

Focus Women ON men MAGAZINE



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June/July 2012

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JUNE/ JULY 2012



Joslyn Wolfe
Publisher

For me, there is no greater instructor than nature. As I softly surrender to its majestic sounds, smells and solace, I find myself in a wading pool of immeasurable peace. I willingly embrace that suspended space of time shunned by the frenetic activity that makes up our maddening

stretch of daily deadlines, schedules, and commitments. To our readers, supporters and advertisers, may you too find that special place of mortal time which gives us the gracious nod to reflect, fortify and propel us forward to discover our inner potential and greater selves.

"Nature is a friend who knows the song of your heart and can sing it back when you have forgotten it."

All the best,

Joslyn Wolfe

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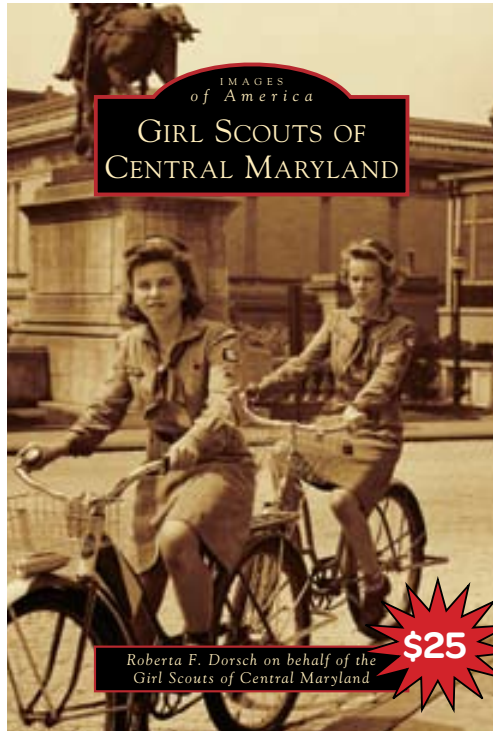


Celebrating a century of a Movement that has changed girls' and women's lives by encouraging sisterhood and leadership

Girl Scouts has been an important part of the Baltimore area for generations. Baltimore's love of Girl Scouts began in 1913 with the first local troop, the Pikesville Poppies.

With the help of local supporters a Girl Scout clubhouse was donated to provide a place where these new Girl Scouts could meet and participate in activities. We continue to count on the generosity of the local community to help us provide a myriad of programs that allow girls to learn, to lead and to develop **courage**, **confidence** and **character** to make the world a better place now and in the years to come.

To celebrate our Centennial Year and preserve our local history we have created a keepsake memory book: *Girl Scouts of Central Maryland*. The book chronicles the Girl Scout Movement in the Baltimore area from 1913 to present. To order your copy of the book, visit gscm.org, or call 410.358.9711, ext 231.



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Princes team up to aid in response to the plight of Lesotho's orphans and vulnerable children



This summer will see the launch of efforts to raise awareness for his Royal Highness Prince Harry's personal charity, Sentebale. Over the course of a few years, Sentebale will expand its efforts across various venues, leading up to the Sentebale Cup charity match with Prince Harry playing at the San Diego Polo Club in 2014.

Sentebale is a charity that helps the vulnerable orphans and children of Lesotho survive and thrive was born from the compassion and humanitarianism of his royal highness Prince Harry of the British Royal Family and Prince Seeiso of the Lesotho Royal Family. The name "Sentebale" means "forget me not" and was adopted for the title of the foundation as a symbol for the people of Lesotho, and in loving memory of the Prince's mothers, who they both lost at a young age.

Sentebale is more than an organization that donates money; it has taken a new approach to aiding those in need by operating on long-term goals. It works with local partners and grass roots movements in the Lesotho community to offer at risk children health and education services that will change their lives for the better. In order to ensure the ongoing success of their mission, Prince Harry's USA fundraising team, lead by award-winning Philanthropist,

Lena Evans, has arranged a number of exciting events in the USA centered around raising awareness and support for the cause.

On Sunday June 24th, 2012, Sentebale invites one and all to enjoy a day at the San Diego Polo Club. The gates open at 12:30 pm and the event will last until 7:00pm. The schedule begins with an introductory polo match which is followed by intermission featuring an African music and dance presentation. The Sentebale introduction will ensue, complete with the singing of the national anthem and the start of the main match. After the game guests will enjoy live music and dancing, raffle opportunities, and a silent auction. Those who opted for the VIP treatment will receive complimentary lunch, dessert, champagne, and a swag bag.

This event is a fantastic way for friends and family to reconnect, experience an engaging sport, and learn more about the world and how they can change it for the better. For \$75 for VIP tent seating or \$15 per General Admission, guests will enjoy a day of fun in the sun while knowing their donations are going toward aiding victims of poverty and neglect.

On August 18th between the hours of 6:00 and 11:00 p.m., Sentebale is calling all high rollers to the inaugural Sentebale Series Celebrity No-Limit Texas Hold'em Tournament. At the Triple-Five-Star Grand Del Mar Resort

in San Diego, guests will join poker celebrities and local sports, television, and film luminaries to play cards, cheer for their favorite competitors, and again raise awareness for the cause.

Those feeling lucky can buy a seat in the tournament for \$500, while guests can enjoy the high stakes shenanigans from the sidelines for only \$100. Ticket prices include hosted hors d'oeuvres, drinks, and swag bags, as well as chances to win exciting prizes including jewelry, spa packages, travel arrangements and more. 1st, 2nd, and 3rd place contestants in the tournament will go home with a quality timepiece, a private jet trip from JetMethods, or a one week luxury vacation at the award-winning Villa del Palmar in Loreto, Mexico. Spectators will also have a chance to get into the poker spirit and brush up on the basics by stopping by the novice table. Seating for the event is limited, so be sure to reserve a spot for this evening extravaganza soon.

Prince Harry first saw the call for help while working as a volunteer on local welfare projects in Lesotho in 2004. Moved by the plight of the people, Prince Harry and Prince Seeiso pledged a lifetime commitment to the cause. The charity works year-round directing aid to community services and entrepreneurial projects that will provide long-term services to children facing illness, disabilities, abuse, and abandonment.

Sponsorships are still available for both events. To receive sponsorship or other information, please direct inquiries to connect@jadephoenix-corp.com.



About BBB of Greater Maryland

Headquartered in Baltimore, BBB | Greater Maryland is a non-profit organization that was established in 1922. It serves 18 Maryland counties and Baltimore City. In 2011, BBB provided over 1 million Business Reviews and handled over 11,300 marketplace disputes. BBB is supported by Accredited Businesses that have passed a comprehensive review, met BBB's Standards for Trust and agreed to the organization's Code of Business Practices governing sound advertising, selling and customer service practices that enhance customer trust and confidence in business. For more information please contact your BBB at 410-347-3990 or visit bbb.org.

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Charity Scams Play on Military Ties & Summer Holidays

Memorial Day is a time to honor those who serve and to remember those who have died in war. But sadly, it has also become a key opportunity for scammers to target those who are serving or have served their nation, especially elderly veterans. BBB is urging consumers and donors to be on the lookout for deals that seem too good to be true, and for disreputable charities.

"The unique lifestyle of our service members makes them prime targets for scammers," notes Brenda Linnington, Director of BBB Military Line. "It's imperative that we educate our service members and ensure that the support we give to them equals the effort they make every day on behalf of us." Linnington said scams can include those that target service personnel and their families directly, but also those that appear to be helping military members via charities.

"As Americans, but especially as sons, daughters, spouses and parents of service members, our compassion for those who have served this country is strong," explained Angie Barnett, president/CEO, BBB | Greater Maryland. "With Memorial Day weekend, the Star-Spangled Sail-abration heading to Maryland in June and the Fourth of July, donors should be on heightened awareness that their generosity may become the target of solicitations that fail to meet BBB Standards for Charitable Accountability and provide little or no support to the causes we hold dear," added Barnett.

Among the scams to watch out for:

- Posing as the Veterans Administration and contacting veterans to say they need to update their credit card, bank or other financial records with the VA;
- Charging service members for services they could get for free or less expensively elsewhere, such as military records;

- Fraudulent investment schemes that convince veterans to transfer their assets into an irrevocable trust;
- Offering "instant approval" military loans ("no credit check," "all ranks approved") that can have high interest rates and hidden fees;
- Advertising housing online with military discounts and incentives, and then bilking service personnel out of the security deposit;
- Trying to sell things like security systems to spouses of deployed military personnel by saying the service member ordered it to protect his or her family;
- Selling stolen vehicles at low prices by claiming to be soldiers who need to sell fast because they've been deployed; Posing as government contractors recruiting veterans and then asking for a copy of the job applicants' passport (which contains a lot of personal information);
- Posing on online dating services as a lonely service member in a remote part of Iraq or Afghanistan, and then asking for money to be wired to a third party for some emergency.

BBB advises service members, veterans and all consumers never to give personal identification information (Social Security, bank account, military identification or credit card numbers, etc.) to anyone who contacts you by phone or e-mail, and to be wary of any solicitations that involve purchasing something or transferring money. Consumers can check out businesses and charities for free at www.bbb.org.

For more information, visit <http://greatermd.bbb.org/military-line/>.



You've Come a Long Way, Baby....BUT Not as Far as You'd Hoped

By Caroline Turner, business consultant and author of Difference Works

Humiliation has been occurring right out in the open consistently in our world. Recently: candidates running for office in the upcoming election humiliate each other on a daily basis.

People on reality TV – judges on “talent” contests like *Dancing with the Stars* – humiliate the contestants on a weekly basis. And people humiliate those in their lives every day – live and on the internet – as with the young student in Massachusetts last spring, Phoebe Prince, and the college student recently at Rutgers, Tyler Clementi.

If you are a female born in the 1950's, I highly recommend Gail Collins' book, *When Everything Changed: The Amazing Journey of American Women from 1960 to the Present*. It describes the history that you (and I) lived. I was aware that a lot changed between the time I was in elementary school and when I graduated from college, but Collins' book gave perspective and dimension to the waves of change that set up the choices that have shaped my life.

My work is focused on helping businesses solve a problem: women have been in the workplace in large numbers for over 35 years, yet women still aren't proportionally represented at the top levels. Often I'm asked, “But haven't women made tremendous progress?” I can't help but think of that slogan for a cigarette designed in the late 1960's especially for women. It proclaimed how far women had come—yet called us “Baby.”

When I was in elementary school in the 1950's, I didn't see Rosie the Riveter; she had changed her line of work and was working either at home or in one of very few other jobs—being a teacher, nurse, secretary, or waitress. Women in the middle class aspired to marry well and work inside the home. Many were college educated, but still expected to (and did) leave their jobs once they married or had their first child. None of my mother's friends worked outside the home. When I went to college in the late 1960's, I had no career ambition.

The 1960's brought a bombardment of change: the Civil Rights movement, the birth control pill, Women Liberation and protests over the Vietnam war. When I arrived at a woman's college in the South, we fixed our hair for class and wore wool skirts and matching sweaters. Girls were met by their dates in the dorm reception areas. By the time I graduated, we wore jeans to class, boys had free access to dorm rooms and we began to see different options for the future. Being too liberated to pursue marriage at so young an age, I had to think about a JOB, which was both thrilling and frightening!

By the mid-1970's, being a woman was no obstacle to my being admitted into law school. With good grades, I was able to get a job with a good firm. I was very conscious that I was entering a traditionally male profession and that lots of other women were doing the same thing. I was aware that this cohort had more opportunities than women who came before. When Justice Sandra Day O'Connor graduated from a prestigious law school with honors in 1952, no law firm offered her a job.

My experience, in fact, was different from that of women only a few years my senior. My brother's wife, just eight years older than I, gave up her job without considering alternatives when her first child came. When mine came, I kept working and climbing the corporate ladder, managing with child care. Women like me wanted it all—motherhood and career—and assumed we could have it. We had no role models for this juggling act. We found it tough to be a good mother and a good career woman. Some of our children got less time with Mom. Career women with children, career women without children and stay-at-home Mom's sometimes judged (and still

judge) each other. But our generation had choices that the women who preceded us did not have.

In the three and a half decades since I entered the professional world, women have, indeed, made progress. We are now half or close to half of the workforce. Women are CEO's of big companies like Archer Daniels Midland, Hewlett-Packard, IBM and PepsiCo. Lots of men compete with women for promotions and have women bosses. Thanks to the White House Project and others, on national television news programs the experts are no longer all males. We've had four women Supreme Court justices, three consecutive female Secretaries of State and a woman candidate for President. There have been important shifts in norms and attitudes about what women can and should do.

I celebrate all this progress. Hooray for all the opportunities women now have. But . . . there is a "but." Three decades ago, women were naturally mostly at entry levels and not at the upper levels of business, government, academia or the military. We expected that women would work their way up these ladders, gain the requisite experience to make it to the top and "pay their dues." It was just a matter of time. Well, time has passed, enough of it that, by now, we expected to find women proportionally represented at all levels of the hierarchy in business, governmental, educational and other organizations. Our expectations have been disappointed.

According to Catalyst, although women are 46.6% of the U.S. labor force, they are only 14.1% of executive officers, 16.1% of board members, 7.5% of top earners and 3.4% of CEO's in the Fortune 500. That's not proportionate. Sadly, Catalyst concluded recently that women have made essentially no progress in the last six years.

Yes, we women have come a very long way since 1960. But we are no longer babies. And we have not come as far as we expected when "everything changed." This is often seen as a woman's problem. It is much more than that; it is a business problem.

Gender diversity in leadership has been correlated with higher returns. Catalyst found significantly higher returns in Fortune 500 companies with more women at the top and on their boards of directors. McKinsey found that companies with gender diversity in leadership had higher return on equity, operating profits and stock price. Not having gender diversity in leadership deprives business of these upsides.

Business leaders, both women and men, need to understand why the progress of women to top levels is slow or stalled. Mandatory leadership competencies should include skills of inclusivity and the ability to create inclusive cultures. Leaders need to create cultures that appreciate and leverage both masculine and feminine ways of achieving results. They need to create workplaces that engage both men and women—because results are better when men and women work together to achieve them.

We need to make some more things change . . . Baby!



Caroline Turner

About the author:

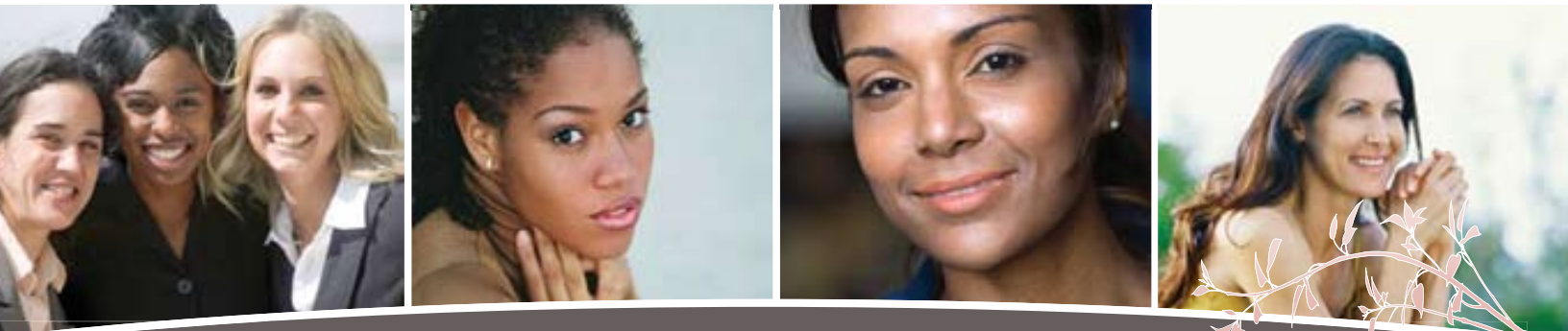
Caroline Turner began her career as a successful lawyer in a private practice, becoming partner in a large regional firm in the demanding area of securities law and mergers and acquisitions. Later, she climbed the corporate ladder at Coors Brewing Company and its parent company (now MillerCoors and MolsonCoors) to become the company's first female Senior Vice President.

Turner is now a business consultant, advising clients on creating cultures of inclusion, facilitating workshops and delivering speeches. She is a member of the board of directors for Women's Vision Foundation, which provides leadership development for corporate women and helps its corporate members engage, retain and promote women. She has served in leadership roles in several other organizations and initiatives, including Warren Village, the Colorado Women's Hall of Fame, Women's Forum of Colorado, the University of Denver College of Law, The Mentoring Company, the National Hispanic Leadership Institute, and the National Council of La Raza. Turner was named the Corporate Woman of the Year by the Women's Vision Foundation in 2000 and Outstanding Alumni from the University of Denver College of Law in 1999.

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The Modern Mom Code

BY EILEEN WACKER

Modern Moms are Stressed:

I face so many challenges as a married mom of four, trying to build a company. We just never have a drama-free week. Forgotten meds, wrong shirt on field trip day, wrong clothes/shoes for after school sports. And then several times a year planning, traveling and handling the aftermath of family trips or an occasional weekend away with my husband. It's a constant game of cat and mouse.

When my phone rings and certain numbers crop up, I cringe. But I have to answer because I am a Mom. This week I was gone for 48 hours at a conference and my house did not run smoothly. There are too many "little catches" I make that cannot be explained in an instruction letter to the wonderful babysitter. I am not a creature of habit – I am a "catcher" by habit. I catch everyone's problems and stresses. I am the absorber of stress. And when I answer the phone, there is always an issue requiring immediate attention.

We need a "Modern Mom Code":

I've heard of a "man code" many times. Okay I get it, there are some unwritten rules that should be adhered to if you are a stand-up guy. I, for one, am a stressed-out working mom and I believe a "Mom's code" could help us all. I sent a survey to 40 women and got lots of great responses.

An important issue surfaced: working moms versus stay-at-home moms and could "the code" apply to both. I was a stay-at-home mom for 6 years. I left the work force when my oldest, at the time three and a half, needed open heart surgery. Then we ended up moving to Seoul, South Korea when we had four children, aged three months to five years old. So I was a stay-at-home wife and mom and did not know if I would ever go back to the workforce. I was wildly busy trying to keep a sane life, living a foreign country. Now, back in the US for the past several years I have been trying to establish a business and I work non-stop as it is just getting off the ground.

Dispelling a few myths:

Dispelling a few myths:

When I was a stay-at-home mom, these were some of the things I worried about:

- All anyone asks about are my kids – how they are, camps, activities etc.. I ceased to be an individual on my own merits with interests and opinions.



- I felt others expected me to help more at school as I didn't have a job and the working moms had more important things to do.
- My kids are far from perfect and since I was "at home" and this is my only job, I must not be a very good mom.

As a working mom, I worry:

- I have one of those "naughty children" despite very active parenting and I imagine the other moms saying, "maybe if she was home more, he would behave."
- I don't have the time or ingredients to bake for the class. Sometimes I even buy cakes from the store, cut it into little pieces, add a berry and put in different packaging.
- I get so caught up with work sometimes I forget things like parent-teacher conferences and field trips so I lay awake endlessly running to-do lists through my head.

When I was a stay-at-home mom, I worried working moms did not really respect me. Now that I am a working mom, I worry stay-at-home moms don't respect me. But here is the truth -each side is just a little intimidated by the other.

As a stay-at-home mom I wore a ponytail most days because I could squeeze in a rinse off shower but blow-drying took too much time. But I was in better shape because I got to work out. Working moms really struggle with making enough time to work out so they are constantly trying to shed that extra few pounds. Stay-at-home moms have to shed a few pounds because we eat our kids' food. I didn't eat Kraft macaroni and cheese for 15 years and I swore I would never feed it to my kids but they love it so I make it (a lot) and end up eating too much!

Moms' stress shows up as bitten and chipped fingernails and roots that need to be touched up. I guess the bottom line is

stay-at-home and working moms are stressed out and largely about the same things, so we can all agree to one code?

Proposed Modern “Mom Code”:

Lose some of the “judgy-ness”. No putting down a working mom or a stay-at-home mom. Everyone is where they are because of a journey. If you don’t know someone’s story, don’t put her down. And, let’s have a little more openness about what being a “good mom” is – people have gone overboard making other moms feel bad about choices such as organic versus not, or watching tv or playing video games and using electronics. And, limit the Mama Drama and handle issues as close to the source as possible so people don’t have to take sides – mommy wars are the worst. The drama makes us look bad as moms and women. It’s okay and sometimes fun to talk about people but let’s have some limits.

Let’s get out and have fun. Make time for a girls’ night with a fun group at least every other month. There will always be a business trip or fever causing someone to cancel but make it as often as you can. We need to share a glass of wine and some stories. Carpooling and taking taxis are a good idea for Moms night out if people are drinking. The wine can disappear as the stories unfold.

Let’s Save her. Schedule glitches happen all the time and it may be one of the biggest stresses moms face. Put yourself out to help a mom when she misses something and is trying to recover- take a picture of her kid at the event, pick up one of her kids and take them to your house, stay with her child if she is late picking up from practice. See it as paying it forward and don’t keep score.

Rejoice in her small successes and lessen her pain. When a proud mom talks about one of her kids’ accomplishments, respond with at least 1 statement acknowledging how wonderful her child is before you jump in with a proud story about one of yours. On the other hand, when a mom shares an awful story about one of her child’s misbehaviors and/or bad decisions respond immediately with an equally horrifying story about one of yours.

Make her feel like a good Mom. If you see her child in a game, piano recital, anything... acknowledge her child. Just a “nice job” or “wow looking good” goes a long way and the Mom is endlessly grateful. None of our children are perfect. Have a group of friends you trust and really talk to. Share information about camps, school activities, volunteer information, doctors, etc.. Many activities or events are word of mouth and working moms may get left off the list.

Let’s establish a non-competition clause. Build each other up instead of one-upping. Everyone has something they are good at and it is different for everyone – good athlete, good listener, good at her job, great with kids, etc.. Ask stay-at-home mom about her interests, social media participation, past jobs etc. Make the stay-at-home mom feel like more than Ethan’s Mom or Rich’s wife. She has opinions, interests and insights. Maybe share a weakness (my child won’t practice or always forgets the right shoes). We all share more issues than we think.

Let’s all get a little more wired as Moms. Join the social media world even if you don’t want to – because your kids live there now. Staying safe on-line is becoming a bigger part of our parenting jobs and it is here to stay. Tech-savvy moms, get your friends up to speed.

Just say no to pets at the wrong time. Family pets are great but they add a whole new level of drama to the house. They have allergies, ear infections, ticks and fleas, accidents, etc. It’s expensive in both time and money. If you do not want a dog right now, don’t get strong-armed by child begging for the puppy because yes, you will be taking care of 95% of the stuff associated with its care.

Involve the husbands. Okay let’s talk a little about husbands... I love mine-- a lot in fact, but they are not usually the big helpers they think they are (but as part of the code, let’s not tell them). Nonetheless, we need more date nights. Our mates help us remember the women we are, and, romance is the ultimate stress reducer. Also remember, not all of us have husbands... include the single mom (for girls night out, not the date). She needs a night out and a friend more than anyone.

Let’s band together against Mom tormentors. A few I can think of – coaches with no empathy, teachers who do not like children, customer service reps that don’t like people, apathetic government personnel who are supposed to help but instead torment us (TSA). Also when an airline passenger is giving a mother with small children the stink eye, give it right back to that person and help the overwhelmed Mom.

It s not always as it appears. I have one of those “naughty children” but I am not a bad parent. Be empathetic and try to get to know her child and notice something nice about him/her. This mom frets every day about this child so your saying something nice actually gives her hope this child might be okay. If the mom is truly a bad parent, well... that is a different story. Go ahead and talk about her but be nice to her children.

Stand by your girlfriends when they experience momentary weakness. Every once in a while, everyone feels like they’ve been tossed in the gutter with her undone roots exposed to the world. She needs to vent and feel like someone understands her stress and angst. This does not count for drama-creating queens but for your friends in a bad moment. We all go through cycles – bad times are inevitable and everyone needs a reliable shoulder once in a while. And if your friend’s husband puts her down at a group event, come to her defense in a cheerful way. Or compliment her to remind him how lucky he is to have her.

We share 90% of the same issues but in different degrees. So let’s unite. Plan your girl’s night out. And if your husband says, “okay I’ll babysit,” just smile and store it away as another great story

Eileen Wacker, a Harvard Business School graduate, lived and worked in seven different countries, including the United States. She commuted to Asia for nearly three years as part of a business development team, which sparked her interest in Asian culture. Wacker now resides in Honolulu, Hawaii, with her husband and four children, one of whom is a daughter adopted from China. For more information please visit her website: <http://www.oncekids.com>.

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Discovering the Difference Between Personality and Soul

Did you ever stop to wonder: is your personality all there is of you?

Do you ever wonder about the soul?



Serena Jade

First, Our Personality

When we are young, we are told what is acceptable so we repress the exact opposite, and hence, we have created our personality. Our personality develops an ego that acts as a stabilizer for us. As we live our life, we try to fit in with our family and with society, and we end up adopting certain behaviors.

This conduct gets ingrained within our personality each year we live.

Our personality follows the acceptable worldview of our family and general public. What we can outwardly see, touch, taste, smell and hear dominates. Our personality is a valuable asset we have as it grants us the ability to live in our world.

Now for the Soul

The soul does not take on a form like our personality does, but instead is more abstract. The soul is ruled by our inner world, instead of our outer world. The five senses don't have any power in this inner world, so we have to tap into another sense. What we see, hear and feel inwardly is our soul speaking to us.

An imaginary, enigmatic veil covers your personality, and once lifted the spark of the Divine is witnessed in all its intoxicating joy. The piercing vibration of our eternal existence makes us scream with delight. There is an overwhelming happiness knowing that the most cherished place inside of you is connected with an invincible exalted force.

To put it simply, our personality is a human structure and our soul is a spiritual construct. Our personality's thoughts bombard us most of our lives, and yet

silence is the key to discover your soul. The soul is trapped by the personality, and if you ignore it, you are dishonoring your radiant gem. Why would someone not listen to his or her soul? The answer is that the soul's voice does not adhere to the rules of our social order.

The Personality Meets the Soul

Genuine security comes when you own the opposite of your personality. You can now truly listen to your soul and celebrate why your eternal being is here on Earth. The merger between what is human and spiritual creates such wealth; you are now ready to purchase your precious jewel... your authentic self!

Remember these five points when exploring the difference between the personality and the soul:

1. The personality is a human structure.
2. The soul is a spiritual construct.
3. The personality has to shift to a higher feeling of self-worth, and it is only then that the personality can act on what the soul is saying.
4. The personality could have an obligation to a particular religion, but to be truly spiritual is to have a commitment to your soul.
5. Connecting your human identity with your spiritual nature is a fabulous arrangement for you and the world!



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LOVE
JOY...

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What do you most want?

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how can I most easily get what I most want? What will help?**

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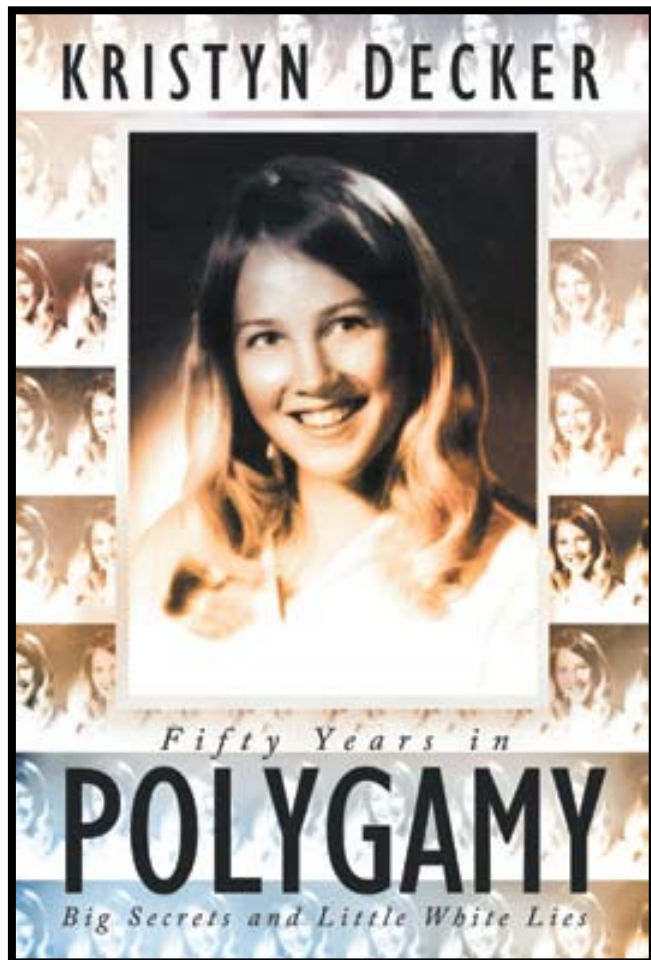
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True confessions of a “sister wife”



NEW HARMONY, Utah –From popular media portrayals in *Sister Wives* and *Big Love*, it seems like polygamy is simply an alternative lifestyle choice in America.

According to one woman who actually lived it, this is not the case.

Kristyn Decker spent fifty years living in a polygamous community and is sharing her story with her new book *Fifty Years in Polygamy: Big Secrets and Little White Lies*.

“At first I wanted to give everyone inside and outside of polygamy an angry piece of my mind. As I wrote the book, I realized... my greatest goal is to bring out the sadness ... of living a lifestyle that is, more often than not, full of heartache, grief and dysfunction,” she says.

Decker lived in the second largest polygamist sect in the country, the Apostolic United Brethren, or AUB, for fifty years. During that time, she married, had children as she woefully watched her husband, and attended to the process

Utah woman shares her story of life in a polygamous community

of attaining other wives. Even when she tried to pretend she was happy, she struggled with severe depression and pain. When her mental anguish became unbearable, she finally summoned the courage to leave.

She is candid in describing her experiences and her struggles inside and outside of polygamy. Decker speaks openly about the abuse, jealousy, loneliness and suicidal depression she suffered while part of the AUB and how she overcame them after leaving.

Decker says, “Propelling me even onward was gathering my 16-year-old daughter off the streets of drugs. Along with therapeutic help, I began to discover myself – a woman I came to love and honor.”

Fifty Years in Polygamy is an unprecedented account of what often goes on in a polygamous community. Decker exposes these secrets and explains the kind of strength it takes to move on.

Fifty Years in Polygamy: Big Secrets and Little White Lies By Kristyn Decker

ISBN: 978-1-4525-4998-9 (sc); 978-1-4525-4564-6 (hc); 978-1-4525-4562-2 (e)

Paperback, \$17.99

Hardcover, \$35.99

Ebook, \$4.99

Approximately 256 pages

Available at www.amazon.com and www.barnesandnoble.com.

About the author

Kristyn Decker lived as part of the Apostolic United Brethren, a polygamist community, for fifty years before she chose to leave. Decker is now the president of the Hope Organization, a gateway for women coming out of polygamist communities to find the resources they need. She has devoted her time to educating the public about polygamy and helping those individuals who have chosen to leave. She has also been featured in national media outlets like *People Magazine* and *CNN*. For more information about Decker and her journey, visit <http://fiftyyearsinpolygamy.com>.

TRAVEL EXPERT SUGGESTS ALL-INCLUSIVE RESORTS FOR EASY TO PLAN AND BUDGET VACATIONS

DO YOU PREFER PREDICTABILITY OR SPONTANEITY?



BOSTON, MASS. (Issued Spring 2012) -- In her 20 years as a travel consultant, Ellen Paderson has visited many all-inclusive resorts throughout the Caribbean and Mexico. She has recommended the all-inclusive option for vacationers, honeymooners and for those planning destination weddings.

Paderson, founder of Smiles and Miles Travel (www.smilesandmilestravel.com) of South Easton, Mass., says people like this type of vacation because it's so easy to plan and to budget for. "Often clients research a few places, then ask for my suggestions based on their budget," she says. Depending on one's budget, costs for an all-inclusive resort run the gamut from less expensive to high-end.

Paderson agrees with industry research showing that people enjoy their vacations more when they know everything is paid for and there won't be surprise charges at the end of the week.

However, she warns that

there may be a few 'extras' that aren't included such as spa treatments, golf or babysitting. Some resorts offer golf programs for children and adults. "Travelers should ask their travel consultant to get the bottom line to avoid surprises," she says. "Of course, if you like trying local restaurants, exploring other locales off the resort, touring, etc., the all-inclusive option removes much of the spontaneity that can make nice memories, too. Others prefer the security and predictability of an all-inclusive resort."

Among Paderson's favorite all-adult / couples all-inclusive resorts -- based on her own visits and feedback from her clients who have taken her advice:

- Sandals in the Bahamas, Jamaica (Negril and Ocho Rios) or Antigua -- everything including scuba diving at no extra cost for certified divers.
- El Dorado Royale -- large resort; lots of pools and activities.
- El Dorado Maroma and El Dorado Seaside Suites -- very intimate; great for honeymoons.

For families, Paderson likes:

- Beaches Resorts Jamaica, and Turks and Caicos -- free diving for certified scuba divers and children can learn to scuba dive.
- In Mexico -- Azul Beach -- beautiful boutique resort for families with smaller children. Very service oriented.
- Azul Sensatori -- family resort for children of all ages including teens; adult building and section with their own pool. Great for weddings.

Ellen Paderson knows her business, and is widely respected by her peers. In recent months, she was named to the prestigious Editorial Advisory Board of Travel Market Report, a very select group of leading travel agencies from around the country. Her agency was named one of the top 15 by the prestigious Network of Entrepreneurs Selling Travel (NEST) consortium representing 500 member agencies. She was invited to join The Affluent Traveler Collection, a hand-picked, elite group of independent travel advisors and one of the most

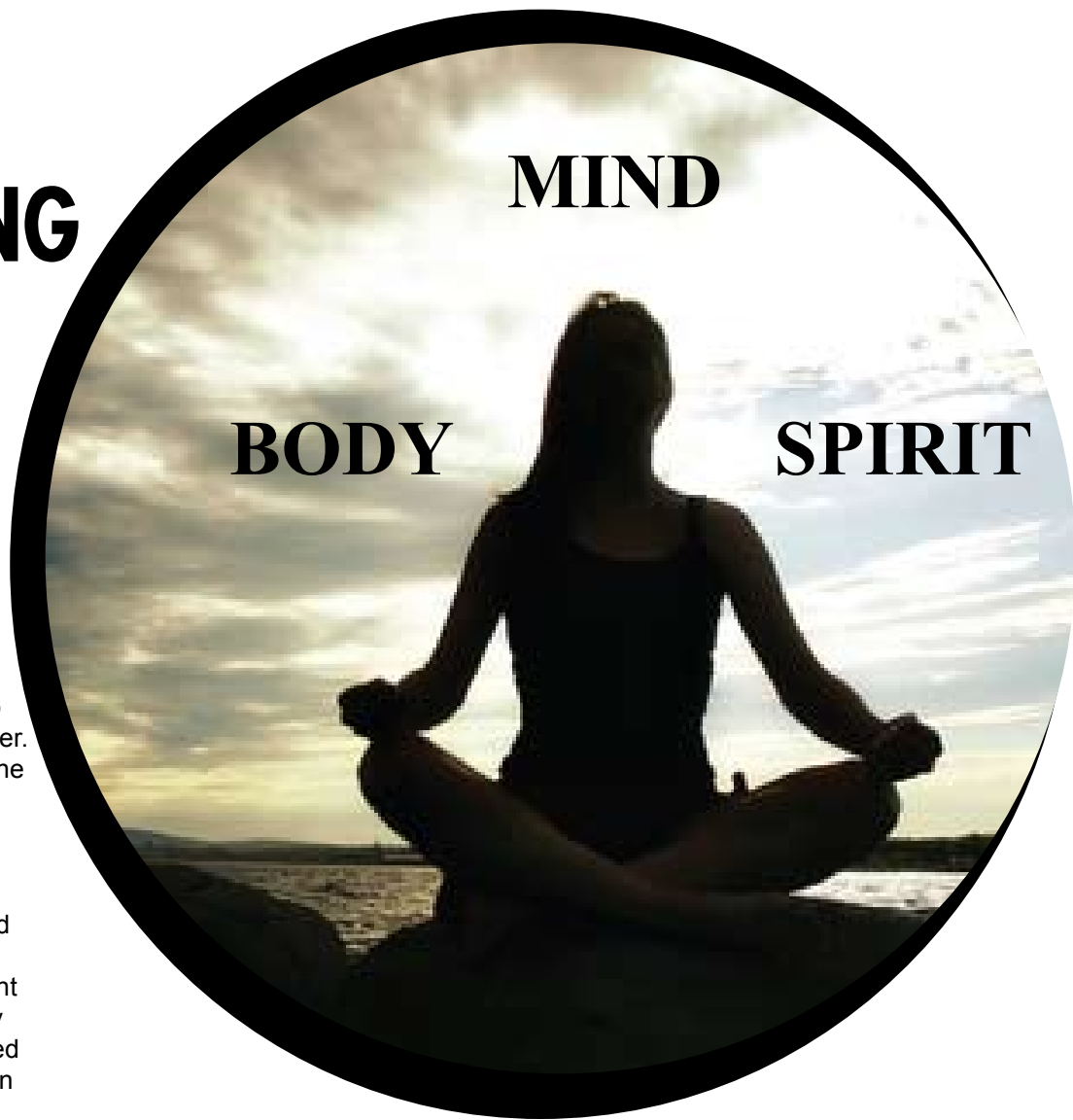
knowledgeable networks of luxury travel specialists in the world. She has earned certifications from numerous travel, resort and cruise industry trade groups.

Paderson's Smiles and Miles Travel has had several consecutive years of increased bookings despite the economy. She sums up her philosophy: "With every client, I continuously ask myself, 'Is this what I would want for myself?'"



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CAREGIVING IS A REAL JOB FOR MANY



In today's world, it is not unusual to meet someone acting as a caregiver. According to AARP, almost 20% of the US population is acting in a caregiving role for an average of four years per loved one. The burden is most often born by woman, although men are gaining ground. My mother cared for both grandmothers before their passing. Each event meant she spent significant time away from our family as they lived out of state. This placed a huge hardship on our family and on her marriage.

When it was my turn to care for my parents, they relocated to our town and into our home for nine months while deciding on their next move. Having my parents move in with us was not easy on our marriage. We allowed them to take over our bedroom on the main level to minimize stairs. We moved upstairs into a much smaller space, which added stress. Then there were the little things like when mother decided to re-organize our kitchen while we were working! These things and others were challenging.

When you embark on a caregiving role, have a heartfelt discussion with your spouse, if you have one, or your significant other, as well as any children you still have at home. Verbalize your concerns, worries, frustrations and ask for support and help. Be specific about what you need once you know. Recognize that as you get started on this journey, you don't know what help you

will need. But as you progress you will become more aware. You may need help making doctor's appointments, grocery shopping, meal prep or with cleaning to keep you from imploding. My mother was not comfortable having a cleaning service in the house so that wasn't an option, but my husband and I divided and conquered on the grocery shopping and he was out chief cook.

Find time to work on your marriage or relationship so you don't irrevocably damage it while you provide care for your loved ones. Your marriage is a scared bond and needs to be nurtured so it does not suffer undue harm from the stress of your caregiving role. Make time to have fun together, to be intimate, and to get away from the stress entirely. Ask family and friends to step up and take care of the situation while you take some time off. For quiet time together, we took every Saturday morning to have breakfast out

alone for some quiet time away from the house and my folks. We also gave each other breaks so we each had time alone with friends away from the grind of caregiving entirely.

Please replenish your batteries; otherwise they run down and you won't be able to provide the needed care in the manner you want. We are here to be the hands and feet of Christ in the world for our loved ones. But we have to take care of ourselves first. And that is the hardest part of caregiving.

ROCKVILLE ECONOMIC DEVELOPMENT ISSUES



A CALL FOR ENTRIES for the StartRight!

WOMEN'S BUSINESS PLAN COMPETITION; MORE THAN

**\$15,000 in
CASH PRIZES**

Rockville, MD – Rockville Economic Development, Inc. (REDI) has opened its call for entries for the 9th annual StartRight! Women's Business Plan Competition. The competition is open to businesses in Maryland, Virginia, and the District of Columbia that are at least 51% women-owned and have been in operation for two years or less. The competition awards more than \$15,000 in cash prizes as well as in-kind prizes. Winners will be awarded in three categories - high-tech, general business and Maryland biotech business. To enter, please submit an executive summary and \$25 application fee to REDI by Wednesday, June 6, 2012. Full business plans are due by June 15, 2012.

2012 StartRight! cash prizes are provided by Shulman, Rogers, Gandal, Pordy and Ecker; Foster, Soltoff & Love; Mid-Atlantic Federal Credit Union, ActionCoach and JLM HR Consulting. For the second year, the Maryland Biotechnology Center will underwrite the cash prize for the best Maryland biotech business plan. Intelligent Office, and the Montgomery County Business Innovation Network will provide in-kind prizes to winners, and the Washington Post's Capital Business will host an associated "Pick the Pitch" campaign, allowing the public to pick its favorite competitor. Prizes will be awarded to the winners during The Power Conference on August 30th in Bethesda, Maryland.

Last year, more than 40 business plans were submitted for consideration. The 2011 StartRight! prize winners include Maryland Biotechnology Center First Place Prize, Biotech Category: Karin Hwang, CervoCheck, LL

- Shulman Rogers First Place Prize, High Tech Category: Valerie Coffman, Feastie LLC
- Mid-Atlantic Federal Credit Union First Place Prize, General Business Category: Aliyah Hardy, Pilates Center of Rockville
- Foster, Soltoff & Love Second Place Prize, High Tech Category: Marci Harris, POPVOX.com

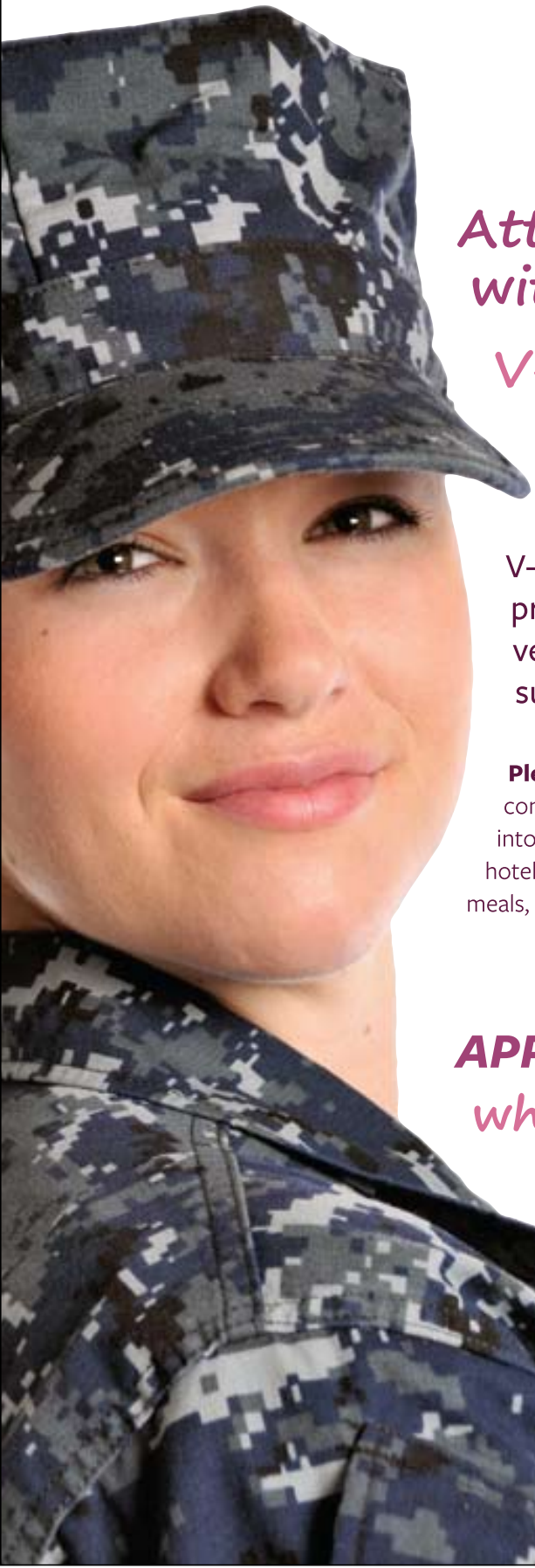
- ActionCoach Second Place Prize, General Business Category: Michele Horwitz Cornwell, Safe at Home, LLC
- Washington Post Capital Business "Pick Your Pitch" Winner: Lisa Drouillard, My Hopeful Journey

"With the support of our sponsors, and our partners at The Power Conference and Capital Business, we expect to see continued growth in the StartRight! competition," said Lynne Benzion, Associate Director of Rockville Economic Development. "Whether one wins a top prize or not, the insights and connections gained through this process are incredibly valuable and we encourage all eligible candidates to apply."

REDI conducts year-round business plan writing classes at its Rockville Women's Business Center, and the competition provides constructive guidance to all participants who request it. To receive a full copy of the application requirements and deadlines visit www.rockvilleredi.org or call 301-315-8096.

About Rockville Economic Development, Inc.

The mission of Rockville Economic Development, Inc. (REDI) is to assure the City's future economic vitality. From accessing funding sources to workforce development...from educational programming to market intelligence...from advisory services to introductions to key decision-makers...REDI helps companies grow by providing knowledge, access, resources, and direction to companies at all stages of growth. REDI offers its resources to the community free-of-charge, and welcomes inquiries and referrals. For more information contact, www.RockvilleREDI.org



Attention female veterans with an entrepreneurial passion— V-WISE is coming to San Diego!

V-WISE is a premier training program providing women veterans with the tools to become successful business owners.

Please note: Prior to registering for the San Diego conference, participants must apply to and be accepted into V-WISE. The \$75 registration fee includes private hotel room at the Sheraton San Diego Hotel and Marina, meals, books, materials and online coursework.

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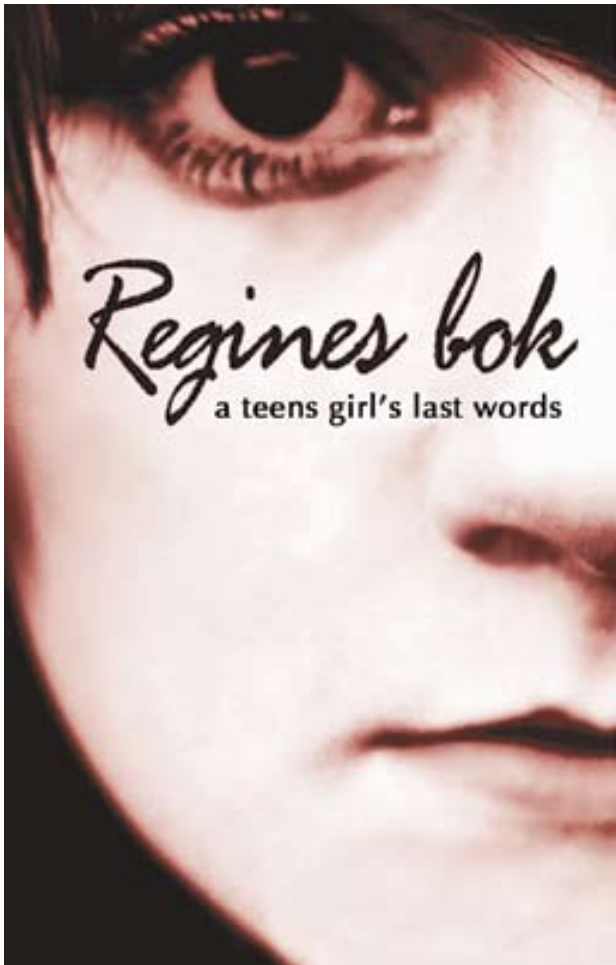
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V-WISE is a program of the Whitman School of Management at Syracuse University and operated by SU's Institute for Veterans and Military Families. It is funded through a cooperative agreement with the U.S. Small Business Administration.

Regine's Book: A Teen Girl's Last Words by
Regine Stokke

DIARY OF A DYING GIRL



Regine Stokke began her blog after being diagnosed with an aggressive form of leukemia in 2008. Her goal was to paint a realistic picture of what it's like battling a life-threatening illness—and to share her experience with the world. During the 15 months Regine was sick and to her death she transformed from an average teenage girl, upset that she doesn't have a private hospital room, to a grateful and humble young woman with a deep appreciation for the beauty all around her.

Regine's Book (Zest Books, October 2012) is Regine's story as it was written on her blog and is supplemented with a selection of photos as well as comments from blog readers and entries from those who loved her most. The book deals with all the facets of living with cancer, from the good days to the

think about my family, and about my friends. I have to fight for them. I can't leave them behind with that sorrow. I have to try everything I can, despite how bleak everything looks."

It was this incredible hope and love for others that carried Regine through the 15 months of her illness. During this time she also had her photographs displayed in a museum exhibit, attended concerts, enjoyed her friends and family and advocated for others to register as blood and bone marrow donors. Regine's Book shows her as a typical teenager in a terrifying situation, with an amazing will to live, and the lessons she learned have relevance for all of us. Through her eyes, readers will discover a more vivid world—and a new appreciation for life, art, and the power of the human spirit.

17 year old blogs about living with leukemia and accepting death

Regine Stokke was a lover of life—a poet, photographer, blogger, and leukemia patient, who blogged about her devastating struggle with the illness and shared her story with a world of strangers. Originally published in her homeland of Norway, Regine's Book is being considered by the Norwegian Literature Abroad (NORLA) foundation for a translation grant. Regine was a very gifted photographer whose photos were exhibited at both the 2009 and 2010 Nordic Light photography festivals. The U.S. publisher, Zest Books, will make a donation to The Leukemia and Lymphoma Society Team in Training in Regine's honor upon publication of the book.

bad and everything in between.

"I've been thinking a lot about people who permanently lose their hair," wrote Regine, who had lost her own hair due to chemotherapy. "Can people actually get used to it? I haven't. Society today is obsessed with looks. [But] I wore a wig to the hospital today and finally avoided all the stares. That felt good..."

At an age when Regine's biggest concern should have been what dress she was going to wear to prom, she was worrying about whether or not the wig she's wearing looks natural and about all the things she may soon be leaving behind. "The fear of no longer existing never goes away," Regine laments only a few months before her death. "I'm afraid to leave the world and I don't want to do it. I

IF I KNEW THEN WHAT I KNOW NOW...

--Reflections and advice from over 70 young adult authors writing to their teen selves

by: E. Kristin Anderson, Miranda Kenneally

How many times have you looked back on your teenage years and cringed, wishing you could offer your younger self some advice and guidance? That is exactly the premise behind *Dear Teen Me*, (Zest Books, October 2012) a book that began as a Twitter conversation between editors Kristin Anderson and Miranda Kenneally about their love for 90's pop group Hanson. The letters included in *Dear Teen Me* are by 70 authors ranging in age from 18-80 and cover a wide variety of topics including physical abuse, body issues, bullying, friendship, love, and enough insecurity to fill an auditorium.

Among the contributing authors for *Dear Teen Me* are six New York Times bestsellers including Lauren Oliver, Ellen Hopkins, and Nancy Holder. Some authors chose to write diary entries, some chose letters and a few graphic novelists turned their stories into visual art, but they all offer invaluable wisdom and advice to young readers.

"Remember all those boys who broke our hearts over the years?" Ellen Hopkins writes to her childhood best friend, "Sometimes we suffered for days or weeks. Sometimes we cried, sometimes we starved, and sometimes we couldn't stop eating—but we always leaned on each other... All that heartbreak helped us learn how to heal, and it helped us become better, and better at relationships."

Ellen Hopkins is not alone. All the *Dear Teen Me* authors experienced heartbreak in one form or another and used that heartbreak to make themselves better. Now, they are here to tell teenag-

ers everywhere that it does get better!

"This book is for you," says editor E. Kristin Anderson, "the loners, the stoners, the freaks and the geeks, the head cheerleaders and the kids eating lunch in the library, the starting lineup, the benchwarmers, the glee club, and the marching band. This book is for everyone who has ever felt alone or misunderstood, for everyone who dreads prom and also for every teen in the homecoming court. For the wimps, the Goths and the jocks. This book is for you."

E. Kristin Anderson has a B.A. in Classics and previously worked for *The New Yorker*. She currently works as an assistant editor for *Hunger Mountain* in Austin, Texas. With Miranda Kenneally, she founded *DearTeenMe.com*, the blog upon which the book is based. Her poems have been published in dozens of literary magazines all over the world.

Miranda Kenneally is the author of *Catching Jordan* (2011), a contemporary YA novel about football and femininity, and has just sold the film rights to Nick Wechsler. Her other books include *Stealing Parker* and *Bad, Bad Thing*. Miranda is the co-creator of *DearTeenMe.com*

Ellen Hopkins is a poet and the award-winning author of twenty nonfiction books for children and numerous New York Times best-selling

young adult novels in verse including *Crank*, *Glass*, *Impulse*, *Burned*, *Identical*, *Tricks*, *Fallout*, *Perfect*, *Triangles* and *Tilt*. Her first verse novel for adults, *Triangles*, was published in 2011.

Nancy Holder is a multiple Bram Stoker Award-winning, New York Times best-selling author. The *Wicked* saga, one of her young adult dark fantasy series, was optioned by DreamWorks and she has two other YA series: *Crusade*, and *The Wolf Springs Chronicles*. *Vanquished* and *Hot Blooded* will both be released in fall 2012.

Lauren Oliver is the New York Times best-selling author of *Before I Fall* and the *Delirium* trilogy. She is also the author of *Liesel and Po*, a book for younger readers, which received two starred reviews. She is also a co-founder of the literary development company Paper Lantern Lit.



BYE-BYE LONELINESS

“This book, by a psychiatrist, is about a condition that transcends psychiatric nosology, a universal perturbation of the mind and spirit sufficiently familiar to all people to provoke a shock of recognition in the reading. For some, the experience is not transient and therefore requires both a definitive recognition and a systematic approach to a cure.”

Dr. Stanton has written this book expressly for them, but it will also prove valuable for the general reader who is no stranger to loneliness, as well as for anyone wishing a deeper understanding of this fundamental human problem.

The format, style, and wording render the book's basic ideas accessible and its recommendations useful and easy to implement. It is replete with examples and anecdotes about the lives of people who suffer, address, and overcome the disorder, so that each concept is vividly illustrated and shown in action. There is none of the dry exposition found in most how-to books, between these covers. Dr. Stanton's voice is personal, informal, witty and informative; she talks, not down, but to, her reader.

The techniques described by the author are of immediate use, drawing on and harnessing abilities that, though previously unrecognized, are part of everyone's repertoire of behavior: for example, the creation of a personal memoir to help identify the sources of self-defeating attitudes. Together, these techniques constitute a method that is so consistent with common sense, that adopting it seems quite natural and unstrained.

For any person whose life has been undermined by struggles with loneliness, this book will be a very special gift. It can be read quickly and easily and will yield immediate benefits.

William Fried, Ph.D., FIPA

Professor, State University of New York,
New College of Osteopathic Medicine,
St. Georges University Medical School, Granada, W.I.



Take a Risk

by Randi Sherman



We all hope for a dream life. However, most of us are too afraid or overwhelmed to make changes, take risks and dream big in order to have that “perfect” life. This is the reality for the lead character in PAULA TAKES A RISK by first time author Randi Sherman.

We all have a million reasons for not taking risks. “It takes too much time.” “It’s too expensive.” “Wait until I lose 10 pounds.” “People will think I’ve lost my mind.” Hiding behind excuses, letting life happen, that’s easy. Change is frightening. It’s particularly difficult for women because, we are taught to nurture others over ourselves and thus our dreams are mostly on the back burner.

Recognizing that your dreams have value and are worth pursuing, and should be put on the front burner, no matter the risks, are what Randi Sherman explores in PAULA TAKES A RISK.

Paula’s life is a disaster. She loses her job and boyfriend on the same day, and has no future prospects or plans. Life just isn’t working out for her. Having only done what was expected of her, not making any waves, reading celebrity magazines, and believing the dream life is for everyone else but her – Paula now finds herself facing the prospect of moving back home with her mother.

Suddenly, life changes for Paula, when she is unwittingly drawn into an adventure by her neighbor Larry, who is broke and deep in debt. She naively goes along with his plans and poses as a successful business woman to carry out an elaborate money making scheme. Too desperate, too afraid and too involved to step away, she lives a lie as she takes on a persona of the person she always wanted to be. Paula blossoms as she navigates her way through complex business and social situations until the whole plan starts to unravel. The scheme and lies are uncovered and what happens next will delight the reader.

Is the book autobiographical? Randi is often asked this question. All the characters in PAULA TAKES A RISK are either pieces of Randi or a compilation of people she has known. Randi will reluctantly tell you that, yes, fear and naiveté had gotten her into some pretty hot water and yes, she dated a lot of losers. But then, like PAULA, she decided to take some risks and her whole life changed. Randi took the plunge and is now living the life she always dreamed of, sans the millions of dollars and perfectly toned body.

This story is certain to strike a chord in anyone who is wishing for a way out of their present life, and onto the red carpet of their imagination, but is afraid of following their dreams. Author Randi Sherman is a funny woman, with a history of stand-up comedy, and her humor keeps the reader hooked throughout this witty and entertaining book.

Randi’s new motto: Dreaming is an affordable luxury. You don’t need to buy a ticket or have special shoes.

Randi Sherman is a native Californian and lives in San Francisco. She has always been able to find humor in the mundane and share the laughter. Sherman has performed stand-up comedy on amateur nights in Los Angeles and studied improvisation in San Francisco. By day Sherman is an independent IT and healthcare consultant, but by night she takes a risk and is making her dreams come true.

Website: <http://www.paulatakesarisk.com>

Fair Trade Practices in Kenya Create Beauty for your Home

Recycled Materials are Artfully Crafted into Household Decor



NAIROBI, KENYA – October 2011 –Acacia Creations takes recycled materials and reinvents them into beautiful bowls and tabletop pieces for the home. Recycled magazine bowls and fallen olive wood tableware are among the beautifully handcrafted pieces Acacia Creations offers. Using only recycled and reclaimed materials found in Kenya and practicing fair trade principles, Acacia Creations is an eco-friendly company with a true appreciation for its artists.

Acacia Creations uses recycled magazines to craft one-of-a-kind bowls and coasters. Use these brightly colored bowls as a beautiful backdrop to your favorite collectibles, or as decorative pieces themselves! Recycled magazine products include bowls ranging from 3 to 9 inches in diameter, and coasters sold in sets of four. Magazine products are finished with a non-toxic lacquer, making them water resistant and durable, but are not recommended for food use.

Fallen olive wood, a tree native to Kenya, is used by Acacia Creations for its durability as well as the attractive contrast in colors of the wood. Each piece in the collection is hand carved into beautiful tableware, perfect for displaying your favorite recipes!

Use your olive wood tableware to serve appetizers to guests, as ingredient bowls during food prep, or for daily use! Finished with a food-safe sunflower oil, olive wood products are water-resistant and durable.

Find the perfect piece and feel good knowing your purchase is directly benefiting the artist who made it. Acacia Creations pays its employees a percentage of sales on top of their monthly salary, earning them five times the national average in Kenya.

With pricing ranging from \$7.50 to \$28.00, Acacia Creations' unique pieces are an affordable way to add a touch of warmth and functionality to your home. Acacia Creations products are available at select retailers nationwide and online. For more details on Acacia Creations products and their fair trade practices, visit: www.acaciacreationsstore.com.

The Olive Wood Collection includes:

- 3-inch bowl with teaspoon, traditionally used as salt and pepper servers
- 6-inch bowls, versatile enough for anything (natural or painted)
- 8-inch divided hors d'oeuvres bowl, perfect for dry snacks
- Salad servers: painted, spiraled, or branched
- Double bowl and double spoon
- Heart-shaped nesting bowls (set of three)

About Acacia Creations

Based in Nairobi, Kenya, Acacia Creations includes a unique collection of handmade jewelry and house décor made from recycled and reclaimed materials. While operating in accordance of fair trade practices, Acacia's 21 employees receive a monthly salary and percentage of each sale. In fact, Acacia's employee wages are five times higher than Kenya's national average.

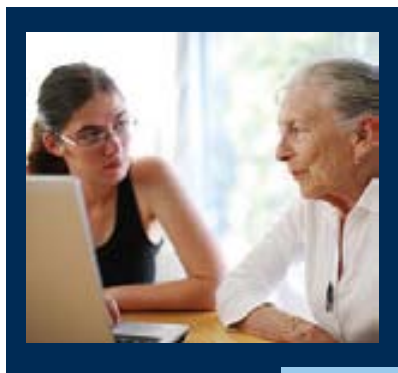
Acacia Creations is proud to support its employees and the children of Kenya. Portions of certain sales benefit the children of Kenya by providing shoes and school supplies or medical care through Gertrude's Children's Hospital, which provides life-saving support and care to underprivileged children and their families. Making its U.S. debut in 2007, Acacia Creations can be found in 2,000 retail outlets throughout the United States, Canada and the Caribbean.

Young Women Need to Know Female Leaders to Become Future Leaders

“ToGetHerThere: Girls’ Insights on Leadership,” a recent study commissioned by Girl Scouts of the USA, revealed that most girls between the ages of 8-17 are optimistic that they can do just about anything – except becoming a leader in whichever field they someday choose. Reportedly, three in five girls felt that women can reach great heights in a company, but not as far up as senior roles.

The mission of cousins Patricia Moser, a former corporate executive and entrepreneur in Supply Chain, Procurement and Marketing, and Barbara Moser, a professional engineer in the aerospace industry, is to empower and mentor women to discover fulfillment in their careers, no matter what path

they choose to pursue. With their book, *1 Piece of Advice: Exceptional Women from Around the Globe Inspire You to Unlock Your Potential*, they want to reveal to young women that they can make it to the top – and they have fifty examples of trailblazing, inspiration-



al female leaders to prove it. *1 Piece of Advice* offers profiles of female leaders from around the world, ranging from an iconic feminist magazine editor and a Governor General, to the Chair of the Afghanistan Human Rights Commission, offering ‘one piece of advice’ from each that helped them to reach the level of success that they have.



“There are many women throughout the world who have achieved and given much, but the problem is we don’t know about most of them,” says Patricia. “Women are often happy to achieve much with little fanfare. Barbara and I felt it was time to make these exceptional women and their stories of success accessible to young women. Whether these women are in corner offices, leading religious communities, protecting us in the military, and conducting groundbreaking scien-



tific research, young women need to know they are out there, and that they can aspire to do much of the same.”

I hope you will consider setting up a time to speak with Patricia and Barbara, as they would love to share with your readers:

- Why female mentors are so influential in young women’s lives, and the impact they have on the goals young girls feel they can set
- The common theme amongst women trailblazers that helped them to achieve their level of success
- Their respective journey to success in their chosen fields
- Why female mentors, particularly in male-dominated fields, are crucial in the development of female professionals
- What is the definition of success and how can women achieve it

Patricia Moser has had great success as both a corporate executive and entrepreneur in a career spanning over 20 years in Supply Chain, Procurement and Marketing across many different industries. Patricia holds two science degrees, one in Chemistry and another in Psychology, as well as an MBA. She is recognized as a thought leader, visionary, innovator, and change leader. Patricia has spoken extensively throughout North America. Her firm has recently been certified as a woman owned business by WeConnect Canada.

Barbra Moser is a Professional Engineer, with an MBA, in the aerospace industry. Over the past 20 years she has held various senior management positions in Operations and Quality Management. Beyond the aerospace industry, Barbara has extensive experience in the electromechanical industry sectors, having spent most of her career in manufacturing. She has taken a lead role in directing companies through periods of rapid and sustained growths. She has recently been elected as a Director to the board of Women in Aerospace Canada. Barbara also holds a private pilot’s license.

Both Patricia and Barbara are available for speaking engagements.

Website: <http://1pieceofadvice.com/>

Face Your Debts



The topic of debt is a tender subject, primarily because it's difficult to listen to people chastise you on how you should never have gotten so far behind. But dwelling on the past is not going to do any good. The fact of the matter is you're in debt, so now the best thing you can do is get a realistic plan together and work hard towards your goals. Here are four steps you can take to help get started:

1 *Keep track of everything you spend.*

One of the secrets for losing weight is to keep track of everything you eat so you can pinpoint where your weaknesses are when it comes to food. It's the same concept with spending; you need to figure out where all the money is going! For one month, write down every single dollar you spend. Once you realize what kind of items your money is going towards, it becomes crystal clear where you need to make changes and cut back on your spending.



2 *Create a budget and stick with it.*

By creating a budget, you are putting yourself in control of what you spend your money on instead of just reacting to your impulses. Start by making a list of your fixed expenses such as your house, car, phones, tv and insurance payments. Look at the list and see if there are any places you can cut back. Next list all of your non-fixed expenses such as food, gas, utilities, clothing, medical, entertainment, etc. Give yourself a monthly dollar amount for each category.



Now here is the key to making it all work – actually do it. The easy part is making the budget; the hard part is sticking to it.

3 *Use the debt eliminator system.*

Start by writing down each of your debts with your monthly payment and the payoff amount. You then work toward paying off the smallest debt first. After you have repaid the first creditor, add the amount of that monthly payment to the payment for your second creditor. When that debt is paid off add both of those payments to the payment on your third debt. Keep doing it until all your debt is paid off.



4 *Start a "put-and-take" savings account*

Being in debt can be a vicious cycle because when you are putting all your money towards paying off your debts, you have no free money to use when emergencies arise. So when something happens, you end up adding more debt.

The fact is you will never be able to remain debt free unless you have some savings to use for emergencies. Add a certain amount of money to your monthly budget to put into a savings account, and only use this money for emergencies.



To get yourself out of debt, your best chance at success is to make a plan and stick to it. If you follow the steps outlined above, one day you will know the joys of debt-free living.

Everybody Hurts

Sometimes



Psychiatrist helps readers discover psychological truths

SALT LAKE CITY, Utah – Americans are overwhelmed with stress. It comes from work, home life and everywhere in between. Just like people have the ability to create stress, we also have the power to fix these problems.

After almost 50 years as a practicing psychotherapist, Dr. Duncan Wallace reveals the secrets of living a more peaceful life in the newly released, *The Book of Psychological Truths*.

Dr. Wallace provides tips that are universal to humans, teaching them to remove their pains. He helps people release their stress by talking out loud. When people speak about their problems, their mind relaxes and pressures go away.

“I use these exercises and haven’t had mental pressure in 25 years,” says Wallace. “The only thing we know about the future, is that it’s uncertain.”

Dr. Wallace has discovered universal psychological truths that create most of our mental and emotional functioning in all areas of living.

The Book of Psychological Truths reveals the extraordinary powers everyone has to instantly remove and eventually eliminate mental pressure and most personal stress. Dr. Wallace shows readers how to convert emotional pains to new discoveries, handle the varieties of situational anxieties in best ways and cure psychological depression.

“These truths will also benefit psychotherapists, mental health professionals, educators, administrators and business professionals,” Wallace says. “It will stimulate research by neuroscientists and interest philosophers.”

A book unlike any other, *The Book of Psychological Truths* shows that when you use the power and value of these truths by choice and with awareness, you can greatly increase your personal evolution and influence society’s evolution in wise ways.

About the author

R. Duncan Wallace, MD, has been a psychotherapist for forty-eight years and has served as medical director of eight psychiatric hospitals and eleven inpatient programs. He is a former president of the Utah Psychiatric Association and practices his twin passions of psychiatry and creative mind growth in Salt Lake City, Utah.

TAOS SOLAR MUSIC FEST TO TURN UP HEAT WITH LYLE LOVETT, LOS LOBOS ON JUNE 30 & JULY 1

TAOS, NM — Now in its 14th year, the all-ages Taos Solar Music Festival will heat up Taos, New Mexico for a two-day festival on June 30 and July 1, with big name acts including Grammy award winning artists, Lyle Lovett and Los Lobos. Festival organizers expect a large turnout not only because of the lineup of bands but because the festival has developed such a loyal following.

Along with Lyle Lovett and Los Lobos, several other acts are confirmed for the show including, among others: bluegrass sensation the Del McCoury band; Michael Franti and Spearhead; Sonny Landreth; and Taos native Max Gomez.

“Taos Solar Music Fest is the only family-friendly show that offers a sense of intimacy in a beautiful setting that no other festival of its kind has,” said Taos Solar Fest Co-Director Dawn Richardson. “Solar Fest is a party with a purpose – our goal is to bring awareness to people about conservation, sustainability, and renewability, but provide a true grassroots festival that is fun and offers something for everyone.”

Richardson said that the festival will have a “Solar Fest Forest” with sections centered around the theme of “earth, wind, fire, and water.” Displays will educate festival goers about conservation and sustainability through art installations involving the trees at Kit Carson Park.

Doors open on both Saturday, June 30 and Sunday, July 1 at 11 a.m. for the festival. All seating is general admission. Tickets are \$51 for June 30 and/or July 1 shows or, for a two-day pass, \$91 per person. Kids 12 years and under are free. Tickets are on sale now at solarmusicstore.com. Show goes on rain or shine. NO refunds for inclement weather. Dogs, coolers, and alcohol are not allowed at the festival.

Camping information will be online as the festival nears and is allowed on a first come, first served basis.

Taos Express shuttle service is available on Fridays, Saturdays, and Sundays from Santa Fe to Taos Plaza. Fares are \$10 roundtrip, per person; children 10 years and under are free. Reservations are required and can be made by calling (575) 751-4459. For a complete list of schedule pick up times, visit : taoexpress.com.

For more information on Taos Solar Music Festival, visit www.solarmusicfest.com or facebook.com/solarfestival or call/email (575) 758-9191 or support@solarmusicfest.com.

THE FIRST ANNUAL
TAOS SOLAR MUSICFEST

BAND SEARCH CONTEST!

Here's your chance to
play on the main stage in front of thousands of
people during the 2012 Taos Solar MusicFest!

We are now accepting video submissions from
new mexico bands and musicians. all entries will
be judged by a panel of music industry
professionals. The top ten will then be posted on
our Face Book site with the winning video to be
to be voted on by you...the public.

To be part of the final voting process...Get
your friends and family to

Like us on facebook

at:
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TAOS SOLAR MUSIC FESTIVAL - P.O. BOX 1000 - TAOS, NEW MEXICO 87571



About BBB of Greater Maryland

Headquartered in Baltimore, BBB | Greater Maryland is a non-profit organization that was established in 1922. It serves 18 Maryland counties and Baltimore City. In 2011, BBB provided over 1 million Business Reviews and handled over 11,300 marketplace disputes. BBB is supported by Accredited Businesses that have passed a comprehensive review, met BBB's Standards for Trust and agreed to the organization's Code of Business Practices governing sound advertising, selling and customer service practices that enhance customer trust and confidence in business. For more information please contact your BBB at 410-347-3990 or visit bbb.org.

Contact:
Angie Barnett
(President & CEO),
410-347-3981 (office),
443-223-1303 (cell)

Jody Thomas
(V.P. Communications),
410-347-8593 (office),
443-254-0464 (cell)

BBB Honored with Sustainability Award



Cintas Corporation, a leader in secure document management services, today awarded Better Business Bureau | Greater Maryland the Environmental Award for its strong commitment to the environment. Utilizing Cintas' shredding services, all of the shredded materials BBB collected were recycled into secondary paper products to reduce waste and impact on the environment. In doing so, BBB has saved 408 trees, 96000 kilowatts of energy and 168000 gallons of water while reducing green house gas emissions.

Cintas prides itself on its environmentally-conscious approach to protecting confidential information by shredding it thoroughly and recycling the waste. Each year, Cintas recognizes its top customers that share the same drive in reducing their environmental footprint.

"We are pleased to recognize BBB with our sustainability award," said Karen Carnahan, president and COO of Cintas' document management division. "BBB is an earth-friendly business that has demonstrated its commitment to saving natural resources by utilizing a sustainable document management program."

"When we set about to help our community fight identity theft with BBB Shred Day four years ago, we didn't even consider the environmental impact," Angie Barnett, president and CEO of BBB | Greater Maryland reflected. "But thanks to the support of Cintas, we have been able to expand our efforts tenfold. BBB is deeply honored to receive this Sustainability Award," added Barnett.

For more information, please visit www.cintas.com/documentmanagement.

About Cintas Corporation

Headquartered in Cincinnati, Ohio, Cintas Corporation provides highly specialized services to businesses of all types. Cintas designs, manufactures and implements corporate identity uniform programs, and provides entrance mats, restroom supplies, promotional products, first aid and safety products, fire protection services and document management services to approximately 800,000 businesses. Cintas is a publicly held company traded over the Nasdaq National Market under the symbol CTAS, and is a Nasdaq-100 company and component of the Standard & Poor's 500 Index.



**The Women's
Sailing and
Powerboating
School**

For immediate release
May 7, 2012
Contact: Carol Cuddyer
(727) 289-6917

LEARN TO DOCK YOUR BOAT WITH SEA SENSE

SEA SENSE... The Sailing & Powerboating School, is offering a 2-day Docking and Close Quarters Maneuvering Course from Sarasota, FL on June 22 & 23, 2012.

Docking is ALWAYS the number one part of boating that causes knees to knock, palms to sweat and hearts to pound with unnecessary anxiety!!

But it doesn't have to be that way. This hands-on class will be held on board a comfortable, fully-equipped, 42' twin engine Trawler. During this class, there will be plenty of time to practice all the skills you need to bring the boat into a slip or alongside a dock. Our Coast Guard licensed instructors are experts in the art of explaining and teaching docking in a calm and encouraging manner and will give you a new-found sense of ease with docking.

Sea Sense, Inc.
P.O. Box 1961
St. Petersburg,
Florida 33731
U.S.A.

"This course will 'demystify' docking and reveal the secrets to being successful and self confident. We have designed these days to build peace of mind, and we'll give you tips on making docking hassle free," said Captain Patti Moore, co-founder of SEA SENSE.

The cost of the 2-day, daytime course is \$1050/person which includes lunch and beverages.

Call soon as space is limited to six students!

TELEPHONE:

(727) 289-6917

TOLL-FREE:

(800) 332-1404

For more information contact:

SEA SENSE...The Sailing & Powerboating School

P. O. Box 1961, St. Petersburg, FL 33731

Phone (727) 289-6917

seasense@aol.com

www.seasenseboating.com

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Photos Available

NEW BOOK OFFERS GROUND- BREAKING WHOLE PERSON BEHAVIOR CHANGE SKILLS

“Changing Behavior: Immediately Transform Your Relationships with Easy-to-Learn, Proven Communication Skills” aims to create thriving relationships

According to Donadio, ineffective communication is a leading cause of divorce, the breakdown of families, as well as between employees and their employers. This is because of inherited communication patterns that can quickly lead to hurt feelings or emotional disconnection. What’s more, most people don’t have the knowledge, skills or the time to invest in changing how they communicate and behave. With that in mind, Donadio offers the first-ever guide to simple, proven skills and strategies to facilitate lasting change and assist people to experience new levels of fulfillment, collaboration or intimacy.

“There is no doubt that communication in all types of relationships can make or break them, but changing how we relate to one another is easier said than done,” says Donadio. “This book was written for all individuals, from all walks of life, so they may experience more satisfying, longer lasting relationships.”

At the heart of Donadio’s bestselling book is the revolutionary Behavioral Engagement with Pure Presence™ approach. Developed over the last 30 years in partnership with leading hospitals and medical centers, Behavioral Engagement™ is the first known whole person health education and health behavior change method developed, tested and utilized in a clinical setting.

According to Donadio, “Changing Behavior” is currently transforming the lives of a wide-spectrum population, ranging from those serving in the military to people mending relationships to those who are incarcerated. Since the 1980’s, it has been the catalyst for dramatic change for thousands of patients



needing to understand and control their chronic disease conditions.

Kirkus Reviews states that “Changing Behavior” is “recommended as a top-tier psychological self-help manual” and is a “strikingly original case for the transformative power of receptiveness.”

“Changing Behavior: Immediately Transform Your Relationships with Easy-to-Learn, Proven Communication Skills” is available for sale online at Amazon.com and other channels, and is also available in e-book format.

About the Author: Dr. Georgianna Donadio is a behavioral health expert and primary care provider. A longtime proponent of the important role nurses play in healthcare, she is one of only six American Florence Nightingale Scholars, is an award-winning Nurse Advocate and has dedicated her life to improving the quality of healthcare delivery and patient advocacy. As the founder of the National Institute of Whole Health, her expertise has been showcased in hundreds of print, online, radio and TV interviews. Donadio lives with her family on a small farm outside of Boston with the family farm pets. For more information, visit www.behavioralchange.org.

MEDIA CONTACT: Dr. Georgianna Donadio
E-mail: gd@niwh.org, Phone: 888-354-HEAL (4325)
Website: www.changingbehavior.org

Summer & Fall Festivals Galore in Gunnison-Crested Butte, Colorado

From wildflowers and bikes to rivers and cowboys, there's plenty to celebrate!

GUNNISON-CRESTED BUTTE, Colo. (April 30, 2012) — Gunnison County knows how to roll out the carpet for summer and fall fun with an amazing array of one-of-a-kind festivals that reflect the lifestyle, natural beauty and Western friendliness of the Colorado Rocky Mountains.

Gunnison Growler Weekend, Gunnison, May 26 – 28

Kicking off the summer season is Gunnison Growler Weekend, featuring three days of biking events, trail running races, a kids' fishing and outdoor sports derby, and outdoor sports expo for the whole family to celebrate Memorial Day weekend. On Saturday and Sunday, Gunnison's IOOF Park and one block of Virginia Avenue between Main Street and Iowa Street, will be filled with food vendors, live music and a beer garden for racers and the public to enjoy. This downtown area also will be the start and finishes for the Half-Growler (32 miles) and Full-Growler (64 miles) races and Growler Gran Fondo ride from Gunnison to Mt. Crested and back (64 miles). The other centers of activities will be Hartman Rocks Multi-Use Recreation Area and Jorgensen Park. The 25k and 50k Sage Burner trail running events start and finish at Hartman Rocks. For more information, go to www.gunnison-trails.com, www.gunnisonmentors.com and www.sageburner-trailrun.com.

32nd Annual Crested Butte Bike Week, Crested Butte & Mt. Crested Butte, June 21 – 24

Crested Butte and Mt. Crested Butte are the proud hosts of the world's oldest mountain bike festival, previously known as Fat Tire Bike Week.

- Crested Butte Bike Week launches with a kickoff party at the Crested Butte Mountain Heritage Museum/Mountain Bike Hall of Fame on June 21.
- The infamous Chainless World Championships on June 22 is always a thrilling scene for riders and spectators followed by the Fat Tire 40 mountain bike race on June 23.
- Those who prefer cross-country or downhill racing can catch some action at the Mountain States Cup Wildflower

- Rush races on Crested Butte Mountain Resort trails on June 23 – 24. If a one-speed cruiser is more your style, join in the fun
- for Adaptive Sports Center's annual Bridges of the Butte townie tour that runs from 3 p.m. on June 23 to 3 p.m. on June 24.
- Alison Gannett's Keen Rippin Chix Bike Camps will be offered on June 21, 22 and 23. Live music is planned for June 22 and possibly June 23, with bands to be announced soon.
- For information and registration details, contact the Crested Butte-Mt. Crested Butte Chamber of Commerce at (800) 545-4505 or visit www.ftbw.com.

10th Annual Gunnison River Festival, Gunnison, June 22 - 23

For a unique blend of hardcore and lighthearted outdoor recreation for all ages, don't miss the Gunnison River Festival on June 22 – 23. The event kicks off with the premiere of the Gunnison River Games in Legion Park on the evening of Friday, June 22. Compete in or watch these dry-land challenges that are sure to entertain from 6 – 9 p.m. with live music as the backdrop. On June 23, it's all about being on the water with the festival based at Gunnison Whitewater Park. A kayak paddle on Blue Mesa Lake, competitive raft races, kayak competitions, River City Fun Zone for kids, community raft float, raft rodeo, surf comp and hooligan race are part of the fun. For costs, information, and registration forms, visit www.gunnisonriverfestival.com or call (970)901-6215.

16th Annual Crested Butte Music Festival, Gunnison Valley, July 4 – Aug. 12

The 2012 festival will showcase outstanding performers from all over the world and internationally acclaimed performers such as Boston Brass, American String Quartet, jazz legend Junior Mance and opera stars Marcello Giordani and Samuel Ramey. Celebrating its 16th year, CBMF also has bluegrass, opera and gypsy jazz mini-festivals that are part of the larger event. Mozart's opera "The Magic Flute," a free family concert series on Saturdays, five home soirée concerts and much



more are on this dynamic event's six-week schedule. For more information and tickets, call (970) 349-0619 or visit www.crestedbuttemusicfestival.com.

112th Annual Cattlemen's Days, Gunnison, July 5 - 15

People who love the authenticity of The West should plan on attending the 112th annual Cattlemen's Days at the Fred R. Field Western Heritage Center and various venues around Gunnison. The event features a county fair, parade, live music and dancing, a horse show, cowboy poetry, horse races, and of course rodeo events sanctioned by the Professional Rodeo Cowboys Association (PRCA). Activities are spread throughout the 11 days of Cattlemen's Days festivities, with rodeos scheduled for the evenings of July 12 - 14. For more information, call the Gunnison County Chamber of Commerce at (800) 814-8893 or visit www.cattlemensdays.com

26th Annual Crested Butte Wildflower Festival, Crested Butte, July 9 - 15

The historic mountain town of Crested Butte, which was designated the "Wildflower Capital of Colorado" by the state legislature in 1990, hosts this colorful festival during the peak of wildflower season. Nearly 200 individual events such as photography and art classes, 4 X 4 tours, hikes and flower identification walks, garden tours, cooking seminars and more focus on the magnificent sight of miles and miles of wildflower fields abloom in the area. For more information, call (970) 349-2571 or visit www.crestedbuttewildflowerfestival.com.

40th Annual Crested Butte Arts Festival, Crested Butte, August 3 - 5

Crested Butte Arts Festival (CBAF) is one of the biggest weekends of the

summer, drawing world-class artists from all 50 states and several international exhibitors. Open-air booths line the five-block center of Crested Butte's National Historic District, featuring 175 artists who are selected through a very competitive jury process. New this year, the festival will be open Friday evening, Aug. 3, from 5 - 9 p.m., as well as on Saturday and Sunday from 10 a.m. - 5 p.m. In addition to an Art Alley for kids, look for an artist demonstration tent, food court, beer and wine pavilion, live entertainment, art auction and culinary demonstrations. Additional culinary programs will be announced in the near future. Call (970) 349-1184 or visit www.crestedbutteartsfestival.com.

Car, Carving & Art Weekend, Gunnison, Aug. 16 - 19

This dynamic weekend for all ages includes the 25th annual Gunnison Car Show, High Octane Arts & Crafts

Festival, and Carvin' Up Colorado. Most of the activities take place in the neighboring Jorgensen and Legion Parks, with a '50s-style cruise-in and free dance on Main Street on Friday evening and a breakfast cruise to Crested Butte on Sunday morning. On Saturday, admire all the chrome during the open car show and browse the creations of 60 artisans from around the region at the High Octane Arts & Crafts Festival. From Aug. 16 – 18, seven to 10 wood carvers from around the country will transform tree stumps into works of art that will be on permanent display in Legion Park and at other community sites. For information, call (970) 901-6215 (carving) and (800) 814-8893 (arts/crafts) and visit www.gunnisoncarclub.com.

Fall Festival of Beers & Chili Cook-Off, Mt. Crested Butte, September 8

Get into the spirit of autumn with Mt. Crested Butte's annual Fall Festival of Beers & Chili Cook-Off held on Sept. 8 at the base of Crested Butte Mountain Resort (CBMR) ski area. Heat up by sampling great chili prepared by area cook-off contestants, cool off with beers poured by several microbreweries and savor live music all afternoon. For admission costs and times, contact the Crested Butte-Mt. Crested Butte Chamber of Commerce at (800) 814-8893 and visit www.cbchamber.com.

Crested Butte Film Festival, Crested Butte, September 27 – 30

Get inspiration from features, shorts, documentaries and panel discussions and enjoy festival parties and the peak of aspen-viewing season. Many of the films will be Colorado premieres, including a mix of international and U.S. productions, Academy Award nominees, selections from Cannes and Sundance, and newly discovered gems. Crested Butte provides a perfect, intimate setting to engage with visiting filmmakers at unique historical venues, combined with some of the best mountain biking and hiking the

state has to offer. Pass options make it easy and affordable to enjoy all four days of the festival and all events. For information, visit www.cbfilmfest.org or call (303) 204-9080.

Visitor Information & Personalized Vacation Packages

To find out more about Gunnison-Crested Butte's calendar of events and personalized vacation packages, call the Gunnison-Crested Butte Tourism Association's toll-free number (800) 814-8893 or visit www.GunnisonCrestedButte.com. Find the Tourism Association on Facebook at www.facebook.com/gcbta or follow us on www.twitter.com/gcbta.

The Gunnison-Crested Butte Regional Airport is served year-round by United Airlines and during the winter also by Continental Airlines and American Airlines.

About Gunnison-Crested Butte, Colorado

Gunnison-Crested Butte is nestled among almost two million acres of pristine wilderness in southwest Colorado. Winter sports enthusiasts know the area for its world-class alpine skiing and snowboarding at Crested Butte Mountain Resort, snowmobiling, cross-country skiing, snowshoeing and ice fishing. Gunnison-Crested Butte is also a haven for outdoor summer activities. In the warmer months, visitors can choose from recreational activities such as hiking, climbing, mountain biking, boating, whitewater rafting, kayaking, fly-fishing, camping and horseback riding. Year-round visitors enjoy distinctive restaurants, unique shops and stimulating cultural opportunities, and have a wide range of lodging options — from rustic inns to guest cabins and bed-and-breakfasts to full-service resort hotels.

Gunnison, county seat and a real western town, is home to the Gunnison-Crested Butte Regional Airport, Gunnison Whitewater Park, Gunnison Valley Observatory, Pioneer Museum

and Western State College, which offers bachelor's and master's degrees in liberal arts and sciences and pre-professional fields. Both Crested Butte and Gunnison have thriving historic central business districts packed with shopping and dining opportunities.

Recognized as the "Official Wildflower Capital of Colorado" by the Colorado Legislature and one of the National Trust for Historic Preservation's "Dozen Distinctive Destinations" in 2008, **Crested Butte** is 28 miles from Gunnison and the site of rich mining, ranching and skiing heritage and home to the Crested Butte Mountain Heritage Museum and Mountain Bike Hall of Fame. Only three miles up the road is the resort village of **Mt. Crested Butte**, home to the ski area, an active base area, the area's conference center, and outstanding hiking and biking trails.

Marble is located in the Upper Crystal River Valley along the Elk Mountains and is the gateway to nearby Crystal, home to one of the most photographed mill sites in the country. Marble has seven sites on the National Register of Historic Places and is the location of the Yule Marble Quarry.

In Gunnison County, visitors will find the Curecanti National Recreation Area, where dinosaur fossils were recently discovered; the Blue Mesa Reservoir, Colorado's largest body of water and home to the largest Kokanee salmon fishery in the United States; and The Black Canyon of the Gunnison, one of our country's newest national parks. Gunnison County includes the quaint and historic towns of Pitkin, Gothic, Tin Cup, Marble, Powderhorn, Almont and Crystal, plus the better-known communities of Gunnison, Crested Butte and Mt. Crested Butte. Gunnison County is part of the West Elk Loop and Silver Thread Scenic & Historic Byways.

The Privileges System for Children: Ten Steps to a Courteous Kid

By Jennifer M. Koontz

It is possible to raise kind, well-mannered children with no yelling, no spanking, and no time-outs. When I created the Privileges System three years ago, my daughter needed boundaries... fast. I always said, "I won't have a brat," but I had to admit that if I didn't act soon, I would indeed have one. Now I get compliments on her behavior, and though she's not perfect (who would want the perfect child?), she is polite and respectful. The best part is that she even recognizes other children who need to use this system!

You can bring peace and harmony back into your home by using the Privileges System for Children. Here's how it works, in ten easy steps:

The Privileges System fits your schedule and your children's preferences. Privileges can be anything from a ride on daddy's shoulders to ten minutes of your undivided attention.



Ten Steps

1. Say to your child, "Wouldn't it be great if you got to do what you wanted and Mommy and Daddy didn't have to yell anymore?" (The answer is quite likely to be, "Yes!")
2. Each day, ask your child to choose approximately 5 - 8 privileges that he or she would like to enjoy. You write (or sketch, if your child is a non-reader) one privilege per sticky note and attach the sticky notes to a place that is easily visible to you and your child.
3. Any time the child engages in inappropriate behavior (whining, pouting, bossing, tugging, stalling, pestering, etc.), name the behavior and count. For example, "I hear you whining. I'm counting that as number one. If you continue to whine, I will continue to count. If I reach three, you will lose a privilege." Only wait about ten seconds to count to the next number if the behavior does not improve. If the behavior does improve but reemerges later, start the counting over.
4. It is imperative that you remain calm and never try to talk your child into stopping the behavior. Calmly name the behavior, and then count. When you reach three (and you must, for the system to work), say, "You have reached number three. You have lost the privilege of _____ for today." You choose the privilege that is to be "counted out." Just because you are giving choices does not mean that you give up control of the system.
5. Once a privilege is "counted out," it is highly likely that your child will react with tears, pleading, more whining, and whatever else is in his behavioral arsenal. If that happens, you may simply say, "I am sad, too, that you made the choice to continue that behavior. I was looking forward to watching you enjoy that privilege."

6. Remove the sticky note representing the privilege that was “counted out” from its place and put it inside a kitchen cabinet, or somewhere else that is out of sight. That privilege is gone for today, but remember... tomorrow is another day.

7. If inappropriate behavior ensues following the loss of a privilege, simply name the behavior and count again. It is not unusual for a child to lose two or three privileges quickly when you first begin the system. Some parents choose to begin with more than five privileges if they anticipate their children will lose them quickly at first.

8. Once a privilege has been “counted out,” it is gone for that day. A child cannot earn back a privilege by being well-behaved. This is not a system of negotiation. It is important to remind your child that he or she will have the opportunity to choose that privilege again on another day. Say, “maybe on that day you will be able to make a better choice with your behavior and we will get to enjoy the privilege.”

9. When your child chooses privileges, be sure that they work for you. Don't agree to a privilege that won't fit into your schedule for the day. The Privileges System teaches parents and children to work as a team. If your child makes a suggestion that won't work for one day, explain why another day might work better. You are the parent; you have veto power.

10. Go about your day and enjoy the privileges. When a privilege has been enjoyed, put the sticky note representing that privilege out of sight. Utilizing the sticky notes enables children to see the consequences of their actions, both favorable and unfavorable. If there are no privileges left and it's only the middle of the afternoon, allow your child to choose several more privileges, but do not reinstate privileges that have been “counted out.”



The beauty of this system is that it can be used for any age child, from preschoolers to teenagers. Sure, the privileges change over time, but the theory doesn't. Acceptable behavior results in the enjoyment of privileges; unacceptable behavior results in the loss of privileges.

Don't worry that you won't be able to keep track of your counting or of how many privileges have been “counted out.” Guess who can help you with that? Your child! Children never lose count of their privileges. If you are using the Privileges System with more than one child, use different colored sticky notes and don't allow one child to be the “score keeper” for another child. Everyone focuses on his or her own behavior.

And you, as the parent, get to focus on the fact that you have not yelled since you began using the Privileges System. You are no longer a yeller! Congratulations! Your children and your vocal cords thank you. Now that you have committed to the Privileges System, you will see results in a very short time, maybe even in a matter of hours. Children enjoy being in control of their behavior and they love to choose their privileges.

If you have the determination and fortitude to really make a change, everyone wins. What do they get? Privileges. What do you get? Peace.

Jennifer M. Koontz is a mother and an educator who has taught students of all ages, from preschool through college. She is the author of *When Your Centerpiece is Made of Play-Doh* and *the Dog Has Eaten Your Crayons: A Mother's Perspective on Parenting*. For more information, please visit, www.facebook.com/jmkoontzforparents

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Girls on the Green

Friday, June 22, 2012

at the Blue Mash Golf Course,
5821 Olney - Laytonsville Rd. Laytonsville, MD

We are down to the wire with our 1st Ladies Only golf Outing. Our Girls on the Green is already creating a major buzz! Not just the opportunity to win a Hyundai Genesis from Fitzgerald Auto Mall, or the \$10,000 from Insurance Benefits!

On June 22 at Blue Mash, over 70 ladies, including Delegate Heather Mizeur, Council Member Valerie Ervin, and Jan Fox will be coming out to support this incredible cause. We think it's because that the ladies in our community are taking a day out of their lives to help us raise money that would provide tutoring, culture, training and life skills to will help these neglected, abused and troubled teens.

We encourage you to join us at the dinner reception at Blue Mash from 5:30-8pm. I would love to answer any questions you might have about this event or even about the re-opening of a much needed all boys shelter in Silver Spring.

SPONSORSHIP OPPORTUNITIES

HEART SPONSOR: \$25,000

Registration for 1- foursome of women golfers • Name / Logo as name of event • Present award to tournament winner • Table top display at registration • Exclusive promotion in event marketing / publicity • Name/ logo/ link on webpage, golf carts, player arrival golf kit • Sponsor banners • Acknowledgement from podium • Full page program ad • Signage on all 18 holes • Complimentary table & recognition at Hearts & Homes for Youth HONORS 2012 • 30 raffle tickets

HOME SPONSOR: \$10,000

Registration for 1- foursome of women golfers • Extensive promotion in all event marketing / publicity • Name/logo/ link on webpage, golf carts, player arrival golf kit • Sponsor banners • Acknowledgement from podium • 1/2 page ad in program • Tee box sponsor signage • Complimentary table & recognition at HONORS 2012 • 20 raffle tickets

YOUTH SPONSOR: \$5,000

Registration for 1- foursome of women golfers • Name / Logo promotion on event website • Event advertising / publicity • Sponsor banners • tee box signage • 4 complimentary tickets to HONORS 2012 • 15 raffle tickets

CHILD SPONSOR: \$3,000

Registration for 2 women golfers • Tee box sponsor signage • 2 complimentary tickets to HONORS 2012 • 10 raffle tickets

DINNER SPONSOR: \$2,500

Registration for 2 women golfers • Name / Logo on signage at dinner tables • 10 raffle tickets

CONTEST SPONSOR: \$1,000 (3 AVAILABLE)

Includes a registration for 2 women golfers • Sign with logo recognition at contest hole (Par 3 Holes) - Contests Include: Hole in One, Longest Drive, Closest to the Pin

HOLE SPONSOR: \$500

Your business or personal Name / Logo will appear on a flag

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I will donate the following prize for the raffle:

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TOURNAMENT INFORMATION

Be a part of
Hearts & Homes for Youth's
1st Annual
Girls on the Green
Golf Outing FOR Women!

This charity golf outing will take place on Friday, June 22, 2012 at Blue Mash Golf Course, in Laytonsville, MD.

Registration begins at 12:30 pm, with a Shotgun Start at 1:30 pm. The outing will end with an enjoyable dinner and awards program. Four-time Emmy Award winning news anchor, Jan Fox, will emcee the event.

Help make a difference in the lives of the children of Hearts & Homes for Youth. All proceeds from the event will support our efforts to provide programs to help the abused, neglected, homeless and troubled children in our care.

Hearts & Homes for Youth is a tax-exempt 501(c)(3) nonprofit organization. All contributions are tax-deductible.

For more information contact:

MICHELE PALMER, EVENT PLANNER
MOBILE: 301.742.6322
OFFICE: 301.972.2720
MICHELE@WEPLAN-YOUPARTY.COM

EVENT REGISTRATION

3 WAYS TO REGISTER:

1. BY MAIL (WITH CHECK OR CCARD INFO.)

HEARTS & HOMES FOR YOUTH
CHARITY GOLF OUTING
1320 FENWICK LANE, STE. 800
SILVER SPRING, MD 20910

2. BY PHONE: (WITH CCARD INFO.)

CONTACT: VALERIE SNOGREN
301-589-8444, EXT. 311

3. ONLINE (WITH CCARD INFO.)

WWW.GIRLSONTHEGREEN.ORG

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Hearts & Homes
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Rex Smith, Hearts & Homes for Youth

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AMERICAN
SPEECH-LANGUAGE-
HEARING
ASSOCIATION

ASHA HONORED WITH THREE AWARDS FOR WORKPLACE EXCELLENCE AND DIVERSITY

13th-Year Win Highlights ASHA's Ongoing Impact

(R)ockville, MD—May 7, 2012) The American Speech-Language-Hearing Association (ASHA) has been honored with the Workplace Excellence, Health & Wellness Trailblazer, and EcoLeadership awards for 2011 by the Alliance for Workplace Excellence.

ASHA and other winners will be honored during the Alliance's 13th Annual Award Luncheon at noon on Monday, June 11, at the Bethesda North Marriott Hotel & Conference Center. More than 500 attendees are expected at the ceremony honoring 73 Washington-area organizations.

The Alliance for Workplace Excellence, a nonprofit organization founded by Montgomery County, Maryland, and Discovery Communications, Inc., provides a portfolio of services that allow employers to build excellent places to work. The Alliance will recognize ASHA's commitment to promoting professional fulfillment as well as personal wellness at work, at home, and in the community and for demonstrating commitment to environmental sustainability.

"ASHA is thrilled to be honored for its efforts in the workplace and community," says ASHA Executive Director Arlene A. Pietranton, PhD, CAE. "We take tremendous pride in making wellness a part of our employees' everyday lives and sustaining an environmentally friendly work environment and community we can all be proud of."

The Workplace Excellence and Health & Wellness Trailblazer awards highlight businesses that promote professional fulfillment and personal wellness at work, at home, and in the community.

The EcoLeadership Award honors companies that recognize the importance of environmental sustainability by demonstrating commitment to conservation of energy resources, energy-efficient building operations, and more. ASHA was the first nonprofit association in Maryland to be recognized with a Gold LEED (Leadership in Energy and Environmental Design) certified green building designation.

New this year, ASHA is being recognized as a leading practitioner in diversity and inclusion practices. Vicki R. Deal-Williams, ASHA's chief staff officer for Multicultural Affairs, will participate in a panel discussion on Leading Practices in Diversity and Inclusion at 10:00 a.m. Deal-Williams will speak to how ASHA's advances in program and product development are enhancing ASHA members' work with diverse populations. "ASHA is committed to providing our 150,000 members with resources to increase their cultural competence," says Pietranton.

About the American Speech-Language-Hearing Association

ASHA is the national professional, scientific, and credentialing association for more than 150,000 audiologists, speech-language pathologists, and speech, language, and hearing scientists. Audiologists specialize in preventing and assessing hearing and balance disorders as well as providing audiologic treatment including hearing aids. Speech-language pathologists identify, assess, and treat speech and language problems including swallowing disorders.

press releases at: www.asha.org/about/news.

podcasts at: <http://podcast.asha.org>.

speech-language pathologist, visit: www.asha.org/findpro

Our 10 years anniversary: July 14th & 15th



Join us for a week end of fun, food, music & celebration:

>> Anniversary Brunch buffet Sat & Sun July 14th & 15th from 11am to 3pm \$29.95 with a glass of wine, a wine tasting, door prices and special activities like singing, playing petanque etc...

>> Anniversary 3 course dinner, Sat & Sun July 14th & 15th from 5 to 10pm with live entertainment with Otis and your host.

Then singing and dancing with our house DJ until 2am \$39.95

Casual Wine Dinner



Here is the menu:

>> Shrimp & avocado salad with rosemary, oregano and thym vinaigrette served with a Vignier, Reserve Speciale from Gerard Bertrand, 2010, France

>> Bouchee a la Reine (diced chicken with Bechamel & mushroom in a puff pastry) served with a Chardonnay, Sabrina Reserve, Maule Valley, Chile 2010

>> Angus beef filet Italian style with Fresh Mozzarella & Basel served with tricolor rotini gratin served with a Malbec, Gouleyant from Cahors, 2010, France

>> Dessert du Chef served with a Riesling from Australia, 2009

The price is \$48 per person plus tax and gratuity.

Crepe Cafe Brunch



Thinking of changing style of food?

The crepe cafe offers a selection of crepe made with buckwheat flour and stuffed with your favorite ingredients with a French touch like in Brittany.

Complement your entree crepe with a sweet crepe like hazelnut & chocolate or berries and whipped cream.

Add a Mimosa or Bloody Mary and have the perfect Brunch for less than \$15, a deal for freshly made crepes from scratch in front of you.



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:

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www.otispregnancy.org



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Mike Love: An Author of Life and A Sage for Relationships.

If anyone asked Mike Love what would be the sum of the intricate parts of his life, he might answer-----Epiphany!

After eighteen years of marriage, self-centeredness, and misdirecting his frustration and anger through targeting his wife with errant darts of emotional and mental abuse, this 57-year-old native of the Pacific Northwest says that valuing women as the spiritual beings who they are has given him the impetus to encourage men and others to treat their partners with love, respect and appreciation.

“There was a lot of tension in my relationship with my wife,” says the family counselor who for three years of his professional life worked as an adolescent counselor and for the rest of his professional life, worked as a family counselor. “My wife left which sobered me up.” Though just for a day, Love added that her behavior that evening was unexpected, uncharacteristic, and unwanted. “This made me pause and think about things that I needed to change.”

Admitting that his wife put up with copious amounts of narcissistic behavior on his part, Love admits he needed to write a book about repairing, rebuilding and renewing relationships. “I truly value my wife.” he says. Love speaks of his partner, an entrepreneur, seven years his junior, in a tone of admiration and incredulity,

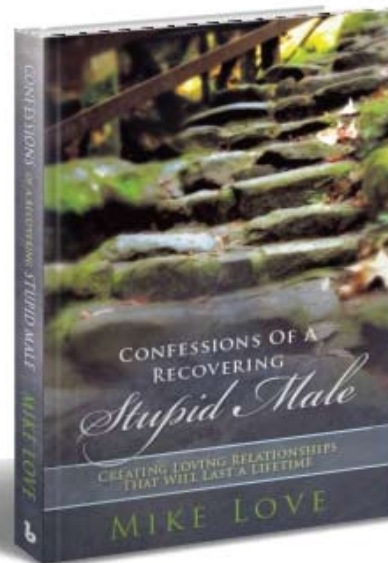
“She put up with a lot of garbage from me, says Love, father of two adult boys, ages 21 and 23. “It was hard for me to admit to or to fully embrace the areas in which I needed to grow so that I could see her true value and how a new awareness of myself and my own shortcomings could empower us both to have a more fulfilling relationship.”



***Author of Confessions of a
Recovering Stupid Male***

By Mike Love

Now an author, a public speaker and anticipating a number of speaking engagements on the horizon, Love says writing the book started out with one chapter which culminated into a book which is now sold through. “This journey, the writing of Confessions of a Recovering Stupid Male represents a continuum, that serves as a tool to improve relationships, he says.



AFRICAN AMERICAN “SUPER MOM” AND AUTHOR DISCUSSES RACIAL AND FEMALE REPRESENTATION IN YOUNG ADULT BOOKS

Growing up in low-income neighborhoods, Sybil Nelson was determined to overcome the stereotypes foisted upon young, black women like herself. Dedicated to achieving excellence, by the time Sybil graduated college with degrees in mathematics and music theory, she had already mastered two languages, learned five instruments, and studied ballet and tap dance. Always on her own terms, Sybil wanted to redefine expectations of what a woman with her background could accomplish.

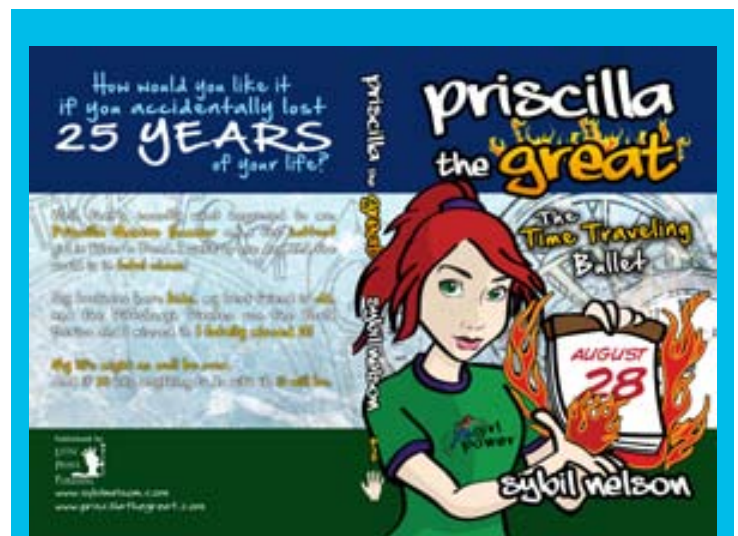
As a high school math teacher, she began to notice that her students lacked diversity in the novels and media they enjoyed. Where were the strong female characters? Where were the girls like her? Never one to content to stand by, Sybil picked up her pen and began writing what is now the popular Priscilla the Great middle-grade book series. Her heroine is a feisty superhero, who’s always got her brainy best friend by her side – characters that girls can finally see themselves in.

In a compelling, funny, and thought provoking interview Sybil can discuss:

- Race and representation in middle-grade and young adult fiction
- Her balancing act between motherhood, writing, pursuing a PhD, and running her independent publishing company
- Why “impoverished” isn’t a synonym for “stupid” and how every student has the potential to learn and achieve
- The 5 steps for turning kids into rabid readers
- The importance of positive female role models in fiction and in the real world, for both boys and girls

Even as a child growing up in the low-income housing units of Daytona Beach, FL and Langley Park, MD, Sybil Nelson seemed to know that her love of literature would someday be her ticket to bigger and better things. Now a mother of two and perusing a PhD in Biostatistics from the Medical University of South Carolina, Sybil is also founder of Little Prince Publishing and a successful author of two book series for young adults.

visit: [Website: www.sybilnelson.com](http://www.sybilnelson.com)



Priscilla the Great is available in print and e-book format from Amazon and Barnes & Noble.com

Lori Burns: A Story of Pain, Purpose and Enlightenment

Tikun Olam, is the Hebrew term for repair the world. It is also the best way to describe Lauri Burns' life-path. She is now a high ranking executive in an aerospace company and foster care mom of 30. However, listening to Burns' calm, deliberate, voice recount her life story is surreal. A modern day Dante's Inferno. As a teenager, following a brutal beating with a hair dryer, and an incident with a gun--both administered by her father--she was sent to an institution also populated with the criminally insane. Like the cantos described in Dante's ancient, Medieval prose, Burns' life is marked by pain, suffering, and enlightenment.

"I was a very strong-willed child. My father often abused me physically, emotionally and mentally," says the California resident. "One particular time, I had a friend with me and he began to beat me. He also had a gun. When I spoke about the incident, he hid the gun, called the police, said I was hallucinating and had me committed." Sent to Central Islip ---a place where lobotomies were discontinued seven years prior to her arrival, Burns recalls being restrained in a strait jacket. She says the days turned into one, long, blur of suspended time. "Months, or days, or minutes, had no significance," she says.

At the time of the incident, Burns' mother was not at home. Discovering her whereabouts, Burns' mother found her in Central Islip and sent her to New York where she made several unsuccessful attempts to live in a succession of group homes. "I was a train wreck." says Burns.



Lauri Burns

Photo credit: Carolyn Schiff

Not knowing what else to do, Burns' mother sent her to California. There she recalls her dark descent into an abyss of loneliness, detachment, alienation and despair. "I started shooting up at 17," says Burns. "To support my habit, I began to sell my body...My daily routine was to a drug dealer during the day, and tricks at night."

Pushing the Fate envelope even further, lead burns to a near death experience. "I was beaten and sodomized over a period of several hours and left for dead in a canyon lying in a pool of blood...All could remember was a black man standing over me with tears running down his cheeks." Her rescuer, took her to the hospital.

While there, Burns remembers calling her mother who responded to her voice with a hang up. Mended physically, but far from being mended emotionally or mentally, and clad in only a hospital gown, upon her release, she directed the taxi driver to leave her at the Boulevard, the breeding ground for prostitution and drugs, and the very place she left before the brutal attack.

With the help and prodding of one of her suitors, who she describes as a Viet Nam vet, Burns finally took her life on a different path. "I was hired by a Temp Agency and took a job with an insurance agency," she says. There, she met a role model who she tried hard to emulate. "She had it all, success, car, money and a home. I wanted to be like her," says Burns, the--biological mother of a now 29-year-old New York Social Worker who has also spent a short stint in Foster Care. "I had her until she was three. My mother took her in for a few months, placed her in Foster Care. After I received treatment, she stayed with me... and then I raised her...my little angel." Refusing to break completely with her past, Burns began to have NA, Narcotics Anonymous meetings at her home, some weeknight evenings after work. "At this time, I met my first foster child. Her mother was a crack addict who eventually died of a drug overdose" Burns later became legally responsible for the child.

Finding success working for the insurance company, Burns had an interest in computers and took certifiable computer exams. Having a strong aptitude in Math at a very young age, the complexities of computer languages, software and network development came easy. "I remember in the fifth grade a teacher calling my home speaking with my parents about my exceptional Math ability. Their response was, that I was not smart but just crazy."

And to look at her now--- a woman with a calm demure, attractive, svelt, frame and mild demeanor sporting healthy straight blonde locks whose beauty belies her age. Life wears well on her. Among her credits are a high ranking management position in an aerospace company, the writing of a memoir about her life entitled Punished for Purpose www.punishedforpurpose.com, the founder of a non-profit foundation, The Teen Project which is taking youth who are abandoned off the streets and repurposing their lives so that they can support themselves with a job and career and more importantly, the privilege to be the foster parent of 30. Burns has earned notable status in Oprah's Angel Network naming her an Angel and an honorable mention in the February 20 issue of People Magazine as one of the publication's heroes. Burns notes that one of her greatest accomplishments is making peace with her father, who recently tried to commit suicide. "When he told me he did not deserve my love, I told him that my childhood prepared me. Standing where I am now, I wouldn't change a thing, it was all perfectly orchestrated. I told him I loved him and together we can change the lives of the children to follow," says Burns about her father who was also a Foster child.

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Focus on Women Magazine presents:

The Women of Impact Awards Reception



Date: Thursday, October, 18 2012

VIP Reception 6:30-7:30, and

Awards Reception 7:30-9:30

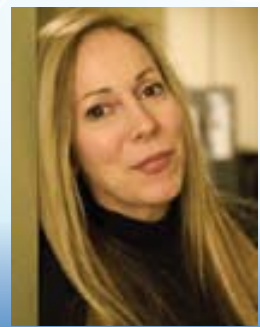
Place: World Trade Center Constellation Room

401 East Pratt Street,

Baltimore, Maryland 21202

Nominees are:

Laurie Burns



People Magazine's Everyday Hero, Angel, Oprah's Angel Network, Aerospace company executive

LeslieBeth Wish



Founder and author of "The Almost Smart Cookie," syndicated columnist, cartoonist

Nadine Lajoi



International Motorcycle Racer, Founder of three companies and retiree at 36

Terrilyn Brooks



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Proceeds to fund Focus on Women's Micro Credit Grant Fund

General Admission: \$75.00

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For more information and to purchase tickets.

contact nicbri@focusonwomenmagazine.net or 410-294-2932