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Title "Breaking My Silence"

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September/October 2015



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The seasonal change of time offers much instruction through nature. Examining Autumn's multi-faceted landscape, I take pause to contemplate the changes that preceded this very moment of life's instructional tapestry. Every thread involves a choice and with every pattern there is an outcome, some desirable, others not. When we take the

time to closely examine these experiences, do we begin to do what one of the Transcendentalists refers to live a life examined, with the worthiness of living.

To our readers, supporters and advertisers, may you too examine the changes of the season and the tapestries of our lives as instructional gifts to realize our greater selves.

Happy Autumn

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

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This Sat - Harvest Wine Fest at Swan Harbor Farm

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Join us in celebrating local wine, local agriculture and local artisans in Harford County. The event is 11 a.m. until 5 p.m. Taste through the top wines from wineries across the state and other delicacies from local Eventbrite - Harvest Wine Fest at Swan Harbor Farm - vendors, live music, educational farm activities for kids, children's Halloween costume contest, and more!

Children's activities!

Costume contest, paint-your-own-pumpkin, educational activities provided by Maryland Agricultural Education Foundation, and more. The costume contest will begin at 2:30 p.m. at the stage. Guest judges will judge on a variety of categories. The grand prize will be 4 tickets to the National Aquarium in Baltimore!

2015 will be a great vintage!

Reports are coming in from across the state: vintage 2015 will be excellent.

ANTIETAM HIGHLANDS WINE TRAIL: Red Heifer Winery / Smithsburg: "The warmer temps of Aug allowed us to harvest two weeks earlier than normal," according to Kevin Ford. "Our elevation gives us a slightly higher acidity; our Chambourcin each year has developed a nice tart cherry finish."



CHESAPEAKE WINE TRAIL: Crow Vineyards / Kennedyville: "We wrapped up a very successful harvest this week and we are looking forward hopefully to the wines of the 2015 vintage. Our own Crow Vineyard produced plentiful and delicious grapes of the highest quality. We also contracted with other vineyards within 60 miles of us and they experiences the same bounty and excellent quality. Watch out for the 2015 vintage, we cannot wait to share it with the world. Maryland wines will be plentiful and excellent," says Judy Crow.



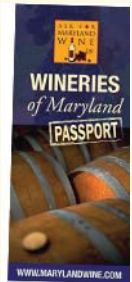
FREDERICK WINE TRAIL: Elk Run Vineyards / Mt. Airy: "The reds are some of the best, ripest we've seen," says Carol Wilson. Look for a new wine from Elk Run based on the incredible fruit. Loew Vineyards / Mt. Airy: "We could say that Mother Nature giveth, and she also taketh away. The sunny, dry summer produced high quality grapes, but our harvest was significantly smaller than usual. This was partially due to the drought-like conditions but, like many other East coast vineyards, we also had some crop (and vine) loss due to the last two harsh winters. It's always something, as Gilda Radner used to say..." says Lois Loew.



PATUXENT WINE TRAIL: Fridays Creek Winery / Owings: "We had a dry August in Southern Maryland which allowed for good sugar and very good acid," says Frank Cleary. Romano Winery / Brandywine: "Despite a soggy spring and a summer drought the grapes flourished," says Jo-Ann Romano. "We cannot wait to try this year's Chambourcin, by the look and taste of the clusters we're in for excellent wine!"



PIEDMONT WINE TRAIL: Harford Vineyard / Jarrettsville: "This year's vintage will make some very nice wines. We are seeing excellent flavors in both our whites and red varieties we grow and have been receiving some very nice fruit from our other growers in Maryland," says Kevin Mooney. Boordy Vineyards / Hydes & Burkittsville: "The 2015 vintage has been one of the strangest I can remember," says Phineas Deford. "A bitterly cold winter, a frost-free spring and a late start to the growing season, followed by the wettest June on record, then 2 months of cool, dry conditions interrupted by hurricane Joaquin in the middle of harvest, then weeks of beautiful weather down the final stretch. It has been a wild ride! A great vintage for whites, and though its early to judge the reds they are beginning to show real promise as they finish up their fermentations."



BACKGROUND READING

- MD Wine History
- Industry Statistics
- Winemaker Profiles
- Grape Profiles
- Events & Festivals
- MD Wine Passport

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Contact Info

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

Coming Up: Nov 7 & 8 - Riverside WineFest at Sotterley

January 21 - Winter Wine at B&O Railroad Museum

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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

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Title

“Breaking My Silence”

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It was July 1985, and I was eight years old. My uncle Jack-my mother’s half brother-was in his early twenties. He was skinny and mean spirited and always sulking about something. School was out for the summer, and my uncle Jack called me into his room one day to collect some dirty laundry. When I came in, he closed the door behind me. He pushed me down in his bed and pinned me down. He forced my legs apart with his knees and raped me.

I remember the pain and being uncomfortable with myself.

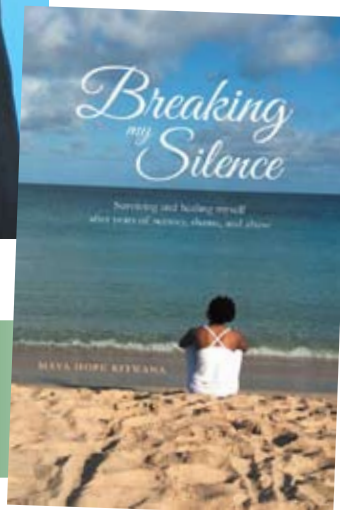
“Stop! You are hurting me!” My voice was small and scared.

“Please stop. You are hurting me! Stop. No, don’t please!”

But the words meant nothing to him. He ignored them and kept repeating my name. When he was finished, he got off me and told me to go wash up. There was blood all over me. I was terrified.

As I washed, many things flew through my mind. *What’s going on with me? Why did he do this to me? Didn’t he hear me? Maybe I should have screamed instead. Maybe he did not understand what I was saying? Why couldn’t I push him off me? Why didn’t I make him stop? What’s wrong with me? What did I do to him to make him hurt me like that? What did I do or say for him to do me so wrong? What’s happening to me?*

Later, Jack pulled me aside and said, *“If you do not want me To do this to you again, Destiny, you will be quiet about what happened today. You cannot tell anyone. If you do, no one will believe you, and I will never stop.”*



So I never told anyone-not a soul. I kept it to myself. I would think a lot about what Uncle Jack had done to me. I needed to know what I did wrong so that he wouldn’t do it again. I started writing little notes, stories I would then rip up and throw away, for fear that someone else would find them. A few weeks went by with me planning how to tell my grandparents what their son had done to me, but I never felt it was the right time.

After being raped by Uncle Jack, Uncle Dennis, Patrick’s younger son, used to come to my bedroom at night and molest me.

Sometime afterward, I was in the bedroom taking a nap when something woke me up. Patrick, my step-grandfather-who was a preacher at his church-had his hand between my legs, touching me. When I stirred and opened my eyes he stood up and withdrew his hand.

“Oh, Destiny, I was just looking for something.” I could not understand what was happening. Patrick was just like his sons. How would my grandmother be able to believe that two of her sons and her husband had done those things to me?

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Speed Queen® empowers women through sponsorship of Capital Region Mudderella event Company works to end domestic abuse with donations, fundraising competition



Pic.1

Members of Amy's Angels from Allentown, Penn – the top fundraising team at Capital Region Mudderella – and Bill Bittner, vice president of North American sales and marketing for Alliance Laundry Systems– the manufacturer of Speed Queen – presented a check for \$6,760 to Futures Without Violence. Amy's Angels raised \$1,760 for the cause and Speed Queen contributed an additional \$5,000.

Over the weekend, **Speed Queen®**, a leading manufacturer of commercial-grade home laundry equipment, helped empower women and worked to end domestic abuse through a fundraising competition surrounding **Mudderella's** Capital Region event, as well as a donation of clothing and a new washer/dryer to a local women's shelter.

As part of its "Dirty for a Difference" campaign, Speed Queen challenged more than 800 teams comprised of more than 3,600 participants at the Capital Region Mudderella event on Saturday, July 25 in Clarksburg, Md. to raise funds in support of **Futures Without Violence** (FUTURES), Mudderella's official charity partner. FUTURES is a non-profit organization focused on ending domestic and sexual violence with community-based programs, education material and public policy advocating.

"Amy's Angels," a team from Allentown, Penn., rose

to the challenge, raising \$1,760 for FUTURES in honor of a family member and friend that was lost to the tragedy of domestic violence. To honor them for their hard work and generosity, Speed Queen named Amy's Angels teammates "Queens for a Day," inviting them to enjoy special perks including free meals, a VIP hospitality tent and more, at the July 25 Mudderella event. Additionally, Speed Queen contributed an additional \$5,000 to present a total donation of \$6,760 to FUTURES at the event.

"Through our 'Dirty for a Difference' campaign, we – along with Mudderella, Futures Without Violence and Amy's Angels – are able to work to help prevent domestic violence and empower women in the communities we serve," said Bill Bittner, vice president of North American sales and marketing for Alliance Laundry Systems, the manufacturer of Speed Queen. "To show our gratitude to Amy's Angels for their commitment to

the cause, we were proud to give them the royal treatment as Queens for a Day.”

“We are grateful to be able to participate in this event and support these organizations’ efforts in ending domestic abuse, as well as honor our friend Amy who was lost to domestic violence six years ago,” said Nani Cuadrado, Amy’s Angels team captain. “Together we have learned that you are stronger than you think, and if you put your mind to it, you can change lives for the better.”

To further support the cause and empower women in need, Speed Queen collected articles of clothing from Mudderella participants and took them to be laundered at a Speed Queen-equipped laundromat, Surf & Suds in Falls Church, Va. The clothing was then donated to Nativity Women’s Shelter, a low barrier, year-round emergency shelter in northwest Washington, D.C.

Nativity Women’s Shelter serves approximately 1,000 women



Pic.2 *Bill Bittner, vice president of North American sales and marketing for Alliance Laundry Systems – the manufacturer of Speed Queen – and Brent Holsten president of EA Holsten, donated and installed a new washer and dryer to the Nativity Women’s Shelter in northwest Washington, D.C. The new washer and dryer units will help the shelter with washing bedding and linens, as well as its clients’ belongings.*

every year, providing overnight lodging, as well as food, clothing and resources that will assist the women in regaining their independence, such as case management and employment assistance. In addition, Speed Queen, along with **EA Holsten**, Virginia’s largest independent distributor of appliances, donated a brand new washer/dryer pair to the shelter. The new Speed Queen washer and dryer units will help the shelter with washing bedding and linens, as well as its clients’ belongings.

Speed Queen is a national sponsor of Mudderella. Their events are non-competitive, five- to seven-mile long muddy obstacle courses created by women for women. Futures Without Violence is Mudderella’s charitable partner. For more information on Speed Queen and the “Dirty for a Difference” campaign, **please visit SpeedQueen.com/Mudderella or call 800.552.5475.**

About Speed Queen

Speed Queen offers innovative, reliable and energy-efficient washers and dryers for home laundry use. For over 100 years, Speed Queen has dedicated itself to providing consumers with durable, commercial-grade home laundry machines that deliver a superior wash result. Speed Queen washers and dryers are manufactured in Ripon, Wis. where its parent company, Alliance Laundry Systems is based. Alliance is a leading global manufacturer of laundry products for the commercial and home markets. To learn more, visit SpeedQueen.com.

About Futures Without Violence

For more than 30 years, FUTURES has created groundbreaking programs, policies, and campaigns that empower individuals and organizations working to end violence against women and children around the world. Striving to reach new audiences and transform social norms, the organization trains professionals such as doctors, nurses, judges, and athletic coaches on improving responses to violence and abuse. Futures Without Violence also works with advocates, policy makers, and others to build sustainable community leadership and educate people everywhere about the importance of respect and healthy relationships. For more information, visit futureswithoutviolence.org.

About Mudderella

Mudderella, LLC was founded in 2013 and is headquartered in Brooklyn, N.Y. Mudderella events are obstacle course challenges that empower women to work together and have fun. Participants are encouraged to “Own Your Strong” as they take on 12-15 obstacles testing balance, strength, agility, endurance, willpower and overall fitness across a 5-7 mile long course. Mudderella believes in three truths: 1) You are stronger than you think you are, 2) There is more to life than going to the gym, and 3) You deserve an awesome experience. To learn more, visit Mudderella.com.

DEPRESSION AND WOMEN: Getting the Help You Need

A huge number of our mothers, sisters, and female friends are silently suffering from depression. That's because depression is hard to talk about. Frequently, women who suffer from depression perceive their plight as something to be endured alone. After all, mood swings and transient "blues" are a typical part of almost every woman's monthly cycle. Women might conceal their depression from family and friends for fear of being ridiculed or perceived as unstable. Some women may not realize the warning signs of severe depression. Consequently, they may not seek professional advice or support from family and friends, which only allows them to sink deeper and deeper into a despondent state.

Women need to know that they are not alone. According to the National Institute of Mental Health (NIMH), "Each year about 6.7% of U.S. adults experience major depressive disorder. Women are 70% more likely than men to experience depression during their lifetime. The NIMH also reports, "Many people with a depressive illness never seek treatment." These statistics are daunting.

Deborah Serani, Psy.D., author of the award-winning book *Living with Depression: Why Biology and Biography Matter Along the Path to Hope and Healing* (Rowman & Littlefield Publishers, 2011) and technical advisor for the NBC television show *Law & Order: Special Victims Unit*, is a psychologist who specializes in depression and trauma. However, there is something unique about Serani. She treats patients with depression, but she has also had experience battling her own illness. Her journey began as a teenager who descended into a debilitating, depressive state.

"With talk therapy, I realized that genetics and biology greatly affected me. We traced two generations of relatives that were depressed in both my mother's and father's lineage. I began writing about being a psychologist who experi-

ences depression and takes medication to help take the stigma out of depression. Experiencing depression personally has given me tremendous insight into my professional work," Serani explains.

Serani stresses that women should seek help, talk about their feelings, and become active participants in their diagnosis and treatment. The first step, however, is to recognize the warning signs.

Depression Has Many Faces

The Centers for Disease Control defines IPV as sexual or psychological harm by a current partner or spouse. This means it's not Domestic Violence, it's not rape. It is something that can have the same profound effects on a woman or worse. There's usually no physical abuse involved when it comes to IPV that's why many aren't aware of it and its detrimental effects. Instead, there's the psychological factor that comes into play, leaving no boundaries to the type of abuse women endure. In Joan's case, she's suffering from the psychological abuse of her husband, followed up by being taken advantage of sexually. It's a deadly cycle that repeats itself in many relationships, including marriages. Speaking out is easier said than done but possible.

Major Depression - This is the most serious type of depression in terms of number of symptoms and the severity of symptoms. People with severe depression have a hard time coping with daily activities and responsibilities.

Dysthymic Disorder - This refers to a moderate level of depression that persists for at least two years, and sometimes longer (malaise). While the symptoms are not as severe as a major depression, they are more enduring and resistant to treatment.

Unspecified Depression - This includes people with a serious depression, but not quite severe enough to have a diagnosis of a major depression. It also includes people with chronic, moderate depression, which has not been present long enough for a diagnosis of a dysthymic disorder.

Adjustment Disorder and Situational Depression - Depression occurs in response to a major life stressor or crisis (such as death, divorce, or other major life changes and adjustments). What we consider to be "Mid-Life Crisis" depression would fall under this category. It is a myth that mid-life crisis only affects men.

Bipolar Depression - This includes both high and low mood swings.

The Female Factor

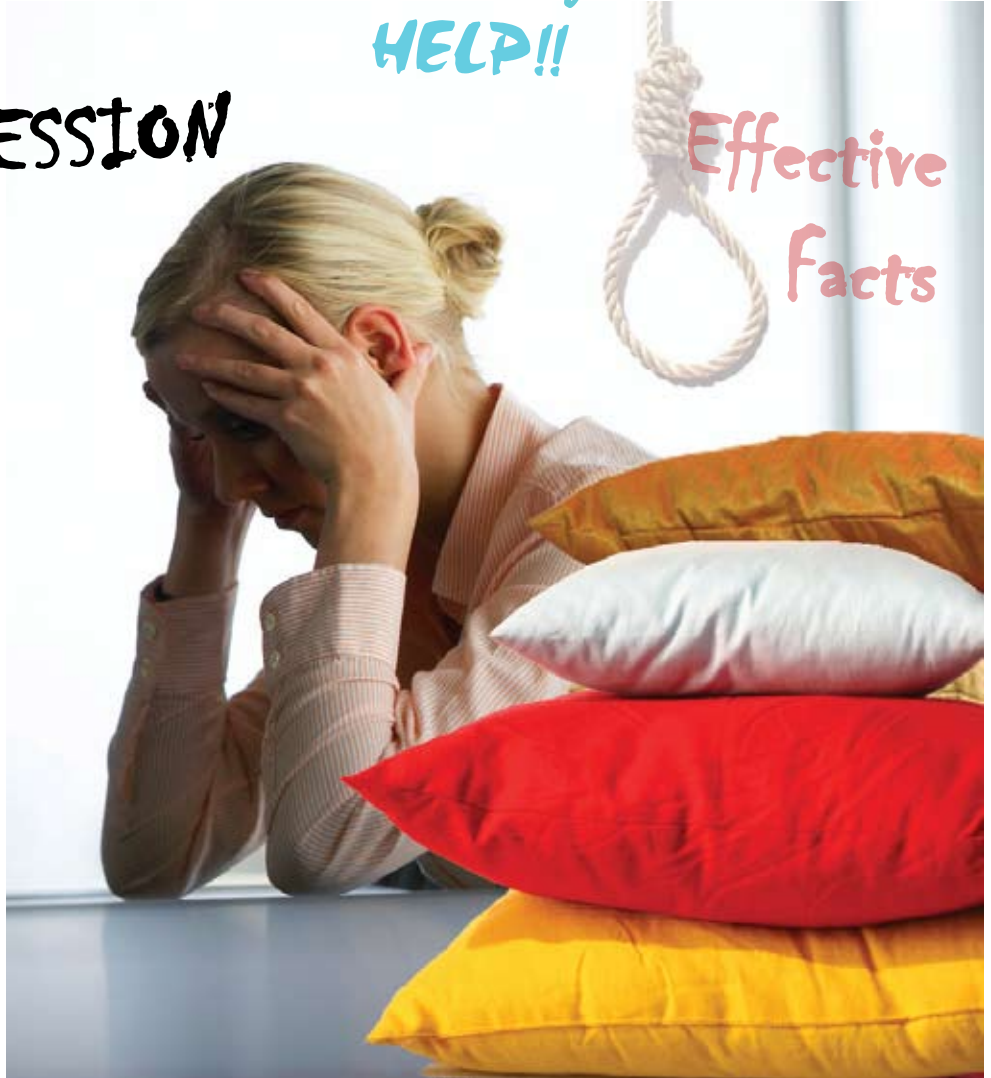
Researchers have explored the issues which are unique to women (both biological and psychosocial), but there is no simple answer as to why women are twice as likely to experience depression as men.

For women, hormonal changes during and after pregnancy, perimenopause, or menopause can be catalysts. Women often face stressors such as simultaneously caring for children as well as elderly parents. Many also feel the pressure of being both a perfect caregiver and a bread winner. They also tend to absorb and internalize the problems of their children and other family members as their own.

WOMEN under DEPRESSION

seeing
HELP!!

Effective
Facts



A 2011 article published by Harvard Health Publications (Harvard Medical School) titled “Women and Depression,” discusses how severe hormonal changes may be an underlying factor to a female vulnerability to depression. However, the reader is cautioned not to jump to conclusions. “While multiple studies have examined this question, they have not been able to prove that these hormonal fluctuations significantly affect mood in large groups of women. The consensus now is that hormonal fluctuations may render individual women more vulnerable to depression at certain times of life - perhaps by interacting with other factors, such as stress.”

The editors point out that everyday experiences can take a toll. Women are more likely than men to be caregivers - taking care of young children, elderly parents, or both. This chronic, low-grade stress may lead to depression. Single mothers with young children have a particularly high rate of depression.

Recognizing the Warning Signs

Women must learn to recognize the signs of depression and the differences between a depressive disorder and a case of transient blues.

Signs of depression vary from person to person. Women should be concerned if their symptoms last for more than a couple of weeks.

The following is a list of symptoms that may indicate a person is depressed:

- excessive crying
- loss of interest in pleasurable activities (including sex)
- sleep problems such as insomnia (can't sleep) or hypersomnia (excessive sleeping)
- loss of interest in normal activities
- lack of motivation
- sense of hopelessness
- lack of self-worth
- thoughts of suicide
- weight gain/loss

Serani also considers duration of symptoms to be a key indicator of depression. “Though everyone feels sad from time to time, usually these sad feelings subside as time goes on. However, when sadness and despair linger for a period longer than two weeks and begin to affect daily living, coping and quality of life, depression could be occurring.”

Serani emphasizes the importance of a complete medical evaluation. She explains that an examination will determine if depressive symptoms are biologically related (i.e. hormonal, genetic or organic, such as hypothyroidism). She says, “That is the first step whenever I work with a patient. If medical tests indicate that hormones, chemistry and other illnesses are not a factor, then looking at one's life stressors is key.”

Helping Yourself

Studies have shown that both medication and talk therapy are extremely useful in treating patients with depression. However, there are certain lifestyle choices that one can make which have proved to be helpful as well. Women should not feel helpless.

Patricia A. Farrell, Ph.D., a New Jersey based psychologist and author of *How to Be Your Own Therapist: A Step By Step Guide to Taking Your Life Back* (McGraw-Hill Education, 2004), says that diet can affect depression. She stresses the importance of a well-balanced diet. She also warns, "One of the most harmful things you can do is to drink a lot of coffee. Coffee is a diuretic and diuretics cause a loss of potassium." It has been found that potassium deficiency can cause depression, mood changes and fatigue.

Serani agrees that a well-balanced diet and exercise are ways to help fight and ease depression. She also suggests keeping a regular sleeping pattern. She states, "It is also a good idea to reduce refined sugar, and to limit caffeine and alcohol. Vitamin supplements like B-complex have been shown to be helpful as well."

However, a healthy diet and regular exercise should not be perceived as cure-alls for depression. Although healthy habits can certainly be beneficial, women should seek advice from professionals if their symptoms continue for two weeks or more.

Dr. Farrell stresses the importance of getting help when one's condition is not improving. She advises that women seek medical advice if "they find that they are becoming dysfunctional and can't take care of their responsibilities." She recommends that women become informed consumers and prepare a specific list of questions prior to a consultation with a specialist.

Experts suggest getting a complete medical work-up to rule out other possible medical conditions. Serani emphasizes, "It is so important to find a health care provider that is a specialist in depression. The reason to seek out these specialists is to ensure that whomever you work with understands the biopsychosocial aspects of depression."

Serani also wants to help debunk the myths about depression. "I think the most important thing I can offer women who are experiencing depression is to understand that it is a real illness. It is not a result of a faulty character, weaknesses, or laziness."

Seeking Outside Help

Readers can find more information from the following organizations:



National Institute of Mental Health

Website: <https://www.nimh.nih.gov>



Mental Health America

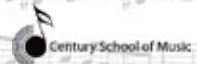
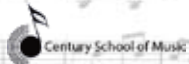
Website: <https://www.nmha.org>



Anxiety and Depression Association of America

Website: <http://www.adaa.org>

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Could permit-to-purchase laws help prevent the next mass shooting?

After publishing this post, we received new information identifying far more mass shootings in the United States than we originally counted. In addition to the UCC shooting, there were thirteen other mass shootings in the United States from January 2015 to July 2015. Including UCC, [these acts claimed the lives of 76 victims and injured 32 more](#). Since 2009 there have been [at least 133 mass shootings](#) in the United States. In at least 73 of those cases, the shooter was not legally prohibited from purchasing a firearm, further demonstrating that in a majority of recent mass shootings, current firearm laws would not have prevented shooters from obtaining a gun.

[Another mass shooting](#). For those keeping tally, that's [our third this year](#) and the toll for 2015 now stands at 23 dead and 12 more injured.

The violence outrages us, but when pressed for solutions, you can feel a [palpable sense of hopelessness](#) from our leaders. After all, if the deaths of 20 children and 6 adults in Newtown couldn't drive federal firearm policy reform, what chance do 10 community college students have?

But maybe we are ready to hold ourselves accountable and acknowledge that we can, if we are willing, reduce this violence. Maybe 23 is enough.

For mass shooters like the one who attacked Umpqua Community College, permit-to-purchase (PTP) laws may be our best tool for cutting would-be shooters off from access to firearms. Background checks are important, but alone, they will not deter enough shooters: both [Dylann Roof](#), who killed nine people in Charleston, SC and [Elliot Rodger](#), who killed six people in Isla Vista, CA were able to successfully pass background checks.

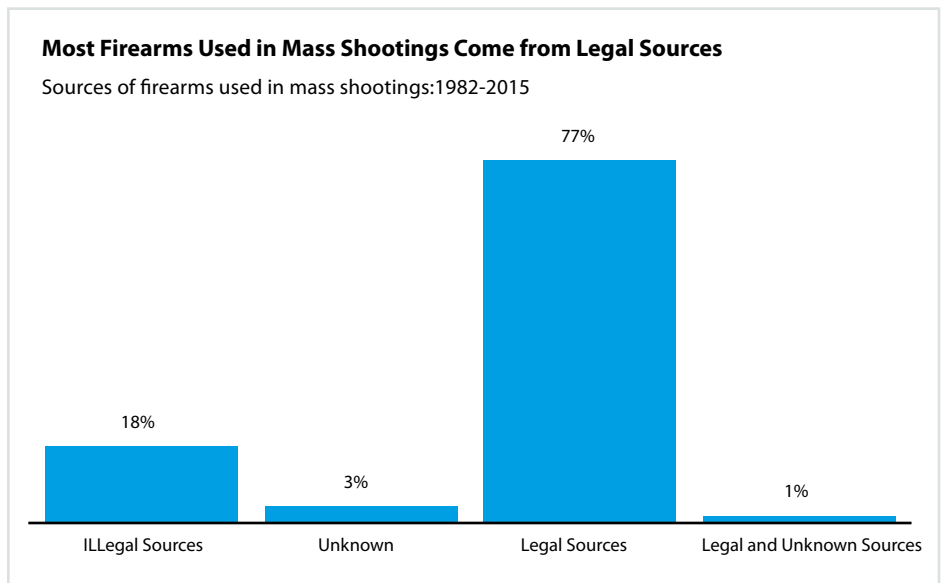
These checks rely on records that background examiners [may not have ready access](#) to, or that may be incomplete. There may also be warning signs that, while worrying, do not rise to the criteria defined by the national standards: Elliot Rodgers's history of [troubling behavior was well known](#), but did not provide grounds to prevent his purchases. Indeed, from 1982 to 2015, at least 77 percent of mass shooters (people who killed four or more people in a single incident) have been able to purchase their weapons legally.

That's why PTP laws are a necessary supplement to secondary market controls. PTP laws require that firearm buyers obtain a license before purchasing certain types of firearms. The requirements for [licenses are different by state](#), but frequently require prospective buyers to undergo more extensive background checks or interviews with local police,

[who may have a better understanding of their community](#) and be better able to [identify warning signs in potential purchasers](#) than a national computer system.

It is still not clear where the Umpqua shooter got his guns, but it is abundantly clear that he was able to evade the systems put in place to stop him. [PTP laws might help ensure](#) the next would-be shooter is not able to do so.

These measures would not end gun violence or mass shootings. In a country where there is just about [one gun per every citizen](#), there will always be a few damaged people who manage to inflict a terrible toll on our country. But we are not helpless—we have the tools to intercept many of these killers before they strike. All we need is the will to enact them. ■



Sources: Mother Jones' US Mass Shootings Database

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JOHNS HOPKINS
MEDICINE

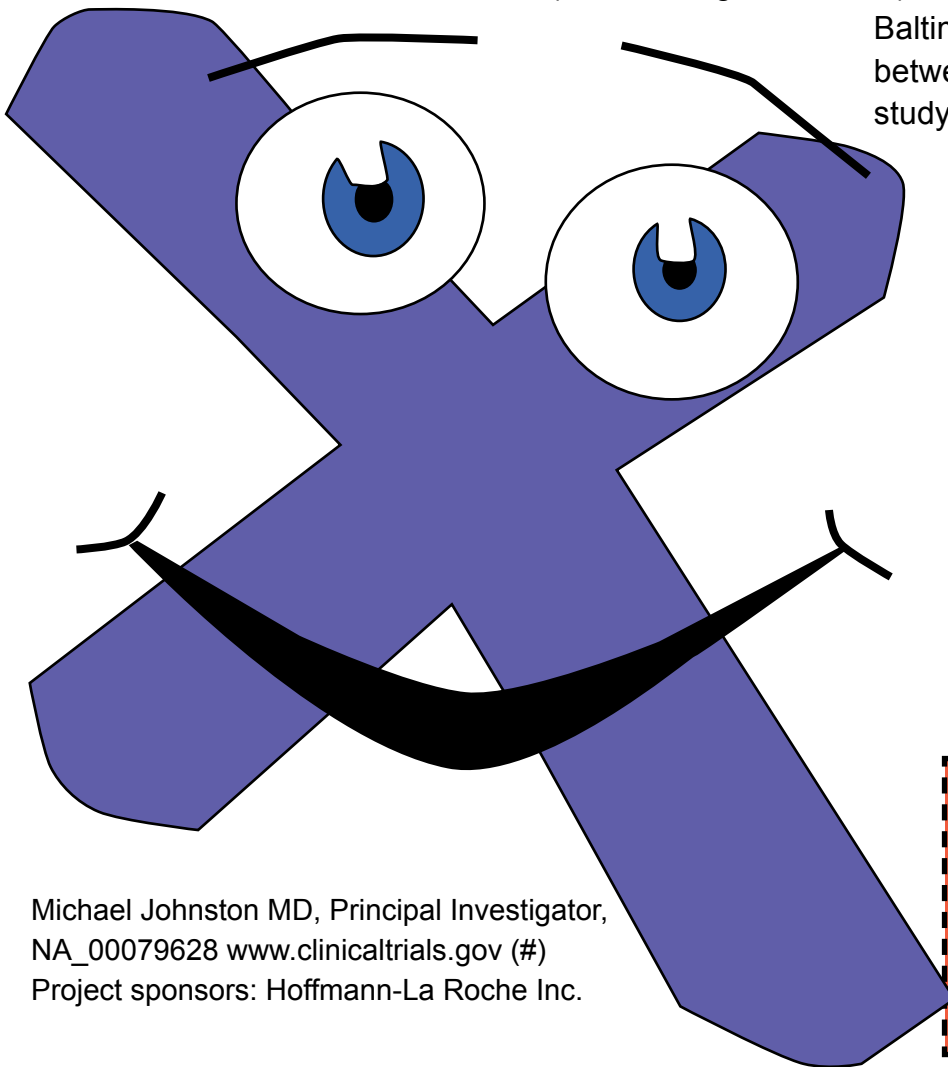
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Participate in a New Clinical Trial for children with Fragile X Syndrome!

Kennedy Krieger Institute is looking for children, ages 5 through 13 years, with fragile X syndrome to participate in a research study.

PURPOSE: The purpose of this study is to determine if an investigational drug is a safe and effective treatment for symptoms associated with fragile X syndrome.

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Eligible participants may receive reimbursement for time and travel. The investigational drug and all study-related evaluations and provided at no cost to the participants.

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Michael Johnston MD, Principal Investigator,
NA_00079628 www.clinicaltrials.gov (#)
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INTERNATIONAL DAY OF THE GIRL 2015

On Day of The Girl, we naturally have “girl power” on the brain.

You can’t miss the recent surge of ad campaigns with messages of female empowerment. CoverGirl, Always, and even Verizon have all injected girl-power messaging into ads. These companies aren’t alone in their focus on girls.

Adolescent girls are also currently at the center of the development community’s agenda too. Leading the charge is an adolescent girl herself – Malala Yousafzai.

There’s so much recognition of the potential of the world’s millions of girls – but research shows the message hasn’t fully been received by girls. They hear over and over that girls can do anything and be anything. But they don’t feel their own power, and they haven’t been shown how to overcome the obstacles that stand in their way.

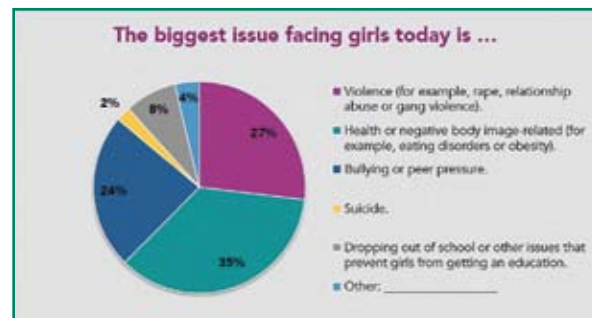
WHAT CAN YOU DO TO BUILD GIRL POWER?

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LiveYourDream.org will soon be releasing opportunities for you to support our new program – Dream It, Be It: Career Support for Girls! Dream It, Be It targets girls in high school who face obstacles to their future success. It provides girls with access to professional role models, career education, and the resources to live their dreams! Girls will learn about potential career opportunities, how to set and achieve goals, ways to handle failures and setbacks, and how to create a personal action plan. Look for ways to get involved soon!

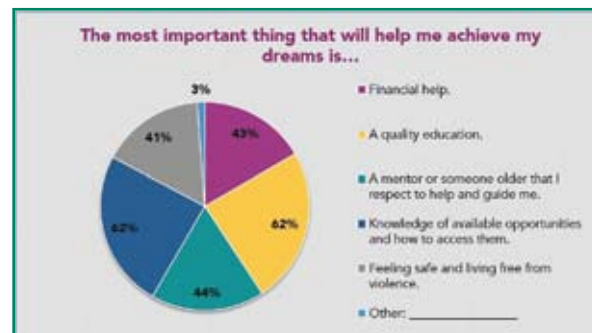
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New Taste of Everyman Series Entices Foodies and Mixologists

Everyman Theatre has announced a brand new series for the 2015/16 season called Taste of Everyman. A pre-show tasting series, Taste will feature signature spirits and cocktails paired to complement the theme of each show. Guests will enjoy a presentation from a guest cocktails expert about the particular spirits. Hors d'oeuvres will be curated by Chef Chad Wells of the nearby restaurant Ale Wife.

The series will kick off on Thursday, September 17, prior to a performance of *An Inspector Calls*. Attendees will enjoy selections of port wines to complement the events of a turn of the century dinner party seen in the show.

Next up will be a tasting of Tullamore Irish whiskeys tasting in conjunction with *Outside Mullingar*, a romantic comedy set in the rural countryside of Ireland. This event will take place on Thursday, December 17.

The third and final event will take place on Thursday, January 28 prior to a performance of *Under the Skin*. The Philadelphia setting of the new dramatic comedy will inspire a tasting of cocktails made from Blue Coat gin, which is distilled in the City of Brotherly Love.

All tastings begin at 6:00PM with the show to follow at 7:30PM. Tickets are \$60 for individual ticket holders (includes tasting and show) or \$25 as a subscriber add-on. Attendees must be aged 21 or older. Each reception is limited to 50 guests. To purchase tickets, visit www.everymantheatre.org.

Everyman Theatre is a professional Equity theatre company celebrating the actor, with a resident company of artists from the Baltimore/DC area. Founded in 1990 by Vincent Lancisi, the theatre is dedicated to engaging the audience through a shared experience between actor and audience seeking connection and emotional truth in performance. Everyman is committed to presenting high quality plays that are affordable and accessible to everyone. The theatre strives to engage, inspire, and transform artists, audiences and community through theatre of the highest artistic standards and is committed to embodying the promise of its name, Everyman Theatre.

Vincent M. Lancisi is the Artistic Director of Everyman Theatre; Jonathan K. Waller is the Managing Director. For information about Everyman Theatre, visit www.everymantheatre.org or call **410.752.2208**.

VINCENT M. LANCISI
Founding Artistic Director

JONATHAN K. WALLER
Managing Director

★★★ Members of the press are invited to this event. Contact Laura Weiss at 443.615.7055 x 7132 or lweiss@everymantheatre.org to make reservations.



Expo for Women Veterans Planned for Nov. 6 at Baltimore War Memorial



The Women Veterans United Committee, Inc. (WVUCI) will hold its inaugural Women Veterans Invisible No More Expo, Friday, Nov. 6, from 9 a.m.-4 p.m., at the Baltimore War Memorial (101N. Gay St.) in Downtown Baltimore.

“Today the military is close to having 15 percent women and there are close to 50,000 women veterans in Maryland alone,” said Dr. JoAnn Fisher, CEO of Women Veterans United Committee, Inc. “These women have served in all branches of the military in almost all capacities with their training, blood, sweat and tears needing to be honored the same as male veterans; however, they haven’t received the same level of support as their male counterparts – particularly with regard to medical and psychiatric care.”

“Some women have returned from war with Military Sexual Trauma (MST) and Post Traumatic Stress (PTS) experiences that have affected their families, especially their children,” she added. “Women veterans have higher rates of divorce than both civilian women and veteran men, and there is a very fine line for homelessness among women veterans in comparison to men.”

With that in mind, the Expo is designed to provide key information and support to over 300 women veterans and give them the opportunity to voice their concerns. It will offer networking and job leads, free legal advice, benefits information and claims assistance, as well as the opportunity to meet Maryland representatives, learn about volunteer opportunities and win prizes.



Guest speakers are as follows:

Linda L. Singh, Adjutant General of Maryland, who is responsible for the daily operations of the Maryland Military Department. A senior advisor to the Governor, she is responsible for the readiness, administration, and training of more than 6,700 members of the Military Department. Lt. Maj. Singh will discuss *The Face of Women Veterans Today*,

Retired Navy Physician/ Author Frederick Foote, who has created holistic medicine programs for Wounded Warriors and veterans. He will give a multimedia reading from his book, *Medic Against Bomb: A Doctor’s Poetry of War*, discuss how veterans can heal through arts and nature programs, sign copies of his book and donate a portion of book sales to WVUCI.

To date, exhibitors include:

- ▶ VA Medical Center (Washington, DC) Volunteers (National Cemetery Administration)
- ▶ Annapolis Department of Veterans Affairs Department of Veterans Affairs (VESO)
- ▶ My Healthy Vet Program (VA)
- ▶ Women Veterans of America
- ▶ Disabled American Veterans (DAV) Service Officers
- ▶ Veterans of Foreign Wars (VFW)
- ▶ Military Order of the Purple Heart
- ▶ Army One Source
- ▶ Deatrice Simpson, Handyman/Design Builder
- ▶ Department of Labor, Licensing, and Regulation (DLLR)
- ▶ Homeless Persons Representation Project
- ▶ Maryland Highway Administration
- ▶ Maryland Transportation Authority Police
- ▶ Prince George’s County Police Department
- ▶ Susan G. Komen of Maryland
- ▶ VA Suicide Prevention Program
- ▶ VA Health Care for Homeless Veterans
- ▶ Serra Pacific Mortgage Company

About WVUCI

Originally established in 1995 as *The Women Veterans Committee, Inc.* under the *Disabled American Veterans (DAV), Department of Maryland, Inc.*, the group was reorganized as an independent entity separate from the DAV in 2015. WVUCI’s Vision is to work to ensure needs are met for women veterans. Its Mission is to honor the service and sacrifice of female veterans who have served faithfully in our military service. For more information, visit www.wvucinc.org.

Admission to the Expo is free and registration is available online. For details about sponsorship and exhibitor opportunities, contact event planner, Kim Harden Smith of Majestic Day, LLC, at 443.860.9765, or email WVUCINC@gmail.com.

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Mabel Dodge Luhan & Company

AMERICAN MODERNS AND THE WEST

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WHAT DREW THE “CREATOR OF CREATORS” TO TAOS, NM? TAKE A JOURNEY TO NEW MEXICO AND FIND OUT

There is something powerful in the light of Northern New Mexico. For generations, artists and soul searchers have been drawn to the remote mountains around Taos to discover and create art. Interest in escaping turbulent society and a desire to build a retreat in which artists could create, is what brought Mabel Dodge Luhan to Taos, New Mexico in 1917. After settling in Taos, Mabel began attracting artists and philosophers to her New Mexican home. But, it was the magical light and the unique culture that kept them here and claimed the creative souls of artists like Georgia O’Keeffe and Ansel Adams, and the imaginations of the likes of D.H. Lawrence, Frank Waters, and Willa Cather. The Harwood Museum of Art’s exhibition, *Mabel Dodge Luhan & Company: American Moderns and the West*, opening in May of 2016, explores the life of Mabel Dodge Luhan and her journey to Taos through the art of the people she attracted to this remote area.



Whether visitors to Taos are drawn by art, culture, or the outdoors, they find, once they arrive, that these things are inseparable. Mabel Dodge Luhan had long been fascinated by Native American culture, largely as interpreted by non-native artists, but when she came to New Mexico at the encouragement of her third husband, Maurice Sterne, she found that the spiritual atmosphere, the mix of Hispanic, Native American and Anglo culture, and the overwhelming beauty of the setting, set it apart from any other place where modern avant-garde congregated. In Taos, Mabel built her home on the border of Taos Pueblo Lands, with the encouragement and assistance of Tony Lujan, who would eventually become her fourth husband. The complex, called Los Gallos, was a place where the artists Mabel summoned came not just to work on projects already in progress, but to create original art.

Mabel Dodge Luhan & Company: American Moderns and

the West’s exhibition co-curator Lois Rudnick said, “Northern New Mexico was the place, Mabel and others argued, that would allow Anglo artists, writers, and reformers to reunite body and mind, and spirit and matter.” This proved to be true, and what they produced in that time and place was different than anything seen previously in the modernist movement. “It literally shaped the American modern arts movement as we know it today,” she added.

To this day, visitors to Taos are captivated by the light and rarefied atmosphere. Artists still migrate to the Taos mountains in an effort to capture the same spiritual essence that Mabel’s companions strove to replicate. In autumn especially, as the trees turn, and the mountains glow in the crisp air, artists from around the world can be seen painting along roads, and in fields all around Taos mountain. Many follow in the footsteps of Mabel’s companions and stay at the renovated Mabel Dodge Luhan House, where the creative history surrounds them. They visit Taos Pueblo, and explore the villages near Taos to experience the cultures, both Native American and Hispano, that shaped the modernist movement of the West.

Some pursue Georgia O’Keeffe’s path, to the solitude of Abiquiu, New Mexico, and the stunning vistas that inspired her. Others explore the newly reopened D.H. Lawrence Ranch, given to Frieda Lawrence by Mabel Dodge Luhan in exchange for the original manuscript of Lawrence’s novel, *Son’s and Lovers* (Simmons, Marc). Here they marvel at the quietude that allowed Lawrence to write his novel *St. Mawr*. Each of these experiences leads back to the movement begun by Mabel Dodge Luhan when she moved to Taos.

Come to Taos in the summer of 2016 and follow in the paths of Mabel and the artists she brought to Taos. During the exhibition, special lodging packages are available at Heritage Hotels & Resorts’ Taos locations, including El Monte Sagrado and Palacio de Marquesa, where there is a suite dedicated to Mabel. For information on packages visit: <http://www.hhandr.com/taos-mabel-dodge-luhan-exhibition>.

The Harwood Museum of Art’s exhibition, aims to immerse visitors into Mabel’s life and to encourage them to explore everything about Taos that attracted Mabel and her compatriots to New Mexico. Each visitor to the exhibition will learn something of what made Mabel the magnet she was, and what it was about her, and the home she built in Taos, that sparked the birth of American Modernism in the West. Find out more about Taos and all it has to offer by visiting taos.org and learn all about Mabel Dodge Luhan and Company at mabeldodgeluhan.org//



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about the author

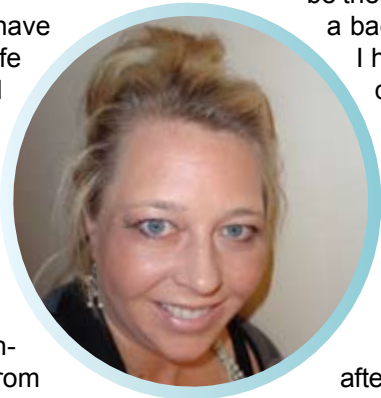
J Kat Renner

The spiritual journey I have been riding on most of my life has been first, complicated by the unnatural, moved by the supernatural in tough times, and guided by my Creator. I have lots of early childhood memories where many of them are about the freedom of an early life, but once I continued remembering things from my youth, unfortunately I tended to remember mostly negative memories. For some reason these were stark realities that stood out in my mind. I was bullied as a child and needless to say it complicated my life away from the simple, humble beginnings, to more in depth wondering of who I really was.

I had a difficult to spell and pronounce last name, and for some odd reason people wanted us to feel a sense of shame due to the awkward sounding pronunciation. I believe this idea of my family name may have been passed on from generations before me in the tiny town in which I grew up. I am fifth generation all Dutch American, so my family lived in that area since the mid 1800s. There were cliques in that rural unincorporated town and our family name was not among them, so from the “get go” I was not readily understood, did not feel loved, or recognized for my full potential.

From the complicated, harrowing destructive forces that were presented to me as a result of being bullied as a child, I felt writing was my only way to combat the hurt I faced daily. I was one of four children with a large extended family. While I knew I had family that loved and cared about me, I felt I didn't have a way to voice all the problems I was going through as a child. I turned inward, deeply. I felt I had no adult in school that could see what I was going through or could take action against the people who practically destroyed me, my sense of self, and my ability to love myself. I was always fighting tears and I really couldn't control them as a child.

Days were long and drawn out as I was growing up. At home, when bored, I read everything I could get my hands on, dictionaries, and encyclopedias. We always had a reader's digest, Time magazine, LIFE, or National Geographic magazines lying around the house and I would devour them. I frequented my hometown library several times in any given week. All I wanted to do was grow up and become a writer. I felt that was the only outlet I used to get through tough times.



Fast forward to high school, the one writing class I had, served to not only destroy my interest in writing, it literally took me down because I got a B- in it. I wrote an essay to get into the University of Wisconsin-Madison that must have been my selling point as I discussed that I would be the first of my family to attend a full four year college in order to receive a bachelor's degree. Out of college, I was wracked with nerves when I had four major crises happen within the span of a week, serving to destroy any sense of well-being I had. So life had a way of plowing over me and my psyche until I had to try to pick up the shattered pieces of my life and I realized I couldn't do life alone. I had help from my Creator and He has been my motivator ever since. I finally found the love of my life and now we have a lovely daughter, I owe my life again to my Creator who revealed to me the things that would take place prior to them ever happening. I thank Jesus every day for the gifts of the Spirit.

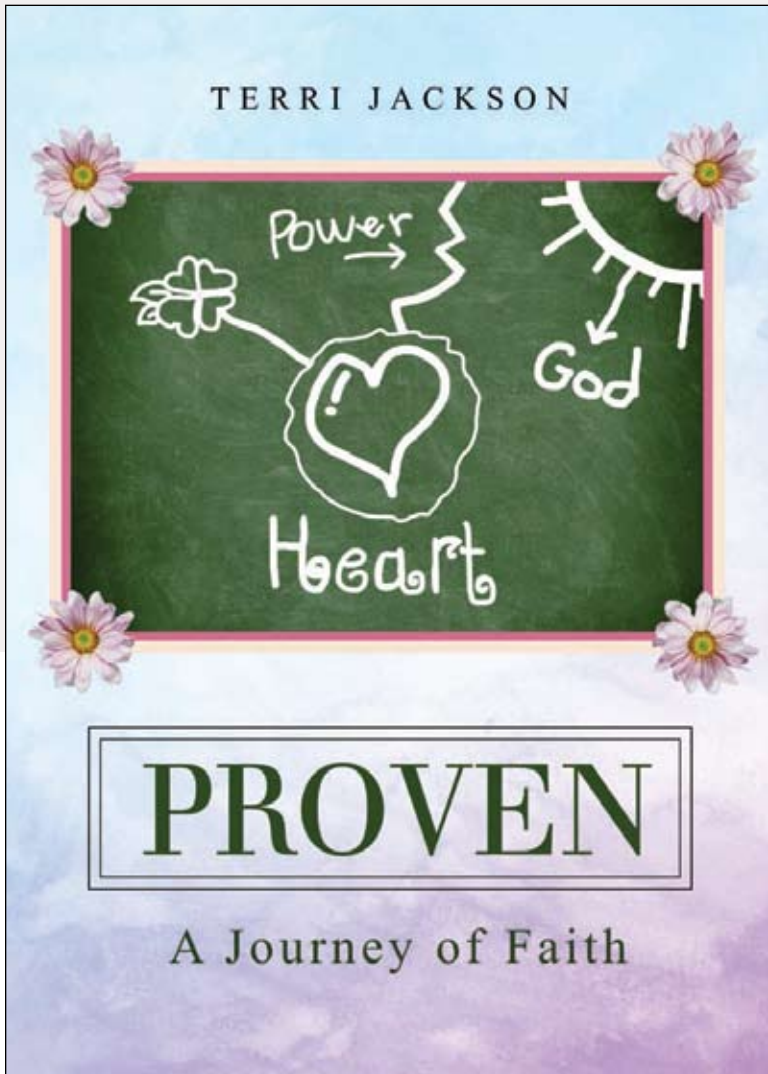
My early twenties were wracked with nerves as I looked for a job after college. I felt I needed to go to the big City. My History advisor encouraged me to still do something in Advertising after having several classes in the field. So, I looked for work in Chicago. Gaining two interviews I went ahead with a move to the Windy City, without the support of my family. I took off after a heartbreaking relationship ended in Madison, it was the beginnings of my world falling out of my control. I was incessantly crying over the loss of the young man I was in love with who found someone else. This turned my world around, he had grounded me through college and I hinged everything on knowing his kind of love daily.

Needless to say I tried to appeal to my professors after pathetically crying in front of the Journalism School's administrator. No one would trust me then. So I, like a wayfarer wandered through my college education looking for avenues to explore, History would be my major in the end, with a minor in Women's Studies.

I had all I could to do keep it together to move forward and carve a new life in the city. I was lost in that sea of what felt like angry people, hoping for a friend, talking incessantly with anyone I would come across. While waiting for the job I wanted to open for another interview, I took temp service jobs. I worked in the Willis Tower (Sears tower at the time), ESPN and several other major firms as a receptionist. One day, having no friends, I had a bad feeling but on a whim went anyway to see a public concert. On my way back home, I met a dear professor at the Art Institute, who would later invite me to one of her classes and also corresponded with me and my family for several years. As I was talking to this wonderful lady, it was then that I was assaulted on the EI, while in conversation with her!

Then on the third interview with the advertising firm I was hoping to get into, I bombed it terribly, I was losing a part of me that I never really knew anyway, losing control of my true sanity, if I ever felt it. So I meandered my way through working for temp agencies and wound up in a very famous office, which I may not be at liberty to tell you about. While my boss was in one room, I found out I was watching him on TV in my office as a receptionist. The reality of everything seemed too surreal, it was the week after I started the famous office job that I fell into a terrible depression, which forced my Mom and dad to find me, get me and take me home... I wouldn't be on the road to recovery another year after that and even that have since struggled.

My dad left school in the 8th grade to work and my mom has a high school diploma as well as CNA certification which she received later in life. With my educational pursuits beginning, I desired to be a journalist and attempted to get into “J” School at the University of Wisconsin. My hopes were dashed as I did not pass the grammar test the second time to get in which I had to score a point higher and I missed it by one point and would have passed had I done that well the first time. ●



Author: Terri Jackson

Short Description:

In “Proven A Journey of Faith”, author Terri Jackson explains how her family overcame a year of unimaginable events fighting and defeating cancer. I rushed my daughter to the ER for a swollen ankle, and the doctor had this to say, “Ma’am, your daughter has a fracture, or its cancer.” Finding out that my nine-year-old daughter has cancer changed my outlook on life. My world had been shaken and broken into pieces, and there was only one who could restore it. Fighting the disease had my family seeking help, but when my daughter’s chemotherapy treatment damaged her heart. I realized there was only one who proved to be the most constant help we got.

In “**Proven: A Journey of Faith**”, author Terri Jackson explains the help that they received and now her daughter is cancer free!

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Dianne H. Lundy

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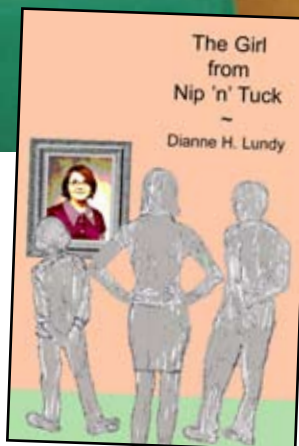
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At first book signing at Hastings

Dianne H. Lundy leaves her country roots in north Louisiana and heads for the city in search of two things: the ideal job and the perfect man. Time proves that finding either one is no easy task. Inheriting her mother's strong Christian faith and her father's stubborn streak, she refuses to give up on her dreams. Struggling with difficult classes, unpredictable students, and unreliable men, she manages to keep her sanity by maintaining a sense of humor and putting her trust in God.

Her vivid, down-to-earth descriptions provide entertaining experiences for readers as she gives a frank behind-the-scenes look at her life, first through the eyes of a teacher, and later, a wife and mother. Threads of history, mystery, comedy, drama, romance, and inspiration are woven together as her story unfolds in her autobiography, "The Girl from Nip 'n' Tuck."



The Girl from Nip 'n' Tuck - Dianne H. Lundy

ISBN: 978-1-4836-3870-6 (hc)
ISBN: 978-1-4836-3869-0 (sc)
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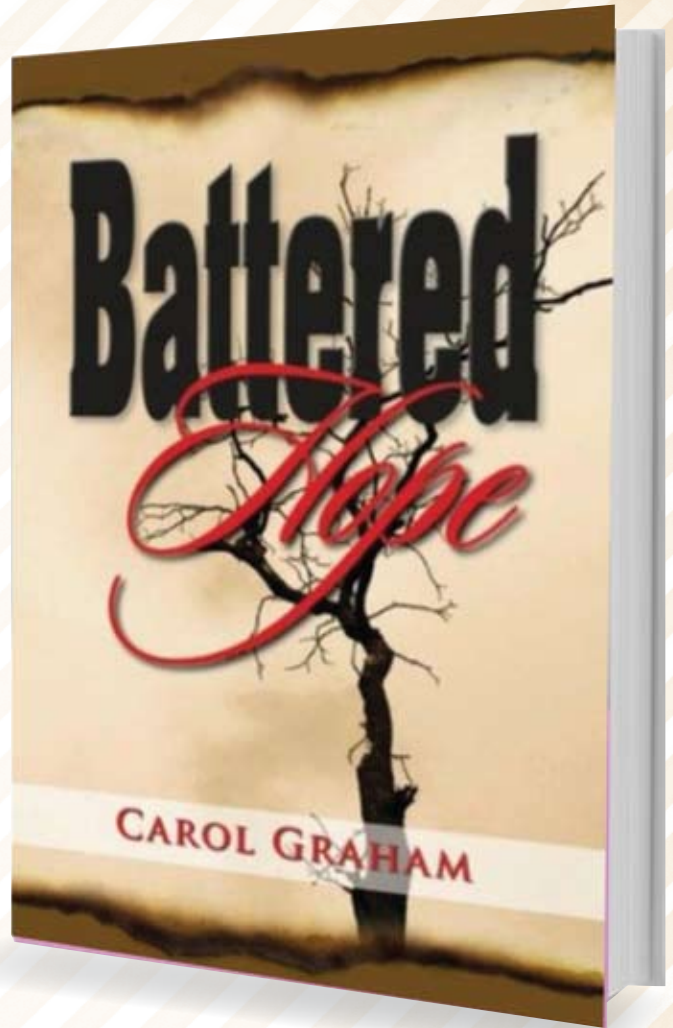
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How can we make Social Security solvent?

In the next year, Social Security is expected to run short of funds to pay full promised disability benefits. Unless something is done, available revenue for the combined retirement and disability system will cover only 79 percent of scheduled benefits in 2034, and the share falls over time.

For decades, large long-range deficits have loomed for Social Security, but short-run surpluses have left Congress complacent, unwilling to make the hard choices to fix the system.

The approaching disability shortfall may spark efforts to reform all of Social Security, in-

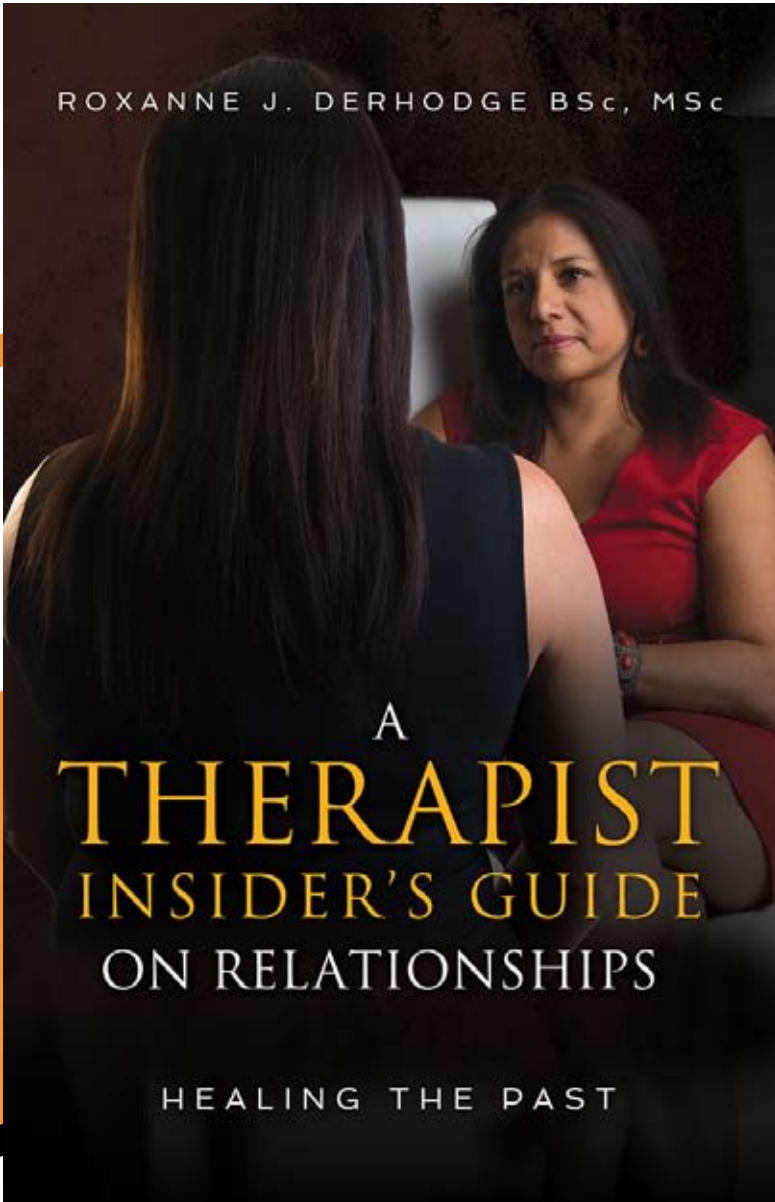


cluding the much larger retirement program. Several presidential candidates, including Republican candidate Gov. Chris Christie and Democratic candidate Sen. Bernie Sanders, have put forth serious Social Security reform plans.

Our analysis shows that some of [the most popular reform options won't help much](#). They will only delay for a few years the day when Social Security can no longer fully pay its promised benefits.

- ▣ **Modestly raising Social Security's full retirement age for people born after 1960 cuts future retirement benefits, but extends trust fund reserves by only one year.** This option doesn't generate any savings from people born before 1961, and the savings from younger people don't kick in until 2022.
- ▣ **Modestly raising Social Security's early retirement age—currently 62—has very little impact on solvency.** This option forces many people to wait longer for their benefits, but it wouldn't change lifetime benefits much because Social Security raises monthly benefits for people who delay collecting to offset the reduction in the number of checks they receive. Raising the early retirement age will likely increase employment for those able to work longer, increase poverty rates for those unable to work longer, but do little to help solvency.
- ▣ **Raising the cap on earnings subject to the Social Security payroll tax improves solvency but doesn't eliminate the funding gap.** Nearly 7 percent of workers have earnings above the wage cap, currently \$118,500. Increasing that cap to \$150,000 over three years and then tying it to the average growth in wages plus 0.5 percentage points extends the trust fund reserves by only one year. Fully eliminating the cap in 2016 would extend trust fund reserves by 21 years. Raising the earnings cap also raises Social Security benefits for high-wage workers because more of their earnings would be covered by the program, but reduces those workers' after-tax pre-retirement earnings.
- ▣ **Reducing cost of living adjustments (COLA) cuts benefits for long-term recipients but extends trust fund reserves by only one year.** Trimming the COLA by 0.3 percentage points each year would reduce net income for those ages 62 to 69 by 1.4 percent but by more than 4 percent for those age 85 and older by 2045.
- ▣ **Increasing the payroll tax rate can significantly improve solvency.** A one percentage point increase in the Social Security payroll tax rate—to 13.4 percent, paid half by workers and half by employers—phased in over 10 years beginning in 2016 would extend trust fund reserves by five years. Trust fund reserves would last an additional 10 years if the payroll tax were raised 2 percentage points and at least 53 years if it were raised by 3 percentage points. Payroll tax increases substantially improve solvency because they affect a lot of people and immediately boost trust fund assets that accrue interest over time.

Many Social Security reform proposals combine various program changes, instead of revising only a single rule. We will continue to examine proposals put forth by presidential candidates, showing how each plan would alter the system's finances and identifying who wins and who loses. ■



Subject on
Psychology:
Professional &
General

BY ROXANNE J DERHODGE (AUTHOR)

ISBN-10: 1771410612

ISBN-13: 978-1771410618

Relationships are complex and challenging, they are also vitally important to our sense of well-being. This book will guide you through a deep personal exploration of your life's relationships. Breaking out of the mold of traditional therapist protocol, expert therapist Roxanne Derhodge delves into her own past relationships to show how you can heal from the past the same way she did.

Using her own experiences as an example and drawing on years of professional expertise as a counsellor, she explains how you can decipher your template for relationships and decide which aspects are in line with what you value and which are not. Through a step-by-step process you will learn how to create fulfilling and positive relationships that will enhance your life in every way.



Everyman Theatre Announces New Community Engagement Initiative

Melani N. Douglass hired to lead the project

Everyman Theatre is pleased to announce the launch of a new Community Engagement Initiative as part of its 25th Anniversary Season. The Initiative aims to expand and deepen the Theatre's existing community-based work and more closely connect the Greater Baltimore community through the work on Everyman's stage. Ms. Melani N. Douglass has been hired as the Theatre's first fulltime Community Engagement Manager to lead this new Initiative.

"The mark of a great story is a cathartic journey that is universal to everyone. The journey transcends age, race, profession, class, gender and more," said Everyman's Managing Director Jonathan K. Waller. "I see this as an exciting opportunity to build community while also exciting people about theatre. Our goal is simple: take the themes you see in the great stories on our stage and use them to connect seemingly unrelated people, partners and events in exciting, innovative ways you might not expect. Melani has the heart, soul and creativity to lead this new effort for Everyman and I'm thrilled welcome her on board."

Ms. Douglass steps into this role after having joined Everyman in spring 2015 as an Urban Arts Leadership Program Fellow. The UALP is a program of the Greater Baltimore Cultural Alliance which connects emerging professionals of color to training and resources that will position them for success. Ms. Douglass has a Master of Fine Arts degree from Maryland Institute College of Art in Curatorial Practice. She received her Bachelor of Arts in English from Morgan State University. She recently won Baltimore Magazine's 2015 Best of Baltimore award for Best Pop-Up Exhibit for her work with the Family Arts Museum, which she also founded.

Previous to her work in Baltimore, Ms. Douglass was a middle school teacher in Washington, DC for over ten years. She was selected as a Master Teacher of Adult Education by the Washington, DC Office of State Superintendent of Education for her arts infused approach to preparing students to complete their GED.

As an artist, Ms. Douglass has curated both solo and group exhibitions. In 2015, she presented *Love on the Line: Dirty Laundry* at the Spin Cycle Laundromat in Baltimore. She also presented *Locally Sourced* at the Maryland Institute College of Art in 2014.

Everyman Theatre is supported by a grant from the Maryland State Arts Council, an agency dedicated to cultivating a vibrant cultural community where the arts thrive. An agency of the Department of Business & Economic Development, the MSAC provides financial support and technical assistance to non-profit organizations, units of government, colleges and universities for arts activities.

Funding for the Maryland State Arts Council is also provided by the National Endowment for the Arts, a federal agency.

Everyman Theatre is a proud member of the Bromo Tower Arts and Entertainment District.

Everyman Theatre is a professional Equity theatre company celebrating the actor, with a resident company of artists from the Baltimore/DC area. Founded in 1990 by Vincent Lancisi, the theatre is dedicated to engaging the audience through a shared experience between actor and audience seeking connection and emotional truth in performance. Everyman is committed to presenting high quality plays that are affordable and accessible to everyone. The theatre strives to engage, inspire, and transform artists, audiences and community through theatre of the highest artistic standards and is committed to embodying the promise of its name, Everyman Theatre.

Vincent M. Lancisi is the Artistic Director of Everyman Theatre; Jonathan K. Waller is the Managing Director. For information about Everyman Theatre, visit www.everymantheatre.org or call **410.752.2208**.

★★★ *Members of the press are invited to this event. Contact Laura Weiss at 443.615.7055 x 7132 or lweiss@everymantheatre.org to make reservations.*

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- Mary, a Criminal Defense client (5 star review)



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Ten-Time Grammy Winner **George Benson** Performing Baltimore Benefit Concert for Art with a Heart, **Nov. 12**



Art with a Heart, Inc. (AWAH) will celebrate its 15th Anniversary with an evening of soulful jazz and rhythm & blues. The non-profit will host An Evening with George Benson, Thursday, Nov. 12, at the Modell Performing Arts Center at The Lyric in downtown Baltimore.

A 10-time Grammy winner, Benson has earned an impeccable reputation as “one of music’s most enterprising and engaging stars.” Best known for *This Masquerade* - Record of the Year, *Breezin’* - Best Pop Instrumental Performance, *On Broadway* - Best R&B Vocal Performance, *Male* and *Give Me The Night* - Best R&B Vocal Performance, *Male*, he continues to delight audiences worldwide.

“We look forward to recognizing Art with a Heart’s impressive work in the community for the last 15 years with great art, music, food and fun,” said Art with a Heart Founder/Executive Director Randi Alper Pupkin.

Presented by Transamerica, the evening kicks off at 5:30 p.m. with a VIP reception featuring heavy hors d’oeuvres, beer and wine by Zeffert and Gold Catering, and shopping for unique artwork, jewelry, houseware items, garden ornaments and assorted gifts handmade by AWAH students and volunteers.

The reception also will feature a silent auction of one-of-a-kind benches crafted by AWAH teachers and volunteers (similar to those that AWAH will install in 15 community parks throughout Baltimore), and a tribute to AWAH founding board president, Sarah Shapiro, who has helped launch many of the non-profit’s initiatives and has been an integral part of its growth.

Doors will open to the public at 7 p.m. and Benson will take the stage at 8 p.m. Concert proceeds will directly support Art with a Heart’s programming for Baltimore’s vulnerable children, youth and adults.

General admission tickets, at

\$38 **\$65** and **\$85** per person

Can be purchased at www.artwithaheart.net or by calling The Lyric at **410-900-1150**.

Sponsorships and VIP ticket packages, which include premium seating and entrance to the VIP reception, are available by calling Art with a Heart at **410-366-8886 or emailing Rachel Auteri at Rachel@artwithaheart.net.**

About Art with a Heart

Art with a Heart’s mission is to enhance the lives of people in need through visual art. Located in Baltimore’s Hampden community, the non-profit brings its visual art programs into schools, shelters group homes, community centers, recreation centers, permanent housing facilities, hospitals and senior facilities. Founded in 2000, Art with a Heart has grown from four small classes a week to more than 10,000 a year, along with many community-wide projects and public art initiatives.



QUILTED STORIES, HEALING VOICES, A MOVEMENT, A MISSION, A CAMPAIGN

“Thou Shalt Not Be a Victim, Thou Shalt Not Be a Perpetrator, and Above All Else, Thou Shalt Not Be a Bystander.”

Since last October, and in keeping our word, Focus on Women Magazine has taken up a cause to bring attention to the suffering of women who are targets of violence and abuse, dubbed, Quilted Voices, Healing Stories. In every issue, and online, we will provide testimonies of women who share their stories. Therefore, no longer will we accept the paralysis of analysis, no longer will we embrace the silence of despair, no longer will we acquiesce to character assassination and bullying behavior to distract away from one's suffering. Join us and be a part of our Mission, our Movement, our Campaign to stand up against violence against women.

If you or anyone you know has a story of abuse and would like to be heard, please contact info@focusonwomenmagazine.net so that they can join Focus on Women Magazine's Quilted Voices, Healing Stories Project. Today, we have hundreds of voices, tomorrow, we will have thousands, if not more.

<http://www.focusonwomenmagazine.com/domestic-violence-articles.html>

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

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Intimate Partner Violence

As the night started to fall in, Joan readied herself for bed. She dreaded getting into bed this particular evening, because of the fight she'd had with her husband. The fight wasn't about money, or picking up the kids. He had once again accused her of being unfaithful. The accusations were baseless and a result of his insecurity and paranoia and it tore Joan apart every time he insinuated that she was a whore. In reality, Joan was the complete opposite, lovingly devoted to her husband and willing to please him at all costs. But in return were heart shattering words of false accusations and she was tired of it. As she lay in bed trying to ignore the hurtful words from earlier, her husband climbed into bed with her. Joan shuttered throughout her body when she felt him scoot his way towards her. He embraced her from behind, but there was nothing loving about it. She knew what he wanted but this time she would fight him off. A few hours earlier he was accusing her of sleeping around, why would he want to be intimate with her now? She'd had enough. He started caressing her before forcefully turning her on her back. At this point her plans to fight back crumbled. The words "no" and "don't touch me" sat like a huge bubble in her throat, struggling to come out of her mouth. "I don't have it in me." she figured. "He'll hurt me if I try to fight him off." So she lay there helplessly as he had his way with her. All she could do was stare into the darkness of the room until he was done. When it was over, she climbed out of bed, closed the bathroom door behind her, sank to the floor and quietly wept.

When one thinks of violence towards women in relationships, Domestic Violence often comes to mind. What many people don't see is the quiet, more sinister Intimate Partner Violence (IPV) epidemic that is taking place on a national and global basis. IPV is an actual public health concern, but for some reason it is not getting the attention it should. Millions of women are suffering in silence because they don't see themselves as

victims of IPV or they're simply afraid to say anything.



Speaking up could get them killed

The Centers for Disease Control defines IPV as sexual or psychological harm by a current partner or spouse. This means it's not Domestic Violence, it's not rape. It is something that can have the same profound effects on a woman or worse. There's usually no physical abuse involved when it comes to IPV that's why many aren't aware of it and its detrimental effects. Instead, there's the psychological factor that comes into play, leaving no boundaries to the type of abuse women endure. In Joan's case, she's suffering from the psychological abuse of her husband, followed up by being taken advantage of sexually. It's a deadly cycle that repeats itself in many relationships, including marriages. Speaking out is easier said than done but possible.

BIO:

Musu Bangura is the owner of New3Creation Services, a freelance writing company. Musu spends her time conducting research on wellness and women's health issues. She is passionate about teaching others selfimprovement and new beginnings. Musu holds a degree in Health Science and is an Air force Veteran and lover of dogs. To see more of her work and contact information, visit her at **New3Creation !**

Social Media info:

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Carolyn's Abuse

By: Shirley McLain

Carolyn was a woman like many women who seemed to attract the kind of guy who wasn't good for her. She felt her issues came about because of being abandoned by her mother at an early age and raised by a father who didn't care about her. He was an alcoholic who went through all the stages of drinking, from sickly sweet to violent. She learned how to hide and protect herself at a very early age.

Over her adult years, she had multiple relationships and marriages. She said she had a "redneck" addiction. According to the Merriam-Webster Dictionary, the definition of a redneck is a white person who lives in a small town or in the country especially in the southern U.S., who typically has a working-class job, and who is seen by others as being uneducated and having opinions and attitudes that are offensive.

Her last husband was a rough, tough oilfield worker who was gentle, kind and couldn't do enough for her in the early years of their marriage. His true colors began to surface within six months of their marriage. He'd start drinking and become angry at the slightest thing. She would try to stay out of his way, but he'd hunt her down, make her sit and talk to him. This talk consisted of listening to him tell her everything he thought was wrong with her. The more he talked, the angrier he became. There were several occasions she'd have bones broken on her face from being hit with his fists. If she had to go to the hospital, it was always because she had an accident and had fallen.

There were also multiple occasions when Carolyn would be asleep in their bed. Her husband would come in from the oilfield drunk in the middle of the night, grab her by her hair and drag her out of bed. It would be because of some imaginary thing he believed she had done. He would rant and rave calling her every vile name he could think of and then proceed to beat her.

This abuse continued for eleven years before she decided she'd had enough. She knew if she hadn't left, he'd killed her.

When asked why she stayed in the relationship so long, she said, "because I loved him and still do."

Here are five ways to escape an abusive relationship that was originally posted by World of Psychology.

Here are

5 ways

to Escape
an abusive
relationship
that was
originally
posted by
World of
Psychology.

1. Acknowledge the existence of abuse.

Victims tend to minimize the abuse. Abuse does not have to be physical. It is frequently emotional and/or psychological. You don't have to wait for broken bones or a black eye before you consider it abuse. Yelling, name-calling, intimidation and threats are all forms of abuse. If you are forced to have sex without your consent, it is abuse and is sexual assault. Ask yourself: "Are you often walking on eggshells?" Keep in mind that most abusers are charming and apologetic after the abuse; there is a honeymoon period. Then predictably the tension builds followed by an explosion. Many women and men stay trapped in this cycle hoping that this time the abuse will stop.

2. Reach out for help.

Check out YourTango for relationship advice

Fortunately, there are many organizations (local and national) that specifically have the resources to help you. You are not alone! Your friends and family members are not necessarily the best people to help you. They mean well, but they could still be minimizing the abuse or you could jeopardize their safety by obtaining their help.

Call the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or 1-800-787-3224. They will refer you to the organization in your area. Many have emergency shelters that provide many resources. If you have children, they will be able to shelter them as well. They understand and will not judge you in your predicament. They provide individual and group therapy. They will help you with legal matters such as obtaining temporary restraining orders.

3. Use a safe computer.

The National Domestic Violence website warns users to use a safe computer not accessible to the abuser as computer usage can be monitored quite easily. The website has many resources. Yes, you need to take precautions so you can be safe before you leave this relationship.

The time to be most vigilant is when the abuser realizes that you are planning to leave him or her. Have a safety plan in place. The above-mentioned website has a section to help you make these plans.

4. Make every effort to address the underlying issues that led you to being in a dysfunctional relationship.

Did you have a childhood that led you to doubt your self-worth? Although men and women (heterosexual and homosexual) of many different cultural, racial, ethnic, educational, economic groups become victimized in abusive relationships, the common denominators are lack of self-esteem and self-love.

When we stay in these relationships, we become increasingly depressed; our self-esteem plummets further. The downward spiral must be interrupted by obtaining help. If you are depressed, you probably feel tired and indecisive. Your thoughts are negative, which furthers the depressive mood. It is easy to feel trapped and hopeless, but dig deep and look for that flicker of hope. It is there!

5. Get to the bottom of things.

Are you addicted to love or the feeling of being in love? Do you equate love with pain? Those of us who felt alone, alienated and unloved growing up tend to seek out relationships early in life. However, if our parents were in an unhealthy relationship, an abusive dynamic will feel familiar and comforting.

It is vital to acknowledge, explore and heal what led you to this pattern. Otherwise, you are doomed to repeat it. Take a break from relationships for a while. Taking the time to heal is so important. If you have children, they need time to recuperate from the trauma of witnessing abuse. It is normal for you to feel angry and sad, as well as regret that you left the abuser.

Don't wait until you don't feel anything to leave. As dysfunctional as it was, you cared about him or her. Surround yourself with support; find a therapist who can assist you in rebuilding your self-esteem, and start rebuilding your life.

Why Do

Abused Women Stay?

by Carol Graham

Bruised. Battered. Broken.

Why did I stay? Why does anyone stay? Why does it require such great courage to leave a situation that was once a safe haven?

"If you leave me, I'll have nothing left to live for...." He knows which guilt button to push. Each time you realize you can no longer exist in the relationship those words resonate bringing another stage of guilt mixed with a dash of fear.

Playing the sympathy card is a common tactic used by an abuser to control you – the abused. Terrified he would take his own life if you leave, the guilt would be worse than your current state. So you stay.

When I finally was brave enough to leave, every scenario I played in my head did not include what actually happened. He had me kidnaped, gang-raped and left for dead by my attackers. Even this did not satisfy his demented mind and anger over the possibility of losing control he held the photographs that my attackers took of me as ransom.

"Pay up or the pictures will be sent to your aging father." I paid – a lot. But it wasn't enough. The pictures were sent, along with a letter to my dad that I was a slut. What possible satisfaction could he realize from that delusional act?

Many women choose to stay not knowing what their spouse is capable of and too afraid to take the risk. Fear of the unknown trumps logic.

Although abuse is a form of control, it is essentially a form of cowardice. Most bullies are afraid and will push until they lose their grip.

At what point can a woman break away? Each situation is unique, but the common thread is fear requiring her to have a strong support system around her. Often the abuser has charmed friends and family into believing the breakdown of the relationship is her fault. She is alone.



"If you leave me, I'll have nothing left to live for...."

.Bruised .Battered .Broken

On my show, I have interviewed many women in this situation who want to believe the lies and promises she regularly hears - "I'm sorry. It will never happen again."

Each time, her resistance levels fall until she is weakened from the battle and wonder if it is worth the fight. She decides it isn't until something happens that gives her the adrenaline rush she needs to pole vault herself out of the situation. It charges her with new strength and she takes over your destiny. She recognizes that what has happened to her does not define who she is.

She begins to build herself up and does not allow the negativity to gain power over her. She feeds her mind with positive input until she can walk away with her head held high prepared to face her attacker and stand her ground.

Through sheer tenacity many women, like me, are determined to change their lives and make their destiny become a reality. Determination reaps success.

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Author Quotes

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



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

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

Christine
Author - *MANipulated Into Fear - by Marvela Dawnay*

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

Aliah Uddin
Author - *Her Demise*

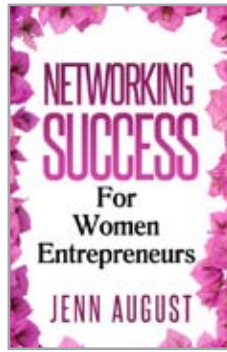
I am so happy of the amount of copies of my e book that was sold by Focus on Women Magazine within 40 days of it becoming available on their website. Every book sold represents a contribution towards women who have been raped, mutilated and set on fire.

Consolee Nishimwe
Author - *Tested to the Limit*



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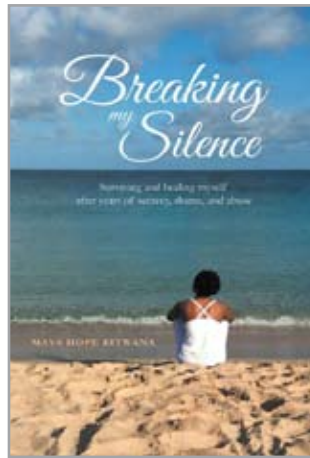


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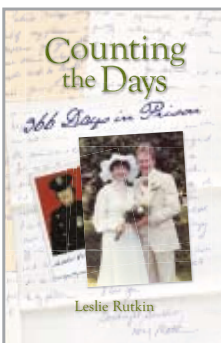


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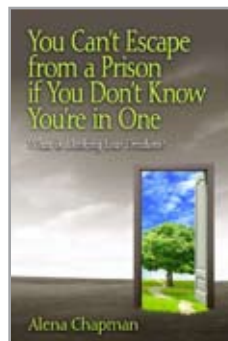
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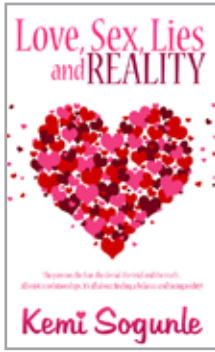
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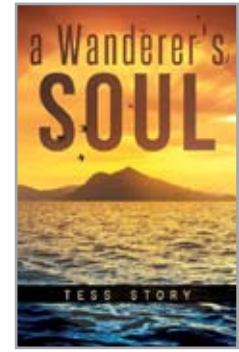
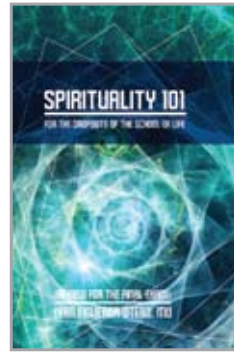
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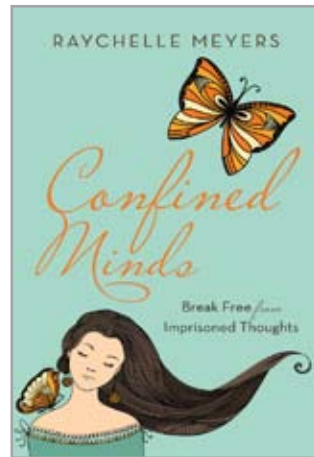
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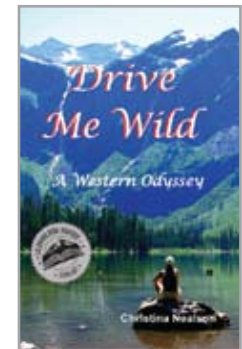
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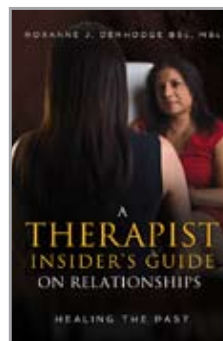
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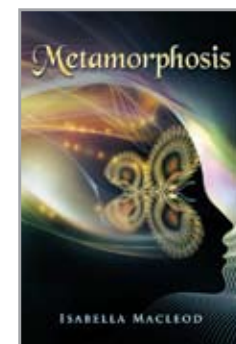
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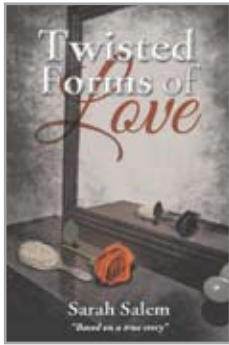
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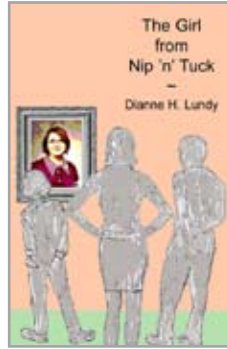
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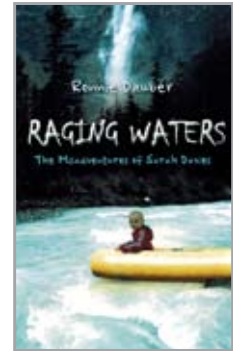
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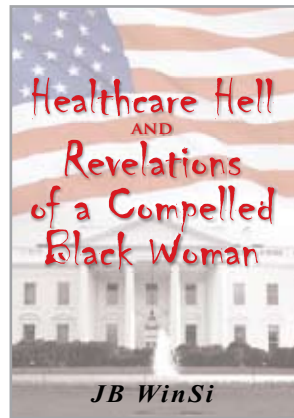


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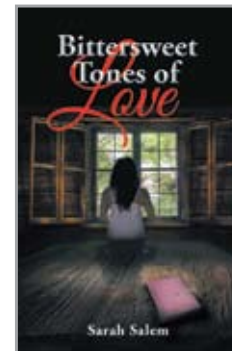
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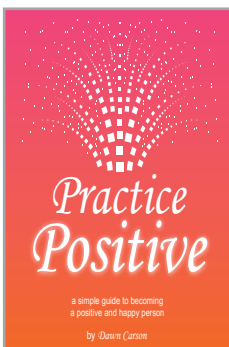


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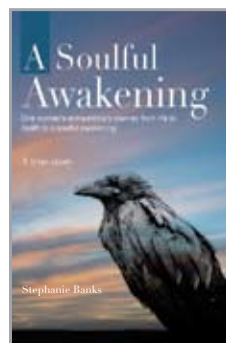
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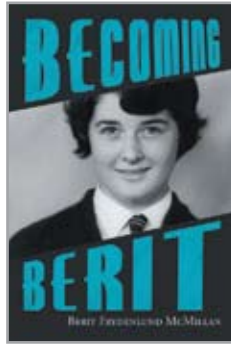


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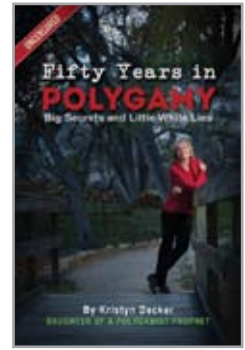


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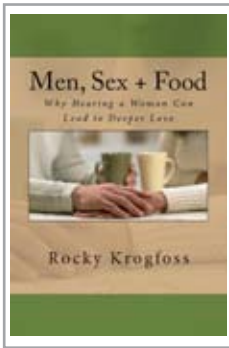
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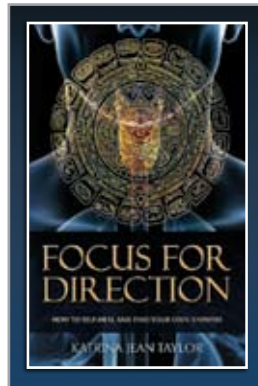
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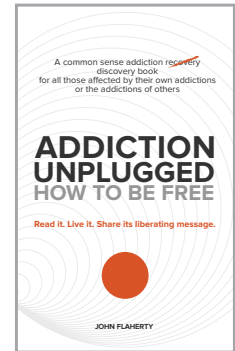
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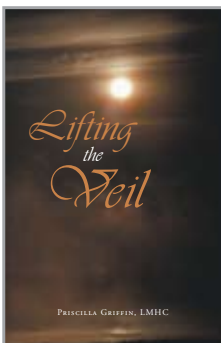


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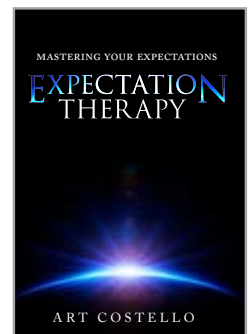
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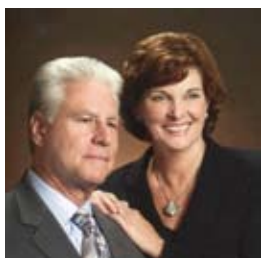
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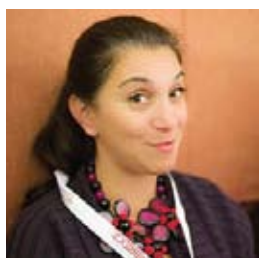
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