

A Publication for the Conscious Woman

Focus *Women* ON *♀* MAGAZINE



Rebuilding Health Infrastructure

Omega 3

King Vs. Burrell What's at Stake?

Hear Their Voices: Testimonies to Violence

Women of Impact Awards Gala

May/June 2015

May/ June 2015

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"You must walk only partially towards your goal and leap with faith into the dark unknown."

Walking along a familiar footpath near my home which encircles a lake, I noticed geese, moving in sync along the water's edge. There they were, positioning themselves to move along nature's natural flow, allowing the current to lead and

navigate them towards what appeared to be an un known destination. Letting go of the urge to resist, fearlessly, they embraced nature's flow forward. Indeed, it was the sight of true serenity. This image however, lent itself the opportunity to draw a metaphor for life. Like the geese, we too walk along the edge of life and can find solace when we turn away from those things that lead us along a path of futile resistance and embrace the natural flow of change in our lives. Charting a course into the unknown, we turn away from fear and are affirmed in faith. At times, nature can be our greatest teacher. To our readers supporters and advertisers, may you too navigate through the flow of opportunities that bring greater meaning to your lives.

Happy Spring, **Joslyn Wolfe**
Publisher, Focus on Women Magazine

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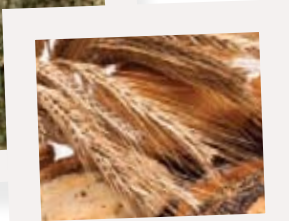


Dietary fiber: The prebiotic connection



Dietary fiber intake is linked to improved health outcomes, including a lower risk of cardiovascular disease, improved glucose tolerance, lower obesity rate, and improved gut health. Certain dietary fibers also serve as prebiotics, compounds that promote the growth of colonic microflora.

Despite universal acceptance that fiber content in the diet is essential for good health, intake of dietary fiber in the United States is generally less than half of recommended levels. Because most foods are quite low in fiber, obtaining the recommended intake of fiber from foods is difficult without the inclusion of high-fiber cereals, legumes, foods with added fiber, or fiber supplements.



What is Dietary fiber?

Dietary fibers are carbohydrates that are not digested or absorbed by humans.¹ Fibers include both “dietary fiber,” the fiber naturally occurring in foods, and “functional fibers,” isolated fibers such as polydextrose, psyllium, and inulin, that are purified and have positive physiological effects. Dietary fiber is listed on the Nutrition Facts panel required on all packaging.

The FDA currently recommends 25 g of dietary fiber in a 2,000-kcal diet but has proposed to increase the recommended level to 28 g per day. Manufacturers are allowed to call a food a “good source of fiber” if it contains 10% of the recommended amount (2.5 g/serving) and an “excellent source of fiber” if the food contains 20% of the recommended amount (5 g/serving).

Dietary fiber on food labels includes both dietary fiber and functional fiber. Fiber intake is generally closely linked to calorie intake. Thus, recommendations to reduce calorie intake will make increasing fiber intake from food particularly challenging. Most studies find, on average, that fiber intake is about half of recommended levels and that 5% of Americans consume the recommended amount.

To consume amounts of fiber that are healthy for the colon itself and that promote the presence of a healthy gut microbiome, there is a need for additional fiber. This can be in the form of supplements, foods with added fiber, or by conscious intention to eat a number of high-fiber foods on a daily basis. ■



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Focus Women ON Women MAGAZINE

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Eat Drink Go Local, North Beach Saturday, June 13, 2015

June 13th marks the date of our 5th annual Eat•Drink•Go LOCAL North Beach event. Located in Southern Maryland, this event has an open air Farmers Market feel, welcoming people of all ages. This event will feature choice selections from 16 Maryland wineries, food vendors, local artisans PLUS live music on the pavilion. From 12-6pm, visitors and residents alike will have the opportunity to experience the best of the best in local food and wine, while enjoying all that the town of North Beach has to offer.

Grab your tasting pass for only \$20 in advance or \$25 day-of. For more information, please visit us at <http://www.marylandwine.org/2015events/edgl/>

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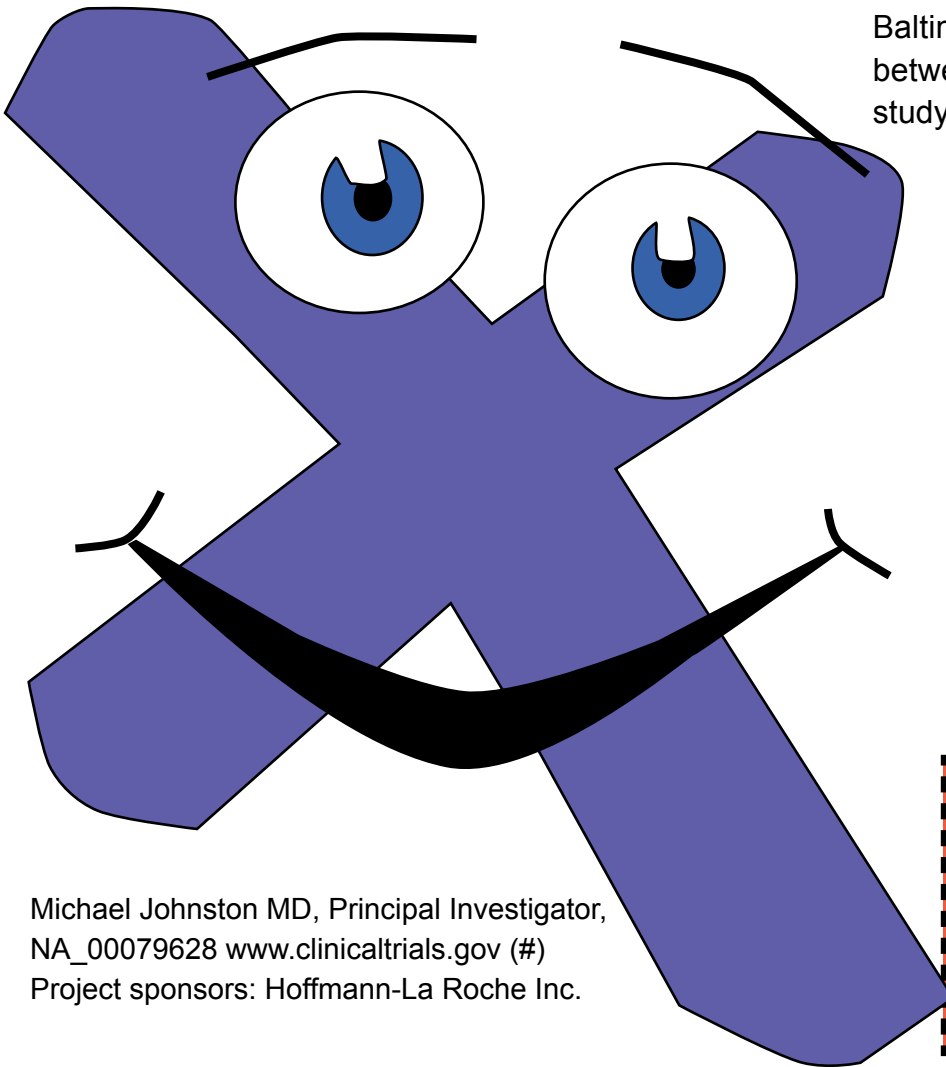
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Participate in a New Clinical Trial for children with Fragile X Syndrome!

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

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

PROCEDURES: Participation in this study will require up to 9 visits (each lasting 2-10 hours) to the Kennedy Krieger Institute in Baltimore, MD and up to 10 between-visit phone calls with the study doctor over an 18-week period.



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

**Interested? Study
Coordinator
443-923-7619 or
ResearchTrials@
Kennedykrieger.org**

Michael Johnston MD, Principal Investigator,
NA_00079628 www.clinicaltrials.gov (#)
Project sponsors: Hoffmann-La Roche Inc.



How do urban migrants access land and services in African cities?

Africa is on the move. Cities across the continent are continuing to grow, shrink, and transform in response to the demographic and economic pressures that drive urban migration.

By conservative estimates, every hour Dar es Salaam, Tanzania is growing by **47 people**; Kinshasa, DR Congo by 53 people; and Lagos, Nigeria by 58. Today about 40 percent of Africans are city dwellers, and that number will rise to **nearly 60 percent by 2050** as sub-Saharan cities swell with 800 million new residents.

This tremendous shift in where people live represents a major opportunity to guide development, but it also raises important questions. In places where land is scarce and expensive, how do urban migrants find a foothold? What opportunities or anchors do people use to establish themselves in the city? How do they buy or rent land for their own use and welfare? And what does this mean for governments?

Informality has become a defining characteristic of urbanization in Africa. As these cities expand, formal systems aren't able to accommodate everybody in terms of access to land, resources, and services. Perhaps more clearly than ever before, urbanization and economic growth are failing to produce the improvements to welfare and personal opportunities that we often expect of cities.

Living on unregistered land in slum conditions is the daily reality for the majority of urban dwellers in Africa. Most new urban growth takes place in the peri-urban zones surrounding cities, as people build homes on land not accounted for in city development plans.

By design, local governments are on the frontlines of leading the transformations of urban communities in ways that provide stability and economic opportunities. But recent research suggests that few authorities across southern Africa are positioned to manage the huge demographic changes that are already underway, and our classical model of "formal vs. informal" land tenure just isn't cutting it.

The Urban Institute is [working with the US Department of State](#) and local partners in three African cities to understand how urban local governments provide services to the most vulnerable migrants, and how international partners can work with those authorities to achieve shared goals of improved service provision and better outcomes in health, access to work, and access to housing.

Last fall, Urban invited expert researcher [Caroline Wanjiku Kihato](#) of the [Woodrow Wilson International Center for Scholars](#) to discuss her recent findings around these issues and provide important context for our work in the region. Dr. Kihato's research highlighted several important lessons for our work:

- Land markets in sub-Saharan cities are highly active and complex. Land is being claimed, purchased, traded, and incrementally improved even when it is not sanctioned by the state. The process may not be "legal," but it tends to be regulated within communities. These community-level systems depend heavily on social networks and social capital within the community.
- The common distinction between "formal" and "informal" falls short, failing to describe the complexity of community land markets. It is not helpful to talk about tenure issues in binary terms when a family may have been living in a community for more than 100 years without a government-issued title.
- The cost of being legal is exclusionary. The official processes for acquiring a deed to the land your family may have lived on for generations can cost an inordinate amount of [time and resources](#).
- These "informal" land markets don't ensure fairness, but neither do the official processes. A [2006 World Bank survey of business managers in Africa](#) showed

that more than one-third did not expect courts to uphold property rights in a dispute, further reducing incentives to become formal title holders.

- There is a disconnect between the macro-level government structures and micro-level governance within communities, and in that space we see an undocumented blurring of roles and powers. Failure to recognize and engage with these communities and understand their de facto tenure systems can undermine effective municipal land-use planning. This disconnect also creates opportunities for rent-seeking and gangster-like behavior among landholders or intermediaries, and obscures who is responsible for providing services to these communities.

The current model of "formal" land tenure is not going to meet the challenge given the pace of urbanization in Africa. Urban's ongoing work confronts an important part of this problem by generating clearer information for local authorities and humanitarian agencies about roles and responsibilities on the ground, so that programs supporting urban refugees and displaced peoples—often the most vulnerable urban migrants—can more effectively address systemic obstacles and gaps in critical public services.

You can learn more about [our work](#) on our web site and take a look through the slides from [Dr. Kihato's presentation](#). ■

Five insights from our policy responses to protests in US cities



Throughout this week, Urban Institute scholars offer [evidence-based ideas for policies that can make a difference for communities in Baltimore and beyond](#) grappling with inequality and injustice. Although this series covers a lot of issues, we by no means address all the challenges that matter.

Over the past 10 days, Urban Institute scholars have offered insights and recommendations to help alleviate the longstanding injustices that fueled the recent anger and protest in Baltimore and other cities. Each post focused on a specific challenge facing communities of color in urban America today—from abusive police practices to joblessness to failing schools to poor health and more.

For people in Baltimore and other places looking for real change, we hope this collection provides actionable ideas for policies that can make a difference. Here we offer our take on five cross-cutting insights from those posts.

1. Public policies built these problems over decades

For decades, public policies and discriminatory market practices [confined African Americans to segregated neighborhoods](#) and starved these neighborhoods of services and investments. The resulting neighborhood distress exacerbated other disparate outcomes: discrimination in [labor](#) markets, large and growing [wealth inequalities](#), disproportionately harsh enforcement of [drug and sentencing laws](#).

The result is a [vicious cycle of isolation and disadvantage](#) in which people of color living in poor neighborhoods lack access to the resources and opportunities they need to thrive.

2. There is no silver bullet solution to generations of concentrated disadvantage

Reversing this vicious cycle requires policy changes across multiple domains. An [apt metaphor is to think of a web](#): while many people are working on solutions to individual problems, each of those strands must both be strengthened and woven together into a web that actively supports people and helps them thrive.

3. Solutions have to extend beyond neighborhoods of poverty and distress to tackle larger system failures

A few examples:

- ▣ Local police departments should change their practices to engage community leaders, target policing on the few people responsible for violence, build systems of police accountability, and work to build trust with the communities they serve.
- ▣ City and suburban jurisdictions should implement inclusionary zoning to allow for the development of affordable housing options in all neighborhoods.
- ▣ Jurisdictions facing gentrification pressures should deploy tools like shared equity homeownership to allow low-income residents to take advantage of economic development and growing house prices in their neighborhoods.
- ▣ States and school districts should mitigate the harmful effects of race and poverty concentration in public schools by more equitably allocating public school resources to the students who most need them.

- Federal policy can encourage mortgage lenders to expand their definitions of good credit and ensure that people whose credit has been damaged by a legacy of disadvantage can take advantage of homeownership to build wealth and strong communities.

4. We see reasons for optimism; the tools and knowledge exist to chart a new path

Today, unlike in the 1980s and 90s, cities like Baltimore and others are well placed to leverage millennials' renting and home-buying desires into neighborhood revitalization. And new [Affirmatively Furthering Fair Housing rules](#) (soon to be issued by HUD) offer the potential to preserve affordable options for low-income residents, while also opening up access to opportunity-rich neighborhoods regionwide.

Other current policies are already showing success. Although 21 states did not expand Medicaid under Obamacare, millions of people have recently gained health insurance, which [contributes importantly](#) to good health. And [innovative strategies like HOST](#) can bring the partnerships and resources necessary to [weave that web of support](#) for the most vulnerable families in distressed neighborhoods, and to [engage youth in civic problem-solving](#).

5. Effective strategies listen to the people whose lives are most affected

Generations of segregation and concentrated disadvantage have stripped communities of color of political voice and power. It's time now to [elevate those communities' voices](#) as an integral part of designing new policy.

Protesters in Baltimore and other cities were calling, most immediately, for police to stop killing their family members, friends, and neighbors. And they have every reason to demand immediate action. Many of the policies we've explored in this collection would pay off right away in quality-of-life improvements. But overcoming the legacies of the past and achieving real equity of opportunity will require sustained effort over decades. ■

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Does trading sex define who you are?

In our recently released study, *“Surviving the Streets of New York: Experiences of LGBTQ Youth, YMSM and YWSW Engaged in Survival Sex,”* Urban Institute researchers trained youth from Streetwise and Safe to interview young people about their experiences engaging in survival sex. The lead youth researcher, Mitchyll Mora, offered to share his perspective on working on the project and the importance of the study.

The “Surviving the Streets of New York: Experiences of LGBTQ youth, YMSM, and YWSW Engaged in Survival Sex” study is unlike others because the majority of the 300 interviews were conducted by young people who either had experiences engaging in survival sex, like me, or were in the community with youth who did.

Do you feel that trading sex defines who you are?

Nearly every time I asked an interviewee this question, I would ask myself too. “Do I feel that trading sex defines me?” More often than not I’d answer, “Yeah, it does.”

But this wasn’t true for 85 percent of the youth we interviewed. “No, it does not define me” was a common response, and while that might not feel true for me all the time, I do get it. Youth who are or have engaged in survival sex live large lives, filled with all kinds of pain and joy and resilience.

We can define ourselves.

So, this research team didn’t attempt to define experiences for the youth we interviewed. We didn’t create identities for them. This is reflected in the language we used. By having youth like me doing the interviews, we created an environment that allowed for nuance of the experiences being shared. They knew that I knew that engaging in survival sex wasn’t the only thing that has ever happened in their lives. That it’s complicated.

Overwhelmingly, youth expressed a desire to stop trading sex. In fact, 67 percent of youth reported that they wanted to stop, 5 percent said they wanted to stop immediately, and 21 percent said they had already stopped.

These same young people also reported that they didn’t have access to the housing that they needed, with 48 percent reporting living in a shelter and another 10 percent saying they lived on the street. This is one example of the way needs inform whether or not youth will trade sex to survive.

I hope that “Surviving the Streets of New York” will add complexity to a narrative that often reduces us to a



specific set of experiences. I hope it prompts readers to look at the totality of our lives. In so doing, we can begin to create responses and support systems that are based in the realities of youth’s lives.

When a young person says that their family isn’t safe, that foster care isn’t safe, that they aren’t safe in police custody or at the shelter, we need to listen and believe them. We need to figure out how to support youth in creating lives that work for them. This is especially true for LGBTQ youth who are more likely to be engaged in survival sex, without a home, with limited or no economic options, and more likely to experience violence at home and in the systems they come into contact with.

This is why so many of the youth shared their stories. They want you to listen. They want to see change. And if you, the reader, listens, then we can begin to get them the things that they need and end the systematic violence that they experience. ■

Love Notes ~ Isaiah Snippets

*Ascension Steps
Small Books Series*

We are in a magical time where our thoughts and feelings quickly create outcomes, where anger and hate are like loose cannons, and where emerging peace and joy with compassion and harmony can change the course of our world.

Enjoy. These love notes to yourself can help you open to the greatest gift on Earth, wholeness of self with oneness with all - Ascension.

Love Notes ~ Isaiah Snippets is volume one of a series of small books of practical steps and uplifting frequencies in your own ascension steps. Choose the volumes that you need to make ascension your reality.



Author

Kathryn Rawlings

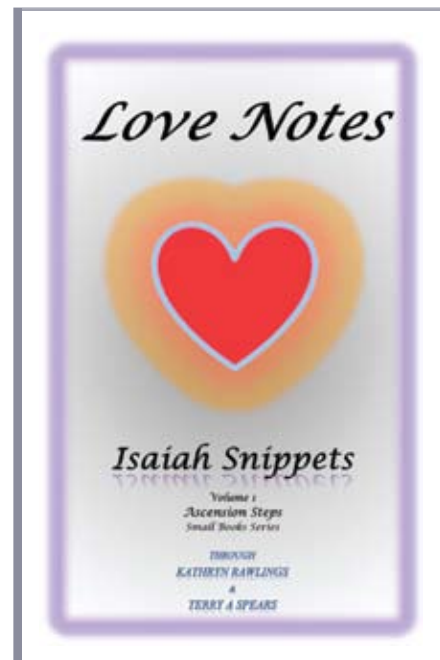
Has given higher self readings and guidance sessions to many for thirty years. Isaiah, the ancient prophet, now shares his current guided wisdom through Kathryn.



Co-Author

Terry A Spears, R. Ph.,

Author of Call an Angel! Angelic Self Help, under pen-name E. A. Terry, avid gardener, and complementary health enthusiast, now offers her wisdom on this greatest of all gifts: real healing into wholeness!



Kathy and Terry have also co-authored Ascension Steps According to Isaiah: An Invitation, available in paperback from Amazon.com, CreateSpacebooks.com, and e-book from Kindle. Look for more upcoming volumes in the Ascension Steps Small Books Series, available soon in e-book and softcover.

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What brought you both on your journeys to write your books and to compile your recent work, Love Notes ~ Isaiah Snippets?

Isaiah to Kathy: One moment in time came upon me to reach to an earnest soul in search of eternal truth. She awaited my call and raised her head upward and reached for my hand as I invited her to unite with me to receive eternal truths of a higher calling for many await the incoming information to reveal their eternal changes, lifting their souls to a higher plane. And so Kathy became an earnest seeker and vehicle of deliverance of higher truths shared now to all that lend an ear to hear the sweet whisper of life's calling a new.

Isaiah to Terry: In the depths of her soul, she cried to me to reunite with her and regain the momentum that was temporarily lost in her quest for inner knowing and expression. At last she heard my call, and arose to the calling, lifting her spirit high and soaring. This expression of trust holds a special radiance, and her higher calling began in earnest.

For this union together, Kathy and Terry rise to their inner calling with joy, exuberance, and dedication of spirit, as they answer the beckoning calls of those that seek guidance and wisdom of inner knowing. Peace be unto you. Forever yours, Isaiah.

When Isaiah, the ancient prophet, still alive and very active multi-dimensionally, reached to us, we accepted his invitation, and our work began. Isaiah's words through Kathy are shared in Love Notes ~ Isaiah Snippets for those ready to accept God's promises of a new life in oneness.

What message do you think is implicit in your writings?

Kathy: Everyone has the potential gift of wholeness of spirit and eternal love.

Terry: We on Earth are at a crossroads where our previous lives have ended, and our new expanded lives are beginning. Step through the doorway that Love Notes offers, proactively embracing change for relief and joy.

What is the message you would like to gift to people?

Kathy: Hope! These verses will quicken you into believing and understanding that ascension is happening now, and it's a wonderful event.

Terry: Our lives are evolving into heaven on Earth and this oneness of spirit is imminent. Isaiah's guidance is given to understand this transformation and go with the flow.

You talk about guides that have helped you write. Some people call it their muse. What is your take on what motivated you to write?

Kathy: Our passion is to share the infinite wisdom and teachings coming to us from higher loving realms to assist mankind with their ascension process happening today.

Terry: Inner prompting. I felt an undeniable urge to express the knowing that was being downloaded to me. I knew I needed to cooperate with this flow of wisdom and share it.

We know that your works are a by-product of a team effort, Kathy and Terry. How did the two of you find a way to fuse or connect in such a way to birth your titles and express the same ideas almost simultaneously?

Kathy: We didn't birth the messages simultaneously, but we were pulled together to share Isaiah's messages and decided to compile our messages into a book.

Terry: It's easy when you're both open channels and in sync with a common goal. Of course, Isaiah makes it easy, since most of his words through Kathy are published verbatim. We each have our strengths, and we agree to let each express those talents for this purpose.

How do we raise our frequency to connect with a consciousness that empowers the ability to create and connect with our creativity in your opinion, Kathy and Terry?

Kathy: Our earnest intention to open and reach for our bigger picture in life is a necessity. Ask and you shall receive opens the window to hear our spirit calling. Our lives are really a management course. Managing the quality of our thoughts and feelings can change our frequency or vibration. The kiss of gratitude, the silence of meditation, the sweetness of innocence, uplifting verses are examples of transforming experiences that change our consciousness, open our creativity, and close the gap between our conscious mind and our higher self, becoming one within.

Terry: Our frequency and Earth's is rising. What will we do with this wonderful boost of energy? And can we cooperate with our accelerating changes? Emotional clearing is a necessary aspect of healing and letting go of the past to emerge into your new life in a balanced way. Isaiah's words bring a quickening to any who read them. Love Notes shifts us into greater awareness and opens our hearts to greater love. It's amazing. Are you ready to change, to grow, to fly with this new reality?

What, in your opinion, is consciousness, and how can we best prepare ourselves to open ourselves to it?

Kathy: Consciousness is a state of being that holds energetic components of who we are. It rises in content as we raise our ability to love.

Terry: Consciousness, in particular, rising consciousness is an evolution into healing into wholeness and an emergence into a constant state of love and connectedness.

Love Notes ~ Isaiah Snippets, Volume One in the Ascension Steps Small Books Series, offers the reader wonderful possibilities of real ascension in today's world. Isaiah calls on us to hope, to believe, and enjoy answers to the deepest yearnings of our inner being, lifting us toward our ascending lives.

contact Kathy or Terry at: purposerealized@gmail.com

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**IS YOUR TEEN DIAGNOSED WITH A
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Kennedy Krieger Institute is enrolling adolescents ages 12-17 to participate in research study involving an investigational drug. Participants must be diagnosed with bipolar disorders, schizophrenia or mental disorder requiring medication. Your teen may be eligible to receive a thorough evaluation from a doctor who specializes in pediatric mental illness and study related medication at no charge.

FOR MORE INFORMATION CONTACT

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NA 00083018, clinicaltrials.gov (NCT01495169)

The Resort at Glade Springs offers Delightful Temperatures and Outstanding Outdoor Activities in Southern West Virginia

Free Activities Package Offers Outstanding Outdoor Adventures.....



At over 3,000 feet of elevation in the beautiful mountains of southern West Virginia, The Resort at Glade Springs offers an outstanding relief from the heat for a family vacation unlike any other.

“This is the time of year to head to the mountains and enjoy the beautiful crisp air and escape from the heat,” said Mary Jo Klein, Director of Marketing. “There are so many unique activities to enjoy in our beautiful mountain playground. Based on their preferences our guests relax, golf and challenge themselves on the amazing activities available at the resort.”

The hotel and resort are set in the midst of a gorgeous 4,100-acre gated property in the lap of the Appalachian Mountains. Featuring three championship 18-hole golf courses, an equestrian center, indoor leisure center, the premier, full-service resort offers a mind-boggling variety of recreational activities, and lodging accommodations.

Presently offered is the Free Activities Package which includes 2 nights lodging, breakfast, \$50 restaurant food credit and one full day of free activities on the full day of your stay.

Activities to choose from include:

- 30-Minute Equestrian Trail Rides
- 45-Minute Carriage Ride
- Zumba, Yoga, Body Sculpting Classes
- Hiking
- Indoor and Outdoor Tennis
- Indoor and Outdoor Pool
- Geocaching
- Archery
- Laser Tag
- Golf Greens for the Cobb Course (\$25 cart fee additional)
- Bike Rentals
- Scavenger Hunt
- Bowling
- Canoes, Kayaks and Paddle Boats
- Fishing Pole Rentals



For an additional fee, guests can enjoy an amazing array of activities including:

- Whitewater Rafting
- ATV Riding
- Wild Cave Tours
- Sporting Clays
- Zip-lining
- Airplane Rides
- Bridge Walk Tours
- Jet Boats

The package starts at \$142 per person, per night and includes 2 nights lodging, breakfast and one full day of free activities on the full day of your stay. Package also includes a \$50 restaurant food credit to be used in any of the restaurants. Up to two children, 12 and under eat breakfast free when sharing the same room as adults. Minimum two night stay required.

About The Resort at Glade Springs: Located in the midst of a gated 4,100 acre property in the Appalachian Mountains, The Resort at Glade Springs offers facilities for skiing, boating, fishing, caving, golfing, hiking, rock climbing and whitewater rafting. The resort features a state-of-the-art conference center, a beautiful wedding venue and group lodging facilities for meetings and family reunions. In other words, it offers a perfect getaway for everyone wanting to escape the everyday life.

Located in Daniels in Raleigh County, West Virginia, our resort is easily accessible from both Interstate 64 and 77.

The city of Charleston is just an hour's drive from our resort, while Beckley is only 15 minutes away. There are daily flights from Washington Dulles (IAD) to the Beckley airport (BKW) only 5 miles from the resort. Yeager Airport in Charleston offers flights to and from many national airports.

Our West Virginia resort boasts of the ultimate in comfort when it comes to lodging accommodations. Like The Inn, Executive Suites, Manor Houses, Chestnut Hill Lodges and Oak Lane Villas. You can choose any of our available 200 guest rooms in different categories. The rooms and houses in our resort feature standard amenities such as king or queen sized beds, oversized marble baths, hair dryers, coffee makers, gas fireplaces, iron and ironing boards, as well as wireless Internet connection. We are also proud to declare ourselves a pet friendly resort. So you now have the ability to travel with your pets whenever you wish!

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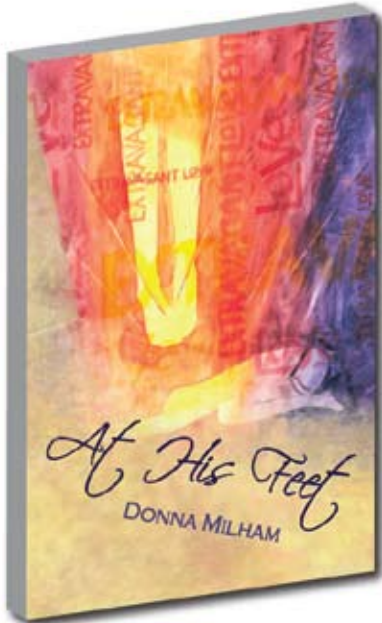
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Several years ago the Lord began to bring a revelation to my heart and spirit about sitting at His Feet and how it would transform my life. As I sat with the One Who is the Word and read His Word, Holy Spirit would bring understanding to me of the passages I was meditating upon. I would sit stunned over and over again at the beauty and depth of the heart of Jesus.

Being at His Feet soon became my favorite place to be. Here I saw the extravagance of the King I surrendered my heart and life to and as He asked for more, gladly I opened wide every chamber of my heart. He is the Trustworthy One - He is the Safe One - for He is Love!

Holy Spirit began to show me how to live my life for the pleasure of My King, Lord and Lover!

How to sense in my spirit man what pleased Him and what did not. To acquire a sensitivity to walk softly and yet confidently in and with His Love pouring into and out of a lifestyle I was being tutored in from Above.

The creativity of God is endless - all of creation a lavish display - sunrise to sunset - ever unfolding Majesty! And it is this same creativity that flows into and through His sons and daughters!

In this season, I know no other calling that is higher, than to live each day in awestruck wonder before Him. To cry out each day for our eyes to be opened, our ears to hear, that we might engage with all of creation in holy adoration of the Eternal One - Our Savior and King!

It requires a simple lifestyle - busyness gives way to stillness, as our hearts are captured afresh from glimpses of His glorious creation.

I know when my life has become too fractured from busyness, I miss the sparkle of the sun on the snow, the flight of the goose, the call of the loon – it becomes distant and faint. But Holy Spirit will whisper, “Did you see that star, did you smell the ocean, did you hear the winter robin’s song, did you feel the icy wind on your face, did you taste the richness of my goodness this day?”

I stop and repent and say, “Lord I did not, my mind was too busy planning out the rest of my day, even as I walked amidst your beautiful trees, along the amazing seashore. I walked and yet I did not see, not really.”

So I stop, and I purposefully and intentionally engage all five of my senses. I drink deeply to my fill and I am refreshed, ready to face the challenges of the day with fresh insights from being with Him in simple childlike wonder.

I seek to encounter Him again and again – open wide our hearts to truly see Your Glory all around us!

*Feet of Glory, Feet of Peace, Feet of Sacrifice,
Feet of Majesty and Might, Holy Feet of Holy Light!*

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Three charts that explain the renters next door

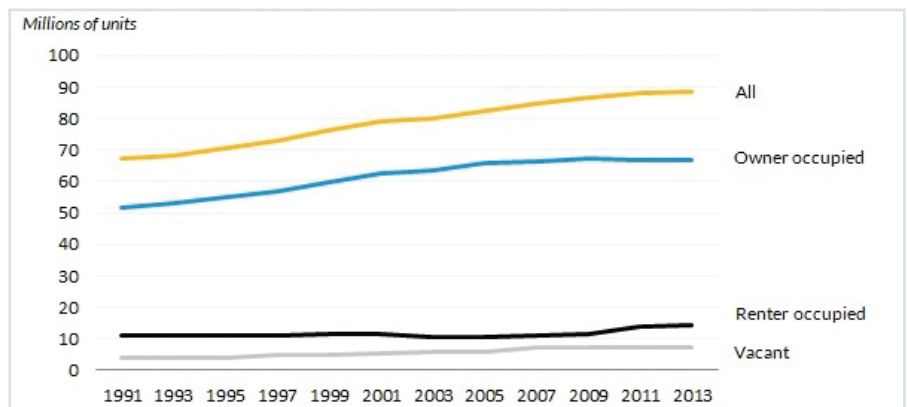
One of the unexpected legacies of the mortgage crisis has been the replacement in many neighborhoods of single-family homeowners with renters. But who exactly are these renters and which homes are they renting? We've taken a closer look at the 14.2 million single-family rental units in the US today and found that renters are living in smaller, older and slightly less suburban homes than homeowners, and are poorer, more racially and ethnically diverse and younger than homeowners.

A product of the crisis

From 2007 on in the aftermath of the mortgage crisis, investors (mostly small) bought many of the 7.5 million owner-occupied homes that were in foreclosure or had experienced a short sale, and converted them to rental properties. Many factors sweetened the environment for investors-tight mortgage credit, a large inventory of single-family homes, and continued high demand for such properties among families who could not afford or qualify for a purchase loan.

The result was a huge increase in the number of occupied single-family rental properties in the aftermath of the crisis, from 10.5 million units in 2005 to 14.2 million in 2013, a 35 percent increase, according to the American Housing Survey. Rental units comprised 61 percent of the 6.1 million unit net increase in single-family housing stock from 2005 to 2013, with the remainder split between vacant single-family units (21 percent) and owner-occupied single-family units (17 percent).

Single family housing: the small rental share accounts for most of the recent net growth



Sources: American Housing Survey and Urban Institute.

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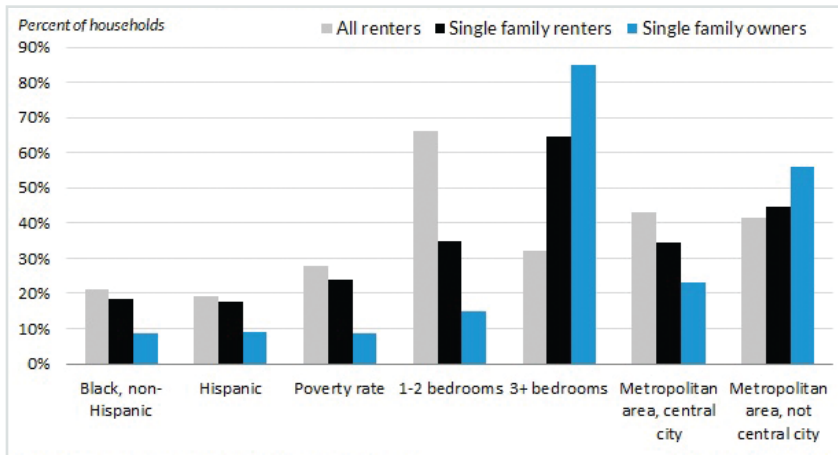
Distinct housing stock and demographics

Although many formerly owner-occupied single-family homes became rental units over the course of the downturn, there are notable differences in housing stock characteristics between single-family owner- and renter-occupied units. The single-family rental stock is smaller, older, and slightly less suburban than the owner-occupied stock. The median square footage is far lower in the single-family rental stock than the owner stock (1,364 vs. 1,878), as is the share of unit with three or more bedrooms (65 percent vs. 85 percent). Single-family rental units have a median construction year of 1965, compared to 1975 for their owner-occupied counterparts.

And while the single-family rental trend is often characterized as predominantly affecting suburban areas, 34 percent of single-family rental units are located in the central city of a metropolitan area, as contrasted with just 23 percent of single-family owner-occupied units. This places the single-family rentals midway between rental housing units overall, 43 percent of which are in central cities, and owner occupied single-family housing.

The demographics of single-family renters suggest this group bears more resemblance to the population of renters overall than to single-family owners, with a high poverty rate, significant racial and ethnic diversity, and relatively small share of elderly householders. About a fifth of single-family renters are African American non-Hispanic, and another fifth are Hispanic. For renters overall, the African American and Hispanic shares are slightly higher than for single-family renters, but for single-family owners, they are far lower, both less than 10 percent. About 24 percent of single-family renters are below the poverty level, slightly less than renters overall but again far higher than among single-family

Single family renters fall between single family owners and renters overall

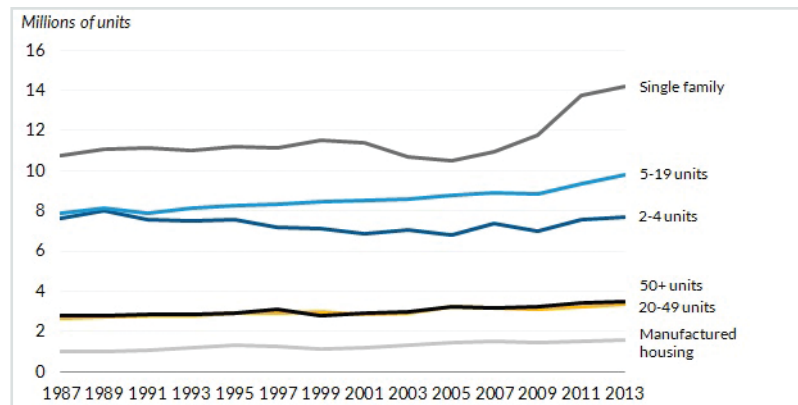


homeowners, renters, rental units, suburban homes

Sources: American Housing Survey and Urban Institute.

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Single family units have outpaced other rental structures since the housing bust



Sources: American Housing Survey and Urban Institute.

URBAN INSTITUTE

owners. Only 1 in 10 single-family renters is 65 or older, compared to 13 percent of renters overall and 28 percent of single-family owners.

Single-family homes have long comprised a significant share of the rental market (about a third of occupied units in the years preceding the housing bubble), yet the growth in the single-family market in the past decade is astonishing compared with the growth in multifamily renting. Rental households in structures with 2-4 and 5-19 units have grown somewhat as well, but the number of renters in larger multifamily structures has remained relatively flat.

In part, the discrepancy reflects the mismatch between the supply and demand of rental housing. Amid high demand for rental housing, the excess supply of formerly owner-occupied single-family homes could be converted to profitable rental properties with relative ease in many regions. But in the multifamily space, there was no comparable excess supply. We need additional research to learn more about the households and communities most affected by the single-family rental trend, and to better understand the implications for the housing market going forward. ■

Urban Institute - Elevate the Debate
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King v. Burwell: What's at stake?



On March 4, the Supreme Court will hear arguments in the King v. Burwell case, a challenge to the Affordable Care Act that could drastically alter the course of the Obama administration's landmark law. The plaintiff argues that the law prohibits residents of states without state-run health insurance marketplaces (also called exchanges) from receiving federal tax credits and cost-sharing reductions, while the government argues that this is a misreading of the statute. A ruling in favor of King could derail many of the ACA's gains in states where the federal government has played a role in running the new nongroup exchanges. We estimated the implications for coverage, premiums, household financial burdens, and medical spending if tax credits and cost-sharing reductions are eliminated.

▣ What could happen to coverage and premiums in a ruling for the plaintiff?

An **estimated 8.2 million people** would lose insurance coverage—a 44 percent increase in the number uninsured. A King victory would eliminate billions in tax credits and cost-sharing reductions in the 34 affected states, decreasing affordability and coverage. With healthier, lower cost people leaving the market and remaining individuals shifting into less comprehensive coverage, the average nongroup premium would be 35 percent higher than under the law as currently implemented. In this scenario, the nongroup market would cover far fewer people than it would have had the ACA never been implemented.

▣ Who could lose insurance?

An **estimated 9.3 million people** would lose tax credits, two-thirds of whom would become uninsured. More than 60 percent of those who would lose insurance are white, non-Hispanic; more than 60 percent live in the south, and more than 80 percent are low- and middle-income, but not poor. In order to keep the coverage they would have under current rules, individuals and families would have to pay substantially more—and most would choose not to. Furthermore, without tax credits and facing very high premiums, fewer parents would seek marketplace coverage, at the same time missing an opportunity for their children to be screened for and enrolled in public insurance.

▣ What could happen to medical spending for the uninsured?

Hospital, physician, prescription drug, and all other medical service spending for the uninsured would decrease by 35 percent—and possibly even more. Health care spending in 2016 for those losing coverage would fall from \$27.1 billion to \$5.3 billion paid by the uninsured and up to \$12 billion in uncompensated care, with actual level of spending dependent upon whether government and providers continue to contribute to uncompensated care at historic rates. The decrease in expenditures would adversely affect the amount of health care received by those losing coverage and health care providers' revenues.

Unlike regulatory changes that could take years to go into effect, eliminating financial assistance would make coverage unaffordable to those affected immediately and would cause tremendous disruption in private nongroup insurance markets. Photo by Ringo H.W. Chiu/AP ■

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SHESOURCE

Experts on the Status of Women in US Media

The Women's Media Center today released its yearly report on The Status of Women in U.S. Media. The WMC's "Divided 2015: The Media Gender Gap" found that the media landscape is still dominated by male voices and perspectives. Overall, 62.1% of news was generated by men; 37.3 % was generated by women. In addition, in film and television, men were 83% of all directors, executive producers, producers, writers, cinematographers and editors for the 250 most profitable films made in the United States in 2014.

"Inequality defines our media, said Julie Burton, President of the Women's Media Center. "Our research shows that women, who are more than half of the population, write only a third of the stories. Media tells us our roles in society - it tells us who we are and what we can be. This new report tells us who matters and what is important to media - and it is not women."

WMC SheSource - an online database of women experts on a wide array of topics - regularly distributes a list of experts to journalists, bookers and producers looking to include more women's voices into their stories. Below is a list of women who can comment on the status of women in the US media in 2015.



Julie Burton

(Womens Media Center, President, Washington, DC)

Julie Burton leads The Women's Media Center in its efforts to create a level playing field for women and girls through monitoring, research, training, advocacy, original content, and the promotion of women and girls as media experts. The Women's Media Center today released its annual report on The Status of Women in U.S. Media. Media experience includes: CNN, MSNBC, New York Times, Moyers and Company. [more info online](#)



Pat Mitchell

(The Paley Center for Media, Executive Vice Chairman, Atlanta, Georgia)

As the former president and CEO of the Paley Center, Pat Mitchell guided the institution through an exciting rebranding effort and strengthened its public and industry programs by analyzing and interpreting the immense changes in the media landscape. Under her leadership, the Paley Center has become a major convener for media leaders and enthusiasts, continuing to offer its unrivaled collection of radio, television, and advertising content as a lens for exploring the powerful impact of media on our lives, culture, and society. Currently, she is the chair of The Women's Center, Executive Vice Chairman at the Paley Center and the chair of the Sundance Institute. Media includes: Time Inc. Television, CNN, NBC, CBS, ABC, Skoll World Forum, The Huffington Post, Miss Representation and TEDXWomen. [more info online](#)



Stacy Smith

(USC Annenberg, School for Communication and Journalism, Associate Prof, Los Angeles, CA)

Stacy Smith is an associate professor at the USC Annenberg School for Communication and Journalism. Dr. Smith has written more than 75 journal articles, book chapters, and reports on content patterns and effects of the media. Some of her research areas are: content patterns pertaining to gender and race on screen in film and TV and employment patterns behind-the-camera in entertainment. Media includes: The New York Times, Los Angeles Times, The Huffington Post, Newsweek and The Hollywood Reporter. [read online](#)



Geneva Overholser

(Annenberg Center for Communication Leadership and Policy, Journalist, New York, NY)

Geneva Overholser, Women's Media Center board member, is an independent journalist and a Senior Fellow at the Annenberg Center for Communication Leadership and Policy and at the Democracy Fund. From 2008 until 2013, she served as the director of USC Annenberg School of Journalism and was editor of The Des Moines Register from 1988 to 1995, where she led the paper to a Pulitzer Prize for Public Service. She has been ombudsman of The Washington Post, a member of editorial board of The New York Times, a syndicated columnist for The Washington Post Writers Group, and a reporter for the Colorado Springs Sun. Media includes: News Hour with Jim Lehrer, All, CNN's Reliable Source, Nightline, MSNBC, and PBS. [read online](#)



Helen Zia

(Writer/Journalist, Media Experience-Television, Print, Radio, Online, Oakland, CA)

Helen Zia is a writer, journalist and former Executive Editor of Ms. Magazine. As second generation Chinese American, Helen Zia is an Expert Fellow with University of Southern California's Justice and Journalism program at the Annenberg School of Journalism. Helen Zia is on the board of the Women's Media Center. Her award-winning articles, essays and reviews have appeared in numerous publications, including Ms., New York Times, Washington Post, The Nation, Essence, The Advocate, and OUT. [read online](#)



Veronica Arreola

(University of Illinois at Chicago, Director, Women in Science & Eng, Chicago, IL)

Veronica Arreola is the assistant director of the Center for Research on Women and Gender and the director of the Women in Science and Engineering program at the University of Illinois at Chicago. In 2014, she launched #365FeministSelfie as a feminist response to negative media and stereotypes around selfies. Her writing has been featured in Bitch magazine, Ms. Magazine, USA Today, NYTimes, Chicago Sun-Times and RH Reality Check. Other media are: NPR, WFLD - Fox Chicago, WLS - ABC Chicago, Chicago Tribune and MSNBC. [read online](#)



Avis A. Jones-DeWeever, Ph.D.

(Incite Unlimited, President & CEO, Washington, DC)

Avis A. Jones-DeWeever, Ph.D. is the President of Incite Unlimited, a Washington, DC-based boutique consulting firm and the host of the nationally syndicated radio show, Focus Point with Avis Jones-DeWeever. She has been featured on CNN, C-SPAN, PBS, BET, TV-ONE, CBC, Al Jazeera America, the Washington Post, the National Journal, the Griot, the Huffington Post, and Clutch Magazine. Dr. Jones-DeWeever has also been recognized by BET as one of the Most Influential Women in Washington, DC. [read online](#)

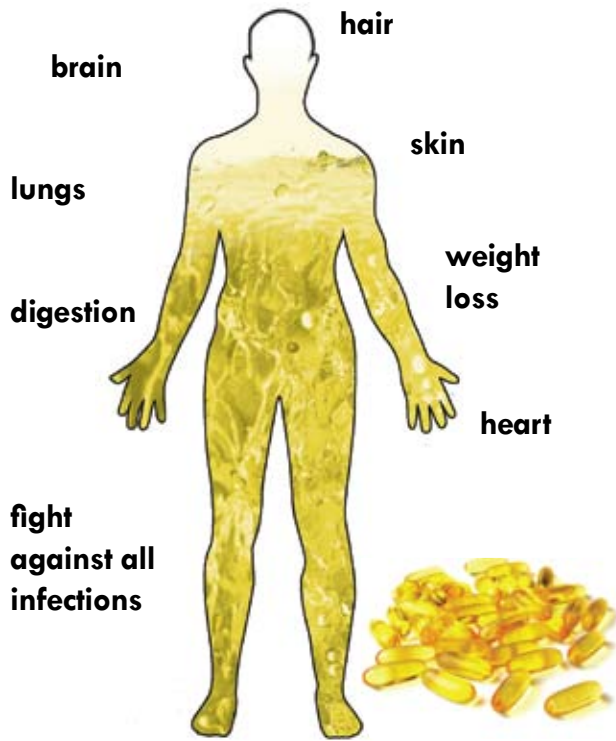


Hundreds of media outlets CNN, The New York Times, Fox, MSNBC, Huffington Post, NPR, takepart.com, BBC, The Washington Post and US News and World Report interview WMC SheSource experts.

SheSource is an online braintrust of female experts on diverse topics designed to serve journalists, producers and bookers who need female guests and sources. [Find an expert now >](#)

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High-dose omega-3 protective after myocardial infarction



High doses of omega-3 fatty acids may protect against further damage in myocardial infarction patients, a preliminary study suggests. The study will be presented March 16 at the annual meeting of the American College of Cardiology (ACC), held from March 14 to 16 in San Diego.

The research included 374 myocardial infarction survivors who received standard treatment and took either a 4-gram prescription-only dose of omega-3 fatty acids each day or a placebo. Using magnetic resonance imaging, the patients' hearts were scanned two weeks, four weeks, and six months after MI.

Patients taking the omega-3 capsules had lower levels of inflammation and were 39% less likely to show deterioration of heart function than those taking placebo, the researchers found.

There was also significantly less evidence of fibrosis. Patients with a 5% rise in the amount of omega-3 fatty acids in their blood seemed most likely to benefit from the supplements.

"Giving a high dose of fish oil soon after a heart attack appears to improve cardiac structure and heart functioning above and beyond the standard of care," study researcher Raymond Kwong, MD, MPH, director of cardiac MRI at Brigham and Women's Hospital in Boston, said in an ACC news release.

"Because this is a unique group of patients with remarkably high adherence to [guideline-directed] treatments for acute MI already, we feel fairly confident that the benefits from the supplement are additive. The implications of this study could be fairly large."

GlaxoSmithKline provided the medication (Lovaza) for the study.



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So come out tonight...the weather is looking great so far!

Join us for a FREE wine tasting AND LIVE MUSIC, and Pizza!

Relax on the Piazza or bring a blanket or chairs for the lawn, and listen to live music. This Friday we will feature Jonathan Zorn, a favorite here at Basignani Winery.

We will be firing up the Brick Oven, so our delicious pizza will also be available (\$12). You are also welcome to bring your own picnic or snacks.

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Domestic Violence

A Life of Terror - Lois Hollis



The following Stories serve as a snapshot of women who have been targets of different forms of violence.

Abuse from caregivers, abuse from partners and abuse from the paralysis of analysis from institutions that are supposed to uphold our safety and wellbeing, is all too common in our society. The “leftovers” of this tragedy are far reaching and appear in differing forms of behavior from self sabotage to depression, to repeating the same victim behaviors further jeopardizing one’s self worth and one’s emotional, financial and physical wellbeing. For this month and beyond, our goal at Focus on Women Magazine is to bring to light the chorus of voices who have far too long been resigned to a lonely solitude of painful silence. Our goal in this rhetorical movement is to mobilize policy makers stakeholders and citizens to speak up, stand up and organize up against any and all violence towards women.

Joslyn Wolfe

In my early adult years, I could only remember my first holy communion when asked about my childhood. I explained that I could not read as a child, and I stuttered. My parents and teachers referred to me as dumb, and I had a reason for my poor memory. Today I know that I have dyslexia, and I remember the family abuse.

Years ago, I sequestered the bomb of physical beatings and sexual abuse with in me. Headaches, neck and head traumas and of course, in cessant guilt was ticking. The bomb exploded when I was in my early 40’s after I spontaneously saw myself as a little child sitting on the basement floor trying to stop my legs from bleeding. I soon remembered the beatings from my father with his belt buckle and how he pushed his sex on me.



Detailed memories of sexual abuse came to me in the most unusual way. Once I remembered the beatings, I had a spiritual experience that gave me the ability to write what my inner...

www.focusonwomenmagazine.com/domestic-violence/a-life-of-terror.html

Abusive Situation

- Rania Chmaysani

The phone rang. I glimpse the number and then took a painful breath. The caller was once again my best friend from high



school, Trish. I had ignored her calls in the past, not wishing to declare to her the agonizing truth—that my husband forbade any contact with her.

I started to cry when I heard her voice on the answering machine, got up and walked around the small condo. I was really lonely and was in great need to share with Trish my terrible experience with pregnancy—having my head constantly stuck to the toilette wasn’t too flattering. I wanted to share with her my emptiness that I felt most days—emptiness that suddenly changed to despair then rage. How could I explain to her my fear from my husband? There was something strange about him. His eyes disable my thoughts and made me feel numb, stupid and inferior. I knew he would hurt me if I disobeyed. I just knew because he’d done it already.

Hours later, I had just finished getting ready. We were invited for dinner at my husband’s friend’s...

www.focusonwomenmagazine.com/domestic-violence/abusive-situation.html

The Living Dead - Cortina Jackson

Staring up at a blurry ceiling, I blinked rapidly to gain my bearings, and seek some type of composure. Out of instinct from being in this situation, I quickly scrambled back onto my feet, looking wildly around the room so that I could defend myself from the next vicious blow that I knew would be inevitable.



The previous body slam onto the floor, caused my ears to ring now, but the adrenaline that coursed through my body, refused to let me experience the

tremendous amount of pain that would torture my body; hurting me, not only physically, but emotionally at a later time. Before I could figure out a route of escape, I saw his large arm in slow motion, as it passed over my head from behind, and rested...

www.focusonwomenmagazine.com/articles/the-living-dead.html



Back to the Past: Why Movie Studios Keep Recycling Stories, and Why We Keep Paying to See Them

Baylor film expert discusses the challenges for original storytelling and the future of the film industry

Jurassic Park first appeared on the big screen 22 years ago. Next week, audiences will flock to the franchise's third - and highly anticipated - sequel, Jurassic World. Mad Max returned this year after a long hiatus. Reboots and sequels to Ghostbusters, Point Break and Independence Day are in the works. And 32 years after saving the Ewoks and hanging up their blasters, a weathered Han Solo and Chewbacca are jumpstarting the Millennium Falcon for a Christmastime joyride.

Classic characters. Classic storylines. Big box office dollars.

Is there any hope for original story?

It boils down to audience and marketing, said Chris Hansen, M.F.A., independent filmmaker and chair of the film and digital media department in Baylor University's College of Arts & Sciences.

"One of the biggest considerations in determining which movies get made, from the studio's perspective, is marketing," Hansen said. "That process is made much easier if the intellectual property already exists in the minds of the general public. People know who Batman is. People know who The Avengers are. Half or more of the marketing work is done. When the intellectual property is original, the studio's marketing arm has to spend a lot more time and money acquainting viewers with the concept and generating interest."

Is there a market for something that's not time-tested for 30 years?

"Take Disney's Tomorrowland as an example," Hansen said. "Even though Tomorrowland as a concept originates from part of the Disney theme parks, the movie's connection with it was somewhat tenuous, so it mostly operated as a

piece of original intellectual property. And people didn't flock to it. You might make the argument that people didn't flock to it because the movie wasn't as good as people hoped it would be. But the studios will point to how difficult it is to launch original stories as the primary reason for Tomorrowland's failure to catch on."

Are movie-going audiences only interested in recycled material, or do they want to see original stories?

"It's hard to say what people are really interested in seeing. They say one thing, but they often vote differently with their box office dollars," Hansen said. "This sometimes comes down to an economic decision for audience members. They have less disposable income than they used to, so they see fewer movies in the theater. And if they're going to have to choose between several movies to see in an actual theater, they'll often choose the one that has more spectacle, because there's a feeling that it's more 'worth it' to see something like that on the big screen, and that smaller movies won't suffer from being seen on the TV in your living room."

Are original scripts even being read?

"In past decades, studios were more committed to making some smaller serious films for the prestige factor while allowing the large blockbusters to protect the bottom line. We've been trending away from that over the past ten years. Studios are making fewer films overall, with a larger percentage of films being spectacle-driven blockbusters," Hansen said. "Personally, I'd like to see both types of films exist. I liked the studio model of the 1970s, when they were taking more risks with the types of films they made while also making big blockbusters."

Regarding reboots, can studios afford to tinker with the classics? What's the gamble?

"I suppose the gamble is that you can ruin the appeal of the original," Hansen said. "But it's a very small gamble, because what generally happens is that, in the worst case scenario, if people hate the new movie you made that's based on an existing intellectual property, they're hating it because it doesn't match their expectations of the original, and it makes them revere the original even more."

What can we expect to see in theaters in the coming years?

"Box office performance-along with other related factors - are what the studios are using to determine what gets made. So if Avengers: Age of Ultron makes \$1 billion at the worldwide box office, we're going to see more of those movies, and not more original dramas," Hansen said.

ABOUT CHRIS HANSEN

Chris Hansen, M.F.A., chair of the film and digital media department in Baylor University's College of Arts & Sciences, is an award-winning writer and director. His feature films have screened at festivals throughout the United States and Canada, have been released theatrically in Los Angeles and New York and have been reviewed in the Los Angeles Times, Village Voice and LA Weekly, among many others. His films include The Proper Care & Feeding of an American Messiah, Clean Freak, Endings, Where We Started and Blur Circle.

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An Evening with Isaac Oliver

WED JUN 10 | 7:30 pm

Writer Isaac Oliver comes home to Baltimore to read from and celebrate the release of his book,

Intimacy Idiot, a hilarious and heartfelt collection of true stories about sex, love, and connection in New York City. [Tickets & Info](#)



World Refugee Day Street Festival 2015

SAT JUN 20 | 12-3 pm

Our annual international family showcase celebrates Baltimore as a home to talented refugees and

immigrants of all ages. Dance, music, and art activities for the whole family! [More Info](#)



Ultrafaux & Friends: Deuxième

THU JUN 11 | 7:30 pm

Baltimore's finest gypsy jazz ensemble returns to the Patterson to perform their original tunes

along with a set of vintage Parisian jazz in tribute to Django Reinhardt. With special guests Alexis Tantau, Patrick McAvinue, and John Dierker on clarinet. [Tickets & Info](#)



Lynne Price & Lauren Withhart

SUN JUN 21 | 5 pm

Baltimore dancers Lynne Price and Lauren Withhart present a shared evening of innovative

new dance works. [Tickets & Info](#)



Les Rhinoceros

w/ Oh Hang & Sean McGuinness

SUN JUN 14 | 8 pm

Celebrating their new release on John Zorn's Tzadik records, Les Rhinoceros is an exhilarating

cacophony of knotty instrumental math-rock arrangements, klezmer-infused guitar licks, free jazz and sheer volume. With B'more adventurers Oh Hang, and Pissed Jean's insanely amazing drummer, Sean McGuinness. [Tickets & Info](#)



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Creative Alliance at The Patterson., Baltimore MD 21224 | info@creativealliance.org | 410/276-1651



IN THE FIELD: Of Soil & Vine Symposium



The Vineyards at Dodon was the location for an educational symposium on the impact that soil and minerals have on a vineyard and its resulting wine. This event was a partnership between the Maryland Wineries Association, the Maryland Grape Growers Association and the University of Maryland Extension, bringing members of these groups together to spend time with world-renowned soil microbiologist, Claude and Lydia Bourguignon as well as with researchers and consultants Ernest "Bubba" Beasley & Lucie Morton. [Read more](#)

MD Wines Earn Honors

Maryland Winemasters Choice - Big Cork Wins Best in Show!

Big Cork Vineyards' 2014 Chardonnay was awarded the "Best in Show" award at the 2015 Winemasters Choice Competition. In addition, nine wines from across the state were named "Best in Class" in their respective categories. "Having won best in show and 4 gold medals it is truly a testimony to our hard work we are doing in Washington County," said Dave Collins, vintner at Big Cork Vineyards. See the [full list of winners](#). Best in class honors:

- BEST WHITE: Big Cork Vineyards • Washington County • Chardonnay 2014
- BEST WHITE BLEND: Old Westminster Winery • Carroll County • Greenstone 2014
- BEST ROSÉ: Boordy Vineyards • Baltimore County • Dry Rosé 2014
- BEST OFF-DRY: Turkey Point Vineyard • Cecil County • Vidal Blanc 2014 [more...](#)



Tasters Guild International Ranks MD

Congrats go to three MD wineries for their earnings in the Taster's Guild International Competition. GOLD: Bordeleau Winery Cabernet Sauvignon; SILVER: Bordeleau Winery Petit Verdot, Elk Run Vineyards Syrah and Cabernet Franc; BRONZE: Elk Run Vineyards Gewürztraminer and Merlot, and Serpent Ridge Vineyard Albariño and Cabernet Sauvignon! [See the full list of winners.](#)

Finger Lakes International

Congratulations to Basignani, Boordy, Bordeleau, Catocin Breeze, Chateau Bu-De, Clovelly, Great Grogs, Knob Hall, Layton's Chance, Liganore, Orchid Cellar, Rocklands Farm, Sugarloaf Mountain for their winnings in the 2015 Finger Lakes International Wine Competition. Boordy Vineyards' Cabernet Franc was honored with a Best in Class award! [See the full list of winners.](#)

CASA Uncorked - June 6 in Cumberland



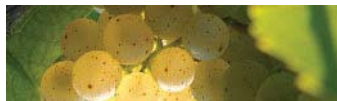
THIS WEEKEND!

Held at Canal Place in downtown Cumberland, this 2nd anniversary event features great local wine, food, vendors and music. All proceeds go to CASA of Allegany County to help fulfill its mission that every child should have a safe and permanent home. [Get details & buy passes.](#)

Great Grapes - June 6/7 in Hunt Valley

Join us for our 12th anniversary event and enjoy the bounty of Maryland. Great Grapes! [Know & buy passes.](#)

Eat•Drink•Go LOCAL - June 13 in North Beach



NEXT WEEKEND!

June 13th marks the date of our 5th annual Eat•Drink•Go LOCAL North Beach. Located in Southern Maryland, this event has an open air Farmers Market feel and is open to all ages. From 12-6pm, visitors and residents alike will have the opportunity to experience the best of the best in local food and wine, while enjoying all that the town of North Beach has to offer as well.

Eat•Drink•Go LOCAL North Beach 2015 will have 15 wineries from all across the state of Maryland and over 75 different wines being poured. [BUY PASSES!](#)

BACKGROUND READING

[MD Wine History](#)
[Industry Statistics](#)
[Winemaker Profiles](#)
[Grape Profiles](#)
[Events & Festivals](#)
[MD Wine Passport](#)

Amenti Del Vino

Congrats to Bordeleau Winery for earning Best in Show for its Petit Verdot, and a double golds for the Cabernet Sauvignon and Petit Verdot.

FOLLOW, FRIEND, SHARE

[more...](#)



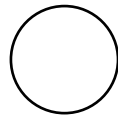
Winery Events

Check out the many festivals, tasting opportunities and special events at wineries on www.marylandwine.com

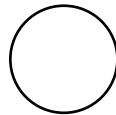
Contact Info

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

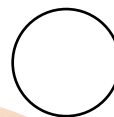
Links between Obesity and Mental Health



Rather than focus on the end result of obesity, look at the patient's underlying emotional health.



Studies have found depression to correlate with the onset of obesity and obesity to predict the onset of depression.



If you suspect an overweight patient is struggling with a mental health issue, approach the possibility directly.

Obesity prevention is a public health issue because of the costs it creates for an already overburdened system.

Seventy-three million Americans are obese—a startling statistic that becomes more than a number in our day-to-day clinical lives as we treat patients suffering from the sequelae of this epidemic: gastroesophageal reflux disorder, diabetes, hyper-

tension, polycystic ovary syndrome, infertility, gallbladder disease, osteoarthritis, and hyperlipidemia. Primary-care practitioners should be aware of a potential underlying cause of obesity: mental illness.

Recent studies have shown that many cases of obesity are the result of such mental illnesses as depression, anxiety, post-traumatic stress disorder (PTSD), binge eating disorder, and night eating syndrome. In a busy clinic it's difficult even to begin to unearth and address these factors when the purpose of the patient's appointment is chronic illness management. However, instead of focusing on the end result of obesity, we may be of greater assistance to our patients by looking at their underlying emotional health and intervening as appropriate.

Understanding the mental health/obesity relationship

What part does mental health play in the rise in obesity seen over the past 20 years? "We have more emotional issues than ever to deal with," explains Phillip Ballard, MD, a family practice physician and psychiatrist with Colorado Springs Health Partners (CSHP) in Colorado Springs, Colorado. "We have more than any other society has and we feel guilty that we're not happy." According to Dr. Ballard, these negative feelings fuel depression, and people often use food to self-medicate their emotions. Food is seen as nurturing; consider how we frequently turn to our "comfort foods" that remind us of feeling happy or cared for.

People are living longer than ever before, and paradoxically, that brings more problems. For example, Dr. Ballard points out, older, retired individuals who are prone to anxiety and depression have lost a tool for relieving these conditions. "Work has always been used to control anxiety and depression," he notes.

Family dynamics and stress play an integral role in mental health. Extended families are not as geographically close today as in the past. Adult children are leaving home later, and their greater dependence on their parents contributes to more problems for everybody involved.

Lisa M. Schab, MSW, LCSW, a Chicago-based licensed clinical social worker and author of several books on teen depression and anxiety, observes that in her practice, these two illnesses are the most common emotional health issues connected with obesity. Anxious patients can be compulsive, and eating compulsively and excessively contributes to obesity-making the behavior very destructive. In major depressive disorder, a common symptom is appetite change: A depressed person's appetite can increase or decrease, although an increase is more typical. Depression can lead to reduced physical activity, which has "always proved to work as well as psychotropics to control depression," states CSHP's Dr. Ballard.

Studies have found depression to correlate with the onset of obesity and obesity to predict the onset of depression. Depression predicts poorer success with weight loss, but successful weight loss is associated with a reduction in depression.

In addition to anxiety and depression, a recent study by indicated a strong relationship between PTSD and obesity, with a 32.6% rate of obesity found among PTSD patients (Obesity. 2009;17:539-544).

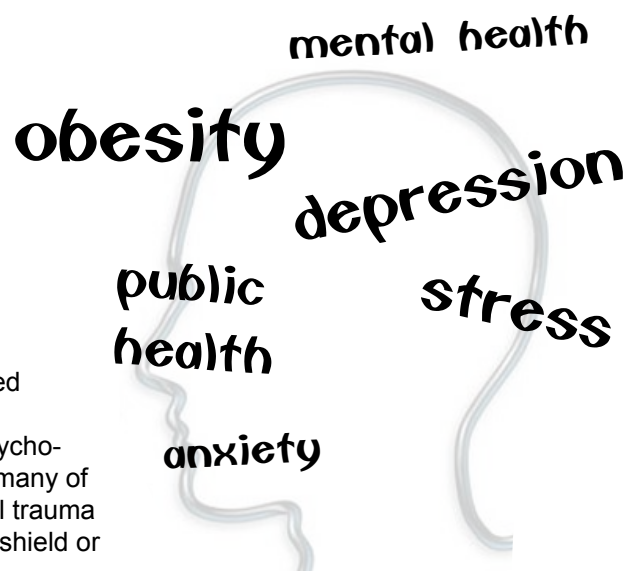
Women with less-than-positive emotional health are reported to have a significantly greater risk of weight gain (Obesity. 2008;16[Suppl 1]:s95). Michele Bartels, MSW, LCSW, a psychotherapist in private practice in Colorado Springs, says that many of her severely obese female patients have a history of sexual trauma in childhood. "They believe their weight protects them as a shield or a defense against others."

Interestingly, no heightened risk of obesity has been reported in persons with substance abuse disorders, perhaps because these individuals use agents other than food in their self-medicating behavior.

An elevation of cortisol levels reflects the clinical impression that night eating occurs during times of stress. Some obese patients describe having little to no hunger for breakfast. This may be a sign that they're overeating at night, as night eating syndrome is characterized by an unusual circadian pattern: minimal eating in the morning with hyperphagia (consumption of at least 25% of daily calories after supper) both during the evening and at night, along with insomnia. These patients often consume half their daily calories during these nocturnal eating episodes. Night eating syndrome was found to be unique in that it represents the coexistence of an eating disorder, a sleep disorder, and a mood disorder (Int J Obes Relat Metab Disord. 2003;27:1-12). The syndrome has been associated with an increased risk of dental caries, which can be assessed on an oral exam.

Binge eating disorder generally appears to be more common than the well-established eating disorders bulimia nervosa and anorexia nervosa. It is likely a chronic, albeit stable, disorder rather than a transient abnormal eating pattern.

In one study, participants with a current Axis I disorder as categorized in the Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition had a significantly higher BMI than those without such a diagnosis (Am J Psychiatry. 2007;164:328-334). In addition, even those study participants who had a history of any Axis I disorder had a higher BMI. ●





SUMMER RELAXATION WITH AYURVEDA

Five De-Stressing Tips from Shankara Ayurveda Spa at the Art of Living Retreat Center

Is your summer filling up with figuring out how to entertain the kids, keeping work flowing, and trying to find a week for vacation? In our crazy busy lives, it's becoming increasingly stressful to find ways to de-stress. Instead of plowing ahead and creating a packed summer schedule, take a few deep breaths and try an Ayurvedic approach to calming down your lifestyle.

The word "Ayurveda" comes from two Sanskrit words: Ayur meaning life and Veda meaning knowledge or science. "Ayurveda is an approach to living in harmony with the universe in order to achieve optimum health. Developed around 1500 BC, this science harnesses the natural intelligence of the body to bring people into optimal health," explains Diane Trieste, director of Shankara Ayurveda Spa at the Art of Living Retreat Center.

Set on a mountaintop outside Boone, N.C., Shankara Ayurveda Spa offers workshops, retreats and treatments focused on Ayurveda, one of which is a Panchakarma packaged program. "The 6-day Panchakarma Cleanse is led by our team of Ayurveda experts. The course is customized to each person and includes 10 authentic, therapeutic Ayurvedic treatments, cooking demonstrations, yoga, meditation, vegetarian meals, and take-home education & tools," adds Trieste.

If you can't make it to Shankara Ayurveda Spa this summer, the on-site experts have five tips to help you de-stress at home with the Ayurveda lifestyle:



- **Ayurvedic Eating** - "Ayurvedic cooking methods help you have an idea about what to eat and the right way of taking food. This knowledge supports the healing process and helps the body to eliminate toxins and restore balance," says the Art of Living Retreat Center's Head Chef Raju Bhujel. To follow the Ayurvedic approach, food should be cooked based on the following principles:

- Calm, happy and positive state of mind.
- Should be tasty, healthy and hygienic.
- Importance of spices to balance the food.
- Combining all six tastes - sweet, sour, salty, bitter, pungent, astringent - to make a balanced diet.

- **Catch some Z's - Trouble falling asleep?** A bath and a cup of boiled milk of chamomile tea may do the trick. The drinks are grounding and soothing in nature. If you like, add a pinch of nutmeg, cardamom, and some ghee to the milk.

- **Give Yourself a Massage** - Massaging your feet and scalp with warm oil is grounding, supports downward moving energy, and helps soothe the mind. The Shankara Ayurveda Spa team recommends lavender, bergamot and jasmine oils for stress relief and relaxation.

- **Take Time for You** - The purpose of the science of Ayurveda is to establish in the Self. There are certain acts which help, including: doing random acts of kindness, going on nature walks, silence, painting, swimming and meditation.

- **Try Meditation** - Meditation is a life-long practice, but even just 20 minutes can improve the quality of your day. Two steps to get started:

- Listen to instructional tapes and CDs. Recommendations: Guided Meditations by Sri Sri Ravi Shankar.
- Generate moments of awareness during the day. Finding your breath and "being present" while not in formal practice helps to evolve your meditation habits.



About Shankara Ayurveda Spa at the Art of Living Retreat Center - For those seeking physical and internal renewal on their journey toward greater self-awareness and happiness, Shankara Ayurveda Spa at the Art of Living Retreat Center provides a nurturing environment and service-oriented, educated staff. The relaxing mountaintop location near Boone, N.C. offers wellness adventurers a range of therapeutic Ayurvedic treatments and day or overnight programs perfect for those hoping to cultivate rejuvenation and inner growth. More on artoflivingretreatcenter.org.

Grip strength may indicate increased heart disease, mortality risk

Testing hand-grip strength could be a cost-effective and simple way of spotting patients at increased risk for myocardial infarction, stroke, and premature death, according to study findings published in *The Lancet*.

“Reduced muscular strength, as measured by grip strength, has been associated with an increased risk of all-cause and cardiovascular mortality,” noted Darryl Leong, PhD, of the Population Health Research Institute at Hamilton Health Sciences and McMaster University in Canada, and colleagues.

“However, the prognostic value of grip strength with respect to the number and range of populations and confounders is unknown.”

To assess the independent prognostic importance of grip strength measurement, the investigators looked at data from 139,691 adult patients who underwent grip-strength tests. The participants, aged 35 to 70 years, were from 17 countries. Their health was followed for an average of 4 years.

Every 11-pound decrease in grip strength was associated with a 16% increased risk of all-cause mortality. Each decrease was also tied to a 17% raised risk of cardiovascular-related mortality or death from non-cardiovascular causes. And, every 11-pound drop in grip strength was also associated with a 9% increased risk of stroke and a 7% higher risk of myocardial infarction.

Grip strength appears to be a stronger predictor of premature death than systolic blood pressure, according to the scientists. The link between grip strength and increased risk of myocardial infarction, stroke, and premature death remained even after the researchers accounted for other factors that affect mortality risk and cardiovascular disease, such as age, education level, smoking, drinking, exercise, and employment status.

“Further research is needed to identify determinants of muscular strength and to test whether improvement in strength reduces mortality and cardiovascular disease,” concluded the investigators.



Grip strength may indicate increased heart disease, mortality risk



ONLINE ARTICLE

www.clinicaladvisor.com/web-exclusives/grip-strength-cardiovascular-disease-mortality-risk/article/414770/



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Events of the month

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Issue: **May/June -2015**

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Rebuilding health infrastructure in war-torn South Sudan

Health tutor David Manana heads the Clinical Officer training program at the Maridi Health Sciences Institute.



The Republic of South Sudan has suffered decades of civil war, which has devastated its communities and infrastructure. The health-care system has not been immune to this strife - currently there is only about 1 doctor per 100,000 people.

South Sudan looked to its African neighbors for solutions to its health-care provider shortage and started the Clinical Officer training program sixteen years ago. There are currently two training institutes for Clinical Officers in the country, the Maridi and Juba Health Sciences Institutes.

Listen to the podcast

David Manana, a Ugandan health tutor, is the head of the Clinical Officer program at Maridi Health Sciences Institute in South Sudan. He spoke with us about the struggles clinicians face, the type of clinical work they do, and the funding his program receives.

In 1998, the South Sudan Clinical Officer training program was started during the height of the civil war. South Sudan's neighbors, Uganda, Kenya, and Tanzania, had already developed Clinical Officer programs, with profession's roots dating back to 1918 in Uganda and the 1960s in Kenya. It seemed a natural solution for South Sudan to develop its own program.

The Maridi National Health Training Institute became the first to offer the Clinical Officer program in South Sudan with the aid of AMREF Health Africa. As of November 2014, the program has produced 475 Clinical Officers, which constitute 70% of all the Clinical Officers in South Sudan.

The first group graduated in 2001, and the government is now interested in producing 5,000 more Clinical Officers because it currently values the role these professionals play in the country's health-care delivery system.

Students are recruited through the Directorate of Training and Professional Development at the Ministry of Health, and the current curriculum stipulates a minimum age of 30 years. What is most impressive about the program is that all the Clinical Officers who have graduated are employed and working in both urban and rural areas of South Sudan.

Clinical Officer students spend 50% of their time in the classroom and the other 50% of their time learning clinical skills, according to Manana. The three-year program covers public health, nursing and surgical procedures, anatomy, orthopedics, pathology, pharmacology, psychology, and psychiatry.

The clinical education component is divided between health centers and training hospitals. After three years of training, students do an internship for one year to further perfect their practical skills - diagnosing and treating diseases, educating the community, and performing minor surgical procedures.

Most of the challenges Clinical Officers in South Sudan face are posed by the long standing civil war with the north, including lack of electrical power, scattered services, and a shortage of goods and services. Whereas advanced practitioners in other countries sometimes face professional battles with other health-care providers that feel they are competition, this does not seem to be the case in South Sudan. Currently, there is such a severe lack of human resources for health that there is little opposition to the development of the Clinical Officer.

It will be interesting to see how things unfold as South Sudan regains peace, becomes more stable and more health professionals join the workforce.

Tension between health care professionals does not always occur in countries developing advanced health-care practitioners, but it is a very important thing to keep in mind when evaluating the development of the advanced practitioners as a solution to health-care provider shortages.

The South Sudan model will teach the world how the advanced practitioner profession can be developed in the absence of professional tensions. We can also learn how Clinical Officers and their analogues are able address the needs of war-torn countries that have essentially lost their health-care infrastructure.

Manana is a health tutor with a clinical officer background from Uganda. His work in South Sudan will have an amazing impact on the country as a whole. His work should not go unnoticed, nor should the efforts of AMREF, a past winner of the Gates Award for Global Health.

At the end of my conversation with Manana, I am amazed at the great work that goes on in the world that remains unknown. This program is such a pearl in addressing health-care provider shortages in countries that need it the most, yet is relatively unknown and not easy to find information about. I hope we all can learn from South Sudan, and help support the future growth of Clinical Officer training there.

Marie Meckel, PA-C, MPH, is a physician assistant who works in Western Massachusetts. She spent a year in South Africa at Walter Sisulu University, where she taught clinical associates. Marie has spent the last year interviewing PAs and NPs, their international equivalents, and American PAs and NPs working abroad.

Online Link for this Article

<http://www.clinicaladvisor.com/global-health-rounds/health-infrastructure-south-sudan-physician-assistants-nurse-practitioners/article/397988/>

SUMMER Season Recipe !!

BBQ Chicken and Parsley/ Tomato salad

A gluten free, tasty extremely healthy recipe.

BBQ chicken with parsley and tomato salad, (Tabbouleh)

Ingredients:

- 3 pounds-Chicken legs.
- 1 cup-White vinegar.
- 0.5-Red vinegar.
- 10-cloves of garlic.
- 0.25 cup-Smoky BBQ sauce.
- 0.50 teaspoon-Paprika
- 0.25 teaspoon-Black pepper,
- 1 tablespoon-Roasted garlic and pepper seasoning.



In a blender, mix all the above ingredients, except for the chicken-make sure the garlic is fine. Add the marinate mixture to the chicken, mix it well, cover and let it sit overnight in the fridge. The marinate aroma would smell heavenly by the next day, and would work best if cooked on a BBQ. Place the chicken on the hot sizzling BBQ, around 7 minutes on each side. You will be left with extra marinate, and you will need to moisten the top layer chicken frequently-while on the BBQ using a brush. If you don't have a BBQ, you may place them in an oven-baking pan. Keep one quarter of the liquid marinate from the chicken. Heat the oven to 400 degree. Place the pan uncovered for 15 minutes. Using a brush, moisten the chicken with the leftover marinate and place again in the oven. Repeat this moistening process twice. The chicken would need from 45 to one hour total cooking time

Parsley and Tomato salad. (Tabbouleh)

Do you know that parsley is a good source of minerals? Like potassium, calcium, manganese, iron, and magnesium, and here is a way to have plenty of it.

Ingredients:

- 2 bunches of parsley – washed, dried and cut into fine pieces
- 5 medium tomatoes – washed, sliced and cut into cubes
- 4 stalks of green onion – washed, and cut into fine pieces.
- Juice of a large lemon juice – cut in half, and squeezed.
- Green mint leaves – washed, dried and cut into fine pieces.
- 0.5 cup – Olive oil – preferably extra virgin.
- Salt and pepper to taste

Combine the above ingredients, mix very well. Add lemon juice, salt or pepper if your taste requires.

Voila ... Bon Appetit.



Gaylord Opryland Resort & Downtown Nashville June 5-7, 2015



NASHVILLE TURNS INTO SURVIVORville THIS WEEKEND!



Nashville will make cancer survivor history as it celebrates its first National Cancer Survivors Day, Sunday, June 7, 2015!

Starting at 9:00 am at Public Square Park will host the 3rd Annual Celebrate Survivors 5K Walk/Run, sponsored by the American Association of Cancer Research Foundation Runners.

National Cancer Survivors Day is a day for everyone, whether a cancer survivor, family member, friend, or medical professional. This day provides an opportunity for all people living with a history of cancer to connect with one another, celebrate milestones, and recognize those who have supported them along the way.

Sunday's National Cancer Survivors Day celebration will host a full day of celebration with nearly 40 vendor booths for shoppers to enjoy. The day will also include Salute to Survivors concerts on the Public Square Park Main Stage! Performers include the Steve Rutledge Band, Jamie White, the Jimmy Charles Band, Mark Bowling, Kirsten Arian and Mary Sue Englund.

Race registration is still open - join us for an amazing day of celebration

as Nashville hosts welcomes survivors from around the world, and quite possibly be the nation's largest National Cancer Survivors Day in history!

Register for Celebrate Survivors 5K



FREE First Time UBER Rides at SURVIVORville!

If you've never tried UBER, SURVIVORville is the perfect place to start!

In celebration of survivorship, UBER is offering FREE RIDES up to \$25 using the code SURVIVORville. Download the app today and be ready to experience the latest in travel.



Free Key Lime Pie at Margaritaville in Downtown Nashville

To sweeten your survivorship, Jimmy Buffett's

Margaritaville is offering free KEY LIME PIE for all BADGED survivors participating in National Cancer SURVIVORS Day festivities. Please note; YOU MUST BE WEARING YOUR SURVIVORVILLE BADGE TO RECEIVE THIS SPECIAL OFFER. Offer is only good on Sunday, June 7, 2015.

Welcome to SURVIVORS Square Stage!



In grand Nashville style, National Cancer Survivors Day will include some of the brightest in entertainment. Joining us at Public Square Park beginning at 10:00am will be Kirsten Arian, Mark Bowling, Steve Rutledge, Jamie White, Jimmy Charles and Mary Sue Englund. National Cancer Survivors Day is free and open to the public. Y'all come!

The Pink Heals National Tour Arrives in Nashville on National Cancer Survivors Day



An organization that started in 2007 to help people battling cancer with a focus on women arrives in Nashville for National Cancer Survivors Day at Public Square Park! Founded by a retired firefighter, the organization is comprised of firefighters

around the country who give back, financially assisting families fighting cancer.

Survivors will be welcomed to sign the symbolic firetrucks that will take center stage on 3rd Avenue North throughout the day. Don't miss this moving opportunity



The Women Survivors Alliance thanks the City of Nashville, Metro Parks, the Convention and Visitors Corporation, and all of the SURVIVORville 2015 sponsors and supporters!

Don't Forget!

My 2nd Act: Survivor Stories from the Stage

Sat, June 6th, 7:00pm

Doors open at 6:30pm. Cash Bar available. Badged attendee admission is free.

[My 2nd Act Stage Show Tickets](#)



THIS WEEKEND SURVIVORville 2015! June 5 and 6th, Gaylord Opryland Resort, and June 7th, Downtown Nashville National Cancer Survivors Day

Come hang out with Olympic Gold Medalist and Cancer Survivor Scott Hamilton at SURVIVORville! A few discounted rooms at Gaylord Opryland Resort are still available. But you have to hurry! Are you registered? Grab your registration and hotel TODAY!

[Link to Registration and Hotel Room Block](#)



Who Will Join Us At the 2015 Celebrate Survivors Golf Tournament at Gaylord Springs?

If golf is your game, why not play with a purpose? Join us at the inaugural Celebrate Survivors Golf Tournament at the beautiful Gaylord Springs Golf Links on Friday, June 5, 2015: Tee Time: 1:00pm

Registration is now open. This tournament is generously underwritten by our friends at Myriad Genetics.

[Golf Tournament Registration](#)



Welcome Vendors to SURVIVORville and the 2015 National Cancers Survivors Day!

Jamberry Rodan+Fields Pink Heals Allsup Live for Life Stronghold Chiropractic Anaveya

Designs Get Janes, LLC Karen WillisLife Survivor National Lymphadema Network Thirty One Gifts Advocare Lula Roe Origami Owl It Works! Global Perfectly Posh Juice Plus Rainforest Café Paparazzi Scott Hamilton C.A.R.E.S. Foundation Cancer Support Community Cancer Treatment Centers of America Cancer Today Magazine American Association of Cancer Research Women Survivors Alliance i. b.liev'n Conquer Magazine Myriad Genetics Ana Ono Reimagine Moon Child Natural Beauty Myriad Genetics St Thomas Health

Girls receive conflicting career messages from media, new research shows

Teenage girls like and feel more similar to women in appearance-focused jobs such as models and actresses, though they find female CEOs and military pilots to be better role models, according to a new study by researchers at Oregon State University.

For the study, 100 girls and 76 boys ages 14 to 18 were shown photographs of model Heidi Klum, actress Jennifer Aniston, CEO Carly Fiorina and military pilot Sarah Deal Burrow. Klum and Aniston represented the appearance-focused careers and Fiorina and Deal Burrow represented the non-appearance focused careers.

Girls generally rated the women in the appearance-focused careers higher on likeability than the women in the non-appearance focused careers. Girls also rated the women in the appearance-focused photos as more competent than the other women. Boys, on the other hand, found the women in the non-appearance focused careers were more competent. The boys also ranked the appearance-focused photos lower on likeability.

The findings highlight the conflicting messages girls receive in the media about careers and success for women, said researcher Elizabeth Daniels, an assistant professor of psychology who studies the effects of media on body image and gender.

"Girls know they should look up to female doctors and scientists, but they also know that women in appearance-focused jobs get rewarded by society," Daniels said. "It is, therefore, reasonable to think they would prefer women in those jobs."

But the study also shows that teenage girls, as well as boys, value women in roles that are not appearance-focused and generally find those women to be better role models. That should encourage movie, television and advertising executives to showcase a much wider range of working women and move beyond the "moms and models" that are the most common examples of women in media, - Daniels said.

"The dominant belief is that sex sells," she said. "But our findings show teens have positive attitudes toward other images of working women, providing evidence that there is support for these other images."

The research was just published in the *Journal of Adolescent Research*. The co-author is Aurora M. Sherman, an associate professor in the School of Psychological Science at OSU.



The study was conducted while Daniels was on the faculty at OSU-Cascades; she's now working at the University of Colorado at Colorado Springs.

The researchers wanted to study adolescents' attitudes about working women in part because they are under-represented in the media and are often depicted in stereotyped roles. In film and prime-time television, for example, women are less likely to be shown working in professional roles such as executives at a major corporation. That could send a message to young people that such occupations are unattainable or inappropriate for women.

"We already have a lot of research about the negative effects of sexualized or idealized media images on young women," Daniels said. "But there is very little research about the effects of other types of positive images of women, such as CEOs or military pilots. We wanted to understand how young people respond to those images."

The teens in the study were given a brief description of each woman's occupational accomplishments with each photo. The teenagers then answered a series of questions about the women in the photos, including: likability, competence and similarity to themselves.

The majority of both boys and girls rated the military pilot and the CEO as good role models, at 90 percent and 79 percent, respectively, while 58 percent said the actor was a good role model and 48 percent said the model was.

"The most striking finding is the disconnect between girls' role model evaluations and their ratings of women's competence," - Daniels said.

But the research also shows there is interest in and appetite for more diverse images of working women in media and advertising, she said. "Those images are reviewed positively by audiences, but it is really rare to see women featured in their careers."

Additional research is needed to understand how media may affect the career aspirations of children and adolescents.

"Does it affect the teens' aspirations of what they can be? Does exposure to a female CEO or military pilot encourage girls to join a computer coding club or take math or science classes? We don't know yet," - Daniels said.

Future research also could look specifically at why boys downgraded the competence and likeability of women in appearance-focused jobs but teen girls did not, - Sherman said.

"We speculate that teens may be receiving some deeply mixed messages about the importance of appearance for femininity that may be at odds with the messages they are learning about competence in occupations," she said.

.....

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Author Quotes

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



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

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

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

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

Aliah Uddin
Author - *Her Demise*

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

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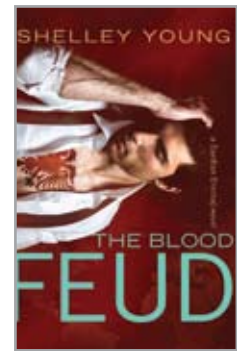
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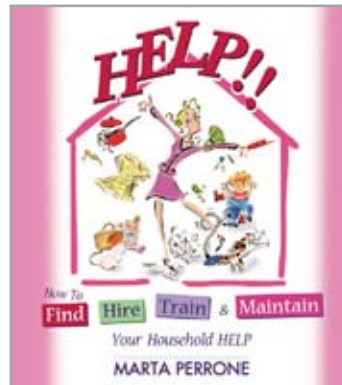
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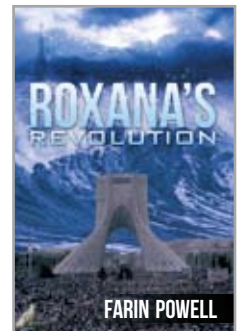
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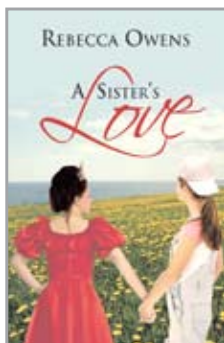


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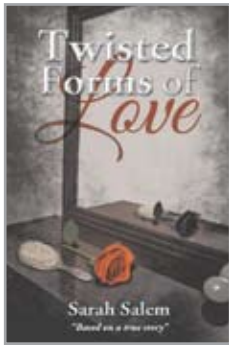


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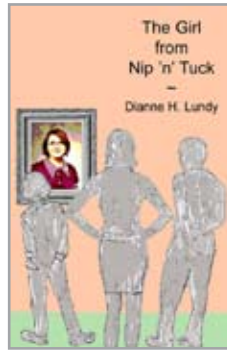


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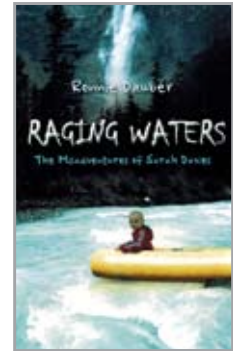
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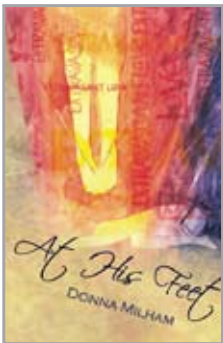


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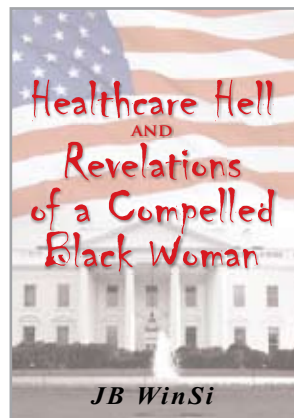


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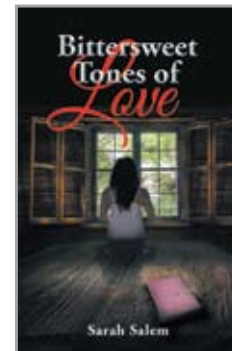
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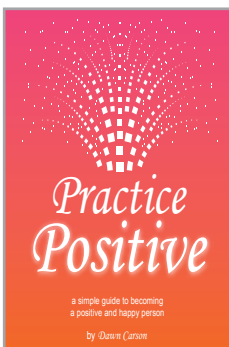


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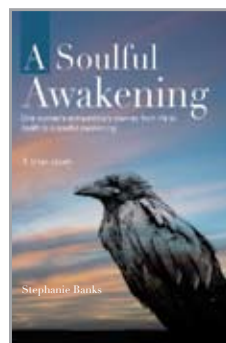
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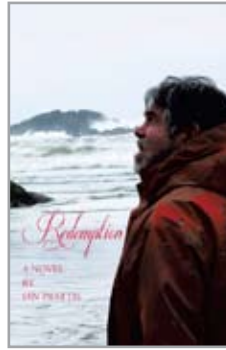


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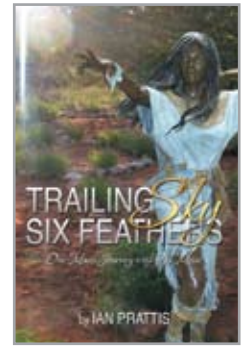


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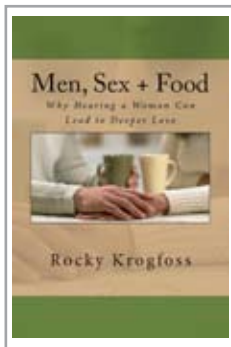
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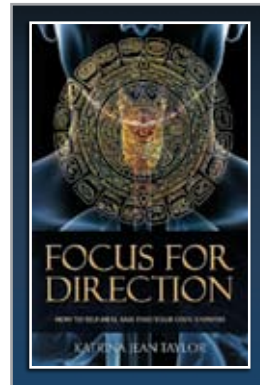
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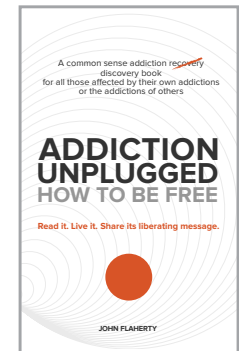
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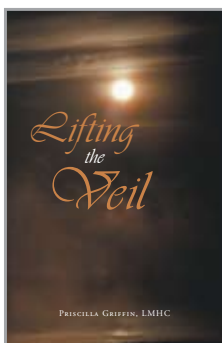


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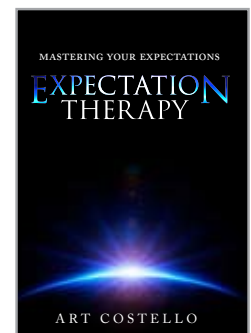
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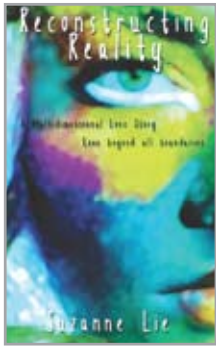
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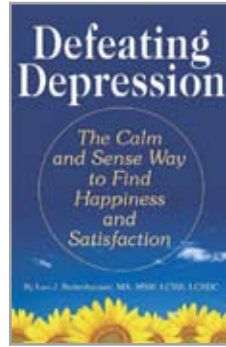
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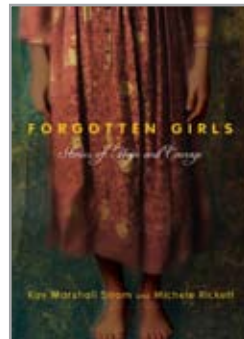
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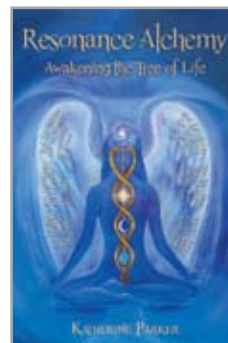
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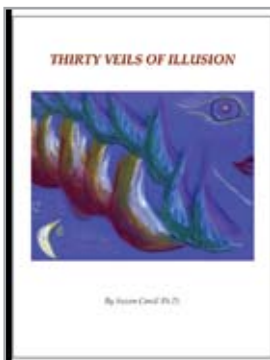


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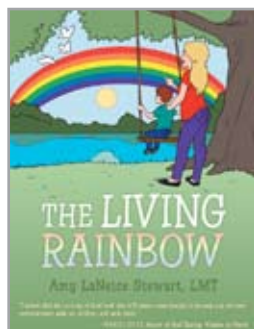
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