

A Publication for the Conscious Woman

# Focus *Women* ON *Women* MAGAZINE



**Where Were the Women**

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**Women's Voting Power**

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**Happiness is a Decision**

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November/December 2012



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# November/ December 2012



Joslyn Wolfe  
Publisher

Ushering forth the holiday season is the soujourner's path of of immeasurable possibilities. Life's unpredictable byway beckons us to reflect upon others and calls forth within us our greater selves to mend, repair and renew friendships, kinships and relationships. Within this mortal pass of time, lies a great gift to pause and to be enlightened, and to be

awakened by the bounteous oasis of opportunities before us. We contemplate on and are grateful for the tangibles and the untangibles, the artifice of this season offers us. To our readers, supporters and advertisers. May the gift of the Holiday season find you happy and bring you peace.

*"We must walk consciously only part way toward our goal, then leap in the dark toward our success."*

All the best,

## Joslyn Wolfe

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# Focus Women ON MAGAZINE

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

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# THE SONG IN YOU:

## Finding Your Voice, Redefining Your Life By LaDonna Gatlin & Mike Marino

*Foreword by Country Music Legend  
Larry Gatlin*

**B**efore Larry Gatlin & The Gatlin Brothers became one of the biggest hits in country music, they toured with their sister LaDonna as The Gatlin Quartet, and in her optimistic message of hope and healing, LaDonna Gatlin shares the choice she made to embark on a different 'tour' -- raising her children, putting family first, overcoming adversity, and ultimately helping to inspire countless others discover their own song.

LaDonna believes we all have a song to sing—something that sets us apart as special, worthy, and unique. To be our absolute best, we must find our own voice, she says. That's the message of *The Song in You: Finding Your Voice, Redefining Your Life* (HCI Books --\$14.94), an encouraging you-can-do-it guide by LaDonna Gatlin. A member of the National Speakers Association Hall of Fame, she has inspired hundreds of thousands of people over the past decade through her wisdom, humor, and song . . . and in *The Song in You*, Gatlin takes readers down an inspirational path to uncovering their own potential, purpose, and passion.

Using the seven notes of the musical scale—do (do the right thing), re (realize your potential), mi (mind your manners), fa (failures can become fertilizer), sol (solutions begin with me), la (laugh), ti (time is valuable) . . . and right back to do—Gatlin uses her own story, including her dramatic personal struggles, to craft a spiritually uplifting message.

*The Song in You* contains practical, emotional, and spiritual insights gleaned from Gatlin's experiences as part of a famous musical family, and also as a woman whose Christian faith caused her to walk away from untold riches and fame to travel the world with Christian music pioneer Dallas Holm and evangelist David Wilkerson (from *The Cross and the Switchblade* movie). With a finely tuned voice, sharp wit, and engaging communication style crafted over a lifetime of performing, LaDonna ignites readers to boldly discover



## About the Authors:



Council of Peers Award for Excellence), a lifetime award for speaking excellence and professionalism.

LaDonna has spent her entire career empowering people to “sing their own songs” through their words, deeds, and actions. A seasoned professional, LaDonna has shared her message everywhere . . . from corporate powerhouses to the prison cells of death row. She truly speaks from the heart with stories that are the stuff of life, driving home common sense wisdom for everyday living in the process. Her presentations

their passion, connect with their voice, and embrace a life of purpose and meaning.

LaDonna Gatlin is the sister of the legendary Gatlin Brothers and a National Speaker Association Hall of Famer. She brings her “family over fame” story to hundreds of thousands of people as an active member of the National Speakers Association and has earned its highest professional designation, the Certified Speaking Professional (CSP). In July of 2005, LaDonna was one of five speakers (and the only woman that year) inducted into the Speakers Hall of Fame (CPAE

educate, inspire, and entertain and are an unforgettable experience for her audiences.

In addition to her live presentations, LaDonna has also recorded four solo CDs and is a contributing writer to the bestselling book series *Chicken Soup for the Soul*. LaDonna lives in a Dallas suburb with her husband (and best friend!) of thirty-seven years, Tim Johnson. They have two adult children who have blessed them with five grandchildren.

**Visit:** [www.ladonnagatlin.com](http://www.ladonnagatlin.com).



*Mike Marino, PhD, is a speaker, author, counselor, and media personality*

Mike Marino, PhD, is a speaker, author, counselor, and media personality with an extensive background in mental healthcare and communications. He hosted a nationally-syndicated call-in radio program for five years and has produced broadcast programming, live events, and written materials for such diverse people as Dr. Laura Schlessinger, PBS-TV’s Daniel Amen, MD, and the Reverend Billy Graham. He has also served as corporate vice president at the world renowned Amen Clinics, as president of New Life Ministries where he presided over a nationwide network of over 600 mental health clinicians, and as a senior executive at the Billy Graham Evangelistic Association. His hands-on, practical experience running psychiatric hospitals and substance abuse recovery centers has laid the groundwork for his life-changing message of genuine hope and healing.

*Available at bookstores, online, or to order directly from the publisher, contact:*  
[www.hcibooks.com](http://www.hcibooks.com) or (800) 441-5569

**THE SONG IN YOU Finding Your Voice, Redefining Your Life, by LaDonna Gatlin & Mike Marino**

# WHERE WERE THE WOMEN ?



## MARYLAND WOMEN'S HERITAGE CENTER

In the 2012 election year, at least one area has had support from Democrats, Republicans and Independents – we need to highlight, speak to, and hear from the women! Partially triggered by a U.S. Congressional hearing on women's health care when 100% of both the committee members and the witnesses were male – no women at all speaking or listening about women's health – there has recently been an increase in awareness about the importance of including women's voices and women's stories.



During Women's History Month, March of 2012, the U.S. Department of the Interior (DOI) and its Cabinet Secretary Ken Salazar, had the same realization. When the DOI and its National Park Service surveyed the historic sites throughout their nationwide jurisdiction, they found that only 7% focused on women and their contributions to our states and our country! This was in spite of the fact that dedicated DOI staff members have been working for several years in conjunction with the National Collaborative on Women's History Sites.

When this imbalance was brought to Secretary Salazar's attention, he was moved to action. He decided to hold his first-ever national meetings about women's history and women's historic sites while it was still Women's History Month. The Interior staff selected our Maryland Women's Heritage Center and Museum (MWHC) as the ideal site for these pioneering meetings. There were to be two separate meetings, first was an invitational Stakeholders Meeting for those leading efforts to recognize and preserve women's history and contributions; the second was an open Town Hall Meeting where the public could enter into dialogue with the Secretary and his able and enthusiastic staff.

The Maryland Women's Heritage Center was honored to be chosen to host these historic firsts. The MWHC is the first such comprehensive center in the United States and is a concept virtually unknown in other countries. MWHC is a nonprofit, nonpartisan organization dedicated to "preserve the past, understand the present, and shape the future by recognizing, respecting and transmitting the experiences and contributions of Maryland women and girls." Some states

have particular elements of the MWHC but none have all of its integrated components: the first home for the Maryland Women's Hall of Fame begun in 1985 by the Maryland Commission for Women and the Women Legislators of the Maryland General Assembly, special recognition for Unsung Heroines in all of our lives, a Maryland Women's Heritage Trail with sites in all regions of the state, a Student Learning Center, an historic timeline of Maryland Women Leading the Way, a Resource Center on Women's History, programs and performances, and a place for organizations and the community to gather and address issues of importance to girls, women and their families.

The two history-making meetings with Secretary Salazar were well-attended and highly productive. The Stakeholders

Meeting was attended by a variety of leaders in areas related to women's history. Among those participating were Katie Curran O'Malley, First Lady of Maryland, Stephanie Rawlings-Blake, Mayor of Baltimore, Anna Maria Chavez, the national CEO of Girl Scouts of the USA, and representatives of the National Collaborative for Women's History Sites, the



Smithsonian Institution, the Sewall-Belmont House and Museum, the national League of Women Voters, the forthcoming Lillie Carroll Jackson Museum, and Preservation Maryland. Secretary Salazar was open and inviting and was taking the recommendations seriously, including getting in touch with

the Secretary of Education for incorporation in education as well. Many who have seen the lack of inclusion of girls and in educational materials welcomed this possibility!

The Stakeholders Meeting was followed by an overflow Town Hall Meeting. The Superintendent of the Women's Rights National Historical Park in Seneca Falls, NY, participated in this meeting as did historians, museum leaders, historical society representatives, students, Girl Scouts, teachers, and activists from all around Maryland and our region. The truly exciting part of these historic firsts was the genuineness of Secretary Salazar and the commitment that he and his staff demonstrated while hearing the recommendations and comments of the diverse participants. Requests ranged from assuring more content about women in our national and



state museums and parks, to a request for listing on the National Historic Register for the forthcoming museum honoring civil rights pioneer Lillie Carroll Jackson.

## ***So where were the women?***

To find out, go to the website of the Maryland Women's Heritage Center ([mdwomensheritagecenter.org](http://mdwomensheritagecenter.org)) for the Maryland Women's Heritage Trail. This Trail, with over 150 sites, some in every county and Baltimore City, is the latest of annual packets created by the Maryland Women's History Project, a joint venture of the Maryland State Department of Education and the Maryland Commission for Women. Traveling around the country? Access the site of the National Collaborative for Women's History Sites ([ncwhs.org](http://ncwhs.org)) to find their outstanding 142 page reference on Women's History: Sites and Resources. You'll find so much to learn and enjoy, by yourself and with your family or colleagues!

[www.mdwomensheritagecenter.org](http://www.mdwomensheritagecenter.org) or  
[www.mdwomensheritagecenter.net](http://www.mdwomensheritagecenter.net)



# Women's voting power inspires future women leaders

--Traci A. Barnett

The 2012 national elections once again proved the electoral power of women. Across the nation women demonstrated their commitment to standing up for what they believe as they overwhelmingly exercised their right to vote. Poll results revealed that women made up 53% of the recent election electorate, outpacing men by nine million votes. U.S. News and World Report called women voters "the key voting bloc" in the election. In record numbers women cast their votes and played a decisive role in both national and local elections.

“

*Traci Barnett is the CEO of Girl Scouts of Central Maryland, which implements the Girl Scout Leadership Development program to nearly 23,000 girls in Baltimore City, Anne Arundel, Baltimore, Carroll, Harford and Howard Counties.*

”

The record set by women voters was matched by the success of women running for political office. In addition to the presidential race, 184 women were running for office in Congress; 81 women were elected to Congress and 20 women will now serve in the U.S. Senate. The group of women Congressional and Senate candidates elected into office includes Mazie Hirono (HI), Tammy Baldwin

(WI), Elizabeth Warren (MA) and Heidi Heitkamp (ND), each of whom are the first women to serve in the U.S. Senate from their states; New Hampshire became the first state to elect an all woman Congressional delegation. In addition, Maryland's lone female representative, Congresswoman Donna Edwards (and a former Girl Scout) retained her seat.

The determination and resolve that each of these women displayed, especially in states where their seats were highly contested, coupled with the determination and resolve of women voters across the country, serve as both inspiration and examples for young women everywhere. Their victories and the impact of women voters in every state, lets girls know that they too have the power to influence and the capacity to lead.



This is what the Girl Scout Movement strives to do; to help every girl realize her potential and ability to make a difference in her community, her state, even the world. Just as women came together in the voting booths, women must work together to ensure that generations of girls to come will continue to understand that they are powerful and that they too are leaders. To be a part of an organization that has already helped thousands of women realize their leadership potential (70% of U.S. Congresswomen are former Girl Scouts) call us on 410.358.9711. The Girl Scout Movement is calling on all adults—business men and women, CEOs, politicians, parents and teachers to help us as we strive to help every girl lead in the ways she wants, now and in the future. We welcome your help as we strive to develop and support the next generation of women leaders.

# WOSB WOMEN FIND GOLD

## FEMALE ENTREPRENEURS TURN INSIDER KNOWLEDGE INTO LUCRATIVE CONTRACTS



Washington, DC - 11/28/2012 - The federal budget is in the Trillions and five (5%) percent is set aside for women, literally Billions of dollars for women. These contracts are available to those that know.

The Federal Emergency Management Agency and DHS are actively seeking Small Business Assistance. Please take a look these Small Business Events scheduled by the US Department of Homeland Security in Washington, D.C. The department seeks to increase Small Business participation in their contracting with these FREE events. Please respond and direct all question to the DHS Contract Officer. Got to [www.newparadigm.us/Info-You-Need.html](http://www.newparadigm.us/Info-You-Need.html) and download the file named "Vendor Outreach Sessions 2013 DHS".

New Paradigm Management is pleased to announce that it is hosting a business development workshop for Women Owned Small Business (WOSB & EDWOSB) in Washington, DC on November 28. Position yourself to win federal contracts as a prime or a sub.

Billions are being spent in the DC area this year. Find buyers for the services and products that you sell. For details on this special offer visit: [www.newparadigm.us/Registration-Page-2.html](http://www.newparadigm.us/Registration-Page-2.html)

**Federal Contracting Workshop for Women**  
**Washington, D.C. November 28, 2012**



### 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 or visit [bbb.org](http://bbb.org).

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# Proceed with Caution When Using Insurance Comparison Websites

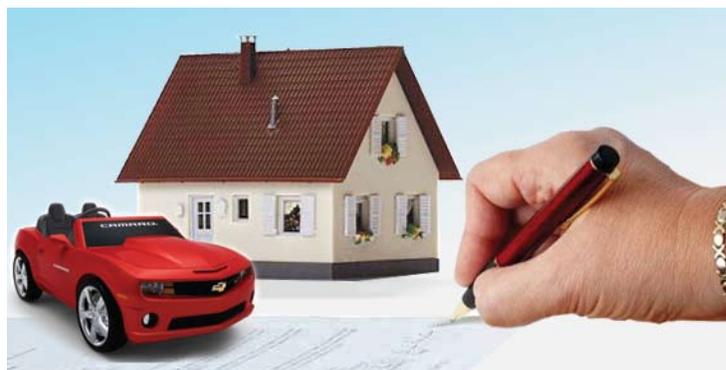
Whether it's for your health, home or car - buying insurance coverage can give you the peace of mind that you and your assets are protected. But, with so many agencies to choose from, many consumers have turned to comparison websites to help them find the best rates. While these sites can be a useful tool, Better Business Bureau | Greater Maryland encourages you to research the company before offering any personal information.

Online discussion boards are filled with gripes about United Drs Insurance, <http://insurance.cov3rage.com/contact.html>, an insurance comparison website. Complainants allege that the company withdrew unauthorized, monthly payments from their bank accounts. Many of those victims claim they did not buy a policy. They only submitted a request for quotes. Victims who did purchase an insurance policy complained about being overcharged. According to posts, money lost ranged from \$40 to \$9,000.

"Shopping around is a smart choice when making a major investment; however, assessing your resources is equally important," said Angie Barnett, president/CEO, BBB | Greater Maryland. "Putting your personal information in the wrong hands may be an open invitation for identity theft or fraud."

United Drs Insurance's victims may have provided banking information on an online form or to an "insurance agent" by phone. After being alerted by several sources, BBB investigators sprang into action and began to uncover the signs of a scam.

First, the website has only an email address and lacks transparency by failing to disclose a phone number or physical business address. As a result, victims are unable to



make contact about their concerns. In fact, according to the website's registration with GoDaddy, it originates outside of the United States. Next, the site is in violation of trademark law through its display of BBB's (outdated) logo without a license. And, lastly, if you Google the testimonials on the website, you will find similar websites using the same exact quotes by the same "customers."

### BBB encourages victims of this scam to:

- File a complaint with the Internet Crime Complaint Center, [www.ic3.gov](http://www.ic3.gov).
- Report it at [www.econsumer.gov](http://www.econsumer.gov).
- Submit your story through BBB's Scam Source resource page and help us track scams across the country.

### Additionally, we encourage all consumers to:

- Guard personal and financial information. Be wary of online forms and unencrypted portals.
- Click a BBB logo to verify it links to the company's BBB Business Review and validate authenticity.
- Check bank statements - preferably online and often - and report unauthorized charges immediately.
- Research a company's record of customer satisfaction and rating at [www.bbb.org/reviews](http://www.bbb.org/reviews).

Website: [www.bbb.org](http://www.bbb.org).  
For more information, visit <http://greatermd.bbb.org/military-line/>.

**Are You A “MAD MEN” Fan?**

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**Space is limited!**



# Happiness is a Decision, Make the Choice

Advice from successful BMW saleswoman Terri Lynn

**H**ow is it possible to be happy when you hate the circumstances of your life? I asked myself the very same question back in 1987. I found myself living in a nightmare where nothing made sense. How did this horror story become my life, I thought, and how can I be happy? I knew if I were to survive this hell I needed to find something to be happy about.

In 1987, my two young sons moved two hours away with their father, a consequence to a decision I had made four years earlier during my divorce. As if the divorce was not painful enough, now I had to face a long distance relationship with my 7- and 9-year-old boys. They were my life.

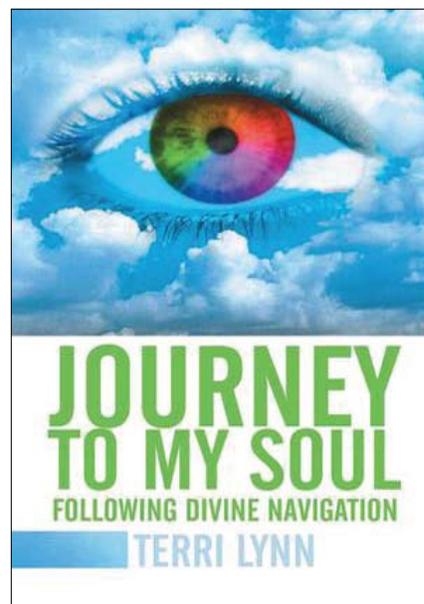
During my divorce I made a prayerfully guided choice to walk away with nothing so that my boys would not be on welfare. My spirit was broken and I could not go on; I wanted to die. I could not imagine leaving my boys with a suicidal mom so I asked God to take me, with every belief that my life would end.

My life spiraled out of control during this period of over a year when I was just waiting for death, until one day when I received the message I was supposed live. At this point in my life I was lost. I did not know how to get back to reality. So, I put one foot in front of the other and did whatever task was in front of me. This is where my fight to be happy began. I made the decision to be happy, no matter what.

I am an optimist by nature and quickly saw what a positive focus did for me. With faith and positive action I began to walk through the daily pain of a life separated from my sons. I saw them regularly and lived for our moments, but it was never enough to satisfy my aching heart. Gratitude filled me at the end of each day so that I could make it through one more day. I knew that this situation was not going to last forever, although at the time it felt like an eternity.

I began working long hours, which helped occupy my time, and I went from living on welfare to earning a six figure income. By the time my sons were grown I had a fabulous life to share with them, and they gained the benefit of a happy mother. My youngest son moved in with me right after high school and is still here. My oldest son lived with us for a while, and so did his wife. Our bond of love is stronger than most due to our separation.

So, to answer the question asked in the beginning, "How is it possible to be happy when you hate the circumstances of your life?" When you decide to be happy, you create the experience of being happy. Happiness is a choice, your choice. Live happy!



## About the Author

Terri Lynn is a sales manager at Otto's BMW in West Chester, Pa. a town near her current residence of Newton Square, Pa. She is divorced and is the mother of two grown sons whom she loves spending time with. She enjoys partner dancing, meditating, and inspiring others to find happiness. Journey to my Soul: Following Divine Navigation is Lynn's first book. Copies of Lynn's book may be found at:

<http://www.amazon.com/>

For more information please visit:

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

# Creating through Chemo

- By RoniTeson

**W**hat's it like to go through chemotherapy and battle cancer? It's one of those things where you think you know what your choice would be until the moment it happens, and you completely change your mind.

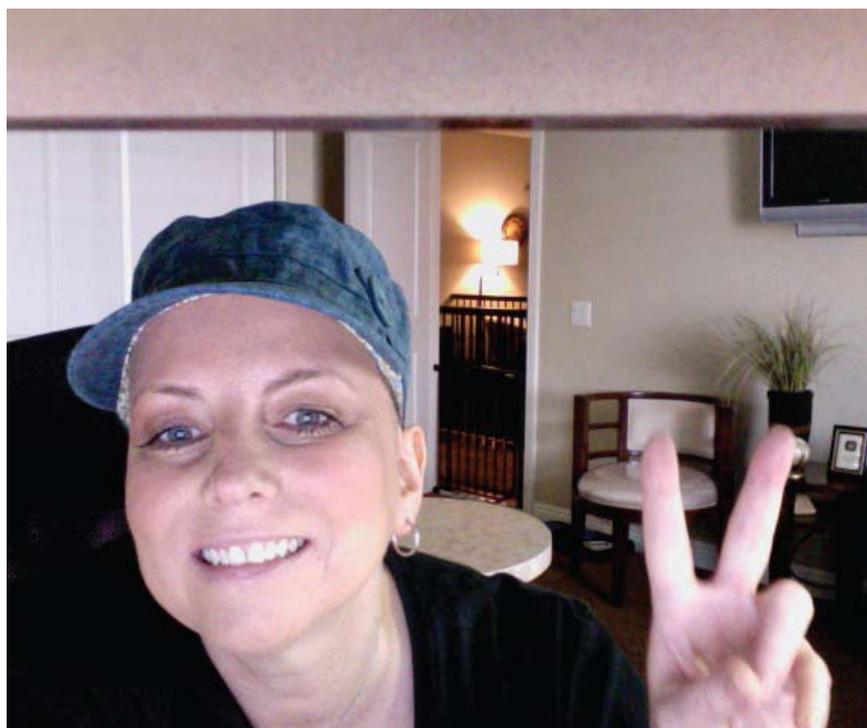
I recall watching a news story about Christina Applegate, when she had a double mastectomy. I said, "That's what I would do. I wouldn't want to take a chance. Just take them both."

Years ago I watched my good friend Al Gerald's deteriorate from chemotherapy treatment and a few months later pass away. Like so many others, I think he died from the side effects of the drugs and malnutrition. Around the same time my Aunt Bev went through a similar treatment to meet a similar fate. That's when I made the determination that I would choose quality of life over that dastardly drug: Chemotherapy. I repeatedly said, "I'm never going to have chemo."

And when it happened, the stage IV breast cancer diagnosis that entered my life, I did the exact opposite of what I thought I'd do. Yep, I spent almost four months (every three weeks) being plied with chemotherapy. A full two years on Herceptin, a little surgery, a lot of radiation—and a 'whole-bunch' of side effects.

Today I'm grateful for the 'old-school' drugs that caused my hair to fall out, and for the newer drug, Herceptin that saved my life.

My recovery included much more than the eradication of the out of control cancer cells from my body. When I was unable to travel and complete the functions of my job (due to the treatment—not the ailment) I took the time to focus on my dream—finishing my novel. And somehow, some way the book was completed with an insight from—if I were Theresa Caputo, Long Island Medium I'd use the word—spirit. The point is that something helped me write those words and create and interwoven tale, something that I cannot define.



## RoniTeson is the author of *Heaven or Hell*, available on Amazon

I completed the novel toward the end of the year 2010. A hard copy manuscript was placed on my coffee table in a leather bound case. I went back to work and didn't look at a single word of that book until 2012 when I found myself flipping pages like the avid reader I am and saying out loud, "I wrote this?"

Faced with potential death and one medically known option for a possible cure, I chose the hard drugs. During my chemo fog and throughout my radiation treatment I lived for the moments I could write and rewrite. When the book was completed I felt a loss that many an author can understand. I missed Joe, Teresa, Angel, Aunt Jessie, and Father Benjamin—my beautiful, wonderful, flawed characters. Around the same time period I learned that my body was responding to the drugs, and I was headed for a cure. I believe there are no coincidences.

And I must share this—a little bit of Al Gerald's lives within Father Benjamin, a little bit of Aunt Bev lives within Aunt Jessie, and Christina Applegate is still my hero. To this day, I'm grateful for the drugs that saved my life and propelled me to complete my novel. The entire process wasn't easy. I experienced an upheaval of my whole world—but now I look back and understand why.

To those angels, spirits, or universal beings that guided me in writing the novel—I thank you, and pray for your insight on my next book—but this time without the chemo!

# THE DECLINING TRADITIONAL JOB

In trend-setting California, according to a study by the University of San Francisco, only 33 percent of the workforce, have traditional jobs. The rest are part-time, temporary, contract workers, or are self-employed.

This is where we were all headed. We keep waiting for the Great Recession to be over and lots of jobs to come back. Its not going to happen. For a growing number of workers, the era of the traditional job, and all the stability that came with it, is over. The millions in the category of long-term unemployed and underemployed in the U.S. and elsewhere are proof of this. A recent report in the Harvard Business Review suggests that the growth rate for contingent workers will be three to four times that of traditional workers.

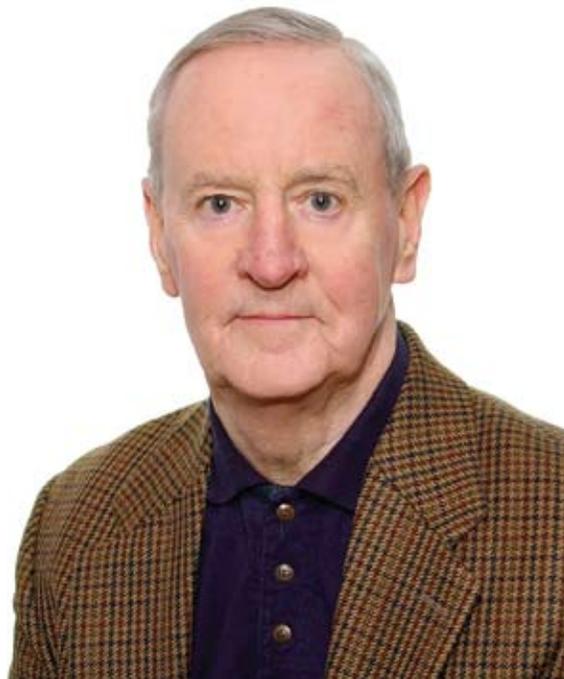
The countries that will succeed in the 21st Century are the ones that can tap into and nurture the entrepreneurial spirit within their workforce and that support and encourage the creation of small businesses. The ones that will fail are the ones that continue to depend on the traditional job.

Professor Mohammad Yunus was awarded the Nobel Peace Prize in 2006 for establishing the Grameen Bank, which has helped millions of people in over 40 countries to become self-sufficient by giving them access to small loans. Last year, in an initiative to create more entrepreneurs by getting school kids to compete among themselves, a group of 11-year-old girls in Scotland made 4,000 Pounds from a one-Pound loan in just four weeks. A Scotsman newspaper report describing the project said, the kids loved it.

The challenge in this century is to give more kids the chance to participate in these types of projects and to help unemployed people to become more enterprising and entrepreneurial in their attitude towards earning a living. Going forward, one of our biggest challenges is to reduce our dependency on the traditional job.

William Bridges pointed out in his bestseller JobShift that The job is a social artifact, although it is so deeply embedded in our consciousness that most of us have forgotten its artificiality or the fact that most societies since the beginning of time have done just fine without jobs.

Millions of dollars, euros and pounds are being poured down the drain by governments trying to recreate the second half of the twentieth century through questionable programs that are supposed to help the unemployed find jobs.



RON MCGOWAN IS THE AUTHOR OF THE INTERNATIONAL BESTSELLER HOW TO FIND WORK IN THE 21ST CENTURY, CURRENTLY IN USE AT OVER 400 COLLEGES AND UNIVERSITIES WORLDWIDE.

If these funds were instead made available to successful small businesses that are ready to expand, we would make a significant dent in the level of unemployment and at the same time affirm the reality that entrepreneurs create jobs, not governments.

VISIT: [WWW.HOWTOFINDWORK.CA](http://WWW.HOWTOFINDWORK.CA)

# The Dead Celebrity Cookbook Presents Christmas In Tinseltown: Celebrity Recipes and Hollywood Memories from Six Feet Under the Mistletoe - Put Some Glam in Your Holiday Ham!

**W**hen it comes to holiday fun, the stars of Hollywood's Golden Age knew how to make merry – on stage, on screen, and especially on the dinner table. With *Christmas in Tinseltown* (HCI \$14.95)– the follow-up to his international sensation *The Dead Celebrity Cookbook* – Frank DeCaro shows how to put the kitsch into your holiday kitchen as he salutes a quirky collection of celebrities who are gone, but fondly remembered every year at Christmastime.

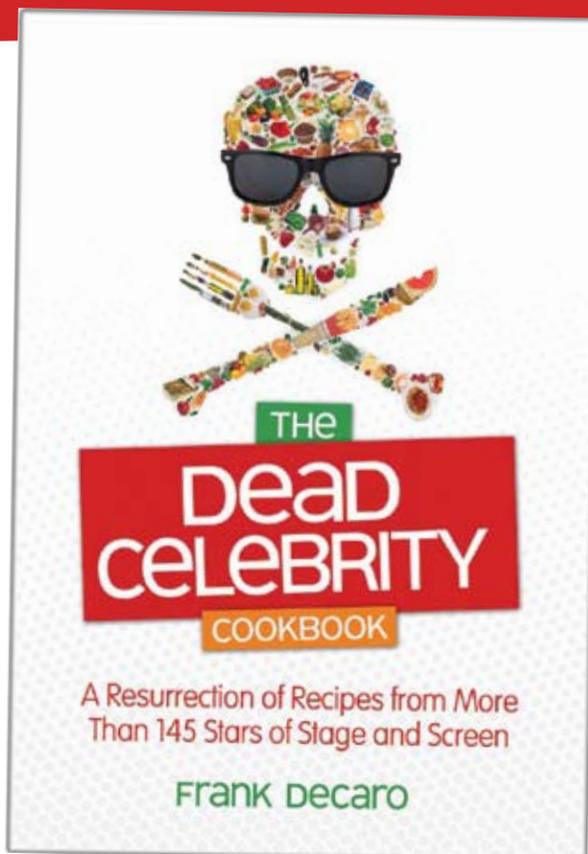
Filled with pop culture ruminations and genuinely delicious recipes, *Christmas in Tinseltown* pays tribute to such movie classics as *It's A Wonderful Life* and *White Christmas*, gives three cheers for such time-honored animated gems as *Frosty the Snowman* and *How the Grinch Stole Christmas*, and puts such offbeat offerings as *The Star Wars Holiday Special* and *The Pee-wee's Playhouse Christmas Special* in their rightful place – your dining room!

In such chapters as “Miracle Whip on 34th Street,” “Eat Meat in St. Louis,” and “Munch of the Wooden Soldiers,” DeCaro dishes up a smorgasbord of culinary delights that will enliven any holiday gathering.

Tempt your guests with Peggy Lee's Holiday Halibut Casserole, Burl Ives's Stuffed Leg of Goat Hawaiian, Lucille Ball's Brazil Nut Stuffing, Nat “King” Cole's Baked Ham Loaf, Guy Lombardo's Lobster Lombardo, Dick Clark's Spicy Turkey Meatloaf, Rosemary Clooney's Viennese Goulash, Bing Crosby's Sugar Cookies, Shirley Booth's Pumpkin Bread, Dinah Shore's Fruitcake, and Spike Jones's Molasses Jumbles. Then wash them all down with Robert Mitchum's Egnog, Edmund Gwenn's Christmas Cup, or John Lennon's Hot Cocoa. This star-studded cookbook promises to get even the biggest Scrooge in the holiday spirit and will have you saying your “ho, ho, ho”s in true Hollywood style for many years to come.

About the Author: Best known for his years as the movie critic on *The Daily Show* with Jon Stewart, writer/performer Frank DeCaro is heard each weekday morning on his own live call-in program, *The Frank DeCaro Show* on Sirius XM Satellite Radio. The author of the groundbreaking memoir *A Boy Named Phyllis*, DeCaro's writing has appeared in *Martha Stewart Living*, *Vogue*, *Entertainment Weekly*, and *The New York Times*.

Follow him @frankdecaroshow on Twitter, “like” him on Facebook, and visit him at:



## Sample Recipes:

### Robert Mitchum 1917-1997

Robert Mitchum was a cool cat and a real Hollywood he-man who became an actor only as a last recourse. He spent much of his early life being what used to be called a “delinquent.” His bad boy reputation was hard-won. He was expelled from schools, he did time on a chain gang, he had a nervous breakdown—the man did it all . . . and survived! He took his tough-as-nails street cred and parlayed it into a fantastic career playing prototypical antiheroes in the movies.

He started as a villain in Hopalong Cassidy movies in the early 1940s, then segued into war pictures including 1944's *Thirty Seconds Over Tokyo*. Noir films came next like Jacques Tourneur's 1947 classic *Out of the Past* and Don Siegel's 1949 *The Big Steal*. *Holiday Affair* was a bit of a switch for Mitchum.

In the 1950s, Otto Preminger cast him as an ambulance driver in 1952's *Angel Face*; actor-turned-director Charles Laughton gave him the chilling role of a religious fanatic in the 1955 cult favorite *Night of the Hunter*, and John Huston shipwrecked him with a nun (Deborah Kerr) in 1957's *Heaven Knows, Mr. Allison*.

Mitchum worked steadily in films throughout the 1960s and '70s. Among his best known works are the thriller *Cape Fear* in 1962 and David Lean's 1970 epic *Ryan's Daughter*. He played Philip Marlowe in 1975's *Farewell, My Lovely* and 1978's *The Big Sleep*, too. Focusing on television in the '80s, Mitchum made appearances in two miniseries, *North and South* and *War and Remembrance*. He also played the role of a police lieutenant in the 1991 remake of *Cape Fear*. How cool is that?

When asked for a holiday recipe back in 1970, Mitchum offered up his eggnog for a crowd. "I make no apology for the excessive quantity," Mitchum told the food writer who'd requested the recipe. "Only a dope would go to the trouble for less." It'll be perfect for any holiday affair you might throw . . .

Beat egg yolks and confectioners' sugar together in a large bowl. Beat in the rum, brandy or whisky. Add cream and milk. In a separate bowl, beat egg whites with salt until stiff but not dry. Fold this mixture into the liquid. Chill. Serves 20.

## Rosemary Clooney, 1928-2002

Let's get this out of the way first: Yes, she was the aunt of a certain hunk named George. But the most important thing to know about Rosemary Clooney is not that she had a famous nephew who launched millions of carnal fantasies, but that she had one of the greatest voices of the twentieth century.

Singing professionally since her teens, the Kentucky-born singer-actress found fame in the 1950s via a string of novelty hits including "Come On-a My House" and "Mambo Italiano." Audiences adored these funny little songs, but she wasn't nearly as enamored of them. Clooney wanted to be known as the woman who infused standards like "Hey There" with longing, not the gal who sang-a "Botch-a-Me." The woman wasn't even Italian!

Clooney appeared in *White Christmas*, which would be the pinnacle of her film career, because she knew starring alongside Bing Crosby would lift her career to new levels. (She's quite clear about that in an interview that accompanies the Blu-ray edition of the film.) Help her career it did. Not only did Clooney's star turn as girl-singer Betty Haynes in the 1954 film boost her standing in show business, it established her friendship with Crosby. The two later did a concert tour of Ireland together. And Clooney's appearance on a 1978 TV celebration of Crosby's 50th year in show business is considered instrumental in her comeback.

Sadly, Clooney was coming back from a period that hadn't been kind to her. Diagnosed as bipolar, she had a tumultuous relationship with husband José Ferrer—she married, divorced, and remarried him despite his infidelities. He cheated on her on their honeymoon, as the story goes. Their union produced five children, including the talented actor Miguel Ferrer who first made a splash on *Twin Peaks*.

Clooney was appearing on behalf of Robert F. Kennedy when he was assassinated. She had a nervous breakdown shortly thereafter. In the late 1960s, she became addicted to pills. Then in 1976, her sister Betty, with whom she'd performed a sister act early in her career, died suddenly of a brain aneurysm. Worst of all, perhaps, Clooney was becoming known as the jingle-singing spokeswoman



### Robert Mitchum's Eggnog

- 12 egg yolks
- 1 pound confectioners' sugar
- 1 quart rum, brandy, or whiskey
- 2 quarts cream
- 1 quart milk
- 12 egg whites
- ½ teaspoon salt



### Rosemary Clooney's Viennese Goulash

- 2 teaspoons marjoram
- 1 teaspoon caraway seeds
- 1 teaspoon finely chopped lemon rind
- 1 clove garlic
- ¾ cup butter
- 1 teaspoon tomato paste
- 2 pounds onions, sliced
- 1 tablespoon sweet Hungarian paprika
- 2 pounds chuck, rump, or round beef, cut into large chunks
- 1½ cups water
- Salt, to taste
- ¼ cup flour, optional

for Coronet paper towels rather than as a fabulous jazz performer. She recounts all this in two autobiographies, *This for Remembrance* and *Girl Singer*. Despite all the words, *Publisher's Weekly* said she "remains an enigma."

Clooney died of lung cancer at the too-young age of 74. She'd found love, though, with an old friend later in life and she saw the respect of an audience who appreciates the depth of emotion she brought to songs . . . and who continues to adore (sorry, Rosie, we can't help it) those faux-Italian novelty hits she spiced up so many years ago. Here's a dish from another culture of which Clooney was not a part, Viennese Goulash. You were expecting spaghetti and meatballs? Whatsamattahyou?

Using a mortar and pestle, or a small grinder, crush together the marjoram, caraway seeds, lemon rind and garlic.

In a Dutch oven, melt the butter, add the tomato paste and crushed seasoning and stir to combine. Add the sliced onions and, stirring constantly, sauté until golden. Add the paprika and cook for a minute more, stirring constantly. Add the beef, one cup of water, and salt to taste.

Cover and simmer until the beef is tender, about 90 minutes. Add more water during cooking, if needed. Before the goulash is done, add another half cup of water and bring the sauce to a boil. If more sauce is desired, sprinkle the meat with ¼ cup flour and add another cup of water and bring to a boil.

Serve the goulash with egg noodles or boiled potatoes. Serves 6.

### *Praise for The Dead Celebrity Cookbook:*

*"God, is it brilliant!" – Ted Allen, Chopped*

*"These are the stars I grew up watching and they deserve to be remembered even if they were more talented on screen than they were in the kitchen." – Rosie O'Donnell*

*"One of our ten favorite pop culture cookbooks...most enticing..." – Flavorwire, Huffington Post.*

*"Dead tasty!" – Marie Claire*

*"While Halloween might come only once a year, there's never a bad time for The Dead Celebrity Cookbook." – bonappetit.com*

*"A veritable who's who of Hollywood's Golden Age." – Sara Bonisteel, epicurious.com*

*"Celebrities like Elizabeth Taylor and Andy Warhol may be gone, but their favorite dishes will never be forgotten. Try one tonight!" – oprah.com*

*"We hear Rock Hudson's Cannoli is delicious!" – Entertainment Weekly*

*"The perfect gift for your favorite cook." – Amy Scattergood, LA Weekly*

*"Chow down on your favorite dead stars' recipes. Come on, it won't kill you!" – Michael Musto, The Village Voice*

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### *Recipes may be reproduced with the following credit:*

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Recipes from *The Dead Celebrity Cookbook* Presents:

*Christmas in Tinseltown* by Frank De Caro. (HCI; October 2012; \$14.95/ Paperback: ISBN-13: 978-0757317002).

<http://www.hcibooks.com/>

# Where Do Missing Things Go When They Just Disappear?

By Cynthia Drew

Cynthia Drew's short stories have appeared in numerous literary journals and magazines and her bestselling novels are available in print and Ebook formats. Her latest book, *Where Do Missing Things Go?* (Legacy Book Publishing), is a delightfully illustrated children's story that not only encourages kids to read but, behind the whimsy, has a more meaningful theme with great messages.

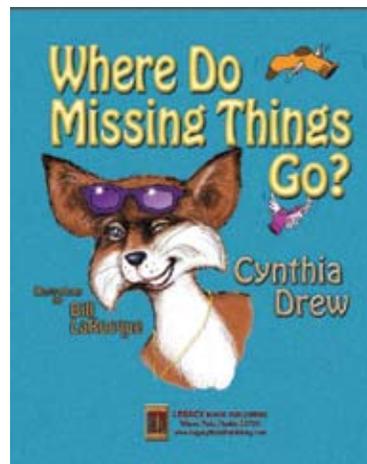
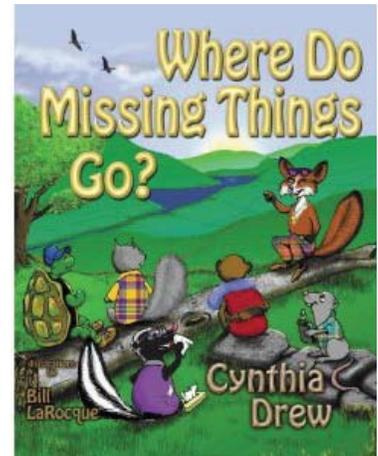
We all lose things... but much to the frustration of parents, kids seem to do it more. In *Where Do Missing Things Go?* Cynthia has woven tender messages into a whimsical story, filled with cute animal characters, flying socks, and washing machines with faces that make kids laugh and remember its messages. The endearing, upbeat style is beautifully complemented by the colorful illustrations of Bill LaRocque, former cartoonist and illustrator for the Washington Post.

While her book begins with finding lost things - socks, keys, glasses, anything missing, it ends with a message that reminds kids that while owning things and keeping track of them makes your life easier and better, nothing is more valuable than friends and family - the things that cannot be bought. It seems only natural that Cynthia's book should be about missing things - since she is an expert at finding things in her work as a practicing Private Investigator.

"Where do missing things go when they just disappear? When possessions go poof? The answers lie here... Glasses and pens, socks, wallets and keys; All are findable and you can do so with ease, when you've read *Where Do Missing Things Go?*"

The book recently received a Silver award from the Mom's Choice Awards panel, among whose judges are members of PBS's "Reading Rainbow" and the Baby Einstein Project.

Cynthia Drew holds a degree in broadcast journalism and teaches writing at the Reuter Center on University of North Carolina's Asheville Campus. She has co-written a screenplay with her playwright sister that has won awards in several categories. When not working, Cynthia loves to travel, garden and cook, and lives with her photographer husband, Ken, at the foot of the Blue Ridge Mountains outside Asheville.



For more information on  
Cynthia Drew or her books

please visit:  
[www.cynthiadrew.com](http://www.cynthiadrew.com)

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**ISBN-10:** 1937952274, **ISBN-13:** 978-1937952273, Available at fine  
bookstores and online outlets



# Granny's Christmas Blunder

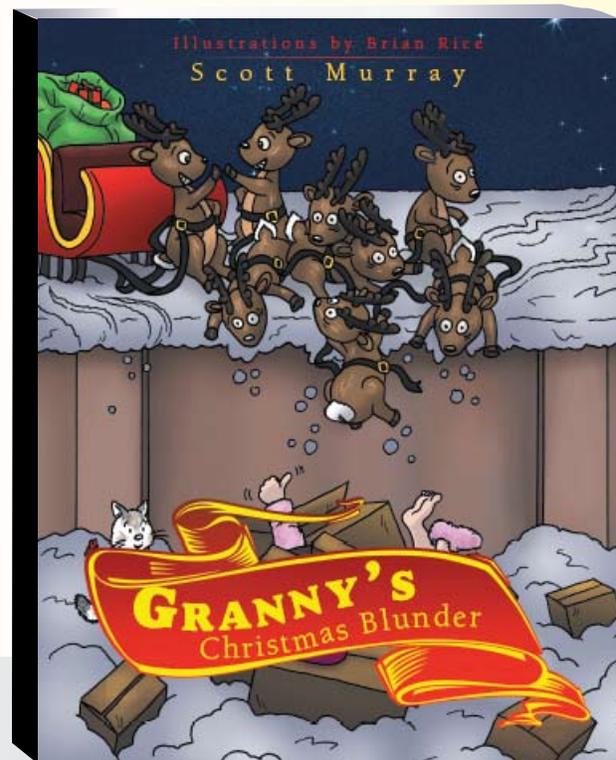
## Children's book offers unique take on a Christmas story

**M**y wife and I have been married for 23 years; we have 5 children and have lived many places in the US and overseas. I love the thought of family and raising children; it is at the core of who I am, and is what drives me in life along with my faith in God. Family is what helped me discover my abilities as a story teller and pushed me into publishing this book and writing 20 to 30 other stories, not to mention all the story ideas in my head. My stories have a tendency to rhyme simply because that is the way my brain functions. I have Dyslexia and ADHD so the two combined give me the gift of dreaming up stories from everyday occurrences and then when I write them down, it is easier for me to rhyme than write traditionally.

The idea for my story came to me a couple weeks prior to Christmas, 2004. My wife and mother-in-law were talking on the phone about her upcoming visit and what she needed to pack for the trip. During the conversation of which I could only hear one side, they started discussing how to get cereal from Montana where my mother-in-law lives to our home in Belgium without crushing everything. The conversation caught my interest, my mind took off on this adventure and I sat up until three in the morning writing "Granny's Christmas Blunder." At the time it was just a silly story for the kids to read Christmas morning. Today, it has been published as my first book. The pictures in the book actually came out of my imagination. I paid for twelve illustrations and my job was to explain, in the best detail as possible, what I wanted each illustration to look like, as well as explain how I wanted the story and illustrations broken down. The illustrator, Brian Rice, did an awesome job of taking my written explanations

of what I wanted and made them come alive and real on paper! It was probably the coolest part of the transition from turning my story into a book. Brian was able to take my information, fill in the gaps of my explanations with what he imagined and create the illustrations you see today in the book.

I look forward to turning another one of my stories into a book. Originally, I had planned on publishing an Easter story "Penelope the Easter Moose" by Easter 2013, but after seeing the amount of time and work publishing requires, I have decided to choose a different book and shoot for this summer.



ISBN: 978-1-4772-0990-5

### About the author

*Father of five Scott Murray has spent a significant amount of time answering questions about Santa Claus, the Easter Bunny and other popular holiday characters. These questions are what inspired him to write Granny's Christmas Blunder. Murray, who has both ADHD and Dyslexia, has been imagining stories for his family for many years. Granny's Christmas Story is the first of those to be published. He currently lives near Denver with his wife of 23 years.*



### 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 or visit [bbb.org](http://bbb.org).

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443-254-0464 (cell)

# BBB Storm Relief Forecast: New Websites Cloud Choices to Give

In the wake of Hurricane Sandy, many people are opening their hearts and their wallets to those less fortunate. But before you send that text gift, click "donate," or write that check, Better Business Bureau offers words of experience.

"Technology gives opportunists a fast, cheap, easy and anonymous way of tricking donors into lining their own greedy pockets," warns Angie Barnett, president/CEO of BBB | Greater Maryland. "In the last few days domain names for [www.HurricaneSandyRelief.org](http://www.HurricaneSandyRelief.org), [www.DonateHurricaneSandy.com](http://www.DonateHurricaneSandy.com) and [www.HurricaneSandy.org](http://www.HurricaneSandy.org) have been taken. By who and for what purpose remains to be seen."

In addition to looking at established charities with proven performance in getting donations to where they can make the biggest impact, your BBB offers advice to help people decide where to direct gifts to assist storm victims and their families.

### Be cautious when giving online.

Be cautious about online giving, especially in response to spam messages and emails that claim to link to a relief organization. If you are seeking to give to a charity organization involved in relief efforts, go directly to the charity's website.

### Rely on expert opinion when it comes to evaluating a charity.

Be careful when relying on third-party recommendations such as bloggers or other websites, as they might not have fully researched the listed relief organizations. The public can go to BBB Wise Giving Alliance to research charities and relief organizations to verify that they are accredited by the BBB and meet the 20 Standards for Charity Accountability.

### Check state and federal registrations.

Charities must be registered with the IRS in order to receive tax-deductible donations. If a Maryland charity raises \$25,000 or more, it must also be registered with the Maryland

Office of the Secretary of State. You can also check to see if the charity has filed their information at GuideStar.

### Be wary of claims that 100 percent of donations will assist relief victims.

Despite what an organization might claim, charities have fund raising and administrative costs. Even a credit card donation will involve, at a minimum, a processing fee. If a charity claims 100 percent of collected funds will be assisting victims, the truth is that the organization is still probably incurring fund raising and administrative expenses. They may use some of their other funds to pay this, but the expenses will still be incurred.

### Find out if the charity has an on-the-ground presence in the impacted areas.

See if the charity's website clearly describes what they can do to address immediate needs. Watch out for charities that don't already have staff in the affected areas as they may not be able to provide assistance quickly.

### Find out if the charity is providing direct aid or raising money for "other" groups.

Some charities may be raising money to pass along to relief organizations. If so, you may want to consider "avoiding the middleman" and giving directly to charities that have a presence in the region. Or, at a minimum, check out the ultimate recipients of these donations to ensure the organizations are equipped to effectively provide aid.

### Donations made via your mobile device.

The BBB Mobile Giving Foundation works with the wireless operators to ensure that mobile giving campaigns for emergency relief efforts adopt this same degree of caution before launching fundraising efforts. Wireless operators do support all qualified mobile giving campaigns without taking any fees, although billing platforms such as the BBB Mobile Giving Foundation, do recover transaction costs. All campaigns are compliant to industry best practices and regulatory requirements. [www.mobilegiving.org](http://www.mobilegiving.org).

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# USAE True Help in Virtual Space



*Disability Web Expo presentations, chats with the experts, now available on-demand*

Hundreds of individuals from Hawaii to Rhode Island chatted with experts in health, caregiving, disability rights and veterans benefits at the Allsup True Help® Disability Web Expo. The live-day presentations and chats, as well as resources, videos and interactive activities at 20 information booths sponsored by more than a dozen nonprofit and advocacy organizations are now available on-demand. Individuals can register at [WebExpo.Allsup.com](http://WebExpo.Allsup.com) and may return to the Expo free of charge until Dec. 26.

The free online virtual event provides an easily accessible forum for seniors and individuals with chronic illnesses and disabilities to connect with resources and network.

"More than 1,300 individuals registered for the live-day event, and they are already coming back to take advantage of the Expo's on-demand period, which runs through Dec. 26," said Tai Venuti, Allsup's manager of Strategic Alliances.

"We are planning more live events and educational programs, so I encourage people to register," Venuti said. "One of the great features of this virtual environment is that you can interact with anyone else who is in the Expo at the same time. So, you can continue to network and make connections during the on-demand period. You can even plan to meet others at the Expo and explore the different spaces together."

One of the more popular features, the Expo scavenger hunt located in the Allsup Place Lounge, also will be available through Dec. 26.

On-demand presentations and transcripts of presentation Q-and-A sessions include:

- ✓ Cynthia Hammond-Davis Interview with Fox 31 News
- ✓ What You Need to Know about Medicare
- ✓ True Help Connecting with Community Resources.
- ✓ What You Need to Know about Veterans Disability Benefits

Transcripts of moderated chats with experts on various topics include:

- ✓ Making the most of Medicare
- ✓ Is chronic pain a disability?
- ✓ Every claim is different—insight into the Social Security Disability
- ✓ Insurance application process
- ✓ Wounded warriors—a discussion on veterans disability resources
- ✓ Connecting with community resources (local, national)

"People with disabilities often face significant financial, health and social challenges," Venuti said. "The Web Expo offers valuable information that addresses all of these concerns and more in one convenient location.

"It is a novel approach for engaging the disability community and offers a forum where their thoughts and ideas are heard, encouraged and appreciated," she added.

Participating organizations include:

- ✓ American Association of People with Disabilities
- ✓ American Parkinson Disease Association
- ✓ Arthritis Foundation
- ✓ Brain Injury Association of America
- ✓ Invisible Disabilities Association
- ✓ Lupus Foundation of America - Piedmont Chapter, Inc.
- ✓ Mended Hearts
- ✓ National Alliance on Mental Illness
- ✓ National Disability Rights Network
- ✓ National Family Caregivers Association
- ✓ National Fibromyalgia and Chronic Pain Association
- ✓ National MS Society
- ✓ National Organization for Rare Disorders
- ✓ National Spinal Cord Injury Association, a program of
- ✓ United Spinal Association
- ✓ National Stroke Association
- ✓ Tremor Action Network

The Web Expo will continue to deliver True Help through Wednesday, Dec. 26. Register at [WebExpo.Allsup.com](http://WebExpo.Allsup.com).

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## ABOUT ALLSUP

Allsup is a nationwide provider of Social Security disability, Medicare and Medicare Secondary Payer compliance services for individuals, employers and insurance carriers. Founded in 1984, Allsup employs more than 800 professionals who deliver specialized services supporting people with disabilities and seniors so they may lead lives that are as financially secure and as healthy as possible. The company is based in Belleville, Ill., near St. Louis. For more information, go to <http://www.Allsup.com> or visit Allsup on Facebook at <http://www.facebook.com/Allsupinc>.



# OTIS HPV Vaccine and Pregnancy Study

If you are pregnant and have received the HPV vaccine sometime in the past 18 months, you may want to participate in the OTIS HPV Vaccine and Pregnancy Study.



It's completely observational, which means you'll never be asked to take any medications, vaccinations, or change what you would normally do.

If you choose to participate, we will make sure you receive a copy of the results of the study; all free! You can help other moms just like you by taking part today!

## Participation includes:

- Between one and three phone interviews during pregnancy
- One phone interview after delivery
- Release of medical records relating to pregnancy
- \$50 compensation for time spent participating in the study

If you are pregnant and have received the HPV vaccine sometime in the past 18 months, and/or you are interested in learning more, please contact OTIS toll-FREE at:



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**Follow us!**

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





## Angels Do Respond to Your Call!

By Jeanne Lemmon Skinner, author of  
“Hummingbirds, Pennies, and Hope”

In “Hummingbirds, Pennies, and Hope”, Anna, an easygoing teenager, discovers how to communicate with angels after researching the process for English class. Anna is a typical high school student, but when she takes an interest in angels, she discovers that angels do leave her signs and that she can receive guidance from them.

While Anna is a fictional creation, many of the events that happen in the book are based on real-life experiences and the angel workshop she attended which was led by Doreen Virtue.

Across all cultures and religions, death, grief and the after-life are enduring subjects of interest. Many religions include angels in their holy books, which illustrates how angels are beings that unite all religions. Angels are God’s messengers and are the ones who leave pennies, send hummingbirds, and other messages as indications that our prayers are heard. God’s angels are signs of love and encouragement from the other side and can be great comfort during challenging times.

Learning how to communicate with angels can be exciting, yet unnerving to anyone not familiar with the process. Here are three simple ways to begin exploring connections with angels and the celestial world.

### Prayer and Meditation

Prayer is the first step in communicating with angels. They are waiting to help, so ask! When praying, concentrate and ask a specific question or focus on a general feeling. Your guardian angels will handle it.

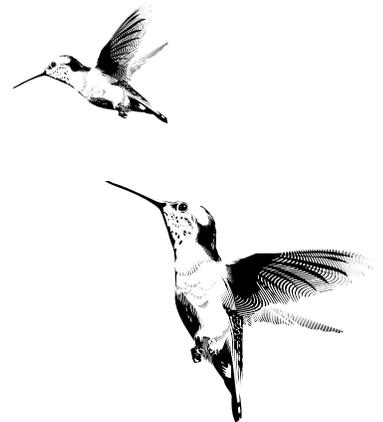
Many of us are good at talking, but being a good listener is essential because meditation is when we hear. Meditation will allow you to open your heart and mind to the angels’ love and guidance. Find a quiet, calm place. Breathe deeply and relax. Just talk like you would to a close friend. Say what is on your heart and then ask for what you need help with. Listen and be patient.

### Angel Cards

There are many different angel cards available at bookstores and online. Choose a deck that appeals to you. There is no deck that is better than another. A calm quiet environment is again important. Pray as you shuffle the cards. You can follow the directions that come with the cards or just put a few down. There is always a message. If the card’s message doesn’t seem to fit, think carefully before going on.

### Commune with Nature

Many people feel closest to God when spending time outdoors. I love to garden and I have what I call my angel garden. This is where I go and sit and pray. Meditation does not always come easy, but being in my garden allows me to relax and receive. Since I live in Ohio, winter closes down my angel garden, but just being out in the silence that the snow brings allows me to feel especially close to God and his messengers. Find your niche and enjoy the benefits of having angelic friends!



### About the Author

Jeanne Lemmon Skinner has taught English for 20 years and is a graduate of Ohio State University. She attended an angel workshop in Miami, Florida, about 10 years ago that was taught by Doreen Virtue. She lives in Columbus, Ohio, and has three children and her husband has two.

## Why The Conflict

# Between Mothers and Daughters

“**T**is the season to be jolly” or is it? Many are now visiting home hoping for memorable fun and fellowship, particularly with the woman usually at the center of hallmark moments—Mama. Instead, long-standing issues may resurface and pour boxes of Morton’s salt on old wounds. Reuniting with those “who knew you when...” always carries the risk of sucking you into expected roles even when those roles provoke resentment and betray your true self. Perhaps you’re normally a strong personality who becomes as quiet as a sleeping baby upon returning home, figuring you’re no match for your domineering mom. Could it be that you’re creative and spontaneous apart from family but hide your bright light around kinfolks, fearing you’ll somehow be shamed for your zest for life?

If you’re feeling isolated during this time of year, you’re not alone. While you can’t change your family, you can inspire change when you change the way you process them. That is, set boundaries that guard against accumulating resentment that one day comes to a volcanic head. Remember, boundaries are your friends.

Here are some ways to manage a strained relationship with Mama or with anyone during this time and throughout the year:

- \* Avoid or reduce conversations with toxic others. Help them understand that your availability for distracting, depressing, or dismissive commentary is not a given. Let your voice mail pick up or don’t respond to texts with greater and greater regularity.
- \* Resist responses to detracting comments—peacefully. Don’t give in to their attempts to hook you into com-

bative dialogue. Silence is indeed golden when used strategically.

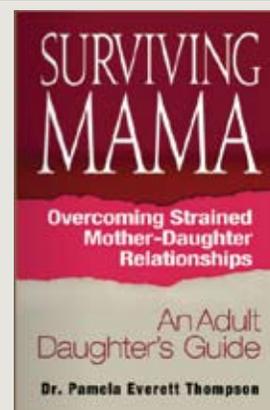
- \* Change the subject as SOON as others begin to rain on your parade. Furthermore, stop sharing your dreams with naysayers, even if the naysayer is Mama.
- \* Stop expecting Mama to be somebody she’s not. Remember elephants don’t meow and cats don’t bark. See her as she IS and not as you WISH she were and set yourself free.
- \* If it’s come to this, love family only from afar through prayer and provision of care and support only when needed.
- \* Treat your experiences with toxic family as treasured life lessons that teach you how NOT to be and also stretch you in preparation to deal with tomorrow’s enemies.

It’s important to connect with family and cherish traditions. Yesteryear’s sentimental rituals/roles provide a sense of anchoring and belonging to time, place, and people. It’s equally important to connect with loved ones WITHOUT losing yourself. Use the past to remind you of pitfalls to avoid and hard-earned lessons that left wisdom, prudence, and discretion as commemorative gifts of the journey. “Keeping it moving” with fresh acquaintances, new frontiers, and determination to nurture skills and talents—with or without family support—promotes purpose-driven living. The world is a better place when each lives with a sense of calling that ignites passions, excites one’s whole being, and incites others to flourish.

**Going Home is Sometimes Hard to Do Dr. Pamela Everett Thompson, author of Surviving Mama...**



([www.drpthompson.com](http://www.drpthompson.com) or [www.survivingmama.com](http://www.survivingmama.com))



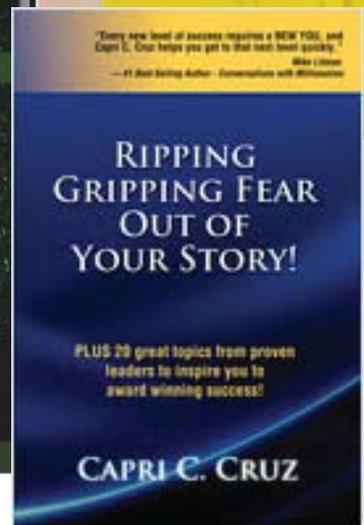
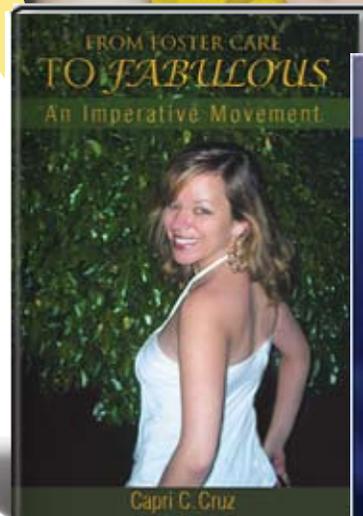
# Author of From Foster Care to Fabulous: An Imperative Movement And Co-Author of Ripping Gripping Fear Out of Your Story!

**BIO: Capri C. Cruz**

As a native of New York City, Capri Cruz was born into a poverty stricken family of substance abusers. At age 7, Capri's mother separated from her father and moved to Richmond, VA where shortly after, Capri was placed into foster care due to her mother's inability to care properly for her and her siblings. Over the next six years, she was placed in nine foster homes and eventually lost contact with her siblings. She endured an extremely unstable life by the age of 13, which not only included emotional, psychological, and physical abuse but an attempt by a foster-sister who tried to suffocate Capri to death at age eight.

By 13, her biological father removed her from foster care and relocated her to Queens, NY where she resided with her grandfather. Within a few months, he began to abuse her and lock her in the house without electricity, water, or a phone for four hours a day, every day after school, for two years. During the summer of her 9th grade, Capri revealed her secrets to someone who then helped her run away, thus beginning her life of homelessness. She bounced around and stayed with a few different friends before dropping out of high school due to her unstable living situation. At age 17, she contacted a previous foster mother and was invited to move back to Mechanicsville, VA. Elated, Capri took the journey thinking she had finally found "home" with one of her previous beloved foster parents, but she quickly realized a new type of abuse was to follow. Capri spent the next two years enduring the pains of racism from youth at her school, and being kicked out of her foster home a year before her high school graduation. Again, she found herself homeless. A year later she graduated high school and quickly joined the U.S. Navy.

For the next 17 years she self-medicated. Although she periodically excelled in certain areas of her life, she struggled for 37 years trying to navigate a life she couldn't make any sense of. Right before her 37th birthday, Capri experienced an inner awakening. She gained the courage to stop self-medicating and leave a horribly abusive relationship. This was the beginning of her emergence from being abandoned by her biological parents to the scars of foster care. Today she is a devoted Christian who was spiritually guided

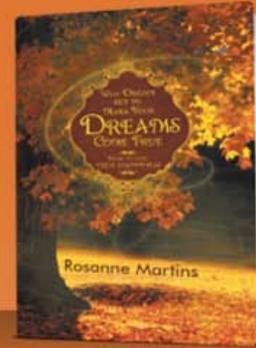


to author From Foster Care to Fabulous: An Imperative Movement, co-author of Ripping Gripping Fear Out of Your Story!, is now a retired U.S. Navy veteran, a mental health and substance abuse therapist, a certified life coach, and a PhD scholar. Most importantly, she's an advocate for the healing and personal growth advancement of foster children and has shared her own story with the world to ensure NO child is ever left to feel alone, unloved, or unguided as they journey through self-discovery in order to uncover their God-given identity.

<< Visit: <http://fromfostercaretofabulous.com> >>

# Dealing with Unemployment in the Family as a Household Matron

## *Why Dream but to Make Your Dreams Come True*



**W**hat's Yes, it is not always easy to deal with life's obstacles, and we usually think that we have better ideas than the universe regarding the direction life will lead us. Unaware of a grander design, we tend to fight hard to keep the status quo, and this is exactly how life can turn bitter.

From the Tao philosophy to the ancient scriptures and Bible teachings, we learn the concept of being flexible. "Blessed are the hearts that can bend; they shall never be broken." Apparently, these sayings are not complex or hard to understand. However, when life events strike and challenge our sense of stability and safety, being dismissed from a job can be an example, this is when the teachings gain a whole new perspective.

Are we ready to accept anything life delivers at our door step, or are we willing to let it go without resistance? I don't know... But, then, as household matrons, how do we deal with unemployment in the family? How do we turn the page without holding a bitter blame toward the circumstances or people that surround us? How do we not raise a pointing finger and exempt ourselves of the responsibility for what is happening?

Hard questions! However, these are the times that we are given the chance to rebound and learn how to be resilient. These are times to make "lemonade out of lemons," and understand that a loving universe is correcting our course for the better, and never for the worst.

Therefore, if you are in search for answers on how to keep life going, especially on holidays, when we are compelled to the frenzy of buying, here are my suggestions:

- ▶ Surrender to the cosmos intelligence and be certain that everything is right. Understand that when you struggle with life you are fighting against the whole universe, and how we respond to life's challenge is more important than what we face.
- ▶ Review your life's philosophy. What we believe and think will greatly influence the results we will reap. Remember: how we think influences how we feel, and how we feel influences what we say and do.
- ▶ Practice an unshakable faith that the universe knows better than we do, and in time you not only will have an improved understanding, but also will be in a better position for whatever comes your way.
- ▶ Review your lifestyle and learn not only how to be happy with what you have, but also to be thankful for all that is present in your everyday life. When we fail to do it we also fail to improve life's important areas: relationship, friends, career, knowledge, finance, health, and descendants.
- ▶ Be humble, and accept effortlessly what is being given to you. Obstacles make us wiser and more flexible.

Life's seasons repeat their cycle in a never ending pattern. Endings are disguised beginnings. No matter in what season you are, embrace the new and focus your intention on the early, creative stages!

*Happy Seasons and Warm Hugs from Brazil!*  
*Rosanne Martins, ( [www.rdreamscometrue.com](http://www.rdreamscometrue.com) )*



### 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 or visit [bbb.org](http://bbb.org).

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# Post Hurricane: New Websites Cloud Choices to Give

In the wake of Hurricane Sandy, many people are opening their hearts and their wallets to those less fortunate. But before you send that text gift, click "donate," or write that check, Better Business Bureau offers words of experience.

"Technology gives opportunists a fast, cheap, easy and anonymous way of tricking donors into lining their own greedy pockets," warns Angie Barnett, president/CEO of BBB | Greater Maryland. "In the last few days domain names for [www.HurricaneSandyRelief.org](http://www.HurricaneSandyRelief.org), [www.DonateHurricaneSandy.com](http://www.DonateHurricaneSandy.com) and [www.HurricaneSandy.org](http://www.HurricaneSandy.org) have been taken. By who and for what purpose remains to be seen."

In addition to looking at established charities with proven performance in getting donations to where they can make the biggest impact, your BBB offers advice to help people decide where to direct gifts to assist storm victims and their families.

### Be cautious when giving online.

Be cautious about online giving, especially in response to spam messages and emails that claim to link to a relief organization. If you are seeking to give to a charity organization involved in relief efforts, go directly to the charity's website.

### Rely on expert opinion when it comes to evaluating a charity.

Be careful when relying on third-party recommendations such as bloggers or other websites, as they might not have fully researched the listed relief organizations. The public can go to BBB Wise Giving Alliance to research charities and relief organizations to verify that they are accredited by the BBB and meet the 20 Standards for Charity Accountability.

### Check state and federal registrations.

Charities must be registered with the IRS in order to receive tax-deductible donations. If a Maryland charity raises \$25,000 or more, it must also be registered with the Maryland

Office of the Secretary of State. You can also check to see if the charity has filed their information at GuideStar.

### Be wary of claims that 100 percent of donations will assist relief victims.

Despite what an organization might claim, charities have fund raising and administrative costs. Even a credit card donation will involve, at a minimum, a processing fee. If a charity claims 100 percent of collected funds will be assisting victims, the truth is that the organization is still probably incurring fund raising and administrative expenses. They may use some of their other funds to pay this, but the expenses will still be incurred.

### Find out if the charity has an on-the-ground presence in the impacted areas.

See if the charity's website clearly describes what they can do to address immediate needs. Watch out for charities that don't already have staff in the affected areas as they may not be able to provide assistance quickly.

### Find out if the charity is providing direct aid or raising money for "other" groups.

Some charities may be raising money to pass along to relief organizations. If so, you may want to consider "avoiding the middle-man" and giving directly to charities that have a presence in the region. Or, at a minimum, check out the ultimate recipients of these donations to ensure the organizations are equipped to effectively provide aid.

### Donations made via your mobile device.

The BBB Mobile Giving Foundation works with the wireless operators to ensure that mobile giving campaigns for emergency relief efforts adopt this same degree of caution before launching fundraising efforts. Wireless operators do support all qualified mobile giving campaigns without taking any fees, although billing platforms such as the BBB Mobile Giving Foundation, do recover transaction costs. All campaigns are compliant to industry best practices and regulatory requirements. [www.mobilegiving.org](http://www.mobilegiving.org).

# Hot New Title from Best Selling Author - *Sherri Hayes*



## Red Zone by Sherri Hayes

**Best selling author of The Finding Anna Series books (Slave and Need) is back with her next book in the Daniels Brother's Series. Red Zone promises sizzling romance and a great story as readers are told the story of Gage Daniels.**

## Summary of Red Zone:

After a case ended badly for Rebecca Carson, she's losing her mind sitting around her apartment waiting on her superiors to allow her to return to work. Since she was a teenager, the only thing she'd ever wanted was to join the FBI. Now that dream was in danger.

Gage Daniels has made a pretty good life for himself. A nice house. A career he loves. As a professional football player, he's used to getting almost everything he'd ever want with just the snap of his fingers. This includes women. A well-timed smile is usually all it takes to attract the opposite sex, especially in Nashville.

When a stalker threatens Gage, the team owner calls an old friend, Rebecca's ex-partner Travis Hansen, to help protect his star quarterback and find the person responsible. Hansen offers Rebecca the job, and she jumps at the chance. It's work, and it will get her out of her apartment. How bad can it be?

Posing as Gage's girlfriend, however, isn't as easy as it seems. The man is relentless. Rebecca must work to protect Gage while staving off his advances. She's there to do a job, nothing more. The last thing she wants is to be another notch on a hotshot athlete's belt.

As the stalker continues to up the ante, Rebecca finds it harder and harder to keep her distance from Nashville's star quarterback. He isn't what she expected in one of the city's most notorious playboys. Now all she has to do is keep him safe until they can find his stalker, and hope she doesn't lose her heart in the process.

Sherri has had a huge response from media, bloggers, and reviewers for her BDSM romance books, *Slave and Need*. As she takes a small break from that gripping and emotional story, she again writes about the softer side of romance. *Red Zone* promises its readers a great story, strong emotions, and lots of steamy romance. All things that readers of Sherri's books have come to love.

I would be thrilled to send you an ARC of her latest work, and get her started on a new promotion with you.

Please contact: [jpedroza@thewriterscoffeeshop.com](mailto:jpedroza@thewriterscoffeeshop.com)



### **About BBB of Greater Maryland**

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*Website: [www.bbb.org](http://www.bbb.org).*

# **Influence Customers on-the-go with Your BBB QR Code**

According to a 2007 Princeton study, 7 out of 10 consumers would rather buy from a BBB Accredited Business. Now, you can use our QR code to capitalize on your BBB "advantage" to connect customers with your Business Review, win their trust and their business!

The QR code lets this influential audience of mobile buyers check your BBB rating, get info on your products/services, find directions to your business, and view added photos or videos.



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QR codes are a popular marketing tool and can be printed on anything - posters, business cards, coupons - even T-shirts. You may copy and use this image or download another size by logging into your Business Review:

<http://www.bbb.org/greater-maryland/business-reviews/publishers-magazine/focus-on-women-magazine-in-ellicott-city-md-90180392>

# Time to Reinvent Yourself?

## How to Re-Strategize for 2013

- By: Dr. R. Kay Green

Have you met your strategic goals for 2012? 2011? 2010? Have you experienced Recession, Bankruptcy, or Downsizing? With 2012 now behind us, planning personal and professional goals for 2013 has become a priority for people in business and entrepreneurship. The fourth quarter of the previous year is the best time to reflect on the progress of your career or business; in planning for professional and personal goals for 2013, honesty is key.

The takeaway? When your strategies aren't working, the goal must be to figure out something new. This may be the time to reinvent yourself for the upcoming year. When you reinvent, you have reached a point when repositioning and re-strategizing haven't worked and it's time to create a new version of yourself. This is the point when the artist throws out the original canvas and starts again on a new canvas.

Reinventing yourself is when you come to realize that the person you are, the career you are in, or the business you lead, no longer fits with your future. These are the times when you must reassess who you are and what you are doing, come to terms with the things that aren't working, and completely reinvent.

If you reach the point where you feel you must reinvent yourself or your business, consider these three key strategies:

### **Start with a clean slate.**

Trying to hold onto certain strategies that may have worked for you in the past is the surest way to prevent a reinvention. Avoid the tendency to want to drift back into previous strategies. Create a new you. Start off with the mindset that the old you doesn't exist anymore. Imagine yourself as a student fresh out of college. Remember the way you felt back then? You were a clean slate and a world of possibility stood before you. That's how you should think of yourself now. Nothing you have done to this point happened or matters. All that matters is what you will do with the new you.

### **Decide what you want to be.**

Remember, that thing you want to be can't be the same as it once was. You're a new you. This is a tough reality to grasp because most of us spend so many years dreaming about achieving that one given thing. When it doesn't work out, it's tough to let go of the old dream. But here, we're coming up with a new you, and that new you must do some soul-searching to determine what the best new path might be.



**Dr. R. Kay Green is CEO/President of RKG Marketing Solutions**, a professor of marketing and author of the new book,

*I've Been Called the B\* Word... Now What Do I Do? 13 Rules for the New-Age Professional Woman*; see [www.ivebeencalledthebword.com](http://www.ivebeencalledthebword.com), [barnesandnoble.com](http://barnesandnoble.com) and [amazon.com](http://amazon.com).

What are the honest strengths you bring to the table? Consider shaping your strengths into a branding approach that you admire. What are the brands you value most? Is there anything about you that matches up with that brand?

### **Get out and take action.**

With most things in life, the first step is always the toughest. When you reinvent, that first step tends to be even tougher. You are, after all, dispelling everything you've ever done to this point and doing something completely different. That can be scary. Terrifying even. But don't let your fear cause you to drag your feet. Don't stall. Don't wait. Get out there and take action!

The important thing to remember is that you're not the first person to reinvent yourself. Keep that in mind when it comes time to go back to the drawing board and you will be in better position to make the honest, accurate, and appropriate decisions that will lead to greater success in the future.



Approved: 14 June 2012  
IRB No.: 00003771

Are you between the ages of 18–24  
and live in the Baltimore metro area?  
**The HONESTY Project needs you!**

HONESTY: HOrmonal & NEurological survey of Texting Youth

This new research project at the Johns Hopkins School of Public Health is studying what young adults do and how they make decisions about things like sex, drug use, violence and other behaviors. This year-long project includes surveys, text messaging, biological sample collection, and imaging.

Participants will receive continuous compensation.  
Call or text 443-863-8863 or  
email us at [honestyproject.jhu@gmail.com](mailto:honestyproject.jhu@gmail.com)  
if you would like to learn more about the project.

PI: Dr. Jacinda Dariotis, JHSPH IRB protocol #3771

# Maryland's Rural Lands in Danger: Which Way is Your County Headed?



(Annapolis, MD) – Maryland counties have just one month left to determine whether rural lands will stay rural or be slated for high-polluting, costly sprawl development. Analysis released by 1000 Friends this week shows mixed results.

“Legislation passed last session requires local jurisdictions to protect their rural lands from large scale development on highly polluting septic systems. By the end of 2012 each county needs to show that rural lands are kept rural and development is instead directed designated growth areas. It is these maps that we have been following closely. Does the county protect rural lands or pave them over,” explained Dru Schmidt-Perkins, Executive Director of 1000 Friends of Maryland. “1000 Friends of Maryland is working to hold the counties accountable for their decisions and make sure these maps take us in the right direction.”

Maryland's Sustainable Growth and Agricultural Preservation Act of 2012 was passed to limit high-polluting subdivisions on septic systems and encourage growth in areas with public sewer service. Sprawling development on septic systems pollutes the Chesapeake Bay, fragments farms and forests, undermines agriculture, and burdens our government with higher costs for basic services. The Act directs local jurisdictions to map their growth plans and zoning according to four tiers that increasingly limit the type of residential development that can occur.

“Current projections show Maryland losing over 400,000 acres of rural lands to sprawl development over the next fifteen years. That is a future we simply cannot afford,” explained Schmidt-Perkins. “This mapping effort is an opportunity for the counties to change that future into one with a stable tax base, thriving agriculture, and clean rivers and streams.”

Some counties are doing a great job of growing smart and their maps reflect that. Baltimore, Caroline, Kent, and Worcester counties had the strongest rating for preservation, with Allegany and Montgomery right behind.

- Allegany has established a simple rule for what projects would count as a minor subdivision, closing endless loopholes and creating a clear guideline for developers and planning staff to follow.

- Baltimore, Caroline, Kent, and Worcester counties historically have shown their strong commitment to protecting rural character through smart planning. These counties were able to simply draw a map reflecting their existing planning and zoning for continued success.
- Montgomery County was the first to officially adopt the new map.

Other counties are struggling. Charles, Queen Anne's, and Wicomico counties were rated the most at risk of rural development, with Frederick and Prince George's the second most at risk.

- In Charles County the Planning Commission has endorsed a map developed by an alliance of sprawl developers.
- A Carroll County Commissioner has publicly urged citizens to sue if the County adopts a map, pledging to do everything in his power to ensure the County loses the lawsuit.
- The Prince Georges County Planning Commission has rejected a strong map done by their planning staff and has instead recommended a map that would expose more land to development than allowed under current planning.
- Wicomico County, which has some of the weakest rural zoning in the state, has refused to take action on the map, instead calling for “volunteers” to designate themselves as rural landowners.

*“This analysis is a mid-term report card. We hope that over the next thirty days all the counties will take the steps necessary to fully protect the clean water, farming communities, and rural economies that depend on smart development,”* said Schmidt-Perkins.

1000 Friends used three core criteria to determine each county's progress so far:

- Existing rural protections, particularly baseline zoning and exemptions;
- Implementation of the Sustainable Growth Act, both draft maps and official decisions where votes have occurred; and
- Decisions about changing subdivision laws to allow more houses in what is considered a minor development.

For more information including a printable version of the map and specific county analysis, visit [www.friendsofmd.org](http://www.friendsofmd.org).



## Freekeh Foods is a Fun, Delicious Way to Add More Whole Grains to the Whole Family's Diet

### *Three, Kid-Friendly Ancient Grain Varietals Combine Nutrition and Flavor*

Minneapolis, Minn. — On average, children consume less than one of the recommended two to three servings of whole grain each day. Freekeh Foods is hoping to reverse that trend with its flavorful all-natural whole grain that contains the essential nutrients to growing boys and girls. Available in original, rosemary sage and tamari varieties and the perfect accompaniment to kid-friendly entrées such as chicken nuggets, kids will love the name and are sure to ask for seconds.

Whole grains form the base of the USDA Food Pyramid for kids with more servings of grains recommended per day than any other food type because of the numerous health benefits. Whole grains deliver B vitamins, minerals and other essential nutrients that help kids build muscles, bones and important cognitive skills. Not only are whole grains heart healthy but they also support the development of the nervous system. The fiber and complex carbohydrates in whole grains will also promote satiety and can help kids maintain a healthy weight and aid in digestion.

Compared to other grains, “[freekeh] is higher in protein, fiber, vitamins, minerals and lower in glycemic index,” says Vandana R. Sheth, a registered dietician and spokesperson for the Academy of Nutrition and Dietetics. With 8 grams of protein, 4 grams of fiber per low-fat serving, parents can have peace of mind knowing their children are getting the nutrients they need to grow and develop. Plus, mom and dad can get closer to achieving their recommended 3-5 servings of whole grains a day.

In addition to delivering an abundance of the nutrients kids need to grow up big and strong, freekeh is all-natural and easy to cook in a wide array of delicious ways for today's ultra-busy parents. Some of the recipes featured in the “30 Ways to Freekeh” cookbook include kid-friendly dishes such as Freekeh Meatballs with Ground Chicken, Vegetarian Tacos and a flavorful oatmeal alternative, Warm Breakfast Freekeh with Fruit. Freekeh Foods' all-natural, ancient grain freekeh is available for purchase at major retailers including Whole Foods and Wegmans as well as many other retailers throughout the United States starting at \$3.99 per 8 oz. bag. For additional information and/or to purchase online,

**About Freekeh Foods:** Freekeh Foods is the leading US manufacturer of the all-natural, roasted green wheat whole grain known as freekeh. With flavors such as tamari and rosemary sage, the Minnesota-based company is also proud to be the leading manufacturer of flavored freekeh. Farm to table and sustainably produced, freekeh packs eight grams of protein and four grams of fiber into every serving. The product is versatile in all types of recipes including main dishes, sides, salads and a whole lot more.

*please visit [www.Freekeh-Foods.com](http://www.Freekeh-Foods.com)*

# Leaving a legacy of love:

Woman carries on mother's message of equality in new book - LeslieBeth Wish, Ed.D., MSS, MA



Throughout our nation's history, differences in race and culture have been, and continue to be, a major factor in conflicts and hate crimes.

With *Black & White in a Multi-Colored America*, Freeda J. Simmons-McMillan set out to break down the barriers created by cultural and racial differences. With the belief that lack of acceptance stems from a lack of familiarity, Simmons-McMillan created the works in the book to educate the readers about the similarities and differences between people of different cultures, emphasizing that people are all equal, no matter the background.

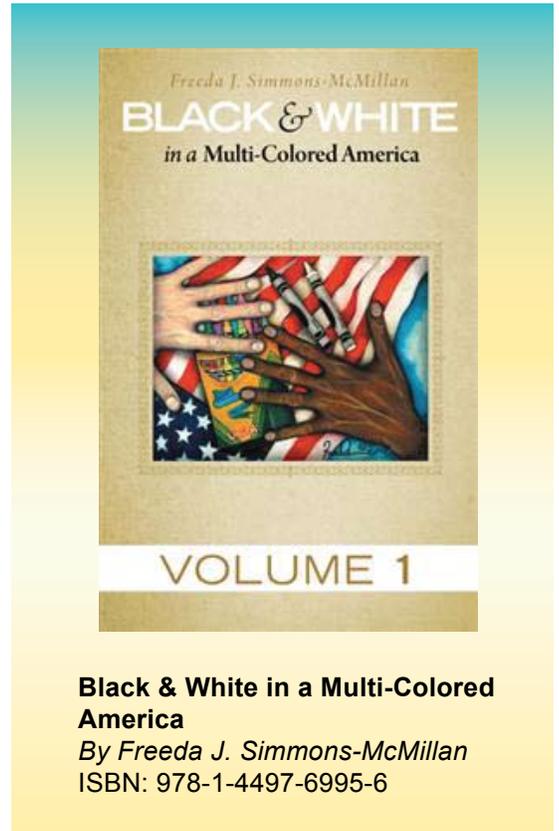
Simmons-McMillan, who was a nurse for more than twenty years, died suddenly in 2010. Following her death, her daughter, Galileo Simmons, compiled her mother's work into *Black & White in a Multi-Colored America*.

"Prior to my mother's death, she was writing and creating art, hoping that one day it would be published," says Simmons. "Many years before her death, she asked that if anything happened to her, I would continue her work and get the book published."

Simmons, who is also a nurse, says that her mother pulled from her own life experiences and beliefs to write the book.

"She was inspired to write the book based on her own interactions with the many different people she treated during her long career as a nurse," says Simmons. "Through reading my mother's experiences and insights, my hope is that readers will look into themselves and change their way of thinking about people with different racial or cultural backgrounds."

According to Simmons, the book is built on her mother's belief that individual parts are never greater than the sum and all people are woven together to create a bigger, beautiful picture.



**Black & White in a Multi-Colored America**

By Freeda J. Simmons-McMillan

ISBN: 978-1-4497-6995-6

**Paperback: \$13.95**  
Available at [www.amazon.com](http://www.amazon.com)

## About the Authors

A nurse for more than twenty years, Freeda J. Simmons-McMillan met and interacted with people from many different backgrounds and races. As a nurse, she worked in many different capacities, including surgery, intensive care and emergency. Sadly, she passed on in early 2010. Following her death, her daughter Galileo Simmons compiled and published Freeda's works. *Black & White in a Multi-Colored America* is the product of those works.

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

*A story that will repair, not despair.*

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

*The women in Afghanistan face the unthinkable:*

*Imprisoned for being raped*

*Mutilated for leaving abusive spouses*

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

*Marginalized from the marketplace*

*Psychologically scarred from centuries of war  
and being persecuted over centuries.*

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

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

*Purchase their goods.*

*This is a Fair Trade Project*



## Hypertension is Public Enemy #2

### Helping Your Patients Take Control of Their Blood Pressure

An estimated 35.8 million U.S. adults have uncontrolled hypertension, even with adequate healthcare coverage. There are approximately 1,000 deaths per day and \$131 billion is spent each year on healthcare costs related to hypertension. Because even modest increases in blood pressure are associated with greater risks of cardiovascular disease and mortality, it is important to control high blood pressure. Lifestyle changes are an important adjunct to therapy.

The “Dietary Approaches to Stop Hypertension” (DASH) eating plan has been proven to lower blood pressure in just 14 days. In studies sponsored by the National Institutes of Health, the DASH diet helped lower their blood pressures. You may want to refer your patients to the DASH Diet website. The DASH diet involves an increased intake of fruits and vegetables (which are high in potassium), whole grain, high fiber foods, fat free and low fat dairy products, fish, poultry, and lean protein. Patients should be encouraged to learn how to read food labels and decrease their consumption of total and saturated fat, sodium (no more than 2,300 mg sodium per day), and alcohol (no more than

1 drink per day for women and 2 drinks per day for men). Additionally, “super foods” that have been shown to lower blood pressure include dark chocolate, blueberries, whole-grain and high-fiber cereals, sweet potatoes/yams, and beets and low-calorie cranberry juice.

Patients should also be encouraged to calculate and understand their BMI in order to focus on maintaining a healthy weight. Patients can best accomplish this by following a healthy diet including balanced meals with appropriate serving sizes and exercise. Cardio, muscle strengthening, and flexibility/stretching should be incorporated into their exercise routine. Losing even 5 pounds can lower blood pressure. The American Heart Association recommends 150 minutes of moderate to vigorous activity weekly. Explaining how this can be separated into 30 minutes/day for 5 days, or 10 minute increments throughout the week, can make for a healthier patient.

Stress plays a role in transient blood pressure elevation. You can promote healthy coping techniques, such as deep breathing and muscle relaxation, and the importance of having an adequate night’s sleep. Stress reduction can also help prevent over-eating, especially with the approaching holiday season. Overindulgence only adds to stress levels. It would be wise to advise patients to try to maintain healthy habits during the holidays.

CDC director Thomas Frieden MD, MPH, referred to hypertension as public enemy #2 behind tobacco use. Therefore, it is important to inform patients on the importance of smoking cessation and its effects on hypertension. You may want to consider referring patients to local smoking cessation programs.

In addition to smoking cessation, there are many programs dedicated to promoting healthy lifestyles. If you need more information, refer to the Million Hearts™ Initiative, a federal government program, which has the goal of preventing one million heart attacks and strokes by 2017. To help achieve this goal, the Million Hearts Initiative involves increasing the number of people with controlled hypertension. Also you can refer to Team Up. Pressure Down., which provides pharmacists with the tools needed to help patients manage their blood pressure and National Family History Day, which encourages families to discuss their past medical histories during family holidays and events.

Sal Volpe, MD, FAAP, FACP, CHCQM  
Chief Medical Officer, PDR Network

## NOVEMBER 2012

## RECENT FDA APPROVALS

**Binosto** (alendronate sodium),  
*Mission Pharmacal Company*

**Fabior** (tazarotene), *Stiefel Laboratories, Inc.*

**Menhibrix** (meningococcal groups C and Y and  
haemophilus b tetanus toxoid conjugate vaccine),  
*GlaxoSmithKline*

**Potiga** (ezogabine), *GlaxoSmithKline*

**Prepopik** (anhydrous citric acid, magnesium  
oxide, and sodium picosulfate),  
*Ferring Pharmaceuticals Inc.*

## LABELING UPDATES

<b>K E Y</b>	■ <b>Boxed Warning</b>	▲ <b>Other Warnings*</b>	● <b>Updates to Indications/Dosage</b>	◆ <b>Other Updates†</b>
		<small>*Warnings &amp; Precautions; Adverse Reactions; Drug Interactions; and Contraindications</small>		<small>†Other labeling changes; added to PDR database</small>

		◆	<b>Altabax</b> (retapamulin)
▲		◆	<b>Amturide</b> (aliskiren, amlodipine, and hydrochlorothiazide)
▲		◆	<b>Arcapta</b> (indacaterol)
▲		◆	<b>Avodart</b> (dutasteride)
		◆	<b>Bactroban</b> (mupirocin calcium) Cream
		◆	<b>Bactroban</b> (mupirocin calcium) Nasal
		◆	<b>Bactroban</b> (mupirocin) Ointment
			<b>Binosto</b> (alendronate sodium) – RECENT FDA APPROVAL
		● ◆	<b>Boostrix</b> (tetanus toxoid, reduced diphtheria toxoid and acellular pertussis vaccine, adsorbed)
▲		◆	<b>Cayston</b> (aztreonam)
▲		◆	<b>Dexilant</b> (dexlansoprazole)
▲		◆	<b>Diovan</b> (valsartan)
▲		◆	<b>Doxil</b> (doxorubicin HCl liposome)
■	▲	● ◆	<b>Exjade</b> (deferasirox)
	▲	● ◆	<b>Eylea</b> (affibercept)
			<b>Fabior</b> (tazarotene) – RECENT FDA APPROVAL
		◆	<b>Hylenex</b> (hyaluronidase, human)

	▲	◆	<b>Jalyn</b> (dutasteride and tamsulosin HCl)
		◆	<b>Lamictal</b> (lamotrigine)
		◆	<b>Lamictal XR</b> (lamotrigine)
			<b>Menhibrix</b> (meningococcal groups C and Y and haemophilus b tetanus toxoid conjugate vaccine) – RECENT FDA APPROVAL
	▲	◆	<b>MoviPrep</b> (ascorbic acid, PEG-3350, potassium chloride, sodium ascorbate, sodium chloride, and sodium sulfate)
	▲	◆	<b>Nexavar</b> (sorafenib)
		◆	<b>Olux</b> (clobetasol propionate)
		◆	<b>ParaGard T380A</b> (copper)
			<b>Potiga</b> (ezogabine) – RECENT FDA APPROVAL
			<b>Prepopik</b> (anhydrous citric acid, magnesium oxide, and sodium picosulfate) – RECENT FDA APPROVAL
	▲	● ◆	<b>Sorilux</b> (calcipotriene)
	▲	● ◆	<b>Tekamlo</b> (aliskiren and amlodipine)
	▲	◆	<b>Tekturna</b> (aliskiren)
	▲	◆	<b>Tekturna HCT</b> (aliskiren and hydrochlorothiazide)
	▲	◆	<b>Tradjenta</b> (linagliptin)
	▲	◆	<b>Ventolin HFA</b> (albuterol sulfate)

<http://www.pdr.net/edu/LabelingUpdate112012.pdf>



## Bambooee Reusable Paper Towel Alternative an Earth-Friendly Spring Cleaning Must-Have

### Williams Sonoma Now Carrying Exclusively Packaged Bambooee Towels

San Francisco, California – Spring 2013 – The more than 60 percent of households that indicated to the American Cleaning Institute last year that they still make spring cleaning an annual ritual now have a less wasteful means of getting the job done. Bambooee, the manufacturer of the certified organic, reusable paper towel alternative, recently inked a deal with Williams Sonoma to make its earth-friendly product readily available to homeowners across the country. Spring cleaners who want a spotless home without a garbage can full of paper towel waste can find Bambooee at their local Williams Sonoma or online at <http://www.williams-sonoma.com/products/4757274/>.

According to CarbonRally.com, “Of the 741 pounds of paper used by the average American each year, close to 55 pounds is tissue paper (which includes paper towels, napkins, facial tissue, and toilet tissue). To make matters worse, as the site points out, “Paper towels are not recycled.” In fact, the American Forest & Paper Association estimates that “approximately one million tons of paper towels end up in landfills every year.”

With dusting, polishing, scrubbing and scouring on the agenda, spring cleaning is prime time in American households to contribute to this wastefulness. Diligent spring cleaners, however, don't have to resort to kitchen sponges, which “are the No. 1 source of germs in the whole house” according to WebMD, or dish towels, which “are really no better than ... sponges” when it comes to spreading germs.

With Bambooee organic bamboo towels, they can maintain a spotless, germ-free home while helping to save the planet. That's because the product is machine washable and reusable yet is stronger, more absorbent, more durable and cleans better than any paper towel. Just one roll of Bambooee replaces up to six months' worth of regular paper towel use. As a result, homeowners can spring clean their entire house and still have months of use left to enjoy of the product.

**\$9.95 per roll**

**Online Purchase**

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

Just in time for the annual spring cleaning rite, Bambooee is announcing an agreement with Williams Sonoma, the premier specialty retailer of home furnishings and gourmet cookware in the United States. Bambooee is now easily accessible nationwide at all Williams Sonoma locations and also available for online purchase at [www.WilliamsSonoma.com](http://www.WilliamsSonoma.com) for \$9.95 per roll. In addition to the eco-conscious benefits the company's line of anti-paper towels already provide, the sustainable packaging that has been designed exclusively for the Williams Sonoma line is also earth-friendly.

Spring cleaners who want to cleanse their homes from top to bottom without the paper-wasting guilt can purchase a supply of Bambooee at the Williams Sonoma website: <http://www.williams-sonoma.com/products/4757274/>.

#### About Bambooee

Made of pure organic bamboo, Bambooee makes it easy to make the change from non-environmentally-friendly paper towels to reusable towels. One 20-sheet roll of Bambooee replaces 60 rolls of traditional paper towel. Machine washable and reusable, Bambooee is designed to drastically reduce the 3,000 tons of paper towel waste produced every single day.



### Tip of the Hat Ice Bucket

Keep party guests entertained in style and class with this unique top hat wine chiller. Made from thick, high quality plastic with glossy black finish, the Tip of the Hat Ice Bucket is both a perfect decoration for New Year's parties. With a capacity spacious enough for two wine or champagne bottles or a six pack of beer, the Tip of the Hat Ice Bucket makes for an elegant house party or reception centerpiece that will make your guests remember that event for years to come.



Available for \$24.95 at ([www.HomeWetBar.com](http://www.HomeWetBar.com))

### Giant Extra Large Champagne Glass

This oversized Giant Extra Large Champagne Glass holds four full glasses of champagne...we kid you not! Great for New Year's Eve, weddings, girls night out, anniversaries, holidays, and any other celebration you can think of, this glass is perfect for the pair who loves their champagne! Or if you're feeling bold, you can dare to drink it all yourself, though you can probably guarantee a headache in the morning if you manage to finish it all. Made of glass, this extra large champagne glass comes gift packaged and holds 24oz (about an entire standard bottle of champagne).



Only \$11.99 at ([www.HomeWetBar.com](http://www.HomeWetBar.com))

### Party Ice Luge

Break the ice at the New Year's party with is incredibly fun party ice luge. Simply fill the mold with water and freeze. Then flip it over, setting the party ice luge on the raised base and you're ready for some fast-paced downhill action! The two built in ice chutes not only chill the shots, they also ensure a night of fun as guests race to the finish! Effortlessly make an ice luge by just adding water!



Available for \$22.95 at ([www.HomeWetBar.com](http://www.HomeWetBar.com))

### Glamour Jewels Ice Cube Tray

Add some sparkle to that iced tea, cocktail, or any other classy New Year's beverage with these glamorous diamond shaped ice cubes! Easy to use, just fill the Glamour Jewels Ice Cube Tray with water or fruit juice and put them in the freezer for a bit. Then, pop them out and into your glass when you're ready for some extra bling! Flexible and almost indestructible, these food-grade ice cube trays can be reused over and over again. Be sure to grab extra, so you can freeze up a batch for your next party and spread the wealth!



Only \$7.00 at ([www.HomeWetBar.com](http://www.HomeWetBar.com))



## 3 Tiered Fruit and Cheese Serving Set from Home Wet Bar

For any Fall and Holiday entertaining stories you may be working on, please consider this 3 Tiered Fruit and Cheese Serving Set from Home Wet Bar. The fall is right around the corner and as the harvest air gets cooler wine and cheese become a staple for entertaining nights in the house. Traditional pieces with a whirl of refinement, these swivel, tiered, wooden serving trays offer an imaginative but practical approach to home entertaining. Ideal for serving a variety of hard and soft cheeses, crackers, and fruits, the three, 360° swivel cheese boards allow you to create your own unique appetizer display for wine and cheese parties or cocktail hour. Carved moat borders (to collect cheese brine or fruit juice) surrounds each cutting board, and the pull-out cheese knife tray lets you keep your serving-ware accessible for guests and store easily when not in use. Three handsome utensils included, a fork-tipped cheese knife, hard cheese knife, and cheese spreader, combine polished stainless steel blades with parawood handles. Perfect for home entertaining.



Available for MSRP \$37.99 at ([www.HomeWetBar.com](http://www.HomeWetBar.com))

## Bambooe Reusable Bambooe Towels

The Holidays are around the corner and with that comes parties, family gatherings and feasts! There is a lot to keep clean and now there is an easy and organic way to do! So, I wanted to be sure you knew about the newly introduced reusable bamboo towel, Bambooe that may be a fit for your readers this holiday season. Bambooe is earth friendly, sustainable and an extremely versatile product for any kitchen or household cleaning and can be reused and washed up to 25 times! One roll of Bambooe is equivalent to 60 standard paper towel rolls. They are a great way to bring a little "green" into your kitchen or to the table this fall, winter and New Year!

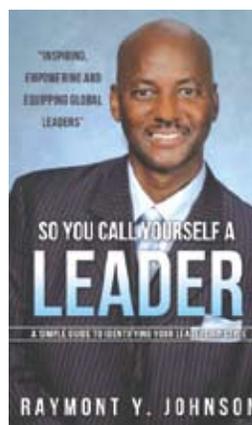


Available for \$9.95 per roll at ([www.Bambooe.com](http://www.Bambooe.com))

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# GIFT GALLERY



## For the Traveler and Beauty Maven: TRAVALO

The maker of the must-have beauty accessory for men and women is proud to launch its newest atomizer, Travalo Touch. Made of durable aluminum, the Travalo Touch is a 5 mL refillable fragrance wand with rollerball technology and can hold up to 50 applications so your favorite cologne or perfume is always available. TSA-approved, Travalo Touch is a portable fragrance wand designed to internally refill in seconds. Its spill-free patented Genie-S pump system allows you to easily transport your favorite scent anywhere you go whether it's in your carry-on, luggage, purse, gym bag, car or desk drawer. Refilling Travalo is as simple as removing the nozzle from your perfume, placing the Travalo on bottle pump stick and filling as much as you need.



(<http://www.us.travalo.com>)

## For the Wine and Beverage Enthusiast: soiree home

soireehome is innovating tradition once again with high quality, yet flavorless stainless steel with its newest product. tilt (MSRP \$34.99 for a set of 2) is an iceless and flavorless chilling sphere that keeps drinks chilled longer without diluting or interfering with the flavor. tilt's easy to use design allows users to simply store the stainless steel sphere in the freezer and in a matter of 4-6 hours, it's ready to be inserted into any beverage, wine glass or even party dip to keep chilled for at least 30 minutes. tilt's surface area/volume ratio allows for a better, more even chill, and the food grade stainless steel shell ensures purity of any taste from whiskey to lemonade.



(<http://www.soirehome.com>)

## SHAVETECH

This new standard in shaving offers a sleek, lightweight design that gives users a convenient USB charging option that will save them not only space but also the aggravation of finding a free electrical outlet. The premium power source USB shaver, ShaveTech can be powered up by plugging it directly into any USB port. A single full charge holds for 30 minutes of shaving.



Available for \$39.99 at (<http://www.shavetech.com>)

## For Baby:

Comotomo's newest product has kept babies in mind with a non-toxic and finger-like feel. Once babies begin teething, they usually head straight to their fingers, if nothing else is available. Comotomo has reinvented the wheel with a choke-proof design that is the ideal bite-size and will even help prevent finger sucking



MSRP \$6.99

*"Every family is one diagnosis, one phone call, one accident away from benefiting from stem cell research."* – 2008 Hadassah National Convention

*"Once you choose hope, anything is possible."* – Lynn Kotz, 2011 honoree

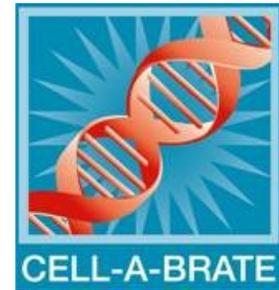
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**Saturday, January 26, 2013**

**Sheraton Inner Harbor 7:30 p.m.**

**Delicious Dining, Dancing with ONYX, Silent Auction**

**To benefit Hadassah's Stem Cell Advocacy and Research Efforts**



*Pioneering research at Hadassah is giving us reason to **CELL-A-BRATE!***

**Honoring**

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***\$125 Hadassah Members, \$150 Guests***

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[baltimore.chapter@hadassah.org](mailto:baltimore.chapter@hadassah.org)

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*"No negative thoughts and no pity parties are what get us through. Stem cell therapy holds the promise of a cure."*

**– Maddie and Stephanie Levine, 2012 honorees**

*"Every family is one diagnosis, one phone call, one accident away from benefiting from stem cell research."* – 2008 Hadassah National Convention

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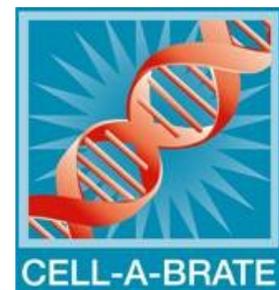
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