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I-20 Sex Trafficking Corridor



January/February 2012

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January/ February 2013



Joslyn Wolfe
Publisher

Releasing the patchwork of experiences from the previous year, I contemplate upon the new as my attention turns to the ancient Greek term, Moirai, the three fates, the female symbols of destiny, yes, those ultimate sisters of spin: Clotho, Lachesis and Atropos. Clotho spun the thread of life, Lachesis measured the amount of thread apportioned and Atropos was the undeterred one, who cut one's thread of life with her

most feared of shears. This diversion provided pause to think: metaphorically, we weave our lives with threads that give us those things we desire and those things we distaste. Our decisions determine the amount of time we are given to fulfill a certain purpose which in effect, gives us our life's lot. Further, there are times when we are challenged to read people, events, and circumstances for what they are and cut forth a new path, new life and new experiences, opening ourselves up to greater possibilities and our greater selves. Indeed like the Moirai, we thread our destinies and they are determined by our choices. In essence, we are our destinies and our destinies are us. To our readers advertisers and and supporters, may you too find the threads that weave greater designs for your life and may 2013 be full of happiness, health, faith and joy for all.

All the best,

Joslyn Wolfe

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Space is limited!



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Focus Women ON MAGAZINE

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

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THE FAIRY GODMOTHER, LLC SHERRY GERBER, PRESIDENT



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The vision statement that I formulated for my company is, "Provide the full range of non-medical home care and concierge services to those individuals that need a helping hand". For corporate clients, I have an extensive background in meeting and event planning. Make your dreams of having a successful event by contracting with my company to help you from finding a venue and successfully planning your event from start to finish.

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“The Great Cholesterol Myth” & Drs. Bowden & Sinatra

by Jonny Bowden Ph.D. and Stephen Sinatra M.D.

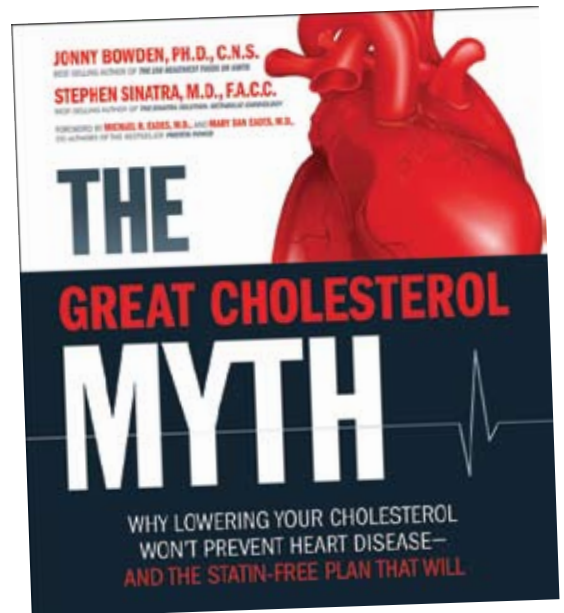
NEW BOOK PROVES CHOLESTEROL HAS NOTHING TO DO WITH HEART DISEASE AND THAT THE MEDICAL COMMUNITY HAS BEEN WRONG ALL ALONG

Heat disease is the #1 killer in North America claiming the lives of hundreds of thousands of people annually. As doctors work to fight this deadly disease, recent research has created concerns about how we've been treating this deadly disease. We now know that the emphasis on lowering cholesterol is all wrong, and has been the entire time!

THE GREAT CHOLESTEROL MYTH [Fair Winds Press, November 2012, **\$19.99 US/\$21.99 CAN**, Paperback] by Jonny Bowden, Ph.D. and Stephen Sinatra, M.D. reveals these hard and proven facts about heart disease as well as many more which will cause people everywhere to stand back and take a closer look at our own habits and the steps we take to protect our hearts. Readers will learn that low cholesterol has been linked to depression, aggression, cerebral hemorrhages, and loss of sex drive.

And that the standard prescriptions for lowering our cholesterol and fighting heart disease such as side-effect-causing statin drugs, actually obscure the real causes of heart disease. Even doctors at leading institutions have been misled for years based on creative reporting of research results from pharmaceutical companies intent on supporting the \$31-billion-a-year cholesterol-lowering drug industry.

Get proven, evidence-based facts strategies for treating heart disease the right way from the experts with **THE GREAT CHOLESTEROL MYTH**.



\$19.99 US/\$21.99 CAN

FACTS :

- ▶ Cholesterol is harmless and is only a minor player in heart disease.
- ▶ Cholesterol levels are a poor predictor of heart attacks.
- ▶ Half the people with normal cholesterol have heart disease while half the people with elevated cholesterol have perfectly healthy hearts.
- ▶ The true cause of heart disease is inflammation.
- ▶ The number one dietary contributor to heart disease is sugar, which is a far greater danger to your heart than fat.
- ▶ New studies suggest that statin drugs may be associated with a higher risk for cancer and diabetes.

About the Authors

Jonny Bowden, Ph.D., C.N.S., a best-selling nutritionist with a master's degree in psychology, is a nationally known expert on nutrition, weight loss, and health. He is the author of several best-selling titles, including *The 150 Healthiest Foods on Earth*, *The Most Effective Ways to Live Longer*, and *The 150 Most Effective Ways to Boost Your Energy*. He is the nutrition editor for *Pilates Style*, a contributing editor for *Clean Eating*, and a columnist for both *America Online* and *Better Nutrition*. His work has been featured in dozens of national publications (print and online) including *The New York Times*, *The Wall Street Journal*, *Forbes*, *Time*, *Oxygen*, *Marie Claire*, *Diabetes Focus*, *US Weekly*, *Cosmopolitan*, *Family Circle*, *Self*, *Fitness*, *Allure*, *Essence*, *Men's Health*, *Weight Watchers*, *Prevention*, *Woman's World*, *Fitness*, *Natural Health*, and *Shape*. He lives in Woodland Hills, CA. Visit <http://www.jonnybowden.com>.

Stephen Sinatra, M.D., is an internationally known and sought-after cardiologist, educator, and author who created the Manchester, CT-based Heart MD Institute (<http://www.heartmdinstitute.com>) as an educational platform focused on prevention and proactive lifestyle changes to live a healthier life. He is the author of *Reverse Heart Disease Now*, *The Sinatra Solution*, *Lower Your Blood Pressure in Eight Weeks*, and *Heart Sense for Women*. He has also contributed to several prestigious peer-reviewed medical journals, including the *Journal of the American Medical Association (JAMA)*, *Heart Disease*, *CT Medicine*, and the *Journal of Cardiopulmonary Rehabilitation*.



CLICK TO VIEW MORE
www.seasenseboating.com

LEARN TO DOCK YOUR BOAT WITH SEA SENSE

SEA SENSE... The Sailing & Powerboating School, is offering a 2 Day Docking and Close Quarters Maneuvering Course from Sarasota, FL on February 23 & 24, 2013.

Docking is ALWAYS the number one part of boating that causes knees to knock, palms to sweat and hearts to pound with unnecessary anxiety!! But it doesn't have to be that way.

This hands-on class will be held on board a 42' twin engine Trawler. During this class, there will be plenty of time to practice all the skills you need to bring the boat into a slip or alongside a dock. Our Coast Guard licensed instructors are experts in the art of explaining and teaching docking in a calm and encouraging manner and will give you a new-found sense of ease with docking.

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

The cost of the 2-day, daytime course is \$999/person which includes lunch and beverages.

Call soon as space is limited to six students!

FOR MORE INFORMATION CONTACT

SEA SENSE...The Sailing & Powerboating School
P. O. Box 1961, St. Petersburg, FL 33731

Phone at: [\(727\)289-6917](tel:(727)289-6917)

Email at: seasense@aol.com



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COOKING WITH THE CHEF

Saturday, January 12th at 9 am.
Show up to wake up for a French breakfast with croissants.
Get in the kitchen with the Chef to cook a 3 course meal "hands on".

Here is the menu:
Shorba soup (lamb and vegetable soup)
Chicken Paupiette stuffed with ground duck, mushroom, herbs & spices
with pomme soufflee
Tarte Tatin



Price **\$65 per person**

RESTAURANT WEEK, STARTING MONDAY, JANUARY 14TH

Your choice of Appetizers: Alsatian Tart w Bacon, Ricotta
& Swiss Soup du Jour

And a Choice of Entrée: Canadian Steamed Mussels w Taragon
Hollandaise Sauce
Quiche with Ratatouille & Fresh Spinach
Bacon, Smoked Gouda Bread Loaf served with meat and tomato
sauce Bolognese Style
Turkey Pastrami Sandwich with Spinach and Mushroom on a
French Baguette w French Fries
Add Dessert: 3 Courses for \$14.12

Dessert:
Crepe Suzette Café Style
Chocolate Crepes
Fresh Fruit Salad



**Restaurant Week Special Lunch
Menu Two Courses \$10.13**

RESTAURANT WEEK DINNER MENU

Appetizer : choice of

- Wild boar pate with greens
- Egg cocotte with herbs, cream and smoked salmon
- Mini scallops with artichoke, red pepper, Swiss & prosciutto
- Feuilleté of crab and asparagus with smoked Gouda and fresh herbs

Entree:

- Leg of lamb estouffade in a puff pastry with eggplant and diced tomatoes
- Duck leg confit Cassoulet style with white bean ragout
- Chicken Oscar with potato gratin
- Seafood bouchee (shrimp, salmon and scallops) with rice & white wine cream sauce

Dessert:
Assortment of 3 French
dessert on the same plate



**Your Choice of Appetizer,
Entrée & Dessert \$40.13**

Includes a glass of house red or white



About BBB of Greater Maryland

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

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

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

BBB and FINRA Foundation Launch Smart Investing Website to Help Stop Investment Scams

Consumers lose millions to scammers and Ponzi schemes; new effort combines education, local outreach

Baltimore, MD - December 14, 2012 - Better Business Bureau and the FINRA Investor Education Foundation recently launched a new consumer website, [BBB Smart Investing](#), which is designed to help investors make smarter investing decisions while avoiding fraud, risky investments and unlicensed brokers. The campaign combines the research and expansive knowledge base of the FINRA Foundation with the extensive consumer outreach of BBB's trusted 100-year-old name and its 104 local operations across the United States.

"Our partnership with BBB will help Americans in communities across the country protect their savings from fraudsters," said FINRA Foundation President Gerri Walsh. "The FINRA Foundation's 'Outsmarting Investment Fraud' curriculum and resources have been field-tested, and give consumers the tools and information they need to thwart fraudsters touting investment scams."

Consumer financial fraud is a serious problem in North America. According to the Federal Trade Commission and the Canadian Anti-Fraud Centre, consumers reported losing more than \$1.5 billion to all types of scams in 2011. FINRA Foundation research has found that investors are overconfident in their knowledge of financial management, particularly Baby Boomers who are most often the target of investment scams. A telephone survey found that 92% felt "somewhat" or "very confident" about managing their finances, with almost 80% describing themselves as "somewhat" or "very" knowledgeable about investing. But only 44% got a passing grade on a basic fi-

ancial literacy knowledge test. BBB Smart Investing hopes to help change that.

"This is a great partnership," says Carrie Hurt, President and CEO of the Council of Better Business Bureaus. "Even though BBB has always investigated investment scams, this gives us a whole new portfolio of prevention tools to offer to consumers. The FINRA Foundation's basic 'Ask & Check' message is exactly what consumers need to hear before they make investment decisions. We think this program will go a long way toward preventing investment scams that have become so much more prevalent in recent years as people more actively manage their own retirement funds."

BBB | Greater Maryland is one of nearly half of the BBBs based in the United States that have rolled out programs and host events in their local area. A wide variety of tools from the FINRA Foundation are used by trained BBB presenters to introduce smart investing skills and to teach consumers how to detect investment schemes, scams and frauds. To schedule a free event in the greater Md. region for your group of 20 or more, please contact Amber Smith at 410-332-0739 (skype).

For those who are interested in learning more but cannot attend a local event, a [free DVD](#) is available from the FINRA Foundation. The program, "Trick\$ of the Trade: Outsmarting Investment Fraud," is an hour-long documentary that originally appeared on PBS and was recognized by Kiplinger's Best of Everything.



Garden preview party



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FRIDAY, MARCH 1, 2013 6:00-9:00 P.M.
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I CAN'T MAKE IT, BUT WOULD LIKE TO PURCHASE A TICKET FOR HABITAT HOMEOWNER TO ATTEND IN MY PLACE!

PLEASE CONTACT RANDI HOGAN AT RHOGAN@HABITATCHESAPEAKE.ORG
OR 410-366-1250 X 122 FOR INFORMATION.

The Ultimate Superfood from Carrington Farms Powers Heart-Healthy New Year Resolutions

Ready-to-eat Flax Chia Blend Fuels Wholesome Breakfasts, Lunches & Dinners to Aid in Weight Loss and Disease Prevention

For the estimated one-third of Americans who will make New Year's resolutions to eat better and lose weight in the upcoming months, there is now a convenient product line to help them achieve their goals. Carrington Farms, the manufacturer of healthy foods for healthy souls, is offering the ultimate superfood – ready-to-eat Organic Milled Flax Chia Blend – to enable Americans to stay true to their resolutions and live their highest quality life in 2013.

The Flax Chia blend combines Organic Milled Flax Seeds with Chia Seeds resulting in a nutritious blend that is overflowing with a wealth of health benefits. Chia seeds, low in carbs and gluten free, are packed with Omega 3's, vitamins, antioxidants, protein, fiber, and minerals such as calcium, magnesium and zinc. Organic Milled Flax Seeds are also loaded with Omega 3's, fiber, antioxidants, and minerals, but have the added benefit of hormone balancing phytoestrogens called lignans, all of which help promote a healthy lifestyle. Together, the perfect balance of the combined blend provides an excellent source of energy and nutrients for lasting heart health and boosted metabolism resulting in the ultimate "Superfood".

Additionally, the combination of organic milled flax and chia together offers a product that is almost unrivaled in its fiber and healthy fat content and is a great component for helping New Year resolutioners lose and maintain their weight. Many dieters have found that organic milled flax and chia seeds have been a key to keeping them feeling satisfied. Nutritionist, Deborah Orlick Levy, MS, RD, encourages her patients to incorporate flax into their daily nutrition plans and explains, "Flax is one of the best sources of Omega 3 healthy fat that can help speed the process of losing weight while also helping to reduce the risk of heart disease and stroke. It is also beneficial in alleviating symptoms of hypertension, joint pain, and an array of other ailments. I often tell people that you can spend your money on healthy eating now or you can spend your money at the doctor's office later in life."

Healthy eating this New Year will begin in the kitchen and the Flax Chia blend offers the convenience of nutrition that can easily and tastily be incorporated into the daily meal prep routine for breakfast, lunch and dinner. With a delicious and subtle nutty flavor, it can be sprinkled over cereals, oatmeal or yogurt for breakfast or used as a tasty topping for salads or casseroles for lunch and dinner. It can even be used in place of eggs in recipes



such as meatloaf and hamburgers, or as a coating on kid-friendly chicken nuggets.

Other great products from Carrington Farms include super convenient single serve Ready-To-Eat Organic Milled Flax Paks and Organic Extra Virgin Unrefined Coconut Oil. Packed with a pre-measured daily dosage, Organic Milled Flax Paks are the perfect size to carry in purses, laptop bags or lunch boxes.

Hailed as “the healthiest oil on earth,” Carrington Farms’ Organic Coconut Oil is the ideal replacement for artery-clogging fats found in butter and cooking oils and can be used for sautéing vegetables, added to smoothies or even as skin and hair moisturizer.

These great products from Carrington Farms are available in major grocery and health food retailers including select Whole Foods Markets, Costco, Giant/Stop and Shop, Publix, Kroger, Meijer’s and many more. Suggested Retail: \$7.99 for 12 oz. pouch Flax Chia Blend. \$6.99 for 12 pack Ready-To-Eat Organic Milled Flax Paks. \$34.99 for 54 oz. bottle Organic Coconut Oil.



About Carrington Farms

For over a decade, Carrington Farms has been providing health-conscious consumers with healthy yet delicious products. The company is committed to offering the freshest and best-tasting organic flax seed that nature has grown. To that end, each batch of flax seed that goes into the Carrington product line is stringently tested and guaranteed to be both 100 % organic and non-genetically modified. This rigorous quality assurance process ensures an end product that is the highest-quality, cleanest seed available. Carrington’s focus on a healthy lifestyle is summed up by its slogan: “Healthy Foods for a Healthy Soul.”

For additional information on the company, please visit :
<http://www.carringtonfarms.com/>.



EVERYMAN THEATRE

ENGAGE. INSPIRE. TRANSFORM.



Everyman Theatre Announces Week of Grand Opening Celebrations

Events to take place January 14 – 20, 2013 at Everyman's Brand New Theatre

Everyman Theatre is pleased to announce a weeklong celebration for the Grand Opening of its brand new theatre at 315 West Fayette Street. The Grand Opening Week will take place from January 14th through January 20th, 2013. Special events, ceremonies and galas are planned throughout the week to commemorate the historic occasion for the 22-year old theatre company.

The Grand Opening Week will feature Everyman's inaugural production in its new home, the Pulitzer Prize and Tony Award winning drama, *August: Osage County*. The Baltimore premiere features Everyman Theatre's Resident Company Members Clinton Brandhagen, Deborah Hazlett, Beth Hylton, Wil Love, Bruce Randolph Nelson and Carl Schurr.



Ribbon Cutting Ceremony

January 14th at 10 AM

The week will kick off on Monday, January 14th with a Ribbon Cutting Ceremony at 10 AM. This marks the official public opening of the brand new Everyman Theatre. The Ceremony will include special remarks and speeches from local dignitaries, board leadership,

and the Founding Artistic Director, Vincent Lancisi. Immediately following the Ceremony, guests will be welcome to tour the brand new facility. This event is free and open to the public.



The New Everyman Theatre: The Dedication of the First Public Performance in our New Home

January 14th (5:30 PM reception, 6:30 PM performance, 10 PM post-show party)

An invitation-only celebration on Monday evening for those who have made Everyman Theatre what it is today. Guests will include theatrical legends and celebrities, former staff and cast members, and Everyman's Resident Company of Artists. The night will include a pre-show reception and a VIP cast party immediately following the show. This will mark the company's very first performance in its new theatre.



Pay What You Can Night

January 15th at 7 PM

Everyman's tradition of a "Pay What You Can" night will occur on Tuesday, January 15th. Central to Everyman's mission of making theatre accessible and affordable to everyone, this wildly popular event remains open to the public during our special Grand Opening week. Patrons are required to simply pay what they can for this very special evening. Tickets are limited and will go on sale at 5 PM that day and will be available in-person only at the Everyman Box Office. First come, first served.

Everyman Theatre Announces Week of Grand Opening Celebrations



Inaugural Opening Night

January 18th (6 PM reception, 7 PM performance, 10:30 PM VIP cast party)

Walk the Red Carpet on the First Opening Night! Join us as we raise the curtain for our inaugural Opening Night performance on Fayette Street. Open to all, this evening kicks off our Grand Opening weekend of celebrations. Attire is "Festive Cocktail" and tickets are \$200 each. Special pricing is available for Everyman subscribers.

★★★

Grand Opening Gala

January 19th (5 PM reception, 5:30 PM seated dinner, 7 PM performance, 10:30 PM VIP cast party)

Put on your tux and celebrate in style at our Black Tie Gala! Everyman will host a seated dinner, catered by Linwood's, in honor of our Capital Campaign leaders, contributors and corporate sponsors. Open to all of our generous supporters, dinner will be followed by a performance of August: Osage County and a cast party with dessert and champagne. Attire is "Black Tie" and tickets are \$400 each.

★★★

Founders Brunch

January 20th (11:30 AM Brunch, 1:30 PM performance, 5 PM toast with the cast)

Raise a glass at our champagne brunch and toast the founding stars of Everyman! The seated brunch will honor those who have been with Everyman since our early days, including longtime actors, subscribers, board members, artists and volunteers. Following the brunch will be a performance of August: Osage County and a post-show toast with the cast. All are welcome and encouraged to attend. Attire is "Semi-Formal" and tickets are \$200 each. Special pricing is available for Everyman subscribers.

**For information about
Everyman Theatre,
visit**

**www.everymantheatre.org
or
call 410.752.2208.**

**Tickets for Everyman Theatre's
Grand Opening events are now on
sale and may be purchased
by visiting**



**www.everymantheatre.org
or by calling the
Box Office at 410 -752 -2208.**

**The production of August: Osage County will run from
the Grand Opening Week through February 17, 2013.**

Everyman Theatre's Grand Opening Celebrations are generously supported by Title Sponsors Bank of America and Lewis Contractors, and Producing Sponsors American Trading and Production Corporation. WYPR is the media sponsor of the Grand Opening Week.

Everyman Theatre is a professional Equity theatre company celebrating the actor, with the 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 dedicated to presenting high quality plays that are affordable and accessible to everyone.

Artistic Director - Everyman Theatre;

Vincent Lancisi

Managing Director

Ian Tresselt

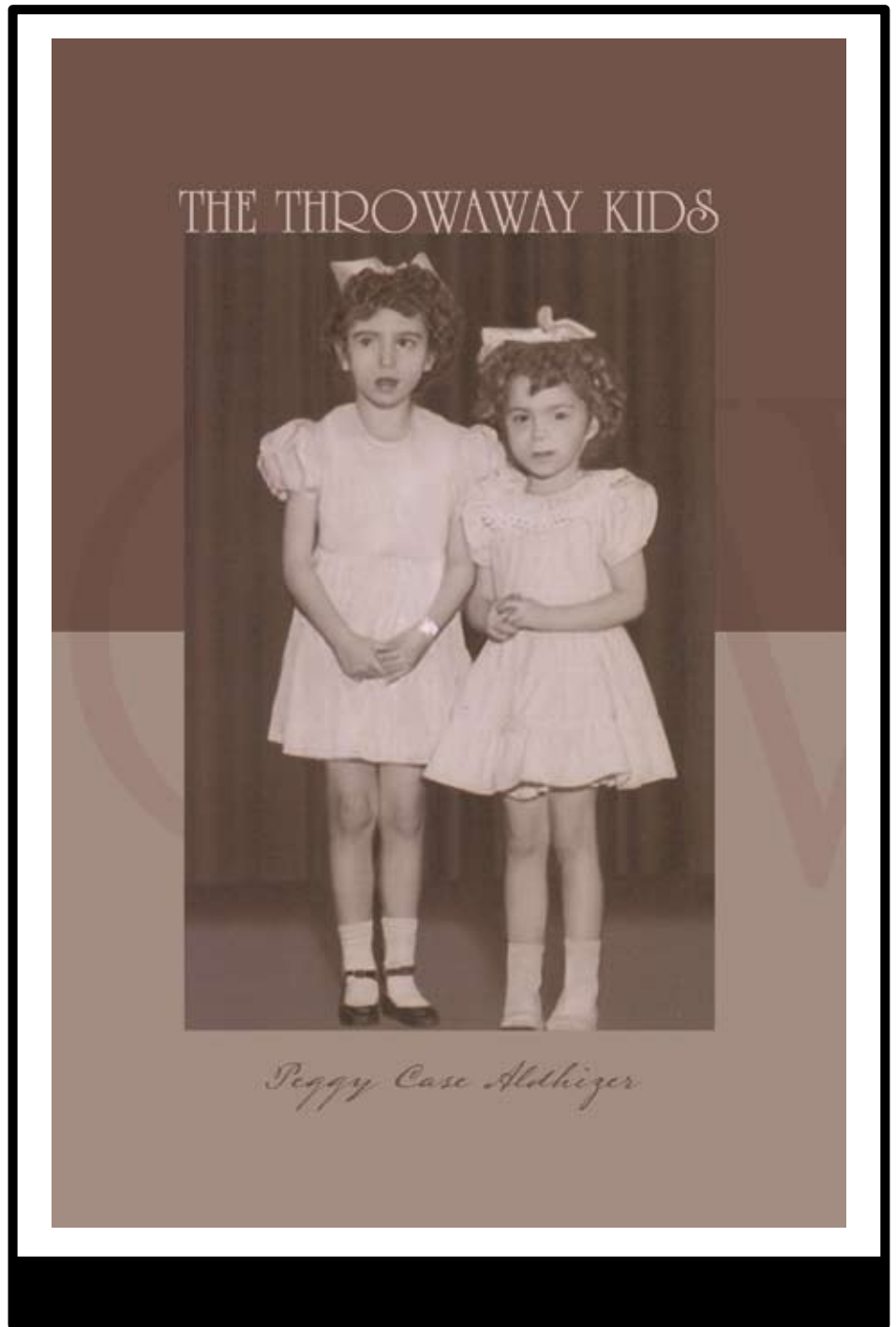


The Throwaway Kids by Peggy Aldhizer

My life began in a happy home, with successful parents, a brother and a sister. We were living the American Dream. My father had a solid job during WWII at a factory in Ohio. My mother was an actress who worked at WLW Radio and TV in Cincinnati, I remember watching her on TV acting the part of a very ill woman. Many actors she knew then would go on to become Hollywood stars in later years. My parents had all the promising beginnings of a good life. We had a nice home in one of the nicer sections of town and even had a maid who watched us. But this life was not to last, I recall my Aunt said my parent's marriage was ill fated. Once the war was over and the depression hit, my father lost his job and could only find low paying work house painting or bartending. Depressed and broke, my father turned to drinking. My mother had much bigger ambitions than this new reality with my father. She took my brother with her and left us all. I was three years old when she left, telling us that she liked boys better than girls. My sister was 4.

My father continued his downward spiral, now trying to raise two little girls alone. We lived in seven different homes during that time, moving whenever he couldn't pay the bills. Eventually, my father had a heart attack and my sister and I were taken by the state welfare department and placed in a foster home. This is when the true nightmare began.

The older couple we were placed with told us to call them Grandma and Grandpa. But what those names imply could not be further from the truth. At the ages of 7 and 8, my sister and I became farm laborers for our new foster family. We worked from sun up to sundown in cornfields and tobacco fields. We were so small, we had carry the tobacco sticks together, one end over each of our shoulders. We were worked until we thought we couldn't do anything else. We were also excluded from all family gatherings and holidays, made to sit outside while their family was visiting, even at Christmas. We were taunted and bullied not only by "Grandma" and "Grandpa" but by their family members too. We were called whores and thieves and liars, told that we stunk up their house. We could not understand where our parents were and why no one loved us anymore. The physical and mental abuse we withstood during those seven long years still haunts my sister and I today. We have done our best to overcome it all. I am happily married and have a son and grandson of my own now. But I still had unfinished business, I needed to tell my story. I have done that now with *The Throwaway Kids*.



RESCUE BANDS KEEP YOU SAFE AND STYLISH IN CASE OF AN EMERGENCY

RESCUE BANDS IS STAYING AHEAD WITH UNIQUE STYLES AND VARIATIONS OF THE PARACORD ACCESSORY

Rescue Bands, the design leader for stylish and unique parachute cord “paracord” safety accessories, launches two new products: ‘Glo’, a unique chain and ‘Color Plus Agate’, positive inspiration bracelets.

Rescue Bands products combine adornments, ingenuity and parachute cord to create the most fashionable and multi-functional paracord accessories. When a Rescue Bands product is deployed the cord can extend up to 20 feet and hold up to 550lbs of weight which can be used in situations from a tourniquet to a tow rope.

Rescue Bands come in many accessory styles from bracelets (survival bracelets) with a sterling swirl button for women to uniquely woven bracelets for men. Rescue Bands are handmade in the USA.

Features:

- > The braided all nylon sheath is interwoven, giving it a smooth texture. Within the external sheath there are seven separate strands of cord.
- > The internal strands of cord can be tied together to extend the length of cord.
- > The exterior sheath of the paracord holds 200lbs of weight.
- > The individual internal strands of cord can each hold 50lbs for a combined total of 550lbs.
- > MSRP: \$8.25-\$35.00

Rescue Band products are the most stylish and versatile safety accessory available. Rescue Bands are handmade in the USA and offer a full line of paracord products and more at www.rescuebands.com. For more information about Rescue Bands contact Kaitlin@avalonprgroup.com

If you needed to deploy your Rescue Band in an emergency, share a photo with the details of your story online at rescuebands.com and Rescue Bands will **REPLACE IT FOR FREE!** Rescue Bands never want you to be without one of their amazing products.



Glo, was launched on Zulily in late April and is the ultimate fashion accessory. Glo combines three survival utilities into a great looking and fashionable key chain. Glo includes a brilliant LED globe style light, stainless steel carabiner style clip (S-Biner by Nite Ize) and hand woven 550lb parachute cord. Glo is the ultimate practical and functional everyday safety accessory and can be worn on your bag or knapsack. Glo is practical for everyone from college students, moms, dads, grandparents, athletes, outdoor adventurers to business executives.



The colors we choose for our individual worlds are believed to have a strong impact on our state of mind. The Color Plus Agate series was inspired by the desire to surround ourselves with positive thoughts and energy. The colors chosen for the series illicit positive thoughts and feelings based on numerous studies on the psychological impact of color. The combination of cord, color and quartz inspire positive thoughts (through the meaning of each color), create balance (through the metaphysical. Please visit www.rescuebands.com to learn more about the positive meaning of color and our Color Plus Agate series.

ABOUT RESCUE BANDS: ■ ■ ■

Rescue Bands manufacture, distribute and sell creative and quality parachute cord products. The Company goal is to provide products that when deployed can come to the rescue in time of crisis or even save a life. Rescue Bands relentless desire to create unique cutting edge and functional parachute cord accessories are what set the company apart from the competition. Rescue Bands is committed to treating every customer, vendor, employee and associate with the utmost respect while maintaining the highest ethics. Supporting the community is a core value and corporate promise. Each stitch that is woven is a reminder that Rescue Bands can make a difference in someone's life.



www.denisescancersurvivorfoundation.org

BAHAMAS “CRUISE FOR A CAUSE” OFFERED BY DENISE’S BREAST CANCER SURVIVOR’S FOUNDATION

Reservations are being taken for the First Annual Breast Cancer Survivor’s Cruise to the Bahamas, hosted by Denise’s Breast Cancer Survivor’s Foundation, a nonprofit charitable organization based in Stormville, NY. Sponsors include Denise’s Travel Agency, Hopewell Junction, NY; Topical BioMedics, Inc., Rhinebeck, NY; and Norwegian Cruise Line (NCL), Miami, Florida. Guests depart from Miami on March 25, 2013 aboard Norwegian Cruise Line’s elegant “Norwegian Sky,” with ports of call at Nassau Bahamas, Grand Bahamas Island, and Great Stirrup Cay Bahamas before the ship returns to Miami on March 29th.

The “Cruise for a cause” is raising funds to help breast cancer patients and survivors, their families and caregivers through Denise’s Breast Cancer Survivor’s Foundation, with a portion of the proceeds to benefit Assistance in Healthcare, a charitable foundation headquartered in Tulsa, Oklahoma.

“I outlived and survived my diagnosis and want others to know there is help,” says Denise Robinson, founder of Denise’s Breast Cancer Survivor’s Foundation and Denise’s Travel Agency and herself a breast cancer survivor. “I know by personal experience that everyone who is experiencing this illness is facing hardships on multiple levels in some form or fashion whether it is emotional, physical and financial or a combination of them all. I am grateful to be in a position to now offer help, support and comfort to others in need to get through their journey. That is why I have created Denise’s Breast Cancer Survivor’s Foundation and why I am pleased to offer this life-affirming ‘Cruise for a cause.’”

The keynote speaker on the cruise is Lou Paradise, president and chief of research, Topical BioMedics, Inc., and inventor of the Topricin line of natural biomedicine pain relief and healing creams. Mr. Paradise will be addressing pain management and the roles nutrition, supplements, exercise and hydration play in health, healing, and wellness in a lively and interactive workshop.

Open to the public, the cruise is offered to men and women who are currently receiving breast cancer treatments, breast cancer survivors, caretakers, families, friends and anyone who simply wishes to enjoy a relaxing vacation knowing they are at the same time, helping individuals who are coping with cancer. Activities include a welcome cocktail party, workshops, guest speakers and other special group functions, with plenty of free time for enjoying the tropics. “Come join us as we celebrate life!” says Mrs. Robinson.

There are a range of special price options, starting at **\$410 for an inside cabin**, **\$450 for an ocean view**, and **\$699 for a balcony**. Prices are per person based on double occupancy, and include cruise fare, meals, group activities, port charges and fees. Reservations are open until October 25th. For more information about the cruise or to make a reservation contact **Denise Robinson at 845-592-1458** begin_of_the_skype_highlighting **FREE 845-592-1458** end_of_the_skype_highlighting or email denisestravelagency@gmail.com.

For more information on Denise’s Breast Cancer Survivor Foundation visit www.denisescancersurvivorfoundation.org

SPECIAL PRICE Options, starting at:



\$410 for an Inside Cabin

\$450 for an Ocean View

\$699 for a Balcony

Reservations are open until October 25th.

**contact: Denise Robinson at 845-592-1458,
or email: denisestravelagency@gmail.com**

ABOUT DENISE'S BREAST CANCER SURVIVOR'S FOUNDATION

www.denisescancersurvivorfoundation.org

Denise's Breast Cancer Survivor Foundation is dedicated to assisting those who are having hardship due to breast cancer by building up hope, developing faith, providing encouragement and support by giving information, resources and spiritual guidance to increase their knowledge as well as financial assistance to help the stress that comes along with breast cancer.

ABOUT TOPICAL BIOMEDICS, INC.

www.topricin.com

Topical BioMedics is the research and development leader in topical patented natural biomedicines for pain relief. The company's flagship product, Topricin® Pain Relief and Healing Cream, was introduced in 1994 and is now a leading natural therapeutic brand. A combination homeopathic formula, Topricin was awarded a patent for the treatment of pain associated with fibromyalgia and neuropathy. Other formulas in the product line include Topricin Foot Therapy Cream and Topricin Junior for children (with 5% sales donated to pediatric cancer foundations).

All Topricin products are made in the U.S.A., formulated with approved medicines as found in the HPUS (Homeopathic Pharmacopoeia of the United States) and are in compliance with federal rules for homeopathic over-the-counter medicines. The products contain: no parabens, petroleum or harsh chemicals, are odorless, greaseless and non-irritating and produce no known side effects, making them ideal and safe for the entire family. For more information, visit www.topricin.com.

How to Successfully Share Your Husband with Another Woman: His Mother!

Sharing is something we are taught at a very young age, starting with sharing our toys. Our parents told us that sharing is a nice thing to do, and that it will make us feel good - and it does. So over the years, we've shared not only our toys with playmates, but also our clothes with sisters (sometimes begrudgingly); food with family, friends, and even strangers; and our knowledge with classmates and coworkers. We've shared ideas, feelings, books, and friends. You name it, we've probably shared it. So sharing your husband with his own mother really shouldn't be so different, right?

The sad truth is that sometimes it indeed seems different, not to mention downright difficult. In fact, at times it can feel like a virtual tug of war. That may be because, as his wife, you feel that the influence his mother has had on him up to this point is daunting or disconcerting. Or maybe you feel that by not sharing him, you are letting others know you are the influential one now.

Regardless of the reason, remember that she is his mother, and take heart - it doesn't have to be a tug of war. Honest. Remember this above all (and exhale): you are his wife; he chose you to marry and spend his life with. So being generous is actually

much easier than you might think.

With that in mind, here are some tips that will help you shift your perspective so you can successfully share your husband with his family (particularly his mother):

- Don't think of his family as his family. You are starting (or continuing) on a long journey with an extended family. These people are a part of your husband, and therefore, they are also now a part of you and your life together.
- Develop your own relationship with his mother—one that is separate from your relationship with your husband. Seeing your mother-in-law as her own person and not just as your husband's mother can help you diffuse at least some of your frustration.
- Turn the tables around. Think how you would want your husband to treat you if he was helping you adjust to navigating changes in your relationship with your mother. So if your husband is struggling to find where his mother fits into his new life, instead of dictating to him or controlling him, focus on loving him, supporting him, and being his partner.

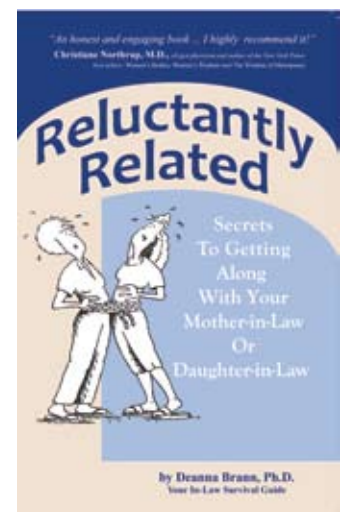
■ Look at the bigger picture, not just the specifics that are driving you crazy in the moment. I know, this isn't always easy to do, and you're

unlikely to do it perfectly (unless you're a saint). But it helps to remember that you are setting an example about how to treat others by what you do and what you say.

So before you dig in your heels to make sure she knows her role; to make sure she knows you are now his priority, think to yourself, *How can these tips help me make this transition work for all of us?* Because the more you're able to demonstrate that you and his family are really on the same side, the more everyone wins. After all, as your parents once told you, sharing and feeling good really do go hand-in-hand!



Deanna Brann, PhD



Book written by Dr. Brann

Deanna Brann, Ph.D., is a leading expert in the field of mother-in-law/daughter-in-law relationships. She has over 25 years experience as a clinical psychotherapist and ran her own private practice for more than 18 years. Based in Knoxville, TN, Dr. Brann is a sought after speaker, author and seminar leader. She is also the author of the new book *Reluctantly Related: Secrets To Getting Along With Your Mother-in-Law or Daughter-in-Law and Mothers-in-Law and Daughters-in-Law Say the Darndest Things*. For more information please visit: www.drdeannabrann.com



US AID Contracts are Pure Gold for Women

FEMALE ENTREPRENEURS TURN INSIDER KNOWLEDGE INTO LUCRATIVE CONTRACTS

The federal budget is in the Trillions and five (5%) percent is set aside for women, literally Billions of dollars for women. These contracts are available only to those that know. Find out how.

US AID is actively seeking Small Business Assistance

They have scheduled a vendor Outreach Event for January 23, 2013. The department seeks to increase Small Business participation in their contracting and grants with this FREE event. Please respond and direct all question to the US AID Contract Officer.

Goto www.newparadigm.us/Info-You-Need.html and download the file named “US AID Vendor Outreach Session”.

New Paradigm Management is pleased to announce that it is hosting a business development workshop for Women Owned Small Business (WOSB & ED-WOSB) in Washington, DC on February 6. Position yourself to win federal contracts as a prime or a sub.

Billions are being spent in the DC area this year. Find buyers for the services and products that you sell.

For details on this special offer visit:

www.newparadigm.us/Registration-Page-2.html



Federal Contracting Workshop for Women

**Washington, D.C.
February 6, 2013**



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Kids In Need Foundation And Business Supply Announce Unlimited School Supply Donation Program

Business Supply to Donate School Supplies for Every Website Transaction

The Kids In Need Foundation, a national, non-profit organization dedicated to providing free school supplies to economically disadvantaged school children and under-funded teachers, and Business Supply, a national supplier of office supplies, announces that Business Supply will make a donation of key school supplies to the Kids In Need Foundation for each transaction on their website – www.business-supply.com – beginning January 1. Key supplies include pencils, paper, scissors, glue, markers, and crayons. Business Supply will rotate among the type of supplies donated each month.

“This program is special because it has no limit,” said Dave Smith, executive director of the Kids In Need Foundation. “Business Supply is committed to making a donation of needed school supplies every time someone makes a purchase on their website – not just in 2013, but for years to come.”

The products will be delivered to the Kids In Need Foundation’s National Network of Resource Centers. This includes 29 facilities where teachers from low-income schools go to obtain free school supplies for their students.

“Our goal is to provide nearly 450,000 school supply items to Kids In Need resource centers across the country this year,” said Sean Godier, vice president of Business Supply. “That means more than 32,000 kids will benefit from this partnership this year alone. As a working dad with two young children, I know how tight budgets are in this economy – for teachers and families. That’s why we at Business Supply are so excited about this partnership. Together with the Kids In Need Foundation, we can help our students get the tools they

need to succeed in 2013 and beyond.”

“The donation program will allow us to help get school supplies to the students and teachers who need them the most,” said Smith. “Consumers can feel good that a donation is being made every time they complete a transaction with

About Business Supply

Business Supply, founded in 1999, is a leading online retailer of office supplies, office furniture, and cleaning and break room products for small-medium businesses and the home consumer. With over 35,000 products featuring top brands such as Hon, Sanford and Avery-Dennison, the company ships from over 40 distribution centers, which results in 90% of orders being delivered the following day after placing an order. One of the oldest online office supply retailers, Business Supply has a long history of supporting charitable causes, including breast cancer research, and disabled American veterans’ groups. Business Supply can be found online at www.business-supply.com.

Business Supply. The donation program with Business Supply will ensure more students nationwide have supplies. We believe children are our greatest resource, and having school supplies give them the confidence and tools they need to thrive.”

About the Kids In Need Foundation

The Kids In Need Foundation is a national 501(c)(3) charitable organization with offices in Dayton, Ohio, and Minneapolis, Minnesota. Founded in 1995, the Foundation’s mission is to ensure that every child is prepared to learn and succeed by providing free school supplies nationally to students most in need. The Kids In Need National Network of Resource Centers includes 29 facilities where teachers from low-income schools go to obtain free school supplies for their students. In addition, two Kids In Need Teacher Grant programs provide K-12 educators with funding to support innovative learning experiences for students. The Kids In Need Foundation has distributed \$450 million in school supplies since its founding, directly benefiting 2.4 million students and 100,000 teachers annually, and has awarded \$1.3 million in grants to teachers. Kids In Need has received Charity Navigator’s highest four-star rating for four consecutive years, indicating that it operates in a fiscally responsible way and outperforms most other charities in America. For more information, visit www.kinf.org. Join Kids In Need Foundation on Twitter at twitter.com/kidsinneed and Facebook at facebook.com/kidsinneed.





About BBB of Greater Maryland

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

Contact:
Angie Barnett
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443-223-1303 (cell)

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

BBB Warns Consumers to Close the Door on Commerce Energy

Baltimore, MD - January 10, 2012 - Better Business Bureau | Greater Maryland has received information from area residents that representatives from Commerce Energy are aggressively soliciting neighborhoods. According to complaints, sales representatives visit the same house repeatedly even after being asked to leave, not solicit, not come back or even when told the resident is ill. BBB suggests consumers screen guests before answering the door. When confronted by a door-to-door solicitor stand firm and be at ease with the premise that you do not owe an uninvited salesperson the courtesy of an audience.

"Strong-arm tactics and disregard of a homeowner's request not to solicit are two sales practices that have no business in our marketplace," said Angie Barnett, president/CEO of BBB | Greater Maryland.

Commerce Energy is an affiliate of Hudson Energy based in Ontario, Canada and is licensed by the Maryland Public Service Commission to supply residential electric service in Md. Problems with the company first came to light here in December through posts to BBB | Greater Maryland's facebook page.

One woman's recent complaint about Commerce Energy to BBB states, "They are continually coming to my house and asking to see my Baltimore Gas & Electric bill. I have contacted the company and requested to be put on their Do Not Solicit list. They are still coming to my house."

"In addition to reports of aggressive and deceptive sales locally, a BBB investigator found allegations by customers who did switch suppliers that their bills were signifi-

cantly higher than quoted," added Barnett. "Consumers can further help us help them by filing complaints at bbb.org."

The Public Service Commission will accept complaints filed by Commerce customers as long as the customer has already attempted to resolve the complaint with Commerce directly.

"Deregulation has been slow to catch on in Maryland. Many consumers have uncertainties regarding the supply and delivery of energy, pricing and billing," said Barnett. "The confusion puts consumers at a disadvantage."

The Federal Trade Commission's Three-Day Cooling-Off Rule gives consumers three days to cancel purchases of more than \$25 that are made in their home or at a location that is not the seller's permanent place of business. Along with a receipt, the salesperson should always provide a cancellation form that can be sent to the company to cancel the purchase within three days. By law, the company must give consumers a refund within 10 days of receiving the cancellation notice. The FTC has requested the minimum threshold for complaints under the Cooling-Off Rule be raised to \$130. Public comments on the recommended increase are being accepted by the FTC until March 4, 2013.



7-10
February
2013



THE THIRD ANNUAL ATHENA FILM FESTIVAL ANNOUNCES LINEUP OF NARRATIVE, DOCUMENTARY AND SHORT FILMS

Includes Beasts of the Southern Wild, Women Aren't Funny, Granny's Got Game, Middle of Nowhere

The 2013 Athena Film Festival today announced its lineup of narrative, documentary and short films. The Festival boasts a wide variety of films that illustrate women's leadership in real life and the fictional world. Now in its third year, the Festival runs from Thursday, February 7 through Sunday, February 10 on the Barnard College campus in Morningside Heights.



BEASTS OF THE SOUTHERN WILD

Director: Benh Zeitlin

Run Time: 93 minutes, **Language:** English

In a forgotten but defiant bayou community cut off from the rest of the world by a sprawling levee, a six-year-old girl is in balance with the universe, until a fierce storm changes her reality. Buoyed by her childish optimism and extraordinary imagination, and desperate to save her ailing father and sinking home, this tiny hero must learn to survive unstoppable catastrophes. Hailed as one of 2012's most original films, *Beasts of the Southern Wild* appeared on many critics year-end top 10 lists.

Among the feature films included in this year's slate are: Producers Guild of America Awards nominee *Beasts of the Southern Wild*, starring Quvenzhané Wallis; *Hannah Arendt*, directed by Margarethe von Trotta, and *Ginger and Rosa*, starring Elle Fanning and Alice Englert and directed by Sally Potter. The documentary

cont...



BRAVE

Director: Mark Andrews, Brenda Chapman

Run Time: 100 minutes, **Language:** English

Determined to make her own path in life, Princess Merida defies a custom that brings chaos to her kingdom. Granted one wish, Merida must rely on her bravery and her archery skills to undo a beastly curse.



FAST GIRLS

Director: Regan Hall
Run Time: 91 minutes
Language: English

When a sassy streetwise runner meets an ambitious, wealthy competitor, their two

worlds collide with explosive results. As the fast girls strive to qualify for the World Championships, they battle adversity and rivalry on a dramatic, heartwarming and inspirational journey.



FUTURE WEATHER

Director: Jenny Deller
Run Time: 100 minutes
Language: English

Abandoned by her single mom, a teenaged girl becomes obsessed with ecological

disaster, forcing her and her grandmother, a functioning alcoholic, to rethink their futures. Inspired by a New Yorker article on global warming, Future Weather uses the refuge of science and the environment as a backdrop as the two women learn to trust each other and leap into the unknown.



GINGER AND ROSA

Director: Sally Potter
Run Time: 90 minutes
Language: English

Synopsis: London, 1962. Two teenage girls - Ginger and Rosa - are inseparable. They

discuss religion, politics, and hairstyles, and dream of lives bigger than their mothers'. But, as the Cold War meets the sexual revolution, and the threat of nuclear holocaust escalates, the lifelong friendship of the two girls is shattered -- by a clash of desire and the determination to survive.



VIOLETA WENT TO HEAVEN (VIOLETA SE FUE A LOS CIELOS)

Director: Andrés Wood
Run Time: 110 minutes
Language: Spanish and French with English subtitles

This is the extraordinary story of the poet

and folksinger Violeta Parra, whose songs have become hymns for Chileans and Latin Americans alike. Director Andrés Wood traces the intensity and explosive vitality of her life, from humble origins to international fame, her defense of indigenous cultures, and devotion to her art.



THE GIRL

Director: David Riker
Run Time: 90 minutes
Language: English, Spanish with English subtitles

Emotionally distraught from losing custody of her son and running out of options to earn a living to win him back, single mother Ashley (Abbie Cornish) becomes desperate when she loses her job at a local Austin megastore. So when the risky opportunity arises to become a coyote—smuggling illegal immigrants over the Texas border—she takes it. The harrowing experience results in unforeseen rewards and consequences, as Ashley forges an intense bond with a young Mexican girl who forces her to confront her past, accept the mistakes she's made, and look to the future.



MIDDLE OF NOWHERE

Director: Ava DuVernay
Run Time: 97 minutes
Language: English

When her husband, Derek, is sentenced to eight years in a California prison, Ruby

drops out of medical school to focus on ensuring Derek's survival in his violent new environment. Driven by love, loyalty, and hope, Ruby learns to sustain the shame, separation, guilt, and grief that a prison wife must bear. Her new life challenges her identity, and propels her in new, often frightening directions of self-discovery. Winner of Best Director Award at 2012 Sundance Film Festival and Best Actor at the 2012 Gotham Awards.



HANNAH ARENDT

Director: Margarethe von Trotta
Run Time: 113 minutes
Language: English, German with English subtitles

Hannah Arendt is a portrait of the genius that shook the world with her discovery of "the banality of evil." After she attends the Nazi Adolf Eichmann's trial in Jerusalem, Arendt dares to write about the Holocaust in terms no one has ever heard before. Her work instantly provokes a furious scandal, and Arendt stands strong as she is attacked by friends and foes alike. But as the German-Jewish émigré also struggles to suppress her own painful associations with the past, the film exposes her beguiling blend of arrogance and vulnerability — revealing a soul defined and derailed by exile.



LA RAFLE

Director: Roselyn Bosch
Run Time: 115 minutes
Language: French, German, Yiddish with English subtitles

This film is the story of the infamous Vel'

d'Hiv roundup in 1942 when French police carried out an extensive raid on Jews in greater Paris, resulting in the arrest of more than 13,000 people — including 4,000 children. Told from the perspective of the children and the nurse who cared for them, this is an emotionally astute and sensitive exploration of a long taboo subject in France -- one that caused former French President Jacques Chirac to issue a public apology in 1995.



VIOLETA WENT TO HEAVEN (VIOLETA SE FUE A LOS CIELOS)

Director: Andrés Wood
Run Time: 110 minutes
Language: Spanish and French with English subtitles

This is the extraordinary story of the poet

and folksinger Violeta Parra, whose songs have become hymns for Chileans and Latin Americans alike. Director Andrés Wood traces the intensity and explosive vitality of her life, from humble origins to international fame, her defense of indigenous cultures, and devotion to her art.



DOCUMENTARIES:

INOCENTE

Director: Sean Fine and Andrea Nix Fine
Run Time: 40 minutes
Language: English & Spanish with English subtitles

At 15, Inocente refuses to let her dream of becoming an artist be thwarted by her life as an undocumented, homeless immigrant. The extraordinary sweep of color on her canvases creates a world that looks nothing like her own dark past -- punctuated by a father deported for domestic abuse, an alcoholic and defeated mother of four, an endless shuffle through San Diego's homeless shelters, and the constant threat of deportation. Neither sentimental nor sensational, Inocente will immerse you in the very real, day-to-day existence of a young girl who is battling staggering challenges. But the hope in Inocente's story proves that the hand she has been dealt does not define her, her dreams do.



BAND OF SISTERS

Director: Mary Fishman
Run Time: 88 minutes
Language: English

The work of two nuns outside a Chicago-area deportation center introduces us to the

tumultuous and engaged world of U.S. Catholic nuns in the fifty years following Vatican II. From sheltered "daughters of the church" once swathed in medieval dress to activists for social justice, Band of Sisters follows the journey of these religious women as they work for civil rights, and immigration reform, and become increasingly relevant and visible in aid of the poor and disenfranchised.

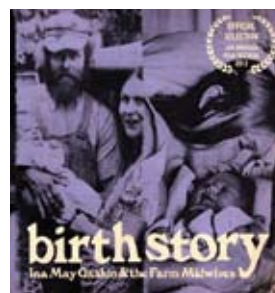


WOMEN AREN'T FUNNY

Director(s): Bonnie McFarlane
Running Time (in minutes): 78 mins
Language: English

Female comedian Bonnie McFar-

lane sets out along with fellow comedian and husband Rich Vos (and their adorable 3 year old) to find out once and for all if women are funny and report her unbiased findings in this important documentary film. Working around stand up gigs, quarrelling with her husband and parenting their daughter, Bonnie manages to squeeze in interviews with a wide range of comedians, club owners, talent bookers and writers about why there remains such a pervasive, negative stereotype about women in comedy.



BIRTH STORY: INA MAY GASKIN AND THE FARM MIDWIVES

Director: Sara Lamm and Mary Wigmore
Run Time: 95 minutes
Language: English

Birth Story: Ina May Gaskin and

The Farm Midwives captures a spirited group of women who taught themselves how to deliver babies on a 1970s hippie commune. They grew their own food, built their own houses, published their own books, and, as word of their social experiment spread, created a model of care for women and babies that changed a generation's approach to childbirth. Today, as nearly one-third of all U.S. babies are born via C-section, they labor on, fighting to preserve their knowledge and pushing, once again, for the rebirth of birth.



PUTIN'S KISS

Director: Lise Birk Pedersen
Run Time: 85 minutes
Language: Russian with Eng subtitles

Putin's Kiss portrays contemporary life in Russia through the story of Masha, a 19-year-old girl who is a member of Nashi,

a political youth organization connected with the Kremlin. Extremely ambitious, the young Masha quickly rises to the top of Nashi, but begins to question her involvement when a dissident journalist whom she has befriended is savagely attacked.



WONDER WOMEN! THE UNTOLD STORY OF AMERICAN SUPERHEROINES

Director: Kristy Guevera-Flanagan
Run Time: 62 minutes
Language: English

Tracing the fascinating evolution and legacy of Wonder Woman and superheroines in

film from the birth of the comic book superheroine in the 1940s to the blockbusters of today, WONDER WOMEN! examines how popular representations of women reflect society's anxieties about women's power and liberation. Goes behind the scenes with Lynda Carter, Lindsay Wagner, comic writers and artists, and real life superheroines as well.



DIANA VREELAND: THE EYE HAS TO TRAVEL

Director: Lisa Immordino Vreeland
Run Time: 86 minutes
Language: English

The legendary Diana Vreeland was the arbiter of the fashion world for 4 decades. From her early days as a columnist at Harper's Bazaar

to her eight-year reign as Editor-in-Chief at Vogue beginning in 1963, Vreeland's larger-than-life personality & flair for the slightly outrageous gave her the final word in pushing fashion forward.



GRANNY'S GOT GAME

Director: Angela Alford
Run Time: 74 minutes
Language: English

Granny's Got Game tells the story of six fiercely competitive women in their seventies who battle physical limitations and

skepticism to keep doing what they love. The film follows the inspiring women for a year as they compete for another National Senior Basketball Games Championship.



I STAND CORRECTED

Director: Andrea Meyerson
Run Time: 84 minutes
Language: English

Watch Jennifer Leitham perform and it's obvious the striking redhead is

an original. When this world-famous jazz bassist takes center-stage, she's a special talent made all the more unique because Jennifer Leitham began her life and career as John Leitham. I Stand Corrected explores Leitham's enlightening story of success and survival, of betrayal and compassion, and the risks she takes to embrace who she truly is.



55 SOCKS

Director: Co Hoedeman
Run Time: 8 minutes
Language: English

Based on a poem by Marie Jacobs, 55 Socks, pays tribute to the ingenuity

of the Dutch people during a dark period of their history -- the winter of hunger in 1944-45. During the closing months of the war in occupied Holland, enterprising women unravel a beautiful bedspread to knit 55 socks and then barter them for food.



ABC

Director: Madli Lääne
Run Time: 12 minutes
Language: Loma/Liberian with English subtitles

All 17-year old Vele wants is to learn how to read and write - to keep up with her seven-

year-old daughter. After endless years of the Liberian civil war, her ability to sign her own name is her next big step towards independence -- away from the painful past, into a brighter future.



DIAMONDS ARE A GIRL'S BEST FRIEND

Director: Sarah Knight
Run Time: 26 minutes
Language: English

A stirring portrait of Nicole Sherry, head groundskeeper for the Balti-

more Orioles at Camden Yards, one of the only two women to hold this job in Major League Baseball.



SELF-PORTRAIT WITH COWS GOING HOME AND OTHER WORKS: A PORTRAIT OF SYLVIA PLACHY

Director: Rebecca Dreyfus
Run Time: 10 minutes
Language: English

A film portrait of photographer Sylvia

Plachy, perhaps best known for her weekly pictures in the Village Voice, explores her celebrated work that spans more than four decades and includes publication in numerous magazines and books. Plachy's son, actor Adrien Brody, contributes a delightful score.



STELLA IS 95!

Director: Robin Baker Leacock
Run Time: 24 minutes
Language: English

Although most of her peers are hap-

pily retired, Stella at age 95, is still pursuing her dreams. In her early years, she had an eclectic career as entrepreneur, inventor, and program director. In her 90's, she revived a neighborhood park and most recently, at 95, became a playwright and director. Stella is 95! reminds us that we are never too old to make a difference.



JASAD AND THE QUEEN OF CONTRADICTIONS

Director: Amanda Homs-Ottosson
Run Time: 40 minutes
Language: English and Arabic with English subtitles

Meet the Lebanese poet and writer Joumana Haddad, the passionate woman behind Jasad (the Body), an erotic Arabic-language magazine. Controversial not only for its erotic articles and essays on sex in Arabic but also for the fact that an Arab woman is behind it all, Jasad has created both obstacles and challenges for its courageous Editor-in-Chief.

category includes Women Aren't Funny, directed by Bonnie McFarlane, and I Stand Corrected, directed by Andrea Meyerson. A wide variety of shorts will be featured including Devout, directed by Diana Neille and Sana Gulzar, Jasad & the Queen of Contradictions, directed by Amanda Homs-Ottosson, Prizefighter, directed by Angela Wong and She, Who Excels in Solitude, directed by Mako Kamitsuna.

"We are proud to announce such a robust lineup for this year's Festival," said Kathryn Kolbert, co-founder of the Festival and the Constance Hess Williams '66 Director of the Athena Center for Leadership Studies at Barnard College. "The variety of films and filmmakers at the Festival this year exemplifies the increasing presence of female leaders in the industry."

"The balanced mix of films represents the breadth and depth of the Festival's mission," said Melissa Silverstein, co-founder and artistic director of the Festival and head of Women and Hollywood, an online leaders in the conversation about women's roles in the film industry. "Each year we strive to select films that inspire filmmakers and industry members. This year's slate is our strongest yet and continues to convey this focus."

As previously announced, Gale Anne Hurd, producer of The Walking Dead, is the recipient of this year's The Laura Ziskin Lifetime Achievement Award. Additional awardees include Ava DuVernay, director of Middle of Nowhere and founder of the African-American Film Festival Releasing Movement; Molly Haskell, film critic and author of the landmark film book From Reverence to Rape: The Treatment of Women in the Movies; Rose Kuo, executive director of the Film Society of Lincoln Center; and Pat Michell, president and CEO of the Paley Center for Media.

The current lineup follows. Additional screenings, panels and special events will soon be announced. Please visit <http://ath-enafilmfestival.com/> for regular updates and to purchase tickets or passes.

For press inquiries or to arrange interviews with participants, contact [Lina Plath lina@frankpublicity.com](mailto:Lina.Plath@frankpublicity.com) or [Clare Anne Darragh clareanne@frankpublicity.com](mailto:Clare.Anne.Darragh@frankpublicity.com), 646-861-0843.

For news from Barnard College and the Athena Center, follow us on **Twitter**:

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ABOUT THE ATHENA FILM FESTIVAL

Now in its third year, the Athena Film Festival—a celebration of women and leadership—is an engaging weekend of feature films, documentaries and shorts that highlight women’s leadership in real life and the fictional world. The four-day festival, which includes conversations with directors and Hollywood stars and workshops for filmmakers, has quickly established itself as one of the most prestigious festivals of its kind. The festival is held Feb. 7 - 10, 2013 in the heart of New York—at Barnard, the most sought-after women’s college in the nation. Regina Kulik Scully, Founder and CEO of Artemis Rising Foundation is the Founding Sponsor of the Athena Film Festival. For additional information **please visit:** <http://athenafilmfestival.com>

ABOUT THE ATHENA CENTER

Established at Barnard College in 2009, the Athena Center for Leadership Studies is a catalyst for the education, development and advancement of inspired and courageous women leaders worldwide. We create and promote innovative approaches to leadership development; educate and develop new generations of women leaders; challenge and change cultural stereotypes of leaders; and foster research and public dialogue that expand our understanding of leadership. Renowned civil rights attorney, Kathryn Kolbert, is the Center’s Constance Hess Williams ’66 Director. For more information, **please visit:** www.athenacenter.barnard.edu

ABOUT WOMEN AND HOLLYWOOD

Women and Hollywood operates at the intersection of feminism and entertainment. In only five years of existence, it has grown to be one of the most respected sites focused on women’s issues and popular culture, and its founder, Melissa Silverstein, has become a well-respected leader on the subject. For more information, **please visit:** <http://blogs.indiewire.com/womenandhollywood/>

ABOUT BARNARD COLLEGE

The idea was bold for its time. Founded in 1889, Barnard was the only college in New York City, and one of the few in the nation, where women could receive the same rigorous and challenging education available to men. Today, as the world-renowned liberal arts college for women at Columbia University, Barnard remains devoted to empowering extraordinary women to become even more exceptional. For more information, **please visit:** www.barnard.edu

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Support the Focus on Women Magazine Afghan Women's Craft Project.

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Southern California Yachting Association's



24th Annual Women's Sailing Convention Feb. 2, 2013

The west coast's premier sailing convention for women is set to launch on Saturday, February 2nd, at the Bahia Corinthian Yacht Club in Corona del Mar, California. Boat Owners Association of The United States (BoatUS) is primary sponsor of the 24th Annual Women's Sailing Convention, presented by the Southern California Yachting Association (SCYA).

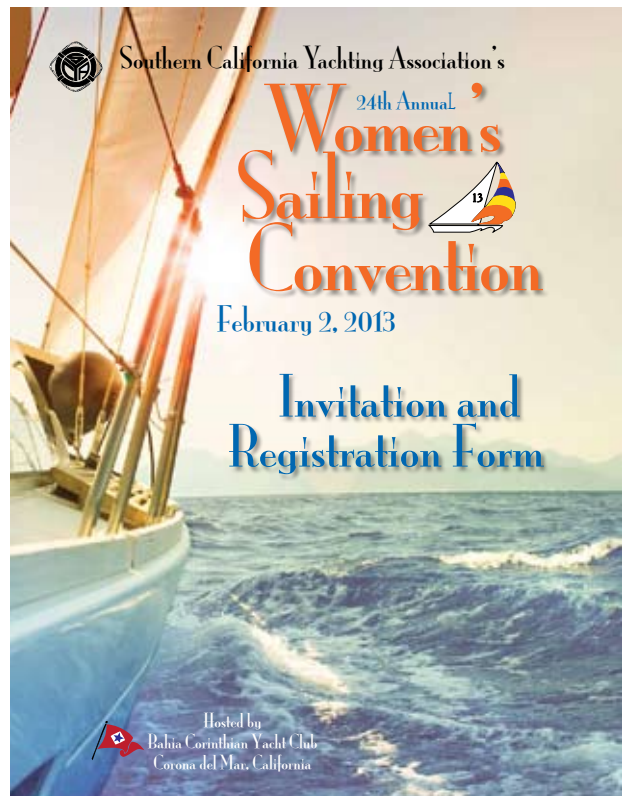
The event is open to all women from novices to experts and the 2013 program is packed with workshops to choose from — both on and off the water — including: Welcome Aboard (for beginners); Intro to Sailing; Marine Navigation 101; Docking; Anchoring; Nighttime Sailing and Navigation; Suddenly Single-Handed Interactive; Weather Wisdom; Sail Trim; Offshore Cruising; and Intro to Racing and Tactics, among others. Top women sailors from all over Southern California, many of them US Coast Guard-licensed captains, present all of the workshops.

"This is a great event for women to learn and ask every question they have always wanted an answer to in a very relaxed learning environment," said Gail Hine, the event's organizer.

The featured dinner guest speaker will be world-renowned professional sailor Katie Pettibone. In 1995, Pettibone was selected from nearly 700 applicants to be one of a 28-member crew of America 3, the first all-female crew in the America's Cup. From 1997-1998 she competed for Team EF Education in the Whitbread Around the World Race. Katie was a crewmember on America True, her 2nd America's Cup, in Auckland, New Zealand in 2000 and crewed on Amer Sports Two in the Volvo Around the World race. Also under her belt are a Worrell 1000, the Gulf Stream Challenge, several Mackinac races, and other international racing competitions. Pettibone will speak about her experience in the Middle East training the all-female crew of Al Thurya Bank Muscat for the Sailing Arabia -The Tour.

For Registration browse the links below

www.womenssailingconvention.org or contact Gail Hine at phone 951-677-8121 or E-mail: Gail@scya.org. For more information on women in boating, go to www.BoatUS.com/women.



This year's participation is limited to 275 attendees.

Per Registration is \$185

which includes breakfast, lunch, dinner, all workshops, handouts, and a souvenir (after January 28 it's \$200 per person).

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MARYLAND

Legislative Update



It has been a very cold week here in Maryland's capital, and walking between the statehouse and the legislative buildings has been quite brisk. Waking up to yesterday's snow covered ground, we found this lovely town to be even more beautiful.

With two full weeks of the session behind us, the House of Delegates has yet to do any voting on the statehouse floor. The first bills to make it out of one or more legislative committees will likely come before the full legislative body next week.



In the Environmental Matters Committee, we have not yet begun bill hearings. Our attention has been devoted to briefings given by various executive departments and advocacy groups regarding the status of major issues that come under our purview. These include mortgage foreclosures, fracking and land use policies. As Chairperson of the Land Use and Ethics Sub-committee, I will be working with the corresponding Senate chair, James Raskin from

Montgomery County, in reviewing the legislators' financial disclosure process. You may recall some of the rather serious transgressions covered widely in the press over the past few years. This work may well prove to be rather controversial, but then again it has never been my style to shy away from controversy.

Latest Barbara Kingsolver novel - Flight Behavior

Barbara Kingsolver is one of my favorite authors. I have read all of her novels. So I was delighted when Delegate Peter Murphy from Southern Maryland, who shares my love for this writer, greeted me at the beginning of the session with a gift of her latest novel, *Flight Behavior*.

It wasn't until I started reading it this week in the evenings after session that I realized how directly applicable it is to my work on the Environmental Matters Committee. The subject matter of this novel is particularly dear to me because Lloyd and I visited Morelia, Mexico a few years ago and walked up the mountain in the central part of the country where the monarch butterflies migrate. It was a magnificent mystical experience; Lloyd at one point had at least 50 monarchs land on him all at once.

Below is the link for an interview of Kingsolver regarding *Flight Behavior* from Audubon magazine. The review clearly reflects the discussions we have in committee on global warming. <http://www.audubonmagazine.org/articles/climate/barbara-kingsolver-and-butterflies>

Human Trafficking

On January 30th there will be a human trafficking advocacy day in Annapolis. Speakers will include a survivor of child sex trafficking, a representative of law enforcement, and members of the legislature who are introducing legislation.

I have been working on these issues for several years now including participating on two panels in our community. I will be speaking at this year's conference about Town Center resident and activist, Judy Colligan, who has given her heart and soul to this issue for many years and who was found dead in her home, apparently of a blood clot, just a week ago.

News articles related to major issues in this legislative session

Baltimore Sun Voting early and easily Our view: O'Malley proposals on early voting and same-day registration are a reasonable way to convenience voters and improve turnout

I must confess that though I voted in favor of early voting legislation in past years, I had my doubts about it. Those doubts were eradicated by the voter turnout performance in last year's election. It became clear that this bill proposed by the governor and co-sponsored by me is necessary to enhance voters' convenience and participation.

<http://www.baltimoresun.com/news/opinion/editorial/bs-ed-voting-20130122,0,4149526.story>

Baltimore Sun Obama 2.0 Our view: The president's second inaugural address reflected a realization that what afflicts Washington is not mere partisanship but a fundamental debate about the nature of our society and government

Many of the points made by our President on inauguration day apply to state and local government as well and to our own individual lives for that matter.

<http://www.baltimoresun.com/news/opinion/editorial/bs-ed-obama-inaugural-20130121,0,5156763.story>



Author

**Barbara
Kingsolver**



It's not her fault you can't get along!

But kid's usually suffer the most when parents can't get along or worse, divorce.



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NEW FILM REVEALS I-20 AS MAJOR CORRIDOR FOR SEX TRAFFICKING

A new film released by The WellHouse, a non-profit organization in Birmingham, Alabama explores Interstate 20 and its role as a major sex trafficking corridor.

“I-20: The Sex Trafficking Superhighway,” produced pro bono by Birmingham-based Lewis Communications, explains the depth of the human trafficking problem on this well-traveled route, the main east-west artery between Texas and South Carolina.

The trailer for the film can be viewed at: <http://www.youtube.com/watch?v=vwWsm6YV2zE>

The actual 20-minute film can be seen at: <http://www.youtube.com/watch?v=FAUCXIUcQvI>

The WellHouse is led by Tajuan McCarty, a former trafficking victim who was rescued from the streets and has dedicated her life to helping others out of the bondage of sexual slavery. It is the only 24-hour shelter offering immediate housing assistance to women being prostituted in the Southeast.

Food, clothing, spiritual guidance, Christian counseling, and other necessities are provided, along with assisting with referrals for substance abuse treatment, if needed. Life skills classes, GED preparation, and other enrichment services are part of the experience to help these women become self-sufficient and give them a sense of self-worth. The goal is for women to go on to live full and productive lives.

Other shelters have entry requirements undermining a woman's access to an immediate, safe environment, such as requiring state identification, proof of homelessness, and other prerequisites, which this population of women may not have. The WellHouse does not

require qualifying information. While in the program, residents receive assistance in obtaining the identification and documentation they need to rebuild their lives.

The WellHouse, <http://the-well-house.org>, is a faith-based and Christ-centered nonprofit organization offering immediate shelter and transitional housing to women who have been trafficked, are prostituting, or otherwise sexually exploited.





About BBB of Greater Maryland

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

Contact:

Angie Barnett
(President & CEO),
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443-223-1303 (cell)

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

Website: www.bbb.org.

Don't Get Sacked by Phony Playoff Tickets

Baltimore Ravens tickets are in high demand for the January 6 AFC Wild Card game against the Indianapolis Colts and scammers are sure to be scheming. Many fans may seek assistance from third-party brokers. Better Business Bureau warns buyers to use caution when making purchases through persons or agents who are largely anonymous or entities that cannot be verified.

"The NFL playoffs are an exciting time of year, especially when your home team makes the cut," said Angie Barnett, president/CEO, BBB | Greater Maryland. "Fans in a frenzy for last minute tickets should carefully assess the legitimacy of ticket sales."

Problems can occur when using private dealers on websites such as Craigslist and eBay. If you wire money for tickets, you will likely be watching the game on TV come Sunday. BBB experience says you probably won't even see the tickets you wired money for - and if you do they'll be counterfeit. In addition, think twice before attempting to purchase a ticket from a scalper. A commercial ticket seller must be licensed by the Md. Stadium Authority to sell or resell a ticket on stadium property. Individuals may also not sell or "scalp" a ticket for more than its face value in the City of Baltimore.

So, if you want to head to M&T Bank Stadium to cheer on the Ravens or FedEx Field for the Redskins remember BBB's last-minute ticket tips:

- ✓ Be wary of buying from someone on the street. You may wind up at the gate with fake tickets.
- ✓ When buying tickets online, verify the seller's legitimacy. Search for the company or website on www.bbb.org. Is the seller BBB Accredited, what is their BBB Rating and does it respond to complaints? If you see the BBB Accredited Business logo on a website, be sure it is legitimate and links to their BBB Business Review.
- ✓ Always use a credit card or PayPal, so that charges can be disputed. Never pay the seller by wire transfer. Ask for a picture of the ticket, verify it using the venue's seating chart, and get a receipt.
- ✓ Make sure the payment processing page is secure, denoted by an "https://" at the beginning of the url.
- ✓ When buying tickets through an auction site, choose a trusted seller with recent, positive reviews. Never go along with a seller who wants to take the transaction off the site - you'll lose any protections the site may offer with a private transaction.
- ✓ If you are buying through an online classified site, do not wire money. There is no way to retrieve your money if the tickets do not arrive or are counterfeit.



CLICK TO VIEW MORE
www.seasenseboating.com

WOMEN'S SAILING IN THE BAHAMAS WITH SEA SENSE

SEA SENSE... The Sailing & Powerboating School, is teaching an all-women's sailing course in the beautiful Abaco Islands of the Bahamas, April 28-May 4, 2013.

Sea Sense has been teaching women to operate sail and powerboats for over 24 years. This course is being taught by experienced Coast Guard licensed women instructors and will provide a full range of hands-on instruction. Subjects covered include seamanship, sailtrim, navigation, man overboard prevention and recovery, engine maintenance, close quarters maneuvering and docking. The emphasis of these courses is on safety, confidence building and learning the skills necessary for bareboat chartering and passagemaking.

'The Bahama Islands are easy to get to and so close to home. It's an incredible feeling to sail in the Sea of Abaco with the trade winds blowing, all the while, tucked behind the barrier islands with calm and brilliant blue water. There are small settlements, snug harbors and deserted white beaches. It's a fantastic place to learn or upgrade sailing skills, while chasing away the winter blahs and getting ready for the Spring sailing season,' said Capt. Patti Moore, co-founder of Sea Sense.

The 7-day, live aboard sailing class will be taught aboard a comfortable, modern sloop and departs from Marsh Harbour, Abaco. The cost is \$2995 and includes instruction, accommodations, all docking, mooring and fuel fees, cruising taxes and most meals. Included in every course is a large dose of adventure and fun!

FOR MORE INFORMATION CONTACT

SEA SENSE...The Sailing & Powerboating School
P. O. Box 1961, St. Petersburg, FL 33731

Phone at: (727)289-6917

Email at: seasense@aol.com



Tiffany learning on her own boat



Locks, Bridges & Lunch on the Canal du Midi, France

Contact: Carol Cuddyer
(727) 289-6917



AVELAKA LAUNCHES SPRING/SUMMER 2013 COLLECTION, CELEBRATING NATIVE AMERICAN TRADITIONS

Avelaka is the only apparel line on the market today heralded for its embrace of Native American inspired fashions with a modern woman's flair. And founder Laura Miranda expands her successful line of unique signature looks even further today with the launch of her 2013 spring/summer collection.

Filled with bright hues such as flame, mimosa, turquoise blue and teaberry, the collection feels like a bouquet of fresh spring flowers. Underscoring that feel are her signature peplum tops and the use of colored laces and bright solids. But the line also draws on strong themes from the American Indian heritage, specifically Southern California's Pechanga Tribe, where Miranda is a member. For this season's inspiration, she turned to the Indian songstress Buffy St. Marie, famous for expressing her experiences as a First Cree Woman through music.



"The concept of Avelaka was born out of a passion for sharing my native culture through apparel design," Miranda said. "Buffy St. Marie expressed her Native heritage through song, before it was fashionable to do so. I want modern woman to see this collection and get lost in the beauty and wonderment of the symbols and designs, just like being lost in the sounds and words of Buffy St. Marie."

The result is a striking collection of fashionable, yet easy-to-wear designs imprinted with classic Indian themes, such as the lace print inspired by the intricate latticework and antique crochet designs traditionally created by tribal women. Also imbedded into the line are print images inspired by such Native American icons as the Canadian Cree teardrop design moccasin and weave work from Canadian First Nations.



Miranda believes that by using authentic themes and motifs from her heritage for modern day wear, she is

not just sharing the beauty of the Native culture.

“I believe it is also a way to encourage women to seize the spirited moments in life,” Miranda said. “We want to inspire women to embrace the beauty in each moment as they move down their paths in life.”

Miranda’s passion for Native American inspired fashions stems from her experiences as a tribal lawyer for more than a decade, advocating for Native American rights. Miranda eventually transitioned into fashion work, founding Avelaka (which means “white butterfly” in the traditional Luiseno language) in Spring 2011. Miranda hoped that by using aspects of the indigenous culture for inspiration, her work could redefine how popular culture depicts the Native American people and their way of life.

Avelaka is sold at fashion forward boutiques across the country, including Los Angeles, San Francisco, New York, Austin and Aspen. Her fashions have been featured in Women’s Health, Seventeen, California Apparel News, Los Angeles Business Journal, Refinery 29, Lucky.com, and various regional magazines and fashion blogs.



About Avelaka

Avelaka maintains a unique creativity different from other brands. Looking to indigenous landscapes, authentic themes and motifs, Avelaka shares the beauty of Native cultures encouraging women to embrace the spirited moments in life.

For Spring 2013, Avelaka looks to Indian Country’s fearless songbird, Buffy St. Marie. Through her strong and sweet folk songs she expressed her Native heritage before it was fashionable to do so. By telling her personal story, as a Cree Canadian woman, and staking claim to First Nations tradition her voice sought to reclaim Native symbols while sharing their meaning with all who listened. This collection imagines a classic but modern woman being lost in the sounds and words of Buffy St. Marie.



*Laura Miranda
(founder)*

Miranda, a Native American rights lawyer for over 13 years says she founded Avelaka to, “share the beauty of her heritage and also inspire women in their individual paths through life.”

Avelaka is sold in stores such as Anthropologie, and boutiques throughout the country in cities including Los Angeles, San Francisco, Aspen, Austin, Brooklyn and more.

Visit her website at
<http://www.avelaka.com>

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First study of Oregon's Hmong reveals surprising influences on cancer screenings

By Angela Yeager



Cervical cancer rates for Hmong women are among the highest in the nation, yet past research has shown that cervical and breast cancer screening rates for this population are low – in part because of the Hmong's strong patriarchal culture.

However, a new study by Oregon State University researchers examining attitudes regarding breast and cervical cancer screening among Oregon's Hmong population shows a much more complicated picture. The study found that Hmong women often make their own health decisions, but in an environment in which screening is not discussed.

The study, recently published online in Health Education Research, is the first to look at the role of Hmong patriarchal and family influences on women's breast and cervical cancer screening. It is also one of the only studies conducted with Oregon's Hmong population.

Lead author Sheryl Thorburn, a professor of public health at Oregon State University, conducted the study with Jennifer Kue, a Portland native and member of the Hmong community. Kue is now an assistant professor at the Ohio State University.

According to the researchers, about 3,600 Hmong live in Oregon, with the majority centered in the Portland metro area. They interviewed more than 80 Hmong people in Portland and Salem - not only women ages 18 years and older, but also men, including husbands and male leaders in the community.

In the study, the majority of women and men reported that women make health decisions independently, and that, in general, breast and cervical cancer screening was not discussed in the household.

"What we are seeing from our study is that the Hmong culture is evolving," Kue said. "It may not be the same for Hmong women everywhere. This is one piece of the puzzle."

The Hmong first came to the United States in the 1970s as refugees from Southeast Asia. They played a central role in supporting the U.S. during the Vietnam conflict, and hundreds of thousands of Hmong were relocated to the United States.

Previous research suggests that strong patriarchal influence as well as sus-

picion of Western medicine could be barriers to cancer screening among women, and that men may make the decisions about critical medical conditions of Hmong women. However, those earlier studies did not survey both men and women about family influences on cancer screening.

Kue, who conducted the research while doing her doctoral studies at OSU, said she was surprised at the amount of autonomy reported by both male and female respondents. There also seemed to be greater use of health services among the Oregon Hmong interviewed. For instance, 75 percent of women in the study had a clinical breast exami-



nation at least once; 79 percent of women 40 and older had received a mammogram at some point in their lives; and 84 percent of women had gone to the doctor for a Pap smear. In comparison, the few national studies conducted of Hmong women show low rates of breast and cervical cancer screening, ranging from 27 to 74 percent.

However, Kue said these results do not mean that health barriers do not exist.

“It is not enough to have been screened once because we want women to get screened regularly,” Kue said. “There have been so few studies done of the Hmong that it can be difficult to draw conclusions. What we do know is that this is a population at high risk.”

Still, the researchers said they were surprised that so few people reported that husbands or other male family members were influencing decisions. What their study did show was that overall, most women did not talk about their health with their husband or family members, and kept screening decisions private.

“In our culture, we place a heavy emphasis on communal decision-making and it’s male-dominant, so I would have expected men to have more influence,” Kue said.

Thorburn said this qualitative study helps researchers who follow up to shape their research.



Without this exploratory study, people might have gone in with a lot of assumptions that may not be correct about the culture,” Thorburn said. “It gives us a completely different picture and tells us this is more complicated. It’s not men deciding whether or not women get screened because

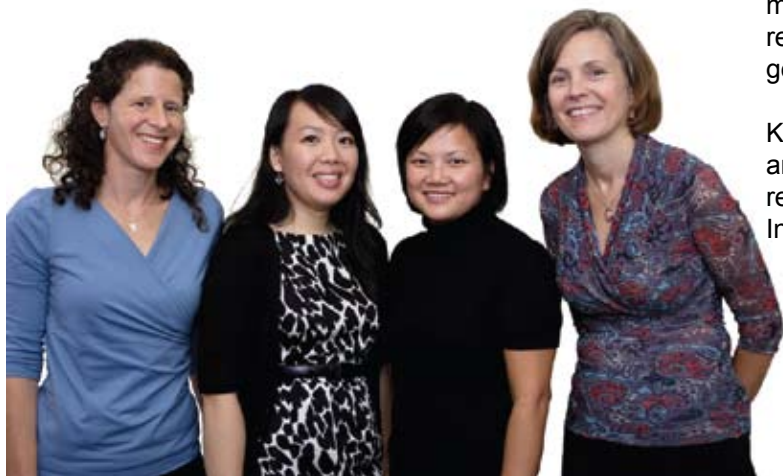


women of all ages said they have control and make the decisions about their health.”

The research was conducted with the help of a Community Advisory Committee, made up of nine Hmong community members and leaders. This key principle of community-based research was one of the ways the researchers were able to get buy-in from the closely-knit Hmong people.

Karen Levy Keon, formerly with Oregon State University and Ann Zukoski with Rainbow Research contributed to this research study, which was funded by the National Cancer Institute.

the research team...



ABOUT THE OSU COLLEGE OF PUBLIC HEALTH AND HUMAN SCIENCES: The College creates connections in teaching, research and community outreach while advancing knowledge, policies and practices that improve population health in communities across Oregon and beyond.

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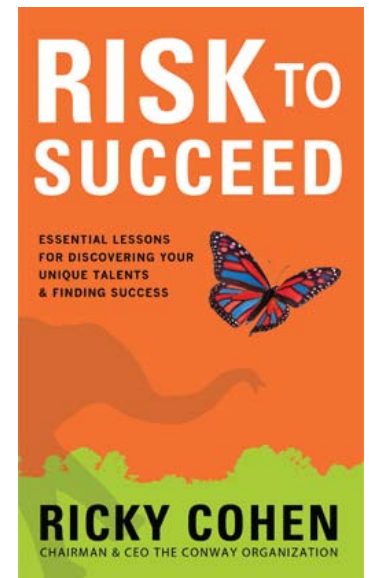


New Book Teaches The Value Of Finding Your Passion And Taking Positive, Calculated Risks – Failure Is Not An Option, Find True Happiness And Reach Your Full Potential

In today's volatile economy, the average unemployment rate in U.S. continues to hover around 8 percent. According to recent studies, nearly two-thirds of Americans are unsatisfied at work. Simply, many Americans, regardless of their skill level, education, or experience continue to struggle to find meaningful employment and overall job satisfaction.

In an effort to help Americans develop a realistic plan of action and achieve their career goals, Ricky Cohen, highly successful business owner, lecturer, and author presents his new book, *Risk to Succeed: Essential Lessons for Discovering Your Unique Talents & Finding Success (McGraw Hill)*. In this enlightening, heartfelt, and inspiring book, Cohen has gathered wisdom from some of history's most prolific and influential leaders and created an effective system for planning and accomplishing those goals that may seem nearly impossible to achieve.

Broken down into four easy-to-read sections, Cohen offers the tools that readers need in order to pursue and fulfill their dreams, find the courage to take positive risks, and ultimately live meaningful and happier lives. Using charm, wit, rhythmic prose, and an uplifting parable about an elephant and a butterfly, Cohen also teaches readers how they can apply the "laws of the jungle" in their everyday lives.



Website: RisktoSucceed.com

Risk to Succeed (McGraw Hill) can also teach how:

A daily journey into the forbidden forest can help readers discover their unique strengths while also defining their own version of success

To see the value of a public failure as it can help eliminate self-doubt, fear, and help overcome overwhelming obstacles

Helping others, whether through volunteering, mentoring, or community service, can help build the self-confidence and independence necessary to survive in today's overly competitive market

By setting aside five hours per week, readers can plan and launch a rewarding and satisfying career or business

A resident of New York, Cohen holds a bachelor's degree in accounting and management from New York University. He served as the Chairman and CEO of Conway Stores and grew its revenue forty-fold. Currently, he is the Chairman and CEO of the Conway Organization, a company involved in real estate and hospitality. For more than three decades, he has taught thousands of men and women personal and career leadership skills based on the Risk to Succeed principles.

A proud father of six children and seven grandchildren, Cohen has been happily married for 32 years. As a highly successful business owner, teacher, and true Renaissance man, Cohen enjoys coaching others on personal and professional leadership, while watching them flourish.

Risk to Succeed is published by McGraw Hill and can be purchased directly at Amazon.com and BarnesandNoble.com.

REVIEW COPIES OF THE BOOK ARE AVAILABLE UPON REQUEST.

Eliminate Colds and the Flu from Your Life

...let's make the common cold rare!

Although viral infections are considered normal, they're actually quite unusual among cultures where people consume a healthy diet and follow a healthy way of life. People in our culture who are willing to work at being healthy can greatly minimize their chances of getting a cold or the flu. I myself have had only two colds in 27 years.

How do you eliminate colds and the flu from your life? By building and maintaining a superior level of health and immunity.

Your diet should be 80% alkaline, with plenty of fresh, raw vegetables and fruits, as well as beans, legumes, nuts, seeds and healthy oils. Avoid allergens (every allergic reaction weakens your immunity) and omit the Big Four (sugar, wheat, processed oils and dairy/excessive animal protein). Eating sugar alone is enough to knock out your immune defenses for the next 6-8 hours, yet each American now consumes an average of 160 pounds a year (one big reason colds have become "normal").

Take high quality supplements – at minimum a multivitamin, a source of essential fatty acids, and at least 6 grams of vitamin C daily.

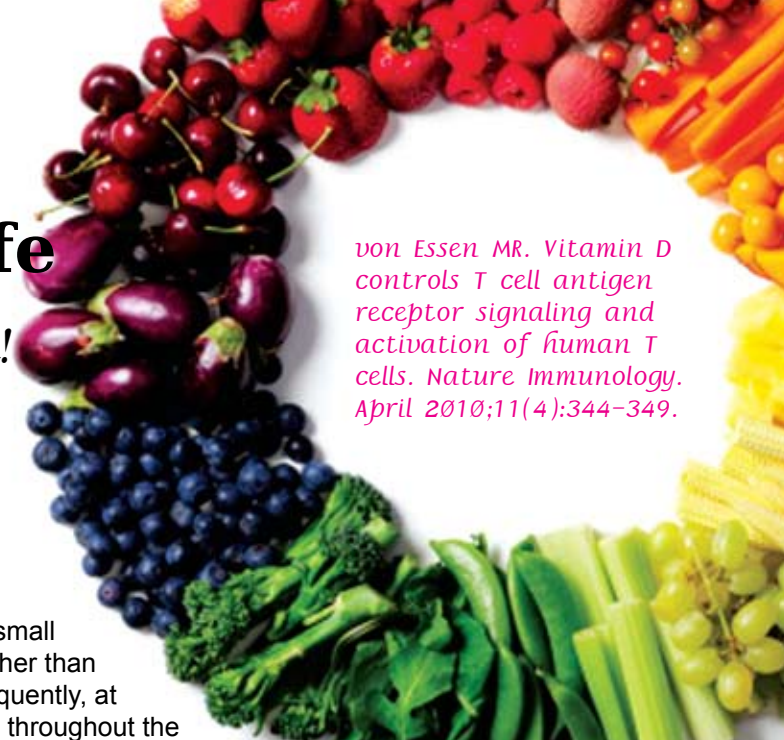
Vitamin C appears to stimulate all major aspects of the immune system. It increases both the movement and function of white blood cells (WBCs). Keeping your WBCs well-saturated with C can increase their activity by 75%. Just a few grams will double the activity of special WBCs called Natural Killer cells (NKs). The NKs attack bacteria, viruses and cancer cells.

People with chronic diseases should generally take enough vitamin C to reach "bowel tolerance." To discover your bowel tolerance for vitamin C,

start out with a small amount and very gradually increase it at your own pace, gradually taking a little more each day. Take small amounts frequently rather than large amounts less frequently, at roughly equal intervals throughout the day. If at any time along the way, you get abdominal discomfort: a rumbling stomach, excessive gas, or diarrhea, go back to the amount you reached before you encountered problems as your maintenance dose. Whereas most people tolerate around 10-15 grams/day, there have been cases where 50 and even 100 grams have been needed to reach bowel tolerance. The ability to tolerate such large amounts means these large amounts are needed. If you are coming down with any kind of infection, your body requirements for vitamin C go way up.

When taking high doses, it's important to take very pure, high-quality vitamin C. The very best vitamin C is corn-free, fully reduced, buffered, and 100% l-ascorbate. There may be times when you may need to stop taking vitamin C, for example for some laboratory tests. If you need to do this, always taper off gradually over a number of days.

Another extremely important vitamin for immune health is vitamin D. Make sure your vitamin D levels are in the high normal range. You can find out this information from a 25(OH)D blood test. A 2010 study confirmed that vitamin D is crucial to immune system function. Published in *Nature Immunology*, it found that the immune system's Natural Killer cells cannot be activated unless sufficient vitamin D is present. As noted above, the NKs attack bacteria, viruses and cancer cells. Widespread vitamin D deficiency is no doubt another reason



von Essen MR. Vitamin D controls T cell antigen receptor signaling and activation of human T cells. Nature Immunology. April 2010;11(4):344-349.

colds and the flu are common today.

Tackle specific chronic infections, like Candida, so they aren't an ongoing drain on your immunity.

Get plenty of sleep and appropriate exercise (over-exercising is immune-suppressive), avoid toxins and stress where possible, maintain a healthy weight, use moderation in your alcohol consumption, and stay well-hydrated, and your immunity will flourish.

During the flu season, if you're going to be traveling or in an environment where you'll be exposed to germs, take two olive leaf extract capsules every 5 hours.

If you start to come down with a respiratory infection, it's safe to take megadoses of vitamin D -- up to 50,000 IU/day for 3 days. (Best taken early in the day; megadoses of vitamin D can cause insomnia when taken in the evening.) Also take vitamin C to bowel tolerance and 75 mg. a day of extra zinc (take zinc with food to avoid nausea) for 3 days, and you'll nip that cold in the bud. If you have particularly weak immunity add 2 olive leaf extract capsules every 5 hours to this regimen.

By building a strong immunity, you'll not only eliminate all or most colds and flu; you'll also be protecting yourself against other immune system problems, including allergies, auto-immune illness and cancer.

Germs Spread Fast at Work, Study Finds

When someone comes to work sick, about half of the commonly touched surfaces in the office will become infected with the virus by lunchtime, according to a new study at the UA.

Anyone who has worked in an office knows what happens when a colleague comes to work sick – it isn't long before the hacking and sneezing starts to spread. New research from the University of Arizona shows how quickly those germs travel through an office environment when just one person comes to work sick.

Completed just in time for flu season, the study finds that more than half of commonly touched surfaces in an office – like doorknobs, copy machine buttons, the office refrigerator – can become infected with a virus when a single person in the office is ill. Some of the likeliest germ hotpots include the coffee pot handle in the break room, telephones, desktops and tabletops. The study also revealed that simple interventions, such as hand washing and the use of hand sanitizer or wipes, can drastically reduce employees' risk of infection.

Conducted in an office on the UA campus, the study included about 80 participants, some of whom received droplets on their hands at the start of a normal work day. While most of those droplets were plain water, one person unknowingly received a droplet containing artificial viruses mimicking the cold, the flu and a stomach bug.

Employees were instructed to go about their day as usual. After about four hours, researchers sampled commonly touched surfaces in the office, as well as employees' hands, and found that more than 50 percent of surfaces and employees were infected with at least one of the viruses.



Charles Gerba, Department of Soil, Water and Environmental Science

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"We were actually quite surprised by how effectively everything spread," said Kelly Reynolds, UA associate professor of public health and co-principal investigator on the study. "I didn't expect to find it as much as I did."

And that was in an office environment where people work primarily in isolated spaces, she noted. "There weren't a lot of people roaming around," Reynolds said. "They basically go in their offices, sit in their chairs and are on their computers. They may go to the bathroom, and they have a common kitchen area they share and a photocopy machine, but that's about it." Researchers swabbed surfaces and hands again at the end of the work day. By then, the cold and flu viruses, known for their short survival time, had dissipated, but the stomach virus had continued to spread, infecting up to 70 percent of surfaces tested.

"We really felt that the hand was quicker than the sneeze in the spread of disease," said Charles Gerba, UA professor of soil, water and environmental science and co-principal investigator on the study. "Most people think it's coughing and sneezing that spreads germs, but the number of objects you touch is incredible, especially in this push-button generation. We push more buttons than any other generation in history."



Kelly Reynolds, Mel and Enid Zuckerman College of Public Health

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Although the cold and flu germs had died off by the day's end, risk to employees was still high since little exposure is necessary to make someone sick, Reynolds said. The researchers calculated that employees faced a 40 to 90 percent chance of infection with one of the three viruses.

The same study then was repeated with a "Healthy Workplace Intervention" in place. Employees were provided free tissues, disinfecting wipes and a bottle of hand sanitizer and were instructed to wash their hands before eating lunch and after meeting with a large number of people.

With those simple interventions in place, risk of infection dropped below 10 percent. "The take-home message here is that very simple interventions that we all kind of know about have great efficacy," Reynolds said. "Using tissues to wipe your face, using hand sanitizer or having it available for use, and washing your hands before lunch and after a big meeting resulted in an 80 percent reduction across the board, for all three viruses, in their risk of infection."

Another important message, Gerba says: Stay home when illness strikes. On average, 80 percent of people say they will go to work sick, and when they do, they not only spread germs to others but can cost a company about \$280 in lost productivity, Gerba said.

Office health and hygiene has become an increasingly important area of study, with roughly 80 percent of the population working in offices today, he added.

"One hundred years ago, most of us lived on a farm and went into town once a week for a couple of hours. Today, we go into buildings containing hundreds, if not thousands, of people," he said. "We put more people in bigger facilities, so we have more opportunities for trading germs than ever before."

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