

A Publication for the Conscious Woman

Focus *Women* ON *♀* MAGAZINE



Syrian Women Targets of Rape

Fuel Peace Within Through Spiritual Artwork

Navigating the Holidays

Walk and Talk Therapy



November/December 2013



featuring a performance by

BRUCE IN THE USA: The World's #1 Tribute Band to Bruce Springsteen and The E Street Band



TICKETS ON SALE NOW!

**SPECIAL EARLY BIRD PRICE FOR ALL HADASSAH MEMBERS
& ASSOCIATES IF PURCHASED BY 12/31/2013**

**CALL 410-484-9590 OR VISIT
WWW.BALTIMORE.HADASSAH.ORG**



THE **8TH** ANNUAL HADASSAH OF GREATER BALTIMORE

CELL- *a-brate*

SATURDAY, FEBRUARY 8, 2014

BALTIMORE HEBREW CONGREGATION ★ 7:30 *pm* ★ EAT.DRINK.BID

HOT HORS D'OEUVRES ★ BEER & WINE ★ FABULOUS SILENT & LIVE AUCTION

CONTACT US FOR AD BOOK & SPONSORSHIP OPPORTUNITIES

November/ December 2013

Click to View the latest Issue

www.focusonwomenmagazine.com



Undoubtedly, the mark of the holiday season brings to us a deluge of spirited giving. With the open hand of gratitude, we embrace the expected and unexpected banquet of offerings before us. This season lends pause to be gifted with presents of a different sort. With selected foresight, the hardships we face are gifts too, beckoning us forward to a place of greater strength, insight

and solitude. Indeed, hassles, hardships and hurdles are complicated hexagons patterned with opportunities. To our readers, supporters and advertisers, may you too embrace the cornucopia of gifts ushered forth which accompanies this holiday season. May you find yourselves in kind company, joyful moments and many days filled with happiness.

“HAPPY HOLIDAYS”

All the best, **Joslyn Wolfe**
Publisher, Focus on Women Magazine

- 6** Where were you when the world stopped earning?
- 7** The Power and Simplicity of Self Healing - by Liberty Forrest
- 8** 2014 New Years Resolution
- 9** The Shafer Center's Proprietary Reading Program Yields Results for Children with Autism
- 11** You can make a difference - learn how in Girl Scouting
- 12** GW School of Business Graduates Inaugural Class of 'On the Board' Fellows
- 14** Debt Counselor Offers 7 Steps to financial freedom
- 16** Maryland Insurance Administration Announces Consumer Information Opportunities In Howard County
- 17** Radon – Is Your Home Raising Your Lung Cancer Risk? (EPA)
- 18** Navigating the Holidays While Grieving the Loss of Loved Ones
- 20** Surgery Allows Women To Give Birth After Cancer
- 22** 'Chem Fatale' Report Highlights Dangers in Feminine Care Products
- 23** Advancing Tissue Healing Without Surgery

ADVERTISING:

Focus on Women Magazine (FOWM) reserves the right to reject, revise or cancel any advertisement that does not meet the standards of its advisory board. Acceptance of advertising does not carry with it an endorsement by the publisher of FOWM. The advertiser assumes sole responsibility for all statements contained in submitted copy and will indemnify FOWM's owners, publishers, and employees against any and all liability, loss, or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights. FOWM shall not be liable for failure for any reason to insert an advertisement nor shall it be liable for reason of error, omission, or failure to insert any part of an advertisement. FOWM will not be liable for the delay or failure in performance in publication or distribution, if all or any portion of an issue is delayed or suspended for any reason. FOWM will exercise prudent judgement in such instance and will make adjustments for the advertiser whenever and where ever possible and as deemed appropriate. FOWM will not be responsible for unsolicited material or reproductions made by advertisers.

20th Annual Symphony of Lights Festivities

Symphony Woods, Columbia, MD

Drive Through the Light Displays

Open nightly rain or shine from 6 p.m.–10 p.m. Closed December 31.
NOVEMBER 25, 2013–JANUARY 5, 2014

Group Walk Throughs

NOVEMBER 25–DECEMBER 18

Mondays & Wednesdays ONLY, 4:30–5:45 p.m. Registration Required!
Please call 410-740-7840 for reservations.

Military Appreciation Nights

DECEMBER 3 & DECEMBER 12

Bring your military ID and get \$10 off the regular cost of drive through.

Blinkin' Binkies

DECEMBER 5

A family “stroll” through the lights. Children in strollers or wagons welcome!

Tail Lights

DECEMBER 10

A dog-friendly walk through the lights.

Midnight at 7

DECEMBER 31

A family-friendly New Year's Eve celebration with fireworks at 7 p.m. (weather permitting)

Visit hcgh.org/symphonyoflights or call **410-740-7666**.



facebook.com/symphonyoflightsfestivities



- 24 Vererans affairs (va) health care Enrollment, Eligibility and veterans benefits seminar
- 25 Syrian Women Targeted in War for Rape, Kidnapping
- 26 Fuel Peace Within Through Spiritual Artwork Creating a Better Tomorrow - Author Heydlauff
- 27 You take the party road; I'll take the
- 28 What To Do When The Wheels Come Off - by liberty forrest
- 31 GIRL SCOUTS - Leading is a Woman's Job
- 32 TURF VALLEY - First Annual "Turf Valley Trot" 5K Race and Walk to Benefit
- 36 eBookSTORE - FOWM

Focus Women ON Women MAGAZINE

www.focusonwomenmagazine.com
nicbri@focusonwomenmagazine.net

Focus on Women Magazine is a bi-monthly publication for women, to women, and about women which focuses on topics of interest to women and is geared towards a multi-generational audience.

Publisher: Joslyn Wolfe, **Editor:** Kathy Pettway
Design/Production: Robin, fowmag@gmail.com

Focus on Women Magazine (FOWM) is published bi-monthly, on or about the 10th of the month by Focus on Women Magazine LLC, 4615 Oakview Court, Ellicott City, MD 21042. Phone: 410-294-2932. It is available by subscription, or on display stands and at approved public and private venues throughout the Baltimore Metropolitan area, including Baltimore City, Baltimore County, Ellicott City and Columbia. The editorial content of Focus on Women Magazine does not necessarily reflect the views of our advertisers or readers. Focus on Women Magazine is not responsible for editorial comment other than its own. For story ideas, calendar of events, or ads, contact Focus on Women Magazine at nicbri@focusonwomenmagazine.net, or by Fax at 443-759-3001, or by phone at 410-630-1224 or by mail at 4615 Oakview Court, Ellicott City, Maryland 21042 or our second Inner Harbor address at 300 West Lombard Street, Suite 840, Baltimore, Maryland 21201.

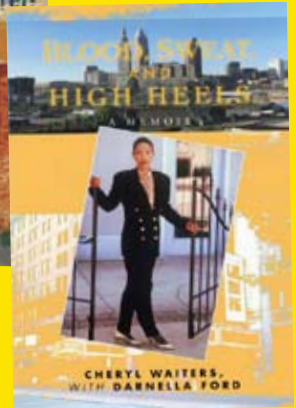
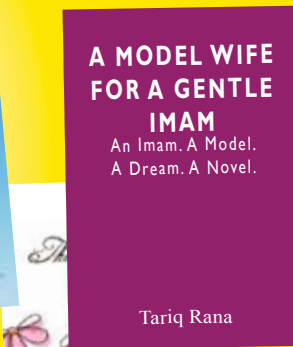
© 2007 Focus on Women Magazine.
All rights reserved. No part of this publication can be reproduced without prior express written consent of the publisher.



La Femme de Prose eBookstore

La Femme De Prose eBookstore(LDPeB) is providing our visitors with a new step of further improving their shopping experience with our online bookstore.

La Femme De Prose Book Store's Radio Show, hooks on books features our finest authors as they talk about the motivations and inner workings of their titles.



Clicky.
online



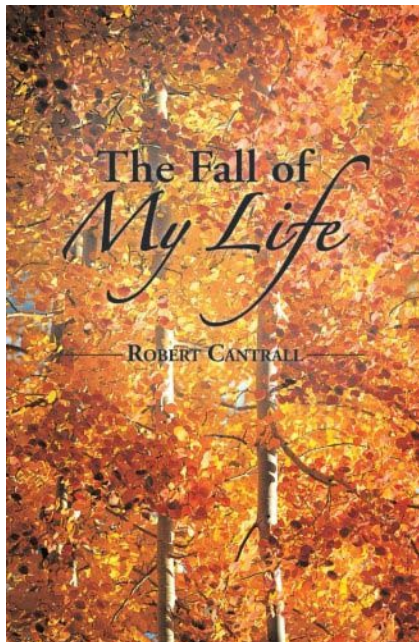
ORDER ON-LINE

www.focusonwomenmagazine.com/books-fowm.html

Click on any of the Book image or Text link below for Preview of book in eBook Version

Where were you when the world stopped earning?

Book details ramification and lessons learned following 2008 recession



“The Fall of my Life”

By Robert Cantrall

ISBN: 978-1-45257-680-0

Available in softcover, hardcover, e-book

For more information, visit Amazon, Barnes & Noble and Balboa

In the summer of 2008, Robert Cantrall was living happily in a nice house with a successful job and thriving family. Eight months later, he was immersed in bankruptcy, foreclosure, unemployment and divorce.

Cantrall demonstrates how he overcame several hardships and made his life the best it has ever been in his new book, “The Fall of My Life.” The book follows Cantrall as he embarked on his job search and ultimately found a new way of living and looking at life.

“I was fortunate enough to be completely impacted by the 2008 downturn,” Cantrall said. “I thought I was heading out to find a new job, but I was really starting a life changing journey of self reflection and growth.”

In the book, Cantrall tells his story while tackling the important repercussions from long-term unemployment, such as depression, job searching, and relationship issues. Ultimately, Cantrall found that pervasive fear was hindering not only his unemployment but also his transformation into a complete man.

“If there’s one thing my life has taught me, it’s that no one escapes challenges,” Cantrall said. “This book helps readers through inevitable misfortunes with the resources I discovered along the way.”

About the Author

Robert Cantrall has worked in the financial services industry for more than 15 years. He has worked an additional 15 years in eight other industries for companies ranging from start-ups to Fortune 500. Throughout his career, Bob has lost his job nine times including when WaMu failed in 2008. A native of Oregon, Bob currently resides in Seattle.

THE POWER AND SIMPLICITY OF SELF HEALING

by liberty forrest

We've all heard those occasional stories of people who have recovered from untreatable or incurable conditions. There are those who were told they would never walk again - but through sheer determination, they did it. There are those who were riddled with malignant tumours and given a death sentence, but repeatedly visualised perfect healing and they became well.

There are numerous documented reports like these and usually, we think they are flukes, coincidence, or perhaps "miracles". They are so rare and so powerful, the notion that this could be commonplace does not occur to us.

But it should.

The "default setting" for any living organism is to survive; yet survival is only possible if the organism is inherently able to heal. We think nothing of our ability to recover from illnesses, injuries, broken bones. But why stop there? Why is it impossible to believe that we can heal ourselves of anything more serious than a broken arm or a really bad flu?

It is only because we have not known we could do it. For thousands of years, we have turned to medicine men, healers of all kinds throughout the ages, unaware that each of us possesses the power to create - and to heal - our illnesses.

The **Power and Simplicity of Self-Healing** is a fascinating and empowering page-turner, chock full of astonishing information that revolutionises the way we look at illness and healing. In this life-changing book, liberty forrest encompasses a wide range of seemingly disconnected and unrelated subjects, yet each one is a separate piece of an incredible and complex puzzle. In her warm and easy style, she explains each of those puzzle pieces one by one, ultimately revealing a startlingly simple picture that provides indisputable scientific proof that we can heal ourselves of virtually any illness.

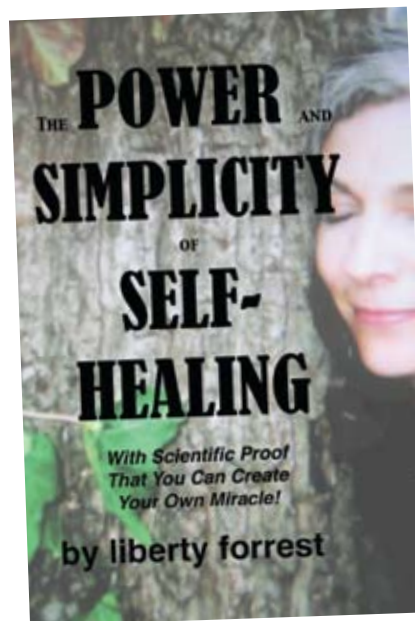
Growing up in an abusive and alcoholic environment, liberty began having terrifying panic attacks as a young child. By the time she reached adulthood, there were also issues with addiction, OCD and anorexia. At the age of 20, liberty's physical health was beginning to decline, a situation that continued to worsen into her 30s, as one ailment after another was added to the growing list. Among the worst was a significant and debilitating heart problem, which slammed into liberty's life like a runaway freight train.

Over the years, there were times her suffering was so great, she became suicidal, always managing to pull herself back from the abyss and carry on. Her desperate and futile search for wellness took her down many paths from the conventional to the near-insane. When it seemed all avenues had been exhausted, in an explosive moment of anger and frustration liberty vowed to find a way to heal herself, believing that if other people have done it, then she could do it, too.

With occasional relevant interjections about her own story of suffering and healing, liberty covers a multitude of topics in a

step-by-step systematic fashion, layering one piece of information on another and building a strong foundation so that all of the pieces are well-connected and logical. Drawing on a wealth of information from numerous medical professionals, researchers, and scientists along with the metaphysical, mysterious and inexplicable, liberty "connects the dots" by linking cell memory, Masaru Emoto's water experiments, the subconscious, a Nobel prize-winning discovery, neurotransmitters, geobiology, homeopathy, multiple personality disorder, hypnosis, cell intelligence, Eastern philosophy, Western medicine, the spiritual, the physical and so much more.

In **The Power and Simplicity of Self-Healing**, liberty drops one fascinating piece of the puzzle after another into its rightful place, creating multi-faceted and undeniable proof that self-healing is not only possible and powerful, but very simple for anyone to do. If she could do it, you could, too.



www.libertyforrest.com

(books, meditation CDs and more...)

"The Power and Simplicity of Self-Healing", written by liberty forrest, offers indisputable scientific proof that we are able to heal ourselves of virtually any ailment. Watch the trailer:



www.youtube.com/watch?v=N33IV1mnyA



www.facebook.com/libertyspage

Online Article Page

www.huffingtonpost.com/liberty-forrest/

Check out my latest CD release (a single) here



www.youtube.com/watch?v=2mHw-vLHUoE

2014 New Years Resolution

by Myra Dorsey

Yes- it is that time of year again. New year, new attitude! Out with the old and in with the new! What does this really mean OR should the question be Do we truly mean it?



Traditionally the typical new year resolutions are to quit smoking, lose weight, etc... We "say" we are going to do some things differently, shift routines, make new commitments but just putting these things down on our list of resolutions doesn't seem to cut the mustard. Why? Because as humans, we are creatures of habit and tend to resist change. Sure, some of the listed goals are achieved so congratulations if they are accomplished but the majority start off strong but then we all digress- thus falling right back into the same patterns and routines that we continually try to steer clear of but don't seem to know how to find our way out.

Perhaps this year, we should challenge ourselves to think about this whole concept differently. Instead of highlighting specific habits that need to cease or improve, how about challenging ourselves to create our own reality. I know this sounds like it may be off the wall but there is really something concrete to what I propose, but you will have to follow me on this and I guarantee that if you do, your year will be showered with positive change and steering you in a direction of where you want life to go.... Living the life you imagine.

To be successful at this new year's challenge, you have to first be willing to toss away some things. (These are just few of many don'ts or items you must burry. Here are some to get your started:

1 Thinking negative thoughts (the cup half full or half empty syndrome): What you think gives you the direct result of what you receive. (i.e. if you want to lose that weight, you cannot continuously keep thinking, I have 20 lbs to lose, this is going to be hard... By continuously having those thoughts, is validation for the exact thing you are thinking to manifest itself... keeping on the lbs and making it harder for you to lose it.

2 Stressing over things you can't control. Stop the woe is me wining. Stop trying to analyze why something happened to you. Stop playing bad news or outcomes over in your mind. In doing so, you are setting yourself up to have similar scenarios continue in your path because your thoughts manifest into your reality. It is a vicious cycle and as humans, something that is hard to break. But it can be done.

If you are courageous enough to finally change the rut of stagnant new year's resolutions and finally want to have a positive outcome with overwhelming results, I dare you to initiate the first part of your year by implementing some of my suggestions. The worse thing that can happen is that you start to create the life you always wanted because if you can desire it, the universe can produce it and you in turn create your own reality.

Start creating your own reality today! (These are just some of many of the do's to help you jump start this process)

1 Embrace positive thinking. Always view a situation as a (this will happen, I can do this, vs. the I can't or why did this happen) Just remember that you get what you think about, whether you want it or not, so you have the ability to guide your thoughts.

2 Ask for what you want! Everyone has a higher power (whatever the being or power they believe to be greater than them that allows this universe to be operational) Believe that when you ask, your higher power will deliver your request. I always say, "believe it, receive it, achieve it!" Your mindset is the conductor of the path of your life that can deliver you the life you always imagined. However, the only way that happens is if you take charge and execute by tailoring your thoughts.

The Shafer Center's Proprietary Reading Program Yields Results for Children with Autism

Connect XYZ™ Aimed at Improving Reading Skills for Children ages 4 Years Old through Adolescence



The Shafer Center
CREATING OPPORTUNITIES FOR SUCCESS

Aiming to give children on the autism spectrum an opportunity to improve their reading/comprehension skills, The Shafer Center for Early Intervention created, and developed its Connect XYZ™ reading skills program. The unique approach of The Shafer Center's Connect XYZ™ program combines the skills of special educators with behavior therapists to implement research-based personalized interventions to improve reading performance.

"Connect XYZ™ targets specific skills of reading and comprehension such as vocabulary, word recognition, and reading fluency, with the goal of closing the gap between performance and potential with each child," says Stephanie Duffee, Director of Education at The Shafer Center for Early Intervention. "We work with the children 1-on-1 to develop the five components of reading: phonics, phonemic awareness, fluency, vocabulary, and comprehension. Connect XYZ™ teaches children with autism not only reading skills, but also the complexities of comprehension so they are able to make meaningful connections to information which increases learning."

The first step of the Connect XYZ™ program is to conduct a comprehensive evaluation of each child's abilities with an emphasis on their reading skills. Using a series of formal and informal assessments The Shafer Center staff develops a learning profile for each student, then, based on each child's profile, creates a personalized instructional program. The program is then implemented with interventions designed to focus on the underlying causes of difficulty in each area of reading. The qualified teachers and staff of The Shafer Center conduct all Connect XYZ™ program testing, evaluation and instruction.

"For a child on the autism spectrum, reading comprehension and higher-level critical thinking can be a challenge," says The Shafer Center's Founder and President, Helen Shafer. "Everything we do at The Shafer Center is designed to give each child an opportunity. The critical skills that children develop in the Connect XYZ™ program may open doors to opportunities not only in the classroom, but in all aspects of life."

The Centers for Disease Control estimates 1 in every 88 American children are on the autism spectrum. Studies also show autism to be more common among boys (1 in 54) than girls (1 in 252) in the United States.




The Shafer Center offers its Connect XYZ™ program at its facility or in the student's home. In addition, The Shafer Center hosts Camp Connect during summer months at The Park School in Baltimore, MD. For more information about the Connect XYZ™ reading program for children on the autism spectrum, visit the school's website at www.ShaferCenter.com/our-programs/connect-xyz/.

The Shafer Center for Early Intervention is located in Reisterstown, Maryland. Children at The Center range in age from two to eight years old. The Shafer Center also provides off-site intervention services for children well into their adolescent years. The Maryland Department of Education has accredited The Shafer Center for Early Intervention as a non-public school.

132 Business Center Drive
Reisterstown, Maryland 21136
P: 410.517.1113
F: 410.517.2113
info@shafercenter.com

About:

The Shafer Center for Early Intervention knows that being the parent of a child with special needs can be challenging. By being a central resource for families seeking education, assessment and treatment, The Shafer Center replaces fear and uncertainty with hope and knowledge. The Center's unique approach and methods improve a child's opportunity to succeed, and in turn, make it a rewarding experience for the entire family. The Shafer Center for Early Intervention accomplishes this by integrating three vital components that make its programs the optimal choice for treating children with autism spectrum disorders

-  A Whole-Child Approach
-  A Multi-Disciplinary Team
-  A Focus on Maintenance and Generalization of Skills

For more information about The Shafer Center for Early Intervention and its unique environment, visit the Center's website at www.ShaferCenter.com.

Do You Have Jaw Muscle Pain? Do You Have Trouble Sleeping? Do You Worry About Your Jaw Pain?

**If YES: Participate in a Clinical Trial Investigating New
NON-DRUG Treatments for Jaw Pain and Sleep Difficulties**

**To participate in this study,
you must be:**

- Female, 18-60 years old
- Experiencing jaw muscle pain for at least 3 months
- Experiencing trouble falling or staying asleep



This study involves:

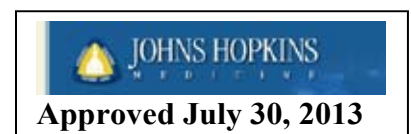
- An evaluation for Temporomandibular Joint Disorder (TMJD)
- Interviews and questionnaires
- Sensory testing procedures
- Sleep study completed in your own home
- A 6-session non-drug intervention to improve TMJD-related symptoms

Compensation up to \$650.00

**For information, please call
(410) 550-8099**



Jennifer Haythornthwaite Ph.D., Principal Investigator
Johns Hopkins School of Medicine
Study Number NA_ 00070364



You can make a difference—learn how in Girl Scouting

Volunteers are the backbone of the Girl Scouts organization. In central Maryland, we have nearly 10,000 adult volunteers who dedicate their time, talents and skills to help each of our Girl Scouts develop courage, confidence and character to make the world a better place. We truly appreciate all the ways that our volunteers are making a difference in the lives of young girls.

Locally and nationally, however, the Girl Scout Movement needs more volunteers. As more girls join Girl Scouts, more volunteers are needed to help run troops; organize trips; serve as first-aiders; help out with troop registration—and during the annual cookie sale—serve as troop cookie managers, cupboard managers and booth sale coordinators. In central Maryland we have 700 girls who are anxiously waiting to participate in Girl Scouts and are waiting for volunteers to assist in forming troops they can join.

To encourage more adults to volunteer, both long-term and short-term, Girl Scouts of the USA (GSUSA) launched a national adult recruitment campaign that kicked off on September 30th, asking adults to work with girls and help them develop important characteristics and skills that will ensure their future success. GSUSA enlisted the help of Girl Scouts' Honorary National President, First Lady Michelle Obama, who has made the health and well-being of children one of her key platforms. First Lady Obama appears in a video that explains why she thinks it's important to become a Girl Scout volunteer. "It starts with one day, one meeting, and one role model showing her that she can accomplish more than she ever imagined," Mrs. Obama explains. "YOU can be that role model!" (To view Mrs. Obama's video, visit gscm.org.)



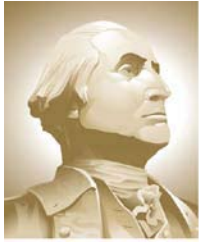
Each of us has a talent, skill, hobby or life lesson that we can share with a young girl or group of girls that could inspire or ignite a life-changing decision in their life. Think back over your life—I am sure you remember something that one person said or did that set you off on a path on which you continued.

join@gscm.org to get started!'."/>

hope that everyone will consider volunteering with Girl Scouts of Central Maryland. There are no set times in which you have to volunteer—you can donate an hour, a day, a week, a month or a year of your time. In addition to troop leader roles there are other troop support roles that need to be filled. We are not just asking parents, but we are inviting grandparents, aunts, uncles, older adult siblings and friends to share their time, skills, hobbies and talents with girls who will truly appreciate what they have to offer. If you can't wait to help a girl find her greatness and shine contact Katie Pedersen, Director of Adult

Volunteerism, kpetersen@gscm.org or by calling 410.358.9711, to find out about the volunteer positions available with our Council.

Traci A. Barnett, M.B. A. is the Chief Executive Officer of the Girl Scouts of Central Maryland (GSCM) Council. GSCM serves nearly 27,000 girls in central Maryland, comprising Baltimore City, Anne Arundel, Baltimore, Carroll, Harford and Howard counties. For more information about how Girl Scouts develops girls of courage, confidence and character who make the world a better place, visit: gscm.org or call 410.358.9711.



**THE GEORGE
WASHINGTON
UNIVERSITY**
WASHINGTON, DC

GW School of Business Graduates Inaugural Class of 'On the Board' Fellows

Fifteen of the World's Leading Female Executives Complete Course Ready For Corporate Board Service

Fifteen of the world's top female executives are the first graduates of "On the Board," a globally-focused, comprehensive training and placement program, which is hosted at the George Washington University School of Business (GWSB), in partnership with the International Women's Forum (IWF).

"Many of us would argue that these remarkable women were prepared to serve on boards prior to enrolling in the program," said Linda Rabbitt, founder and CEO of rand* construction corporation, GW Board of Trustees member and IWF member. "But with the academic coursework, mentoring component and networking, these women are truly board ready and can feel confident they will find their seat at the table."

On the Board is organized around three residencies in Washington, D.C., held each year over long weekends in February, July and November. The fellows spent three intensive days at GW and heard from leading faculty, current board directors, coaches and practitioners who discussed board-level strategy, compensation essentials, liability, financial strategy and policy and the nomination process for directors. Fellows received advanced board leadership training in the areas of crisis management, audit effectiveness, risk assessment, corporate finance and regulatory compliance.

"Today's global economy requires that corporate boards have a diverse makeup with experts from various fields," said Gail McKee, chief human resources officer for Towers Watson. "The On the Board program provides us with a depth of knowledge and the ability to make an immediate impact."

While only in its first year, this one-of-a-kind program has already yielded success. The program has garnered

attention from some of the world's leading corporations and has established growing partnerships with members of the Global Fortune 500. GWSB and IWF are working with global partners to make fellows available to corporations seeking to elect board members. Last month, Anita M. Sands, an On the Board fellow, was nominated and elected to the board of Symantec Corporation. A new class of fellows begins in February 2014.

Dustin Carnevale

*Director of GWSB Communications
The George Washington University
School of Business
Duques Hall, Suite 452
2201 G Street, NW
Washington, DC 20052
202-994-3674 (Office), 202-578-3710 (Cell)
email: dcarnevale@gwu.edu*



About On the Board

On the Board is an elite fellowship program designed to prepare and place women leaders on corporate boards. Made possible through a generous gift from Linda Rabbitt, founder and CEO of rand construction corporation, GW Trustee and IWF member, On the Board promises to reshape the business landscape by building a pipeline of women prepared to serve on the boards of leading international companies. Read more about the program: business.gwu.edu/ontheboard*

About GWSB

Visit: business.gwu.edu

GW's School of Business is an international leader in education and research, which prides itself on training future leaders to be global problem solvers and socially responsible managers. The school leverages its prime location-in the heart of Washington-by attracting visiting scholars and leaders in the business community to work, teach and engage with students on campus. The depth and variety of its academic and professional programs, including five specialized master's programs, provide rich opportunities for academic engagement and career development for students in the school's core Bachelor of Business Administration, Master of Business Administration and doctoral programs.

About The IWF

Visit: www.iwforum.org

The International Women's Forum advances leadership across careers, cultures and continents by connecting the world's most preeminent women of significant and diverse achievement. The IWF brings together an unprecedented global membership to exchange ideas, to learn and inspire, and to promote better leadership for a changing world. Founded in 1982 in the United States, the International Women's Forum has grown across five continents into 26 nations. There are more than 5,000 women leaders participating in Africa, Asia, the Caribbean, Europe, Latin America, the Middle East and North America. IWF provides one-of-a-kind programming designed by world leaders, for world leaders, both present and future. IWF provides a platform for leaders to meet among their peers in an environment where meaningful partnerships and friendships can grow and form.

Focus on Women Magazine

A bi-monthly publication for women, to women, and about women which focuses on topics of interest to women and is geared towards a multi-generational audience.

Evenets of the month

E-mail at: info@focusonwomenmagazine.com



Issue: November/December -2013

EASY WAYS TO SUBSCRIBE

Focus on Women Magazine is the most relevant, engaging and interesting magazine to hit the newsstands. They understand women's lives and their need to balance caring for a family, succeeding in the highly competitive business world and offering up their strengths to make a difference through nonprofits or community organizations.



Submit Article for
FREE !!! in Magazine or
Website



Free Review of Online
Article and Latest
Magazine Issue



F: 410-294-2932,
P: 410-630-1224
M: 410-294-2932



eMail at:
nicbri@focusonwomenmagazine.net
info@focusonwomenmagazine.com

All fields are important, Pls fill in the details :

Name(Mr/Mrs): _____

Address: _____

State/City: _____ Postal Code: _____

Contact Number: _____

Email ID: _____

Subscriber Signature

Debt Counselor offers 7 steps to Financial Freedom

By Debbie Seaton

The world today is so much more challenging than the past. We are governed poorly and we feel we are endlessly putting our hands in our pocket for taxes and hidden costs where ever we go. So many people do not have enough money to go to a gym, let alone have the money to spend on healthy food and necessary items. People eat badly and do not keep fit, not always because they are uninformed about nutrition, or because they live too far from a decent supermarket, but because good food and fitness programs costs money.

We all know our body is our temple and vehicle and it deserves care and nurturing. Equally so our financial budgets need care and attention to grow and become strong. As we are aware fitness and good health requires effort and diligence, so too does our financial and Spiritual budget.

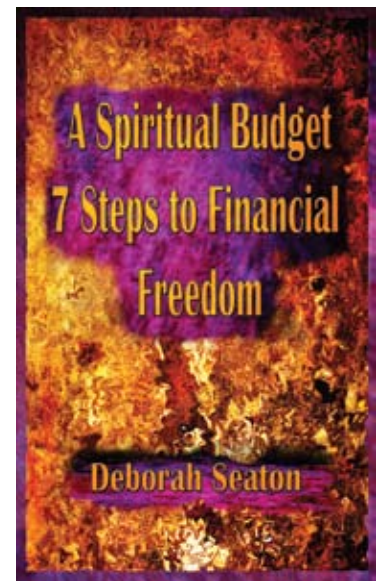
Having a background in Financial Counseling and having studied self-development with a spiritual slant for the last twelve years, I experienced first hand how the systems in place [that we can often let controls us], do not support our financial wellness. I found working in the system was like putting band-aides on people's financial difficulties where they really needed to explore the core reason for their financial dilemmas. For example, it would be like putting band-aides on shin splints and continuing to train hard rather than investigating what caused the injury in the first place.

How financially fit are you? and What is financial fitness?

Working as a Financial Wellness Coach & Mentor and Trainer, this gives me the opportunity to work with people, one-on-one and in groups, to help them create financial fitness and abundance, that they can in-turn maintain this for them selves. This is the true gift of financial fitness and freedom.

Do you constantly say 'I can't, I don't have enough money, I will never get that job I want?' Do you constantly beat your drum to this negative self talk? If we change our drumbeat to "I can, I will succeed" then financially and in all areas of our life, we will be surprised at how quickly everything around us changes.

Are you grateful and do you appreciate what you have in your life? Are you focusing on abundance or lack? Whether it is a relationship in turmoil, financial pressure, poor health or problems in a job, negative situations arise because of a lack of gratitude over a long period of time. If we are not grateful for each and everything in our lives, we are unintentionally taking those things for granted. When we don't give thanks in return, we stop the magic happening in our life.



A Spiritual Budget

ISBN 9781452509419

E-Book ISBN 9781452509440

Its time now to break the glass ceiling with the limitations we have put in place and reach for the stars, to really take responsibility of our life, finding out who we truly are, having the courage to step forward and embrace every opportunity that comes our way. This is our birthright to be self-determining, courageous and living our dream!

Debbie Seaton Financial Wellness Coach & Trainer and Author of A Spiritual Budget 7 Steps to Financial Freedom.

www.aspiritualbudget.com

CAFE DE PARIS

So close, so romantic, so good

Dear you all,

With the release of the Beaujolais, starts the holiday season in France. A time to be joyous, to enjoy the end of the year and to think about the December holidays. You are blessed to have in the States this wonderful holiday celebration that is Thanksgiving. For the first time in many years, we will celebrate at home as a family since both the Cafe and the Crepe Cafe will be closed to give off to our staff.

For this occasion, I wanted to thank all of you for your warm welcome in your country: there is no equivalent in France, we feel so lucky to be part of your lives and to have witnessed so many wonderful celebration and gatherings here at Cafe de Paris.

My family, my staff and myself are wishing you a happy and enjoyable Thanksgiving Day.

“Bon Appetit” and “au revoir”



Burger week

Starting Tuesday, November 26th, we will offer a selection of Angus beef, lamb and duck burgers.

They will be \$9.95 each, served with our famous house made French fries and a selection of Swiss, Cheddar or Blue cheese.

We will also offer a selection of Angus beef, lamb & duck sliders so you may choose to taste the 3 of them on the same plate, for \$12.95.

A flight of 3 wines will also be available for \$12.95 for the whole week: you may mix red and white if desired.

Come and cook with the Chef

After a French breakfast with croissants and cafe au lait, step into the kitchen to prepare “hands on” a 3 course meal”.

Around 12pm, we will sit down all together and enjoy the meal you prepared with the pairing of 2 wines to complement the food.

*Here is the menu: **Quiche Lorraine. Chicken sauce Supreme pommes boulangeres, Tarte aux pommes (thin apple tart)***

Price per person: \$65

Invite a friend to join us for lunch for \$35. Please make a reservation.



Think Brunch, think Crepes

Change your habits and enjoy a nice buckwheat healthy crepe stuffed with your favorite ingredients.

Dessert crepes will complement your Brunch with a sweet but elegant taste of Chocolate and hazelnut combined.

From \$4.95 !

Saturdays and Sundays from 10 am seating to 2 pm.

Don't forget about happy hour!

Come in and get specially priced wines and cocktails every day between 5 and 7 pm.

There is also a selection of **moderately priced very good bottles of wine** called Erik's stash!

Don't hesitate to ask the staff, they know where he hides it, but don't repeat that to him...

Maryland Insurance Administration Announces Consumer Information Opportunities In Howard County



200 St. Paul Place, Suite 2700, Baltimore, Maryland 21202
Direct Dial: 410-468-2301 Fax: 410-468-2306
Email: pjohnson@mdinsurance.state.md.us
1-800-492-6116 TTY: 1-800-735-2258
www.mdinsurance.state.md.us

The Maryland Insurance Administration, a state regulatory agency, will offer a variety of consumer materials on all types of insurance products from annuities to title insurance and health, auto and homeowners insurance. Trained staff will be available in Howard County in December to answer consumer questions at the following locations:

- *December 3, 2013 10 a.m.-3 p.m. at the Early Intervention Workshop at the Howard County One Stop Career Center, Columbia Workforce Center, 7161 Columbia Gateway Drive, Columbia, MD.*
- *December 6, 2013 11 a.m.-3 p.m. Community Outreach at the Howard County Library – Glenwood Branch, 2350 State Route 97, Cooksville, MD.*
- *December 10, 2013 2 p.m.-6 p.m. Community Outreach at the Howard County Library – Central Branch, 10375 Little Patuxent Parkway, Columbia, MD.*
- *December 12, 2013 8 a.m.-11:30 p.m. at the Baltimore Business Journal Enterprising Women’s Summit, Sheraton Columbia Town Center, 10207 Wincopin Circle, Columbia, MD.*
- *December 17, 2013 10 a.m.-3 p.m. Community Outreach at the Howard County Government, George Howard Building, 3430 Courthouse Drive, Ellicott City, MD.*

“A key aspect of the Maryland Insurance Administration’s mission involves educating the citizens of our state about the choices available to them as consumers of insurance products,” says Therese M. Goldsmith, Maryland Insurance Commissioner. “The more informed consumers are, the better equipped they are to make purchasing decisions that are right for them.”

A schedule of agency outreach activities and consumer materials are available on our website, www.mdinsurance.state.md.us, as well as by request and at various community events. Follow the Maryland Insurance Administration on Facebook at www.facebook.com/MDInsuranceAdmin.

About the Maryland Insurance Administration

The Maryland Insurance Administration (MIA) is an independent State agency charged with regulating Maryland’s \$26 billion insurance industry. For more information about the MIA,

please visit www.mdinsurance.state.md.us or follow us on Facebook at www.facebook.com/MDInsuranceAdmin or on Twitter at [@MD_Insurance](https://twitter.com/MD_Insurance).

Radon – Is Your Home Raising Your Lung Cancer Risk?

Mention radon to most people, and you'll get a blank stare. But mention lung cancer, and you've got their attention! Most people don't know that exposure to radon, an invisible odorless gas, is the leading cause of lung cancer among nonsmokers. Maryland is recognized as having a very high risk of radon, so we at the American Lung Association want you to know how to protect your family. A simple test in your home can tell you if you need to take steps to reduce the risk to yourself and your family. November, Lung Cancer Awareness Month, is a perfect time to learn more and test your home.

Radon, a radioactive gas from the soil and rock beneath many homes, keeps itself well hidden. You can't see it, smell it or taste it, but according to the U.S. Environmental Protection Agency (EPA) about 21,000 lung cancer deaths each year in the U.S. are radon-related.

November is National Lung Cancer Awareness Month, but anytime is the right time to find out if radon is a health threat in your home. Radon can build up in any house – old or new – and performing a radon test is the only way to find out if your home has unsafe levels. Homeowners can use do-it-yourself radon testing kits. To find out where to buy a kit, call 1-800-SOS RADON (skype 1-800-767-7236), or visit the EPA website: www.epa.gov/radon.

If you have high levels of radon, mitigation systems can be installed that effectively pull radon out of your home. If you're building a new home, consider installing a simple, inexpensive ventilation system that can protect your family from radon gas.

The Federal Department of Housing and Urban Development (HUD) recently announced that they will require testing for radon in any multi-family housing that receives HUD financing or refinancing. If high levels of radon are found, HUD will require that the building be repaired to reduce indoor radon levels. This is great news that will protect thousands from deadly radon exposure.

But more needs to be done. The Lung Association is working to make sure that all homes get tested, and those that have high levels get fixed. We are working to make sure that new homes are built with these low-cost radon protection systems in place. Because we know all too well the cancer radon causes.

LEARN THE ISSUES FROM

**AIR, CHEMICALS AND TOXICS, CLIMATE CHANGE, EMERGENCIES, GREEN LIVING,
HEALTH AND SAFETY, LAND AND CLEANUP, PESTICIDES, WASTE and WATER**

Harold P. Wimmer, American Lung Association
National President and CEO. Please contact me at
Gregg.Tubbs@lung.org or 202-715-3469 for verification
purposes. Thank you for your consideration.



<http://twitter.com/EPAjobs>

website: <http://www.epa.gov>

Navigating the Holidays While Grieving the Loss of Loved Ones

by **JILL KRAFT THOMPSON**



On March 25, 2002, my life as I had known it ended. On a busy interstate in Italy, a semi truck lost control, crossed a median, and smashed headfirst into my family's minivan. My husband, two young sons, mother, and niece all died. My sister and I survived. In one moment, everything I had known and loved had been taken away.

It is now ten-plus years later and, after a long stretch of seemingly interminable grief and sorrow, I've begun to live life again with hope and joy. It is possible. You can find a new life to love. It will never replace your previous life, but the sun will find you again.

For me, the sun took quite a while and almost always underwent an eclipse toward the end of October, as the holiday season drew near. Each year since my family's horrific accident, as the holidays approached I experienced a struggle within me: a battle between happiness and sadness. I would wonder: Will it be different this year? *Will I finally get to enjoy holidays like I used to—with joy, laughter, and family?* I can now say that anticipation of the holidays is actually harder on me than the days themselves.

During the approach to holiday season I would reflect on past celebrations filled with family, friends, and the rich smells of my mom preparing an abundance of festive foods. My brother, sisters, and I were always glad to see one another; the kids would run around laughing and playing games; and the door was always wide open for neighbors and extended family to drop in for a visit. Now, however, I know that my brother, sisters, and I will be celebrating separately, each in our own way. While at times I long for our old family traditions, I recognize that we are incapable of bringing the past back.

When I feel the heartbreak of missing those I've loved and lost, I make the approach to the holidays more bearable by doing a few things that you could implement in your life as well:

I give myself a lot of down time.

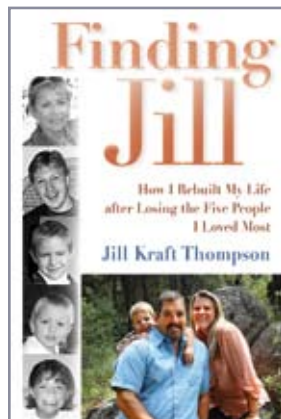
When I feel so deeply engulfed in grief that I want to crawl under the covers and sleep the day away, I use my down time to figure out what the trigger is. If it turns out that I am missing a person I've lost, I acknowledge that person in some way, such as planning to toast them or buying flowers in their honor. If instead I am feeling a deep sense of gloom, I might set aside an hour or two to step myself through the sadness and allow myself to feel the truth—that my life will never be the same—or I'll sit quietly and write down my feelings. Facing sadness about my past life head-on in these ways prevents it from spilling over into my present life.

I give myself permission to feel the way I do.

When I pressure myself to feel happy, it almost always backfires. On the other hand, when I honor myself by accepting my emotions and allowing them to flow freely, I notice that I feel much happier and healthier.

I merge the old with the new.

Now that I have been blessed with a new husband and child, I often find I can embrace my current life best while weaving into it portions of my past life. So, whenever possible, I bring some of my past family traditions into my current family's holiday celebrations and simultaneously create new traditions for my new family. However much time has passed since you've lost people you loved, be extra gentle on yourself as the holiday season approaches. Give yourself lots of breaks, welcome your real feelings, and integrate earlier traditions with newfound ones. Bringing the memory of your loved ones into this year's holiday festivities can help you feel the sunshine and make peace with your heart.



Jill Kraft Thompson is the author of Finding Jill: How I Rebuilt My Life after Losing the Five People I Loved Most. She lives in McCall, Idaho, with her new husband, John, and their five-year-old son, Franklin.

Walk and Talk Maryland

Just what it sounds like: psychotherapy (or talk therapy) on a walk

About Walk and Talk Therapy:

More and more research is proving that exercise, even light physical activity, can have a direct and positive effect on mental health – not just physical health. Indeed, you've probably noticed that the mind-body connection is being brought into conversations on emotional and physical health, fitness, relationships, spirituality, and even politics.



Walk and talk therapy grows out of the theory that mind and body are deeply connected and that mental health and physical health are closely linked. Walk and talk therapy is just what it sounds like: psychotherapy (or talk therapy) that takes place while walking – usually outdoors. Furthermore, while walk and talk therapy might be relatively new to this area, it is being offered in New York City, California, Portland, and Toronto, and has even been raised in the media.

First and foremost, while walk-and-talk does include movement and may raise a person's heart rate, it is not an exercise session. The primary goal of walk and talk therapy is not weight loss or improved fitness. Rather, as with any in-office therapy session, clients bring to therapy myriad, varied, and complicated problems. The only difference is the added movement and the setting. To belabor the point, instead of working through the loss of a loved one, or teasing apart one's feelings about becoming a new parent on a comfy chair in a traditional office, the same conversations are occurring, the same empathetic ear is given, and the same support is offered while walking – again, usually outdoors.



Lacey Steen, LCSW-C
5114 Dorsey Hall Drive
Ellicott City, MD 21042

<http://www.walkandtalkmd.com>

410.929.4560

walkandtalkmd@gmail.com





SURGERY ALLOWS WOMEN TO GIVE BIRTH AFTER CANCER

BY: DR. JEFFREY FOWLER, GYNECOLOGIC ONCOLOGIST, THE OHIO STATE UNIVERSITY COMPREHENSIVE CANCER CENTER - ARTHUR G. JAMES CANCER HOSPITAL & RICHARD J. SOLOVE RESEARCH INSTITUTE

Doctors have known for some time that women over the age of thirty face an increased risk of developing cervical cancer. But in a medical twist, this age group is also having more babies in the United States. This means more doctors are now having to simultaneously treat cancer, while working to preserve a woman's womb.

The human papillomavirus (HPV) vaccine, pap smears and increased public awareness have certainly helped to reduce cervical cancer rates in the United States, but the disease still affects at least 13,000 women annually. The average cervical cancer patient is in her early 40s, so many women are younger than that and may not have started their families yet.

In the past, women diagnosed with cervical cancer had two primary treatment options: a radical hysterectomy-which meant removing the uterus, cervix and part of the vagina-or radiation therapy to the pelvis. Both treatment options has eliminated the possibility to become pregnant again.

My colleagues and I at The **Ohio State University Comprehensive Cancer Center - Arthur G. James Cancer Hospital & Richard J. Solove Research Institute** offer a minimally invasive procedure known as a **radical trachelectomy** to preserve a woman's ability to conceive post treatment. Unlike traditional hysterectomies, the procedure only requires a fraction of the woman's reproductive tract tissue be removed, preserving her ability to get pregnant after surgery. The cervix and upper part of the vagina are removed but the rest of the uterus is left in place. Then a permanent suture is put in where the cervix used to be so that it can help maintain a future pregnancy. Most often this procedure can be performed in a minimally invasive fashion with via robotic surgery.

About 70 percent of the women who have had this procedure nationwide and then attempted to become pregnant have been successful. Earlier this year, one of my patients who had this procedure welcomed her second child into the world. She had waited several years after her first child to try and have another one, but just as she started trying again she found out she had cervical cancer. Since she was a candidate, I performed the procedure and it was a success. She had to wait a few years for us to confirm that the cancer was gone, but in the end we confirmed that it was and she was able to have another child.

The radical tracheloectomy procedure is only appropriate for certain women with early stage, localized cervical cancer. It's important for women considering this procedure to know there is a risk of miscarriage after they have had this procedure. Also, once a woman has this procedure, any future pregnancies will require that the baby be delivered via a Cesarean section..

For women who qualify for the procedure, it can be the best of both worlds, and that's what we are aiming for: cancer eradication and enhanced quality of life.

Will you help a family celebrate the holidays?

As the holidays are a particularly stressful time for the families with critically ill children, the Casey Cares programs are especially appreciated.



Casey Cares is inviting you, your families, friends, etc. to help support children with life threatening illnesses - and then “yule” truly feel the holiday spirit!

Enhancing the lives of critically ill children

www.CaseyCares.org

or

443-568-0064



Call now to find out how you can help.

'Chem Fatale' Report Highlights Dangers in Feminine Care Products

Hormone disruptors, carcinogens, among toxic chemicals found in tampons, douches, wipes and more



WOMEN'S VOICES
FOR THE EARTH
NON-TOXIC SHOPPING GUIDE

Founded in 1995, Women's Voices for the Earth amplifies women's voices to eliminate toxic chemicals that harm our health and communities. With thousands of members across the United States, WVE changes corporate practices, holds government accountable, and works to ensure a toxic-free future for all.

"Chem Fatale," a new report by Women's Voices for the Earth (WVE), details how the feminine care industry sells products containing unregulated and potentially harmful chemicals, including preservatives, pesticides, fragrances and dyes. The report kicks off a new campaign that will target Proctor & Gamble, makers of Tampax and Always, to disclose the ingredients in tampons and pads and eliminate toxic chemicals, and to encourage consumers to demand more government oversight of the \$3 billion feminine care industry. "

Feminine care products are not just your average cosmetics because they are used on an exceptionally sensitive and absorbent part of a woman's body," said Alexandra Scranton, WVE's director of science and research and author of the report. "Greater scrutiny, oversight and research are badly needed to assure the safety of their ingredients on women's health."

Tampons are used by up to 85 percent of menstruating women and may contain dioxins or pesticide residues linked to cancer, hormone disruptors, allergens and irritants from fragrance. Feminine wipes, feminine washes and feminine deodorant products contain toxic preservatives like parabens, which may be hormone disruptors, or quaternium-15 and DMDM hydantoin, which release cancer-causing formaldehyde. Most feminine care prod-

ucts are fragranced and commonly contain known fragrance allergens—including anti-itch products. These chemicals sometimes exacerbate the very symptoms a woman is intending to self-treat with these products.

According to the report, these chemicals may disproportionately affect black and Latina women as they are greater users of products such as douche and feminine wipes. Black women are more likely to use feminine sprays and powders than women of other races and ethnicities.

"It is well known that black women face health disparities for numerous diseases," said Ogonnaya Dotson-Newman, Director of Environmental Health for WE ACT for Environmental Justice. "This report highlights how much more we need to know about the potential impact of feminine care product use on black women's health."

Current regulations on chemicals used in feminine care products are not sufficient to protect public health, and often don't require the ingredient disclosure needed to assess safety, according to WVE's report. Tampons and pads are regulated as medical devices, which means that companies are not required to disclose any ingredients in these products.

"As consumers, we have the right to know what goes into and onto our bodies every single month," said Andrea Don-sky, RHN and founder of NaturallySavvy.

com. "The fact that tampons and pads are regulated as 'medical devices' creates a loophole that allows companies to get away with hiding potentially toxic chemicals in those products."

Other feminine care products, regulated as cosmetics, must label their ingredients, but any fragrance ingredients can be kept secret from consumers.

"Knowledge is power," added Cristina Aguilar, Interim Executive Director of Colorado Organization for Latina Opportunity and Reproductive Rights. "But in this case, we know that many of the most dangerous products that are found to cause chronic diseases also target women of color. The reality is knowledge isn't enough—Latinas who already have health disparities, also face financial, economic, and geographic barriers to accessing safe alternatives."

The American Public Health Association and the American College of Obstetricians and Gynecologists (ACOG) specifically recommend against intravaginal cleaning (douching) and have associated the practice with adverse health outcomes such as increased bacterial infections. The ACOG also recommends against the use of fragranced tampons and pads, as well as feminine sprays and powders, to help prevent or clear up vulvar disorders.

"The chemicals used in these products are a real concern given the inevitable exposure to sensitive and absorptive vulvar and vaginal tissue," said Dr. Ami Zota, a professor of occupational and environmental health at George Washington University. "There is a clear need for more research on the health effects of these exposures on women's health."

The report also includes a "Hall of Shame" appendix highlighting examples of feminine care products that contain toxic chemicals by brand name.

MEDIA CONTACTS:

Alexandra Scranton,
alexs@womensvoices.org,
(406) 396.1639(m)
Caitlin Copple,
caitlin.j.copple@gmail.com,
(406) 493.4281(m)

www.womensvoices.org



American College of Foot and Ankle Surgeons™

Advancing Tissue Healing Without Surgery

Platelet-rich plasma therapy can pick up where conservative measures leave off

You don't have to be a professional athlete to benefit from a new procedure called platelet-rich plasma (PRP) therapy.

Used in Pittsburgh Steelers wide receiver Hines Ward and Major League pitcher Takashi Saito, the technique also is being used to treat foot and ankle conditions in “weekend warriors” and to heal wounds in diabetics. It can even help those suffering from arthritis, according to Sean T. Grambart, DPM, FACFAS, an Illinois foot and ankle surgeon presenting on PRP at the American College of Foot and Ankle Surgeons’ (ACFAS) Annual Scientific Conference in Fort Lauderdale.

PRP is a growth factor found in blood platelets that can promote the healing of bones, cartilage, blood vessels, tendons and tissue. A small vial of the patient’s blood is spun in a centrifuge to separate out the PRP, which then is injected at the injury site.

According to Grambart, he has used PRP for almost three years now and has experienced successful responses with it in his patients. “I have seen positive outcomes with chronic Achilles tendon pain, bone healing for non-unions and acute ligament injuries in athletes. I also have seen it work well in patients with chronic pain syndromes.”

For example, Dr. Grambart uses PRP when conservative measures such as medication, splints and physical

therapy have failed in patients with chronic Achilles tendon pain. “Instead of performing a surgical procedure that involves opening the Achilles tendon, removing the scar tissue and requiring the patient to have about a six-month recovery, we can inject PRP into the tendon to bring the growth factors directly to the tendon, which can stimulate healing.”

The biggest advantage, he said, is the recovery is easier for the patient. After the procedure, the patient wears a protective boot for about two to five days and then can start to advance activities. “Patients usually notice improvement within four to six weeks and if needed, additional injections can be given as well to maximize the benefit.”

PRP therapy, however, is not a cure-all. As with most treatments, it may not work for everyone, but research to

find the full effectiveness of PRP in the treatment of foot and ankle conditions continues, Dr. Grambart acknowledged.

Dr. Grambart is optimistic about the potential uses of PRP. “I think we are just seeing the tip of the iceberg with how PRP affects the different tissues within the body and how it can be used to advance healing,” he said.



The American College of Foot and Ankle Surgeons is a professional society of more than 6,300 foot and ankle surgeons. Founded in 1942, the College’s mission is to promote research and provide continuing education for the foot and ankle surgical specialty, and to educate the general public on foot health and conditions of the foot and ankle through its consumer.

Website - www.FootHealthFacts.org



Contact: **Margaret A. Hornberger**
(410) 642-2411
ext. 5407; (410) 447-6634;
margaret.hornberger@va.gov



VERERANS AFFAIRS (VA) HEALTH CARE ENROLLMENT, ELIGIBILITY AND VETERANS BENEFITS SEMINAR

The Veterans Affairs (VA) Maryland Health Care System is hosting a VA Health Care Enrollment, Eligibility, and Veterans Benefits Seminar at the Baltimore VA Medical Center on Monday, December 9, 2013, from 9 a.m. to 12:15 p.m. The program is free of charge and is designed to provide an overview of VA programs and services for community health care providers, social workers and counselors.

Date of Event:
December 9, 2013

During the seminar, VA representatives will provide information about eligibility and enrollment information for VA health care, in addition to an overview of VA primary, long term and mental health care services. There will also be a representative available during the seminar to talk about VA compensation benefits. Following the seminar, participants will have the opportunity to visit resource tables to get additional information about VA programs and services available to Veterans.

Time:
9 a.m. to 12:15 p.m.

Registration for the seminar will begin at 8:30 a.m. on the second floor of the Baltimore VA Medical Center, which is located at 10 North Greene Street, Baltimore, MD 21201. Parking for the program will be available for a fee at nearby parking garages. Lunch is available for purchase at the Baltimore VA Medical Center's Veterans Canteen cafeteria.

Where:
Auditorium, 2nd Floor
Baltimore VA Medical Center
Baltimore, MD 21201

For more information about the VA Health Care Enrollment, Eligibility and Veterans Benefits Seminar,



please contact the VA Maryland Health Care System's Community Outreach office at

1-800-949-1003, extension 6071 or
register online at: <http://tinyurl.com/ozqvcj2>.

Syrian Women Targeted in War for Rape, Kidnapping

A new human rights reports says abuse against Syrian women has been used as a 'deliberate tactic to defeat the other party.'

A new report issued by a human rights group on "International Day to End Violence Against Women" says Syria's civil war "created a context ripe for violence against women, including sexual violence."

The Euro-Mediterranean Human Rights Network names the deliberate use of kidnapping and rape of women and girls, especially during "raids, at check points and within detention facilities" as a means to pressure and humiliate family members and take revenge. Women -- with their children -- have also been used in the conflict as human shields.

Abuses against women have been a "deliberate tactic to defeat the other party from a symbolic and psychological perspective, making women desirable targets as the conflict rages on," the report says.



A Syrian woman grieves

The report cites particularly horrific instances of abuse culled from cases documented inside seven provinces in Syria as well as in Damascus.

One such case was that of a nine-year-old girl, who was raped in front of her family by government forces in the Baba Amr district of the central Homs province in March 2012.

Another case quotes a teenager, a

19-year-old named Aida from Tartus, a town in the coastal region, who was held in detention for four months, from October 2012 to January 2013.

One of times she was raped occurred the day before a court hearing. She was assaulted by three government soldiers. The report documents Aida's case in her own words:

"The interrogator left me in the room and came back with three personnel who took turns raping me. I fiercely resisted the first but when the second started, I became more terrified and couldn't resist," ...she said.

"When the third started, I totally collapsed. I was bleeding all the time. As the last one finished, I fell on the ground. Ten minutes later, the prison doctor came in and took me to the bathroom where he gave me an injection to enable me to stand before the judge."

The report states that, "Syrian women exposed to sexual abuses subsequently found themselves victimized not only by the crime itself, but also by enduring the silence that surrounds the crime and the social pressure related to it."

The result of reporting such a crime in Syrian society can lead to honor killing (of the victim), divorce or further abuse from family members. Many women, whose abuse has become public, have fled their communities, exposing themselves to even more danger in the worn-torn country.

Abuses have also been documented in refugee camps.

Regime forces are said to have perpetrated 70 percent of the crimes against women, with rebel forces guilty of the the rest. Rape by government forces is a common tactic used in conflicts when the opposition forces



comes from within the society and rely on civilian support, according to prominent journalist Lauren Wolfe, an expert on rape in areas of war and the director of Women Under Siege, a organization that has documented sexual violence in Syria for the last year.

The London-based Syrian Network for Human Rights, cites 25 cases of women being kidnapped and held hostage for use in prisoner exchanges or "to pressure their male relatives to surrender."

Sema Nasar, of the Syrian Network, collected first-hand testimonies from Syrian women during from January to June of 2013.

To date, 120,000 people have been killed in the Syrian conflict. Figures from the first two years of the conflict show that 5,400 women were detained during those years, the whereabouts of many remain unknown.

Further, in many of those cases, women have been "detained indefinitely without being presented to the judge, with no access to lawyers or family, and exposed to torture and ill treatment."

Credited to The Clarion Project

Fuel Peace Within Through Spiritual Artwork

Creating a Better Tomorrow

In her book,

The Way We Go: Your Roadmap to a Better Future,

Pat Heydlauff encourages readers to make a personal connection to their divine self, God and the universe. Through spiritual artwork, creativity and thought-provoking verse, *The Way We Go* helps readers reawaken their spiritual connection, hidden creativity and unlimited potential.

Being overwhelmed, bombarded with life responsibilities and health challenges, feeling worried, rushed and stressed out is, unfortunately, a way of life. *The Way We Go* helps readers clear their mind, meditate or pray, and visualize their purpose. By looking at the spiritual artwork, reading the positive words and creating a quiet calm space for themselves, readers are able to reset their energy flow and find their internal connection to God that guides them to create a better future. This book is a salve for those who want to relieve the stress in their lives, eliminate the chaos, soothe the soul, and relax the mind.

“It is written for anyone experiencing hardship and life transitions: for the spiritual seeker, the entrepreneur, the artist and the business leader. *The Way We Go* empowers others to get through their own challenges and create a better future.”

Heydlauff draws upon past experiences—losing her job as the CEO of a large not-for-profit, an accident requiring numerous surgeries, becoming an unexpected fulltime caregiver to a son, grandson and husband—to empower others to get through their own challenges and create a better future. She began a personal journey to create balance and peace in her life, using creativity in the forms of painting, journaling and spirituality to heal.

Filled with hope and encouragement, *The Way We Go* is an inspirational book which features 26 beautiful and spiritual works of art to relax and provide renewal energy to the reader. It awakens the mind to a deep personal and spiritual path on the journey of discovery and is a fun way to relax the mind, awaken your personal creativity and the spiritual connection within. It is for everyone from the housewife to the entrepreneur, the spiritual seeker to the person facing life threatening challenges and hardships. It expands your thinking and provides the tools to unleash your unlimited potential.

The Way We Go helps you think outside the box, create your own ideas, take action and improve your life. It encourages you to go within and listen for the voice of hope and inspiration. By taking in the colors of the artwork and design, you can open and expand your creativity, and empower yourself to take the first steps on your personal and spiritual journey to a better future. For example the artwork through color and design will speak to the entrepreneur or CEO to be more innovative, help the overscheduled housewife or caregiver get through another hectic day, or assist the blocked writer or artist to open up to new outlets of creativity.



“The Way We Go is a small yet powerful transformational book.

It can be used as a reference book

to feed your soul or as a daily guidance book,”

... Heydlauff said.



Open the book to any page and receive a positive message for the day or allow the artwork colors and design to speak to you. If you are looking for a quick read book where creativity abounds, one which is filled with colorful spiritual artwork that encourages, inspires, empowers and provides hope and a roadmap to a better future – check out ***The Way We Go, Your Roadmap to a Better Future***.

Pat Heydlauff, a spiritual artist, “flow of focus” expert, speaker and consultant designs home and workplace environments that unleash the flow of focus and maximize performance while creating balance and increasing prosperity.

© *Pat Heydlauff, all rights reserved 2013*

She is also the author of the books, Feng Shui, So Easy a Child Can Do It and Selling Your Home with a Competitive Edge. Her art is available at FineArtAmerica.com and she can be reached at 561-744-2666 or info@spiritualartwork.net.

You take the party road; I'll take the

Holidays at the office are stressful.... You have all the office parties, the employees in a “holiday nicety” mood, the bonus (maybe), gift exchanges and all. One of the most stressful times in my holiday season was the dreaded “Holiday Office Party”.

What should I wear? Who can I sit with? Should I even go or is this a chance for the upper echelon to put a positive or negative mark on my file.

Our holiday party was the last of the three. Most of us didn't want to attend but we knew that it was our chance to see and be seen by our Board of Directors. The stress on what to wear and how to behave has to be dealt with. Unfortunately most office parties are just another employee evaluation event. Your employer gets another chance to evaluate you and your significant other. I looked at these events as a chance to mingle with other employees but each department or branch seemed to hang together as usual.

As far as what to wear? I would dress a little more professional than at work. It is best to wear dress or evening wear. I would not wear anything too revealing. We did have the extremes at our parties. These employees usually ended up where they started because of the negative impression left from this social gathering. The men usually wore a suit and tie but there were some who were not comfortable in that so a dressy sweater and slacks sufficed. For the women a suit, dress or dress slacks and top. Your makeup and jewelry should be mellow.

It was funny but I worked at a bank and when we went to the office party we sat with our branch. Didn't we see them on a day-to-day basis all year? Why didn't we sit with other branches? You want to surround yourself with familiar faces in stressful situations and this is one of the ways people usually do this. Even though you work on a day-to-day basis with the others your partner might want to get to know your daily employees too.

Behavior is always being tested. You never know who or what your future holds. I do think that your behavior at these functions will affect your promotions and credibility. Your behavior is being watched constantly and reflects back on the employer. Even though you are not being paid 24/7, your behavior is being evaluated by SOMEONE.

My advice for a Holiday Party; dress and act demurely, listen and watch.

What To Do When The Wheels Come Off

by liberty forrest

www.libertyforrest.com



What do you do when Life throws too much at you all at once?

Do the wheels come off and land you in the ditch?

Do you smash head first into a tree?

Or

Or even worse, into oncoming traffic, taking out a few other people in the process?

"The Power and Simplicity of Self-Healing", written by liberty forrest, offers indisputable scientific proof that we are able to heal ourselves of virtually any ailment. Watch the trailer:

 www.youtube.com/watch?v=N331V1mnygA

Check out my latest CD release (a single) here

 www.youtube.com/watch?v=2mHw-vLHUoE

 www.facebook.com/libertyspage

I've been down those roads myself. They're all pretty miserable, to say the least. The trick is to find a detour and get off them as soon as possible.

The first and most important one is to STOP. Whatever you're doing, however you're feeling, whatever your reaction, just STOP.

Stop reacting. Stop fretting. Stop freaking out. Take a big, deep, breath, count to five, and let it out sloooowly.

Once you've got to this point, start changing your thoughts. Chances are you were thinking about all the worst case scenarios, all the what-ifs, or if-onlys. Such thoughts produce anxiety, fear and depression. They can leave you feeling hopeless. The result? You're overwhelmed and feeling like it's all too much. It's pretty tough to find answers or solutions in such a state as that.

What you're feeling is always going to be directly related to what you're thinking. If you change your thoughts, you will change your feelings.

You might want to argue at this point and tell me that you have legitimate worries and reasons to be stressing. I would argue back that you have legitimate issues that need to be handled, but you've always got the choice to feel stressed - or not. Stress is only a perception. It does not have to be part of your reality, unless you choose it. A simple shift in your perspective can take you from feeling stressed and overwhelmed to feeling calm and in control. If you believe you're stressed, you're stressed. If you believe you can cope, you will cope.

A simple but powerful tool that can help you in virtually any difficult situation is to practice mindfulness. To be mindful is to focus on this moment right here, right now, and no other. Staying in the present keeps you from worrying about the past or the future. The past exists only in your mind. The future never comes because we're always in the present.

Close your eyes. Focus only on your breath and on what you notice in your body and in your environment. As soon as any other thoughts enter your head, just acknowledge them and let them go. Refocus your attention on what you can feel, hear or smell. You cannot turn off thoughts, so don't beat yourself up for having them or you'll just create more. Simply keep letting them go and refocusing. This isn't difficult; it just takes some practice. Once you get the hang of it, you can use this fantastic little tool any time you find yourself feeling overwhelmed. The more you do it, the easier and more beneficial it becomes.

Don't forget to make time to nurture yourself. Long walks, hot baths, favourite books, naps, lunch with a friend. Do whatever feeds your soul. It will help to restore balance and harmony amidst the bumpy bits of life.

EARLY
EDUCATION

ELEMENTARY
SCHOOL

MIDDLE
SCHOOL

HIGH
SCHOOL

MATHNASIUM[®]

The **Math** Learning Center

Our goal is to significantly increase your child's math skills, understanding of math concepts, and overall school performance, while building confidence and forging a positive attitude toward the subject

Children don't hate math.

They hate being confused and intimidated by math.

With understanding comes passion.

And with passion comes growth—a treasure is unlocked.

**We Make Math
Make Sense[®]**

Success in math is just a click away.

**SEARCH FOR ANY
INTERNATIONAL LOCATIONS**



CORPORATE HEADQUARTERS

Mathnasium
8801 Center Park Drive
Suite 4, Columbia, Maryland 21045

410-997-6284

Email: columbiamd@mathnasium.com



\$245
USD

LUXURY TOURS *(Per Person - Group Rates Available)* *Up to 13 passengers can ride on the Dulcina comfortably.*

Join us on a luxury tour up to Great Bird Island where you will experience the sun, sea and sand on a whole new level. Spend time snorkeling in our turquoise blue waters and peruse our under water marine life, or you can just kick back on the Dulcina, which has a spacious sun bathing deck, and enjoy the scenery of it all. Feel refreshed and rejuvenated as you partake of our fully stocked bar which includes red and white wine among other refreshing beverages. For lunch, you have a choice of lobster or jerked chicken along with various side dishes totally catered to you. We leave dock at 9.00am and return at 1.00pm.

\$600
USD

BEACH TOURS *(Per Couple)*

Cruise along the Caribbean coast while beach hopping on 3 of our beautiful beaches. This is a whole day adventure with lunch and drinks served at every turn. Our picturesque local coast line will take your breath away.

\$250
USD

HONEY MOONERS SUNSET CRUISE *(Per Couple)*

Cruise into the sunset as you embrace that special someone. Your senses will be stimulated as you sip on champagne, or while you feed each other on sumptuous chocolate butter rum cake. We will cruise out of the harbor at 3.00pm and return at 7.00pm.

Why to go to Antigua and Barbuda..??

The Caribbean islands of Antigua and Barbuda, a holiday and vacation destination for 365 days, with white sand beaches, world famous sailing regattas, Sailing Week, Classic Yacht Charter Week. We offer a huge choice of places to stay and enjoy.



SPECIALIZED TOURS

Here the tour is tailor-made to fit your desires and your day.

*Prices based on minimum party of 4
Please ask for special pricing for parties of 1 to 3*

Book a tour at

www.executiveislandtours.com

TELEPHONE: 1(268) 782 4932 OR 703-424-0742

E-MAIL: mferrin2@verizon.net or riba.crump@gmail.com

Leading is a Woman's Job

In October Girl Scout Junior troop 4149 hosted a Ladies in Leadership conference at the Anne Arundel Medical Center (AAMC) as their Bronze Award project. This ambitious and inspiring group of primarily 5th graders, envisioned, planned and implemented an educational evening that I am sure each of them and many of the 140 participants will remember for years to come. The troop eagerly embraced Girl Scouts of the USA's ToGetHerThere campaign and decided that inviting women leaders at AAMC to talk about leadership would be a great way to learn about leadership and develop a few skills of their own.

The girls assembled an inspiring panel of speakers, many of whom are Girl Scout alums and each highly educated and very experienced in their professional areas. The panel included: Victoria Bayless, President and Chief Executive Officer of Anne Arundel Health System (AAHS); Sherry Perkins, Chief Operating Officer & Chief Nursing officer at AAMC; Barbara Baldwin, Chief Information Officer for AAHS; Jan Wood, President of AAMC Foundation and Chief Development Officer; Shirley Knelly, Vice President for Quality and Patient Safety, Corporate Compliance Officer and President of Pathways and Briana Walton, Director of Female Pelvic Medicine and Reconstructive Surgery.

The troop developed questions about leadership that each of the panelists answered for the conference attendees. The information shared was inspirational and indicative of the kinds of principles and values common among many women leaders today. Victoria Bayless told the girls that she started volunteering at the age of 13 and was always looking for new opportunities. Her advice was to **listen carefully, ask questions, volunteer** and **look for role models** as you work to become effective leaders. She also explained to the girls that it is not your words but your actions that define who you are and how you lead.

"The glass ceiling will go away when women help other women break through that ceiling." -- Indra Nooyi, PepsiCo CEO

Jan Wood also talked about the importance of **volunteerism** and **collaboration** in developing leadership abilities. She told the girls that leadership comes with responsibility; "To whom much is given, much is expected." Wood also made a point of explaining that "managing is not leading; being a leader is more about **inspiring others** and creating a feeling of inclusion, than it is about getting things done yourself. Leaders have a **vision** and they inspire others to make the vision a reality." She added, "Leaders make things happen."

The final panelist that evening was Dr. Briana Walton. She told the girls "I'm in 27th grade, and I'm not done learning; your **education** is never over and in order to truly **know yourself**, your interests and capabilities you must continue to learn." Dr. Walton also told the girls that a key aspect of being successful in life and as a leader is to **know what inspires you**. "Once you know that, it is easier to encourage and inspire others to reach a goal."

I applaud each of these women for their educational and professional accomplishments and for sharing these great leadership lessons with Girl Scouts who will one day incorporate these lessons into their leadership styles. I also applaud this troop of young girls for understanding already the importance of learning about leadership from others—especially other women.

During my tenure as CEO of Girl Scouts of Central Maryland I have learned quite a bit about leadership and leading. In addition, my work with the GSCM staff, other Girl Scout Council leaders, my involvement with Network 2000 and being recognized, with a host of other women leaders, through the Circle of Excellence, Most Admired CEO, Innovator of the Year and Brava Awards ceremonies, I am immeasurably proud of the effectiveness of women leaders in central Maryland and across the country. Women are leading and we are making things happen. We are sharing our challenges and triumphs with other women and girls in hopes of not only making their journey a little easier, but also to inspire them to new heights. And, while my service at the Girl Scouts is soon coming to an end, I am inspired by what my Council has done to encourage girls to become leaders—now and in the future.

If you would like to join the Girl Scout Movement and help to create the next generation of women leaders by volunteering or through financial support, contact Pattie Dash, Chief Development Officer; pdash@gscm.org or 410.358.9711, ext. 232.

Women have always made a difference in the world. Women can lead. Women do lead.



First Annual “Turf Valley Trot” 5K Race and Walk to Benefit

On Saturday, November 23, Greenberg Gibbons will host the first annual “Turf Valley Trot” – a 5K Run and Family Walk – to support Grassroots Crisis Intervention Centre. The event will also celebrate the grand opening of Turf Valley Towne Square, Ellicott City’s newest destination for dining, shopping, and health and beauty services.

Participants can register on active.com or onsite the morning of the race. The registration fee for adults is \$10 plus two canned goods – all to benefit Grassroots, a private, nonprofit agency that operates Howard County’s only homeless shelter and certified crisis intervention center. Children can register for free. On race day, donation bins for Grassroots will also be located at Turf Valley Towne Square, collecting non-perishable food, cleaning supplies and personal hygiene products.

The schedule for the Turf Valley Trot is as follows:

🌿 Onsite Registration and Packet-Pickup: 9 a.m.

🌿 5k Run Start: 10:00 a.m.


🌿 1 Mile Walk Start: 10:15 a.m.

🌿 After-party to follow

After the race, the retailers and restaurants at Turf Valley Towne Square will be offering special promotions and discounts throughout the day. Live entertainment and kid’s games will also be provided.

“We are very excited to celebrate the grand opening of Turf Valley Town Square with a fun event that also gives back to the community,” said Tom Fitzpatrick, President of Greenberg Gibbons. “Grassroots does critical work with the homeless and families in crisis throughout Howard County, and we are happy to support its important work.”

The event comes on the heels of the openings of five exciting new restaurants at Turf Valley Towne Square: Facci, Grill 620, Xitomate, Red Parrot and Mimi’s Kabobs. Anchored by Harris Teeter, the Towne Square is part of a master-planned community featuring more than 1,800 homes, and a 175-room resort hotel and spa that features 26 holes of championship golf, and Class A office and medical space. The center is located in the heart of Howard County, where Rt. 40 meets Marriottsville Road. For more information,

 visit <http://www.facebook.com/turfvalleytownesquare>.

About Greenberg Gibbons

Founded in 1968, Greenberg Gibbons is one of the Baltimore-Washington region’s premier developers of mixed-use, town center and retail properties. The company’s portfolio includes more than four million square feet of existing and new development. Its award-winning revitalization projects include Hunt Valley Towne Centre and Annapolis Towne Centre.

For more information, go to: www.ggcommercial.com.

La Perla del Mar

JUST STEPS FROM THE BEACH!

Welcome to La Perla del Mar Chapel located in Shell Beach, California. Our chapel is used for community events, weddings, church services, yoga, movies, art shows and much, much more. Originally built in the early 1940s, the newly named La Perla Del Mar, "The Pearl by the Sea" was lovingly restored in 2008. The Schoolhouse next door was also restored maintaining the rich history of the two historical buildings.



find us on facebook or twitter



Directions to the Chapel
205 Windward Ave.
Shell Beach, CA
SKYPE : 805.748.5547
laperladelmarchapel@gmail.com

Visit our Website for more Info

www.laperladelmarchapel.com



OTIS HPV Vaccine and Pregnancy Study

If you are pregnant and have received the HPV vaccine sometime in the past 18 months, you may want to participate in the OTIS HPV Vaccine and Pregnancy Study.



It's completely observational, which means you'll never be asked to take any medications, vaccinations, or change what you would normally do.

If you choose to participate, we will make sure you receive a copy of the results of the study; all free! You can help other moms just like you by taking part today!

Participation includes:

- Between one and three phone interviews during pregnancy
- One phone interview after delivery
- Release of medical records relating to pregnancy
- \$50 compensation for time spent participating in the study

If you are pregnant and have received the HPV vaccine sometime in the past 18 months, and/or you are interested in learning more, please contact OTIS toll-FREE at:



(877) 311-8972

Follow us!

www.otispregnancy.org



Mango Grove Invites You to Welcome the New Year

HELLO!! 2014



It's a New Year's Celebration. 10pm to 2am

**Admission \$30.00 General
\$50 Food and Open Bar**

All ages invited:
Bollywood DJ, Food, Drinks, Dancing

Mango Grove

<http://themangogrove.net>

Call for delivery option : 410-884-3426

Search for your favorite authors

Go Online for any of the Books Preview Version

Author Quotes

“Her Demise gives readers an inside look into an abusive relationship, the signs at the beginning, and how both parties are affected by domestic violence. Being a first time writer, I never expected to reach such a broad audience, and feel honored to have Her Demise placed in Focus on Women Magazine’s La Femme De Prose Bookstore. It was surprising and exciting to have readers take such an interest and to have received a royalty check within 45 days.”



Aliah Uddin
Author - Her Demise

“MANipulated Into Fear was written with the intent to help others. I feel very blessed to have the opportunity to have my book advertised and sold on Focus On Women Magazine’s La Femme De Prose eBookstore. Focus On Women Magazine focuses on women by informative and educational articles. They not only help me as an author but they reach out and give back to women in Afghanistan with each sale of my book. This has allowed me to help others by them reading my book and also generate a percentage of the sale of my book to give to the Afghanistan women who are in dire need.”

Christine
Author - MANipulated Into Fear -
by Marvela Dawnay

“I am so happy of the amount of copies of my e book that was sold by Focus on Women Magazine within 40 days of it becoming available on their website. Every book sold represents a contribution towards women who have been raped, mutilated and set on fire.”

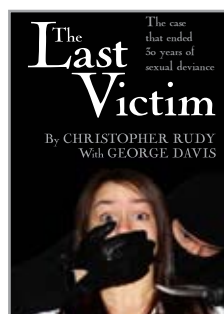


Consolee Nishimwe
Author - Tested to the Limit
Torture, Rape and Genocide Survivor



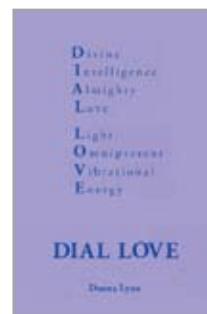
Race from the Finish
by D.T. Dignan

ISBN-10: 1458205657
ISBN-13: 978-1458205650



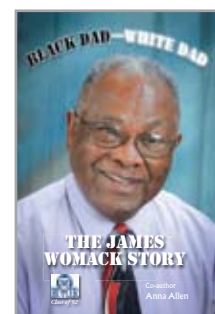
The Last Victim
by Christopher Rudy

ISBN-10: 1468017608
ISBN-13: 978-1468017601



Dial Love
by Donna Lynn

ISBN: 978-1-47977-052-6



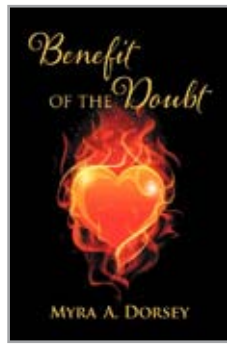
Black Dad-White Dad
by James Womack

ISBN-10: 1481716050
ISBN-13: 978-1481716055



The Red-Haired Man
by Marie Tapia

ISBN-10: 1475983743
ISBN-13: 978-1475983746



Benefit of the Doubt
by Myra A Dorsey

ISBN-10: 1468574078
ISBN-13: 978-1468574074



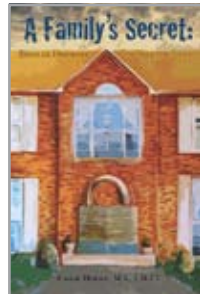
All Things Possible
by Eliza Sarah Graham

ISBN-10: 1452572429
ISBN-13: 978-1452572420



The Power and Simplicity of
Self-Healing
by liberty forrest

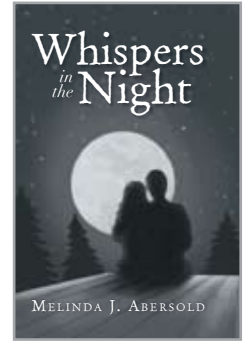
ASIN: B00AMNFGY0



A Family's Secret
by Carol Horan

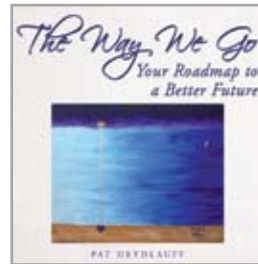
ISBN: 1468150871
ISBN 13: 9781468150872

 PINNACLE BOOK
ACHIEVEMENT AWARD



Whispers in the Night
by Melinda J. Abersold

ISBN-10: 1483672611
ISBN-13: 978-1483672618



The way we go
by Pat Heydlauff

ISBN-10: 1452569614
ISBN-13: 978-1452569611

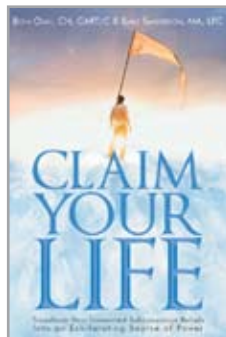
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Life Changing Verses 1
by Carlton Lee Arnold

ISBN-10: 1449779220
ISBN-13: 978-1449779221



Claim Your Life
by Boin Oian



JUNEBUG
by Cherie Doyen

ISBN-10: 1452572054
ISBN-13: 978-1452572055



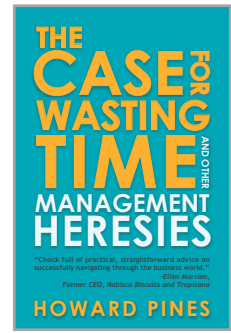
Life Changing Verses 2
by Carlton Lee Arnold

ISBN-10: 1449789463
ISBN-13: 978-1449789466



Life Changing Verses 3
by Carlton Lee Arnold

ISBN-10: 1449798624
ISBN-13: 9781449798628



The Case for Wasting Time and Other Management Heresies
by Howard Pines

ISBN: 978-1-4817-2296-4 (sc)
ISBN: 978-1-4817-2297-1 (hc)
ISBN: 978-1-4817-2298-8 (e)



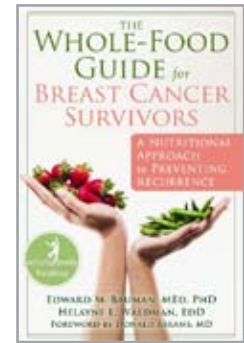
The Storm in the Middle of the Night
by Ronnie Cheatwood

ISBN-10: 1589099567
ISBN-13: 978-1589099562



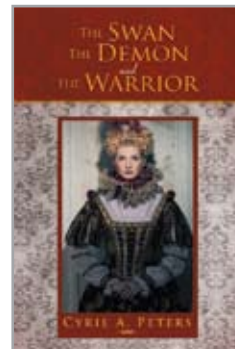
The Swing Theory
by Stacey Watt

ISBN-10: 1481716611
ISBN-13: 978-1481716611



The Whole Food Guide for Breast Cancer Survivors
by Helayne Waldman

ISBN 978-1-60882-718-3 (epub e-book)
ISBN 978-1-57224-958-5 (pbk.)
ISBN 978-1-57224-959-2 (pdf e-book)

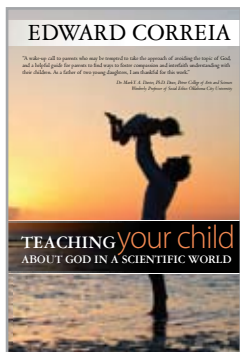


The Swan, The Demon and The Warrior
by Cyril A. Peter

ISBN-10: 1483692515
ISBN-13: 978-1483692517

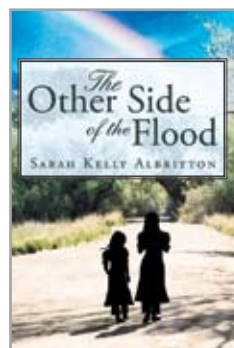
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Teaching Your Child About God in a Scientific World
by Edward Correia

ISBN-10: 1478153334
ISBN-13: 978-1478153337



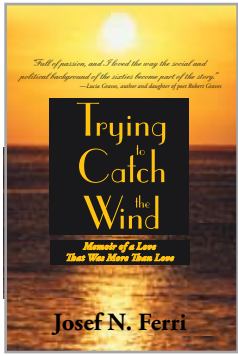
The Other Side of the Flood
by Sarah Kelly Albritton

ISBN: 978-1-4497-8071-5 (sc)
ISBN: 978-1-4497-8072-2 (hc)
ISBN: 978-1-4497-8070-8 (e)



Wheel A Recovery from chronic
by Sylvia Hawthorn Deppen

ISBN: 978-1-4525-5565-2 (sc)
ISBN: 978-1-4525-5566-9 (hc)
ISBN: 978-1-4525-5564-5 (e)



Trying to Catch the Wind
by Josef N Ferri

ISBN: 978-1-4759-6913-9 (sc)
ISBN: 978-1-4759-6914-6 (hc)
ISBN: 978-1-4759-6915-3 (e)



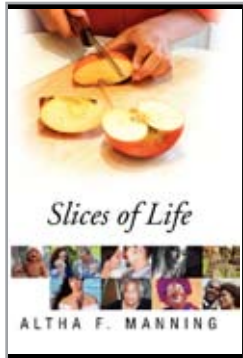
Loving yourself
by Sherrie Campbell

ISBN: 978-1-4772-8932-7 (sc)
ISBN: 978-1-4772-8933-4 (hc)
ISBN: 978-1-4772-8934-1 (e)



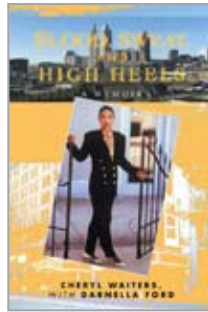
New Ages and Other Wonders
by Marcella Martyn

ISBN-10: 1452566011
ISBN-13: 978-1452566016



Slices of Life
by Altha F. Manning

ISBN: 978-1-4691-4645-4 (hc)
ISBN: 978-1-4691-4644-7 (sc)
ISBN: 978-1-4691-4646-1 (e)



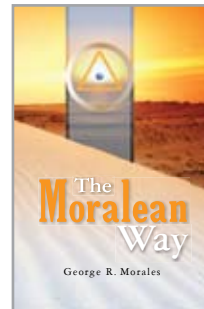
Blood Sweat and High Heels
by Cheryl Waiters

ISBN: 978-1-4620-5496-1 (sc)
ISBN: 978-1-4620-5495-4 (hc)
ISBN: 978-1-4620-5494-7 (ebk)



The Other Side of the Flood
by Sarah Kelly Albritton

ISBN: 978-1-4497-8071-5 (sc)
ISBN: 978-1-4497-8072-2 (hc)
ISBN: 978-1-4497-8070-8 (e)

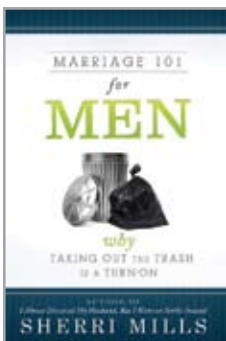


The Moralean Way
by George R. Morales

ISBN-10: 1470014564
EAN-13: 9781470014568

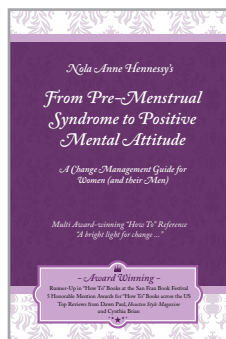
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



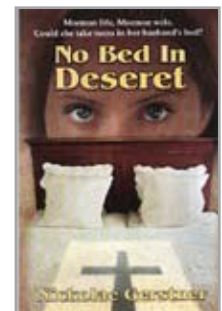
Marriage 101 For Men
by Sherri Mills

ISBN-13: 978-1462112098



From Pre-Menstrual Syndrome to Positive Mental Attitude
by Nola Anne Hennessy

ISBN: 978-0-9874599-3-0 (sc)
ISBN: 978-0-9874599-4-7 (hc)
ISBN: 978-0-9874599-5-4 (e)



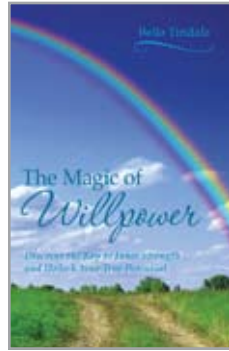
No Bed In Deseret
by Nickolae Gerstner

ISBN: 1477656065
ISBN 13: 9781477656068



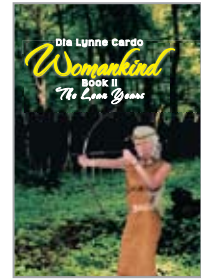
Enter His Gates
by Christina Corbitt

ISBN : 978-1-4836-2315-3 (hc)
ISBN : 978-1-4836-2314-6 (sc)
ISBN : 978-1-4836-2316-0 (e)



The Magic of Willpower
by Bella Tindale

ISBN: 978-1-4525-0984-6 (sc)
ISBN: 978-1-4525-0985-3 (e)



Womankind - Years of Sorrow
by Dia Lynne Cardo

ISBN 13 (TP): 978-1-4797-0343-2
ISBN 13 (HB): 978-1-4797-0344-93
ISBN 13 (eBook): 978-1-4797-0345-6



The Body's Role in Addictions
by Jean Armour, MA

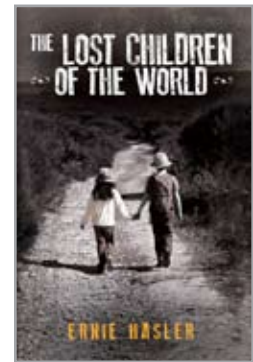
ISBN: 978-1-4525-4757-2 (e)
ISBN: 978-1-4525-4758-9 (sc)

Sizzling at Seventy
by Lyn Traill

ISBN-10: 1452505829
ISBN-13: 978-1452505824

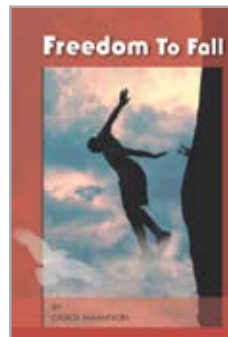


Lyn Traill



Lost Children of the World
by Ernie Hasler

ISBN-10: 1477457372
ISBN-13: 978-1477457375

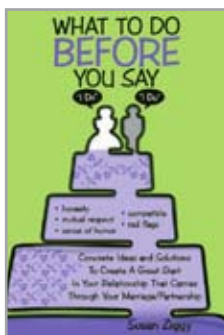


Freedom To Fall
by Carol Hampson

ISBN-10: 0615208347
ISBN-13: 978-0615208343

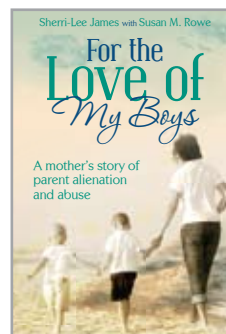
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



What to Do Before You Say "I Do"
by Susan Ziggy

ISBN-10: 1481707140
ISBN-13: 978-1481707145



For the Love of My Boys
by Sherri - Lee with Susan

ISBN-10: 1468198556
ISBN-13: 978-1468198553



Senior Year
by Judith P. Foard

ISBN-10: 1475965540
ISBN-13: 978-1475965544

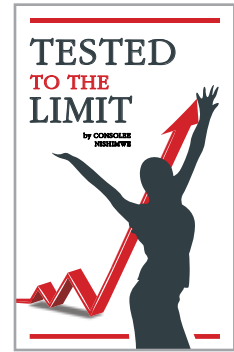


Murder In Stilettos
by B. Bryant

ISBN: 981-1-4817-0319-2



A Cappella
by Tanya Jennings Keenan



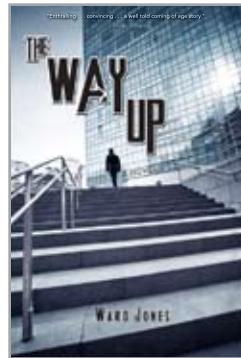
Tested to the limit
by Conslee Nishimwe

ISBN: 978-1-4525-4959-0 (e)
ISBN: 978-1-4525-4958-3 (sc)
ISBN: 978-1-4525-4960-6 (hc)



Build-A-Boob
by Lisa Masters

ISBN: 978-1-4797-9582-6 (sc)
ISBN: 978-1-4797-9583-3 (e)



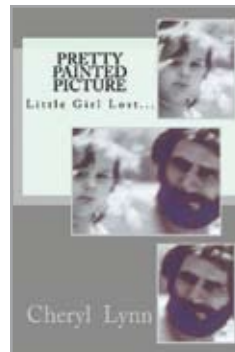
The Way Up
by Ward Jones

ISBN-10: 1477429379
ISBN-13: 978-1477429372



Gemini Jones
by Veronica Faye

ISBN: 1475142366
ISBN 13: 9781475142365

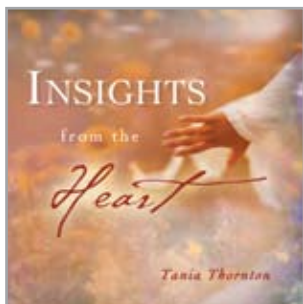


Pretty Painted Picture
by Cheryl Lynn

ASIN: B009FHOSK2

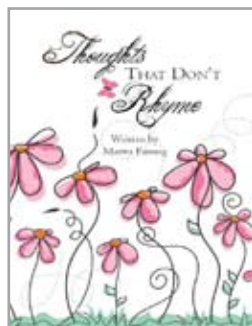
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



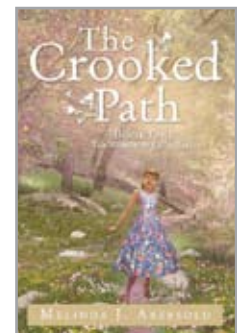
Insights from the Heart
by Tania Thornton

ISBN: 978-1-4525-6685-6 (sc)
978-1-4525-6686-3 (e)



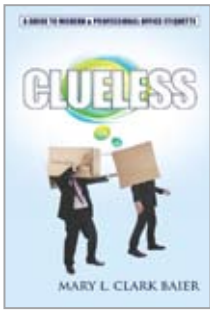
Thoughts That Dont Rhyme
by Marwa Farouq

ISBN: 1469934523
ISBN 13: 9781469934525
ISBN: 978-1-62111-702-5 (e)



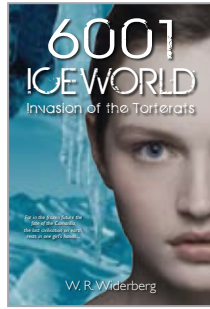
The Crooked Path
by Melinda J Abersold

ISBN: 978-1-4797-6286-6 (hc)
ISBN: 978-1-4797-6285-9 (sc)
ISBN: 978-1-4797-6287-3 (e)



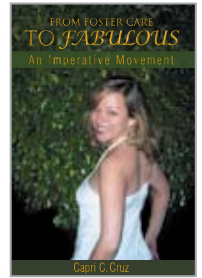
Clueless The Book
by **Mary L. Clark Baier**

ISBN-10: 1475226098
EAN-13: 9781475226096



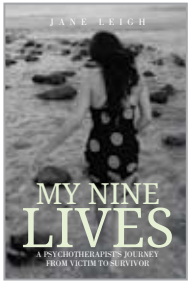
6001 Land of Fire
by **W R Widerberg**

ISBN: 978-0-98080-960-2



From Foster Care to Fabulous
by **Capri C Cruz**

ISBN: 978-1-4685-5251-5 (sc)
ISBN: 978-1-4685-5252-2 (hc)
ISBN: 978-1-4685-5253-9 (e)



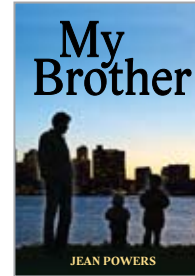
My Nine Lives
by **Jane Leigh**

ISBN: 978-1-4772-3965-0 (sc)
ISBN: 978-1-4772-3964-3 (hc)
ISBN: 978-1-4772-4200-1 (e)



Don't Just Give your stuff away
by **Princess Love Mills**

ISBN-13: 978-0-615-74447-6
ISBN-10: 0-61574-447-8



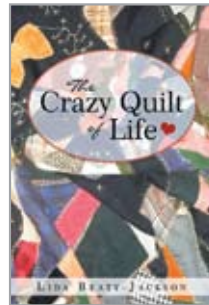
My Brother
by **Jean Powers**

ISBN: 1468063987
ISBN 13: 9781468063981



6001 Land of fire
by **W R Widerberg**

ISBN: 978-0-9808096-2-6



The Crazy Quilt of Life
by **Margaret Ann Parker**

ISBN: 978-1-4624-0456-8 (sc)
ISBN: 978-1-4624-0455-1 (e)



A Kings Ransom
by **Joy Ann Carroll**

ISBN: 1470006308
ISBN 13: 9781470006303

www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



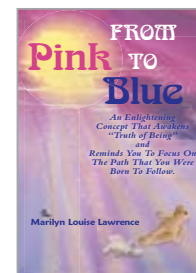
6001 The Sleepers
by **W R Widerberg**

ISBN: 978-0-9808096-1-9



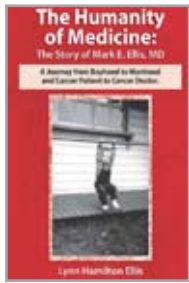
Roxana's Revolution
by **Farin Powell**

ISBN: 978-1-4759-8062-2 (sc)
ISBN: 978-1-4759-8063-9 (hc)
ISBN: 978-1-4759-8064-6 (ebk)



From Pink to Blue
by **Marilyn Louise Lawrence**

ISBN: 978-1-4525-5238-5 (sc)
ISBN: 978-1-4525-5237-8 (e)



The Humanity of Medicine
by Lynn Hamilton Ellis



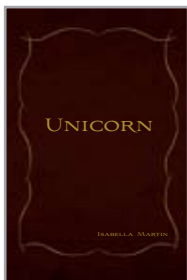
If I Knew Then What I Know Now
by Ruby Hillsman

ISBN: 978-1-4497-2389-7 (sc)
ISBN: 978-1-4497-2390-3 (hc)
ISBN: 978-1-4497-2388-0 (ebk)



A legacy of Rescue
by Marta Fuchs

ISBN-10: 0977873501
ISBN-13: 978-0977873500



Unicorn
by Isabella Martin

ISBN: 1479381888
ISBN-13: 9781479381883



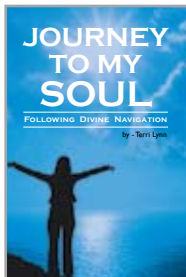
Crazy Courage
by Samantha Light

ISBN: 1468198556
ISBN 13: 9781468198553



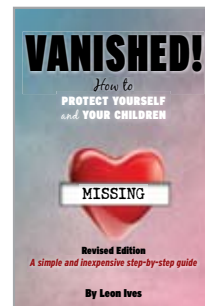
Reflections of a
Cat Whisperer
by Mary Ann Clifford

ISBN: 978-1-4797-4055-0 (hc)
ISBN: 978-1-4797-4054-3 (sc)
ISBN: 978-1-4797-4056-7 (e)



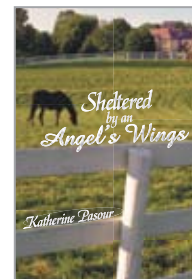
Journey to My Soul
by Terri Lynn

ISBN-10: 1461181216
ISBN-13: 978-1461181217



VANISHED! How to Protect
Yourself and Your Children
by Leon Ives

ISBN-13: 9781477453599
ISBN-10: 1477453598

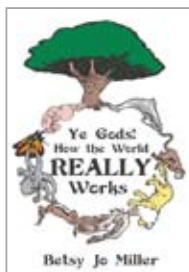


Sheltered by An Angels Wings
by Katherine Pasour

ISBN: 978-1-4627-2271-6 (sc)
ISBN: 978-1-4627-2273-0 (hc)
ISBN: 978-1-4627-2272-3 (e)

www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



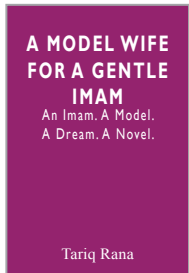
Ye God How the World Really
Works by Betsy Jo Miller

ISBN: 978-1-4772-7461-3 (sc)
ISBN: 978-1-4772-7462-0 (hc)
ISBN: 978-1-4772-7463-7 (e)



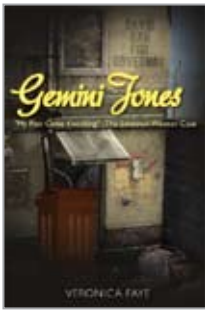
Touched by Grace
by Peter Andrew Sacco

ISBN-10: 1621417131
ISBN-13: 978-1621417132



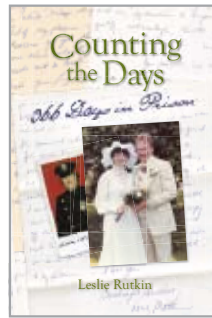
A Model Wife For a
Gentle Imam
by Tariq Rana

ISBN: 1-4681-6272-1
ISBN-13: 9781468162721



Gemini Jones
by Veronica Faye

ISBN: 1475142366
ISBN 13: 9781475142365
ISBN eBook: 978-1-62110-840-5



Counting The Days
by Leslie Rutkin

ISBN: 978-1-4685-3922-6 (sc)
ISBN: 978-1-4685-3921-9 (hc)
ISBN: 978-1-4685-3923-3 (e)



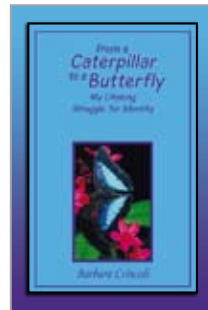
The Lament
by Erzell
Hoffman

ISBN-10: 1432743465
ISBN-13: 9781432743468



The Silent Partner
by Terrence King

ISBN: 978-1-4669-1639-5 (sc)
ISBN: 978-1-4669-1637-1 (hc)
ISBN: 978-1-4669-1638-8 (e)



**From a Caterpillar to
a Butterfly**
by Barbara Crincoli

ISBN: 978-1-4620-5496-1 (sc)
ISBN: 978-1-4620-5495-4 (hc)
ISBN: 978-1-4620-5494-7 (ebk)



**Hummingbirds,
Pennies, and
Hope**
by Jeanne

ISBN: 978-1-4525-4836-4 (sc)
ISBN: 978-1-4525-4837-1 (hc)
ISBN: 978-1-4525-4835-7 (e)



**Miles and Jo
Love Story in
Blue**
by Jo Gelbard

ISBN-10: 1477289577
ISBN-13: 978-1477289570



Memories of My Parents
by Amy Madge

ISBN: 978-1-4624-0402-5 (sc)
ISBN: 978-1-4624-0401-8 (e)



I Didnt Go Willingly
by Joanne Scarvell

ISBN-10: 1439252629
EAN-13: 9781439252628

www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Passing the Trash
by Charlie Hobson

ISBN: 1478309121
ISBN 13: 9781478309123
eNOOK ISBN: 978-1-62345-669-6



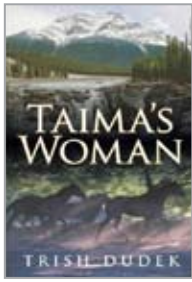
Fifty Years of Polygamy
by Kristyn Decker

ISBN: 978-1-4525-4998-9 (sc)
ISBN: 978-1-4525-4999-6 (e)
ISBN: 978-1-4525-5000-8 (hc)



Now I Remember Who I Am
by Marilyn Vickrage

ISBN: 978-1-4525-0586-2 (sc)
ISBN: 978-1-4525-0587-9 (e)



Taima's Woman
by Trish Dudek

ISBN: 978-1-4697-3570-2 (sc)
ISBN: 978-1-4697-3571-9 (hc)
ISBN: 978-1-4697-3574-0 (e)



End the Silence
by Dorothy & Ilse Evelijn
Veere Smit

ISBN-10: 1461181216
ISBN-13: 978-1461181217



The "How to Love Manual"
by Natalia Love

ISBN: 1477615423
ISBN-13: 9781477615423

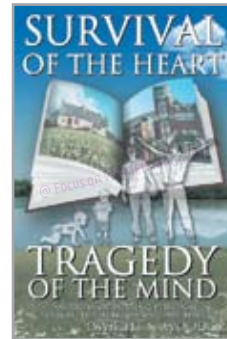


Her Demise
by Aliah Uddin

ISBN-10: 1477460519
EAN-13: 9781477460511

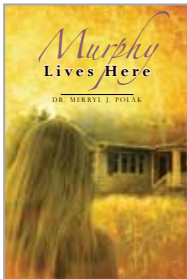
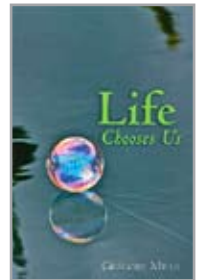
Survival of the Heart
by Dwight N Wood SR

ISBN: 978-1-4817-3923-8 (sc)
ISBN: 978-1-4817-3922-1 (hc)
ISBN: 978-1-4817-3921-4 (ebook)



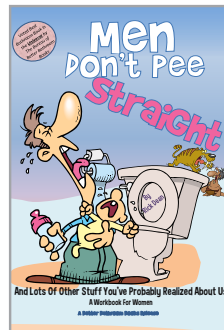
Life Chooses Us
by Gregory Mills

ISBN: 1466448040
ISBN-13: 9781466448049



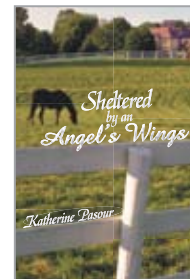
Murphy Lives Here
by Dr. Merryl J. Polak

ISBN-10: 0615555632
ISBN-13: 978-0615555638



**Men Don't Pee
Straight**
by Mr. Rick Dean

ISBN: 978-1-4525-4771-8 (sc)
ISBN: 978-1-4525-4769-5 (hc)
ISBN: 978-1-4525-4770-1 (e)



Sheltered by An Angels Wings
by Katherine Pasour

ISBN: 978-1-4627-2271-6 (sc)
ISBN: 978-1-4627-2273-0 (hc)
ISBN: 978-1-4627-2272-3 (e)

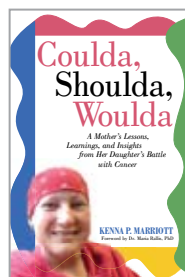
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



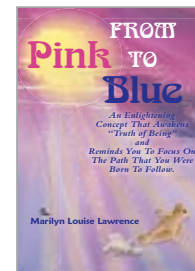
MANipulated Into Fear
by Marvela Dawnay

ISBN: 978-1-4772-9884-8 (sc)
ISBN: 978-1-4772-9885-5 (hc)
ISBN: 978-1-4772-9886-2 (e)



Coulda Shoulda Woulda
by Kenna Marriott

ISBN: 978-1-4759-9360-8 (sc)
ISBN: 978-1-4759-9362-2 (hc)
ISBN: 978-1-4759-9361-5 (e)



From Pink to Blue
by Marilyn Louise Lawrence

ISBN: 978-1-4525-5238-5 (sc)
ISBN: 978-1-4525-5237-8 (e)

Infant and Child Scientists Needed!

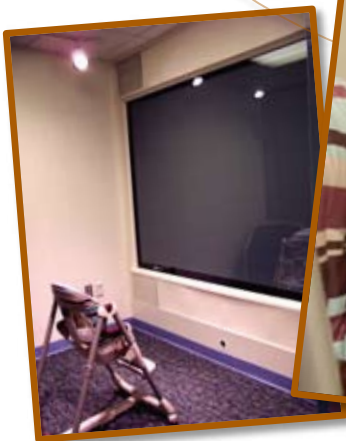


What Do Babies Think?

At the Johns Hopkins Laboratory for Child Development, we study how children perceive and reason about the world around them.

Our studies have shown that children know much more than people once thought. We study topics such as how infants and children track objects, learn new words, and understand number.

In our lab, children watch events take place on a puppet stage, watch displays on computer screens, and play hide and seek games!



Interested?

(410) 516-6068

infant.research@jhu.edu

We are looking for infants and children from 0-6 years of age to participate! Children find our studies interesting, and so do their parents. As a thank-you, we give your child a small gift! If you would like to learn more, please give us a call or send an e-mail.

Visit us on the web!

www.psy.jhu.edu/~labforchilddevelopment



HARVEST

at Swan Harbor Farm

A MARYLAND WINE EVENT

Maryland Wine's Upcoming Fall Events

Celebrate the bounty of fall's harvest at a variety of Maryland Wine Fall events. Visit our web site for more information about our events and winery specific events, as well.

Harvest at Swan Harbor Farm

Join Maryland wine at the inaugural *Harvest at Swan Harbor Farm* on October 26 from 11 a.m. to 5 p.m. This try and buy event features over a dozen Maryland wineries all pouring their best local wine at the picturesque Swan Harbor Farm in Havre de Grace. Craft vendors, local food vendors, local cheese vendors, live music, and children's activities - including educational farm activities sponsored by MAEF and a children's costume contest - make Harvest a family-friendly event. A general admission ticket includes seven wine samples from the wineries, and additional sample cards can be purchased online and on site. All wine is available by the bottle and case. **Buy your tickets to this first-of-its kind event today**, and save five dollars off the admission price.

Farm to Chef Maryland

Farm to Chef is a local culinary competition. Thirty of the most talented Maryland chefs will be paired with thirty local farms to create innovative dishes for guests to enjoy. Now in its fourth year, the event raises over \$25,000 for *Days of Taste*, a program that brings together farmers, chefs and community volunteers to introduce school children to the importance of fresh food and its journey from farm to table.

The event is on September 30 at 6:30 p.m. at the *American Visionary Art Museum* in Baltimore. Taste 30 dishes from the area's top chefs and farmers, all while sampling local beer, Maryland wine, and craft cocktails. Hand-selected judges will select their favorite dishes at the end of the night for prestigious awards. Want to know what it's like to be a food critic? **Buy a ticket to be a judge** and experience Farm to Chef like no one else! Judging tickets are limited. **Tickets are on sale now!**

Riverside Wine Fest at Sotterly

On October 5 and 6, celebrate the start of fall at the breathtaking Sotterly Plantation, a National Historic Landmark! Over 20 wineries will be in attendance serving up their best wines. Enjoy an afternoon of multiple wine tastings, live music, free mini tours of the 1703 Plantation House and Slave Cabin, artisans, demonstrations, exhibits, children's activities, great food and more. **Buy your tickets today!**



Autumn Wine Festival



The Autumn Wine Festival will celebrate its 11th year this October 19-20. The festival offers the perfect opportunity to explore Maryland wine from one scenic location. Over 20 wineries are anticipated this year, offering unlimited samplings. Wine connoisseurs and first time samplers alike enjoy the annual festival, which also features live music, including a headlining performance by Dave Matthews Band collaborator Tim Reynolds and TR3 on Saturday. Earlier on Saturday, festival-goers can enjoy a laid back and hilarious take on wine tasting from award-winning sommelier Laurie Forster, *The Wine Coach*. Those interested in a more intimate experience can upgrade their tickets to receive the VIP treatment, which offers a covered tent close to the main stage, tastings, private guest appearance by Laurie Forster (The Wine Coach), a wine-making forum with MVA, festival t-shirt and goodie bag. **Buy your tickets today!**

BACKGROUND READING

- [MD Wine History](#)
- [Industry Statistics](#)
- [Winemaker Profiles](#)
- [Grape Profiles](#)
- [Events & Festivals](#)
- [MD Wine Passport](#)

FOLLOW, FRIEND, SHARE

Forward this news to a friend



Learn more about our [MD Wine Passport program](#)

Contact Info

Maryland Wineries Association
1940 Greenspring Drive, Suite E
Timonium, Maryland 21093

Come celebrate the
Grand Opening of the
Health Sciences Building.



The
President's
Gala

Presented by  & The Hamel Family Foundation

SATURDAY, DECEMBER 7, 2013 • 7 TO 11 P.M.

HOWARD COMMUNITY COLLEGE

See Howard Community College's spectacular new building and enjoy an evening of hors d'oeuvres, buffet dinner, and dancing to the music of Radio City.

Tickets benefit HCC student scholarships.

HOWARD COMMUNITY COLLEGE
 **EDUCATIONAL
FOUNDATION**
Funding Pathways to Success

10901 Little Patuxent Parkway
Columbia, MD 21044

BLACK TIE

Tickets \$125 per person, tables and sponsorships also available.

For tickets and information, call 443-518-1970.

www.howardcc.edu/gala