

A Publication for the Conscious Woman

Focus *Women* ON *♀* MAGAZINE



Food Insecurity

Women's Fest 2014

Character Assassination

Cat Wisdom



January/February 2014

★ **LADIES & GENTLEMEN!** ★
= COME ONE! COME ALL! =

CIRQUE DU
★ ★ ★
CASEY CARES

14TH ANNUAL GALA

SATURDAY MARCH 22, 2014
B&O RAILROAD MUSEUM



Purchase your tickets today!
CaseyCares.org 443-568-0064



WTP Whiteford | Taylor | Preston^{LLP}

Focus Women
ON
MAGAZINE

Clear Channel Outdoor

CITYpeek
Live like a local.

M&T Bank
Understanding what's important[®]

Casey Cares
Foundation

yelp

THE BALTIMORE
SUN
MEDIA GROUP

WELTCHEK,
MALLAHAN
& WELTCHEK
TRIAL ATTORNEYS

MIX 106.5
BALTIMORE'S BEST MIX

January/ February 2014

Click to View the latest Issue

www.focusonwomenmagazine.com



Undoubtedly, the mark of the holiday season brings to us a deluge of spirited giving. With the open hand of gratitude, we embrace the expected and unexpected banquet of offerings before us. This season lends pause to be gifted with presents of a different sort. With selected foresight, the hardships we face are gifts too, beckoning us forward to a place of greater strength, insight

and solitude. Indeed, hassles, hardships and hurdles are complicated hexagons patterned with opportunities. To our readers, supporters and advertisers, may you too embrace the cornucopia of gifts ushered forth which accompanies this holiday season. May you find yourselves in kind company, joyful moments and many days filled with happiness.

“HAPPY HOLIDAYS”

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

- 6** 5 Lessons - By Barbara McNally, author of Unbridled
- 7** Maryland Insurance Administration Announces Consumer Information Opportunities In Howard County
- 8** A woman's perspective on breast cancer, the business world and sex
- 9** The Heart Truth® Reunites with Three-Time Media Partner, the FashionSpot, to Raise Awareness About Heart Disease in Women
- 11** Big Medicine Plays Its Only Card: The Ace of Scaremongering
- 12** BBB Needs to Update your Business Information
- 14** ANDIAMO!! - Lets's Go! Ssailing in Italy!
- 15** An Inspiring Read and a Creative Approach to Life - by Jill Kraft Thompson
- 16** Boating in Italy! Discover Venice With Sea Sense
- 17** 5 Secrets to Coping With Change in 2014
- 18** The Dogma of Cats: Feline Philosophies for a Fulfilling Life
- 19** PARSA AFGHANISTAN: Women's Empowerment & Trade Afghan
- 20** ROCK OF AGES
- 21** How Character Assassination is used to Silence Opposition and Truth
- 24** Best-selling Author Dr. Andrew Newberg Appears on BetterWorldians Radio Newberg discusses why we believe what we believe

ADVERTISING:

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

30 Days of Tips

The Guidebook To:

Stop Your BITCHING

The Step By Step Guide to
Balance Hormones &
End PMS & Menstrual Cramps
...naturally!



Build
your body



Herbs
for wellness



Love
your whole self



Healthy
Food



Eastern
philosophy

CATHY MARGOLIN

L.Ac. Dipl. OM

5 LESSONS

BY BARBARA MCNALLY, AUTHOR OF UNBRIDLED

Ireland has always been in my blood. Growing up, I remember hearing stories about my Celtic Irish heritage, but the tales seemed like another world away. It wasn't until I embarked on a life-changing trip to the land of my ancestors that I truly understood what it meant to be Irish.

Ireland changed my life- it's where I learned to be free. After the death of my so-called 'perfect marriage,' I set out on a journey to rediscover myself. I realized that I knew very little about who I really was, and Ireland seemed like the perfect destination to find out. It was during this trip that I took my first steps to becoming the independent, confident and passionate woman that I am today.

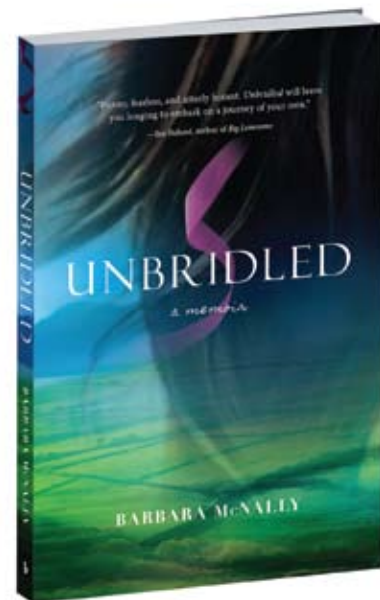
Every time I visit Ireland, I learn something new about the people, the culture and myself. During my adventures on Irish soil, I've communed with Wiccan priestesses, danced with horseman, explored the passages of an ancient castle, and enjoyed a Guinness alongside strangers in a countryside pub.

The lessons learned along the way have been numerous, but here are a few of the most important ones that I carry with me everyday:

1. Don't be afraid to take risks. Embrace freedom, individuality and self-expression. Learn how to empower yourself, and don't expect others to do it for you.
2. Live life with passion. A good debate is almost as good as good sex.
3. The past never dies. I've seen history come alive on my trips to Ireland, visiting sites like the National Famine Memorial, Saint Brigid's Well, the graveyard in Aughavel, and the memorial of the fearless pirate queen of Ireland, Grace O'Malley. History truly makes up the tapestry of the country, and whispers of the past are everywhere. I learned that sometimes, all I needed to do was to listen.
4. If you can laugh at yourself, you'll never want for humor. Don't take yourself so seriously, because no one else does.
5. Live until you die- life is for living, after all. There truly is no greater joy than the adventure of discovering who you really are and living that life with purpose.

For the past twenty years, I've been Barbara Abel- the name I married into. Recently, I changed my last name to McNally, a very old family name. It suits me. It's who I am, and who the Irish taught me to be. I never imagined that my divorce would empower me with the opportunity to rediscover myself. I thank Ireland for helping to show me the way.

Barbara McNally is a mother, author and philanthropist living in San Diego, California. She is the founder of Mother, Lover, Fighter, Sage, a foundation inspired by her own journey and dedicated to providing women with opportunities for growth and self-discovery. Her new memoir, *Unbridled*, is set to be released later this month, and chronicles her journey from a stifled, predictable housewife to independent and joyous living. [Visit her website at http://unbridledfreedom.com/.](http://unbridledfreedom.com/)



Maryland Insurance Administration Announces Consumer Information Opportunities In Howard County



200 St. Paul Place, Suite 2700, Baltimore, Maryland 21202
Direct Dial: 410-468-2301 Fax: 410-468-2306
Email: pjohnson@mdinsurance.state.md.us
1-800-492-6116 TTY: 1-800-735-2258
www.mdinsurance.state.md.us

The Maryland Insurance Administration, a state regulatory agency, will offer a variety of consumer materials on all types of insurance products from annuities to title insurance and health, auto and homeowners insurance. Trained staff will be available in Howard County in January to answer consumer questions at the following locations:

- *January 28, 2014 10 a.m.-3 p.m. at the Columbia Workforce Center, 7161 Columbia Gateway Drive, Columbia, MD.*
- *January 29, 2014 12:30 p.m.-2 p.m. at the Howard County Community College Resource Fair, Howard Community College Burrill Galleria, 10901 Little Patuxent Parkway, Columbia, MD.*

"A key aspect of the Maryland Insurance Administration's mission involves educating the citizens of our state about the choices available to them as consumers of insurance products," says Therese M. Goldsmith, Maryland Insurance Commissioner. "The more informed consumers are, the better equipped they are to make purchasing decisions that are right for them."

A schedule of agency outreach activities and consumer materials are available on our website, www.mdinsurance.state.md.us, as well as by request and at various community events. Follow the Maryland Insurance Administration on Facebook at www.facebook.com/MDInsuranceAdmin.

About the Maryland Insurance Administration

The Maryland Insurance Administration (MIA) is an independent State agency charged with regulating Maryland's \$26 billion insurance industry. For more information about the MIA, please visit www.mdinsurance.state.md.us or follow us on Facebook at www.facebook.com/MDInsuranceAdmin or Twitter at www.twitter.com/MD_Insurance.com.

A woman's perspective on breast cancer, the business world and sex

PSYCHOTIC SKANK
ZENA LIVINGSTON



PSYCHOTIC SKANK was written as a result of my observations of people. PSYCHOTIC SKANK follows the misadventures of Vicki down the road of moral deprivation and decadence as she pursues her quest for social position, financial security and fabulous sex. Along the road Vicki encounters intra-office relationships, pension fraud, legal problems and social issues. Vicki attempts to make each experience into

"Psychotic Skank"

By: Zena Livingston

ISBN: 978-1-4918-1275-4

Retail price: \$18.18

Available in hardcover, e-book and paperback

one that benefits her. How she handles and mishandles each situation makes for an interesting fast moving read. Vicki will stop at nothing to get what she wants whether that be sexual satisfaction or financial gain.

I have had the honor to be married to the same man for fifty one years. Not only have we lived together, we have worked together in his podiatric practice and we are both avid salt water fishing people; so we play together as well. As a mother I tried to be the best I could to our son. Douglas and I have enjoyed a unique relationship which developed when we traveled together while he was playing tournament tennis. Today he is in practice with his father and we all work together.

I grew up in Washington Heights Manhattan and attended George Washington High School and City College from which I obtained a BA degree in English. I taught English in the south Bronx and in Freeport, New York before starting a family. My husband and I live in Bellmore on Long Island where we share a house with our rescued Bishon. Writing has always been an outlet for me and I enjoy having my characters develop as the story develops. Seeing my novels in print is a dream come true.

My first novel was THE MONEY GOD which was a family genre which traced the lives of three generations of Jewish women from the rural bliss of the Catskill Mountains during the 1930's to the challenges of city life in New York in the 1960's. Along the way, these women, much like Vicki, face financial struggles, family rifts and the consequences of global conflict. The main difference between the two books points out the changes in our society. Today, society is morally looser. No one is immune to a Vicki and it takes a man with a strong moral character to resist her. She is expert at using her sexuality to get what she wants and she never cares about whom she hurts along the way.

PSYCHOTIC SKANK has been favorably received by readers. It is a fast moving novel and many people, both men and women, have told me they could not put it down.

Zena Livingston
- Author



About the author

Zena Livingston resides on Long Island, New York with her husband. She received her Bachelor's degree in English literature from City College of New York. Livingston was an English teacher in the secondary level in the Bronx and in Freeport, New York before devoting herself to working with her husband and now their son at their podiatric medical practice.

For more information, visit <http://zenalivingston.com>.

The Heart Truth® Reunites with Three-Time Media Partner, the FashionSpot, to Raise Awareness About Heart Disease in Women

A Custom Online Destination Will House Coverage of The Annual Red Dress CollectionSM Fashion Show and Photos of Site Visitors Wearing Their Most Fashionable Red in Support of 'National Wear Red Day®'

Evolve Media's theFashionSpot (TFS) (www.thefashionspot.com), the largest fashion-focused community and fashion editorial site on the web, announced today a media partnership with The Heart Truth®, a national campaign for women about heart disease. For the third consecutive year as media partner, theFashionSpot will help spread the word about women's heart health by offering coverage of the Red Dress CollectionSM 2014 Fashion Show, and urging everyone to partake in The Heart Truth's celebration of National Wear Red Day® on February 7, 2014.

TheFashionSpot once again kicked off the campaign with the hugely successful 'Show Us Your Red' custom destination in honor of National Wear Red Day®. Site visitors were encouraged to Instagram or Tweet street style "selfies" wearing their favorite red attire—and using the hashtag #TFSWearsRed—to show their support for women's heart health. Through the hashtag, all photos appear in a gallery feed on the custom destination.

The Heart Truth® the NIH's National Heart, Lung, and Blood Institute's (NHLBI) women's heart health program—and The American Heart Association's Go Red For Women movement are teaming up this year to showcase the Go Red For Women®/ The Heart Truth Red Dress CollectionSM Fashion Show. TheFashionSpot will provide full coverage of The Red Dress CollectionSM Fashion Show that takes place in New York on February 6. From red carpet arrivals, backstage coverage, interviews with participating celebrities and designers to up-to-the-minute runway steps, theFashionSpot will provide full event coverage for its 12th annual celebration.

"TheFashionSpot is proud to participate in what has become a yearly tradition of supporting The Red Dress CollectionSM and everything it stands for," said Jennifer Davidson, Managing Editor for theFashionSpot. "Every February we are inspired by the outpouring of community

engagement on the tFS 'Show Us Your Red' custom destination. Additionally, the fashion show will no doubt be a huge hit, and we are honored to provide exclusive, behind-the-scenes coverage."

About The Heart Truth®

The Heart Truth® (www.hearttruth.gov), sponsored by the National Heart, Lung, and Blood Institute (NHLBI), part of the National Institutes of Health, is a national education program for women that raises awareness about heart disease and its risk factors and educates and motivates them to take action to prevent the disease. Through the program, launched in 2002, the NHLBI leads the nation in a landmark heart health movement embraced by millions who share the common goal of better heart health for all women.

The centerpiece of The Heart Truth® is the Red DressSM, which was introduced as the national symbol for women and heart disease awareness in 2002 by the NHLBI. The Red Dress® is a powerful red alert that inspires women to learn more about their personal risk for heart disease and take action to protect their heart health.

The Heart Truth and The Red Dress are registered trademarks of HHS. Red Dress and Red Dress Collection are service marks of HHS. National Wear Red Day is a registered trademark of HHS and AHA.

About theFashionSpot

Originating in July 2001, theFashionSpot (www.theFashionSpot.com) made a name for itself as an invitation-only community of designers, stylists and fashionistas that dissected designer collections, celebrating some and skewering others. Building on the largest fashion-focused community on the web, theFashionSpot.com has grown into a respected fashion editorial site with a strong and active community element. TheFashionSpot's portfolio of sites currently reaches nearly 2 million unique visitors (comScore, July 2013), with close to 70,000 invitation-only members playing an active role in the site's forum. It is that in-market participation and authenticity that makes theFashionSpot.com the largest community of fashion influencers online. In 2012 theFashionSpot was recognized by MediaPost's OMMA Awards for website excellence in fashion and beauty. Recent brand advertisers include Macy's, Tresemme, Anne Klein, P&G, Kraft, Coach, Revlon, Weight Watchers, and more. theFashionSpot is part of TotallyHer, an Evolve Media (www.evolve-mediallc.com) company.

Whitney Ashley

Director of Marketing Communications
(310) 449-1890 Ext. 8250
Whitney.Ashley@evolve-mediallc.com

Annie Carone

Manager of Marketing Communications
(310) 449-1890 Ext. 8263
Annie.Carone@evolve-mediallc.com



Distinguished Women's Award Reception

April 24, 2014, 5:30 pm
Baltimore Country Club, Roland Park

Please join us **April 24, 2014, 5:30 pm** at the **Baltimore Country Club** in Roland Park to celebrate women leaders – past, present and future – at our annual networking fundraiser, the Distinguished Women's Award Reception.

This annual philanthropic event honors prominent women in Maryland. The event supports Girl Scouts efforts to develop strong girls in all sectors of society by giving them the opportunity to observe and interact with creative and dynamic women leaders in central Maryland.

Your support of the Distinguished Women's Award Reception will help Girl Scouts of Central Maryland serve girls and make a difference in the lives of future women leaders.

Online Auction

Don't miss our online auction that runs March 14 to April 11. Visit our website at gscm.org for more details. Your bids help support the work of Girl Scouts of Central Maryland!

The 2014 Honorees



Dr. Susan T. Gorman

Dean
School of the
Sciences
Stevenson University



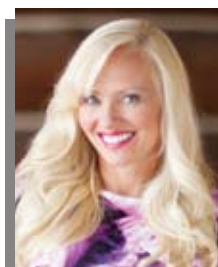
Michelle Lipkowitz, Esq.

Partner
Saul Ewing, LLP



Monica Mitchell

Vice President
& Senior
Relationship
Manager
Wells Fargo



Molly Shattuck

Founder
Vibrant Living



Joyce Ulrich

Chief Information
Officer Managing
Director
Legg Mason

For tickets, information or to bid in our online auction visit gscm.org today!

Questions?

Contact **Berit Killingstad** at bkillingstad@gscm.org or 410.358.9711 ext. 225.

BIG MEDICINE PLAYS ITS ONLY CARD: THE ACE OF SCAREMONGERING

For those playing along at home, as soon as The Big Push for Midwives announced the "Largest US Study to Date Finds Home Birth to Be a Safe Option for Most Women" based on newly released research (here and here), Big Medicine played a card from its dark deck.

Goliath reached up its sleeve to flip the Ace of Scaremongering at millions of mothers, families, and babies across the US, in its desperate attempt to try to shut/shout down the truth, citing numbers that are neither published nor peer reviewed, and based on birth certificate data.

The good news is that the truth about the safety of out-of-hospital birth as published in the Journal of Midwifery & Women's Health is still available even if Goliath is teetering from the stone that hit his exposed forehead.

While it is beyond pathetic to see the turf war that Big Medicine continues to wage, it is sadly not surprising. Goliath doesn't seem to care that:

- ✧ Rural, uninsured, and underinsured women need more maternity care options.
- ✧ States need to remove barriers that deny mothers, families, and babies access to high-quality, safe, and cost-effective midwifery care.
- ✧ The US needs to get it in gear to significantly reduce rates of prematurity and low-birth weight that are critical to reducing racial and economic disparities in birth outcomes, and reducing unnecessary costs to our health care system.
- ✧ The US has one of the highest rates of both infant and maternal death among industrialized countries, and frankly, the US maternity care system is broken.

Maternal and fetal mortality rates are worse than 40 other countries worldwide, and we spend more money than anyone else on maternity care. WHERE IS ALMOST ALL OF THAT CARE BEING DELIVERED? THE ANSWER GOLIATH DOESN'T WANT YOU TO SEE THROUGH HIS 30%-C-SECTION-TINTED GLASSES IS HOSPITALS.

Big Medicine is NOT doing so great at birth in America, and Big Medicine's problem with out-of-hospital birth is not that it isn't safe. Rather, it's that it is a safe option for most women and thus presents a threat to the Big Medicine status quo and the trade associations and state medical societies who control it. Goliath is deeply dependent on maintaining the status quo ... so dependent that Big Medicine will sometimes tell bald-faced lies about out-of-hospital birth research on national television and in other media outlets and hope that no one notices.

- ✧ Here's a piece where Missy Cheyney refutes these new scaremongering numbers.
- ✧ Here's an item that points out more on the flaws in birth certificate data.
- ✧ Here's the response of the Reddit community to a recent diatribe from Big Medicine's biggest shill.
- ✧ Here's a commentary by sociologist Barbara Katz Rothman on "Home Birth In a Risk Society."
- ✧ Here's a Throwback Thursday treat by Miriam Perez of radicaldoula.com published in RH Reality Check.

Here at The Big Push for Midwives, we are ALL IN to knocking Goliath down. The powerful and strong are not always what they seem. David had only a stone and a slingshot to bring down the greatest warrior of his time. The Big Push has only the truth, courage, faith, and the amazing grassroots uprising of the PushStates who fight the good fight every day from where they are with what they have.



To learn more about how this issue is impacting mothers, families, and babies in your state and across the nation, visit us at PUSHFORMIDWIVES.org



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),
410-347-3981 (office),
443-223-1303 (cell)

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

Website: www.bbb.org.

BBB Torch Talk

BBB Needs to Update your Business Information, Request for Revenue Data

New Year resolutions are likely keeping you busy, so I'll do my best to keep this communication brief. Your Better Business Bureau requests your immediate attention to one piece of information needed - please review and respond as quickly as possible. [Read More Online](#)

BBB Launches Trusted Advisors Program

Your BBB is looking for Accredited Business enthusiasts to join its new Trusted Advisor program.

Who: Ideal Trusted Advisors are company owners, managers, marketing and/or sales professionals who easily connect and build relationships with others, honors commitments, and believes in the value of BBB. [Read More Online](#)

Promote Trust and Co-brand with BBB

As you kick-off marketing strategies for 2014, consider co-branding with your BBB. BBB sponsorships are packed with heightened exposure for your business which include, ads on greatermd.bbb.org, WBALTV.com and ABC 2 TV; event publicity, social media and much more! [Learn More](#)



Upcoming Event 2014

BBB Trusted Connections, Cecil County

Thursday, March 27
5:00 - 7:00 p.m.
Chesapeake Inn

Learn how BBB can help your business differentiate itself in the marketplace while noshing and networking at one of Cecil County's finest establishments.

Focus on Women Magazine

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

Evenets of the month

E-mail at: info@focusonwomenmagazine.com



Issue: November/December -2013

EASY WAYS TO SUBSCRIBE

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



Submit Article for
FREE !!! in Magazine or
Website



Free Review of Online
Article and Latest
Magazine Issue



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



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

All fields are important, Pls fill in the details :

Name(Mr/Mrs): _____

Address: _____

State/City: _____ Postal Code: _____

Contact Number: _____

Email ID: _____

Subscriber Signature



*The Women's
Sailing and
Powerboating
School*

*Sea Sense, Inc.
P.O. Box 1961
St. Petersburg,
Florida 3373L, U.S.A*

ANDIAMO!! - LET'S GO! SAILING IN ITALY!

An irresistible 8-day sailing class for women along the Amalfi coast of Italy is planned with SEA SENSE. Learn sailing or increase your skills in the sparkling blue water of the Mediterranean, the Gulf of Napoli and on to the famous Isle of Capri. Sail along the Amalfi Coast and enjoy cruising past ancient towns perched on sheer cliffs overlooking the bay.

For 25 years, SEA SENSE has been providing women the opportunity to become competent and comfortable as both skipper and crew. The course will be taught by women captains who are familiar with Mediterranean cruising.

"We've sailed here several times and it is such an incredible area to see and appreciate by boat. It's a treat for the senses! In addition to sailing, there will be plenty of time to explore and to soak up the region's rich culture, cafes and shops", said Gapt, Patti Moore, co-founder.

The class will be held May 31st through June 7th aboard a fully-equipped 42' sloop. This live-aboard course provides a full range of hands-on instruction. Subjects taught include seamanship, sail trim, engine maintenance, close-quarters maneuvering, Mediterranean docking techniques "Med mooring", navigation and cruise planning. This course provides the skills necessary for cruising under sail in foreign & domestic waters. The price is \$3595, which includes breakfasts, lunches, snacks and non-alcohol beverages, plus a substantial dose of fun!

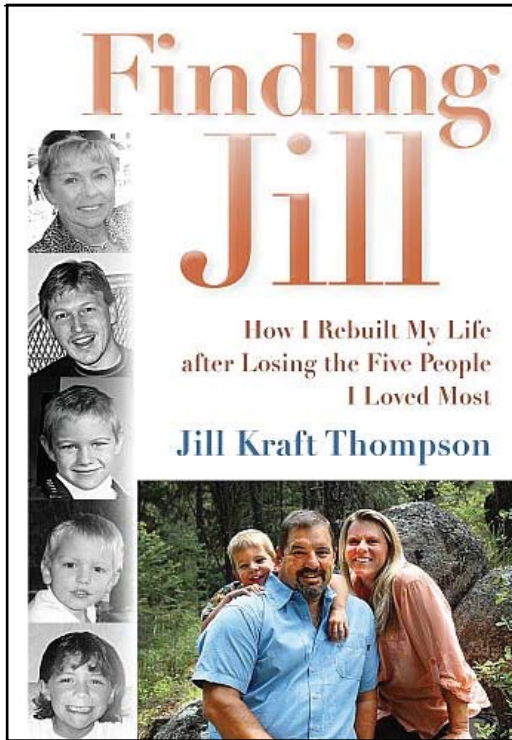
for information, contact:

SEA SENSE
Call (727) 289-6917
SEASENSEBOATING.COM

facebook.com/sea_sense_boating

An Inspiring Read and a Creative Approach to Life

by Jill Kraft Thompson



ISBN: 978-0-9894252-0-9 (print)
ISBN: 978-0-9894252-1-6 (ebk.)

Coping with Sudden Multiple Losses

Imagine the greatest loss life could deliver then multiply it times five. For instance, you are living a great adventure in the Italian countryside with your husband and two young children. Your mother, sister, and niece fly out for an extended visit, and you excitedly map out a grand tour, showing them exotic and historic places. And then, as you're driving from Venice to Florence, a semi crosses the median and strikes your minivan head-on. When you wake up in the hospital, barely alive, you are told that the five people you loved most didn't make it.

That's what happened to Jill Kraft Thompson, who has courageously written an account of her dramatic experience. Many of us don't know how we would survive such a loss; nor do we know what to say to those who have experienced a similar tragedy. Her book, *Finding Jill*, walks us through the territory of loss and reclamation. Jill knows grief and she knows the recovery journey and is dedicated to helping others learn to navigate their own grief-impacted lives by sharing her new-found coping skills.

In Jill's own words, *When I buried my husband Bart, I wasn't emotionally able to put his wedding ring on his finger. I wasn't sure why; I just sensed that I needed it more than he did. That first summer I figured out what to do with it. I had a band made with my children's birthstones and had it soldered onto Bart's ring to make a tangible and beautiful reminder of all of them. I still wear it today.*"

Jill shares that *"true recovery is knowing that your grief is now a part of you and will never go away. This kind of recovery comes when you begin controlling your life rather than letting your grief take control."*

For anyone willing to have their heart opened, this book will change the way they think about death and about life as well.

"Jill could not have shown us how to grieve and survive our losses any better. The word that emerges through it all is hope."
-- Bob Diets, author of *Life after Loss*

About the Author: Jill Kraft Thompson



A native of Weiser, Idaho, Jill Kraft Thompson lives with her husband John and their five-year-old son Franklin in the mountains north of Boise. She is dedicated to helping women and men of all ages and backgrounds navigate the grief recovery process.

www.findingjill.com



*The Women's
Sailing and
Powerboating
School*

*Sea Sense, Inc.
P.O. Box 1961
St. Petersburg,
Florida 3373L, U.S.A*

BOATING IN ITALY! DISCOVER VENICE WITH SEA SENSE

An extraordinary 8-day powerboating class is being offered this season by SEA SENSE... to the City of Bridges, Venice, the villages and islands of her surrounding lagoon.

This hands-on powerboating course will be taught aboard a fully equipped, comfortable, modern 47 foot canal boat. The course is designed to give participants the opportunity to become competent and comfortable as both skipper and crew. Boat handling, docking European style, navigating from island to island in international waters and locking through the canal system are among the many skills to be learned. All of this will take place while cruising in an area that has enchanted emperors, sailors and travelers for centuries. There will be plenty of time for exploring and touring during this course!

"We enjoyed it so much the last time - we have to do it again!" said Captain Patti Moore. "Arriving in Venice by boat is truly an unforgettable experience. Venice was magical and the lagoon was perfect for teaching boating. Each island we visited had its own special charm from colorful towns to incredible food to famous glass, history and charm."

The live-aboard course is scheduled from June 14 – 21, 2014. It will depart from and return to the charming river town of Casale, Italy northeast of Venice. The cost is \$3895 per person, which includes breakfast and lunches aboard, all cruising taxes, dockage and fuel costs.

for information, contact:

SEA SENSE
Call (727) 289-6917
SEASENSEBOATING.COM

facebook.com/sea_sense_boating

5 Secrets to Coping With Change in 2014



Susan Norgren

Choosing to change your life means a change in your vision. When you trust your ability to accept and cope with change, you allow access beyond your senses and receive guidance from a loving core of truth within – which is your connection to eternal wisdom. The only real freedom you have is the freedom to choose how you react to the situations life presents.

Energy Flows Where Attention Goes hope alone is not enough and neither is doubt when coping with change. You have control and can make difficult changes work in your favor. When your energy vibration is high you bring to you positive experiences, the same is true if you are depressed and your energy is low. The Universe gives back what you feel.

- 1 For Influence and Positive Effect** pay as much attention to what is working positively in your life as those giving you trouble. When changes in life bring you down see them as temporary hiccups. List five ways you are doing well and read them daily.
- 2 Create Positive Affirmations** about the changes taking place in your life. Turn them into positive events that work in your favor. Close your eyes, envision, and feel the effect your desired change will have.
- 3 Reclaim Emotional and Physical Wellness** you are the only person who can attract better conditions and change your outcomes. Attitude is everything. It is a state of being and intimately influences your life. Having an attitude with gratitude allows you to embrace challenging life situations with a smile and a heartfelt, sigh of relief.
- 4 Create Greater Clarity with a Sacred Bathing Ritual.** If you have crystals place them in and around your bath. As you soak in the tub, focus your energy on a deeply desired goal. Your positive energy blends with the crystals and rhythmically flows out in concentric rings to the universe and beyond bring to you the outcomes you wish to experience in your life.
- 5 Take Actions to Create a Sense of Security** by focusing your attention, energy, and actions to create your reality in the moment. When you focus your will and emotions a powerful shift of energy occurs which allows you to receive from the universe. Changes are guaranteed. Prepare for them and bring positive empowerment into your life.

Susan Norgren possesses the rare ability to help people through trance channeling. She is the author of three books including her most recent book “When The Golden Egg Cracks”. If you would like Susan to help you cope with changes in your life contact her at

Susanpsychicmedium.com

928-301-1988

The Dogma of Cats: Feline Philosophies for a Fulfilling Life

Wisdom surrounds us. We only need to look around for the answers to the great questions in life. Our best teachers come in the form of friends, flowers in our yard and even cats. Yes, I said it...cats. I admit it fully - I am a cat person. The often joked about "crazy cat lady" who is surrounded by felines in her home and does all she can to care for the local strays. I've always felt connected to cats. I get them... they get me.

Would humans be better off if we stopped personifying our beloved pets and began instead to allow ourselves to be "cat-ified?" With a new focus on discovering the beliefs, which make up the dogma of cats, I began to observe cat behavior with greater interest. Could we learn to step away from the ego obsessions associated with modern humanity and learn to simply be...at a more cat-like pace? It was time to see what all the purring was about.

The cats didn't let me down. I witnessed this species of subtle sages demonstrate a slinky mindfulness and great respect for their world. Cats are healers. Cats are persistent and adaptable. Cats are wise. Here is just a small sample of the feline philosophies, which can help you live a more fulfilling life:

Find Fun in Everything:

Cats know a good time. Yarn, paper bags, flickering sunlight and blowing leaves all lead to hours of stimulation, entertainment and exercise for a cat. Where can we find our free fun in the simple moments?

Show Affection:

Nothing is more comforting than cuddling up with a pet. Animals innately know when we need their love and they eagerly shower us with nuzzles, rubs and kisses. We can take a lesson from our feline friends by showing how we feel to those we love.

Forgive Quickly:

How many times have you seen your darling kitties aggressively squabbling over the food dish or a new toy, then moments later all snuggled together sleeping on the bed like nothing happened? Cats live in the moment, fight in the moment and love in the moment.

Know When to Rest:

The act of grabbing a nap in the middle of the day has been named for these smart critters! No animal is more known for its ability to lounge frequently and bask in the warmth of the sun. When you're feeling depleted catch a catnap to restore your energy.



Deb Snyder, PhD

Author of *Intuitive Parenting: Listening to the Wisdom on Your Heart* and *The Dogma of Cats for Kids*

Appreciate Your Unique Beauty:

Despite having a tattered ear, snaggletooth and an occasional flea in their fur, cats know at their core they are wonderful. A stray is often as lovely as a show cat and neither judges the other for it. What a life we could lead if we all thought of each other as cool cats!

So next time you are feeling overwhelmed, when life doesn't seem to be going your way, look to feline wisdom. The dogma of cats just may save the day!

Deb Snyder, PhD is an inspirational speaker, spiritual teacher and the award-winning author of *The Dogma of Cats for Kids* and *Intuitive Parenting: Listening to the Wisdom of Your Heart*. She teaches heart-centered living workshops worldwide.

FMI, please visit www.heartglowliving.com



PARSA *Afghanistan*

Women's Empowerment & Trade Afghan

PARSA directors and staff have discovered that to empower Afghan women effectively, a "learning and earning" program is the best way to create confidence, initiative, promote creativity and most importantly to promote responsibility in our fledgling women entrepreneurs. Our new Trade Afghan Women's Business Network is the culmination of 18 years of experience working with Afghan women under the most difficult economic circumstances possible in Afghanistan.

We have discovered that women who earn an income gain stature and a voice in their community. In 2014, our Trade Afghan program is our expression of support for the Women's Rights movement in Afghanistan.

Panjshir: if you give your customer a great sample of kidney beans but then fill a subsequent order with the poorest quality of beans you lose your customer.

Jalalabad: Selling canned chutney in jars that are not sealed makes the customer demand their money back.

Kapisa: If a businesswoman has only 10 KG of really great walnuts to sell, and the customer wants more walnuts, she better find a producer with more walnuts or she will disappoint and lose her customer.

Parwan: Good packaging and labeling allows you to charge a higher price for your product.

All of our business women: Your potential customer lives next door to you, in your neighborhood, is at the women's cooperative, or can be found through friends. Support women's businesses and you will expand your customer base. Reach out, take charge and find your markets!!!

Rescue Chickens & Happy Cows



Agriculture and Animal Husbandry Cooperative and Association, Parwan Province



PARSA News Tidbits

Trade Afghan Investment Fund

Trade Afghan in Finest Supermarket



Canadian Women 4 Women: Award!



Women's Bakeries Cooking with Soy Flour



Bibi Jan and the Beginning of Trade Afghan



Battered Women's Shelters Join Trade Afghan Network



For more information about this investment fund and how you can become an investor please contact marnie@afghanistan-parsa.org.

ROCK OF AGES

**WASHINGTON, D.C. CAN'T FIGHT
THIS FEELIN' ANYMORE!**

**BACK BY POPULAR DEMAND FOR
TWO PERFORMANCES ON ONE
DAY ONLY!**

**FIVE-TIME TONY
AWARD® NOMINATED
SMASH-HIT MUSICAL!**

WASHINGTON, D.C. - In 1987 on the Sunset Strip, a small-town girl met a big-city dreamer – and in L.A.'s most legendary rock club, they fell in love to the greatest songs of the '80's. It's **ROCK OF AGES**, a hilarious, feel-good love story told through the hit songs of iconic rockers Journey, Styx, REO Speedwagon, Foreigner, Pat Benatar, Whitesnake, and many more. Don't miss this awesomely good time about dreaming big, playing loud and partying on!

ROCK OF AGES will appear at the Warner Theatre (513 13th Street NW) on Sunday, March 2nd for two shows at 3:00 p.m. and at 7:30 p.m. Tickets for both engagements are on sale now at the Warner Theatre Box Office, all Ticketmaster outlets, Ticketmaster.com, WarnerTheatreDC.com and by phone at 800-745-3000.

ROCK OF AGES is a worldwide phenomenon with a smash hit production in London, Stockholm, Las Vegas and still rockin' on Broadway, featuring 28 classic rock tunes including "Don't Stop Believin'", "We Built This City", "The Final Countdown", "Wanted Dead or Alive", "Here I Go Again", "Harden My Heart", "Can't Fight this Feeling", "Renegade" and "I Want To Know What Love Is".

ROCK OF AGES is directed by Tony Award Nominee Kristin Hanggi (Bare, Pussycat Dolls on the Sunset Strip) and choreographed by Kelly Devine (Jersey Boys – Associate Choreographer). With a book by Chris D'Arienzo (writer and director of the film Barry Munday), original arrangements by David Gibbs (Counting Crows, Film: That Thing You Do) and the Music Supervision, Arrangements & Orchestrations by Ethan Popp (Tarzan; Europe: We Will Rock You, Mamma Mia).

ROCK OF AGES features set design by Beowulf Boritt (Spelling Bee, Love-Musik), costume design by Tony Nominee Gregory Gale (Cyrano, The Wedding Singer), lighting design by Jason Lyons (The Threepenny Opera), sound design by Craig Cassidy (Phantom, Mamma Mia), and projection design is by Zachary Borovay (A Catered Affair).

ROCK OF AGES is produced by PHOENIX ENTERTAINMENT

ticketmaster®

WARNER THEATRE

ROCK OF AGES

SUNDAY, MARCH 2, 2014 – 3:00 p.m. & 7:30 p.m.

TICKETS ON SALE NOW

Reserved Seat Tickets: \$62.50 / \$55.00 / \$42.50

A limited number of \$67.50 VIP tickets are also available Ticketmaster.com

Warner Theatre Box Office | WarnerTheatreDC.com

FOR MORE INFORMATION ON ROCK OF AGES:

www.rockofagesontour.com

How Character Assassination is used to Silence Opposition and Truth

By Cynthia McClaskey

I would like to talk about a tactic that religion and secular society use in order to stifle opposing or differing views or, silence victims of abuse. This tactic is called Character Assassination. Character assassination is one of the many weapons used in order to silence someone who is trying to warn people about abuse, deception and lies. All throughout history, there are countless examples of this taking place. Not only this, but this weapon has been used in the “name of God” in order to harm those that dare to speak out about their abuses. Early church history not only shows us this tactic but, it also attaches the death penalty to it. It was nothing for the church and its religious leaders to not only shame and slander those who disagreed with their doctrinal beliefs, but it was necessary for the church to completely SILENCE those who disagreed. Early religious leaders had a proven method of attack that succeeded in silencing millions of victims.

Today, this tactic is alive and well through cultures the world over. It is used against anyone that decides to step forward and talk about their abuse; whether that abuse is domestic, emotional, spiritual, physical or sexual. It is also used against those that disagree with religious rules or dogmas. History shows us vividly that those that said they loved God and were his followers committed some of the most heinous crimes against humanity the world has ever known. Many of these crimes I have cited in my book, *Religion's Cell*. All of these crimes were done “in the name of God.” Not much has changed today. Christians today, still commit crimes against women and children “in the name of God” that will boggle the mind.

The end result of this tactic is to get people to not believe the person that these religious leaders wish to silence. To show the extent to which some people will go in silencing opposition

in doctrine or belief or, silence a victim of abuse in the church, or silence the TRUTH, I would like to talk about William Tyndale (1536). Everyone should know who this person is since he translated the Bible into English.

Here's what happened to William Tyndale. Let's see if the same tactics used against him are alive and well today against those that dare to disagree, expose lies or, abuse. Here's Tyndale's story. Throughout, I will expose tactics that have infiltrated society as a whole and are used regularly to silence victims of abuse and those that present opposing belief systems.



The Martyrdom of William Tyndale (1536)

The New Foxes Book of Martyrs,

We now come to the story of William Tyndale who dug up the foundation of the pope's government. Consequently, the great prince of darkness, having malice against Tyndale, left no stones unturned in his efforts to trap Tyndale, betray him, and take his life.

Tyndale was born near the border of Wales in 1494. He was educated at Oxford and Cambridge, and soon after began his life work of translating the Bible into English. When he left Cambridge, he became schoolmaster to the children of a Master Welch, a knight of Gloucestershire in England.

Master Welch served outstanding dinners, and so was often visited by the educated and high-ranking officials of the church. Being a member of the household, Tyndale ate dinner with them and joined in their discussions about such people as Martin Luther, the German theologian, and Desiderius Erasmus, the Dutch Renaissance scholar and Roman Catholic theologian — and took a hardy part in their discussions about church controversies and questions about the Scriptures.

Since Tyndale was well educated and had devoted himself to studying God's Word, he never hesitated to give them his judgment about scriptural matters in plain and simple words. When they disagreed with him, he showed them in the Bible what the Scriptures said and how they were wrong in their beliefs and doctrines. This happened frequently at the Welch's home, and the local clergy soon grew weary of Tyndale's constant references to the Scriptures and criticism of their doctrines, and began to bear a secret grudge against him in their hearts.

It wasn't too long before the clergy invited Master and Lady Welch to a banquet without Tyndale, and immediately began to expound their erroneous doctrines freely and without resistance. Undoubtedly they planned this in an attempt to turn Master Welch and his wife against Tyndale and back to their doctrines.

Tactic #1:

Try to influence those closest to the victim, against him. Plant the seeds of doubt regarding his character or opposing beliefs by twisting scripture to prove yours. Use God's judgment as a tool to incite fear and bring friends and family under the control of the clergy, causing them to turn their backs on the victim. I cannot express how many times this has been used on victims of abuse in the churches I am familiar with. Whole families were divided by this tactic. This is not a testimony becoming of anyone that names the name of Christ or, claims to believe in a holy and merciful God.

Outside of the church, this tactic is used to influence others against victims of abuse. They are labeled as crazy, liars, troublemakers. Those closest to the victim are pulled aside and filled with all manner of slander and gossip so that others will not believe what victims have to say.

In this they almost succeeded, for no sooner had Master and Lady Welch returned home, then they began to argue with Tyndale about the things the priests had talked about at the banquet. Tyndale used the Scriptures and began to reason with them how the things they had been told were wrong.

Then Lady Welch, somewhat indignantly, said to him, "One of the doctors [of divinity] who was there can afford to spend one-hundred pounds whenever he wishes; and another, two-hundred pounds; and another, three-hundred pounds. So for what reason should we

believe you instead of them?"

Tyndale saw that it would do not good to answer her, so after that he talked very little about such matters. He was at that time, however, working on a translation of Erasmus's book, *The Manual of the Christian Knight*, which had been published in 1509, and he gave his master and lady a copy of this translation and asked them to read it. They did, and from then on few of the clergymen were invited to their house for dinner, and when they were invited they were not given the opportunity to expound their papal doctrine freely.

As this continued and the clergy realized that Tyndale's growing influence with the Welch's was the reason for it, they began to gather together and talk against Tyndale in alehouses and other places, saying that what he was teaching was heresy. They also accused him of this to the bishop's chancellor [secretary] and some of the bishop's officers.

Tactic #2:

Spread slander and gossip to everyone you know in order to rally others to your cause against the "heretic." Today, this would be done via the internet, through blogs and social media. Whether in religion or secular society, those that speak out about abuses will be evil spoken of wherever the abuser and his followers go.

As a result, the chancellor ordered the priests to appear before him, and ordered Tyndale to be there also. Tyndale had little doubt that the session was not called for the priests, but to make accusations and threats against him. So on

the way he prayed hard and silently to God that He would give him the strength to stand fast in the truth of His Word.

When the time came to appear before the chancellor, he was threatened, reviled, and talked to as though he were a

dog. Many things were charged against him, but no one came forth to prove the charges, even though all the priests from the area were there. So Tyndale escaped out of their grasp and went back to Master Welch.

Tactic #3:

Deceptively lure the heretic into a group meeting designed to attack and defame him. Treat and talk to him like he is of no value. Make him feel worthless and guilty. Accuse him of all manner of impropriety and sin. Do this in front of everyone so the group can gang up on him. (This is emotional abuse, by the way.) Anyone that is exposing abuse and lies will be treated in this manner. This secondary abuse is aimed at silencing and shaming a victim.

Many of the leaders in the cult I came out of have pulled this stunt. They call a meeting with the person that is in opposition or, exposing abuse, and the person unsuspectingly shows up to a room full of people ready to attack and accuse.

Living near the Welchs was a doctor of divinity and former secretary to the bishop who had been friendly toward Tyndale for some time. Tyndale went to him and explained the many things he

saw in the Scriptures that were contrary to papist doctrine and that had caused him his problems with the local clergy and the bishop, for he wasn't afraid to open his heart to this man. Whereupon

the doctor said to him, "Don't you know that the pope is the very Antichrist that the Scriptures speak about? But be careful of what you say, for if anyone finds out that you are of that opinion, it

will cost you your life.”

Not long after, Tyndale disputed with a certain theologian about the truth of the Scriptures until the man cried out in frustration these blasphemous words, “We would be better without God’s laws than without the pope.”

When Tyndale heard this, his godly zeal burst forth and he replied, “I defy the pope, and all his laws! If God spares my life, it will not be many years before I will cause every boy who works on a farm plowing fields to know more of the Scriptures than the pope does!”

As time passed, the priests increasingly railed against Tyndale and accused him of many things, saying that he was a heretic.

Tactic #4:

LABEL the individual as a “heretic” (Other labels: crazy, mentally disturbed, out of their mind). By placing a label on the individual, clergy is attempting to dehumanize him so that dismissing him or his opinions is much easier. Choosing not to address someone individually who challenges the toxic faith places a blanket negative label on all who would agree with that person. Those who disagree with what is taught are labeled as “detractors,” “malcontents” and “traitors”, who would destroy the ministry or organization. These labels then become rallying points under which other followers can be moved to action to hurt the individual. Once the label has been placed, it becomes more difficult to see the person as a human with real needs and the potential for good judgment. This is why church leaders today still use labeling against those that disagree or expose abuses within their institutions.

Labeling has become a ‘norm’ in today’s society and is used especially toward women that dare to speak out about abuse or, step outside the ‘roles’ that men have forced them into.

The pressure of the attacks became so great that Tyndale went to Master Welch and said that he desired to leave his employ and go to another place. “I am certain,” he said, “that I won’t be allowed to stay here much longer, and that you won’t be able to keep me out of the hands of the clergy, even though

I know you would try. But only God knows what harm might come to you if you keep me here, and I would be sorry for that.” So Tyndale left with the blessing of Master Welch, and went to London and there preached for a while, as he had done in the country.

Tactic #5:

Make the harassment so bad that the person labeled as a heretic has to flee for safety. In the fundamentalist cult I came out of, abuse victims who spoke out about their abuses have had to literally move to another city to get away from the harassment of the clergy and church members. This tactic is used to silence a victim and cause him to live in fear of further harm if he continues to speak out.

Not long after arriving in London he thought about Cuthbert Tonsal, then bishop of London, and especially Erasmus’s note in his book in which he praised Tonsal for his learning. He felt that he would be quite happy if he could somehow work for Tonsal. Tyndale wrote a letter to the bishop and then went to see him, taking with him a copy of the oration of Isocartes, the Athenian orator and teacher, which he had translated out of Greek into English, but the bishop gave him various reasons why he had no work for him, and advised him to seek work elsewhere in London. Believing that God in His providence had shut this door for a reason, Tyndale then went to see Humphrey Mummuth, an alderman of London, and asked for

help. Mummuth took him into his home, where he lived for about a year. While he was there, Mummuth said, “Tyndale lived like a good priest, studying night and day, eating only plain meals and having but one beer with them, and wearing the simplest of clothing.”

During that year, Tyndale felt an increasing urge to translate the New Testament from Latin into a plainer language. But as he saw how the preachers boasted about themselves and claimed total authority in spiritual matters, and how vain the bishops were in everything they did [many clergy act this same way even today], and how much he was disliked by them all, he realized that there was no place he could do it in London or England. Soon God provided

him sufficient money through Mummuth and some other men so he could leave England and go to Germany, where Martin Luther had just finished translating the New Testament into German (1521), and was working on many tracts and catechisms and a translation of the entire Bible.

[Click for more....](#)

Best-selling Author Dr. Andrew Newberg Appears on BetterWorldians Radio Newberg discusses why we believe what we believe

BetterWorldians Radio today announced that **Dr. Andrew Newberg**, author of **Why We Believe What We Believe and How God Changes Your Brain**, was a guest on the weekly Internet radio broadcast, , a show dedicated to making the world a better place by giving a platform to people and ideas of inspiration. The broadcast featuring Newberg aired on January 23rd and is now available via podcast on the VoiceAmerica Variety Channel (<http://Radio.BetterWorldians.com>).

Newberg discussed his research into how the brain processes religion. His findings show that human brains are built for faith. "Our brain is really designed for us to be spiritual, which allows us to address and engage ideas and practices, such as prayer and meditation," said Newberg.

Newberg explained how various spiritual practices that help improve brain function and memory. He says faith is a powerful tool when it comes to building a healthier brain. "I think we're really just scratching the surface and there's so much more to explore," said Newberg.

BetterWorldians Radio airs live on Thursdays at 11 a.m. EST on VoiceAmerica Variety Channel and has featured guests such as best-selling author Dr. Stephen Post; award-winning film producer, Dan Karslake; author of *Mother Teresa and Me*, Donna-Marie O'Boyle; author of *Hardwiring Happiness*, Dr. Rick Hanson. To access the show, log on at <http://Radio.BetterWorldians.com>. All shows will be available in the BetterWorldians content library on the VoiceAmerica Variety Channel for on-demand and podcast download.

About Dr. Andrew Newberg:

Dr. Andrew Newberg is Director of Research at the Myrna Brind Center for Integrative Medicine at Thomas Jefferson University Hospital and Medical College. He is Board-certified in Internal Medicine and Nuclear Medicine. Newberg is considered a pioneer in the neuroscientific study of religious and spiritual experiences, a field frequently referred to as – neurotheology. Dr. Newberg has published over 150 research articles, essays and book chapters, and is the co-author of five best selling books, including *Why We Believe What We Believe and How God Changes Your Brain*.

About BetterWorldians Radio:

BetterWorldians Radio is a weekly Internet radio broadcast on the VoiceAmerica Talk Radio network. BetterWorldians Radio is hosted by Ray, MarySue and Gregory Hansell, the family team that created the popular game on Facebook, A Better World. This game rewards players for doing good deeds while helping to raise money and awareness for charities. Over 2 million people have performed over 13 million good deeds in A Better World to date. BetterWorldians Radio is broadcast from Wayne, PA. A Better World recently launched a worldwide Campaign for Kindness with the release of an animated video, <http://ColorWithKindness.com>. When the video reaches 1,000,000 views, A Better World will fund surgeries allowing ten children to walk for the first time.

Media Contact:

Karen Carr
MRB Public Relations
732 758-1100 x.101
kcarr@mrb-pr.com

Liz Bobo

Our State Delegate for District 12B

Zach is completing another week in home hospice. His parents lovingly care for him personally with hospice workers coming three times a week to help.

Zach is resting peacefully most of the time. I continue to love standing by his bedside with one hand resting softly on his shoulder and another on his knee. I talk to him some about all I have learned from him - none greater than to love life- every minute of it.

Zach's dad recently received a phone call from a radio station wanting to dedicate an hour of music to Zach and requesting some of his favorites. John replied, "That's easy - The Temptations and Mozart." I believe those musical preferences provide a clear insight into Zach's approach to life.

Last weekend Lloyd and I prepared a big pot of chili to celebrate his 80th birthday. Throughout all the chopping of peppers and onions and stirring the pot, Mozart was wafting throughout our home. Zach was cooking with us.

Many of you have lovingly inquired as to whether there is anything you can do for Zach or his family. Pray for him in whatever way you pray. I so clearly recall Zach's telling me at Johns Hopkins Hospital in January of 2012 shortly after we had learned that his brain cancer had returned after a respite of eight years, "Grandma, if you want to know what you can do for me, what I really want most is for you to be happy." So I now pass that answer on to you from Zach.

In last week's Columbia Flier, Stan Berr titled his weekly column "Zach Lederer continues to provide inspiration..." and ended with these words, "the spirit that is Zach Lederer can never die." Stan speaks for me and so many others.

Last Week at Home in Columbia

The tragedy of the deadly shootings at the Mall in Columbia had a profound impact on all of us. As the member of the House of Delegates who represents the Mall area, I received countless expres-

sions of sorrow from my colleagues.

I am filled with compassion for the loved ones of those who died, and dedicate myself to continue doing all I can to prevent violence in our community, state, nation, and the world.

One thing I want to add. I read many expressions of surprise and shock that this took place in our beloved Columbia. I have been working with Vinny DeMarco, the leader of the effort for stronger gun regulation in the state of Maryland, for 30 years, going back to my time serving in county government. One of the most difficult aspects of developing a strong determination to address gun violence is that so many believe it can never happen to them.

In honor of the two young people, Brianna Benlolo and Tyler Johnson, who were gunned down to their deaths, and, yes, to the young man, Darion Aguilar, who did the shooting, let's rededicate ourselves to doing all that we can to prevent violence of any kind..... and let us come from love, not fear.

The Sun Weighing the loss of Beretta jobs [Editorial] Our view: If seeing 300 jobs go to Tennessee is the price of sensible gun control laws that protect the public, so be it

President of the Maryland Senate, Mike Miller, said it so well in the following, Sun editorial, "You cannot jeopardize the public safety of our citizens to keep a manufacturer."

www.baltimoresun.com/news/opinion/editorial/bs-ed-beretta-20140130-0,5997182.story

This Week in the Legislature

We began public hearings in the Environmental Matters Committee on which I serve. Most of the bills heard related to clean water or hous-

ing regulations. We have not yet had a committee voting session.

We have had one vote in the full House of Delegates - House Bill 119, Maryland Health Insurance Plan. I am pleased that this bill passed because it will provide an extended opportunity to those who attempted to register for health care coverage through the state's website and failed due to flaws in that



site. Although this legislation neither rectifies nor excuses the serious problems this website has caused for many Maryland citizens, it does give some of them another deserved opportunity to obtain coverage.

Town Hall Meeting

My 20th and final Legislative Town Hall Meeting will be held on Thursday, February 27th, 2014 from 7:30 to 9 p.m. at Kahler Hall in the Harper's Choice Village Center, 5440 Tucker Row Columbia, Md 21044. As I look back, these meetings stand out as a galvanizing force of my serving as a Maryland Delegate. Please come and join in the usual lively discussion on issues that are currently before the Maryland Legislature in Annapolis, including health care, education, and protection of our precious Chesapeake Bay.

News Articles

Since my first report from Annapolis during this legislative session in which I focused on economic injustice in our state and nation and the world, the gap between the very rich and everyone else, has widened. Countless news articles, editorials, and op eds. have been published. Several of them appear below.

The Washington Post editorial refers to the long standing need for tax reform. "...multiple deductions, loopholes and credits not only make the code and the economy less efficient; they also disproportionately favor upper-income Americans."

The Sun article covers President Obama's visit to Maryland on the day after his State of the Union address. He utilized the warehouse of a big business with an excellent record on just compensation, Costco, to promote not only the federal legislation being considered by Congress on a minimum wage, but also the bill before us in the Maryland legislature on the same subject. I am a sponsor of House Bill 187. Adoption of this much needed public policy is one of the fastest and surefire ways to get more money into our economy.

Another Post editorial addresses a

similar benefit to our economy from the Earned Income Tax Credit (EITC).

And then, the Post columnist whom I have oft described as my favorite, E.J. Dionne, writes of the "confidence building measures" in our president's State of the Union address....."a bid to move the national conversation back to economic basics, to opportunities for everybody" as he said in a follow-up speech Wednesday at a Costco store in Lanham, and to the ideas that "treating workers well is not just the right thing to do, it's an investment."

Washington Post Making progress on inequality

http://www.washingtonpost.com/opinions/making-progress-on-inequality/2014/01/25/0394bdd0-8457-11e3-bbe5-6a2a3141e3a9_story.html

The Sun The Costco example [Editorial]

Our view: President Obama makes the case for a \$10.10 minimum wage as a way to lift families out of poverty without killing jobs

www.baltimoresun.com/news/opinion/editorial/bs-ed-costco-20140129-0,7369988_story

Washington Post Earned income tax credit is a smart way to help the working poor

http://www.washingtonpost.com/opinions/earned-income-tax-credit-is-a-smart-way-to-help-the-working-poor/2014/01/26/02c66dba-8522-11e3-bbe5-6a2a3141e3a9_story.html

Washington Post Obama the confidence-builder

http://www.washingtonpost.com/opinions/ej-dionne-obama-the-confidence-builder/2014/01/29/57a0ebae-8922-11e3-916e-e01534b1e132_story.html

The features below will be included in each week's newsletter throughout the session.

Maryland General Assembly Website <http://mgaleg.maryland.gov>

To read this week's Hot List from The Maryland League of Conservation Voters click on

http://www.mdldcv.org/files/Hotlist/2014/MDLCV_Hot_List_-_House_Jan_28_14_1.pdf

Delegate Liz Bobo

Elizabeth.Bobo@house.state.md.us

Annapolis Office 410-841-3205

District Office 410-997-2626

Medical Marijuana

I was a sponsor of the medical marijuana bill referenced in the Baltimore Sun article below and find it troubling that the hospitals are not utilizing it. My main reference point on this issue goes back 14 years to when my sister, Martha, spent the last three months of her life in our home dying of leukemia. Although we were blessed that she ultimately had a very peaceful passing, I have no doubt that those months could have been eased by the use of medical marijuana.

The Sun Medical marijuana still beyond reach in Maryland

Patients, lawmakers say state law has done nothing to improve access to drug www.baltimoresun.com/health/bs-md-medical-marijuana-20140118-0,7483776_story

Speed Cameras

In last week's report, I wrote of my concerns about the abuse of speed cameras. The Sun article below sheds more light on this troubling issue. I think it makes a very good point in that although government bears major responsibility for this abuse, the private are certainly not without blame.

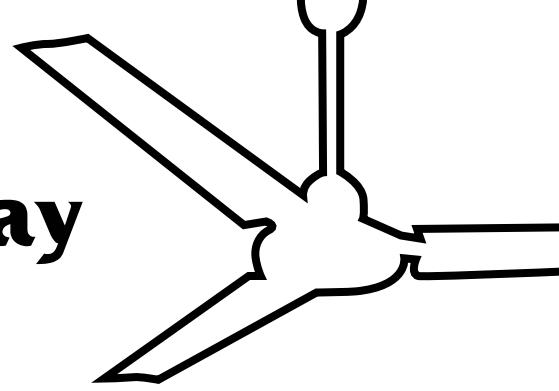
The Sun Speed cameras reflect public-private incompetence

Government takes knocks, but private contractors deserve them, too

www.baltimoresun.com/news/maryland/bs-md-rodricks-0126-20140125,0,2975480.column

It's so nice to see warmer weather and sunshine predicted for the weekend. Enjoy the reprieve from the cold.

Calgon Take Me Away



Remember that commercial.

Have you been in a situation where you are trying to concentrate or get your job done and everyone around you seems oblivious to your situation?

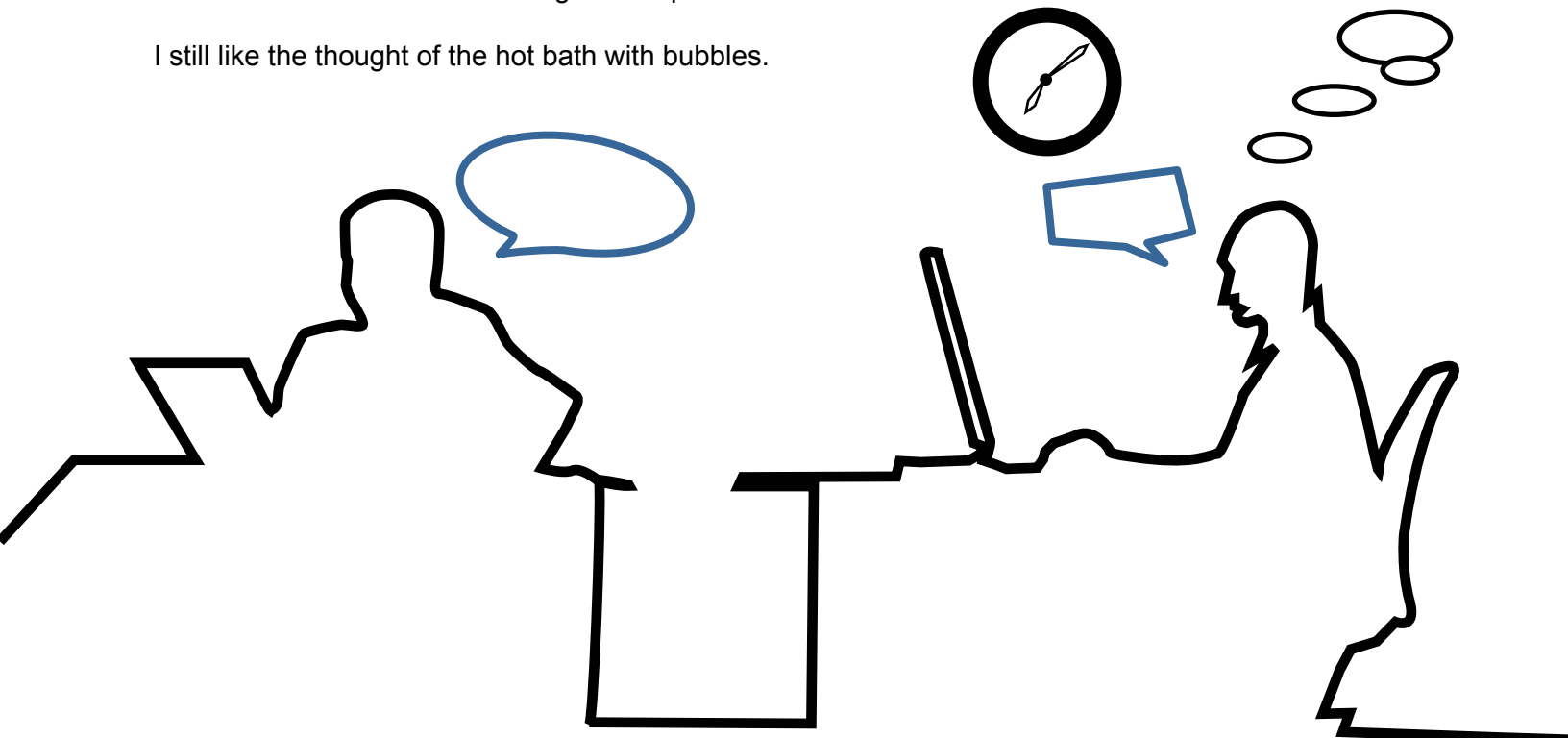
You might have this in your office or your home. Trying to take control can be daunting. You do not want to hurt anyone's feelings by telling them you need space; but your anger rages because they cannot appreciate your situation.

I used to give my girls the "look" when I needed them to cooperate. I was the spoil sport lots of times but this made them respect me. It also made them look around the office being aware of others duties.

Maybe you can take your mind away like the commercial but then you aren't able to do your project. It is O.K. to remind your co-workers that this is a professional office and other employees might be needing to complete jobs that require a calmer atmosphere. If this doesn't work try to find a room where you can be alone to work.

The worst think you can do is take this personal. I just couldn't imagine my co-workers didn't see I needed space. This used to get me very angry and I did take it personal. Then I realized that others might not be as aware of the problem. That doesn't mean they cannot be made aware. Do it in a non aggressive manner and make it look to them that it is to their advantage to cooperate.

I still like the thought of the hot bath with bubbles.





BoatUS Comments on Future of Federal Aids to Navigation to House Subcommittee

In a hearing before the Subcommittee on Coast Guard and Maritime Transportation held yesterday to review the future of the federal government's navigation programs and aids to navigation, Boat Owners Association of The United States (BoatUS) submitted comments urging the federal agencies faced with lower budgets to keep the needs of recreational boaters in mind when looking at future savings and efficiencies. Aids to navigation include items such as floating and lit buoys, fixed markers, sound signals and range markers that allow boaters to safely navigate.

In an opening statement, Subcommittee Chairman Duncan Hunter (R-CA), stated, "In an age of electronic communications and digital technology, I am interested in the savings and efficiencies that can be gained through an e-navigation system, as well as the progress we have made in implementing e-navigation. However, I am also concerned that as an e-navigation system is built out, adequate redundancies and back-up systems are put in place to ensure safety."

While BoatUS acknowledged that the US Coast Guard's aids to navigation mission is understandably focused on supporting commercial shipping and fishing, "We ask that the needs of more than 12 million registered recreational boats also be considered as the Committee reviews these programs. Unlike commercial vessels, recreational boats are much less likely to have sophisticated electronics needed to access some of the newer proposed systems such as virtual buoys. There is still a significant need for the tried and true physical aids to navigation in areas such as shallow draft harbors and channels where boaters operate."

Also commenting about the collection of data used to create nautical charts, BoatUS said there was a "backlog of need to survey areas with active recreational boating populations." The national boat owners group also acknowledged and thanked NOAA's Office of Coast Survey for being responsive to boaters needs with a change in a plan that would not have included "the Magenta Line", or Atlantic/Gulf Intracoastal Waterways, on new charts. Instead, the Office has undertaken an innovative program that will use verifiable "crowd source" information combined with survey data to maintain the Magenta Line.

To see the full BoatUS comments, go to: www.BoatUS.com/Aidstonavigationcomments.

About BoatUS:

Boat Owners Association of The United States (BoatUS) is the nation's leading advocate for recreational boaters providing its over half-million members with government representation, services such as 24-hour dispatch, on water boat towing as well as roadside assistance for boat trailers and tow vehicles, feature-packed boat insurance programs, money-saving benefits including marina and service discounts, and vital information that improves recreational boating. Its member-funded BoatUS Foundation is a national leader promoting safe, clean and responsible boating.





NEW YORK FASHION SHOW EVENT APRIL 27TH, 2014

VIP Exclusive Fashion Production with Mid Atlantic Lambos!



Our support to charity in 2013 was very successful and rewarding. We want to thank you for your support! We're looking forward to continued progress with our events 2014. Our latest fashion production with Mid Atlantic Lambo's was in Washington D.C., at the Italian Embassy. More than 400 spectators were in attendance at the event supporting the charity for Cancer (Fashion for the Cure). The event was covered in the Washington Post June 7th, in the Sunday

Newspaper's: <http://vip-exclusive.org/article-dc.html>

This year we're bringing our fashion show with Lamborghini's to New York City.

Vendor space is limited please contact us A.S.A.P. You can also support the event charity by advertising in our event booklet, and website for only \$250.00 Sponsorship packages are available upon request.

Email inquires to info@vip-exclusive.com

Visit the event pages for more information:

website

<http://vip-exclusive.org/event.html>

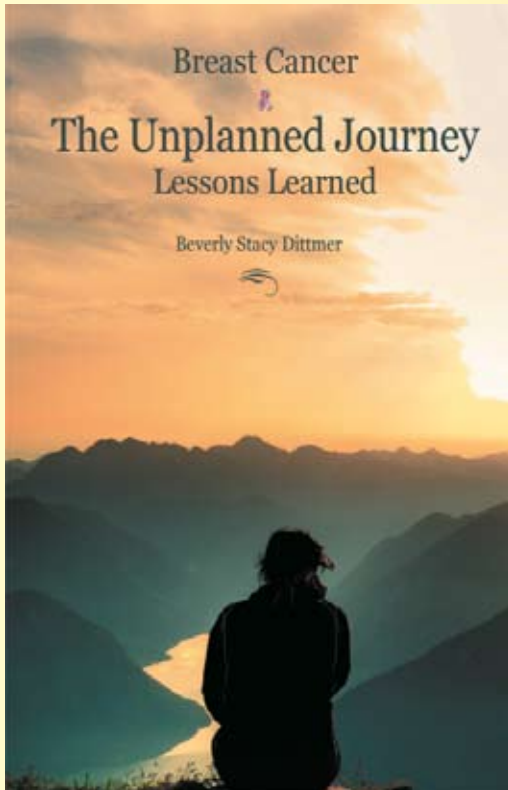
youtube

http://youtu.be/e_eUPr4h8y4

facebook

https://www.facebook.com/events/355377497925396/?ref=3&ef_newsfeed_story_type=regular

Your Attitude About Yourself Is Critical



BOOK TITLE
IP -Number or any INFO



AUTHOR name..
any info toooo ADD

Beverly Stacy Dittmer splits her time between Texas and Colorado. She offers practical advice about the struggles she faced during her year-long battle with cancer in her book, "Breast Cancer: The Unplanned Journey." She has been cancer-free for ten years.

To share your own journey or questions about facing cancer, please contact beverlydittmer@frontier.net.

I was moving along with life. Our kids were finally grown, had finished college, and had seemed to marry successfully. I was happily married and retired. I was enjoying the early grandchildren, and life was really good when I found my lump.

Cancer can hit anyone. It is not selective, it can strike at any age, it doesn't announce its presence. It certainly is never fair, and it attacks hard.

My husband and I had bought a second home in the mountains outside of Durango, Colorado. I was hiking, climbing, skiing, and teaching water aerobics. I was very rich in friends and family. After a nice hot shower in the evening of a full and fun day, I discovered the lump. It seemed to take forever to diagnose, but it turned out to be breast cancer.

I had to come to grips with my life as it was that summer of 2003. I had cancer. I had no idea of what was ahead, but I knew that I wanted to live. To live a good life again, I had to beat this cancer.

In the process of acquiring inner strength I wrote the following poem, which explains the attitude I needed in order to win my battle with cancer. Every word of it is truth, as I know it. Early detection is critical in overcoming cancer, but the other key player-important in any trial-is a positive attitude.

I'm From....

“ *I'm from strong Texas stock -
From a farm lady who raised six children by herself,
From a dirt share cropper who benefited from the death of a son in World War II
By receiving enough money to finally buy land,
From a man (my father) who worked carrying a gun in an oil boom town.
People who made their way with little help.*

*I'm from the land –
Hard, bare, white, hot west Texas desert
Where the sandstorms blew so thick that the sun couldn't shine
And it was dark at noon,
Where the sand hung in the air and piled up everywhere inside and out.
There was no escape from it.*

*I'm from schools of learning -
Where a universe of books and writing and mathematics and science opened
the world for me,
Where I learned to stand alone without my parents,
So that I could see beyond the dirt and the land and my heritage.
I could fly!*

*I'm from being a mother –
Times when I cried with my children because it was so hard,
Happy, laughing times full of singing,
Times of tiredness when my bones would be so weary that I thought that I couldn't do
one thing more –
But I could.*

*Now I'm from a land of danger and monsters
Where I walk in the darkest night of all time,
Where plans are tenuous and pain colors daily life,
Where my daily surroundings include IV's, bandages, blood, and strange smelling
fluids,
Cancer invaded my body.*

*But I'm a thriver, I'm a survivor.
I'm NOT from Cancer. ”*



visit <http://www.facebook.com/??????>

Your Fiscal Cliff

TAXES



FINANCIAL

TAX
RATE



You might have a business or you might be the partner who handles things financially. Either way you should be aware of your tax situation.

Becoming knowledgeable on taxes is the best thing you can do for yourself or business. In your business you can find ways to cut and improve by studying the tax ramifications of changes and innovations. In your personal life you can find ways to take advantage of retirement savings and cost cutting around the home. You don't have to be a CPA but looking over your tax return every year can get you more involved and you can learn some shortcuts.

I am a certified tax preparer and believe it or not I learned from taking our taxes to someone early on and then I could do them myself. I started to prepare family and friends taxes and then I become certified. I found that I knew about 70% of the information but the course helped me start my business. It is a continuing learning process because of all the changes but knowing the basics can improve your financial future.

Become aware of your personal goals. Preparing for your tax return is a good start. Asking questions will see you further and pretty soon you will feel good about the "season".



EVERYMAN THEATRE

ENGAGE. INSPIRE. TRANSFORM.



High Profile Leaders in the National Conversation About Women in Theatre Descend on Baltimore Everyman Theatre hosts exciting discussion

Everyman Theatre welcomes toplevel theatrical leaders for its panel discussion entitled “How Women’s Voices in the Theatre Reflect Our Culture.” The panel is a part of the new discussion series, The World of the Play, which began earlier this season.

Joining host and moderator Marc Steiner will be three colleagues of the highest caliber: Teresa Eyring (Executive Director of Theatre Communications Group, New York), Jacqueline Lawton (professional playwright and dramaturg, Washington, DC), and Dr. Jackson Bryer (professor emeritus of American theatre at University of Maryland, College Park). **The panel discussion takes place this Saturday, January 18th at 5 PM at Everyman Theatre.**

The panel discussion is inspired by Everyman’s current production of Beth Henley’s Pulitzer Prize-winning comedy *Crimes of the Heart*. The discussion will delve into the surprising inequality when it comes to female playwrights on the American stage and how this lack of the feminine voice may be a reflection of our culture itself.

Teresa Eyring has served as the Executive Director of Theatre Communications Group in New York since

2007. Theatre Communications Group (TCG) is the national organization for the American theatre, offering members networking and knowledgebuilding opportunities through its conferences, events, research and grants. Ms. Eyring has been an executive in theatres around the U.S. for over twenty years. She previously served as the managing director of the Children’s Theatre Company in Minneapolis and as the Director of Development at Woolly Mammoth Theatre in Washington, DC. She holds an MFA in theatre administration at the Yale School of Drama.

Jacqueline Lawton was named one of the 30 of the nation’s leading black playwrights by Arena Stage’s American Voices New Play Institute. Her plays include *Anna K*; *Bloodbound* and *Tonguetied*; *Deep Belly Beautiful*; *The Hampton Years*; *Love Brothers Serenade* (2013 semi-finalist for the Eugene O’Neill Theater Center’s National Playwrights Conference), *Mad Breed* and *Our Man Beverly Snow*. She has received commissions from Active Cultures Theater, Discovery Theater, National Portrait Gallery, National Museum of American History, Round House Theatre and Theater J. A member of Arena Stage’s Playwright’s Arena and the

Dramatist Guild of America, Ms. Lawton resides in Washington, D.C.

Dr. Jackson Bryer is a Professor Emeritus of the Department of English with more than 40 years of service to the University of Maryland. He was honored in 2004 with the university’s Distinguished Scholar-Teacher Award. Over the years, Dr. Bryer has worked closely with the Department of Theatre as an affiliate faculty member and literary advisor, and his efforts have been instrumental in bringing such notable theatre practitioners as Edward Albee, Beth Henley, and Wendy Wasserstein to speak to our students. Dr. Bryer is the author, editor, co-author, or co-editor of 31 books, and has made 37 contributions to books, and 30 journal articles.

Radio personality **Marc Steiner** (*The Marc Steiner Show*) will moderate each of the discussions. In the 20 years since his show began airing, Marc Steiner has become one of the most recognized voices in Maryland and has gained national acclaim for his insightful style of interviewing. Mr. Steiner also has a deep understanding for theatre; he taught theatre for ten years at the Baltimore School for the Arts.

Tickets for the Crimes of the Heart-themed panel – “How Women’s Voices in the Theatre Reflect Our Culture” – are now on sale and may be purchased by calling 410.752.2208 or by visiting www.everymantheatre.org/worldoftheplay.

Crimes of the Heart has been extended and is running now through February 9th, offering performances Wednesday through Sunday, with selected Tuesday evening performances.

Everyman Theatre is proud to partner with University of Maryland Medical Center as the Season Sponsor and WYPR 88.1-FM as the Season Media Sponsor. Michael Hodes, LLC is the production sponsor and Style Magazine is the production’s media sponsor.

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

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

Everyman Theatre is a professional Equity theatre company celebrating the actor, with a resident company of artists from the Baltimore/DC area. Founded in 1990 by Vincent Lancisi, the theatre is dedicated to engaging the audience through a shared experience between actor and audience seeking connection and emotional truth in performance.

Everyman is committed to presenting high quality plays that are affordable and accessible to everyone.

Vincent Lancisi is the Artistic Director of Everyman Theatre; Ian Tresselt is the Managing Director.



You’re invited behind the curtain to explore the ideas underneath the plays you see on our stage. Discover the mosaic of ideas that create the illusion of a real world. Hosted by Marc Steiner (The Marc Steiner Show).

**For information about
Everyman Theatre,
visit www.everymantheatre.org
or
call 410.752.2208.**





girl scouts
of central maryland

Girl Scouts of Central Maryland's community programs are designed to enhance girls' academic skills and offer the benefits of the Girl Scout Leadership Experience.

Each six-week program encourages cooperation and teamwork as girls explore concepts intended to build self-esteem, confidence and leadership ability. Programs include anti-bullying, financial literacy, self-esteem, health and fitness, literacy, and STEM (science, technology, engineering, and math) programing. Girls also engage in community service projects, like saving the Chesapeake Bay or collecting donations for the Maryland Food Bank, to help reach their full potential. Your sponsorship supports GSCM's mission to empower at-risk girls in our community through programming that includes:

Leadership Development

Partnering with local schools and recreation centers, GSCM provides programs for girls who might otherwise be unable to participate in the Girl Scout experience.



Beyond Bars

Collaborating with the Maryland Correctional Institute for Women (MCI-W), GSCM enables girls and their incarcerated mothers to strengthen their relationships and participate in the Girl Scout experience.



Science, Technology, Engineering & Math

With organizations like NASA, Johns Hopkins University and Northrup Grumman, GSCM offers unique opportunities that allow girls to take on new challenges in the science arena while participating in the Girl Scout experience.



Distinguished Women's Award Reception

April 24, 2014, 5:30 pm
Baltimore Country Club, Roland Park
4712 Club Road, Baltimore, Maryland 21210
[Sponsorship Opportunities](#)

2014 Honorees



Dr. Susan T. Gorman Michelle Lipkowitz, Esq. Monica Mitchell Molly Shattuck Joyce Ulrich

Pledge Your Support

- Signature Sponsor (\$25,000)
- Ambassador Sponsor (\$15,000)
- Cadette Sponsor (\$10,000)
- Junior Sponsor (\$5,000)
- Brownie Sponsor (\$2,500)
- Daisy Sponsor (\$1,000)

DETACH AND MAIL THIS FORM TO:
Girl Scouts of Central Maryland
Attention: Berit Killingstad
4806 Seton Drive, Baltimore, MD 21215

For more information or to donate or register for this event please visit gscm.org



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),
410-347-3981 (office),
443-223-1303 (cell)

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

Website: www.bbb.org.

BBB Offers Identity Theft Prevention Tips During Tax ID Theft Awareness Week

During Tax Identity Theft Awareness Week (January 13 - 17), Better Business Bureau serving Greater Maryland encourages taxpayers to carefully protect social security numbers when filing for a tax refund.

Tax identity theft happens when someone uses your social security number to get a tax refund or job. According to a recent Treasury Inspector General Report, the Internal Revenue Service paid billions of dollars in fraudulent tax refunds to individuals who used a stolen social security number to complete a claim in 2012.

"Your social security number is a gold mine for fraudsters. They may file for a tax refund, apply for a loan and even commit a crime, using your name," said Angie Barnett, president/CEO, BBB | Greater Maryland. "While many institutions, such as your bank, may need your social security number, always remain wary of who is requesting it, why they need it and how your information will be safeguarded."

Unfortunately, many tax identity theft victims don't discover that their social security number has been stolen until they file their taxes. Then, it often takes several months before victims receive their rightfully owned tax refund. Be alert and contact the IRS immediately, if you receive a notice from the agency that states:

- More than one tax return for you was filed,
- You have a balance due, refund offset or have had collection actions taken against you for a year you did not file a tax return, or
- IRS records indicate you received wages from an employer unknown to you.

According to BBB Accredited, EZ Shield, identity thieves often scour mailboxes towards the end of January, looking to steal W-2 forms. The fraud protection company encourages taxpayers to request that employers hand out W-2 forms in person instead of by mail.

BBB also advises individuals to look out for crooked tax preparers during this time of year. BBB | Greater Maryland received 26 complaints against tax preparation services in 2013. Some complainants alleged that the preparer filed their tax return without permission or demanded high fees to obtain the refund. In other complaints, individuals alleged paying for services they never received.

"It's absolutely critical, that you do your research and choose a trustworthy and reputable tax preparer. After all, he or she will handle some of your most private information." added Barnett.

To prevent tax identity theft, BBB and the FTC offer the following tips

[Read More Online](#)

If you think you've become a victim of tax identity theft

[Read More Online](#)

Search for your favorite authors

Go Online for any of the Books Preview Version

Author Quotes

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



Aliah Uddin
Author - Her Demise

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

Christine
Author - MANipulated Into Fear -
by Marvela Dawnay

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

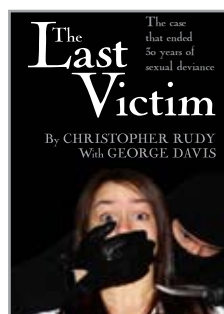


Consolee Nishimwe
Author - Tested to the Limit
Torture, Rape and Genocide Survivor



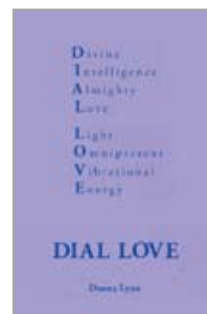
Race from the Finish
by D.T. Dignan

ISBN-10: 1458205657
ISBN-13: 978-1458205650



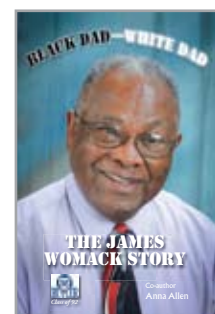
The Last Victim
by Christopher Rudy

ISBN-10: 1468017608
ISBN-13: 978-1468017601



Dial Love
by Donna Lynn

ISBN: 978-1-47977-052-6



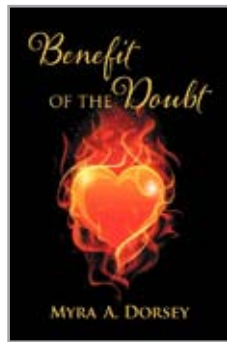
Black Dad-White Dad
by James Womack

ISBN-10: 1481716050
ISBN-13: 978-1481716055



The Red-Haired Man
by Marie Tapia

ISBN-10: 1475983743
ISBN-13: 978-1475983746



Benefit of the Doubt
by Myra A Dorsey

ISBN-10: 1468574078
ISBN-13: 978-1468574074



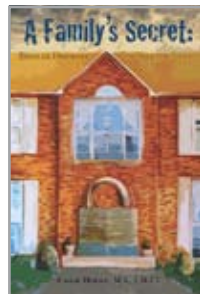
All Things Possible
by Eliza Sarah Graham

ISBN-10: 1452572429
ISBN-13: 978-1452572420



The Power and Simplicity of
Self-Healing
by liberty forrest

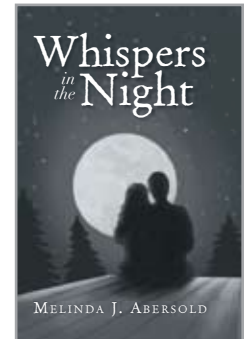
ASIN: B00AMNFGY0



A Family's Secret
by Carol Horan

ISBN: 1468150871
ISBN 13: 9781468150872

 PINNACLE BOOK
ACHIEVEMENT AWARD



Whispers in the Night
by Melinda J. Abersold

ISBN-10: 1483672611
ISBN-13: 978-1483672618



The way we go
by Pat Heydlauff

ISBN-10: 1452569614
ISBN-13: 978-1452569611

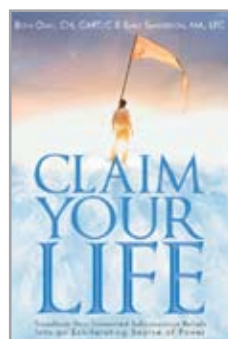
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Life Changing Verses 1
by Carlton Lee Arnold

ISBN-10: 1449779220
ISBN-13: 978-1449779221



Claim Your Life
by Boin Oian



JUNEBUG
by Cherie Doyen

ISBN-10: 1452572054
ISBN-13: 978-1452572055



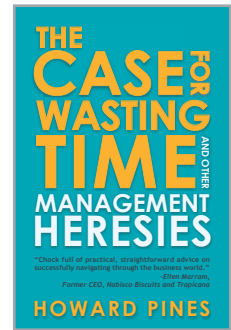
Life Changing Verses 2
by Carlton Lee Arnold

ISBN-10: 1449789463
ISBN-13: 978-1449789466



Life Changing Verses 3
by Carlton Lee Arnold

ISBN-10: 1449798624
ISBN-13: 9781449798628



The Case for Wasting Time and Other Management Heresies
by Howard Pines

ISBN: 978-1-4817-2296-4 (sc)
ISBN: 978-1-4817-2297-1 (hc)
ISBN: 978-1-4817-2298-8 (e)



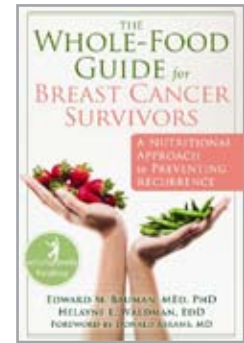
The Storm in the Middle of the Night
by Ronnie Cheatwood

ISBN-10: 1589099567
ISBN-13: 978-1589099562



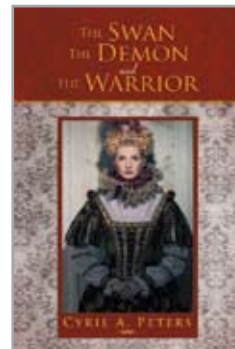
The Swing Theory
by Stacey Watt

ISBN-10: 1481716611
ISBN-13: 978-1481716611



The Whole Food Guide for Breast Cancer Survivors
by Helayne Waldman

ISBN 978-1-60882-718-3 (epub e-book)
ISBN 978-1-57224-958-5 (pbk.)
ISBN 978-1-57224-959-2 (pdf e-book)

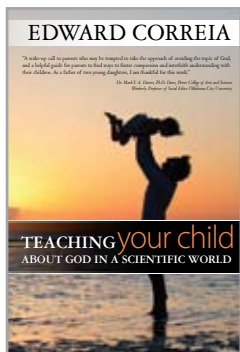


The Swan, The Demon and The Warrior
by Cyril A. Peter

ISBN-10: 1483692515
ISBN-13: 978-1483692517

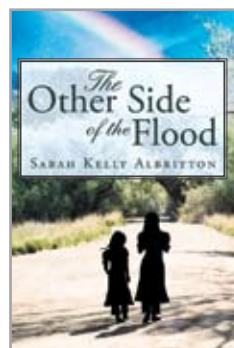
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Teaching Your Child About God in a Scientific World
by Edward Correia

ISBN-10: 1478153334
ISBN-13: 978-1478153337



The Other Side of the Flood
by Sarah Kelly Albritton

ISBN: 978-1-4497-8071-5 (sc)
ISBN: 978-1-4497-8072-2 (hc)
ISBN: 978-1-4497-8070-8 (e)



Wheel A Recovery from chronic
by Sylvia Hawthorn Deppen

ISBN: 978-1-4525-5565-2 (sc)
ISBN: 978-1-4525-5566-9 (hc)
ISBN: 978-1-4525-5564-5 (e)

The 10 Best and Worst Foods for Health and Longevity

The Best:



Green Leafy Vegetables
(e.g. kale, collard greens, mustard greens, spinach, lettuce)



Non-Leafy Cruciferous Vegetables (e.g. broccoli, cauliflower, Brussels sprouts, cabbage)



Berries



Beans



Mushrooms



Onions



Seeds (e.g. flax, chia, hemp, sesame, sunflower, pumpkin)



Nuts (e.g. walnuts, pistachios, pine nuts, almonds, cashews)



Tomatoes



Pomegranates

The Worst:



Sweetened Dairy Products
(e.g. ice cream, low-fat ice cream, frozen yogurt)



Trans Fat Containing Foods (e.g. stick margarine, shortening, fast foods, commercial baked goods)



Donuts



Sausage, Hot Dogs, and Luncheon Meats



Smoked Meat, Barbecued Meat and Conventionally-Raised Red Meat



Fried Foods including Potato Chips and French Fries



Highly-salted Foods



Soda



Refined White Sugar



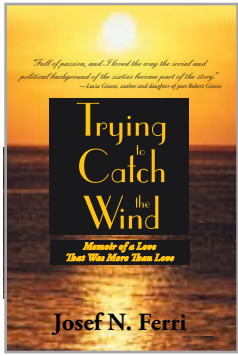
Refined White Flour

Dr. Fuhrman

© 2013 Joel Fuhrman, M.D.

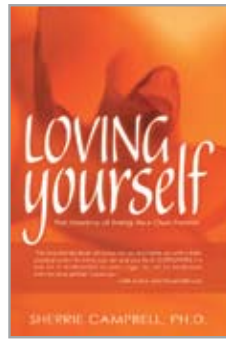
www.DrFuhrman.com

1-800-474-WELL (9355)



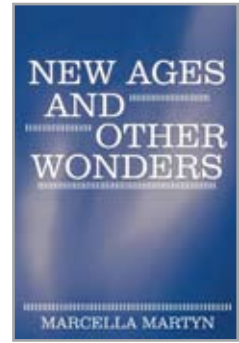
Trying to Catch the Wind
by Josef N Ferri

ISBN: 978-1-4759-6913-9 (sc)
ISBN: 978-1-4759-6914-6 (hc)
ISBN: 978-1-4759-6915-3 (e)



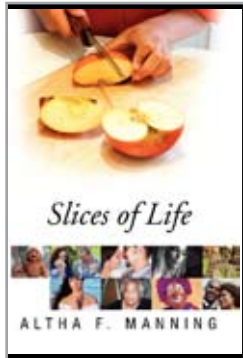
Loving yourself
by Sherrie Campbell

ISBN: 978-1-4772-8932-7 (sc)
ISBN: 978-1-4772-8933-4 (hc)
ISBN: 978-1-4772-8934-1 (e)



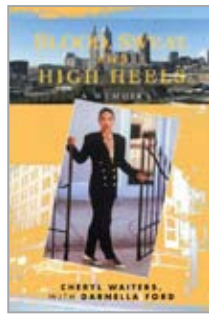
New Ages and Other Wonders
by Marcella Martyn

ISBN-10: 1452566011
ISBN-13: 978-1452566016



Slices of Life
by Altha F. Manning

ISBN: 978-1-4691-4645-4 (hc)
ISBN: 978-1-4691-4644-7 (sc)
ISBN: 978-1-4691-4646-1 (e)



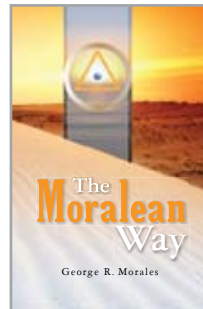
Blood Sweat and High Heels
by Cheryl Waiters

ISBN: 978-1-4620-5496-1 (sc)
ISBN: 978-1-4620-5495-4 (hc)
ISBN: 978-1-4620-5494-7 (ebk)



The Other Side of the Flood
by Sarah Kelly Albritton

ISBN: 978-1-4497-8071-5 (sc)
ISBN: 978-1-4497-8072-2 (hc)
ISBN: 978-1-4497-8070-8 (e)

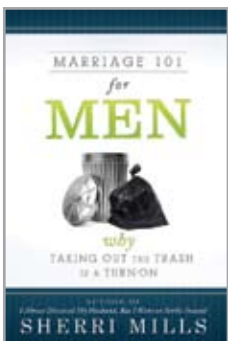


The Moralean Way
by George R. Morales

ISBN-10: 1470014564
EAN-13: 9781470014568

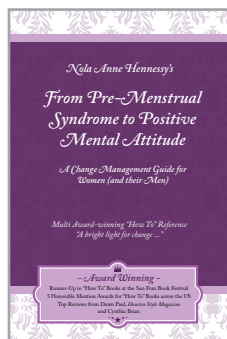
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



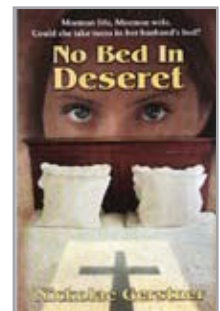
Marriage 101 For Men
by Sherri Mills

ISBN-13: 978-1462112098



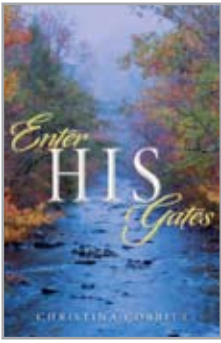
From Pre-Menstrual Syndrome to Positive Mental Attitude
by Nola Anne Hennessy

ISBN: 978-0-9874599-3-0 (sc)
ISBN: 978-0-9874599-4-7 (hc)
ISBN: 978-0-9874599-5-4 (e)



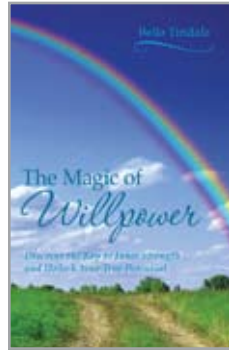
No Bed In Deseret
by Nickolae Gerstner

ISBN: 1477656065
ISBN 13: 9781477656068



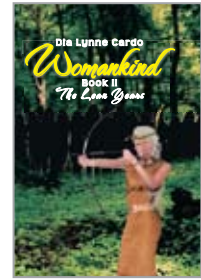
Enter His Gates
by Christina Corbitt

ISBN : 978-1-4836-2315-3 (hc)
ISBN : 978-1-4836-2314-6 (sc)
ISBN : 978-1-4836-2316-0 (e)



The Magic of Willpower
by Bella Tindale

ISBN: 978-1-4525-0984-6 (sc)
ISBN: 978-1-4525-0985-3 (e)



Womankind - Years of Sorrow
by Dia Lynne Cardo

ISBN 13 (TP): 978-1-4797-0343-2
ISBN 13 (HB): 978-1-4797-0344-93
ISBN 13 (eBook): 978-1-4797-0345-6



The Body's Role in Addictions
by Jean Armour, MA

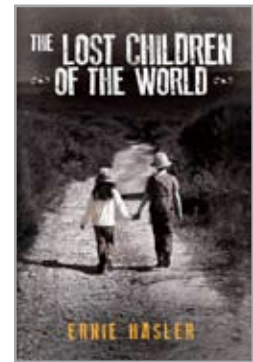
ISBN: 978-1-4525-4757-2 (e)
ISBN: 978-1-4525-4758-9 (sc)

Sizzling at Seventy
by Lyn Traill

ISBN-10: 1452505829
ISBN-13: 978-1452505824

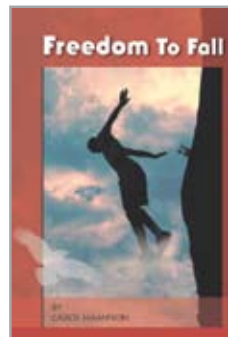


Lyn Traill



Lost Children of the World
by Ernie Hasler

ISBN-10: 1477457372
ISBN-13: 978-1477457375

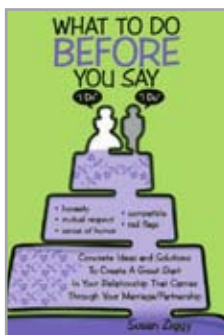


Freedom To Fall
by Carol Hampson

ISBN-10: 0615208347
ISBN-13: 978-0615208343

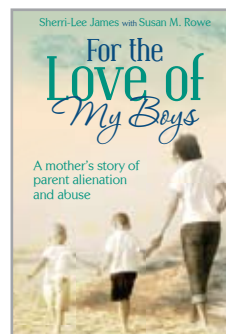
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



What to Do Before You Say "I Do"
by Susan Ziggy

ISBN-10: 1481707140
ISBN-13: 978-1481707145



For the Love of My Boys
by Sherri - Lee with Susan

ISBN-10: 1468198556
ISBN-13: 978-1468198553



Senior Year
by Judith P. Foard

ISBN-10: 1475965540
ISBN-13: 978-1475965544

FRUSTRATION
USELESS
STRENGTH
DEPRESSION
RESOLVE
ANGER
WORTHLESS
ANXIETY

HAPPY
WORTHY

SELF-CONFIDENT
SUCCESS

I SURVIVED,
SO CAN YOU

-Lisa M. Sobry

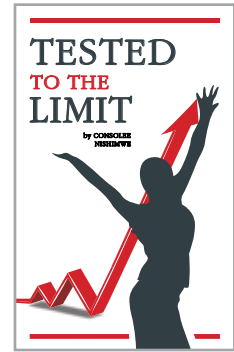


Murder In Stilettos
by B. Bryant

ISBN: 981-1-4817-0319-2



A Cappella
by Tanya Jennings Keenan



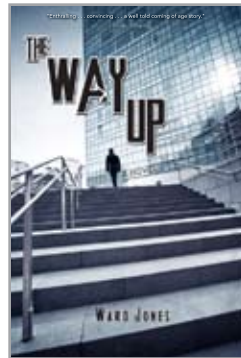
Tested to the limit
by Conslee Nishimwe

ISBN: 978-1-4525-4959-0 (e)
ISBN: 978-1-4525-4958-3 (sc)
ISBN: 978-1-4525-4960-6 (hc)



Build-A-Boob
by Lisa Masters

ISBN: 978-1-4797-9582-6 (sc)
ISBN: 978-1-4797-9583-3 (e)



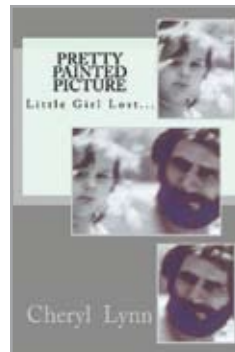
The Way Up
by Ward Jones

ISBN-10: 1477429379
ISBN-13: 978-1477429372



Gemini Jones
by Veronica Faye

ISBN: 1475142366
ISBN 13: 9781475142365

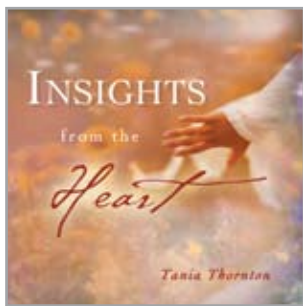


Pretty Painted Picture
by Cheryl Lynn

ASIN: B009FHOSK2

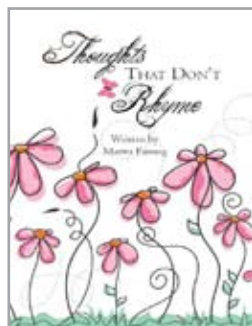
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



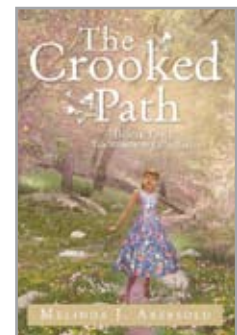
Insights from the Heart
by Tania Thornton

ISBN: 978-1-4525-6685-6 (sc)
978-1-4525-6686-3 (e)



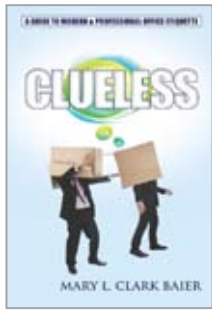
Thoughts That Dont Rhyme
by Marwa Farouq

ISBN: 1469934523
ISBN 13: 9781469934525
ISBN: 978-1-62111-702-5 (e)



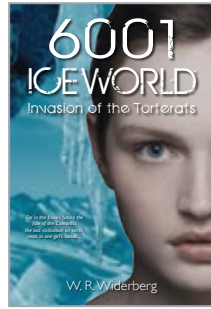
The Crooked Path
by Melinda J Abersold

ISBN: 978-1-4797-6286-6 (hc)
ISBN: 978-1-4797-6285-9 (sc)
ISBN: 978-1-4797-6287-3 (e)



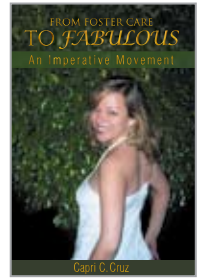
Clueless The Book
by **Mary L. Clark Baier**

ISBN-10: 1475226098
EAN-13: 9781475226096



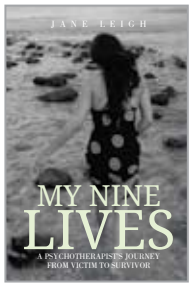
6001 Land of Fire
by **W R Widerberg**

ISBN: 978-0-98080-960-2



From Foster Care to Fabulous
by **Capri C Cruz**

ISBN: 978-1-4685-5251-5 (sc)
ISBN: 978-1-4685-5252-2 (hc)
ISBN: 978-1-4685-5253-9 (e)



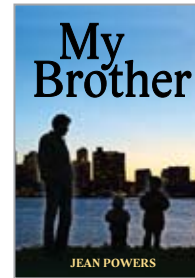
My Nine Lives
by **Jane Leigh**

ISBN: 978-1-4772-3965-0 (sc)
ISBN: 978-1-4772-3964-3 (hc)
ISBN: 978-1-4772-4200-1 (e)



Don't Just Give your stuff away
by **Princess Love Mills**

ISBN-13: 978-0-615-74447-6
ISBN-10: 0-61574-447-8



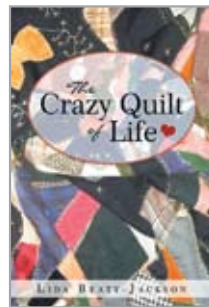
My Brother
by **Jean Powers**

ISBN: 1468063987
ISBN 13: 9781468063981



6001 Land of fire
by **W R Widerberg**

ISBN: 978-0-9808096-2-6



The Crazy Quilt of Life
by **Margaret Ann Parker**

ISBN: 978-1-4624-0456-8 (sc)
ISBN: 978-1-4624-0455-1 (e)



A Kings Ransom
by **Joy Ann Carroll**

ISBN: 1470006308
ISBN 13: 9781470006303

www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



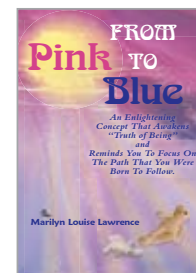
6001 The Sleepers
by **W R Widerberg**

ISBN: 978-0-9808096-1-9



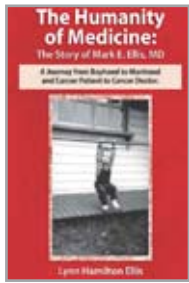
Roxana's Revolution
by **Farin Powell**

ISBN: 978-1-4759-8062-2 (sc)
ISBN: 978-1-4759-8063-9 (hc)
ISBN: 978-1-4759-8064-6 (ebk)



From Pink to Blue
by **Marilyn Louise Lawrence**

ISBN: 978-1-4525-5238-5 (sc)
ISBN: 978-1-4525-5237-8 (e)



The Humanity of Medicine
by Lynn Hamilton Ellis



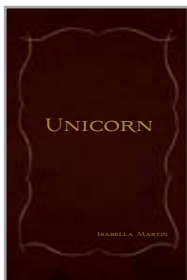
If I Knew Then What I Know Now
by Ruby Hillsman

ISBN: 978-1-4497-2389-7 (sc)
ISBN: 978-1-4497-2390-3 (hc)
ISBN: 978-1-4497-2388-0 (ebk)



A legacy of Rescue
by Marta Fuchs

ISBN-10: 0977873501
ISBN-13: 978-0977873500



Unicorn
by Isabella Martin

ISBN: 1479381888
ISBN-13: 9781479381883



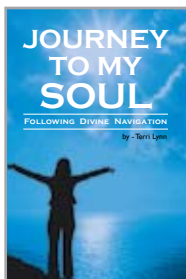
Crazy Courage
by Samantha Light

ISBN: 1468198556
ISBN 13: 9781468198553



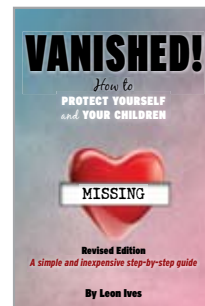
Reflections of a
Cat Whisperer
by Mary Ann Clifford

ISBN: 978-1-4797-4055-0 (hc)
ISBN: 978-1-4797-4054-3 (sc)
ISBN: 978-1-4797-4056-7 (e)



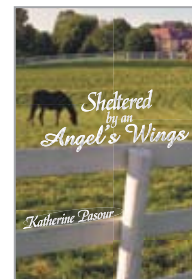
Journey to My Soul
by Terri Lynn

ISBN-10: 1461181216
ISBN-13: 978-1461181217



VANISHED! How to Protect
Yourself and Your Children
by Leon Ives

ISBN-13: 9781477453599
ISBN-10: 1477453598

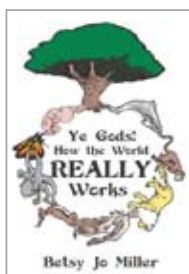


Sheltered by An Angels Wings
by Katherine Pasour

ISBN: 978-1-4627-2271-6 (sc)
ISBN: 978-1-4627-2273-0 (hc)
ISBN: 978-1-4627-2272-3 (e)

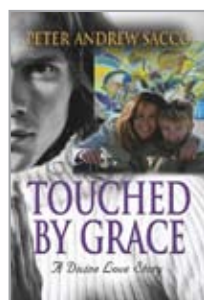
www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Ye God How the World Really
Works by Betsy Jo Miller

ISBN: 978-1-4772-7461-3 (sc)
ISBN: 978-1-4772-7462-0 (hc)
ISBN: 978-1-4772-7463-7 (e)



Touched by Grace
by Peter Andrew Sacco

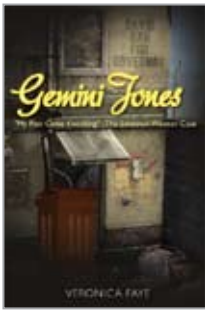
ISBN-10: 1621417131
ISBN-13: 978-1621417132

A MODEL WIFE
FOR A GENTLE
IMAM
An Imam. A Model.
A Dream. A Novel.

Tariq Rana

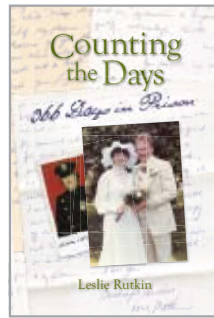
A Model Wife For A
Gentle Imam
by Tariq Rana

ISBN: 1-4681-6272-1
ISBN-13: 9781468162721



Gemini Jones
by Veronica Faye

ISBN: 1475142366
ISBN 13: 9781475142365
ISBN eBook: 978-1-62110-840-5



Counting The Days
by Leslie Rutkin

ISBN: 978-1-4685-3922-6 (sc)
ISBN: 978-1-4685-3921-9 (hc)
ISBN: 978-1-4685-3923-3 (e)



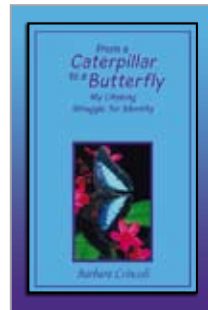
The Lament
by Erzell
Hoffman

ISBN-10: 1432743465
ISBN-13: 9781432743468



The Silent Partner
by Terrence King

ISBN: 978-1-4669-1639-5 (sc)
ISBN: 978-1-4669-1637-1 (hc)
ISBN: 978-1-4669-1638-8 (e)



**From a Caterpillar to
a Butterfly**
by Barbara Crincoli

ISBN: 978-1-4620-5496-1 (sc)
ISBN: 978-1-4620-5495-4 (hc)
ISBN: 978-1-4620-5494-7 (ebk)



**Hummingbirds,
Pennies, and
Hope**
by Jeanne

ISBN: 978-1-4525-4836-4 (sc)
ISBN: 978-1-4525-4837-1 (hc)
ISBN: 978-1-4525-4835-7 (e)



**Miles and Jo
Love Story in
Blue**
by Jo Gelbard

ISBN-10: 1477289577
ISBN-13: 978-1477289570



Memories of My Parents
by Amy Madge

ISBN: 978-1-4624-0402-5 (sc)
ISBN: 978-1-4624-0401-8 (e)



I Didn't Go Willingly
by Joanne Scarvell

ISBN-10: 1439252629
EAN-13: 9781439252628

www.focusonwomenmagazine.com/books-fowm.html

NOTE: For minimum shipping & delivery for an item takes 10 days.



Passing the Trash
by Charlie Hobson

ISBN: 1478309121
ISBN 13: 9781478309123
eNOOK ISBN: 978-1-62345-669-6



Fifty Years of Polygamy
by Kristyn Decker

ISBN: 978-1-4525-4998-9 (sc)
ISBN: 978-1-4525-4999-6 (e)
ISBN: 978-1-4525-5000-8 (hc)



Now I Remember Who I Am
by Marilyn Vickrage

ISBN: 978-1-4525-0586-2 (sc)
ISBN: 978-1-4525-0587-9 (e)

Save the Date!



strong • savvy • sage

WOMENFEST

A Health & Wellness Event for Women

An exciting day designed to inspire women to live a more balanced, healthier and fulfilled life, featuring over 90 VENDORS and EXHIBITORS, engaging SEMINARS & important free health SCREENINGS

Saturday, April 26, 2014 • 10 am - 3 pm

**Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723**

FEATURING KEYNOTE SPEAKER

Jackie Newgent, RDN, CDN

CLASSICALLY-TRAINED CHEF, REGISTERED DIETITIAN, MEDIA PERSONALITY AND AWARD-WINNING COOKBOOK AUTHOR. HER LATEST CREATION — *THE WITH OR WITHOUT MEAT COOKBOOK* — ARRIVES MARCH 2014.



COME OUT AND MEET JACKIE AT WOMENFEST! WITH A PASSION FOR PLANT-BASED CUISINE, AND A LIFELONG FAN OF FLAVORFUL FOOD, SHE HAS ALSO PUBLISHED *1,000 LOW CALORIE RECIPES*, *BIG GREEN COOKBOOK* AND *THE ALL-NATURAL DIABETES COOKBOOK*.

PREMIER SPONSORS



SIGNATURE SPONSORS

ADVANCED RADIOLOGY • ANTI-AGING & LONGEVITY INSTITUTE • HOME INSTEAD SENIOR CARE • INSHAPEMD
LIBERTY MUTUAL INSURANCE • MEDSTAR ORTHOPAEDICS • RIGHTTIME MEDICAL CARE • YOUR STYLE IQ

MEDIA AND IN-KIND SPONSORS

CORRIDOR PRINTING • FOCUS ON WOMEN MAGAZINE • HER MIND MAGAZINE • HOWARD MAGAZINE
THE BEACON NEWSPAPERS • THE BUSINESS MONTHLY • THE UMBRELLA SYNDICATE • WOMEN'S JOURNAL



FOR MORE INFO: 410-313-5440
howardcountyaging.org/womenfest



Shirley & Banister Public Affairs
703-739-5920/800-536-5920
ecashel@sbpublicaffairs.com

MARCH 13
2014

Law & Order Star Stephanie March to Join ENDOMarch

First International March for Endometriosis Awareness

Today, organizers for the EndoMarch announced actress Stephanie March will participate in the 2014 Million Women March for Endometriosis on the Washington D.C. Mall on March 13, 2014. Ms. March is best known for her role as Assistant District Attorney, Alex Cabot in Law Order: SVU. She joins the EndoMarch to help raise awareness and public education about this painful and surprisingly common disease that is a leading cause of pain and infertility, affecting up to 1 in 8 women of reproductive age. It can damage the reproductive system, has features similar to some cancers and can also spread and cause damage to other organs.

Endometriosis is a debilitating condition that affects millions of women, myself included, said Ms. March. It is an extremely painful disease and I suffered, needlessly, for far too long. It is my sincerest hope that by raising awareness I can help other women in the same position.

The result of the vision of Dr. Camran Nezhat, an ob-gyn and specialist in endometriosis and major sponsor of the march, the 2014 Worldwide EndoMarch is an important step to public education and raising awareness about endometriosis. Besides the Washington D.C. event, marches will take place in more than 53 cities around the world.

We are so delighted Ms. March can join this important effort to inform and educate, said Dr. Nezhat. The best medicine in the world is not an app or a new piece of technology. It is informing women as well as the medical community of this incredibly painful disease and that there are treatments available to alleviate the suffering. It is simply taking the time to listen to the patient and believe her just like Hippocratic physicians did 2500 years ago.

In addition to the broad goal of raising awareness, organizers will advocate for increased educational opportunities in medical and nursing schools, in residency training programs and for the public at large and increased funding for endometriosis research.

Participants can sign up at <http://www.millionwomenmarch2014.org/get-involved/> and join the Facebook campaign at <https://www.facebook.com/groups/130895160440864/>. The program will consist of events around the Mall in Washington, D.C., as well as coordinated events in cities around the globe on the same day.



Infant and Child Scientists Needed!



What Do Babies Think?

At the Johns Hopkins Laboratory for Child Development, we study how children perceive and reason about the world around them.

Our studies have shown that children know much more than people once thought. We study topics such as how infants and children track objects, learn new words, and understand number.

In our lab, children watch events take place on a puppet stage, watch displays on computer screens, and play hide and seek games!



Interested?

(410) 516-6068

infant.research@jhu.edu

We are looking for infants and children from 0-6 years of age to participate! Children find our studies interesting, and so do their parents. As a thank-you, we give your child a small gift! If you would like to learn more, please give us a call or send an e-mail.

Visit us on the web!

www.psy.jhu.edu/~labforchilddevelopment