

A Publication for the Conscious Woman

# Focus ON Women MAGAZINE

**Celebrating our Tenth Year!!!**



**Reimbursements for Bone Density Screening**

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**Humanitarian Awardee Goes to University of Alabama Alumni**

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**Maryland Holds Hearing to Oversee More Safety Screenings for Uber and Lyft Drivers**

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**What Challenges Await Entrepreneurs for 2017**

November/December 2016

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PI: Roland Griffiths  
Study number: NA\_00051415

# November/ December 2016

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

and our motivators, Without trepidation or hesitation through further self-examination, we allow ourselves to fully embrace the instructional fluidity of the stream of human experiences. Ones that challenge us and those that fortify us. Indeed through this process, we value and become our true selves. To our readers, supporters and advertisers, may you all find the inner core that guides your lives towards greater purpose during this holiday season.

*“Woman is the full circle. Within her is the power to create, nurture and transform.”*

*--Diane Mariechild--*

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

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BY  
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**You and a guest are cordially invited to attend Everyman Theatre's opening night performance of DOT on Friday, December 9 at 8:00 PM.**

For the holiday season, hot off its hit New York run, comes an uproariously funny new play from playwright/actor Colman Domingo (Wild With Happy/star of Fear the Walking Dead) that takes a touching look at shifting family dynamics and the fragility of the mind affecting an African-American family from West Philly. Dotty and her three adult children are home for the holidays, but this year there is more than presents and yuletide on their mind. While Dotty fights to maintain a grasp on her fading memory, brother and sisters collide in a riotous and raw familial brawl where losing your mind and losing your sanity are two different things.

A post-show reception will follow the performance at Forno, located steps away from Everyman's Eutaw Street entrance at **17 North Eutaw Street, Baltimore, Maryland 21201.**

 EVERYMAN  
THEATRE | GREAT STORIES,  
WELL TOLD.

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# Focus Women ON Women MAGAZINE

www.focusonwomenmagazine.com  
nicbri@focusonwomenmagazine.net

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

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# NEW STUDY DETAILS WHAT SUCCESS AND STRUGGLES ENTREPRENEURS WILL FACE IN 2017

*Study finds entrepreneurs are focused on building wealth, delivering excellent products and services, and the future*

**Drip, and email marketing automation platform,** today released the results of a new study finding that entrepreneurs that use digital marketing and automation strategies on a consistent basis will likely see better returns than those not relying on those tactics.

According to the study, 50 percent of those surveyed get their majority of new customers via referrals or word of mouth. However a substantial amount of entrepreneurs (34 percent) stated that digital marketing is either highly important or indispensable to the success of their business. This data suggests that as long as you are tracking whether campaigns are effective, you are likely to see a return on your investment.

Drip serves thousands of small and medium-sized businesses with software and automation tools that makes their marketing easier and more effective. The survey, by Google consumer surveys, was conducted in July of 2016 by the Drip research team and consisted of multiple entrepreneurship questions of various nature. The survey was posed to entrepreneurs across the country among a cross-section of 1,884 subjects, both male and female and 18 years of age or older.

Respondents of the survey were not necessarily customers of Drip, and the questionnaire did not identify the company as the sponsor. The survey resulted in a good glimpse of what the state of entrepreneurship is shaping up to look like in 2017.



## Where do today's marketers struggle?

According to the survey, cost (19 percent), time (18 percent) and finding customers (18 percent) are the biggest barriers for small businesses when it comes to growing their business. Interestingly, today's entrepreneurs don't necessarily think of customer acquisition as a marketing problem with ten percent stating their primary challenge is figuring out how to market successfully. Similarly, there looks to be untapped growth potential in improving customer retention as only seven percent of respondents said that was a top concern.

Respondents were also asked how long it took to feel like their respective business was a success. According to the data, the first year is a tough time for entrepreneurs. While around 21 percent felt confident and successful after one year, almost no one else (9.5 percent) reported reaching their benchmark for success in under a year.

Within a few years, business begins to stabilize, but many entrepreneurs feel they are in a difficult position. Twenty-one percent stated they do not feel confident that their business will succeed, including 15 percent who have already been in business for more than five years.

## What motivates entrepreneurs to keep going?

Not all entrepreneurs start their business ventures with a goal of changing the world. Many are motivated by simply achieving a good life and economic stability for themselves and their families. According to the study, nearly 50 percent stated building a better life for their family (24 percent) or making money (23 percent) are their biggest motivating factors for their business. Conversely, being 'well-known' in their industry (ten percent) and making a difference in the world (14 percent) came in on the low end of respondents motivations.

Unsurprisingly, those surveyed that are in the 35-44 age bracket were the most likely to answer 'building a better life for my family' than any other segment, with 34 percent stating as such.

## What contributes to customer happiness?

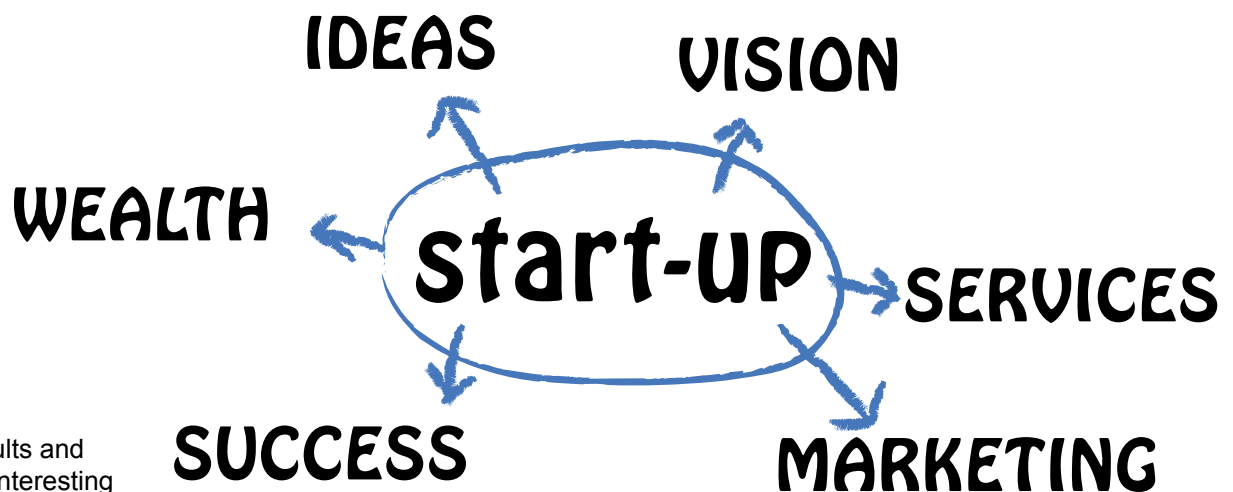
Entrepreneur's today clearly believe that there is no substitute for quality, as 34 percent of those surveyed stated that simple quality of goods and services are the top factors when defining what keeps their customers happy. Furthermore, another 26 percent state that the customer service that is provided is the biggest key.

Interestingly, very few entrepreneurs look to win over customers by more relative factors such as price (8 percent) and convenience (6 percent). This shows that they are sticking to business fundamentals and trying to deliver better value and service than anyone else in their industry.

## What would entrepreneurs change if starting from scratch?

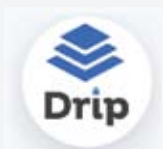
In hopes of gathering lessons learned from entrepreneurs, the study asked participants 'What would you do differently if you were starting your business all over again?' and the data showed a surprising outcome. One third (33 percent) of respondents answered they would do nothing or not much in terms of changing things up if they had to start their business over again.

If you plan on starting a business in 2017, our sample group might advise entrepreneurs to start sooner (three percent), watch their savings (1.3 percent), or find a good partner (1.1 percent). Not every response was in that realm, however. Of all the nearly 2,000 entrepreneurs surveyed, only two percent stated they would choose not to start a business if they were given another chance.



"The survey results and insights are quite interesting and compelling, giving valuable data on what current entrepreneurs are thinking on a daily basis," said Rob Walling, co-founder of Drip. "The survey data helps surface common approaches, wisdom, and insights across a wide variety of entrepreneurs."

The survey's margin for error is +/- 3.1 percentage points for 1,026 adults. This is the first of several small business surveys that Leadpages.net and Drip.co plan to release on various trends and industry topics related to digital marketing.



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### MORE . . .

*Drip is email marketing and automation software for online businesses. Drip is ideal for individuals and companies that sell software, ebooks, courses, and consulting services. It's grass-fed, organic software lovingly handcrafted in Minneapolis. With a visual approach to email automation, extreme ease-of-use and surprisingly reasonable pricing, Drip has made marketing automation accessible to individuals and organizations that don't have the time or budget for more expensive, enterprise-level systems. For more information about Drip visit our website at [Drip.co](http://Drip.co).*

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# Appoint a Journalists Protector to stop journalists from being killed for what they report

It's been two years since journalists Jim Foley and Steven Sotloff were horrifically murdered by ISIS - and yet we still do not have a clear, quick-moving, and effective way to #ProtectJournalists when they are threatened with assassination.



When you kill journalists, you kill information. We have to demand action NOW - for the sake of journalists, and for the sake of every one of us who deserves to know the truth about the elections, wars, and stories that are shaping our world.

This week we have the chance to deliver that message at the United Nations General Assembly. As you



read this, Reporters Without Borders is leading a worldwide coalition asking UN Secretary-General Ban Ki-moon to appoint a Protector of Journalists - a new position that would have the political weight, the capacity to act quickly, and the legitimacy to save journalists lives.

We're gaining steam, and seeing signs that the appointment could be made soon, but we need more people to help us prove that saving journalists HAS to be a priority.

Please. 37 journalists have been killed this year alone. 787 have been killed since 2005. And thousands upon thousands must face danger, intimidation, and retaliation on a daily basis, simply to bring us the truth. We rely on their information to guide our votes, our actions, and our advocacy. They deserve a protector to fight for their safety.

Before we lose one more journalist, demand that Secretary-General Ban Ki-moon #ProtectJournalists by adding your signature! We'll deliver your petition by the end of this month's UN General Assembly to make sure the UN does not waste this chance to save lives. ●

**Online Link:** [https://www.change.org/p/un-secretary-general-ban-ki-moon-appoint-a-journalists-protector-to-stop-journalists-from-being-killed-for-what-they-report?tk=d9v5xOOx6092xMNC4B-k7\\_pclQdjSL\\_es\\_R2SdV3ib-A&utm\\_source=petition\\_update&utm\\_medium=email](https://www.change.org/p/un-secretary-general-ban-ki-moon-appoint-a-journalists-protector-to-stop-journalists-from-being-killed-for-what-they-report?tk=d9v5xOOx6092xMNC4B-k7_pclQdjSL_es_R2SdV3ib-A&utm_source=petition_update&utm_medium=email)

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## Update on RSF's #ProtectJournalists Campaign

Thank you for signing our petition to #ProtectJournalists. Almost 40,000 of you rallied behind our call to appoint a Protector of Journalists at the United Nations, and thanks to people like you, the energy and call to appoint a Protector of Journalists has surged across the United Nations and around the world. This campaign and its momentum continue to grow. Thank you.



*Photo: From left to right, Dunja Mijatovic, OSCE Representative on Freedom of the Media; Raza Rumi, Pakistani journalist and scholar in residence at Ithaca College; Joel Simon, Executive Director of the Committee to Protect Journalists (CPJ); Christophe Deloire, Secretary General of Reporters Without Borders (RSF); Yara Bader, Syrian journalist, human rights activist, and director of the Syrian Centre for Media and Free Expression; and Maria Idalia Gomez, Mexican journalist and consultant for the Inter American Press Association on violence against journalists.*

Our team of international partners is more committed than ever to appoint a Protector of Journalists. And indeed, it is timelier than ever to protect journalists and freedom of the press.

RSF and our partners will continue our efforts to #ProtectJournalists, and your commitment to press freedom couldn't be more critical. As a supporter of this movement, you know the time for change is now. Thank you again for helping to build this momentum. As we continue the fight, please consider making a gift in support of our work at <https://donate.rsf.org/form/?> ●

Many thanks,

Delphine Halgand  
Reporters Without Borders, US Director

**Online Link:** <https://www.change.org/p/un-secretary-general-ban-ki-moon-appoint-a-journalists-protector-to-stop-journalists-from-being-killed-for-what-they-report/u/18546605>



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## HAPPY THANKSGIVING FROM THE WSA!

### A Thankful Note From WSA's 14-Year old Survivor Jessica Meyer

I am thankful for many things. Think for a moment about the gifts in your life. Now close your eyes and fill your mind up of all the wonderful spectacular things we are thankful for. Life is so special and we have so many thankful blessings around us as we approach thanksgiving. I have fought my brain cancer and won. I am most definitely thankful for that. I am extremely thankful for the medicine, the doctors, nurses, and children's hospital.



**Survivor  
Jessica Meyer**

I have an amazing family. Thanks, mom and dad! I have a bed, clothes, food, an education, and people who love me. Laughter... ah yes, laughter is awesome! I am thankful that laughter is a big part of my life. I laugh a lot. I especially like to laugh at the quirky things in life. Life is full of quirks and I think that is what makes life so enjoyable. I mean, look around and see the silly joy right in front of you. I also give thanks to music. Music can have its own powers. Playing an upbeat dance tune will sure lift your spirits and energy.

There is something that I am not thankful for. I am not thankful for my brain cancer. Cancer stole my 5th-grade year and part of my childhood. I can't get that back. That door was slammed shut. I missed out on recess, play-

grounds, hanging with my friends, and even homework. I lost what adults call my childhood innocence. Well, maybe not all of my childhood innocence, but apart of it had to be put on hold. A child has a special playfulness and passion about things. For a very long time, I was too sick to be playful and passionate. I used to be able to dance like no one is watching. Then for a very long year of my life, because of my cancer, there was no dancing. Just being able to stand and take a few steps was a big accomplishment. During my treatment, the door to my childhood was slammed shut because I was riddled with the experience of fighting for my life. I saw that in many of my fellow pediatric patient buddies. All of us sick kids had to grow up fast. However, I think all of us kiddos, learned how to hold on and appreciate much of what was left of our childhood.

But you know what, I am absolutely thankful for the path my brain cancer put me on. It opened this whole new door that I could have never even thought of. I have been surrounded by incredible cancer survivors. There is a special sisterhood and brotherhood that connects cancer survivors. That connection is pretty darn special. I am so extremely thankful to be able to share my story and my message to local and national audi-

ences. I have had the honor of helping other kids like me through many different fundraisers and events. I have learned to use my voice at such a young age. Finding my voice has been a very special gift that I am blessed to have discovered. Maybe one day, I will be giving thanks because we made a big enough difference in the pediatric cancer research world to end childhood cancer. I can't wait for that!

As I sit here on my warm cozy bed with my laptop being thankful for my blessings, my dogs are laying on my feet and keeping my toes warm. Which reminds me, I am thankful for my dogs! Happy Thanksgiving, everyone!

.....

## My 2nd Act Birmingham "Signs, Pom-Poms and People! Oh, My!"



When Alabama fans arrive (and I don't mean just the SEC, people!) it's literally a game changer! That's right. Signs, cheers, and pom-poms

and the sounds of an incredible spirited crowd filled the air of the Dorothy Jemison Day Theater at the Alabama School of Fine Arts as My 2nd Act: Survivor Stories from the Stage took the stage for its second year. Performing to a packed house, the Birmingham 2nd Act gals took to the stage as the stage show took inspiration to another level.

Performing to a packed house, the Birmingham 2nd Act gals took to the stage as the stage show took inspiration to another level. Extended backstories, backstage snippets and a weekend town tour by the cast shared the weekend production, while a vendor expo in the lobby the day of the event added to the live event.

"Describing the emotion and energy of the performance is almost too hard to put into words," stated Birmingham Producer Scarlett Bradford. "Birmingham was blessed to see this theater come alive with survivors of all ages, stages, and all cancers. This town certainly the KNEW the stage show had arrived. I can't wait for next year!"

The event was sponsored by **Cancer Treatment Centers of America** with supporting sponsorship from Ignyta and The Survivor Collection. The WSA is grateful to all our supporters in helping us bring this amazing show to town and we thank them for their continued support.

The 90-minute special featuring the Birmingham cast will be aired on **New Focus Network** early in 2017. Wasn't there? That's OK! Don't miss this incredible performance. NFN will be found on Roku, IOS, Google TV and will soon be on Apple TV and Amazon Fire.

.....

## The Survivor Collection™ Has Arrived Just In Time for The Holidays!



Brilliance, Beauty and Bravery and just in time for the holidays. The Survivor Collection™ is the absolute PERFECT gift for that beautiful survivor and co-survivor in your life!

Featured recently on Canada's The Shopping Channel, The Survivor Collection™ is an exquisite collection featuring unique three stone rings and necklaces celebrating a cancer survivor's journey. The collection is available in 10k white gold or sterling silver. Set with Swarovski® Genuine Topaz by Swarovski Gems™, featuring two brilliant white stones on the sides, and one colorful stone in the center. The placement of the gems symbolizes the survivor's three-part journey; life before cancer, the diagnosis, and that beautiful moment cancer survivorship brings new clarity to your life.

However, The Survivor Collection™ is for everyone! In addition to survivors, those who see the collection see pieces to compliment their everyday wear. Each piece was crafted as a collection of stunning designs every woman would be proud to wear whether it is a trip to the mall, to church, or in honor of a beautiful and treasured friend.

Best news of all? The WSA has partnered with The Survivor Collection™. Everyone can purchase pieces knowing this unique line gives back to support the WSA programs for women who are navigating their cancer survivorship journey. **100% of the Women Survivors Alliance website sales goes directly to support our programs.** Don't delay! **ORDER YOUR PERFECT PIECE TODAY** at [www.WomenSurvivorsAlliance.org](http://www.WomenSurvivorsAlliance.org). **(Gift certificates also available.)**

**BECAUSE CANCER DOESNT END WHEN TREATMENT DOES**

 <https://www.facebook.com/SurvivorsConvention/>

## Osteoporosis patient advocates fight for increased DXA scan reimbursements

- by Alicia Rohan

Hip fractures increased in the United States since 2012 following a reduction in the reimbursement rates for dual-energy X-ray absorptiometry scans, which led to fewer DXA scans being administered to diagnose osteoporosis and estimate fracture risks in patients.

Osteoporosis, a skeletal disorder characterized by bone thinning and deterioration with subsequent fractures, is a medical and socioeconomic threat to the United States' aging population.

**Sarah Morgan**, M.D., CCD, medical director for the **University of Alabama at Birmingham Osteoporosis Prevention and Treatment Clinic** and **UAB DXA Facility**, was one of two physicians in a group of patient advocates and individuals from the International Society for Clinical Densitometry, the National Osteoporosis Foundation, the American Society of Bone and Mineral Research, and the American Association of Clinical Endocrinologists who visited Washington, D.C., in September to lobby the U.S. Centers for Medicare and Medicaid Services for better DXA payment on the grounds that a proposed payment reduction could impair access to this valuable preventive service.

"A DXA scan is a better predictor of a fracture than a cholesterol level is of a future heart attack or stroke," said Morgan, a certified clinical densitometrist at UAB. "In the past few years, Medicare has been lowering reimbursement for DXA scans to a point that has been below the cost to perform the test. In turn, there are fewer DXA machines, patients are receiving fewer DXA scans, and we are seeing a significant increase in hip fractures."

In November, Medicaid announced that, instead of the proposed cut from \$100.69 to \$63.33 for DXA reimbursement, the new reimbursement rate for 2017 will be \$112.69 for DXA scanners in hospital facilities.

"This is an important victory for bone health," said Morgan, who represented the International Society for Clinical Densitometry as a past president. "There are fewer operational DXA scanners in hospitals and clinics. Among the scanners that remain, people have not always wanted to update them due to the poor reimbursement."

UAB is one of 44 hospitals nationally with an International Society of Clinical Densitometry-accredited DXA facility, which assures that quality DXA scans are performed. The UAB Osteoporosis Prevention and Treatment Clinic is a multidisciplinary clinic that has nurses, dietitians, physical therapists and physi-

cians working together to improve skeletal health. A patient education class is held each Wednesday from 11 a.m.-1 p.m. at **The Kirklin Clinic**. DXA scans are also available at **UAB Medicine Leeds**.

Recently, Morgan and fellow researchers published guidelines for quality DXA scanning in the Journal of Clinical Densitometry outlining best practices related to DXA scan acquisition, analysis and interpretation and reporting of DXA scans. ■

*"The UAB DXA facility fully follows all of these recommendations for quality DXA scanning,"*

*- by Morgan*

**More information** about the UAB Osteoporosis Prevention and Treatment Clinic can be obtained at

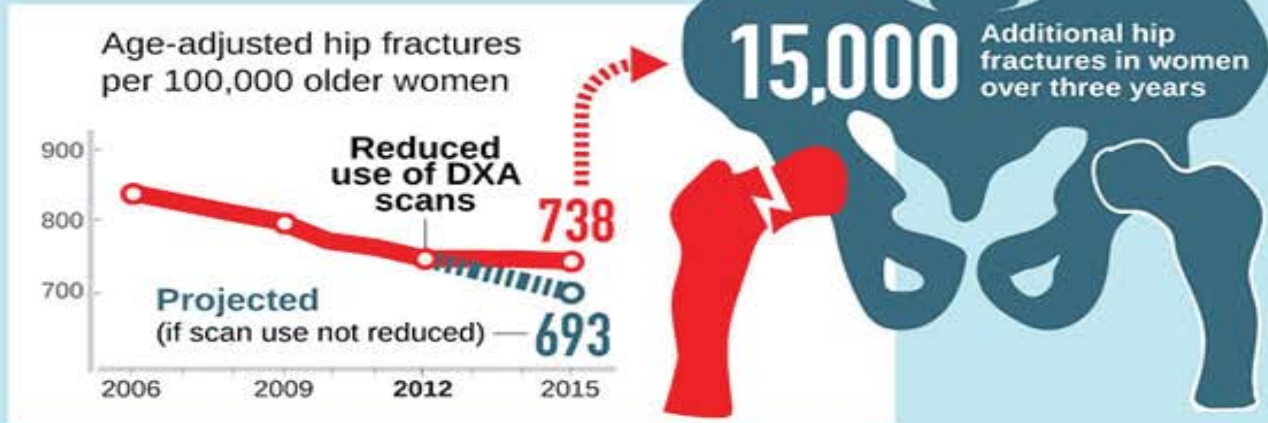
[www.uabmedicine.org/patient-care/conditions/osteoporosis](http://www.uabmedicine.org/patient-care/conditions/osteoporosis).

The clinic website contains more information about DXA scanning at

[www.uab.edu/shp/toneyourbones](http://www.uab.edu/shp/toneyourbones).

# DXA scans identify fracture risks

Hip fractures have increased since 2012, largely due to the reduced use of dual-energy X-ray absorptiometry (DXA) scans, which are used to diagnose osteoporosis and estimate fracture risks in patients.



## DECLINING SINCE 2012

- Number of DXA providers
- Reimbursement rates
- Number of women tested
- Percentage of women diagnosed with osteoporosis



## WHAT IS A DXA SCAN?

Bone density scanning is an enhanced form of X-ray technology that is used to measure bone loss.

**54 MILLION**

Americans have osteoporosis and low bone mass.

Osteoporosis is responsible for:

**2 MILLION** broken bones each year

**1 IN 2** WOMEN / **1 IN 4** MEN  
age 50 and older will fracture a bone due to osteoporosis



## Corine Toren

### Biography

Corine Toren is a new author! She is extremely passionate about writing, and has been pursuing a writing career since she was very young. Corine hopes to write more books, screenplays for film and television, and maybe even a musical one day!

You can find Corine here: **Twitter:** @ctors1

**Facebook:** facebook.com/corinetorenauthor



### Dear Mom & Dad, I Have Anxiety: A Book For Parents From A Child's Perspective

Ever wonder what's really going on inside your child's mind? Dear Mom & Dad, I Have Anxiety gives parents a glimpse of what it's like to be a child struggling with anxiety. The book includes the author's personal narrative as a child who grew up with anxiety, while also offering advice for parents about what to do during their children's toughest and most anxiety-driven moments. What makes Dear Mom & Dad, I Have Anxiety truly unique is that it is a parenting book completely written in the point of view of a child.

**Publication Date:** July 6, 2016

**Language:** English

**ASIN:** B01140UYTY

.....  
**ONLINE ON FOWM WEBSITE:** <http://www.focusonwomenmagazine.com/books-fowm.html>  
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## Seven things you should know about childhood poverty

Urban Wire Poverty, Vulnerability, and the Safety Net  
The voices of Urban Institute's researchers and staff

**Presidential** candidates and pundits rarely talk about tackling poverty, and when they do, [they're not usually talking about children](#).

But they should be: for millions of poor children, the United States is not the land of opportunity. Childhood poverty can have lifelong consequences, affecting future health, education, earnings, and more. These consequences can even stretch into future generations. Many poor children grow up to become poor adults, and as they have children of their own, the cycle of poverty continues.



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

### What else should you know about childhood poverty?

- Poverty affects millions of American children.** Today, [one in five American children are poor](#), and [nearly two in five will be poor for at least one year before they turn 18](#). That's roughly 29 million children.
  - When babies are born poor, they often stay poor.** [Half of babies born into poverty will be persistently poor](#), meaning they will spend [at least half their childhoods in poverty](#).
  - Poverty affects children of all races...** [About one in three white children and three out of four black children are poor for at least one year before age 18](#). In absolute numbers, more white children than black children are poor. Hispanic children are also disproportionately affected.
  - ...but when it comes to persistent poverty, the racial gap is starker. About [5 percent of white children and 40 percent of black children experience persistent poverty](#).
  - Child poverty dims future academic success. Early poverty is linked to toxic stress, which can harm children's brain development, lower IQ scores, and reduce academic achievement. Children who experience poverty between birth and age 2 are [30 percent less likely to graduate from high school](#) than children who become poor later in childhood.
  - Inaction has a steep price tag.** [Child poverty costs an estimated \\$500 billion per year](#) when you add up expenses like lost productivity, crime, and poor health—substantially higher than the estimated [\\$77 billion per year it would take to lift 60 percent of children out of poverty](#).
- The cycle of poverty is hard to break, but it's not impossible. Strategies include:
    - Reaching poor children as early as the day they're born. Since most children in the United States are born in hospitals, that's a great place to start. Social workers could connect newborns and new moms to programs that can help them avoid the poverty trap, such as public health insurance, food assistance, and even home-visiting opportunities and parenting classes.
    - Ramping up educational opportunities for children and their parents. Getting children in Head Start and other school readiness programs prepares them for primary school. Additional funding for Early Head Start would expand the reach of educational and other supports for younger children and their families. And workforce programs that help parents gain skills, get jobs, and advance in the workplace can help the whole family.
    - Helping kids stay in the same schools when struggling families move. Poverty and housing instability are deeply connected, and [a family move can disrupt a child's education](#). Flexible policies that [let kids stay in the same school when they move across school boundary lines](#) could improve academic performance.
    - Enacting [place-conscious strategies](#). We need policies that address neighborhood conditions and help poor families move out of disadvantaged neighborhoods to places with better schools and more opportunities. ■



author

# LOUISE WHITEHEAD

Author of multi-genre  
at Self-Employed,  
from United Kingdom

## Under Christ's Umbrella Perfect Love - by Louise Whitehead

This is a book of Christian poetry written in accordance with God's scripture. Read on, and you will see that if you have God by your side hope really can be found in everything, because God is hope itself.

**ASIN: B00NXIUGV4**

**Year: 2016**

**Written in multi language**



### Book Online

[www.focusonwomenmagazine.com/  
books-fowm.html](http://www.focusonwomenmagazine.com/books-fowm.html)



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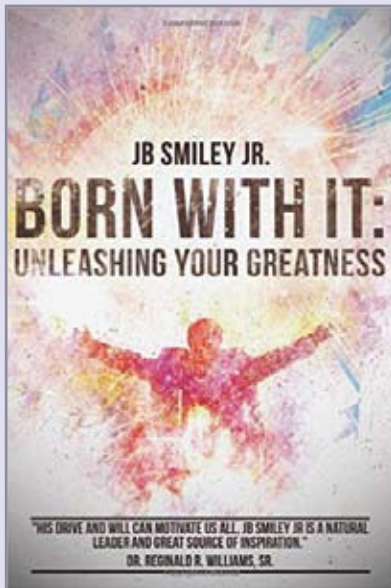


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**JB Smiley Jr. (Author)**



ASIN: B01IJT3WT0

Year: 2016

**Born With It: Unleashing Your Greatness**

Life is tough. Negativity is all around us. Many of us have experienced failure first hand. Despite the difficult circumstances, every individual has the desire to succeed. If you are in need of an extra push, guidance, or are seeking an encouraging word, this is the book for you.

Born With It: Unleashing Your Greatness is groundbreaking in its approach to personal empowerment. It boldly states looking outside oneself for the solutions.....

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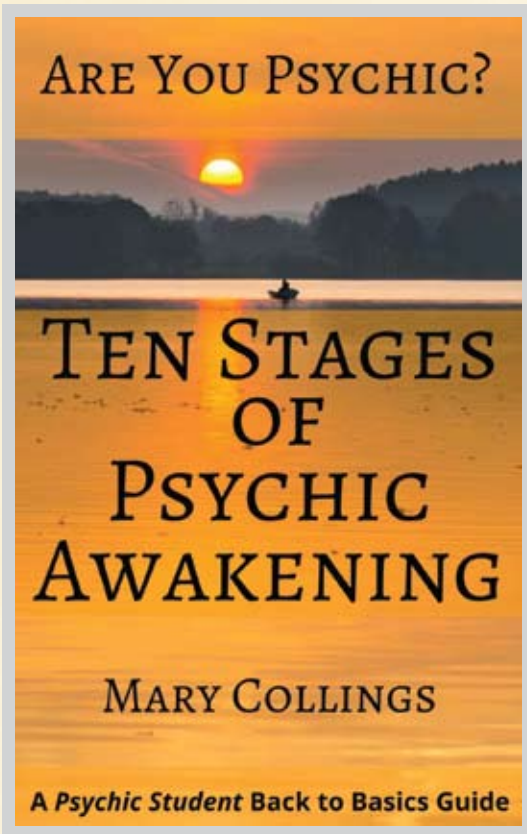


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## Are You Psychic? Ten Stages of Psychic Awakening - by Mary Collings

In "Are You Psychic? Ten Stages of Psychic Awakening" you will discover

- Why a life crisis may trigger your psychic awakening
- Why you may be feeling hyper sensitive and hyper aware
- Why searching for information may get you grounded
- Why energy drainers may be drawn to you and how to stop them in their tracks
- Why you may feel lonely and misunderstood and how it will get better
- Why you may doubt yourself, your awakening and your abilities
- Why you may feel physically unwell and what you can do to stop it
- Why some issues recur in your life and how to stop them forever
- Why this roller coaster ride may lead to changes in your life

as well as quick and simple exercises for protection, grounding, getting your energy flowing, knowing when your Spirit Guide is close and many more.

Publication Date: April 8, 2015

Language: English

ASIN: B00VVILR34



**Mary Collings (author)**

Mary is a Spirit Medium Certified by James Van Praagh and a Past Life Healer Certified by Doreen Virtue. .

Mary had the incredible privilege of sitting in a weekly Development Circle held by the celebrated Medium, Ivy Northage and her Spirit Guide, Chan. The circle sat at the Spiritualist Association of Great Britain in Belgrave Square, London.

*more online...*

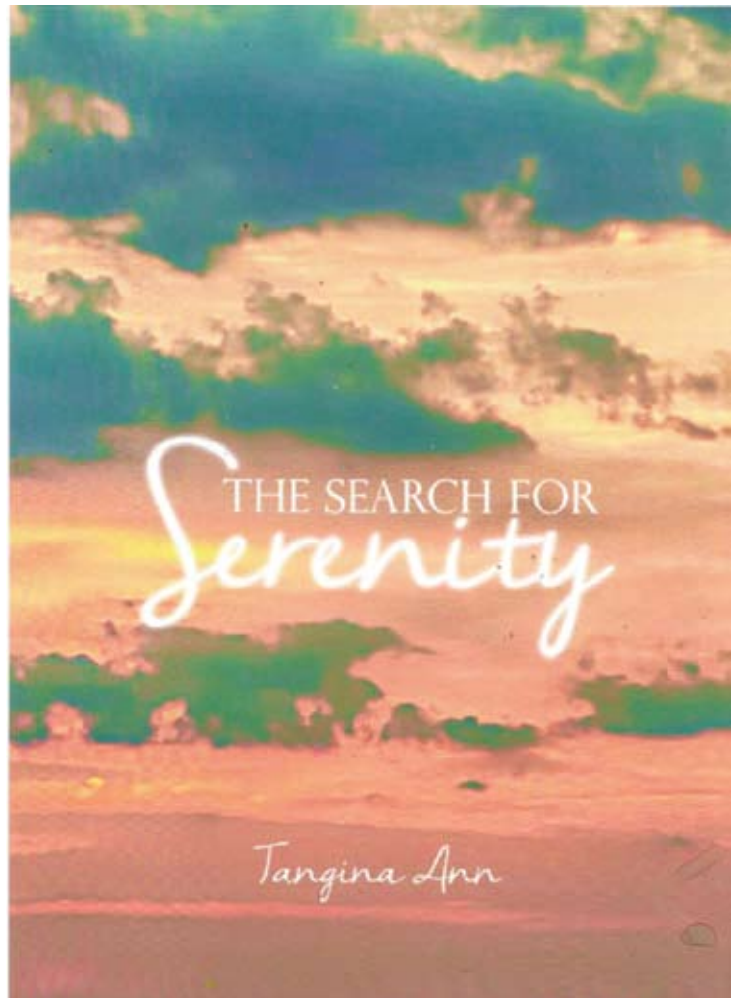
# *The Search for Serenity - by Tangina Ann*

Tangina Ann found herself having trouble. She did not like the General who was writing to her. The words he used and the way he said them were speaking to her heart. Even though they hadn't yet met, she was falling love. Tangina Ann desperately tried not to - but in the end it is our hearts that choose who we love. She never thought anyone could make her feel this way.



## About Tangina Ann Author

Tangina Ann is a CNA turned farmer. She is a proud grandma. She enjoys writing, woodburning art, sharing friends and family on Facebook and Google +, fairs in the summertime, sitting on the porch in the evening while watching the sun go down and good old country living.



Publisher: (November 28, 2015)

ASIN: B018PVX4VW

[www.tanginaann.com](http://www.tanginaann.com)

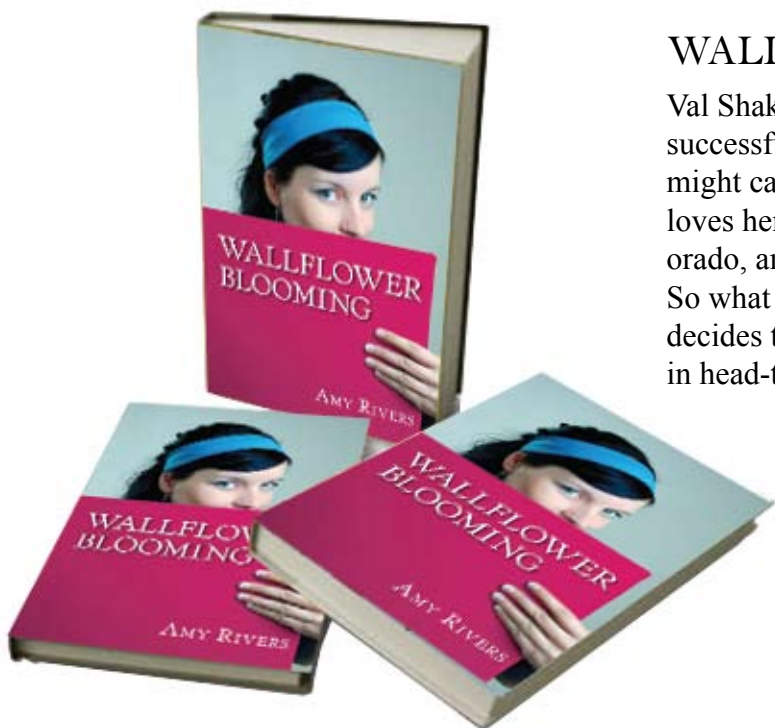
# WALLFLOWER BLOOMING



**Amy Rivers (author)**  
amy@amyrivers.com

## About... Amy Rivers

Amy Rivers was born and raised in southern New Mexico and currently resides in Colorado. She had an idyllic childhood despite a severe visual impairment and, perhaps because of her disability, she learned a lot about compassion and empathy from a young age. Her keen interest in social issues and violence prevention led to a Master's degree with concentrations in psychology and politics. Amy was the director of a sexual assault response program and remains an advocate for social justice. Amy has been published in *Chicken Soup for the Soul: Inspiration for Nurses*, *Novelty Bride Magazine*, *ESME.com* and *Splice Today*. *Wallflower Blooming* is her first novel.



ISBN-10: 0997353562

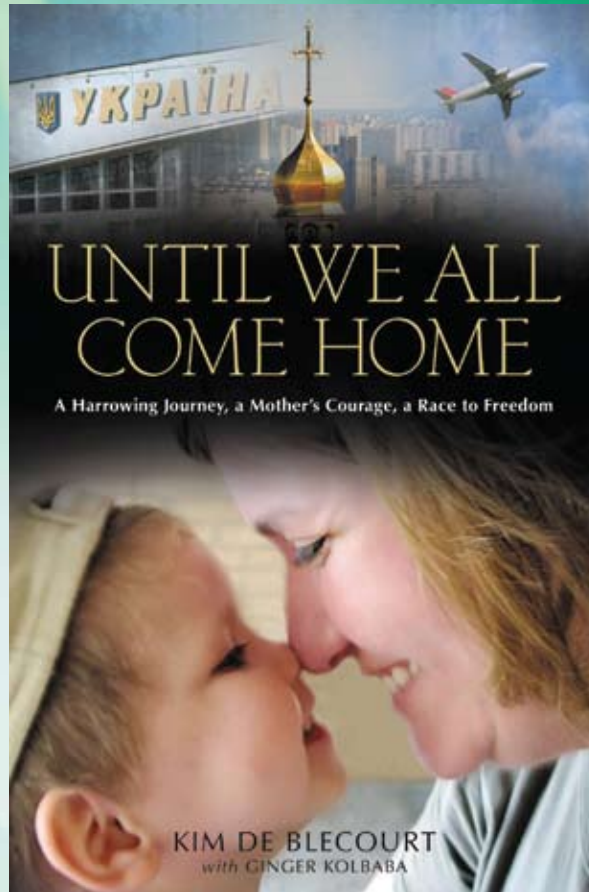
ISBN-13: 978-0997353563

Publisher: August 15, 2016

<http://www.amyrivers.com/books.html>

## WALLFLOWER BLOOMING (book)

Val Shakely is a list-maker. Daily routine. Check. Calm, quiet (but successful) business. Check. No drama. No excitement. Some might call it boring, but it's precisely the way Val likes it. She loves her hometown of Cambria, nestled in the mountains of Colorado, and runs a fruitful PR firm. It's more than enough for Val. So what if she doesn't have a social life? Then, her cousin Gwen decides to take on the local political bully, Mayor Roger Barton, in head-to-head combat for his position, and Val takes her company reluctantly, and against her better judgment, into the fray. The minute Val takes on Gwen's campaign, the safe world she carefully constructed begins to unravel. She feels the pressure of the campaign and the personal attacks by Barton. And as if that wasn't complicated enough, Val finds herself falling in love with local businessman John Hatfield, a man just as boring as her at first glance. Both charming and confrontational, Val is drawn to John in a way that cracks the simplicity of her life. In the end, Val's desire to stay on the sidelines is put to the test and she's forced to reexamine the life she's built as she trudges toward a new and more exciting future.



Year: Nov 2012

Publisher: FaithWords

Language: English

ISBN-10: 1455515108

ISBN-13: 978-1455515103

## *Until We All Come Home* - by Kim de Blecourt



**Kim de Blecourt**

[kim@kimdeblecourt.com](mailto:kim@kimdeblecourt.com)

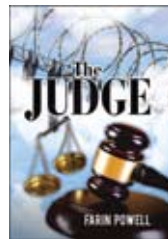
*When Kim de Blecourt and her husband decided to adopt a child from Ukraine, they knew that the process might be challenging. Nothing, however, could have prepared de Blecourt for the twisted nightmare she would endure. During her year-long struggle to extricate her newly adopted little boy from that post-Soviet country's corrupt social service and judicial systems, de Blecourt was insulted, physically assaulted, and arrested. Worse, her months of loneliness, worry, and fear drove her to the brink of spiritual despair. But God had no intention of abandoning de Blecourt or her family. Her amazing story-culminating in a spine-chilling race to freedom-offers dramatic proof that God's light shines on even in the deepest darkness.*

<http://kimdeblecourt.com/>

Purchase BOOK ONLINE



# Interview with the author of *The Judge* - Farin Powell



## Books Written

- › The Judge (2016 New)
- › Roxana's Revolution (2013)
- › Two Weddings (2011)
- › A Piece of Heaven (2009)

## For Focus On Women Magazine

**FOWM:** *I have read your third and most recent novel; it's a fascinating fast-paced story, but I believe our readers would love to hear you talking about your novel.*

**Farin Powell:** Thank you for inviting me to sit down and talk with you about *The Judge*. It's a legal thriller where three ex-convicts, who believe their lives have been ruined by the harsh sentences of Judge Walter McNeil, conspire to seek revenge. Out for retribution, they kidnap and even proceed to torture the Judge. The lead kidnapper, who was involved in the disappearance of the judge's daughter four years earlier, also has another plan—to remove the Judge from presiding over the triple murder case where his nephew is a co-defendant. He constructs a scheme to get the judge convicted and sent to jail for a long time. This creates a twisted web that connects the lives of both the criminals and the judge himself. Amanda Perkins, a savvy criminal defense attorney and Aristo Manfredi, a crafty detective who has a crush on her team up to unravel the clues and free the Judge.

**FOWM:** *I've seldom seen a legal thriller having a judge as a protagonist. What made you decide to choose a judge as the main character?*

**Farin Powell:** As a criminal defense attorney, I practiced for 25 years and represented more than 2100 clients. I wanted to reflect the flaws in our criminal justice system. Some judges, when they put their black robes on, the god-like feeling empowers them to do anything they want. Amanda Perkins, the attorney character in my novel, has a defense attorney's point of view about our criminal justice system. For example, in a conversation with detective Manfredi she says that as a member of the society she feels responsible for those in jail. I feel the same way. If society had provided housing, education and jobs for youth offenders, they wouldn't be shoplifting, selling drugs and becoming professional criminals. So I believe the society has failed them.



I was advising one of my juvenile clients against the use of horrible drugs like heroin. His response was, “when I walk outside my door, the drug dealer is at my door step.” So I wanted to reflect the need for communities to keep drugs out of their neighborhoods and provide safe and healthy environments for their kids.

**FOWM:** *What do you think about the role of the government in fighting against crimes and making our criminal justice system better?*

**Farin Powell:** I believe the government plays a great role in creating a better system. Whether we are talking at the federal level, state level, or local government. Here in the United States, drug addicts are treated as criminals, but in Nordic countries such as Holland, Norway, Sweden, they’re treated as addicts. I lived and practiced international law (not criminal law) in Holland for several years. But I’m familiar with the Dutch legal system, which is based on the Napoleonic Code of 1804. They changed the penal code tremendously to focus on rehabilitation rather than punishment. And maybe that’s the reason they keep closing jails, because they don’t have enough prisoners to fill their prisons. Sweden has an Open Prison system. I know that Holland, a country with a 17 million or so population or Sweden, with a population of 9 million cannot be compared to U.S. But there are aspects of their success that can be applied to America as well. They try to avoid prison as much as possible, even for some charges that are considered felonies here. Their rehabilitation programs intend to maintain the criminals’ contact with their families, train them for jobs, encourage them to work, or to impose penalties on them instead of imprisonment.

**FOWM:** *Your book is a fiction. Obviously you have not talked about other countries criminal justice system, but your characters have complained about our laws.*

**Farin Powell:** That’s true. Passing harsh laws seems to be the answer here in the U.S. For example, federal laws imposing mandatory minimum sentences tie a judge’s hands even if they are try to help rehabilitate a criminal. In DC, someone arrested for selling one small ziplock bag of cocaine or heroin, or even passing one to a friend at a party without getting money, may face a sentence up to 30 years in jail. In some cases we have halfway house programs or GPS monitoring instead of incarceration. But unfortunately, most defendants ordered to go through these programs are doomed to fail. For example, if you go to work and you’re late getting back to half way house, even for a few minutes, you’re charged with escape from prison, another criminal charge adding to the pending one you have. GPS monitor devices make noises when one goes through security. You can imagine how annoying that is for a defendant who is ordered by court to find a job. If the defendant on probation decides to take off the GPS monitor from his ankle, to take a shower, or sleep, he has violated his probation and will be summoned back in court for sanction. Failure to appear in court adds another crime, 6 months to 5 years of jail time depending on the nature of the case.

**FOWM:** *In addition to portraying how a harsh sentence can ruin one’s life, it seems to me that the novel also has a hidden message. Crime doesn’t pay.*

**Farin Powell:** Yes, unintentionally, it does. I hope that prison libraries will make this novel available to inmates. They may find similar situations that forced them to end up involved in criminal activities. One of the kidnapers in my novel was a first year medical student, but all it took was a few mistakes for his life to fall into a shambles and to end up embroiled in a path of crime.

# Holiday Thumb Print Cookies



by Author  
**Shirlee Hall**

[ BOOK: TRAPPED Visitor from Heaven ]



## several batches of cookies

### Ingredients

- 1 lb butter
- 1 cup brown sugar
- 4 egg yolks (save whites)
- 4 cups flour
- 1 cup or more finely chopped walnuts

Strawberry jelly  
Chocolate fudge frosting  
Red and green sugar sprinkles

### How to Make It

Beat egg whites very slightly and set aside. Cream butter, then add brown sugar, egg yolks and flour. Mix well. Form dough into small balls. Roll balls in egg whites, then in the chopped walnuts. Place on a cookie sheet. Push in the center of the dough balls with your thumb, making a well. Bake from 10-15 minutes until slightly golden in a 375 degree oven. Cool, then put a small spoonful of either strawberry jelly or fudge frosting in each well. If desired, sprinkle the cookies with red or green decorator sugar sprinkles.



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# Banana pudding !!!



## a recipe for banana pudding

### Ingredients

- 1 bag of Vanilla wafers
- 2-3 bananas
- 1 can of sweet condensed milk
- 1 box of instant banana pudding
- 1 tablespoon of vanilla flavor
- 8 oz of cool whip



by Author  
**JB Smiley**

[ BOOK: Born with it:  
Unleashing your greatness ]

### How to Make It

1. Line the bottom of a 9X13 inch dish with vanilla wafers. Arrange sliced bananas even over wafers. Arrange an additional layer of vanilla wafers to cover the bananas.
2. In a separate bowl, mix cool whip, condensed milk, and vanilla flavor together, and stir until blended to create a whipped topping.
3. Mix the banana pudding according to the directions on the box. Once the pudding is mixed, spread over vanilla wafers and bananas. Top with whipped topping.

# Holiday Special SNOWBALLS ...



Not a family secret  
but a HOLIDAY fav :)

## Ingredients

- 2 cup all purpose flour
- 2 cup finely chopped pecans
- 1/4 cup sugar
- 4 cup butter, softened
- 1 tsp vanilla

Powdered sugar

## How to Make It

1. Heat oven to 325 degrees.
2. Combine all ingredients, except powdered sugar.
3. Shape dough into 1 inch balls. Place 1 apart on ungreased cookie sheets. Bake 18-25 minutes, or until very lightly browned. Cool 5 minutes, then roll in powdered sugar while still warm, and again when cool.



by Author

**Kim de Blecourt**

[ BOOK: Until We All Come Home ]

# Chocolate Burfi

## Indian Holiday Treat

Burfi is the traditional treat for the holidays in India. This is the burfi for chocolate lovers. It's not traditional, but it's amazingly yummy.

**Prep time :** 5 min

**Total time :** 35 min

**Servings :** 15 small pieces

**Difficulty :** Easy



## What you need:

- 1 can condensed milk**
- 2 tablespoons butter**
- 1 cup milk powder**
- 1/3 cup cocoa powder**
- 2-3 drops vanilla extract (optional)**
- A pinch of salt (optional)**

## Putting it together:

- Grease a 9 inch by 9 inch pan.
- Heat a non-stick pan and add the butter. Turn the heat to very low (simmer) and melt the butter completely.
- Add the condensed milk, milk powder, and cocoa powder.
- Keeping the heat low, mix the ingredients gently together until they are blended and the mixture starts to turn smooth.
- Add the vanilla and salt. Keep mixing. Do not stop mixing during this whole process. You don't want the bottom to burn.
- Keep mixing patiently until the mixture gets gloopy and leaves the sides of the pan, circling your ladle.
- Now cook for about 2-3 minutes.
- Once the mixture is super thick and traps your ladle and doesn't let you stir anymore, transfer it to a greased pan.
- Pat it down with a spatula and stick some whole cashew nuts on top.
- Let it cool completely and then refrigerate for an hour.
- Cut into bite size squares, with one cashew on top of each square.



# Holiday Treats !!!



by Author

***Karen Sjuille***

[ BOOK: The Hostage Within ]

## Broccoli Raisin Salad

A salad I make every Thanksgiving and Christmas, also great for potlucks.  
Broccoli Raisin Salad:



### Ingredients

- 1 lb. sliced bacon cut into 1/2 in. pieces
- 1 c. mayonnaise
- 1/2 c. sugar
- 1/4 c. white wine vinegar
- 2 bunches broccoli about 1 1/4 lbs. (Cut bite size, about 10 cups)
- 1 small red onion thinly sliced
- 1/2 c. raisins

Cook bacon until crisp 8-10 min. Drain grease-cut in bite size pieces

In a bowl combine next 3 ingredients

Add broccoli, onion, raisins and bacon

Toss to combine. Cover and refrigerate at least 8 hours.

Stir before serving

## Peanut Brittle

A recipe my mother-in-law gave me. She made it every year for Christmas as did her mother.



### Ingredients

- 2 c. sugar
- 1 c. white syrup (Karo)
- 1/2 c. water
- 1 tsp. vanilla
- 1 tsp. baking soda
- 1 Tbs. butter
- 2 c. raw peanuts

Place sugar, syrup and water in large sauce pan, mix well, cook without stirring to hard ball stage ( it clicks against side of cup of cold water.)

Add peanuts and cook until the liquid turns brown. Remove from heat.

Add baking soda, vanilla and butter- stir quickly

Pour into buttered pan as soon as foaming stops (I put buttered foil into pan. It's easier to remove.)

When cool break into pieces

# Boozy Fruity Fruitcake~



by Author

*Lu Whitehead*

[ BOOK: Under Christ's Umbrella ]

## Ingredients

- 10 ounces self-raising flour,
- 5 ounces butter,
- 5 ounces brown sugar,
- 2/3 rd pint of milk,
- 1/2 tsp. mixed spice,
- 1/2 tsp. candied mixed peel,  
Desert spoon treacle,
- 8 ounces mixed dried fruit,
- 6 ounces halved glacé cherries,
- 1/2 tsp. tablespoons whisky or brandy.



## How to Make It

Mix together the flour, butter, sugar, mixed spice, treacle, alcohol, and milk in a large mixing bowl and keep beating until mixture is smooth. Stir in candied mixed peel, halved glacé cherries, and mixed dried fruit.

Transfer to well-greased 10inch cake tin with a spring bottom. Cover the top in greaseproof paper, and cook at gas mark 3 or 110 Celsius for approx 2-3 hours.

Remove paper and test cake with clean fork. If it remains clean the cake is cooked and needs to cool. If fork is sticky, then replace greaseproof paper and return cake to oven for further cooking time. When cooked remove from tin and place on a cooling tray.

**Serve with custard.**



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## Three UAB faculty members selected as fellows by world's largest general scientific society

- by Katherine Shonesy



**Charles Amsler, Ph.D.**

Faculty members from the University of **Alabama at Birmingham's College of Arts and Sciences** and **School of Medicine** have been named fellows of the American Association for the Advancement of Science.

The AAAS is the world's largest multidisciplinary scientific society and a leading publisher of cutting-edge research through its Science family of journals.

Charles Amsler, Ph.D., professor in the College of Arts and Sciences' **Department of Biology**, Steven Austad, Ph.D., distinguished professor and chair of the Department of Biology, and David Briles, Ph.D., professor in the School of Medicine's **Department of Microbiology** and **Department of Pediatrics**, are UAB's three representatives in the 2016 class of AAAS fellows.

Since 1986, UAB has had 13 faculty members selected to this prestigious organization. **For the second** time since the program's inception, three UAB faculty members were chosen as AAAS fellows in a single year.

Election as an AAAS fellow is an honor bestowed on AAAS members by their peers. This year, 391 members have been awarded this honor by AAAS because of their scientifically or socially distinguished efforts to advance science or its applications.

Amsler's research centers around marine chemical ecology and behavior. He has traveled numerous times

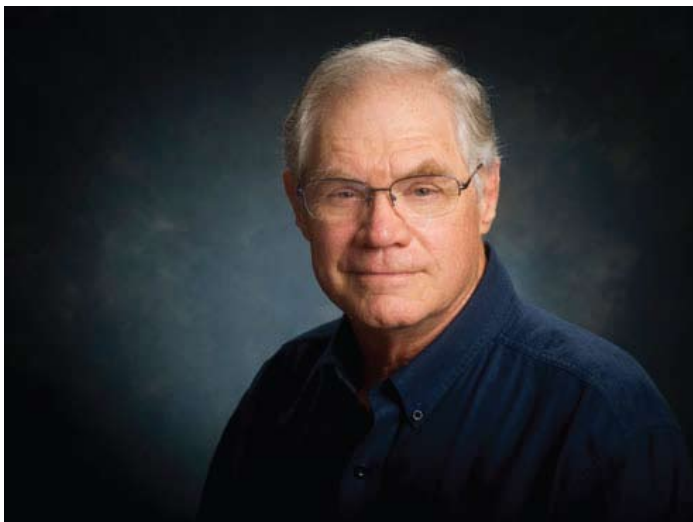
to Antarctica with other researchers and has made more than 750 research scuba dives there to study marine communities.

"I was thrilled to learn of my election as an AAAS fellow, and I am humbled to now be associated through this with many of the leading scientists in our nation," Amsler said. "This was possible only because I have had the great fortune to have been associated throughout my 22-plus years here at UAB with so many outstanding research colleagues, in particular my students and postdocs."

Austad is a leader in aging studies, and serves as the scientific director for the American Federation for Aging Research and directs **UAB's Nathan Shock Center of Excellence** in the basic biology of aging. His specific research interests are in the use of nontraditional animal species as models for extending and enhancing human health and understanding gender differences in the way we age.

"It is a tremendous honor to be elected a fellow by the AAAS," Austad said. "It's an organization that stands for the very best in science and that emphasizes the importance of communicating science to the general public."

Briles' research examines molecular biology and genetics of bacterial pathogenesis, bacterial vaccines,



**David Briles, Ph.D.**

and epidemiology of bacterial infections. Together with other colleagues at UAB and past trainees, he holds a number of patents on pneumococcal vaccine antigens.

New fellows will be presented with an official certificate and a rosette pin of gold and blue, representing science and engineering, respectively, Saturday, Feb. 18, at the AAAS Fellows Forum during the 2017 AAAS Annual Meeting in Boston, Massachusetts.

This year's AAAS fellows will be formally announced in the AAAS News and Notes section of the journal *Science* on Nov. 25.

The tradition of AAAS fellows began in 1874. Members can be considered for the rank of fellow if nominated by the steering groups of the Association's 24 sections, or by any three fellows who are current AAAS members - as long as two of the three sponsors are not affiliated with the nominee's institution-or by the AAAS chief executive officer. Fellows must have been continuous members of AAAS for four years by the end of the calendar year in which they are elected.

Each steering group reviews the nominations of individuals within its respective section, and a final list is forwarded to the AAAS Council, which votes on the aggregate list.

The Council is the policymaking body of the Association, chaired by the AAAS president, and consisting of the members of the board of directors, the retiring section chairs, delegates from each electorate and each regional division, and two delegates from the National Association of Academies of Science. ■



**Steven Austad, Ph.D.**

**More information ONLINE LINK**

[www.uab.edu/news/faculty/item/7783-three-uab-faculty-members-selected-as-fellows-by-world-s-largest-general-scientific-society](http://www.uab.edu/news/faculty/item/7783-three-uab-faculty-members-selected-as-fellows-by-world-s-largest-general-scientific-society)

# Do you pay sales tax on your online holiday shopping?

By Zach McDade

**Whether** shopping on “Black Friday,” “Cyber Monday,” or any other day of the year, Americans increasingly purchase things online. The [Census Bureau estimates](#) that e-commerce is roughly 8 percent of all retail sales, up from 3 percent in 2006. Looking specifically at holiday shopping, trade groups estimate [nearly half of all gifts are bought online](#).

This matters to state governments because many online retailers, unlike brick-and-mortar stores, often [do not collect state sales taxes](#). It's not that states intentionally favor online retailers, but rather a side effect of states creating their [sales taxes](#) generations before the Internet. A Supreme Court case ([Quill Corp. v. North Dakota](#)), brought by catalog retailers (yesterday's Amazon), held that states could not require companies to collect sales tax on goods unless the company had a physical presence (or

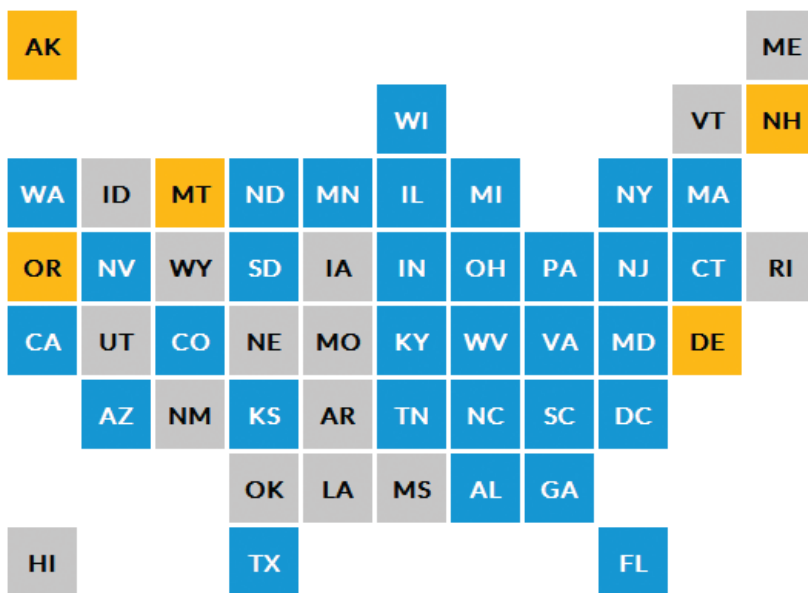
[nexus](#)) in the buyer's state. So whenever you purchase something online from a retailer not located in your state, chances are the tax is not collected. This [costs states billions](#) in revenue, putting additional stress on [state budgets](#).

However, and this is important if unpleasant, you, the consumer still owe tax on the purchase. If you live in a state with a sales tax (only five states do not have one), you live in a state with a use tax, a tax on goods purchased outside your state of residence for consumption in your home state. A state's use tax is the same rate as its sales tax, but the consumer (not the seller) is obligated to report the tax. Some states (like California and Utah) make this easy by including a line for this tax on income tax forms. But few consumers actually pay the use tax.

Congress [has drafted bills](#) to address this hole in the state tax system, but each bill has failed to even get to a vote, and there's no reason to think the new administration and Congress will pass it. Now some states are enacting laws that challenge the nexus standard with hopes of [changing the rules in court](#). And most states have signed the [Streamlined Sales Tax Agreement](#), which, by standardizing sales taxes, prepares states if federal law changes and encourages large retailers to voluntarily collect the tax.

## Where does Amazon collect sales tax on purchases?

■ Collects tax ■ Does not collect tax ■ No state sales tax



**Source:** “About Sales Tax,” Amazon.com, accessed November 22, 2016  
<https://www.amazon.com/gp/help/customer/display.html?nodeId=468512>.

**Note:** Consumers still owe a use tax in states where Amazon does not collect the state sales tax.

URBAN INSTITUTE

Still, despite federal inaction, some states are beginning to see more sales tax revenue from online purchases as the [biggest online retailer](#) moves into more locations. Amazon, in an attempt to cut down on shipping time, is building more distribution centers; putting a building in a state establishes the physical nexus that triggers sales tax collection. Every time Amazon opens a warehouse or data center in a new state (like [Colorado](#)), they begin collecting the tax. These locations mean purchases are taxed but also allow the retailer to offer same-day or [even two-hour shipping](#). In total, [Amazon now collects state sales taxes](#) in 29 states and the District of Columbia.

So odds are you'll pay sales tax on some of your online shopping this year. And, sorry to be a Grinch, even when you don't, you still owe your state the tax. ■

## UAB professor receives \$800,000 grant for plant research

- by Katherine Shonesy

**S**hahid Mukhtar, Ph.D., assistant professor of Biology at the University of Alabama at Birmingham's College of Arts and Sciences, has been selected to receive a three-year \$800,000 grant for his research from the National Science Foundation.

The grant, Symbiosis, Defense and Self-Recognition Cluster, is awarded to scientists to support research on how plants, microbes, fungi and viruses recognize each other and identify pathogens.

Mukhtar's study targets the understanding on how pathogens change a plant's cellular metabolism to acquire nutrients they need for growth. Using techniques from both biology and computer sciences, his focal point will be to construct a map of transcription that leads to protein synthesis and elucidate how pathogens alter the flow of biological information.

Mukhtar hopes this research will help scientists gain more knowledge about how pathogens can affect disease in plants.

With this research, students at UAB will gain experience in bioinformatics, a field that develops software to understand biological data. Efforts from this research will expose urban school teachers in Mukhtar's BioTeach program to genetic innovations and seek to engage students from nearby historically black colleges and universities.

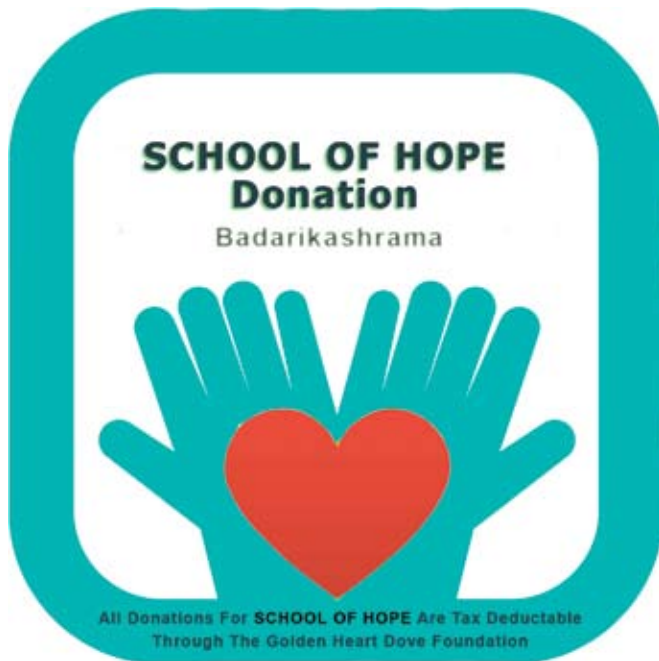
The National Science Foundation is an independent agency that promotes the progress of science and national health. The NSF is the funding source for 24 percent of all federally supported research conducted by America's colleges and universities. ■



**Assistant Professor Shahid Mukhtar, Ph.D., work with students in his lab.**

**More information ONLINE LINK**

<http://www.uab.edu/news/faculty/item/7781-uab-professor-receives-800-000-grant-for-plant-research>



**A**s a young American woman visiting India, I was horrified by the country's view that women were not equal to men. Women were denied equal education in favor of being made to marry at a much younger age than most men. They were shunned and rejected by their families and communities if they wouldn't - or couldn't - bear children. I've held this injustice close to my heart ever since.

Several years ago, when the Swami of the temple I attend decided to build a school in rural India to increase the education and opportunities of the children, I was ecstatic. His aim was to make sure that all children get opportunities to reach their dreams. There are many organizations that focus strictly on the education and empowerment of girls. But they don't consider the cultural ramifications of this. Education and empowerment helps girls achieve their dreams, but without the support of the community and the men around them it is much harder for them to succeed.

To this end, he opened a school that not only taught girls about freedom and choice, and gave them the skills to succeed in the world, it also taught the boys to value and support the girls in their communities and treat them as peers.

We are building a community that supports the empowerment of women, rather than creating a clash between the men and women.

According to the blog [Academic Exchange](#), educated girls and women are less vulnerable to HIV infection, human trafficking and other forms of exploitation, and are more likely to marry later and have fewer children. Children born to educated mothers are less likely to be stunted or malnourished. In fact, each additional year of maternal education helps reduce the child mortality by 2%.

We have worked hard to build the school and the community it serves. Recently I traveled around the local villages to video what happens to kids who don't get proper schooling. I was looking for kids working in the fields, or very young brides doing laundry or cooking. To my surprise, I was not able to capture any of those shots. Why? Because the kids were all at our school!



It was a glorious realization - we're making a difference! But we're not done. They need buses so they can expand their reach and get more children into the school. They need computers, teachers, food, medical supplies, and funds for general management and maintenance.

Because this is a very small organization, there are no executive costs. We don't spend money on marketing campaigns. It's a grassroots organization - so you can rest assured that almost all of your funds go to essential services.

If you feel inspired, we would greatly appreciate any help you can provide to help us continue this important work we are doing. To learn more, and make a donation, please visit [schoolofhopefund.com](http://schoolofhopefund.com).

May your world be filled with blessings and your heart be filled with joy.



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### Author Quotes

“As my book came near to completion, I met Joslyn Wolfe of “Focus On Women Magazine.” She has an eBookStore sales page that allows her organization to produce revenue to finance women’s projects and education. Although it does cost some money to join, I found that getting exposure and sales through her eBookStore provided me with the much needed exposure and confidence that my message had value and meaning to the women who bought my book. That was its original intent. Joslyn gave me an opportunity to sell my book in a widely dominated female authored market, and I cannot thank her enough. Her passion and devotion to women’s issues, nationally in the USA and around the world is exemplary. A small percentage of sales did go to helping women in Afghanistan. If you have a book you want to get out to a female market in particular, I recommend you contact Joslyn and ask her to explain what she can do for you. You will find her to be very friendly and very astute on the book marketing process and how your book can be sold on her site.”

*FOCUS ON WOMEN MAGAZINE - (Joslyn Wolfe, Publisher)*

“The book I have been talking about is called “Men, Sex and Food - Why Hearing A Woman Can Lead To A Deeper Love” was designed to be read by men to educate them and teach them a very important skill. Precious few men have this skill called listening, and lack critical tools to understand what a woman REALLY needs from them to generate heart to heart connections. The book presents a process that teaches men how to hear a woman without ignoring her or fixing her. It opens up a very simple possibility to create a highly amplified intimate connection that covers the gamut of experiences around intimacy. It also provides a real life story of what happens when a man understands that a woman DOES NOT need you to fix her, but instead acknowledge, value and be present for her needs and desires with thoughtful listening skills. It is the gateway to REAL LOVE in relationship. I am very pleased to say that through the efforts of a new friend I met on a radio show I was a guest on a few months ago, my book will be on book store shelves soon.”

**Rocky Krogfoss**

**Author - Men, Sex and Food - Why Hearing A Woman Can Lead To A Deeper Love**

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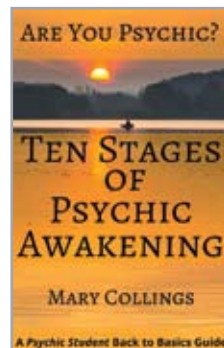
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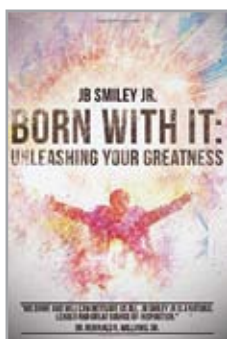
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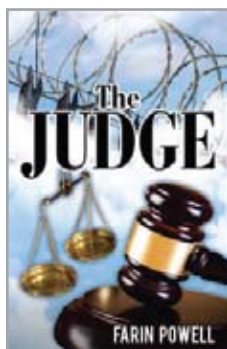
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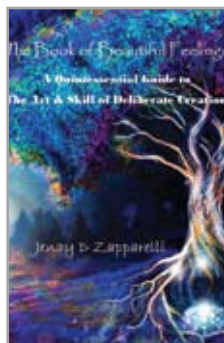
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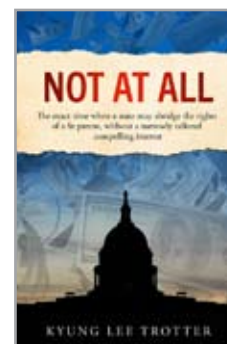
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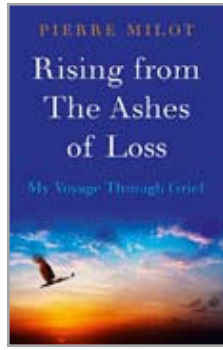
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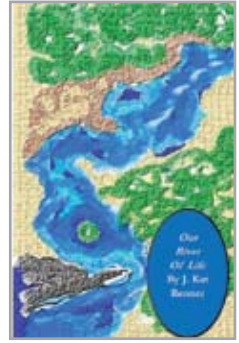
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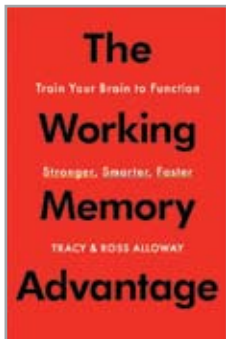
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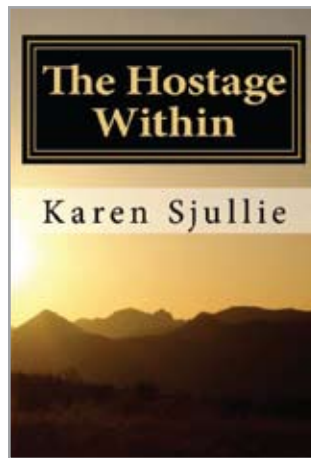
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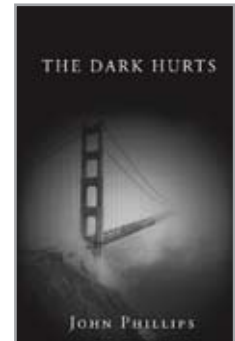
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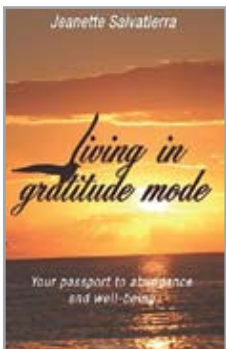
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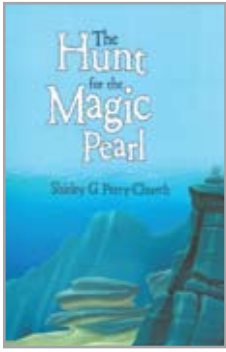
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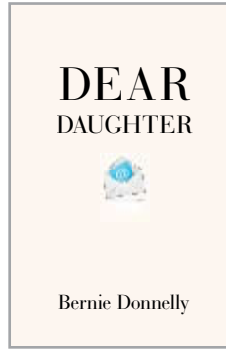
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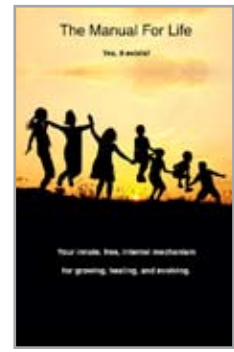
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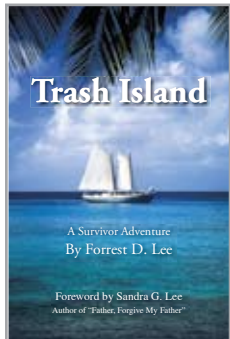


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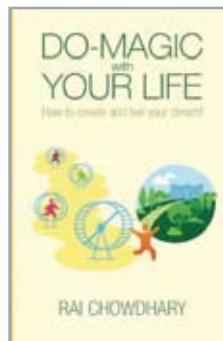
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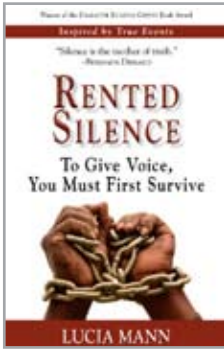
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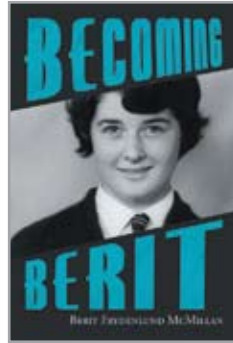
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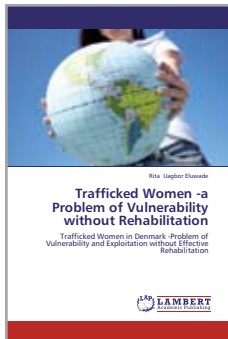
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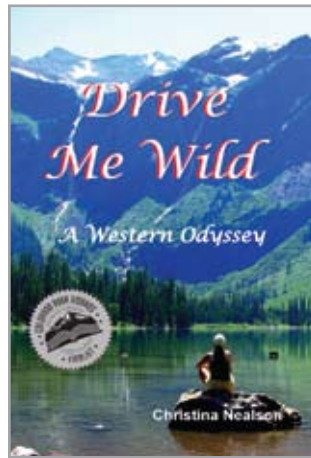
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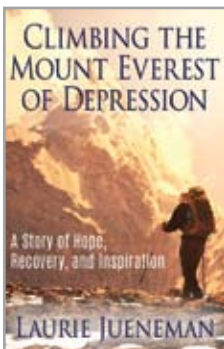


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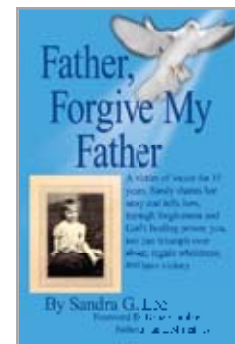


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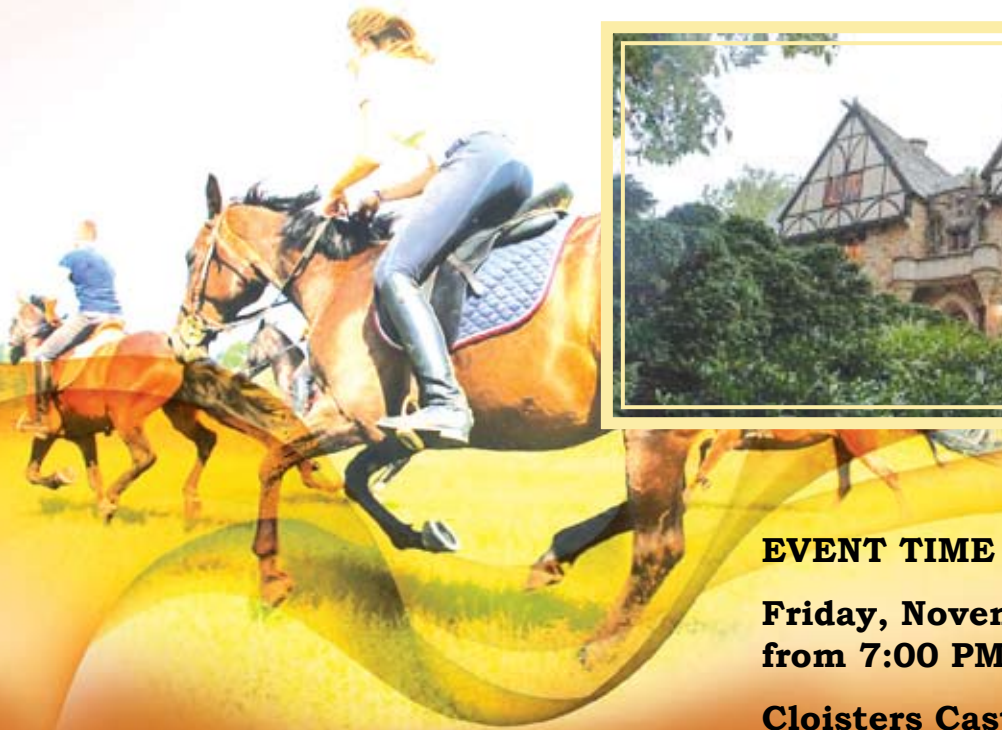


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# THE RETREAT AT *Beckleysville Gala 2016*



## **EVENT TIME and LOCATION:**

**Friday, November 18, 2016  
from 7:00 PM to 11:00 PM (EST)**

**Cloisters Castle  
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## *Beckleysville Gala..*

The Retreat at Beckleysville offers recreational, competitive, and therapeutic riding for people of all ages and abilities in a safe environment with minimal cost. Riders come from all over Maryland and Pennsylvania to enjoy the warm and inviting atmosphere and the enriching approach of trained volunteers. We are also dedicated to preserving the health and longevity of horses who have retired from our therapeutic program and others. Long after they are able to support our riders, they are nurtured, loved, and cared for by adults and children who continue to learn from them. The Retreat is a magical place for all, whether riders or volunteers, parents and families, and all the fur children, equine, feline and canine. Please be part of the magic!!! Please come and support The Retreat At Beckleysville, we will have great food, dancing, open bar, lots of great auction items.



[www.retreatatbeckleysville.org](http://www.retreatatbeckleysville.org)

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## DRIVE THROUGH THE LIGHT DISPLAYS

**Wednesday, November 23, 2016 - Sunday, January 1, 2017, Open Weds-Sun, 5:30-10 p.m.; closed Mon-Tues, and Dec 31**  
Drive through a spectacular display of nearly 100 animated and stationary light creations!

**DAZZLE DASH FAMILY FUN RUN AND 5K RACE** Presented by BGE Home  
**Sunday, November 20, 4-7 p.m.**

**NEW ICE SKATING RINK** Presented by Howard Hughes Corporation & Downtown Columbia Partnership  
**November 20, 2016-January 8, 2017, Tuesday - Thursday, 3-8 p.m., Wednesday - Sunday, 5:30-10 p.m.**

## BIKE THE LIGHTS

**Tuesday, November 29, 5-7 p.m.**

Bicyclists of all ages and abilities are welcome to enjoy this leisurely ride. Family and friends may walk with the bicyclists.

## MILITARY APPRECIATION NIGHTS

**Thursdays, December 1 & 8, 5:30-10 p.m.**

Bring your valid military ID and receive 50% off the cost of the drive-through admission. (May not be combined with any other offer.)

## TWINKLING TOTS

**Tuesday, December 6, 5-8 p.m.**

A family "stroll" through the lights. Children in strollers or wagons welcome!

## TAIL LIGHTS

 Presented by M&T Bank

**Tuesday, December 13, 5-8 p.m.**

A dog-friendly walk through the light displays and 2nd annual Best Dressed Pet Contest!

## MIDNIGHT AT 7

**Saturday, December 31, 5-8 p.m.**

A family-friendly New Year Eve's celebration with fireworks (weather permitting) at 7 p.m.

## PRIVATE GROUP WALK-THROUGHS

**Monday, November 28 & Tuesday, December 20, 5-8 p.m.**

Perfect for youth groups, scout groups, school groups and more! (Reservations required.)



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