

## Smart Events

MAY 09  
15 Mount Vernon Spring Wine Festival

MAY 09  
20 Talbot County Opens Bike Trails

JUNE 09  
11 Greek Folk Festival 2009

JUNE 09  
13 What is a Hon? - Honfest 2009

JUNE 09  
14 7th Annual Heart and Sole Stroll

[more events »](#)

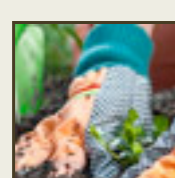
## Smart Articles



Fireflies On Demand



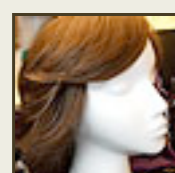
A Healthy Environment at the Port



All I Need is a Spade and Rake and Patience



Teen Girls Teach Their Parents About Internet Safety



Wigs Celebrate Style Along With Faith

## On The Go?



[Download the SmartTips Newsletter as a PDF.](#)

## Smart Tips Is Available For Sponsorship!

If you are trying to reach a targeted audience of Smart Women, consider sponsoring an issue of the SmartWomanOnline Smart Tips Newsletter. Sponsors receive extensive promotion in both the site and HTML e-mail versions of the newsletter.

For more information, contact SmartWomanOnline at (443) 909-7859 or at [sales@mediatwo.com](mailto:sales@mediatwo.com).

## Share The Smart Tips

If you know somebody who might appreciate some Smart Tips, do us and them a favor, [forward this newsletter](#).

## Coming Soon ...

- North to Alaska
- Graduation Gifts Get Top Marks
- Organizing Tax Receipts!

## This Issue Sponsored By:



# SMART TIPS SMART WOMAN

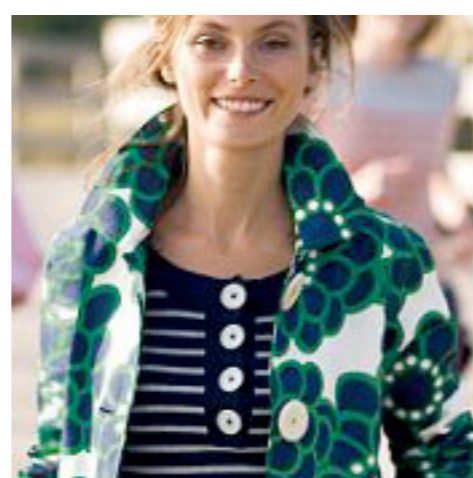


## Red Devils Do the Work of Saints

This issue of Smart Tips is sponsored by the **Red Devils**, a Maryland organization that provides services – such as driving to the doctor's, cooking, cleaning and therapeutic massage – for women battling breast cancer. (Red devils are a common name for bright red chemotherapy drugs.) On Sunday, June 14, the **Red Devils** host their biggest fund-raiser, the "Heart and Sole Stroll" at 10 a.m. in Centennial Park in Columbia, Md. For more information, visit our Web site at: [www.smartwomanonline.com/events](http://www.smartwomanonline.com/events) or the **Red Devils** Web site at [www.the-red-devils.org](http://www.the-red-devils.org)

## In This Issue:

- [Smart Style: Print This!](#)
- [Smart Travel: A Trip for All Ages](#)
- [Smart Health: The 10 Commandments of Cancer Prevention](#)
- [Smart Book: Queen of the Road](#)



## Print This!

"Prints are an important trend for spring and summer," says Mall of America style expert Sara Rogers. "They span the gamut from exotic animal prints to geometric designs." Are there rules when it comes to picking prints? You bet! Rogers shares a few Smart Style Tips for us.

[Read the rest of the article here »](#)

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## A Trip for All Ages

2009 marks the 40th anniversary of the well-loved children's book *The Hungry, Hungry Caterpillar*. The book's author, Eric Carle, also celebrates a big milestone this year; he turns 80. To fete both the book and its author, The Eric Carle Museum of Picture Book Art in Amherst, Mass., has planned many special events throughout the year.

[Read the rest of the article here »](#)



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## The 10 Commandments of Cancer Prevention

About one of every three Americans will face some form of cancer during his or her lifetime. You can help beat these grim statistics by taking steps to protect yourself right now. In fact, up to 75% of cancer deaths in the United States can be prevented, reports the April 2009 issue of Harvard Men's Health Watch. Here

are 10 ways to get started: [Read the rest of the article here »](#)

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## Queen of the Road

The True Tale of 47 States, 22,000 Miles, 200 Shoes, 2 Cats, 1 Poodle, a Husband, and a Bus with a Will of Its Own by Doreen Orion. If you are looking for a light read that will have you laughing out loud, *Queen of the Road* is the go-to book. Take the adventure with Doreen and her husband, Tim, as these two psychiatrists discover a great deal about themselves and the roads they travel.

[Read the review here »](#)



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