

A Publication for the Conscious Woman

Focus *Women* ON *Women* MAGAZINE



Kathleen M. Boozang Dean
of Seton Hall University Law School

Kidney Foundation Rappel

Shirley Church

Randy Sherman Hobnobs With Londoners

Pancreatic Cancer Fundraiser

News About The Children's Home

May/June 2016



HAND & STONE
 MASSAGE AND FACIAL SPA

MAKE DAD'S DAY

FATHER'S DAY IS SUNDAY, JUNE 19TH



\$10 OFF*

SPA GIFT CARDS

Not valid on Introductory Offers.

SAVE* \$20

SPA GIFT PACKAGES

Not valid on Series Packages.

Dobbin Center | 410-740-0977
 6455 Dobbin Rd. Unit 50
 Columbia, MD 21045

*\$10 OFF valid for Massage or Facial guest-priced gift cards excluding waxing and cash denomination purchases. Not valid toward Introductory Offers. SAVE \$20 on any Spa Gift Package excluding series packages. Offers may not be combined. Rates & Services may vary by location. ©2016 Hand & Stone Franchise Corp. Independently Owned and Operated. EXPIRES: 6-20-2016.

May/June

2016

Click to View the latest Issue

www.focusonwomenmagazine.com

- 6** New Report from OWL Highlights Potential of Women Entrepreneurs to Give Economy a Boost
- 7** The New American Garden Exhibition Opens at the Pittsburgh Cultural Trust
- 8** Build a Vacation with Independent Travel Packages
- 11** Torch Talk - BBC Article
- 15** Cure Pancreatic Cancer - Sponsorship Opportunities
- 17** A Slave to Sales - by Sherry Rentschler
- 18** Top Your Food Wisely: Add Flavor to Foods Without Extra Calories
- 20** Up-and-Coming Author Randi Sherman to Appear at the 2016 London Book Fair
- 22** Worthless: Raw, Uninhibited Memoir - Exposing Author's Rape & Addiction - Proves Hope Always Prevails



Deep down beyond the surface of self deception, prescribed roles and false expectations, lies a great gift --an opportunity to open ourselves up to an oasis of life's unyielding counsel. Going within, lends us pause to purge ourselves of hurtful situations and painful memories. By getting in touch with our inner core, we examine our successes and our

motivators. Without trepidation, we allow ourselves to fully embrace the instructional fluidity of the stream of human experiences. Ones that challenge us and ones that fortify us. Indeed through this process, we value and become our true selves. To our readers, supporters and advertisers, may you all find the inner core that guides your lives towards greater purpose, service and meaning to yourselves and the world around us.

"Woman is the full circle. Within her is the power to create, nurture and transform."

--Diane Mariechild--

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

ADVERTISING:

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

THE LUSTGARTEN FOUNDATION'S **HOWARD COUNTY PANCREATIC CANCER RESEARCH WALK**

SUNDAY, AUGUST 9
CENTENNIAL PARK

REGISTRATION OPENS AT **8:00 AM**
WALK STARTS AT **9:00 AM**



CABLEVISION

#WalkToCurePC

CURE PANCREATIC CANCER
• LUSTGARTEN FOUNDATION •

TAKE THE FIRST STEP.

Sign up at Lustgarten.org or call 1-866-789-1000.



CURE PANCREATIC CANCER
• LUSTGARTEN FOUNDATION •

1111 Stewart Avenue, Bethpage, NY 11714

100% OF EVERY DOLLAR RAISED GOES TO RESEARCH

With the support of Cablevision,
100% of every dollar raised goes directly
to pancreatic cancer research.



SAVE THE DATE
AUGUST 14, 2016

Visit www.2016HowardCountyWalk.Kintera.org

26 MCVET To Hold 21st Annual 5K/10K through
Downtown Baltimore, May 29

28 The Children's Home

38 Wise Words from Sherry

39 Strategies for a Cyber Secure Business

41 eBOOKSTORE - FOWM

Focus Women ON Women MAGAZINE

www.focusonwomenmagazine.com
nicbri@focusonwomenmagazine.net

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

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

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

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

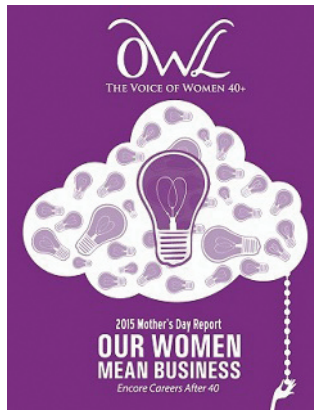


Cherie Doyen

Your word is your wand! Florence Schovel Shinn

<http://cheriedoyen.com/>
www.blogtalkradio.com/untangleyourstory





OWL is the only national nonpartisan organization that focuses solely on issues affecting the economic security and quality of life for the nation's estimated 78 million women over 40.

ISSUES

JOIN US

SUPPORT US

www.owl-national.org

New Report from OWL Highlights Potential of Women Entrepreneurs to Give Economy a Boost

In case you were wondering where the next economic boom is coming from, OWL believes it lies with the increasing number of women entrepreneurs.

That trend is the subject of OWL's 2015 Mother's Day Report, 'Our Women Mean Business: Encore Careers After 40;' the report also highlights obstacles that could prevent that potential from being reached, including the meager amount of venture capital going to women. Women received a dismal 7% in VC funds in the first half of 2013 and there are no indications it has gotten any better.

Yet there are hard numbers that demonstrate VC firms would do well to fund more women.

For example, women-led technology firms are more capital-efficient, and when backed by venture capital bring in 12% more revenue than their male counterparts. Overall, venture capital firms that invest in women do better than those that don't.

The report is being released today at 2:30 p.m. at the National Press Club; the briefing will include information on OWL's upcoming campaign to increase the percentage of VC funds going to women from 7% to 20% by 2020. OWL is the only national nonprofit focusing on increasing the flow of VC funds to women.

OWL is celebrating its 35th anniversary this year. "We were founded because women faced many more challenges achieving economic security than men," says OWL Executive Director Bobbie Brinegar. "What's exciting about the trends we're seeing now is the emphasis on getting women the tools they need to open new businesses. And it's not necessarily about fairness. It's about more economic opportunity for everyone."

She pointed to a report from Babson College that found six million jobs would be created over five years if women entrepreneurs started with the same amount of capital as men.

The report debunks the conventional wisdom that most successful entrepreneurs are in their 20s. People 55 and older are almost twice as likely to found successful companies as those 20-34.

Women are also ideally suited to solve marketplace problems, since they make close to 85% of all consumer decisions.

"Our nation needs the talents of 100% of our population," said OWL Board Chair Margaret Huyck. "And if we don't start making sure everyone has equal access to capital, we will have a tougher time competing globally. Because a number of countries are waking up to the untapped talents of women - and they're being very aggressive about changing the equation."

The report includes OWL's first-ever Hall of Notables, ten remarkable women who embody the spirit of encore entrepreneurship. Vernice "FlyGirl" Armour, the first African American female combat pilot, who now runs a successful consulting business; Carol Gardner, founder of Zelda Wisdom, Inc.; Svetlana Kim, entrepreneur and best-selling author; Kay Koplovitz, Founder of USA Network; Patricia Lizarraga, managing partner of Hypatia Capital Group; Nell Merlino, Chair, Personal Data Independence Trust; Jeanne Sullivan, a founding principal of StarVest; award-winning author Gail Sheehy; Terrie Williams, an inspirational speaker and writer; and Teresa Younger, CEO of Ms. Foundation.

A panel discussion featuring many of the honorees will follow opening remarks by Latifa Lyles, Director of the Women's Bureau at the Department of Labor. Lisa Stark, Al Jazeera America correspondent, formerly with ABC News, will moderate. ■

The New American Garden Exhibition Opens at the Pittsburgh Cultural Trust

The Pittsburgh Cultural Trust: June 3, 2016 through August 26, 2016

A Photographic Exhibition by **The Cultural Landscape Foundation**

The exhibition chronicles the work of OvS Founding Principals Wolfgang Oehme (1930-2011) and James van Sweden (1935-2013). Featuring 52 photographs of residential, civic, and commercial projects, the exhibition coincides with the 25th anniversary of *Bold Romantic Gardens: The New World Landscapes of Oehme and van Sweden*, a widely influential book Oehme and van Sweden wrote with Susan Rademacher, former executive director of the Louisville Olmsted Parks Conservancy, Inc., and currently the parks curator at the Pittsburgh Parks Conservancy, chronicling 21 projects that introduced the world to their horticulturally exuberant designs.

Oehme and van Sweden revolutionized landscape architecture with the creation of the New American Garden, a type of garden characterized by large swaths of grasses and fields of perennials, which van Sweden called “vigorous and audacious.” Their style celebrated the seasonal splendor of the American meadow while promoting its inherent ecological, sustainable, aesthetic, and ornamental qualities.

The New American Garden is a project of The Cultural Landscape Foundation’s (TCLF) Landslide program, which raises awareness about threatened and at-risk works of landscape architecture. “Oehme and van Sweden created an extraordinary and influential design vocabulary that revolutionized landscape architecture,” said Charles A. Birnbaum, TCLF’s President, CEO, and exhibition co-curator. “They left a legacy of remarkable projects. Their built legacy, however, is fragile and one goal of this exhibition is to cultivate an informed stewardship ethic.” TCLF has produced both an online accompaniment to the exhibition, as well as an oral history with James van Sweden.

The legacy of innovation and revolutionary approach to self-sustaining garden design that Messrs. Oehme and van Sweden established, and their passion for plants and deep horticultural legacy, underpin their eponymous firm’s long-time relationships with botanic gardens and arboreta. “Jim’s and Wolfgang’s gardens were designed to contribute to a site’s ecology,” said Sheila Brady, FASLA and Principal. “They taught us how to distill the institution’s objectives into an aesthetic composition.”

OvS Principal Eric Groft, FASLA agrees. “As an-evolving firm, we continually seek out opportunities to implement our founders’ approach to architectural expression and the vernacular of old world charm.”

Under Oehme’s and van Sweden’s leadership, the firm’s body of work expanded to include not only public gardens, but urban corridors, monumental civic spaces and estates, in addition to the urban residences for which they were known. “They realized early on how aesthetics and ecology should equally drive design,” says Lisa Delplace, ASLA and CEO.

*2014 Landscape Architecture Firm Award

Interviews Available

- Charles Birnbaum, President & CEO, TCLF (contact Nord Wennerstrom at Nord@tclf.org)
- Susan Rademacher, Curator, Pittsburgh Parks Conservancy (contact Scott Roller at sroller@pittsburghparks.org)
- Eric D. Groft, FASLA, Vice President & Principal, OvS (contact Justin Maglione at jmaglione@ovsla.com)



Grounds of a Federal Building



James van Sweden and Wolfgang Oehme



Chicago Botanic Garden





BUILD A VACATION WITH INDEPENDENT TRAVEL PACKAGES

If you're a traveler who has an independent spirit as fierce as those who reside in the 49th state, you may enjoy the freedom of building your dream vacation with an assortment of independent travel packages.

Alaska has much to offer the independent traveler and those traveling by package tour. Get the best of both worlds by taking advantage of the many package offerings paired with your own itinerary for a customized, flexible holiday. You can build an entire vacation from the array of day tours, adventure activities, and destination travel deals tuned to your own schedule, travel style and budget.

The opportunities are nearly limitless in this large and varied state - read on for a few ideas to get started on planning your perfect vacation in Alaska.

LAND AND SEA TOURS

First consider exploring both land and sea. Many Alaska vacation packages include an Inside Passage cruise and a land tour. But you can carve your own path by taking the Alaska Ferry and then renting a car or RV while still enjoying the many adventurous day tour offerings along the way.

The Alaska Ferry essentially follows the same route in the Inside Passage as most cruise ships. You'll stop at major ports such as Ketchikan and Juneau, and several smaller ports not visited by the larger cruise ships. The key advantage here is flexibility — stay a few nights in any of the delightful communities along the way, and then catch the next onward ferry. Though the ferry is more rustic than a cruise ship, you can still book a private cabin, and enjoy on-board entertainment, dining and education in a relaxed setting.

ALASKA PHOTO OF THE MONTH



"Eagle Enjoying the Ride on an Iceberg" - submitted by Marilyn Jespersen

ADVENTURE TOURS



In Southeast port towns, the well-organized tourism industry is waiting to whisk you away on adventures ranging from rainforest zip lining to bear watching to salmon fishing. Guided hiking, biking and kayaking tours get you safely into the wilderness, and foodies can feast on salmon or sample local beers.

Many Southeast tours cater to cruise ship passengers but most are very easy for the independent traveler to book and join.

HISTORIC DAY TOURS



One of the most popular Inside Passage ports of call is Skagway, a colorful tourist town that was at the epicenter of the Klondike Gold Rush in the 1890s. Today, tourists can revel in the many Gold Rush themed offerings this little town has to offer.

Take a day tour on the narrow gauge White Pass & Yukon Railroad and trace the path of the Gold Rush. In town, you can take a free, National Park Service ranger led tour of the Skagway's historic district, go gold panning and take a peep in a brothel museum.

CULTURAL MUSEUMS



With 11 recognized cultures of Native people, Alaska is home to the broadest range of Native cultures in the U.S. Get a thorough education by touring Anchorage's world-renowned museums; visit the

Alaska Native Heritage Center to learn about the state's rich and diverse culture, and stop into the Anchorage Museum to view stunning and intricate Native Alaskan art.

RAIL TOURS



You might also hop aboard a railroad tour, a popular sightseeing option in the Great Land. Choose from a few different routes and railroad companies. Travel from Anchorage north to Denali or even

Fairbanks, or ride the train south to Seward. Regardless of the direction you choose you'll be treated to mountain views, wildlife and fields of hot pink fireweed.

WILDLIFE AND GLACIER CRUISES



If you would rather watch the fish than catch them, marine towns are great spots for finding package day cruises that get you up close to marine wildlife and tidewater glaciers. In Southcentral, you can

reach Homer, Seward and Whittier by road, and then join a marine wildlife and glacier cruise for a day on the sea. You'll get up close to capture the drama of calving tidewater glaciers, and spot sea lions, seals and other marine mammals.

FLY-IN FISHING LODGES



You can also spend a few days at an all-inclusive remote fishing lodge. These fly-in lodges are far from the crowds but include luxury accommodation and top-notch Alaska-centric meals. Remote

lodges cater to photographers, hunters and fisher folk. Be sure to spend at least a couple of nights to get a real feeling for the vast wilderness you're surrounded by.

FISHING CHARTERS



Fishing charters are another good adventure to consider. Alaska has no shortage of fish and fishing holes, but a guided tour will get you right to the heart of the best fishing. Charters usu-

ally also provide all gear and tackle, so you won't need to worry about rentals or lugging your own.

DENALI ADVENTURES



Up north in Denali, join travelers on bus tours of the park, and revel in the adrenalized fun of river rafting or flightseeing on a tiny prop plane as it buzzes Denali. One exciting option is to take a flight that lands on a glacier,

and then take a sled dog ride. Again, the many tours in Denali are set up to make it easy for packaged-tour traveler, but there's room for the independent traveler as well.

Plan Your Alaska Vacation on TravelAlaska.com

DOWNLOAD THE VACATION PLANNER

GETTING TO + AROUND ALASKA

PACKAGE TOURS

Please select the appropriate category for your inquiry and we will accommodate your request as soon as possible.

SAMPLE TRIP: ALASKA BY AIR



Lake Hood in Anchorage is the starting point on this flightseeing-focused sample trip.

Simply create a My Alaska account and post your best Alaska pics for a chance to be featured in My Alaska News.

<https://www.travelalaska.com>

Addicted ? to Caffeine!

If you are between the ages of 18 and 70 and are seeking help to quit or reduce caffeine, you may be eligible to receive caffeine treatment at [Johns Hopkins Bayview](#) at no monetary cost to you.

For more information,
please call **410-550-0009** or
email **HopkinsStudy@gmail.com**

PI: Roland Griffiths
Study number: NA_00051415





Torch Talk 2016

go online: bbb.org

Torch Award Nominations are Open

Nominate Your Business Today!

Our short, 2016 Torch Award for Ethics nomination form is now [available online!](#) It only takes few minutes to answer a handful of questions about your organization to be considered for BBB's top honors. Award winners and finalists will be recognized for their commitment to marketplace ethics at our annual Pillars of Trust event, taking place Nov. 3rd at the Baltimore Museum of Industry. There's no cost to submit a nomination, so send us yours today!



[Submit Your Nomination](#)

ABCs of BBB Webinar: June 14th

Make the Most of Your Accreditation

During our next free webinar, we'll present actionable tips to harness your Accreditation and improve customer engagement. Previous attendees were able to discover & implement new BBB marketing tools to help influence buyers. The one-hour webinar is free, but [registration is required.](#)



[Register Online](#)

And the Survey Says...

Are you (or your clients) struggling with questions about Medicare as enrollment draws near?

No one really wants to talk about it. But if you or your clients are age 60+, you need to face it: Medicare. Do you need answers to questions about original Medicare and Supplements?

Help us improve relevancy of potential programs by taking our two-minute survey.

[Survey Link](#)

When your business is impacted by a cyber attack, will you be prepared? } **Strategies for a Cyber Secure Business**

Join Better Business Bureau® and the Cybersecurity Association of Maryland, Inc. for an executive's guide featuring **5 Steps to Better Business Cybersecurity** and a panel about "Identifying, Insuring and Mitigating Cyber Risk."

BROUGHT TO YOU BY:

Tuesday, June 21
7:30 am – 11:00 am

Maryland Golf & Country Club
1335 E Macphail Rd., Bel Air, MD

SPONSORED BY:

\$25 per person, includes breakfast > Register online at go.bbb.org/md-cyber or call 410-400-4BBB



Mind Platter
Najwa Zebian

La Femme De Prose Books

on June 7th

I Am Free (Author: Bree Bonchay, LCSW)

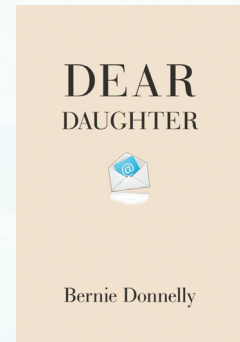
Psychotherapist and Author Bree Bonchay discusses how to deal with narcissism, and talk about her book, I Am Free.



on June 21st

Dear Daughter (Author: Bernard Donnelly)

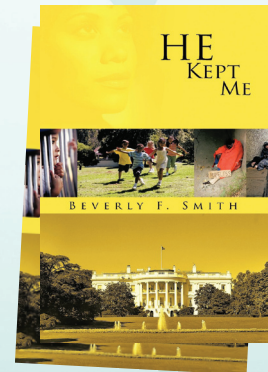
Author Bernard Donnelly introduces his book, Dear Daughter and touches on the sensitive topic of men who abandon their children while sharing his own story.



on June 28th

He Kept Me (Author: Beverly Smith)

Author Beverly Smith joins us in a discussion on overcoming adversity and bringing positivity to the community. She is the author of the book, He Kept Me which highlights her struggle in the inner-city life where she battled domestic violence and loss of loved ones.



Stay Tuned for La Femme De Prose Book Store's Radio Show, Hooks on Books featuring our finest authors as they talk about the motivations and inner workings of their titles. Visit La Femme De Prose eBookstore for further details at www.focusonwomenmagazine.net for updates...

Focus on Women Magazine's La Femme De Prose Books Gives Tribute to her and names our Author's Reception in her honor.

For further information contact: 410-630-1224

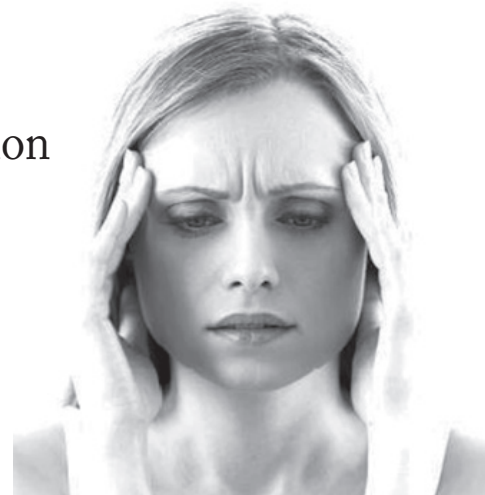
Do You Suffer from Migraine Headaches?

Participate in a Research Study Investigating Non-Drug Techniques for Reducing Headaches

We are comparing different stress management techniques for reducing migraine headaches, including the use of mindfulness meditation.

To participate, you must:

- Be 18-65 years old
- Have had migraines for at least 1 year
- Experience 4 to 14 headaches per month
- Not be using opioid (“narcotic”) pain medication



This study involves:

- Evaluation and questionnaires
- Sensory testing procedures
- One or more MRI's of your brain
- Daily migraine diaries completed online
- Assignment to one of two stress management groups
- Both use non-drug techniques
- Each group includes 12-13 sessions over a 4 month period

Compensation up to \$900.00

For information, please call (410) 550-9056

David A. Seminowicz Ph.D.,
Principal Investigator
University of Maryland School of Dentistry

Jennifer Haythornthwaite Ph.D.,
Principal Investigator
Johns Hopkins School of Medicine



Approved Aug. 12, 2014



5th Annual Howard County Pancreatic Cancer Research Walk

Sunday, August 14, 2016

Sponsorship Opportunities

\$10,000 - Platinum Sponsor

\$5,000 - Gold Sponsor

\$2,500 - Silver Sponsor

\$1,000 - Bronze Sponsor

\$500 - Event Sponsor

\$250 - Mile Sponsor



Media Sponsor

Media sponsors provide in-kind print, radio, TV and Internet advertising support to the walk. Sponsorship package varies based on the media you are able to donate. Sponsorship can include:

- Corporate logo* displayed in Howard County Pancreatic Cancer Research Walk section of Foundation's Website
- Logo displayed on Start/Finish Banner
- Logo displayed on Walk Posters displayed in businesses throughout the metropolitan area
- Logo displayed on signage the day of the walk
- Logo on official walk t-shirts
- Opportunity for product/service sampling at event**

In-Kind Sponsor

Sponsorship package varies based on the items you are able to donate. Sponsorship can include:

- Corporate logo* displayed in Howard County Pancreatic Cancer Research Walk section of Foundation's Website
- Logo displayed on Start/Finish Banner (minimum value of donation \$2,500)
- Logo displayed on Walk Posters displayed in businesses throughout the metropolitan area
- Logo displayed on signage the day of the walk
- Logo on official walk t-shirts
- Opportunity for product/service sampling at event**

For additional information about the Howard County Walk please contact:

Kimberly at acure4pancreaticcancer@gmail.com, 240-888-1845

For additional information about The Lustgarten Foundation please contact

Susanne Igneri, Coordinator of Events, signeri@cablevision.com, Toll free 866.789.1000



SubScribe NOW!

Get the latest Issue, Order to delivered to your home.

For more information any of your enquiry email, We will **CALL YOU BACK**

A Magazine of half-a decades with trendy based for womens Enterpership, Goals, Guideline of lasting support. With a reach across global subscribers.

Focus on Women Magazine

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

EASY WAYS TO SUBSCRIBE

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

Submit Article for FREE !!!
in Magazine or Website

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

Free Review of Online Article and
Latest Magazine Issue

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

website submit form at
<http://www.focusonwomenmagazine.com/subscription.html>



May/June - 2016

All fields are important, Pls fill in the details :

Name(Mr/Mrs): _____

Address: _____

Contact Number: _____

Email ID: _____

A SLAVE TO SALES

HOW MUCH IS A VAGINA WORTH?
DOES IT DEPRECIATE WHEN IT LEAVES THE BED?
DO WE KEEP HYMENS IN A JAR
LIKE WIZARDS WHO BOTTLE A BABY'S CAUL
FROM A NEWBORN'S HEAD?
WHAT'S WORTH MORE -
AN INNOCENT WITH OPEN EYES
OR VIRGIN FLESH AND PARTED THIGHS?
IS THERE A BOOK LISTING FOR FAIR TRADE?
OR DO YOU PREFER THE SILENT AUCTION,
ANONYMOUSLY PURCHASE FROM THE BED,
INTERNATIONAL SHIPPING INCLUDED?
ALL SALES ARE FINAL - GOING...SOLD!
NO REFUNDS, NO MATTER HOW OLD!
WAIT, ISN'T THIS AMERICA
WHERE WE REWARD MANUAL LABOR,
EXPECTING PAYMENT FOR OUR
BLOOD, SWEAT AND TEARS?
IS THAT THE WAY IN VEGAS?
SSH, NO ONE'S COUNTING SCREAMS
BETWEEN BLOODY SHEETS BESIDES,
WITH EVERY HUMMING YOU
LOSE YOUR VALUE AND YOUR FEAR.
A LITTLE DRUG TO DULL THE PAIN?
NO ONE'S GONNA MIND.
KEEPS YOU IN YOUR IVORY TOWER.
JUST IINE 'EM UP AND LAY 'EM DOWN.
SALES COMPLETE, THE CARAVANS
ARE ON THE SEARCH AGAIN.
STREETS ARE LITTERED WITH HURT,
UNWANTED BELLIES TROLLING ABOUT,
LOOKING FOR A CORNER, AN ESCAPE,
UNTIL THEY'RE SCRAPPED IN GRAVE DIRT.
NO ONE'S WATCHING, WE'RE SO BLIND
CAST OFF AND CASTAWAY, EASY, CHEAP.
SELL THE CAUL FOR FUNDS UNTIL SHE'S
OLD ENOUGH TO MEET THE WIZARD!
YOU CAN EVEN PLAY WITH HER
WHILE SHE SLEEPS.
AT THREE SHE GIGGLES IF YOU TELL HER
SHE'S BEING TICKLED BY A LIZARD.
NOW I ASK YOU, IS THAT SUFFERING?
YOU KNOW BABY LIPS ARE TWICE AS SWEET...



Sherry Rentschler

Sherry's first poetry collection *PAPER BONES* is contemporary poetry with "an edge," covering a myriad of relevant and timeless social issues. An honored speaker at St. Andrews University's Creative Writing Program in 2014, lauded as "thought-provoking, contemporary and unique." Featured poet in Jenna Brooks "End the Silence" campaign during the 2014 October National Domestic Violence Awareness Month. Her second collection, *BY LIGHT BETRAYED*, is dark poetry of the vampires. If you lived forever, what might you crave? Sherry's unique style brings poetic fun to a popular prose genre.

AWARDS WON:

- # 2014 Global eBook Awards Gold Medal
- # 2014 National Indie Excellence Book Awards Finalist
- # 2014 Readers' Favorite International Book Award Honorable Mention
- # 2014 Readers' Favorite 5 Star Review
- # 2013 AUTHORSdB Cover Awards Gold Medal



Top Your Food Wisely: Add Flavor to Foods Without Extra Calories



Honey Mustard

- 1 cup vegetable oil
- 1 egg yolk
- 1 lemon, zest and juice to taste salt
- ½ cup Dijon Mustard
- ½ cup Honey
- 2 tsp Colman's Mustard

In a bowl, whisk the egg yolk and a tbsp of the Dijon mustard. Slowly start pouring in the oil while whisking. When it starts to thicken, add some lemon juice or water to loosen it and avoid splitting. Add the remaining Dijon and honey and the Colman's mustard powder. Adjust seasoning and serve chilled.

Mustard and Cheese Dip

- 2 tbsp butter
- 2 tbsp all-purpose flour
- 1 cup milk
- 1½ cups sharp Cheddar cheese
- 2 tbsp Colman's prepared mustard

Melt butter in a saucepan over medium heat; whisk flour into butter until smooth. Pour milk into butter mixture and stir with a wooden spoon to combine. Cook and stir until mixture thickens, about 3 minutes. Add cheddar cheese and stir until cheese is melted, about 3 minutes more. Season with salt and finish with the prepared Colman's. Serve warm.

BBQ Dry rub

- 1/3 cup Garlic Powder
- 1½ tbsp Cumin, ground
- 2 1/3 cup Brown Sugar
- 1 tbsp Cayenne
- ¼ cup Colman's mustard powder
- ¼ cup Cinnamon or canella, ground
- 2 cup La Colombe Decaf. Espresso, ground
- 1½ cup Salt, kosher
- ½ cup Black Pepper, ground

Mix all together in a bowl and store in a sealed jar in a cool, dry place. To use, rub on meat, fish or vegetable and let sit for at least 3 hours for meat, or 30 minutes for fish or vegetables.

BBQ Sauce (South Carolina-style)

- ½ cup Colman's Prepared Mustard
- ½ cup honey
- 1/4 cup apple cider vinegar
- 2 tablespoons ketchup
- 2 tablespoon brown sugar
- 2 teaspoons Worcestershire sauce
- 1 teaspoon hot sauce

Mix all together in a bowl, and let sit covered in the refrigerator for at least 24 hours before using to allow the flavors to blend. Keep refrigerated and use within 2 weeks.



Mustard-spiced Stout Cake with Roasted Pears

- 1 cup Guinness stout
- 1 cup molasses
- ½ tablespoon baking soda
- 3 large eggs
- ½ cup granulated sugar
- ½ cup firmly packed dark brown sugar
- ¾ cup grapeseed or vegetable oil
- 2 cups all-purpose flour
- 2 tablespoons ground ginger
- 1½ teaspoons baking powder
- ¾ teaspoon ground cinnamon
- ¼ teaspoon ground cloves
- 2 tsp Colman's Mustard Powder
- ¼ teaspoon freshly grated nutmeg
- 1 tablespoon grated, peeled fresh ginger

1. Preheat oven to 350°F. Butter a 9- X 5-inch loaf pan, line the bottom and sides with parchment, and grease the parchment. Alternatively, butter and flour a 6-cup Bundt pan.
2. In a large saucepan over high heat, combine the stout and molasses and bring to a boil. Turn off the heat and add the baking soda. Allow to sit until the foam dissipates.
3. Meanwhile, in a bowl, whisk together the eggs and both sugars. Whisk in the oil.
4. In a separate bowl, whisk together the flour, ground ginger, baking powder, cinnamon, cloves, nutmeg, and the Colman's Mustard.
5. Combine the stout mixture with the egg mixture, then whisk this liquid into the flour mixture, half at a time. Add the fresh ginger and stir to combine.
6. Pour the batter into the loaf pan and bake for 1 hour, or until the top springs back when gently pressed. Do not open the oven until the gingerbread is almost done, or the center may fall slightly. Transfer to a wire rack to cool.

For the pears

- ⅓ cup apple juice, unsweetened
- ⅓ cup firmly packed light brown sugar
- 3 tablespoons unsalted butter
- 3 firm Bosc pears, peeled, halved, cored (about 1 pound)

Preheat the oven to 400 degrees F.

Arrange the pears cut side up in an 8-inch square glass baking dish. Whisk the apple juice and sugar in a small heavy saucepan over medium-high heat until the sugar dissolves. Whisk in the butter. Pour the sauce over the pears. Bake until the pears are crisp-tender and beginning to brown, basting occasionally with the juices, about 35 minutes.

To serve, slice the cake into 1 to 1 ½" pieces and serve with a roasted pear. (Works well with vanilla ice cream.)

Bloody Mary - serves up to 4

- 3 cups tomato juice
- 1 cup pickling liquid
- 1 cup of Vodka (Tito's Brand works well)
- 3 tbsp Worcestershire sauce
- 2 tbsp Valentina hot sauce
- 2 tsp Colman's Prepared Mustard
- 1½ horseradish
- 1½ tsp ground pepper
- 1½ salt
- ¼ celery seeds

Mix all together in a bowl, and let sit covered in the refrigerator for at least 24 hours before using to allow the flavors to blend. Keep refrigerated and use within 2 weeks.

For the Rim

3 parts salt to 1 part Colman's Mustard Powder as a salt rim

To Finish

In a pitcher, combine the celery seed and horseradish. Muddle the mixture with the end of a wooden spoon to blend and break up the celery seeds. Pour in the tomato juice, hot sauce, Colman's Mustard, and Worcestershire sauce. Season with salt and pepper. Stir everything together to combine. In Collins glasses, fill with ice (4 cubes) and pour 2 oz of Tito's Vodka over top. Fill the rest of the glass with the Bloody Mary mix, and garnish with pickled vegetables (i.e. asparagus, green beans, celery) and an olive and lemon slice.


Colman's Tuna Sandwich (Yield: 2 servings)

- 1 can solid white tuna, drained
- 1 tsp. Colman's Mustard
- 1 tablespoon red wine vinegar
- 1 tablespoon extra-virgin olive oil
- ¼ cup shallot, finely chopped
- 1 radish, finely chopped
- ½ tsp. fresh dill, finely chopped
- Salt and pepper to taste

Directions:

In a small bowl, whisk the Colman's, vinegar, olive oil, and shallot to create a vinaigrette. Add the dill, radish, and tuna. Mix to combine. Season with salt and pepper to taste.





Up-and-Coming Author Randi Sherman to Appear at the 2016 London Book Fair

REMINISCENT OF GRAND HOTEL & CALIFORNIA SUITE, THE LOBBY, IS A HILARIOUS LOOK AT THE LIVES OF THOSE PASSING THROUGH AN UPSCALE SAN FRANCISCO HOTEL

The media loves Randi Sherman's latest book, *THE LOBBY*, as evidenced by her frequent appearances on television and radio such as WTVR (CBS), WREG-TV (CBS), KOB-TV (NBC), WTMJ-TV (NBC) and nationally-syndicated *The Maggie Linton Show* (Sirius XM Radio), and others. Here's why:

Reminiscent of *Grand Hotel* and Neil Simon's *California Suite*, *THE LOBBY* (Friesen Press; March 2016) by Randi M. Sherman, sheds a hilarious spotlight on the comings and goings of anonymous people who come to life in the lobby of the grand Shipley Hotel. Practically engineered for eavesdropping, San Francisco's juiciest hotel lobby offers the perfect place to witness the lives—and the most comedic intersections off staff, long-term residents, and eclectic guests.

"More than just a hotel, the Shipley is the "landmark choice of San Francisco hotels," says the narrator. "It is a microcosm of humanity where visitors gather, common people feel sophisticated, strangers pass as interesting, twelve dollars seems a fair price for a cup of coffee, and where our perky and attentive staff provides the gold standard in artificial concern and comfort."

Evocative of *Upstairs Downstairs*, the reader gets a delicious vicarious look at both the guests and staff at The Shipley Hotel whose lives briefly intersect over the course of a 24-hour period. Each consecutive chapter title is a time of day, beginning at 4:00 AM, when the hotel lobby comes to life as those working behind the scenes downstairs spruce up the lobby with fresh flower centerpieces, and front-desk staff are busy preparing for the hectic day ahead as their guests upstairs are sleeping, oblivious to the busy preparations taking place downstairs.

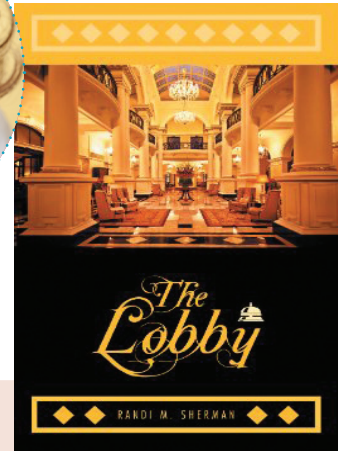
Randi Sherman's spot-on character descriptions capture humanity in all its vain, self-absorbed, often romantic and sometimes loving preoccupations in 50 interlocking short stories as the narrator snoops into the lives of hotel workers and guests as they crisscross in the Shipley's elegant lobby. Her cast of colorful characters include:

- *Meredith Stringer, the respected vice president of an up-and-coming company who won't be so respected if her boss or colleagues catch her frantically sneaking out of a colleague's hotel bedroom at 5:00 AM*
- *A long-married couple who have clashing ideas about having fun. While domineering Hank is used to getting his way and wants to get his money's worth during their one-day vacation with a regimented 12-hour itinerary worthy of Sherman's *March*, Peggy has her own ideas of what she wants to do on her one day off in years*
- *Pamela, who takes a job in the lobby boutique after her 65-year-old husband left her*

for a 20-something, is more than happy to be paroled from her marriage and working at the boutique 3 days a week, which is exactly where she wants to be

- Oscar Pasternak, a retired actor who has made the Shipley Hotel lobby his living room for years where he can people watch, read the newspaper and eat his meals
- Michael and Karen, adulterous lovers couldn't be more surprised when they run into their significant others in the Shipley's lobby
- The business executive who engages in bad behavior to make up for the mind-numbing boredom of these off-site meetings where anything goes on the highway to infidelity and career-ending behavior
- Two aging friends, separated by an ocean who realize during their annual get-together at The Shipley Hotel that this will be the last time they will see each other

Employing acute skills in human observation, Randi M. Sherman has written a must-read for anyone who has ever spent time in a hotel lobby people watching or just savoring the luxurious ambiance while the world floats –or for anyone who has ever worked in a hotel. The next time you plan a trip, or a weekend excursion to your favorite city, pack a copy of THE LOBBY with you, and you will recognize every character in this witty, insightful novel as you gaze across your hotel's lobby, observing humanity in all its colorful shades and hues.



The Lobby - by Randi M. Sherman
(March 1, 2016)



<https://www.youtube.com/watch?v=BdvL4LCICAg>

About Randi M Sherman

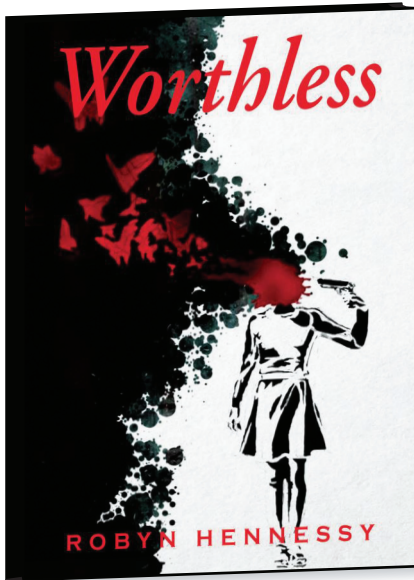
With an eye for detail, an ear for well-tuned dialogue and an incredible grasp of the obvious, all honed while performing stand-up comedy in Los Angeles and improvisational theater in San Francisco, Sherman adds just enough bawdiness to deliver a character-driven contemporary novel that will have the reader laughing and connecting with major and minor characters. A resident of San Francisco for 25 years, Randi now lives in Sonoma. THE LOBBY is Ms. Sherman's fourth novel. For more information, please visit

17043 Brookside Rd
Sonoma, CA 95476

www.randimshermanbooks.com

Worthless: Raw, Uninhibited Memoir - Exposing Author's Rape & Addiction - Proves Hope Always Prevails

Dark, disturbing yet ultimately full of hope, Robyn Hennessy's 'Worthless' cuts to the core of the author's life as a victim of sexual abuse, former addict and sufferer of harrowing depression. Having been raped at the age of ten, Hennessy has now lived over a decade with some of the world's most aggressive demons. But she has finally found happiness; an unlikely transition she wants to share with other victims in the hope that they too will find light at the end of the tunnel.



Up until the age of nine, Robyn Hennessy and her identical twin sister lived a life most would define as “normal”. But what started off as an undiagnosed eating disorder was about to unravel as a decade-long ordeal that nobody deserves to endure. Sadly, Hennessy had a front-row seat to her own version of hell.

Sexual abuse suddenly turned to rape, guilt led to addiction and everything embroiled Hennessy in a state of depression that made her life barely worth living. Hence the title of her compelling new memoir - ‘Worthless’.

Synopsis:

It's never the drug itself that triggers the rush you get, that already inside you.... But the drug stimulates an uncontrollable release of serotonin and endorphins, causing you to feel a surreal happiness you never thought possible. It's only when the drug wears off and all the doors slam shut, that you remember what it is to be alone, struggling to survive in a life so worthless. You don't see anything but darkness, even when you detach yourself from your body and become the spirit watching over it. You need to disconnect because it is the only way you can escape, from a reality that has nothing left for you anymore. My name is Robyn and I was raped when I was ten years old. This is the true story of my life long battle with depression and how, after years of abuse and addiction, I finally found happiness in my search for better life.

“By the age of fifteen I was a victim of abuse, hooked on cocaine and meth, and was known to just about every police officer in my local area,” explains Hennessy. “A childhood is supposed to be about carefree fun, not already being put in a place where you feel that life isn't worth living. Sadly, that frame of mind is how I lived for almost the next decade. This book divulges that entire story, capturing what it can do to the innocence and beauty of childhood that I was able to experience.”

Continuing, “It will strike a chord with anyone who has lived through the wrath of abuse, addiction, depression, self-harm and a host of other afflictions. I want these people to realize that they will never be alone, and that life can turn itself around. Believe me, I spent most of my formative years in the opinion that my only prospect was to end it all. Now I live a life of happiness that I never expected. I hope my story empowers others to seek the same outcome.”



‘Worthless’ is due for release on 7th October, with availability from Amazon and Waterstones. It will also be available as an e-book.

About the Author: Robyn Hennessy

The author is twenty years-old, and an identical twin. She lives in Surrey. Hennessy has battled depression her entire life, and is now committed to helping other sufferers fight their demons.

Email: streetartist1995@gmail.com, Telephone: +44 (0)7753 444877

Run or Walk to Support Homeless Veterans



21st Annual 5K/10K

Sunday, May 29, 2016
War Memorial Plaza | Downtown Baltimore

Register Today! | mcvet.org | 410-576-9626

Refreshments | Music | Raffle | Prizes
Commemorative T-Shirts | Selfie Photo Booth

Thank you to all of our sponsors!! *as of 5/11/2016



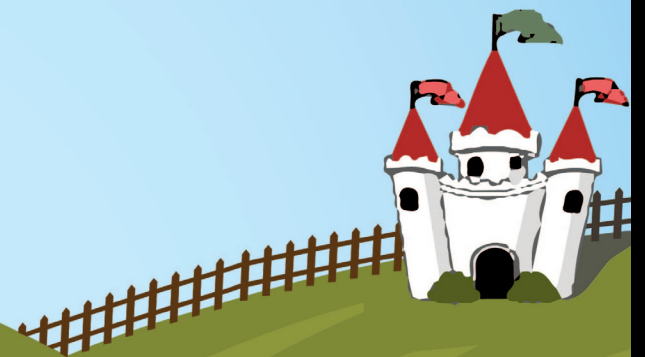
MANOR HILL BREWING

1st Anniversary Celebration

AT CLARK'S ELIOAK FARM
10500 Clarksville Pike • Ellicott City, MD

FRIDAY JUNE 17 FROM 6-9:30PM

Rain Date Saturday, June 18



\$20 ADMISSION

includes commemorative glass and first beer
sold via www.missiontix.com
ADVANCE PURCHASE ONLY
MUST BE 21 YEARS OLD TO ENTER

FARMER'S MARKET FEATURING



BEER

Manor Hill beers, including the First Anniversary Beer - a **Blood Orange Berliner Weisse**. Available in draft on premise and in bottles to-go



MUSIC

Live music from local artists. Please check Manor Hill Brewing Facebook page for updates on who will be performing.



FOOD

Local food trucks serving a variety of fare. Clark Farm produce and meat available for sale. Please note food is not included in the price of admission.



FARM

Relive your childhood at the petting farm, explore the enchanted forest, and visit many other attractions on the grounds.

Ubers/Taxis/Carpools Recommended. Parking is Limited.