

LADIES' HomeJournal

MARCH 2011

Smarter Ways To

Organize Your Kitchen

A Get-Real Guide
To Romance
For Grown-Ups

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FOR SPRING

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That Threatens Women

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Miranda Lambert

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\$2.49 U.S.



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In honor of International Women's Day on March 8, *LHJ* salutes amazing American women who are helping change lives around the world.

Global Citizens



➤ The Humanitarian Doctor

MARLO HODNETT, M.D., Harvest, Alabama

Since her college years, Dr. Hodnett has traveled the world to volunteer with the National Association for the Prevention of Starvation. She has helped feed children, build schools and provide much-needed care to families in Guyana, Madagascar, Malawi and other countries. "On those first trips I realized that I wanted to go to medical school so that I could dedicate my life to helping these people," says Dr. Hodnett. She now has a private practice in Alabama but devotes each Friday, Saturday and Sunday to providing free treatment to migrant workers and people living in extreme poverty in southern Alabama and Mississippi.



➤ The Cultural Ambassador

GINNY LOU LAUGHLIN

Raleigh, North Carolina

Reviving the long-inactive Sister Cities Association in her town, Laughlin got her community involved in developing friendships with sister cities in Taiwan, Ireland, Canada and France. She recruited volunteers and started senior pen pal, cultural and youth exchange programs. "It's such a wonderful way to help kids and adults learn more about other cultures and to connect with our global community," Laughlin says.



➤ The Compassionate Coach

COLLEEN LEWIS-AGUILAR, Whittier, California

Lewis-Aguilar, a high school Spanish teacher and basketball coach, went on a mission trip to the Dominican Republic in 2005. "I was playing basketball with all the boys at recess every day," says Lewis-Aguilar. "Finally I asked one girl why she didn't play. She said, 'I can't, I'm a girl.'" That stuck with Lewis-Aguilar, and she started Basketball as a Mission the following year. The charity hosts weeklong basketball camps for underprivileged girls in countries like Mexico, the Dominican Republic, Argentina and Costa Rica. Basketball as a Mission has now helped more than 500 kids gain confidence through sports.