



Attendees will learn how to communicate and manage conflict without arguing, how to dissolve power struggles. At the heart of this workshop is the intent to create co-operation, a sense of renewal and intimacy.

The retreat weekend will be held at The Art Omi International Arts Center in Ghent, NY. Located in an 1860 renovated Italian farmhouse, it stands high atop a bluff overlooking the Hudson Valley and Catskill Mountain Range. Throughout this natural setting are 70 sculptures on display by notable artists. Cross country skiing and sleigh riding are available for recreation.

For more information, visit RiverViewCC.com or phone: 908-850-5778.

Ice Climbing for Outdoor Adventurers

Through March Barry Rusnock welcomes outdoor adventurers who delight in an opportunity to see, photograph and climb a frozen waterfall during any of the several ongoing Riverview Outdoor Adventure's & Clinics. Climbing frozen ice that accumulates as a waterfall freezes is the latest trend in recreational activity for those who relish being outdoors during winter temperatures.



To register for the *Beginning Ice Climbing Clinic* or get additional information, call Barry at 908-850-5778 or visit RiverViewOAC.com.

Teen Girls Can Survive Boys and Stay Sane

A new book *7 Secrets for Girls – Simple Solutions to Survive Boys and Stay Sane* by Dari Dyrness-Olsen teaches girls how to define themselves by their personal achievements rather than their personal relationships. "The less teen girls focus on dating and the more they focus on their education and futures, the happier and more successful they will be," says Olsen.

Dyrness-Olsen, the owner of Express Yourself Today LLC, a counseling resource center located in Randolph, reveals research indicating that self-esteem plummets in adolescent girls. "While pre-adolescent girls are not afraid to be strong, outspoken and confident, says Dyrness-Olsen, their focus in adolescence shifts from hobbies, sports and extra curricular activities to becoming boy-crazy. Our country has the highest teen pregnancy rate in the industrialized world. The girls who read this book will be able to avoid becoming another U.S. statistic."



Express Yourself Today is located at 860 Route 10 West in Randolph. For more information call 973-769-2991 or visit ExpressYourselfToday.com

You Are Invited to Make a Lasting Impression

The Interfaith Food Pantry will hold its eighth annual spring gala, "A Lasting Impression" on March 30, 2007 from 6:30 to 11 p.m. at the Brooklake Country Club in Florham Park. The evening's fare includes a gourmet meal, DJ music and dancing, 50/50 chances and its highlight event, the Silent and Live Auctions

This year the Gala is being held in honor of Refined Sight, a New York based creative agency that donates design and print production of most of the Pantry's printed material including signage, displays, invitations and programs for the gala itself.

The Interfaith Food Pantry provides emergency and supplemental food to more than 1,400 Morris County low-income working families and senior citizens living on fixed incomes. The Pantry currently distributes more than 5 tons of food each week. To consistently meet the needs of its clients, the Pantry often purchases food when donations run low. Funds raised at the Gala will help sustain the Pantry's ability to meet this need.

Gala tickets are available at \$80 each. If you wish to donate an item or service, or if interested in attending the gala, call The Interfaith Food Pantry at 973-538-8049, or email Carolyn Lake at: ifpcarolyn@aol.com. Also visit mcifp.org. More information about Refined Sight can be found at refinedights.com.

HAVE SOME NEWS TO SHARE?

Email submissions to:

mceditor@naturalawakeningsmag.com

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