

# Focus Women

ON

M A G A Z I N E

May/June 2009

## INSIDE:

Pauline H. Menes: A Maryland Woman "First"

Tough Times Can Bring People Closer

A Recipe of Strength, Drive



"Miracles Made Easy"... and More!

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# Focus Women

ON  
MAGAZINE

May/June 2009

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## From the Publisher



Meandering through the recesses of my mind, I started, re-started and started again the message to gift our readers and found it —through nature.

Searching for answers to questions about life, family and relationships, the soothing companionship of nature is unyielding. The ocean's waves speak sounds of calm telling us to rest and temporarily withdraw from the proverbial race against time to sustain ourselves. The repetitive motions from ripples in a lake advise us to reflect upon our past, present and future. The whispers of the summer breeze blowing through the trees lull us to rest or propel us to take action on

behalf of ourselves or others. The kaleidoscope of vibrant, coral, colors of the setting sun gives us cause to have

“Climb mountains and get good tidings. Peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you and the storms their energy, while cares will drop off like autumn leaves.”

—J. Muir

a grateful heart for what is behind us and what is before us. Through nature's bounty, we find comfort. We find peace. We are instructed. To our readers, supporters and advertisers, may you too find solace and the personal treasures you seek through nature. May you all have a wonderful, abundant and worthwhile summer.

All the best,  
Joslyn Wolfe

# Focus Women

ON  
MAGAZINE

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**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.

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# The Women's Mood Disorders Center

**Jennifer Payne, M.D & Karen Swartz, M.D**  
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We are pleased to announce the expansion of the Women's Mood Disorders Center at Johns Hopkins University.

The Center provides clinical evaluation for women with mood disorders, with a special emphasis on the treatment of hormonally-triggered mood disorders, including premenstrual, postpartum, and perimenopausal mood symptoms. We also provide brief follow-up during pregnancy and postpartum.

**To schedule an appointment, please call  
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# Tough Economic Times Can Bring People and Communities Closer Together

By Jan Horan

Everyone is feeling the “pinch” in this tough economy. Many people have lost their jobs and many of those employed are fearful that the “pink slip” or “furlough” is just around the corner. Retired people have watched their 401K’s

decline in value and are again in the job market. Families are struggling to make ends meet and the forecast for recovery is months away. Everyone is waiting for the “good news.”



Jan Horan

It is also a time when people can reach out and lend a helping hand. If you have a neighbor, friend or relative who has been adversely affected by the nationwide economic down turn, this would be a good time to practice “Random Acts of Kindness.” Before offering any support or assistance, put yourself in the other person’s shoes and remember, people caught in a tough financial situation have pride and don’t want charity. Be sensitive and understanding with any offers of assistance.

If you are in a position to provide a supportive helping

hand, here are some ideas you might consider:

- Ask what you may do to help;
- Offer child care services;
- Include job seeker’s children in activities that you plan for your family;
- Plan a simple meal or cookout and invite your job seeking friends or family;
- Share your newspapers and magazines that might help with job searching;
- Offer transportation to the grocery store, doctor’s appointments or job interviews;
- Share clipped coupons;
- If Internet services are unavailable to your job seeking friends, offer the use of your computer;
- Offer to care for family pets;
- Suggest exercising together even if it is just a walk around your neighborhood (exercise helps clear the mind)
- Listen to the needs of your friends and neighbors; be creative in your efforts to be supportive but sensitive with implementation.

If you are one who is seeking employment, the first and most important thing to remember is the competition for every job posting is enormous. You only have one opportunity to make that “first good impression” and

that starts with the application, resume and cover letter.

- When submitting applications and resumes for positions, be sure your skills, education and qualifications meet the standards of the job for which you are applying.
- Many skills used in one career field are transferable to another so don’t overlook how your skills may be applied in a totally different arena.
- Applications must be fully completed, neatly printed or typed with NO misspelled words, cross outs or omissions.
- Resumes must be clear and concise while detailing your experience and qualifications.
- Applications and resumes should always be submitted with a short cover letter (do not duplicate your resume) that shows enthusiasm and catches the attention of the reviewer. Consider submitting your resume in a clear plastic report cover with the cover letter on top and application attached to the back.
- Make sure your contact information is complete and accurate.
- Make sure the mailing envelope is neatly prepared, properly addressed and contains correct postage. You made a good impres-

sion with your application and resume and now it is time for the interview.

- Do your homework **BEFORE** going on any interview. Obtain information on the company and its products and services, so you can answer questions appropriately. A good interviewer will quickly ascertain your interest in their company and the position for which you are applying.
- Dress appropriately for the position for which you are applying. Conservative attire is always a safe bet. Tone down excessive makeup and perfume, remove excessive body piercings, cover tattoos, and leave funky hair dos and fad clothing at home.
- When meeting your interviewer, a firm handshake is appropriate.

- Wait until the interviewer asks you to be seated.
- Maintain eye contact when listening and speaking throughout the interview.
- Listen carefully and stay focused with your responses.
- When the interviewer asks if you have questions, **DO NOT** make your first questions relate to salary and benefits. Though this information is important to job seekers, an interviewer wants to know what you want to know about the company and the duties and responsibilities of the position. Good questions will tell an interviewer what you bring to the table. Salary and benefits will be discussed later.
- When the interview is over, always thank the interviewer for their time and leave with a good firm, hand shake.

- Depending on the position for which you are applying, it is always a nice gesture to send the interviewer a brief note thanking them for their time.

At this point it is just a waiting game. Hopefully you will be called for a second interview and have the opportunity to again express your interest, review your skills and emphasize how your skills will benefit their company.

Resources to help with resume writing, interview techniques, and retraining for a new career that may be of help are the Workforce Development Centers in your area.

During these tough economic times, people are stressed and nerves are on edge but always remember to take time to smell the roses but be careful of the thorns.

### **Baltimore City**

<http://www.dllr.state.md.us/county/bacity/>

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##### **One-Stop Career Center**

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### **Baltimore County**

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Howard County Office of  
Workforce Development  
Columbia Workforce Center  
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Columbia, MD 21046  
Phone: 410-290-2620



# Good Vibrations

By Tasha Walsh

**W**hen I was young, music was a life-saver. I played piano and anytime I felt depressed or angry, my piano became my best friend, confidant, and therapist. I also loved to sing (still do) and had many emotional breakthroughs singing along with the radio. I intuitively understood the connection between music and



Tasha Walsh

emotion and during college I started learning about the healing power of music as I majored in music with a minor in psychology.

During college I did a research project looking at the connection

between music, mood and color. I picked several songs at different tempos, some of them slower than 60 beats per minute, which is in the mid-range of our resting heart beat, some of them faster than that. Then I asked people to listen to the music and report on what emotion they had and what color came to mind. The vast majority of listeners reported that the slower music invoked feelings of calm and peacefulness and colors with blue hues. The faster music brought up more energetic or

anxious feelings and images of red and yellow. I wasn't sure what it all meant at the time, but my professor was quite impressed with the statistical significance of the results.

## Science of Sound

In the past decade, there has been an explosion of research on the impact of music and sound on physical and mental health. Our ability to hear comes from the cochlea in our ears vibrating, which in turn cause nerve impulses to form which then are sent to our brains. The cilia, which are tiny hairs which line the cochlea, are designed to respond to higher frequency sounds, which are the sounds of nature; a birds song, the wind, running water, the human voice. Unfortunately, the majority of the man made sounds around us, such as car engines, lawn mowers, etc. vibrate at a frequency which causes stress on our system.

Sound can also have a therapeutic effect. In one landmark study, Dr. George Patrick, from the National Institute of Health, worked with patients with various diagnoses, including cancer, heart disease and mood disorders. He studied the impact of relaxation to specific sounds and found that these 30 minute sessions cut the patients anxiety and pain by 53%. Other studies have found music sessions are

effective in decreasing pain, and anxiety, as well as relaxing heart rates, even when the patient is not conscious.

Music has the ability to affect us through its vibrations. It communicates with our bodies through our ears, but also through the vibrational impact on our energetic systems. If you've ever been to a dance party or watched or participated in a tribal dance ceremony, you've probably experienced the impact that music's vibrations can have. Your body begins to vibrate at the same rhythm of the music and your energy rises. Similarly, you've probably experienced times when listening to slower, quieter music and you begin to feel your body relax and let go of tension.

## Shifting Thoughts and Mood

The energy created by thoughts and emotions can now be measured and seen using sophisticated technology as well as simple biofeedback mechanisms such as a 'mood ring.' You've probably had the experience of your mind "racing;" you may have also experienced the left-brain "cognitive loop" that can sometimes occur where stressful thoughts seemingly run through your mind nonstop. The mind typically has about 1000 thoughts per minute, which is a pretty fast vibration, and when stressed can increase to an even faster level. Music can help



influence the vibrational rate of our thoughts and emotions, thus the phrase “music soothes the savage beast.” Thoughts and emotions can also be effectively explored and altered through journaling, which helps our brains slow down to about 100 thoughts per minute.

Research shows that writing can be very therapeutic. James Pennebaker at the University of Texas is one of many researching the healing power of writing. Early on, his research showed that writing about stressful situations or events has a positive impact on both mood and overall health. He discovered that the single predictor of the greatest benefit from this type of journaling was a change in the use of pronouns. While writing about a trauma or stress, those people who could switch from a “me” point of view to “he/she” or “they” viewpoint had the best health and happiness outcome. This change in perspective seemed to help people integrate their emotions and thoughts and come to terms with the crisis or trauma.

### Both Sides of the Brain

Music continues to be a good outlet for me, but my work these days typically concentrates more on the cognitive and emotional aspects of healing. Having lunch with my friend Liz Drahos several months ago helped me reconnect the healing power of music with cognitive and emotional changes.

Liz is a Certified Music Practitioner who offers therapeutic music services in hospitals, nursing homes,

private homes, and other locations where melody, harmony, rhythm and tempo can create and augment a healing environment. [www.solacethrusound.abmp.com](http://www.solacethrusound.abmp.com) This particular day we shared with each other what we’d been learning recently, me about positive psychology research including the benefits of journaling; she about the therapeutic benefits of vibrations, musical and otherwise. We realized that our areas of expertise melded naturally and decided to work together to create an experience that brought together some of the proven benefits of both journaling and music in a “vibrational approach” to stress reduction and healing.

The combination of music and journaling engages both sides of the brain. The music vibrates with the right side and the journaling with the left, bringing the two hemispheres in a balanced

rhythm with each other. From this place of balance, any thoughts or emotions can be processed in a way that leads to reduced stress and paves the way for lasting benefits.

Liz and I worked together to combine the information from this research into a 30 minute journaling experience which we have delivered live, and is available on CD. The research indicates, and feedback from folks who have used this method backs up, that this can provide an effective method of dealing with deep concerns as well as daily worries. I invite you to try it for yourself! You can order online at [www.corehappinescoach.com](http://www.corehappinescoach.com)

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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# Terry's Tag and Title: A Recipe of Strength, Determination and Drive

By Joslyn Wolfe



Terry Smack opened her first Terry's Tag and Title in Finksburg in December of 2004. Five years later she has three locations, adding one in Columbia, and one in Eldersburg. "And there's another one coming down the pike," she says.

more time with her family, for it provided more flexible working hours to be with her kids.

"No one thought I would be able to give birth to Terry's Tag and Title, but I had a goal and a vision and I was determined to make it work despite the fact that I started with absolutely nothing," Smack says, who is just shy of 50, a number which belies her age, and adorning huge locks of red hair matched with striking sapphire blue eyes.

And proved herself Smack did who opened her first Terry's Tag and Title in December of 2004 in Finksburg, five years later one in Columbia, and just shy of one year ago, a third one in Eldersburg. "And there's another one coming down the pike," she says sporting a mischievous smile.

Smack's work has earned her respect among her colleagues, as she has been the recipient of the Carroll County Small Business of the Year Award and frequently gives to and lends support to the academic and sports communities.

Aside from the position she has earned in the business arena, Smack finds pride in something she considers far more important. "I am most proud of my personal relationships with clients, she says. "I try to model that behavior to my employees."

**A**sk Terry Smack of Terry's Tag and Title and she will tell you that success was a long, arduous, journey, from start to not quite finished. "I started in this business about twenty years ago," said Smack, a Hampstead resident and mother of four, two girls and two boys ranging from ages 14 to 29. "I learned the business and somehow was good at it." For Smack, learning the business meant spending long hours working at a motor vehicle service center, where she earned respect for her work and her ability to build quality relationships with people. "What impresses me about her the most is her strength

and fortitude says, friend, Cindi Rosenbloom, who boast of her 16-year friendship with Smack. "When she is determined about something, she goes about it however and whenever she can.

Smack, says her relationship with success can be attributed to more than her determination—growing up in Georgia in a family with limited means, a contentious divorce which brought her to the brink of bankruptcy, and the parting words from her ex-spouse, "You'll never amount to anything," gave her the impetus to become a business owner. She also credits her business venture as an opportunity to spend

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# “Miracles Made Easy” by Ann McGill

Reviewed by Natalia Roldan Hart

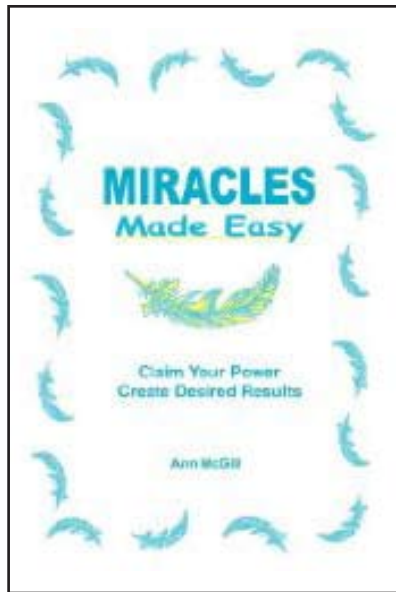
**W**hat does the word miracle mean to you? Let us enumerate the possibilities: the grandiose miracles of the Bible; the miracle of life; in the sports world, the “Miracle on Ice;” the Christmas classic, Miracle on 34th Street; not to mention all the marketing schemes that have so cleverly attached their products to the word miracle (e.g. miracle whip, miracle grow). Or how about when we escape death, people say to us, “It’s a miracle you survived.” But did you ever think you had miracle making powers?

In Ann McGill’s spiritual self-help novel *Miracles Made Easy*, the concept of becoming an everyday miracle worker is as natural as the plentiful ways we use the word miracle. McGill begins the book by first establishing her purpose. She explains that the novel is for individuals at different stages in their spiritual



Natalia Roldan Hart

journey ranging from those seeking a spiritual primer, to those who are skeptics. Her story is inclusive, never slanting to any particular faith, instead broadening her approach to spirituality through a concept she refers to as Universal Truths. So what is the premise, you may ask? Mc-



Gill asserts that “Thoughts are the precursors to the actions we take” and that when we affirm to the Universe what we want and/or need that we will receive in subtle or obvious messages the answers that we seek.

Therefore, McGill encourages readers to remain positive, patient, and to suspend all disbelief. She even invites readers to partake in several “experiments in living” whereupon readers are supposed to embark on a spiritual mission to find their miracle making potential.

McGill writes with a fluidity that makes you picture yourself having a conversation with her over coffee. The structure of the book mirrors her own spiritual awakening and every “experiment” presented is something that she has personally tried. A quick and optimistic read, the novel will leave you feeling empowered, yet it requires an open mind to truly enjoy this book. McGill claims that “Everyone is a potential miracle worker.” For some, this call to action may mean having the strength of character to help someone in need, for others, it may mean making a crying child smile, or as described in the novel, it may mean obtaining a sought after parking space on a rainy day. Whichever way you interpret the word miracle or how it can apply to your life, it is always good to be reminded of the importance of having enough belief in oneself to accomplish one’s dreams.

# Adding Herstory to History to Tell Ourstory



## MARYLAND WOMEN'S HERITAGE CENTER

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## *Celebrating the Women of Maryland: Past, Present, & Future*

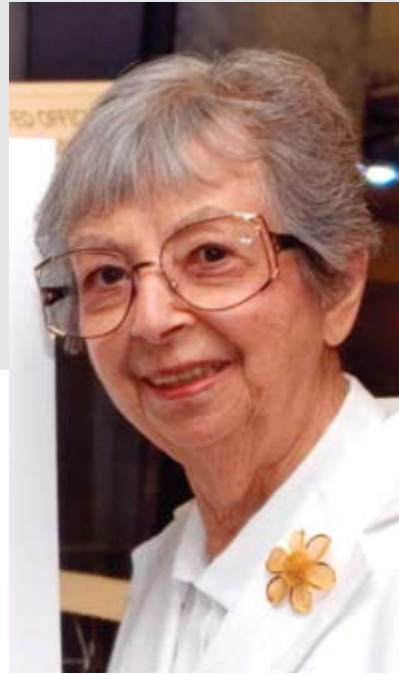
The first comprehensive state center and museum of its kind in the nation—it will provide a place to learn and teach about the contributions of Maryland women and girls throughout the State's history.

The Maryland Women's Heritage Center will feature:

- Permanent and changing exhibits about individuals, events, and special topics
- Information and activities about renowned Maryland women such as those in the Maryland Women's Hall of Fame
- Special recognition of the innumerable "unsung heroines" in our families and communities
- An interactive, state-of-the-art student learning center
- A resource and reference library
- A women's history archive
- Displays of arts and crafts
- Dramatic, musical, and dance performances by Maryland women and girls
- Dialogues and seminars on women's issues
- Space for special events and receptions
- A gift shop with art, literature and unique gifts by Maryland women

# Pauline H. Menes: A Maryland Woman “First”

By Jill Moss Greenberg



**D**id you know that former Maryland Delegate Pauline H. Menes was the longest-serving state legislator in the country?

A pioneer in the role of women in politics, Pauline H. Menes, 84, retired from the Maryland House of Delegates in 2006 after serving 40 years. As the longest continuously serving delegate in Maryland, Menes also is one of the 15 founding members of the Women Legislators of Maryland, the first state women’s legislative caucus in the United States. She was inducted into the Maryland Women’s Hall of Fame in 2008.

Born Pauline Herskowitz, she graduated from New York’s Hunter College with bachelor’s degrees in economics and geography. She moved to Washington, D.C., in 1945, where she became a “Government Girl,” answering the call of the federal government’s recruitment of women to replace men who were serving in World War II.

After the war, she met Melvin Menes while training him as her replacement in the Office of the Quartermaster General. She went on to serve as a geographer for the Army Map Service. They eventually married, moved to Hyattsville, Maryland, and raised three daughters.

Menes first became interested in politics in 1953 when she volunteered to distribute voter registration materials in her neighborhood. She ran for elective office in 1962 as Registrar of Wills, which she lost. Undeterred, she ran as chief judge of the Prince George’s County Board of Elections in 1963, her first public office. She was then elected to the Maryland House of Delegates in 1966.

Throughout her 40 years in the House of Delegates, Menes was a tireless advocate for critical issues, but particularly those that affected women, children, and low-income Marylanders. Her early years in the legislature coincided with the rise of the modern Women’s Movement and she worked collaboratively with other women to create Maryland chapters of such organizations as National Organization for Women (NOW) and the National Women’s Political Caucus. She constantly encouraged and mentored other women to achieve and to affect public policy through community, organizational or elective office.

However, her journey in politics was not easy. When she was first elected to the House of Delegates,

there were only 15 women state legislators, four in the Senate and 11 in the House. Women were not assigned to the committees with major legislation.

Menes said, “As a woman, you were an outsider, with very little going for you when you got here to be an effective legislator. It was made fairly clear to the few women who were here that we were not expected to accomplish very much, that we were not expected to stay very long.”

The women legislators did not even have access to a ladies rest room. While the men had their own lounge off the chamber with a spacious men’s rest room, the women had to use a public rest room that was across the common area in the Capitol building. As Pauline Menes pointed out, this was not only an inconvenience, but also it forced the women legislators to leave whatever was going on in session, as well as to encounter – and sometimes wait in line with – the public and lobbyists in the hallway



who wanted to influence what was being voted on.

Menes requested that Thomas Hunter Lowe, Speaker of the House of Delegates, look into the matter. At around the same time, the women legislators and women's organizations were also pushing Lowe to appoint women to leadership positions. This prompted Lowe to appoint Pauline Menes as Chair of the Ladies Rest Room committee. He presented her with a muskrat fur-covered toilet seat during a formal legislative session in 1971 in recognition of her new role.

Knowing that this meant she would be one of the first women in the Maryland legislature to be appointed chair of a committee, she responded gracefully by using the moment as an opportunity to address the House membership. She noted, "This is a very unique opportunity, the first time that any of us are aware that a woman has stood on the rostrum during a session of the legislature, and that is a first that I appreciate." She also told Speaker Lowe that she assumed that, since she was then the chair of a committee, that she would be included in his leadership meetings. Put that way, he had no choice but to let her attend – at least one of the leadership meetings!

Menes went on to support many causes during her tenure in the legislature, including women's issues, education, health care, the criminal justice system, juvenile justice system, aging, and the arts. She served as Chair of the Special House Committee on Juveniles

and Drugs, a member of the Judiciary Committee, and a member of the Rules and Executive Nominations Committee. She was instrumental in bringing all the public libraries in the state into alignment and communication with one another. In a far different area, she led Maryland's pioneering efforts to work with those convicted of "driving under the influence."

She led the other legislators as president of the national and Maryland Order of Women Legislators and as the first chair of the Women Legislators of Maryland. She founded the Women's Network of the National Conference of State Legislators and served as its president.

Some of her many awards are the Ann London Scott Award for Legislative Excellence by the Maryland National Organization for Women, Woman of the Year award by the College Park Business and Professional Women's Association, Hunter College Hall of Fame, and the Prince George's County Women's Hall of Fame.

In an article published in the Gazette upon Menes' retirement in 2006, Delegate Jean B. Cryor of Potomac, Md., called Menes one of her heroes and said, "She has brought a spirit to this place and is an example to all of what a legislator should be. She has never allowed herself to become cynical or arrogant or brushing away issues that others do not think are important."

It is regrettable that more Marylanders are not aware of Pauline Menes and her many contributions. However, she is just one example of a

Maryland woman who will be celebrated at the Maryland Women's Heritage Center, the nation's first center devoted to preserving the past, understanding the present, and shaping the future by recognizing, respecting, and transmitting the experiences and contributions of Maryland women.

Pauline Menes' daughters, Sandra, Robin, and Bambi, have begun a fund in Pauline's name in order to develop a program in her name to the Maryland Women's Heritage Center. Please contact Jill Moss Greenberg, Executive Director of the Maryland Women's Heritage Center, at 410-767-0675 or [mwhcjill@comcast.net](mailto:mwhcjill@comcast.net) to contribute to that fund and/or to volunteer to work on the committee that will create the fund and program.

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

**Editor's Note:** At the time of this publication, we learned of the passing of Pauline Menes and are deeply saddened to lose such a respected and admired pioneer in women's politics in the State of Maryland.

## MD Women Legislators (1966)

### SENATE

Louise Gore  
Mary Knock  
Peggy Schweinheut  
Thyrza Welcome

### HOUSE

Rosalee Abrams  
Loretta Durkheimer  
Peggy Cassidy  
Edna Cook  
Ann Hull  
Elaine Lady  
Lena Lee  
Lucy Mauer  
Pauline Menes  
Peggy Murphy  
Loretta Nimerrickter

# 2009 Maryland Legislative Agenda for Women



## Dear Readers:

During the legislative session that ended last month, two bills were passed that address protective orders and surrender of firearms. There was somewhat of a sense of disbelief among some legislators that these bills were even necessary. We found it difficult to believe that it was still possible for an individual whose actions have resulted in the issuance of a protective order could still have legal possession of a firearm.

Maryland law “authorized” a final protective order to order the respondent to surrender to law enforcement authorities any firearm in the respondent’s possession. The law passed during this session “requires” rather

than “authorizes” such a surrender of any firearm.

At the public hearing on House Bill 296, Family Law—Protective Orders—Surrender of Firearms, testimony showed that although in 2007 domestic violence incidents in Maryland dropped nearly 12% compared to the previous calendar year, at the same time, homicides attributed to domestic violence incidents totaled 30, an increase of over 15% compared to the calendar year 2006 total of 26 homicides. The majority of these homicide victims were women, and the weapon used in a majority of these homicides was a firearm. Working closely with the Domestic Violence Center, we have hopefully put in place laws that will reduce this number in future years.

Another bill on the agenda

that passed was House Bill 310, Unemployment Insurance—Eligibility—Part-Time Work. This emergency bill, makes an individual whose availability to work is restricted to part-time work eligible for unemployment benefits, if the individual works predominantly throughout the year on a part-time basis for at least 20 hours per week. This legislation will result in greater equity for many women, particularly working moms.

Once again, the Maryland Legislative Agenda for Women has done work in Annapolis to improve the lives of women. Thanks are due to all who work on this endeavor.

Regards,  
Delegate  
Elizabeth Bobo

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[www.cancersupportfoundation.org](http://www.cancersupportfoundation.org)



## *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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Janice Campbell, M.Ac., L.Ac., ADS, is a Licensed Acupuncturist & Qigong Instructor and co-owner of Ancient Arts Wellness in the heart of downtown Baltimore. She can be reached at 410.454.0178 ext.702 or [Janice@AncientArtsWellness.com](mailto:Janice@AncientArtsWellness.com). Janice Campbell M.Ac., L.Ac., ADS, is a Licensed Acupuncturist & Qigong Instructor with a practice in the Mount Vernon neighborhood of downtown Baltimore. She can be reached at 410.710.7094 or [MovingQi@gmail.com](mailto:MovingQi@gmail.com).

## Restaurant Review

*By Noelle Schiffer*

**Marie Louise Bistro**  
904 N. Charles St.  
Baltimore, Maryland 21201  
410-385-9946

As we entered this warmly lit Bistro in the heart of the Mount Vernon Cultural Section, we were immediately waited on by the friendly and attentive staff. We were quickly seated in a cozy dining area surrounded by exposed brick, pressed-tin ceilings, and beautiful French décor.

As we settled in for a relaxing Sunday Brunch, we were pleasantly surprised by the steady yet not overwhelming number of customers that made their way through both the restaurant section and the take-out line.

The menu was impressive if not a bit overly ambitious for a new restaurant. Many of the offerings were French-inspired dishes, while others were more “American” based favorites, like hamburgers and omelets. I would prefer a menu with fewer but more specialized selections, which would add more of a distinct personality to the Bistro.

Marie Louise Bistro’s menu offers three types of soup, French Onion, Spanish Black Bean and Maryland Crab. We decided to try the Maryland Crab Soup and were served a nicely prepared dish which was a tomato-based stock, similar to Manhattan Clam Chowder with vegetables and shredded crab meat. Although tasty, the soup was a bit oversalted and could have been served hotter.

Our entrees included a Beef Tenderloin Sandwich with Boursin cheese, which was served on a wonderfully fresh roll w/french fries and was well worth the price of \$10.95. We also sampled a vegetable omelet, which was served with well-seasoned home fries and fresh fruit. The omelet was very well prepared and loaded with freshly sliced vegetables.

Due to the substantially-sized entrée portions, we were far beyond being able to take another bite, but we could not resist trying the Casis Mousse. The dessert proved to be light, creamy and well beyond expectations.

Overall, Marie Louise Bistro was a pleasant surprise and certainly worthy of a return trip.

The service tended to lag as the Bistro became more crowded but the amazing pastry selections made up for any minor imperfections.

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

*Marie Louise Bistro*  
904 N. Charles Street, Baltimore, MD 21201  
410-385-9946

Coffee Bar: 7am Monday-Friday, 8am Saturday & Sunday  
Restaurant - Lunch & Dinner: Sunday-Thursday 11am-10pm, Friday & Saturday 11am-11pm  
Brunch: Saturday & Sunday 10am-3pm  
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Email: [marielouisebistro@comcast.net](mailto:marielouisebistro@comcast.net)

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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.



# Calendar of Events

### Baltimore Museum of Art

Home of a 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 oldest, 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

### Baltimore Rent a Tour

Fun and informative tours led by expert guides, plus full destination management services.

4401 Fairmont Avenue  
Baltimore, MD 21224  
410-464-7994  
toll free 1-888-842-6323  
baltimore-rent-a-tour.com

### Basignani Winery

Tours, events, tastings and sales, located in Northern Baltimore County. Features classic estate bottled wines.

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

### 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 and archives for genealogy research. Gift shop.

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

### Pick Your Own Crops

**Larriland Farms**  
2415 Woodbine Road  
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Woodbine, MD 21797

Tuesday - Friday, 9 am to 8 pm  
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### Join Cromwell Valley Crops Share Program

Cromwell Valley Park  
2002 Cromwell Bridge Road  
Baltimore, MD 21234  
410-887-2503  
info@cromwellvalleypark.org

For \$300 per year, you can support local agriculture and pick up seasonal crops. A great place for kids.

### BookFest at LakeFest— A Literary Weekend

<http://www.columbiafestival.com/>

### Friday, June 12 - Sunday, June 14

In partnership with the Columbia Archives, the Howard County Poetry and Literature Society, Little Patuxent Review and the Howard County Library.

### Tuesday, June 23, 7:00–9:30 pm

An Evening With Laura Lippman

Presented in partnership with the Howard County Poetry and Literature Society. Tickets: \$30 - Includes Wine & Cheese Reception

Tickets available at <http://www.columbiafestival.com/ticketOrderForm.aspx>

### An die Musik Live!

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

### Saturday, May 23, 8 p.m.

Kristin Ostling Cello Recital  
BSO cellist Kristin Ostling will be joined by pianist Myriam Avalos Teie.

\$15/\$12 seniors/\$8 students

### Sunday, May 24, 7 p.m.

Columbia Chamber Winds  
The program will focus around Stravinsky's wind Octet.

\$5 all seats. Post-concert reception.

### Wednesday, May 27, 8 p.m.

Students of Stuart Saunders Smith  
Composition students of Stuart Saunders Smith from UMBC present a program of their works.

Post-concert refreshments. Admission is free, \$5 donation suggested

### Saturday, May 30, 8 & 9:30 p.m.

KREation  
(Kevin Robinson Ensemble)

The Kevin Robinson Ensemble (KREation) is lead by Baltimore saxophonist, Kevin Robinson.

### Sunday, May 31, at 7:30 p.m

Baroque at the Baltimore Basilica: Vivaldi Project

"Bach to Vivaldi: Something Borrowed Sounds like New."

\$20/\$15 seniors/\$10 students

## 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

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

# Win a Chance to Attend Joan Lunden's Getaway for Women, Camp Reveille

If you or someone you know deserves a "time-out," enter now!

In today's fast paced world, multi-tasking women everywhere dream of taking a much-needed break. Now they have a chance! Joan Lunden, the longtime co-host of ABC's "Good Morning America" who now dedicates much of her career to promoting women's wellness, has designed a women's weekend getaway called Camp Reveille. If you've ever wanted to climb a rock wall, try a yoga class, paddle a canoe, or simply enjoy a sunset in an Adirondack chair, Camp Reveille is designed for you. Log onto [www.campreveille.com/contest.html](http://www.campreveille.com/contest.html) and tell us in 200 words or less why you or someone you know should be selected for a complimentary enrollment at this summer's session. For one lucky woman, the dream of a mini-escape from August 20-23 could become a reality. Submissions are due by June 15, 2009.

Nestled among the majestic pines on the shores of Long Lake in Naples, Maine, Camp Reveille offers busy women an opportunity to reconnect with their sense of play,

jump start their fitness, or simply relax and connect with other women. According to Lunden, "We all need to take a time-out from our hectic schedules to reconnect with our sense of play, recommit to our health, and renew our spirits."

The idyllic location includes an active waterfront and beach, which offers swimming, sailing, canoeing, waterskiing and banana boat rides. There are 17 tennis courts, basketball courts, paddle ball, beach volleyball, soft ball and soccer fields as well as two indoor sports complexes, three indoor dance studios, a playhouse and a crafts lodge.

Lunden is quick to point out that there are no requirements or expectations at Camp Reveille, only choice. Camp Reveille – endorsed by the American Heart Association – allows campers ranging from 25 to 75 years old to design their own experience, whether it be relaxing, socializing, taking part in fitness classes or pushing their bounds physically, emotionally or mentally.

"This is a guilt-free, long weekend," Lunden said. "If we want to be our best as women, we must take care of ourselves. That means taking a break from our demanding schedules to revitalize mind and body. Camp Reveille is your chance for renewal, personal growth, and self discovery, but most importantly it's your chance to relax and have fun!"

Camp Reveille's cabins are outfitted with women in mind – special linens, down comforters, spa amenities and even Murad Skincare facials are all part of the package price.

This year's all-inclusive getaway is being offered at a special recession discount of \$899. Price does not include transportation to and from Maine. To submit to this contest, for further information, or to enroll in camp, access the Web site at [www.campreveille.com](http://www.campreveille.com) or call 914/219-5555.



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# Welcome to “Generation I”

*Reprinted with Permission  
from Momlogic.com*

(Los Angeles - May 15, 2009)

- More and more people are holding off on having more than one child due to the financial crisis.

Our Moms and the Recession survey found that, in this economy, many moms are making the decision to forego having another child. In fact, 27% of moms ages 25-34 want to have more children but have decided not to, in light of the current economic situation.

Will today’s youngest generation become a generation of only children?

We asked psychologist Dr. Chrystal Evans, an only child herself, for her perspective on “Generation I.”

“I have had several friends who planned to have more than one child, but now they just

can’t afford it,” says Dr. Evans. “The reality is that now parents have to think differently about money. There was a time when you just had to worry about saving for college. Now, parents have to make plans for how they are going to afford preschool and nursery school. There was a time when most people were comfortable sending their kids to public school, and private school was a luxury, not a necessity. But in many neighborhoods these days, public school is not even a consideration. When that comes into play, suddenly having more than one kid starts to feel extravagant.”

“When I was 5 or 6, I told my mom, ‘I’m an only child and a lonely child,’” Evans remembers. “Raising an only child definitely comes with its own set of unique challenges.”

Here are Dr. Chrystal Evans’ tips for raising only children:

\* Find playdates and age-appropriate activities that get them out around other kids. (A lot of only children spend a lot of time with their parents and parents’ friends. This can help them develop more independent and mature personalities, which is a positive. But it can also make kids more introverted because they don’t develop age-appropriate social skills.)

\* Because they don’t get as much social interaction, always talk and communicate with your child, not talking AT them, but WITH them. This can make only children more verbal.

\* Discourage “me, me, me” attitudes by introducing kids to charity. Give back in whatever way is comfortable for your family.

## **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.





# Sowing the Seeds of Authentic Appreciation

By Jaana Myllyluoma, Ph.D

It is spring planting time. My garden is already sprouting all kinds of greenery thanks to the mix of wet and warm weather. The tiny seeds I put in just a week ago have pushed green shoots through the tough clay soil, and I greet them with enthusiastic approval and encouragement. Yes, I admit I am a plant talker. You see, I really believe that what we appreciate, appreciates (grows)!

On that same line of thought, have you seen the

but judging from the 1.6 million views thus far, it is striking a chord far and wide. The parking attendant takes the word validation literally and gives more than just 2 hours of free parking to his customers – he tells them how great and amazing they are. Soon people are lined up at the garage just to be validated as worthwhile human beings. The story goes on from there but I won't spoil it for you.

Each and every one of us yearns to be validated, to be appreciated for the authenticity that makes us unique. I like this definition of validation : finding or testing the truth of something ( Word-Net® 3.0. Princeton University. 21 Apr. 2009. <Dictionary.com <http://dictionary.reference.com/browse/validation>>.). I like it because of the focus on “truth”. For a compliment or an appreciation to resonate in the receiver, it has to be true about them.

Giving verbal acknowledgment is an expression of generativity, that is , a way to nurture others. In their book *Why Good Things Happen to Good People*, Stephen Post and Jill Neimark describe it like this:” .. generativity is the act of preparing another’s garden for spring.” The authors point out that nurturing others not only

benefits the receiver but also the giver – improving physical and psychological well-being. Appreciating others is just one form of generativity, but an important and a simple one.

So what about those little niceties we women like to say to each other, maybe stretching the truth just a tad? “I LOVE that color green on you!” “This cake is the best I’ve ever had!” There is nothing wrong with sugaring the conversation with compliments, except when it’s more for the benefit of the giver than the receiver. We give compliments because we want to receive the same back. Or we give them in order to be liked by the other person. Receiving a casual compliment is equally problematic because we either don’t believe the sincerity of the giver or we don’t believe that the compliment is true. We feel a vague uneasiness and after a mumbled “thank you”, quickly change the subject.

Authentic appreciation, in contrast, is all about the object, the person being appreciated. Appreciation is an activity of celebration – of bringing to focus qualities of the person that add to the good in the world. Gratitude is frequently the motive behind appreciation. When we express heartfelt appre-



Jaana Myllyluoma

touching and thought-provoking 15-minute film on YouTube entitled Validation (<http://www.youtube.com/watch?v=Cbk980jV7Ao>) that tells the story of a young man whose job is to validate tickets for free parking at a shopping mall? I don't know what prompted the making of this short gem of a film,

ciation for another person, the words we say bear weight. Like in the film, the recipient feels a boost of self-confidence or a warm glow. They feel seen.

So what constitutes an authentic expression of acknowledgement or validation? I find it helpful to think of three levels of appreciation with increasing resonance to the recipient – appreciation for what a person has, what a person does, and what a person is. Let’s take an example. The following three statements all refer to your outfit today, and let’s assume they are given sincerely. As you read each, notice how you might feel if someone said it to you. 1. “You have a beautiful dress. I love the color”. 2. “You do such a beautiful

job the way you coordinate the colors in your wardrobe.” 3. “You are truly an artist, using your wardrobe as the paint palette.”

The first one compliments a possession and re-directs the focus on the impact of the person giving it. It is likely to be received as a light compliment. The second statement bears more weight as it acknowledges a skill that the recipient may not even be aware they have. The third is the most powerful because the giver has recognized an inner characteristic in the recipient. To be seen as an artist resonates with the truth of who she is, whether or not she herself has known it before. She may find that this acknowledgment opens up a new way

to express herself, or even to find a new career.

Returning to the earlier garden analogy, seeing and acknowledging another person for who they truly are in all their magnificence is like sowing a seed in their garden. The seeds of validation are small and do not cost much, but the rewards are grand. So go ahead, give someone the gift of authentic acknowledgment today and watch how their garden will flourish. You will be blessed too.

---

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 for a free consultation.

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***Focus on Women Magazine***  
would like to remember a woman  
extraordinaire—



## **Maryland Delegate Pauline Menes, 1925 - 2009**

*(See our article on page 14.)*

The Maryland Women's Heritage Center is sad to announce the passing of former Maryland State Delegate, Pauline Menes. A pioneer in the role of women's politics, she served in the Maryland legislature for 40 years making her the longest continuously serving delegate in Maryland. She was also one of the 15 founding members of the Women Legislators of Maryland, the first state women's legislative caucus in the United States, and was inducted into the Maryland Women's Hall of Fame in 2008.

Throughout her 40 years in the House of Delegates, Pauline Menes was a tireless advocate for critical issues, but particularly those that affected women, children, and low-income Marylanders.

While in the Maryland Legislature, and since she retired, Pauline Menes served on the Advisory Board of the Maryland Women's Heritage Center and was a staunch supporter and invaluable advisor to us.

Pauline Menes' daughters, Sandra, Robin, and Bambi, in conjunction with many of her colleagues in the legislature, have begun a fund in

Pauline's name in order to develop a program in her name at the Maryland Women's Heritage Center. The Menes family is asking that donations in Pauline Menes' name be made to this fund:







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