

Focus *Women* ON MAGAZINE



SPECIAL FEATURE: Meet the Women Who Broke Rules and Blazed Trails

The New Relationship:
Do You Have a King or a Knight?

Celebrate the holidays with special recipes from L'Auberge Chez Francois

November / December 2010



Sisters Helping Sisters



SisSLE The Sister Study

SisSLE

Sisters of Women with Systemic Lupus Erythematosus Research Study

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

Who should join the SisSLE study?

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

What are participants asked to do?

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

This study is funded by The National Institutes of Health.



Criteria for sister WITH lupus:

- Confirmed diagnosis of SLE before the age of 41.

Criteria for sister(s) WITHOUT lupus:

- Currently age 10 to 45 years old

For more information, please contact a research nurse at:

1-877-698-9467

SisSLE@nshs.edu

The Feinstein Institute for Medical Research North Shore LIJ

Art: M Lee
North Shore-LIJ Art Dept
12704-11-09

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Joslyn Wolfe
Publisher

The ebb and flow of the ocean's tide offers a joyful pass of mortal time. All embracing nature's wonder, I am contemplative and thankful--more importantly for the gifts around us, the change before us, and the joys that fulfill us.

To our readers, advertisers and supporters, may you too find fulfillment, purpose and happiness as we move towards the advent of the giving season.

"We can only be said to be alive in those moments when our hearts are conscious of our treasures."
- Thornton Wilder

All the best,

Joslyn Wolfe

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January Speakers Series

Speaking of Jennifer

with Jennifer Ransaw Smith

Saturday, January 15, 2011

11:30-1:30 pm

Cafe de Paris

8808 Centre Park Dr,
Columbia, MD 21045

Must Pre-Register & Pay with Registration \$25 in Advance
For further information contact fwintern@gmail.com,
nicbri@focusonwomenmagazine.net, or
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Focus Women presents...
ON MAGAZINE

MAVENS &

MIMOSAS

"Speaking of Jennifer"
with Jennifer Ransaw Smith

After more than a decade of helping some of the nation's most prominent brands (Burger King, AT&T, Texaco and Coke) position and differentiate themselves in the marketplace, Jennifer decided to shift her focus from the big "monster" brands to women entrepreneurs. This True Visionary (a name given to her by a former agency) is on a mission to empower women entrepreneurs to connect with their authenticity and leverage their true skills and talents to dominate their particular industry.



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Columbia, MD 21045

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For further information contact
fwintern@gmail.com

January 15, 2011
Cafe de Paris
11:30-1:30PM
Pre-Register / \$25

A New Lupus Research Study to Follow Sisters of Lupus Patients

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



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

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

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

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

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

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

Maryland Women's Heritage Trail

By Jill Moss Greenberg



In 2003, the Maryland Women's History Project developed the Maryland Women's Heritage Trail Resource Kit in conjunction with local historical associations and the local Commissions for Women throughout Maryland. Coordinated by the Maryland State Department of Education, the Maryland Commission for Women, and the Friends of the Maryland Commission for Women, this resource kit was endorsed by the National Women's History Project and the National Association for Multicultural Education. It includes a guidebook and map identifying more than 150 sites across the state, reflecting the accomplishments of diverse historical and contemporary women.

Even before Maryland became a state, there were women who provided the strength that nurtured our families, sustained our health, plowed our fields, invented our everyday tools, and built our communities and institutions. The Maryland Women's Heritage Trail includes sites devoted to various women and girls who have called Maryland home: coal miners and canal lockkeepers, suffragists and community activists, farm women and factory workers, authors and musicians, abolitionists and leaders of the Underground Railroad, grassroots organizers and elected officials, restorers and preservers of historical sites and museums, nurses, doctors and astronauts, teachers and founders of schools, visionaries and social reformers.

Some sample sites highlighted are:

Anne Arundel County:

CHASE-LLOYD HOUSE

22 Maryland Avenue • Annapolis, Maryland 21401 • 410-263-2723
Anne Baldwin, who married Samuel Chase, signer of the Declaration of Independence, lived in the house until 1769. Sall Wilks was born as a slave here in 1763. She had six children, Poll, Sucky, Anna, Charlotte, John, and William. She was in charge of the fine tableware, china, and linen, and her son William was the coachman. Hester Ann Chase Ridout, who bought the house in 1846 and died here in 1886, provided in her will that the house be used as a home for elderly ladies "where they may find a retreat from the vicissitudes of life." Today it is home for up to twelve self-supporting women over the age of sixty-five. The house is listed as a National Historic Landmark.

Baltimore City:

BILLIE HOLIDAY STATUE

Pennsylvania and Lafayette Avenues • Baltimore, Maryland 21217
The statue honors Billie Holiday, known as "Lady Day," one of the greatest jazz and blues singers of all times. As noted in her autobiography, Billie faced not only racism as an African American, but also sexism in the once male-dominated world of jazz. She

performed in nightclubs and made numerous record albums during her career. Her funeral in New York in 1954 was attended by thousands of friends and fans.

Dorchester County:

ANNIE OAKLEY HOUSE

28 Bellevue Avenue • Hambrooks Bay, Maryland 21613 (private residence) • 1-800-522-TOUR

After an appearance in Cambridge, where she thrilled audiences with her favorite trick shots, Annie Oakley, sharpshooter of the Buffalo Bill Wild West Show, retired briefly and settled here on Hambrook Bay in 1914 with her husband, Frank Butler. A year later, she left for a fashionable resort in Pinehurst, North Carolina, to give society women shooting lessons. Oakley always believed that knowing how to handle a gun increased a woman's self-confidence, nerve and judgement.

Frederick County:

BEATTY-CREAMER HOUSE

9010 Liberty Road • Ceresville, Maryland 21701

Susan Beatty was a New York widow who in 1732 packed a wagon and moved to a then wilderness to raise her family. With 2,000 acres, she was the first woman landowner in Frederick County.

Howard County:

TOBY'S DINNER THEATRE

5900 Symphony Woods Road • Columbia, Maryland 21044 • 301-596-6161

This dinner theater, which features musical productions, is owned and operated by Maryland arts leader and educator Toby Orenstein, who also directs the theatrical productions. Toby founded the Columbia School for Theatrical Arts, and also produces shows for children which teach the valuing of diversity and honor Maryland leaders such as Dr. Ben Carson. She coordinates a traveling performing group, the young Columbians, who have performed at the White House and across the nation.

Kent County:

STILL POND

Route 292 • Betterton, Maryland 21610

A small town established in the late 19th century, Still Pond granted Maryland women the right to vote 1908. This pre-dated the passage of the U.S. Suffrage Amendment, which became law in 1920.

Montgomery County:

CIARA BARTON NATIONAL HISTORIC SITE

5801 Oxford Road • Glen Echo, Maryland 20812 • 301-492-6246 • www.ni2s.pov/clba

The founder of the American Red Cross, Clara Barton lived here from 1897 until she died in 1912. The house was the first permanent headquarters of the organization, and was also a home for Red Cross volunteers. Clara Barton was also a lifelong supporter of the enfranchisement of African Americans and of women's rights, in addition to being honored as the "Angel of the Battlefield" for her courageous nursing of soldiers during the Civil War. A nearby parkway also bears her name.

Prince George's County:

JUDITH RESNICK AUDITORIUM

School of Engineering • University of Maryland, College Park • College Park, Maryland 20742 • 301-405-3931



Focus on Women Magazine

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



Judith A. Resnik became the second American woman astronaut in space in 1984 aboard the space shuttle Discovery. Her job was to work a robot arm to raise and lower a solar wing outside the craft. Earlier she developed experimental software. On her second flight, in 1986, she was killed when the space shuttle Challenger exploded on take-off. Dr. Resnik received her Ph.D. in electrical engineering at the University of Maryland, where an auditorium at the A. James Clark School of Engineering is named for her, as well as a memorial scholarship. She was inducted into the University's Alumni Hall of Fame in 1995.

The entire Maryland Women's Heritage Trail Resource Kit is available and can be downloaded without charge from the Maryland Women's Heritage Center website at <http://www.mdwomensheritagecenter.org/heritage-trail>. It is also on display at the Maryland Women's Heritage Center (39 West Lexington Street, Baltimore).

The sites included in this Resource Kit are only a sampling of the many places throughout Maryland that reflect women's contributions. Students, community members, and others, are encouraged to do additional research to identify local women who have made a difference in our lives.

Linda Shevitz, a Senior Educational Equity Specialist at the Maryland State Department of Education and Founding Member of the Maryland Women's Heritage Center, took the lead on developing the Maryland Women's Heritage Trail Resource Kit. For more information about this project, please contact her at lshevitz@msde.state.md.us. You might also contact your local Commission for Women or local historical society to learn more about the contributions of women and women's organizations in your area.

The Maryland Women's Heritage Trail created a tremendous amount of interest and excitement and has been utilized by groups ranging from Girl Scouts to corporations. Partly due to this interest it was decided to establish an actual site for the Maryland Women's Heritage Center where Marylanders and visitors to Maryland, young and old, could come to learn, contribute, and honor the accomplishments of Maryland's women and girls --- a national first!

For more information about the Maryland Women's Heritage Center, visit our website at www.MDWomensHeritageCenter.org, call 410-767-0675, or e-mail mwhcjill@comcast.net. The Maryland Women's Heritage Center is located at 39 West Lexington Street in Downtown Baltimore. Hours of operation are Wednesday through Saturday from 10 a.m. - 4 p.m. Admission is free.

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

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

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

How we can help?

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

For further information contact nicbri@focusonwomen-magazine.net or call 410-294-2932.



DEC

18th

3PM

ANNOUNCEMENT

Focus on Women Magazine presents the Women to Women show on Saturday, December 18 at 3pm. Please join us as we host, Dr. Leslie Beth Wish, world renowned therapist and relationship counselor as she discusses relationships, both professional and interpersonal and how to create them, keep them and manage them.



six women who rock recognized at CampExperience™

Six outstanding women who are quietly but significantly impacting the lives of others on a daily basis were recognized as “Women Who Rock” at the fifth annual CampExperience™ held at Copper Mountain Resort in Colorado on Sept. 24 – 26. CampExperience™ is an educational and inspirational networking retreat that was created by 15 friends who envisioned a camp for women that has grown in attendance to 210 participants and now includes many pre-camp activities.

women who rock recipients

Tammy Abramovitz was one of the 15 friends who created CampExperience™. In fact, she made homemade smores and led the craft session at the first-ever camp. The Castle Rock resident has been the Bow-tique chairman for all five years of camp, raising more than \$20,000 for charity, and created and leads the annual camp talent show. Abramovitz, an active community volunteer and advocate for women and children’s causes, is president of the Warren Village board of directors.

Colleen Abdoulah, the only female CEO to lead a top 20 cable company, is widely respected for her passionate focus on customer experience and company culture. She has guided WOW!Internet, Cable and Phone through eight years



of industry-leading financial success and earned an unprecedented 10 J.D. Power and Associates awards for customer satisfaction. Abdoulah is known for putting her actions where her heart is and is past president of the Rocky Mountain Children’s Law Center, which protects and saves the lives of Colorado’s abused and neglected children through legal advocacy and public policy reform. The Denver resident’s life also has included growing up in an immigrant family, becoming a U.S. citizen and adopting a daughter from foster care.

Shari F. Shink, founder and executive director of the Rocky Mountain Children’s Law Center, has dedicated her life to im-

proving the outlook for abused and neglected children. After graduating from Rutgers University Law School in 1975, she began her career at Pittsburgh’s Child Advocacy Legal Aid Clinic. In 1981, she and other child advocates founded the Children’s Legal Clinic in Colorado, which evolved into the Rocky Mountain Children’s Law Center based in Denver. Under her leadership, the organization has saved the lives of more than 7,500 children, become a forerunner in child-centered legislative reform and developed innovative programs to address child abuse. Shink serves on the National Children’s Law Center council and speaks on behalf of abused children at conferences worldwide

Donna Wheeler was born in 1925, the youngest of Alfred and Della Fenner’s five children. Her mother died when she was four years old, and she became very close to her father and siblings who helped raise her. Her banking career will have spanned nearly 30 years upon her retirement from FirstBank on Oct. 16 at age 85. She has devoted her life to raising two daughters, being an important figure in the lives of five grandchildren and two great-grandchildren, and volunteering at libraries, schools and senior centers. Her youngest grandson, Jeremy, founded Jeremy Bloom’s Wish of a Lifetime in honor of Wheeler, who significantly impacted his childhood. Wheeler resides in Keystone, CO.

Char Bloom, a five-year CampExperience™ veteran and Donna’s daughter, has led the fly-fishing classes at camp and served on the event’s committee. After raising her three children and completing a worldwide airline career as a flight attendant, Bloom has settled in Keystone, where she continues to share her love of fly-fishing and nature with the world. She is one of a just a few female fly-fishing instructors certified to teach Wounded Warrior military women and has supported the Denver Rescue Mission with years of free classes and donations. Recently she has helped her son Jeremy Bloom create the Wish of A Lifetime Foundation to give senior citizens special gifts and opportunities to fulfill their dreams.

Tamra Ryan, CEO of the Women’s Bean Project in Denver, draws from more than 20 years of marketing and sales experience to bring business savvy to this nationally-rec-



ognized social enterprise dedicated to ending the cycle of poverty and unemployment for the women it serves. Since coming on board in 2003, Ryan has transformed the nonprofit by shoring up operations, resulting in greater efficiencies; refocusing program activities to improve outcomes; concentrating on sales and marketing to expand product sales by 300 percent; and tripling the number of women served. She also is the mom of two adopted kids.

camp charities

The \$21,765 in proceeds raised from all on-site activities at this year’s CampExperience™ will be donated to The Women’s Bean Project and Mile High United Way’s Adult Self-Sufficiency Initiative. On-site activities include the Charity Bow-tique (Campers are asked to give gently used or new items), donations for personal services (massages, reflexology and more), gifts of cash and in-kind services, and matching grants for funds raised. Since 2006, CampExperience™ has raised nearly \$138,000 in cash for its Charity Partners.



2011 dates & virtual camp

The sixth annual CampExperience™ is scheduled for Sept. 23 – 25, 2011 at Copper Mountain Resort. For more information, visit www.CampExperience.com or call 720.200.0271.



Just introduced is the new Virtual CampExperience™, where you can hear and see 45-minute presentations of ideas, insights and top tips from some of the best camp speakers. The Virtual CampExperience™ package includes internet access to nine sessions, handouts when applicable and CDs by Cynthia James and Jana Stanfield. To find out more, go to www.CampExperience.com/virtual.



pg. 12 from top: Talent show camp skit- Glee Girls in a group shot, CampExperience donation (over \$22,000 raised for the charities).
pg. 13 top to bottom: Camp Speaker LeAnn Thieman, CSP, winners Char Bloom and her mother Donna Wheeler, Winner Tamra Ryan from the Women’s Bean Project, winners Colleen Abdoulah and Shari Shink, winner Tammy Abramovitz
Photos by Dalen Nicole Photography

Kelly Kulick

Eshrined in

Women's

Museum

To say that Kelly Kulick has had an eventful year would be the understatement of the decade.

Perhaps, of the century.

The Ebonite pro staffer, 33-year-old Kulick, launched to stardom after winning the 2009-2010 Professional Bowlers Association Tournament of Champions against Chris Barnes, becoming the first woman since Billie Jean King to defeat a man in a professional championship title match.

Following that win, Kulick appeared on national television news programs and was among those honored at the White House on International Women's Day.

Kulick has now been enshrined in the Women's Museum in Dallas. The display includes a shirt signed by Kulick with a caricature of her on it along with the Ebonite Mission ball with which she won the Tournament of Champions.

"I am thrilled to be part of the Women's Museum," she said. "When I think of being in the bowling museum in Dallas, I think, 'wow, bowlers will recognize the accomplishments of fellow bowlers.' But, when I saw the display in the Women's Museum,



it took my breath away." The Women's Museum™: An Institute for the Future, a Smithsonian affiliate, displays unique, textured, and diverse stories of American women.

"The display was something out of a movie," Kulick said. "I feel that being in a museum means I had a special contribution in history."

It's a contribution she said never

would have happened without Ebonite."

I don't think it would have happened if not for Ebonite," she said. "I say that for many reasons. One: I've used Ebonite more often than any other brand during my career. Two: Of my eight titles, six were won using Ebonite equipment and one was with Hammer."

One of those eight titles was her history-making Tournament of Champions win.

The faith her Ebonite pro staff teammates and the staff at Ebonite International have put in her and that she has put in them has played a major in her success, she said.

"If not for the guidance and support of Tommy Jones and Jason Couch and the brand managers Ed Gallagher, Jeff Ussery, and Paul Figliomeni, I don't know if I would have had the opportunity to win," Kulick said. "You are only as good as the equipment you use, and Ebonite is the best."

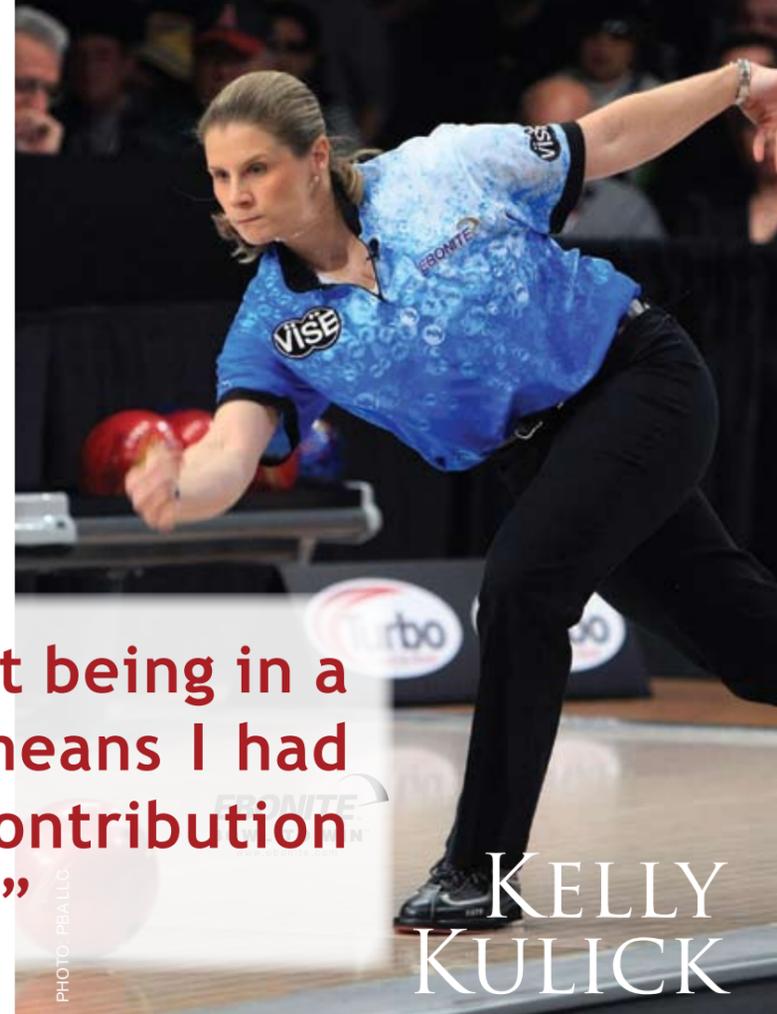
Kulick's accomplishment will be a moment in history for girls and women to remember years from now, just as we look back to the strides women before them have made; and that is the purpose of the museum.

"Using the latest technology and interactive media, the museum's exhibits and programs expand our understanding of women's participation in shaping our nation's history and create a lively environment for dialogue and discovery," according to the museum's Web site, www.thewomensmuseum.org.

"Thousands of stories recount public and private triumphs and the struggles of those who would be denied their freedoms in all its forms: political, social, and spiritual."

In 1996, Cathy Bonner, long-time president of the Foundation for Women's Resources, dreamed of a place that

"I feel that being in a museum means I had a special contribution in history."



told the stories of the accomplishments of women who molded American life and history. In less than four years, the Board of the Foundation for Women's Resources managed to gain commitments exceeding \$30 million toward the museum.

The museum opened its doors on Sept. 29, 2000, and now provides a location where people can honor the past and explore the contributions of women through fun, state-of-the-art interactive exhibits.

"When people walk by the display, I hope they will say, 'wow, what an amazing accomplishment this woman achieved,'" Kulick said. "Maybe my name will be mentioned amongst some of the other leading lady pioneers such as: Billie Jean King, Amelia Earhart, and Babe Didrikson. I would love to be in the museum and hear what the people passing by have to say."

Ebonite Brand Manager Ed Gallagher said the company could not be happier for Kulick. "This is a huge honor for Kelly and no one could be more deserving," Gallagher said. "We are honored that Ebonite has had a hand in her success."





humiliation is, sadly, normalized in our society and our world...

Millions of people are humiliated every day: children being called “baby” if they cry or show feelings. Employers “chewing out” employees in front of co-workers and others. Students bullying other students. Teachers screaming at their students in front of the class. Politicians using their opponents’ “weaknesses” as weapons. When people who are humiliated complain or show they’re hurt, often we brush off their pain, saying they’re “too sensitive” and they need to just “get over it.”

But humiliation can be horribly painful for everyone involved...and as a society, we need to recognize that it is a form of abuse. Why do some people choose to humiliate others? The answer lies in our childhood experience. Often, if we’re unaware and haven’t done the inner work to heal our ancient wounds, the old adage is true: what was done to us we do to others.

If we were humiliated as children, we will often grow up to humiliate others. And when that happens, it’s the sign post leading us to the inner work we need to do to heal our unresolved issues related to humiliation we suffered. If we don’t do the work inside ourselves related to our own past, we create in the outer world something that is painful for us and those around us.

Why do we tolerate and normalize humiliation? We tolerate and “normalize” humiliation, either in ourselves or others, also from roots in our childhood. Perhaps we grew up in a household where humiliation happened often and was tolerated: parent to child, sibling to sibling. Perhaps when we spoke out against the humiliation, we were called “baby” or “wuss” and told we were being too sensitive. We carried this into our adulthood. And now when someone (ourselves or others) is being humiliated, we either feel numb to it or feel it’s just “the way of the world” and there’s nothing we can do. We feel powerless. Or... maybe we even join in or encourage the humiliation as a way – consciously or unconsciously – to keep from having the humiliation turned on us.

Humiliation is, sadly, normalized in our society and our world...but it doesn’t have to be this way! We can end the abuse of humiliation if we are open and willing to see, hear, and feel humiliation when it’s occurring – inside us or in the world around us. If we are open and willing to do our own inner work with our feelings about humiliation...for our own sake and for the sake of our world!

HUMILIATION

an often ignored, normalized, denied form of **ABUSE**.

Humiliation has been occurring right out in the open consistently in our world. Recently: candidates running for office in the upcoming election humiliate each other on a daily basis. People on reality TV – judges on “talent” contests like *Dancing with the Stars* – humiliate the contestants on a weekly basis. And people humiliate those in their lives every day – live and on the internet – as with the young student in Massachusetts last spring, Phoebe Prince, and the college student recently at Rutgers, Tyler Clementi.

It doesn’t take much to normalize humiliation in our families, country, and world. It doesn’t take much to normalize it as a way of being . . . without even calling it the abuse it is. It doesn’t take much to normalize it as a way of thinking and feeling, or interacting – with ourselves and with others.

As a society and world, we often think of abuse as physical abuse, or verbal abuse...hitting, screaming, blatant, violent insulting, etc. Far too often we view humiliation as “normal”...a part of growing up or a part of daily life.

In-Vitro-Fertilization:

The Heavy Cost of the Nobel Prize

by Julia Indichova

For the 4 million children conceived through in-vitro-fertilization, the 2010 Nobel Prize for Medicine awarded on October 4th, is understandably, good news.

How this news plays out in the unfolding story of Assisted Reproduction and its role in shaping our healthcare, medical research, economy, the air we breathe and the soil we count on for food, depends largely on how the rest of us respond to the announcement of this prestigious prize.

Medical technology is a powerful tool that helps or harms depending on how we use it.

In the last decade and a half of my work as a fertility educator, I’ve celebrated the arrival of many IVF-conceived babies, with mothers and fathers who followed this road to parenthood attentive to internal cues, protective of their overall level of health. I have also seen women reach for the big guns of IVF as a way of tuning out the body’s call for attention. For them, a potentially useful tool became a self-punishing weapon.

Sadly, the sound of cheering is drowning out the voices of the many millions of women for whom IVF became a revolving door of endless egg retrievals and embryo transfers; women, who entered the promised land of Assisted Reproduction, blasted their ovaries with progressively more aggressive protocols, only to return years later, childless, broken and broke



“Reproductive challenges are often linked with unresolved inner conflicts, memory of sexual abuse, birth trauma or other issues imprinted in our tissues.”

Motherhood and pregnancy are emotionally charged experiences. Guiding wannabe moms on the baby-making-road I have found that reproductive challenges are often linked with unresolved inner conflicts, memory of sexual abuse, birth trauma or other issues imprinted in our tissues. I have witnessed the resolution of such conflicts lead to natural conception, even for women with a history of failed high-tech treatments.

Sometimes the missing piece of the puzzle is a latent nutritional deficiency that allows individuals to function but impedes the more challenging task of gestation and birth. The attempt to side step such symptoms by revving up our ovaries with synthetic stimulants might not only further disrupt endocrine function, it robs aspiring parents of the opportunity for healing that comes with every health crisis.

If your car begins to break down, chances are you will take it in for repair, rather than force it into higher performance. Doesn’t the body deserve similar attention? Wouldn’t make more sense to address the underlying medical problems that might’ve triggered a couple’s inability to conceive, rather

than force the body into doing what it may not be ready for?

Technopoly -- a term coined by the late cultural critic, Neil Postman -- is a system wherein technology is always viewed as positive and of value, with little consideration of its consequences. “It is the kind of friend” writes Postman “that asks for trust and obedience because its gifts are truly bountiful. But, of course, there is a dark side to this friend. Its gifts are not without a heavy cost.”

This has become tragically true in the unregulated field of assisted reproduction. Unless more patients and doctors begin to speak up about the dark side of this friend, the earth-community has yet to see the immense environmental impact and healthcare costs of the rising number of state-of-the-art clinics worldwide. A dubious legacy for the not-yet-born generations of children we so fervently long to bring into the world.

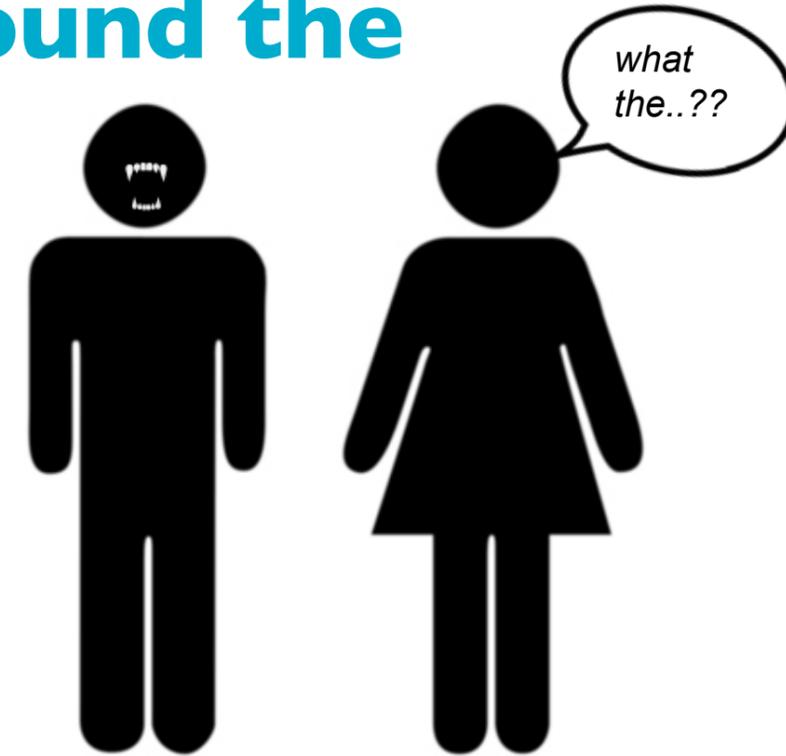
Ultimately, what’s most troubling, is that such a prestigious stamp of approval will do more to serve the pecuniary interests of an exploitive industry, than the interests of couples Dr. Edwards once set out to help.

LOST

in
Love.

Think You Found the Perfect Man?

PROCEED WITH CAUTION!



B'eware of Dogs' is a sign that universally urges caution—the title of this book is no different. When a guy is single, it's often for a good reason. And whether you're a woman who is sixteen or sixty you should be armed with the tools and information necessary to find and keep an elegantly-flawed prince—no frog-kissing necessary. Mr. Right does exist, but he will be something different to different women. In her new book, *Beware of Dogs: How to Avoid Dating Disasters*, Barbara Hayes, MS, MFT, a certified family and marriage therapist, provides strategies, quizzes and tips on how to identify quirks, also known as Freud's normal neuroses, and the signs of potentially serious psychological issues in a man in order to establish and maintain a healthy relationship. "The holidays are the perfect time to put some well-based, scientific and experiential dating knowledge to work for you," Hayes said. "*Beware of Dogs* offers readers unique tips on today's romance-landscape, but it maintains a belief in chivalry throughout. [It is the book I wish I had read when I was in my twenties and one that I'm glad to leave as a legacy for my daughter.](#)"

While many romance books are baseless and/or insulting, *Beware of Dogs* helps readers separate the wheat from the chaff—partner wise—and can help one determine how to proceed with any relationship, from those in the seed stage to those that may be falling off the vine. Based on valid scientific information and personal experiences, *Beware of Dogs* will help readers determine if their partner, boyfriend, or husband is charmingly smitten or a crazy stalker, slightly spoiled or truly narcissistic, even acutely controlling or possibly abusive. Though written to engage and entertain and even offer some comic relief to a frequent 'touchy' subject, this book is not a substitute for professional help.

Beware of Dogs helps readers identify situations, good or bad, and make educated decisions about love in

accordance with their own unique needs and goals to find a confident, healthy relationship. Hayes' easy-to-read chapters include powerful 'insider' tools and techniques—widely known to therapists but not to the general public. The book includes an interactive set of exercises that are vital to understanding your companion and yourself. The books chapters and topics include the following:

- Why Do Bad Relationships Happen to Good People
- Nice Guy or Narcissist: Questions to Consider
- Unusual Quirks to Deeply Disturbed
- The Younger Man: Heaven Help Us All
- The Married Man: For Masochists Only
- To Be Single or Not To Be Single
- How to Handle Criticism
- Body Language vs. Lip Service
- Cautionary Tale of Step Parenting
- Ménage-a-trios: And Divorce Makes Three

Hayes adds, "Call me a cockeyed optimist but I believe we can learn from our own as well as others mistakes and ultimately find deeply satisfying, loving adult relationships that support both partners who can enjoy the adventure that comes with a healthy life together."

[Barbara Hayes, MS, MFT, is a licensed marriage and family therapist. She wrote this book to help women understand how to determine the difference between the petty issues that plague most relationships and the big red flags that the relationship is headed for disaster. In doing so, she incorporates both Western and Eastern psychological disciplines into her work. Hayes attended University of California at Berkeley and Dominican University of California. A proud mother, Hayes currently lives in northern California.](#)

THE NEW RELATIONSHIP DO YOU HAVE A

KING

or a

Knight?



As more women become financially self-sufficient, there seems to be a new type of relationship forming not defined by who is more dominant and successful. The women are strong achievers but the men have their own ambitions and drive as well. Instead of one financially supporting the other, they become equal partners.

When a woman doesn't need a man to take care of her financially, what does she need? A man who will share the responsibilities at home and won't get his ego tied up in a knot over it. A man who gives his partner space to go after her dreams and cheers for her successes. A man who loves her and doesn't tell her to quit traveling or change her workload for him. This man shows emotional depth and strength. I call these men Knights instead of Kings.

This man often has his own career or business. Yet he doesn't require his mate and the family to circle around him. He stands by the side of his partner, not in front of her or behind her.

When your partner doesn't ask you to be anything other than who you are, you both can feel strong with who

you are in the world and feel vulnerable in each other's arms. Neither of you has to always be the rock of strength, while at one time or another you'll both take this on. And neither of you has to sacrifice your dreams for the other, though you may agree to do this for short periods of time for family gains in the long run.

There is emotional stability in a relationship based more on mutual respect than role definitions and out-of-date expectations. Shouldn't this be the new model of a healthy relationship? While researching my book, *Wander Woman: How High-Achieving Women Find Contentment and Direction*, I found many smart, strong women in these relationships.

I'm not talking about women supporting men, though that exists. I'm talking about men who are comfortable allowing women to be whole, which includes being powerful, emotional, passionate, discouraged, loving, tired, perfect, imperfect, grateful and sometimes rude.

In return, women wholeheartedly accept their powerful, emotional, discouraged, loving, tired, grateful and

sometimes rude men. Am I dreaming? I don't think so. I am in one of these relationships.

After two relationships with degreed, professional men, I am happily partnered with a man where I make more money, have more degrees, and I travel all over the world while he takes care of the home and cat (he travels with me sometimes). He loves me when I'm jet-lagged, honors my work and dreams, challenges me to be more, plays with me and buys me flowers. He is my knight. And, he has his own successful business that he is passionate about.

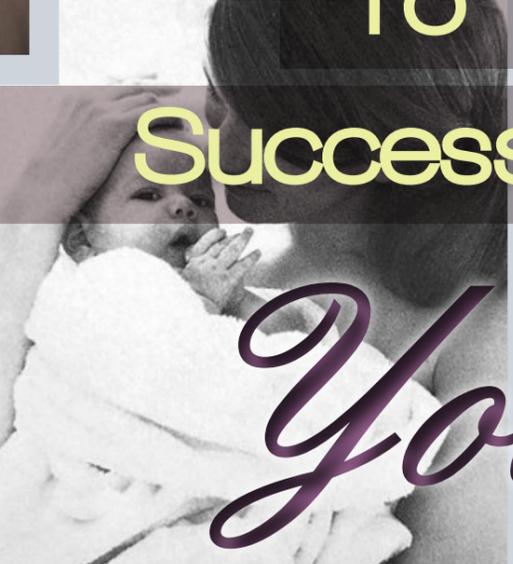
It's time to re-define what a solid, loving relationship looks like. Let's make this model more the norm than an oddity.

Honestly women, these men exist. Don't give up until you find one.





The Secret Barrier To Women's Success In Love:



You & Your Mother

One of the most puzzling findings from my research about the romantic relationships of today's accomplished women is how respect for their mothers can impede their love life. Perhaps, after reading this article, you will be as surprised as I am to uncover this secret barrier to women's success in love. Here is a composite story from my research. Of course, it won't sound exactly like your situation, but it highlights the main themes. See if anything "hits home."

WHY TONYA CAN'T FIND LOVE

Tonya thought she found the love of her life in Terrance. He was handsome, charming, and exciting. She breathed a sigh of relief. Her life felt complete. She did it. She kissed a lot of frogs, as they say, stayed in bad relationships too long, but that was all in the past. She had arrived, finally, at happiness. Tonya had always wanted a man with a respectable job. She made a good salary now as the Director of Customer Service of a large, international corporation, and she didn't trust any man with dollar signs for eyes.

Life had never been easy for Tonya. She started at the company as a receptionist—not the job she felt she deserved. She lived at home with her single mom to save money, and Tonya counted her pennies and used every one of them to pay for night school. A college education was her ticket out of the two-bedroom walk up of her childhood—mom and Tonya in one room and Tonya's half-brother in the other—until he went to prison.

Living with her mom was surprisingly comforting. They were both hard workers, and Tonya respected her mother. What a role model she was, keeping the family together on a shoestring all by herself. By ten o'clock in the evening when Tonya came home from classes, she'd find her mother asleep on the couch. She smelled of the laundry soap and furniture polish from her job as a house cleaner, and Tonya would wake her up in time to watch their favorite crime shows on television. It wasn't a bad life. Besides, her mom could use the company. Both Tonya's dad and the father of Tonya's half-brother took off long ago. Tonya was her mother's last hope that someone would make good in the family. Almost every spare moment, Tonya's mom told anyone who'd listen how proud she was of "her girl."

At last, everything came together. The stars were shining so bright that afternoon—college graduation and a promotion to Customer Service on the same day. On her thirty-third birthday, Tonya became the Director and made enough money to get a place of her own—a good place with a pool and balconies. Her mother didn't want to move so far from the bus line, but every Sunday Tonya gave her mother money and took her to brunch—her mom's favorite meal. She loved the buffets. Pancakes and waffles. No need to choose any more. Yet, that sense of comfort was strangely fading on those Sunday visits.

Tonya's job consisted of managing complaints and rude people. At the end of the day, she wanted to play as hard as she worked. Unlike her friends who found boyfriends, Tonya had no need for love. She was getting sick of her mother always asking her if there was "someone special in her life" and "when are you going to settle down." Tonya bristled at her mother's intrusion. She felt judged. An angry gulf grew between them, and Tonya laughed and said she wasn't ready to "train" a guy. And, at any rate, she was "picky."

In truth, her mother's questions made her wonder why she wasn't lucky in love like her girlfriends. One by one, they were walling up their lives with wedding plans, and the last thing Tonya wanted was to go dateless to a wedding. And then "it just happened"—exactly as she thought it would. She met Terrance one afternoon downtown while she was sitting outside a coffee bar. She watched him remove his motor-



cycle helmet, and, as if in a trance, she rose up from her seat, walked over to him and said, "I like your bike." She learned he was a successful car salesman who loved taking off on his bike for weekends to wherever it pointed, and she fell in love with his energy and mystery and rush. "We made love that night," Tonya said. "It felt right."

That was three years ago. They still went for bike rides, the wind whipping at her back as she held onto his shoulders. But the touch of his leather, the tilt of the bike as it balanced through the curves no longer thrilled her. Terrance was mean. He cheated on her once—a mistake, he said. He was in a slump at work, a woman seduced him at a conference, they got high together, it didn't mean anything, and she forgave him.

By degrees, that sense of command that drew her to him soured. She read him as a man of authority instead of authoritarianism. Terrance had morphed from a lion to a pig, and Tonya was ashamed of herself. She should have known better. Didn't she remember her mother crying in the middle of the night about love gone wrong? Tonya cried at night, too, barely able to sleep. In the morning, she awoke anxious. Tonya was horrified. She was morphing, too—into her mom.

Did you spot any similarities—or warning signs between your and Tonya's dilemma? Let's take a closer look at how daughters' respect for their mothers can take them down the path toward poor intimate relationship choices.

The Path of the Secret Barriers to Love: You and Your Mother

1. You admire your mother greatly for her ability to compromise, adapt, juggle tasks and put her needs last. Even if your mother did not have a hard-knocks life, you respect her ability to manage a demanding household. She cooked, cleaned, carpooled and catered to your father. You detected your mother's frustration at having to put aside her personal goals, and you felt a little sorry for her. **The full impact of your empathy and admiration for her didn't emerge until you were on your own and realized that life isn't easy.**

2. You appreciate how much your mother struggled to keep the family together, and you are in awe at how she endured. If you had a rough childhood, it's likely that you have extra respect for your mother. It's also likely that you came from a family of divorce or single motherhood. You saw your mother's efforts to keep the family afloat financially and emotionally. Perhaps your dad didn't pay enough child support—or anything at all. Your life after their divorce or break up was not easy. Maybe your dad remarried but your mother did not. Or, there seemed an endless parade of new partners who came and went. Even if your parents stayed together, you witnessed terrible fights. Tempers flared, doors slammed, the words got nastier, the fists more fierce. In Tonya's story, she revered her mother very much.

3. **You fear becoming like your mother—and you vow to protect yourself from being vulnerable.** Just as Scarlett O'Hara in the novel and movie *Gone With The Wind* proclaims she'll never "go hungry again," you promise yourself that you won't become a victim to the emotional and financial problems of your mother. You bet your future on getting a good education or specialized training so you can land a decent job. And from the bottom of your heart, you vow never to be in your mother's predicament of multiple jobs and reliance on child support or alimony—even if you have to "work until you drop." And when you do take time to play, you like excitement and men with daring, power, status—and access to others in power. You believe you are on the right path to being in charge of your life. Like Tonya, you are very picky. However, without knowing it, you are often picky about the wrong things. You don't really know how to assess men. And, by over-correcting your mother's way of life, you think you are now strong enough to avoid getting hurt in love.

Healthy Tips

1. Accept that fear of abandonment is universal in humans.
2. Accept that you might feel guilty for surpassing your mother.
3. "Cherry-pick" the good qualities of your mother and go ahead and incorporate them into who you are. Identity and empathy are not "all-or-nothing" processes.
4. Talk to your mother about your conflicting feelings. Create a "Permission and Award Ceremony." Tell your mother all the good things she did for you. Ask for her permission to make her proud by being your best self in life, love and work.
5. Learn to read men better. Pickiness about the wrong things such as being tall, dark, handsome and exciting can get you into trouble. The best way to read men better is to begin with learning to read and understand yourself. Get brave enough to withstand true self-examination.

4. Anxiety and depression lurk at your door. At the end of the day you really look forward to doing exciting things with your friends or crashing at home. These choices are your usual options because you really haven't developed any outside interests. And you haven't had much luck or even interest in finding romance. Yet, like Tonya, you have trouble falling asleep or staying asleep, and some mornings you wake up anxious. These warning signs are easy to dismiss. You have a big project at work, for example.

That down-time or drinks with friends seems to have done the trick. You feel refreshed. The cycle of work hard/play hard begins again, and then one day it's a little different. As in Tonya's situation, your girlfriends find boyfriends. Or, there just isn't anything on your calendar for the upcoming weekend, and

a twinge of loneliness—even the "blues"—sets in. However, you lessen your loneliness and squelch your longings and fear of love by believing, like Tonya, that "you aren't ready for it" or that "it will just happen—especially if you don't go out looking for it."

5. Your submerged loyalty and identity with her emerge. If you are really strong, you will use these uncomfortable feelings to explore how the things you don't like about your mother are a part of you. You might be successful at work, but success in love has eluded you. You are shocked to find yourself choosing inappropriate partners who hurt you in ways similar to your mothers' relationship issues. Your pickiness isn't working. You start eating or drinking more, your life seems to be in a rut, and it hits you: Your life might vary in detail from your mother's, but you are left feeling a similar pain.

Unknowingly, you have joined the Unlucky in Love Mother-Daughter Society by not—as an American Express ad says—leaving home without her. Surpassing your mother and succeeding where she did not can create what I call Surpasser's Guilt. If you are unaware of this guilt, you might strike a bargain with the devil and choose the wrong man again and sabotage your chances at love. Your failed relationships evoke your mom's empathy. After all, she understands all too well. You might finally have found a way to feel love and closeness and forgiveness for your mother by becoming like her, but you've paid a high price for those good feelings.

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Secretly, like Tonya, you are ashamed of yourself. But, **if you do triumph in love and work, it can occur to you that you might as well have slapped your mother in her face because she could easily construe your lifestyle and healthy choice of man as a rejection of her.** You realize that you might be forsaking your membership in the Mother-Daughter Society—and it doesn't feel all that good. You sense your mother's pull on that invisible chord that binds you, woman to woman, and your feelings toward her are a tangle of pity, respect and anger. Why wasn't she there for you as a role model?

Of course, the best way to honor your mother's efforts is to succeed in love, too. But a strange thing happens when it comes to being like—or not being like—one of your parents. What kicks in—very unconsciously—is the fundamental fear of abandonment. A daughter's poor choice of mate is her deeply-rooted way of saying: "Don't abandon me, because I didn't really abandon you. Because I am like you in some way, I still keep a part of you in me. And I can keep our relationship close and warm by doing as you do so I can forgive you."

Sound strange? This phenomenon of partially keeping a parent's love by becoming like them is very active when a parent dies. One way of keeping that parent alive is to become like them in some way. This identification is almost hard-wired into our biology: It is a survival mechanism to diminish a sense of abandonment.

But don't panic. An unwanted identity does not have to be your fate. Here are some tips for weakening both your fundamental fears of abandonment and an unhealthy identification with your mother. These tips can help you create a new bond with her.

Dr. LeslieBeth Wish is both a psychologist and licensed clinical social worker who is doing research on women and love. This article is an excerpt from her book in progress. Her website is www.lovevictory.com. For www.qualityhealth.com, a Top Ten Health Site, she writes a weekly column, "Relationship Realities," for their Relationships and Sexual Health Newsletter. You can sign up for the newsletter and receive her advice by going to www.qualityhealth.com, click on Newsletters and sign up for Relationships and Sexual Health.

Meet the Women Who Broke

Rules and Blazed Trails



The Amazing People Club® Books and Audio Series By Dr. Charles Margerison Highlights Iconic People, Cities, Careers and Relationships. Meet Amazing Achievers - from George Washington to Gershwin and Pocahontas to Presley.

people who changed our world, such as Mozart, Marie Curie, Leonardo, Henry Ford. The series includes books, eBooks and digital audio books featuring a first-person



perspective on some of the world's most amazing events, inventions and locations – discover Edison talking about the first electric light or Pasteur outlining how he discovered bacteria.

The Amazing People Club series, available internationally on October 1st, includes titles such as *Amazing Americans*, *Amazing Careers*, *Amazing Women*, *Amazing Entrepreneurs*, *Amazing Love Stories*, *Amazing People of London*, *Amazing People of New York* as well as short format titles such as *Amazing American Musicians*, *Amazing Women in Business*, *Meet Abraham Lincoln*, *Meet Coco Chanel* and *Meet Louis Armstrong*.

"BioViewâ stories bring some of the world's most amazing people and places to life. It is a new way of engaging with achievers and leaders," said Dr. Margerison. "The Amazing People Club series inspires educates and entertains as well as offer useful guidelines on how you can achieve your own ambitions."

Imagine what it would have been like to be there when William Shakespeare courted Anne Hathaway; what did the master wordsmith say to win her heart? What kind of advice would Abraham Lincoln have for today's politicians? What should modern-day entrepreneurs learn from the struggles and successes of Thomas Edison and Coco Chanel? These questions were ones that led Dr. Charles Margerison, a celebrated psychologist, literary scholar and business consultant, on the groundbreaking journey that inspired the new series, *The Amazing People Club*, distributed by Hachette Book Group.

Dr. Margerison traveled the globe and walked the same streets of the world's amazing characters to bring their personal stories to life. The stories are revealed through BioViews®, a newly-developed concept in storytelling that combines a biography with interview to offer a completely new way of engaging with the past. They bring the listener/reader 'face to face' with

A psychologist, business consultant, musician, composer, and author, Dr. Margerison is an innovator with a firm respect for achievers and leaders. His BioViewâ stories celebrate the 'can do and will do' spirit of creativity, confidence, entrepreneurialism, and more.

"The economy may be down, jobs are hard to find and times are tough, but many of our world's most fascinating and successful people have seen worse," said Dr. Margerison. "They showed the way to get up and succeed. The Amazing People Club books and audios highlight how education is more than just a qualification. Career success is earned by creativity, determination, attitude and having the right amazing person as a role model."



Championing Girls Rights to Feel Safe and Confident

Most women understand the important role self-esteem plays in the development of young girls and women. In fact, most of us have had to deal with many of the issues that can wear away at our own positive images of ourselves: peer pressure, body image, grades—good and bad, boys— and for today's girls, the images of girls and women that are portrayed in the media, as well as a myriad of bullying/gossiping scenarios that take place via social networking devices (cyberbullying) are now added to the list. These are all tough, but real issues, that today's young girls and women face and deal with in aggressively growing numbers.

In Girl Scouting, we believe that every girl deserves to feel comfortable in her own skin, confident in her choices, and capable of fulfilling her dreams. To that end, Girl Scouts have incorporated an array of programs that focus on healthy living—programs that provide information on everyday health challenges like stress, nutrition, substance abuse, diet, relationships, and more. Through participation in these programs girls can explore healthy ways to deal with these challenges and express their feelings and attitudes about them while developing their self-esteem and confidence.

In addition to providing programs for girls, Girl Scouts of the USA has gone a step further by developing Advocacy Champions—Girl Scout Councils that will use data collected from an array of studies conducted by the Girl Scout Research Institute (GSRI), as well as information gathered from years of working with girls ages 5-17—to lead efforts to address and ultimately change issues that impact the health of girls at the state and local level. Girl Scouts of Central Maryland (GSCM) has been selected as one of those councils.

Nationally, the three issues Girl Scouts are seeking to make dramatic changes in by way of legislation and awareness are: relational aggression (bullying); healthy media images; and, eating disorders. While GSCM will support national efforts to improve healthy media images and raise awareness and education about eating disorders among young girls and women, we are focusing our local efforts on increasing awareness of and reducing relational aggression.

While aggression among children and young adults has been a national concern for years, according to a recent GSRI report, almost 30 percent of young people in the United States (more than 5.7 million children) are estimated to be involved in bullying, either as a bully, a target, or both. In recent

years, many young people—especially girls—have begun engaging in a more socially and emotionally aggressive form of bullying. These types of relational aggression encompass behaviors that harm girls by damaging, threatening, or manipulating relationships with their peers, or by injuring a girl's feelings of social acceptance. Girls tend to target other girls and spread gossip—increasingly through social media: phone texts and Facebook postings—that encourages (or threatens) others to reject and exclude specific girls. Sadly, there have been instances where girls deemed suicide as the only way to make this behavior stop.

Clearly girls' relationships with their peers impact their health and safety. Relational aggression poses a real threat to their safety by damaging their self-esteem, confidence and relationships with their peers. Girls who feel emotionally unsafe are more likely to feel sad or depressed, have trouble paying attention in school, get low grades, and have trouble making good decisions. If we want to ensure their academic and personal growth, adults, educators and legislators need to take children's emotional safety seriously.

Girl Scouts believes that policy solutions should embrace an all-encompassing approach to thwart all types of relational aggression. Creating programs and policies that focus solely on the prevention of physical harm is only part of the solution. Holistic programs and policies that address both emotional and physical security are needed. Specifically, Girl Scouts recommends programs and policy that:

- **Build confidence** among girls, empowering them to prevent relational aggression before it starts and to stop it when they see it.
- **Support community-based organizations** that prevent relational aggression and teach about healthy relationships.
- **Encourage schools** to adopt and strengthen policies to prevent and address relational aggression.
- **Educate parents, teachers, administrators, and other school personnel** in recognizing, preventing, and mitigating the effects of relational aggression.

One of our first steps as Advocacy Champions has been to identify partners who can help our efforts to raise awareness on this critical issue. Miss Maryland 2010, Lindsay Staniszewski, is among our first partners. Because of her experience with gossiping and bullying as a child she has committed her time to speaking with girls about the negative impact this behavior has and instead encouraging them to identify their strengths and inner beauty in order to increase their self-esteem and confidence.

We invite others in the community to join our efforts to prevent relational aggression among girls and youth. If you would like more information about our Advocacy Champion efforts, or if you would like to partner with us to educate and abate relational aggression in central Maryland, contact Maria Johnson, Vice President of Advancement at mjohnson@gscm.org.

LOVE FOOD



THE FOOD SUBSTITUTIONS BIBLE Second Edition

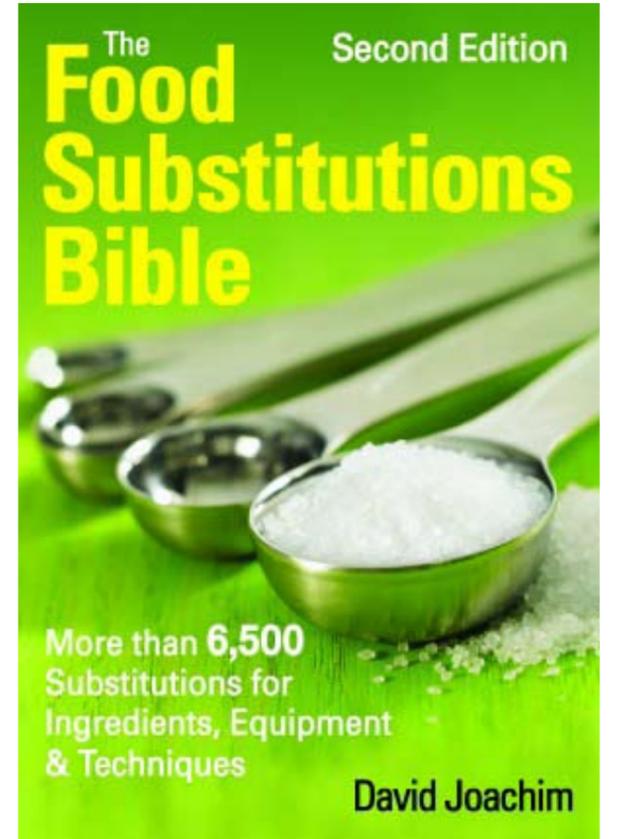
Both practical and enjoyable, this new edition of the IACP Cookbook Award winner will inspire home cooks with new ideas and all the instructions needed to cook with substitutions.

Picture this: you're in the middle of whipping up your famous biscuits for a special occasion, when you realize you're fresh out of buttermilk. Or, maybe it's another recipe, and you can't find the specified pan. What do you do? Shut down your kitchen and run to the store? Or get by with a substitution? With the help of *The Food Substitutions Bible*, Second Edition you'll realize just how much easier a simple substitution can be. Banish your kitchen anxieties—this book will provide answers to all your cooking and baking substitution questions.

Best-selling cookbook author David Joachim has expanded and revised his award-winning book, creating *The Food Substitutions Bible*, Second Edition. This essential kitchen tool provides home cooks with even more information and instruction on how to safely substitute ingredients in recipes. Whether you are missing an ingredient or you're experimenting with flavors and textures, this book will inspire and guide your culinary adventures.

Joachim has compiled a wide range of substitution possibilities into one comprehensive, easy-to-use guide, organized from A to Z. From A1 sauce to Zwieback, *The Food Substitutions Bible*, Second Edition offers 1,500 new substitutions, alternative ingredients, equipment, and techniques, including emergency substitutions, time-saving substitutions, healthy substitutions, alternatives for hard-to-find ingredients, alternatives for vegetarians, and ideas for varying the flavor of a dish in countless ways.

"Substituting is something that many cooks do all the time without even thinking about it," says Joachim. "For example, if you live at high altitude, you are probably used to substituting amounts and temperatures for those given in recipes. If you are lowering your saturated fat intake, you probably substitute oil for butter when sautéing."



Many of Joachim's substitutions yield results that are remarkably similar to those achieved with the real thing. For instance, if you want a less-rich alternative to whipped cream, evaporated milk whips up very well and makes a creamy, lower-calorie substitute that can be topped onto a favorite dessert.

The new edition of *The Food Substitutions Bible* contains:

- Over 300 new entries and cross references for ingredients and equipment
- Five new ingredient charts and measurement tables:
 - o Picking Coffee
 - o Container Size Equivalents
 - o Alcohol Retention in Cooking
 - o Spooning Up Honey
 - o Switching Tea

The straightforward design makes each entry, chart and sidebar easily accessible. Every substitution includes exact proportions and directions for making accurate, reliable replacements.

Some suggested substitutions in *The Food Substitutions Bible* do not intend to imitate the original ingredient. Instead, Joachim wants to inspire creativity and encourage experimentation in the kitchen. For example, he suggests replacing apple butter with pumpkin butter—instead of a poor version of the original, the recipe takes a new, delicious direction.

"Substitutions can solve many problems in the kitchen. But

they can't work magic. If you have run out of an ingredient and really want to replicate the original exactly, my advice is simple: don't substitute. If you absolutely must have the flavor of cardamom in a recipe, go buy some cardamom instead of substituting another spice such as cinnamon. Cinnamon will taste like cinnamon and not like cardamom. However, if you want to experiment with changing the flavor of your recipe, cinnamon may be an acceptable substitute. Often that's the reason I substitute one thing for another, just to try something new."

Whether you're looking to substitute for a key ingredient or utensil or simply create a different flavor or texture, *The Food Substitutions Bible* provides home cooks with a vast array of fresh and enjoyable ideas that will give you all the information you'll need to improvise with confidence.

SAMPLES FROM THE FOOD SUBSTITUTION BIBLE, 2nd Edition

BACON

Also known as American bacon and streaky bacon. Pork belly that is brined and smoked, sometimes double smoked. Can be purchased in slabs or slices and must be cooked before eating.

If You Don't Have It

Substitute 1 slice (about 3/4 oz /22 g) bacon with:

- 1 thin slice (about 3/4 oz /22 g) pancetta (wonderful spice aromas; unsmoked)
- 1 thin slice (about 3/4 oz/22 g) prosciutto (pork leg; unsmoked)
- 1 thin slice (about 3/4 oz/22 g) speck (pork leg; smoked; adds juniper aromas)
- 3/4 oz (22 g) salt pork (saltier; fattier; unsmoked; best as flavoring in soups, stews, and sauces)
- 3/4 oz (22 g) smoked sausage
- 3/4 oz (22 g) smoked ham
- 3/4 oz (22 g) fatback (unsalted; fattier; unsmoked; best as flavoring in soups, stews, and sauces; or for barding)
- 2 to 3 tsp (10 to 15 mL) real bacon bits

For Better Health

- Substitute 1 slice (about 3/4 oz /22 g) bacon with:
- 1 slice turkey bacon (less fat and fewer calories; retains shape better than sliced bacon)
- 1 slice vegetarian bacon (less fat and fewer calories; made from vegetable protein; flavored like smoked bacon)
- 1 slice Canadian or back bacon (less fat and calories)
- 3/4 oz (22 g) smoked ham
- 2 to 3 tsp (10 to 15 mL) imitation bacon-flavored bits (vegetarian)

1 lb (500 g) raw = 18-22 regular slices = 10-14 thick slices
 1 lb (500 g) cooked = 1 1/2 cups (375 mL) crumbled
 1 slice cooked = 1 tbsp (15 mL) crumbled

OKRA

African slaves introduced this green pod vegetable to the American South, where it gained great interest, particularly as a thickener for the wonderful Louisiana gumbo.

If You Don't Have It

Substitute 2 cups (500 mL) okra (for thickening) with:

- 1 tbsp (15 mL) filé powder
- 1 cup (250 mL) nopales, sliced
- 2 tsp (10 mL) cornstarch mixed with 1 tbsp (15 mL) cold water

To Vary the Flavor

Substitute 2 cups (500 mL) okra with:

- 2 cups (500 mL) green beans
- 2 cups (500 mL) asparagus
- 2 cups (500 mL) broccoli

1 lb (500 g) fresh = 2 1/4 cups (550 mL) chopped and cooked
 10 oz (300 g) frozen = 1 1/4 cups (300 mL) chopped
 15 1/2 oz (440 mL) can = 1 3/4 cups (425 mL) chopped

PRESSURE COOKER

Because steam builds up inside this pressurized cooking pot, the foods contained inside cook at a very high temperature, which means they cook in a fraction of the time of traditional methods.

If You Don't Have It

Substitute a pressure cooker with:

Large pot with a tight-fitting lid (generally, you can sauté or bring foods to a boil then reduce heat and simmer as you would in a pressure cooker; triple or quadruple the cooking time; increase liquid by 20 to 40% to compensate for moisture loss)

STAR ANISE

Possibly the prettiest spice in the world, this brown pod is shaped like a lacy eight-pointed star with a seed in each segment. In China, it is widely used in cooking and in teas.

If You Don't Have It

Substitute 1 whole star anise with:

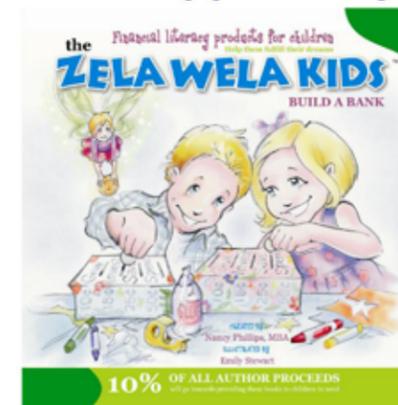
- 1/2 tsp (2 mL) ground star anise
- 3/4 tsp (3 mL) crushed anise seeds + pinch of ground allspice (less complex flavor)
- 1/2 tsp (2 mL) Chinese five-spice powder (includes mostly star anise plus fennel seed, cinnamon, Szechuan peppercorns, and cloves)
- 1 tbsp (15 mL) anise or licorice liqueur (weaker anise flavor; adds alcohol and liquid)
- 1/4 to 1/2 tsp (1 to 2 mL) anise extract
- See also Chinese Five-Spice Powder.

1 whole star = 1/2 tsp (2 mL) ground

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"The Zela Wela Kids Build a Bank is available at

www.amazon.com and barnesandnoble.com"

If you would like more information about the author or to find out about when the next books in the series will launch, go to www.zelawelakids.com.



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

Celebrate the Holidays

with Favorite Recipes from L'Auberge Chez Francois



from L'Auberge Chez Francois is often asked to author magazine articles, cook up recipes at culinary events, and to be a guest on television and radio shows across the country.

Recipes are Copyright of Chef Jacques Haeringer from Two for Tonight.

The holidays are a time when friends and family to gather together and celebrate - usually over a meal. No celebration is complete without the pleasures that a joyful meal provides.

Chef Jacques Haeringer of Washington DC's legendary restaurant, L'Auberge Chez Francois, believes that the combination of great food served in a warm, welcoming setting always creates a memorable evening.

"Unforgettable meals are a tradition at L'Auberge Chez Francois," explains Chef Jacques. "It's a tradition based on our philosophy that life's memorable moments are not complete without a festive meal." The ambience, the artful presentation and the anticipation of delightful tastes merge together to indulge the senses and help create a wonderful holiday experience.

This year create your own memorable holiday meal with these great recipes

Pumpkin Ginger Soup

Preheat oven to 350 degrees.

TO PREPARE THE SOUP:

Cut the 2 medium pumpkins in half, scoop out the seeds, and place the cut side down on a baking sheet. Bake for 1 hour or until soft. Scoop out the pumpkin flesh into a food processor and purée until smooth. Pour puréed pumpkin into a saucepan and add the white stock, water, maple syrup and spices. Bring to a boil, then reduce to a simmer and cook for 30 minutes. Taste and adjust seasonings.

TO PREPARE THE LOBSTER:

Fill a pot fitted with a steamer top with salted water and bring to a

Pumpkin Ginger Soup

- 2 small pumpkins, 2 pounds each (or one 28 ounce can pumpkin purée)
- 1 large pumpkin (for tureen)
- 2 cups white stock or chicken stock
- 1 cup water
- ¼ cup maple syrup
- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- ½ teaspoon sea salt
- 2 teaspoons freshly grated ginger

This flavorful soup is a perfect appetizer to your holiday meal, and it will have your guests begging for the recipe

boil. Place the lobster in the steamer, cover, and cook for approximately 8-10 minutes until the lobster is just cooked through. Remove and allow to cool.

Crack the claws to remove the meat. Split the lobster tail down the center and remove the meat. Reserve with the lobster claws.

TO SERVE:

Cut the top off the large pumpkin to create the soup

tureen. The hole should be wide enough to fit a ladle. Hollow out, scraping out the seeds and checking for holes. Remove the soup from heat and stir in the half and half.

Divide the lobster meat between 6 warm serving bowls.

Pour the hot soup into the pumpkin tureen and sprinkle with pumpkin seeds before serving. Ladle the soup into the warm, garnished serving bowls.

Roasted Sea Bass Provençal

TO PREPARE THE SEA BASS:

Preheat the oven to 400 degrees. Lay a large sheet of parchment paper on a sheet pan.

Rinse the cavity of the sea bass under cold, running water and pat dry. Season the inside of the fish with salt and pepper, stuff with fresh and dried fennel and tarragon, and coat the outside with oil.

Place the sea bass in the center of the parchment paper. Gather the edges, partially close, and pour the vermouth over the fish. Seal the edges of the parchment paper, place in the oven, and roast for 18

minutes or to desired doneness. Remove from the heat and set aside, keeping warm.

TO PREPARE THE SAUCE:

In a medium sauté pan, bring the vermouth, tarragon, and pepper to a boil, reduce the heat, and simmer until reduced to one tablespoon. Remove from the heat, strain, and return to low heat.

Whisk in half of the cream. Gradually whisk in the butter to form an emulsion. Add the remaining cream to desired consistency. Remove from the heat, add the lemon juice, and season.

Roasted Sea Bass Provençal

FOR THE SEA BASS:

- 2 pound sea bass
- sea salt and freshly ground pepper to taste
- 1 bulb fennel, trimmed and chopped
- 3 branches dried fennel stalks
- 1 bunch tarragon, chopped
- 1 tablespoon olive oil
- ¼ cup dry white vermouth

FOR THE SAUCE:

- ¾ cup dry white vermouth
- 1 bunch tarragon, chopped
- 1 tablespoon freshly ground pepper
- ¼ cup heavy cream, warmed
- 8 ounces butter, diced and chilled
- juice of 2 lemons
- sea salt and cayenne pepper to taste

This light fair is perfectly balanced with a savory cream sauce Pair the dish with your choice of vegetables

CHAMPAGNE MOUSSE

- 2 egg yolks
- 3 tablespoons evaporated cane juice or sugar
- 2/3 cup champagne
- 1/2 teaspoon gelatin
- 1 tablespoon water
- 1/2 cup heavy whipping cream

No holiday meal is complete without a little bit of the 'bubbly'. Try this delightfully light mousse

Champagne Mousse

Whip the heavy cream and refrigerate.

Combine the yolks and evaporated cane juice in a glass or stainless steel bowl and whisk thoroughly until the mixture whitens. Add the champagne and whisk together completely.

Place the bowl over a pot of simmering water and cook, beating constantly until the mixture thickens to the consistency of a light hollandaise sauce.

Remove from heat and continue whisking for about

1 minute. Set aside and allow to cool.

Combine the gelatin and water in a small bowl and let stand for 5 minutes to soften the gelatin. Heat the softened gelatin mixture until the gelatin dissolves and the liquid clears.

Whisk the dissolved gelatin into the champagne mixture. Then fold in the whipped cream with the aid of a rubber spatula. Chill for 1 hour before piping the mousse into champagne glasses or dessert dishes. Garnish with fruit marinated in champagne.



I can assure you that this is not your mama's family breakfast spread.



Taking my lead from the Food Network reviewers, I decided to order the entrée which was singled out as “the Best Breakfast Dish in Maryland”, named “Shirley’s Affair with Oscar”. I must admit that I was a bit skeptical of ordering a breakfast entrée for \$19.99. Although the description sounded extremely appetizing, I was wary of what would be considered a “breakfast-sized” portion. Once the plate arrived at my table, I was not disappointed.

The portion was very large and I could feel my taste buds firing up. Shirley’s Affair with Oscar combines two 2-ounce Beef Filets, topped with Asparagus, Jumbo Lump Crab Meat & Hollandaise Sauce served on top of Fried Green Tomatoes and Savory Grits with Bacon, and dusted with Old Bay.

The filets were cooked perfectly to order while the crab meat sumptuously melded with the fried green tomatoes. I must admit that although the price tag is rather daunting, the quality and flavor make this a fantastic and satisfying way to start any day.

I also sampled the California Chicken “BLT” (\$12.99), which was an over-sized sandwich of Grilled Chicken, Applewood-Smoked Bacon, Tomato, Mixed Greens, Avocado & Citrus Mayonnaise on Ciabatta served with a side of Southern Coleslaw with Toasted Almonds. The sandwich was fresh, tangy and very filling. I would definitely recommend this as an alternative to the breakfast fare.

Our trip to Miss Shirley’s was a great discovery and I fully intend to make it a regular stop in my culinary adventures. Miss Shirley’s Café serves only Breakfast, Brunch and Lunch and has a sister location located at the Inner Harbor.



RESTAURANT REVIEW

Miss Shirley's Cafe
513 West Cold Spring Lane
Baltimore, MD / (410) 889-5272
www.MissShirleys.com

In my search for a non-traditional breakfast haunt, I was intrigued by the recent chatter about Miss Shirley’s Café in Roland Park, MD. I had read the reviews from The Food Network Magazine, which heaped praise upon this southern-style eatery as serving the Best Breakfast in Maryland as well as being rated #1 by Baltimore Magazine for Best Breakfast and Best Brunch, and decided that I had to see what all the hoopla was really about. My initial thought was that this would be a true home-cooked southern breakfast with lots of taste but little finesse. After eating at Miss Shirley’s, I can assure you that this is not your mama’s family breakfast spread.

Situated in the Roland Park section of Baltimore, Miss Shirley’s provides a savvy approach to southern comfort foods. The modern interior and hustle bustle of the establishment

adds a certain level of vitality to the atmosphere and creates an interesting mix of both small town cuisine and upscale dining. While the prices are definitely “city” level, you are treated to wonderfully large portions as well as excellent taste and quality. Beware long lines on the weekends.

We began our brunch with a cone of sweet potato fries served with mango ketchup and citrus aioli dipping sauces (\$4.99). The sweet potato’s were freshly cut and nicely seasoned. We also ordered a house specialty known as Funky Monkey Bread (\$9.99). This is a decadent version of a cinnamon bun which is prepared as a small cake that you pull apart and devour at your own risk. The Monkey Bread is drenched with cinnamon, banana’s chocolate, and pecans. This is a “must have” but is dangerously filling when considering the huge entrée’s that follow.

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

BBB Warns Against Online Ads for Acai Diet Pills and Work-from-Home Jobs

Consumers flood the Better Business Bureau with deceptively expensive “free” trials.

Better Business Bureau is warning consumers to be wary of free trial offers online for diet pills, work at home jobs and teeth whiteners among other products and services. In this year alone, BBB has received thousands of complaints from consumers across the country who thought they were getting a free trial, but ended up losing often hundreds of dollars in recurring credit or debit card charges.

“Fighting deceptive free trial offers online continues to be a game of whack-a-mole,” said Angie Barnett, President and CEO, BBB | Greater Maryland. “Just as soon as one company is put out of business it’s replaced by another with the same model of ripping consumers off under the guise of a no-risk free trial offer.”

In just four months, Internet Cash Machines racked up more than 460 complaints from people who were interested in working from home, and has received an F grade from BBB. Several Baltimore area consumers say that they signed up for a free trial package of information costing \$2.95 but were promptly charged as much as \$149. Complainants allege the company posts misleading advertisements and that they are unable to cancel by phone or email.

“Before signing up for any free trial offer, read the fine print carefully and always check the company out with Better Business Bureau. You’ll save time and money by avoiding the hassle and recurring charges of some unscrupulous offers,” added Barnett.

Additional advice on signing up for free trial offers is available at www.bbb.org/us/article/free-trial-offers--are-they-good-deals-425.

Consumers who believe they have been misled by a free trial offer can file a complaint online with BBB at www.bbb.org.

5 Tips for Healthy Holiday Feet

Don’t let sore, achy feet ruin your holiday season. The American College of Foot and Ankle Surgeons offers five tips to healthy holiday feet.

1. If the shoe fits, wear it—When hitting the dance floor or the shopping malls during the holiday season, don’t compromise comfort and safety when picking the right shoes to wear. Narrow shoes, overly-high-heeled ones or shoes that aren’t worn very often, such as dress shoes, can irritate feet and lead to blisters, calluses, swelling and even severe ankle injuries. “To ward off problems, choose a shoe that has a low heel and fits your foot in length, width and depth while you are standing,” says Tennessee foot and ankle surgeon Christopher Hendrix, DPM, FACFAS. “Be proactive, protective and preventive with your selection of appropriate shoes for the occasion.”

2. Don’t overindulge in holiday cheer—Did you know your feet can feel the effects of too much holiday cheer? **Certain foods and beverages high in purines, such as shellfish, red meat, red wine and beer can trigger extremely painful gout attacks, a condition when uric acid builds up and crystallizes in and around your joints.** “Often, it’s the big toe that is affected first since the toe is the coolest part of the body and uric acid is sensitive to temperature changes,” Dr. Hendrix says.

3. Be pedicure-safety conscious—Before you head for your holiday pedicure, remember nail salons can be a breeding ground for bacteria, including MRSA. To reduce your risk of infection, choose a salon that follows proper sanitation practices and is licensed by the state. Consider also purchasing your own pedicure instruments to bring along to your appointment.

4. Watch for ice and snow—

Holiday winter wonderlands can be beautiful but also dangerous. Use caution when traveling outdoors; watch for ice or snow patches along your trail. The ankle joint can be more vulnerable to serious injury from falling on ice. “Ice accelerates the fall and often causes more severe trauma, because the foot can move in any direction after it slips,” Dr. Hendrix explains. If you do experience a fall, take a break from activities until you can be seen by a foot and ankle surgeon. **Use R.I.C.E. therapy (Rest, Ice, Compression, and Elevation) to help reduce the pain and control swelling around the injury.**

5. “Listen” to your feet—Don’t let foot pain ruin your holiday fun; inspect your feet regularly for any evidence of ingrown toenails, bruising, swelling, blisters, dry skin or calluses. “If you notice any pain, swelling or signs of problems, make an appointment with your foot and ankle surgeon,” Dr. Hendrix says. “Often, especially for diabetics, what may seem like a simple issue can turn into a larger problem if medical care is delayed.”

Is Your Foot Fracture an Early Sign of Osteoporosis?

Unexplained foot fractures may be the first sign of osteoporosis, a bone thinning disease which affects over 28 million Americans and accounts for 1.5 million bone fractures a year.

According to the American College of Foot and Ankle Surgeons, osteoporosis is frequently referred to as the “silent crippler” since it often progresses without any symptoms or isn’t diagnosed

until a person experiences pain from a bone fracture. Georgeanne Botek, DPM, FACFAS, a Cleveland foot and ankle surgeon, explains that the porous nature of bones in people with osteoporosis makes them more susceptible to bone fractures, especially in the feet. “Because the bones are in a weakened state, normal weight-bearing actions like walking can cause the bones in the foot to break,” says Dr. Botek. “In fact, **many patients visit their foot and ankle surgeon suffering from foot pain only to find out they actually have a stress fracture, without having experienced an injury.**”

While osteoporosis is most commonly seen in women over age 50, younger people and men are also affected. Early symptoms can include increased pain with walking accompanied by redness and swelling on the top of the foot. “Often, patients don’t seek treatment for their symptoms for weeks or even months, thinking the pain will pass,” says Dr. Botek. “The best advice is, don’t ignore foot pain of any type. Early intervention can make all the difference in your treatment and recovery.”

Foot and ankle surgeons are able to diagnose osteoporosis through bone densitometry tests, which

measure calcium and mineral levels in the bones through low-dose radiation x-ray, or possibly through a routine x-ray. “This is why prevention and early intervention are key; women should make sure bone densitometry tests are part of their wellness examinations when indicated by their physicians,” Dr. Botek explains.

If you are diagnosed with osteoporosis, it’s important to protect your feet from stress fractures. Wear shoes that provide support and cushioning, such as athletic running shoes, to provide extra shock absorption and protection. Custom orthotics may also be recommended to protect the foot from pressure and provide shock absorption, particularly during exercise.



OTIS EXPERTS URGE PREGNANT WOMEN TO RECEIVE INFLUENZA VACCINE

New Study Aims To Offer More Solid Evidence of Vaccine Safety In Pregnancy

The Organization of Teratology Information Specialists (OTIS), a non-profit organization based at the University of California, San Diego with affiliates across North America, urges pregnant women to receive the influenza vaccine as soon as possible. The recommendation comes shortly after the American College of Obstetricians and Gynecologists Committee on Obstetric Practice issued new guidelines regarding the influenza vaccine during pregnancy.

OTIS aims to educate women about exposures during pregnancy and lactation through a toll-free hotline as well as observational research studies. The organization is looking for the help of pregnant women to collect information on exposures such as the flu vaccine in pregnancy, with a goal to enroll 1100 pregnant women across the U.S. in the study by March 2011.

“The newest opinion from experts is that pregnant women at any gestational age during the flu season should receive the influenza vaccine,” Christina Chambers, PhD, MPH, UCSD professor of pediatrics and an epidemiologist with a special focus in the area of birth defects prevention.

Chambers also serves as program director of OTIS’ California affiliate the California Teratogen Information Service (CTIS) Pregnancy Health Information Line. **“It’s preferable for a woman to receive the immunization early during the flu season since protection against the flu doesn’t begin to set in until about two weeks after the flu shot is administered,”** Chambers added. The vaccine protection typically lasts six to eight months.

According to Chambers, fewer than half of pregnant women get the flu vaccine while they are pregnant, even though the recommendation is that all pregnant women receive the vaccine. She adds that pregnant

women have an increased risk of having serious complications from the flu, such as severe breathing problems. Severe disease and even death from infection with the flu virus occurs more often in pregnant women than in women who are not pregnant.

The flu vaccine being administered during the 2010-2011 flu season provides protection against both the seasonal and H1N1 flu viruses. Unlike last season, this year a separate H1N1 flu shot is no longer needed. In addition to the flu shot, a nasal-spray influenza vaccine is also available. However, unlike the flu shot, the nasal-spray vaccine contains a live, but weakened virus, so is not recommended during pregnancy.

“We’ve received a number of calls from concerned women wondering if they should receive the flu shot,” said Sonia Alvarado, a counselor supervisor at CTIS Pregnancy Health Information Line. **“Many worry that since the H1N1 protection is included in this year’s flu shot, the H1N1 portion may be dangerous, but that’s simply a misconception.** The H1N1 vaccine has, in fact, been thoroughly studied in both pregnant and non-pregnant volunteers.”

“Since research has shown how important it is for pregnant women to receive the flu shot, it’s important that pregnant women feel reassured that the vaccine itself is safe to use in pregnancy,” said Diana Johnson, M.S., study manager for OTIS Studies. In addition, a recent study published in the Archives of Pediatrics & Adolescent Medicine suggests that babies born to women who received a flu vaccine during pregnancy may themselves have some additional protection against the flu virus.

Johnson is one of dozens across the country helping to coordinate the Vaccines and Medications in Pregnancy Surveillance System (VAMPSS). VAMPSS is a North American effort to obtain and evaluate information on developing babies whose mothers receive H1N1 flu vaccines, seasonal flu vaccines, antiviral medications, and/or asthma medications during pregnancy.

“The VAMPSS surveillance system is more important now than ever before,” explained Johnson. “As new medications and vaccines become available, an established system for identifying the safety or risks of exposures that occur during pregnancy in a timely and comprehensive manner is critical in helping pregnant women and their health providers make informed decisions about treatment options,” she said.

Women who are currently pregnant may qualify to enroll in the VAMPSS study. Participation involves two to four phone interviews and release of medical records relating to the woman’s current pregnancy. More information is available at OTISPregnancy.org or by calling OTIS Studies at (877) 311-8972.

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WINTERGREEN RESORT ANNOUNCES WOMEN'S SKI CLINICS FOR 2011

Wintergreen Resort, located high atop Virginia's Blue Ridge Mountains and touted as one of the most thrilling winter playgrounds in the mid-Atlantic, has announced a series of women's ski seminars for the 2011 season. On four consecutive Fridays (Jan. 21, 28 and Feb. 4 and 11) from 9 a.m. to 2:30 p.m., Wintergreen will offer "Ski & Ride Clinics" taught by the resort's female instructors and geared for women who are seeking to improve their skiing and riding skills. Individual sessions are \$99, or a package rate of \$350 for all four with lunch included. Equipment rental and lift ticket are not included.

The "Women's HEAD Ski/Ride Clinic," a culmination of the women's clinics offered throughout the season, will be held the weekend of February 18-19. The grand finale workshop will feature high quality skiing and riding clinics, workshops, dining and social networking for women of all ages. The clinic starts at 4 p.m. Friday, February 18, with hills and skills exercises, followed by dinner at Devils Grill. Saturday's schedule calls for a continental breakfast, more hills and skills clinics in both the morning and afternoon and lunch, all capped by a late afternoon après-ski party and awards ceremony.

The weekend clinic is \$299/person if booked seven days in advance; \$350/person otherwise. For those wishing to participate in both the four Friday clinics and the weekend clinic, a package rate is available for \$650. Seminar participants also are eligible for access to latest HEAD ski and snowboard demo equipment for skiing/riding (participants will need to provide their own boots) and discount lodging reservations, which are available by calling 434/325-2200, and referencing participation in the clinics.

All clinics and instruction are taught by Wintergreen's certified Professional Ski Instructors of America (PSIA) and American Association of Snowboard Instructors (AASI) women instructors, and additionally directed by world-champion extreme skier, Alison Gannett (<http://www.alisongannett.com>). Founder of The Save Our Snow Foundation, Gannett was named "Ski Hero of 2010" by Ski Magazine for her dedication to raising awareness of the problems of global warming, and its potential solutions.



Do You Have ADD/ADHD?

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

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

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

For more information, call
410-550-2588 or 410-550-6266
or email johnshopkins.lab@gmail.com
Collect calls are accepted.

Principal Investigator: Una D. McCann, MD
IRB Number: NA_00033609



The Honor Society of Nursing partners with Sharecare to provide information on health and wellness

STTI chosen as exclusive nursing organization for new consumer-focused website; members provide expert content

The Honor Society of Nursing, Sigma Theta Tau International (STTI) has been named the exclusive nursing organization to provide answers to consumer health and wellness questions on a new website, Sharecare.com. The site, which launched on 7 October 2010, brings together the top minds in the health care field to provide consumers multiple perspectives within a single website dedicated to improving health.

By representing nursing's perspective for Sharecare, Inc., a new company created by Jeff Arnold, founder of WebMD, and Dr. Mehmet Oz, a leading cardiac surgeon, health expert and host of "The Dr. Oz Show," STTI and its members are supporting the society's mission of improving the health of the world's people.

STTI members, who are leaders in all areas of nursing, will provide the voice of nursing on Sharecare.com. "The nurses' perspective is important because consumers rank nurses as one

of the most trusted professions in health care, according to Gallup Honesty and Ethics rankings," says Patricia E. Thompson, chief executive officer of STTI. "We are pleased about our partnership with Sharecare, and we are excited to support the advancement of health education through this multidisciplinary website."

Sharecare.com will simplify the consumers' search for information about their health and wellness by providing expert, tailored answers from Sharecare's content partners, such as STTI. "We are honored that STTI will be working with Sharecare," said Donna Hill Howes, RN, MS, senior vice president at Sharecare. "Their participation demonstrates the industry's belief in the need for what Sharecare will offer consumers online. Nurses will have an important voice on the Sharecare platform, as trusted health care providers and educators."

Visit STTI's group profile web page, <http://www.sharecare.com/group/stti/answers>. Other associations and organizations participating in Sharecare include:

- AARP
- American Heart Association
- American Red Cross
- Center for Disease Control and Prevention
- Discovery Health
- Harpo Productions
- Office of the Surgeon General
- Susan G. Komen Foundation



Former PA Secretary of Health: Public and Private Investment Approaches Carry Potential for Eliminating Health Disparities

Related Panel to be Convened at Fourth Annual National Conference on Health Disparities, in Philadelphia

According to Dr. Calvin B. Johnson, former PA Secretary of Health, there have been far too few meaningful, public discussions with regard to the substantial economic costs being borne by the U.S., as a result of its lengthy pattern of race – and gender – based health disparities.

Johnson is planning to address that issue and the ability to eliminate disparities by investing in businesses, communities, and people, specifically, when he leads a panel, titled "Using Public and Private Equity Investment to Strengthen and Sustain Our Communities: Can we strategically invest our way out of health disparity and into health equity?", at the Fourth Annual National Conference on Health Disparities, November 12, 2010, at 2:45pm, at the Philadelphia Marriott Hotel.

The panel will be comprised of five healthcare and investment community professionals, including Osagie Imasogie, Phoenix IP Ventures, LLC; Steven Sanders, Strategic Investment Partners, LLC; Dr. Arjumand Siddiqi, University of North Carolina; Dr. Denis Cortese, former CEO, Mayo Clinic; and Dr. Owen Garrick, chief operating officer and director, HOV Clinical Research.

The Urban Institute, in a September 2009 report, estimated that disparities among African Americans, Hispanics and non-Hispanic whites had cost the health care system \$23.9 billion, in that year. Medicare, alone, according to the Institute, faced costs of an extra \$15.6 billion, while private insurers incurred \$5.1 billion in additional costs, due to elevated rates of chronic illness among African Americans and Hispanics. Over the 10-year period from 2009-2018, the total cost of healthcare disparities is expected to approximate \$337 billion, according to the Institute.

According to Dr. Johnson, "The causes of disparity in health and health care are complex and multi-layered. The effects of health disparities have been shown to be far-reaching and long-lasting. More recently, with the documentation of the economic impact of healthcare disparities, there is a growing recognition of the significant economic costs related to them, in addition to the physical and social costs." He continued, "In our session, at the National Conference, in Philadelphia, we will explore potentially effective, yet underutilized, strategic investment approaches that may be effective tools in eliminating health disparities."

About the Fourth National Conference on Healthcare Disparities

The Fourth National Conference on Health Disparities has been organized in conjunction with the Congressional Black Caucus Health Braintrust and the Tri-Caucus Health Taskforce chairs.

The event is being supported by the Medical University of South Carolina, Morehouse School of Medicine, Lincoln University, Cheyney University, University of Pennsylvania School of Nursing, Drexel University of Public Health, Temple University and the Congressional Black Caucus Foundation, Inc.

Co-Supporters include: PhRMA, the Alliance for Digital Equality, the U.S. Department of Energy, Fox Chase Cancer Center, Lilly, Health Partners and AmeriHealth Mercy Family of Companies.

JENNIFER GREY Credits Expert Doc with Saving Her Life

“Dancing with the Stars” contestant Jennifer Grey is one of the leaders in the competition -- and she has her doctor to thank for it.

“Extra” Lifechanger and spinal specialist Dr. Robert Bray helped Grey overcome crippling neck pain, stemming from a devastating car accident 20 years ago. She never dreamed she would go on “Dancing,” but the doc gave her the go-ahead.

“My first impression when she asked if she could dance was ‘Not a chance.’ Her neck was unfortunately unstable from the accident,” Dr. Bray explained. “The ligaments were torn in the back of her neck and her head was actually angled forward.”

But Jennifer told “Extra’s” Mario Lopez at the Grove Dr. Bray saw a way to correct her spine. “I had had my spine fused. He goes in and does the tiniest tweaks and he saved me from being paralyzed.” He also found her thyroid cancer. “On the MRI of her neck to look at the disc and spinal cord, we also saw a lump in her neck which she knew about,” the doctor said. “I told her that didn’t look good. I had a



concern it was cancer, and I encouraged her to get it taken care of.”

The end result is Grey is now cancer-free and a “Dancing” frontrunner, but Dr. Bray is still keeping a close eye on her. “I went over to the studio where she was working out with Derek and went through with him that when you do certain moves, put your hand here, protect her neck.”

To learn more about Jennifer’s doctor and the DISC Spine Center, the official Medical Services Provider of the US Olympic Games, go to DiscMDGroup.com.

image left: sheknows.com right: gossipopi.com



In-country OB/GYN training programs contributed to retention of doctors in Ghana, U-M study shows

Residents stayed in Ghana because they felt they could make it there economically, were supported by educational opportunities

Written by Margarita Bauza Wagerson

Ghanaian Obstetrics and Gynecology residents say in-country training programs contributed to their decision to remain in their home country to practice medicine, new University of Michigan research shows.

The retention of trained health care providers in developing countries is a key component to improving health and achieving the United Nations’ Millennium Development Goals, which aim to decrease maternal and child mortality. But the **migration of health workers from developing to developed countries has resulted in a health care workforce crisis that continues to threaten progress in global health.**

U-M research to be published today in the journal *Academic Medicine* shows that the in-country program is one of three factors that contribute strongly to OB/GYN residents not migrating out of country to practice medicine.

“The most important factor is that there is a program in place for medical students to enter when they finish so they don’t have to leave the country for obstetrics and gynecology training,” says Frank Anderson, M.D., MPH, associate professor in the Department of Obstetrics and Gynecology at U-M, and a lead author in the study.

The U-M Department of Obstetrics and Gynecology has been working with the two major academic medical centers in Ghana for over 20 years –

Korle-Bu Teaching Hospital (Accra, Ghana) and Komfo Anokye Teaching Hospital (Kumasi, Ghana). The program has played an ongoing role in supporting OBGYN training in Ghana.

“Partnerships between academic health centers in developed and developing countries provide opportunities to address the global health care crisis in a significant and sustainable way,” Anderson says, adding that such programs have longevity that other efforts can’t match.

Brain drain is a well-documented problem. According to the Ghana Ministry of Health, approximately 60% of physicians trained in Ghana in the 1980s left the country. As of 2002, 30% of physicians trained in Ghana were practicing in the United States or Canada. In 2003, the United Kingdom approved 850 work permits for Ghanaian health and medical personnel, including physicians and nurses.

The new U-M study took place in July 2006 and consisted of a survey of 20 residents and interviews with a smaller group of nine residents at the Korle-Bu Teaching Hospital in Accra, one of U-M’s partner universities in Ghana. It looked at factors that affected physician retention including having an in-country training program, social factors and the economy.

“Economic factors tend to push people out of Ghana,” Anderson says, adding that social factors serve as a strong counterpoint. “Ghanaians love Ghana. People love their countries and if they have opportunity to stay, they’ll stay.

It’s not our role as an academic institution to contribute to brain drain.”

Most respondents (95%) said they would have left Ghana if postgraduate training had not been available, (80%) reported that becoming an OB/GYN specialty was important to them, (75%) indicated that the program trained them to practice in Ghana, and (85%) were certain they would stay in Ghana after completing the program.

Previous studies have shown that in-country residency programs help retain physicians. A previous study of certified specialists who had completed an academic university-based postgraduate training program in Obstetrics and Gynecology at both the Korle-Bu Teaching Hospital (Accra, Ghana) and the Komfo Anokye Teaching Hospital (Kumasi, Ghana), showed that 29 out of 30 residents stayed in the country.

According to those studies, high retention was due to the availability and presence of a viable training program in Ghana while social and economic factors also played a significant role in graduates’ decisions to stay in Ghana, Anderson says.

Interest in OB/GYN among Ghanaian residents is high. Given that obtaining OB/GYN training in the U.S. is highly competitive for foreign-trained doctors, the postgraduate training program in Ghana gives residents a viable option for this specialized training.

The implications of this study are great, Anderson says. The Michigan model has shown that centers with established and well-functioning educational systems in long-term partnerships with academic health centers in developing countries can assist in creation of high-quality and sustainable training programs. These in country programs then enhance the long-term effort to increase the number of health workers globally and reduce maternal mortality.

Center for Hispanic Leadership,

CEO Glenn Llopis Announces Plan

to Train One Million Hispanic

Professionals in the Next Decade

In their quest to train one million Hispanic Professionals in the next decade, CHL will focus heavily on educating the Fortune 500 C-suite on the importance of developing Hispanic leaders in order to most authentically capture the growing Hispanic consumer purchasing power that is estimated to reach \$1.3 trillion by 2014.

Center for Hispanic Leadership (CHL), Founder/ CEO Glenn Llopis has announced plans to train one million Hispanic Professionals in the next decade. CHL's success in 2010 was highlighted by its Corporate Hispanic Leadership Training Programs and first annual Leadership Summit held on September 18th in Los Angeles. According to Llopis, "we have created a renewed awakening and necessity for Hispanic Leadership in the workplace. We have proven that culturally tailored professional development matters to Hispanics in order to propel new types of innovations and heightened performance levels. Our success has been measured by our ability to train Hispanic Professionals to trust and apply the six characteristics they most naturally represent to be great leaders (immigrant perspective, circular vision, Latin passion, entrepreneurial spirit, generous purpose and cultural promise)."

In their quest to train one million Hispanic Professionals in the next decade, CHL will focus heavily on educating the Fortune 500 C-suite on the importance of developing Hispanic leaders in order to most authentically capture the growing Hispanic consumer purchasing power that is estimated to reach \$1.3 trillion by 2014. "To grow and profitably compete in the Hispanic market space, products/services must be designed and lead by Hispanic leaders that live and breathe its multiple cultures and nuances. Hispanic talent and Hispanic market development represent two sides of the same coin," says Llopis. "Fortune 500 brands must be more culturally sensitive and strategic about earning the right to sell to the Hispanic consumer. Hispanics are not a homogeneous community. Corporations must respect and serve their multitude of specific needs that focus groups

can't always detect. Bilingual packaging and high priced advertising that do not connect culturally, will not succeed. Hispanic consumers require an authentic relationship from brands that seek loyalty. Hispanic consumers desire a genuine belief that they are continually being understood. Corporations must earn the Hispanic consumer relationship – and this begins by developing and allowing their Hispanic leaders to create the in-

novation requirements to assure long term success in this maturing market segment."

In addition to CHL's Corporate Training Programs and its Annual Leadership Summit, in 2011 CHL will broaden its impact and influence with the launch of the Ten City Hispanic Leadership Tour. Mr. Llopis will visit 10 of the most popular Hispanic workplace communities in America to listen, learn, train and help advance Hispanic Leadership in the workplace. The tour's mission is to create greater awareness and an educational platform toward building a global workplace that will give Hispanic professionals new purpose, put a premium on innovation, and maintain ethical leadership on driving performance development.

"We have reached a pinnacle stage in America that requires a new enlightened form of leadership to renew the ways we must think, act and innovate in the workplace. Hispanic Professionals are in a unique position to assume this role. At CHL, we are determined to lead this paradigm shift," concludes Llopis.

NEW BOOK PROVIDES A UNIQUE GUIDE TO COMMUNICATING YOUR LASTING LEGACY

Whether it's motivated by a turning point, a life transition, or facing challenging situations, one of the most cherished and meaningful gifts you can leave to your family and community is an Ethical Will.

An Ethical Will is your philosophical and spiritual essence. It reflects what you know to be true and what you hope will come to be with the passage of time. Sometimes referred to as a legacy letter, spiritual will, ending note, personal mission statement, vision statement, or simply a love letter, the underlying principle of an Ethical Will is always the

same: "this is how I want to be remembered." It can appear in any form: a simple handwritten letter to a video mini-series, a list of favorite quotations and why each rings true to you, a scrapbook full of photographs and mementos, or even a cookbook full of your favorite recipes and what the memory of each dish means to you.

Unlike legal documents prepared by an attorney to specify a person's wishes for end-of-life care or distribution of assets, an Ethical Will is typically written by an amateur writer and expresses their beliefs, liberally sprinkled with unique personal feelings. It's a written thumbprint—no two will ever be alike. Each Ethical Will is unique to its creator.

SO GROWS THE TREE - Creating an Ethical Will by attorney Jo Kline Cebuhar tells the story of how this tradition began and the contemporary role of an Ethical Will as a valuable tool for personal growth, estate planning, and the shaping of a nation's character—one person at a time. Creating a message of your beliefs and values, life lessons, and hopes for the future can be prompted by any of life's milestones, such as marriage, children, divorce, career change, new hobby, grandchildren, retirement, or life's end.

In a user-friendly format, SO GROWS THE TREE has a lay-flat binding, so the reader can easily take notes as well as complete a detailed outline of an Ethical Will. There are extensive endnotes, adding details to the stories of Ethical Wills cited in the book and allowing the reader to further explore cited resources.

Cebuhar, an expert on Ethical Wills and advance directives, has witnessed firsthand the compelling impact of sharing an Ethical Will with family and loved ones.

"The loss of my first husband," says Cebuhar, "just shy of his 30th birthday and losing my father and brother made me think about the brevity of life and how one's opportunity to leave a meaningful 'footprint' can be unexpectedly shortened."

"I came to recognize that a large segment of American adults are asking, 'What am I here for?' and making mental bucket lists."

"At the same time, there was no practical vehicle to help organize thoughts or reflections on what a person really believes in, life lessons learned and dreams for loved ones. SO GROWS THE TREE provides the means to do that—for my readers but also for me," explains Cebuhar.

The ancient tradition of Ethical Wills has been practiced since Biblical times, through the Middle Ages to America's founding fathers, during the Civil War, World War I and the Holocaust, all the way to Professor Randy Pausch's famous speech and book, *The Last Lecture*.

SO GROWS THE TREE not only provides a wonderful history of the rich tradition of Ethical Wills, but also provides to the reader:

- An easy how-to guide for identifying and recording your beliefs and values.
- A method to reflect your core values in planning for end-of-life care, estate distribution, and philanthropy.
- An assortment of ways to express your Ethical Will such as an Ethical scrapbook, video, audio, genealogy, cookbook or simple letter.
- Ways to honor another person using an Ethical Eulogy or Ethical Tribute.

"Life is a series of transitions," adds Cebuhar. "From birth to death, marriage to divorce or separation, empty-nesting, career changes, a serious or chronic illness or retirement; each and every one is an opportunity to gain and share wisdom."

Baltimore's Italian Tenor Comes Home To Perform CD Release Concert



Baltimore's favorite hometown Italian tenor, Elio Scaccio, will be performing his CD release concert at the Baltimore Basilica on November 20th, and includes a full string section accompaniment. This benefit concert for the Basilica

will feature selections from his CD *Lettere D'Amore* as well as popular favorites. Delivering his vocals with passion and power, and taking his audience on a roller coaster ride of emotions, you will be swept away with the beauty and silky smoothness of a voice that only Elio can deliver. With guest vocalist, the incomparable Meredith Seidel, and a special performance by the University of Maryland Men's Choir, this show is guaranteed to be a crowd pleaser.

Elio Scaccio grew up with a very strong Italian heritage and a focus on family values and tradition. His parents spoke a mixture of Italian, Sicilian, and English, and there was always music on at home. His father played seven different instruments, piano, saxophone, clarinet, flute, piccolo, guitar, and mandolin, and sang, his mother and sister played the piano and also sang, and his brothers were singers in various a cappella groups. In short, the household was always filled with music. Family members practicing, opera recordings playing on the stereo, or just some contemporary music of the day airing on the local radio station. This significant musical influence rubbed off on the young Elio and he remembers from a very early age hitting notes on

the piano and trying to sing those notes. He recalls finding a recording of a vocal a cappella tape that his brothers and friends made and he immediately learned each part, first picking out the melody, and then each harmony. He taught himself how to play the piano and accompany his early singing, and his interest in music eventually grew to embrace many genres.

During his youth, Elio sang with different bands and choirs, and developed an even deeper appreciation for different types of music. He performed in school theater productions and became interested in pop, rock, funk, jazz, R&B, and classical music, spending hours trying to mimic other singers. However, Elio always gravitated back to his Italian roots, which eventually led him to begin his classical vocal training. With the advent of a classical-crossover and pop-classical genres, Elio found his calling and began writing music to fit what has always been his passion.

The theme for this CD, *Lettere D'Amore*, is based on love letters that Elio still has in his possession today. Between the years of 1944 and 1946, Elio's father had written over 200 love letters to his mother in Sicily. The site of these letters, and seeing his mother read each one every year during the month of February honoring her husband's memory, profoundly changed Elio's life. The love story created over the last 66 years translated effortlessly into what is now his debut release. It is a story that he tells through his music. Several of Elio's songs actually have lyrics taken directly from his father's letters.

6 of the 13 songs on this disc are original works, with several others chosen as dedications to family members. *Chitarra Romana* and *La Strada Nel Bosco* were two of his father's favorite songs. *Dicicencelly Vuie* is one of his mom's favorites, and *Parlami D'Amore*, *Mariu* for his sister. In *Quel Momento*, *Lettere D'Amore*, the title track of the CD, *Coraggio* and *I pray* are several of the original compositions with significant meaning attached to the letters.

Recorded at the legendary Bennett Studios in Englewood, NJ, the sideman talent on this album is amazing. Frank Vignola, Gary Mazzeroppi, John DiMartino, Rudy Petschauer, Aaron Weinstein, and the entire string section doesn't come around that often, and Dae Bennett and his engineering crew were magical. I hope you will enjoy this experience as much I do.

When: Saturday, November 20, 2010, 8:00 PM

Where: The Baltimore Basilica
409 Cathedral Street
Baltimore, MD 21201
www.baltimorebasilica.org
410-727-3565

Tickets: \$25 general seating / \$40 preferred seating
www.brownpapertickets.com/event/130776
Or call the Basilica at 410-727-3565 to charge tickets by phone

In Malaysia, the End of the Year Means Sales Galore



Americans and people worldwide look forward to end of the year for one reason: the abundance of bargains to be had. Malaysia also offers shoppers countless treats and deals. With the all popular Malaysia Year End Sale (M-YES) fast approaching, shoppers are bracing themselves for a spree that will leave them spinning.

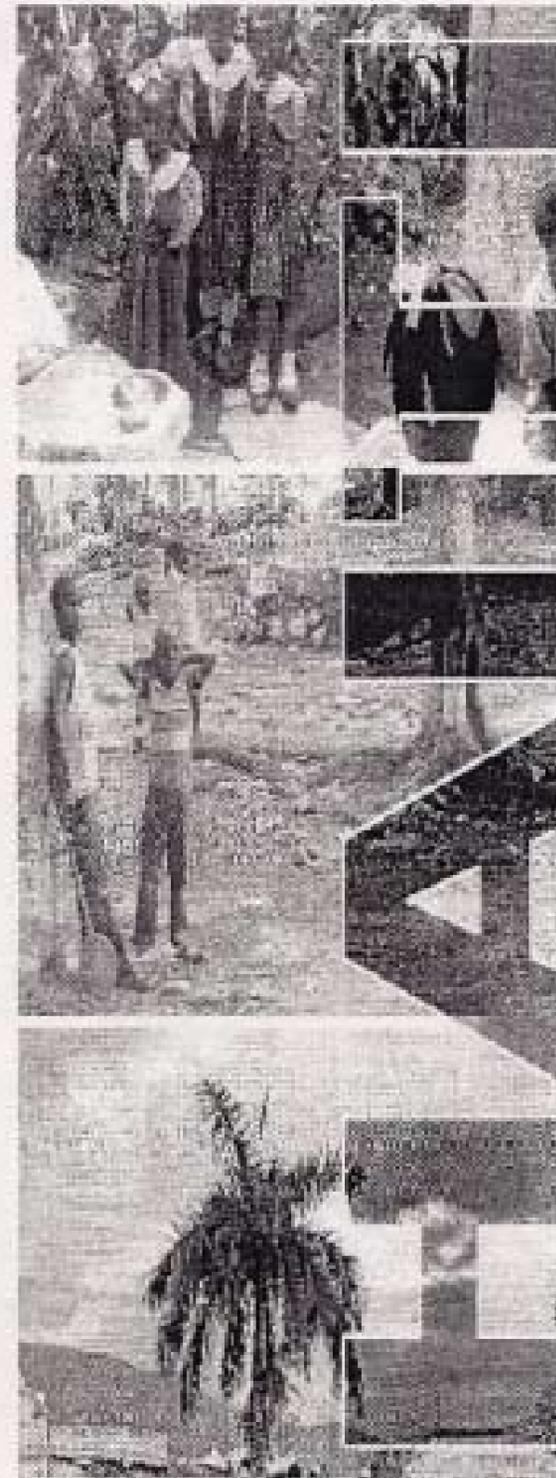
Now in its 10th year, M-YES has become a much anticipated annual event for both locals and tourists. This year, the event will take place from November 20, 2010 – January 2, 2011. For a thrilling 44 days, shoppers can expect to find streams of promotions and amazing discounts throughout the nation. As with past sale carnivals, the shopping fever is expected to sweep through from high-end malls to street markets and bazaars. Clothes, household goods, electronic gadgets, jewellery, and holiday packages will be up for grabs at attractive prices.

Adding more color to the sale are the countless events held to enhance the carnival and the general festive cheer of Christmas and the New Year. At Kuala Lumpur's bustling shopping triangle of Bukit Bintang, shoppers and visitors can expect a string of entertaining street performances that include martial arts, street dance performances, and musical acts.

While making savvy purchases, shoppers in Klang Valley can take some time off to sit back and marvel at the seasonal décor of the numerous malls participating in the 'Shopping Center Awards' contest. Held over the past few years to encourage malls to create the best possible festive shopping ambience, the contest has added vibrancy to the season of sales.

As the official credit card of M-YES 2010, MasterCard has designed an exciting redemption program and contest. Last year saw over 17,000 redemptions, an increase of 18.6% from 2008. Cardholders will have the chance to win a line-up of premium gifts, holiday trips, and other attractive prizes. To qualify for the program, MasterCard cardholders only need to use their MasterCard to pay for purchases at participating malls in the regions of Klang Valley, Penang and Johor Bahru.

In addition to unbelievable deals, Malaysia is also a haven for tax-free products. Though duty-free destinations can be found throughout Malaysia in places such as Langkawi, Labuan, Tioman, international airports, and ports, a huge list of items are also duty-free and are available nationwide.



Your Donation Counts....

"Remember Haiti" Fundraising Event *To Benefit the Build Haiti Foundation*

January 14, 2011
7 – 10 PM

The James Rouse Theater for the
Performing Arts
5460 Trumpeter Road
Columbia, MD 21044

Sponsorship Opportunities:
Bronze \$250, Silver \$500, Gold \$750,
Platinum \$1000, Platinum with priority
seating \$5000

Send Donations to:
The Build Haiti Foundation
P.O. Box 6895, Columbia, MD 21045

Price of Admission:
Adults - \$50
Children (under 12) - \$25

Featuring:
"Taste of Haiti," Haitian performers, culinary delights and art work, raffle,
silent auction & door prizes, Haitian luminaries



New Gift Card Rules for Holiday Shoppers

Better Business Bureau of Greater Maryland is alerting consumers of new regulations on gift card fees and expiration dates enacted by the Federal Reserve Board. The new rules went into effect for all cards sold after August 22, 2010 and serve to protect consumers from unexpected or hidden fees.

“According to a recent survey by the National Retail Federation, gift cards will be the most requested gift for the 2010 holiday season,” said Angie Barnett, president and CEO, BBB | Greater Maryland. “Rather buying or receiving a gift card, it is important for consumers to grasp these new rules to avoid any holiday disappointments.”

Longer Expiration Dates on Balances: Under the new regulations, the balance on a gift card cannot expire before five years after it is issued. Therefore, the balance cannot expire, but the actual plastic card can expire. Bank issued gift cards are more likely than retail cards to have an expiration date for the physical card.

Increased Disclosure to Consumers: The new changes require consumers to be aware of all fees and limitations before purchasing a gift card. These should be printed on the packaging of the gift card and include the amount each fee will be and how frequently they will be made.

One Year of Inactivity Fees: Companies can charge a fee, if gift cards are unused after a one-year grace period. After that grace period, one fee can be charged per month and these fees are required to be clearly disclosed to the consumer before buying the card.



BBB CONSUMER ADVICE

→ Check the terms and conditions of the gift card.

→ Be sure to keep track of expiration dates and contact the store if your plastic card needs to be replaced soon.

→ Keep in mind that there is no maximum when it comes to monthly fees. A company could charge a very high amount after a year of inactivity as long as they disclose it. For example, Chase charges a \$2.50 monthly fee after the first 12 calendar months following the gift card's purchase.

→ If you are giving a gift card to someone who will make all their purchases online, be sure the gift card is redeemable for Internet shopping and not just for in-store use.

→ Can the card be replaced if lost or stolen? What information do you need to know if so and is there a fee for replacing a lost card?

→ Try to use the full balance as soon as possible to ensure you're getting your money's worth.

The changes apply to gift certificates, single-store cards and the Visa/MasterCard/Amex general-use gift cards which can be used at any store. Prepaid phone cards and reloadable cards not marketed as gift card and reward cards are exempt from these new regulations.

If you are giving a gift card to someone who will make all their purchases online, be sure the gift card is redeemable for Internet shopping and not just for in-store use.

Can the card be replaced if lost or stolen? What information do you need to know if so and is there a fee for replacing a lost card?

Try to use the full balance as soon as possible to ensure you're getting your money's worth.

Governor Martin O'Malley Awards \$2.1 Million for Clean Energy Business Development and New Job Creation in Maryland

Governor Martin O'Malley announced today the award of \$2.1 million in Clean Energy Economic Development Initiative (CEEDI) grants, the latest in a series of grants intended to help create jobs by developing a vibrant clean energy sector. Using federal Recovery and Reinvestment Act funds, the Maryland Energy Administration (MEA) is awarding four performance-based grants that will further clean energy in Maryland while creating 70 full-time jobs and 105 construction jobs by 2012.

These four grants—together with past awards—complete the \$5.35 million CEEDI program, which will result in 130 permanent green jobs and 230 temporary development and construction-related jobs during the next 18 months.

“The O'Malley-Brown Administration is committed to promoting Smart, Green and Growing opportunities across Maryland and creating a supportive environment for cutting-edge, innovative projects in clean energy,” said Governor O'Malley. “Maryland developed the unique CEEDI program with the goal of fostering clean energy jobs by investing in clean energy. By working to attract and grow businesses committed to a “greener” Maryland we are moving closer to meeting our long-term goal of generating 20% of Maryland's energy from clean, renewable sources by 2022.”

The latest CEEDI grantees are: Maryland Brush Company of Baltimore City will use \$770,000 to retool an existing production line at its Baltimore facility to manufacture innovative solar thermal-power-and lighting modules. Maryland Brush Company was first established in 1851 and is today entirely employee-owned. Maryland Brush Company estimates that this project will result in 10 jobs in Baltimore during the first year.

Maryland Energy Recovery of Frostburg will use \$612,016 to support the first phase of its 20-megawatt (MW) biomass/coal-mix facility. Later phases of this biomass project could result in as much as 100MW of capacity. Maryland Energy Recovery estimates that this project will result in 18 jobs in Garrett County in 2010.



BITHENERGY of Baltimore City will receive \$500,000 to support development of a 3.75MW solar panel installation on a current brownfields site. The Baltimore Solar Power Generation Station is expected to generate 4,368 megawatt-hours (MWh) of electricity each year, thereby avoiding 3,983 tons of carbon. BITHENERGY estimates that this renewable-energy installation will result in five jobs by 2011.

ation will result in five jobs by 2011.

Maryland Environmental Service (MES) of Millersville will use \$250,000 for “Phase II” project management costs for an innovative anaerobic digester installation at the Eastern Correctional Institution (ECI) in Westover. ECI will utilize approximately 1MW of renewable energy generated from poultry litter, which is widely available and in need of careful environmental management. MES estimates that this project will directly result in seven jobs in Somerset County once operational.

“The CEEDI program is a significant commitment to the creation of sustainable clean energy jobs across Maryland,” said MEA Director Malcolm Woolf. “CEEDI has been an innovative way to improve Maryland's competitive position in the global clean-energy economy.”

AS WORLD DIABETES DAY APPROACHES, NON-PROFIT BRINGS AWARENESS OF DIABETES' IMPACT ON PREGNANCY

OTIS Experts Say Diabetes Dangers Can Lead To Birth Defects

In light of National Diabetes Awareness Month and World Diabetes Day on November 14, the Organization of Teratology Information Specialists (OTIS), a non-profit with affiliates across North America that aims to educate women about exposures during pregnancy and breastfeeding, urges women to learn more about diabetes' potentially devastating impact on pregnancy.

OTIS researchers have compiled fact sheets on diabetes and its possible implications during pregnancy in English and Spanish on www.OTISPregnancy.org. Fact sheets on some medications to treat diabetes during pregnancy, such as metformin, can also be found on the website.

“The good news is reducing the risks of diabetes-related birth defects is totally achievable,” said Lori Wolfe, MS, CGC,

president of OTIS and director of OTIS' Texas affiliate, the Texas Teratogen Information Service. "Diabetic women who maintain good control of blood glucose levels can reduce their risks greatly," she explained. Wolfe stresses the importance for women to know whether or not they are diabetic by having regular health checkups. "If a woman is diabetic, it is very important she speak to her doctor before getting pregnant so that she can have the best possible glucose control plan in place," she added.

Nearly 24 million Americans have diabetes according to the National Diabetes Education Program (NDEP). The growing number of those affected by the disease has reached such epidemic proportions, President Barack Obama recently encouraged "all Americans, school systems, government agencies, nonprofit organizations, health care providers, and research institutions to join in activities that raise diabetes awareness and help prevent, treat, and manage the disease."

Diabetes is a condition in which the body either does not produce enough insulin or cannot use insulin properly. "Americans are struggling with obesity and, in turn, we're seeing type 2 diabetes on the rise. It's crucial more people become educated about the disease and how it could impact their unborn children," said Wolfe.

There may be up to a 20% risk for birth defects for those women with extremely poor control of their glucose levels in the first trimester. Some of the associated birth defects include spinal cord (spina bifida), heart, skeletal, urinary, reproductive, and digestive system defects.

"While it's important diabetics be armed with knowledge on how to control their glucose levels during pregnancy, it's just as important all women be aware of gestational diabetes too," said Dr. Christina Chambers, professor of pediatrics at the University of California, San Diego and program director of OTIS' California Affiliate, CTIS Pregnancy Health Information Line. Gestational diabetes is diabetes that is diagnosed during pregnancy. For most women, blood glucose levels return to normal after pregnancy. "If gestational diabetes is not controlled well enough during pregnancy, the baby does have an increased chance of being born with hypoglycemia or breathing problems," Dr. Chambers added.

If a woman is planning on becoming pregnant or is currently pregnant, she is encouraged to talk to her doctor about her or her family's history of diabetes. Questions or concerns can also be directed to OTIS counselors at (866) 626-OTIS (6847).

Parents - Your Child's Financial Education is Up to You

by Nancy Phillips, MBA

The devastating effects of the recession have increased awareness of the need for basic financial education to an all-time high. Children who grow up with a strong financial background will have an advantage over those who do not. However, these critical life skills are not a standard part of the national school curriculum so it is up to us as parents to get our children off to the right start. The problem is, where do you begin?

Here are four key concepts to share with your children as they grow and mature. Begin these activities while they are young so they will develop good habits and decision making

skills. Remember, it's more about behaviour than it is about being a mathematical whiz.

Divide all earnings into giving, investing, saving and spending categories. This is the most powerful tool for building wealth and it's easier to start and habit and stick to it if you start young. This exercise will also help them learn to recognize and count their money as well as develop the ability to calculate percentages when they divide their money up.

1 Use cash – children can't understand a concept they never see. Make the exchange of money tangible again so they can understand a purchase transaction. Using cash will also be good for you— a study by MIT researchers found that people were willing to pay up to twice as much for a product when paying with a credit card. If you use cash, you'll tend to spend more wisely. Remember, your children learn by watching you.

2 Keep track of all purchases or donations on a pad or sheet of lined paper. Subtract the amount from the appropriate category and total the amounts afterward. Understanding cash flow is critical for personal financial success. In order for your children to be able to manage their money successfully, they must know where their money is coming from and where it is going. This activity is also very good for their adding and subtracting skills.

3 Speak positively and teach critical thinking so your children don't develop a negative attitude towards money, if they do, it will be very hard to change. Rather than saying "we can't afford it" try saying "how do you think you might be able to earn the money to buy that? Let's try to think of ten ways." This will encourage them to work on their problem solving skills and help them use their imagination. If they really want to save for something special, they will be motivated and inspired to work for it.

4 Teach your children the "value" of the various "things" and experiences in their life. Teach your children how to value and take care of their belongings. Develop a "no waste" attitude. Teach your children that it's not okay to waste. Shop with a list and go shopping only for specific items. Don't make "mindless" purchases or your children will likely develop the same money wasting habits.

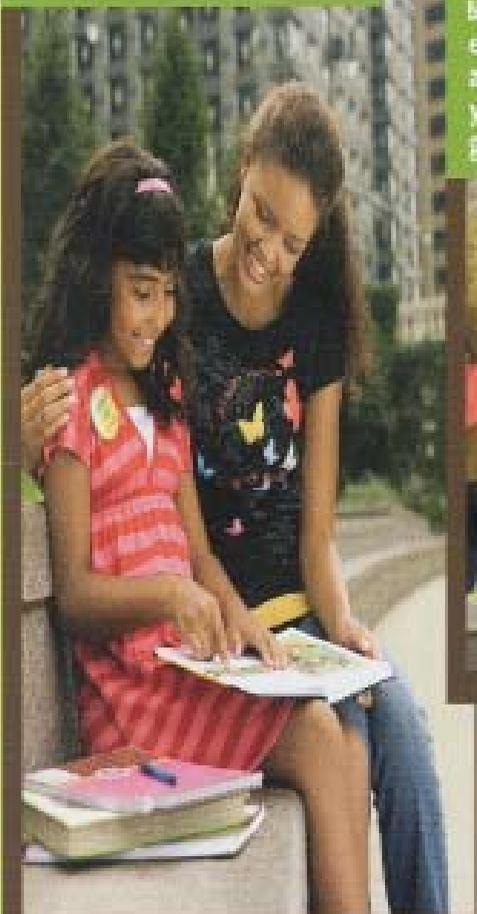
What we do with our money determines our wealth. Most of all, be grateful. Show your children that you are grateful for the good things in your life...especially them!



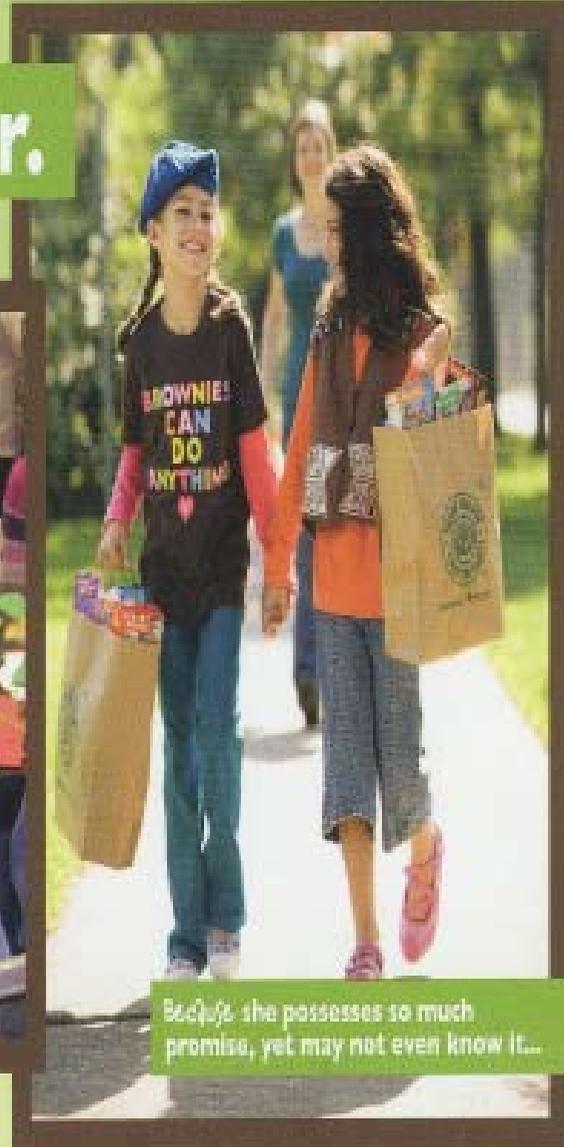
Why *give* to Girl Scouts?

Because of her.

Because a girl has talent and ability yet often lacks the confidence to demonstrate these skills...



Because she needs encouragement and without it and your help, she may get left behind...



Because she possesses so much promise, yet may not even know it...

To assign your workplace giving campaign donation to Girl Scouts of Central Maryland use these codes:

Combined City and State Charity Campaigns _____ 8050

Combined Federal Campaign _____ 83032

United Way of Central Maryland _____ 050

