



CONGRATULATIONS, PAT MAGER!

**Local CPA elected Treasurer of
Maryland Society of Accountants**

STEVENSVILLE, MD – Patricia Mager, CPA, President, WHBG, Inc., 116 Log Canoe Circle, Stevensville, has been elected Treasurer of the Maryland Society of Accountants (MSA). Founded in 1959, MSA protects the rights of all accountants, bookkeepers, tax practitioners and financial planners to practice in the State of Maryland. The society is the only regional accounting organization permitting and recruiting memberships from these professions. With more than 3,400 members representing more than one million small businesses, the MSA unites the accounting profession in common goals of education, networking and public service.

Ms. Mager brings to the MSA board, two decades of experience in all facets of financial accounting and reporting serving local, national and international businesses. Her firm, WHBG, Inc., is a full-service certified public accounting and management advisory firm offering personal and corporate accounting, tax, auditing and financial planning services. The firm has been providing services to businesses and organizations worldwide for more than 25 years and is known for its personal, quality service. The firm has successfully undergone quality peer reviews of its accounting and audit practices conducted on-site for the MACPA and American Institute of Certified Public Accountants.

Ms. Mager received her bachelor's degree in accounting from Towson University and is currently completing a master's degree in finance and accounting at the University of Maryland. She is a member of the Maryland Association of Certified Public Accountants (MACPA), the National Association of Tax Professionals, and the National Association of Female Executives. Ms. Mager is also a board member of the Queen Anne's County Chamber of Commerce and a member of the Chesapeake Women's Network.

To learn more about WHBG, Inc. call (410) 643-4294 or visit www.whbgcpa.com.



Inside this issue:

Dress The Part	2
Produce Tips	2
Get Smart!	3
Board of Directors	4
Advertising Rates	5

Girls, It's Hot Outside!

The usual office wear just doesn't breathe. Enter one of this season's hottest trends: the maxi dress—feminine and flirty enough for nights or weekends and, with a few accessories, perfect for business-casual offices.

To make it work at work just belt it and add a cardigan or vest. Also, stick to solid colors or very subtle patterns. The loud patterns on lots of these dresses are too distracting for work.

BONUS:
You don't have to shave your legs!



Gypsy05.com
© All Right's Reserved

Gypsy 05 Dress

Organic cotton, 11 color options and elegant design.



Guess? Ali Maxi Dress

The dressiest.



Mossimo Cami Maxi Dress

From Target is lovely yet recession friendly.

"Say what you want about long dresses, but they cover a multitude of shins."
Mae West

Remove Tough Perspiration Stains

Fast fix: If you're sweating bullets, dry your armpits with paper towels. It's not glamorous, but it will prevent over-wetting and damage to fabric.

Home remedy: Treat perspiration marks with a pre-wash stain remover, then launder the clothes in the hottest water recommended for the fabric, using an enzyme detergent and an oxygen bleach.



Get Smart As You Shop

Fruits and vegetables can fit into any budget. The following tips can help you save money as you strive to eat more fruits and vegetables.

Remember, fresh, frozen, canned, and dried types all count toward getting more fruits and veggies.

Before You Shop

- ✔ **Look for store ads** and use them when planning your weekly grocery list. Plan to buy the fruits and vegetables that are on sale and use them in meals and snacks that week.
- ✔ **Plan your weekly meals and snacks** before you go shopping. Look through your freezer and pantry to see what fruits and vegetables you have at home that you can use.
- ✔ **Think variety!** Make a point to try a new fruit or vegetable each week.



After You Shop

- ✔ **Use fresh fruits and vegetables** within a few days after shopping and use frozen and canned fruits and vegetables later in the week.
- ✔ **As you are putting your groceries away,** chop some fruits and vegetables and place in bags or storage containers. Keep them in the refrigerator so they will be ready to grab for lunches and snacks.

While You Shop

- ✔ **Purchase fresh fruits and vegetables in season** when they tend to be less expensive.
- ✔ **Buy whole fruits and vegetables** instead of pre-cut or pre-packaged forms which tend to be more expensive.
- ✔ **Consider frozen and canned** if fresh are too expensive. Frozen and canned fruits and vegetables keep longer than fresh.
- ✔ **Shop smartly!** Look out for added sugar in canned fruits; look for fruit packed in water or juice. Choose veggies with low sodium.
- ✔ **Consider generic or store brands** instead of name brands. Store brands tend to cost less and have similar taste and nutrition.
- ✔ **If your budget allows, buy larger bags of frozen fruits and vegetables.** They may be a better bargain and you can use what you need and keep the rest for later use.
- ✔ **Buy canned or dried beans** and use them in recipes instead of meat which is more expensive. Traditional recipes made with meat such as chili, soups, and Mexican dishes like burritos are delicious with beans.

Visit www.fruitsandveggiesmatter.gov for more great tips and recipes



Does fruit juice count towards my recommended fruit intake?

While 100% juice can count towards your intake, the majority of your choices should be whole or cut-up fruits (fresh, frozen, canned, or dried). These fruit choices are better options because they contain dietary fiber. ½ cup (4 fluid ounces) of 100% fruit juice does count as ½ cup of fruit in meeting your requirements.

Chesapeake Women's Network

P.O. Box 678
Stevensville, MD 21666

WWW.CHEESAPEAKEWOMENSNETWORK.ORG



CHEESAPEAKE WOMEN'S NETWORK—Growth through cooperation

Our Mission

The purpose of CWN shall be to facilitate personal enrichment and professional growth through communications, support, and to stimulate business opportunities for professional women in the community.

2009-2010 BOARD OF DIRECTORS

President: MERRY TOBIN
Chesapeake Real Estate
410-310-3183

Past Pres: LISA MCCARTHY
Homeland Title & Escrow
410-544-6700

Vice Pres: JENNIFER VOSHELL
Newsletter: Lundberg Builders, Inc.
410-643-3334

Treasurer: CARLENE HURD
Bank Annapolis
410-643-4191

Secretary: SUSAN VIANNA
Fishergate, Inc.
410-643-8646

Events: JODY WALLS
Corsica Technologies
443-262-9290

VICTORIA HOFFMAN
Mallard Construction Group
The Winery
410-643-4131, x 104

Membership: PATRICIA MCGLANNAN
Key One Properties
410-253-0657

Scholarship: PATRICIA MORRIS
LiveInTheSeason.com
240-988-8955

Public Relations: TAMMY ROSENDALE
Century 21 Rosendale Realty
410-643-2166

Sunshine: DOROTHY KLAGES
Russell Klages Surveying Services
410-763-6869

Members at Large:

JEN BATCHELDER
Cookie Lee Jewelry
410-758-6586
(1st year of 2nd term)

BETH POULSEN
Swan Cove Day Spa and Salon
410-604-1500
(2nd year of 1st term)

KAREN PORTER-BAER
Delmarva Financial Group
410-758-1991
(1st year of 1st term)

Chesapeake Women's Network

P.O. Box 678
Stevensville, MD 21666

WWW.CHEESAPEAKEWOMENSNETWORK.ORG



Our **Mission**

The purpose of CWN shall be to facilitate personal enrichment and professional growth through communications, support, and to stimulate business opportunities for professional women in the community.

NEWSLETTER ADVERTISING RATES

Business Card Size:

One Year = 10 Issues: \$80
Monthly: \$10 each

Two Business Cards Size:

One Year = 10 Issues: \$160
Monthly: \$20 each

Send ads electronically in one of the following graphic formats: .pdf, .jpeg, or .tif to Jennifer@LundbergBuilders.com

Please specify ad size and how many months you are purchasing.

Send Checks to:

Chesapeake Women's Network
PO Box 678
Stevensville, MD 21666