

# THE WOMAN'S PAGE

Serving R.I. and Southeastern Mass.

Volume 49

**FREE**



**A new slant on women's intuition**

**page 4**

**Postpartum depression When it's more than the "Baby Blues"**

**page 18**



## FREE HOMEBUYING SEMINAR

**Saturday, September 24 • Reservations Recommended**  
**Call for Details (401) 490-7171**

647 Oaklawn Avenue, Cranston, RI 02920



ALLIED  
HOME MORTGAGE  
CAPITAL CORPORATION  
COAST TO COAST

RI Lender # 98000889 LL B02 and #98000890 LB B02 MA Lender/Broker # MC0903





## Who makes the financial decisions in your family...

You should do your banking at a place that understands your needs. Credit Union Central Falls can help you with all of your financial decisions:

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> Home Mortgages          | <input checked="" type="checkbox"/> Construction Mortgages      |
| <input checked="" type="checkbox"/> Home Equity Loans       | <input checked="" type="checkbox"/> Home Equity Lines of Credit |
| <input checked="" type="checkbox"/> New & Used Auto Loans   | <input checked="" type="checkbox"/> Personal Loans              |
| <input checked="" type="checkbox"/> Savings Accounts        | <input checked="" type="checkbox"/> Checking Accounts           |
| <input checked="" type="checkbox"/> Certificates of Deposit | <input checked="" type="checkbox"/> IRAs                        |
| <input checked="" type="checkbox"/> Internet Banking        | <input checked="" type="checkbox"/> Bill Payment                |



Central Falls - Cumberland  
Pawtucket - Lincoln - Woonsocket

Connecting all locations: 401-725-1535

Money Central Line: 401-723-5600



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

Each member account is insured  
up to \$100,000 by the  
National Credit Union Administration,  
A U.S. Government Agency  
**NCUA**



**Mt. Hope Health Center**  
welcomes  
**Jillian VanNostrand, R.N.**  
**Colon Hydrotherapy**  
nutrition herbs

Feeling laconic? Get a colonic!  
1732 GAR Hwy. (Rt. 6), Swansea, MA  
**508-778-9941**  
Thursday & Saturday by appt.

# Cable "Tea" with ladies

For The Woman's Page

The "Tea with Marie" Cox cable television program seen on Friday afternoons at 3 on Channel 13 in Rhode Island has an incredible crew of about a dozen volunteers that includes eight regularly participating women. Most of the women are former teachers, nurses or professionals who are glad to have found new challenges and occupations in the middle of their lives.

"When I first started working with Marie," said Judy Begin, the director and editor, "I had absolutely no idea how to make an inquiring phone call for her let alone direct a show and work in the control room at the studio!"

After an initial training session with Cox staff for crewmembers in 2002, Judy found herself in the position of learning how to be a director in two weeks when the original director was unable to continue. Judy's ability and enthusiasm to jump in and follow through enabled "Tea with Marie" to continue on the air and the show is now in its fourth season. Judy, along with other members of the crew is continually learning new skills from the Cox staff and feels more and more satisfied with the quality of her productions.

Marie, a former teacher, Marriage and Family Therapist and mother of



Marie Younkin (center) in the "Tea With Marie Show" studio.

four adult children, has found great satisfaction in hosting and producing "Tea with Marie". Marie has had eight years of experience on the Cox cable show "Able-TOO", hosting and interviewing guests. It was Marie's original concept to produce a show that would focus on the positive talent in Rhode Island and the beauty, gentility and tranquility in life.

Marie pours tea on the set or on location for her guests as she reads their lips to conduct animated interviews with her warm and inquisitive style. It is tremendously satisfying for Marie to excel in something creative when she has a profound hearing loss.

Other crewmembers such as Joan Vessella, a former first grade teacher, who has been promoted to Assistant Producer and who now handles all the scheduling and phone calling for the show, are starting to implement ideas of their own for topics.

### September Topics

- **Sept. 2:** *The Peace Dale Arts Initiative*  
Michael Gloor and Karen Stackow
- **Sept. 9:** *La Cuisine Francaise* (French Cooking)  
Nicole Spaulding
- **Sept. 16:** *The Old Statehouse in Kingston*  
Christian McBurney

Continued on Page 23

*From the Publisher*

To my readers and advertisers,  
Once again it is that time of year...yes, it is back to school time, but more than that, it is *The Woman's Page* fourth anniversary! It is hard for me to believe another year has gone by, but time does fly when you're having fun, and boy do we have fun. Of course, it can certainly be a challenge putting a newspaper together, but what in this life isn't?

In the course of the past year we have increased our circulation and gotten the paper into some very key locations which gives you our advertisers more exposure by making it easier for readers new and old to find us, and it is definitely working for everyone.

On this very special occasion I would like to thank my staff for their on-going dedication to the paper, all my advertisers, and of course you, the readers. Additionally, a big thank you to my fantastic family for their ongoing encouragement and enthusiasm as I continue to grow and evolve with *The Woman's Page*. And lastly, to Roger ... Thank You for listening to my ideas for a woman's publication and getting it started, you were right, I can do it and I have!

Sincerely,  
Nancy Roy  
Publisher

• I N S I D E •



Cover photo by *Diane Miller Photography*  
See ad on Page 21

**ONtheCOVER**

Marie Younkin and her "crew" on the set of Tea with Marie, Cox channel 13.

Cable "Tea" with ladies Marie Younkin.....	2	Blessing your new home Rev. Charlann Walker.....	14
A new slant on women's (and men's) intuition Diane Shaver.....	4	Learn for FREE at the Library Stacy Anter.....	15
The debilitating effects of water loss Dr. Joyce Martin.....	5	When it's more than the "Baby Blues" .....	18
Control your dreams in order to control your life Dr. Dolores Seymour.....	6	Revisiting bridal makeup Jeanette M OBrien.....	21
A house can have fifteen minutes of fame too!! Judy Flynn.....	8	South County Women's Network events .....	22
Singing cruise from Boston to Bermuda .....	9	Theater auditions set for "HONK!" .....	24
The promises of September Karen Frisch.....	10	Coventry woman shares survivorship story American Cancer Society....	28
All the new Fall haircolors! Chrissy Gonsalves.....	11	Why email? Why not try video email .....	25
Planning for final life stage Kevin Worthley.....	12	The priceless value of a mentor Thomas Anter.....	29
Tutoring at young age may not be best Dr Day Care.....	13	Caffeine and athletes Nancy Clark.....	30

**THE WOMAN'S PAGE**

If you sell products or services you realize women are important to your business. No publication reaches that potential like *The Woman's Page*! Call 401-726-6241

*It's all about you at*

**facial expressions**  
Day Spa

Facials • Massage Therapy • Hair Removal  
Nail Services • Body Polishing Wraps  
Makeup Applications • Eyelash & Eyebrow Tinting

*We carry Bare Escentuals Makeup*

**596 Newport Ave., Pawtucket**  
Call For Appointment: **401-726-6255**  
[www.facialexpressionsri.com](http://www.facialexpressionsri.com)

**Acupuncture Chinese Herbal Medicine**

Dr. Alice Shi, doctor of Tradition Chinese Medicine (TCM), has been in practice and research in the TCM field for the past 20 years. Dr. Shi is a state licensed Acupuncturist in RI, and she has received certification as a Diplomat in Acupuncture from the National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM). Dr. Shi was awarded a doctor of Medicine degree from the prestigious Shanghai University of Traditional Chinese Medicine in China.

**Dr. Alice Shi**  
Doctor of Acupuncture  
Chinese Herbalist



**Treatments include:**

- Arthritis • Asthma • Allergies • Pain (acute and chronic)
- Carpal Tunnel • Sciatica • Depression • Anxiety
- Menstrual Discomfort • Constipation • Fatigue • Menopause
- Migraines • Fibromyalgia • Insomnia • Infertility ... and more.

*We Use Disposable Needles*

**For free Consultation (401) 954-1829**

**Waves of Wellness Center**  
**1665 Hartford Ave, Johnston RI**

**PUBLISHED BY**

Page Publications, Lincoln, Rhode Island

**EDITOR**

Nancy Roy

**SALES**

Lynn Tootell, Steve Struk, Linda Klinka

**EMAIL/WEBSITE:**

nroy1@cox.net  
[www.thewomanspage.net](http://www.thewomanspage.net)

**DESIGN/LAYOUT:**

Seaside Publication  
mforgette@seapubs.com

Publisher reserves the right to accept or reject all advertising matter. Publisher is not responsible for typographical errors pertaining to advertising or editorial content. The opinions expressed herein are not necessarily those of the publisher.

Reproduction in whole or in part of any material in this publication without permission of Page Publishing is expressly prohibited. Each advertiser is responsible for ad copy submitted to Page Publications.

**Phone: 401-726-6241**

## 2nd Appearance Consignment Boutique

401-353-0099

Closed Mondays & Tuesdays  
Open Wed. 11-5  
Thurs. 11-6  
Fri. 11-5  
Sat. 11-4

1455 Mineral Spring Avenue  
No. Providence, RI 02904

## AFFORDABLE HEALTH INSURANCE

- Any Doctor
- Any Hospital
- Anywhere
- 24 Hours a Day
- SELF-EMPLOYED
- INDEPENDENT CONTRACTORS
- SMALL BUSINESS OWNERS

Association Group Insurance is underwritten by The MEGA Life and Health Insurance Company, Home Office: Oklahoma City, OK

**Scott V. De Angelis**  
Toll Free 1-866-499-7519  
[www.DeAngelis-Insurance.com](http://www.DeAngelis-Insurance.com)

M/NATL0201 Exp. 8/06

**Dr. Day Care Enterprises**  
Mary Ann Shallcross Smith, Ed.D., CEO  
and her dedicated caring staff

- ✦ Child Care Consultant and Trainer
- ✦ "Womens Business" show on Cox Cable
- ✦ Comp Services RI
- ✦ Kids Klub Before & After Child Care
- ✦ Dr. Day Care's Child Development Center

401-723-2277 ext.222  
[drdaycare@kidsklubri.com](mailto:drdaycare@kidsklubri.com)

At your wit's end?

*Sad.  
Irritable.  
Problems at home,  
work, school.*



*Nothing helps.*



The  
Providence  
Center

Peace of Mind in Community Care

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

Call 401.276.4020

All major insurance plans accepted

*Specialized  
outpatient mental health  
and substance abuse  
programs for adults,  
children and adolescents.*

Don't wait to feel better.

# A new slant on women's (and men's) intuition

By Dianne J. Shaver, M.A.  
For The Woman's Page

**L**ately, I've been giving lots of talks to many different kinds of groups. The common thread being that all the talks are about intuition, what it is, how to develop it, how and when to use it. It seems that there is a thirst in all of us to really know this somewhat mysterious part of ourselves. In fact, many people do not understand that it is, indeed, a part of us, one of the gifts we come into this life with.

The desire to know this has led me to offer an Intuition Training starting Sept. 10 and to write a book exploring it. The first thing we need to know is that intuition is tucked safely in our right brain. Remember hearing that we only use about 10% of our brain? Well, the remaining 90% is our right brain, the place where intuition, creativity, imagination, problem-solving, inventing, discovering are found. I am surprised sometimes to find that some people are suspicious or uncomfortable with something that is found right inside themselves.

Intuition is so mysterious and

unknown because our culture doesn't value it so we are not taught about it. As more and more of us begin to use this invaluable part of ourselves this will change. We can make it happen. Intuition is the place to go when we are trying to find solutions to anything. Einstein used it to develop theories that changed the world. Every technological breakthrough came from intuition. Every medical cure started with an intuitive insight. The proper way for us to use our left and right brain is that the ideas come from our right brain through our intuition and our wonderful logical left-brain sorts and analyzes and puts it into action. This is the perfect and harmonious relationship between the parts of our brain.

Another amazing thing about intuition is that it is never wrong. We can misinterpret it or misunderstand it or try to fit it into something we already know which distorts it,



but if we just take it in the way it comes it will lead us to the right decision or choice. It can help us with the timing of our changes and tell us when to relax and wait and when to take action.

Intuition is the soul's voice. Its how we are connected to the Universe and all that is. It comes in more subtle tones than we're used to. Sometimes clients seem disappointed that they do not hear their intuition in a nice loud voice. But it comes in a way that sounds like our own voice in our head. It sometimes comes all at once in a sort of knowing and then we can break it down into its components. It can come as a feeling or a sensation in our body. It always comes in a way that we can understand.

Intuition is essential in helping us to know who we are and what our path is. It helps us be our own wonderful unique self which is, after all, why we're here. Its is always there to assist us anytime we want to hear it.

*Dianne J. Shaver offers Intuitive Readings for Women: Your Love Life, Career Path, Life Path and Life Purpose . One hour taped reading (843) 762-7820. She holds a masters degree in Human Development with a specialty in Holistic Counseling and is the author of the book, "How Life Works" and the upcoming book, "Guide to the Miracle Inside You Called Intuition."*



## HOUSEWIVES UNITE!!!

Host a "HOUSEWIFE" Party!

Product line includes: Nightshirts, Tote Bags,  
Aprons, Mugs and Pins.

*We no longer follow the Good Wife's guide from  
1955...We're 21st Century Housewives!*

Call for details:

1-866- 473-9433 (toll free) • 1-866-hse-wife

Shop online: [www.iamahousewife.com](http://www.iamahousewife.com)

## THE WOMAN'S PAGE

**Zero in on your market.**

If you sell products or services you realize women are important to your business. No publication reaches that potential like The Woman's Page!

**Call 401-726-6241**

## HEALTH

# The debilitating effects of water loss

By Dr. Joyce M. Martin  
For The Woman's Page



*Physician  
Talk*

Dr. Joyce Martin

**T**he water principle is a defining characteristic of health for your entire body. Dehydrated cells perform their duties far less efficiently than hydrated cells do. The cells that make up our liver, brain, heart, lungs, and every other organ cannot perform to their highest ability without the optimal amount of water. If your cells are in such a state you are likely to take far longer recovering from illness and infection than if you had hydrated cells.

Dehydrated brain cells do not function at their optimal level, so you are likely to become mentally fatigued more easily. Your skin is likely dry and flaky. You have less energy and metabolize food less efficiently. Add to this the countless other deteriorating effect of cellular dehydration, including the advancement of degeneration and inflammation, and you can begin to understand how critical it is to provide yourself with an ample supply of hydrating nutrients.

Many people exercise and their stamina is pretty good. However, over time some begin to notice they run out of steam earlier. This is presented with fatigue soon into the workout or shortly thereafter. More water can be needed than in the past to satisfied thirst for a brief moment and then more is needed.

When a patient feels this way, I have them make a conscious effort to eat more eggs, soy, fish and nuts to help hydrate body tissues. Adding essential fatty acids and lecithin is also important. Within

The cells that make up our liver, brain, heart, lungs, and every other organ cannot perform to their highest ability without the optimal amount of water.

weeks, they feel much more vibrant. With this hydrating program, vitality is given to the cells. The organs, nervous system, cardiovascular system, musculoskeletal system and endocrine system have been given an expert tune-up.

If you begin to take these simple steps of adding this short list of nutrients to your diet everyday in addition to four quarts of water a day, your body will function better. Because you cannot always be sure if you are getting enough of the right foods, I always tell my patients they need to supplement as well.

Doctor means teacher - let me teach you!

*Five convenient locations:  
Physicians Chiropractic and  
Nutrition Centers  
401-942-0600*

*Cranston, East Providence,  
Woonsocket, Providence, Fall River*

See ad on this page

## CLINICAL RESEARCH VOLUNTEERS WANTED

*Omega Medical Research is seeking volunteers to participate in the following Research Studies:*

FIBROMYALGIA • ARTHRITIS OF THE KNEE • ARTHRITIS OF THE HIP • INSOMNIA  
POOR CIRCULATION IN LOWER LEGS/LEG PAIN • HIGH CHOLESTEROL  
HIGH TRIGLYCERIDES • HOT FLASHES/MENOPAUSE • CANKER SORES  
LOW BACK PAIN • BREAST PAIN • AGE SPOTS • DIABETIC NEUROPATHY • ELBOW PAIN

*HEALTHY VOLUNTEERS AND INFLUENZA VACCINE.*

Qualified participants may receive compensation for their participation, along with study medication and study-related medical care at no cost.

CALL TODAY TO FIND OUT MORE INFORMATION:

OMEGA MEDICAL RESEARCH • 739-3573 • WWW.OMEGASTUDIES.COM

# Physicians Chiropractic & Nutrition Centers



**Dr. Joyce M. Martin**

R.N., M.S., D.C., C.C.N, D.A.B.C.N.

## Programs specializing in:

- Anti-aging
- Weight Management
- PMS/Menopause • Diabetes
- Heart Disease
- Osteoporosis • Allergies
- Asthma • Acne • ADD/ADHD
- Autism • Arthritis
- Autoimmune Diseases

**"Doctor means Teacher" ...Let me educate and help you!**

FIVE CONVENIENT LOCATIONS

Cranston	Providence	East Providence
1040 Cranston St.	280 Elmwood Ave.	216 Warren Ave.
942-0600	331-9500	434-6500

Woonsocket	Fall River, MA
583 Cumberland Hill Rd.	46 No. Main St.
766-6500	508-672-6888



## Cancer Survivor and Cancer Supporter Bracelets.

Hand crafted by Sharon Daniels a breast cancer survivor Owner of

### Sharon's Wig Gallery

Made with Swarovski Crystals and Sterling Silver

100 N. Washington St.  
North Attleboro, MA 02760  
508-643-0294

www.sharonswiggallery.com

## Warwick



Simple elegance is the only way to describe this beautiful ranch house. Located in Pilgrim Park, this beauty has firelaced living room, formal dining room, 2 huge bedrooms, updated galley kitchen, den, 1.5 baths, hardwoods, partially finished basement with bulkhead, laundry area, office, stone patio, garage, large fenced yard and more. All for only **\$329,000**.

Remember when buying or selling **YOU'RE IN LIKE FLYNN!!**



Judy Flynn

**COLDWELL BANKER**

**Residential Brokerage**

458 Putnam Pike  
Smithfield, R.I.

**401-663-4710**



# Control your dreams in order to control your life

By Drs. Seymour, Degnan & Degnan  
For The Woman's Page

**H**ave you ever awakened from a wonderful dream, disappointed that you weren't able to continue it? Have you ever had a recurring nightmare plague you over and over again? Have you ever been upset about the outcome of a particular dream? Have you ever wished that you could more fully explore a pleasant dream? I'm sure that we're all able to answer "yes" to at least one of these questions, yet few of us realize that we can gain control of our dreams to the point where we can choose any subject matter.

In other words, we can make, do, or be, virtually anything, in any way we choose. When your dream life is happy, you'll feel less stress and anxiety during your waking day - in control not only of your dreams, but your life. With practice, this level of control over your dreams will become the ultimate creative experience where you can do anything, anywhere, at will.

**Here are the basic techniques to follow and practice.**

1. Dream recollection: Every time



*Holistic Health in Action*

Dr. Dolores Seymour

you awaken, record (on paper or recorder) whatever you remember about the dream. This step is important to help develop deeper dream recall. Do this consistently for several days.

2. Dream awareness: In order to control yourself and your environment while dreaming, be confident that you are definitely dreaming - your body asleep, and in bed.

3. Dream choices: Choose what you want to happen in your dream. Begin by consciously selecting something you couldn't ordinarily do in your waking life, such as flapping your arms and flying. With practice, you'll soon control everything in your dream environment. Example... make anything appear or disappear, turn a foe into a friend - vanquish all enemies or unfavorable situations - and replace them with wonderful, positive experiences! More about learning how to control your dreams and therefore your life in our Intensive Dream Workshop on

Wednesday, September 14 - 7 to 9 PM.

This feeling of control will carry over into your daytime moods and feelings because when you enjoy your nights, that same enjoyment will carry over into your days and therefore your life. Fears, anxiety, insecurity, and depression are, at their root, thoughts about loss of control. When you learn to control your dreams, you dissipate your fears, solving your problems (challenges) in your own safe domain, where you are master of all you survey! Thus the words, "I am Master of my fate - I am Captain of my soul!"

*Drs. Seymour, Degnan & Degnan, Board Certified Holistic Health Counselors/Practitioners are Directors of the International Association For Positive Living, Inc., (a non-profit organization) and Directors of the American Institute of Holistic Health & Wellness, a fully accredited home-study school for Humanistic Psychology. Free weekly workshops on Holistic Health & Positive Living are offered as a public service every Friday, 7 PM at Independence Square Conference Center, 500 Prospect St., Pawtucket, RI.*

*Drs. Seymour, Degnan & Degnan can be reached at (401)463-5331.*

# Rondeau's Kickboxing



## Mother & Baby Fitness

All new moms can bond with their infant while working out! **Class is every Tuesday at 10:30am!**

## Bootcamp Cardio & Weight Training!

This is a great class for beginners and anyone that is out of shape! You go at your pace!!!

## Kids Kickboxing Classes

From 4-14 yrs. old. Let your child try a class for free. Builds self esteem, confidence, balance & coordination.

## Personal Training

Let us Motivate You! We will help you to reach your goals!

## Bridal Fitness Camp

Brides to be --get in shape for your big day with our 3 month - 100% results guaranteed program.

## Get Fit Program

- Weekly weigh-Ins
- Meal Plans
- Personal Training



**NEW LOCATION !!!!**  
**19 Commerce St., Greenville, RI**  
**(401) 996-KICK or 949-5151**  
**www.rondeauskickboxing.com**

**EVERY FRIDAY**  
**FREE FITNESS KICKBOXING**  
**at 9:15am -- Yes, FREE!**

We want you to see how exciting Fitness Kickboxing is so we are offering **FREE FRIDAYS** through the end of JULY! Every Friday til August 1st. YOU can come for **FREE** and take Class!

# i.d. Bare Escentuals Bare Minerals

**One Hour  
Body Massage  
only  
\$50**

Now offering a very large assortment of the make up that you have come to love. **Why** order from the internet or TV, when you can have what you need today. **Without shipping and handling**, choose the color you know is right for your skin tone. **No more** sending back a wrong color choice or a product you thought you would like, only to wait even longer for the right product to come in. **See it all** right in front of you, instead of in a picture.

**STOP IN AT YOUR CONVENIENCE!**



**Chocolate  
Massage  
for couples  
Call for  
details**

## The Victorian Rose Day Spa

1271 Park Avenue, Woonsocket, RI 02895 • (401) 762-1276

Monday 4:00 to 9:00, Tuesday through Friday 9:00 to 8:00, Saturday 8:00 to 4:00

# R.I. Dermatology and Cosmetic Center Announces

## Skin M.D. Anti-Aging Institute

- DNA Aging Analysis
- DermaSound Technology
- Myotonology
- IPL/Photorejuvenation
- Laser Hair Removal
- Body Waxing
- DermaPlane & CO2 Technology



**Daniel Vidars, M.D.**  
*Board Certified  
Dermatologist Specialist*



**Paul Mallari, PA-C**



**Shane Morgan, PA-C**



**Liz Lackman**  
*Para-Medical Skincare*

- Blue Light Technology
- South Beach Peels
- Pure Hyaluronic Acid Treatments
- Highly Stabilized Vitamin C Treatments
- Rosacea Reversal
- Master Eyebrow Sculpting

**ALL OUR RETAIL PRODUCTS ARE PHARMACUETICAL GRADE.**

*Skin M.D. is the first of its kind - a medically supervised, state-of-the-art, spa and clinic to keep you looking younger and healthier!*

*Skin M.D. is the spa and clinic you have always dreamed of - luxurious, innovative, proven skincare techniques and treatments, staffed by highly trained medical personnel and experts in cosmetic rejuvenation and anti-aging technology.*

Call Today and Let Us Help You Love the Skin You're In! • 401-475-9140 • 3 Wake Robin Road, Lincoln, RI

## Unique Designs by SID

Sandra DiPietro



### Summer Must Haves!

- Crystal and Sterling Silver Ankle Bracelets

--- or ---

- Flower Chokers made with real Chrysanthemums!
- One of a kind exquisite sterling silver and crystal bracelets

**401-233-0974**

Earn FREE jewelry, ask for details

# A house can have fifteen minutes of fame too!!

By Judy Flynn

For The Woman's Page

Some houses that come on the market are just loaded with personality and charm.

I happen to have such a house on the market right now!

When I listed this house I certain-

ly knew it had the potential to be even more special than what it was. Being a guest in the house many times with the wonderful people that lived there, I thought only I could see that here was a house worthy of a second look! What I didn't realize is that this house would get that fifteen

minutes of fame that it richly deserved. As houses go, we as realtors see many types and styles. Old, new and in-between. Some in excellent condition and some that look like they belong in the Johnston landfill! Our job is to find the best assets of a house and sell it to a buyer who can see what we see.

So once again I mention curb appeal. If you want a buyer to want your house, make it memorable. Now, you may ask how do I know this house had "it?" Simply put it is going to be one of the "STARS" in a new Showtime series called "THE BROTHERHOOD." I was approached by the production company about the possibility of using the house in the series. So just as I would do with a potential buyer, I showed the house to them and they loved it! Why?

Because just like a buyer, it suited their purpose. The house was clean and neat and they like what they saw.

Now don't get me wrong the house may need some updates, but it has GOOD BONES! That is very important when buying a house. It should stand the test of time. That is when the house is a keeper.

As for me, hopefully the production company will see my "good bones" and as Gloria Swanson said in Sunset Boulevard "IM READY FOR MY CLOSE-UP!"

Remember when buying or selling "Your in Like Flynn"

I can be reached at 401 663-4710 or jujuk211@cox.net.

See ad on Page 6

YARN • KNITTING CLASSES • PRIVATE LESSONS • KNITTERS LOUNGE

Our 2nd location in Warwick is now open.

Both stores are fully stocked with exciting new fall yarns. Warwick store featuring over 60 colors of Cascade 220 (more colors due to arrive soon)

Register for fall classes at the Pawtucket or Warwick location.



Yarns at Lace Wings Presents...  
**AN EXPRESSIVE ARTS PROGRAM FOR AND BY WOMEN**

This fall event is being given by well known RI women. Attend some or all of the events. Call to register

- 9/11/05 & 9/18/05 - Denise Wall, M.Ed., C.A.G.S., M.P.N.L.P., is an avid knitter and life coach. She will present 2 workshops entitled, Gathering the Loose Ends. These workshops are for knitters who want to deepen and expand the valuable lessons of life that come from knitting a project, with useful implications for other challenges in life. Join this workshop if you are interested in using your brain in new productive ways to create more love and less fear. Time 2 - 3:30. Cost \$40 per session.
- 10/2, 16, 23, 30, 2005 - Marilyn Murphy Meardon is a RI storyteller who has performed in schools, libraries, clubs and coffeehouses. She taught storytelling at Brown Learning Community for 10 years. Marilyn will present 4 workshops entitled Knitting and Yarns. She promises to keep you in stitches and lead you to weave life memories into tellable tales. Bring your knitting. Time 2 - 3:30. Cost \$25 per session.
- 11/30/05 - Valerie Tutson is a RI storyteller who has been performing in schools, churches libraries, festivals and conferences since 1991. She draws her stories from her extensive travels, with an emphasis on African traditions. Reviving the old-worked custom of women gathering together over needlework and other labor, Valerie invites you to share an evening of stories and songs from around the globe.- Joining Individual Voices in Community. A night of fun, learning, connection - and some knitting too! Time 7 - 9:30. Cost \$40.
- Expressive Arts Program will be held at our Pawtucket location.

954 Mineral Spring Ave. Pawtucket, RI 761 Bald Hill Road Warwick, RI  
475-7500 615-2007

www.yarnsatlacewings.com

Open 7 Days A Week

YARN • KNITTING CLASSES • PRIVATE LESSONS • KNITTERS LOUNGE

The hair you always wanted is a phone call away



Hair by  
*Jeanne*

**Certified in Color and Hair Extensions**

Call 401-943-7373 ask for Jeanne

1395 Atwood Ave., Johnston, RI

Hair 2 E Tan-ity

## Realize the Leader Within

**YOU!**



Business and Professional Women/RI  
*presents*

## IDP Leadership

An interactive educational program providing the leadership tools you need to enhance your career and life!

When: Oct. 22, Oct. 29, Nov. 12  
Where: Hampton Inn, Coventry  
Time: 8:30 am - 4:00 pm  
Price: \$190 (\$170 before Oct. 1; includes 3 lunches)  
Contact: Wendy Harvey, (401) 423-2741  
Individual Development Program Chair

BPW: BUILDING POWERFUL WOMEN - Professionally - Politically - Personally

PUBLICATION DESIGN

ADVERTISING

WEBSITES



**Solutions for Small Business**

North Attleboro, MA

774-306-6161

**LIFESTYLE**



Chorus performs during a weekend performance in Poland Spring, Maine.

## Singing cruise from Boston to Bermuda

Attention women in southeastern Massachusetts and nearby Rhode Island!

If you like to sing, you will love singing with A CLASSIC SOUND aboard a cruise ship next May! Come to our weekly Thursday evening rehearsal at The Fellowship Hall, Easton, MA, and check out our sound!

Learn how to sing a'capella 4-part harmony in the barbershop style.

We will help identify your voice range so you are singing in a comfortable zone.

**NO EXPERIENCE NECESSARY!**

If you decide that we're the singing group for you, and join our chorus, you'll have the opportunity to cruise with us next May!!!

For more information and directions to our rehearsal site, please call Maryann at 508-586-1270.

### Back to Basics with THE WOMAN'S PAGE

**Zero in on your market.**

If you sell products or services you realize women are important to your business.

No publication reaches that potential like The Woman's Page!

**Call 401-726-6241**

## Cantina di Marco

**RESTAURANT & GRILL**

Top Quality Family Style Restaurant • Function Room Available

**405 Mendon Rd. Cumberland, RI**  
**Phone: 722-4170 Fax 723-7771**

Hours of Business: Tuesday, Wednesday, Thursday & Saturday: OPEN @ 4 pm\*

Friday and Sunday: OPEN @ 11:30 am  
Closed Monday\*

(\*We will open for Private Parties - Call for info)

**----- LIVE ENTERTAINMENT -----**  
**Friday and Saturday Nights**

**----- Banquet Facilities -----**

**Weekly Specials ••• Salad Bar**

- |                     |                          |   |
|---------------------|--------------------------|---|
| • Chicken di Marco  | • Di Marco Stuffed Veal  | • Baked Scrod                               |
| • Chicken Francaise | • Eggplant Parm          | • Seafood Parm                              |
| • Prime Rib         | • Italian Combo          |   |
| • Filet Mignon      | • Alaskan King Crab Legs | <i>Plus Sandwiches &amp; Kids Menu Too!</i> |
| • Veal Marsala      | • Steamers               |   |



## Come In and Clay or Bead It!

**A paint your own pottery and create your own jewelry studio.**

Birthday Parties • Classes  
Summer Camp • Pottery Wheels  
Scout Troops • Ladies Night  
Walk-ins Welcome

**CLAYGROUND**  
5600 Post Rd., East Greenwich  
**401-884-4888**  
www.claygroundstudio.com

## What Are You Looking For In A Real Estate Agent?



**Steve Resnick**  
*"You deserve and should expect more"*

A real estate agent that will **sell your home** for the **very best price**, in the **least amount of time**, with the **least amount of inconvenience**.

Most important is that you work with a real estate agent you can **trust**. One that appreciates the importance of **consistent and accurate** communications, and will always have **your best interest at heart**.

126 Broad Street  
Cumberland, RI 02864  
401-728-2770 • Cell: 401-714-4257  
www.c21gonsalves.com



**We deliver to Northern R.I.**  
**11am - 9:30pm EVERY DAY!**

**MONDAY SPECIAL**  
**39¢ WINGS**

**PARTY PLATTERS**  
**For Any Event**



Chicken Wings  
Boneless Tenders  
Subs • Appetizers  
Wraps • Salads

13 Different Sauces

**401-521-PHAT**  
7428

**149 Admiral St.** (minutes from Downtown Prov.)  
**Providence, RI**

Open Mon. - Sat. 11am-11pm, Sun. 12-9

# The promises of September

By Karen Frisch  
For The Woman's Page

While I have complained away the summer with its blisteringly hot sun and intense humidity, nature has been moving us toward a new season. Almost imperceptibly the sun sets earlier now, cricket songs are the only sounds heard through screen windows in the evening, and, if we're lucky, we get a handful of cooler days that offer a welcome relief from the heat.

Along with that, as any mom knows, that dreaded time has come to pull out fall clothes. And while we're in the attic the winter things might as well come down, because we'll need them before you know it. It's when we look at clothes left over from last year we realize the wardrobe that fit last year's seven-year-old won't do for this year's eight-year-old. Pants are too short, shoes too tight. Time to head for the mall.

It's a promising time of year but also deceptive. We're happy to see the children go back to school but feeling a little guilty for the relief we feel. We know they won't be

as bored in the coming days, but they won't have as much time for family activities either. School heralds the end of that summery, lazy-day feeling and, for elementary-grade students, the beginning of a new time of growth.

Most of my memories of going back to school come from photographs my mother never found time to put in an album, but instead are in an old Peerless box bound with an elastic. My September photos show a seven-year-old girl in a flowered dress with a little bow at the neck and a full skirt. I'm standing on our front lawn, lunch box in hand, posing with the friend who lived next door. The perfect curls of my pageboy came from rollers that pinched my head overnight, but in the pictures I'm smiling. Life was less complicated then.

I think of my own two children and nearly three years' worth of photographs and school projects, all in boxes.

Continued on Page 27

...if we're lucky, we get a handful of cooler days that offer a welcome relief from the heat.

Home Tasting Party • Garlic Grapeseed Oil • Basil Pesto • Scampi • Garlic & Herb • Chili Mix •

Join us in a culinary adventure!

**WILDTREE HERBS**

**What's For Dinner? Try Wildtree Herbs!**

Exciting new oils, spices, mixes & blends to add to your everyday meal!

**Melissa Henault, Independent Rep. • 401-265-0383**  
Ask how you can get **FREE Grapeseed Oil!** • Email: mas1172@aol.com

Chocolate Fudge Sauce • Cheesecake • Pinot Grigio & Merlot Chocolate Fudge Sauce

Spaghetti Sauce • Salsa • Sun-dried Tomato & Horseradish • Red Bell Pepper & Garlic • Breads •

Do you feel more comfortable talking to a woman about your interior decorating needs?

## Decorating DIVAS

The Decorating Divas can help you with:

- Murals
- Custom Wall Finishes
- Interior Design Consultations

Visit their website at:  
[www.decoratingdivasri.com](http://www.decoratingdivasri.com)  
or call 401-749-9373

## asia // grille

Editors' Choice, *Travel New England Magazine* 2005



NEW  
AT THE  
LINCOLN  
MALL

DINE  
IN OR  
CARRY  
OUT

Two Banquet Rooms • Parties up to 40 or 100  
Private or Corporate Catering  
Lincoln Mall Plaza  
Open Daily at 11 am  
Take out: 334-3200

## NOW OPEN!



NEW LOCATION

**Erold J. Baptiste**

Master Tailor

Formerly

Antonio Tailoring

NOW

**EJ's Custom Tailoring**

Coming Soon: Men's Suits  
FREE Alterations with purchase  
1500 Oaklawn Ave., Cranston, RI  
Roy Plaza across from Club Mardi Gras  
**401-464-6417**

## HAIR FASHION

## All the new Fall haircolors!

By Chrissy L. Gonsalves  
For The Woman's Page

**H**i folks, I hope this article finds you prosperous and in good health, but mostly in good health! Now, let's talk about the absolutely latest and fantastic hair colors for fall!!!

The biggest color trends for fall 2005 will be rich brunettes with warm undertones.

Warm and dark is coming back and pushing aside the bright highlights of the summer. Everything we see this fall will have a lot more warmth, depth and richness of tone.

Richer reds and warmer browns will be very popular. Reds will have more dimension, with cooler, darker bases and lighter warm red placed on top, either in panels or by highlighting.

Browns will be richer and deeper with more of a monochromatic but definitely warm feel.

Of course the most popular cover service will be blonde and blonde highlights in all the magnificent shades, including creamy caramel with sunny highlights, ice white, cool cashmere with soft, subtle lights and darks for richness and depth, etc.etc.etc.

Blondes in the fall and well into winter will be more golden and dimensional, with gold and amber highlights or even a mix of gold and a very light red.

Highlights have always been the absolutely most popular service and will continue to be. The latest and newest highlights are like a very fine weave, but done heavily over the entire head.

This sort of placement allows for more of a melting or blending of color rather than highly contrasting lines. For these highlights, we will be seeing lots of golden honey and soft amber tones overall. These are mixed into blonde or red bases and give warmth to the color.

Let's talk about one of the hottest shades for the season, and that shade is BROWN, especially cinnamon, butterscotch and almond. Highlights are placed with more strategically placed and well mapped-out color that defines a haircut and works with the skin tone and eyebrow color.

Another trend we're seeing is



## Hair Care

Chrissy L. Gonsalves

shiny hair. To get hair to shine, we use a special technique called glazing. Using three or four different shades of brown such as almond, chestnut, mocha, caramel, etc. The color contrast creates tons of dimension and shine.

Hair color placement allows for multiple finished looks, depending on how the hair is styled. For instance, we know that hair color for fall will include a darker, richer palette with inspiration from the turning leaves. Look for a combination of reds, copper reds, rich chocolate browns and deeper honey-infused blondes. Although the season invokes a sense of warmth, hair color will in fact be

seen in a blending of cool and warm tones.

One of the hottest hair color techniques will be split color. We take warm and cool tones and mix them together. We also add a more intense color for emphasis. The placement of the color allows for multiple finished looks, depending on how the hair is styled. It may take on one type of look when parted to the side and cleanly swept, versus an undone parting on the other side with a rougher finish. "Fantastic"!

Now I would like to make a few personal comments.

Step out on the street, look to your right, then your left. Everyone looks different. That's because individual style matters more than trends.

Trends are new ideas to adapt, but style is very personal. For instance, hair now is softer and not overly snipped and shaped.

Continued on Page 19

## NATURAL WAYS TO WELLNESS



Linda Hogan

Certified Holistic Health Counselor  
Energy Medicine Practitioner  
Physical, Emotional and Spiritual Healing

Day and Evening Appointments Available  
2 Douglas Pike, Smithfield (No. Providence)  
401-949-0049

We offer childcare  
6:30 AM—6:00 PM  
Ages 3—13

Preschool,  
Nursery School,  
Before School,  
After School,  
Vacation Camps

The Greater Woonsocket YMCA  
18 Federal Street Ph # 769-0791

Swimming lessons,  
Water Aerobics,  
Free-weights,  
Complete circuit  
Cybex equipment,  
Pilates, Massage,  
Basketball & more!



RICCAP ACCEPTED  
Financial Assistance available

*Reflexology by Karen*

~ Reflexology ~  
~ Reiki Therapist ~  
Gift Certificates Available

Call for an appointment, 401-781-5171  
Email: Reflexology00@aol.com

"Healthy Feet Make a Healthy Body"

It's Back to School Time at

*Fairytales*

**\$10<sup>00</sup> OFF**  
on purchase of \$50.00 or more  
**FALL FASHIONS AND  
FALL SHOES**

\*With this ad.  
Expiration 9/25/05

*Fairytales*

2364 Diamond Hill Road, Cumberland, (401) 334-6019  
Hours: Mon.-Sat. 10 a.m.-6 p.m. Closed Sundays and Holidays

Ladies...have you always  
wanted to ride a horse?



Now's your chance!  
Call 401-568-3034

**Pilot Point  
Equestrian Center**

located in Chepachet, RI  
We offer Boarding, Lesson, and Sales



## INTEGRATIVE CARE

JOHN STRAUS, N.D., M.D.

Board Certified in Internal Medicine, Naturopathic Physician  
Combining Natural Health Care with Internal Medicine

(401) 490-2033 www.integrativecare.medem.com

Advanced Lab Testing: Hormonal Balance, Digestion, Allergies, Toxic Metals,  
Amino Acids Treatment with: Herbs, Homeopathy, Anti-Aging,  
Vitamin Therapy, Bioidentical Hormones

# RAFFAYOGA.COM

## RAFFA POWER YOGA

Experience for yourself why thousands of Rhode Islanders are finding the physical and mental health benefits of Raffa Yoga.

- Create mental focus and clarity
- Inspire yourself to live to the fullest
- Breathe deeper and connect your core
- Learn to shift your perception and move into healing
- Develop strong lean muscles & shed unwanted pounds



## RAFFA GENTLE YOGA

Based on the kripalu tradition of cultivating inner peace, this class is designed to revitalize your body and relax your mind, increase energy and reduce stress. This class is for students looking for a slow paced, non strenuous yoga class, in a non heated room.



"Breathe" Yoga Boutique is now open, carrying all the latest yoga fashions, accessories and more . . .

Studios Located In Cranston & North Kingstown  
401.943.2500

# Planning for final life stage

By Kevin Worthley, CFP®, CCPS  
For The Woman's Page

Careful, advanced financial planning is important in all stages of one's life, but in some respects, the planning that an individual undertakes for the final stages of their lives might be the most important. This is because while a lack of planning during the early or intermediate ages can sometimes be corrected or compensated for, when one fails to financially plan in the later years of their lives, it may be too late when a life-changing event occurs.

In life, the onset of Alzheimer's disease or the sudden loss of ability to take care of one's self can be such a life-altering event. Recently, I sat with a client who was facing such a situation with his mother, as she was now hospitalized and it was apparent that she would need round-the-clock custodial care for the rest of her life. His father being deceased, this client wanted to know what could be done to protect his mother's assets from being depleted by the expensive costs of long-term care. His mother still had her house and some liquid assets, as well as some pension and Social Security income.

I explained that his mother's income would go toward her long-term care and any balance of the expenses would have to be paid

In life, the onset of Alzheimer's disease or the sudden loss of ability to take care of one's self can be such a life-altering event.

from her assets before she could qualify for any state/federal assistance via the Medicaid program. The client then asked about the possibility of sheltering the home from assessment by the Medicaid bureau, as his mother had expressed some desire to leave some inheritance to her children and grandchildren. I explained that while there were some avenues available to accomplish this, it could be too late, as such planning techniques need to be established years in advance of the homeowner applying for Medicaid benefits, though some half-measures might still be available.

Whatever your opinion about the morality and ethics of sheltering assets to qualify for Medicaid benefits, the point of this real-life example is to illustrate the importance of planning ahead, not only for this kind of life situation, but in all areas of life's stages. Whether for college, retirement, career-changes, sudden death or disability, estate transfers, or long-term care, an

overwhelming amount of families simply wait too long to think about and implement a game plan to address these possibilities and eventualities. Fortunately, the client and his mother had already established financial and health durable powers of attorney, so at least the client had the ability to take charge of his mother's affairs, albeit the somewhat limited choices he had at his disposal.

In my profession, I'm able to observe various families in the spectrum of life's events and it still is interesting to see how many still wait until the last minute or until the life event occurs before taking action. The situation is getting much better than a number of years ago, but I feel there is still much planning to be done for many people. No matter what stage of life, everyone needs some kind of financial plan. Don't be the last one in your neighborhood to implement one.

Kevin Worthley is a investment advisor representative of the Retirement Planning Co. of NE, a Registered Investment Advisor, 1287 Post Road, Warwick, RI 02888. He is also a registered representative of, with securities offered thru, Cambridge Investment Research, Inc. Member NASD/SIPC. RPC and Cambridge are not affiliated. Kevin can be reached with questions or comments at (401) 453-5558.

# CHRISSEY'S Hair Salon

## 401-726-7075



Join our Team!  
Experienced Hairdressers  
with clientel

Gift Certificates Available

- Corrective hair coloring
- Foiling - high lighting
- Tocco Magico straightening
- Experienced Haircutting & styling
  - Perms
- Skin care - Eye lash perming
  - Waxing
- Spa manicure & spa pedicures

\$10<sup>00</sup> OFF

ANY HAIR SERVICE

with Maria or Merly (first time clients only)  
Mention this ad when calling

1330 Mineral Spring Ave., No. Providence

COSMETOLOGY • ESTHETICS

MASTER ESTHETICS

MANICURING

MASSAGE THERAPY

TEACHER TRAINING

ADVANCED TRAINING PROGRAMS



The Professional School since 1959

Accredited by the National Accreditation Commission of Cosmetology Arts and Sciences.

Member American Assoc. of Cosmetology Schools.

Member of American Massage Therapy Association

Beauty Service Available to Public By Students  
Under Supervision of Instructors.

OPEN HOUSE SEPTEMBER 12, 11am - 7pm

FOUR DAY WEEK • FLEX HOURS • DAY and EVENING CLASSES

CAREER PLACEMENT ASSISTANCE

FINANCIAL AID FOR QUALIFIED STUDENTS

For Information or to arrange a tour, call

272-4300 • 1-800-542-9577

151 BROADWAY, PROVIDENCE, RHODE ISLAND

www.arthurangelo.com

## HEALTH

## Tutoring at young age may not be best

By Mary Ann Shallcross Smith  
For The Woman's Page  
Dear Dr Day Care,



The TODAY show had a segment on preschool children being tutored. The tutoring process gives parents an area to assist their children in succeeding in academics.

Do you believe in this process for young children?

*Signed Preschooler's Parents*

Dear Preschooler's Parents,

For some, the concept of tutoring young children can be developmentally inappropriate. Asking most three years olds to sit down and attempt to learn in a tutoring style is at most a challenge, and then parents place pressure onto the child just to sit still and pay attention.

Those parental actions can be interpreted or misinterpreted by their children. Tutoring can be a pressured situation that young children are not ready to encounter and may turn them off from learning. Children pick up those vibes in adults.

Children learn best through play. To define play, in the academic sense, is where children learn through experiencing their senses and have an environment conducive for having fun, enrichment and a relaxed atmosphere.

Examples of learning through play are: a parent reading to their child and going apple picking with the family. In one of the learning through play examples, such as apple picking, family members can talk about apples being different colors and/or shades of red, the shape of apples and how they grow on trees.

They can count, out loud, how many apples the family picks from a tree. Using all the senses in the learning process is associated with

learning through play, along with having the experience of being child centered.

Upon arrival home, after apple picking, take time to schedule a time when your family can prepare a cooking experience around the topic of apples. Before preparing the apples to be baked or turning them into a pie or applesauce, the family can cut open the apples and note the star inside.

In a nutritional sense, parents can serve an appropriate sized portion of pie instead of a super size piece. As a parent, you can model proper eating of one slice and discuss the topic of super sizing that is currently sweeping our country with the whole family.

Learning through play, as in the experience of apples, taught children colors, shapes, math, language, alike /different, nutrition and socialization, most importantly, those family memories will never be forgotten. Enjoy...

See ad on Page 4

**EXHALE** inhale life...  
exhale yoga

STUDIO



Vinyasa & Therapeutic Yoga

**FREE Community  
Yoga Class  
starts this Fall**

**FREE Breast  
Cancer Survivors  
class starts  
October**

Studio Exhale • 1263 Oaklawn Ave. (lower level), Cranston, RI  
www.studioexhale.com

EXECUTIVE DEVELOPMENT CENTER at Bryant University



**YOU KNOW WHAT IT TAKES TO SUCCEED.  
SO DO WE.**

Whether your definition of success means advancing your own career or training employees, it also means continual education. Bryant's Executive Development Center has the business courses you need to help you get, and stay, ahead.

All our programs can be customized to meet your organization's professional and executive education needs.



Bryant University  
**EDC** Executive  
Development  
Center  
*For Professional and Business Education*

Download or order your **FREE** course  
catalog at [web.bryant.edu/~edc](http://web.bryant.edu/~edc).

1150 Douglas Pike • Smithfield, RI 02917

**ALL PROGRAMS ENROLLING NOW!**

- ▶ **CERTIFICATE IN BUSINESS MANAGEMENT**  
Improve your business performance and move ahead.
- ▶ **FINANCIAL PLANNING CERTIFICATE**  
Serve your clients better and build your business.
- ▶ **HUMAN RESOURCES MANAGEMENT CERTIFICATE**  
Earn your certificate and make a positive impact on your organization.
- ▶ **LEAN SIX SIGMA**  
Solve business problems and drive strategic improvements to gain a competitive advantage.
- ▶ **PROJECT MANAGEMENT CERTIFICATE**  
Lead projects on time and on budget with successful outcomes. *Offered days, evenings, and online*
- ▶ **WOMEN'S INSTITUTE FOR LEADERSHIP**  
Think smarter, build strong relationships, and create greater value.

**To Register:**

CALL: 401.232.6200

E-MAIL: [edc@bryant.edu](mailto:edc@bryant.edu)

VISIT: [web.bryant.edu/~edc](http://web.bryant.edu/~edc)

## Bellydancing by Daheera



**Add some fun and excitement to your next party or function!**

Bellydancing is great for birthday parties, bridal and baby showers, weddings, welcome home parties, themed parties, work parties and business functions and gatherings.

*Mini-lessons are available in addition to a performance and is lots of fun for your guests! You will learn new dance moves and have some laughs!*

**Call Daheera at 401-474-1731**

# Blessing your new home

By Charlann Walker  
For The Woman's Page

**H**ome...the word immediately brings to mind so many images and memories. We develop an intimate bond with our home. It becomes an extension of us as it shelters and protects our families and our most valued possessions. Where else do we spend all the important moments in our lives? A home protects us from the elements and provides comfort after a long and busy day. Our children grow up in the house and within the walls we hold our accomplishments and our failures. We share our lives



*From the Pulpit*

Rev. Charlann Walker

and our loves within its walls. We fill it with the energies of our hopes and dreams and it becomes a part of us.

If you have been considering a house blessing for your home, whatever its age, or honoring some important new beginnings taking place within your home, please do not hesitate to pursue it. You will find it a very touching experience.

### Begin Again or Begin Anew

A House Blessing is a delightful way to begin in a new home or to begin anew in an existing home. You also may want to do a blessing for your old house just before you sell it. This acts as a perfect opportunity for sharing gratitude for the years having spent within the walls of the house. By personalizing the benefits it brings closure and clears out energies, acting as a release.

House Blessings are done with an Officiant and those who will be living in the house. Make this a special event and consider inviting family and friends. Refreshments or a meal can be served afterwards as part of this special occasion. The House Blessing focuses on and attracts the qualities you want in your home environment - loving, abundance, prosperity, health, balance, healing, laughter. It can be short or long; have a religious or spiritual base, or none at all. It can be perfectly tailored for you and your family.

A House Blessing results in the house being prepared and blessed for you and your family. Your ceremony may be made up of prayers and sometimes songs. The prayers may be formal or informal and are usually prepared by the Officiant with the input of the family. Prayers are most commonly made up of wishes for happiness, long life, peace, and immunity from misfortune.

Along with the prayers, your guests can be asked to take part in the blessing. Using candles, incense, special touchstone and other momentos make your ceremony unique.

House blessings and even new Building blessings can be a wonderful way to celebrate and to bring meaning to your move. House Blessings have been popular with

You also may want to do a blessing for your old house just before you sell it.

This acts as a perfect opportunity for sharing gratitude for the years having spent within the walls of the house.

different religions and are held in different ways. The following is part of a Navaho prayer used in a house blessing:

"May my house be in harmony. From my head, may it be happy; to my feet, may it be happy; Where I lie, may it be happy.

All above me, may it be happy. All around me, may it be happy.

May my fire be well made and happy. May the sun, my mother's ancestor, be happy. May it be happy as I walk around my house. May this road of light, be happy."

If you are interested in having a house blessing, please call me and we can prepare a personalized ceremony for you.

*Rev. Charlann Walker is an ordained Interfaith Minister and a Contemporary Ceremonialist. Her customized ceremonies include traditional, non-traditional, non-denominational marriages, second marriages, renewal of vows and commitment ceremonies. Her other services also include memorial services, baby blessings, house blessings, pet blessings, seasonal rituals and spiritual direction. She holds a Masters Degree in Communications. She has produced award-winning documentaries and is a published writer. Her recent book, "Developing a Spiritual Partnership" can be ordered directly through her. Send \$20, covering the cost of an autographed copy of her book, as well as mailing and postage to 5 Shady Oak Road, Warwick, RI 02888. Please allow 2 weeks for delivery. Charlann's ministry covers Rhode Island, Connecticut and Massachusetts. She can be reached at 401 463-8796 or email her at revcharlann@yahoo.com. Her web site: interfaithweddingministry.com.*

# FAMILY AFFAIR!

## Little Gems

### Gymnastics & Dance

*"Where Tomorrow's Future Comes To Sparkle & Shine"*

**49 Cedar Swamp Road  
Smithfield, RI 02917  
(401)232-0763**



1 Hour Classes  
for Parent & Tots  
Pre-School  
Kindergarten  
7 yrs & up  
90lb. weight limit

**Baby Moon  
Bounce**

### Yearly Registration Fees

1 Child .....\$30.00  
Family .....\$40.00

Gymnastics...  
Raffles...  
Games...

Face Painting and More!



*Celebrate  
your birthday  
with us!*

### Enrolling Now

Session 1

Saturday, Sept. 3

8 Week Session \$100

**Call to Register**

### \*Just for Kids\* Equipment Line

Catering to Children 15  
Months through 90 lbs.

## LIFESTYLE

Learn for **FREE** at the Library: The People's University

By Stacey Anter  
For The Woman's Page

**W**ith the start of school, it's time again to think about Library Card Sign-Up Month. If you haven't signed up your kids, or yourself for that matter, it's time to get the only passport you'll ever need for the rest of your life. If you don't have the time or the money to travel around the world, you'll be happy to know that you can go anywhere or do anything your heart desires, as long as you have a library card. You can travel on the Orient Express with Agatha Christie, you can decipher Da Vinci's code with Dan Brown; you can solve murders, learn a new language, find a new hobby, and experience all the wonderful things that this world has to offer. Where else can you do all of these things simply by signing up for a free card?

The American Library Association lists "52 Ways to Use Your Library Card" including, "plan your next vacation, learn about

local candidates, pick up voter registration information, listen to a classical CD, participate in a community forum, prepare your resume, attend a lecture or workshop, use the library's resources to start a small business, [and] get homework help."

Many people don't realize that the library is considered "the people's university," meaning that anyone who has a library card has the opportunity to learn about anything their heart desires -in other words, obtain an education for FREE. Yes, I said FREE (my favorite four-letter word)!

Along with Library Card Sign-Up Month, September is also Self-Improvement Month, Self-University Week (1st-7th) and Banned



Books Week (September 24-October 1st). Did you know that Elvis Presley, the King of Rock and Roll (thankyouverymuch) was a self-taught man? He may not have attended college after high school, but he read voraciously.

According to Autodidactic Press (<http://www.autodidactic.com>), which is dedicated to promoting lifelong learning, other self-taught, self-made people are: journalist Walter Cronkite, news anchor Peter Jennings, director Woody Allen, poet/author/historian Maya Angelou, author Ray Bradbury, director James Cameron, Disney co-founder Walt Disney, Microsoft co-founder Bill Gates, Apple co-founders Steven Jobs and Steve Wozniak, director Steven Spielberg, director Quentin Tarantino, media mogul Ted Turner, and test pilot Chuck Yeager.

Autodidactic.com writes "the purpose of Self-University Week is to remind adults (in school or out) that each of us has a responsibility to help shape the future by pursuing lifelong education." As the saying goes, 'you learn something new everyday,' and libraries are the passports to the pursuit of lifelong

learning thanks to the freedoms we have as Americans, specifically the First Amendment. The right to free speech also includes the freedom to read whatever we wish, and the American Library Association has been defending these freedoms through the Office of Intellectual Freedom and Freedom To Read Foundation.

The ALA maintains a Library Bill of Rights, and one component is that materials of all subjects and points of view should be available to all people. Another component is that no one should be denied access to materials for any reason.

Imagine a world where books like the Da Vinci Code or the Harry Potter series weren't available because the powers that be decided they were too controversial or not appropriate for the public to read. In reality, we are free to have our own beliefs and speak our minds since the freedom of speech is protected under the First Amendment of our Constitution.

This touches on the topic of censorship and intellectual freedom.

Continued on Page 17

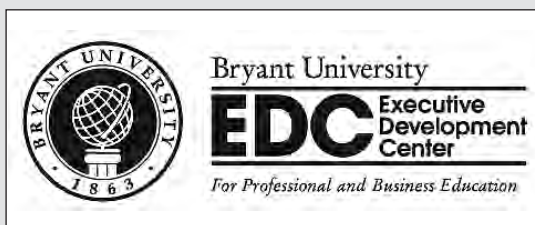
## Why women need leadership programs

For The Woman's Page

**M**ale and Female professionals today are familiar with the wide variety of leadership training available. A recent search on Amazon.com brought up over 16,000 titles, just on the subject of "leadership training". Both agree that training for advancement into leadership positions is their link to success. There are many options available that provide flexibility and convenience. In addition to traditional classroom programs, options now include weekend workshops, on-line programs, and books on CD Rom. Many companies have also recognized their responsibility for grooming high potential employees and provide some in-house leadership programs. They agree that learning the essential leadership skills is best suited for classroom instruction which is conducive to a highly interactive experience, modeled for the adult student.

If it is true that women still face the "glass ceiling" then we must look at what is not being taught in traditional leadership programs. We know that leadership studies have shown women receive high marks for motivating others, producing high quality work, listening to others, and creating motivated teams that perform. At the same time, women tend not to perform as well in areas that lead to executive positions-those very areas that are rarely taught in most leadership training programs, such as strategic thinking, creating strategic relationships, and leading for value creation.

The Executive Development Center at Bryant



University anticipated this increasing demand and began looking for a program to address this need for a Strategic Leadership Program for Women. "We envisioned a program developed for women in leadership positions. A program designed to help these high potential women prepare for "C" suite positions; Training that would focus on the areas women leaders tend to under perform their male colleagues." Said Annette Cerilli, Director of the Executive Development Center at Bryant University."

We found that program with Susan Colantuono, CEO of Leading Women, who developed and delivers this program with Bryant. Susan has provided leadership development solutions for women leaders at all levels. As CEO of "Leading Women," she specializes in results-focused and innovative human capital solutions for organizations across a range of industries and sectors.

This program is designed to assist women leaders make a measurable impact on their organization's performance and bottom line. It's about learning business acumen and focusing on results.

See ad on Page 13

COME HOME TO A  
CLEAN HOUSE!!!

Reasonable Rates For:

- One Time/Spring & Fall
- Bi-Weekly
- Post-Construction
- Weekly
- Monthly
- Tenant Move In/Out

Let our friendly, professional staff take the work out of you housework!!

FREE ESTIMATES • BONDED AND INSURED



**THE FAMILY MAID**  
**401-942-8548**

EMPLOYMENT  
OPPORTUNITIES  
CALL  
CHERYL TODAY  
401-942-8548

FREE  
ESTIMATES  
\$25<sup>00</sup> OFF  
First Cleaning

New customers only with coupon



**Your Existing Bathtub**  
 Porcelain, cast iron, steel, marble or fiberglass.  
 (Any size or shape)



**Original Patented System**  
 (2 Year Warranty)



**The End Result**  
 Installed without removing the tub.  
 (Jet location optional)

**Ready To Enjoy**  
 Quiet operation enhances the relaxing benefits of pain-relieving Hydrotherapy.


# Convert your Existing Bathtub into a Whirlpool Bath Spa!

*without removal!*

*Hydrotherapy Equals Relaxation*



Medically approved hydrotherapy installed in your own existing bathtub (without removal). *Complete & ready to use in just a day!*

**Bob and Paula Thibodeau - Distributors**  
 USA-Promotions LLC. (401) 636-1200 - Bob  
 10 Nate Whipple Hwy (401) 636-1220 - Paula  
 Cumberland, RI. 02864 (401) 405-0415 - Fax  
 sales@whirlbatheonline.com  
 www.whirlbatheonline.com  
 Usa-Promotions LLC is a distributor of 



**Installed in Your Bathtub in One Day**

- Lowest cost whirlpool solution anywhere
- Enjoy the benefits of Hydrotherapy
- Nation's only name brand conversion system
- Maintenance free with a 2 year warranty

## HEALTH

## Learn for FREE at the Library

Continued from Page 15

The Intellectual Freedom Q&A section of the ALA website explains it best, "Intellectual freedom is the basis for our democratic system. We expect our people to be self-governors. But to do so responsibly, our citizenry must be well informed. Libraries provide the ideas and information, in a variety of formats, to allow people to inform themselves."

Banned Books Week is the last week of the month (September 24-October 1st). As the ALA website (<http://www.ala.org/ala/oif/bannedbooksweek/banned-booksweek.htm>) states, "Banned Books Week (BBW) celebrates the freedom to choose or the freedom to express one's opinion even if that opinion might be considered unorthodox or unpopular and stresses the importance of ensuring the availability of those unorthodox or unpopular viewpoints to all who wish to read them."

Books are challenged (selected to be removed or restricted) for many reasons, all well intentioned, and usually for protection, mostly because of sexually explicit content, offensive language, or inappropriate-

ness for a particular age group. The majority of censors or challengers are parents merely trying to protect their child. But banning a particular book restricts the use of, or removes that book from availability - preventing the book from ever being read by another person who wishes to do so.

If all viewpoints were not available on a certain subject, how can we form our own opinions and exercise our freedoms? Libraries are dedicated to upholding intellectual freedom and fighting censorship, so that all people can exercise their freedom to read, and therefore become lifelong learners through self-education and self-improvement.

*I call myself the Library Detective because I can find the answers to any question you can think of, or at least I can point you in the right direction. To find out more about any topic your heart desires, visit your local library; there are more Library Detectives there, too. Now you can read my previous columns, as I have compiled them in a Blog (<http://librarydetective.blogspot.com>). If you have any questions or comments, feel free to email me at [StaceyAnter@cox.net](mailto:StaceyAnter@cox.net).*

## Paws N' Go Dog Walking & Pet Sitting

To provide love and care  
when you're not there!

### Ashley Gentes

## 401-996-1465



Member & Insured through Pet  
Sitters Associates, LLC



Endorsed by  
Buster...a happy  
customer since  
2003!

Serving  
East Providence,  
Seekonk,  
Barrington &  
more.



Member Pet Sitters  
International

## ~ EXCLUSIVE OFFERING ~

Natural Black Opal 24x19.5mm Six Antique Natural Diamond Pear Shapes  
44 Old Mine Cut Diamond Melee Circa. 1915



FINE JEWELRY REAL WORLD PRICING



M.R.T.  
Jewelers

10 BOYD AVENUE EAST PROVIDENCE, RI 401.435.3500

CORNER OF WARREN AVE., EXIT 7 OFF 195 EAST TO SEEKONK

OPEN TUES., WED. & FRI. 9-5:30, SAT. 9-4:30, THURS. TIL 8

# When it's more than the "Baby Blues"

For The Woman's Page

**F**rom the moment the plus sign appeared in the little window of your pregnancy test, you've been eagerly awaiting the birth of your new baby.

After nine months of bizarre food cravings, swollen ankles and having your belly rubbed by every stranger on the street, the "big day" finally arrives.

The birth of a baby is supposed to be a joyous and exciting time in a mother's life. But for many women, it is the exact opposite. According to

## National Depression Screening Day incorporates screening for postpartum depression

the American College of Obstetricians and Gynecologists, about 70-80% of women experience the "baby blues" after childbirth and about 10% of women develop postpartum depression (PPD), a serious medical condition that develops during the first months after childbirth.

To help address this serious health issue, National Depression

Screening Day -- the program that offers free, anonymous screenings for mental health disorders to the public -- is incorporating screening for postpartum depression into this year's event.

"Many women go through a period of feeling sad, anxious, or irritable after the birth of a baby - this is often referred to as the 'baby blues.'

However, if these symptoms last longer than two weeks, it could be an indication of a far more serious postpartum mood disorder such as postpartum depression. By incorporating screening for PPD into National Depression Screening Day, we hope to educate both clinicians and the public about the differences between the baby blues and serious mood disorders," says Douglas G. Jacobs, MD, executive director of National Depression Screening Day and an associate clinical professor of psychiatry at Harvard Medical School.

Like many women who suffer from a postpartum mood disorder, Katherine Stone thought that the anxiety, depression and insomnia she was experiencing was something that most mothers went through. It wasn't until she started to have thoughts about harming her seven-week-old son that she realized she needed help. "I couldn't believe what was happening to me. I had never had thoughts of harming a flea, much less a human being," says Stone, whose son is now three years old. "I felt like a defective human being, and was convinced my son would never love me. Of course, I was wrong and I know that now, but at the time I was sure my life was over."

"Feeling sad after delivering a healthy baby doesn't mean that you are a

failure as a mother," says Paul A. Gluck, MD, Chair of the Florida Section of the American College of Obstetricians and Gynecologists. "New moms need to know that postpartum depression is not a character flaw but is actually a chemical imbalance. PPD is a real illness that responds well to treatment," says Gluck.

Fortunately, Stone was able to take advantage of her company's employee-assistance program and



called the help line. She was put in touch with a therapist and began treatment. Stone has completely recovered, and now supports other women who experience similar symptoms through her weblog, called Postpartum Progress, at <http://postpartumprogress.typepad.com>.

"Postpartum depression was merely glossed over in my pregnancy books and birth preparation classes. I was completely unprepared for the reality of what might happen. If I had received better information, I could have gotten the proper treatment sooner, and suffered a lot less," says Stone. "We need to educate both the public and health care professionals about the prevalence of postpartum mood disorders so women can get the help they need and deserve."

Those who are concerned that they or a loved one may be suffering from postpartum depression can attend a free, anonymous screening at one of the more than 2,500 sites across the country participating in National Depression Screening Day on October 6, 2005.

Continued on Page 20

To Advertise in  
The Woman's Page  
Call 401-726-6241

The Right Touch  
Day Spa

- ❖ Spa Packages
- ❖ Massage
- ❖ Body Wraps
- ❖ Hydro Bath
- ❖ Facials
- ❖ Couple Suite
- ❖ Private Parties & More
- ❖ Gift Certificates by Phone

Present this coupon & receive **FREE** spa sandals with any rainshower massage.

While supplies last. Exp. 9/15/05

171 East Washington St. (Rt. 1)  
N. Attleboro, MA

508-643-0666  
therighttouchdayspa.com

OPEN Mon-Fri 10-9pm  
Sat & Sun 10-4pm

STOP  
WAXING TWEEZING SHAVING  
FOREVER

Permanent Hair Removal by Electrolysis

"GET THE FACTS" Call or email for a **FREE** Info Pack

FACE \* EYEBROWS  
NECK \* BIKINI LINE  
BACK \* STOMACH  
HANDS \* ARMS  
TOES \* LEGS

Cranston Electrolysis  
Treatment Center  
63 Sockanosset Crossroad  
Suite 5C  
Cranston, RI 02920

50% off  
1st three  
treatments

(any area-new clients only)

401-270-6508

[cranstonelectrolysis@cox.net](mailto:cranstonelectrolysis@cox.net)

- Over 100 years of safe effective use
- Works on ALL body locations, hair types, skin colors & hair colors
- FDA Approved Method
- Licensed by RI Dept. of Health
- Member of American Electrolysis Association

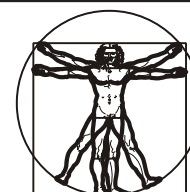
What if all your kitchen shelves could turn into Glide-Outs?<sup>™</sup>



It's time to put your kitchen cabinets to work for you. We build and install Glide-Out<sup>™</sup> shelves to fit into your existing cabinets.

Shelf Conversions<sup>™</sup>

401/831-0770  
[www.glideout.com](http://www.glideout.com)



East Street & Gano Chiropractic  
Health Centers

Dr. Susan M. Donahue  
Chiropractic Physician

72 East Street  
Pawtucket, R.I. 02860  
Phone: (401) 475-6585  
Fax: (401) 475-6586

206 Gano Street  
Providence, R.I. 02906  
Phone: (401) 383-8400  
Fax: (401) 383-8497

Office Hours by Appointment

## HAIR FASHION

## All the new Fall haircolors!

## Continued from Page 11

Individual contradictions can occur, as well. For instance, a businesswoman might go wild on the weekends, while another who loves Hollywood glamour might pair it with soft makeup. And, every woman has more than one look she loves, which means versatility counts.

In a mix and match world where singular influences are passé, every decade is fair game for trend tapping, then adapting.

The only mainstay of the season is that hair is feminine again.

Whether hair is long, short or in-between, it's almost always romantic and feminine. Even women whose personal style is natural or sporty are skipping anything that's too unisex.

So the bottom line is this, you should talk with your hairstylist who hopefully is also a certified expert hair colorist, take into consideration your face and body shape, the color of your eyes, the shade of your skin, the shape of your nose and mouth, whether you have a high

In a mix and match world where singular influences are passé, every decade is fair game for trend tapping, then adapting.

or low forehead, the texture of your hair, the color of your hair, the length of your neck, and a lot of other questions that will help give you a hairstyle and color that you will absolutely love! Isn't that more important than some current fad that may or may not complement your individuality? Of course it is!

This might seem confusing to you, but with the right hairstylist and hair colorist it's what they do every day.

Well folks, as usual I'm almost out of room. "See you next month"!

And remember, if your hair and

nails aren't becoming to you, then maybe you should be coming to us!

*Chrissy and her staff are master hair colorists. They have earned degrees and special awards for excellence in hair color and design from all over the world. Chrissy has studied and earned degrees and awards in Europe, California, New York, Boston, and Rhode Island.*

*Chrissy and her staff are very strong believers in continuing education and keeping up with all the latest hair coloring techniques and hair styling fro all around the world.*

*They specialize in corrective hair coloring, hair cutting for both men and women and Tocco magical Restructuring System that permanently straightens excessively curly or wavy hair while leaving it in optimum condition.*

*To schedule an appointment with Chrissy or anyone on her staff, call Chrissy's Hair Salon, 1330 Mineral Spring Ave., North Providence, RI at 401-726-7075.*

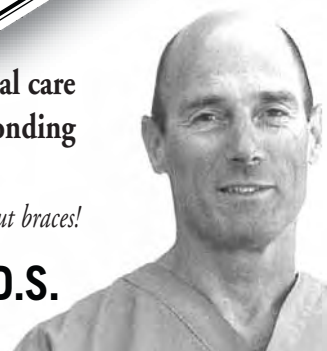
See ad on Page 12

The Office of Dr. Roger Carlsten and his Wonderful Staff



- ◆ General dentistry & periodontal care
- ◆ Cosmetic care, whitening & bonding
- ◆ Low dose digital x-rays
- ◆ Invisalign™ – Straighten teeth without braces!

**Roger N. Carlsten, D.D.S.**



LOCATED ON THE EAST SIDE – 433 LLOYD AVE, PROVIDENCE

**(401) 273-6780**

[www.advanceddentalcare.com](http://www.advanceddentalcare.com)

## FULL LINE OF ORTHOTICS AND DIABETIC SHOE GEAR



*Medicine & Surgery for the Foot & Ankle*

Board Certified:

Foot & Ankle by the American Board of Podiatric Surgery

## FOOT & ANKLE Institute

OF NEW ENGLAND

**Warwick 401.738.7750**

400 Bald Hill Rd. Ste 503  
Warwick, RI 02886

**Newport 401.847.6686**

19 Friendship St. Ste G20  
Newport, RI 02840

[www.FootAnkle.info](http://www.FootAnkle.info)

**ALL NEW PATIENTS WILL RECEIVE A FREE BOTTLE OF NATURAL ALL-BODY DEODORANT**



## Holistic Psychotherapy

*Specializing in Loss  
and Transition*

Lincoln, Rhode Island 02865

**401-334-2091**

**Denise Archambault, M.A., LICSW**

● GROUP AND INDIVIDUAL INSTRUCTION ●



*Jeanette M O'Brien*  
master makeup artist

[jjmakeup@earthlink.net](mailto:jjmakeup@earthlink.net)

[themakeupstudio@hotmail.com](mailto:themakeupstudio@hotmail.com)

(401) 884-5225

**Boston and New York trained  
makeup artist available for  
In-Home Classes and Demonstrations.**

**50% Off**

**All Specialty Powder Eyeshadows,  
Pressed Powders, Blushers, and  
Lipsticks**

Offer valid from September 1 through October 31, 2005

**The Makeup Studio**

Greenwich Village

1050 Main St., Unit 2A

East Greenwich, RI 02818

SPECIALTY COSMETICS

POSTOPERATIVE AND RECONSTRUCTIVE MAKEUP

# When it feels like more than the "Baby Blues"

Continued from Page 18

As part of the program, attendees will have the opportunity to take a brief, written screening and talk to a health professional about their results. Those who score positive will be referred to local treatment resources.

National Depression Screening Day, now in its fifteenth year, is a program of the nonprofit Screening for Mental Health. The free program provides a non-threatening way for the public to be screened for depression and related illnesses such as bipolar disorder, anxiety, post-traumatic stress disorder and postpartum depression. To find a local screening site, visit [www.mentalhealthscreening.org](http://www.mentalhealthscreening.org) (beginning early September).

The Baby Blues vs. Postpartum Depression Symptoms of the Baby Blues (symptoms usually last less than a week):

- Crying for no apparent reason.
- Difficulty eating, sleeping or

making decisions.

- Chronic doubts about caring for the baby.

**Symptoms of postpartum depression:**

- Strong feelings of depression and anger that continue beyond one or two months after childbirth.
- Feelings of sadness, doubt, guilt, or helplessness that increase each week and get in the way of everyday activities.
- Inability to care for oneself or the baby.
- Difficulty concentrating or doing tasks at home or on the job.
- Change in appetite.
- Concern and worry about the baby are too intense, or interest in the baby is lacking.
- Anxiety or panic attacks.
- Withdrawal or isolation from friends and family.
- Fears of harming the baby.
- Thoughts of self-harm or suicide.

**How husbands, partners, friends, and families can help**

- Get a referral to a doctor that is trained to deal with postpartum depression.

- Show love and compassion, not anger or impatience.

- Help her get plenty of rest and proper nutrition.

- Build a support group of friends and family who can help with childcare, cooking, laundry and housework.

- Offer her understanding and reassurance.

- Take some time off from work to be with her and the baby to prevent isolation.

- Care for the baby for a few hours and encourage the new mother to spend some relaxing time with friends.

- Do not judge your partner's feelings or reactions. Instead, listen and sympathize.

- Be patient. It will take time for the new mother to recover.

**OWNED AND OPERATED ENTIRELY BY WOMEN**

## Shaco Fashion Designs

*We'll Design Your Style!*

Tell us what you want and we'll create it for you!

- ~ One Of A Kind Fashions
- ~ One Of A Kind Pricing

**Shaco Fashion  
Designs**

*Art & Innovation Accentuating  
Feminine Style. Providing Customer  
Service to the Full Figured Woman*

**154 Main Street  
(across from City Hall)**

**Woonsocket, RI**



*Designer Sharon Cole  
Specializing In...*

- Day to Evening Wear
- Theater Costumes
  - Bridal Wear
  - Business Attire
  - Formal Wear
- One of a Kind Designs

**Call 401-769-3400**

## LIFESTYLE

# Revisiting bridal makeup

By Jeanette M OBrien  
For The Woman's Page

**W**eddings abound in spring and fall! With fall being right around the corner, I would like to take the opportunity in this month's article to discuss the ins and outs of bridal makeup.

Brides of all ages grace my studio, AND each one is an individual, a unique person in their own right! As such, each bride chooses a look that tells us who she is and how she wants to present herself to her groom, as well as her guests. That being said, there ARE certain aspects of bridal makeup that work consistently to create a beautiful face for the camera.

Repeat after me: Makeup reflects the condition of the skin, makeup reflects the condition of the skin! If you are plagued with dry patches, oiliness that just won't quit, or are prone to those bothersome breakouts, DO NOT wait until the week before the wedding to rectify the situation. I recommend clients book their pre-bridal with me 1 to 2 months before the actual wedding date. In turn, this gives us plenty of time to work as a team to prime the skin for that perfect wedding day look!

Please don't tan too much!!! If honeymoons are planned for tropi-

cal climates and brides are fair-skinned, I understand the concept. HOWEVER, skin that has seen too much sun or the inside of a tanning booth can become dehydrated and "leathery-looking". This makes it more challenging to create that glowing, soft, beautiful bride look that will be forever captured in your photos.

Foundation is critical to the overall end result being flawless! Some brides do not wear it on a daily basis, don't like the way it feels on their skin, and want to feel like themselves the day of the wedding. Foundations do provide evenness of skin tone, but they do NOT need to be used all over the face for a great look. It is also my experience that very few people have absolutely perfect skin. Most of us need at least some concealer and/or a bit of foundation to even out hyperpigmented areas, correct blemishes, and smooth out those little fine-lines.

Foundation IS the key!

As far as color choices go, it does vary client to client, but, generally speaking, you do not want the makeup to walk into the room before you do. All eyes will be on you that day, and the goal is all about creating balance. The makeup should compliment your personal style and be in keeping with your style of dress and headpiece. Your lips should reflect a little more

intense or well-pigmented lip color which translates better in photos. One of my newest favorite color combinations? Cognac lip liner and Cosmo Pink lip gloss; earthy, sensual, GORGEOUS! Last but not least, consistency throughout the wedding party with makeup color selections makes for better photos, and whatever you do, don't leave home without waterproof mascara!

For the months of September and October, I am offering 50% off all specialty powder eyeshadows, pressed powders, powder blushers, and lipsticks at The Makeup Studio. This is a once-a-year sale (and don't forget to mention you saw it in The Woman's Page) when you make your purchases. Great time to stock up on your favorite items!

*Jeanette M OBrien is a master makeup artist and owner of The Makeup Studio, 1050 Main Street-2A, North Kingstown, RI 02852. She can be reached at (401) 884-5225. If you would like to be added to her mailing list, please email Jeanette at themakeupstudio@hotmail.com*

See ad on Page 20

**U  
N  
I  
F  
O  
R  
M  
S**

**We're Moving!**  
2 Doors Down

**LARGER** Location  
**BETTER** Selection

- Same Address
- Same Phone
- New Hours

*Unadvertised Specials & FREE Giveaway*

**Just Uniforms**  
Rte. 146A, 175 Eddie Dowling Hwy., No. Smithfield  
**762-2273**

## SUNSHINE COACHING

What Are You Willing To Deal With  
That Is Standing Between You And  
The Life You Really Want?

401-391-9567

Sunshinecoaching@aol.com

Make it a summer to remember  
with a portrait from

Mention this ad  
to receive a free  
8x10 from your  
next session!  
Offer expires  
8.01.05

*Diane Miller*  
Photography

www.dianemillerphoto.com  
401.942.1415

## ◆ COUNSELING ◆

Individuals • Couples • Families  
and Substance Abuse • Anger Management

No Insurance? **NO PROBLEM!** Affordable Fees

**Gail M. Reynolds, BSW, MA, DV**

151 Airport Road, Suite 3, Warwick  
Flexible appointments available

**732-9017**

## Angelic Soles Reflexology



*Sandy Hall*

*Certified Reflexology Therapist*

- Reduces stress and induces relaxation
- Improves the circulation
- Cleanses the body of toxins and impurities
- Encourages healing

**The Babkirk Building**

960 Reservoir Ave., Suite 11  
Cranston, RI, 02910

**(401) 440-7861**

*By Appointment*

**Gift  
Certificates  
Available**

*Gift-Giving  
made simple*

## BIG BROTHER INVESTIGATORS

Thomas J. Anter

*Private Investigator*

License #90182

5 Years Experience

*Let us tip  
the scales in  
your favor*



**401-475-6891**

Col. Richard P  
Cardone (retired)

*Security Consultant*

20 Years of Police  
experience

Former Chief of the Bureau of  
Criminal Identification for the  
State of Rhode Island

Video & Electronic Surveillance • Counter Surveillance

Background Checks for Employment and Rental Property Owners

Criminal and Civil Investigations • Licensed and Bonded

Visit us online at [www.bigbrotherinvestigations.com](http://www.bigbrotherinvestigations.com)



Now Accepted



## South County Women's Network events

*For The Woman's Page*

There are only two remaining South County Women's Network events this year on September 28 and November 9. What began as a small local networking gathering has been recognized as one of the Best of RI, the "Best Networking for Women" according to RI Monthly Magazine (August 2005). It has become one of the most exciting events of its kind. It supports a diverse group of positive women who are active in business, non-profits, government, and more.

Unlike most women's networking groups, this organization welcomes both professional AND other community leaders. In addition, thousands of dollars for charity have been raised at network meetings. The meetings take place at top venues in southern RI. Hot and cold hors d'oeuvres, a selection of wine, and soft drinks are served at these meetings. Power speakers are invited to inspire and educate during the regular season. (The summer meeting features talented musicians and other performers.)

The mission of the South County Women's Network is to provide an opportunity for positive women to cross boundaries and share ideas. "It

### Remaining 2005 Events:

#### Wednesday, September 28

5-7 pm at the General Stanton Inn in Charlestown, RI.

#### Wednesday, November 9

5-7 pm at Amalfi's in Narragansett, RI.

#### Featured Power Speakers:

Dr. Lisa Harlow - Women of the Year 2004 - University of Rhode Island Association of Professional and Academic Women (9/28/05)

Dr. Winnie Brownell - Dean of the College of Arts and Sciences - University of Rhode Island (11/9/05)

is the mix of strong women who have made this such a successful networking opportunity," according to President and Founder Sue Velicer. "We welcome a diverse group of women 21 and older. The response has been tremendous. We regularly sell out at about 100 women at each event and encourage women to reserve early to avoid disappointment."

For the last two years, an ever-expanding group with a common interest in South County has been meeting six times per year to network, make new friends, and take time out of the 'rat race' to spend connecting with each other. No children, no committees, no bake sales. This is an opportunity to have fun, support each other, and the community. The group has raised thousands of dollars for charities including Big Sisters of RI, Welcome House of South County, Domestic Violence Resource Center of South County, Center for Women and Enterprise, Hera Gallery, the Gift of Hearing Foundation, and VNS Home Health Services.

Funds have been raised through the sale of unique floral arrangements by Weedweavers and donations from the three Annual Summer Soirees for Charity hosted by Dr. Fran Alexakos

Unlike most women's networking groups, this organization welcomes both professional AND other community leaders.

at Cherry Hill on Silver Lake in Wakefield.

To reserve space for September and/or November, checks should be made payable and mailed to Effective Solutions, 10 Mellbridge Drive, Wakefield, RI, 02879 (Attention: Sue Velicer). Events are \$30 each or \$55 when reservations are made for September and November. (This is all inclusive - refreshments, tax, and gratuity.) A display table is available for brochures and flyers. Complimentary announcements are distributed at events. E-mailed announcements (about 30 words) are due the Friday before the event and should be sent to Sue Velicer at [suvel2@yahoo.com](mailto:suvel2@yahoo.com) or call at 789-8062.

Wednesday, September 28, 5-7 pm at the General Stanton Inn, Charlestown, "Women and Science - Balancing the Equation," a brief presentation by Dr. Lisa Harlow, URI Woman of the Year 2004. Weedweavers floral arrangements will be sold to benefit the URI Women and Science Lunch Series-Graduate Student Fund.

Wednesday, November 9, 5-7 PM at Amalfi's in Narragansett, "Taking Strategic Risks to Achieve Success," a brief presentation by Special Speaker Dr. Winnie Brownell, URI Dean of Arts and Sciences and URI APAW Woman of the Year 1996. Weedweavers floral arrangements will be sold to benefit the URI Foundation.

## Children Leaving For School? Friends or Family out of State?

*Use video mail and video instant messaging  
to keep in touch*

**Plans start at \$9.95/month**

For more information or to see a demo

[www.helloworld.com/santoro](http://www.helloworld.com/santoro)

Or call **401.334-2913**

# Cable show "Tea with ladies"

Continued from Page 2

"Joany" feels that she has continued to grow as an individual as the show progresses. Lesley Wooler, who owns Herb Wyfe in Wickford, is the assistant director and Lesley's warm smile and manner add much to the crew.

Lesley enjoys the bonding among the women as well as the new skills she learns. Ellie Fish is a former nurse who injured her hand and can't do CPR anymore and she has found great satisfaction and personal confidence participating in the show.

Marie now assigns shows for

Ellie and Joan to produce on their own and they conduct all the details involved. Carolyn Werth from East Greenwich has been a faithful crew attendee on shoots since the start of "Tea with Marie". Carolyn's humor and her special way of making guests feel comfortable make her a treasure on the crew. Other regular crewmembers include Maria Iacuele, a petite screenwriter from Saunderstown and the most recent Pol Hermes from Narragansett. The crew has become a team of women who has found satisfaction learning new skills, getting out there and continually growing as



individuals as well as enjoying each other's company and support.

For updates or changes and more information please visit [www.teawithmarie.com](http://www.teawithmarie.com) <http://www.teawithmarie.com>.

Enjoy the beauty of Fall,  
*Marie*

## Solution from page 29

P	A	L		H	A	N	O	I		S	S	T			
L	E	A	P	E	L	F	I	N		A	Q	U	A		
A	G	U	E	D	E	L	L	S		D	U	D	S		
Z	I	G	Z	A	G		T	A	O	I	S	T			
A	S	H		B	I	N		V	E	X		B	Y	E	
				T	U	N	E	A	P	E	D				
N	I	G	H	T	G	O	W	N		D	E	G	A	S	
B	L	U	R		N	O	T			P	A	L	E		
A	L	T	O	S		A	N	A	E	R	O	B	I	C	
				B	A	S	T		G	N	A	T			
N	E	T		V	I	E		E	G	G		S	H	Y	
A	M	U	L	E	T		R	E	S	C	U	E			
P	O	L	E		I	D	A	H	O		S	E	R	M	A
P	T	S	D		N	E	V	U	S		T	A	P	S	
Y	E	A			G	L	E	N	S		M	S	T		

<b>MIND</b>	<b>BODY</b>	<b>SPIRIT</b>
<b>ENVIRONMENT</b>		<b>WALLET</b>
<b>REJUVENATE THE MIND, BODY &amp; SPIRIT BY RIDING OR BOATING.</b>		
<ul style="list-style-type: none"> <li>Mopeds &amp; Scooters get 75-100 MPG</li> <li>Riding off-road &amp; canoeing can be exercise too!</li> </ul>		Buy from a helpful, knowledgeable, honest dealer with great customer service & absolutely no pressure or attitudes!
Serving all of RI & N.E. <b>FREE DELIVERY!</b> Mopeds, Scooters, Dirt Bikes, ATV's, Snowmobiles, Iceboats, Canoes		
		Foxborough, MA 02035 Call for Directions <b>508-543-0490</b> <a href="http://www.claudescycles.com">www.claudescycles.com</a>

## AUCTION DOT COM

1800-C Mineral Spring Ave., North Providence  
401-270-5810 • [www.auctions1800.com](http://www.auctions1800.com)

Find the people who love what you love



**Drop off items you want to sell and we will put them on ebay for you.**

Mon. thru Fri. 12-7 p.m.  
Sat. 10 a.m. - 4 p.m.

You're Invited

to experience our all natural Italian hair color line, in a relaxing and time efficient atmosphere



*Services Include:*

- Multi Dimensional Hair Color
- Corrective Color
- Highlights/Foils
- Prom & Formals

**Full-Service Color Salon**  
**Owner Operated • Lisa Goyette**  
 Tuesday through Friday from 10am-8pm & on Saturday from 9am-3pm  
**333-0007 • 1-866-804-0007**  
 1407 Mendon Road, Cumberland, RI 02864  
 Free Consultations by Appointment

Unique Women's Apparel and Accessories

Open Tue.-Fri. 11-6, Sat. 11-4

# NORTH END BOUTIQUE

NEW LOCATION  
1985 Mineral Spring Ave.  
North Providence in The Hilltop Plaza  
(Near North Providence Police Station)

- Unique Casuals to Dressy
- Unique Sweaters
- 50% Off Rack At All Times
- Something for everyone!

- Flax
- Rico
- White Wash
- Luly K.

## 20% OFF

Sale Items & Accessories Excluded  
Hours: Tues.-Fri. 11-6, Sat. 11-4

401-231-4324

# Laser Treatment For Better Looking Skin

- Laser Hair Removal
- Spider Vein Removal
- Skin Toning
- Collagen Rejuvenation
- Acne Scars
- Acne



## Renaissance Laser Aesthetics

1630 Mineral Spring Ave.  
North Providence, RI 02904

Phone: **(401) 632.4001**

**FREE Consultation**



## THEATRE

**Angels are all around us...**

**Come hear what the angels  
want to tell you!**

*Hear about love, health, money, etc.*

Saturdays in September from 9 am to Noon

Join me for an

**Angel Light Message Session**

15 minutes for \$15.00

Call to reserve a session now (By appointment only).



**Cheryl Tyler**

CRT, ALM

*Inspired Touch Day Spa*

401-767-8166

697 Wood Ave, Woonsocket, RI 02895



**MARIA'S RED STAR** ★  
Mattress & Upholstery Co., Inc.



- Antique Restorations
- 30 Years Experience
- Custom Mattress & Upholstery for Boats  
RV's & the Household



4012 Mendon Rd., Cumberland, RI

401-658-3200 • Phone/Fax: 401-658-1058

**KangarooKIDS**

**Bouncy's, Party Rentals and More**

Moonwalk / Bouncy's / Free Local Delivery & Pick-Up

Free Set-Up / Tables / Chairs / 60-Cup Coffee Makers

Party Size Hot & Cold thermals / Tents / Generator

Face Painting / Games & More

**Great Prices / Great Service**

**Call now to book your party!**

**(401) 667-7237**

Provided by Steven & Kim Daigle



**Un-Common Theatre  
Company announces  
auditions for "HONK!"**

The Un-Common Theatre Company announces auditions for its January 2006 presentation of "HONK!", a Musical Tale of the Ugly Duckling. This production will be Directed and Choreographed by Marianne Lonati with Music Direction by Shannon Manley.

"HONK!" is the perfect family musical with many great parts available for children and youth from Grades 1 - 12.

Auditions will be held by appointment on Monday September 12th from 7pm for Grades 1 - 6 and by appointment on Tuesday September 13th from 7pm for Grades 7 - 12 with callbacks on Thursday September 15th at 7pm, at the Robinson Elementary School Cafeteria, East St, Mansfield, Ma 02048. Auditioners should prepare 16 measures from any song (please bring sheet music) and provide a recent photo. For appointments and more information please call Chris Lowey on (508)698-3098 after August 24th. Also check out The Un-Common Theatre Company website at [www.uncommontheatre.com](http://www.uncommontheatre.com).

**GAS PRO** INC.

**THE HEATING, AIR CONDITIONING &  
APPLIANCE SERVICE PROFESSIONALS**

SERVICE AND INSTALLATION

**24 Hour Professional Service**

coupon  
Yearly Inspection Maintenance Check-up  
**\$10<sup>00</sup> OFF**  
with this ad  
HEATING or COOLING  
• Air Conditioning Units  
• Furnaces • Boilers  
• Gas Equipment

Over 15 years experience with Valley Gas/New England Gas

**Dale M. Joubert Sr.**

Fully Licensed • Fully Insured

**Call Anytime**

**(401) 465-8738 • (508) 944-2141**

Member

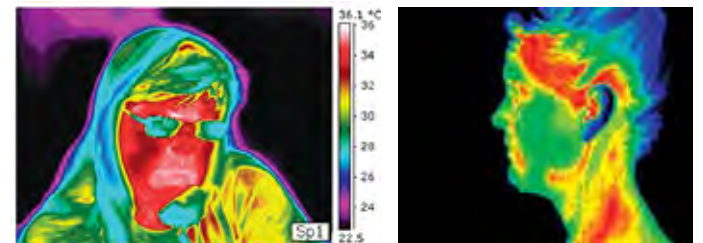


Accepting



**New England Clinical  
Thermography  
Incorporated**

**DITI - Digital Infrared Thermal Imaging** -shows  
vascular and sympathetic nervous system changes



**Breast Cancer Screening,  
Self-Referred - Doctor referred**

Non-contact, no radiation, no drugs

Not dependent on breast density or age.

**Many Other Applications:** Carotid Artery, DVT, RSD/CRPS,  
Radiculopathy, Sports injuries, Pain Identification

**Call for appointment or information:** 401 921 4412

[www.nemedtherm.com](http://www.nemedtherm.com) info@nemedtherm.com

**Airport Professional Park**

2348s Post Road, Suite 16, Warwick, RI 02886

# PAST LIVES

## Seminar

### *You Have Lived Before!*

Have you ever experienced deja vu? Do you feel you may have lived before? This 2 hr. seminar will take you on a journey using hypnosis to explore your past lives. Done in a group setting,

this seminar will be a moving and enlightening experience. A past life regression is the process of going back in time to a previous lifetime through your unconscious mind.

### HERE ARE SOME BENEFITS FOR ATTENDING THIS SEMINAR

- ✓ See what skills and talents you possessed in the past and use them today
- ✓ Soul searches to discover who you were and how that affects you today
- ✓ Resolve karmic issues from past lives



**MONEY BACK GUARANTEE**

**Only \$39<sup>99</sup>**

*with this ad. Reg. \$49.99*

*\$5.00 discount for groups of 3 or more.*

**Wed. Oct. 5th**  
**Johnson & Wales Inn**  
**213 Taunton Ave.**

**Seekonk, MA**

*Registration 6-7 pm*

*Seminar 7-9 pm*

*Cash*

*No*

*Checks*



#### ***A personal note from Douglas Maiko M.Ed***

*Dear Friend,*

*Whether you believe in past lives or you're a skeptic, this seminar will touch your very soul.*

*You will have a chance to decide for yourself. When you regress into a past life, you may discover where an old friendship first began, uncover where you developed a fear, or resolve a problem of stress, overeating or poor self esteem.*

*At the end of this seminar, you may look at your life in an entirely more positive way.*

*Sincerely,*

***Douglas Maiko M.Ed***

### **FREE BONUS**

Visit a future lifetime. Discover the healing power of future lives through progression therapy. See what your future life may be. Mary Barboza of Worcester, *"My glimpse into the future evaporated my depression."* This Class is normally \$49 but it is yours **FREE**. The class is from 9 pm to 9:30 pm. the night of the seminar, October 5th.

#### **Douglas Maiko, M.Ed,**

*Certified Hypnotist*

Private practice at

**182 Gano Street**

**Providence, RI**

**401-726-5840**

He has regressed hundreds of people

into previous lives and has over 20 years of experience. People have paid up to \$250 to be regressed, but you can at this seminar for **only \$39** with a money back guarantee!



**www.douglasmaiko.com**

# Welcome to



Northern Rhode Island's premier master-planned, age-qualified, residential community designed specifically for active-adults age fifty-five and over.

**Laurelwood** is comprised of 162 one-level homes to be built in duplex format, each with garages as the adjoining walls. Homes at Laurelwood will include full basements and one or two bedroom configurations in four different sizes ranging from 1,200 to 1,817 square feet.

Each unit will have 9' ceilings, sliding glass doors to private rear decks, one or two car garages and a variety of interior finish options. A community Center will be the architectural and social focal point and a walking trail will meander throughout the community. Construction has begun and units are selling fast.

**Call for an appointment to preview this great new community at 170 Providence Pike in North Smithfield. Prices from \$299,900 to \$399,900.**



Duane C. Boucher



Nga Le

**BOUCHER & COMPANY**  
(401) 766-2200

## DAILY TRIPS TO FOXWOODS CASINO. CALL FOR DETAILS!



Ten, Twelve, and Fourteen-Passenger  
**ULTRA STRETCH LIMOUSINES,**  
Model Years 1999-2004



7 Wrentham St.  
Bellingham, MA 02091  
508-883-4696

947 Victory Hwy  
No. Smithfield, RI 02896  
401-766-0953



The only NEW Twelve and  
Fourteen-Passenger Limos in the  
Blackstone Valley



**Our Fleet Includes:**

- Seven Town Cars
- Six 10-Passenger Limos
- Two 12-Passenger Limos

**Our Fleet Includes:**

- One 15-Passenger Van
- One 1993 Rolls Royce
- Two Vintage Limos 1937 & 1938

**Attention: BRIDES**  
Monogrammed  
Carpets &  
Linens

**FREE CRYSTAL BELL!**

When you book two or more stretch limos

**Ask About Our Unique Wedding Toast!**

AIRPORT SPECIALS		
 King of the Airports!	<b>LOGAN AIRPORT</b> Town Car . . . . . \$ Call Limo . . . . . \$ Call	<b>T.F. GREEN AIRPORT</b> Town Car . . . . . \$89 Limo . . . . . \$119
	8 All New Town Cars to Choose From! 2004 Executive Coach with Heated Reclining Seats, TV	
 7 Wrentham Street, Bellingham, MA 02019 • 508-883-4696 947 Victory Hwy, No. Smithfield, RI 02896 • 401-766-0953		

**Destiny Gift Certificates: The Perfect Gifts!**

## FEATURE

# The promises of the upcoming season

## Continued from Page 10

I managed to get them into albums in the early years when we had one child. But that seems a long time and many boxes ago now.

Like most mothers, I spend a fair amount of time chastising myself for the things I should have done--the photographs that remain in envelopes, the places we didn't visit this summer, the play dates we intended to arrange but didn't.

And then I comfort myself with the reminder of all the things we did accomplish. Visits to the playground and library, dishes of ice cream on hot nights, videos we watched together with overflowing bowls of popcorn.

I remind myself that September brings the promise of new special moments in a different season. There will be apple picking and hayrides, Halloween costumes, and the seemingly endless birthday parties for school friends. There will be a few more picnics yet in these wonderful end-of-summer, beginning-of-autumn days.

The commonness of these quiet summer days gives the illusion that our children will always be this young, this impressionable, and this attached to us. All too quickly they grow and are gone from home. How easily we take these days for granted and then wish we had them back. By the time we realize what we've lost it's too late to retrieve it.

Before more time elapses I intend to find the joy in these days and keep it sacred. There are ways

to save and savor these moments.

Put together a simple scrapbook to commemorate something--summer vacation, the last school year, awards, a birthday party. It doesn't have to be fancy to make it special. Any department store scrapbook will do for those who don't have the time to be creative. On each page put something meaningful. Make it easy on yourself--include school flyers or party invitations with dates and other details, photos to remember the day, and cute or memorable remarks.

Set aside part of Saturday afternoon as special family time. In my twenties I often did research in Providence on Saturdays. Afterward I'd go to a pastry shop in the Arcade and bring home treats my mother and I would share over tea. It was a wonderfully relaxing time in which our lifelong bond was strengthened.

In later years, after she passed on, I had happy memories to look back on. Doing special activities with children brings families closer, especially if the activity is personal and meaningful. The activity can be changed over time to suit different stages.

As I look back on the summer what matters most is that we spent it together. We had time, the most valuable of commodities. Our photos might not be in albums, but the girls are smiling in nearly every picture. They're tangible proof the summer wasn't wasted.

I remind myself that it's not the things we do for our children, but the children themselves who matter. Their happiness doesn't depend on how many day trips we take, how many new school outfits they have, or how much we're able to save for their college fund.

When my older daughter started kindergarten I cried as I walked home from the bus stop even as I laughed at my sentimental silliness. I worried that once she entered the cycle of the school system she would be lost to me somehow. I have no reason to think it will be any easier with her younger sister.

It isn't as if they're leaving the nest, after all--not yet. And this

annual ritual of new beginnings comes with an infectious excitement and enthusiasm.

As the girls look forward to beginning their new school year we as a family will be rewarded with many more achievements and unforgettable moments.

It's that time of year again. A wonderful time of year filled with promise, but bittersweet.



As we all know, parenting is not easy. Sometimes it can be more difficult than others. The Providence Center, experts in the unique emotional, behavioral and developmental needs of young children for more than 30 years, offers the following parenting tip to make your life a bit easier.

## Have Fun with a Child

Look at a book and use silly voices

Sing songs or hum together

Make a snack together and share it  
(slice bananas, scramble eggs)

Go for a walk and look for  
shapes and colors



401.276.4137  
Tips for Parents #2



For more information call 401-276-4137 or visit  
[www.providencecenter.org](http://www.providencecenter.org)

## Sharon's Wig Gallery



FEATURING **ESTETICA DESIGNS**  
WIGS & HAIRPIECES

Hundreds of top quality  
wigs to choose from



100 North Washington St.  
Downtown, North Attleboro

**508-643-0294**

Hours: Tues. - Sat. 10 - 4  
Evenings by appointment.

[www.sharonswiggallery.com](http://www.sharonswiggallery.com)

## Charlann Walker, MA

Ordained Interfaith Minister  
Contemporary Ceremonialist



- Personalized Weddings
- Spiritual Counseling
- House Blessings
- Memorial Services
- Seasonal Rituals
- Pet Blessings
- Baby Blessing
- Commitment Ceremonies

Recently released book  
"Developing a Spiritual Partnership"

[revcharlann@yahoo.com](mailto:revcharlann@yahoo.com)

**401-463-8796**

On the web at: [www.interfaithweddingministry.com](http://www.interfaithweddingministry.com)



Barbara Soncrant  
(401) 568-8898

[www.rhodeislandchocolatefountain.com](http://www.rhodeislandchocolatefountain.com)

SOCIAL SECURITY

**DISABILITY BENEFITS**

If you cannot work and have been denied social security disability benefits, call us immediately. You may still be eligible.

**FREE CONSULTATION**

1395 Atwood Avenue, Suite 203  
Johnston, RI 02919  
**942-7030**



Susan Deveney

## Give the Gift of Relaxation

- Advanced Therapeutic Massage
- Complete Relaxation Massage
- Cranial-Sacral Therapy ■ Reiki
- Pre-Natal Massage ■ Reflexology

Gift Certificates

at  
**facial**  
expressions

596 Newport Ave., Pawtucket, RI

**401-726-6255**

Visit us at [www.facialexpressionsri.com](http://www.facialexpressionsri.com)

# Coventry woman shares story of survivorship

For The Woman's Page

Coventry resident Jackie Combs shared her story of breast cancer survivorship at this year's Making Strides Against Breast Cancer Corporate Kickoff Breakfast. The breakfast was held Thursday, August 25 at the IMAX Theater in the Providence Place Mall.

Combs was diagnosed with breast cancer in the winter of 1995. However, she had initial concerns 18 months prior. Because the tumor was situated deep in the breast tissue it had been nearly impossible to detect. "I told everyone. I figured the more people who knew, the more prayers I would get."

"Surgery was scheduled for a month later, and we began the task of choosing and visiting an oncologist and radiologist, going through all of the testing, and discussing treatment plans," Combs said. Through all this whirlwind of activity, time feels like its standing still - and I was scared to



death and anxious to get started."

She took a leave of absence from two of her three part-time nursing jobs. Her third boss, a doctor, wouldn't hear of it and convinced her to stay on through treatment affording her the flexibility she needed. "Being busy helped, humor helped, prayers helped, and absolutely the closeness of family and friends helped," she said.

Ten years later, Combs is doing well. She continues with many of the hobbies she started during her illness, one of them being her love of ice-skating. "In many ways, though, this has been a positive experience. I am closer with my family, friends and church. I have learned what is really important in life and I have learned how to accept help, when I'd rather be the helper."

Making Strides Against Breast Cancer is a noncompetitive walk designed to heighten awareness of this disease. In the coming weeks, hundreds of people will be raising money to fight breast cancer. Area businesses, schools & other organizations are forming teams. Last year

approximately 8,000 Making Strides walkers raised nearly \$629,000. Since its inception 10 years ago, the walk has helped to raise more than \$2.5 million for breast cancer research, patient education and services here in Rhode Island.

This 5-mile walk will take place in Roger Williams Park, at the Temple To Music at 8:30 a.m. on Sunday, October 16. Registration takes place from 7:00 a.m. - 8:30 a.m.

Many walkers are motivated by family members, friends and coworkers battling the disease, or by their own experience with breast cancer.

Making Strides raises funds for breast cancer research, early detection and patient support programs right here in Rhode Island. Enhancements to the Society's website will enable walkers to raise money online, create personal web pages to tell their stories, and email friends and family everywhere to create support. The address is [www.ACSevents.org/strides/RI/providence](http://www.ACSevents.org/strides/RI/providence).

In this country, breast cancer will strike 211,240 women including 780 women in Rhode Island. An estimated 150 women will die in our state.

For more information on forming your own team call the American Cancer Society at 401-243-2644 or email [strides\\_providence@cancer.org](mailto:strides_providence@cancer.org).

Special thanks to the following sponsors: WPRI 12, Coast 93.3, Women & Infants' Breast Health Center, RIPTA, and The Comprehensive Cancer Center at Rhode Island, The Miriam and Newport Hospitals - Lifespan Partners, Blue Cross Blue Shield of Rhode Island and University Surgical Associates.

*The American Cancer Society is the nationwide, community-based, voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives and diminishing suffering from cancer through research, education, advocacy, and service. For more information on programs and services offered by the American Cancer Society, please call 1-800-ACS-2345 or log on to [www.cancer.org](http://www.cancer.org).*

# THE WOMAN'S PAGE

Now Available at

## Walgreens

**CRANSTON**

1763 Broad St.  
1010 Park Ave.

**EAST GREENWICH**

1000 Division St.

**JOHNSTON**

25 Putnam Ave.  
1387 Plainfield St.

**MIDDLETOWN**

12 East Main Road

**NORTH PROVIDENCE**

1074 Mineral Spring Ave.

**PAWTUCKET**

700 Central Ave.  
100 Broad St.

**PROVIDENCE**

296 Academy Ave.  
354 Admiral St.  
533 Elmwood Ave.

**WARWICK**

1560 Warwick Ave.  
2399 Warwick Ave.  
3336 Post Road

**WOONSOCKET**

45 Cumberland St.

### ADDITIONAL MAJOR LOCATIONS

Shaws Supermarkets • Brooks Pharmacy • Stop & Shop Supermarkets  
Chelo's Restaurants

### PUBLICATION DESIGN

### ADVERTISING

### WEBSITES



### Solutions for Small Business

North Attleboro, MA

**774-306-6161**

## LIFESTYLE

# The priceless value of a mentor

By Thomas Anter  
For The Woman's Page

**H**ow often in life does another stop and take the time to help someone get started in life or business? The answer is almost never. For those that take the time to help their fellow person get started in business or in life situations my thanks to you. When I first got started in the investigation business I didn't know one end from the other. I stumbled along making the usual mistakes.

About this time I had picked up one of my first paying clients. He was very pleased with the work I had done. He recommended that I talk to a friend of his who had been an investigator for many years besides having been a former police officer. This man who had myriads of experience asked me to help him work a case. I have to admit I was intimidated a little working with someone who had seen and done it all in the field of law enforcement.

I learned a great deal working that case about how to do things right and a lot about myself. When you have a person with a tremendous amount of experience in life and in their work you have a great opportunity to learn about the field you're in and you avoid a lot of mistakes. I still consult this gentleman about many situations and work with him whenever possible. The most important lesson I learned was to sit back listen and evaluate what someone says before jumping into a situation. You can learn something from everyone you meet in life.

I consider the time I have spent working with this gentleman invaluable. That kind of education you can't get in a classroom. Many spend time in college but never take time to learn the real basics of life. There is no substitute for experi-

ence. I have always believed in paying it forward. For those of you not familiar with the concept it means that you help someone when help has been given to you in a similar situation. One of these days I may find someone who needs a little help getting started and I'll pay forward.

Many thanks to the Colonel. Semper Fi

*This column is no substitute for legal advice. If you need such help consult an attorney.*

*I can be reached at info@big-brotherinvestigations.com or 401-475-6891*

See ad on Page 22

DIVORCE CUSTODY

## DIVORCE MEDIATION

Fast confidential out-of-court settlements are possible through divorce mediation.

**FREE  
CONSULTATION**

Suite 203  
1395 Atwood Avenue, Johnston, RI 02919  
**942-7030**



Susan Deveney

## HELP WANTED

# Salespeople THE WOMAN'S PAGE

is searching for an experienced salesperson for  
**Pawtucket/North Providence and  
Attleboro/North Attleboro**  
*Great earning potential for the right candidate.*  
**Call Nancy at 401-726-6241**

## Learn taxes and tax-saving strategies.

Enjoy doing your taxes, help others with theirs, even become a tax professional.\* Bilingual students encouraged to enroll.

**Enroll now and get FREE Tuition\***

Details at: 1-800-HRBLOCK or  
hrblock.com/taxcourses

Classes start  
Sept. 12. AM, PM or  
Sat. at your local  
H&R Block office



**H&R BLOCK®**

\*Enrollment restrictions and fees for course materials may apply. Valid at participating locations only. Void where prohibited. Enrollment in, or completion of, the H&R Block Income Tax Course is neither an offer nor a guarantee of employment.

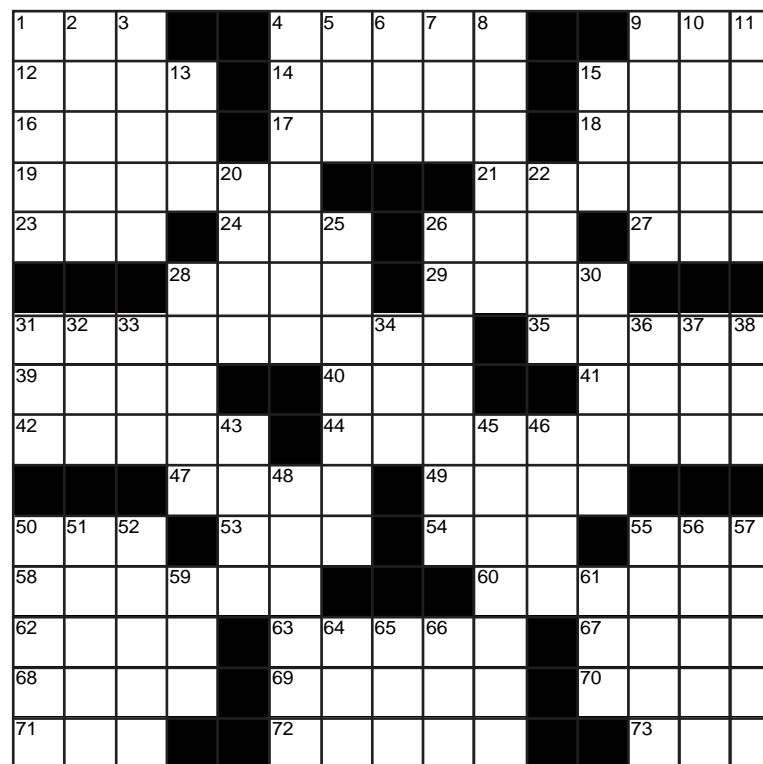


## THE WOMAN'S PAGE

### Zero in on your market.

If you sell products or services you realize women are important to your business. No publication reaches that potential like The Woman's Page!

**Call 401-726-6241**



www.CrosswordWeaver.com

### Across

- 1 Chum  
4 Capital of Vietnam  
9 Supersonic transport  
12 Spring  
14 Mischievous  
15 Turquoise  
16 Malaria  
17 Dales  
18 Togs  
19 Move in a crooked path  
21 Chinese religious person  
23 Fire remains  
24 Container  
26 Pester  
27 Adieu  
28 Theme  
29 Imitated  
31 Loose garment for wear in bed  
35 Ballerina painter  
39 Smudge  
40 Negative  
41 Light in color  
42 Singing parts  
44 Existing without oxygen  
47 Plant fiber  
49 Annoying insect  
50 Pay  
53 Compete  
54 Poached food  
55 Mousey  
58 Juju  
60 Save  
62 Earth has a N. and S. one  
63 Gem State  
67 Writer Bombeck  
68 Posttraumatic stress disorder  
69 Birthmark  
70 Knocks (2 wds.)  
71 Affirmative  
72 Dales  
73 Mountain Time

### Down

- 1 Public square  
2 Protection  
3 Giggle  
4 Caging  
5 Brew  
6 Football assoc.  
7 Grease  
8 Part in front of the ankle  
9 Brief witty speech  
10 Soapy  
11 Bite  
13 Brand of dispensable candy  
15 Hubbub  
20 Adjoin  
22 Fired  
25 A newborn child  
26 A strategic position  
28 Pound  
30 Storehouse  
31 BB association  
32 Infirm  
33 \_\_\_ feeling  
34 Licked  
36 Chat  
37 Boxer Muhammad  
38 Part of a min.  
43 Skimp  
45 Copy or write in a large hand  
46 Anger  
48 Choosing a location  
50 Kinky  
51 Display emotions  
52 Oklahoma city  
55 Beat it!  
56 A camel's bumps  
57 Leaven  
59 Headed  
61 Pose  
64 Delaware  
65 Street abbr.  
66 Barbarian

**SOLUTION ON PAGE 23**

# HEALING QIGONG

## Energy Treatments

**Waves of Wellness Center**

1665 Hartford Ave.

Johnston, R.I.

**(401) 374-0521**

For Appointments

**www.riqigong.com**



**Anne Marie Omweg**

**Treatments now available  
Mondays in Woonsocket  
at Elegance Salon  
and Day Spa**

# AD/HD and school performance

By **Dave DiSano, Ph.D., C.H.**  
*For the Woman's Page*

**T**his past June, Tom Cruise made what the medical community contends was a number of highly irresponsible and unprofessional statements against the psychiatric profession. Among them was that we are drugging our children with medications like Ritalin in order to control their behavior. And I believe, along with a growing number of medical professionals across the country that Mr. Cruise is absolutely RIGHT!

Today over 2 million school-age children take Ritalin, and another 2 million take other psycho-stimulate medications like Concerta, Adderall, Cylert, Dexedrine and even Strattera (supposed to be prescribed for adults), for what is a highly questionable disorder. Highly questionable because Attention Deficient/Hyperactivity



*Mental  
Health  
Hypnotherapy*

Dr. David DiSano

Today over 2 million school-age children take Ritalin, and another 2 million take other psycho-stimulate medications.

Disorder (AD/HD) is not a medical or neurological disorder (Sorry Dr. Phil).

The medical community has been trying for over 30 years to prove that AD/HD and ADD is a medical disorder, that children (and now adults) have something abnormal with their brains. And, to date there has been no correlation between AD/HD or ADD and abnormal brain chemistry.

Studies that that have tried to "prove" this connection were all shown to be seriously flawed, when it was later discovered that the subjects in the study had been on psycho-stimulate medications, and psycho-stimulates are what cause brain atrophy (reduced size of attention

centers in the brain).

Psycho-stimulants have also been shown to have a great number of short-term (loss of appetite, headaches, nausea, dry mouth, insomnia) to long-term (weight loss, hair loss, Tourette's syndrome, psychotic reactions, seizures, irregular heartbeat, habit forming) side effects. How do physicians contend with the side effects the stimulants cause?

By prescribing more medications of course. It is not uncommon for an 8 year old to be on 3 different medications. The psycho-stimulants cause insomnia so a sedative like Trazadone is given to help the child sleep, if the child appears depressed (from the Trazadone) an anti-depressant is prescribed (Paxil, or Wellbutrin) causing the child now to have mood swings and the child is now diagnosed with "Bipolar Disorder" in addition to his AD/HD. And what are we teaching our children? Take medications for life because there is something "wrong" with your brain, when in fact, it is the medications that are causing most of the problems.

The biggest problem I personally have with AD/HD and ADD (besides the harmful effects of psycho-stimulants and teaching our children drug dependence at an early age) is that I know of no other "medical" disorders that the individual can turn on and off at will.

**Continued on next page.**

**RAY SPIRIT WOLF & WOLF CALL present:**

- > MEDIUMSHIP
- > HYPNOTHERAPY
- > DRUMMING
- > SPIRIT WORKSHOPS

for more information visit:

**www.WOLFCALL.ORG**



## PERMANENT

*Cosmetics*

PROFESSIONALLY  
PERFORMED  
BY

**CHER**



PAIN FREE TOPICAL ANESTHETICS USED  
EYEBROWS • EYELINER • BEAUTY MARKS • LIPS

Call for Appointment

**401-225-9061**

**www.sunnyandshears.com**

## HEALTH

## AD/HD effects on school work

Continued from page 30

A child with AD/HD can't sit still or pay attention in class, but at home they can watch their favorite T.V. show for an hour without moving an inch? They can't concentrate enough to learn their spelling words, but can recite their favorite rap album verbatim? They can't pass history but they get A's on their driver's Ed. tests?

So what is causing the symptoms of AD/HD? In the previous examples it is obviously interest or motivation, which I believe the lack of, is the cause of ADD. The restlessness and fidgety of the hyperactive symptoms is usually caused by metabolic factors. Research has shown over the past 30 years that many children have allergies to food additives, specific foods, or toxins that cause hyperactivity symptoms. Or, in many cases with younger children the behaviors are the result of a permissive parenting style and are more oppositional behaviors, rather than uncontrollable hyperactivity. An excellent resource that details positive behavioral interventions for such cases is outlined in

Ritalin Is Not The Answer. (1999), by David Stein, Ph.D.

Specific causes of AD/HD and interventions for metabolic symptoms are outlined in my book *Holistic Mental Health* (2005). Suggestions I make for AD/HD include:

- An evaluation with a naturopathic physician to determine if a food allergy exists and a dietary evaluation to determine if a nutrient deficiency exists.

- Eliminate all processed foods that contain artificial additives such as aspartame, benzoic acid, BHA, BHT, MSG, butylene glycol, potassium bisulfate, potassium and sodium nitrate, sulfites, and tartrazines from the diet.

- Eliminate natural salicylates such as almonds, apples, apricots, berries, cherries, grapes, raisins, oranges, peaches, plums, prunes, strawberries, pickles, tomatoes, cucumbers and vinegar from the diet.

- Add a vitamin/mineral supplement daily, with extra B-complex (120 to 150 mg, per day), vitamin C

(1,000 to 2,000 mg, per day), calcium (1,000 to 1,500 mg, per day), magnesium (300 to 500 mg, per day), zinc (20 to 30 mg, per day) and selenium (100 to 200 mcg, per day), and an EFA supplement containing omega-3 EFAs such as in EPA fish oil capsules, or take evening primrose oil (2,000 to 3,000 mg, per day in two doses).

- Calming herbs such as St. John's wort, valerian or skullcap can be tried to reduce symptoms of hyperactivity and irritability.

*Dave DiSano, Ph.D. C.H. is a licensed and nationally certified hypnotherapist. He also has a background in holistic mental health and school psychology. He has lectured internationally on alternative treatments for mental disorders. He conducts individual and group hypnotherapy sessions. He practices at Waves of Wellness, 1665 Hartford Ave. Johnston, RI. Office: 274-1471, cell: 323-6934. Web: drdaved.com*

(The above article is an excerpt from his upcoming book *HOLISTIC MENTAL HEALTH*).

## True Brew Café hosting event

Come and experience an afternoon filled with relaxation and "tranquili" tea hosted by Marie Younkin-Waldman from Cox's "Tea with Marie" on Sunday, September 11, 2005 from 2:00 p.m. to 4:00 p.m. at the True Brew Café, 213 Robinson Street in Wakefield, R.I.

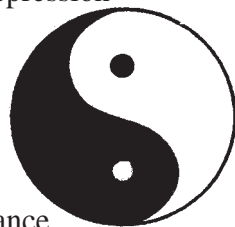
Casually unwind in a comfortable, cozy setting with friendly people, fine food and warm conversation. Let your stress melt away with relaxing music and exotic teas. Hear background jazzy tea music by Rhode Island master musician, Joe Parillo.

## Dave DiSano, Ph.D

Holistic Mental Health Hypnotherapist

## Treatments for:

Anxiety Disorders/Phobias • ADD-ADHD  
Allergies • Eating Disorders • Depression  
Headaches/Migraines  
Pain Cessation  
Skin Disorders  
Smoking Cessation  
School Performance  
Social Phobias • Sports Performance  
Stress Substance Abuse • Weight Management



Group Sessions In Smoking Cess. &amp; Wt. Loss Available

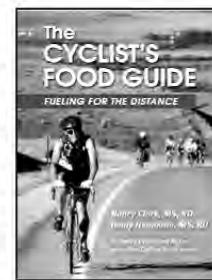
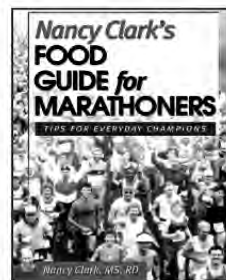
For A FREE Consultation  
call 274-1471 or 323-6934 (cell)

Located inside...Waves of Wellness 1665 Hartford Ave, Johnston

## HUNGRY?

Nancy Clark's books can help you:

eat well • boost energy • lose body fat  
• build muscle • go the distance



OVER 350,000 COPIES SOLD!

**Nancy Clark's**  
**SPORTS**  
**NUTRITION**  
**Guidebook**

The #1 nutrition resource  
for active people

NANCY CLARK, MS, RD

Be smart ...

Fuel well ...

Feel great!

TO ORDER ONLINE: WWW.NANCYCLARKRD.COM

ORDER FORM Enclosed is \$ \_\_\_\_\_ (includes postage)

— Food Guide for  
Marathoners, \$20  
— Sports Nutrition  
Guidebook, \$23  
— Cyclist's Food  
Guide \$20  
— Special offer:  
Two books for \$30

Name \_\_\_\_\_  
Phone \_\_\_\_\_  
Address \_\_\_\_\_

Send check to Sports Nutrition Services  
PO Box 650124, W Newton, MA 02465  
617-795-1875 MA residents add 5% tax.

## RUSTIC CREATIONS

- Bunkbeds
- Stackables
- Twins
- Fulls
- Lofts
- L-Shapes
- Trundles
- Dressers
- Benches
- Toy Boxes
- Drawers
- Misc.

Factory Direct Prices!!!



QUALITY HAND CRAFTED FURNITURE

WE DO CUSTOM ORDERS, STAIN OR PAINT OF YOUR CHOICE  
999 ROOSEVELT AVE., PAWTUCKET

722-7474

# Divorced?

AS  
FEATURED IN  
PROVIDENCE  
BUSINESS NEWS &  
THE WOMAN'S PAGE

## Worried about Mortgage Payments... Frustrated with Credit Card Payments...



**Call for a Free confidential  
consultation and get our exclusive**

### Divorce Re\$ource Guide

- Stay or Go: What to do with your home when you divorce
- Packed with tips on how to thrive financially
- Learn the 6 mistakes you can't afford to make
- How to make a budget that saves you money
- Advice from the best lawyers, Realtors® and financial planners
- Plus invaluable worksheets and checklists

### TALK TO PEOPLE WHO UNDERSTAND

Our team consists of mortgage professionals, mostly divorced moms and dads, with the expertise and compassion you need

### IT'S NEVER TOO LATE OR TOO EARLY

Ideal for individuals currently facing a divorce as well as post-divorced

## DIVORCE MORTGAGE SPECIALISTS

*Specialized mortgage  
programs for difficult times*



Vicki Waterman

*Call for a  
confidential consultation*

**(401) 490-7147**

**ALLIED  
HOME MORTGAGE  
CAPITAL CORPORATION**  
COAST TO COAST

647 Oaklawn Avenue, Cranston, RI 02920

[www.alliedfamily.com](http://www.alliedfamily.com) - (401) 943-9200



RI Licensed Lender #98000889 LL B02 RI Licensed Loan Broker #98000890 LB B02  
AHMCC arranges, but does not make loans. MA Lender/Broker #MC0903