

A Publication for the Conscious Woman

Focus *Women* ON *♀* MAGAZINE



1.5 Million Girls, Benefit from Vaccine Against Cervical Cancer

Women's Sailing Elevated to Varsity Status at Cornell University

National Association of Women Business Owners

The Wise on Weiss

May/June 2014



Distinguished Women's Award Reception

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

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

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

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

Online Auction

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

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Monica Mitchell

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

Questions?

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

May/June 2014

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For some, the enduring hand of time marks the unpredictable and challenging nature of our lives. It lends us pause to close the old pages of the past and look towards the endless possibilities of the future. Through this chronemic possibility, we embrace the passage of mortal time from winter to spring, which awakens us to the vibrant colors of new relationships, new experiences, new expecta-

tions and new patterns to patterns of behaviors which lead to better connections with others and the world around us. To our readers, authors, supporters and advertisers, may the newness of the season bring you all infinite possibilities for greatness.

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

"Enclose your heart in times of need with the steel of your determination and your strength. In doing so, all things will be bearable." ---Lora Leigh---

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CONGRESSMAN

JERROLD NADLER

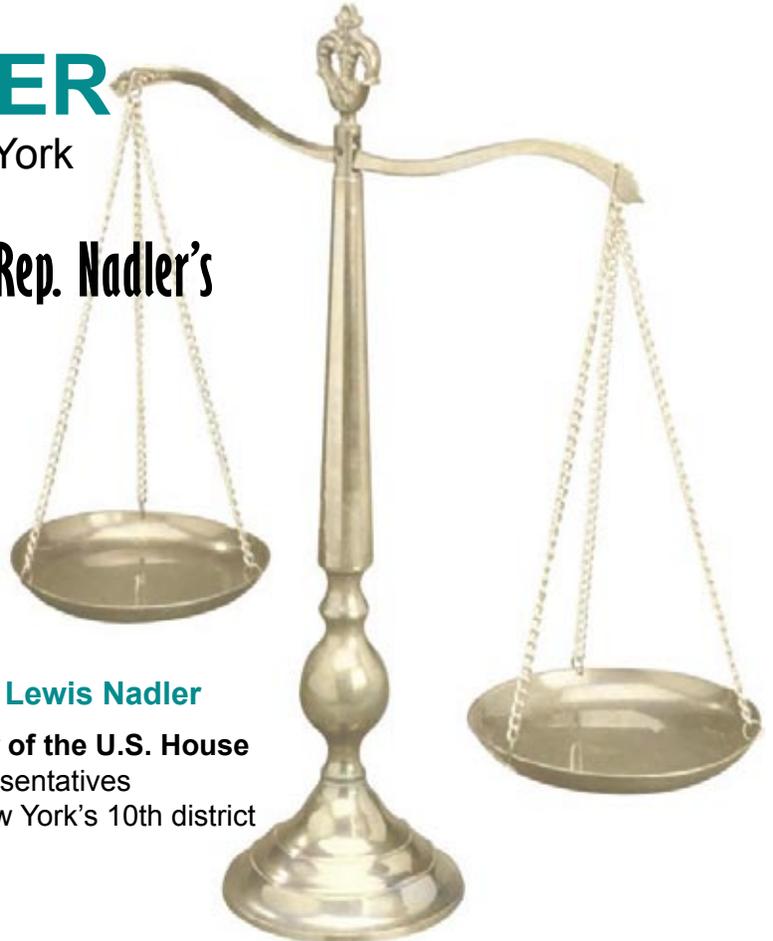
10th Congressional District of New York

Pres. Obama Calls on Congress to Pass Rep. Nadler's Pregnant Workers Fairness Act



Jerrold Lewis Nadler

Member of the U.S. House
of Representatives
from New York's 10th district



Today, Congressman Jerrold Nadler (NY-10), the author of the Pregnant Workers Fairness Act (PWFA) and a veteran member of the House Judiciary Committee, applauded President Obama's call to pass PWFA.

"President Obama is absolutely right that we must do more to protect pregnant workers, and I strongly applaud the President's leadership in fighting to fix the discrimination these workers face. Too often, pregnant women are forced to choose between their health and their job," said Rep. Nadler. "It is unconscionable that, nearly 35 years after passage of the Pregnancy Discrimination Act of 1978, women are still being forced to leave jobs, being denied basic and reasonable accommodations that would allow them to continue to work during pregnancy, and being paid less than other workers because of pregnancy and motherhood. The Pregnant Workers Fairness Act would simply ensure that pregnant employees are treated fairly in the workplace. Congress must pass this bill immediately and ensure that we are doing all that we can to protect pregnant workers."

As part of today's White House Summit on Working Families, President Obama will call on Congress to pass PWFA (H.R. 1975), which has 128 co-sponsors in the United States House of Representatives. This bill would close legal loopholes and require employers to make reasonable accommodations to employees who have limitations stemming from pregnancy, childbirth, or related medical conditions, unless the accommodation would impose an undue hardship on the employer. These on-the-job accommodations would be low-cost and not disruptive. The bill also bars employers from denying employment opportunities to women based on their need for reasonable accommodations related to pregnancy, childbirth, or related medical conditions.

Senator Robert Casey (D-PA) has introduced the Pregnant Workers Fairness Act (S. 942) in the United States Senate based on Rep. Nadler's bill, which was first introduced on May 8, 2012.

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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.

Publisher: Joslyn Wolfe, **Editor:** Kathy Pettway
Design/Production: Robin, fowmag@gmail.com

Focus on Women Magazine (FOWM) is published bi-monthly, on or about the 10th of the month by Focus on Women Magazine LLC, 4615 Oakview Court, Ellicott City, MD 21042. Phone: 410-294-2932. It is available by subscription, or on display stands and at approved public and private venues throughout the Baltimore Metropolitan area, including Baltimore City, Baltimore County, Ellicott City and Columbia. The editorial content of Focus on Women Magazine does not necessarily reflect the views of our advertisers or readers. Focus on Women Magazine is not responsible for editorial comment other than its own. For story ideas, calendar of events, or ads, contact Focus on Women Magazine at nicbri@focusonwomenmagazine.net, or by Fax at 443-759-3001, or by phone at 410-630-1224 or by mail at 4615 Oakview Court, Ellicott City, Maryland 21042 or our second Inner Harbor address at 300 West Lombard Street, Suite 840, Baltimore, Maryland 21201.

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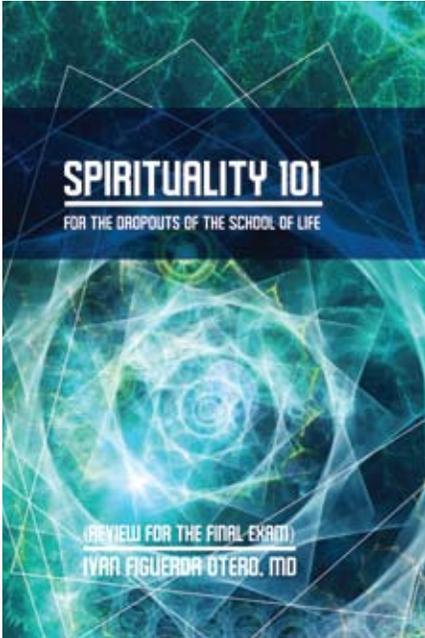
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WHO AM I? WHERE DID I COME FROM? WHERE AM I GOING?

These are some of the questions Dr. Figueroa-Otero attempts to answer in a humble, introspective piece of self-evaluation



Spirituality 101: by Ivan Figueroa-Otero, MD

New author Ivan Figueroa-Otero, MD has embarked on a long quest of self-discovery that originates from the conflicting views of his scientific background and his religious upbringing. His first book, Spirituality 101: For the Dropouts of the School of Life, Dr. Figueroa-Otero not only dares to answer timeless questions about our spiritual nature, but humbly presents a guide to self-understanding while closing the apparent gap between the religious and scientific vision with an eclectic and original delivery.

"In the School Of Life there are no grades or organized curriculum. Everyone comes to learn and progress in specific areas, and your lessons are structured by your daily life. It's as if the curriculum were created while you learn. Each experience is a new opportunity to grow and develop as whole beings, and everyone de-



About the Author:

Retired from the practice of pediatric surgery, Dr. Figueroa Otero is currently engaged in his private practice and continues in his role as an educator, trying to achieve full integration of traditional Chinese acupuncture courses in the curriculum of medical schools and to incorporate meditation techniques in preventive and therapeutic medicine.

Spirituality 101 please visit:

www.ivanfigueroaoteromd.com.

You can also call Dr. Figueroa-Otero at: 1-787-728-6032 or write to ifiguero@prtc.net

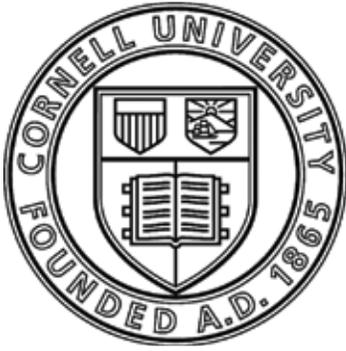
cides when he or she has learned sufficiently to move on to the next course." Ivan Figueroa-Otero, MD writes a compelling book about living in a spiritual world that is so easy to understand that it becomes elegant in its simplicity. A Pediatric Surgeon for many years, Dr. Figueroa-Otero now dedicates his practice to the application of Chinese Medicine and Acupuncture for disease prevention and modifying lifestyles. He applied his abilities as a researcher and scientist to engage in a path of self discovery, and now shares his discoveries in a fun, interesting format.

"The book arises from my need to share my school of life experiences in a light textbook format. In it, I share my scholastic "lessons" for readers to try them out in a non-imposing manner, knowing they can also find alternative solutions." Dr. Figueroa-Otero wants to shed light in those areas of our spirituality that are usually ignored because they are deemed "too difficult" to handle.

"Spirituality 101 is a book about life and how us humans can reconcile the apparent discrepancies in trying to understand life through either science or religion. No matter your religious beliefs, this book teaches you how to live a balanced life within this existential paradox." *Samantha Rivera, for Reader's Favorite.*

An immediate best-seller and with great reader's reviews, the book is a Finalist in the 2014 National Indie Excellence Awards. "Your book truly embodies the excellence that this award was created to celebrate, and we salute you and your fine work." *National Indie Review.*

This inspirational book has been self-published by Dr. Figueroa-Otero and distributed worldwide as of January, 2014, and is available in print and electronic formats.



Cornell University

Women's sailing elevated to varsity status at Cornell University

The sport of women's sailing at Cornell University has been elevated from club status to a varsity team, Andy Noel, the Meakem*Smith Director of Athletics and Physical Education, announced today.

"This is an exciting announcement for many in the Cornell community, and I'd like to thank the loyal and generous alumni who have fully funded this move to varsity status, Noel said. "It is a requirement that any additional sports be fully funded before we are able to consider adding to our varsity roster. We are excited that our women sailors will have the opportunity to experience a varsity program."

Over the course of the last several years, Noel has evaluated a variety of issues related to the feasibility of adding another sport in an effort to increase athletic opportunities for women. Careful consideration was given to facility availability, established interest, availability of regional competition and potential for competitive success. A core leadership group that included Ted Moore '71, Rob Swanson '74 and Doug Merrill '89 advanced the interest of the women's sailing program and assured it would be fully funded prior to implementation.

"We have been hoping for this move and our team members have been working hard to impress the Cornell community on and off the water," said head coach Brian Clancy. "It is with tremendous support from our alumni, families and friends that we are able to make this happen for our team. We extend our deepest gratitude to those who have contributed their time and efforts to making this happen. We couldn't be more proud to represent the Cornell Big Red."

With infrastructure already in place, the Big Red will continue to compete on a similar schedule to that of the former



club program beginning this fall.

Cornell will continue to compete in the Middle Atlantic Intercollegiate Sailing Association, which is governed by the Intercollegiate Sailing Association (ICSA). Its varsity and club team competitors include schools such as Colgate, Columbia, Georgetown, Hobart and William Smith, Navy, Old Dominion, Princeton, Penn, St. Mary's and Virginia.

Cornell becomes the 14th Division I school to offer women's sailing as a varsity sport, a list that includes Ivy League competitors Dartmouth, Harvard and Yale. Other Division I programs with varsity sailing include Boston College, College of Charleston, George Washington, Georgetown, Hampton, Hawaii, Navy, Old Dominion, South Florida and Stanford.

The sailing team will continue to train out of the state-of-the-art Merrill Family Sailing Center, completed in 2009 and

located at 1000 East Shore Drive on Cayuga Lake. The Merrill Family Sailing Center is widely considered one of the top facilities of its kind in the nation.

"The generous gift by the Merrill family toward the Merrill Family Sailing Center went a large way in allowing us to make this move," Noel said. "Our women's sailing program immediately has a training center as impressive as any in the country."

With the elevation of women's sailing to the varsity level, Cornell will now sponsor 37 intercollegiate programs (18 for men, 19 for women). The number of varsity sports offerings is fourth among all schools around the country, trailing only Harvard (41), Brown (38) and Princeton (38). Both Ohio State and Stanford sponsor 36 varsity sports. Women's sailing is the first addition to the varsity sports offering at Cornell since equestrian was elevated to varsity status prior to the 1995-96 school year.

Cornell University Media Relations Office

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The inner child: Listen to its whisper

New book offers stories of raw emotion to spark healing

In every story, there is a taste of universal truth. In every adult, there is a child who has been hidden from view.

In author Paulette C. Hammack's new book, "Whisperings in the Wings," readers will find a collection of stories focusing on faith and healing as they pertain to the inner self. They are a mix of memoir and fiction that explores the relationship between these factors.

"These stories are both personal and universal," said Hammack. "They possess raw emotion, which is precisely why they are so relatable."

Hovering somewhere between memory and inspiration, the collection centers on female characters facing social issues that women must face while transitioning from childhood to adulthood. Through self-awareness of this transition, readers can find healing and the freedom that comes with forgiveness, Hammack said.

"Whisperings in the Wings"

by **Paulette C. Hammack**

Language: English

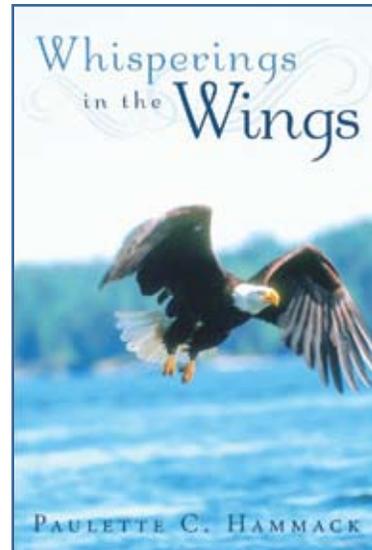
Paperback: 108 pages

ISBN: 978-1-44979-198-8

Publisher: WestBowPress

Available Online at:

www.amazon.com, www.barnesandnoble.com and www.westbowpress.com



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About the Author

Paulette C. Hammack has been a child development teacher and is currently director of the Third Order Carmelite's. She lives in Pensacola, Florida with her husband.

BEAT THE CRAP OUT OF DOMESTIC VIOLENCE

This is an excerpt from the book, "BEAT THE CRAP OUT OF DOMESTIC VIOLENCE." Six million women are abused yearly. 2 million will die. 50% of female murder victims are stalked or killed by their lover. Only one in three murders are solved. There is a double standard... Women who kill their stalkers get 15-20 years in prison; men who kill their wives can get as little as 2-6 years. This should be a BFD on the Congressional Level, and I have made it a point to speak to my state senator about the unfairness of this punishment women face. "BEAT THE CRAP OUT OF DOMESTIC VIOLENCE" is unique in that the author IS an abuse survivor.

The book includes her personal story of rape and how the corrupt military swept it under the rug. Learn how Michelle Dupree found out that there are at least 15 types of emotional abuse. Knowing this would have prevented the extended nightmare that became her life. She could let go of her religion and a violent husband, or leave in a casket. She never quit on herself. Read 32 chapters of mind-blowing statistics. Michelle also discusses the big no no's...religion, politics, our judicial system. Her penetrating poetry is a riveting, vast abyss for the abuser and the abused. Violence doesn't discriminate. It is very subtle, ma-

nipulating, and it is going on in every house hold. Meet Michelle. She gives society hope. She is paying it forward. Will you? You have picked up this book because you seek a piece of yourself and peace. Abuse involves society as a whole. You are

an abuser, an abused, or a bystander. Gather up your family, friends, professionals and community. Awareness and prevention is every one's responsibility. It is time to become a super hero and "BEAT THE CRAP OUT OF DOMESTIC VIOLENCE."

HATE DOES NOT HEAL...THE MEASURE OF LOVE IS TO LOVE WITHOUT MEASURE

BY AUTHOR MICHELLE DUPREE

I grew up in a gorgeous 16 room house with a three car garage. It hid the dysfunction and the pain in our house beautifully. Those walls hid dirty secrets...arguing, verbal and emotional abuse, jealousy, narcissism, affairs, guilt, and shame. I got used to it. I would gladly have given up all that privilege for normalcy. When the family foundation crumbled, my self-esteem tumbled. I was in the tornado of my own violent marriage when I knew that if the abuse didn't end, it would end me. I would end up dead. I realized that you either live life or life lives you. At the age of 35, I changed my identity, but I had never been more real with myself. A stranger told my pastor's wife, my best friend, my life story. Angrily, she said to me, "Your silence lets travesties like yours continue in society. I must pray for boldness for you. In sharing your story, you will be the one who can make a difference." I realized that I had to be ready in my own time. I later went on to write three books. Sometimes we put up walls...not to keep people out, but to see who cares enough to knock them down. Tragedy to triumph. Your most effective ministry will come out of your deepest hurts, because the Healer delivers us into our biggest journey. Sometimes, people with the worst pasts end up creating the best futures. It helps that I have a devilishly wicked sense of humor. I would gladly go to Hell, but Satan has that restraining order against me, and, LOL, I feel I have been to there and back anyway. At least that is how I felt. I learned at a young age that just because a woman has a husband doesn't mean that she has self-worth and that if you are too busy loving someone, you can't hate them. A relationship is not just about holding hands while you understand each other. It is about having misunderstandings and not leaving each other. The way that you start an argument is the way that it will usually end.

Arguing in front of children is hereditary. This was unfortunately learned by me in hindsight, and too late. The backlash of a bad relationship can change you. Don't let it. Never give up on finding the right love for yourself. The relationship will show up when God wants it to. It is always better to have patience and to wait on a soul mate as opposed to being someone's playmate.



When someone is nasty, it isn't personal. It says nothing about you, but a lot about them. Every woman needs a man who will ruin their lipstick, not their mascara. Dr. Phil says that we observe and mimic the behavior of our same sex parent. Successful mothers aren't the ones who have never struggled. They are the ones who never give up despite their struggles. Narcissism. I had the best of both worlds with both of my parents. The most giving of mothers and a narcissistic/workaholic father. It set me up to fail at my own marriage by example. I married a severely dyslexic, undiagnosed bi-polar who also came from a dysfunctional family. We mimicked our parents. Children shouldn't have to sacrifice so that you can have the life that you want. You make your sacrifices so that your children can have the life that they deserve. Love is not about how many months or years that you have been together. It is about how you treat each other on a daily basis. You cannot change the people around you, but you can choose who you choose to be around. If you want to know where your heart is, then look where your mind goes when it wonders. Love is an unconditional commitment to an imperfect person. Love. It is not who you can live with, it is who you can't live without. It is who you have beside you that matters. Love is not about sex, going on fancy dates, or showing off. It is being with a person who makes you feel like no one else can. To love somebody isn't just a strong feeling. It is a decision, a commitment, and a promise. Sadly, most couples see their vows as just a piece of paper. I personally think that marriage licenses should be done away with; that people should stay in the commitment because they don't have a license. They are there because they want to be there, and because they are lovers and best friends who enjoy waking up next to each other.

I really am amazed at how much a person's attitude makes a person on many different levels. I have several best girlfriends. "My besties." Some of the things that they have been through would emotionally destroy some strong men. Yet, I sit back in awe of them. They have not had the luxury to sit back and cry. Their only choice was to be strong. One of my besties has raised 2 kids by herself. She is Christian, which helps her, and one of her favorite sayings is, "What doesn't kill me makes me stronger." Another one of my besties was so mistreated by her parents, and yet all I saw from her was laughter brighter than sunshine. Another bestie escaped through the jungles of Bosnia during the war in Sarajevo. Her very survival meant leaving everything that meant anything to her behind. Another bestie beat a drug habit, cold turkey. Another friend is raising her recently murdered sister's children. Perhaps the ugliness that has pervaded their pasts have given them a better sense of appreciating today. They all have these vibrant persona's. People I know who have been through much less seem to survive on the pity party that they choose to throw for themselves and despite the fact that they may be physically gorgeous on the outside, their soul is ugly, dead, or bitter on the inside. They are moody. You cannot figure them out. While they want to reach out to you and love and be loved, they are what we call "distant partners." It makes figuring out how to love them a hard thing to do. You see the good qualities in them. You want to stay and give them the benefit of the doubt, but when Freddy Kruegger rears his ugly head, you can't run fast enough from their nastiness.

There is such a psychiatric disorder titled an "Anger Addict." It is not your job to make these people happy. Happiness is a choice. The only person responsible for your happiness is yourself. An anger addict may have more problems attached to that diagnosis...narcissism, the emotional refrigerator (one step above a sociopath), and Explosive Personality Disorder. The sad thing is, they see you as the one with the problem. They don't discuss what bothers them. They keep a mental list of everything you do or others have done to them in the past that pissed them off, all the while keeping silent and distant. The person who has been cheated on is hard to love because they are afraid to love and afraid of love. They even unknowingly sabotage the relationship. Their pain then causes you pain. People such as this with a jaded past or who have been cheated on should receive therapy before they decide to get involved in a serious relationship with someone else. If you love someone like this, and I did, going through their highs and lows with them is hard. It is hard for them to open up and you feel shut out. You are being shut out. It also makes you scared to open up with them because they have a hot bi-polar temper.

One of the best things to learn in therapy is to treat your painful past as a jacket that is too small. Therefore, you cannot wear it and it is now of no use to you. You cannot move forward in your next relationship if your foot is still on the curb stuck in yesterday. It isn't fair to the new person. Another healing aspect of therapy is to learn to only fret about the problems that you can't change. Don't sweat the small things. Then you become less overwhelmed and more positive about your future and opening up to the joy and happiness that your new partner is trying to offer you. One of the best books I have ever read was titled, "Don't Sweat the Small Things in life." Realize that it takes two to Tango and two to contribute to the demise of the relationship. You should reflect on not blaming or hating the person who hurt you. Eventually, you will get sick of hating that person. If we want to receive blessings, then we are to learn the art of forgiveness and giving to others, rather than taking and blaming. Learn to love yourself more, and then you enjoy loving someone else. You will feel as though the weight of the world has been lifted off your shoulders and you sure will be more fun to be around to the opposite sex. You will feel better when you step off the curb next time. Now you are ready... physically, mentally, spiritually. In order to move forward, you cannot keep re-reading the same chapter to get to the end of the book. The past cannot be changed, forgotten, edited, or erased. It can only be accepted. Let yourself be inspired, rather than be defeated along the way. Pat yourself on the back for your accomplishments. My Reiki coach compared me to Forrest Gump and a box of chocolates. With me, "You never know what your gonna get," but she did call me a winner. Success is often the result of taking a misstep in the right direction. Butterflies can't see their wings. They can't see how truly beautiful they are, but everyone else can. People are like that as well. I have included little pieces of all three of my books in this magazine article: My memoir, "Meet Me at the Beach," "Attract the Love You Want-Romance Issues From A-z," and Beat the Crap Out of Domestic Violence." If I can make at least one person smile or maybe spit out a drink, then my day was not wasted. •

Author Talk

with Zena Livingston



Zena Livingston
Author

How did you come about developing this character and why was she essential to the plot? Why not Todd who was equally culpable?

There is a message in the book and that is that society is too free and easy and too accepting of moral deprivation. Vicki is a symbol of that deprivation. She only cares about what she wants. Vicki seeks financial security, social status and fabulous sex.

Todd is all that Vicki wants until he is saddled with child support and maintenance payments and can no longer give Vicki the monetary things she demands. Todd does continue to provide the fabulous sex and that is why Vicki always comes back to him. She does not care that she wrecked his life as he had known it before becoming involved with her. Todd is a victim as are many men who are attracted to the Vickis of this world.

You mentioned that you have met many Vicki's in your life. Could you explain?

I am a people observer and I have watched many Vickis manipulate men to get what they want. These women use sex and pretend to have sincere feelings for the men. I, personally, feel that is one reason our divorce rate is so high. The Vickis of this world are everywhere and they know how to get what they want. They do not care who they hurt and whose life they destroy. All they care about is themselves and their own needs and desires.

Our readers feel that reading your book melds both the protagonist and antagonist. It is hard to distinguish who is who. Do you agree and can you elaborate?

Vicki is the protagonist and society is the antagonist. Our society has allowed so much sexual freedom that we permit the Vickis to prosper. If you really want an antagonist within the book, it would be Stacey. She is everything Vicki is not. Stacey is able to overcome what Vicki has done to her once secure life and is able to find true love. Stacey is a lady who definitely cares about others. Stacey is the one who actually wins in the end.

***Do you think that your story is one of redemption?
Why or why not?***

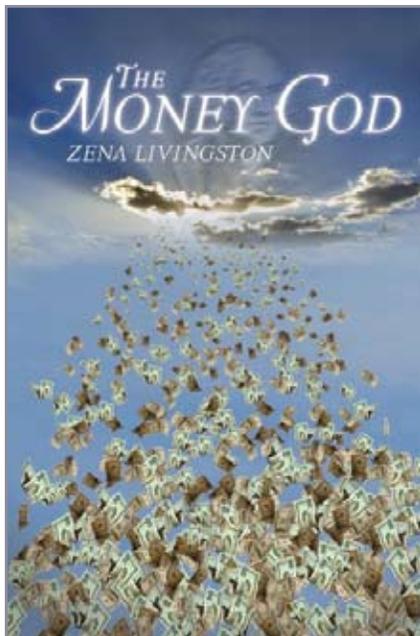
Vicki does not want to be redeemed. She does not see anything wrong with her behavior. She will continue to use men for her own benefit and will continue to use Todd for her sexual pleasures.

What is the message you would like your readers to walk away with? Why?

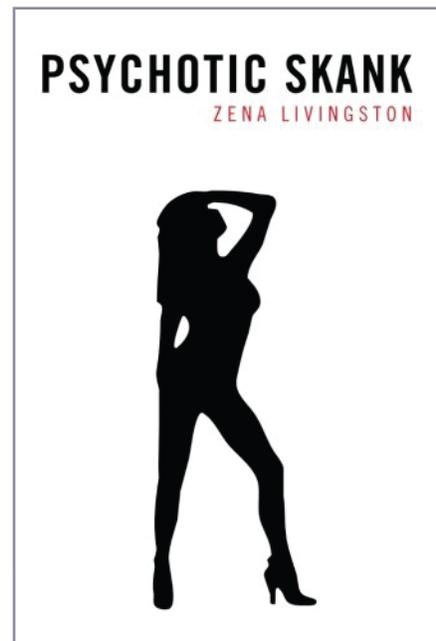
The message readers should walk away with is “buyer beware.” Beware of what type of relationship you are getting involved with and like Evan, do not allow a Vicki to destroy the good in your life. Even smart men like Mort can be fooled by a Vicki and can become her victim.

Are there any other literary wonders on the horizon? If so, what?

A new book is in the works. It will also center around a strong woman who as a single mom has to claw her way to survive.



The Money God (2009 year)



Psychotic Skank (2013 year)

*** AVAILABLE ONLINE AT - FOCUS ON WOMEN MAGAZINE - eBookSTORE**

Marta Fuchs

Professional Speaker

Distinguished Psychotherapist

Marta Fuchs is available for keynote presentations and speaking engagements for

- corporations
- professional associations
- community groups
- non-profit organizations
- educational institutions

She is also happy to create special programs and interactive workshops tailored for your events.



Healing & Celebrating Your Family History

"The key to the future of the world is finding the optimistic stories and letting them be known." ~ Pete Seeger

Dear Friends and Colleagues,

I am thrilled to announce the expansion of my **Professional Speaking Career** focusing on the **healing and inspirational power of family history and legacy**.

Through this free monthly newsletter, The Power of Family Stories, I hope you will

- feel empowered to heal old wounds and build positive family connections
- gain new perspectives and insights about yourself and your family
- be inspired to gather your own family's history
- enjoy reading and sharing family stories

FEATURE ARTICLE **The Power of Personal Stories** - by Marta Fuchs

"People are hungry for stories. It's part of our very being," said Studs Terkel, the consummate storyteller best known for his oral histories of everyday Americans. Storytelling is an age-old tradition of passing on individual, family, and cultural experiences. A story about an experience that touched your heart has the power to touch someone else's heart as well. Stories connect us deeply to each other and foster empathy. Stories can challenge our assumptions and create new ways of perceiving, and ultimately serve as catalysts for new ways of acting. [\[READ MORE\]](#)



I am looking forward to presenting at Facing History & Ourselves in their July seminar series for educators in Redwood City, CA. For registration information, please see "[Holocaust and Human Behavior](#)" for July 7, 2014.

UPCOMING EVENTS

Please join me Sunday, July 20th at 1:30 pm for my [multimedia presentation](#) at the SF Jewish Genealogical Society. The event will be held at the Rhoda Goldman Plaza, 2180 Post Street, SF.



Professional Speaker, Marta Fuchs was born in Hungary to Holocaust Survivors and escaped to the U.S. in the wake of the 1956 Hungarian Revolution. She holds a BA in Linguistics and an MA in Library Science both from UC Berkeley, and an MA in Clinical Psychology from JFK University. Marta is a Licensed Marriage & Family Therapist (MFT22551) and provides clinical consultations, workshops, and psychotherapy for individuals, couples, and families.

As a **Professional Speaker** and **psychotherapist**, Marta passionately shares her family's stories in order to inspire others to discover and work through their own family legacy to enhance their lives. Her family's stories are **universal stories of war, trauma, loss, immigration, and renewal that provide catalysts for therapeutic work**.

"Marta inspires her audience to value history for the understandings it suggests about our future. Her intelligent sense of humor allows her audience to enter difficult places in honest ways."

- Sam Cuddeback, III, Head, Drew School



Financial professional talks lessons from ‘The Circle of Life’ and how its understanding can help families

“This affected me so much that I made a pact that I did not want any of my friends or clients to go through this experience”

“I am the caretaker for my Dad, a job I truly love. I guess I am just returning the favor. I know some day I might be in his shoes. I have many kids and I am setting an example for them. This is the circle of life.” says Bill Cummings, of Cummings Financial Organization.

In the musical, *The Lion King*, there is a song called the “Circle of Life” (go ahead and sing it). Part of the lyrics goes like this:

“It’s the circle of life - And it moves us all -Through despair and hope -Through faith and love - Till we find our place -On the path unwinding - In the circle - The circle of life”.

“The reason I bring this up, is that I had a life moment last week with one of my kids that made me think of the circle of life and how it has affected my business.” says Cummings.

“One of our grown daughters was home last weekend as she wanted to take a break from her Master’s program. So we all went to dinner, and low and behold, when the bill came, she offered to pay her own way! I was shocked. Furthermore, the next morning she offered to pay for breakfast. Now I am in total shock. This is the first time she has offered to pay. As a young parent you can never imagine that day coming. Because you care for your children, you mold them, give advice, worry and pay all their expenses. Then one day, the tides turn and they want less and less of your advice. Then as they head off on their own, it changes. Most kids still need your money, and eventually come back to you for advice. If they have children of their own, then they really come back for advice, and of course free babysitting. This is the circle of life.”

The Circle of life has affected Cummings in significant ways. His father has Alzheimer’s and is in an Alzheimer’s unit at Horizon Bay Memory Care in Tampa, Florida. Cummings serves as his caretaker and helps with responsibilities such as: bills, shopping, doctor appointments, etc. “I am also responsible for making sure he is living in the right facility and has the proper

care.” says Cummings.



care.” says Cummings.

After experiencing the difficulties of learning ‘Care-Giving 101’ on his own, Bill has provided 4 essential care-giving tips so that you don’t have to learn the hard way:

1. Take care of yourself.

Being the care taker to your loved one can be a truly gratifying experience, but in order for this to be the case, it is essential that you remember to take the time to maintain your own health and well-being. Remember, you cannot help others if you do not help yourself.

2. Create a team of elderly care specialists.

Seniors are often treated for a wide array of medical conditions. Navigating through the various types of physicians best suited for your loved one can seem like a daunting task, but a geriatrician is a medical doctor trained to help you in these matters specific to seniors.



3. Do the numbers.

Determining cash flow and what can be afforded for their care is essential. Certain Certified Public Accountants offer specialized services which are available to meet the unique needs of seniors and their families.

4. Hire the right people.

As a caregiver, you are essentially a project manager and you cannot do everything. For this reason, it is important to do your homework when hiring institutions, attorneys, social workers, therapists, etc. Research reviews, contact references and take your time when making your decisions.

Cummings reflects the 'circle of life' as four years ago when his father had a stroke and Cummings was caught off-guard. "I was a busy business owner and dealing with my Dad was not on my schedule. Where was I to turn to for advice, the internet? I had to drive to multiple places, see multiple doctors, interview caretakers, etc. Boy, did I make a lot of mistakes. **This affected me so much that I made a pact that I did not want any of my friends or clients to go through this experience.**"

Adding Elder Care to his practice because of this 'pact,' Cummings has developed strategic relationships with caregivers, elder law attorneys, home downsizers, therapists, social workers, physicians and bill payers. "I have also done due diligence on different facilities and professionals who help locate the right facility. As important, I help families assess healthcare costs, living costs, and how to pay for it while maximizing what goes to their loved ones. It is truly gratifying to help someone through this process."

"I am the caretaker for my Dad, a job I truly love. I guess I am just returning the favor. I know some day it might be me in his shoes, so I am setting an example for my own kids. This is my circle of life," says Cummings.

About Bill Cummings

William (Bill) is President and Owner of Cummings Financial Organization. He has been in the financial services business for the past 20 years, helping his clients make sound financial decisions.

For more information visit <http://www.williamcummingsscfo.com>.

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1.5 MILLION GIRLS SET TO BENEFIT FROM VACCINE AGAINST CERVICAL CANCER

GAVI Alliance support for national introductions marks new HPV vaccine milestone on International Women's Day

The first Alliance-supported national rollouts of the vaccine, which protects against human papillomavirus (HPV), will begin in Uganda and Uzbekistan in 2015 while Rwanda will switch from a vaccine manufacturer's donation to GAVI Alliance support this year to secure the sustainability of its existing national programme.

"Cervical cancer is a scourge on women and their families in the world's poorest countries," said Dr Seth Berkley, CEO of the GAVI Alliance. "With limited access to screening and treatment, it is all the more important to vaccinate girls against HPV to give them the best protection possible against cervical cancer, which claims more than a quarter of a million women's lives every year."

The three countries have developed detailed plans to ensure that girls aged 10 - 12 years are vaccinated with HPV vaccine in schools and also that those who are not in the classroom are reached in communities through outreach by health workers.

Rwanda has already been running a successful HPV vaccination programme thanks to a donation from a supplier. Alliance support will help to ensure the long-term sustainability of the programme, with the country contributing towards every dose it receives through GAVI's co-financing policy.

"Three years ago, Rwanda became the first African country to implement a nationwide school-based, HPV immunisation programme, thanks to a donation," said Dr Agnes Binagwaho, Rwandan Minister of Health. "This month marks another "first" as Rwanda shifts to GAVI-supported vaccination financing. Rwanda invests its own resources into co-financing vaccines from GAVI and so this transition marks an important step towards sustainability, and to ensure that every girl in Rwanda grows up without fear of this devastating killer."

Last month, the GAVI Alliance announced that a further 10 countries will undertake HPV demonstration programmes which target specific areas of the country to enable them to build capacity and gain experience with implementation, which will inform the possibility of a future nationwide rollout.

An estimated 266,000 women die every year from cervical cancer, of which more than 85% live in low-income countries, according to the latest statistics published by the International Agency for Research on Cancer (IARC). Without changes in prevention and control, cervical cancer deaths are expected to rise to 416,000 by 2035, with over 95% expected to be women living in poor countries.

Women in developing countries often lack access to cervical cancer screening and treatment, making HPV vaccine the best prevention tool against cervical cancer. Unlike most other vaccines, which are administered to children under the age of five, HPV vaccines are given to girls aged nine to 13. Immunising girls before initiation of sexual activity, that is before exposure to HPV infection, is a key strategy to prevent cervical cancer.

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GAVI is funded by governments [Australia, Brazil, Canada, Denmark, France, Germany, India, Ireland, Italy, Japan, Luxembourg, Netherlands, Norway, Republic of Korea, Russia, South Africa, Spain, Sweden, United Kingdom, United States], the European Commission, OPEC, the Bill & Melinda Gates Foundation, as well as private and corporate partners [Absolute Return for Kids, Anglo American plc., The Children's Investment Fund Foundation, Comic Relief, Dutch Postcode Lottery, His Highness Sheikh Bin Zayed Al Nahyan, JP Morgan, "la Caixa" Foundation, LDS Charities, Lions Clubs, and Vodafone].

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What if Your Pet Goes Missing During 4th of July Fireworks? There's an App for That.

ASPCA's first-ever interactive mobile app provides pet owners with research-based tips and tools for recovering lost pets



Nearly one-in-five pets goes missing after being scared by the sound of fireworks, thunderstorms or other loud noises according to recent survey findings. Because having the right information at your fingertips is key when the unthinkable happens, the ASPCA® (The American Society for the Prevention of Cruelty to Animals®) has developed its first-ever interactive smart phone app to help pet parents find their lost animals. Developed by the ASPCA and utilizing the latest field research, the free tool provides users with an individual search plan based on their pet's behavior and individual circumstances so they can search quickly and effectively to recover their lost pet.

"Whether your pet goes missing as a result of fireworks or a bad storm, the best, most proven tactics to recover that pet may not be as obvious as you might think," said Dr. Emily Weiss, vice president of shelter research & development for the ASPCA. "When lost, a shy dog may behave very differently from a bolder, friendlier dog. And a gregarious cat may be found in a completely different location than an independent cat. Searching for your missing pet the right way is vital, and could make the difference between reuniting with your beloved pet and never seeing them again."

The app – available for download starting today –

will provide pet owners with a personalized recovery kit, including step-by-step instructions on how to best search for and recover a lost animal in a variety of circumstances. Users will also be able to easily build a digital lost pet flyer that can be shared instantly on social media networks. In addition, the app provides news, tips and advice on ensuring a pet's safety before, during and after a storm or natural disaster. It also allows owners to store their pet's vital medical records shaving off precious minutes during an emergency.

You may think that it could never happen to you but in fact, nearly two-thirds of those surveyed who lost pets (64 percent) said they had never anticipated losing a pet the way they did. For the nearly one-in-five lost pets (19 percent) who went missing after being scared by the sound of fireworks or other loud outside noises, 70 percent of their owners were completely caught off guard that their pet was lost in that way.

Losing a pet is not only heartbreaking for a family, but also very dangerous for the animal, especially if the dog or cat ends up roaming busy streets. The best way to keep your pets safe is to make sure they don't go missing in the first place: Double check leashes and collars and make sure your pet's ID tag is up to date. Be mindful when opening outside doors. Keep your cats inside if you can. And give your pets access to safe, quiet places during those very colorful, loud fireworks. And if the unthinkable does happen, the ASPCA app is there to help.



In developing the app's lost pets tool, the ASPCA consulted with Missing Pet Partnership, one of the nation's foremost experts in reuniting lost pets with their guardians.

About the ASPCA®

Founded in 1866, the ASPCA® (The American Society for the Prevention of Cruelty to Animals®) is the first animal welfare organization in North America and serves as the nation's leading voice for animals. More than two million supporters strong, the ASPCA's mission is to provide effective means for the prevention of cruelty to animals throughout the United States. As a 501(c)(3) not-for-profit corporation, the ASPCA is a national leader in the areas of anti-cruelty, community outreach and animal health services.

For more information, please visit www.ASPCA.org, and be sure to follow the ASPCA on [Facebook](#), [Twitter](#), and [Pinterest](#).



2014 ACS Convention to Host Justice Sotomayor, Civil Rights Leader Theodore Shaw and More

The American Constitution Society for Law and Policy will hold its 2014 National Convention in Washington, D.C. June 19 – 21, featuring some of the country’s leading legal minds including Justice Sonia Sotomayor and civil rights attorney and leader Theodore M. Shaw. The ACS National Convention is the premier legal event of the year, bringing together more than 1,000 of the nation’s leading progressive lawyers, judges, law students, policymakers, scholars and activists to discuss critical legal and public policy issues.

CONVENTION SCHEDULE



WHAT:
ACS 2014 National Convention

WHEN:
June 19 – 21, 2014

WHERE:
Capital Hilton
1001 16th St, NW
Washington, D.C.

RSVP: The event is free to the media, but you must RSVP to press@acslaw.org.

Some of the top workshops and presenters include:

Reflections on Windsor with **Mary L. Bonauto**, Civil Rights Project Director, Gay & Lesbian Advocates & Defenders (GLAD), **Roberta (Robbie) Kaplan**, Partner, Paul, Weiss LLP and **Pamela Karlan**, Deputy Assistant Attorney General, Civil Rights Division, United States Department of Justice

“Judicial Activism” Then and Now with **Walter Dellinger**, former U.S. Solicitor General, Member ACS Board of Advisors and Partner, Appellate Practice, O’Melveny & Myers, **Linda Greenhouse**, Joseph Goldstein Lecturer in Law, Yale Law School, **Sherrilyn Ifill**, President and Director-Counsel, NAACP Legal Defense and Educational Fund, Inc. (LDF), **Laurence H. Tribe**, Carl M. Loeb University Professor, Harvard Law School, **Clark Neily**, Senior Attorney, Institute for Justice and **Geoffrey R. Stone**, Edward H. Levi Distinguished Service Professor of Law, University of Chicago Law School

Workers and Their Unions: Knox, Harris and the Aftermath with **Nicole Berner**, Associate General Counsel, Service Employees International Union (SEIU), **Catherine Fisk**, Chancellor’s Professor of Law, University of California Irvine School of Law, **Kent Greenfield**, Professor of Law and Dean’s Research Scholar, Boston College Law School, **Sarita Gupta**, Executive Director, Jobs With Justice and **Scott A. Kronland**, Partner, Altshuler Berzon LLP

Judging Civil Legal Aid, moderated by **ACS President Caroline Fredrickson** and featuring **Nathan L. Hecht**, Chief Justice, Supreme Court of Texas, **Goodwin Liu**, Associate Justice, California Supreme Court, **Chase T. Rogers**, Chief Justice, Connecticut Supreme Court, **David S. Tatel**, Judge, U.S. Court of Appeals for the District of Columbia Circuit and **Eric T. Washington**, Chief Judge, District of Columbia Court of Appeals

Other featured workshops include: Race and the Law in 2014: Still Separate and Unequal?, Protecting Women’s Reproductive Health Care in a Hostile Era, Voting Rights in the Post-Shelby County Era and Seeking an End to Racial Profiling.

The American Constitution Society for Law and Policy (ACS), founded in 2001 and one of the nation’s leading progressive legal organizations, is a rapidly growing network of lawyers, law students, scholars, judges, policymakers and other concerned individuals. For more information about the organization or to locate one of the more than 200 lawyer and law student chapters in 48 states, please visit www.acslaw.org.

Mountain Island Lake Gets 24-Hour TowBoatUS Coverage On the Water Assistance When You Need It

For years, boaters and anglers stuck with a dead battery, dead engine or empty fuel tank out on Mountain Island Lake had to hope that someone would get them back to the boat launch or dock. That's because the lake had no around-the-clock on water boat towing service. Local law enforcement only patrolled the lake on weekends and provided tows, which was also likely not the best use of the officer's time or taxpayer dollars. That has all changed with the opening of TowBoatUS Mountain Island Lake, a 24-hour on water towing and assistance service for routine breakdowns. The new location is the third for Capt. Derek DeBord and his wife, Cheryl, who are owners of nearby TowBoatUS Lake Wylie and TowBoatUS Lake Norman.

"It can be hard finding someone to drop what they're doing to come get you at any time of the day or night," said Derek, who is also a Catawba County reserve deputy sheriff. "Before we opened up, boaters just didn't have that much help available to run some fuel out to them, pull them off a shoal or bring them safely back to the ramp. Now, we're here 24 hours a day, seven days a week, at a very affordable price if you purchase an annual on water towing plan from TowBoatUS."

Much like an auto club for boaters, TowBoatUS offers on the water towing plans for freshwater boaters and anglers for just \$67 a year that includes BoatUS or BoatUS Angler membership. Without a towing plan, boaters face costs that average \$600 per incident nationally.

Said Derek, "There are a lot of folks who trailer between Norman and Wylie. With Mountain Island Lake in the middle, it was a natural for us to open here. We've got the only towing service on Lake Norman that can get under all bridges providing 100% coverage of that lake, and we also have a response boat ready to go at moment's notice on a trailer for backup on any of the three lakes. We've really got you covered, day or night." All BoatUS towing plans provide for nationwide assistance with any boat owned, rented/chartered (bareboat), or borrowed.

The DeBords opened TowBoatUS Lake Norman in 2012, and recently purchased TowBoatUS Lake Wylie. Derek, who is US Coast Guard licensed, goes on calls himself as much as he can, along with first mate Cheryl, who is also the company's accountant. Ten additional licensed captains work for the company. The DeBord's TowBoatUS operations have a total of seven towboats, and have stationed a 20-foot center console response boat on Mountain Island Lake. It's painted a distinctive red with "TowBoatUS" on the hull, and it is fully rigged for towing and salvage, with powerful pumps, battery jump packs, dive gear and extra fuel.

Boaters can contact TowBoatUS Mountain Island Lake by hailing on VHF channel 16, calling the company directly at 704-200-1930 or calling the BoatUS toll-free 24/7 Dispatch Service at 800-391-4869. Assistance can also be summoned via smartphone with the free BoatUS Towing App, and TowBoatUS is also the only on water towing service that offers satellite messaging services with the SPOT and inReach satellite communications services. To see the TowBoatUS Mountain Island Lake's location on a map, go to BoatUS.com/mountainislandlake.

Boat Owners Association of The United States (BoatUS) is the nation's leading advocate for recreational boaters providing over half a million members with a wide array of consumer services, including on water towing assistance provided by TowBoatUS and Vessel Assist. Combined, these two towing fleets offer boaters, anglers and sailors the world's largest network of towing ports with over 300 locations and over 600 towing assistance vessels - three times larger than the closest competitor. For more information go to www.BoatUS.com/towing or call 800-888-4869.



Photo Caption: Capt. Tomas Barker of TowBoatUS Mountain Island Lake, NC, headed out on patrol.



Risk of breast cancer recurrence associated with carbohydrate intake and tissue expression of IGF1 receptor

Cancer Epidemiology, Biomarkers & Prevention

This nested, case-control study suggest that insulin-like growth factor-I (IGFI) receptor is a potential target for breast cancer treatment and may be influenced by dietary intake. This is the first study to suggest that it may be possible to personalize dietary recommendations for breast cancer survivors based on molecular characteristics of their primary tumor tissue.

Methods

Nested, case-control study of 265 postmenopausal breast cancer survivors; primary breast cancer tissue was stained to determine IGF1 receptor status.

Change in carbohydrate intake from baseline to year 1 of study was estimated from 24-hour dietary recalls.

Breast cancer recurrence cases (91) were matched to two controls (n = 174) on disease and study characteristics and counter matched on change in carbohydrate intake.

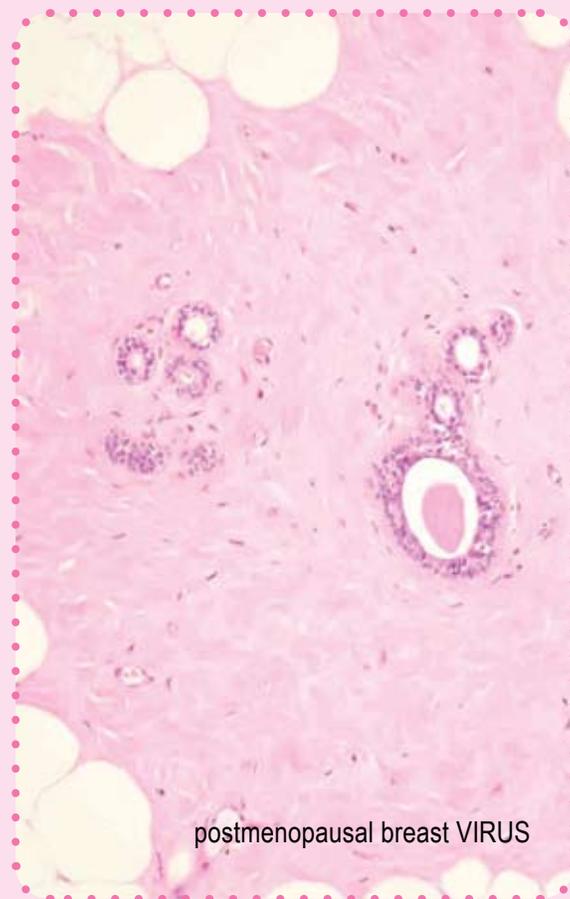
Weighted conditional logistic regression models fit the risk of recurrence on IGF1 receptor status and dietary change.

Results

Half of the tumors were IGF1 receptor positive. Increased risk of recurrence was associated with IGF1 receptor-positive status [HR 1.7; 95% confidence interval (CI), 1.2–2.5] and, separately, with a stable/increased intake of carbohydrates (HR 2.0; 95% CI, 1.3–5.0).

There was a borderline significant interaction between those two variables (P = 0.11).

Specifically, carbohydrate intake had no significant impact on risk of recurrence among women who were receptor negative, yet increased the risk of recurrence by more than 5-fold among women who were receptor positive (HR 5.5; 95% CI, 1.8–16.3).



CLICK URL: <http://mdlinx.pdr.net>



About BBB of Greater Maryland

Headquartered in Baltimore, BBB | Greater Maryland is a non-profit organization that was established in 1922. It serves 18 Maryland counties and Baltimore City. In 2011, BBB provided over 1 million Business Reviews and handled over 11,300 marketplace disputes. BBB is supported by Accredited Businesses that have passed a comprehensive review, met BBB's Standards for Trust and agreed to the organization's Code of Business Practices governing sound advertising, selling and customer service practices that enhance customer trust and confidence in business. For more information please contact your BBB at 410-347-3990

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Website: www.bbb.org.

Better Business Bureau Looks to Celebrate Ethical Businesses in Greater Maryland

Better Business Bureau serving Greater Maryland is accepting nominations for its 2014 Torch Awards for Marketplace Excellence.

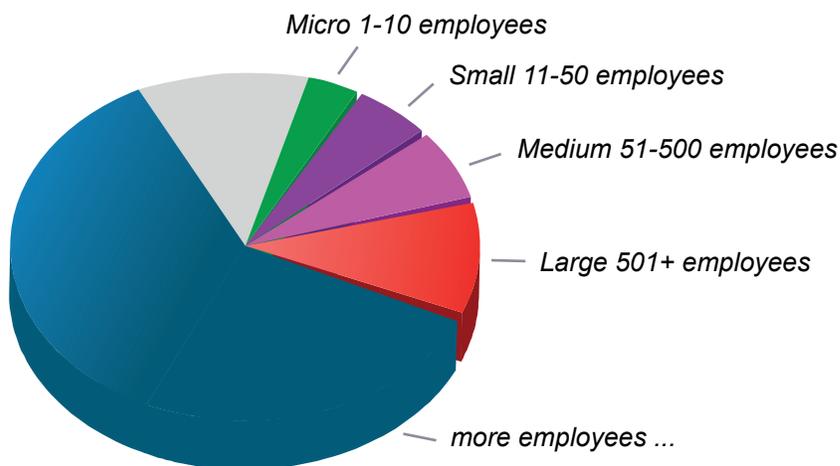
The annual awards program recognizes ethical businesses and organizations that have established positive relationships with their customers, employees, vendors and community. Nominees must also demonstrate truthful advertising and sales practices.

"Year-long, we encourage area businesses to be honest, transparent and responsive," said Angie Barnett, president/CEO, BBB serving Greater Maryland. "But, no matter how much we promote ethics, every business has a choice - to do right or do wrong. For that reason, companies that believe in self-regulation and embody integrity deserve to be celebrated."

To be considered for BBB serving Greater Maryland's Torch Awards for Marketplace Excellence, businesses should complete an official nomination entry at bbb.org/greater-maryland/for-businesses/torch-awards. Those who meet the eligibility guidelines will be contacted to submit an official awards application.

Representatives from BBB Educational Foundation Board, along with [previous Torch Award winners](#), will evaluate applicants against other businesses of the same size.

- Micro 1-10 employees
- Small 11-50 employees
- Medium 51-500 employees
- Large 501+ employees
- more employees ...



BBB will celebrate local winners and finalists at its 2nd Annual Pillars of Trust Leadership Conference on October 16 at the Grand Historic Venue in Downtown Baltimore.

For more information about the Torch Awards or [event sponsorship](#), contact Jody Thomas at 410-347-8593.

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.

E-mail at: info@focusonwomenmagazine.com



Issue: May/June -2014

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



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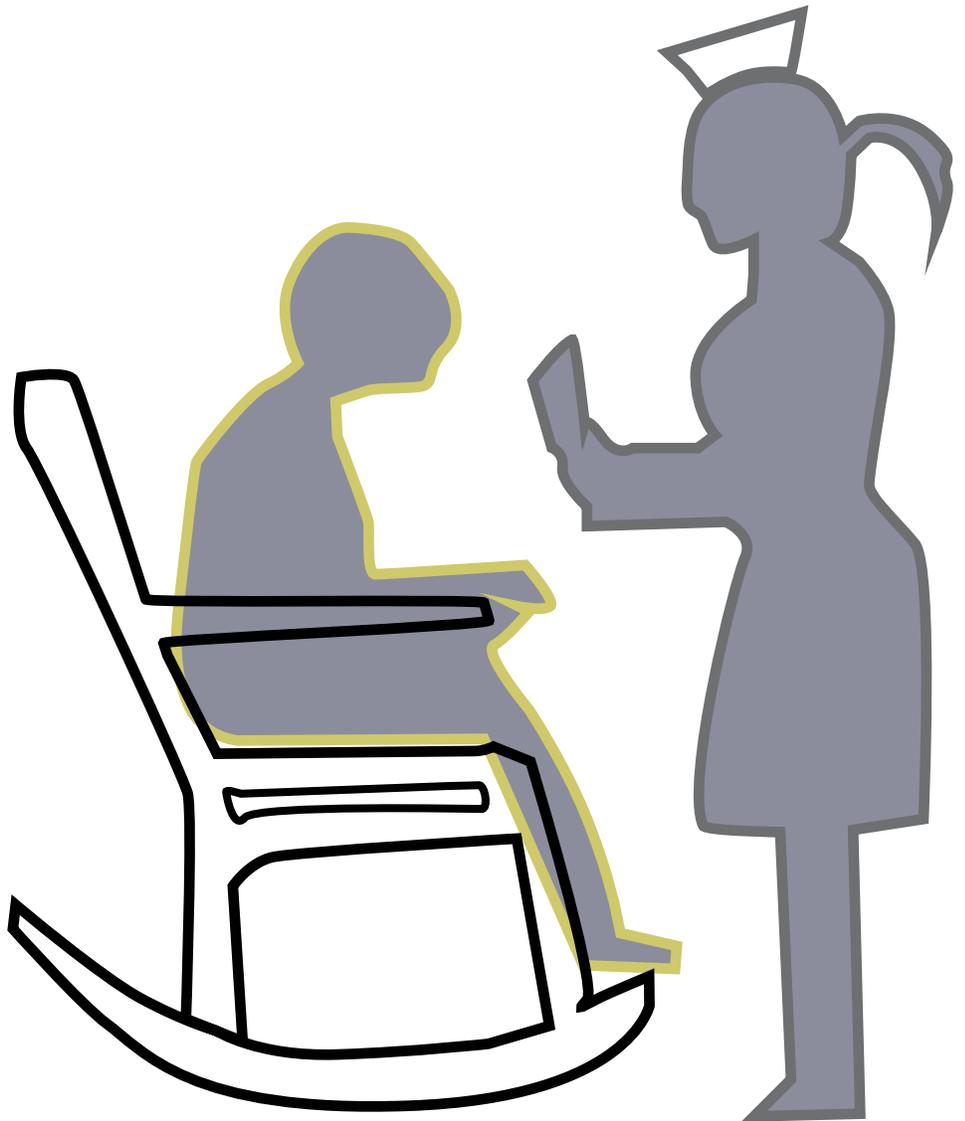
Professional or not most women will at some time be one of the sandwich generation.

As more women work; wait to start families and parents are aging it is estimated that there will be only 1 caregiver for every 20 elderly patients by 2020. This is true for both nursing homes and in home care.

You have heard your parents say time and time not to put them in a nursing home. Believe me that is not what I want for my parents but when it comes to your health and welfare you might have to make a tough decision. Then the guilt. A therapist told me once that no one can make you feel anything; it is you who puts the burden on yourself. Remember that. You also don't want to put your children in day care but in order to continue your career it is necessary.

Let's face it your children probably won't be around to care for you. Children are moving farther and farther away for careers. So you need to start something now for yourself.

I purchased long term care insurance when I was 49. The cost was \$900 yearly. It is 8 years later and the cost is now \$1700. Costs are going up but the cost of nursing home or in home care is rising too. Purchasing any kind of insurance even if you cannot cover all the cost is better than losing all your savings. There is now a life insurance product with long



term care riders attached. This works great because if you don't need the care your beneficiaries receive tax free income on death. Talk to your financial advisor for details.

Hang in there if you are the "ham or turkey" and hope the bread doesn't become stale.

Email: mlbaier@ovalinternet.net
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EVERYMAN THEATRE

ENGAGE. INSPIRE. TRANSFORM.



The Wise on Weiss, A Visionary, and Theatrical Arts Phenom



Laura Weiss
(Marketing & Press Manager)
Everyman Theatre

How large in Everyman Theater?

Everyman Theatre seats 250 audience members within the theatre itself. When we were located on Charles Street we had an audience of 170. When we moved to our new home on Fayette Street, we worked hard to preserve the intimacy that you felt on Charles Street – something we had become known for. I can honestly say that there really isn't a bad seat in our house! For me personally, I prefer to sit towards the back of the house and I still feel like I am right there in the scene with our actors.

What is behind the name?

There are a few things behind the name of "Everyman" – there are actually several Everyman Theatres throughout the world. While we aren't related, our Founding Artistic Director Vincent

Lancisi used a lot of their ideals and philosophies as inspiration when he began our Everyman Theatre. One of those principles was the idea of a local Resident Company, which we still have and are growing larger to this day.

The other idea is that we want theatre to be for "every man" (and woman!). We aim to produce theatre that is both affordable and accessible to all walks of life. We don't want theatre to be a stuffy affair – we want you to come in and really be a part of what you're watching.

What is unique about the Theater?

As I mentioned before, we have a Resident Company of Artists, which in this day is a pretty rare thing for a theatre company. There was a time when this was quite common in regional theatre but not so much today. I think it's a unique thing to be able to come to a show and see one of your favorite actors in the lead role. And then you might come back to the next show and he is the supporting next door neighbor role. And then you come back again and he's playing the villain, something you would never expect to see him play. I love that you can see someone expand their acting repertoire and change right before your eyes like that.

How does the theater serve the community?

We have an incredible Education de-

partment that is in charge of our Matinee Program. Each year, we partner with at least 4 Baltimore City Public High Schools. Throughout the season, these schools come back repeatedly to see 5 of the 6 of our shows (unfortunately the last one is always after school lets out). These young people are not only introduced to theatre (many for the first time) but they are able to experience theatre repeatedly throughout the year. It's not a one-time field trip. Along with their actual trips to see the shows, the Education Department goes into their classroom the day before the show and discusses the history behind the play, the characters, the plot. The next day the students come to see the show and then participate in a Q&A with the cast. Then the next day after that, teaching artists and actors from the cast go back into the classroom AGAIN and this time they get the students up on their feet to work on different exercises centered around the ideas and themes of the play. Many students leave high school having seen upwards of 15 shows in their four years, which is an amazing thing.

What is its mission?

Everyman Theatre is a professional theatre dedicated to performing affordable and accessible theatre with a company of local artists.

How tall are you?

I'm 5'8" when not in heels!

Where did you attend school?

I attended The Catholic University's Benjamin T. Rome School of Music. I have a Bachelor's of Music in Musical Theatre.

How did you come about being such an integral part of this theater?

I've been lucky enough to call Everyman Theatre home for 8 years now. My first job right out of college was working part-time in the Everyman Box Office. As I got to know the patrons and the staff, I realized what a unique place Everyman was and I wanted it to be my permanent job. I moved into the Box Office Manager position and oversaw the Box Office and Front of House operations for several years. Back in early 2010 I made the transition into a Marketing/Box Office hybrid position. It wasn't until we started gearing up for the big move that I made the full transition into Marketing & Press Manager.

How many subscribers?

Everyman Theatre is 5000 subscribers strong this season.

What was the highlight of your career at Everyman Theater?

This is the most we've ever had and we hope to continue to grow next season.

I would say the Grand Opening of our new theatre has to be the highlight of my Everyman career thus far. The energy that surrounded the weeks leading up to the opening and the opening itself was like nothing I had experienced before. I will never forget on moving day literally running between the two theatres with Vinny – behind us was a trail of reporters and TV trucks. I turned to him and said, "I think we made it." It was an exhilarating feeling.

What are the future plans for the Theater?

We are in planning mode for the 2014/15 season right now – we have a great line up of shows that I know Baltimore will love.



This month, Focus on Women Magazine places the spotlight on Laura Weiss, dubbed the theatrical guru of the baltimore arts district.



What is your next adventure for the Everyman Theater?

I'm sure the next adventure is just around the corner! We've had such an amazing past few seasons with the Grand Opening, learning about our new space, starting new events and initiative such as this Spring's Vino Festa – I'm always up for a new adventure!

<http://everymantheatre.org>

315 West Fayette Street,
Baltimore, MD 21201 |
443.615.7055 x7132

The Courage to Speak Up

A rough upbringing leads a lifetime of good deeds

The 'abused becomes the abuser' storyline can quickly become tiring. Berit McMillan, a child abuse victim herself, has flipped the script and dedicated her life to helping children and educating the public about her cause.

Becoming Berit is the memoir of Berit McMillan, a retired schoolteacher who writes about her tragic childhood. While growing up, McMillan was juggled between many homes and schools. She grew up in poverty and suffered the loss of two fathers by the age of nine. None of these were the most difficult experience in her life. McMillan was sexually abused at a young age. This is her story of survival, perseverance and success.

"This book is written to raise awareness to an underreported issue," says McMillan. "Most abused children do not willingly share their experiences. It is up to us to act as mentors and advocates to children."

By writing this memoir, McMillan hopes to attract other survivors to speak out against abuse. She also wants readers to realize that those who are abused as children do not usually grow up to be abusers themselves. McMillan's actually dedicated her career to educating children. Even though there are tragic aspects to her memoir, McMillan believes that there is much to be gained by listening to others' experiences.

"We can enrich our own lives simply by listening to the experiences of others," says McMillan. "I hope that my story can touch the lives of many."



Berit Frydenlund
(Author)

Berit was born in England after the end of WWII. Until 1948, she lived in Sarpsborg, Norway, then returned to England where she resided until 1974. At Gloucestershire College of Education, she majored in education and literature, then began her teaching career. After emigrating to the United States, she received a BSc from Malone College in Ohio and continued in the education profession. Berit and her husband, Larry, have a son and a daughter and five grandchildren. They live in Dover, Ohio. Becoming Berit is her first book.



Becoming Berit

By Berit McMillan

ISBN: 978-1-4836-1571-4

Retail price: \$15.99

Available at <http://www.amazon.com/Becoming-Berit-Frydenlund-McMillan/>

WEBSITE:

www.visitberit.com



Improving outcomes for infants with NAS

Newborns who were exposed to certain substances in utero face unique challenges during their first months of life.

Faculty

Craig L. Jensen, MD

Associate Professor of Pediatrics
Baylor College of Medicine, Attending Physician
Texas Children's Hospital, Houston, TX

Release Date: June 2015

Expiration Date: June 2015

Estimated time to complete the educational activity:
30 minutes

Program Description: From the June 2014 issue of The Clinical Advisor: Improving outcomes for infants with NAS. Newborns who were exposed to certain substances in utero face unique challenges during their first months of life.

Target Audience: This activity has been designed to meet the educational needs of primary-care physicians, pediatricians, physician assistants, nurse practitioners, and dietitians.

Learning Objectives: After completing the activity, the participant should be better able to

- > Describe the symptoms and complications of neonatal abstinence syndrome (NAS)
- > Implement evidence-based nutrition strategies to improve outcomes in infants with NAS

Physician Credit: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of MER and HME. MER is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation: MER designates this educational activity for a maximum of 0.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Dietitian Credit: Medical Education Resources (Provider Number ME110) is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR).

Nursing Credit: Nurse Practitioner Associates for Continuing Education (NPACE) is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation (ANCC).

Credit Designation: NPACE designates this educational activity for a maximum of 0.5 contact hours of credit. Participants should only claim credit commensurate with the extent of their participation in the activity.

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Faculty Disclosure

Craig L. Jensen, MD, is a consultant to Mead Johnson Nutrition. He is also on the Speakers' Bureau for Mead Johnson Nutrition

Staff/Planners' Disclosures

Krista Sierra, Susan Basilico, and Marjorie Hale, all of HME, have no financial relationships to disclose. MER Content Manager has no financial relationships to disclose. **R. Mimi Secor, MS, MEd, NP, FAANP, of NPACE** is a consultant to GenPath Diagnostic Labs and Shionogi, and is on the Speakers' Bureau for Hologic.

Method of Participation: There are no fees for participating in or receiving CME/CE credit for this activity. During the period June 2014 through June 2015, participants must:

1. Read the learning objectives and faculty disclosures
2. Study the educational activity
3. Complete the posttest and submit it online. Physicians may register at www.myCME.com (June 2014)
4. Complete the evaluation form online.

A statement of credit will be issued only upon receipt of a completed activity evaluation form and a completed posttest with a score of 70% or better.



Disclaimer

The content and views presented in this educational activity are those of the authors and do not necessarily reflect those of MER, NPACE, or HME. The authors have disclosed if there is any discussion of published and/or investigational uses of agents that are not indicated by the FDA in their presentations.

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Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications on dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities. The information presented in this activity is not meant to serve as a guideline for patient management.



About BBB of Greater Maryland

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Website: www.bbb.org.

7 BBB Tips To Avoid ID Theft On Campus

College students have enough to juggle when it comes to school, work and their social life. Fighting fraud often doesn't make their list of priorities. College students are susceptible to identity theft, however, and **Better Business Bureau®** recommends that they take seven simple steps to protect themselves on campus.

According to Javelin Strategy and Research, identity theft committed against people aged 18 to 24 took the longest to detect-132 days on average-when compared to other age groups. The average cost of losses to this age group-\$1,156-was roughly five times more than amount lost by other age groups.

BBB recommends that college-bound students take the following seven steps to fight identity theft on campus:

step 1 School mailboxes are not always secure and often can be accessed easily in a dorm or apartment. To combat sticky fingers in the mailroom, have sensitive mail sent to a permanent address, such as a parent's home or a P.O. box.

step 2 Important documents should be stored under lock and key. This includes your Social Security card, passport and bank and credit card statements. Shred any paper documents that have sensitive financial information rather than just tossing them out. Also shred any credit card offers that come in the mail.

step 3 Never lend your credit or debit card to anyone, even if they are a friend. Just say no if your friend wants you to cosign for a loan or financing for items like a TV.

step 4 Make sure your computer has up-to-date antivirus and spyware software. Always install any updates and patches to your computer's operating system or browser software which help keep your computer safe from any new advances by identity thieves online.

step 5 Always check your credit or debit card statements closely for any suspicious activity. The sooner you identify any potential fraud, the less you'll suffer in the long run.

step 6 When shopping on unfamiliar websites, always check the company out first with **BBB**. Also look for the BBB Accredited Business seal along with other trust seals; click on the seals to confirm they are legitimate.

step 7 Check your credit report at least once a year with each of the three reporting bureaus for any suspicious activity or inaccuracies. BBB recommends you schedule a recurring calendar appointment to check it every four months for free by visiting www.annualcreditreport.com and rotating requests among Equifax, Experian and TransUnion.

Sony Music Masterworks Releases

Gustavo Santaolalla's Camino

The New Album Available July 8 from the Grammy® and Academy Award®-Winning Composer

Gustavo Santaolalla's solo instrumental album *Ronroco* was a game-changer for the visionary artist when it was released in 1998. *Camino*, to be released by Sony Music Masterworks on July 8, is the long-awaited follow up to that album – a rich, beautifully crafted instrumental journey illuminating Santaolalla's unmistakable sound. *Camino* again features the Grammy® and Academy Award®-winning composer playing the ronroco, his signature 10-string Andean folk instrument similar to the charango, as well as other instruments that he has mastered including the guitar, guitarron, oud, cuatro, toba violin, and bouzouki. The album includes 12 new tracks, along with one of the featured tracks from Santaolalla's recent BAFTA Games-nominated soundtrack to Sony PlayStation's *The Last of Us*.

Camino is a creative work so personal that it reaches a spiritual level for Santaolalla. It evokes a similar minimalist mood, with plaintive folk-like melodies and dark acoustic textures woven throughout, combined with generous space for resonance and echo.

"Creating this album was a process of collecting music through the years and finding the pieces that I thought belonged together," Santaolalla says of the 16-year gap between *Ronroco* and *Camino*. "These are personal things that I did, but I never used: a kind of intimate album that I wrote and recorded for myself."

The album begins with "Alma," which means "soul" in Spanish. It is the oldest song included on *Camino*. "While coming back from Hawaii 15 years ago, I had my ronroco with me and wrote the song in the airport," Santaolalla recalls. He also uses pipes, which have long been a part of his sound, but it's the haunting melody on the ronroco that

sets this song and album in motion.

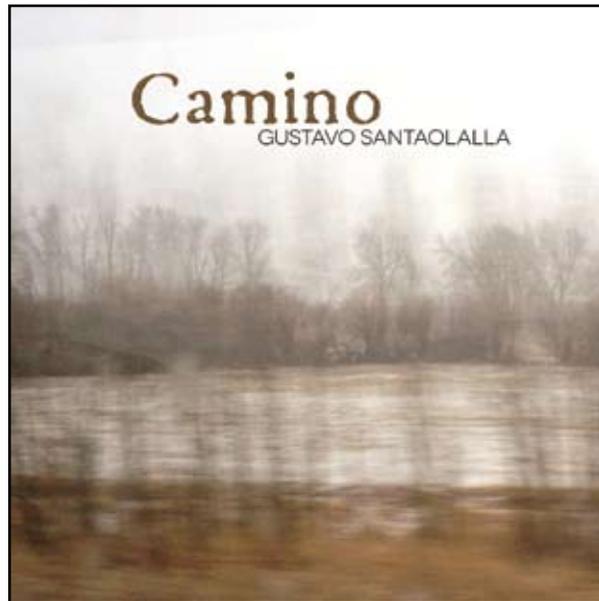
More kinetic is the circular sounding "Vamos," which features Santaolalla's delicate fingerpicking expanded with guitars, guitarrón, cuatro, tres, bass, keyboards, pipes, and percussion. Punch Brothers fiddle player Gabe Witcher makes a guest appearance on this richly detailed sonic tapestry.

Opening with guitar and pump organ, the aptly titled "Requiem" is a slow cinematic piece in which one can literally hear Santaolalla's fingers moving across the frets. A bass harmonica mimics the sound of insects in the second half of the song. It's Santaolalla's favorite track, "I really like the simplicity of 'Requiem,' but that's also the case with this music in general. I think it's music that connects with a spirit.

Possessing one of the album's most

memorable melodies, "Cordon de Plata" is a play on words – the composer named it after a chain of mountains in his native Argentina. It also refers to the cord that connects the spirit to the body when one has an out of body experience and goes on a spiritual journey. With "Ella," one moves from the celestial to the corporeal, inspired by the special connection Argentine mothers have before and after the umbilical cord is cut.

"The Maze," is a haunting song embellished by dissonances, Santaolalla references how he felt when he first moved to Los Angeles and met a publishing agent who said, "My music and songs were very good, but at a certain point, I will hit the 'wrong chord or note.' I took it as a compliment. I always try to look for the 'wrong note



Camino
Gustavo Santaolalla (2014)

or chord' that will throw you off. Now people seem to like my wrong notes."

"Parana," is a piece that waltzes in 6/8 time and is played on a Venezuelan cuatro; "Through the Rainwall" finds Santaolalla intertwining Cuban tres and the ronroco as a haunting flute-like keyboard hovers in the background; and the rhythmic "Seguir" features bass and percussion, bringing it close to a pop tune.

"Wait and Then" is another simple sounding tune, but below the resonances and slow picking, is a manifesto from the composer in the shape of the oud. Although Santaolalla played it on Babel, he still is happily learning.

"I love playing instruments that I don't know how to play or am not familiar with," he points out. "I like the idea of danger and innocence that comes from it. As an artist I feel I should be able to do something with anything I get my hands on. The music becomes minimalist because of my limited knowledge."

While they complement Camino perfectly, three of the songs on the album might be familiar to listeners from other contexts. Both the elegantly sweeping "Joaillerie" and the ambient "The Journey" were included in a Louis Vuitton ad campaign, and a version of "Returning" was used in PlayStation's video game The Last of Us.

To close the album, Santaolalla chose "Returning." "To me this is really an introspective and very spiritually driven piece," he says of the track. "At one point it gets really big, but there is no rhythm. There is texture, noise, friction – it becomes very human. On one

hand it can be very spiritual and on the other, it is grounded by the textures."

Gustavo Santaolalla is a multi-faceted artist who is best known for his work writing movie scores and producing albums. He is also the founder of the alt-tango-rock band, Bajofondo. As a composer, he has won two Academy Awards® for Best Original Score for his work on Babel and Brokeback Mountain, for which he also won a Golden Globe® Award. He has won two Grammy® Awards as an album producer: Best Latin Pop Album for Juanes' La Vida...Es Un Ratico and Best Latin Rock/Alternative Album for Cafe Tacuba's Cuatro Caminos and 14 Latin Grammys including three with Bajofondo. Most recently, Santaolalla composed the scores for the

films, On The Road, the Walter Salles film inspired by the iconic book by Jack Kerouac and, for August Osage County, inspired by the Pulitzer Prize winning play. He is currently writing the score for the animated film The Book of Life produced by Guillermo del Toro. Santaolalla is working with Paul Williams on the film's original songs before moving on together to jointly work on del Toro's musical adaptation of Pan's Labyrinth.

Tracks:

1. Alma

2. Vamos

3. Requiem

4. Cordon de Plata

5. Ella

6. The Maze

7. Parana

8. Wait and Then

9. Through the Rainwall

10. Joaillerie

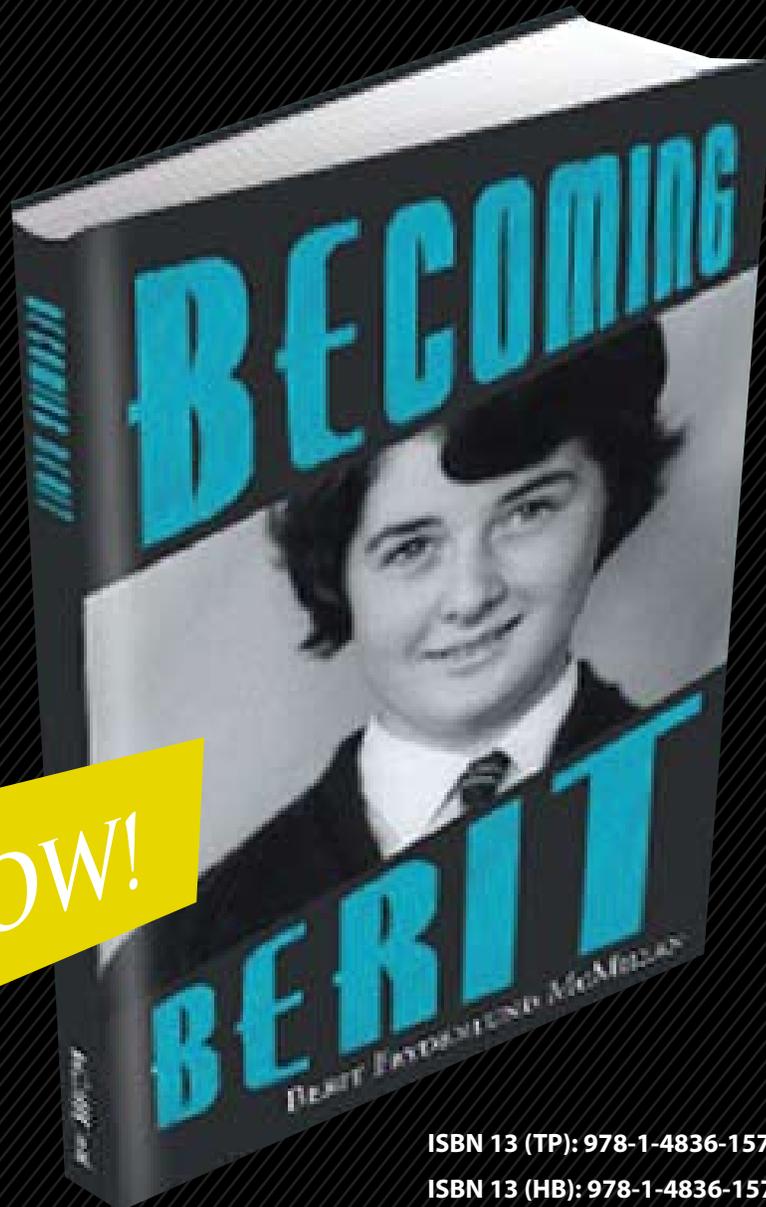
11. The Journey

12. Seguir

13. Returning

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ISBN 13 (TP): 978-1-4836-1571-4

ISBN 13 (HB): 978-1-4836-1572-1

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**One woman's memoir answers
many questions surrounding child abuse.**



Berit Frydenlund was born in England ten months after the end of World War II. Until 1948, she lived in Sarpsborg, Norway, then returned to England where she resided until 1974. She is the oldest of eight children.

At Gloucestershire College of Education, she majored in education and literature, then began her teaching career. After emigrating to the United States, she received a BSc from..... [more](#)

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One in Six Happy Marriages Began as One Night Stands



www.vouchercloud.net

A survey by a leading coupon brand has revealed the most likely places for Americans to meet their future husband and wives, with 'happily married' women most likely to meet their significant others through friends (19%), during a one night stand (17%) or at work (15%). Women who identified that they were 'unhappily married' were most likely to have met their partner at a social event (21%).

A leading coupon brand conducted a survey to find out more about the relationships and meeting places of US citizens in order to discover where the likeliest places to find long-lasting love are, following an increase in searches for discounts for online dating services and dating destinations. 2,193 US women took part in the study, all of whom had been married for 12 months or longer.

The survey, conducted by www.vouchercloud.net, initially asked respondents if they considered themselves to be 'happily married', further explaining that this meant they were in a marriage which they felt was generally constructive, functional and satisfying for both parties. More than a quarter of American women (26%) indicated that 'no', they were not in a happy marriage. The remaining 74% agreed that they were happily married.

Tellingly, the survey then asked couples to indicate whether they considered their current situation to be 'financially stable'. Those who were unhappily married were twice as likely to indicate that they were not financially stable (46%), compared to those who were happily married (23%).

All respondents were then asked where they had met their husbands. The [vouchercloud.net](http://www.vouchercloud.net) team separated the responses according to the women who were happily married and those who were not, to reveal the top 5 places to meet a future spouse for a happy or unhappy marriage.

Top 5 Meeting Places of Happily Married Women:

1. Through friends – 19%
2. A one night stand – 17%
3. At work – 15%
4. Online – 14%
5. During a leisure activity e.g. the gym – 12%

Top 5 Meeting Places of Unhappily Married Women:

1. A social event e.g. party or night out – 21%
2. Online – 19%
3. At school / university – 16%
4. During a leisure activity e.g. the gym – 15%
5. At work – 13%

In order to evaluate further the dating process of happy marriages, the relevant women were asked to detail how long they were dating before a series of important relationship milestones were reached. This revealed that, to achieve a happy marriage, the average couple should meet through friends, announce their relationship on social media following five weeks of dating, move in together after nine months and get engaged after 18 months. The average engagement of a happily married woman had lasted a further 14 months before the wedding.

In comparison, those who were unhappily married had most commonly met during a social event, before announcing their relationship on social media much quicker than their happily married counterparts, with an average of three weeks before making their new relationship 'Facebook official'. They then proceeded to date for an average of seven and a half months before deciding to take the next step to co-habitation, again beating the happily married couples to this stage. However, the engagement milestone averages for those unhappily married couples was revealed to be 36 months, or three years, of dating. The engagement period was also slightly longer, coming in at 18 months.

Matthew Wood of [vouchercloud.net](http://www.vouchercloud.net) commented:

"These findings have debunked many dating myths; mostly that one night stands are a recipe for disaster, when quite clearly, it's often the opposite and can even result in wedding bells! Perhaps the results don't seem romantic on the surface, but clearly for many happy couples, there's far more going on underneath the stereotypes."

He continued:

"It's interesting to see the average relationship paths of women in happy marriages compared to those in unhappy ones – and funny to see how we compare to these in our own romantic scenarios! Really, of course there is no secret route to success, but making sure you take your time early on in a relationship seems to be a sensible tip for a happy long-term relationship. Take time out together, go on days out and try new experiences to enjoy those early stages and make sure you keep dating right into your

SURVEY BREAKDOWN:

marriage. It doesn't have to be expensive – often there are many good discounts and voucher codes available online – but it's important to keep connected and have time out from the hectic everyday grind no matter how long you have been together.”

WEBSITE URL:

<http://www.vouchercloud.net>

Study of 2,193 female US nationals, all aged 18 and over and married for 12 months minimum.

Do you consider yourself to be in a happy marriage, meaning one which is generally constructive, functional and satisfying for both parties?

Yes	74%
No	26%

Results from questionnaires given to the happily married group.

Are you and your partner financially stable?

Yes	77%
No	23%

If you are happily married, please indicate where you met your husband:

Through friends	19%	At school / university	5%
At work	15%	During a leisure activity e.g. the gym	12%
At a social event e.g. party or night out	9%	A one night stand	17%
Online	14%	Through family / At a family event	4%
		Other	6%

Please state how long you had been dating before you reached the following relationship milestones:

Announced the relationship on social media	Av – 5 weeks	Got engaged	Av – 18 months
Moved in together	Av – 9 months	Got married	Av – 32 months

Leanne Bryan

Senior PR Account Executive

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Results from questionnaires given to the unhappily married group.

Are you and your partner financially stable?

Yes	54%
No	46%

If you are happily married, please indicate where you met your husband:

Through friends	3%	At school / university	16%
At work	13%	During a leisure activity e.g. the gym	15%
At a social event e.g. party or night out	21%	A one night stand	5%
Online	19%	Through family / At a family event	7%
		Other	1%

Please state how long you had been dating before you reached the following relationship milestones:

Announced the relationship on social media	Av – 3 weeks	Got engaged	Av – 36 months
Moved in together	Av – 7.5 months	Got married	Av – 54 months



www.urban.org

INTERACTIVE FEATURE

THE HUSTLE

URBAN INSTITUTE

ECONOMICS OF THE UNDERGROUND COMMERCIAL SEX INDUSTRY

Pimps claimed inaccuracy in media portrayals.

Pimps manipulate women into sex work.

Women, family, and friends facilitate entry into sex work.

Unexpected parties benefit from the commercial sex economy.

The Internet is changing the limitations of the trade.

Child pornography is escalating.

The underground sex economy is perceived as low risk.

Policy and practice changes can help combat trafficking and prostitution.

I'm writing to share a new research-based interactive feature that sheds new light on the scope of America's underground commercial sex economy.

Just how big is the country's underground commercial sex economy?

Finding the answer is a critical first step for enabling decision-makers to make informed choices about how to combat the harm that happens within this illicit market.

My colleagues and I tackled the question in [our report](#) - the first to close the gap in what we know about the nature and scope of the commercial sex economies in American cities.

Through interviews with convicted pimps, we uncovered information on how businesses are operated, how men and women enter and are recruited into the trade, and how the Internet is changing the street-based commercial sex economy.

Our research also yields the first scientifically rigorous estimates of the revenue generated in seven cities in 2003 and 2007 - totals that range from [\\$39.9 million to \\$290 million](#).

Armed with these insights, policymakers and practitioners can amplify efforts to create and implement prevention and intervention strategies that better address how individuals enter and remain working within these underground economies.



MATTHEW JOHNSON
Multimedia Manager,
Urban Institute

Story and photos by



MEREDITH DANK, PhD
Senior Research Associate,
Urban Institute

Based on research by

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NATIONAL ASSOCIATION OF WOMEN BUSINESS OWNERS: BALTIMORE REGIONAL CHAPTER

Tuesday, July 22, 2014

HAPPY HOUR NETWORKING

5:30 - 7:30 pm

Cost:

\$25 Member / \$40 Non-Member Register Here!

\$35 Member / \$50 Non-Member after July 15.

Surcharge of \$10 for walk-ins.

**REGISTRATION CLOSSES
JULY 21 AT 3 PM**



Description:

Come join NAWBO-Baltimore's members and guests for a Happy Hour Mixer to expand your network while meeting other women in business in Baltimore!

This is always a well attended event- so don't wait to register!

Menu:

Chicken and vegetable quesadilla, chips, salsa & guacamole and one beer, red or white wine or margarita.

Location:

Zen West Roadside Cantina
5916 York Road, Baltimore, MD 21212-3028
(410) 323-3368

Tuesday, September 23, 2014

WELCOME BACK TO NAWBO!

11:30AM - 1:30PM

CORPORATE PARTNER APPRECIATION

\$25 Member / \$40 Non-Member Register Here!

\$35 Member / \$50 Non-Member Late Registration Fee After September 17 Surcharge of \$10 added to Late Registration Fee for Walk-ins.

\$25 Special Exhibit Table Opportunity for Members (Total Cost \$60)

**REGISTRATION CLOSSES
SEPTEMBER 22 AT 3 PM**

Description:

Welcome back! Join us as we preview our fall speaker lineup and provide an overview of NAWBO. What's NAWBO all about? Learn more about the many benefits NAWBO membership offers including the opportunity to talk with each committee chair on how you can get more involved and increase your company's brand awareness.

Timeline:

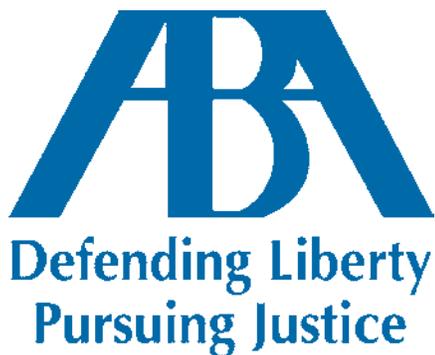
11:30 a.m. - 12:30 p.m. Registration, Networking, and Opportunity to talk with Committee Chairs
12:30 p.m. - 12:45 p.m. Buffet Lunch
12:45 p.m. - 1:30 p.m. Program

Menu:

California Wrap
Spinach Tortilla with Smoked Turkey, Munster Cheese, Bacon and Guacamole with Lettuce, served with Dessert, Coffee, Decaffeinated Coffee, Herbal and Iced Teas

Location:

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ABA honors UN special rapporteur on violence against women with human rights award



The American Bar Association Section of Litigation will honor Rashida Manjoo, UN special rapporteur on violence against women, with its International Human Rights Award.

The award, which recognizes an individual who has made substantial and long-term contributions in the promotion of civil rights, civil liberties or human rights outside the United States, will be presented Friday, Aug. 8 at the ABA Annual Meeting in Boston.

“We are honored to bestow this award on Rashida Manjoo, one of the world’s top experts and combatants of violence against women,” said Don Bivens, chair of the ABA Section of Litigation. “She has devoted her career to addressing the brutality and oppression rooted in inequality and gender-based discrimination.”

In addition to her work with the United Nations Human Rights Council, Manjoo is a professor in the Department of Public Law at the University of Cape Town. She is the former Parliamentary commissioner of the Commission on Gender Equality (CGE) in South Africa, a constitutional body mandated to oversee the promotion and protection of gender equality.

Prior to being appointed to the CGE, she was involved in social context training for judges and lawyers, where she has designed both content and methodology during her time at the Law, Race, and Gender Research Unit, University of Cape Town and at the University of Natal, Durban.

The Section of Litigation, the largest specialty section of the American Bar Association, is dedicated to helping litigators become more effective advocates for their clients. The section is a legal publisher, a provider of programming, a source of news and analysis, and a strong national voice in discussions concerning the profession. Simply put, the section helps lawyers be better lawyers.



With nearly 400,000 members, the American Bar Association is one of the largest voluntary professional membership organizations in the world. As the national voice of the legal profession, the ABA works to improve the administration of justice, promotes programs that assist lawyers and judges in their work, accredits law schools, provides continuing legal education, and works to build public understanding around the world of the importance of the rule of law. View our [privacy statement](#) online.

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Author Quotes

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



Aliah Uddin
Author - Her Demise

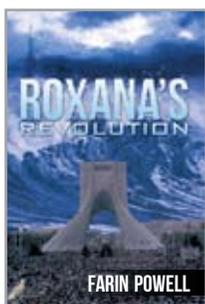
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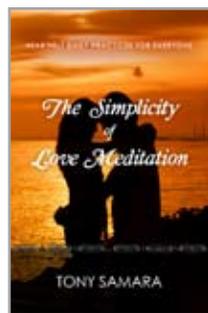


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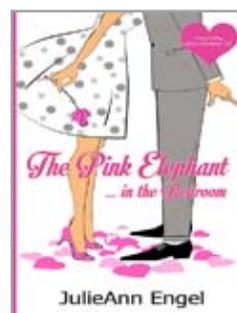
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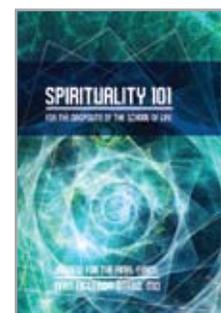
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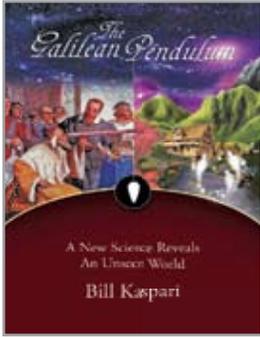
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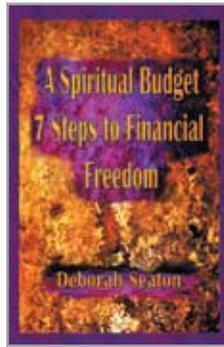
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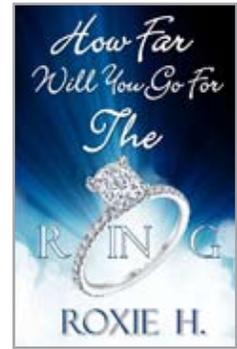
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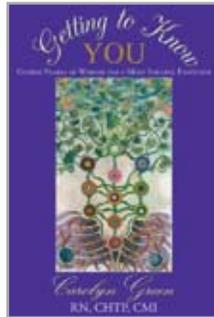
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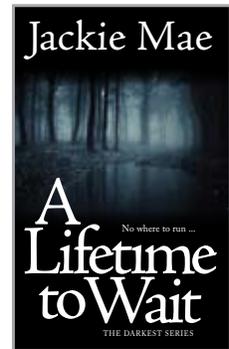
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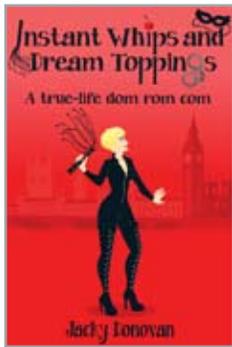
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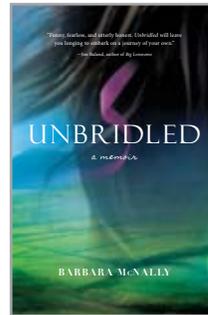
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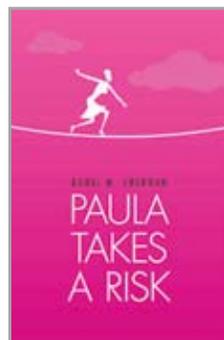
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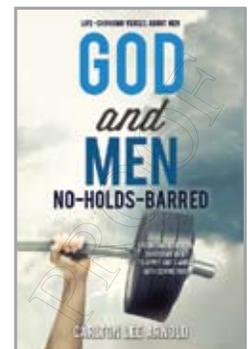
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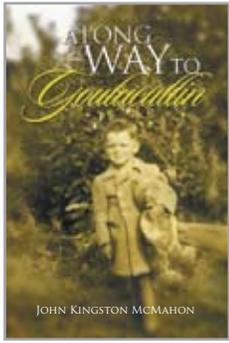
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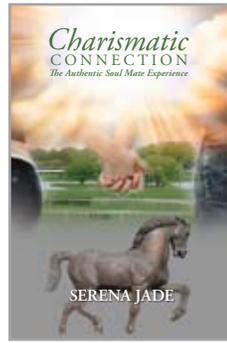
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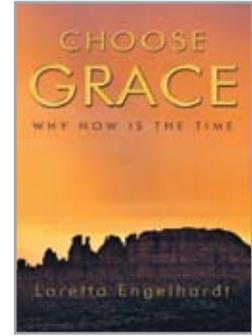
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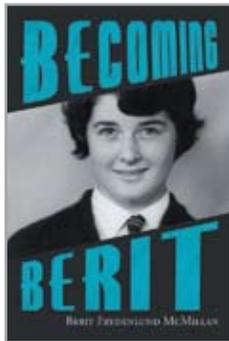
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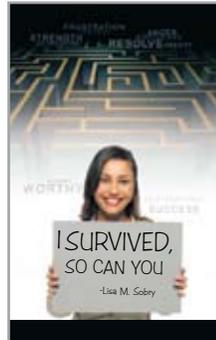
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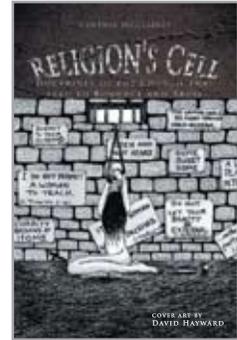
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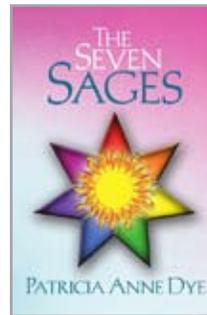
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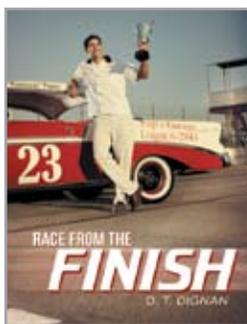


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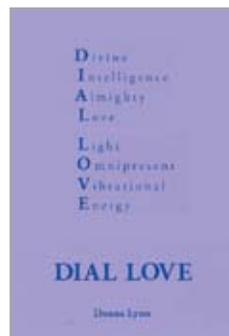
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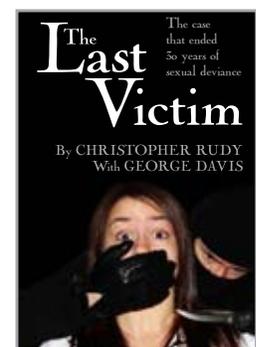
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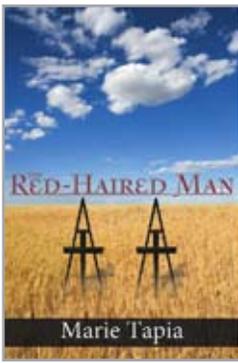
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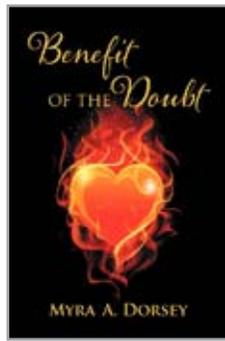
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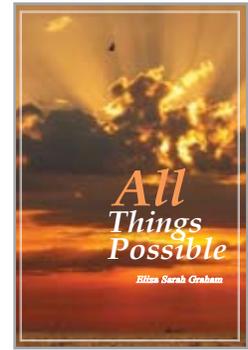
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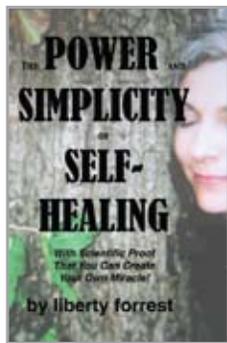
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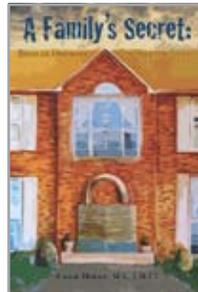
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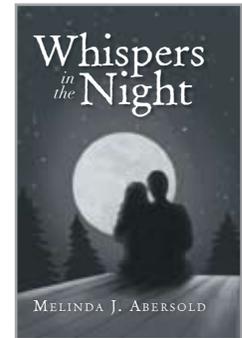
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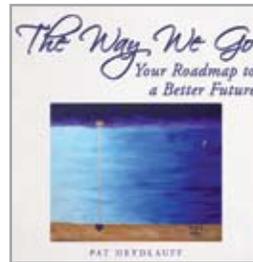
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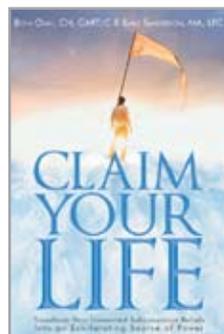
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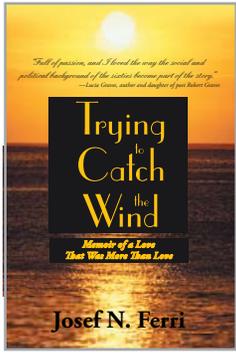


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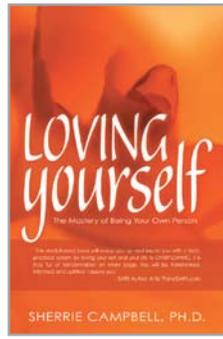
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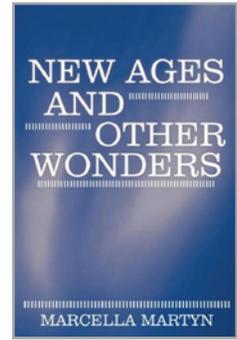
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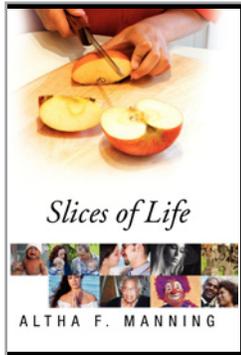
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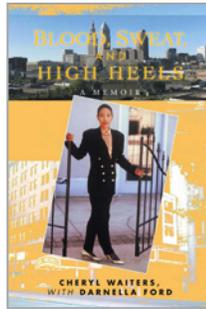
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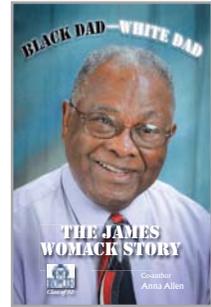
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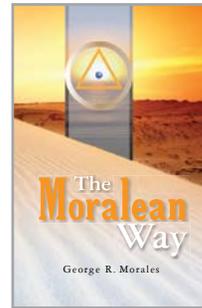


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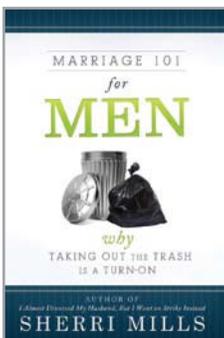
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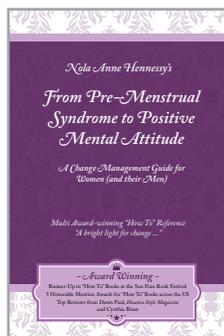
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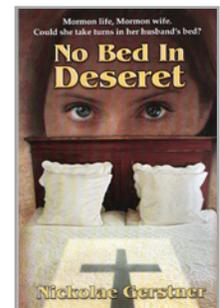
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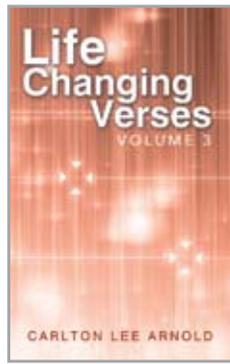
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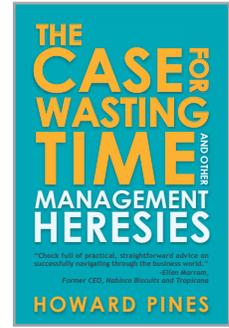
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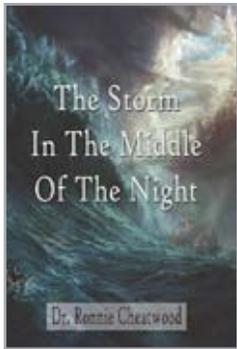
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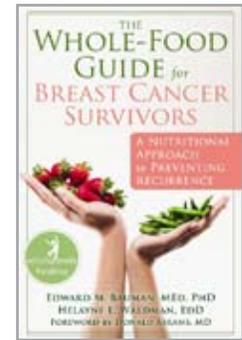
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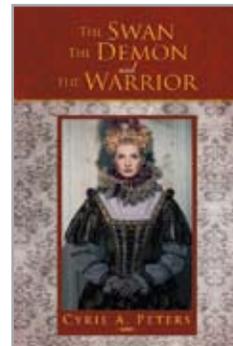
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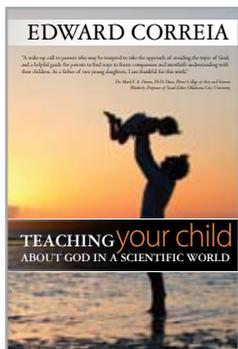


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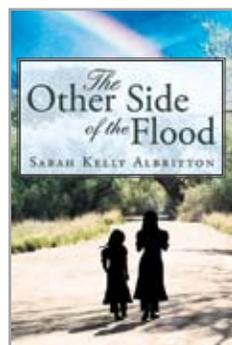
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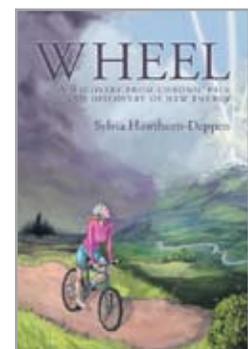
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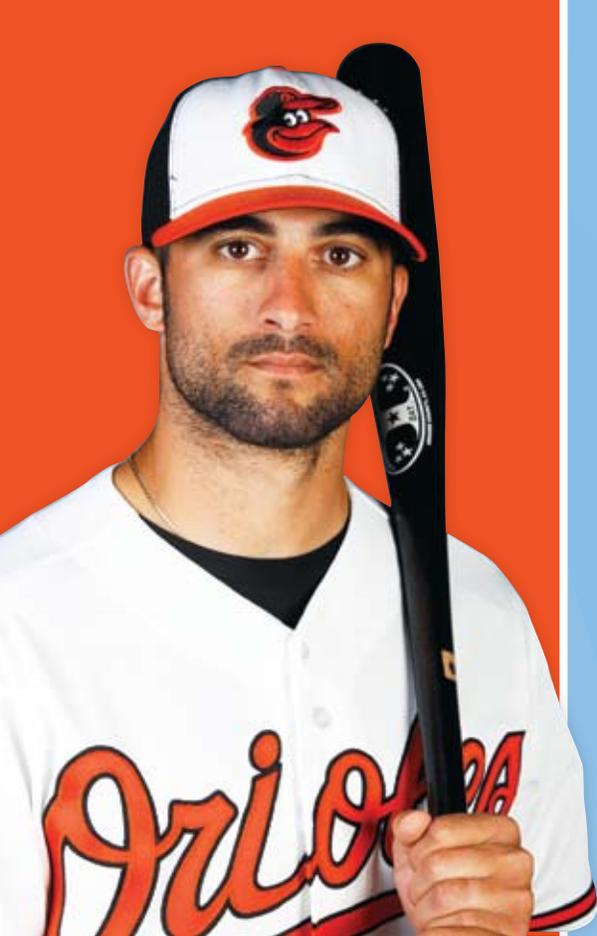


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