

SCHOLARSHIPS AVAILABLE

Sentara Virginia Beach General Hospital Auxiliary is offering its annual scholarships totaling \$10,000.00. For eligibility one must be a medical or nursing student currently enrolled in a college program and a Virginia Beach City resident. Applications may be obtained from the Virginia Beach General Hospital volunteer office located at 1060 First Colonial Rd. Deadline for application submission is June 30, 2005.

LOOKING TO MAKE NEW FRIENDS?

The T4M Club, a women's friendship group, welcomes women of all ages to join them for a range of fun events each month. For more information, call 757 548 4472 or visit www.T4MClub.com

DRIVERS URGENTLY NEEDED AT FOODBANK

If you have a van, pick-up truck, or a car with a big trunk, please volunteer to be a member of the Foodbank Transportation Corps. Like the Marines, the Foodbank is looking for a few good men and women to use their

own vehicles for a few hours each month to collect and deliver donations from food drives. Assignments usually involve one or two barrels of high quality canned and boxed food—the lifeblood of the Foodbank.

The next Foodbank food drive will take place on April 15, 16, & 17 at the Virginia Beach Spring Craft Market. Volunteers are needed to collect food and money and load trucks at the Va. Beach Pavilion craft show from 10 a.m.-2 p.m., or 2 p.m.-6 p.m. daily. Please call 314-4559 or 314-4570 to volunteer!

5TH ANNUAL SAFE HARBOR AWARDS

Do you know someone who has made a commitment to improve the lives of children and families in Hampton Roads? Nominations of individuals or organizations are being sought for the Safe Harbor Awards. Individuals or organizations may submit nominations. The Safe Harbor Awards luncheon will take place on April 6, 2005, at the Norfolk Botanical Gardens. Festivities will include a Silent Auction benefiting Children's Harbor (Places and Programs for Children). To request a nomination packet, to purchase tickets to the luncheon, or for additional information, please call 757-397-2981. The nominations deadline is March 7, 2005.

NEW BRIDAL GOWN CONSIGNMENT SHOP OPENS

Blush Bridal Consignment Boutique brings a new style of shopping for bridal and special occasion gowns to the Hampton Roads region. Located in Newport News, Blush offers consignment gowns from \$200 to \$2,000, including accessories such as veils, headpieces, shoes, crinolines, jewelry, handbags, and more. In addition to bridal attire, Blush also carries special occasion apparel such as evening gowns, prom dresses, mother of the bride gowns, and flower girl dresses. Blush is located at Port Warwick, 185 Herman Melville Ave., Newport News. Call 595-7797 for more information.

N.S.U. HISTORY PROFESSOR HONORED

Cassandra Newby-Alexander, professor of history at Norfolk State University, has been named by American Legacy magazine as one of the five most outstanding teachers of African American history and culture. She is currently featured in the Spring 2005 edition and will be honored at a ceremony in New York City. Newby-Alexander has served at NSU since 1992.

AUDIENCE INVITED TO CBN TALKSHOW

Join us at the CBN studios each month when we tape "Living The Life," a daily women's talk show that airs on ABC Family each weekday morning at 9:30 am. Terry Mecuwsen along with comedienne Louise DuArt

are joined by Carolyn Castleberry to create a little "TLC" for viewers whose interests lie in relationships, family issues, celebrity guests, and some laugh-out-loud fun. Call 757- 226-2745 for reservations and information about dates.

BUSCH GARDENS HONORS U.S. TROOPS

In honor of our Armed Services, Busch Gardens and Sea World will offer free single-day admission to its theme parks for active duty military, active reservists, U.S. Coastguard, National Guardsmen, and as many as three direct dependents through Dec. 31, 2005. For more information, visit www.herosalute.com/.

ONLINE HYSTERECTOMY SUPPORT GROUP

The Hyster Resort Group is a new online support group for women helping other women through their hysterectomy experience. This new group invites women in the Hampton Roads area to share experiences, ask questions, make new friends, and recover with loving support offered by ladies in our region. Visit http://health.groups.yahoo.com/group/hyster_resort/. If you are an existing Yahoo member, simply join our group. If not, you can sign up for Yahoo for free. For information, email Michelle Lee at naturallee@yahoo.com

Send your Tidbits by the 15th of the month prior to: tidewomen@hotmail.com

Your Mind. Your Body. You Have The Tools.



James T. White, LPC

Within each of us is the ability for the mind and body to work together to create positive change for healthier, more satisfying living.

Through therapeutic hypnosis you can learn to use the mind-body connection to:

- Reduce stress to work and family
- Strengthen body's self-care and self-repair abilities
- Child birth using deep relaxation to dispell fear, tension and pain
- Ease effects of chronic disease
- Change negative habits such as smoking, overeating & procrastination
- Relax pain, panic attacks

Center for Mind Body Healing

Create emotional, physical, spiritual change

#11 Koger Center, #262 - Norfolk

757-461-4589

Need a Loan?

Global is your Solution
We are here for you, offering many ways to finance, refinance or obtain equity from your home.

Consult with our loan officers to explore your options.

757-375-4436

- Hassle Free - relieve burden
- Quick turn around time
- Personal Loan Officer
- Free up cash
- Less than perfect credit OK



270 S. Service Road, Melville, NY 11747
www.ghlf.com/vbealman

Global Home Loans & Finance is licensed without title in NJ - BK 0000200, CA - Department of Corporations "Lenders License" #4 - HUD Certified and MCO, Global Home Loans and Finance does business in the following states under the name DirectHome.com, Global, Global Home and Lending Funding Corp., Global Home Loans & Finance, NY Registered Mortgage Broker Licensed Mortgage Broker #175 Deck, of Banking, Global Home Loans & Finance does business in the following states under the name DirectHome.com: AK, CT, DE - Licensed Lender #140336, DC - Licensed Mortgage Lender Qual Authority #A.3.3.02, FL, GA - Georgia Residential Mortgage License # 18250-VL, IL, IN - Whole Residential Mortgage License, KS, KY, MN Mortgage Broker & Mortgage Lender License # MC2009, MD, MI, MO, NE, ND, OH - Licensed by the Ohio Department of Banking, NJ - First Mortgage Bank, Licensed by the NJ Department of Banking and Insurance, NY, OR, PA, Licensed by the Pennsylvania Department of Banking, RI, SC, SD, TN, WA - Finance New England, VA, VT, WI, WY, and 999, Global Home Loans & Finance is licensed as Global Consultants Direct in MA, DirectHome.com is licensed in IL, OH and UT. DirectHome.com does business as Global Home Loans and Finance in CT and NE.

Enjoy Yoga with Bonny
@ the newly expanded
Blue Lotus Center
(formerly Lotus Touch)
in Chesapeake Ph. 436-1141
(next to Lowe's, off Battlefield Blvd.)

Bonny Griffin
Certified Kripalu Teacher
757-233-6955

Group and/or Private Classes • Kripalu styled hatha yoga & meditation

Yoga with Bonny



Rock-n-Roll Half Marathon Training



Whether your goal is to get fit or train for a marathon, we offer structured running programs for ALL fitness levels. Even yours!



RUNNING PROGRAM INCLUDES:

- weekly written workout schedule
- supervised group workouts
- educational materials & more

Call Mary Davison
757-478-1605

ACSM Certified Health/Fitness Instructor

Personal training also available • www.lifetimerunningandfitness.com