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*"Experiences are savings
which a miser
puts aside.
Wisdom is an inheritance
which a wastrel
cannot exhaust.*

~Karl Kraus

Joslyn Wolfe, Publisher

*Softly surrendering to the call of nature's
nurturing, melodic song, I notice the seasonal
patchwork of change---fallen leaves, grayer
skies, earlier sunsets and latent dawns.
This synchronized passage of time lends
opportunity to reflect upon those things that
add to our lives, give us greater purpose and
propels forward to become our greater selves.
To our readers, supporters and advertisers,
at the threshold of this holiday season,
may you too find timely days of happiness
and copious moments of joy.*

*All the best,
Joslyn*

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Tips for Avoiding 'Spiritual Quicksand' While Building Good Karma This Holiday Season

By Paul H. Magid

If we were somehow able to watch a video of our caveman ancestors sitting around the first ever human Holiday Fire, while hoping to avoid the saber tooth tiger just outside the cave hoping to make them its dinner, and if we were also somehow able to understand pre-language grunting...I am quite certain that the video would, without a doubt, contain one guilty looking loincloth draped family member saying to his (or her) other loincloth draped family members in grunt-speak...

"...Why, I have no idea how that boulder flew across the cave and smashed (fill in the blank of your least favorite family member) in the head. I know it looked like it came from my hands, but it didn't. It was magic!"

And along with the first ever known family "accident"...magic was born amongst our grunting, but no less human, forbearers.

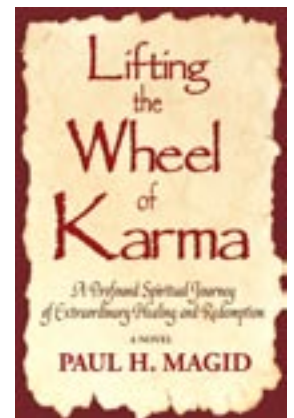
If there is anything my forty-three plus years on this planet have taught me, as the youngest of eight siblings in an "immediate family" that numbers nearly fifty members, it is that the holiday season, while a blessed time of year where spirits turn merry and a general jocular sentimentality (hopefully) overtakes us all...the holiday season can also be a time of stress, short tempers, angry flair ups, and otherwise all manner of Spiritual Quicksand, as many a holiday movie has so adroitly conveyed, much to our voyeuristic amusement.

But seriously, whether your holiday strife should originate from a sibling, parent, monster-in-law, co-worker, boss, pushy shopper, or inconsiderate parking lot competitor, here are a few tips for making sure this holiday season counts in your "spiritual win column", not "spiritual loss column":

Don't worry, be happy: Just because someone else is a miserable old Scrooge, doesn't mean you have to be one in response. The human urge to react or respond is pretty well engrained in us all (it probably has something to do with those caveman ancestors of ours grunting, "Run!" as the saber-toothed tiger came hustling around that boulder). The point is, just because someone else is in a bad mood, doesn't mean you have any obligation to be affected by their sourpuss vibe.

Save the drama for TV: There is no law that says you have to react to someone trying to provoke you. Okay, I admit this is a tough one. I'm not only a Libra, but a Double Libra with a Libra Rising Sun. The good news about that is we Libras are champions of justice and balance and fairness. The bad news is that we are also fairly easy to provoke. You don't necessarily have to scream, "Serenity Now", but the next time someone, be it a family member or a general life grouch, attempts to provoke you, instead of giving that person the reaction he/she wants...try doing nothing. I guarantee within a few blessed moments, a wry smile will come across your face, matched only the look of utter confusion on the face of the one wishing to provoke you.

... *There is basically no such thing as a 'Perfect Holiday' – the key is having family around you and celebrating the season together . . .*



(Continued on page 5, *Tips for Avoiding Spiritual Quicksand*)

4 Things Every Parent Must Know Before Purchasing the Latest Gadget for their Child this Holiday Season

By Frederick Lane

If there's one guarantee for the coming holiday season, it's that the latest electronics will be at the top of nearly every child's wish list. Last year's most-requested item was the Apple iPad, and with the long-awaited iPhone 5 scheduled to land sometime in the fall, it's likely that Apple will have another lucrative mid-winter gift season. Other manufacturers of popular electronics -- Samsung, Sony, Nintendo, Microsoft, Motorola, HTC, Nikon, Canon, etc. -- will not be far behind.

But parents thinking about microchip-laden presents need to do some homework first. There are four critical questions that you should be able to answer before giving Johnny or Jenny the latest gadget. First, what are the capabilities of the device? Second, what are the legal risks of using or misusing the device? Third, is Johnny or Jenny mature enough to understand those legal risks? and Fourth, are you comfortable with discussing those risks with your child?

The first question can be answered best by talking to salespeople, other parents who have bought the same device, and by doing some research online. The focus should be on understanding the types of information that can be created by the device (photos, videos, texts, programs, etc.) and how that information can be communicated to others.

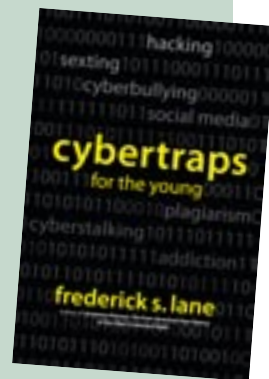
In most cases, the answer to the second question will be one of the following: cyberbullying, cyberharassment, or sexting (which in most states falls under the jurisdiction of child pornography laws). Make sure you understand the criminal laws in your state that cover those offenses and discuss them with a lawyer if you have any questions. You can't effectively discuss these risks with your child unless you understand them yourself.

Like many parents, you may be looking for a simple answer to the third question -- when is my child mature enough -- but there really isn't one. Each child matures at a different rate, and you will need to carefully gauge whether your child is capable of understanding what types of behaviors are illegal. The bottom line is that he or she needs to be mature enough to not only to understand and respect the long-term consequences of violating school policy (or worse, state or federal law), but also mature enough to behave accordingly.

In many ways, the answer to the fourth question is the most important. If you are uncomfortable with the idea of discussing cyberbullying or sexting with your child, then it's both dangerous and unfair to give them a gadget that makes it possible to do either (let alone all of the other cybertraps into which children can fall). Keep in mind that a smartphone is not just a phone -- it's a world-wide

publishing platform for information, and the consequences for misuse can be profound.

As parents, we put a lot of time, money, and effort into keeping our children safe and healthy. From car seats, to bike helmets, to swimming lessons, and driver education courses, we do our best to ensure that our kids don't get injured as they mature to adulthood. It's time that we starting taking similar care with the electronic devices they so eagerly desire.



Frederick Lane

About the Author

Frederick Lane is an author, attorney, educational consultant, expert witness, and lecturer who has appeared on "The Daily Show with Jon Stewart," CNN, NBC, ABC, CBS, the BBC, and MSNBC. He has written six books, including most recently *Cybertraps for the Young*. For more information, please visit www.fredericklane.com.

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(Continued from page 4, *Tips for Avoiding Spiritual Quicksand*)

Practice random acts of kindness:

I know I didn't make this one up, but it bears repeating. You will be amazed how good helping someone else makes you feel. You don't have to be Gandhi or Mother Teresa to be a force of goodness in the world. Even small gestures of kindness can have enormous impacts of Karmic Goodness.

Keep it real: There is basically no such thing as a 'Perfect Holiday' -- the key is having family around you and celebrating the season together. If Uncle Bob gets a bit tipsy and spills

red wine on grandma's pristine white tablecloth....oh, well. Put it down as a great story to tell in the New Year and move on.

Breathe!: When you feel yourself looking around for the nearest "caveman boulder" to hurl at someone you are quite sure deserves it, just remember...that you are a spiritual being here to learn, and grow, and share, and experience all that life has to offer, but failing that, take a deep cleansing breathe... and whisper "Serenity Now!"

About the Author

Paul H. Magid is an award winning screenwriter, author, and independent filmmaker. His autobiographical film, *A LIFE UNFINISHED*, screened in The Hamptons International Film Festival. He has recently published his debut novel, *Lifting The Wheel Of Karma*. He can be contacted at: www.PaulHMagid.com.



Paul H. Magid

Overcoming the Real “Holiday Spirit Killer”: Family Stress

By Dr. LeslieBeth Wish, Ed.D., MSS

Even in these tough economic times, money issues may have to share the number one slot of holiday stress with family issues. Tinsel, sales, holiday tunes and charitable acts cannot take out this holiday dread. Your experiences taught you that holidays may not be the best time to settle grievances or have a heart-to-heart with a family member. “But it’s so convenient,” you convince yourself. After all, everyone is together. You come bearing gifts and hope, only to end up with raised expectations that often plummet after the holidays are over.

Yet, each year you are ever so optimistic. “This time will be different,” you say to yourself. Most of your hopes get dashed because, like the rest of us, you are looking for love and acceptance. No matter how old you are or how much you have accomplished, you long to end the holiday season with a happy family feeling of belonging—of, yes, being approved of. It’s embarrassing.

Over the decades that I’ve been counseling women, I learned about the situations that become the “hot topics” about them in their families. Criticism and advice about your finances and career, for example, could fuel family conversation and those hurtful “side comments” forever: “Cousin Joy found a job” or “I just don’t know—(sigh) your sister makes less than you and she’s not in debt.”

Being single for any reason can also create heat. It doesn’t matter why you’re single, but your condition certainly sparks endless family questions in the kitchen and around the dining table: “So, are you dating?” “Don’t you think your kids need a man around the house now?” “Aren’t you done grieving yet?” “Why am I the only one of my friends who doesn’t have grandchildren? How do you think it makes me feel?” In the “Almost Smart Cookie” cartoon below, Cookie accidentally avoids her mother’s unhappiness.

Cookie’s mother is lonely. She longs to be a mother-in-law and probably a grandmother. She wants her daughter to marry well. A lawyer as a son-in-law will do just fine. But lurking just below the surface of these scripts for her daughter is the real cause of her relentless difficulty with her daughter’s situation. Like many mothers who are disappointed in their daughters Cookie’s mother is really struggling to face the disappointment in herself.

She wonders: Was I a good mother? Did my relationship with my daughter’s father cause these problems? And then, as quickly as she ponders these important questions, she pushes them back down with these self-serving statements: Those things are in the past. Let bygones be bygones. She’s an adult—it’s in her court now. I did the best I could.

Even if you know that the root of your family’s criticisms and needs say more about them than you, your stomach still lurches and your heart beat quickens. Regardless whether you remain silent or speak up, these family scripts reduce your sense of self-worth.

So what in the world can you do? It’s sort of okay to get through the holidays, you think, but you really want more. You want to, well, feel happier, stronger—confident. Here are some tips that have helped the women in my study. I hope they can help you triumph.

- 1. Start the groundwork for a renewed relationship before the holiday season. Begin with e-mails, cards or phone calls on birthdays and anniversaries. These contacts say “I care about you.” They can also announce that you have changed. But don’t expect a birthday card in return. It can take months or even years for family members to adjust to the new you.
- 2. Resist the temptation to use the holiday to play History where you air your past complaints, anger and



hurt. Baring your grievances probably won't result in changing other family members' behavior or attitudes about you. Most likely, your family will react like snow globes: Yes, there could be moments when you shake things up, get apologies and hugs, but just like those little flakes of plastic in the snow globe, your family's old ways will be stirred but they won't really be shaken, and all those flakes will settle to the bottom again.

■ 3. A better strategy is for you to act differently and toss those "hot topic" issues back to them. Like most people you probably step back in time whenever you're with your family. You feel, act and react as you did as a child. One way to avoid this regression is to act differently than you usually do. Surprise always throws others off guard. It makes them see you in a new light and, over time, act differently toward you.

For example, if you've been regarded as the insensitive one in the family, you can show your maturity and care by taking time to speak with each relative about things that are important to them. Or, head off one of those "hot topic" inquisitions of you by communicating ahead of time or on the spot with other family members either collectively or individually about your new thoughts, plans or efforts.

One of the women in my study, for instance, knew that everyone would be grilling her about her unemployment. Instead of dreading the job questions, she stood up from the table, raised her glass and offered what she called My Report. She explained her current job hunting efforts and contacts.

She then did something very wise. She refused to let the hot-potato-of-the-hot-topic remain in her lap. Instead of letting it smolder and burn up her self-esteem, she tossed it back into their lap by asking them for advice. Yes, that's right—she asked for their "two cents worth." By taking charge, she did receive some good tips, but, more importantly, she put the naysayers on the spot. Many of them really didn't know what to do. They just used their attacks on her to allay their own anxiety. Their lack of answers made others in the family more empathic to her plight. Remember, though, it can take months and months for their new feelings toward you to take hold in your family.

For starters, think about your usual—and predictable actions. How could you change them? Some options are, as in the examples above, to take command of the situation or to ask for advice. Another idea is to pretend you are confused. For example, you could say, "I'm not sure what you are saying. I thought you wanted the best for me."

If you can't think of any new ways of responding, then think about how your favorite actor, actress or fictional character might react. One of the women in my study admired actresses whose niceness and calm served as



Dr. LeslieBeth Wish, Ed.D., MSS

a covering for their words. For instance, if Emma Stone, Drew Barrymore or Queen Latifah wanted to defuse a situation, they might say: "Thank you. I know you mean well." Or, "Oh, I thought you'd be the one to say something supportive." No matter what you say, make sure you do not sound sarcastic. A sour tone ruins the impact and makes you look defensive. And don't worry if acting differently feels strange. It's normal.

■ 4. Identify your triggers. Do some planning. Think ahead of time about the scenarios or specific people who stress you out. What are the "hot topics" that can set you off? Who is most likely to

"get to you?" Usually, the people who can get under your skin are the ones who have not acted very lovingly to you. Don't chase love. You can live quite well without their approval! Keep in mind what I said earlier—their behavior often says more about them than you.

■ 5. Get a sense of humor and perspective. Another way to reduce your emotional reactivity is to laugh-with-love at yourself and your family. Don't arm up against each comment and turn every mole hill into a mountain.

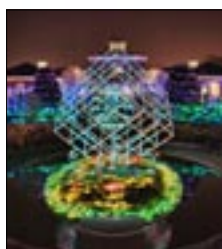
■ 6. Observe. If you are in doubt about how to handle your family, step back in your mind and heart and pretend you are a visiting professor from another planet who has been sent to study this (your) family. Who does the talking? Who gets praised, criticized, ignored or left out? Keep observing until you can actually predict what will happen next. Observing is empowering. It reduces your tendency to personalize their behavior or assess it incorrectly.

■ 7. Stay positive. Before you jump into the fire of family events, fortify yourself with a "self-worth check." List your positive qualities and achievements and review them. Don't measure your whole self by a few things such as being single or not rich enough. Above all, don't compare yourself to siblings and cousins. After all, you don't really know what's going on in their lives. Real success is measured by working toward your personal goals and by what you've overcome.

Happy Holidays! If you would like to be part of my research for my book about women's relationships, please go to my website www.lovevictory.com and click in the blue box in the upper right. You will be directed to my survey, which takes about 17 minutes. If you provide at least your name and email and the words FOCUS, I will email you for free some of my thoughts about your survey responses. Thank you in advance. Your answers can help other women.



HISTORY. HOT OFF THE PRESS.



Holidays are special at the luxurious Jefferson Hotel

The five-star, five-diamond historic Jefferson Hotel is always shiny, but this glorious property shines brightest during the holiday season. Highlights include free musical performances and a life-size gingerbread house. For further information about special holiday packages visit www.jeffersonhotel.com.



The Nutcracker

The New York Times celebrated Richmond Ballet's The Nutcracker as one of the nation's "most perfect" productions in 2010. Visitors will delight in the opportunity to join in Clara's dream on lively Spanish chocolate, scintillating Arabian coffee and sugary marzipan lambs. Tchaikovsky's famous score is played live by the Richmond Symphony at the Carpenter Theater in the new Richmond CenterStage Performing Arts Complex. **From December 16 - December 26, 2011.** For further information visit www.richmondballet.com.



Dominion GardenFest of Lights at Lewis Ginter Botanical Garden

Your readers will want to see this with their own eyes. From **Nov. 25, 2011 - Jan. 9, 2012**, more than half a million lights will magically transform Lewis Ginter Botanical Garden in to a winter wonderland of fantasy, festivity and family fun. For further information visit www.lewisginter.org/events

More Upcoming Events in December

Old Fashioned Christmas at Maymont

Lavish tree trimmings, the opulent dining room, spectacular decorations, games and activities bring the wonders of Christmas 1893 to life at Maymont. On **Sunday, December 4**, the holidays are celebrated the old fashioned way with horse-drawn carriage rides, good food and drink, festive music, a roaring bonfire and special activities that are sure to fill everyone with merry holiday spirit. For further information visit www.maymont.org.

Edgar Allan Poe Events

Edgar Allan Poe events in December are sure to catch the attention of your readers. On **December 2, 2011 from 6-9 p.m.**, The Poe Illumination will light up the Poe Museum's Enchanted Garden for the holidays. The museum will also open a new exhibit on Poe's mother. On **December 3**, renowned Poe scholar Dr. Richard Kopley will talk about "My Adventures with Poe" a fascinating exploration of his decades of investigation into the hidden meanings of Poe's works. For further information visit www.poemuseum.org.

Associated Black Charities & Wells Fargo Present Girls Night Out

GirlTalk

An evening of female empowerment, health/wellness secrets, networking and fun featuring Dr. Iyanla Vanzant.

Thursday, December 8, 2011
5:30 PM Martin's West • Windsor Mill, MD

SPECIAL BOOKSIGNING* AT 7:30 PM



Dr. Iyanla Vanzant

Spiritual Life Coach and NY Times Bestselling
Author of *Peace from Broken Pieces*



Dr. Pamela Love Manning
Certified Life Coach and
Author of *I Want My
Vagina Back!*



Dr. Michelle Gourdine
Medical Doctor, CEO
and Author of *Reclaiming
Our Health*

\$50 GENERAL ADMISSION

\$100 VIP ADMISSION*

includes copy of Dr. Iyanla Vanzant's
latest book and an autograph/photo
opportunity with the author



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Youth–Adult Partnerships: Compass for Productive Lives

Rivalries, cat fights, and other conflicts between girls and women seem to be the rage in entertainment. We can see it in movies like *Mean Girls*, *Bride Wars* and *You Again*; “reality” shows like the *Jersey Shore*, and on any one of the new “*Housewives*” or Jerry Springer-like shows now popular on television. These are all examples of girls and women being catty and cruel to one another before learning to recognize or understand their self-worth, getting over the drama and getting on with leading productive, self-affirming lives. While it may make for good entertainment, the laughter quickly stops when TV reality becomes real-life tragedy. Sadly, over these past months we have heard and seen the disastrous results of mean girls and women who have succumbed to anger, jealousy and rivalry in ways that have been tragic and life-ending.

There was a time when we only had to tell our sons to respect women and never hit them. The recent Lulu Lemon case in Bethesda and the stabbing deaths of college girls in Bowie and Frostburg State – each accounts of women committing deathly assaults on one another—illustrate a change in the purveyors of violence against women. Many question if these kinds of acts are the result of the overabundance of violence and “acting out” that has become all too common in television shows, movies and music videos or from a lack of role models and a society that is preoccupied with personal gratification. As a result, beliefs and values, and their influence on decision making, have commanded significant media and public attention in recent years. In particular, it has been argued that youth today are bombarded with media images of less than exemplary role models in all aspects of life, from professional athletes to politicians.

The results of a study conducted by the Girl Scout Research Institute (GSRI) are both encouraging and instructive. According to the report, *Good Intentions: The Beliefs and Values of Teens and Tweens Today*, adults play a significant role in shaping youth’s decision-making and sense of morality. In fact, parents are a common source of advice (62%) when youth encounter uncertainty in a given situation. This is followed by friends (31%), and a grandparent, uncle, aunt, or other extended family member (a combined 19%). However, turning to parents decreases as youth age. The study also points out that parenting style is a factor in youth’s choices. For example, a higher percentage of youth who say their parents either “give in” or “force” them into decisions or actions, say they would commit behaviors such as cheating and lying, compared to those who say their parents explain decisions or they decide together. Youth with parents who “give in” are also likely to say they would have sex, drink, and cyberbully.

The GSRI report goes on to explain that when unsure of what to do in a particular situation, youth are also guided by a variety of moral compasses. Of the youth polled in their research survey:

- 24% said they follow their conscience, which is particularly true of teenagers. This is the most common moral compass.
- 19% said they follow the advice of an authority figure.

Not surprisingly, this group seeks to follow rules and feels more pressure to do so. Younger youth are more likely to say they do this than their older counterparts.

- 13% of youth said religion is very important in their current and future decision making.
- 11% of youth are concerned primarily with their own happiness. These youth feel pressure to engage in riskier behavior and make less responsible choices.
- 8% of youth seek to do what is best for everyone involved.
- 5% of youth make decisions based on their own self-interest in getting ahead.

These results indicate that, generally speaking, youth today are intent on making responsible choices, respecting others, and engaging in their communities and civic life. It also underlines the importance of adults becoming engaged in the lives of youth because youth-adult partnerships, particularly in regard to youth decision-making, have been shown to have strong positive outcomes.

This is true of the thousands of girls in our Council who, with guidance and advice from caring adult leaders and role models, carry-out service projects and earn Girl Scout Silver and Gold Awards that make a significant lasting impact in their communities—even the world.

By offering girls opportunities to develop their voice and values, Girl Scouts helps girls actualize their intentions and become the best version of themselves they hope to be. As adult

role models it is our shared responsibility to ensure that youth actualize their good intentions and keep them focused on their goals—emphasizing that their actions today determine outcomes for their future.

“When I was a Girl Scout, it was about learning to read a compass and Girl Scouts became a compass for my life.”

~ Senator Barbara Mikulski,
lifetime Girl Scout

Ms. Barnett is the CEO of the Girl Scouts of Central Maryland council and a 2011 Innovator of the Year recipient. Under her leadership and guidance, Girl Scouts of Central Maryland now offers girls hands-on STEM (science, technology, engineering and math) activities and experiences



Traci A. Barnett, M.B.A.

in the Council’s STEM Center. As part of the STEM initiatives the Council offers, girls have opportunities to work with local scientists and engineers. For more information about GSCM programs visit gscm.org; for more information about the GSRI study visit: girlscouts.org/research.

Sisters Helping Sisters



SisSLE The Sister Study

SisSLE

Sisters of Women with Systemic Lupus Erythematosus Research Study

Systemic Lupus Erythematosus (SLE) affects about 1.5 million people in the United States, a vast majority of who are young women. The SisSLE research study will engage the help of sister pairs, one affected by SLE and one unaffected, and follow them for several years to learn more about why women are affected more than men. It will also help answer important questions about how and why lupus develops.

Who should join the SisSLE study?

We are enrolling blood-related sisters: one sister with a confirmed diagnosis of lupus and one sister that does not have lupus. If there is more than one sister without lupus, all may participate.

What are participants asked to do?

The sister with lupus will be asked to answer a one-time health survey and provide a one-time blood sample. The sisters that do not have lupus will be asked to answer a health survey twice a year and provide a blood sample once a year. *The sister's participation is for two years and possibly longer.* If you choose to take part in the research study, you can change your mind about your participation at any time. The blood sample may be collected at The Feinstein Institute for Medical Research in Manhasset, NY, at a laboratory near your home, or by your personal physician. There is no cost to participate in the research study.

This study is funded by The National Institutes of Health.

Criteria for sister WITH lupus:

- Confirmed diagnosis of SLE before the age of 41.

Criteria for sister(s) WITHOUT lupus:

- Currently age 10 to 45 years old

**For more information, please
contact a research nurse at:**

1-877-698-9467

SisSLE@nshs.edu

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Painkiller Abuse Treated by Sustained Buprenorphine/naloxone

NIH announces results from first large scale study on treatment of prescription opioid addiction

People addicted to prescription painkillers reduce their opioid abuse when given sustained treatment with the medication buprenorphine plus naloxone (Suboxone), according to research published in yesterday's Archives of General Psychiatry and conducted by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health. The study, which was the first randomized large scale clinical trial using a medication for the treatment of prescription opioid abuse, also showed that the addition of intensive opioid dependence counseling provided no added benefit.

"The study suggests that patients addicted to prescription opioid painkillers can be effectively treated in primary care settings using Suboxone," said NIDA Director Nora D. Volkow, M.D. "However, once the medication was discontinued, patients had a high rate of relapse—so, more research is needed to determine how to sustain recovery among patients addicted to opioid medications."

Pain medications are beneficial when used as prescribed, but they have significant abuse liability, especially when taken for non-medical reasons. This study examined whether the FDA-approved medication Suboxone could help combat this growing problem. Suboxone is a combination of buprenorphine to reduce opioid craving plus naloxone, which causes withdrawal symptoms in someone addicted to opioids if Suboxone were taken by a route other than orally, as prescribed. This combination was specifically designed to prevent abuse and diversion of buprenorphine and was one of the first to be eligible for prescribing under the Drug Addiction Treatment Act, which permits specially trained physicians to prescribe certain FDA approved medications for the treatment of opioid addiction.

Most studies examining treatments for opioid dependence have been done with heroin-addicted patients at methadone clinics, so there have been little data on treatment for patients addicted to prescription painkillers, especially in the offices of primary care doctors. To help address this issue, NIDA's Clinical Trials Network launched the Prescription Opioid Addiction Treatment Study (POATS) in 2007, which took place at 10 treatment sites around the country.

"Despite the tremendous increase in the prevalence of addiction to prescription painkillers, little research has

focused on this patient population," said Roger Weiss, M.D., of Harvard Medical School, Boston, and the lead author of the study. "This is the first large-scale study to examine treatments exclusively for people who were abusing prescription painkiller medications and were treated with buprenorphine-naloxone, which can be prescribed in a physician's office."

In the study, more than 600 treatment-seeking outpatients addicted to prescription opioids received

Suboxone in combination with brief standard medical management, in which physicians evaluated treatment effectiveness and recommended abstinence and self-help participation. Half of the participants also received varying intensities of addiction counseling as provided by trained substance abuse or mental health professionals.

Results showed that approximately 49 percent of participants reduced prescription painkiller abuse during extended (at least 12-week) Suboxone treatment. This success rate dropped to 8.6 percent once Suboxone was discontinued. Reductions in prescription painkiller abuse were seen regardless of whether or not the patient reported suffering chronic pain, and participants who received intensive addiction counseling did not show better outcomes when compared to those who did not receive this additional counseling.

According to the Substance Abuse and Mental Health Services Administration's National Survey on Drug Use and Health, an estimated 1.9 million people in the United States meet abuse or dependence criteria for prescription pain relievers. In addition, the Centers for Disease Control and Prevention report that annually, more people die from prescription painkiller overdoses than from heroin and cocaine combined.

For more information on science-based resources to assist physicians in treating patients dealing with drug use and addiction, visit www.drugabuse.gov/nidamed/. For more information on NIDA's Clinical Trials Network, visit www.drugabuse.gov/CTN/.

The study can be found online at: <http://archpsyc.ama-assn.org/cgi/content/full/archgenpsychiatry.2011.121>.



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Flying Dog Beer Dinner, 1/11/12

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Stone Beer Dinner, 3/14/12

Unibroue Beer Dinner, 4/18/12

“707” Wine Tour, 5/9/12

Evolution Beer Dinner, 6/13/12

DuClaw Beer Dinner, 7/11/12

Local Farm Combined Tasting Dinner, 8/22/12

Barrel Aged/Cellared Beer Dinner, 9/26/12

Combined Tasting Dinner, Theme TBD, 10/24/12

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Numerous Afghan Women are abused. Most recently, according to a recent CNN report, a woman named Aisha who was considered to have “shamed” her family, ran away from an abusive spouse. Her husband, a Talib, was instructed to exact the penalty of mutilation.

Aisha suffered having her nose and ears cut. Left for dead, she survived the attack.

She is now seeking plastic surgery in the United States. Other women are setting themselves afire or are targets of such acts. Others face abandonment from their families and are otherwise throwaways and outcasts. And there are many other, both told and untold, stories that make up this tragic tapestry. If we don't act, then who? If not now then when?



How we can help?

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Scams That Target Veterans And Military Personnel

Veterans Day is one where we take time to honor those who have served our country. It's also a time when scammers come out to take advantage of our veterans and active duty military personnel. BBB wants to make sure those who serve us do not become victims of fraud.

Veteran's scams can take many forms. BBB provides the following information on different types of offers and scams that can put our Veterans at jeopardy of becoming victims of fraud, paying more for items than they should or identity theft.

Types of Scams:

- Look out for firms that target veterans and charge them for products and services they can receive free or at lower cost elsewhere, such as military records and forms.
- Be cautious of scammers who contact veterans saying that they need to update their credit card information or other records with the Veterans Administration. The scammers then use the information to commit identity theft.
- Be wary of bogus charities with names that reference the Armed Forces and seek donations.
- Hang up on fraudsters calling themselves veterans' advocates who try to convince veterans that they can get more benefits by transferring their investments into an irrevocable trust, which often contains unsuitable investments.
- **Military Loans:** Flashy offers promising "up to 40 percent of your monthly take home pay," "guaranteed loans," "instant approval," "no credit check," "all ranks approved," often come with sky-high interest rates and hidden fees designed to bilk borrowers out of cash and damage financial security.
- **Housing:** Ads promising military discounts and too-good-to-be-true incentives use stolen photos of legitimate rental properties to bait renters out of security deposits via money transfer schemes.
- **Cars:** Low-priced vehicles posted on classified ad websites tout discounts for

military personnel, or claim to be from soldiers who need to sell fast because they've been deployed. Schemers convince buyers to wire money; however, vehicle data is stolen.

- **Veterans For Hire:** This scam targets our younger veterans. Scammers pose online as representatives of government contracting firms. When veterans contact



them for a job, they ask for a copy of the veteran's passport before they can officially offer them a job. Of course there is no job to offer and the con artist now has personal information that can be used for identity theft.

What to do? BBB offers help:

- **Protect Finances:** Never wire transfer money to strangers.
- **Check Companies and Charities:** Research companies at www.bbb.org for free BBB Business and Charity Reviews.
- **Defend Computers:** Avoid visiting unfamiliar sites or opening e-mails from unknown senders. Install a firewall and updated anti-virus software.
- **Safeguard Identities:** Actively deployed military personnel can place an "active duty alert" on their credit reports to help minimize the risk of identity theft. With this alert, the Fair Credit Reporting Act requires creditors and businesses to verify identities before issuing or granting credit. The Federal Trade Commission offers advice to help military families deter, detect and defend from identity theft.
- **Report Scams:** File complaints with BBB, www.bbb.org, the FTC, www.ftccomplaintassistant.gov, or the Internet Crime Complaint Center at www.ic3.gov.

What We Can Do:

For those of us at home, if you receive a call or mail from a veteran's organization asking for a donation, do your research. Many, if not most, veterans organizations use professional fundraising organizations that can keep up to 85 percent or higher of donations received. If they do not provide the information, ask if they are professional telemarketers. By law, they must disclose this information. Also, many of these veteran organizations are not tax deductible. A legitimate charity will allow you ample time to check them out. Visit www.bbb.org/charity for a list of nationally soliciting charities to make sure any charity you're interested in donating to meets BBB's Standards.

Remember that federal agencies do not contact veterans via e-mail or text, and if they do call someone, they don't request personal information. Veterans who receive suspicious correspondence can contact the Department of Veteran Affairs at 1-877-222-8387 with questions. You can get information on how to qualify for veteran's benefits by contacting your state veterans' affairs agency. You can report suspicious e-mails and online scams to the FBI at their online complaint center.

About BBB | Greater Maryland

Headquartered in Baltimore, BBB | Greater Maryland is a non-profit organization that was established in 1922. It serves 18 Maryland counties and Baltimore City. In 2010, BBB provided over 1,302,000 Reliability Reports on businesses and handled over 12,500 marketplace disputes. BBB is supported by Accredited Businesses that have passed a comprehensive review, met BBB's Standards for Trust and agreed to the organization's Code of Business Practices governing sound advertising, selling and customer service practices that enhance customer trust and confidence in business. For more information please contact your BBB at 410-347-3990 or visit bbb.org.

i9 Sports is Changing the Game in Youth Sports

Each year, an average of 42 million children play sports, approximately 50-60% of these children will quit sports by age 12; blaming lack of playing time, a dislike of the coach, too much competition and pressure, too many other activities to participate in and it is no longer fun.

i9 Sports®, national provider of youth sports leagues and camps, is changing the game of youth sports and developing a fanatical following by focusing on fun and fundamentals. Emphasizing good sportsmanship instead of the score, every week the focus is on a new skill that will help players become successful both on and off the field. A weekly sportsmanship award is given to a deserving player on each team for skills such as listening, fair play and best effort.

Certified coaches ensure the focus is on the i9 Sports Core Principles – fun, safety, good sportsmanship, everybody plays and everybody wins. There are absolutely no tryouts or drafts. Each child receives equal playing time and has the opportunity to play every position. A child who has never had a chance to play key positions in other leagues will get that chance in an i9 Sports league.



Sports – Howard & NW Anne Arundel Co. “It’s amazing what it does for their self-esteem.”

Kevin Maas, father and coach in Arizona, says the i9 Sports philosophy has been valuable to his son. “He has learned over the past two seasons with i9 Sports how to be a sportsman, how to listen attentively to coaches, and how



to have fun while playing a game. We talk to the kids, we high five them in every circumstance, we cheer for our fellow teammates and we let the other team know when they make good plays. It is very exciting to know that those teachings and values show up in other circumstances, outside of i9 Sports, and that everything the league represents makes an impact for the good.”

“We want to make the i9 Sports Experience enjoyable for the whole family, so that child will continue to be involved in sports.”

“You should see the look on a kid’s face when you tell them they get to play quarterback,” says Abhay Chaudhari, Program Director of i9

Parents enjoy complete convenience. Games are typically Saturday mornings, with practices scheduled one hour before the game. The one-stop-shop website offers easy registration, up-to-date schedules, scores, standings, photos and news. Also, every effort is made to accommodate special requests to play with siblings, friends or coaches.

Chaudhari says parents are usually very appreciative of the convenience of the i9 Sports leagues. “I had a busy mother of three tell me that only going to the field once a week has given her more family time. It can be hard to get multiple kids to multiple practices and games throughout the week,” he said.

“And they don’t have to volunteer at the concession stand, so they get to watch their kids play.”

“Participation in team sports builds character, increases self-esteem and provides development of skills that will help them throughout their whole life,” said Frank V. Fiume, Founder and CEO of i9 Sports. “We want to make the i9 Sports Experience enjoyable for the whole family, so that child will



continue to be involved in sports.” For more information about the i9 Sports league in your area, please visit www.i9sports.com.

About i9 Sports

i9 Sports helps children succeed in life through sports. i9 Sports is the premier provider of youth sports leagues, offering flag football, basketball and soccer for children ages 3-14. The focus is on children having fun and learning to play, all while learning the value of good sportsmanship. There are no tryouts, drafts, or fundraisers, and i9 Sports encourages equal playing time for each child, which helps build self-esteem. All instructors undergo a thorough background check and certification process. The i9 Sports Experience focuses on providing families the most well-organized, safe and convenient youth sports programs available.

The Fall season for Flag Football, Soccer and Basketball are underway. Practices and games are held at in Columbia and Elkridge. For more information and to register for a program near you, please visit i9sports.com, call 443-485-4202 or e-mail achaudhari@i9sports.com

Cork Pops **POPPING OUT** All Over with New Wine and Entertaining Accessories and Gifts

Unique Corkscrews, Eco-Friendly Wine Totes, TipSee Lights and Stemware Markers Join Legacy Screwless Wine Opener

Novato, California – April 2011 – As Americans gear up to celebrate college graduations, weddings, anniversaries, summer holidays and events, and the return of warm weather, they'll be popping open more bottles of wine. To make those celebrations the most fun and entertaining they can be, **Cork Pops** has just unveiled its latest collection of wine accessories and gifts. From corkscrews and stoppers to coolers, tote bags and stemware accents, the company offers everything wine lovers need to open, present, serve, preserve and entertain.

In early April 2011, the Miami Herald ran the headline: "America hits a wine milestone." As it turns out, the U.S. now surpasses France in terms of total wine consumption, ranking it number one in the world. In terms of exact numbers, "U.S. [wine] aficionados last year sipped 330 million 12-bottle cases, compared to 321 million for France." The Wine Market Council estimates that the average U.S. adult drinks three gallons of wine per year.

But indulging in more merlot, cabernet sauvignon or whatever one's favorite vino happens to be is just the end result of a long line of wine-drinking rituals that are increasing in popularity. Popping the top, serving and, most of all, sharing it with others are all part of the allure.

Cork Pops, Inc., the mastermind behind the wine opener with a patented cork-release feature, recently unveiled its 2011 catalogue. The company's updated inventory includes several new additions to enhance the wine-sharing experience.

VinOAir Wine Aerator – (pictured on the right) This on-bottle wine aerator does it all: serves up a perfect pour, eliminates drips, and fully aerates and oxidates wine for maximum flavor and quality.



At Your Service Waiter's Corkscrews – Incorporating the legacy Cork Pops' wine-opening technology, these cork removers come in conversation-sparking bright animal prints like cheetah, peacock and zebra.

Greensmart Eco-Friendly Wine Totes – Perfect for the environmentally conscious wine lover on one's gift list, these single and double wine carriers are available in four color combinations.

Ratchet Corkscrews – The patent-pending design of these bottle openers allows for smooth opening and easy cork removal without tugging.

TipSee Lights – (pictured on the right) These LED task lights with motion/tilt activation provide illumination in romantic, dimly lit ambiances.



Who's Looped Silicon Stemware Markers – Shaped like fish, waiters and holiday lights, these wine glass accents come in a rainbow of colors. Munther Massarweh, chef and owner of The Wild Fox, raves of his experience with the VinOAir. "Aerator, pourer and a drip stopper [all in one], the VinOAir ... is the complete package. We expect the best from Cork Pops, Inc. and they deliver once again. Simply put – it's the next must-have wine tool."

About Cork Pops, Inc.

A leader in the wine accessory business, Cork Pops, Inc. began with the introduction of a patented screwless wine opener that quickly became a common household utensil. The company continually reviews and tests its products to ensure that the highest levels of quality, product safety and reliability are maintained. Cork Pops is committed to using materials that are ethically sourced its manufacturing process. ■

www.Corkpops.com



If You Paid Overdraft Fees to Bank of America You may be Eligible for a Payment from a Class Action Settlement

A \$410 million Settlement has been reached in a class action lawsuit about the order in which Bank of America, N.A. ("Bank of America") posted debit card transactions to customer accounts. Bank of America maintains there was nothing wrong about the posting process used.

Who's Included? You are a member of the Settlement Class if you: (1) Had a Bank of America consumer checking and/or savings account that you could access with a Bank of America debit card, at any time between January 1, 2001 and May 24, 2011, and (2) Were charged one or more overdraft fees as a result of Bank of America's practice of posting debit card transactions from highest to lowest dollar amount.

What Are the Settlement Terms? Bank of America has agreed to establish a Settlement Fund of \$410 million, from which identifiable Settlement Class Members may receive payments or account credits. The amount of such payments or account credits cannot be determined at this time. However, it will be based on the number of people in the Settlement Class and the amount of additional overdraft fees each Settlement Class Member paid as a result of Bank of America's posting order. There is not sufficient data to identify all Settlement Class Members for the time period January 1, 2001 to December 31, 2003. On behalf of Settlement Class Members who cannot be identified, between 5% and 14% of the Settlement Fund, net of expenses, will be made available to non profit organizations.



How to Get Payment? If you are included in the Settlement Class and entitled to receive a cash benefit, you do not have to do anything to get a payment or account credit. If the Court approves the Settlement and it becomes final and effective, you will automatically receive a payment or account credit.

If the Court approves the Settlement and it becomes final and effective, you will automatically receive a payment or account credit.

Your Rights May Be Affected. If you do not want to be legally bound by the Settlement, you must exclude yourself from the Settlement Class. The deadline to exclude yourself is **October 3, 2011**. If you do not exclude yourself, you will release your overdraft-fee-

related claims against Bank of America and will not be able to sue Bank of America for any claim relating to the lawsuit. If you stay in the Settlement Class, you may object to it by **October 3, 2011**. The Court will hold a hearing on **November 7, 2011** to consider whether to approve the Settlement and a request for attorney's fees, costs, and expenses up to 30 percent of the money remaining in the Settlement Fund, after costs and administrative expenses are paid. You can appear at the hearing, but you don't have to. You can hire your own attorney, at your own expense, to appear or speak for you at the hearing.

For more information about the Settlement:
www.bofaoverdraftsettlement.com or 1-800-272-2390.

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“ *The Zela Wela Kids Build a Bank* is available at www.amazon.com and barnesandnoble.com “

If you would like more information about the author or to find out about when the next books in the series will launch, go to www.zelawelakids.com.



“People of all ages will benefit from exposure to the information contained in these stories.”

Fertility Advocate/Author Julia Indichova Weighs in on the Current Debate Sparked by Giuliana Rancic's Breast Cancer Diagnosis in the Midst of Fertility Treatments

“Cultures change because of the courage of individuals. Julia Indichova is one of those individuals.”

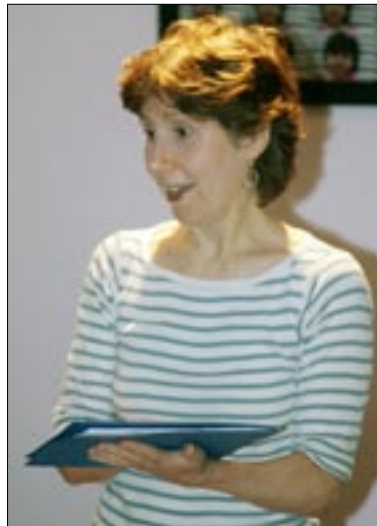
- Christiane Northrup, M.D., bestselling author of *Women's Bodies, Women's Wisdom*

“TV personality Giuliana Rancic’s breast cancer might have been triggered by a number of potential biological markers. To suggest that it’s clearly a direct consequence of her IVF treatments would be drawing misleading conclusions,” says fertility advocate and author (Inconceivable; The Fertile Female), Julia Indichova. She explains that overall research on the link between ovulation induction and cancer remains inconsistent: Although a 2009 Jerusalem Perinatal Study, published in the American Journal of Epidemiology -- examining data from 15,030 women who gave birth between 1974 and 1976-- showed a 36% increased risk of developing cancer at any site among women who received treatment, more recent studies fail to support such findings.

Nonetheless, Giuliana’s fertility story and the stories of other high profile women like Liz Tilberis, the late editor-in-chief of Harper’s Bazaar, Saturday Night Live comedienne Gilda Radner, and Elizabeth Edwards—all of whom died of either ovarian or breast cancer after multiples cycles of ovulations induction-- call for a fertility game-changer to more sustainable reproductive healthcare. “A more meaningful public debate about the nature and root causes of infertility might be a good place to start,” asserts Indichova.

Pioneering a whole-person fertility journey nearly 18 years ago, Julia Indichova authored Inconceivable, the first book about infertility written from a patient’s point of view in 1997. The book -- featured on Oprah and Good Morning America and hailed by Library Journal as “an important consumer health resource” -- became one of the most popular fertility narratives of the last decade. It documents Indichova’s battle with a diagnosis of “hopeless secondary infertility,” her health-enhancing healing regimen and the consequent birth of her second child conceived naturally at the age of 43.

Having experienced firsthand the loneliness and shame that often accompanies an infertility diagnosis, Julia Indichova founded www.fertileheart.com



in 1997, a global online community offering support groups and webinars with both mainstream and holistic fertility specialists focused on underlying causes of infertility. Over the last 15 years, she has shared her story through experiential workshops that are now endorsed by leading specialists in Reproductive Endocrinology (scroll down to see endorsements). Thousands of women from all over the US, Canada and Europe have traveled to the Fertile Heart™ studio in Upstate New York, and/or have participated in Indichova’s New York City support groups or international fertility-support webinars.

Louise Lawson and Jana O’Brien are two of the many, many lucky moms, who were able to defy the odds by implementing the ideas of the Fertile Heart™ philosophy. After four failed IVF treatments and a dire prognosis, Lawson attended the Fertile Heart™ workshop and conceived naturally at the age of 44. Jana O’Brien searched for alternatives after 2 failed IVF’s and also conceived a healthy baby boy shortly after attending Julia Indichova’s full day program.

Says Indichova, “If your car begins to break down, chances are you will take it in for repair, rather than force it into higher performance. Doesn’t the body deserve similar attention? Wouldn’t it make more sense to first address the underlying medical problems that might’ve triggered a woman’s inability to conceive, rather

than force the body into doing what it may not be ready for?” Giuliana Rancic says her unborn child saved her life. The

subtitle of *The Fertile Female*, Julia Indichova’s second book, is “*How the Power of Longing for a Child Can Save Your Life and Change the World.*” Indichova says, “There are many ways our unborn children could be saving our lives. Mostly they’re asking us to stop, take a breath and make sure the next step we take isn’t guided by desperation or a need to silence the body’s call for help.”

*Is Early Detection
the Only Lesson from
Giuliana Rancic’s
Infertility Story?
Or, Is it Time for a Fertility
Game-Changer?*



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Why Building Self-Awareness is the KEY to Being Financially Grounded

By Pegi Burdick, *The Financial Whisperer*

Some people at times in their lives feel as if they are living someone else's life; what comes out of their mouth and their actions seem to be coming from a source not belonging to them. Often clients have lamented to me: "I feel as if there is a dense fog surrounding me and I can't see the road ahead, I can't even see where I am standing."



Well, they are right; they *are* living someone else's life and the reason the road ahead is not clear is because they are not fully present in this moment.

When we are born, we are 100% present spiritually and emotionally. The eye and skin contact with our mothers continues the journey that started in the womb. Feeling connected leads to either the foundation of trust...or if the mother is not emotionally present, leads to mis-trust.

As we mature through the material world, the spiritual aspect starts to diminish, the emotional world is wide open and the messages received from siblings, parents and other influences gives us clues as to how to behave in order to get our needs met. Which is another way of saying: SURVIVE. And, these messages get stored in two places, our bodies and our sub-conscious.

A 5-year-old child is totally dependant on someone else to make her oatmeal, wash her clothes, and put a roof over her head.

But...when a child experiences rejection over her needs, she starts to get the message: *Do as I tell you....or else.*

So, she represses her real feelings and expresses the behaviors she *thinks* they want to see, thus closeting her true identity

from the outside world, and eventually even from herself. That split I call two tracks; one of adaptation, the other of authenticity. That false self of adaptation survives at a cost, and is a breeding ground for depression, isolation and a profound sense of emptiness.

As our lives move down the dual set of tracks, we find ourselves making decisions that later we smack ourselves in our foreheads with:

What was I thinking?

People tend to start to ask questions only when they are in pain, confronted with a reality that has finally caught up to them.

How does all this fit into our financial world?

Everyone picks a different theater in which to express their angst. Some pick weight, some alcohol, some have difficulty being intimate with their

children or setting boundaries with their spouse. It's all about relationships and money is no exception.

This is how and where the journey of healing appears. It starts by examining your early childhood. That is where the building of self-awareness gets a footing and the climb to re-claim your life begins.

As you gain insights into your past, and connect it to the present, you will see how what you do with your money, the men in your life, your co-workers,



Pegi Burdick

your siblings, your body, all connect to the same source. And by healing that source, everything slowly responds to that healing. You will find by *not* buying that latte, by turning down a glass of wine for a club soda instead, bringing lunch instead of buying lunch, you will feel more in control and pleased with yourself. These little steps reap huge benefits to your sense of inner control and power.

Sometimes Two Venues are Better Than One!



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Inside the Jewish Bakery: Recipes and Memories from the Golden Age of Jewish Baking

"This is a book of enormous importance, both as social history and for its traditional recipes. The authors have managed to artfully entwine bread and Jewish cultural identity like the very challah that has become its popular symbol. I learned many things I hadn't previously known and wanted to capture in my own loaves the tears I felt welling in my eyes as I was reminded, through their words, that bread is always more than just bread."

- Peter Reinhart, author of
The Bread Baker's Apprentice

There is nothing like being in a bakery, staring at counters full of baking delights, trays full of breads and bagels, and deciding what to buy. I should know; I grew up in a Jewish bakery. My fondest memories are of watching my father make bread and bagels, whistling while he worked, greeting friends and neighbors as they came to shop. In fact my first after-school job was working the counter in my father's bakery.

Small, family-run Jewish bakeries that once lay at the heart of close-knit urban neighborhoods all over America have fallen victim to the demise of the old-school bakers, shifting demographics and economic realities. But two authors, Stanley Ginsberg and Norman Berg seek to keep the memories of these Jewish bakeries alive with their new book, *Inside the Jewish Bakery: Recipes and Memories from the Golden Ages of Jewish Baking* (Camino Books; October 2011; \$24.95/hardcover; ISBN 978-1-933822-23-5). More than a collection of recipes, *Inside the Jewish Bakery* chronicles the history and traditions – as well as the distinctive baked goods – of Ashkenazi Jewry in Eastern Europe and its immigration to America. Utilizing a vast array of sources, the authors have crafted an engaging "edible history."

"We wrote this book to preserve and celebrate the tastes and traditions of real Jewish baking and feelings of community they evoked. As such, this book is more than just another compendium of recipes and instructions; rather, it's about a time when life was slower, simpler and perhaps a little better," explains Stan Ginsberg. "Both Norm and I

grew up in New York City's outer boroughs in the decades following World War II. We both lived in close-knit, largely Jewish neighborhoods where neighbors knew neighbors, shopkeepers knew their customers, and mothers felt safe enough to park their baby carriages—infants included—unattended outside stores while they shopped. Business was based on trust, and rarely was that trust betrayed."

Inside the Jewish Bakery provides home bakers of all skill levels recipes to recreate the authentically Jewish breads, pastries, cookies and cakes that once filled the shelves of neighborhood bakeries. The recipes themselves are based on the professional formulas used by America's Jewish bakers during their Golden Age, adapted and tested for home kitchens.

Several chapters showcase traditional Jewish breads such as Challah and Rye and the authors provide a range of recipes that span the histories of these breads and the many ways to present them. Chapters also cover the roots and Americanization of bagels, bialys and a vast assortment of rolls. Ginsberg and Berg have also included chapters on pastries, cakes and cookies, showcasing recipes that have all but disappeared from American bakery shelves. There is even a chapter devoted to Passover baking. Other recipes include:

Passover Coconut Macarons • Passover Honey Cake • Russian Coffee Cake
Pound Cake • Sour Cream Coffee Cake • Cheesecake • Hamantashen
Rugelach • Mini-Schnecken • Tayglech • Egg Kichel (Bowties)
Linzer Cookies • Black and White Cookies • Sandwich Cookies

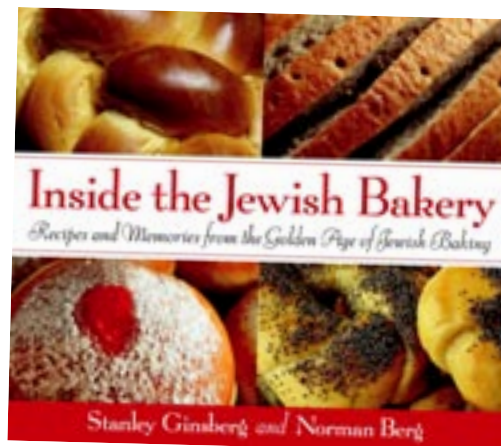
In order to make high-volume bakery recipes easy for the home cook, the authors broke down their recipes into two elements: formulas for the doughs and batters that are the basis for most of the recipes, and the techniques used in mixing, shaping and finishing.

"Baking is a form of chemistry, and professional bakers use formulas exact as those in a chemist's lab. The formulas in this book have never appeared in print, but were passed down from one generation of bakers to the next, whose task it was to carry on the old traditions and skills. Over the years, Norm accumulated thousands of these formulas. Many of them survive in battered notebooks, jotted down in baker's notation; others were never written down but survive only in memory. Many more have been lost forever as aging master bakers leave this world and fewer younger people step up to carry on their craft."

Inside the Jewish Bakery takes you inside a fast-disappearing tradition. It is a book that is timeless in its appeal and is a must-read for anyone interested in history, culture and baking. For home bakers who love and appreciate the lost art of the full service bakery the recipes preserved inside this unique cookbook recall those special Sunday mornings, holiday dinners and family occasions.

"*Inside the Jewish Bakery* is your ticket to the sumptuous tastes, techniques and memories of baking that were and [now] are a luscious amalgamation of many centuries and many countries, united under the banner of Jewish cuisine, a diverse heritage that is as much about what is on the plate as all that preceded it."

Marcy Goldman, author of
A Treasury of Jewish Holiday Baking, and *The Baker's Four Seasons*



ABOUT THE AUTHORS

Stanley Ginsberg, a native of Brooklyn, grew up in a close-knit neighborhood where generations lived side by side. He learned to cook and bake from his grandmother, who lived just upstairs in the same apartment building, and has continued cooking and baking ever since.



His baking repertoire is eclectic, with a bias towards traditional Yiddish breads and pastries, as well as Central and Eastern European-style artisan breads.

Stanley Ginsberg

Stanley spent the greater part of his professional career as a business and financial writer, with time out for a stint on Wall Street. He and his wife, Sylvia, have four adult children and two standard poodles, and currently live in Southern California.

Norman Berg, a Bronx native, graduated from the baking program at New York City's Food and Maritime Trades High School and spent the next 25 years as a professional baker and general manager at several bakeries that became Bronx institutions, including Weber's, Enrico's, Yonkers Pastry and Greystone Bakery. Over the years, Norm amassed more than 1,000 recipes for breads, cakes and pastries of every imaginable variety. Norm and his wife, Janet, still live in the Bronx. Their son, Nathan, followed in his father's footsteps and has a successful career as a pastry chef at several well-regarded Bronx and Westchester, New York restaurants.

Recipes from the book may be reproduced with the following credit: Excerpts from *Inside the Jewish Bakery* by Stanley Ginsberg and Norman Berg © 2011 Camino Books. Reprinted with permission. All rights reserved.

Rainbow Cookies

Makes 4-5 dozen cookies

- 1 cup almond paste, at room temperature
- 1 cup egg, beaten
- 1/2 cup shortening
- 1/2 cup unsalted butter, at room temperature
- 1 tsp table salt
- 1 3/4 cups + 2 tbs cake flour, unsifted
- 1 3/4 tsp vanilla extract
- 1 1/2 tsp bitter almond oil or almond extract (optional)
- 15-20 drops red food coloring
- 15-20 drops yellow food coloring
- 15-20 drops green food coloring
- 1/4 cup Apricot or raspberry jam, melted

Simple Chocolate Icing:

- 2 1/4 cups powdered sugar
- 1/4 cup water
- 1/2 tsp light corn syrup or honey
- 1/2 tsp vanilla extract
- 3-4 tbs unsweetened cocoa powder

- Preheat oven to 400°F with your baking surface in the middle. In a mixing bowl, mash the almond paste using a fork. Using the whisk at medium (KA 6) speed, blend the almond paste and 1/4 cup of the beaten egg until smooth and lump-free, 3-4 minutes. Add the butter, shortening, salt and remaining egg and beat until soft and light in color, 7-8 minutes. Add the flour 1/2 cup at a time, followed by the vanilla and almond extracts. Continue creaming until the batter is evenly mixed, with a very light texture.
- Divide the batter into 3 equal portions of about 10oz each, and put each into a separate bowl. Add a different food coloring to each and whisk until thoroughly blended.
- Pour the contents of each bowl into a well-greased 8" x 8"/20cm x 20cm square cake pan and bake until a tester comes out dry, 10-12 minutes. Remove to a rack and let cool thoroughly. (If necessary, you can bake the batters in several stages: simply remove the cake from the pan, rinse and dry, re-grease and bake the next color.)
- Melt the jam in the top of a double boiler or on very low heat to avoid burning. Brush as thin a layer of jam as possible on top of the green layer and immediately put the yellow layer on top. Repeat for the red layer, so that you end up with a multicolored block, with the jam as the glue.
- Wrap the block in plastic and return into one of the baking pans. Use a second pan on top to compress the layers. Add 2-3lb of weight and refrigerate for 24 hours.
- Make the simple icing by heating the water and corn syrup to boiling, then stirring in the powdered sugar, cocoa powder and vanilla extract until well blended and lump-free. Take off the heat and let cool: the icing will be at optimal spreading temperature when it feels pleasantly warm on your lips. Remove the cookie block from the refrigerator and cut into four 8" x 2" x 2"/20cm x 5cm x 5cm bricks. Using a metal spatula, apply a thin coating of icing to the top and long sides of each brick in a single smooth stroke, if possible.
- Let cool until the icing has almost hardened and use a sharp knife to cut the bricks crosswise into 1/2"/1.25cm slices. These freeze very well.

To learn more about the book go to www.INSIDETHEJEWISHBAKERY.COM. For more information, electronic materials, and to Request a review copy of the book, Contact: Trina Kaye/The Lisa Ekus Group, LLC 310-915-0970/TrinaKaye@tkopr.com

BREATHE LA will be working closely with the children of Long Beach CA, specifically living within a 3 mile radius of the Port of Long Beach, to address and help reduce asthma and lung health problems over the next three years.

The goal is to decrease school absenteeism, reduce hospitalizations and promote personal responsibility of the surrounding environment. To facilitate this call-to-action, BREATHE LA received a \$355,874 grant on April 18, 2011 from the Port of Long Beach Harbor Commissioners as

part of a \$5 million funding project through the Port of Long Beach Mitigation Grant Program, instituted to address respiratory health challenges facing the nearby community.

BREATHE LA will utilize its O24u program to improve the lung health of children in Long Beach, where 21.9% of children are reported to have asthma according to the LBACA Asthma Report Card. O24u environmental health education activities will take place onsite at 36 elementary schools. Developed by educators and registered Respiratory Therapists, O24u has been approved by local school officials, youth organizations, and physicians as an effective environmental education and asthma management program. BREATHE LA health educators train school facilitators to ensure their understanding and ability to teach the curriculum to children. Organizations to be involved in BREATHE LA's O24u program funded by the Port include Long Beach WRAP Afterschool Program, Boys and Girls Club, ICES, LBUSD, YMCA, Campfire, City of Long

Beach and Long Beach Community Action Partnership. BREATHE LA will also hold special sessions with parents living in the area to reinforce key lessons.

"BREATHE LA's O24u grant will go to health programs that directly help the people most affected

sustainability and greater lung health. At the outcome of this three-year program, BREATHE LA seeks to achieve a 10% - 15% decrease in absenteeism of students undiagnosed with asthma, which translates to 152 missed school days. In addition,

this program aims to reduce of emergency room visits and hospitalizations relating to asthma, which would allow the City of Long Beach to save a potential of \$2.7 million. *

"Support from the Port of Long Beach provides a large step to help BREATHE LA

accomplish its mission to make the Los Angeles region a much healthier and safer place to live," stated Dr. Richard Barbers, pulmonary specialist, Chair of the Breathe LA Board of Directors and Professor of Medicine, Keck School of Medicine of USC.

BREATHE California of Los Angeles County (BREATHE LA) is non-profit public benefit organization dedicated to

the future of clean air and healthy lungs in Los Angeles County. BREATHE LA was established in 1903 and has over a century of accomplishments. Our mission is to promote clean air and healthy lungs through research, education and technology. For more information, please visit www.BreatheLA.org.

* UCLA California Health Interview Survey data 2005: Long Beach/South Bay area children with asthma report approximately 30% missed 1-2 days of school. Of those undiagnosed, 61% missed at least one day of school due to breathing issues, 19% missed 3-4 days, 12% missed 5-10 days, and 9% missed more than 11 days.

Breathe LA Receives Critical Funding from Port of Long Beach to Help Children's Respiratory Health

*New Initiative Provides Long-Awaited Support
To Reduce Asthmatic And Lung Related Illnesses*



by air pollution from the goods movement industry," said Nick Sramek, president of Long Beach Board of Harbor Commissioners. "We continue to work to reduce air pollution at the source, but the BREATHE LA and other new mitigation grants help us address the overall effects of the Port's presence."

The primary short-term impact will be increased education and information for children and parents regarding airborne toxic emissions causes, effects and future reduction plans. The O24u program will also foster positive attitude and behaviors that further

Embracing Autism

Mother of two autistic children encourages deep understanding and acceptance

One in every 110 children will be diagnosed with autism, according to Autism Speaks. This staggering statistic is known all too well to the parents and families dealing with the disorder.

Simone Brenneman is one of those parents having raised two autistic children.

In *The Castle We Called Home*, Brenneman reveals the autobiographical story of one mother's quest to connect with her autistic son. A story of struggles and triumphs, the book reveals the complexities of Hayden, his autistic sister and his family's inspiring journey to evolve as a unit and as individuals.

For many years, Brenneman lived greatly submerged in the complex and fascinating world of her two autistic children. Working alongside their therapists and gaining

a vast understanding of autism, she now works as a behavior interventionist for autistic children in hopes to accurately understand and respond to autism.

"My goal has always been to literally entice people to be fascinated by autism," Brenneman says. "I hope this book offers families a positive story that encourages respect."

The Castle We Called Home captivates audiences with a powerful eye-opening account of one family's story of love, acceptance and the complex beauty of autism.



Defeating Depression:

The Calm and Sense Way to Find Happiness and Satisfaction

By Leo Battenhausen

Defeating Depression begins with the author explaining what Calm and Sense individually are. Very shortly, "Calm is the ability to stay focused and at peace with yourself regardless of what happens around you or to you. "It "pertains to the heart and soul of a person - our feelings - Sense pertains to our intellectual ability, logic and thought processes - our minds. Sense is the energy source or 'fuel' we need to have Calm." The author continues on in how these relate, including our pasts and insecurities that can unravel us.

The author covered so many different aspects of life, from pasts to the present, and numerous different relationships, including how men and women just operate differently and how we need to understand the differences to see from their viewpoints. I wonder how many marriages this could help save!

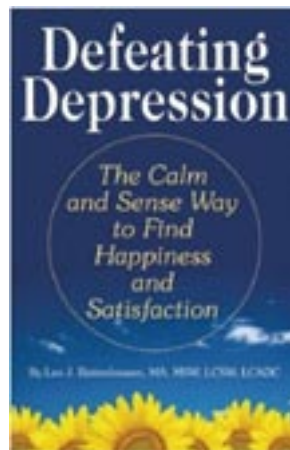
This was a very interesting book for me to read as I could relate to a lot with how my past has affected my present, especially with comparing myself to others or expecting the worst to happen.

I see how working on having this Calm and Sense can be very beneficial, however, I do believe that my Calm should still be

reliance on God. Saying that, this is a very good self-help book, and since I do many Christian book reviews and write from a Christian viewpoint, I would insert that though this book does not come from a Christian viewpoint, I can put God into the "calm" part as Him being my calm and allowing Him for more healing than self-help and Him being my security rather than myself.

I very much appreciated all the stories woven throughout *Defeating Depression*, which gave a great picture of how lives can be transformed with making changes and a new and different life thought structure.

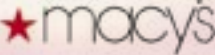
Contact: Leo J. Battenhausen - leojbatt@aol.com



Leo Battenhausen

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THURSDAY, DECEMBER 8

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Midnight at 7

A family fun New Year's Eve celebration
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SATURDAY, DECEMBER 31

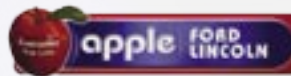
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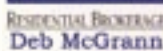
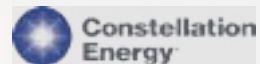
To learn more about the festivities, visit
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Doctor Removes Wrong Ovary in Med Student

It's a Woman's Nightmare, says Mrs. Neim, the young patient who had always dreamed of being a Mom

Nadege Neim, a 28-year-old medical student, had her entire life in front of her. She had a bright future as a doctor, a loving husband, and was starting a family. Nothing could go wrong, she said. But her life was turned upside down when wrong site surgery impacted her ability to conceive in the future, according to case number 24-C-11-006058 filed in Baltimore, Maryland.

"If it can happen to a medical student ... it can happen to anyone," said Mrs. Neim's attorney, Andrew G. Slutkin of the law firm of Silverman Thompson Slutkin & White. "It's every woman's worst nightmare."

Ensuring that an X-ray isn't flipped and that the right patient is on the table, for example, can often prevent mistakes such as amputating the wrong leg, performing the wrong operation or removing a kidney from the wrong patient. Such errors are considered so egregious and avoidable that they are classified as never events because they should never happen, said Mr. Slutkin.

But it does, and The Joint Commission, a group that accredits hospitals nationwide, estimates that wrong-site surgery occurs 40 times a week in U.S. hospitals and clinics.

In June of 2009, Mrs. Neim, who was pregnant at the time, went to see her doctor, Dr. Maureen Muoneke, a Columbia, Maryland OB/GYN, to have an ultrasound performed. The results of the ultrasound revealed that Mrs. Neim had an ovarian mass on her left side. Dr. Muoneke advised her that it was probably benign, but it could grow or rupture to become malignant.

On September 10, 2009, Mrs. Neim went in for another ultrasound. The results revealed that, although her right side was fine, the cyst on her left ovary had not healed. Dr. Muoneke recommended that Mrs. Neim have the left ovarian cyst removed to prevent further complications with the pregnancy.

On September 22, 2009, Mrs. Neim was admitted to St. Agnes Hospital in Maryland to have her left ovarian cyst removed. However unbeknownst to Mrs. Neim, Dr. Muoneke not only failed to remove the cyst, but also instead removed her entire right ovary and fallopian tube.



Mrs. Neim returned on October 14 for a post-surgery check-up, and complained of pelvic pain on her right side. Dr. Muoneke reviewed the pathology report with Mrs. Neim; however, she failed to inform her that she had removed the wrong ovary, as well as her right fallopian tube.

In the next few days, Mrs. Neim continued to have extreme right-side pelvic pain, and Dr. Muoneke had still not informed her that she removed the wrong ovary.

Mrs. Neim, unable to endure the pain any longer, went to the Howard County General Hospital Emergency Department.

It was there where she learned that Dr. Muoneke not only failed to remove the cyst but also had removed her right ovary and fallopian tube. Mrs. Neim's new gynecologist has documented that Dr. Muoneke's surgery was "overly aggressive in removing the entire tube and ovary."

"I feel so violated," said Mrs. Neim. "I can't believe my doctor did this to my family and my future. It's doubly painful because when she figured it out she didn't tell me and just left me in pain."

Slutkin says contrary to what people think, the legal system typically offers little recourse: One study found that only a third of wrong-site cases result in a malpractice suit.

The reason to sue is not only to recover Mrs. Neim's losses but to put the medical community on notice so when our loved ones go in for surgery, we know they will be safe," said Mr. Slutkin.

To schedule an immediate interview with Mrs. Neim and her husband, and Mr. Slutkin. Please contact Karen McGagh, 443.632.4217

About Andrew Slutkin

Andrew Slutkin, a partner with Silverman, Thompson, Slutkin & White focusing on medical malpractice and other catastrophic injury cases and an adjunct professor at the University Of Baltimore School of Law teaching students about medical malpractice

About Silverman, Thompson, Slutkin & White

Maryland based law firm Silverman Thompson Slutkin & White, an AV rated law firm by Martindale-Hubbell, is widely regarded as one of the premier litigation firms in the mid-Atlantic region. They have achieved extraordinary success for their clients across Maryland and throughout the United States. For more information, please visit <http://www.mdattorney.com>.

Have You Found Your Inner Goddess?

Author's Personal Journey Proves She May Be in Unexpected Places



Dorothy Atalla

Never having heard of Petra, in Jordan, Dorothy Atalla embarked on a journey to this unfamiliar site with the hopes of better acquainting her sons with her husband's family in Jordan and to appreciate their father's Middle Eastern heritage. What she didn't expect was for this visit to lead to an encounter, seven years later, that would profoundly change her life.

Atalla's journey did not end when she returned home, as she continued to feel deeply affected by the energy of the site. She soon

began meditating in hopes of finding clarity in this meaningful connection. One day, while meditating, Atalla was startled by a feminine presence, a presence that she later learned was a Goddess from Petra. Instead of giving in to disbelief, she took hold of her curiosity to learn more about this Goddess and the world she had come from. Armed with a wheelhouse

of knowledge about this powerful individual, Atalla welcomed dialogues with the presence. She soon discovered that these dialogues would not only reveal to her a powerful change for her own inner self, but a change for all women.

Through her conversations with the Goddess, Atalla learned about a power that lies within every woman. In an empowering and eye-opening feature interview, she can discuss:

- ~ Her journey to Petra and her incredible interactions with the Goddess that followed
- ~ Why this power women possess is so important, especially in current times
- ~ The "old story" and the "new story" for women
- ~ The necessary rebalancing of feminine and masculine
- ~ How the power of women's spiritual energies can effect change and give birth to a new society



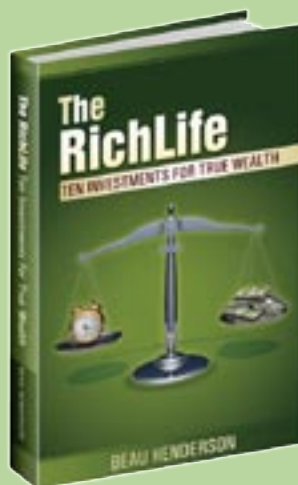
Living Below Your Means On Purpose and with a Purpose

If you've ever wished that someone would offer you the greatest secrets to living a rich life, Beau Henderson's book, **The RichLife: 10 Investments for True Wealth**, does just that. Henderson, who is a financial advisor who has worked with over 3,000 clients, offers readers invaluable advice for living the rich life, which involves investing in your health, your family, yourself, and your future.

In a world in which people have grown accustomed to living on credit, Henderson advises that one of the key principles to living the rich life is to live below your means. Keeping Henderson's lessons in mind, you can become wealthy by having more income coming in than going out, whether you are earning \$150,000 a year or \$20,000 a year. Living below your means is all about choices that keep the bigger picture in mind:

"Even though you can go out to dinner, you don't. Even though you can afford a higher car payment,

you invest that money differently. You put it to work for you so that ten years from now, you achieve the picture of your RichLife." To support a healthy financial future and keep things comfortable for yourself, you must choose to stop spending before you have spent everything. Henderson enriches his message with anecdotes and sharp insight, helping his readers to keep their destination for their lives in mind, rather than taking the "micro" view of money.



Henderson offers his readers more than just solid financial advice, he offers them life advice on building all of their assets, including their families, health, and sanity, making it the only book for true investment and success on the market. The unique combination of

advice that Henderson provides makes **The RichLife** an absolute must-read for everyone.

Contact: Beau Henderson - beauhen@yahoo.com



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Teen Musicians in Drug Treatment Win 2012 GRAMMY® Experience

NIH, MusiCares® and GRAMMY Foundation® hail teen artists during Nat'l Drug Facts Week

Two teens with powerful stories about their experience in drug treatment have been awarded the top distinction in the MusiCares® and GRAMMY Foundation's® Teen Substance Abuse Awareness through Music Contest. The annual contest was created to celebrate National Drug Facts Week and is coordinated by the National Institute on Drug Abuse (NIDA), part of the National Institutes of Health.

The contest was open to teens ages 14-18. Entrants were asked to compose or create an original song and/or music video that explores, encourages, and celebrates a healthy lifestyle or accurately depicts a story about drug abuse. Composers of all three winning entries will have the opportunity to attend the 54th Annual GRAMMY Awards Backstage Experience®, a special backstage tour while artists rehearse for the live GRAMMY Awards® show early in 2012. NIDA partnered with MusiCares® and the GRAMMY Foundation®, the two nonprofit organizations of The Recording Academy®, to raise awareness about drug abuse.

"This innovative contest has once again brought the music education mission of the GRAMMY Foundation® and the addiction recovery mission of MusiCares® to teens across America," said Neil Portnow, President/CEO of the GRAMMY Foundation®, MusiCares®, and The Recording Academy®. "We received even more entries this year than last, and were impressed with the power and honesty of their lyrics. All entrants are to be congratulated, and we encourage them to keep making music."

The first place winners, Harvie and Amanda, are two teens currently in treatment at the Phoenix House Academy in Los Angeles. Their entry, an original song entitled "*Like a Phoenix in the Air*," chronicles their feelings about being teens in drug treatment and their desire to rise above their addictions "even with a broken wing." The song ends with the lyrics "Cuz I may fall one hundred times before I sleep, but I promise you I'll get back up tomorrow."

"The winning song reflects the hope that treatment brings, especially to young people who have so much potential to change their life course," said NIDA Director Dr. Nora Volkow. "This songwriting team brought incredible emotion to their personal journey that hopefully will encourage others to seek treatment for substance abuse problems."

The second place winner also created his song while in treatment. Kevin Simmons wrote "My Life" while at the Healing Lodge of the Seven Nations, a residential center in Spokane Valley, Wash., that makes the "self-revealing nature" of music and poetry part of treatment. Kevin told his story of addiction and recovery through powerful lyrics that included, "My life was over until I got sober, but I found another way to get through life." In a video essay, Kevin added that "Whenever I have a bad day I go to my room with a pencil and paper and write down how I feel."

The third place winner is 14-year-old Grant Davis, a student at Silver State High School in Carson City, Nev. In his entry, "Just a Child," the young lyricist referenced his experience growing up in a family dominated by his older sister's struggle with addiction. He created a haunting but hopeful composition that included the lyrics, "You were not supposed to be in charge of the world created for me."

In addition to the backstage experience at a GRAMMY® rehearsal, the winners will have their musical entries posted on the GRAMMY 365® and MTV websites, as well as on the Above the Influence campaign site sponsored by the National Youth Anti-Drug Media Campaign—a program of the White House Office of National Drug Control Policy. The winners will receive a small cash award from the Visions Adolescent Treatment Center in Malibu, Calif., and a certificate from NIDA acknowledging their role in the dissemination of health information about substance abuse.

MusiCares® and the GRAMMY Foundation® provided a panel of judges that included musical artists, while NIDA provided technical expertise in the judging process. Points were given for accurate depictions of subject matter. The winning entries can be seen and heard at: <http://drugfactsweek.drugabuse.gov/contestWinners.php>. Follow what NIDA's doing for National Drug Facts Week on Twitter with @NIDANews or #DrugFacts2010.



Established in 1989 by The Recording Academy®, MusiCares® provides a safety net of critical assistance for music people in times of need. MusiCares® services and resources cover a wide range of financial, medical and personal emergencies, and each case is treated with integrity and confidentiality. MusiCares® also focuses the resources and attention of the music industry on human service issues that directly impact the health and welfare of the music community. For more information, please visit www.musicares.org.

The GRAMMY Foundation® was established in 1989 to cultivate the understanding, appreciation and advancement of the contribution of recorded music to American culture — from the artistic and technical legends of the past to the still unimagined musical breakthroughs of future generations of music professionals. The Foundation accomplishes this mission through programs and activities that engage the music industry and cultural community as well as the general public. The Foundation works in partnership year-round with its founder, The Recording Academy®, to bring national attention to important issues such as the value and impact of music and arts education and the urgency of preserving our rich cultural heritage. For more information, please visit www.Grammyfoundation.org.

The National Institute on Drug Abuse is a component of the National Institutes of Health, U.S. Department of Health and Human Services. NIDA supports most of the world's research on the health aspects of drug abuse and addiction. The Institute carries out a large variety of programs to inform policy and improve practice. Fact sheets on the health effects of drugs of abuse and information on NIDA research and other activities can be found on the NIDA home page at www.drugabuse.gov. To order publications in English or Spanish, call NIDA's DrugPubs research dissemination center at 1-877-NIDA-NIH or 240-645-0228 (TDD) or fax or email requests to 240-645-0227 or drugpubs@nida.nih.gov. Online ordering is available at <http://drugpubs.drugabuse.gov>. NIDA's media guide can be found at <http://drugabuse.gov/mediaguide/>.

A Well-Seasoned Kitchen:

Colorado's Elegant Mother-Daughter Duo Goes National

The Clayton family, especially Sally, has long been known for effortless style and smart sensibility when it comes to home cooking and entertaining. So, when Sally began to suffer from the effects of early-stage memory loss, her daughter Lee Clayton Roper decided to engage her mother in the kitchen, evoking family memories and collecting cherished recipes. The time they spent together led them to begin writing the cookbook that would become *A Well Seasoned Kitchen* (MLC Publishing, 2009)

Sadly, Sally passed away as the cookbook was entering its final phase and Lee completed it in her honor. More than just recipes, *A Well Seasoned Kitchen* is a memoir and Lee's attempt to capture her mother's recipes before they would be gone forever.

Until now this cookbook, featuring 186 tested recipes, with menus and full-color photos by renowned food photographer Laurie Smith, has been available only in Colorado, where Lee resides, but due to the overwhelming success of the elegant recipes and heartwarming stories, *A Well Seasoned Kitchen* is going national. The book that was so popular in Denver is now available through Amazon, Barnes and Noble, and in select retailers in Kansas City, St. Louis, Philadelphia, Washington, DC, Knoxville, Memphis, and Little Rock. Retailers in other cities will be added in 2012 when Lee plans to continue traveling across the country, promoting the book. A portion of all proceeds are donated to the Alzheimer's Association Colorado Chapter.

The delicious, easy, and beautiful dishes like Tomato Basil Bisque, Rack of Lamb with Nut Crust, Green Beans with Lemon-Butter Sauce,

and Apple Cake (recipe below) helped *A Well Seasoned Kitchen* win the 2010 Gold Medal for Cookbooks from the Living Now Book Awards. The book

features menu suggestions that are perfect for holiday entertaining, from a traditional Thanksgiving meal featuring

Oven Roasted Turkey and Apple-Sausage Stuffing to a Snowy Day Dinner featuring Veal Stroganoff and Bourbon Apple Pie.

Lee Clayton Roper is currently producing a mother-daughter cooking show that will build on the acclaim of *A Well Seasoned Kitchen* and air on Rocky Mountain PBS in 2012. The show will feature Lee cooking alongside mother-daughter pairs and sharing cooking stories and kitchen traditions. At the end of each episode, the mother-daughter pair is encouraged to continue cooking together and documenting the process. At the end of the season, the six mother-daughter pairs will reconvene with their home videos and discuss their experiences spending time together in the kitchen.



Apple Cake

(Serves 8 to 10)

My Brother Jim and I always loved this apple cake as kids. Today, I love to serve it at the end of a casual dinner or as part of a holiday buffet. The recipe originally came from Mom's cousin Mary Pryor in Kentucky.

INGREDIENTS:

- 3-1/2 cups peeled and chopped tart apples
- 2 cups sugar
- 3 cups flour
- 2 teaspoons baking soda
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 teaspoon cloves
- 1/2 teaspoon nutmeg
- 1 cup chopped walnuts
- 1 cup + 1 Tablespoon melted butter, divided
- 2 eggs, beaten
- 1 teaspoon vanilla
- 1 cup powdered sugar
- 1 tablespoon light corn syrup
- 1 tablespoon milk



1. Preheat the oven to 375 degrees. Grease a 9x13-inch baking dish or large tube pan. In a large mixing bowl, combine the chopped apples and 2 cups sugar. Set aside.
2. Sift together the flour, baking soda, cinnamon, allspice, cloves, and nutmeg.
3. In a small mixing bowl, toss together the walnuts and 1 tablespoon of the flour mixture. Set both aside.
4. To the apple mixture, add 1 cup of the melted butter and stir until combined. Stir in the eggs and vanilla. Add the flour mixture and stir just until combined. Fold in the walnuts (and any flour mixture in the bowl). Spread evenly in the prepared dish and bake for 1 hour. Cool in pan to lukewarm.



TAKE THE LEAP

By Nadine Lajoie

5. While the cake is baking, make the glaze. Stir together the remaining 1 tablespoon of melted butter, the powdered sugar, light corn syrup and milk. Spread over the top of the lukewarm cake. Let cool until the glaze is set before serving.

Make Ahead: Cake will keep for several days, covered and refrigerated.

High Altitude: Decrease sugar by 2 tablespoons, reduce baking soda by 1/4 teaspoon, increase butter by 1 tablespoon and use extra large eggs.



About the Authors

Sally and Lee are everyday home gourmet cooks who've always been ahead of their time.

Sally earned cooking credibility as one of the first to add a food processor and microwave to her gadget repertoire long before most had even heard of them. Originally from Kentucky, Sally was raised in a home with parents who frequently entertained and a mother who loved to cook. Interestingly, Sally didn't start cooking until after she was married. Despite that, she made an effortless leap from meatloaf to Boeuf Bourguignon and quickly earned a reputation as a talented cook and gracious hostess among friends and family.

Sally's culinary courage inspired Lee to hold her first dinner party at the tender age of 16. Today, Lee regularly finds opportunities to host family and friends for casual dinner parties with beautiful tablescapes, creative menus and scrumptious meals taking center stage. With any cooking-related questions, friends and family often turn to Lee for her unending kitchen inspiration and encouragement.

At one point or another in our lives we need to take a leap. We as humans have a tendency to analyze things in such detail that we never take the leap of faith. We are always concerned with the outcome, how our action will affect us and our future. As a result of this, we never listen to our heart and are always using our brain. I insist that one should take the leap and it is likely that you will benefit. And, if unfortunately something bad happens, you can always count it as a learning experience. Below, I shall share with you my personal anecdote of the big leap I took and what I learned.

The first thing that comes to mind before taking any leap is your comfort zone. People don't like to get out of their comfort zone. I always dreamed of owning a recreative vehicle and visit the United States, but the only way I could do it in my early professional career, was to sell my house and my lovely Mercedes convertible. And believe me when I say I dearly loved both of those belongings. But to make that RV dream real, I had to sacrifice them both.

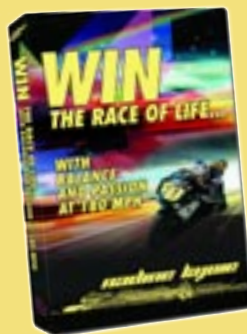
So despite my family and friends advising me otherwise; I took the leap and sold my house and car. I started living in the basement of my office, but ended up buying a 1995 Chevy Van, for few months before buying my RV. Apparently it seemed like a big setback.

However, when I wanted to take a tour of the United States, here is where the van became useful. I started looking for a companion who could accompany me on my journey and I met a woman online named Carole. Again my family and friends warmed me against trusting a total stranger. However, I took the leap of faith and Carole is now one of my good friends. She and I witnessed the most amazing sceneries and shared many adventures. And, by the end, my life dream of visiting California came true in this journey. So it all seemed worth it.

I might say that by taking the leap I have learned a lot and am more satisfied internally. What I learned was that I had to break out of my comfort zone in order to experience new adventures. My leap initially seemed at loss when I ended up buying a Chevy Van, but the results proved otherwise. I got the chance to make my dream of touring the United States come true. And the same is the case with meeting Carole. If I had not taken the leap of trusting her; I might have not had the chance of knowing her and finding a good friend.

So what I highly recommend is that you break out of your comfort zone and take the leap. Stop worrying about what will happen, just remember that no matter whatever happens you are strong enough to face it. Once you develop the attitude that you are "IN-POWER"™, then there is nothing stopping you from experiencing new horizons and achieving your dreams. So trust yourself and take the leap.

If you want to know more details about the adventures I took when I visit 21 States by myself, there are many of them in my book, "Win the Race of Life...With Balance and Passion at 180mph!"



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BBB Helps FTC Shut the Door on Mortgage Relief Company



While the luck of the Irish might have been shining on some back on St. Patty's Day 2010, Better Business Bureau | Greater

Maryland closed its first complaint against Residential Relief Foundation, a company targeting homeowners who were struggling to keep their homes and desperate for a little good luck.

Between March of 2010 and September of 2011, 156 homeowners from 33 states filed complaints with BBB alleging losses of \$250 to \$1,595. Their complaints against the Baltimore company, revealed an alarming pattern of false and broken promises. Single parents, seniors and families from across the country, teetering on the brink of losing their piece of the American Dream, were only left deeper in debt or even homeless.

"It's a tragedy," said Angie Barnett, President/CEO of BBB | Greater Maryland. "BBB provided its complaint detail to federal investigators and applauds the outcome of the FTC's court orders." Barnett added, "We hope that restitution helps the families affected rebuild their lives."



In a complaint to BBB, one troubled homeowner wrote, "I am seeking my \$1,595 back that I paid...services were incomplete and now I'm left out to dry and don't know where to go from here."

According to court documents filed by the Federal Trade Commission in the U.S. District Court of Maryland, Residential Relief Foundation and another defendant, Mitigation America, which operated from the same address and their five business officials, including Baltimore attorney, James Holderness, must refrain from deceptive practices and assessment of upfront fees. In violation of their own privacy policies, the companies were also accused of disposing of customer documents including detailed personnel information in unlocked dumpsters.

The resulting court settlement imposed over \$11 million in judgments - the equivalent of the losses incurred by consumers - and barred the defendants from working in the mortgage relief and debt settlement industries. Unfortunately, the majority of the settlement money dismissed for inability to pay. A receiver has been appointed and the defendants will have to forfeit assets that were frozen as part of the court proceedings.