

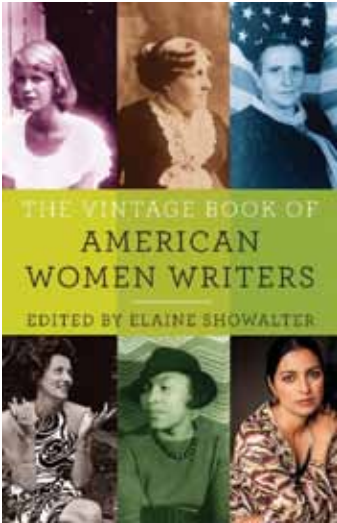
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By Alicia Brewster



Green Scrub

Has months of winter weather left your skin feeling dry and scaly? Freshen your face for spring with Skin 2 Skin Care's **Oatmeal and Pomegranate Face Scrub**. The fragrance-free scrub does double duty as an exfoliator and deep foaming cleanser, removing dirt and toxins while moisturizing and protecting the skin from environmental pollutants. Certified organic ingredients, like pomegranate and white and green tea extracts, also protect skin from free radicals and encourage sun damage repair. The scrub, which retails for \$30 at skin2skincare.com, is sulfate-free and cruelty-free, for an extra boost of goodness.



Women Have the Write Stuff

Keep women's history information flowing into April with Elaine Showalter's anthology spanning 350 years of poetry and fiction by American women writers. **The Vintage Book of American Women Writers** features the best work of writers from Puritan poet Anne Bradstreet to contemporary authors like Jhumpa Lahiri and includes a number of lesser-known and forgotten writers. Each chapter contains a brief introduction to the author and fascinating background information on the piece presented. The anthology is available at bookstores nationwide for \$18.95.

New Tech for Nursing Moms

New moms will love this helpful new app from Medela for the iPhone and iPad touch. **iBreastfeed** provides information and practical advice throughout the breastfeeding process. With the Breastfeeding-Friendly Places feature, you can locate a clean, comfortable place to breastfeed and can read reviews about public locations posted by other moms. Find answers to all your breastfeeding questions with the Breastfeeding Resource Guide feature, which has information on breastfeeding, breastpumping, breastmilk storage and links to online resources. The Baby Activity Log lets you track your baby's feeding, sleeping and diaper changing schedules, as well as doctor's appointments and other important milestones. For more information, visit medelabreastfeedingus.com or get the free app through the iTunes App Store.



One Step at a Time

Held on April 10 at 8 a.m. on Pennsylvania Ave. and 3rd Street, NW, **Walk for Hope** is City of Hope's walk to benefit research, treatment and education programs for cancers unique to women. In 2010, there were more than 290,000 new cases of breast and gynecological cancers in the United States. Help City of Hope reduce that number to zero by registering for the walk at walk4hope.org. The 5K route travels through the historic Capitol Hill neighborhood and features activities for survivors, friends and family, live music and entertainment, giveaways, team photos and more. To learn more about City of Hope's Women's Cancers Program, visit womenscancers.cityofhope.org.

City of Hope.

WALK FOR HOPE
WOMEN'S CANCERS WOMEN'S CURES

NATIONALLY PRESENTED BY **STAPLES**



Baby's First Green Gear

Eco-savvy shoppers have a new place to find children's clothing and accessories for boys and girls newborn to age 6. **Yummi Bebé** is an online baby boutique, owned by local mom Jade Moore Spradley, that offers an affordable, hand-picked selection of independent designers whose items are USA-made, fair trade or made with eco-friendly fabrics. The boutique also has a great exchange policy: once your child has outgrown the item, you can return it for store credit. Yummi Bebé will then recycle the item or resell it at a second-hand price. Visit the boutique at yummibebe.com.

The Write Idea

Even small, everyday tasks can add to the strain on our fragile environment. But something as easy as changing which kind of pen you use can help! Seltzer's **Seven Year Pen** can help reduce the number of pens that end up in landfills by increasing the size of the ink supply inside their pens. The pens, which come in quirky designs and colors, will allow you to write for about 6 feet a day for 7 years. And a portion of the \$7.50 proceeds from each pen go to environmental causes, such as Earthjustice. Get yours at seltzergoods.com.

