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# Focus *Women* ON *Women* MAGAZINE



*2015 Author  
of the Year Awards*

## **The Checkerboard Game of Life**

**Giovanni Gambino: How Sicilian Neighborhood Ties Can Help Thwart Terrorist Attacks**

## **Thoughts on Thanksgiving**

**How do states really stack up on the 2015 National Assessment of Educational Progress (NAEP)?**



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# November/ December 2015

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Contemplating the expanse of time that encompassed this year's events, a famous quote by Thomas Paine, a political agitator during the American Revolution said, "These are the times that try men's souls." We saw how climate change threatens the vitality of our planet where some may argue greatly impacts population shifts and is

the common denominator for wars. We saw world leaders who ignored the health of our planet, come together on one accord to work towards goals to lessen the impact of global warming. We saw the lack of regard for human life among those hired to protect us alongside the shadow of an insidious enemy, both at home and abroad who threatens freedom, civilization and life as we know it. Despite what we viewed as broken, within our own borders and without, we built a mosaic of opportunities to reconnect, rebuild and share solidarity. To our readers, supporters and advertisers, may you too embrace those times that try us the most as opportunities to embrace each other with acts of compassion, peace and tolerance. At the advent of the New Year may you strive for greatness and celebrate the same in others.

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

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# Focus Women ON Women MAGAZINE

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**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.

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# National Terrorism Advisory System

## S U M M A R Y

We are in a new phase in the global threat environment, which has implications on the homeland. Particularly with the rise in use by terrorist groups of the Internet to inspire and recruit, we are concerned about the “self-radicalized” actor(s) who could strike with little or no notice. Recent attacks and attempted attacks internationally and in the homeland warrant increased security, as well as increased public vigilance and awareness.

### DETAILS

- Though we know of no intelligence that is both specific and credible at this time of a plot by terrorist organizations to attack the homeland, the reality is terrorist-inspired individuals have conducted, or attempted to conduct, attacks in the United States this year.
- DHS is especially concerned that terrorist-inspired individuals and homegrown violent extremists may be encouraged or inspired to target public events or places.
- As we saw in the recent attacks in San Bernardino and Paris, terrorists will consider a diverse and wide selection of targets for attacks. In the current environment, DHS is also concerned about threats and violence directed at particular communities and individuals across the country, based on perceived religion, ethnicity, or nationality.

### U.S. GOVERNMENT COUNTERTERRORISM EFFORTS

- DHS and the FBI are providing additional guidance to state and local partners on increased security measures. The public should expect an increased presence of law enforcement across communities in the weeks ahead. More stringent security should also be anticipated at public places and events. This may include a heavy police presence, additional restrictions and searches on bags and the use of screening technologies.
- The FBI is investigating potential terrorism-related activities associated with this broad threat throughout the United States. Federal, state, and local authorities are coordinating numerous law enforcement actions and community outreach to address this evolving threat.

### HOW YOU CAN HELP

Community leaders, co-workers, friends, and family can help by recognizing signs of potential radicalization to violence. For more information visit: <https://nsi.ncirc.gov/>

Report threats or suspicious activity to the FBI or your local authorities. Contact info for FBI Field Offices can be found here: <http://www.fbi.gov/contact-us/field>

### BE PREPARED

Expect increased security across most U.S. cities and plan ahead to anticipate delays and restricted/prohibited items.

In populated places, be responsible for your personal safety. Make a mental note of emergency exits and locations of the nearest security personnel. Keep cell phones in your pockets instead of bags or on tables so you don't lose them during an incident. Carry emergency contact details and any special needs info with you at all times. For more visit: <http://www.ready.gov>

### DURATION

The Bulletin will expire on  
**June 16, 2016**  
at 11.56pm.

[www.dhs.gov/advisories](http://www.dhs.gov/advisories)

### TYPES OF ADVISORIES

#### BULLETIN

Describes current developments or general trends regarding threats of terrorism.

#### ELEVATED ALERT

Warns of a credible terrorism threat against the United States.

#### IMMINENT ALERT

Warns of a credible, specific and impending terrorism threat against the United States.

### STAY INFORMED

The U.S. Government will provide additional information about any emerging threat as additional information is identified. The public is encouraged to listen to local law enforcement and public safety officials.

We urge Americans to continue to travel, attend public events, and freely associate with others but remain vigilant and aware of surroundings while doing so, particularly during the holidays.

**If You See Something, Say Something™. Report suspicious activity to local law enforcement or call 911.**

*The National Terrorism Advisory System provides Americans with alert information on homeland security threats. It is distributed by the Department of Homeland Security. More information is available at: [www.dhs.gov/advisories](http://www.dhs.gov/advisories). To receive mobile updates: [twitter.com/NTASAlerts](https://twitter.com/NTASAlerts)*

# Alena Chapman

ALENA CHAPMAN IS A MENTOR, SPEAKER AND INTERNATIONAL BESTSELLING AUTHOR



She has been involved with the study of self-improvement and development for over two decades. Her focus has been on teaching others the tools they need to unleash the power within, to break free from beliefs that prevent them from growing, and to begin to love their lives again.

Since 2010, Alena has helped hundreds of clients to discover happy and purposeful lives. In order to help others break free, she wrote her international best-seller, *You Can't Escape From a Prison If You Don't Know You're In One: What is Blocking Your Freedom?*

"The Alena Show" is a podcast committed to inspire and empower people on the path to self-discovery through discussions with people who have acted on their own moments of divine awareness. Alena shares with listeners how they can transform themselves to live the most authentic versions of themselves, by providing the tools that helped people achieve the best life possible.



Alena Chapman has appeared on:  
*ABC 21 Alive Insights*  
*Greenberg Show*  
*Jennifer Hammond Show*

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### Book Synopsis:

In "You Can't Escape From a Prison if You Don't Know You're In One," Alena Chapman makes it clear that you were born with a set of "magical" tools that can open your life to abundance and fulfillment.

You'll come to the realization that it's okay to give yourself permission to say "Enough is enough, I want to change." Alena Chapman guides on a new path of self-discovery through:

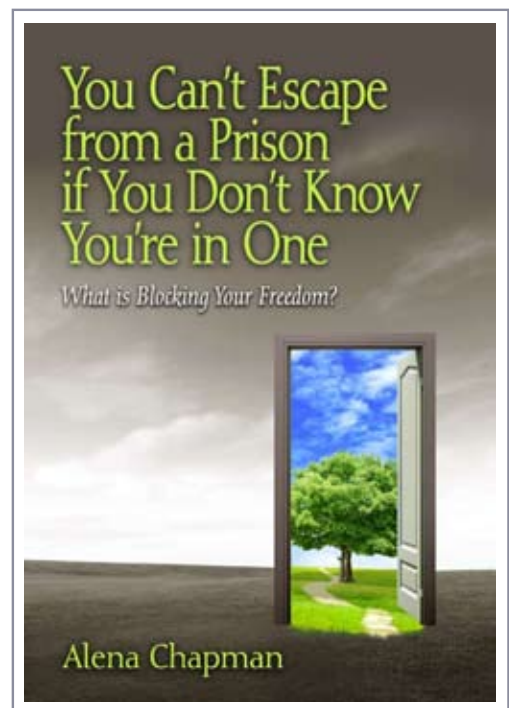
- Step-by-step exercises that build unstoppable momentum
- Affirmations that change your thought patterns from negative to achieving.
- Personal examples and quotes that not only teach but energize and help focus.

Each "tool" brings you confidence, strength, wisdom, joy and fulfillment.

"If you alerting for a way to create freedom in your life from the bods that hold you back from living a magnificent life, read every word of this incredible book. Highly recommended."

*Peggy McColl, New York Times Best-Selling Author*

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# Holiday Party Hazards: 6 Ways to Avoid Legal Hangovers



Beth Brody,  
fisher VISTA (For XpertHR)

With winter upon us, 'tis the season for holiday office parties and year-end celebrations. However, a few missteps and an employer may find themselves facing a lawsuit, says Beth Zoller, Legal Editor, XpertHR. In order to minimize the potential for liability, an employer should consider these six ways to avoid legal hangovers.

## 1. Keep the Focus Off Religion

Your holiday party should not be religious in nature and not specifically dedicated to Christmas to avoid claims of religious discrimination and harassment. This means that an employer should consider steering clear of Christmas music and decorations and instead, focus on celebrating the winter season and the coming new year.

## 2. Avoid Making Attendance Mandatory

Attendance should not be mandatory for the holiday party as this could create wage and hour issues for employees who are nonexempt. If attendance is mandatory it may be considered working time and hourly employees may be entitled to overtime. The party should be outside of working hours.

## 3. Be Careful If Serving Alcohol

An employer should be very cautious about serving alcohol because this can lead to a myriad of issues, including injuries, discrimination, harassment and inappropriate or offensive conduct. If you choose to serve alcohol, designate someone to monitor employees' alcohol intake. If an intoxicated employee leaves the event and injures a third party or damages a third party's property, the employer may be liable for negligence.

## 4. Enforce Discrimination, Harassment and Employee Conduct Policies

Even though the event may be held off site and during nonworking hours, the employer should still reiterate that its policies regarding discrimination, harassment, employee dating, employee conduct and its dress code remain in effect.

## 5. Make Sure Supervisors Set a Good Example

Management employees should be trained to identify instances of inappropriate conduct and to immediately report them to the employer or HR.

## 6. Respond to Complaints in a Timely Manner

An employer should act quickly if it receives a discrimination or harassment complaint, or learns of any other inappropriate conduct from an employee or supervisor, carefully documenting the complaint and initiating an investigation.

*Editor's Note: If you use any of this material, please include a link to <https://xperthrus.rbiblogs.co.uk/?p=9338>*

**Media Contact: Beth Brody, fisher VISTA  
(For XpertHR)  
609-397-3737**





## BLUE NUN WINES COCKTAIL RECIPES FOR THE HOLIDAYS



*Using their Authentic White and Winemaker's Passion Riesling, Blue Nun Wines has created 4 wine-based holiday cocktail recipes to spice up your holiday party and help you entertain like a pro. Served by the glass or in large format, both varietals retail nationwide for under \$20 and create a tasty base for these holiday concoctions. To find a retailer near you, use the Store Locator on*

*We invite you and your readers to share your creations and pictures using #BlueNunHolidays. Cocktails include:*

### ▶ **The Jingle Bold Blue Nun**

1 oz. Your Choice of Gin  
1 oz. Blue Nun Riesling White  
3/4 oz. Honey  
1 oz. Lemon Juice  
Garnish: Basil Leaf & Lavender Sprig  
Glass: Old Fashioned  
Method: Pour, Shake, Strain, and Serve

### ▶ **Blue Nun Snow-pine**

2 oz. Blue Nun Riesling  
3/4 oz. Honey  
1/2 oz. Lemon Juice  
2 Thyme Sprigs  
5 oz. Crushed Ice  
Garnish: Thyme Sprig, Sugar Crystals  
Method: Add ingredients into mixing bowl, Add ice, Stir, Serve.

### ▶ **Blue Nun Holiday-gria Night**

4 Cups Blue Nun Winemaker's Passion Riesling  
1/2 Pineapple  
10 Sage Leaves  
2 Apples, Thinly Sliced  
2 Vanilla Pods  
Topped with Ginger Beer  
Glass: Sangria Pitcher or Punch Bowl  
Method: Let all ingredients sit for 2-3 days at room temperature.

### ▶ **Blue Nun Holiday Cheer (Pictured Above)**

4 Cups Blue Nun Riesling  
1 Bunch of Basil  
1 Bunch of Rosemary  
1 Cups Coconut Water  
4 Peeled Lemons  
1/2 Cup Maple Syrup  
2 Cups Ice  
Garnish: Spear a Lemon Slice with One Spring of Rosemary per glass, Add Lemon slices, Basil, and Rosemary to Punch Bowl.  
Method: All Ingredients into Mixing Bowl. Add Ice, Stir, Freeze, Serve.

**For more information, contact Sara Shake at 954.336.3275 or [sara@madstudios.net](mailto:sara@madstudios.net)**

## The Seven Steps to Help Boys Love School



### Teaching to Their Passion for Less Frustration Linda Marie Gilliam

More children are being misdiagnosed with ADHD, academics are required earlier in school, recess is being cut out, and many frustrated boys drop out by high school. This prevalent frustration can lead to a child's lack of self-confidence and self-worth, but worse yet, aggression. People are now realizing the increasing crisis facing us today with children slipping further and further behind other nations in Reading, Writing, Math, and Science. The many years of brain research proves over and over that boys and girls need different techniques in the classroom for their best learning environment. This book will guide teachers and parents in activities that are appropriate for boys to excel in learning.

"Linda Gilliam is passionate about the subject of teaching, she is inspired and determined to help create change on an educational system needing revision to stay effective. Her book should be a great help to teachers and parents interested in effectively reaching children and inspiring them to learn."

- Casey Kellar, author and business consultant

"Ms. Gilliam has taught Kindergarten for 23 years and all primary grades for a total of 40+ years in California and Washington State. Linda understands the importance of early childhood development especially in boys, and wants to share her invaluable years of experiences. She is an accomplished teacher, Teacher of the Year for the Vancouver Washington School District 1997, motivational speaker and engages children so they LIKE school and THRIVE in pursuing their passions!"

- P. Constance Grecco,  
development officer of  
Clark College Foundation,  
Vancouver, WA.

"The problems boys encounter in school and learning are well known but the research on this topic seldom points out how teachers can remedy and combat those problems. It takes a highly skilled teacher to help struggling boys learn, but it takes a great teacher to accomplish it with humor, creativity and a caring heart. Linda is one of those great teachers whose book is a gift to her fellow teachers and their students. Actually, this book is a gift to all who love teaching and learning by creating the best environment, attitude and structure for boys to be successful learners in your classroom. This is a commitment we all need to make to save our struggling boys!"

- Barbara Mercer, retired literacy curriculum coordinator for Vancouver Schools

**Linda Marie Gilliam** has taught for over forty years, and currently lives in Portland, OR. She is passionate about helping all children and boys in particular, enjoy learning and school. Her dream is to convince parents, teachers, coaches, caregivers, librarians, and administrators to try these successful strategies; that are developmentally appropriate, fun, active, exciting, hands-on and easy to do at home or in the classroom. Ms. Gilliam received "Teacher of the Year" for her efforts in Vancouver, WA.

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# VICKIE EDWARDS SMITH

Author, Founder of the Networking Secret

Vickie E Smith graduated from Virginia Commonwealth University with a Bachelor of Science degree in information systems/systems analysis and also studied psychology. She is the founder of the Networking Secret. It has been her mission to help people understand the true meaning of living life as a gift through writing, speaking, teaching and living life as a positive straightforward example.

*Vickie Smith was the Guest Salon speaker at the Tea Salon at Three* – at the Historical, Jonathan Belcher House in Randolph, Ma. A salon is a gathering of intellectual, social, political, and cultural elites under the roof of an inspiring hostess or host, partly to amuse one another while having an afternoon of Savories and Fine Teas.



**The Checkerboard Game of Life - by Vickie Edwards Smith**

Vickie Smith is the author of *The Checkerboard Game of Life*. She is in the process of writing book #2. Each of us is given a gift – the gift of life. At times, some may wish they could exchange their gift for a different version. Since that’s not possible we have to deal with what we are given. We have to learn how to play the game.

Developing you is huge in understanding the gift of life. In her book, *The Checkerboard Game of Life*, author Vickie Edwards Smith tells Eva’s story. Like most of us, she wants to get the most out of life. She’s always thought of life as a game of checkers. Life makes its move and then it’s her turn to make hers. Each move she makes is her choice. Life’s moves may make hers more difficult-and she’s certainly had trying times-but she manages to jump them and win.



The ***Checkerboard Game of Life*** takes you on Eva's journey, which may be much like your own. Seeing how Eva handles her situations will give you a clearer understanding of how to develop inner peace and understand how you arrived where you are today. Learn how to create a map for living a balanced, more fulfilling life and see life as a gift.

Usually self-help books are books of lecturing. "***The Checkerboard Game of Life***" is a self-help impelling novel that draws attention to a character that the reader may relate. The character will take the reader on a journey in discovering that life is a gift. People may listen, pay attention, focus and learn more attentively when they feel themselves traveling through the book as reality.

## Editor Words

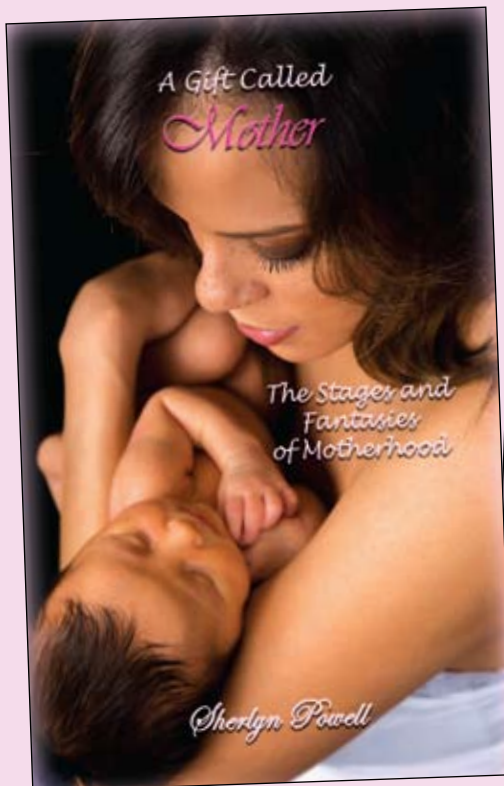
*\* There are too many of our young people who do not have direction after high school. They feel lost and have nothing to connect to but the evil direction of this world. They must know that they live in this world but they are not of this world. They must be leaders instead of baby makers who have not seen the many wonders our world has to offer and to show them with positive reinforcement in how to achieve...how to have dreams, goals and how to make those dreams a reality. They must be taught that life is a gift waiting for them to accept. When my high school son graduated he told me that he didn't know if it was the way that I raised him and his brother but he sat back and listened to his classmates in their plans for after high school and to hear his classmates with closed minds and their thoughts in a box when my sons were taught to live for the future, as far as you can think you can reach... There are many parents who are not parenting because of the boulders of obstacles stacked on their shoulders. They do not know how to deal with those obstacles that are coming from all directions and those obstacles are being transferred to the shoulders of their children. Do more that you can uniquely do than what you are thought to do... God is living energy. Every day that you wake up is a gift given to each one of us to be granted one more day to get it right. Begin by opening your eyes and being thankful in being you... You in being able to look at the many faces that you meet ...that you could impact in a positive life giving water flowing way. Every decision that you make has a price...an impact of life that can flow through your smile, your touch your presence to many.*



# A Gift Called Mother

*The Stages and Fantasies of Motherhood*

by Sherlyn Powell



Author  
Sherlyn Powell

ISBN 978-1-60264-704-6

a brief description.....

Sherlyn Powell shares a brief chapter out of her life. Some of her most joyful but sometimes poignant moments are revealed. She opens up about her tearful journey and the test of faith that is synonymous with being a mother. Through her experiences she shares that lack of communication can tear a family apart and reminds us that from infancy to teenager the commitment to be a loving family doesn't end there. While no family is perfect faith in God should remain in the forefront of our lives. She sprinkles quotes from the Bible and ties them into life as she takes a look at the stages and fantasies of being granted a gift called Mother.

She asks the question, "Who else on this earth has your back when you need them but family?"

WEBSITE: [www.sherlynpowell.com](http://www.sherlynpowell.com)

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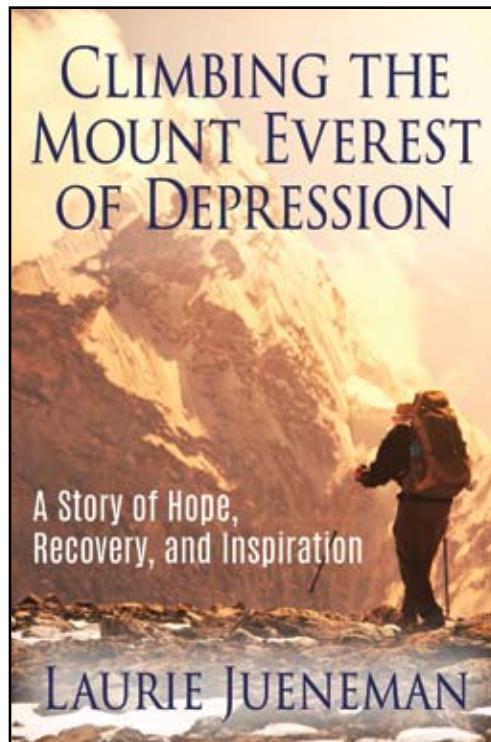
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# Climbing The Mount Everest of Depression

## A Story of Hope, Recovery and Inspiration



*MS Laurie Jueneman*  
AUTHOR



**October 19, 2015**  
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978-0996865401

I think that the onset of my depression when I was 35 years old was one precipitating event that helped mold me into the person I am today. I thought I was in the prime of my life. I had graduated from graduate school and was working as a nurse educator when things seemed to change over about a month. I describe it as like an earthquake beneath my feet. Everything about me changed. I lost my interest in eating, had problems sleeping and no longer like to go to work, spend time with my friends or do some of the necessary things that one must do to cling to life. The fact that it started at a time when I least expected any disruptions in my life and the fact that it has turned into a lifelong illness has greatly changed my life. I have had people ask me if I see my depression as a gift. I can't go that far. I define depression as, "a callous illness that had no idea I had other plans for my life." Who knows where I would have gone in my career had I been healthy? But as it is, I am now sharing my story through a book in hopes of helping others. It was with the help of a good medical team, strong friends, connection with family and my constant efforts toward the goal of wellness that I am able to be the independent, stable and productive woman I am today.

What motivated me to write my book? I believe two main things were involved. Primarily, about ten years before I started writing, friends suggested that I share my story in the hope of helping others who experience a difficult depression. I set that as a goal immediately, but was unable to fulfill that goal until I got well enough to do so. I did journal prolifically during this time so as to have some material for my story. I researched my medical records and did research on the illness of depression. During at least five of those ten years I was still experiencing frequent hospitalizations and electro-convulsive therapy. Once I recovered to the point where I did not have any hospitalizations for several years and had decreased the frequency of my electro-convulsive therapy, I put pen to paper. The other thing that motivated for me to

write my book was my passion to give hope to others experiencing depression and to decrease the stigma of mental illness.

I believe that my book has value to other people experiencing severe depression and also their families and friends. People need more information to understand the illness so that the stigma can be reduced. They need to feel like they are not alone. Our stories may be different, but the effects of mental illness are similar for everybody. Other values that I wanted to share in my book was that hard work and involvement in one's treatment plan is absolutely essential. Along with this must come a resilience that allows the individual and his family to bounce back if relapse happens. Another value to be shared is that mental illness must be seen like any other illness in our world today. Those experiencing it are not crazy or lazy. They cannot just "snap out of it."

Other people may apply the message in my book in many ways. One can ask for help when symptoms occur. At times it may be necessary for families and friends to intervene to get that help. It is important to recognize that seldom is taking medication alone the answer. Depression is a multifaceted illness and many types of treatment may be needed. One will probably have to work through life circumstances with a therapist, learn relaxation techniques appropriate for them, change negative thinking and take care of the whole body physically. Accepting the illness and learning everything one can about depression is essential. Only then can that person or his family get actively involved in trying to get well. Equally important would be that people do not hide their stories but share them. Getting involved in organizations that try to decrease the stigma of depression is another way to apply the message in my book. The National Alliance for Mental Illness is one organization that I have worked with. ●

**AVAILABLE ONLINE ON FOWMAGAZINE - eBookSTORE**



# ACLU Challenges Arizona Abortion Law that Discriminates

Against Black and Asian American Women



***Ban on So-called Race and Sex Selection Abortions Forces Providers to Racially Profile Patients***

The American Civil Liberties Union will appear in a federal appeals court today to argue that Arizona’s ban on so-called race and sex selection abortions intentionally targets and stigmatizes women of color.

The ACLU filed the lawsuit on behalf of the NAACP of Maricopa County and the National Asian Pacific American Women’s Forum, arguing that the law exploits racial stereotypes to discriminate against Black and Asian American women seeking abortions by requiring doctors – under the threat of criminal penalty – to racially profile their patients.

During debate over the law, Arizona lawmakers claimed that there was a racist plot to prevent the birth of Black children. These lawmakers also claimed the law was needed to prevent Asian-American and Pacific Islander (AAPI) women in Arizona from having sex-selection abortions, even though Arizona’s own data showed no sex disparities among children born to AAPI women in Arizona as compared to women of other races.

“At a time when racist and anti-immigrant rhetoric in this country is reaching a fever pitch, we are hopeful the court will see this law for what it is: an attempt to play on racial stereotypes to further politicians’ goal of preventing any woman from accessing abortion care,” said Alexa Kolbi-Molinas, staff attorney for the ACLU’s Reproductive Freedom Project.

The federal district court in Arizona dismissed the case in October 2013 despite the overwhelming evidence of discriminatory intent, stating that the groups did not have legal standing to challenge the law. Today, the appeal will be heard at the Ninth Circuit Court of Appeals.

“Arizona’s law is racist and paternalistic. It’s a ruse that presents a false choice between gender equality and the right to abortion,” said Miriam Yeung, executive director of the National Asian Pacific American Women’s Forum. “Far from protecting women, this law suggests that women of color cannot be trusted to make sound decisions about our own bodies.”

Twenty-one states and the U.S. Congress have considered some form of abortion ban since 2009 and eight states have banned sex-selective abortions. These laws are part of concerted, nationwide effort to pass laws that make it more difficult for a woman who has decided to have an abortion to actually get one.

In addition to the ACLU, the NAACP, and the National Asian Pacific American Women’s Forum, numerous civil rights groups, social scientists, and constitutional scholars have publicly opposed Arizona’s law.



Jaweer Brown; 212-549-7353; [jbrown@aclu.org](mailto:jbrown@aclu.org)



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## Thea Osato: The Common Nerve

Date: FRI DEC 18 - JAN 9 Rec: FRI, DEC 18 | 6 - 8 pm

## Charm City Klezmer Holiday Dance Party

Date: SAT, DEC 26 Time: 8 pm

## Film Screening The Messenger

Date: THU, Jan 7 Time: 7.30 pm

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Date: FRI and SAT, Jan 8 & 9 Time: 8 pm

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Date: SUN, Jan 10 Time: 7.30 pm

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## Amalie Rothschild Gallery Thea Osato: The Common Nerve

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# Focus on Women Magazine

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# THANKSGIVING by Tamara Mason



*TAMERA SWAN MASON,*  
*AUTHOR*

Tamera Swan Mason is president and founder of White Swan, Inc. a personal care products company for women. Her products are known as “Wild Rose” because of their unique rose fragrance. She has written several books providing basic business information for those considering a business of their own.

She is an ordained New Thought Minister and uses her professional development and spiritual training as a workshop facilitator, lecturer and counselor.

COMPANY WEBSITE  
[www.whiteswanproducts.com](http://www.whiteswanproducts.com)

There were one hundred and two passengers that departed England for the new world in 1620. These individuals wished to pursue their respective religions and live according to their beliefs. They felt that the new world would provide them with new opportunities and a new way of life. It took them sixty six days to cross the Atlantic Ocean. Of the one hundred and two passengers who boarded the ship, only fifty three passengers survived the trip. They landed on the shores of Plymouth, Massachusetts in September, 1620 and were unaware of the many challenges they would face. And, as history tells us, many of those fifty three passengers who actually made the trip did not survive that first year. But for the few who survived, they hoped this new land would provide new opportunities and looked forward to a better way of life than the one they had left behind.

They made friends with the Indians who taught them to fish and hunt and plant the native foods. They lived on the ship until their homes were built. Thankful for the successful first year they gave thanks in 1621 by celebrating with a three day feast with the Indians. This was actually the first Thanksgiving weekend. While there was no Macy’s parade which did not arrive until 1924 or football games to enjoy, they gave thanks for their new home and bountiful crops and looked forward to creating successful lives for themselves and their families.

The first National Thanksgiving was declared by President Washington in 1789. However, it did not become a yearly occurrence. In 1827 a female writer by the name of Sara Josepha Hale, a magazine editor, began to write letters suggesting that Thanksgiving become a national holiday. In 1863 Lincoln declared the 4th Thursday in November as Thanksgiving Day. While the populace celebrated Thanksgiving each year, it wasn’t until 1941 when President Franklin D. Roosevelt signed a bill in Congress declaring the 4th Thursday in November as the official day of Thanksgiving.

As we look back on the first Thanksgiving, we can only imagine what the Pilgrims experienced in forging ahead to bring forth a new nation where they could enjoy the freedoms that they so passionately desired; freedoms that unfortunately we often take for granted. As we gather with friends and family this year and enjoy this great country and its many benefits, let’s give thanks for more than the food on the table, but for good health, loving families, the religions that we are able to practice, the jobs we have, and the lives that we are able to pursue. Let’s give thanks for this creative spirit that we possess as Americans; this creative spirit that allows us to forge ahead, to explore, to continue to create and to constantly look forward to providing a better way of life for all. Acknowledging these benefits and proclaiming these advantages we can individually, as well as a nation truly give thanks for all our blessings. Happy Thanksgiving



# Giovanni Gambino: How Sicilian Neighborhood Ties Can Help Thwart Terrorist Attacks - J.W.Arnovits

**Without question, the attacks on 911, Kenya, Paris, and San Bernardino, have left citizens and law enforcement alike scratching their heads and facing the stark reality --- “ The killers were among us.”**

Author of several books including *The Vindicators*, a book about how the Sicilian Mafia evolved from the Fifteenth Century to today and another title on *Race Relations*, Giovanni Gambino member of the crime syndicate family, believes Sicilian ties within neighborhoods can help prevent individuals or groups like Isis from taking root in certain communities and can help law enforcement to make communities safer.



*Giovanni Gambino, son of a key figure in the Gambino crime syndicate*

Mr. Gambino says, “I grew up in a neighborhood where there was a tight network of people who knew who was coming in before they arrived. “They were the eyes over eyes.” This kind of vigilant neighborhood watch group is what Gambino believes would prevent terrorists from establishing a temporary launching pad as was the case in the 911 attacks, in a Florida neighborhood and recently in San Bernardino and in Paris.

Noting from personal experience and speaking in both a slightly discernible Italian and pronounced New York accent, “All it would take is for someone to say, Hey. That guy’s talking funny over there... and before you know it, someone would beat the Isis out of him.”

In the Sicilian community, residents are viewed with such scrutiny, Mr. Gambino concurs, they would learn about errant behaviors or crimes committed or planned ahead of Law Enforcement.

Agreeing that all communities share the good and the bad, Gambino affirms that the Sicilian System of strong neighborhood ties could assist in thwarting and preventing attacks from faction groups like Isis.

***Giovanni Gambino is an avid writer of several titles, a noted guest on Fox News, ABC News, PRN News Channel and is an aspiring film maker.***







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# Pregnant with HIV



and all its side effects: new injection treats infection, allows for more comfortable experience



The NIH recently reported that pregnancy-related changes in the body can affect how the body processes the HIV medicines it takes. Because of these bodily changes, the prescribed dose of HIV medicine may also change during pregnancy.

"This means that the correct script to keep a pregnant woman's HIV viral load in check, and her side effects under control, will no doubt be subject to change. These changes that the NIH is predicting could only breed confusion to those looking to get pregnant not knowing if the new scripts will work or not. The recommended dose of daily HIV meds is known to bring on nausea, vomiting, headache, fever, muscle pain, occasional dizziness. Pregnancy has similar side effects. They may double now that there are both non-effective HIV meds and pregnancy issues involved," notes Nader Pourhassan, CEO, CytoDyn Inc. clinical developer of PRO 140.

"But, pregnant women could soon have an option-----choose the often toxic pill regimen, the accepted method to fight HIV-----or when FDA approved, PRO 140, the new proven self-injected antibody that offers a more comfortable experience with almost no side effects. One dose a week, or possibly (in the future) one dose a month, of PRO 140 injected in each thigh treats the infection completely suppressing the viral load. When the morning sickness, and other annoyances of early pregnancy fade away, the HIV infected woman-with-child could return to a fairly normal life," concludes Pourhassan.

CytoDyn's Phase 2b FDA trial had a 98% success rate.

Now in Phase 3 FDA trial, CytoDyn expects to have PRO 140 commercialized by 2017.

## About CytoDyn

CytoDyn Inc. (OTCQB:CYDY) is a biotechnology company focused on the clinical development and potential commercialization of humanized monoclonal antibodies for the treatment and prevention of Human Immunodeficiency Virus (HIV) infection. The Company has one of the leading monoclonal antibodies under development for HIV infection, PRO 140, which has finished Phase 2 clinical trials with demonstrated antiviral activity in man and is currently in Phase 3. PRO 140 blocks the HIV co-receptor CCR5 on T-cells which prevents viral entry. Clinical trial results thus far indicate that PRO 140 does not negatively affect the normal immune functions that are mediated by CCR5. Results from six Phase 1 and Phase 2 human clinical trials have shown that PRO 140 can significantly reduce viral burden in people infected with HIV. A recent Phase 2b clinical trial demonstrated that PRO 140 can prevent viral escape in patients during several weeks of interruption from conventional drug therapy. CytoDyn intends to continue to develop PRO 140 as a therapeutic anti-viral agent in persons infected with HIV. For more information on the Company, please visit [www.cytodyn.com](http://www.cytodyn.com).

## About PRO 140

PRO 140 belongs to a new class of HIV/AIDS therapeutics -- viral-entry inhibitors -- that are intended to protect healthy cells from viral infection. PRO 140 is a fully humanized IgG4 monoclonal antibody directed against CCR5, a molecular portal that HIV uses to enter T-cells. PRO 140 blocks the predominant HIV (R5) subtype entry into T-cells by masking this required co-receptor, CCR5. Importantly PRO 140 does not appear to interfere with the normal function of CCR5 in mediating immune responses. PRO 140 does not have agonist activity towards CCR5 but does have antagonist activity to CCL5 which is a central mediator in inflammatory diseases. PRO 140 has been the subject of seven clinical trials, each demonstrating efficacy by significantly reducing or controlling HIV viral load in human test subjects. PRO 140 has been designated a "fast track" product candidate by the FDA. The PRO 140 antibody appears to be a powerful antiviral agent leading to potentially fewer side effects and less frequent dosing requirements as compared to daily drug therapies currently in use.



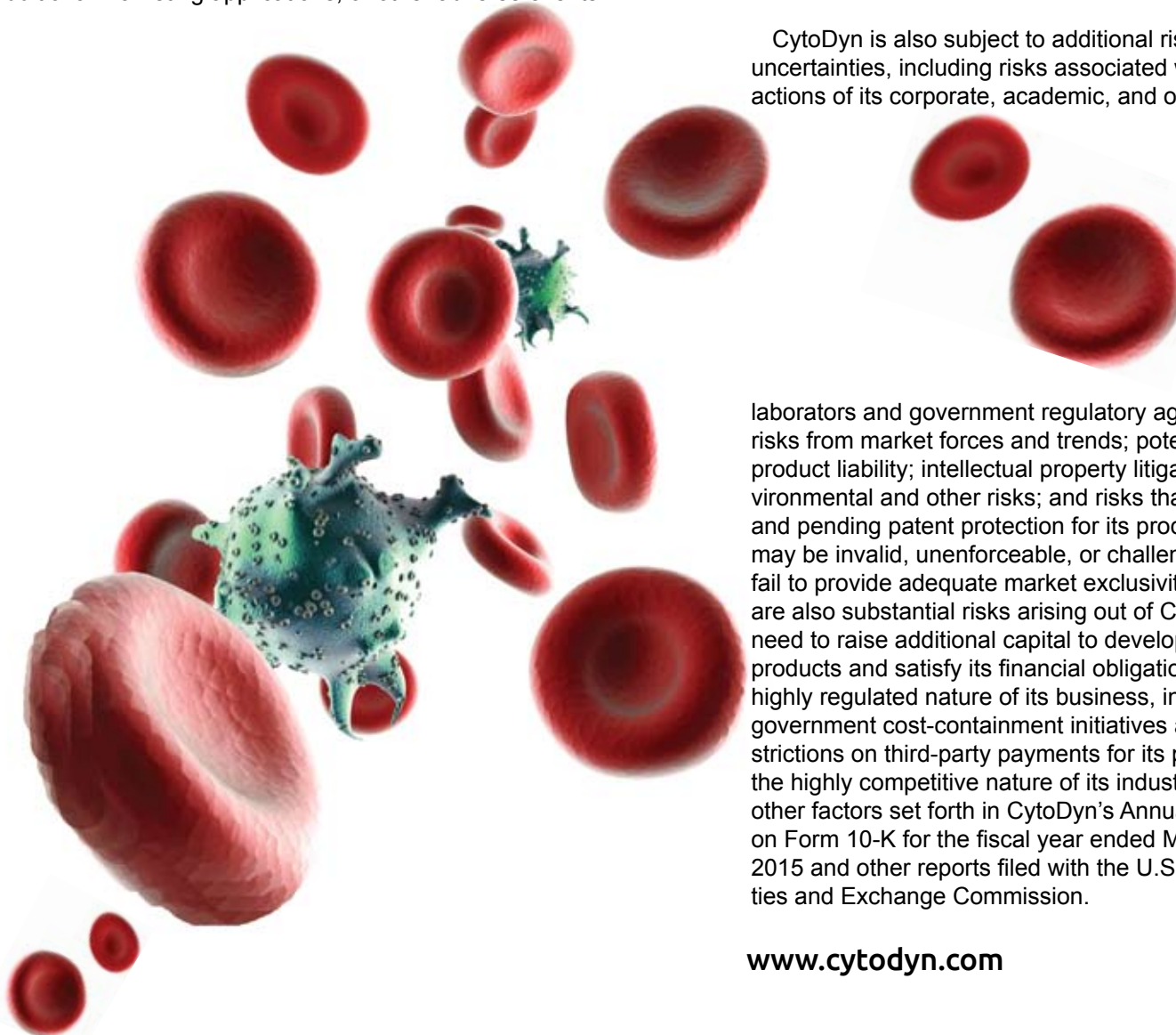
This press release includes forward-looking statements and forward-looking information within the meaning of United States securities laws, including statements regarding the Company's Phase 3 study and its results and completion, as well as other studies. These statements and information represent CytoDyn's intentions, plans, expectations, and beliefs and are subject to risks, uncertainties and other factors, many beyond CytoDyn's control. These factors could cause actual results to differ materially from such forward-looking statements or information. The words "believe," "estimate," "expect," "intend," "attempt," "anticipate," "foresee," "plan," and similar expressions and variations thereof identify certain of such forward-looking statements or forward-looking information, which speak only as of the date on which they are made.

CytoDyn disclaims any intention or obligation to publicly update or revise any forward-looking statements or forward-looking information, whether as a result of new information, future events or otherwise, except as required by applicable law. Readers are cautioned not to place undue reliance on these forward-looking statements or forward-looking information. While it is impossible to identify or predict all such matters, these differences may result from, among other things, the inherent uncertainty of the timing and success of and expense associated with research, development, regulatory approval, and commercialization of CytoDyn's products and product candidates, including the risks that clinical trials will not commence or proceed as planned; products appearing promising in early trials will not demonstrate efficacy or safety in larger-scale trials; future clinical trial data on CytoDyn's products and product candidates will be unfavorable; funding for additional clinical trials may not be available; CytoDyn's products may not receive marketing approval from regulators or, if approved, may fail to gain sufficient market acceptance to justify development and commercialization costs; competing products currently on the market or in development may reduce the commercial potential of CytoDyn's products; CytoDyn, its collaborators or others may identify side effects after the product is on the market; or efficacy or safety concerns regarding marketed products, whether or not scientifically justified, may lead to product recalls, withdrawals of marketing approval, reformulation of the product, additional pre-clinical testing or clinical trials, changes in labeling of the product, the need for additional marketing applications, or other adverse events.

CytoDyn is also subject to additional risks and uncertainties, including risks associated with the actions of its corporate, academic, and other col-

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# Prosper Women Entrepreneurs Startup Accelerator Reports to 2015 Investors

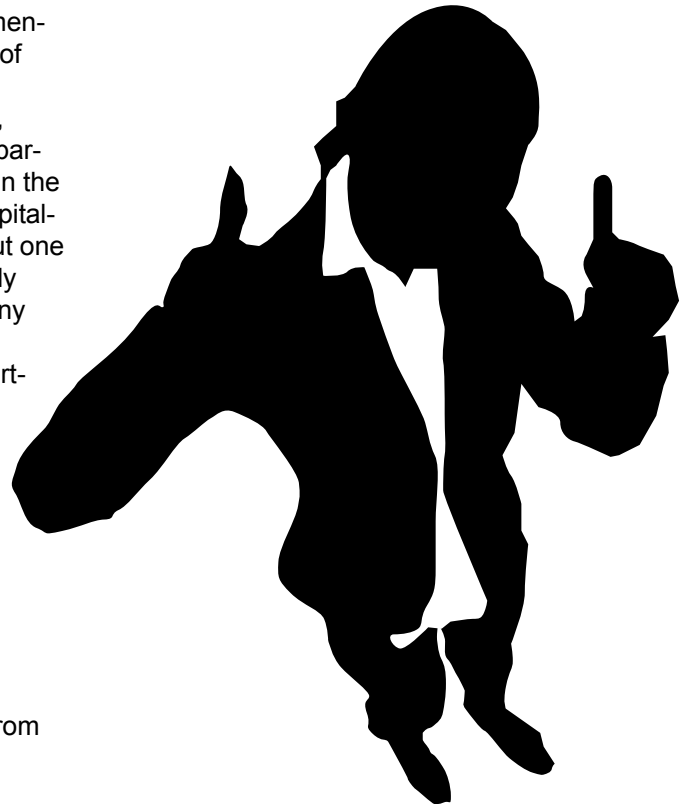
*By the numbers: opportunities for women-led businesses*

Prosper Women Entrepreneurs (PWE) Startup Accelerator recently delivered its 2015 Investor Report. While a large number of businesses are started every day in the U.S., women-owned or led businesses continue to lack the size and scale of male-led businesses.

According to the U.S. Small Business Administration (SBA), participation in the American innovation economy shows low participation rates for females and under-represented minorities in the technology sector. Just three percent of America's venture-capital-backed startups are led by women—a figure that drops to about one percent for African American and Hispanic entrepreneurs. Only about four percent of U.S.-based venture capital firms have any female investing partners at all.

What will change this economic landscape? The PWE Startup Accelerator was created by St. Louis business leaders to provide an intensive experience for women business owners, solely focused on their business growth with the support of experienced and successful mentors. The program is unique in that it also includes access to follow-on funding.

PWE reported these significant metrics to its 2015 investors, the majority (70%) of whom are women:



**Applications:** 665 applicants to the Startup Accelerator, from 41 countries and 31 states



**Percentage of Investment by Sector:** 37% in Technology, 36% in Healthcare Technology, 18% in Consumer Product, 9% Other

PWE Startup Accelerator was honored to be a two-time winner of a \$50,000 investment from the SBA this year. "The Prosper Women Entrepreneurs Startup Accelerator aims to grow women-led companies generating revenue and offers a special program that is customized for each individual business owner," adds Dr. Gorman. Mentoring is provided by successful innovators such as Maxine Clark, founder of the Build-A-Bear Workshop, and support from Fortune 500 companies such as Centene.

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## ABOUT PROSPER WOMEN ENTREPRENEURS

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(PWE): Founded in 2012, PWE comprises two separate divisions. Prosper Women Entrepreneurs Startup Accelerator is a for-profit organization focused on increasing women entrepreneurs' access to growth capital and the number of women investing in early-stage capital markets. Prosper Institute is a non-profit organization focused on training and mentoring women in the entrepreneurial community. PWE is a group of business leaders, thinkers, doers, innovators and students whose efforts help to ensure that women entrepreneurs are a vital part of the future.

[www.prosperstl.com](http://www.prosperstl.com)

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# Prominent Surgeon Gets Electrocuted While Performing Surgery

We all have problems in life; but imagine, after years of hard work and study to become a prominent surgeon, something goes horribly wrong in the operating room and, in an instant, your life is forever changed. It's normally the patient that's at risk of a complication in the operating room, not the doctor.



However, one day as Emile Allen, M.D. was operating to save a woman's life, he was electrocuted and nearly died. He remembered hearing a voice telling him: "I'm not ready for you yet. You have more work to do." He had no way of knowing the challenges he would face or how many times he would hear those words...

Dr. Allen had suffered a brain injury and, in a split second, went from performing intricate surgical procedures to struggling just to do simple things such as counting change at the grocery store or reading a book. The event not only changed his career but also his identity and capabilities. At the time, he didn't understand how significant the impact of this incident would be for the rest of his life.

*Eaten By The Tiger: Surrendering to an Empowered Life*, by Emile Allen, M.D., is a collection of stories and insights acquired through his personal experiences as a surgeon, son and patient that helped get him through the paralysis of

emotional and physical loss. He had ridden the gamut of emotions from shock and denial to full-blown depression. While learning to meditate on vacation in Fiji, he heard 'the words' again and was transcended to such a peaceful state of mind that his perception of the rest of the world was heightened. He had truly found the meaning of being "Eaten By The Tiger."

For anyone who has experienced a recent loss or might be struggling with life's daily challenges, there is at least one story in Allen's personal journey that will undoubtedly inspire you to find your own insights. Regardless of the reason, you will be able to relate to something in his compelling story because it will touch some aspect of your life.

Dr. Allen's fascinating inside stories of life as a surgeon, life lessons learned from his frustration with the healthcare industry, and his own personal experiences as a patient all exhibit a compassion for others that blends perfectly with his dry wit and grabs the reader's attention from the first page. In sharing the extraordinary roller coaster ride of emotions during his long recovery that prompted his journey of self-discovery, readers may laugh or cry, but they will all be moved and inspired to overcome their own obstacles and succeed at finding their own purpose in life.

Dr. Allen is a graduate of Northwestern University Medical School in Chicago. He completed his general surgery internship and urology residency at the University of Iowa Hospital and Clinics. He is the former Chairman of Urology and Vice Chairman of Surgery at Scripps Memorial Hospital in La Jolla, CA. As a retired urologist, Dr. Allen has turned his passion for helping others into inspirational speaking and writing, touching more lives than he ever could have as a surgeon.

*Eaten By The Tiger* is both motivating and empowering. In candidly sharing all he experienced, from his darkest moments to his utmost joy, Dr. Allen helps readers see that how we deal with life's challenges determines the outcome of our lives. •

## TIP SHEET :

Sherry Skidmore, Ph.D., Professor of Forensic Psychology: "The stories are magnetic, gripping. They pulled me through the book every step of the way."

Donna Kennedy, English Professor and Professional Editor: "Wow! I'm an editor and read books everyday for a living. I couldn't put [this book] down. The stories are evocative and made me feel like I was right there talking to Dr. Allen. He is a writer and it's obvious he found his true passion."

Harry Wilkins, III, M.D., Attending Trauma / Surgical Critical Care Attending, Quincy Medical Group: "After reading this book, everyone is going to use the phrase *Eaten by the Tiger*. Emile you nailed it. This book is a grand slam!"

Sid Vaidya, Former VP of IBM, Founder/Chairman, The Diamonds of Diversity: "In clear and simple language, [book] describes the process of letting go of the emotional and physical baggage in your life... poignant stories illustrate how to transform yourself into a better you. This is one of the most meaningful books I have ever read, and I highly recommend it as a must have book for your library."

Jeanette Grace: "As a professional writer for over 20 years, I found [this] to be captivating and evocative. Vivid descriptions pulled me into...each story and elicited a visceral and emotional response that not many writers can accomplish...found myself laughing, crying and being shocked by your real life stories...not only engaged my imagination but also demonstrated how to live an empowered life. Thank you, Dr. Allen, for sharing your life with us. Your courage is an inspiration to all of us."

Pompey Stafford, Investment Advisor: "Since I have recently lost my son, I resonated deeply with Dr. Emile's life stories and insights. My son's passing has left a chasm in my heart and soul so wide and deep, that words can't describe...[book] enhanced my faith and will to move forward but not forget the love and joy my son gave...captivating read with extraordinary stories from his life."

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**Juana Sancho Davila Moreland**

LICSW, DCEP, EFT, EEM, EEM 101/102 Teacher

Juana R. Sancho Davila Moreland is a native of Lima-Peru bilingual English-Spanish Clinical Social Worker Licensed in Washington DC and Maryland, Professional Energy Medicine practitioner and maintains a private practice in Columbia MD with adults, Couples and groups.

Professionally trained as a Certified Energy Psychology (D-CEP), Emotional Freedom Techniques (EFT), Eden Energy Medicine (EEM) and 101/102 EEM teacher. Mrs. Sancho Davila Moreland teach introduction to Eden Energy Medicine and EFT to small and large groups. She works with the subtle energy systems of the body to identify and correct energy blocks and imbalance allowing the body to balance and heal naturally.

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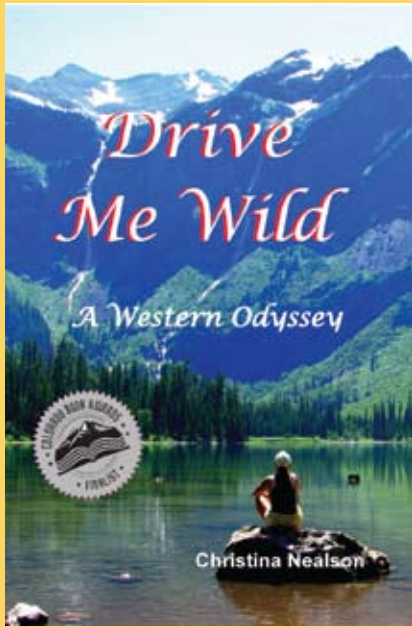
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# Christina Nealson

2015 Author of the Year *Focus* ON Women MAGAZINE



**Drive Me Wild: A Western Odyssey**  
Christina Nealson

published: Aug 02, 2012

“Turn in your badge, Jack Kerouac, there’s a new sheriff in town and her name is Christina Nealson!” proclaimed John Nichols, author of *The Milagro Beanfield War* on *Drive Me Wild*. It was the vision of debt-free simplicity that tempted writer Christina Nealson to swap real estate for wheel estate; days of wanderlust journeying into remote places and then staying put. In the span of six months the house in Taos NM and 95% of her possessions were kaput. The die was cast as she forsook her backpack tent and moved into a 35-foot motorhome with her stubborn German....



I am honored to be the recipient of the 2015 La Femme De Prose Books AUTHOR OF THE YEAR AWARD. In the spirit of Donna Lynn Quill, I thank you for this recognition based upon my latest book, **Drive Me Wild: A Western Odyssey**. I am humbled to accept this award on behalf of wild landscapes and the feral beings that inhabit the earth, as well as our dreams.

We are faced with a climate-changed planet in peril. We are being challenged to discover the purpose we were born to live, that we might translate that purpose into planetary health and love for all life. **Drive Me Wild** speaks to the role of odyssey in the discovery of personal courage and strengths heretofore unknown. Odyssey, of course, takes many forms. The dictionary defines odyssey as a long journey full of adventures; a series of experiences that give knowledge or understanding to someone. **Drive Me Wild** is the tale of my travels from British Columbia to the tip of the Baja, five years of wild encounters that include whales, mountain lions and grizzlies, and the subsequent revelations that catapulted me onto a new path. Not everyone will choose an extreme route like mine. What matters is that one takes her first courageous step towards the germ of her soul. What matters is that the healing potential and power of the feminine is loosed. What matters is that women tap the faith and intuition that will deliver us to our spirit home. May this book, and the body of work that surrounds it, inspire us towards that purpose.

Thank you.  
For the Wild, Christina



<https://twitter.com/thewildyes>



<http://www.amazon.com/Christina-Nealson/e/B001K8G3M0>



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# Last Minute Beauty Gift Idea!

**Creating** beauty masterpieces with today's gorgeous, luxe compacts and delightful powders can get messy. So this holiday, solve every beauty junkie's frustration with the luxury beauty tools of ADROIT Beauty™.



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The Adroit Beauty™ Starter Set is similar to the above with one cleanser for \$79.99

The Adroit Pretty Pod™ Brush & Cover Set with luxury brush and brush cover for \$69.99

**ADROIT Beauty™** is the creation of Brigitte Shaughness, a Cayman Islands native with a love for luxury beauty products and an entrepreneurial vision. After searching endlessly for protective covers for her own luxury make-up brushes, Brigitte designed one to keep brushes clean and undamaged.

**ADROIT Beauty™** created a stylish and ingenious solution to beauty's messier side, by inventing the Adroit Pretty Pod™ (Patent No. 9167891) to keep the ADROIT Beauty™ Luxury make-up brush clean, ending the make-up dirt and grime cycle often growing with dirty make-up tools.

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more at [www.adroitbeauty.com](http://www.adroitbeauty.com) or contact [sarah@chicexecs.com](mailto:sarah@chicexecs.com)



# iQudo Ideation Study Finds That Coworkers Ignite Creativity Best in the workplace

iQudo, a creativity training academy and consultancy, conducted a survey of 502 people, from a cross-section of professions in San Francisco, to determine where, when and how creativity thrives.

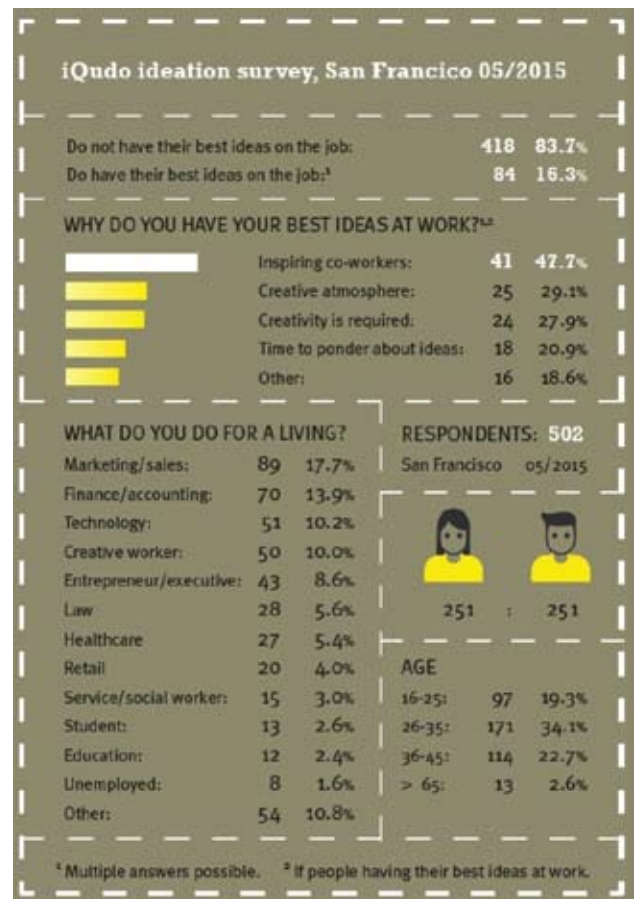
The survey found that 83.7% of the respondents do not get their best ideas on the job due to time constraints, distractions and stress. Of the survey participants that do get their best ideas at work 47.7% cite inspiring co-workers as the number one reason for on the job creativity. The second factor is a creative atmosphere at 29.1% followed by job creativity requirement at 27.9%. Having time to ponder on the other hand, ranked fourth place only at 20.9%.

The study results indicate that time isn't key to personal creativity and generating outstanding ideas, but inspiring co-workers, the presence of a creative atmosphere and required creativity are.

"The most important investment for a company is its people," says Robert Gerlach, founder and creativity coach of iQudo. "When people share the same chemistry, they are more likely to talk with each other and eventually build trust. Trust is a major component for sharing ideas and honest feedback."

The findings of this study may have major implications for innovative companies and how they approach creativity, and may well signal the need for a paradigm

shift. For creativity to thrive, it is up to leaders to foster collaborative relationships, establish a creative atmosphere, demand creativity and provide limited time to ponder.



## About the study

The iQudo ideation study was carried out mainly in the South of Market and Financial district in San Francisco, as well as residential neighborhoods such as Russian Hill, Pacific Heights, and Cow Hollow. Majority of the survey respondents were working people between the ages of 16 and 65. Find out more about the survey, [www.iQudo.com/survey](http://www.iQudo.com/survey)

## About iQudo

iQudo - sport of ideas is a creativity training academy and consultancy founded in 2006 by Robert Gerlach, creativity coach and associate researcher at the Institute for Entrepreneurship, Technology Management and Innovation at the Karlsruhe Institute of Technology, Germany. iQudo focuses on creativity training for professionals and executives to create an inspiring environment for ideas that will propel the world forward. [www.iQudo.com](http://www.iQudo.com)

<b>Contact</b>	Public Relations Clara Andrew-Wani Phone: +1-347-991-8808	Corporate Robert Gerlach Phone: +49-177-8888-112

# Eye-Opening Data Reveal Who Is Writing the Most Opioid Rx's

An article published in *JAMA Internal Medicine* showed that general practitioners prescribed the most opioid pain relievers among Medicare prescribers.

Researchers had previously suggested that the opioid overdose epidemic was mainly fueled by small groups of high-volume prescribers and “corrupt pill mills.” The California Workers’ Compensation Institute found that 1% of prescribers were responsible for one-third of schedule II opioid prescriptions, and that 10% were responsible for 80% of prescriptions.

For this study, a team from Stanford University analyzed Medicare data to study prescribing patterns across the nation. They looked at data from individual prescribers including physicians, nurse practitioners, physician assistants, and dentists from coverage claims in the 2013 Medicare part D data set; over 1.1 billion claims for nearly \$81 billion were represented.



## ***RELATED: New Nasal Spray Approved to Treat Opioid Overdose***

Specifically, the study authors focused on schedule II opioid prescriptions containing hydrocodone, oxycodone, fentanyl, morphine, methadone, hydromorphone, oxymorphone, meperidine, codeine, opium, or levorphanol.

Results of claims per prescriber type indicated that opioid prescriptions were concentrated in interventional pain management (1,124.9), pain management (921.1), anesthesiology (484.2), and physician medicine and rehabilitation (348.2) specialties. Based on total claims, however, family practice were at the top with 15.3 million prescriptions, followed by internal medicine (12.8 million), nurse practitioners (4.1 million), and physician assistant (3.1 million).

The study concluded that Medicare opioid prescribing was distributed across many prescribers and was “less skewed than all drug prescribing” contrary to the findings from the California Worker’s Compensation data which suggested a small group of prescribers accounted for a “disproportionately large percentage of opioid prescribing.”

“High-volume prescribers are not alone responsible for the high national volume of opioid prescriptions. Efforts to curtail national opioid overprescribing must address a broad swath of prescribers to be effective,” the research letter concludes. ■

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# 2015 Author of the Year *Focus* ON Women MAGAZINE

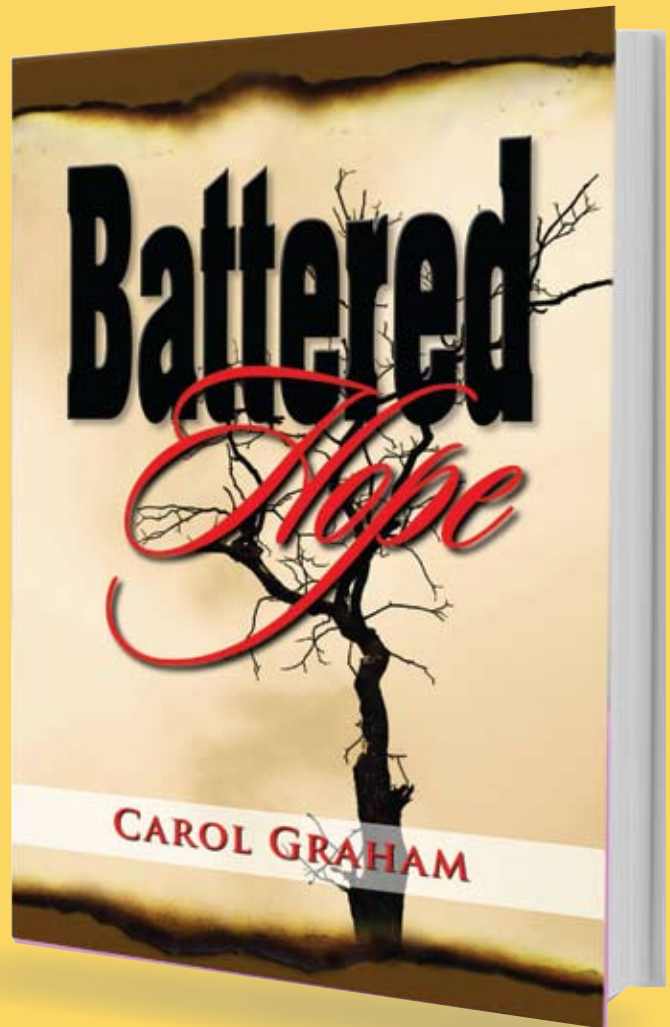


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*Carol Graham*



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# Lumpectomy's Edge: All Clinical Smoke and Mirrors?

Women with early breast cancer had significantly better overall survival (OS) when treated with lumpectomy and adjuvant radiation than with mastectomy, according to the results of a large observational study presented here, but breast cancer authorities considered the findings misleading.

Data from the 37,000-patient Dutch study showed a 10-year OS of 76.8% with lumpectomy and radiation versus 59.7% with mastectomy. The large absolute difference shrank after adjustment for potential confounding factors, but women undergoing breast-conserving surgery still had a 20% improvement in 10-year survival compared with women who underwent mastectomy, as reported here at the San Antonio Breast Cancer Symposium.

"Randomized controlled trials conducted in the 1980s showed equivalent survival for breast conserving surgery with adjuvant radiation therapy and mastectomy," said Sabine Siesling, PhD, of the University of Twente in Enschede, The Netherlands. "Recent observational studies have shown better survival for breast-conserving therapy. However, the studies have had limitations, notably, follow-up for only 5 years. We know that recurrences can occur later, so it is important to follow patients for at least 10 years."

The 10-year follow-up data from the Dutch study showed superior OS and distant metastasis-free survival among women treated with lumpectomy and adjuvant radiation therapy. Acknowledging imbalances in baseline characteristics favoring the lumpectomy group, Siesling said the survival advantages persisted after statistical adjustment for the imbalances, reinforcing the view that breast-conserving therapy leads to better survival for women with early breast cancer.

Other breast cancer authorities remained unconvinced and suggested the results showed that appropriately selected patients are undergoing breast-conserving surgery.

"The conclusions are more a result of selection than a result of the operation," said Kevin Hughes, MD, of Massachusetts General Hospital Cancer Center in Boston. "The patients with small, well-differentiated tumors got lumpectomy, and those with poorly differentiated, larger, and node-positive tumors got mastectomy. Of course, the mastectomy group is going to do worse."

"This is the reason we do randomized, controlled trials. All of the randomized, controlled trials have looked at lumpectomy versus mastectomy in patients that were equivalent. When the patients are equivalent, the outcomes are the same."

The additive therapeutic effect of adjuvant radiation therapy in the lumpectomy group also has to be considered in evaluating the outcome of the Dutch study, said Carlos Arteaga, MD, of Vanderbilt-Ingram Cancer Center in Nashville, Tenn.



"I don't think this study should necessarily change the way we approach the initial therapy of a breast that has a cancer. It just reemphasizes the value of breast conservation, and that's the message I took from this study."

Siesling reported findings from two analyses involving patients with early-stage breast cancer (pT1-2N0-1), identified through The Netherlands Cancer Registry. The analysis of OS included 37,207 patients treated from 2000 to 2004 and followed for a minimum of 10 years. The analysis of DMFS involved a subgroup of 7,552 women whose breast cancer was diagnosed and treated in 2003 and followed for 10 years.

The survival cohort had a median follow-up of 11.3 years. Siesling reported that 21,734 (58.4%) patients underwent lumpectomy and adjuvant radiation therapy, and the remaining 15,473 underwent mastectomy. Patients who had breast-conserving therapy were younger. As compared with the mastectomy group, the lumpectomy patients had tumors that tended to be smaller, well differentiated, unifocal, ductal and localized to inner or outer areas of the breast.

Patients receiving breast-conserving therapy were less likely to receive hormonal therapy and less likely to undergo axillary lymph node dissection.

The overall analysis showed a statistically significant difference in 10-year survival ( $P < 0.001$ ). Subgroup analyses showed similar differences by tumor characteristics: T1N0, T1N1, T2N0, and T2N1 ( $P < 0.001$  for all comparisons).

After correcting for potential confounding factors, investigators found that breast-conserving therapy was associated with a 19% reduction in the 10-year survival hazard (HR 0.81, 95% CI 0.78-0.85,  $P < 0.001$ ). Analysis by tumor characteristics yielded almost identical results (HR 0.82-0.80,  $P < 0.001$ ).

The DMFS analysis included 7,552 patients, 61.5% of whom had breast-conserving therapy. During a median follow-up of 9.8 years, distant metastasis occurred in 11.0% of the breast-conservation group and 14.7% of the mastectomy group. Mirroring the analysis of OS, the DMFS results showed a significant benefit for breast conservation in the total population and analysis of subgroups by tumor characteristics ( $P < 0.001$ ).

Adjustment for confounding factors yielded an HR of 0.88, which did not quite achieve statistical significance for the comparison of breast conservation and mastectomy (95% CI 0.77-1.01,  $P = 0.070$ ). Analysis by tumor characteristics showed superior DMFS only for the subgroup of patients ( $N = 3,891$ ) with T1N0 breast cancer (HR 0.74, 95% CI 0.58-0.94,  $P = 0.014$ ). The two strategies resulted in near-identical DMFS for the other subgroups (HR 0.94-1.00). ●



# How do states really stack up on the 2015 National Assessment of Educational Progress (NAEP)

Today's release of the 2015 National Assessment of Educational Progress (NAEP) means that pundits, politicians, and, yes, even some researchers, will soon begin the biennial exercise of making unwarranted inferences from the NAEP results. We draw on a new Urban Institute report to show, first, how to make more responsible comparisons across states and, second, that the declines in NAEP scores from 2013 to 2015 are unlikely to be explained by shifts in student demographics.

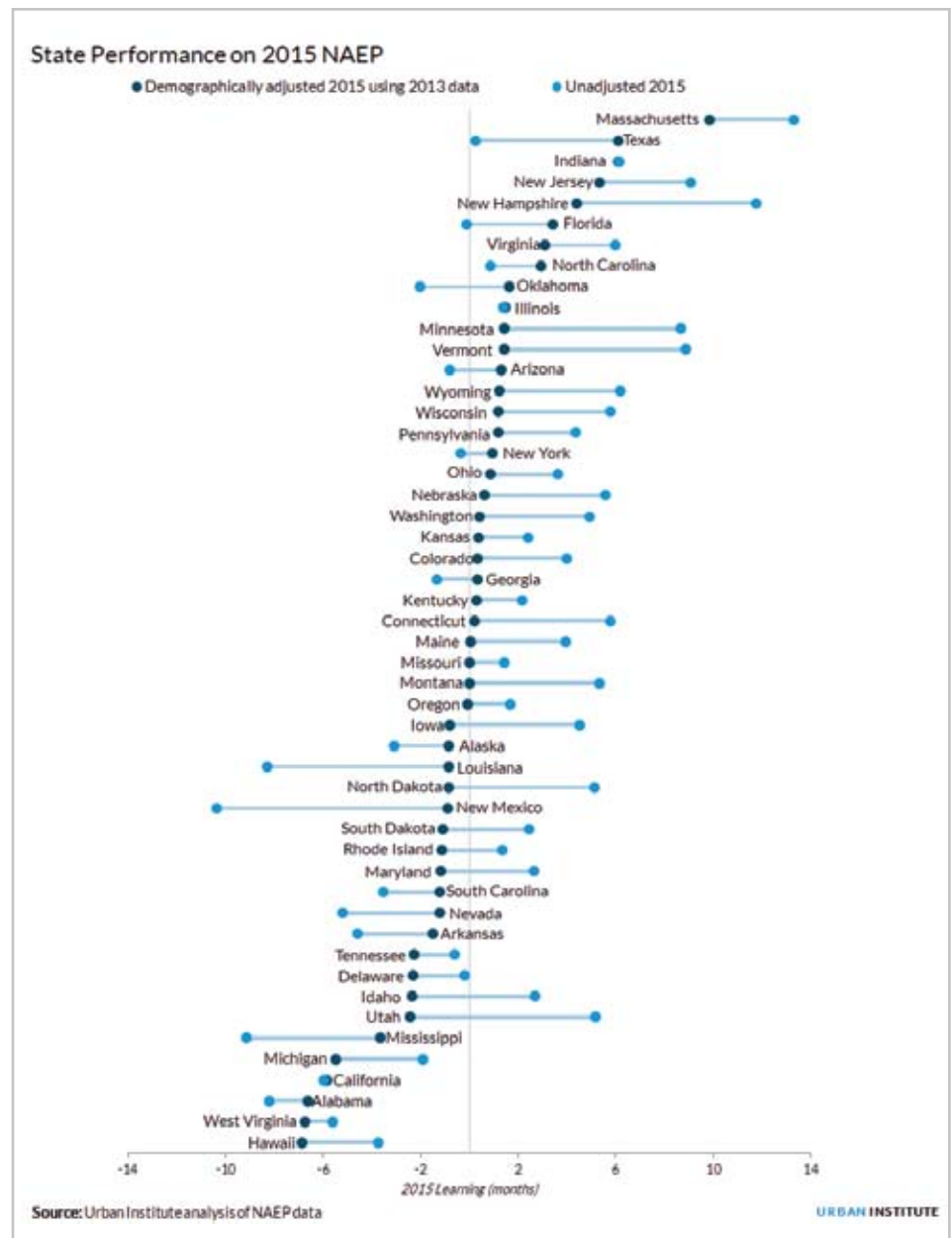
NAEP, often called the "nation's report card," is the only standardized test regularly administered to a nationally representative sample of U.S. students. Unfortunately, "misNAEPery" has become common practice, with education stakeholders touting high-scoring states that have adopted their preferred policies, or low-scoring states that have done the opposite. The fundamental problem is that there's no widely accepted way to factor student demographics into state NAEP scores. Urban's new report, *Breaking the Curve: Promises and Pitfalls of Using NAEP Data to Assess the State Role in Student Achievement*, proposes better ways to compare NAEP scores across states and over time.

Breaking the Curve calculates adjusted NAEP scores, based on the 2013 results, that account for differences in student demographics among the states. Using a rich set of control variables, the report generates a ranking that shows which states are "breaking the curve" – producing stronger academic outcomes for their students compared to demographically similar students across the US.

Breaking the Curve demonstrates that just reporting raw NAEP scores obscures a deeper narrative: significant variation among state achievement results even after demographic factors are taken into account. It's no surprise that Massachusetts has better outcomes than Mississippi, but it may be a surprise that Texas performed significantly better than California. The demographic adjustment substantially weakens the relationship between NAEP scores and state poverty rates. But even after this adjustment, the difference between the highest- and lowest-ranked states is equivalent to nearly 18 months of learning.

## Adjusting the 2015 NAEP scores

But with the 2015 scores, aren't the 2013 scores old news? The student-level dataset needed to conduct a 2015 "Breaking the Curve" analysis probably won't be released by the National Center for Education Statistics until 2017, given that the 2013 data





were not available until May 2015. We can, however, provide an approximation of the 2015 demographically-adjusted scores using the 2013 adjustments from our recent report.

We do this by applying the 2013 adjustment—the difference between unadjusted and adjusted scores in 2013—to the 2015 state average scores released today. The assumption at work here is that the underlying demographics of a given state likely haven't changed substantially in the two years since the last test was given. This strategy isn't perfect, but a validation analysis using the 2011 and 2013 data showed that it produces estimated adjusted scores that are very highly correlated ( $r=0.97$ ) with the actual adjusted scores.

The figure below shows our adjusted NAEP ranking for states based on the 2015 data. Each state's score (averaged across the tests in math and reading in the 4th and 8th grades) is reported in months of learning, compared to an overall average adjusted score of zero. The 2015 ranking of adjusted scores is fairly similar to the 2013 list, with the most notable exception being Maryland, which fell from 6th in 2013 to 37th in 2015.

### Do demographic shifts explain the recent decline in NAEP scores?

The decline in this year's national NAEP scores on three of the four tests is likely to receive the most attention, especially after a long period of gradual increases in 4th and 8th grade reading and math scores. How much of this decline can be attributed to changing student demographics? A full analysis will have to await the eventual release of student-level scores, but the results in *Breaking the Curve* strongly suggest that demographics are unlikely to explain away the 2015 drop in scores, especially in 8th grade.

#### NAEP Score Changes, Months of Learning

Test	Predicted Change	Actual Change	Actual Change
	2003-2013	2003-2013	2013-2015
4th-grade math	-1.8	4.3	-0.7
4th-grade reading	-3.2	2.6	0.5
8th-grade math	-4.5	9.2	-3.0
8th-grade reading	-4.4	5.5	-2.6
Average	-3.5	5.4	-1.5

Source: Urban Institute analysis of NAEP data

URBAN INSTITUTE

Based on the relationship between demographics and scores in 2003, *Breaking the Curve* generates a prediction for nationwide scores in 2013. NAEP test takers in 2013 were predicted to score an average of 3.5 months of learning lower than their 2003 predecessors. Instead of a decrease, however, the 2013 NAEP test produced a demographically-adjusted increase of 5.4 months of learning over the 2003 data. In fact, every state “broke the curve” over the period from 2003 to 2013, posting gains of 2 to 16 months of learning over what was predicted based on demographic changes.

But nationwide scores fell by 1.5 months of learning between 2013 and 2015. This is more than twice the average biennial predicted fall in scores based on the 2003-2013 data. The table below shows that demographic shifts are particularly unlikely to explain the drops in 8th-grade scores, which fell by about three months of learning over the last two years, compared to an average demographic-predicted score decrease of about one month of learning every two years. It seems highly unlikely that demographics shifted three times as quickly over the past two years as compared to earlier years.

Raw NAEP scores are unhelpful at best and misleading at worst. Demographic adjustments are never perfect, but they allow for much more meaningful comparisons across states and over time. With a few exceptions, the adjusted 2015 ranking of states is not very different from 2013. But the decreases in 8th-grade math and reading scores are too substantial to be blamed on changes in the characteristics of students taking the tests. ■



**Matthew Chingos**

*As an organization, the Urban Institute does not take positions on issues. Scholars are independent and empowered to share their evidence-based views and recommendations shaped by research.*



## Promising practices in ending veteran homelessness

**Dear Urban Institute supporter:**

**In 2009, the Obama administration set out to end homelessness for military veterans. It is a bold but feasible goal, and today, with the release of a new study, I'm happy to share with you the latest news on some promising practices.**

**The Veterans Homelessness Prevention Demonstration (VHPD) was a partnership between the departments of Veterans Affairs, Labor, and Housing and Urban Development.** The three-year program provided short- to medium-term housing assistance as well as case management and links to services in local employment offices. The Urban Institute, with our partner Silber and Associates, conducted an implementation and outcomes evaluation at five sites around the country. We saw improvements in housing stability, rates of homelessness, employment, and income:

- ▣ Seventy-five percent of participants who entered the demonstration were at risk of homelessness and 25 percent were homeless. But when they exited, 85 percent were stably housed.
- ▣ Six months to a year after exiting, 76 percent of study participants were in their own place, 18 percent lived with someone else, and 6 percent were homeless. About 10 percent experienced homelessness between the baseline and follow-up interviews.
- ▣ Only 25 percent of VHPD clients were working at program entry compared with 43 percent at the follow-up interview. Average monthly income increased 41 percent between program entry and the follow-up interview.

Because an estimated 1.5 million veterans have trouble affording housing and are thus at risk of homelessness, the demonstration's focus on prevention was crucial and timely.

VHPD's results are promising, but we need more research that includes a comparison group to measure the true impact of the program. Yet, as it stands, this demonstration highlighted a number of factors worth exploring. Veterans reported that the rental assistance they received was vital. They also liked working with case managers who were fellow veterans and implicitly knew much of what they'd experienced. We'd also like to learn more about the partnerships between service providers that seemed to serve so many so well.

You'll find the full report here. And we've prepared a photo essay that explains VHPD through the experience of army and National Guard Reserve vet Jannet Taylor, which you can view here.

I hope you find both informative.

Sincerely,

Mary K. Cunningham  
Senior fellow  
Urban Institute

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# CDC: U.S. Abortion Rate Hits Record Low

The US abortion rate has declined by more than one-third over the past two decades to a record low, according to a report published by the US Centers for Disease Control and Prevention's National Center for Health Statistics (NCHS).

The CDC report covered the rate of pregnancy in America, plus the rate of the three possible results of pregnancy: live birth, abortion, or fetal loss through miscarriage or stillbirth.

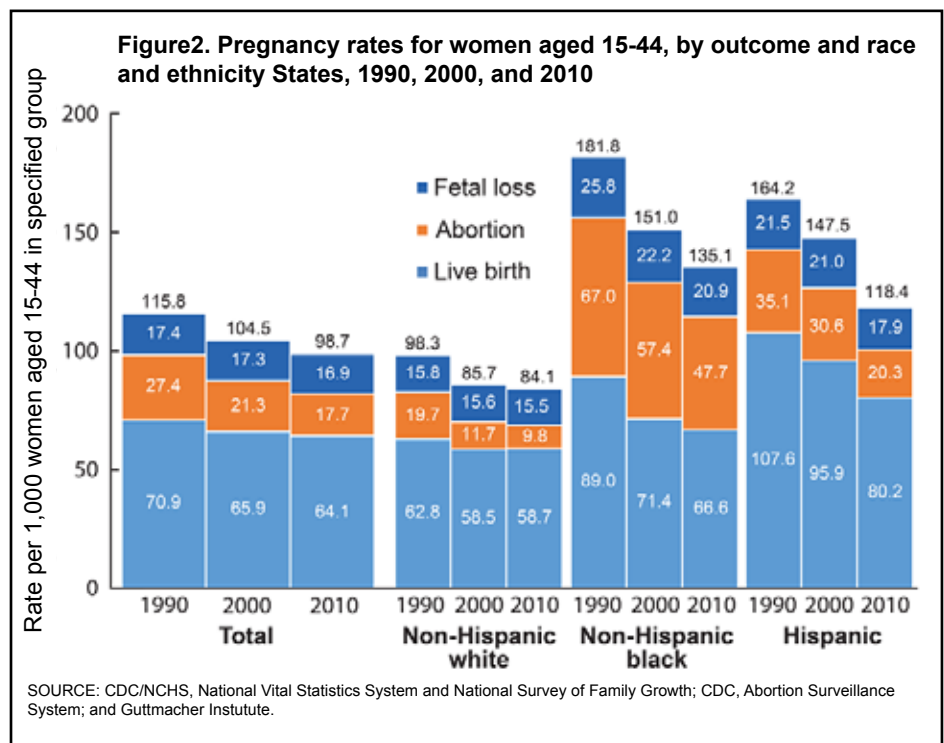
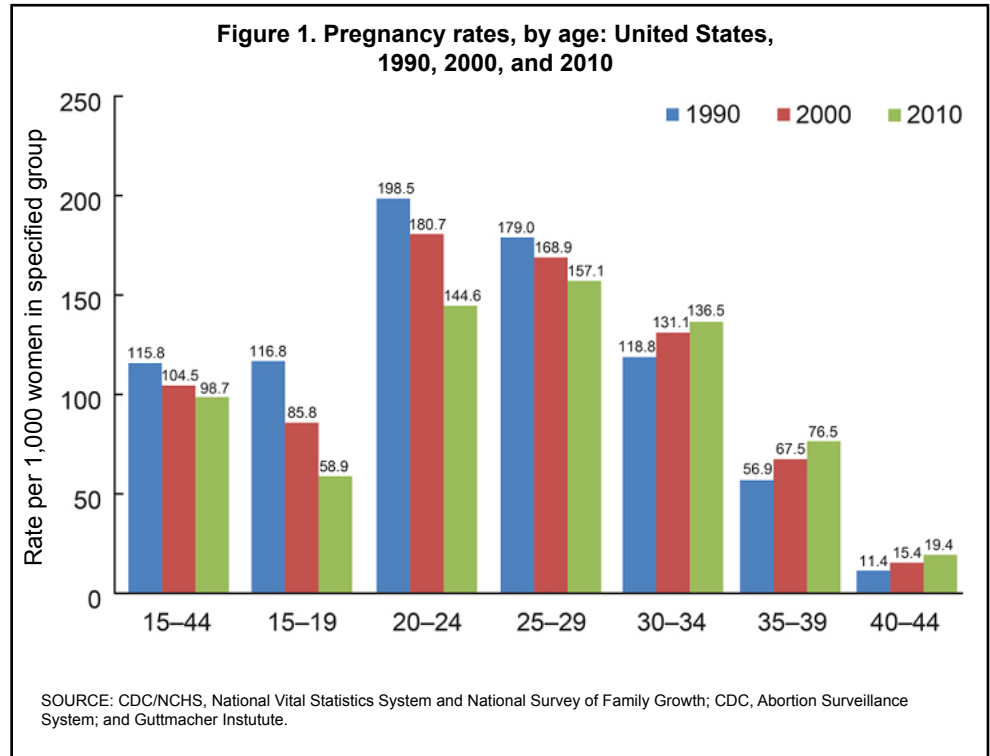
The pregnancy rate reached a record low in 2010, with 98.7 pregnancies for every 1,000 women aged 15 to 44. Live births declined by 10% between 1990 and 2010, while fetal loss rates remained relatively constant. In 2010, for every 100 pregnancies, 65 ended in birth, 18 in abortion, and 17 in fetal loss.

Abortions fell 35 percent between 1990 and 2010, reaching 17.7 procedures per 1000 women aged 15 to 44, report author Sally Curtin, a statistician for the NCHS, told HealthDay. That's the lowest abortion rate since the CDC began tracking the procedure in 1976, Curtin said.

The drop in birth rates from 2007 through 2013 has been well documented (1). However, it is also important to examine total rates of pregnancy and other pregnancy outcomes (abortion and fetal loss) to provide a comprehensive picture of current reproductive trends. This NCHS Health E-Stat uses data from 2010 to update a previous NCHS

report on pregnancy rates (2). Data on pregnancy outcomes by age and race and Hispanic origin are presented.

The pregnancy rate for women in the United States continued to decline in 2010, to 98.7 per 1,000 women aged 15–44 (Table 1), a record low for the 1976–2010 period. This level was 15% below the 1990 peak (115.8). The decline in the overall pregnancy rate during 1990–2010 included reductions in birth and abortion rates, with the percent decline greater for abortions (35%) than births (10%) over this period. The 2010 abortion rate (17.7) was a record low. Fetal loss rates fluctuated over the period and were 3% lower in 2010 than in 1990. The estimated number of pregnancies dropped to 6.155 million in 2010, the lowest number since 1986. Pregnancies in 2010 included 3.999 million (65.0%) live births, 1.103 million (17.9%) induced abortions, and 1.053 million (17.1%) fetal losses.





CDC: U.S. Abortion Rate Hits Record Low

Compared with 1990, pregnancy rates were lower in 2010 for women under age 30, with the largest percent decline occurring among teenage subgroups, including a 67% reduction for teenagers aged 14 and under, and a 50% reduction for teenagers aged 15–19 (Figure 1, Table 2). Pregnancy rates in 2010 were highest for women aged 25–29 (157.1 per 1,000 women) followed by women aged 20–24 (144.6), with declines of 12% and 27%, respectively, since 1990. Rates for women aged 30 and over increased over the 20-year period, with women aged 40 and over having the largest percent increase (70%). However, rates for women in their 30s have declined since 2006–2007.

Pregnancy rates in 2010 were highest for non-Hispanic black women (135.1 per 1,000 women aged 15–44), intermediate for Hispanic women (118.4), and lowest for non-Hispanic white women (84.1) (Figure 2). Substantial differences were seen by race and ethnicity in rates by pregnancy outcome, with Hispanic women having the highest birth rate in 2010 (80.2) and non-Hispanic black women having the highest abortion rate (47.7). During the 1990–2010 period, pregnancy rates dropped more for non-Hispanic black (26% decline) and Hispanic women (28% decline) than for non-Hispanic white women (14% decline), thus narrowing the differences between the groups (Figure 2). All groups had larger percent reductions in abortion than birth rates over the 1990–2010 period.

While pregnancy estimates are constrained by the availability of data for all three outcomes, births comprise the majority (almost two-thirds) of all pregnancy outcomes, and birth rates continued to drop during 2011–2013 (1). The most recent national abortion estimates also show the number and rate of abortions dropped between 2010 and 2011 (3).

## Data source and methods

This analysis combines data on births from the National Vital Statistics System, data on abortions from the Abortion Surveillance System and Guttmacher Institute, and data on fetal losses from several cycles of the National Survey of Family Growth. Numbers and rates of these pregnancy outcomes are computed separately and added together to derive total pregnancy numbers and rates. The methodology has been discussed in detail elsewhere (4, 5). Estimates of fetal losses depend on the degree to which losses at very early gestations are detected. Detailed tables with number of pregnancies by outcome for 2010 by age and race and ethnicity, pregnancy rates by outcome for 1990–2010 by age and race and ethnicity, and pregnancy rates by marital status and race and ethnicity are available by request from Births@cdc.gov.

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Graciously, **Joslyn Wolfe, the publisher of Focus On Women Magazine** featured an article based on my memoir “Pretty Painted Picture...Little Girl Lost” that dealt with the sensitive topics of my father’s tragic suicide, childhood abuse, and my own struggle with mental illness in the September/October 2013 issue. The sales of my memoir increased by over 50% and have sold religiously ever since joining forces with this amazing magazine and its wonderful publisher, Joslyn. Joslyn is a wonderful, compassionate, dedicated, and one of the most caring people that I have ever had the pleasure of meeting. My memoir is available on her Ebook website. The cost to have it published there was extremely reasonable. Joslyn’s magazine does not just focus on the livelihood, health, mental health inspiration, quality of life that women deserve, and many other vital topics but her magazine also funds many foundations that are near and dear to her unconditional, loving heart. Joslyn is very dedicated and passionate about her advocacy for women all over the world. Her magazine has tremendously helped my memoir reach many people and support my advocacy of mental health awareness and suicide awareness and prevention. She is a wonderful publisher, mother, friend, and advocate. I am so thankful that I met her and our lives crossed paths.



**Cheryl Lynn**  
Author - *Pretty Painted Picture...Little Girl Lost*

**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*

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*

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*





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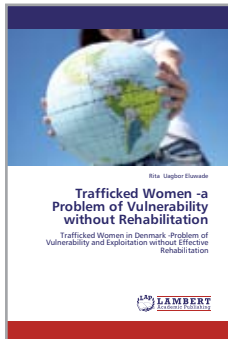


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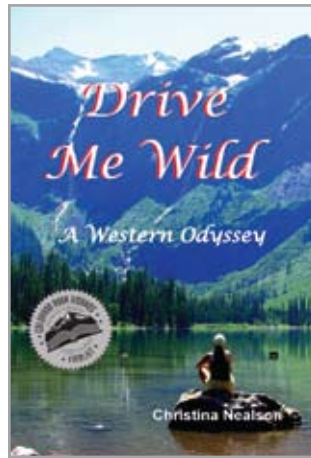


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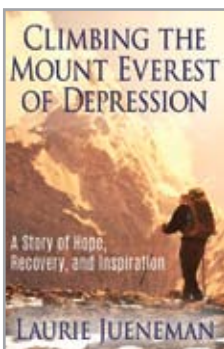


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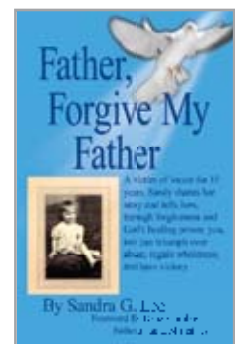


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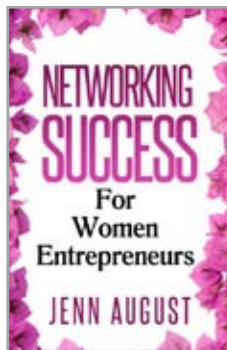
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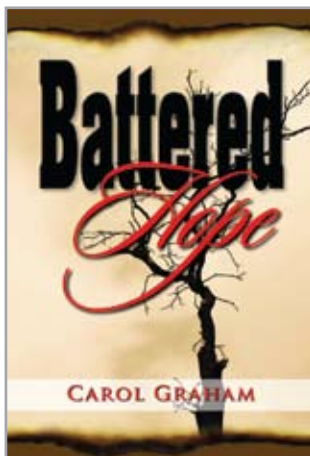
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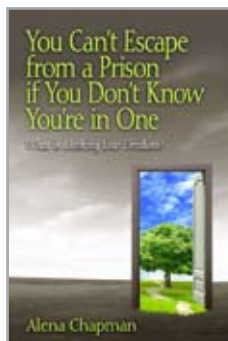
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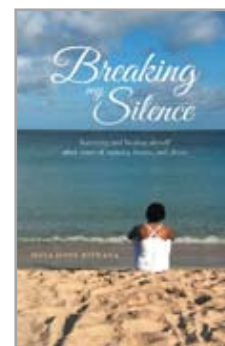
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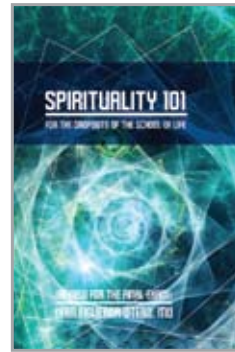
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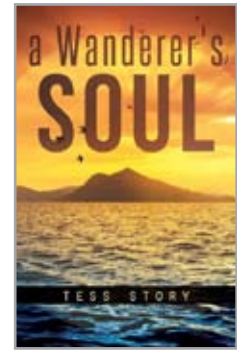
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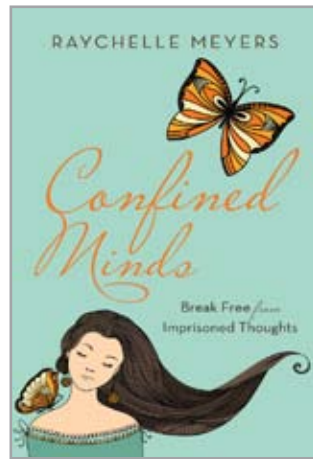
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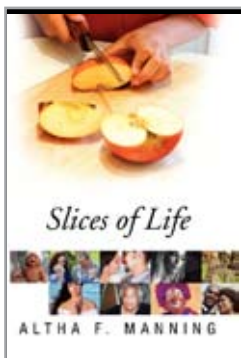


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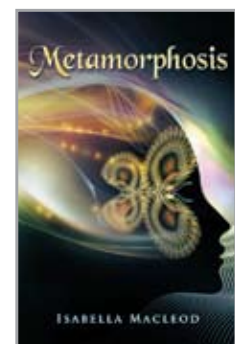
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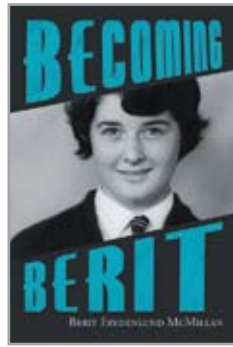
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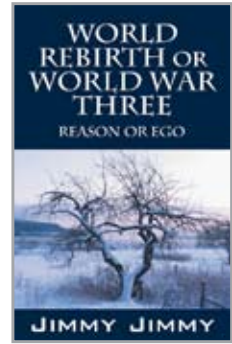
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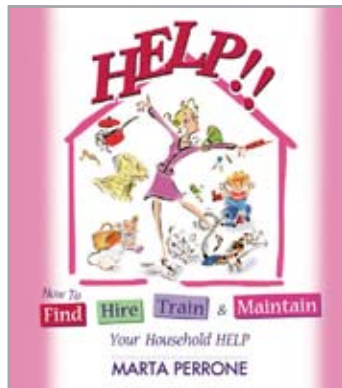
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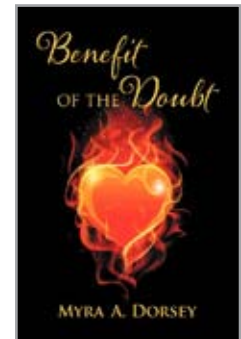
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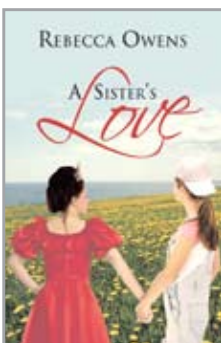


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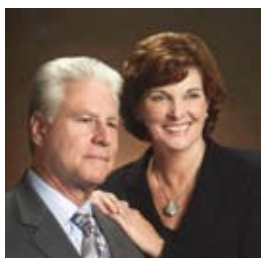
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