

A Publication for the Conscious Woman

# Focus ON Women MAGAZINE



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**Clean Power Plan Could Affect Low Income Families**

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**Changing Our City: Public Safety**

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**Why we should be outraged by CECIL's Killing**

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**Self Sabotage by Stephanie Banks**

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**The Woman Behind the Badge**

July/August 2015

# 2015 Women of Impact *Gala*



Consolee  
Nishimwee

Genocide Survivor,  
Speaker, Advocate  
from Rwanda.



Dr. Lisa Reed  
Gala Chairwoman



Margaret Podlich  
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Association, of the  
United States of America.



Farin Powell  
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Diploma  
of The Hague Academy  
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Michele Rickett

Founder, She is Safe, S.I.S. International  
Anti Trafficking Organization Pioneering  
Advocate Against Human Trafficking



Doreen Di Polito  
Owner, D-Mar Construction, visionary,  
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\* **Thursday, October 15, 2015.**  
**VIP Reception 6:30 to 7:30,**  
**Dinner 7:30 to 9:30**

## SPECIAL AWARDEE

Linda Tucker, CEO and Founder,  
Saving the White Lion Trust.

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*Do not miss this event... where local, national and international women will meet, gather, connect and greet. It promises to be a sell out. **Get your tickets now.***

# July/ August 2015

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We owe English University slang for the term Hobson's choice, which references Thomas Hobson of Cambridge, a stable manager who lived during the 1500's.

This noted horseman, was reputed to offer horses to customers, a choice for the next one in line, or none at all. At times, we are beset with decisions where there is no viable

alternative. In such scenarios, life beckons us to make a choice where one is neither better than the other, bringing us out of a place of apathy, fear and stagnation. Breaking away from the paralysis of indecision, there is newness, freedom and opportunity for growth to become better stewards of our personal power.

To our readers, supporters and advertisers, may you too see the lack of viable options as an opportunity to forge a path of independence, empowerment and purpose.

*"We can easily forgive a child who's afraid of the dark; the real tragedy of life is when men are afraid of the light." - Plato*

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

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## Ageing? There's an app for that

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### Latest Huffington Post Article from OWL Executive Director Bobbie Brinegar

What were Airbnb, Uber, Walgreens and Peapod doing at the once-in-a-decade [White House Conference on Aging?](#) Giving us a glimpse of the future.

In case you missed it, 10,000 people are turning 65 years of age every day. That's expected to continue for the next 15 years - and the private sector is taking notice.

There was Seth Sternberg, CEO of Honor, which has a heady goal -"to spark a revolution in solving the monumental problem of how we care for our aging parents." His well-funded company - investors include Marc Andreessen and Jessica Alba -- is using technology to build a new model to match people with caregivers; at the conference Sternberg announced plans to give away \$1 million in free home care in ten cities.

During the day-long conference, interspersed with announcements of [new administration initiatives](#), company after company demonstrated how the private sector is finding opportunity in the nation's changing demographics. From travel to grocery shopping to home care, there's a promising partnership between aging and technology on the horizon.

[Read the full article at Huffington Post.](#)

### Janet Pitt Joins OWL Board

Janet has more than 10 years of experience promoting a wide range of causes. She has worked with UNESCO and other world heritage organizations, helping to strategize U.S. involvement; she has facilitated introductions to various bilateral ambassadors, and is involved in efforts to create an International Museum and Education Center for Women Artists in the Middle East.

She has helped raise awareness and money for countries in Southeast Asia after natural disasters, as well as for women's education and health issues, such as heart disease and MS. She interacts with high-level government officials, leaders of corporate and community groups, and foreign ambassadors and manages an extensive network of contacts.

[Read more about Janet - Online.](#)



### New Initiatives Aim to Help Family Caregivers



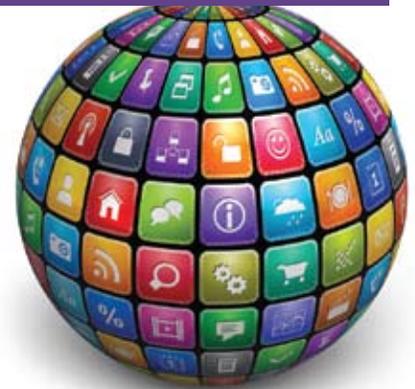
The nation would need to spend \$470 billion to replace the work done by the more than 40 million unpaid family caregivers in the U.S. That's one of the findings

from a [recent study](#) by the AARP Public Policy Institute.

Caregivers themselves pay a high price; the study noted that adult children, mostly daughters, reduce their own paid work to care for parents, at a lifetime cost that can reach hundreds of thousands of dollars. According to [research](#) by the MetLife Foundation, female caregivers lose on average \$324,000 in lost wages and Social Security benefits.

The good news is that lawmakers are taking action. The recently introduced bipartisan [Recognize, Assist, Include, Support, and Engage \(RAISE\) Family Caregivers Act](#) would require the development of a national strategy...

[Read more Online.](#)



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# Focus Women ON Women MAGAZINE

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

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Cherie Doyen

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JOHNS HOPKINS  
MEDICINE

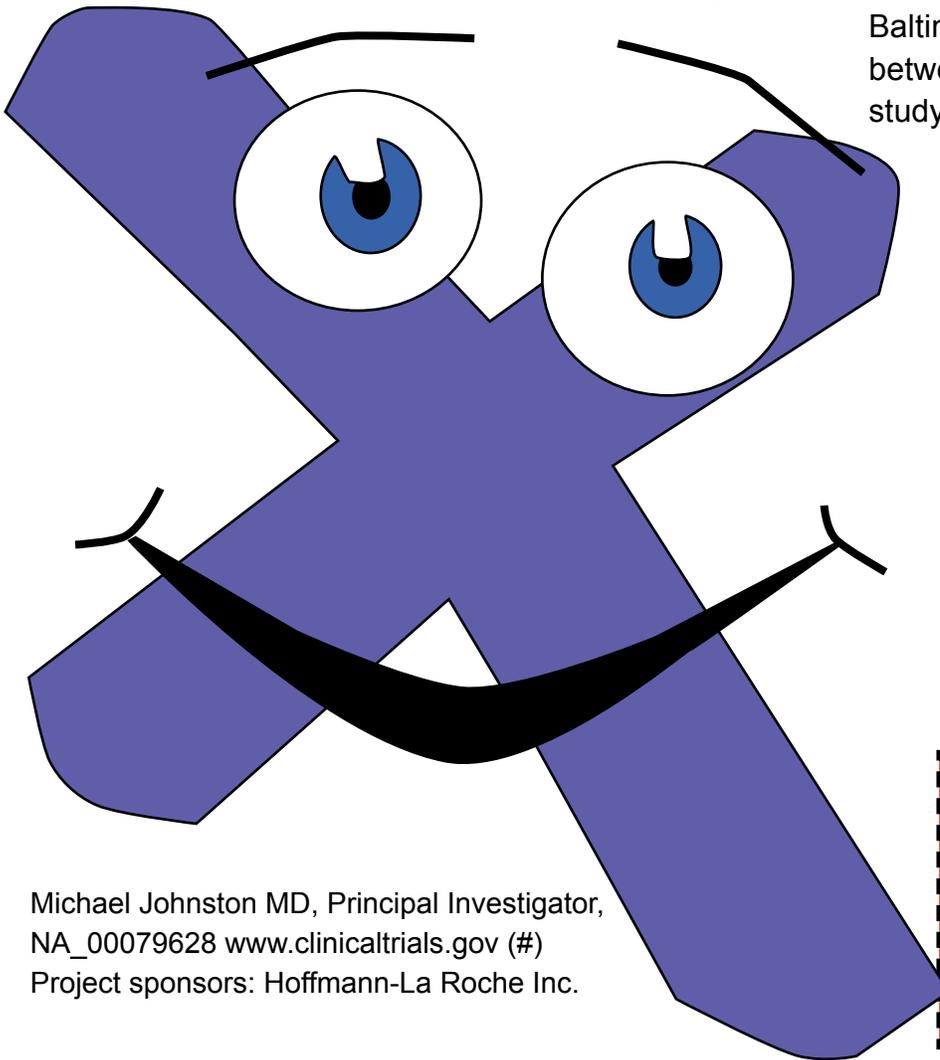
# Got Fragile X?

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

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

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

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



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

Michael Johnston MD, Principal Investigator,  
NA\_00079628 [www.clinicaltrials.gov](http://www.clinicaltrials.gov) (#)  
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**Interested? Study  
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# MOREHOUSE SCHOOL OF MEDICINE WILL HONOR FOUNDER DR. LOUIS W. SULLIVAN DURING 40TH ANNIVERSARY CELEBRATION

## Historic Medical School Celebrates Four Decades of Service in the Advancement of Health Equity

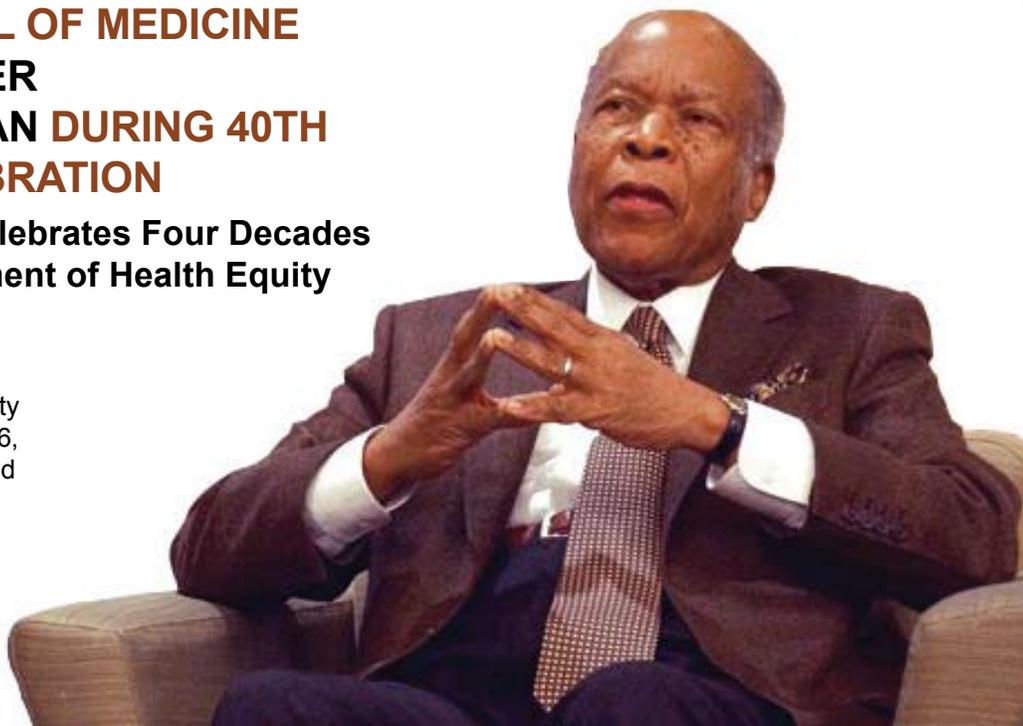
Morehouse School of Medicine (MSM) will begin a year of celebration with the school's Annual Hugh M. Gloster Society Donor Celebration on Thursday, April 16, 2015 beginning at 5:30 p.m., and hosted by actor and activist Danny Glover.

Dr. Louis W. Sullivan, MSM's founding dean and president and now president emeritus, will be awarded the Louis C. Brown Vanguard Award for his leadership and impact on health disparity. Throughout the year, the institution will celebrate 40 years of excellence during many special events. MSM will honor the past, present and future and celebrate the leaders, researchers, students and medical professionals who have made an indelible impact on the institution.

"A good health interchange requires a well-trained professional who has the appropriate knowledge base and is culturally competent to work effectively with his/her patients," said Dr. Sullivan. "We depend upon institutions like Morehouse School of Medicine to produce all kinds of health personnel to serve our society. I am honored that MSM has presented this award to me."

An Atlanta native, Sullivan currently serves as chairman of the National Health Museum and chairman of the Sullivan Alliance to Transform the Health Professions. He has served as chair of the President's Commission on Historically Black Colleges and Universities and was co-chair of the President's Commission on HIV and AIDS. He served as U.S. Secretary of Health and Human Services from 1989-1993.

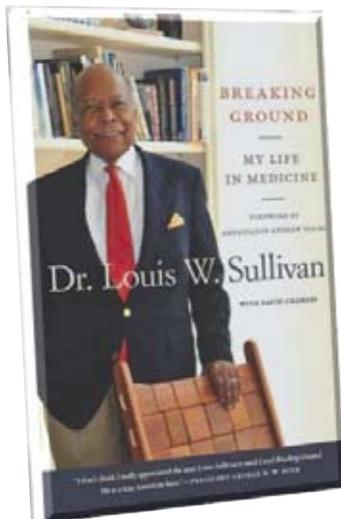
"The Hugh Gloster Society Donor Celebration is the ideal event to launch our 40th anniversary," said President and Dean Valerie Montgomery Rice. "The event recognizes the exceptional support Morehouse School of Medicine has received from countless individuals and organizations in the city, state and



nation. We want to thank all of our alumni and friends for their tremendous support through the years and share with them our new vision for leading the creation and advancement of health equity.

"Dr. Sullivan personifies the exceptional talent of Morehouse School of Medicine, and its mission of serving vulnerable populations," President Montgomery Rice continued. "His career has been committed to advancing health equity, and we are thrilled to honor him at this special event."

Starting as a two-year basic science program and growing to a four-year degree institution, MSM continues to diversify and educate health professionals, as well as serve and empower communities across the globe. MSM is home to world-renowned centers and institutes that are recognized for community, basic and clinical research. To learn more about MSM's history and join the year's celebration visit [www.msm40.com](http://www.msm40.com).



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### ***About Morehouse School of Medicine***

Founded in 1975, Morehouse School of Medicine (MSM) is among the nation's leading educators of primary care physicians and was recognized by *Annals of Internal Medicine* in 2011 as the top institution in the first study of U.S. medical schools for our social mission based on our production of primary care physicians, training of underrepresented minority doctors and placement of doctors practicing in underserved communities. MSM faculty and alumni are noted for excellence in teaching, research and public policy, as well as exceptional patient care.

Morehouse School of Medicine is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools to award doctoral and master's degrees. For more information, please visit [www.msm.edu](http://www.msm.edu).

# TOP 3\* Reasons Female Entrepreneurs Succeed

"We have seen a rise in female entrepreneurs, with over 15 million female entrepreneurs now in the United States," - says Carolin Soldo, Success Coach and Marketing Mentor. "As a coach to some of the country's top business women, I have put together what I see as the top 3 reasons female entrepreneurs have all that it takes to be an entrepreneur."

## 1 Businesses are Built on Solid Relationships

"Women have the innate ability and drive to build relationships, which is critical when it comes to marketing, building teams, and working with their clients," - says Carolin. "Successful businesses thrive on healthy relationships and healthy relationships thrive on trust. Women naturally aim to cultivate trust and thereby organically grow their business through referrals and winning over potential clients."

## 2 Gut Feeling Matters in Business

"Women are emotionally charged and often very in tune with their passions and purpose. They trust their intuition. While men focus on the structure and systems of a business, women have the ability to look inside themselves to find their true calling and purpose," - says Carolin. "This purpose and desire to follow their calling is what drives them to overcome challenges and struggles, which any entrepreneur faces in business. These experiences lead to greater persistence and the foundation of a 'no matter what' kind of attitude. Trusting their intuition also allows women to make decisions faster and take action."

## 3 Selfless Attitude

"Women's natural ability to assume the 'caretaker' role and give selflessly provides them with an edge. In today's society, attracting clients to a business has more to do with giving than promoting and asking the client for money," - says Carolin. "Business success is now about showcasing what we have to offer, and providing freely without holding back, which will, in turn, cause our clients to be so much more willing and interested to work with us."

Carolin Soldo is an Online Business and Marketing Coach with an MBA and a background of over 10 years in a high-powered corporate marketing career, Carolin's Mission is to help passion based women entrepreneurs build their dream business and live a free and abundant lifestyle doing what they love, while making a difference in the world. Based on her own success story as an online health and fitness coach, she teaches business building, brand-identity, and online marketing strategy in her signature program From Passion to Profits™. Most importantly, she gives her clients the confidence they need to be fierce and visible in a really noisy online marketplace. With loving yet bottom-line focused advice, Carolin inspires the health and life coach community and women entrepreneurs around the world to take charge of their success and happiness by boosting their business skills, ridding themselves of limiting beliefs, and living free and abundant lives while making the impact they are here to make.



# August News from Basignani

**TGIF MOVIE NIGHT THIS FRIDAY "RUNAWAY BRIDE"  
SEE TICKET DETAILS BELOW!!**

Summer may be drawing to a close soon (shh! don't tell the kiddos!), but there are still plenty of warm evenings left to while away here at the winery. We've got wine tastings, our celebrated TGIF movie nights, and of course relaxing evenings on La Piazza Basignani. By the way, you'll definitely want to check out our new Pavillion on the Piazza!

So get the most out of what's left of summer and come out to the winery this month for a cool glass of white or a refreshing sip of one of our sweet summer wines (we have it on good authority that it makes steamy summer nights a lot more bearable.)

### HARVEST COMING SOON!!

Everything has been early this year, and our grapes are no exception. They're getting plumper by the day and starting to ripen nicely. If you're interested in experiencing a wine harvest during the first few weekends in September, email Lynne to reserve your spot ~\$10 a person to cover your lunch and wine after your picking experience. The tentative dates are 9/5, 9/12, 9/26 & 10/10. (lynne@basignani.com).

### BASIGNANI WINE RUN!!

We are having a new event on September 27th...THE BASIGNANI WINE RUN...A 5K through the vineyards. See below for details or go to [www.T3Run.com](http://www.T3Run.com).

Marilyn Basignani, *Basignani Winery*

.....

**TGIF Movie Nights** 

- **July 31** ~ "Runaway Bride"
- **August 14** ~ "The Hundred Foot Journey"
- **August 28** ~ "The 2nd Exotic Marigold Hotel"
- **8-11 pm**
- **\$12**, includes movie, wine tasting and popcorn, and wine glass...Tickets available at Ticketleap ([Click here](#)).
- Some tickets will be available at the door, but they will be limited. Call ahead for availability.
- Bring a blanket (or a few chairs) and some picnic snacks because TGIF Movie Nights are back for one more month at Basignani Winery!
- *Arrive anytime after 6 to grab a spot on the lawn, do your wine tasting, or purchase early bird pizza. PLEASE ARRIVE EARLY (by 7:30 PM) IF YOU WANT PIZZA!!*
- *The movie will start at approximately 8:30 pm.*

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## SOMETHING NEW AT BASIGNANI WINERY!!!! BASIGNANI WINE RUN

Celebrate the harvest season with a spirited 5K through the Basignani Vineyards!

**SEPTEMBER 27, 2015  
4 PM**

**Registration and Pricing:  
\$40 (through 8/27)  
Late Registration - \$45 (8/28-9/23)  
Race Day - \$45**

### Awards and Amenities

**All entries include post-race refreshments and awards!**

All entrants 21 years of age (on race day) and older will receive a commemorative wine glass and one complimentary glass of Basignani wine. Be prepared to show proof-of-age.

All entries received by **September 7, 2015** include a custom-designed race t-shirt

**\*\*You must register by 6:00PM EDT September 7, 2015 to be guaranteed a t-shirt\*\***

Packet Pick-up and Race Day Registration: Beginning at **2:45PM on Race Day at the Vineyard**

**\*\*\* REGISTER NOW \*\*\***



# EVERYMAN THEATRE

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## Rehearsals Begin Today for *An Inspector Calls* Noah Himmelstein to direct

Everyman Theatre began rehearsals today for the 2015/16 season opener, **An Inspector Calls** by J.B. Priestley. Downton Abbey meets Sherlock Holmes in this chilling detective story filled with plot twists, turns and surprises that will leave audiences on the edge of their seat until the very last moment! *An Inspector Calls* will run from **September 9 – October 11, 2015**.

Hailed as “the theatrical equivalent of a page turner” (*The Daily Mail*), *An Inspector Calls* is a gripping, psychological thriller. The respectable Birling family is at home hosting a dinner party in honor of their daughter’s recent engagement, when an unforeseen knock at the door brings a sudden stop to the celebration. Enter Inspector Goole, who brings word of the unexpected death of a young woman. The questioning of each family member begins, dark secrets are uncovered and slowly the mystery surrounding the untimely death unravels.

Visionary director and rising star Noah Himmelstein will helm the production. Originally from Baltimore, his many credits include directing Andrew Lippa’s *I Am Harvey Milk* at Lincoln Center, featuring Broadway star Kristin Chenoweth. He also directed the production in Los Angeles and San Francisco. *I Am Harvey Milk* was a Critic’s Pick in both *New York Magazine* and *LA Magazine* and was listed as an “Unforgettable Experience of the Year” by *Playbill*. Mr. Himmelstein has also recently directed at Fredericia Theater in Denmark, Players Theatre in New York, The Weston

Playhouse in Vermont and *Urban Arias* in Washington, DC.

Resident Company Members Bruce Randolph Nelson and Deborah Hazlett will be featured in the cast. Mr. Nelson will portray Mr. Arthur Birling, the patriarch of the Birling family. Mr. Nelson was last seen in the 2014/15 season closer, Noel Coward’s *Blythe Spirit*. Last season he also appeared in Ira Levin’s thriller *Deathtrap*, Henrik Ibsen’s *Ghosts* and Lynn Nottage’s *Ruined*. Mr. Nelson will be featured in *The Great American Rep*, appearing in both *Death of a Salesman* and *A Streetcar Named Desire*.

Deborah Hazlett will play the role of Mrs. Sybil Birling. Ms. Hazlett was last seen as the iconic role of Mrs. Alving in the spring production of Henrik Ibsen’s *Ghosts*. She was featured as psychic Helga Ten Dorp in last season’s *Deathtrap*. Ms. Hazlett will also be featured in the upcoming productions of *A Streetcar Named Desire* and *Death of a Salesman*.

Chris Genebach will portray the menacing title role of Inspector Goole. This will be Mr. Genebach’s Everyman debut. He was recently seen as Jigger in Olney’s production of *Carousel*. He has also appeared at Chicago Shakespeare Theatre, Shakespeare Theatre Company, Woolly Mammoth and Studio Theatre. Mr. Genebach will also return to Everyman later this spring to appear in both *A Streetcar Named Desire* and *Death of a Salesman*. Joining the Resident Company to form the Birling household will be Josh Adams (Every-

man debut) as son Eric Birling, Jamison Foreman (Everyman debut) as soon to be son-in-law Gerald Croft, Sophie Hinderberger (*Ghosts*, *The Glass Menagerie*, *Private Lives*) as daughter Sheila Birling and Olivia Ercolano (Everyman debut) as the maid, Edna.

Joining Mr. Himmelstein on the artistic team will be Resident Lighting Designer Jay Herzog and Resident Costume Designer David Burdick. Timothy R. Mackabee (set design) will be returning to Everyman; previously, he has designed the sets for Everyman’s productions of *Deathtrap*, *God of Carnage* and *Fifty Words*. The sound designer will be Elisheba Ittoop (*Tribes*, *By the Way*, *Meet Vera Stark*).

**Tickets for *An Inspector Calls*** are now on sale and range in price from **\$10 to \$60**. Strengthening the commitment to making theatre affordable and accessible to everyone, Everyman announced earlier this summer that every ticket to **every preview performance for the 25th anniversary season will cost just \$25**. Tickets may be purchased by calling 410.752.2208, visiting [www.everyman-theatre.org](http://www.everyman-theatre.org) or in person at 315 W. Fayette Street, Baltimore, MD 21201.

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

of government, colleges and universities for arts activities.

Funding for the Maryland State Arts Council is also provided by the National Endowment for the Arts, a federal agency.

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

Everyman Theatre proudly partners with The Baltimore Sun Media Group and WYPR 88.1-FM as the Season Media Sponsors. LifeBridge Health is the Production Sponsor and Maryland Public Television is the Media Sponsor for the production.

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

seeking connection and emotional truth in performance. Everyman is committed to presenting high quality plays that are affordable and accessible to everyone. The theatre strives to engage, inspire, and transform artists, audiences and community through theatre of the highest artistic standards and is committed to embodying the

promise of its name, Everyman Theatre.

Vincent M. Lancisi is the Artistic Director of Everyman Theatre; Jonathan K. Waller is the Managing Director. For information about Everyman Theatre, visit [www.everymantheatre.org](http://www.everymantheatre.org) or call 410.752.2208.

### **An Inspector Calls**

*By J.B. Priestley*

*Directed by Noah Himmelstein*

*September 9 – October 11, 2015*

*Everyman Theatre, 315 W. Fayette Street, Baltimore, MD 21201*

**Tickets: \$10 - \$60. To order: 410.752.2208 or [www.everymantheatre.org](http://www.everymantheatre.org)**

The ultimate detective story, this gripping psychological thriller is the perfect cross between the worlds of Downton Abbey and Sherlock Holmes. Filled with twists, turns and gasps, An Inspector Calls will leave you guessing until the very last moment!

**Pay What You Can Performance: Tuesday, September 8th at 7:30PM**

**Opening Night Performance: Friday, September 11th at 8:00PM**

★★★ *Members of the press are invited to this event. Contact Laura Weiss at 443.615.7055 x 7132 or [lweiss@everymantheatre.org](mailto:lweiss@everymantheatre.org) to make reservations.*

# LIFE DANCE LOFT



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## BREAST CANCER SURVIVORS WHO EXPERIENCE PAIN DURING INTERCOURSE MAY BENEFIT FROM LIDOCAINE TREATMENT

*Dyspareunia, or painful sexual intercourse, is a common side effect of breast cancer treatment due to low estrogen*

**Scientists at Oregon Health & Science University** report that breast cancer survivors who experience pain during sexual intercourse, a common side effect of breast cancer treatment, may achieve comfort when liquid lidocaine is applied strategically to prevent pain. Their research was published online today in the *Journal of Clinical Oncology*.

“The physical and psychological consequences for the more than 2.8 million breast cancer survivors in the U.S. are very real and often misunderstood, or not treated,” - said **Martha F. Goetsch, M.D., M.P.H.**, adjunct assistant professor in the OHSU Department of Obstetrics and Gynecology, the study’s lead author. “This noninvasive treatment will offer distinct help in alleviating the physical - and quite frankly the emotional - pain associated with sexual intercourse, making sexual function more enjoyable and fulfilling for them and their partner.”

It is estimated that anywhere from 70 to 100 percent of breast cancer survivors, including those treated at OHSU Knight Cancer Institute, experience some sort of sexual dysfunction, including dyspareunia, which is the clinical term for pain during sexual intercourse. Breast cancer survivors are especially vulnerable to the condition because their treatment is focused on eradicating estrogen. This increases the severity of the typical menopausal symptom of pain with sex. A high proportion of women in menopause who have not had breast cancer also suffer from what is now termed vulvovaginal syndrome of menopause where estrogens decline.

The first paper published by Dr. Goetsch and colleagues about this study in the journal *Obstetrics & Gynecology* in 2014 discussed where breast cancer survivors experienced the most severe tenderness, which was in the vulvar vestibule, the part of the vulva inside the labia minora at the entryway to the vagina.

With this in mind, the researchers asked 46 estrogen-deficient breast cancer survivors with severe dyspareunia

to apply one of two treatments they could not identify during the blinded phase. They got either saline or 4 percent liquid lidocaine and applied their liquid to the vulvar vestibule for three minutes before sexual intercourse. They also received a silicone lubricant.

Whereas initially the group had an average pain score of 8 on a scale of 1-10, results showed that those who used lidocaine and a silicone-based lubricant had a much lower pain level, 1.0 on scale of 1-10, compared with those who used saline and silicone lubricant, 5.3 on a scale of 1- 10. After knowingly using lidocaine for two more months, 90 percent of study participants reported comfortable penetration, when initially half had found such intimacy too painful to try. Sexual distress also decreased and sexual function improved. Importantly, no partners reported numbness.

“As gynecologists, we should be doing everything we can to help breast cancer survivors improve their quality of life through medical treatments that can alleviate pain and suffering,” - said **Aaron B. Caughey, M.D., Ph.D.**, professor and chair of the OHSU Department of Obstetrics and Gynecology, and associate dean for Women’s Health Research and Policy in the OHSU School of Medicine. “We need more research on the consequences of breast cancer on women’s health because there simply isn’t a lot of research focusing on this issue.”

Dr. Goetsch says that breast cancer survivors and post-menopausal women who experience pain during intercourse should talk to their health care providers about using the combination of liquid lidocaine and silicone-based lubricant to prevent pain. Liquid lidocaine is FDA approved for mucosal use and is available through prescription only.

The research was supported by a grant from the OHSU Center for Women’s Health Circle of Giving program, which is funded by more than 30 Oregon philanthropists who wish to support research that advance women’s health discoveries. ❏

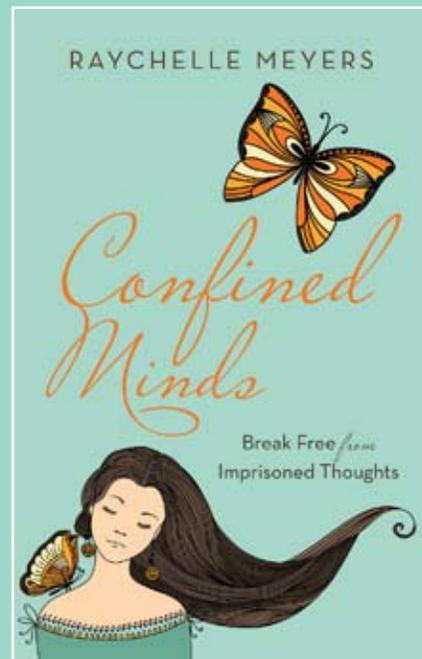
### About OHSU \* \* \*

**Oregon Health & Science University** is a nationally prominent research university and Oregon’s only public academic health center. It serves patients throughout the region with a Level 1 trauma center and nationally recognized Doernbecher Children’s Hospital. OHSU operates dental, medical, nursing and pharmacy schools that rank high both in research funding and in meeting the university’s social mission. OHSU’s Knight Cancer Institute helped pioneer personalized medicine through a discovery that identified how to shut down cells that enable cancer to grow without harming healthy ones. OHSU Brain Institute scientists are nationally recognized for discoveries that have led to a better understanding of Alzheimer’s disease and new treatments for Parkinson’s disease, multiple sclerosis and stroke. OHSU’s Casey Eye Institute is a global leader in ophthalmic imaging, and in clinical trials related to eye disease.



*Books purchased from website will receive:*

***\*Autograph copy \*Book Mark \*Raychelle's Post Card***



ISBN: 978-1-4808-1390-8 (sc)

ISBN: 978-1-4808-1389-2 (hc)

ISBN: 978-1-4808-1391-5 (e)

### ***Confined Minds - by Raychelle Meyers***

*Confined Minds: Break Free from Imprisoned Thoughts is a comprehensive guide book for teens and young adults on becoming a C.E.O. in life and breaking free of turmoil. This book discusses how to differentiate between one's own vision and that of others. It helps readers identify their weaknesses and how they can go about correcting them.*

*Just like she managed to overcome her circumstances, Meyers is confident readers can reacquire any dreams they thought they had lost and make them a reality. She hopes that by the end of their read through "Confined Minds," readers will have unlocked their true potential and found their true selves.*

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

*Come, be part of a story — one that will not repel you,  
but one that will compel you.*

*A story that will repair, not despair.*

*A story that will help weave a tapestry of hope.*

*The women in Afghanistan face the unthinkable:*

*Imprisoned for being raped*

*Mutilated for leaving abusive spouses*

*In some cases set afire and abused by family or community members*

*Marginalized from the marketplace*

*Psychologically scarred from centuries of war*

*and being persecuted over centuries.*

*Be part of the story — to help these women  
move towards a life of self sufficiency and hope.*

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

*Purchase their goods.*

*This is a Fair Trade Project*



## On Water Boating Assistance Comes to North Carolina's High Rock Lake

*As Capt. Lee Sykes Opens His Eighth TowBoatUS Port*

Capt. Lee Sykes has been helping North Carolina boaters get home safely since he opened his first TowBoatUS business in Beaufort, NC in 2010. This spring he brought TowBoatUS, an on water towing and assistance service for recreational boaters, to High Rock Lake. It is his eighth TowBoatUS port and his sixth on a North Carolina lake.

His business keeps growing, Sykes said, because of customer demand. A large percentage of North Carolina boaters trailer their boats, and they like to go boating on different lakes and coastal bays. When they get to know TowBoatUS and the great service it offers, they ask them to bring the service to a lake near their home. That's exactly what happened with HighRock Lake, Sykes said.

Much like an auto club for boaters, TowBoatUS offers on water towing plans for freshwater boaters and anglers for just \$72 a year that includes BoatUS membership. Without a towing plan, boaters face costs that average \$750 per incident nationally.

Sykes, a former EMT, firefighter and charter fishing captain, hires dedicated local US Coast Guard licensed captains to run each of his ports, but he spends a lot of time on the water himself. There is no place else he'd rather be, except perhaps hanging out with his wife, Kristen, and their daughter, Charli, who will turn two in August. "Helping people is the best part of it," he said. "When you help someone out and they know the whole thing is paid for by their BoatUS Unlimited annual towing plan and they don't owe a penny, they're happy. It just doesn't get any better than that."

High Rock Lake, the second largest lake in North Carolina, is a 15,000-acre reservoir with 365 miles of shoreline set in the hills near the Uwharrie Mountains. "It's gorgeous," Sykes said, "It is a popular fishing and boating area. Now we are there to help anyone who has a break-

down, needs fuel, a jumpstart or any other kind of routine assistance."

TowBoatUS High Rock Lake is based at Skipjack Marina in Southmont,

where Sykes keeps two boats, a 21-foot Parker with a 200-horsepower outboard and an 18-foot Downeaster with a 150 horsepower outboard. Both boats are painted a distinctive red with white TowBoatUS lettering and bow stripes on each side. They are fully equipped for towing and salvage with dewatering pumps, dive gear, lift bags, towing gear, battery jump packs and extra fuel.

Sykes' TowBoatUS business is North Carolina's largest on water towing assistance company. "We have more locations and more boats than any other company," he said. His other ports are in Beaufort, Swansboro, Jordon Lake, Falls Lake, Sharon Harris Lake, Gaston Lake and Kerr Lake.

TowBoatUS High Rock Lake can be hailed on VHF channel 16 or reached by calling 919-303-1669 or by calling the BoatUS toll-free 24/7 Dispatch Center at 800-391-4869, and via smartphone with the free BoatUS Towing App. BoatUS is also the only towing service that offers services with both SPOT and DeLorme inReach satellite communication devices. More information can be found at [BoatUS.com/towing](http://BoatUS.com/towing) or call 800-888-4869.



### About BoatUS TowBoatUS and Vessel Assist:

Boat Owners Association of The United States (BoatUS) is the nation's leading advocate, services and safety group for recreational boaters. We provide our over half-million members with a wide array of helpful services, including 24-hour on water towing that gets you safely home when your boat won't, will bring you fuel if you run out, jumpstart your dead battery, or provide a gentle pull after you've run aground. The TowBoatUS and Vessel Assist towing fleets are the North America's largest network of towing ports with over 300 locations and over 600 towing assistance vessels, responding to over 70,000 requests for assistance each year. See more at [BoatUS.com/towing](http://BoatUS.com/towing).

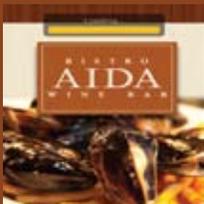


RESERVATIONS



## UPCOMING EVENTS

**Nice Press for our New AIDA Bistro App**



Check it out  
Download yours today!

## "Garden to Glass" Cocktails



During HoCo Restaurant Weeks we are featuring two special Local & flavorful Cocktails; Blueberry Mojito & Cucumber & Basil Gin Martini. Stop in to try them. YUM!

## OUTDOOR DINING



AIDA Bistro's outdoor patio is open. Stop on by and enjoy lunch or dinner on our roof-covered open-air patio.

## BEST HAPPY HOUR IN HOWARD COUNTY!



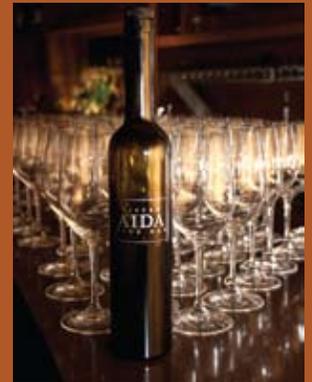
**Mon-Fri from 3-7 PM**  
Up to 1/2 OFF Select  
Wines On Tap & Select Appetizers  
Daily Beer & Drink Specials

## Cool Summer Wine Special

**Stop in Thursday & Friday Nights**  
**5pm - close in Restaurant &**  
**7pm - close in the Winebar**

**\$25 for each 20oz**  
**Carafe of**  
**Wines On Tap**

(Savings up to 40% on many wines)



## One Week Left of Howard County Restaurant Weeks

**Chef Chris & wife Courtney at Larriland Farm making sure that our menu items are sourced locally keeping our tradition of supporting local farms and producers. Don't miss our "Garden to Glass" Special Dinks.**



Check out the lunch & dinner three course Prix Fixe menus.

## THANK YOU

for your ongoing support of our Independent Restaurant. We could never have made it Thirteen Years without the support of our community. Please support local when you dine out!

Mary & Joe Barbera, Aida Barbera, The AIDA Bistro Team

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# Why we should be outraged by CECIL's Killing

- Comment by Linda Tucker



After 2 decades of campaigning for lions' protection, I am deeply encouraged to see that the tragic death of one noble lion in Zimbabwe is resulting in global unification on an unprecedented scale behind one single united cause.

Cecil's brutal slaying is blowing the lid off a much bigger lion crisis known as "Canned Lion Hunting" - a shadowy sub-industry in which lions are bred in cages to be killed by international trophy hunters.

But why should we be caught up in the hysteria of the CECIL Tsunami, when there are so many other worthy causes?

Because what happens to lions *directly affects us all*.

That's why I have dedicated my life to fighting for the King of Animals. Lions speak to our hearts. They inspire us to restore values of courage, love and truth in our lives, and they demand that we restore this kind of leadership in our world.

In Nature, the apex animal of an ecosystem keeps the entire balance all the way down through the prey species, plants, water and soil. It's called 'trophic cascading.' For our own survival, we humans are entirely dependent on ecosystems. If ecosystems collapse, our systems will also collapse.

So, we need to ensure our human systems and legislation support these all-important ecosystems.

The fact is, whatever happens to lions will also impact policies involving all other endangered animals. As the king, lions are the most trophy hunted animal on earth. So, we urgently have to put laws in place to protect them, and set a positive precedent that will protect all endangered species.

As the founder and CEO of the Global White Lion Protection Trust, I am renewing our organisation's call to all governments to ban the barbaric 'sport' of trophy and canned lion hunting.

## These are the facts:

- There are many more lions in cages than in the wild.
- The US is responsible for more than 50% of all African lion trophies
- The EU is responsible for over 30% of all African lion trophies
- Wild lion populations have declined 80% over the past 50 years
- Lions have disappeared from 75% of their historic range
- South African lion trophy exports have increased more than 300% in 10 years
- Trophy hunting accounts for only 0.27% of GDP and 1.8% of tourism revenue
- In South Africa, there are over 160 caged lion breeding/killing operations
- These 'Canned Hunting' operations are directly linked with the tourism industry. The same lion cubs you cuddle are likely to end their lives shot as a hunter's 'trophy'.
- Lions are at greater risk of extinction than Rhino
- Today, White Lions are still unprotected by international law.

Airlines around the world are uniting in refusing to carry trophies and animal parts as cargo and have issued a joint statement: "It's a long way to swim from Africa with your trophies." This leaves South African Airways out in the cold, as they still support the carrying of trophies and animal parts.

Amidst the backlash of commercial interests in the massive trophy industry, which keeps throwing weak money arguments at us **at the expense of our earth's survival**, it is critical we stay strong and demand that politicians follow through on their public statements.

It's encouraging news that four Democratic US senators announced they intend introducing a bill named after the beloved Zimbabwean lion: The Conserving Ecosystems by Ceasing the Importation of Large (CECIL) Animal Trophies Act. Note: The 'Large' refers to the notorious 'Big 5', the most targeted species on the trophy hunter's hit-list of which we've said Lions, and unfortunately the White Lions, are the most wanted.

To ensure that the plight of endangered species is also high on the UK Government's agenda, the Global White Lion Protection Trust has helped initiate a new All-Party Parliamentary Group of MPs in Britain, which highlights the need for more to be done to ensure wildlife is protected.

Amidst the outrage, it is absolutely critical that we focus on positive actions.

## OUR LIONHEARTED CALL TO ACTION:

### Vote with your money and your voice:

1. Support organisations that are protecting lions and their ecosystems against incredible odds. See the success of the Global White Lion Protection Trust's dedicated efforts over 2 decades
2. Support only airlines that refuse to transport animal parts
3. Send a letter to your local Congressman or MP to take this cause to Congress/Parliament
4. Support only zoos or captive centres which raise funds for wild animal conservation
5. Support only *bono fide* eco-tourism facilities which undertake no breeding or petting of lion cubs
6. Sign responsible petitions, make your vote count
7. **Actively boycott any airlines, zoos or captive centres not listed**





## How the Clean Power Plan could affect low-income families

On Monday, the [White House](#) and the [Environmental Protection Agency](#) (EPA) released the long-anticipated final rule for the [Clean Power Plan](#)-the first federal attempt to directly regulate the greenhouse gases emitted from our country's existing energy production sources.



### What is the Clean Power Plan?

Basically, the plan calls for a national reduction of greenhouse gas emissions from existing electrical production plants by 32 percent from 2005 levels by 2030. It takes a state-by-state approach, setting individual targets based on most states' emissions and allowing states multiple options for achieving them.

The plan's three core "building blocks" include making plants more efficient, switching plant fuel from coal to natural gas, and moving toward renewable energy sources altogether. A fourth building block, end-user energy efficiency, was dropped (more on that later).

The press is focusing on the [politics](#) and [partisan debates](#) over the plan. Industry and advocates are combing through the details of the plan's timelines and requirements, noting that much of the plan includes actions that are already [underway](#). But, it's worth paying special attention to how the plan affects low-income and marginalized communities.

### What does the plan mean for working families?

**Home finances:** Partisan debates have especially focused on the cost to the general consumer, especially lower-income households who struggle to pay current energy bills. In this arena, unfortunately, the evidence base for most arguments is still a bit contested.

A US Chamber of Commerce-sponsored [study](#) suggests that the economy as a whole will be hit, resulting in increased end-user prices that would disproportionately cost middle-class and lower-income households to the tune of over \$200 (based on assumptions made before the final rule).

In contrast, the White House and EPA [project](#) a savings of over \$85 a year in utility bills by 2030 for the average American household, based on the plan's expected changes.

**Health:** These financial outcomes don't include other savings that might come as a result of the plan, especially [projected health benefits from reduced pollutants](#)-a special focus of the administration's goals given that poor, African American, and Latino families [live disproportionately](#) near electrical power plants.

**Jobs:** Presuming that some of the working-class employees in industries supported by the status quo production (like coal mining) will need assistance, the plan asks states to tap into federal sources of workforce development and training funds, like the [Partnerships for Opportunity and Workforce and Economic Revitalization](#) Initiative.

**Civic Engagement:** The plan requires states to proactively involve low-income communities, communities of color, and tribal communities in the development of their compliance plans. The engagement is meant not just for transparency's sake, but also to avoid future environmental justice concerns like the siting of the most egregious plants.

**Housing and community conditions:** A centerpiece of the final rule is the Clean Energy Incentive Program (CEIP), an optional pathway for compliance that rewards states that invest early in either the transition to renewable energy sources or in energy-efficiency programs for low-income communities.

The decision to drop the comprehensive energy efficiency "building block" is a hard pill to swallow, particularly for the nonprofits, local and state governments, and utilities that were looking to expand efficiency programs across the board. But its loss as a general strategy for the entire population and reincarnation as the CEIP may

actually be more beneficial for low-income folks since, anecdotally, low-income households have benefited less from these programs than their wealthier counterparts.

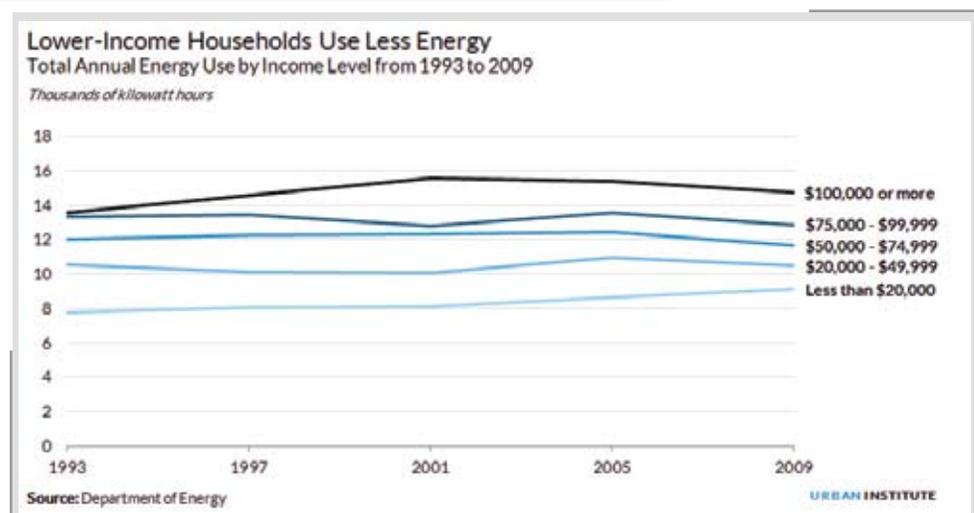
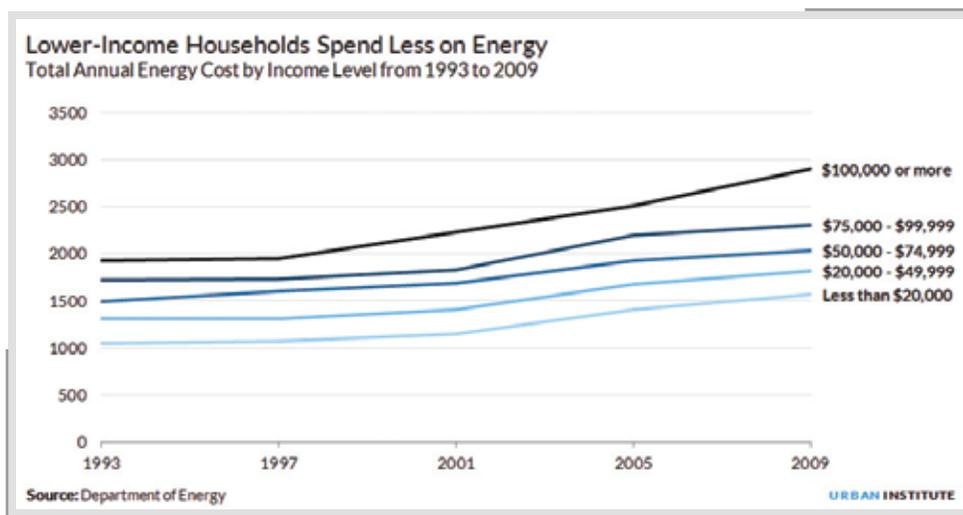
Ultimately, everyone benefits from the long-term leveling off of greenhouse gas emissions by reducing exposure to the [effects of climate change](#)-effects that science agrees include increased extreme weather events, rising sea levels, and overall warming. The poor and marginalized communities in the United States, like those in the rest of the world, are the most vulnerable to these effects not only because of their increased physical exposure, but also because they [lack the resources](#) to mitigate, adapt, and defend against them.

When looking at all costs and benefits, then, the plan suggests savings for low-income families-potentially modest savings, but savings nonetheless. Combined with the White House's [announcement](#) last month to expand solar installations for low-income households and myriad [other federal efforts](#) to date, the compliance plans and implementation actions that each state takes will ultimately decide the plan's overall costs and benefits for working families.

## What do we need to know to make better predictions?

While those plans are drafted, much more evidence needs to be built to determine how any group fares. Part of the challenge is that [we don't know really how-and how much-different groups consume, conserve, and or make decisions about energy](#), and what it takes to change consumption behaviors.

One [study](#) looking at the effect of energy regulation on low-income families suggests that the poor are more likely to live in regions that require more energy consumption, like hotter inland climates in California. Looking nationally, though, this specific claim is not generalizable. Department of Energy data suggest that poorer households historically use less energy and spend less on their energy bills. Poor households are also more likely to live in [older, less energy-efficient](#) homes.



What we do know is that these groups will be [affected](#) by both action and inaction. As President Obama said during the plan's [release](#): "If you care about low-income and minority communities, start caring about the air they breathe." We also need to care about their bills, their homes, their jobs, and their life chances. So far, the plan does a reasonable job on these counts. ■



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***FOR MORE INFORMATION CONTACT***

— o ————— o o o ————— o ———  
Kennedy Krieger Institute 443-923-3850  
716 N. Broadway Baltimore, MD 21205  
Robert Findling, M.D., M.B.A., Principal Investigator  
NA 00083018, clinicaltrials.gov (NCT01495169)



# E-Waste: What It Is, and What It Means to Your Business



Call Now!

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Any Waste - Any Place

When people think of hazardous business waste, they often think of hazardous materials leaking into our water supply and harming plants, animals, humans, and the environment in general. While this scenario unfolds in countless settings all over the world, there's another type of waste that many people—even businesses—don't consider: Electronic waste.

Commonly referred to as e-waste, this branch of waste refers to discarded electrical devices such as computers, printers, fax machines, televisions, cell phones, etc., that are defective, obsolete or no longer in use. Unbeknownst to many, these electronics typically contain a wide array of contaminants, including lead, **mercury**, and lesser-known elements like cadmium and beryllium. These elements are usually present on cathode ray tubes (CRTs), which are found on computer monitors, television sets, and basically anything with a screen.

Needless to say, your office is likely full of them.

These materials must be managed carefully and with caution. It is imperative that businesses dispose of e-waste responsibly so that their employees—not to mention their communities—avoid unsafe exposure to harmful contaminants.

Unfortunately, the United States is one of the world's leading e-waste producers. Even worse? Despite comprising just two percent of American landfills, e-waste is responsible for roughly 70 percent of America's toxic waste—making it a huge threat to our health.

And it's not just a stateside threat, either. While many companies safely dispose of e-waste, others ship theirs to developing countries—particularly in Asia and Africa—to be burned, buried, or chemically dissolved. Less than 20 percent of discarded electronics are actually sent to recyclers.

**Hazardous Waste Experts** finds these numbers and practices unacceptable and can provide you with safer, more environmentally-friendly alternatives.

Take **recycling**. How much of a difference can this make? According to the EPA, a large one. Recycling one million laptops saves the energy equivalent to electricity that is needed to power more than 3,500 homes for an entire year.

Then there's the matter of waste itself. Before throwing those office laptops away, ask yourself a couple of key questions:

- ◆ Is the computer beyond repair or does it simply need a new part?
- ◆ Is a new computer necessary, or would a simply upgrading the hardware or software do the trick?
- ◆ If a new purchase is necessary, could the old computers be donated?

Even if you must get rid of the computers—or any electronic device—it's always better to recycle them than throw them away. Regardless of which route you go, remember to remove any and all batteries from your electronics, as they may need to be recycled separately.

Contact **Hazardous Waste Experts** for more tips on how to reduce and recycle e-waste safely and effectively. **Call us today at (888) 996-1529.**



## Contact Info:

**Pegasus Sustainability Solutions**  
2693 Research Park Drive  
Suite 201  
Fitchburg, WI 53711



[www.hazardouswasteexperts.com](http://www.hazardouswasteexperts.com)  
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Ph: 410-997-3321, Fax: 410-997-8322  
Email: office@marylandmusic.com

www.marylandmusic.com

## BoatUS Sea Scout National Flagship Award Goes to Sea Scout Ship 1000 “Enterprise” from Rockwall, TX



*Img Capt:  
Sea Scout  
Ship 1000 the  
Enterprise of  
Rockwall, TX.*

If you wanted to know where in America today are the most skilled, dedicated and enthusiastic group of young mariners, look no further than a suburb of Dallas to the home of [Sea Scout Ship 1000](#), the SSS Enterprise, on Lake Ray Hubbard. In a recent ceremony the “Ship” and their adult leaders Skipper Don Henry and Boatswain Aaron Parks-Young were awarded the prestigious 13th Annual Sea Scout National Flagship Award. Recognizing of excellence in program quality, youth achievement and adult commitment, Boat Owners Association of The United States (BoatUS) created the award in 2002 to mark the 90th anniversary of Sea Scouting.

Founded in 1976 and chartered by the Dallas Sail and Power Squadron, Ship 1000 has a co-ed membership of 18 youth and 16 adults. Like all Sea Scout units, it uses boats,

seamanship and nautical skills to develop character and leadership qualities in young people 14 to 20. Depending on the season and weather, youth sail a fleet of 16 vessels ranging from 14- to 27-feet from two locations at Rush Creek Yacht Club and Chandler’s Marina.

The modest sized Ship carried out an ambitious program of activities to earn the Flagship honors. This included multi-day sailing camps, training cruises, travels to Sea Scout events such as the Sea Scout Academy and Rendezvous at Bovay Scout Ranch. The group also participated in Dallas Race Week and at weekly club races, and logged over 300 hours of community service including Scouting for Food and Helping Hands, lakeshore cleanups, marina maintenance chores and flag ceremony details. It also held fundraisers to offer scholarships for

youth to attend sailing camps.

“Sea Scout Ship 1000 exemplifies the spirit of scouting through their efforts in leadership, advancement, community service, and on the water skills development,” said Keith Christopher, National Director, Sea Scouts, BSA.

Operated by the Boy Scouts of America, Sea Scouting has 6,500 youth, about one-third female, participating in 475 Ships nationwide. For more information on Sea Scout Ship 1000, the SSS Enterprise, visit [www.ship1000.org](http://www.ship1000.org).

***Boat Owners Association of The United States (BoatUS)** is the nation’s leading advocate for recreational boaters providing its over half-million members with government representation, services*



## IN THE FIELD: Of Soil & Vine Symposium



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

## MD Wines Earn Honors

### Maryland Winemasters Choice - Big Cork Wins Best in Show!

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



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

## Tasters Guild International Ranks MD

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

## Finger Lakes International

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

### CASA Uncorked - June 6 in Cumberland



**THIS WEEKEND!**

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

### Great Grapes - June 6/7 in Hunt Valley

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

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



**NEXT WEEKEND!**

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

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

## BACKGROUND READING

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

## Amenti Del Vino

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

## FOLLOW, FRIEND, SHARE

[more...](#)

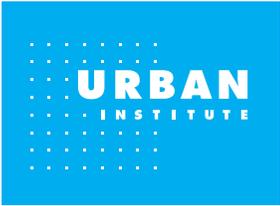


## Winery Events

Check out the many festivals, tasting opportunities and special events at wineries on [www.marylandwine.com](http://www.marylandwine.com)

## Contact Info

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



# Violent Crime in DC Drops Below Levels of the 1990's.

Researchers are still figuring out what caused the nationwide drop in violent crime in the mid- to late 90s. Among cities experiencing this decline, DC stands out as particularly successful at extending that crime decline over time. That success is largely the result of a renewed emphasis on community-oriented policing and evidence-based tactics, as well as changing demographics and economic growth.

Building on the work of former police chief Charles Ramsey, DC Police Chief Cathy Lanier has emphasized community engagement by increasing foot patrols, using social media and a tip line, encouraging more one-on-one interactions between police and residents, and valuing empathy in police recruitment and training.

Lanier has also rejected zero-tolerance and "hot spots" policing, aggressive strategies that combat violent crime by cracking down on minor offenses and flooding high-crime areas with police. The problem with these tactics, Lanier says, is that they alienate residents—who are also often victims and witnesses—and turn them against the police. And when you're trying to focus on serious violent offenders, these strategies are not guaranteed to target the right people.

What's more, DC's police department has invested in new technologies, like gunfire detection sensors and body cameras for police, and has improved the quality of crime data, enabling better intelligence gathering and data sharing between agencies to improve strategic decisionmaking.

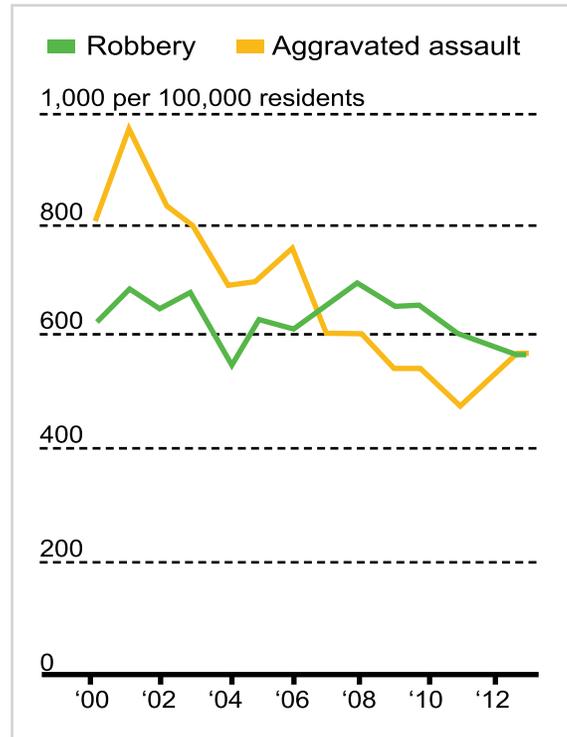
In this chapter, we focus on the violent crimes of homicide, aggravated assault, and robbery. We do not explore data on sexual assault because of measurement issues, as described in more detail in a related blog post. ■

**Sources:** FBI Unified Crime Reporting Statistics, FBI Crime in the United States 2013 Report, Metropolitan Police Department Homicide Count.

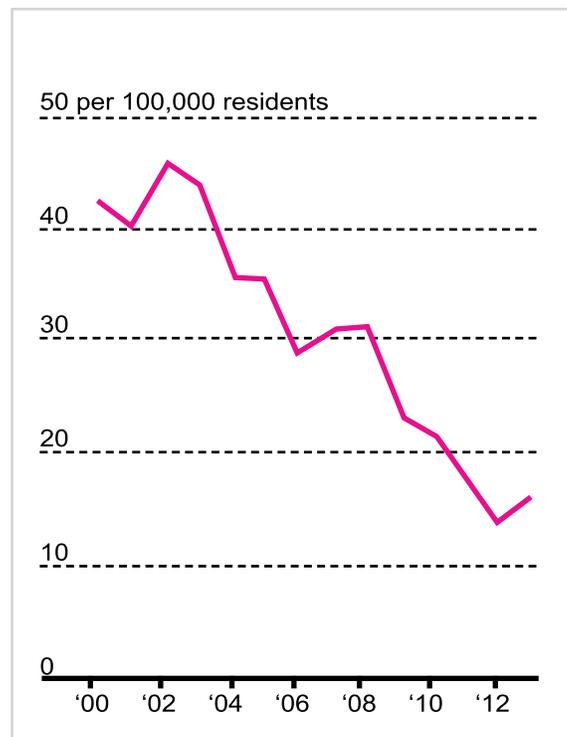
**Online Article Link:**

<http://datatools.urban.org/features/ourchangingcity/dc-public-safety/>

VIOLENT CRIME



HOMICIDE



# The Light at the End of the Tunnel

For a long time I didn't know who I was. I had no real vision for the future. I had a lot of dreams, but I thought that's all they could ever be. There was a time when I had resigned myself to the fact that I was destined for a mediocre life.

It was a pretty bleak existence, but I didn't see it at first. I used to be so focused on making everyone else happy, that I didn't have much time to think about what made me happy. I once thought that taking care of my needs, putting myself first; was a selfish thing to do. If there was one label that I had no desire to be attached to, it was *selfish*. I grew up an only child. I was constantly hearing that kids like me are selfish by nature, and it wasn't hard to understand that selfishness was not to be celebrated.

Everything got turned upside down when my father passed away. It was the most devastating time of my life. I was, I am a complete daddy's girl. My father loved me unconditionally and the feeling was mutual. His death shattered my world and made me question everything. Grief changes you. Your real support system reveals itself in times of need. I went from worrying about everyone else's happiness to just trying to survive each day.

I no longer had time for people pleasing. I could barely get out of bed in the morning. I isolated myself. I didn't feel like anyone could really understand what I was going through. I was so deep in my wallowing in self-pity, that I had convinced myself that no one cared. I knew this kind of thinking wasn't good for me, but I didn't know what else to do. I sought professional help, but when the conversation turned to anti-depressants, I ran for the hills.

Long story short, I am no longer that person. It took years, but with the help of inspiring authors like Esther Hicks,

Wayne Dyer and Deepak Chopra, to name a few; I have turned my life around. Instead of worrying about what everyone else wants, I finally took the time to figure out what I wanted out of life! In doing so, I had to accept claims that I had become selfish. The truth was I had. I finally realized that if I really wanted to be the best version of me for my loved ones, I had to take the time needed to become the best version of me!

In the decade since my father passed, my life has changed in meaningful and significant ways. I've done things that I never would have imagined possible. I became an entrepreneur, and in 2013 quit my full-time job. I stepped out of my comfort zone as a homebody and started going to networking events. I event started a career as a public speaker and wrote my first book ***Embrace Your Destiny: 12 Steps to Living the Life You Deserve!*** If someone had told me this could be my reality, I would have thought they were crazy!

This is all to say this: don't wait for tragedy to strike to take control of your life. You can take back your power whenever you are ready. Every moment we have a choice to remain the same,

or strive to do better. Don't let the fears, doubts and negativity from others or the voice in your head stop you from creating the life you want. You're not doing yourself or those you love any favors by playing small. Bishop T.D. Jakes says that greatness is contagious, and I believe this to be true. Take the time to do what makes your light shine; it's what we were put here to do!



Sandra Dawes



## State's Attorneys' Association Donates \$3,500 to MD Network Against Domestic Violence

On behalf of the Maryland State's Attorneys' Association (MDSAA), Howard County State's Attorney Dario J. Broccolino and Assistant State's Attorney Kim Oldham presented a check for \$3,500 to the Maryland Network Against Domestic Violence on Monday, June 29. The donation represents the proceeds from MDSAA's Second Annual 7k Run to Remember held on Saturday, April 25 at Centennial Park in Howard County. The charity race is a prominent event in Maryland's observance of National Crime Victims' Rights Week.

The check was presented to Janet Blackburn, chair of the development committee and board member at the Maryland Network Against Domestic Violence. Ms. Oldham is the founder and organizer for the race, now in its second year. Mr. Broccolino serves as vice president of the Maryland State's Attorneys' Association.



photo, l-R are: Kim Oldham, Janet Blackburn and Dario Broccolino

### T. Wayne Kirwan

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The Lanham-based Maryland Network Against Domestic Violence is a non-profit, charitable coalition that brings together victim service providers, allied professionals, and concerned individuals for the common purpose of reducing intimate partner and family violence and its harmful effects on Maryland citizens. The organization accomplishes this goal by providing education, training, resources, and advocacy to advance victim safety and abuser accountability. The funds raised from this year's race will be used for training and to raise awareness of domestic violence issues.

The Ellicott City-based Maryland State's Attorneys' Association is an advocate for the honorable and ethical administration of justice in Maryland, and provides continuing education and additional services for prosecuting attorneys and other personnel affiliated with the 24 state's attorneys' offices throughout the state.

Race organizers are already planning the 3rd Annual 7k Run to Remember, scheduled for Saturday, April 23, 2016.

# 50Q

Originally published on *Healthy Child Healthy World* by Megan Boyle.

## Questions You Should Ask Your Child's School by Megan Boyle, HCHW Editorial Director

When choosing the right school for their children, many parents ask about topics like class size, community, learning objectives and schedule.

But what about everyday exposure to chemicals?

Next to the home, children spend more time in school than anywhere else.

While parents make important choices to protect their children from toxic chemicals in their houses, at school, many of these factors are off a family's radar.

So how can parents keep their kids safe? Start by learning more about their school environment.

Here are five questions to ask your child's school:

### 1 What year was the school built?

Old buildings may contain toxic construction materials such as lead or asbestos.

Prior to the lead paint ban in 1978, builders covered both building interiors and exteriors with it. This old paint remains in many places today, and crumbling or peeling surfaces continue to be a main source of toxic lead exposure for children.

Another building danger is asbestos. A recent story by the Washington Post revealed that exposure to this hazardous substance persists at schools across the United States. Although builders used asbestos mostly between the 1940s and the late 1970s, it is still legal today and in more places than you think.

Schools are required by law to track asbestos hazards and disclose their management plans to parents. So ask your school about its plan to manage asbestos and any upcoming renovations.

### 2 What's in your drinking water?

Children visit school water fountains throughout the day. But does this tap water contain harmful contaminants like lead, perchlorate or atrazine?

Possibly. Public drinking water utilities test water regularly for harmful contaminants, so ask your school about which utility serves the school and check its tests results. Many utilities post this information online. (If you live nearby, the results may be the same for your own household.)

Many schools are rightfully encouraging kids to bring water bottles instead of juice boxes or wasteful bottled water. Ask whether students have access to filtered water, and check your school's classroom bottle policy if you want to send your child to school with filtered water from home.

### 3 What products do the school cleaners use?

The janitorial service may bring countless chemicals into school every time it cleans, leaving chemical residues on the desktops, chairs and doorknobs your children touch regularly.

Even well-intentioned practices, like using or distributing disinfecting wipes, can lead to unnecessary chemical exposure. Ask your school about the products being used, by whom and how often, and check the ingredients using EWG's Guide to Healthy Cleaning. Inquire about equipment as well: do the vacuums have a high-efficiency particulate air (HEPA) filter installed? (They should.)

If the answers may put your child at risk, talk to school administrators about safer options and what it takes to swap. There are good options on the market that limit chemical use and meet the needs of tight budgets.

### 4 Where is the nearest cornfield?

The popularity of GMO corn and soybean crops has led to a sharp increase in the use of herbicides such as toxic glyphosate. A recent report by EWG shows that more than 3,000 elementary schools nationwide are located within 1,000 feet of a corn or soybean field. (And it's not just schools. Nearly 12,000 churches are within this distance from glyphosate-sprayed fields, as well as more than 90 percent of playing fields and parks in a six-state sample.)

If your school is within a worrisome proximity of a corn field, other agricultural field or industrial facility, ask what school personnel are doing to help reduce student exposure to agricultural pesticides. Are janitors conducting more surface cleaning? Has the school set up hand-washing stations?

And join the movement to support GMO labeling. Urge your senator-and fellow parents-to oppose what we call the Deny Americans the Right to Know (DARK) Act when it comes on the U.S. Senate floor.

### 5 How sunny is your playground?

The best ways to protect your kids from harmful sun damage are to cover up, stay in the shade, and use a safe and effective sunscreen. But your child's school may have policies such as prohibiting hats and sunglasses or treating sunscreen as a medicine.

Ask about these policies, if shade is available on the playground, and what times of day outdoor play is scheduled. When your school administrators know what's important to your family and why, they are more likely to work with you on anything that goes against policy-or change it.

## *The Woman Behind the Badge*

When people think of a sexual assault victim, most people think of someone else, not themselves. I thought that way once. I was one who said, "That would NEVER happen to me." Yet, on June 26, 2006, I found myself staring down a barrel of a gun, being forced into a car and sexually assaulted by my own husband. What is most ironic about this is that I was a Deputy Sheriff when this happened. Yes...a law enforcement officer but, is it ironic?

I became a deputy while married to this man, which opened my eyes to the abuse going on in my own home. He didn't start out abusive. He was handsome, charming, and treated me and my daughters like princesses. His abuse began subtly and then spiraled out of control into a destructive relationship.

*I thought I could "fix" my abuser. I was wrong.*

After five years in this marriage, I finally gained the strength and courage to end it. One week after filing a restraining order, he did the unimaginable. He caught me off guard in front of my own home, kidnapped me at gunpoint, and sexually assaulted me. I was a cop trained to protect and serve, but I laid paralyzed and reverted to that sweet six year old girl I once was, whose innocence was too quickly stolen from her.

There was no doubt my husband's plan was to kill me, but I refused to allow him to leave my daughters without their mom. I cried out to the Lord desperately. I hadn't prayed in years. It was my only chance of survival. Not long after, I was able to escape. It was truly a miracle!

Back to the irony of this, was it ironic? I've been asked numerous times, "How could this have happened to you? Did you not know any better, being a cop?" I used to allow these questions to infuriate me. Now, I use it as an opportunity to educate. You see, there are no demographics when it comes to these issues. It happens to men, women, children, cops, professionals, military service members, rich, poor, and to people of all cultural backgrounds.

I was great in my career as a cop, but let me enlighten you about the woman behind the badge. Behind the badge, was a real person. Behind the badge was a mother, a daughter, a sister, a friend. Behind the badge was a woman with human emotions. Behind the badge was also a six year old little girl who never healed from the sexual abuse during her childhood. I was strong, yet fragile; tough yet, vulnerable. Ironic? Not so much.

My offender now sits in prison and nine years later, I stand strong. I live the most beautiful life imaginable. I live with a peace and joy like no other. I am happily re-married with a God sent man, have three beautiful children, and have been RESTORED!



*Doris Rivera-Black*



(719) 339-1959 Direct

<http://www.never-a-victim.org/>

[www.facebook.com/neveravictim](http://www.facebook.com/neveravictim)

[www.facebook.com/inspirationandhope4all](http://www.facebook.com/inspirationandhope4all)

# QUILTED STORIES, HEALING VOICES, A MOVEMENT, A MISSION, A CAMPAIGN

*“Thou Shalt Not Be a Victim, Thou Shalt Not Be a Perpetrator, and Above All Else, Thou Shalt Not Be a Bystander.”*

Since last October, and in keeping our word, Focus on Women Magazine has taken up a cause to bring attention to the suffering of women who are targets of violence and abuse, dubbed, Quilted Voices, Healing Stories. In every issue, and online, we will provide testimonies of women who share their stories. Therefore, no longer will we accept the paralysis of analysis, no longer will we embrace the silence of despair, no longer will we acquiesce to character assassination and bullying behavior to distract away from one's suffering. Join us and be a part of our Mission, our Movement, our Campaign to stand up against violence against women.

If you or anyone you know has a story of abuse and would like to be heard, please contact [info@focusonwomenmagazine.net](mailto:info@focusonwomenmagazine.net) so that they can join Focus on Women Magazine's Quilted Voices, Healing Stories Project. Today, we have hundreds of voices, tomorrow, we will have thousands, if not more.

<http://www.focusonwomenmagazine.com/domestic-violence-articles.html>

## Focus on Women Magazine

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

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### July/August -2015

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# 'Dinner is Served'

**"Crash!"** the plate of food landed just above my head against the wall, busting apart and making a mess on the pale rose carpeting. As I spun around Matthew caught the front of my shirt and shoved me backwards against the wall. His eyes focused in on mine, in his low growl he said, "Just who do you think you are, coming in there to take the car. You embarrass me. Are you stupid?" Looking to my right I see my kids, their eyes wide with fear, frozen in the moment from eating their dinner. He threw me to the floor and shoved me over with his foot. "Get this damn mess cleaned up now before the carpet stains."

I could tell the kids were too scared to chance walking through the room to get upstairs, get away from the fight they heard so often. I quickly climbed up and grabbed one of the broken pieces of plate to help gather the food. As I walked to the trashcan, I took a moment to calm the kids, "Its okay, Mommy's fine. I'll just get this cleaned up. You three go ahead and finish your dinner. It's almost time for bed."

As I returned to his mess, Matthew grabbed the back of my neck and pulled me up, throwing me against the couch. His anger and alcohol fueled each other, and his words splashed against my face with sputter. He held me still, pulling my head backwards with a handful of hair, his language vulgar and threatening. Nothing new, but what was different was this sudden gut knowledge that soon one of us was going to die and I was most certain it would be me.

Hurriedly I cleaned up the mess and returned to the table with my kids. My girls had tears in their eyes, hearts pounding as I hugged them. I wanted to go back to the moment before we heard the footsteps on the porch, but of course nothing would erase the moments of what they'd seen. One by one I started warming up our dinner plates. Matthew was already snoring so I knew he had passed out and wouldn't be bothering us again tonight.

As I sat my son's warmed dinner in front of him, I reached my arm around his shoulder. He looked up at me with a heavy look of concern in those big blue eyes, then I heard his boyhood voice. "Don't worry Mom" - he said. "I'll take care of him. I'll cut him up with my new pocket knife". He opened the little one inch dull bladed knife from the gumball machine, holding it tight with his small hand, while speaking sternly in a show of protection. Looking into his big blue eyes, I knew I had to get us away from this toxic home. If I did not get us away from Matthew before he killed me, would my little boy kill him?



*Patricia A.  
McKnight*

# Metamorphosis

## Narrative



HURT

Abused

Loser

Emotional

Scars

healing

“You will know the truth and the truth shall set you free”.

This quote from the bible has great meaning in my heart. I have lived in silence and fear the last 5 years. Silence about my illness and the fear that people would find out the truth. Many women are finally breaking their silence about the abuse that they have suffered in a marriage. I was labelled the “crazy” wife of an affluent business man. In truth, I did feel like I was losing myself psychologically, physically and emotionally, due to my illness. The issues in my marriage started long before I became ill. It is easier sometimes to put blinders on when you are married with children involved, when abusive behavior occurs. This is due to the heart leading the mind. In the end the wounds eventually do not heal. The heavy emotional scars in your heart run very deep. I knew that when I became ill, that it was not psychologically related. Although I did feel stressed during my marriage, I felt very ill “physically”. I had dealt with a ton of stress in my life, having been a Registered Nurse for 20 years. Also being a mother of 2 children. Quite suddenly I began to experience extreme joint pain, severe anemia, debilitating fatigue and a massive weight loss. I had sores that would not heal up on my face. Depression and severe anxiety, from what was happening to me. I had a particularly horrifying reaction for 3 days where there was a mass exodus of material sprouting out of my body, of fibers, black metallic specs, severe crawling, biting sensations, and constant muscle movement. I knew that there was something terribly wrong. My friends, family and coworkers at work, who knew me for years knew that I was very ill. When you suddenly lose your health and the person that was your partner and friend that you always counted on, is not there for you it is very heartbreaking . Insinuating that you are” mentally ill “is also unbearable. I eventually once not bed ridden after 3 months, was feeling well enough to seek help for myself. I did so alone and terrified! I was down on my hands and knees praying to God to make this hell on earth end! I was able to seek help from a M.D. from California who was very knowledgeable about treating “Morgellons”. Which I suspected was my illness, but also Lyme’s disease. When I returned home,” validated”, I told my husband the test results. I was then met with, “well I think that I have had enough of this! “This being my illness and our marriage. I finally decided after that comment had sunk in, that so was I. A positive Lyme’s test came back with coinfections as well. I then almost died, with severe irregular heartbeat and enlarged heart and drug induced liver failure. It took me to go through almost dying for it to finally sink in! I eventually got divorced and bought another home and moved in with my 2 children. In the end my torturous experiences have transformed me into a better person. I am still presently ill with “Morgellons” and everyday is a struggle physically. I cherish my wonderful children, spouse, friends and family. I am hoping that my book” Metamorphosis” will bring validation to the still very controversial subject of Morgellons illness! My advice to heal from any hardships, is to “forgive” and pray to God or whoever is your higher power everyday.

# A Target of Violence

**I survived three abusive relationships** before I married my former husband. I was a teen model so I had all the wrong type of attention come my way, including sexual assaults, threats and date rape. By age fifteen my boyfriend pulled a ten inch hunting knife to my throat. I never asked him why he did it; I just kept very still, which is how I learned to survive.

On my 18<sup>th</sup> birthday I was punched and strangled while my friends looked on. Such behavior was normal in our hot headed Italian world. While I felt humiliated and outraged, I still wanted love and affection from the boy who hurt me. I refused to let another girl have him, so I held on regardless of the abuse.

When I entered college I joined a Bible study, which is where I met my future husband. At first things were promising, we studied together, talked until late and rehashed all my former abuse. Then the first red flag emerged. He bragged about his fifteen years of combat sword training and informed me that he could kill my ex-boyfriends in about three seconds.

I internalized that statement thinking he would protect me, but that's not what he actually said. My friends and family disapproved of the relationship, but I insisted this is what was best for me. The night of our wedding he pressured me for sex in a way I had not expected. Days later we were in a moving truck heading south from Connecticut to Florida; nothing went as I planned.



*Jessica Gaffney is the author of **Every Last Breath**, a domestic thriller. She currently works as the director of the Restart Foundation, which provides hope, education and resources to those affected by trauma. Learn more at [MyRestart.org](http://MyRestart.org) or [JessicaGaffney.com](http://JessicaGaffney.com)*

Demands, pressure, anger and flashbacks from his childhood emerged. I had seen him slip into a trance and relive the physical abuse from his father. I'd also watch him curl up into a fetal position and rock back and forth, unaware of who I was or what was happening. I witness these episodes before the wedding, and believed I could help him. But the more I tried, the more agitated he grew. It eventually turned violent with smashing flower vases, punching walls and cursing as loud as possible.

The episodes continued with no regularity. But when our son was born, my parents began commenting on his anger, how he treated our pets, and how rough and careless he was with our new baby. At age six their playtime turned into overpowering wrestling as he pinned our son to the ground or slammed him into furniture or against the refrigerator. Our son would cry but he would talk him out of it, and reward him by teaching him how to wield the sword.

By age ten, our son knew how to strike an opponent in the head and heart. I was terrified. Their sessions increased in skill and strength, and often included me as the practice dummy. If I flinched during a strike it got violent.

The sword moved into our bedroom incase an intruder broke in. But I was often mistaken as the intruder and could turn around and see a sword drawn over my head. I kept thinking it was just his childhood that fueled this anger. Thankfully I called an abuse hotline and began to realize I was the one in danger. /

# Gastroparesis and ME

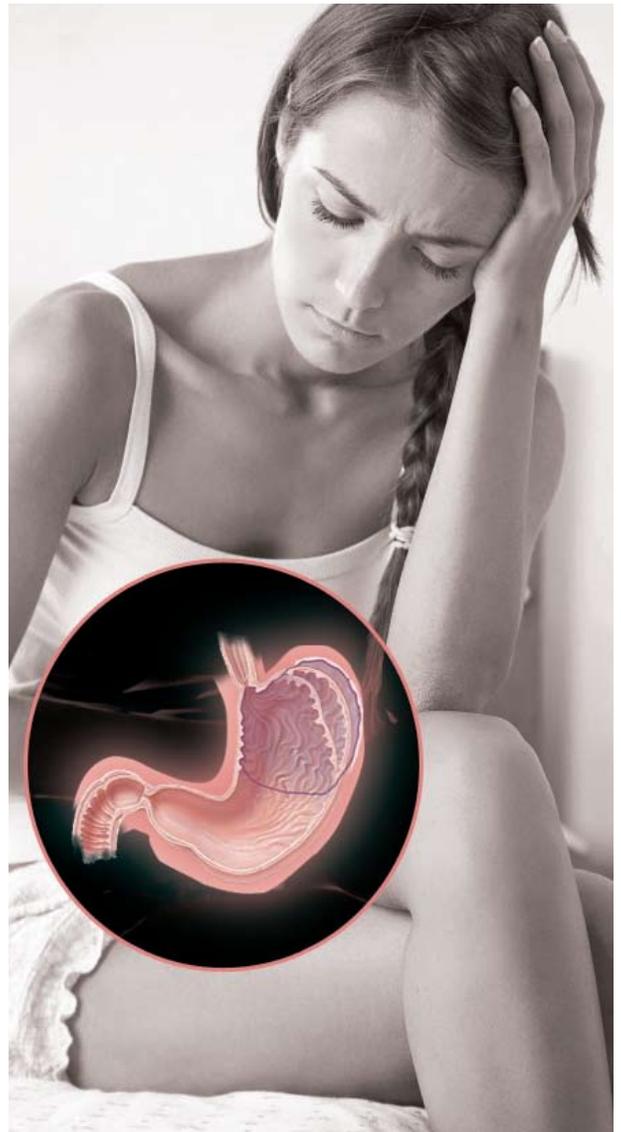
**Tanya L Taylor**

**In 2007, I had a life changing decision to make.** Should I have a PICC line placed for nutrition and hydration or should I continue to starve, constantly landing in the emergency room from malnutrition and dehydration? I was 40 years old. I could not imagine after living this life of chronic health problems, searching years for a doctor who could tell me why I always felt so sick and so run down, that I was forced to make a decision about an alternative nutrition method to save my life. My digestive system was continuing to get worse. I could no longer eat food, and the daily pain continued to rise to the point of living daily in a chronic “8” on the pain scale, without a break.

I had no choice but to make the decision to have the PICC line placed if I wanted to live. A PICC line is a Peripherally Inserted Central Catheter. The line runs directly to the heart to supply the body with the nutrients, trace elements, and hydration a body needs to survive. My desire to eat had completely disappeared, and was replaced with chronic daily nausea that felt like I was living with a never ending case of food poisoning. The vomiting had become a daily problem, and the inability to go to the bathroom had become the norm, along with occasional bouts of diarrhea. My general practitioner said everything I was experiencing was stress, as he said during each visit. Even after the specialists suggested I begin iv nutrition to give my body what I needed, my general practitioner said I just didn't want to eat.

In the beginning of the year, during 2008, my colon perforated. I was admitted to the hospital, and spent the first part of my stay in ICU. When my colon perforated, the bacteria from the feces had made its way into my bloodstream. With having multiple health issues that affect my immune system, I have very little defense against a cold or a flu. Fighting this bout with septicemia was the worst out of all of the blood infections I would come to battle over the next seven years. This first fight with sepsis actually turned the skin over my entire body gray in color, like a zombie. Quite a reality check about what is important after going through a life battle.

I did not find that one of my diagnoses was Gastroparesis until 2011, several years after I was actually diagnosed. The doctor who was my primary care doctor, seemed to have overlooked a number of documents from specialists that I did not know existed. During a hospitalization in 2011 to Georgetown University Hospital, was the first time I was told I had Gastroparesis. There is no cure for this. Gastroparesis has taken many lives, from infant to elder. Unless we share our stories and educate the communities we live in, we are going to continually be overlooked because from the outside, “We Do Not Look Sick.” GastroparesisAndMe.com and GPnMEGlobal.org have information about Gastroparesis and other related illnesses.



**GastroparesisAndMe.com and GPnMEGlobal.org have information about Gastroparesis and other related illnesses.**

# CONGRESSMAN JERROLD NADLER

## 10th Congressional District of New York

### **Schakowsky, Lofgren, Nadler and Clarke Send Letter to Attorneys General Asking for Investigation into Center for Medical Progress**

Reps. Jan Schakowsky, Zoe Lofgren, Jerry Nadler, and Yvette Clarke sent a letter to U.S. Attorney General Loretta Lynch and California Attorney General Kamala Harris on Tuesday requesting an investigation into the Center for Medical Progress and the selectively-edited video of a Planned Parenthood physician that it recently released.

According to press reports, the Center for Medical Progress created a fake limited liability corporation in advance of the meeting it recorded with a Planned Parenthood doctor. The video was captured by actors using fake identification to pose as buyers from that fake human biologics company. This elaborate scheme raises serious questions about whether any federal or state laws were violated in securing the LLC or the personal identification that were part of its execution.

The video was also filmed without the consent of the Planned Parenthood doctor, which may violate California law. There are other questions about possible coordination between the Center for Medical Progress and Members of Congress who knew about the video weeks in advance of its release.

“Like the millions of women who access their broad-range of health services every day, we trust Planned Parenthood,” said Congressman Jerrold Nadler. “This video is nothing more than a witch hunt – an elaborate, possibly illegal, scheme to attack Planned Parenthood, undermine their life-saving work and deny the Constitutional and moral rights of women across the country. I urge the Department of Justice and the state of California to investigate the Center for Medical Progress and determine if their activities in planning and making these videos violated state and federal laws. We need to stand up to such bullying tactics and ensure that every woman is free to make her own health care decisions.”

“This is a new low, even for anti-abortion activists who will stop at nothing in their effort to undermine a woman’s right to choose,” said Congresswoman Schakowsky. “I believe the Center for Medical Progress may have broken the law in developing and executing this unbelievably elaborate and troubling scheme, and all Americans should have concerns about that. I hope that Attorneys General Lynch and Harris will investigate this case.”

“Planned Parenthood is a well-respected and important organization in my community,” said Congresswoman Lofgren. “One in five women in America has gone to Planned Parenthood at some point in their lives. The recent surreptitiously recorded video is the latest iteration of harassment and partisan attacks on Planned Parenthood which have become far too common, and raises serious legal questions that merit an investigation into whether the so-called ‘Center for Medical Process’ has broken the law.”

“I am deeply concerned about the allegations that federal and state laws were violated in an attempt to attack Planned Parenthood, an organization that provides critical health care services to more than three million men and women each year, and that the attack was coordinated by conservative activists who want to discredit Planned Parenthood and its work,” said Congresswoman Clarke. “I urge Attorney General Loretta Lynch and the Honorable Kamala Harris, Attorney General of California, to initiate a full investigation into this incident to determine if any fraud or other illegal activities were committed.”

***The text of the letter is attached and can be read >>***

July 21, 2015

**The Honorable Loretta E. Lynch**  
**Attorney General**  
**U.S. Department of Justice**  
**950 Pennsylvania Avenue, NW**  
**Washington, DC 20530**

**The Honorable Kamala Harris**  
**Attorney General**  
**California Department of Justice**  
**P.O. Box 944255**  
**Sacramento, CA 94244**

**Dear Attorney General Lynch and Attorney General Harris:**

We are writing to request that you investigate whether any laws were broken by individuals who participated in an elaborate, multi-year scheme to impersonate corporate officials from a fake biologics company, secretly filmed video of a Planned Parenthood physician in California, and make public portions of the video without her consent. The video at issue was taken by an anti-abortion group based in Irvine, California called the Center for Medical Progress, which was founded by David Daleiden. According to the group's website, the video was taken in California "with actors posing as buyers from a human biologics company."

Press accounts regarding this incident have reported that this group created "fake identification" in order to falsely impersonate corporate executives and "gain access" to meetings with Planned Parenthood officials.[2] It is unclear from these reports what forms of fake identification they created, whether any false statements were made on applications for this fake identification, whether this fake identification purported to be issued by or was processed through any state or federal agency, or whether any fraudulent information was transmitted electronically or through the mail relating to this fake identification.

Press accounts have also reported that Mr. Daleiden's group filed paperwork to create a fake corporate entity. As one press account reported:

Daleiden also created a fake limited liability corporation (LLC) called Biomax Procurement Services in California, first filing paperwork in October 2013, so that he could pose as a biotech company interested in acquiring fetal tissue. According to the official webpage maintained by the Secretary of State of California listing registered businesses in the state, Mr. Daleiden's company filed this paperwork on October 11, 2013, listing an address in Norwalk, California, and the company is currently listed as "ACTIVE." Other accounts have reported that this group created "a fake human tissue website that purports to provide services to stem cell researchers."

It is unclear from these reports what specific paperwork Mr. Daleiden's group filed, whether the address listed ever hosted any legitimate business concern, the extent to which this group may have submitted false statements to governmental entities, whether the group transmitted fraudulent information through the mail or electronic communications, or whether this fake company filed tax returns or other documents with the Internal Revenue Service or other federal agencies.

Finally, this group's actions also may implicate California's Invasion of Privacy Act, which prohibits recording individuals without their consent. According to press accounts, Mr. Daleiden is a "friend" of James O'Keefe, the individual who posed as a pimp and secretly videotaped ACORN staff in offices in California and other states.

On April 1, 2010, the Attorney General of California issued a report of its investigation into allegations relating to Mr. O'Keefe's video, concluding:

The video releases were heavily edited to feature only the worst or most inappropriate statements of the various ACORN employees and to omit some of the most salient statements by O'Keefe and Giles.

Mr. O'Keefe and another individual who engaged in these activities were given immunity from criminal prosecution "in exchange for providing the full, unedited videotapes." As a result, the Attorney General's office "did not determine if they violated California's Invasion of Privacy Act," but warned that "[i]f the circumstances meet the requirements of the Act, the ACORN employees may be able to bring a private suit."

In 2013, Mr. O'Keefe paid \$100,000 in damages to settle the private suit brought by an ACORN employee for recording conversations without his consent in violation of California state law and portraying him untruthfully. For all of these reasons, we request that you initiate an investigation to determine whether Mr. Daleiden, his organization, or anyone else who participated in, aided, or encouraged these deceptive activities may have violated federal or state laws.

Thank you for your consideration of this request.

Sincerely,

**Jan Schakowsky**  
Member of Congress

**Yvette D. Clarke**  
Member of Congress

**Jerrold Nadler**  
Member of Congress

**Zoe Lofgren**  
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### Author Quotes

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



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

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

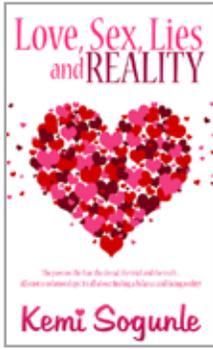
**Christine**  
Author - *MANipulated Into Fear - by Marvela Dawnay*

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

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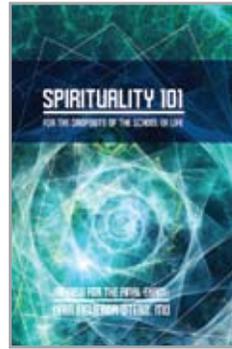
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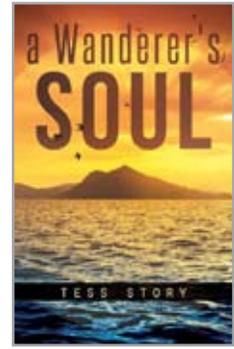
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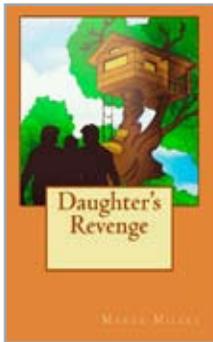
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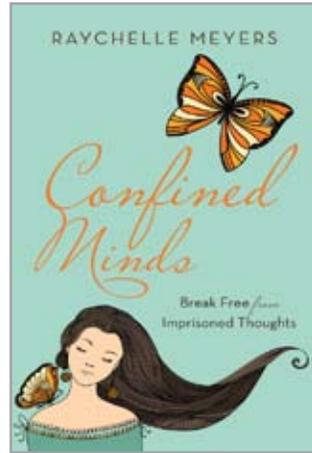
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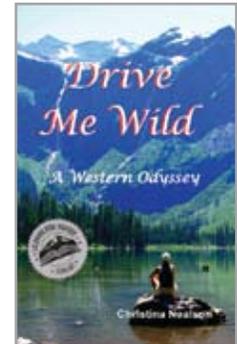
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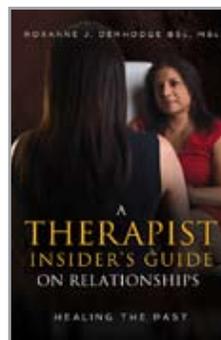
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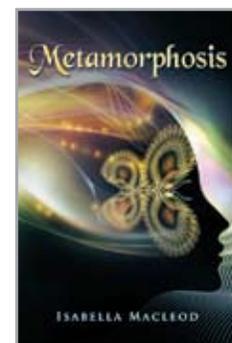
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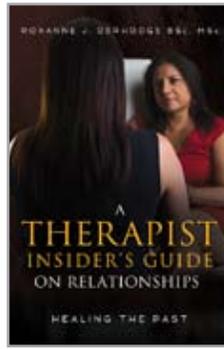
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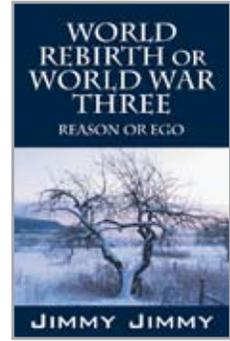
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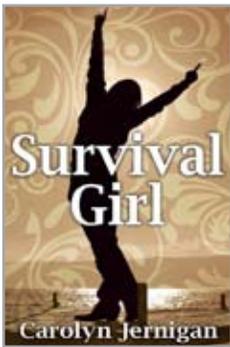
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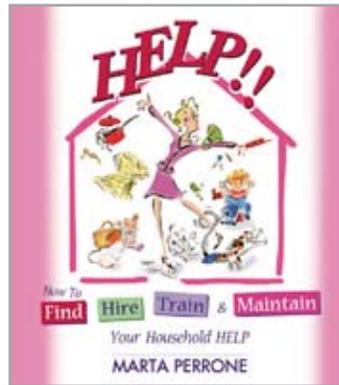
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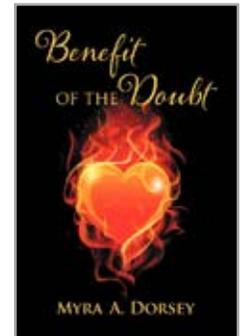
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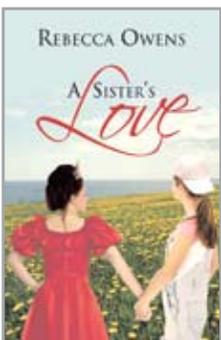
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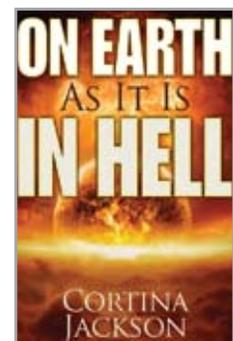


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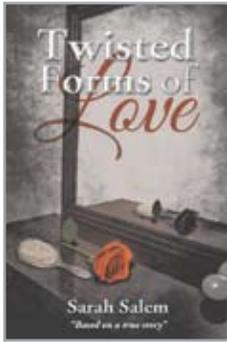
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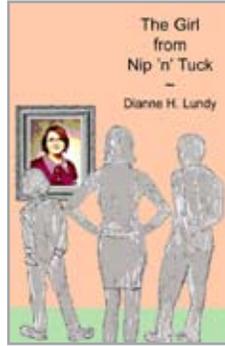
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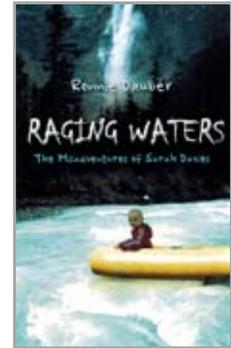
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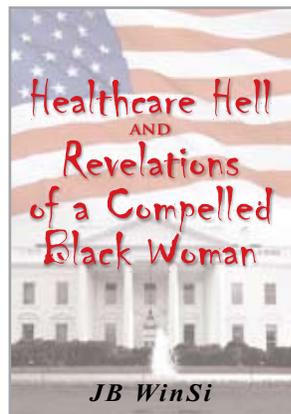


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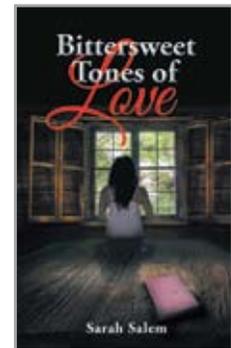


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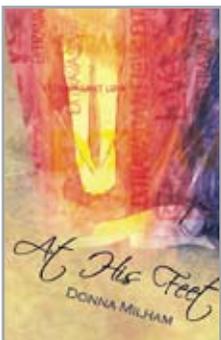
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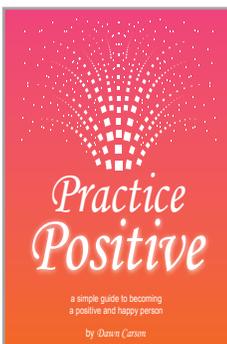


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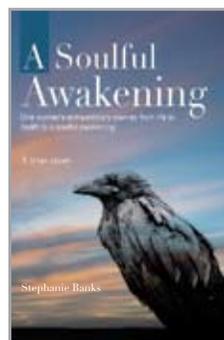
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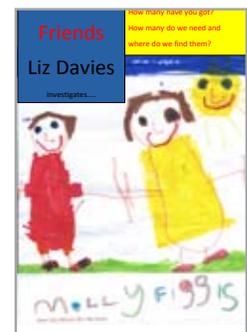


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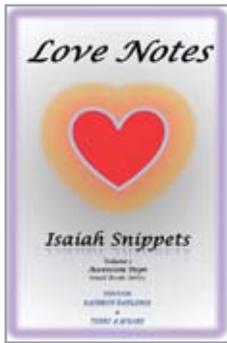
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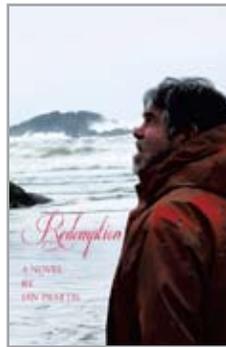
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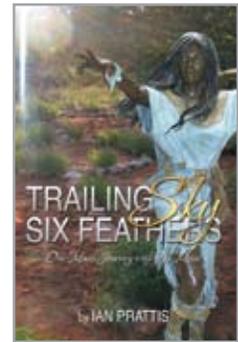


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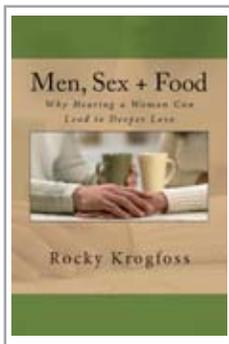
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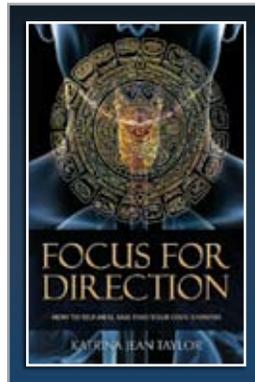
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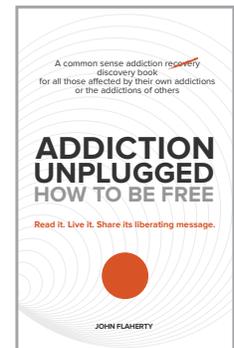
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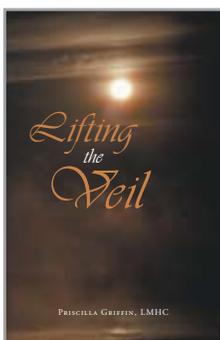


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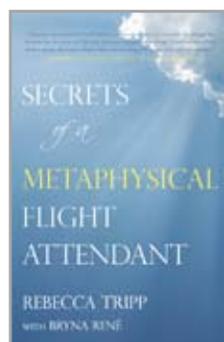
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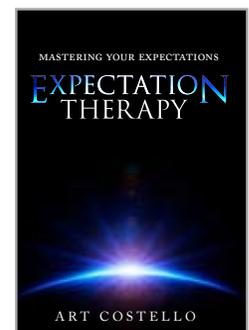
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