

Focus Women

ON  MAGAZINE

July/August 2009

M A G A Z I N E

INSIDE:

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First National Air Race

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Heroines of
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From the Publisher



Kayaking along the river, secured with life preservers and my ten-year-old in tow, I noticed the water soaking in the break of dawn and the currents resplendent with tiny, daylight, stars. We continued to drift, and our path was devoid of intent or direction. Before realizing it, I quickly noticed how we were far away from the river's banks and how we had ventured further into deep, unknown waters. My daughter's eyes began to tear, and she said: "We are going to drown!" I, too, tasted fear as I knew that the left side of our kayak weighted down meant potential danger. Quickly, we shifted our weight, balanced the craft as evenly as we could,

observed the direction of the wind, read the water's current, and safely followed its direction. Finally, we reached shallow, safer waters where the tall grass cradled our kayak. In this experience, as in life, the best of distractions and the lack of intent or direction can place us at risk and lead to a labyrinth of difficulties. To our readers, advertisers, and sup-

porters, may the path you choose be full of purpose, intent, steady handling and smooth sailing—bringing greater joy, happiness, and fulfillment.

All the best,
Joslyn Wolfe

"Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see their beauty, believe in them and try to follow where they lead."

—Louisa May Alcott

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MAGAZINE

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Challenges Modeled for Us by the Women of the First National Air Race

By
Heather Taylor



In August of 1929, twenty women followed their passion to navigate the winds from Santa Monica, California to Cleveland, Ohio over a nine-day period in the first Women's National Air Race. With the majority of the women flying in open cockpit bi-planes, the race garnered the national spotlight as the top women pilots of the day competed to prove flying was a safe mode of transportation and that women could indeed fly. Some of the pilots racing towards this challenge included Amelia Earhart, Louise Thaden, Bobbi Trout and Pancho Barnes.

Along the way, the women faced prejudicial stereotypes, rumors of sabotage, mechanical difficulties, navigational challenges, financial hurdles, weather hardships and personal struggles. However, they banded together and supported each other through their flying and through the innumerable banquets, autograph signings and press junkets they attended along the race route. While the women truly wanted to focus solely on their flying, it seemed much of the press focused on how pretty the women looked or bemoaned the fact that some

of the women wore pants. Indeed, Will Rogers, the famous comedian and newspaper columnist, dubbed the race the Powder Puff Derby.

Putting their lives at risk to follow their passion, the women took to the skies and did everything with smiles and determination. There was joy in the race, much camaraderie and sorrow too. However, what made the event so significant was the women's success at navigating over 2,000 miles in the sky at a time when aviation was still in its infancy.

So why is it that not many people have heard of this

race or any of the heroic pilots other than Amelia Earhart? How did these brave women's stories get buried instead of celebrated? For 12 years now, I have been asking that question as I researched the race. Two years ago, I left my job at Discovery Communications and dedicated myself full time to telling these women's stories in a documentary entitled Rag Wing Derby (wt). What called me to these women was how they found their passion and no matter what society said or even at times, what the technology said, they were determined to follow their calling. This is a lesson I believe is imperative for us all to learn. By finding and following one's calling, it brings more light into the world, allowing other's feet to also leave the ground and pursue higher altitudes.

I am very excited to see



one of MY long time dreams of telling these women's stories take shape. More can be learned about the race and the documentary at www.RagWingDerby.com or by becoming a fan on the Rag Wing Derby facebook page.

I truly hope to inspire others to follow their calling by telling the story of twenty women who did just that,

weathering heights and many other challenges until they were successful in their own unique and special ways. I hope that soon, more of their names will become common place as they deserve their place in the history books and in the sky.

Heather Taylor is the Executive Producer of Archetypal Images, LLC.

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3 Reasons Women Make Great Entrepreneurs

Ann Arbor, MI June 16, 2009 – “As more people are looking at alternative forms of income, we are seeing more and more women make the leap towards being an entrepreneur,” says Josephine Nicholas, Chief Operating Officer of Published Daily, a technology company that help professionals better communicate and market to their networks. “There are three key reasons women make great entrepreneurs.”

#1

Women Have Natural People Skills

“Women have a tendency to ask the most personal of questions in a natural way, and this sets the stage for relationship building,” continued Josephine. “True relationships with clients, vendors, and peers, are the foundation of any successful business; and relationship building is an essential skill for an entrepreneur. Women seem to have an affinity towards putting at ease those they come across in business, and this will help them in any venture they undertake.”

#2

Women Are Natural Multi-Taskers

“You have to be able to wear many hats when you’re an entrepreneur,” says Josephine. “It’s not that men don’t have the ability or aren’t able to multi-task, it’s just that most women seem to have a natural affinity towards doing more than one thing at once; and, they do them all well.”

#3

Women Don’t Shy Away From Risk

“According to studies, women entrepreneurs showcase that, contrary to popular opinion, women are not averse to taking risks,” continues Josephine. “In fact, when they are free of external structure, they gladly take the risk. They see the risk as their responsibility, and they find the most creative way to carry that risk out. This is exactly what entrepreneurs do well.”

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Developing a Legacy of Leadership for Tomorrow's Women Leaders

By Traci A. Barnett

"You don't have to be a leader of a group. You don't have to be a leader of an organization. You don't have to be a leader of a class. It's just knowing, personally within yourself, like knowing that you're independent, knowing that you can make the right decision. You can be a leader for yourself."

The sentiment reflected in this statement by an 11th grade Girl Scout is embraced by many of today's women leaders. Frances

Hesselbein, who has been touted as the grand dame of American management, said "leadership is a matter of how to be, not how to do it." Indeed, many women today are not leaders for the sake of the power that comes with holding the title, instead

we are leaders because of what we can and have accomplished—and the power that comes from that.

In her book, *How Jane Won*, Dr. Sylvia Rimm shares the stories of how 55 successful women "grew from ordinary girls to extraordinary women." I am pleased to say that I see the beginnings of these kinds of transformations on a regular basis. Many successful women begin their lives quite humbly

as ordinary girls. Therefore, as more and more leadership opportunities become available to women, more and more ordinary girls have the opportunity to become great leaders. Perhaps, equally as important, more and more women leaders have the opportunity to impact, guide and mentor the next generation of leaders.

Many women in leadership positions refer to how a teacher or adult family friend is connected to a memorable or life-changing experience that propelled them on their journey to leadership; and, many women acknowledge the impact that their Girl Scout leader and Girl Scouting had on their lives. In fact, 82% of high-achieving Girl Scout alumnae—which includes 66% of women of professional achievement, over 70% of women in the Senate and over 67% of those in the House of Representatives—credit Girl Scouting with helping them build leadership skills, moral values and self-confidence.

Charlotte Otto, Procter & Gamble's Sr. Vice President and Global Public Affairs Officer said Girls Scouts taught her teamwork and that her ability to build a strong team

of women came directly from her Girl Scout activities. She added that: "Earning badges helped me set goals, understand the steps, accomplish them and be rewarded. It was great business training."

CNN Anchor and Senior Correspondent, Judy Woodruff, said of her Girl Scout experiences: "We could learn, be challenged and support one another. It was a very positive aspect of my life and played an important role in shaping who I am today."

This is the kind of leadership that Girl Scouts and today's girls embrace—leadership that is inclusive and purposeful. Today's girls aren't interested in command and control leadership posts. Today's girls—the next generation of leaders—are looking for leadership that brings people together to accomplish a common or shared goal. This is the leadership they see from many of today's women leaders and it is the leadership they strive to emulate.

Traci A. Barnett, M.B.A. is Chief Executive Officer of Girl Scouts of Central Maryland, which helps 30,000 girls in Baltimore City, Anne Arundel, Baltimore, Carroll, Harford and Howard Counties discover their leadership potential. For more information about the Girl Scouts of Central Maryland visit www.gscm.org or call 410-358-9711. For more information about the Girl Scouts Research Institute's study "Change It Up! What Girls Say About Redefining Leadership," visit www.girlscouts.org.



Traci A. Barnett, Chief Executive Officer of Girl Scouts of Central Maryland

The Women's Mood Disorders Center

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

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“Construct Your Conversations: Strengthening Relationships” by Kim Barnes

Reviewed by Natalia Roldan Hart

A girl ponders about what her dream guy really meant when he said he wanted to see her again. A young professional analyzes what her boss said to her during an evaluation. A woman realizes what her friend was really trying to tell her...



Natalia Roldan Hart

Reading between the lines is a skill that all humans possess and it is exemplified in the way we can interpret non-verbal cues such as an eye-roll, a shoulder

shrug, or a nervous smile. However, knowing how to respond to others and effectively communicate ones thoughts and feelings without endangering the relationship is not an easy task. It takes effort and understanding, patience and fine-tuning.

In the self-help book, *Construct your Conversations*, the author, Kim Barnes explores the connection between ones words and actions during the communicative process and the

possible effects it can have on personal and professional relationships. Using a series of quick, easy to read chapters, Barnes outlines for readers the components that interplay during the communicative exchange. She starts by encouraging us to keep a positive attitude, to put the ideas expressed into practice through self-reflection, and to experience the art of listening. Next, she provides insight into the nuances of the communication interaction including, but not limited to: anger, double entendre, congruency, power and accountability.

Resonating with human nature, Barnes makes the key point that we all want to be heard, but most importantly, respected. She states, “Words are forgotten, but feelings are remembered.” How many times have we said something the wrong way at the wrong time and we later regretted our actions? Through the “3 T Method (text, tone, & timing),” Barnes gives us tools to employ in our daily life to prevent unpleasant communication interactions and to strategically construct our words for deliberate and mindful messages. Using

this method, Barnes claims that our relationships can be restored, maintained, and even improved.

One of the most valuable details in this book is the idea that communication is an illusion. Often, the communication process is perceived as a message sent and a message received and therefore it seems as if the verbal exchange can be simply accomplished-checked off the list and sometimes even pushed aside. However, no emotion-filled message to a friend, coworker, or family member can be checked off; Instead, our significant others read between the lines and we in turn do the same. Every time we reunite with these individuals we consciously or unconsciously remember our previous interactions, thereby engaging in relationship building. It is Barnes’ ultimate hope that readers will do just this- relationship build- using the principles and advice she provides in her book.

Construct your Conversations, while a basic guide to mindful communication, still offers a quick, real world outlook on a range of communicative experiences. It serves as an additional reference guide for other self-help resources and can be a great tool for those needing a relationship refresher.

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The Maryland Women's Heritage Center



Dear Readers:

A project that has received strong bi-partisan support from Maryland women legislators is the Maryland Women's Heritage Center. The origins of this unique center date back to the early 80's while I was still serving in Howard County government as a member of the County Council.

I thought that the readers of Focus on Women would be interested in learning more about this center which is due to open in the not too distant future. Following is an excerpt from the center's website:

"The MWHC is proud to announce that we have found a temporary home for at least the next two years through the largess of David Hillman, who has graciously provided approximately 2500 square feet of space at 39 W. Lexington Street in the former BGE building. Look for our grand pending in the next couple of months.

The Maryland Women's Heritage Center (MWHC), a 501-c(3) non-profit organization, will provide a place to learn and teach about the contributions of Maryland women throughout our state's history. The Center is envisioned as a museum, learning and resource center, archives, showcase for Maryland women in the arts, and a place for gathering to discuss issues impacting on

women. The mission of the Center is to preserve the past, understand the present, and shape the future by recognizing, respecting, and transmitting the experiences and contributions of Maryland women of diverse backgrounds and regions.

The Center is an outgrowth of the Maryland Women's History Project, established in 1981 as a cooperative program of the Maryland Commission for Women and the Maryland State Department of Education. In 2003 First Lady Kendel Ehrlich and State Superintendent of Schools Nancy S. Grasmick made a commitment to provide vision and leadership towards the establishment of the Maryland Women's Heritage Center. Through the continuing support and leadership of former First Lady Frances Glendening, who is Chair of the MWHC board and First Lady Judge Catherine Curran O'Malley, the Maryland Women's Heritage Center continues to move forward.

The Maryland Women's Heritage Center is envisioned as a vital, interactive site that will breathe life into information and artifacts which reflect the roles and achievements of Maryland women from every part of the state, from a wide range of cultural and economic backgrounds, and in every field of endeavor. It will be a space to present the diverse

stories of well-known women, of women honored in the Maryland Women's Hall of Fame, and of unsung heroines, as well as to preserve the histories of women's organizations and institutions. The Maryland Women's Heritage Center, the first state project of its kind in the nation, will provide an educational facility that will be visited by students, families, community members, tourists, researchers and others interested in learning the rich history that may have been omitted in their own education. It will also be a site to hold seminars, discussions, and programs on current issues impacting women and girls."

Once the Center formally opens, there will be opportunities to assist the Center by recommending ideas for displays, exhibits; and programs Identifying sources for artifacts and memorabilia, and identifying women's history to be included in the Center; contributing archival information about women's organizations.

We look forward to having this excellent facility unite women from all walks of life in Maryland through mutual pride in our heritage.

Regards,
Delegate
Elizabeth Bobo

Adding Herstory to History to Tell Ourstory



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

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

The Maryland Women's Heritage Center will feature:

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

Reflections on Late Summer

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

In Chinese Medicine, the Five Element system divides the year into five seasons. The fifth season, which we're in now, is best described as Late Summer and corresponds to the Earth element. It is the time when summer comes full flower.



Janice Campbell

The heat is more cloying and dense. Plants bear fruit that hangs heavy on the vine. Animals partake of the abundant food supply and towards season's close, harvest that same abundance for the coming Winter.

In ourselves, the energy of this season is about nourishment: the taking in of food and drink and the taking in of information and stimuli. The Earth organs are the Spleen and Stomach which are responsible for taking in, processing, and distributing nourishment in the form of vital nutrients and understandable information. Because this energy is responsible for processing both food and thought, it is wise not to read, study, watch tv, or have intense discussions while

eating. It's too much for us to handle properly, resulting in stomach upset, poorly digested food and misunderstood information. Likewise, it is just as important to take in good information as it is good food to remain healthy.

Earth energy is also about community building and support. It is reflected in our ability to accept tending from others and in our ability to be caretakers. Someone with healthy Earth is able to roll up his/her sleeves and get to work for the sake of the whole. S/he also knows when to ask for help. Mothers and other primary caregivers often "burn out" their Earth energy by giving out too much and not taking enough in. On a national scale, our country needs tending right now. We are being called to work together for the good of the whole. Unfortunately, those with deficient Earth don't have the energy to pitch in and find themselves wanting sympathy for their own situations rather than having understanding for the bigger picture. A balance must be found between giving and accepting support if we are to be truly healthy as a nation and as individuals.

This time of year, it is very important that we tend ourselves and others as we prepare for the coming Fall

and Winter. By appreciating all that we have and tending our community, we will be better prepared to endure the grief and loss of Fall/Metal and the cold isolation of Winter/Water.

How we move in one season will dictate our health two seasons hence. With a strong, stable Earth/Late Summer energy, we are able to manage our fears associated with Water/Winter in much the same way that riverbanks contain rushing currents.

So, nourish and care for yourself, accept tending from those close to you, and give back to others. This year's food crops and the fruits of our community building will produce a healthy, balanced Fall and Winter for us all and in turn, a healthy Spring.

I wish you abundance, community, and joy in this most luscious of seasons.

Janice Campbell M.Ac., L.Ac., ADS is a Licensed Acupuncturist & Qigong Instructor and co-owner of Ancient Arts Wellness in the heart of downtown Baltimore. She can be reached at 410-454-0178 ext.702 or Janice@AncientArtsWellness.com.

Top 12 Tips for Keeping Your Child Safe This Summer

1 Teach your children to avoid danger. They should be taught to recognize danger and know what to do in a threatening situation. There are a number of children's organizations that provide education on this.

2 Never allow your children to go places alone. A young child should always be in the care of an adult family member or other trusted adult. Older children (including teenagers) should be accompanied by a friend.

3 Your children are your number one priority. Make it a household policy to know where your children are and who they are with. Be involved in your child's life and make it your business to know what your child is doing. It's a good parenting skill.

4 Discuss stranger danger with your children. Be sure your children understand this. It's crucial.

5 Follow-up on your discussions by putting it into practice with role playing and other techniques children will understand and appreciate. There are several children's organizations that will assist with this.

6 Consider installing an alarm system in your home. You may decide to get a dog in addition to this or as an alternative.

7 Find ways to include your child in implementing your 'safety plan.' Children will appreciate the responsibility of helping to secure their home.

8 It's recommended you have a family member or friend who is designated as an emergency coordinator in the event that something happens. Emergencies can be overwhelming to the people involved and it can be difficult to make critical decisions in these times.

9 When hiring household employees, get good references and conduct background checks. Always be skeptical and ask questions. You need to know who will be in your house and who will be taking care of your children. Also, ask daycare centers how they screen their employees.

10 Limit the amount and type of information others have access to about you and your family. Simple things you can do include using shredders, renting

a PO Box or private mailbox, getting a nonpublished telephone number, and also being careful about giving out personal identifying information over the phone and internet.

11 People often become victims because criminals become familiar with their patterns. To avoid this, try changing your routines and habits from time to time. For example, try taking different routes to and from your child's daycare.

12 If something looks suspicious or out of place, don't hesitate to report the person or event to the police. Better to be safe than sorry.

About the author:

David Almeida is a member of the Licensed Private Detective's Association of Massachusetts (LPDAM) and has been the president of Bay State Detective Agency since 1992. He began his career working for private attorneys doing skip traces, asset searches, and civil litigation support. He also worked for the Public Defenders Office in Boston's Suffolk County in criminal defense investigations for felonies such as rape, robbery and murder. Almeida received a degree in Criminal Justice from Southern Vermont College and currently lives in Beverly, MA. *Abducted Dreams* is available on www.amazon.com and www.barnesandnoble.com. Additional information can be found at www.baystatedetective.com

Restaurant Review

Fogo De Chao Churrascaria
600 E. Pratt Street
Baltimore, MD



Food	Excellent	****
Price	Very Good	***
Service	Top Notch	*****
Atmosphere	Very Good	***
Overall	Excellent	****

By
*Noelle
Schiffer*



Neatly hidden among the Inner Harbor, neon-laden eateries and seafood restaurants is the refined Brazilian Churrascaria (Steakhouse), Fogo De Chao. As you enter this carnivorous Garden of Eden, you come face to face with the extensive and unusually fresh looking salad bar. Although tempting to the eye, I recommend treading lightly at the salad bar, though the temptation of the fresh mozzarella and wonderfully fresh veggies and cheeses is hard to ignore. Remember that you came here to eat meat... and I promise you will not be disappointed.

Beyond the meat (which I will get to in a moment), the service was impeccable and unrivaled in many five-star restaurants. As is traditional in Brazilian Steakhouses,

skewer-wielding waiters circulate from table to table, plying diners with carved-on-demand grilled meats. The service staff at Fogo does not miss a beat when it comes to their customers. Although the food comes at you at an almost frenzied pace, you never get the feeling that you are being rushed or unduly bothered.

What truly sets Fogo apart from other Brazilian Steakhouses is the incredible quality and taste of the food. Fogo offers 15 varieties of meats, ranging from filet mignon and rib eye steak (beef ancho) to chicken breasts wrapped in bacon (frango). The meats are cooked to perfection and all have savory rubs that compliment the meat perfectly. In addition to the tableside service, we were provided with tradition-

al Brazilian side dishes such as fried polenta, caramelized bananas and garlic mashed potatoes.

Fogo also features an amazing, award-winning selection of wines from around the world. The selections are more of a book than a list.

As you journey through this gastronomic onslaught, be sure to save a little room for the "to die for" desserts. I managed to sample the papaya cream as well as the signature chocolate molten cake. All of the desserts are made in-house and are beyond decadent.

Fogo is not an inexpensive restaurant, so be sure to bring your appetite, credit card and your gaucho spirit, and you will not be disappointed. Prices range from \$29.50 (Lunch) to \$46.50 (Dinner) per person.

Calendar of Events

Baltimore Museum of Art

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

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

B&O Railroad Museum

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

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

Baltimore Museum of Industry

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

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

Benjamin Banneker Historical Park & Museum

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

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

July 18

Kirk Philips Performs

OneWorld Coffeehouse
7:00 pm
To see more details and RSVP:
<http://www.facebook.com/n/?event.php&eid=105926602026&mid=c12533G43e1cbc4Ga72897G7>

July 19

Cygnus Wine Cellars

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

Month of 'Julian'

A month celebrating the founding of Cygnus Wine Cellars and their signature red wine. 'Julian' dinners in the cellar with special guest chefs. RSVP—\$75

July 23

Boordy Vinyards

12820 Long Green Pike
Hydes, MD 21082
410-592-5015

Good Life Thursdays Farmers Market, 4 to 8 pm

Enjoy wine tasting, local farmers and musicians. Each week features a different recipe using market ingredients and a guest farmer/vendor/writer.

July 24

Basignani Winery

15722 Falls Road
Sparks Glencoe, MD 21192
410-472-0703

TGIF Movie Night, 8 to 11 pm

Enjoy a movie on a big screen while drinking a glass of your favorite wine. Bring a blanket or chair for the lawn and a picnic if you'd like. Wine tasting and popcorn included, \$8.

July 24

Elk Run Vineyards

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

Wine Down Friday, 6 to 9 pm

Byt Fyder, Paul Proseau and Company play accoustical guitar featuring contemporary blues and rock with a little jazz thrown in.

Ruscombe Mansion Community Health Center

September 13, 2009; 1-4 pm
Free Event—OPEN HOUSE

Ruscombe Mansion Community Health Center is the oldest and largest holistic health center in Maryland and on the East Coast.

4801 Yellowwood Ave
Baltimore, MD 21209
410-367-7300
www.ruscombe.org

An die Musik Live!

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

Framil & Camerata Philadelphia, Haydn & Mendelssohn Festival

July 16: Works for Cello & Piano by Felix Mendelssohn: Stephen Framil, Cello; Peter Cooper, Piano

July 20: Joseph Haydn String Quartet No. 61 in D minor, Hob. III:76 ("Quinten") György Ligeti Sonata for Solo Cello, Mark Summer Julie-O, Felix Mendelssohn String Quartet No. 2 in A minor; Jennifer Lee, Violin; Leah Kim, Violin; Scott Wagner, Viola; Stephen Framil, Cello

Friday, July 10, 8 & 9:30 p.m.

Landon Knoblock Trio
Experimental/avantgarde jazz
All tickets \$10

Saturday, July 11, 8 p.m.

Double Bill!
Hello Society With Marbin
Tickets: \$10

Wednesday, July 15, 7:30 p.m.

Harmonious Blacksmith Chamber Orchestra

Vivaldi Fever with soloists Heloise Degrugillier, Elizabeth Field, Joseph Gascho, Justin Godoy, and Nika Zlataric

Places to Find Focus on Women Magazine

Asqual Coffee Shop

Belvedere Square

Breathe Books

Charles & Mulberry St.

City Cafe

Columbia Libraries (East & West)

David's Natural Market

Dorsey Search Village Center

Dukem Ethiopian Restaurant

Eve's Salon

Giant Super Markets

Glazed to Perfection

Goodlife Wellness...

Haraar Ethiopian Restaurant

Howard Community College Student Center

Little Patuxent & Vantage Point Rd.

Lynn's Day Spa

Mad City Coffee

Roots Organic Market

Sprout Organic Spa

Taharka Brothers

University of Baltimore Student Lounge

University of Maryland College Park Student Union

Women's Clinic at University of Maryland at Baltimore

Whole Foods Inner Harbor East

Women's Industrial Exchange Restaurant

Women's Resource Center at Mercy

Women's Spa at Mercy

Unsung Heroines of Maryland— IN EACH OF OUR LIVES

By Jill Moss Greenberg

Maryland is home to many notable women, such as Harriet Tubman, a runaway slave who helped to lead other slaves to freedom, Billie Holiday, a famous female African-American jazz



musician, Rachel Carson, “mother” of the modern environmental movement, Henrietta Szold, initiator of the first adult education in the United States, Carmen Delgado

Votaw, founder of the National Association of Puerto Rican Women, Senator Barbara A. Mikulski, first woman Democrat elected to the United States Senate in her own right, and Helen Delich Bentley, the first woman to be the United States Maritime Commissioner, as well as many others.

The Maryland Women’s Heritage Center (MWHC) will highlight and honor these Maryland women who are renowned far beyond our state, including providing a home for the Maryland Women’s Hall of Fame. In addition, there are innumerable women in each of our lives who have sustained our families, taught or volunteered

in our schools, worked for social justice and shaped our communities—often behind the scenes, serving anonymously, without recognition and praise. These women are unsung heroines.

Maryland’s unsung heroines were first defined in the book, “Notable Maryland Women,” by Winifred Helmes. This description was adapted somewhat for today’s realities and was published in “Women of Achievement in Maryland History*,” written by Carolyn Stegman, a member of the MWHC Board of Directors, and initiated by Frances Hughes Glendening, MWHC President. Maryland’s unsung heroine was described in the following way:

Beyond the “notable” Maryland women are the unsung heroines—your mother, grandmother, sister, aunt, daughter, neighbor, and friend. Their partnership in building our communities and strength in building our families has often gone unrecognized and unpraised. Yet without each “heroine” there would have been no state of Maryland—no country—no America. She kept us warm, she fed and clothed us; she encouraged us and listened to our joys and our woes; and unfailingly she recognized our accomplishments, no matter how large or small.

She has always been strong, individually and collectively. Her number is legion and her faces many—from the Indian woman teaching pride to her children, to Rosie the Riveter working in our factories, to the contemporary woman sustaining her religious and community organizations. She is many colors, shapes, sizes, cultures and philosophies. She is young and she is old, sophisticated and homespun. She is the mountain woman and the farm woman and the woman inhabiting the tidewaters of Chesapeake Bay. She scrubbed the steps of Baltimore and fed the poor family down the block, and she chaired the committees of a thousand worthy causes.

She rose at dawn and worked till long after dark, tending her vegetable garden, raising chickens and pigs, milking cows, spinning wool and making bread, soap and candles. Often the only way a woman could hope to fight a disease like smallpox or rheumatic fever lay in constant, vigilant nursing—around the clock—and those she saved pay a silent tribute to her tireless attendance.

She has been athlete, domestic worker, scientist, artist, elected official and adventurer. She has been nurturing and creative, sensitive and strong. She has been the anonymous poet, econo-

mist, architect and military strategist. She has preserved and transmitted our diverse heritages. She has fought to improve her community in battles that ranged from better sanitation to building schools. She has been in the forefront of every struggle for human dignity and civil rights. She has typed the letters, sewn the banners and marched in the streets. Her volunteer work has kept our hospitals running, her employment has kept our families afloat.

She has reached and grown, despite the obstacles, and has challenged each new generation. She combines roles as friend, mother, or wife with doctor, auto mechanic, teacher, seamstress, psychologist, chauffeur, coach, and financial planner.

The unsung heroine historically has sustained, and continues to sustain, her family and community. She has reached and grown despite the obstacles, and has

challenged each new generation. The unsung heroine forges a positive path for all who follow and carry on her work.

The Maryland Women's Heritage Center is committed to telling and preserving the stories of these unsung heroines and honoring their many contributions. Whether nurturing our families, volunteering in the community, leading an organization, working in a school, hospital or religious institution, campaigning for a political candidate, working in our factories, or creating a work of art, these women have played an integral role in helping to build Maryland's future.

If you would like to share the story of an unsung heroine in your life, please send your story, accompanied by a photo, if available, to the Maryland Women's Heritage Center at mwhcjill@comcast.net. We will be happy to preserve and transmit your

story through the Heritage Center.

*"Women of Achievement in Maryland History" by Carolyn B. Stegman is a hardcover coffee-table book featuring biographical profiles and extensive background information about historical and contemporary Maryland women. It is the only book in the United States to explore the history of women in a particular state in this way. To purchase a copy (\$50, plus shipping and handling), visit www.MDWomensHeritageCenter.org.

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

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

Stroke Survivors Needed

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

Please call 410-605-7179 for information.



The Courageous Act of Letting Go

By Jaana Myllyluoma, Ph.D.



Jaana Myllyluoma

It's not called "the Pamper Pole" for nothing. I was hanging on for dear life, thirty feet up in the air! I had just climbed a tall ladder, then a pole the width of a telephone trunk with metal staples every few feet for my hands and feet as I pulled myself up to the top. And there I froze, desperately hugging the pole with my arms. I could not imagine how I was going to stand up on the top, on a disk the size of a dinner plate. Of course I was tethered into a safety harness with people below me supporting my climb, but that offered very little comfort as my heart pounded and my knees shook. I was really afraid.

Somehow I managed to inch up my bottom onto the plate, still hanging on to the pole with my hands. "I'll just sit here for a while and get myself comfortable" I

thought, when my experienced team members shouted "Don't sit down, it'll be much harder to get up! Fix your gaze into the distance and just stand up!" It seemed like an impossible demand, but with the encouraging "You can do it!" from below, I raised my eyes and looked at the tree tops straight ahead of me. I remembered why I was doing this at the age of 51. After some major changes in my professional life, I wanted confidence in myself to follow a new direction.

The trees around me beckoned and I pulled one foot under me, then the other. I was squatting and still trying to hold on. If I stood up, there would be nothing to hold onto. "It's all about trust", a realization came in a flash. What was I putting my trust in – the safety of the known, even if it was a swaying pole? No! I wanted to trust my life to take me into the direction it needed to go. And with that I let go of the pole and stood up, straight and tall. The rest was easy – I turned around to face my group stationed below, gave them a thumbs up sign, and jumped and yelled "I choose life!" And then, grinning from ear to ear, I floated down to the ground.

In the months following my leap of faith, I kept returning to the lessons I learned that day on the top of the Pamper Pole. I learned that in order to

move forward, I have to let go of whatever beliefs I am hanging onto. That was the obvious one. I also realized that I have a tendency to let myself off the hook too easily when confronted with challenges. And most importantly, I learned that no matter what the situation, the power to make a change rests within me and not with others or in outside circumstances. Whew! That was a lot of learning from a fifteen minute exercise!

Experiential activities like the one I had at Outward Bound are metaphors for life and provide a powerful way to break out of limiting beliefs and to find courage and trust in ourselves. As a facilitator for ropes courses and other experiential activities for adults, I have witnessed the amazing growth that results when people come face to face with the boundaries of their personal comfort zone and their fears.

Perhaps it's part of human nature to play it safe—to stay within the confines of what is known and supported by our beliefs. We have accepted certain scripts in our lives, how things are, how they are supposed to be, and what we think we should be doing. And there is nothing wrong with that – until the story keeps us from going forward. The story becomes the safety zone, guarded by beliefs like "It's just the way I am", "I don't have what it takes", and "I'm too fat/thin/

old/young/poor/...". (Please fill in your favorite excuse!)

You don't have to jump out of an airplane or climb a pole in order to break free, although it certainly can give you a turbo boost! And you don't have to lay low until life deals you a hard lesson that forces changes on you. That, too, can be very effective, though usually accompanied by a lot of heartache and misery. The truth is that change happens moment by moment when we make choices that support our goals rather than nurture our fears and unproductive beliefs.

If you are committed to making a change—whether it be embarking on a new career, getting out of debt, starting a fitness routine, improving a relationship, forgiving past hurts, or simply becoming more aware of your own story line, here is an exercise that can help you identify and let go of old beliefs.

Draw a box and put yourself inside. Somewhere outside of the box draw a flower (or whatever object feels right to you) that represents your goal. On each of the four walls of the box, write all the reasons, fears, excuses, and beliefs that you think are keeping you from reaching that goal. Really let yourself loose here and write every thought, no matter how silly. After you have exhausted your list, choose three that you will tackle. For each, write down the responses to these questions: 1) How does this belief keep me from getting to my goal? 2) How does this belief benefit me? 3) What would it be like not to have this belief? Once

you have responded thoughtfully and honestly to these questions, ask yourself "Am I willing to let go of this belief?" When your answer is a truthful "yes," cross out the belief in your drawing. Repeat this exercise until you have no more—or very few—excuses left. Look at your goal now and take the step that you need in order to start making it a reality.

What if our experience is

the sum total of our beliefs? What if the only thing standing between you and your wildest dreams is simply a bunch of excuses? Go ahead, look into the distance, let go of the pole, and jump! I know you can do it!

Jaana Myllyluoma, PhD, CPCC is a professional life coach and currently accepting new clients who want support in identifying and achieving goals. Please email Jaana at jaanamy@comcast.net or call 410-292-8788.

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Approved 11/03/2008

How to Put Soul in Your Business... and Money in Your Bank

By Christine Kloser

During these demanding economic times, small business owners find it more difficult to get credit and/or see a major increase in credit rates due to the massive bailout of big business. Considering that small businesses represent 99.7% of all employers, it's more important than ever for small business owners to find new ways to keep their businesses thriving.

Having been an entrepreneur since 1991, I've seen my share of ups and downs. For my first nine years in business, I felt like a "golden" entrepreneur. I could do no wrong and my business grew with little effort.

Then in 2000 all of that changed and I went through very challenging times where I feared everyday that I wouldn't be able to make ends meet. I'll never forget the day when I called a bankruptcy attorney because that was the only way I thought I could get myself out of the mess I was in.

After I hung up the phone with the attorney, I was distraught. I just couldn't believe this was happening to me... until I felt a small glimmer of hope inside. I felt it was rooted in a new-found possibility to have a business based on the spiritual principles I had come to understand as a yoga

teacher. What if I relied on putting more spirit into my business? Would that change anything for me?

This was the quest I set out on when I decided not to file for bankruptcy. Since there weren't any books on spirituality in business, I had to find my own way. I hungered for this knowledge, so I set up interviews with some of the world's leading experts on business and spirituality including: Michael Gerber, Dr. Joe Vitale, Seth Godin, Neale Donald Walsch, Bill Phillips, and hundreds more. Through these interviews, and the practical application of everything I learned from them, I designed a formula for integrating spirituality into business.

It all came down to five simple steps. First, you had to uncover the soul in your business - what is the real reason you started your business? What do you love about your business? How do you truly want to help your clients and customers? Where do you find deep fulfillment and meaning in your business? This first step is about connecting your passion and purpose with your business.

The second step is about making two critical connections. 1. You've got to connect with the universal Source that gifted you with your

passion. Some people call this source God, Higher Self, Spirit or the Universe. Whatever you call it, see your business as part of a larger plan. You need to have the belief that everything happening in your business is happening for your highest good, even if it's challenging.

2. You need to connect to your market. This involves doing research to fully understand who your market is, what their needs are and what their pain is. Only, then can you communicate with your market in a manner that authentically resonates with them.

The third step is to design your business vision. You've got to become crystal clear how you want your business to look. Your business vision needs to be built on the joy and love you have for your business and the work you do. If not, you'll grow to resent it and nobody will want to do business with you.

After you design your business vision, the fourth step is to implement it! Take time to make changes in your business so it reflects the vision you created. When you are joyful in living your business vision, clients will flock to work with you and your company.

Finally, you've got to maintain your energy and stay aligned and enthusiastic about your business. Your en-

ergy is one of the most valuable assets you have, so keep your energy up and your numbers will go up, too.

These five steps are exactly what I did to go from the brink of bankruptcy to a seven-figure business during the most challenging financial crisis in decades. I share them with the intention that you, too, will experience the growth and joy you are looking for in your business.

Christine Kloser is the award-winning author of *The Freedom Formula*® and creator of the Freedom Formula Experience. She is widely recognized as an expert in the field of conscious entrepreneurship and is dedicated to coaching entrepreneurs to be profitable and powerful forces for positive change in our transforming world.

Assistance Available for Those in Danger of Home Foreclosure

The Maryland State Dept of Housing and Community Development is partnering with Beyond the Boundaries to host a housing assistance event on Sat morning July 18th from 9 am to 12:30 pm at St. Joseph Parish Hall, Church Lane, Cockeysville 21030 . Purpose is to offer counseling and guidance to those who may be in danger of losing their homes through foreclosure. This event could be of benefit to anyone who has lost a job, behind in mortgage payments or just barely meeting their mortgage. Counselors will be available to meet privately and answer questions and to seek solutions to individual situations. Solutions are possible and there is reason for hope. All are welcome. RSVP St. Joseph 's 410 666-1619.

If you can't make the meeting but need help, here are resources to help you: The State of MD's Department of Housing and Community Development's hotline at 1-877-462-7555 or www.mdhope.org. Another is the Foreclosure Prevention project of the Maryland Bar Association.

Free Research Treatment for Cocaine And Opiate Abuse

Healthy men and women who are between ages of 18-55 are needed to participate in an outpatient research study at the Johns Hopkins Bayview Medical Center. The study will last up to 31 weeks and will provide standard methadone maintenance treatment.

Total possible earnings are \$1155.00

Principal Investigator: Annie Umbricht, M.D.

RPN # N A0003333

Approved May 07 2007 JHM IRB

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