

A Publication for the Conscious Woman

Focus ON Women MAGAZINE



Marilyn Lawrence
Author From Pink to Blue



Sizzling at Seventy

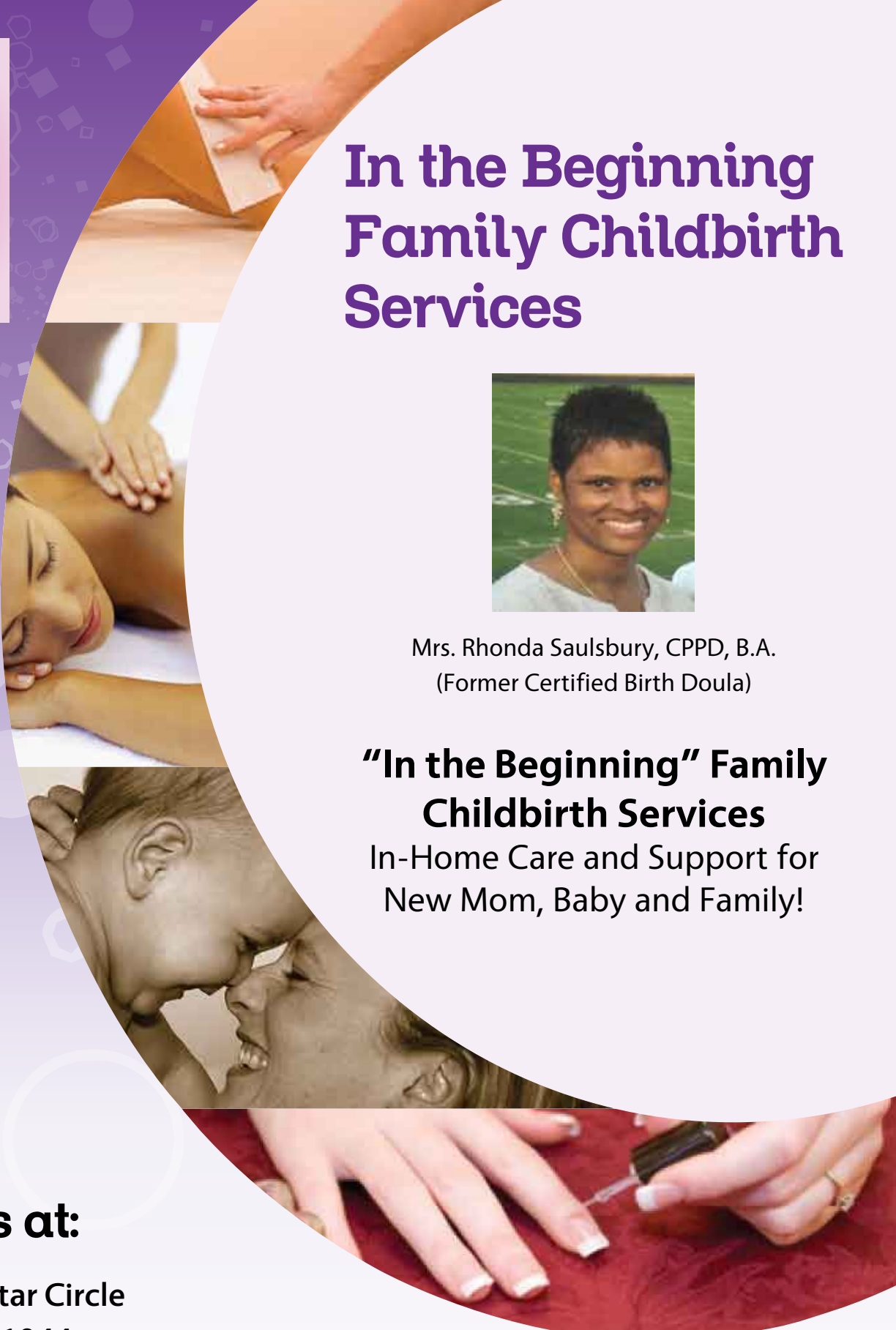
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Blending Families, Blending Baggage



March/April 2013



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March / April 2013

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Joslyn Wolfe
Publisher

The rite of Spring illumines our lives with the dawn of a new beginning. A tapestry of patterns yet understood, a path of intricacies yet to follow. In the quiet stillness of nature's unyielding beauty, we can pause ourselves to hear the quiet voice of instruction. This passage of time gives us pause to reflect and to ponder upon the innermost questions

about life, and relationships. Within this quiet space we are gifted with the opportunity to make decisions that lead to our highest good and those of others. Indeed, we are the students and nature is the teacher. To our readers, supporters and advertisers, may this season of new beginnings offer you greater times of peace, joy, purpose and fulfillment.

"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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Visit us on the web!

www.psy.jhu.edu/~labforchilddevelopment

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Focus Women ON Women MAGAZINE

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

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Patrice Brickman
HONORARY CHAIR OF
GIRLS ON THE GREEN



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.

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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, www.DonateHurricaneSandy.com and 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.



Basignani Winery

Punxsutawney Phil didn't see his shadow last month, predicting an early spring...and here at the winery it's looking like we're in for an early spring, too! We've all been busily pruning and getting the vines ready after our "non-winter". We all know that March is a notoriously mercurial month: "in like a lamb and out like a lion," or so the saying goes. But a little weather (or a few leprechauns) won't catch us off guard!

We've a lot coming up at the winery in the next few months, so be sure to keep your eye out for information on our UPCOMING EVENTS:

MARCH ~ Mason-Dixon Wine Trail "Tour de Tanks" (3/2-3/3, 3/9-3/10, 3/17-3/18, 3/23-3/24, and 3/30)

APRIL~ Pizza and Herbs (April 20-21),

MAY ~ Swing Into Spring (May 4-5)

SUMMER ~and everyone's summer favorite!!!- **TGIF Movie Nights** (5/24, 6/7, 6/21, 7/5, 7/13, 8/2, 8/16 and 8/30).

Also look for Pizza, wine, & music nights on other Friday nights! We want to make sure your Friday nights are covered, and that you spend them with us @ Basignani Winery!

Also in this newsletter we're featuring Lynne's Irish Soda Bread and a short article on decanting. Read on for details! P.S. Don't forget to look for the coupon at the bottom for special March savings!!

Decanting is the subject of much debate in the wine world.

Which wines and when and can you just use an aerator instead?

Well, here at Basignani our philosophy is really quite simple: we recommend decanting some of our red wines. (We'll leave the discussion of aerators for another newsletter.)

Why decant? Because our unfiltered red wines contain sediment that, when stirred up will affect the wine's clarity, and alter its original bouquet. If you're interested in learning more about sediment in wine and why we don't filter, check out this blog post by our former intern, Kathryn.

But back to decanting. Say you want to open a bottle of Cabernet Sauvignon. Decant, aerate or just pour it into the glass? We say: decant. Decanting not only helps to broaden the flavor potential of young wines, it also removes sediment from older and unfiltered wines.

An easy, step-by-step guide to decanting:

1. If you have time or plan your meals a couple days ahead, sit the bottle(s) that you plan to drink, upright for a few hours ahead of time, so the sediment can settle to the bottom.
2. Uncork the bottle.
3. Using a light source (either a candle or a flashlight), light

Mason Dixon Wine Trail Tour deTanks

March 2-3, 9-10, 17-18, 23-24, and 30th
\$25 per person to visit 25 Pennsylvania & Maryland Family owned wineries during the month of March (Wine glass included). At Basignani, you will barrel taste our new Port wine, Sinistra, have a wine tasting, and chocolate covered cashews to go with the Sinistra...definitely a winning combination!



Lynne's Irish Soda Bread

It isn't March at the winery without some of Lynne's Irish Soda Bread. Make it a spring staple in your house this year. We recommend it toasted with a little butter and a glass of decanted Cab. (Not sure how/why to decant?)



Mix the dry ingredients and then mix the butter in (Don't be afraid to use your hands.) Beat eggs lightly and add to milk. Make a hole in the middle of the flour mix and pour egg and milk mixture in. Put flour on a board and then knead the mixture for 1 minute. Shape into loaf approx. 1 1/2 inches thick. Cut deep cross on top. Bake on cookie sheet for 30 minutes at 350*.

the top of the shoulder (I know the illustration shows the neck, but use the shoulder) of the bottle as you pour the wine slowly into the decanter. Be sure to watch until you see the first line of sediment creep into the neck. You don't have to stop pouring at this point. That line is usually an indicator of a much larger amount of sediment that is on its way. A small amount of sediment in your decanter will not adversely affect your enjoyment of the wine. When you see the aforementioned larger amount of sediment approach the shoulder, you should stop pouring and set the remaining wine aside (it should only be a few ounces). You can later strain this wine into a glass using a cheesecloth if you like.

4. Allow older wines to breathe for a few minutes or so in the decanter. Young wines should be enjoyed immediately.

In addition to visiting Basignani Winery, you will also be able to visit 25 other wineries along the Mason Dixon Wine Trail, and get a barrel tasting, have a wine tasting and a snack at each one.

Check out all the details at www.masondixonwinetrail.com

2013

HAPPENINGS

April 23, 2013

**Women And Minority Business Certifications And Procurement:
How To Leverage Your Certifications (9:30 am - 1:30 pm)**



REGISTER HERE!

Cost:

\$65 NAWBO Member /\$85 Non-Member

\$75 Member/\$95 Non-Member Late Registration Fee After APRIL 16 Surcharge of \$10 added to Late Registration Fee for Walk-ins.

\$110 Vendor Tables Available – includes 1 ticket and 6' table for product/service display

REGISTRATION CLOSING APRIL 22 AT 12 PM

Description:

This program is not just about how you get certified. It's about how to get business once you are certified. Learn how to find new customers and get new business from existing customers.

Who should attend?

Any women or minority owned firm looking to grow their business through the various certifications available to them. If you are considering becoming certified but are not sure it would provide an opportunity to grow your business then this program is for you.

Learn from the experts:

Zenita Wickham Hurley, Special Secretary, Governor's Office of Minority Affairs, State of Maryland, will provide an update on Maryland's MBE program, discuss the rights and responsibilities of MBEs, and the importance of staying up top of public policy issues.

Monica Randall, President of The Randall Group, will discuss leveraging various federal certifications, how to get the right meetings and what to say when you do.

Sandra Eberhard, Executive Director of Women Presidents' Educational Organization, will discuss leveraging WBENC certification to do business with companies like Xerox, McCormick and others.

Agenda:

8:00 to 8:30 a.m. - Registration

8:40 to 8:45 a.m. - Welcome & Continental Breakfast

8:45 to 10:30 a.m. - Morning Keynote & an Update on Public Policy

10:45 a.m. to 12 p.m. - Leveraging Your Certifications

12:15 to 1:15 p.m. - Luncheon Keynote

1:20 to 1:30 p.m. - Wrap-up and Closing Remarks

Location:

DoubleTree by Hilton – Baltimore North - Pikesville
1726 Reisterstown Road, Pikesville, Maryland, 21208

May 16, 2013

INDOOR PUTTING CLINIC: GOLF ETIQUETTE AND STRATEGY DISCUSSIONS (5:30 pm - 8:30 pm)



Attract. Develop. Advance.

REGISTER HERE!

Cost:

\$40.00

RSVP by May 9th: Register at <http://www.wifsmaryland.com/calendar/>

Website: www.wifsmaryland.com

No refunds or cancellations after Noon on May 13th

Stephanie Cassedy 443-280-0587 or WIFScentralMD@gmail.com

Description:

WIFS Central Maryland is teaming up with NAWBO Baltimore Regional Chapter, EWGA-Baltimore Regional MD Chapter, and HVBF – Women In Business

Instructor:

Allen Wronowski, PGA, Director of Member and Player Development for Hillendale Country Club

Directions:

<http://www.hillendalecc.com/Default.aspx?p=DynamicModule&pageid=319938&ssid=212212&vnf=1>

Agenda:

5:30 p.m.: Networking - Heavy hors d'oeuvres and Cash Bar

6:30 p.m.: Instruction by Allen Wronowski

7:30 p.m.: Q & A, Networking, and Noshing

Location:

Hillendale Country Club
13700 Blenheim Road
Phoenix, MD 21031

June 18, 2013

2013 WOMEN OF THE YEAR AWARDS & SCHOLARSHIP EVENT (5:30 pm - 8:00 pm)



REGISTER HERE!

Cost:

\$85 Member / \$110 Non-Member

\$95 Member / \$120 Non-Member Late Registration Fee After June 11 Surcharge of \$10 added to Late Registration Fee for Walk-ins.

REGISTRATION CLOSES JUNE 17 AT 3 PM

Description:

2013 Women of the Year Awards “celebrating excellence, commitment and ingenuity.”

The National Association of Women Business Owners, Baltimore Regional Chapter (NAWBO) invites you to attend the 2013 Women of the Year and Scholarship Awards Dinner as we celebrate Women! These annual awards are bestowed upon outstanding women entrepreneurs and a corporate partner in the Greater Baltimore Regional area who have made significant accomplishments and demonstrate a willingness to devote time, energy and financial resources to programs benefiting women and women in business.

Our keynote speaker this year will be Mary Ann Scully, President and Chief Executive Officer of Howard Bank. She is a lifelong banker with over 35 years of varied executive experiences in the Maryland marketplace. In 2003, she headed the

organizing team for Howard Bank, the first new bank to open in the county in 15 years. She is an active member of her community and a mentor to women, serving as a trustee for Howard County General Hospital and Catholic Charities. She serves on the board of the Kennedy Krieger Institute and she sits on the President's Advisory Council of the Maryland Chamber of Commerce.



Mary Ann Scully

President and Chief Executive Officer of Howard Bank

Speaker:

Mary Ann Scully, CEO of Howard Bank

Menu:

Salad: Baby Spinach Salad with Thinly Sliced Red Onions, Strawberries, & Gorgonzola Cheese Crumbles, Crowned with Mandarin Oranges Served with Raspberry Vinaigrette

Entree: 5 oz. Jumbo Lump MD Crab Cake with Roasted Red Bliss Potatoes and Grilled Summer Squash and Artisan Rolls and Butter

Dessert: Summer Cherry Lattice Pie with Coffee and Hot Herbal Tea Service

Agenda:

5:30 to 6:15 pm - Registration & Networking

6:15 to 6:30 pm - Welcome & NAWBO BRC Board 2012-2013 Induction

6:30 to 6:40 pm - Introduction of Tammy Schneider, Scholarship Chair & Introduction of Two Scholarship Award Winners

6:40 to 7:00 pm - Dinner

7:00 to 7:45 pm - Guest Speaker Mary Ann Scully

7:45 to 8:00 pm - Woman of the Year, Corporate Partner of the Year, Trailblazing Award Winners

Location:

Hayfields Country Club
700 Hayfields Road, Hunt Valley, MD 21030
www.hayfieldscs.com

July 30, 2013

1st ANNUAL NAWBO FAMILY NIGHT OUT – O's vs. Astros
5:00 PM BUFFET/7:05 PM GAME



REGISTER HERE!

Cost:

\$45 Member / \$55 Non-Member

\$55 Member / \$65 Non-Member Late Registration Fee After July 23 Surcharge of \$10 added to Late Registration Fee for Walk-ins.

REGISTRATION CLOSSES JULY 29 AT 3 PM

Description:

Bring the family and join us for a night at the yard! With a little networking, your favorite ballpark food and a seat to a great game, it's sure to be a fantastic event. Never enjoyed the all-you-can-eat buffet? Below are details to get your tummy grumbling! Fans with a Left Field Club Picnic Perch ticket should go to the specially marked booth behind Section 282 to have their ticket and hand stamped for all-you-can-eat access. Once your hand is stamped, proceed to the specially marked concession areas for all-you-can-eat hotdogs, nachos, salads, peanuts, popcorn, ice cream, soda, lemonade, and more! And don't forget to ask about our new, fresh Garden Salads available upon request.

All-you-can-eat food items are available from when gates open until the conclusion of the 7th inning or 3 hours after the scheduled first pitch. Alcohol is not included, but may be purchased by those over 21. Children 3 and under are Free!

Location:

Oriole Park at Camden Yards
Tickets are located in Left Field Club Box Section 284

September 24, 2013

WELCOME BACK TO NAWBO! (11:30AM - 1:30PM)



REGISTER HERE!

Cost:

\$35 Member / \$50 Non-Member
\$45 Member / \$60 Non-Member Late Registration Fee After September 17 Surcharge of \$10 added to Late Registration Fee for Walk-ins.
\$25 Special Exhibit Table Opportunity for Members (Total Cost \$60)

REGISTRATION CLOSSES SEPTEMBER 23 AT 3 PM

Description:

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

Agenda:

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

Location:

DoubleTree by Hilton - Baltimore North - Pikesville
1726 Reisterstown Road, Pikesville, Maryland, 21208

Menu: Coming Soon!

November 20, 2013*

TASTING WITH MITCHELL PRESSMAN - SELECTING IDEAL WINES FOR HOLIDAY GIFTS (5:30 - 7:30 pm) *Note this is an event on Wednesday



REGISTER HERE!

Cost:

\$35 Member / \$50 Non-Member
\$45 Member / \$60 Non-Member Late Registration Fee After November 13 Surcharge of \$10 added to Late Registration Fee for Walk-ins.

REGISTRATION CLOSSES NOVEMBER 19 AT 3 PM

Description:

Join your fellow NAWBO Members for an opportunity to discuss one-on-one with Mitchell Pressman your upcoming holiday gifts and dinner needs while sampling wines perfect for those hard-to-buy-for individuals. Get to know other NAWBO Members, BUILD your network, and kick off the holiday season with a little fun!

Location:

Chesapeake Wine Company
2400 Boston Street
Baltimore, MD 21224
Complimentary Parking in Lot and in Garage

Menu: Coming Soon!

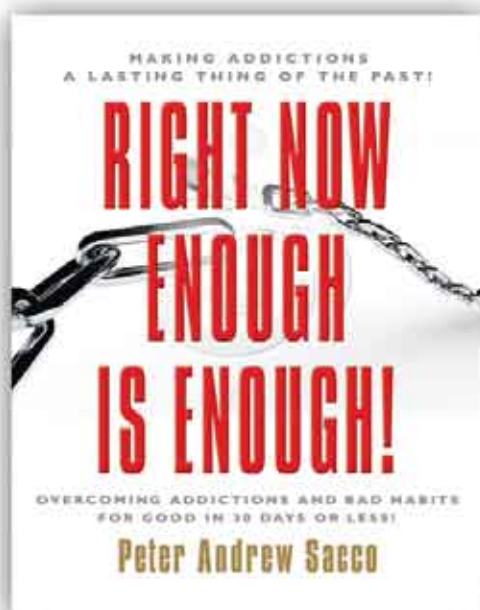
Keeping Resolutions: Overcoming Addiction And Substance Abuse Dependence

- By Peter Andrew Sacco Ph.D.

When individuals engage in substance abuse (alcohol, drugs, etc.) and they are unable to quit usage on their own even though they have tried repeatedly, but succumb to using again, they might be said to possess an addiction. Addictions are multifaceted whereby they effect individuals in one or more ways; biologically, psychologically or socially. When the body develops withdrawal symptoms after the individual discontinues use, they are said to possess a physical tolerance (body needs it). The substance is in their blood stream and they need it to physically function in order to remove the side-effects of withdrawal. Conversely, when an individual craves a substance that leads them to suffer emotionally and/or impedes their rational functioning without it, they are said to possess a psychological addiction.

Addiction and substance dependence is a slow, insidious process which develops over time through repeated use and eventual abuse of the drug of choice. When most addicts began using their substance of choice and using moderately, they were in control. As they increased their frequency in use

as well as increasing doses of the substance, their ability to moderately manage their intake and control over the use of the substance diminished. Eventually they passed a point of no return where they couldn't control their substance use any longer. Instead, their withdrawal symptoms and cravings took control over their daily lives.



and addiction professionals that literally hits home and gets people onto prospective roads to recovery...fast! it's all about getting at the root of bitter resistance!

Whenever an individual chooses to quit using their substance of choice either by going "cold turkey" (quitting immediately) or going into a detoxification program they are often likely to develop symptoms of withdrawal. When the body has developed a tolerance to a substance, the individual is physiologically addicted to the substance. Individuals experience unpleasant, even

violent symptoms in their bodies due to quitting. When an individual is able to quit with minimal or no disruptive bodily sensations, rather experience intense or violent changes in their moods, they are most likely addicted to their substance of choice at a psychological/mental level. The ability to eliminate the toxicity and need from their bodies is more easily achieved than those with physiological addictions. Individuals with physiological addictions may slip and use their substance of choice again because they feel the need to alleviate a physical symptom. Conversely, individuals with psychological addictions to substances may use again after a "slip" as a form of escapism, instant gratification "high", or to cope mentally with psychological stress.

The goal is to minimize slips and create a state of clarity which brings individuals into a state of sweet acceptance of living in the here and now. When you get people with addictions and bad habits to this point, the results are fast, positive and lasting! Are you ready to rid yourself of your nasty vices, or helps those that you love most? Read RIGHT NOW ENOUGH IS ENOUGH!...now!

**To learn more about
RIGHT NOW ENOUGH IS
ENOUGH! and take the
addictions and/or co-
dependency tests, visit:**

www.rightnowenoughisenough.com



girl scouts
of central maryland

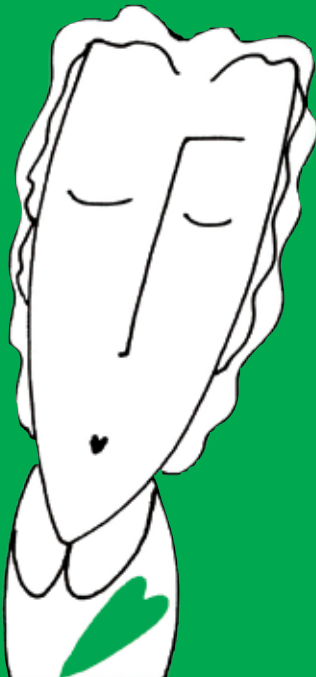
Distinguished Women's Award Reception

April 25, 2013, 5:30 pm
Baltimore Country Club, Roland Park

Please join us **April 25, 2013, 5:30 pm** at the **Baltimore Country Club** in Roland Park to celebrate women leaders – past, present and future – at our annual networking fundraiser, the Distinguished Women's Award Reception.

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

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



Online Auction

Don't miss our online auction that runs April 3-17, 2013. Visit our website at gscm.org for more details. Your bids help support the work of Girl Scouts of Central Maryland!

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

Questions?

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

The 2013 Honorees



Karen Barbour

Founder and President, The Barbour Group



Winifred J. Booker, D.D.S.

Principal Owner, Valley Dental Pediatrics



Patricia McHugh Lambert

Principal, Pessin Katz Law, P.A.



Cecile K. Perich

Senior Vice President of Human Relations McCormick & Company, Inc.



Maria Harris Tildon

Senior Vice President of Public Policy and Community Affairs CareFirst BlueCross BlueShield

5

Steps To Achieve Your 2013 Weight AND Money Goals

By Steve Repak, CFP®



Congratulations on being one of the 48% of the population who actually made a New Year's resolution. Now for a reality check... less than 10% of you will actually be successful. Don't get discouraged but use that truth to light a fire under your butt and do something about it! Most resolutions that are made are by people who want to be in better physical shape or better fiscal shape. The GREAT news is that I will share with you five simple steps that can help you accomplish BOTH!

1

STEP

DO Something

The key word is DO! You are probably thinking that it doesn't take a rocket scientist to come to that conclusion but the truth is that it is impossible to change what is going on in your life without doing something. Do is an ACTION verb so the first step is to TAKE ACTION. I like to remind people that the hardest step is the first step! Many personal trainers tell their clients that the hardest weight to push when you finally decide to get into shape is the front door to the gym. The same is true with getting out of debt or saving money. It might not be as easy as opening a door but it is as easy as pulling out a Tupperware bowl, filling it with water, putting in your credit cards and then placing it in the freezer. Take action and make a commitment to yourself, and the toughest part will be behind you.

2

STEP

Set Your Goals

Your goals need to be ACHIEVABLE, CHALLENGING, and SPECIFIC. If your goals are not achievable because you set them too high you will quickly become discouraged and eventually quit, but if you don't make your goals challenging, you won't see any REAL change. Finally, your goals need to be specific. Don't say your goal is to lose weight or to build up your savings. A better goal would be to lose 1-2 pounds weekly, 5 pounds in a month and by June you want to have lost 30 lbs. Don't say you want to have more money in the bank to be in better fiscal shape. A better goal would be to save at least \$25 a week, \$100 a month and by June you want to have an additional \$600 in savings.

3

STEP

Make a Plan and Write It Down

To start your plan, you will want to conduct an initial assessment. You have to KNOW where you are STARTING FROM to get to where YOU WANT TO BE. If your goal is to be able to complete a 5k run in June in less than an hour, how far and how fast can you run now? If your goal is to build your savings to \$1,500 by year end, how much do you have in savings and how much are you saving now? Once you have conducted your initial assessment write it down. It might not be pleasant but use that reality as motivation instead of discouragement. Your next step is to develop a strategy to get you from your initial assessment to your ultimate goal. It is

the “How” part of what you will have to DO. Put what you are going to DO in WRITING! A key point to always remember is that your plan needs to be flexible because there are going to be times when you might get thrown off track. Don't let getting off track be your excuse to QUIT! Deal with it, make any necessary adjustments, and get back on course. I can't stress this enough... PUT EVERYTHING IN WRITING! There are several studies that show that people who write their plans down have a higher probability of achieving their goals than those that don't.

4

STEP

Select an Accountability Partner

Your probability for success will increase by simply selecting someone who will keep you accountable for your decisions. I am not saying you need a personal trainer or you need to hire yourself a financial professional, but simply that you need to have someone that can help you stay on track with your goals. Pick a friend or a family member with a positive attitude who will provide you with encouragement and sometimes a swift kick in the rear end when you really need it. You will also want to maintain a journal where you record your progress. It could be a journal where you write down what you are eating at each meal, how much you are exercising each day, or maybe it is a financial journal in which you are itemizing exactly where and on what you are spending your money. Each week you want to meet with your partner and show them your journal. Knowing that you have to show someone your meal journal might make the difference in choosing between eating an entire pizza or a salad with reduced fat dressing.

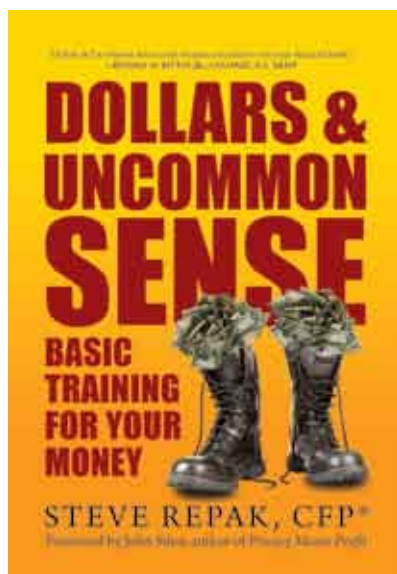
5

STEP

Fight Your Emotions

Getting into shape, whether it is better physical shape or better fiscal shape, will require you to keep a lid on your emotions and accept the fact that you have to change. Many people associate change with pain. Change doesn't have to be as painful if you can focus on the future prize instead of the present sacrifice. It's mind over matter. To lose weight will require change. Choosing between eating a bowl of ice-cream instead of snacking on some almonds will require a change in your eating habits. The same principle is in action when you make purchases. A \$4.00 coffee beverage doesn't sound extravagant, but if you purchase one every day you can rack up a monthly \$120 coffee bill. Embrace change and don't allow your emotions to focus on what you have to give up now, but what it is going to take so you accomplish your goals!

As you see there are no secrets or shortcuts. Things will not change for the better until you want them to change and until you DO SOMETHING about it. Set your goals high but keep them realistic and specific. Put your plans in writing and pick someone who can help keep you accountable. Don't allow your emotions to derail you when you get off track but accept change as your only solution to the answer for achieving positive results, and finally make 2013 the year that you finally keep your New Year's Resolution!



For more information

please visit
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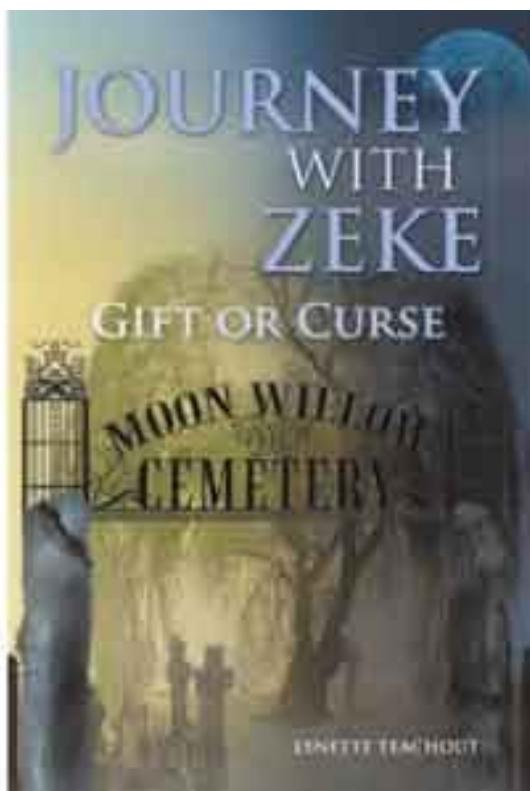
Decode your dreams to satisfy your subconscious

Dreaming is something we all do, but why? A dream is our own unique communication with our inner wisdom. We dream to resolve, rejuvenate and repair our mind, body and soul. There are messages in our dreams. Messages come in different forms such as images, colors, words, emotion, and sound. The key is to understand what these forms mean. Since our dreams are unique to each of us, keeping a dream journal will help you to identify what appears in your dreams and know the meaning. It is also important to know that even when something appears in our dreams as a negative, it doesn't actually mean that it is.

“

When we dream we are working on solutions, experiencing a different kind of freedom, reflecting on something in our past, present or future

”



Let's say that you dream that you are falling and then you hit the ground. When you recall this dream from a negative viewpoint, this dream would scare you. However, if you analyze your dream in a positive way, this dream would mean you are a free spirit who is starting a new beginning. You are letting go of all that is holding you back.

We are always in control of our dreams. That's right! You are the one in control. You can take control in every dream. You're having the same dream of falling, but instead of hitting the ground, you take control and start flying. Now that you are flying in the dream you are in control. Keep flying and see where the dream leads you.

What is happening in your everyday life has an impact on what you dream and how you dream it. If you are experiencing a lot of negativity in your life, your dreams will appear negative to you. The reason is you are trying to resolve the negativity. On the other hand when you are happy and positive things are happening in your life, your dreams will also be positive.

So how can you keep your dreams positive? Here's what I do: Before going to sleep I close my eyes and envision a white light that surrounds my entire body. I ask for my dreams to be guided, protected and for messages that are meant for me to be delivered. Before I open my eyes upon waking (which can come anytime during our sleep cycle) I take a few minutes to recall the forms and emotions I saw and felt in my dream and write in my dream journal.

Next I look for patterns. How many times did I dream the same thing? Did something change in the dream? Noting what forms appeared in my dream, I begin my interpretation. You may want to reference a "Dream Interpretation Guide" to get you started, but don't read it as fact. Remember your dream is unique to you! If you and your friend had the exact same dream, it could mean something entirely different for both you. Instead let your inner wisdom guide you, it's the reason your dream.

Lynette Teachout is the author of Journey With Zeke. The book is based on true dream events that Lynette has had. She resides in Rives Junction, MI



Make 2013 the Year You Make a Difference in a Girl's Life



As we settle into the New Year, make our resolutions and plan how we will make 2013 a phenomenal year, inevitably we find ourselves reflecting on the year that has passed. For Girl Scouts, 2012 was the Year of the Girl. It marked the 100th anniversary of an organization that has been dedicated to preparing girls to be leaders in their communities and in the world. With that in mind, 2013 is the first year of a new century of Girl Scouting. While decades have passed since Juliette Gordon Low started the first Girl Scout troop in Savannah, Georgia, our mission is still the same: to prepare girls to fulfill their potential by helping them develop the courage, confidence and character to make the world a better place.

Based on the success Girl Scouts has had thus far, the possibilities are endless. Girl Scouts, past and present, have an array of accomplishments in areas that include science and aerospace, business and politics, medicine and education, and civic and community service. Their successes inspire girls to pick up the baton and carry it forward. In the month of December alone, hundreds of local Girl Scouts supported military men and women by distributing Girl Scout cookies at local military bases and greeting returning and departing soldiers at BWI airport as a way of saying "Thank You for your service," some collected clothes and food for those less fortunate, while others visited nursing homes and hospitals bringing their smiling faces to those in need of a dose of cheer. This represents a small snapshot of how Girl Scouts all across the region worked together to make their communities better places to live. For many girls and women, this is where the lifelong commitment to service, learning and civic engagement begins--in Girl Scouting--and this is what we will continue to encourage and develop in our girls for generations to come.

Girl Scouts offers girls a safe environment to explore, discover and act on their dreams. By encouraging them to think beyond themselves, connect with people and places that are different from what they may be used to, and then help them develop the character and confidence to put those experiences in action, they are capable of making a difference in the lives of others. At a recent round table discussion with seven Girl Scout Seniors, the girls discussed a variety of topics, including role models, women in Congress, working women

and work/life balance. These seven teenage girls are already demonstrating key leadership qualities through projects they have implemented in their communities. Within the group, two had presented their Girl Scout Gold Award* projects to a Congressional panel on Capitol Hill; four of them created a Girl Scout internship program with Representative Elijah Cummings' Capitol Hill office and another had already earned her Girl Scout Gold Award. Each of these girls credited Girl Scouts with helping them feel confident about themselves and some said Girl Scouts helped them find their voice (you can view the video of the discussion at: <http://www.youtube.com/user/GirlScoutsCentralMD>).

You can make a difference

In 2012 we encouraged all adults to help us "Get Her There;" there being a place where she is poised to lead and make a difference because she has the requisite skills and the confidence to succeed. In 2013 we are asking again. If you are interested in helping to shape the next generation of women leaders in a long or short term capacity; if you would like to mentor a girl or provide a workshop or activity that will help girls develop skills they will use for a lifetime, we have opportunities for you. I invite you to visit our website gscm.org or contact our Adult Volunteerism Manager, Katie Pedersen, kpetersen@gscm.org, for more information on how you can get involved with a girl or troop.

We look forward to working with you to help all girls feel confident in their abilities. As one of the girls who participated in the roundtable said: "**girls are just as capable as boys... we just need to show them we are.**" Let's work together to help her and all girls prove just that.

**The Girl Scout Gold Award is the highest award a Girl Scout can earn.*

Traci A. Barnett is the Chief Executive Officer for the Girl Scouts of Central Maryland. The Council provides leadership development programs and activities for girls in grades K-12 residing in Baltimore City, Anne Arundel, Baltimore, Carroll, Harford and Howard counties. You can read more stories about what Girl Scouts are doing in central Maryland at blog.gscm.org.

Focus on Women Magazine

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

Evenets of the month

E-mail at: info@focusonwomenmagazine.com



Issue: March/April -2013

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



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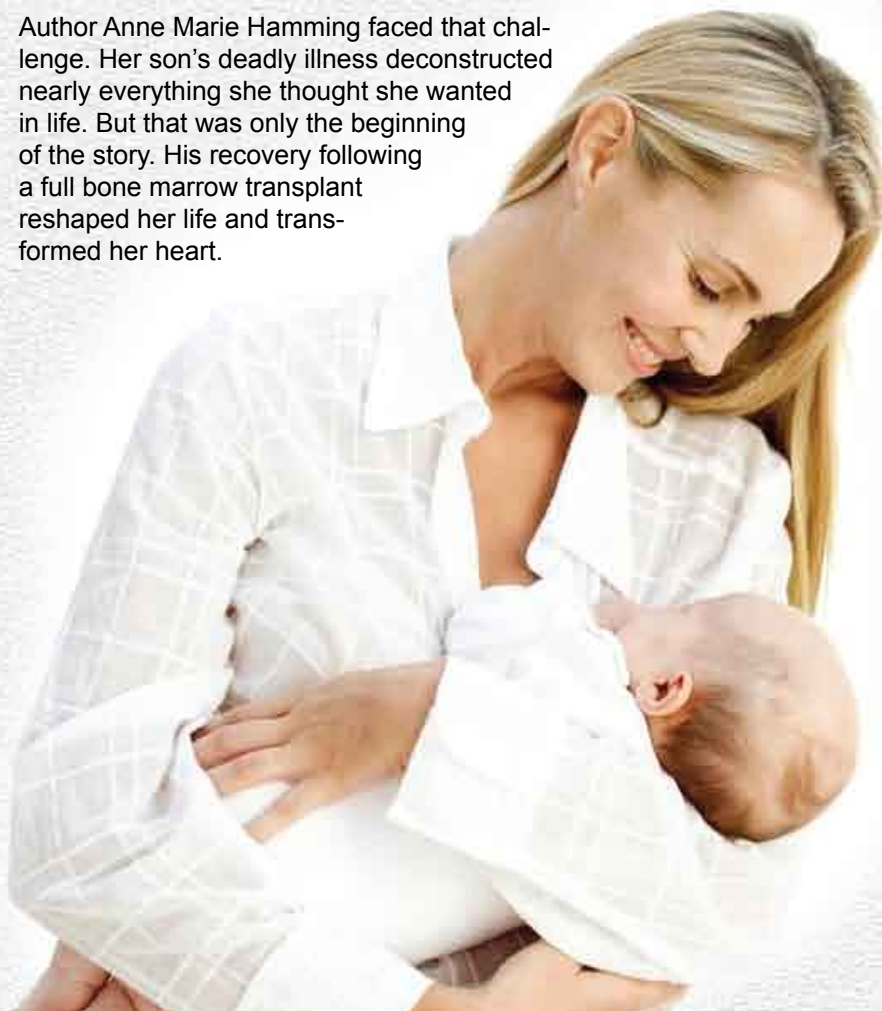
MOTHERHOOD VERSUS CAREER??

What if you were forced to choose just one?

GRAND RAPIDS, Mich. - Imagine building the life you wanted. Now imagine having to walk away because your child was too sick for you to continue having it all.

What would you do if your dreams and successes all fell apart?

Author Anne Marie Hamming faced that challenge. Her son's deadly illness deconstructed nearly everything she thought she wanted in life. But that was only the beginning of the story. His recovery following a full bone marrow transplant reshaped her life and transformed her heart.



In elegant narrative, Hamming gently carries readers through the experience of nearly losing a son and getting him back. She writes honestly about the tension between career and family, major medical crises and reuniting siblings after dramatic changes. Similar challenges face a number of families, with U.S. Labor Department numbers showing nearly three out of four mothers are in the work force.

"I felt compelled to write *Saving Lee, Finding Grace* because I knew many families go through similar challenges, but few people get the opportunity to write about their situations," Hamming said. "People would ask me how I made it through. I decided to write about how I not only made it through but also how I found deep joy and purpose. Now I wouldn't give up those experiences for anything."

Hamming wrote the book to inspire people to look at their own disappointments with gratitude for the things they still have and the lessons they can learn from unanticipated change. Her book offers readers an alternative view of success and provides an example of ways to be happy and gratified despite the stress that comes from raising a family amid great challenges.

"My readers keep saying there is something in this book for everyone," Hamming said. "Once they start, they don't want to put the book down."



About the author:

Anne Marie Hamming is a mother, writer, life coach and former daily newspaper journalist who resides in Middleville, Michigan with her children, Katie and Lee. *Saving Lee, Finding Grace* is her first book. She is an active supporter of *Be the Match*, which supports the bone-marrow transplant process, and the Juvenile Diabetes Research Foundation.

Saving Lee, Finding Grace

By Anne Marie Hamming

Hardcover: \$27.99, ISBN: 978-1-4772-6647-2

Softcover: \$16.95, ISBN: 978-1-4772-6646-5

Available at www.amazon.com,
barnesandnoble.com, authorhouse.com

Guidebook to life's little and big lessons

Over my lifetime, I had the opportunity to meet various people from several backgrounds, religious preferences, economic conditions, and nationalities. The encounters I had with the people who crossed my path allowed me to view people differently than most. One can miss out on friendships that lasts a lifetime, advice that can avert a disaster or emotional support in the time of need if they aren't open to meeting new people.

While working in the areas of acute care in hospitals, chronic care in home health, customers in our retail business, and inquisitive minds in the classroom. I have met individuals who have become lifelong friends. I would have to say that I met three categories of friends; those who were encouragers, those who had the conviction to give me an honest assessment of things, and those I enjoyed hanging out with, sharing a meal with, joking with, or just letting my hair down.

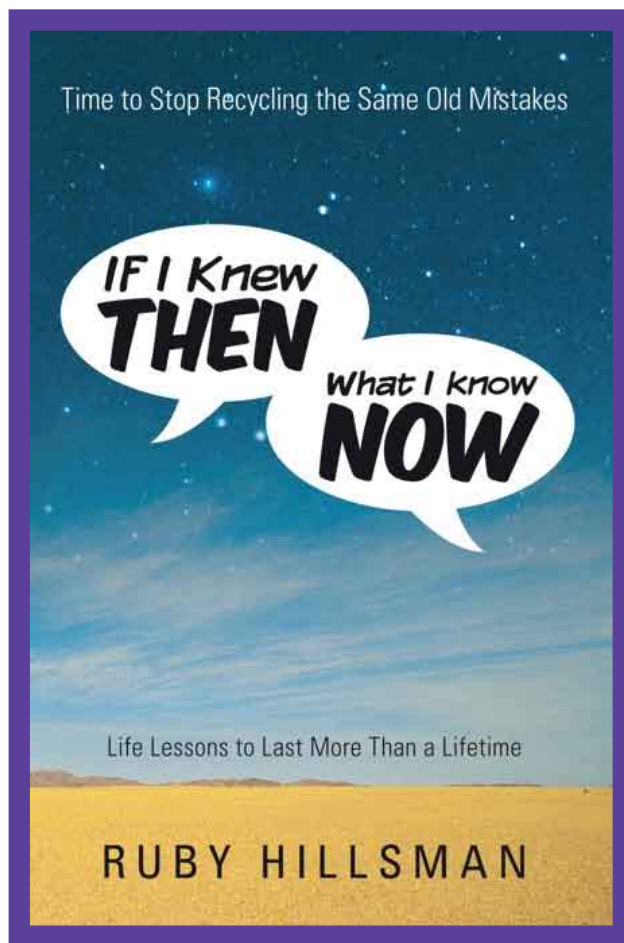
I once met a lady who taught me in Sunday school at the age of five years of age. She became a friend and mentor until she died at the age of 94. That relationship developed because she encouraged me, and quite by accident, I found her to be a filling station for me when my own personal gas tank was near empty. I found those type

friends are important from time to time because as nurses, a person can give so much of themselves during a twelve hour shift or longer, that they are literally in need of someone who does not drain them of their reserves.

A patient I met during home health was responsible for my interest in genealogy and researching my family tree. That relationship gave me a healthy respect for the diversity in my own life. That diversity included embracing African, European, and Indian heritage as well as a few distant others. I found that it is difficult to bash one race over another when you have mixed heritages.

Another lady I met was kind enough to sell her existing business to my family when she retired; a business still around some twenty plus years later. I met several friends through our family business. Some were housewives, retired, a sweet reflexologist, psychologist, and other professions who soon became all of the above. They became those who would tell you the facts whether you wanted to hear it or not, encourage you, have a bite together, talk and potentially solve the world's problems, hang out or ask each other for advice. These relationships allowed me to share in on weddings, illnesses, deaths, new babies, accomplishments of others, or to sit and have a gripe session. For that, I will be eternally grateful.

Lastly, whether in the doctor's office, classroom, hospital room, business realm, or church setting, I learned from those who had a quiet disposition about them. I learned from them that an empty wagon makes the most noise. A lesson I will cherish forever.



About The Author:

Ruby Hillsman has been a registered nurse for over 30 years and a retail business owner for more than 22 years. Married to her minister husband of 20 years, they now reside in Huntingdon, TN.

Put a Spring In Your Step

With Spring fast approaching - at least in the editorial world - it's time to toss those dull sneakers and trade them in for one of these super cute and colorful shoes, by Therafit. The shoes are designed specifically for women who thrive to live a healthier lifestyle, and provide cushioning, comfort, support and (of course) style!



Therafit shoes are fashion forward, come in a variety of color combinations, look great and feel even better! Looking forward to answering any questions or assisting with any requests.

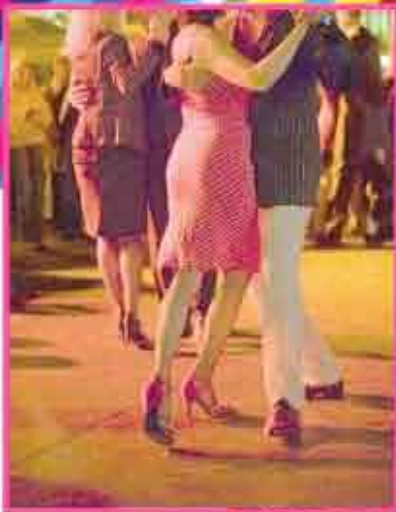


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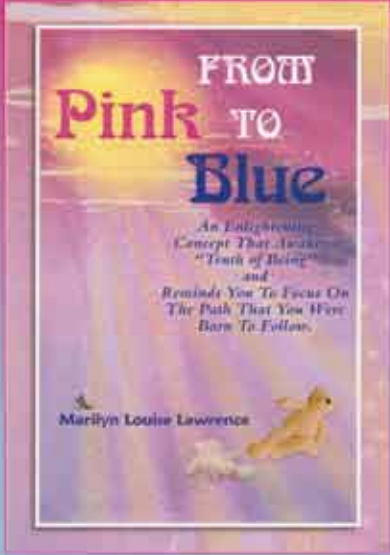
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New Book Helps Readers Find their Life Purpose

Author Marilyn Louise Lawrence releases new book, *From Pink to Blue*. A Small Book with a Big Message!



From Pink To Blue

By Marilyn Louise Lawrence
www.marilynlawrence.com

*A Divinely Guided Message about
"Truth of Being".*

Children are born with it; most adults have long forgotten it. It is never too late to reawaken your Life Purpose Path and Ignite Your "Truths into Your Being" and be the

You that You were Born To Be!

Balboa Press \$8.99 pbk \$3.99 ebook
Available—www.marilynlawrence.com,
Amazon, or request at your local bookstore.

978 -1 - 4525-5238 -5 (SC ISBN) 978 -1 - 4525 - 5237-8 (E-Book ISBN)

“ I shared with a few people the beginnings of my book to ‘test’ the subject matter and importance of the subject, so to speak. The most interesting and unexpected thing happened. The adults who read the words were instantly taken back to their childhood, relaying vivid memories of people that teased them and made them feel badly enough about themselves that they recall shutting a part of themselves down, changing themselves as part of a protection mechanism. This book will appeal to readers, because it rings true. Most of all, you will be able to relate to the subject and therefore know the importance of the ‘Concept.’ ”

The desire for enlightenment has seemingly grown in recent years, sparking an entire industry geared to the self-help and “mind, body & soul” crowd. Yet for many, the attainment of full consciousness remains just out of reach. Enter: Marilyn Louise Lawrence.

In her new book, ***From Pink to Blue: An Enlightening Concept to Awaken The “Truth of Being” That Every Person Was Born To Pursue.*** (published by Balboa Press), Lawrence illustrates a practical method for gaining enlightenment.

“From Pink to Blue is a Divinely guided message initially designed to enlighten the purpose path of children by creating a knowingness, awareness and concept in the adults around them,” explains Lawrence who notes that her book will also help adults reconnect with their “Truth of Being”. She shares how her book has affected those around her:

Passionate about the message in **From Pink to Blue**, Lawrence is excited about the changes it will bring to readers’ lives. “When people awaken their purpose, we will have a world of awakened and elevated consciousness,” she says. “Awakening truths in adults and aiding new souls entering this world to immediately embrace their purpose, instead of tucking and hiding it away.”

About the Author

Throughout her life, Marilyn Lawrence knew that there was a special purpose for her, but being a single mom and focusing on a busy career, she lost sight of her path. Then a series of unavoidable, undeniable experiences gave her the message loud and clear and made it difficult to avoid her purpose any longer.

A spiritual author and teacher, Lawrence’s work is grounded in the strong belief that every person has been placed in this world with a special “Divine gift” to share and a purpose to guide them. With her passionate commitment to spiritual service through classes, retreats, personal readings and healings, she has helped many people remove obstacles in their lives so they can once again feel the infinite joy of their own purpose.

www.marilynlawrence.com
marilyn@marilynlawrence.com , 949-981-5487

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Kristyn Decker

Educator | Speaker | Life Coach | Advocate

Not once in my early years as a polygamous child and adult, did I ever consider that my physical and philosophical life would so immeasurably alter by the time I reached fifty. I remember me, Sophia Allred, as a valuable person one minute, and the next I despised her, depending on how others and God behaved toward her, and what they had to say.

These days I am gratefully Kristyn Decker; a woman I consistently admire and respect. My life is amazing and abundant with genuine happiness. Most surprising and wondrous about my life changes, was evolving from a victim of polygamy's strong hold to becoming an activist for children and women who are locked into that generational, patriarchal belief system.

For 28 years, my father was the prophet of the second largest polygamous sect, (Apostolic United Brethren,) while I lived



Kristyn Decker

Author

*Last year, after my book, **Fifty Years in Polygamy: Big Secrets and Little White Lies**, was published, I quit teaching to publicize it, and help departing polygamists. While publicly speaking about the abuses and human rights violations that are prevalent in ALL polygamous sects; people told many more appalling stories. It was this ongoing anguish that roused my desire to originate the **Sound Choices Coalition**, which is a partnership of organizations and individuals uniting in an effort to end human rights violations due to polygamy and other forms of patriarchal abuse.*

SCC main goal is to alert the public that same sex marriages and freedom of choice don't being to compare to polygamy. We need to counter the possible 5% who publically represent a few financially stable, happy-looking polygamists who want it decriminalized; otherwise thousands of perpetrators, victims and children on welfare could legally be granted the right to indefinitely perpetuate the same.

I'm grateful that my unabridged book will be published soon, that I'm surrounded by honorable loved ones and friends, and that more and more are leaving polygamy.

polygamy and raised my 7 children. That sect is the same one that TLC's "Sister Wives" claims allegiance to.

As children, my sisters and I, as well as many others were sexually exploited; which is common among self-entitled young and old men while polygamous mothers and wives are too busy, distraught and absent to care for their husband's numerous children.

As a child, teen and adult, depression, abuse and heart-ache surrounded and permeated me. My mother, the first of my father's 13 wives was more often than not, depressed, crying and angry. She fought with my father about his inability to be fair; eventually learning she could mask her sorrows by submerging herself in the religious literature that demanded allegiance to polygamy. Time after time she assured me: "Nothing on this earth is worth losing our salvation for. We must endure to the end no matter what we have to sacrifice."

That doggedness shrouded all of us polygamous children. No matter the pain, fighting, unhappiness we saw and heard all around us, we knew that if we ever hoped to be with our children and families in eternity, we had to live polygamy, lest we be destroyed.

<http://www.lds-mormon.com/132.shtml>

It took close to 42 years to honor my soul's pleading and acknowledge we'd all been deceived. The process of leaving 7 generations of polygamous demands and suppression was extremely difficult, while at the same time absolutely exhilarating!

FREE “Five Easy Steps to a Low Maintenance Eco-friendly Landscape”

article by Melinda Myers

Gardening expert Melinda Myers provides a step-by-step plan to transform your landscape while saving time, money and a natural resource



It's possible to create a beautiful landscape and be kind to the environment even with a busy schedule and while staying within budget. “All it takes is a bit of planning and a few low maintenance strategies,” says gardening expert and author Melinda Myers.

Myers recommends these five strategies to create a low maintenance eco-friendly landscape this season.

Be Waterwise

Save money on the water bill, time spent watering and this precious resource, water. Start by growing drought tolerant plants suited to your growing environment. Once established they will only need watering during extended dry spells. Mulch with shredded leaves, evergreen needles, woodchips, or other organic matter to conserve moisture, reduce weeds, and improve the soil as they decompose.

Fertilize with a low nitrogen fertilizer, like Milorganite, that promotes slow steady growth instead of excessive greenery that requires more water. Plus, it won't burn even during drought.

Put rainwater to work all season long by using rain barrels to capture rainwater off your roof or directly from the sky.

Recycle Yard Waste in the Landscape

Minimize the amount of yard waste produced, reuse what can be in other areas of the landscape and recycle the rest as compost. These are just a few strategies that will save time

bagging, hauling, and disposing of yard debris. And better yet, implementing this strategy will save money and time spent buying and transporting soil amendments, since it will be created right in the backyard

Start by leaving grass clippings on the lawn. The short clippings break down quickly, adding organic matter, nutrients and moisture to the soil. Grow trees suited to the growing conditions and available space. That means less pruning and fewer trimmings that will need to be managed.

Make Compost at Home

Recycle yard waste into compost. Put plant waste into a heap and let it rot. Yes, it really is that simple. The more effort put into the process, the quicker the results.

Do not add insect-infested or diseased plant material or perennial weeds like quack grass, annual weeds gone to seed, or invasive plants. Most compost piles are not hot enough to kill these pests. And do not add meat, dairy, or bones that can attract rodents.

Manage Pests in Harmony with Nature

A healthy plant is the best defense against insects and disease. Select the most pest-resistant plants suited to the growing conditions and provide proper care.

Check plants regularly throughout the growing season. It is easier to control a few insects than the hundreds that can

develop in a week or two. And when problems arise, look for the most eco-friendly control. Start by removing small infestations by hand. Consider traps, barriers, and natural products if further control is needed. And as always be sure to read and follow label directions carefully.

Energy Wise Landscape Design

Use landscape plantings to keep homes warmer in the winter and cooler in the summer. Homes will have a more comfortable temperature throughout the seasons and energy costs will be reduced.

Plant trees on the east and west side of a house to shade windows in the summer and let the sun shine in and warm it up through the south-facing windows in winter.

Shade air conditioners, so they run more efficiently and be sure to collect and use any water they produce for container gardens.

Incorporate these changes into gardening routines and habits over time. Soon these and many more strategies that help save time and money while being kind to the environment will seem to occur automatically.

Nationally known gardening expert, TV/radio host, author & columnist Melinda Myers has more than 30 years of horticulture experience and has written over 20 gardening books, including Can't Miss Small Space Gardening. She hosts the nationally syndicated Melinda's Garden Moment segments which air on over 115 TV and radio stations throughout the U.S. She is a columnist and contributing editor for Birds & Blooms magazine and writes the twice monthly "Gardeners' Questions" newspaper column. Melinda also has a column in Gardening How-to magazine. Melinda hosted "The Plant Doctor" radio program for over 20 years as well as seven seasons of Great Lakes Gardener on PBS. She has written articles for Better Homes and Gardens and Fine Gardening and was a columnist and contributing editor for Backyard Living magazine. Melinda has a master's degree in horticulture, is a certified arborist and was a horticulture instructor with tenure.

Her web site is www.melindamyers.com

XXX

XXX



The advertisement features a photograph of several wine bottles from Basignani Winery. The bottles are arranged in a row, with the focus on the 'ELENA 2006' and 'CHARDONNAY 2007' bottles. The labels are white with colorful grapevine illustrations. A semi-transparent purple banner across the top of the photo contains the website www.masondixonwinetrail.com. To the left of the photo is a yellow sidebar with a maroon border. At the top of the sidebar is the Basignani logo, which includes the name 'BASIGNANI' and a stylized grapevine illustration. Below the logo is a circular emblem with '26th Anniversary' written inside. The text in the sidebar describes the winery's location and celebrates its 26th anniversary. Contact information, including email addresses, phone and fax numbers, and a street address in Sparks, MD, is provided at the bottom of the sidebar.

BASIGNANI

26th Anniversary

Located just north of butler on Falls road, amidst northern Baltimore Country's famed "horse country", Basignani celebrates its 26th anniversary this year.

Emphasizing quality over quantity, Basignani wines are classically styled and produced, using traditional "Old World" cellar methods.

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lynne@basignani.com
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SIGNANI BASIGNANI

ELENA 2006

CHARDONNAY 2007

ASIGN ERIK'S BIG 2006

www.masondixonwinetrail.com

Pure HANDKNIT Spring 2013



Line Spotlights the Season's Opposites Attract, Globe Trotter and Bedroom Eyes Trends

Ontario, Canada – Spring 2013 – Harper's Bazaar is forecasting that Spring 2013 fashion mavens will be going after Opposites Attract, Globe Trotter and Bedroom Eyes styles in droves. Even if they are not supermodels, everyday women can fashionably incorporate these trends thanks to Pure & Co.'s newest additions to the Pure HANDKNIT line. The contemporary knitwear collection is also rich in all the hottest colors of the upcoming spring season.

Harper's Bazaar heralds the Opposites Attract trend as "style in high contrast." Most of the New York fashion runway pieces featuring this trend combine black and white. Pure HANDKNIT is ahead of the curve on this Spring 2013 must-have style with its vintage short-sleeve pullover and lifestyle stripe pullover.

The fashion-authority magazine also predicts that women everywhere will be donning Globe Trotter and Bedroom Boudoir pieces once winter is over. Channeling the exotic of "a far off land" that defines the Globe Trotter trend, Pure HANDKNIT's artisan crochet tank also hints at the airy, lacy flavor that is the hallmark of the Bedroom Eyes trend. The collection puts its own spin on this sheer boudoir craze and makes it wearable anywhere, anytime by any woman. The passionate circle pullover and the mysterious crochet pullover are two key pieces to embrace this sought-after design.

Color trends are also prevalent in the Pure HANDKNIT Spring 2013 collection. Pantone, the world's color authority, says that Tender Shoots green, Grayed Jade green, Poppy Red, Dusk Blue, Linen and Monaco Blue will light up the spring fashion spectrum. Variations on all these hues are part of the upcoming Pure HANDKNIT spring lineup.

About Pure & Co.

Pure & Co. brings together two forward-thinking fashion collections: Pure HANDKNIT and Neon Buddha. Since its debut collection in 1998, Pure HANDKNIT has been celebrating life's rich craft of hand knitting. Each piece in this knitwear collection is handcrafted of 100% cotton by 4,500 women knitters in Thailand, thereby affording them opportunities to better their way of life while doing what they love. The inspiration behind the Neon Buddha line was the production of a lifestyle clothing collection for travel, home, work, yoga and the discerning active customer. Canadian designed, all of the collection's products can be well worn for life's adventures and are designed with a conscience, with sustainable practices incorporated into the collection.



please visit
www.pureandco.com and
www.neonbuddha.net



**Developing a new generation of
leaders who lead in a new way**

IMAGINE a new generation of leaders who lead in a new way...who lead with principle rather than pride...who step across barriers of class and race every day...who seek out the work that needs doing in the world...and, who bring boundless energy to every challenge. We know who these leaders will be; they are today's Girl Scouts!

Girl Scouts is the pre-eminent leadership development organization for girls—empowering them to think big and equipping them with the courage, confidence and character they need to achieve their dreams. Girl Scouts of Central Maryland is working with business leaders, elected officials, financial institutions and other gatekeepers to ensure that going forth, girls will experience a new and vastly different world—a world that welcomes them into a myriad of leadership roles where they will lead with character and courage to make the world a better place. We are determined to break down societal barriers that hinder girls from leading and achieving success in everything from technology and science to business and industry.

The journey begins with the Girl Scout environment itself. In Girl Scouting, we help every girl discover who she can be and what she can do, wherever she chooses to put her energies. A girl's leadership potential blooms among other girls—away from school pressures, social cliques and boys—where she can be herself and try new things. In Girl Scouts, activities are girl-led. Girls learn by doing and the learning is cooperative, not competitive. You can help to keep the dial moving forward. We ask women of all ages and at all stages and phases of their careers to partner with us and use their brilliance and leadership skills to help girls see and understand their individual potential.

We are empowering girls to be ready to lead at any moment—anywhere.

Girl Scouts of Central Maryland helps girls develop their inherent leadership capacity in a number of ways: through our **destinations** program girls can choose a location in the U.S. or abroad to visit and conduct cultural and/or scientific research; our STEM programs invite girls to discover the sciences through experimentation and investigation; our leadership development programs—CIT (Counselor in Training) the annual Girl Scout Cookie program and sale, and the Distinguished Women's Award program—provide girls with training and skills to lead others and work productively as a team. In addition, Girl Scout Gold Award recipients have all developed and implemented meaningful and sustainable community service projects that change real people's lives and positively impact neighborhoods here and around the globe.

Girl Scouts is asking everyone to support our efforts to prepare every girl for leadership in their homes, schools, neighborhoods and communities. We are empowering girls to be ready to lead at any moment—anywhere. We need your support to ensure that we can offer our girls the resources, training, experiences and leadership development tools that will prepare them for their roles as leaders now and in the future. We need your support because when girls succeed, so does society, and we all can play a role in making that happen. We invite you to partner with us as we build a brighter future for every girl. If you would like to support the movement, please contact Pattie Dash, Vice President of External Affairs, pdash@gscm.org or 410.358.9711, ext. 232. If you would like to volunteer your time and talents, contact Katie Pedersen, Manager of Adult Volunteerism, kpetersen@gscm.org or 410.358.9711, ext. 219.

Girl Scouts of Central Maryland provides leadership development programs for girls in grades K-12 residing in Baltimore City, Anne Arundel, Baltimore, Carroll, Harford and Howard counties. For more information about our programs visit our website: gscm.org. Like us on Facebook, follow us on Twitter.

Sizzling at Seventy

- Lyn Traill, Author

Recently I read that Louise Hay, author of *You Can Heal Your Life*, is the producer of the anticipated and upcoming 5th Annual Tapping World Summit. I was quite excited as I mention it as one of the techniques, which has enabled me to be still 'Sizzling at Seventy'.

In my book, I write about horrific nightmares which always featured a green table. These nightmares continued to disturb me for a great part of my life. I reveal the origin of these in the latter part of my book as I found ways to heal.

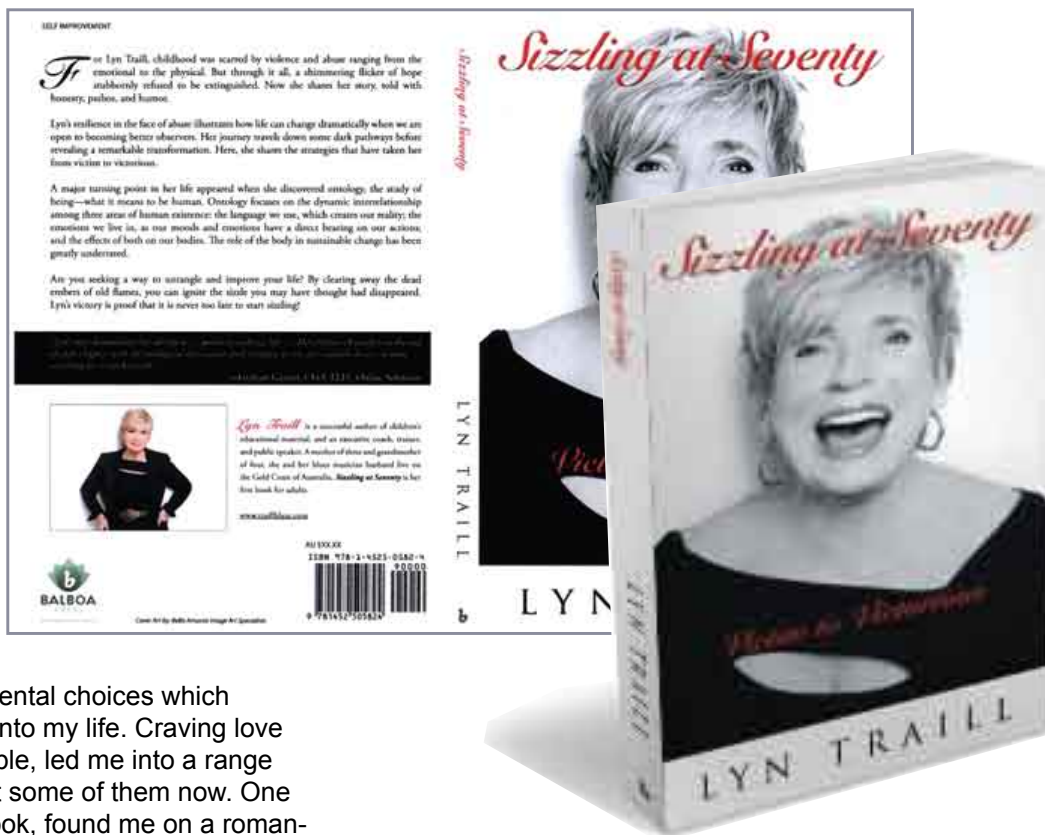
The victimhood and shame, nurtured through my childhood, resulted in my making some detrimental choices which included attracting the wrong men into my life. Craving love and believing myself to be unloveable, led me into a range of abusive situations. I can laugh at some of them now. One example I have discussed in the book, found me on a romantic tropical island on honeymoon with my second husband. Sounds great until you read that his girlfriend turned up expecting to share the experience!

My poor self esteem caused me to hate every day of my school life so I decided to become a teacher as I was determined to give kids a good time at school. I had some success in my career and my passion to help others motivated me to write some fun books for kids... but I always felt I was living someone else's life and my desire to please was nauseating. I searched for ways to heal and each method, as I mention in the book, pierced the skin of my pain as I searched for real authenticity. It was when I began studying ontology that I learned to really understand myself – it gave me a structure that helped me become a better observer of my way of being.

email: lynflo@bigpond.com

website: www.trailblaze.com

Available at Amazon.com



At the age of 64 I met the love of my life – I had begun to believe that I deserved more than I had attracted in the past. Just as well he had a good sense of humour as my son told him at their first meeting that most of the weddings he had been to were his mother's!

I had begun to 'sizzle' a few years before I met Mick, but in the book I describe the amazing circumstances of our meeting and our wonderful eight years together. I dedicated my book to my gorgeous rock star husband and I certainly blossomed in the certainty of our mutual love.

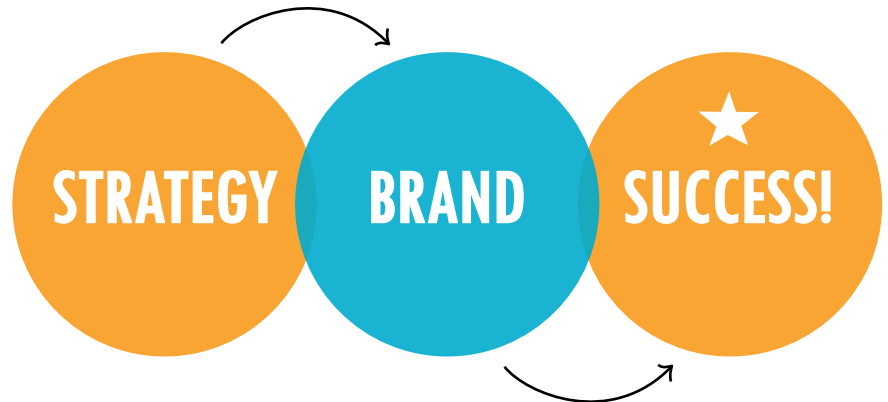
I wrote the book to help others understand how victimhood and shame stifles our potential and as well as being my story, told with some humour and layers of pathos, I have added some structures that have helped me to emerge from victim to victorious.

Two weeks after my book was published, my beautiful companion was diagnosed with an aggressive terminal disease and passed away eight weeks ago. Victimhood beckoned once more but if you read the blogs on my website www.trailblaze.com you will see me begin to sizzle once more. I wonder what I'll be doing at eighty?

Be Authentic! 10 Tips on How to Develop Your Brand

By R. Kay Green, PhD

A brand is the power of you on paper, in person, on the airwaves, or on screen. A brand is a direct representation of you as well as your promise about what you will deliver to your customers or clients. The brands that succeed are the ones that are unique, but they're also the ones that are authentic. Your brand will only succeed if it represents the true picture of you. With that in mind, let's examine a few key insights into how to develop a brand that is true to you and your mission.



- 1 Determine your vision and your purpose.**
Ask yourself one question: "What is my business really about?"
- 2 Build the right network.**
Not everyone belongs in your network. So build your network, but make sure everyone that stays in it is right for you and for your business.
- 3 Conduct a SWOT Analysis.**
With a SWOT Analysis, you can create a detailed and honest assessment of your brand's strengths, weaknesses, opportunities, and threats.
- 4 Determine your target market.**
Ask yourself who is the most profitable segment of the market that is likely to purchase your product or service.
- 5 Determine who your competition is.**
Sometimes the best answers to brand questions can be found out in the field. If you're stuck on what your brand should be, the best way is to study what the competition is doing.
- 6 Remember the Three C's for branding.**
The Three C's for branding are Clarity, Consistency, and Constancy.
- 7 Conduct a brand assessment.**
Ask 20 of your customers to name one word that they would use to describe your brand.
- 8 Deliver your authentic self.**
When building brand awareness, you must deliver your authentic self. Be original, be yourself, and be honest.
- 9 Understand your value.**
There is only one you. That has value and that has power -- but only if you know what your own personal value and power is.
- 10 Define your positioning strategy.**
If you understand what your customers think about your brand, you're in position to craft a brand that will reach your target market effectively.

As a final point, don't attempt to build your brand like anyone else. Be authentic. Focus on your passions. Determine what it is that you're inherently good at, what value you bring to the table, and how you can make an impact in your chosen market.

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;*

www.ivebeencalledthebword.com, barnesandnoble.com and amazon.com.

Café Berlin



LUNCH MENU

APPETIZERS

GEFÜLLTE CHAMPIGNONS

Baked mushroom caps filled with Westfaelian ham and topped with cheese

KARTOFFEL PFANNKUCHEN

Potato Pancakes with Apple Sauce and Sour Cream

PIKANTE GOULASH SUPPE

Hearty goulash soup seasoned with paprika

MAIN COURSE

CHICKEN CORDON BLEU

Boneless breast of chicken filled with ham and cheese, lightly breaded and sautéed on an orange cream sauce.

Served with rice and a house salad

DEUTSCHE WURSTPLATTE

Mixed sausage platter (bratwurst and weisswurst), served with sauerkraut and home fried potatoes

SCHNITZEL WIENER ART

Tender breaded cut of pork, sautéed and accompanied by lemon garnish

Served with home fries and daily vegetable selection

BREADED FLOUNDER FILET

Served with German Potato Salad and Tartar Sauce

DESSERT

Choice of one of our Homemade desserts

\$20.13

Beverages, Gratuity, and Tax are Not Included
(Please No Substitutions)

Hours Of Operation

Lunch

Monday - Saturday: 11:30am - 4pm

Dinner

Monday - Thursday: 4pm - 10pm

Friday - Saturday: 4pm - 11pm

Sunday: 3pm - 10pm

Brunch

Sunday: 10:30am - 3pm

Contact Us

Café Berlin

322 Massachusetts Ave. NE

Washington DC 20002

email: cafeberlindc@yahoo.com

Call us at:

202-543-7656

to make your
reservations now!



322 Massachusetts Ave.
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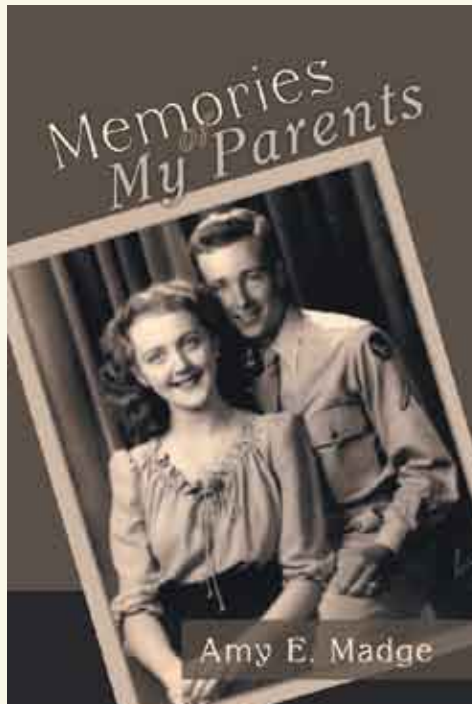
Tel: 202.543.7656

www.cafeberlindc.com

Memories of

My Parents

- Amy E. Madge



About the Author:

Amy Madge was the primary caregiver of her elderly parents during the final years of their lives. She currently lives in Westwood, Mass. working as a medical secretary. Madge is also the author of the children's book *The Adventures of Kwungee and Uba Dooba Boy*.

Until October of 2005, I was living an ordinary life. I had a good job as a medical secretary, wonderful family and great friends. On an October day I received news that my oldest brother had passed away suddenly. Shortly after that my mother became very ill, after a few months of being in the hospital and enduring many tests, it was determined Mom had a rare fungal disease on her heart valve. To avoid her going into a nursing home (which was her biggest fear) the doctors offered me the chance to be trained by the VNA of Massachusetts to administer her IV medications...that was the only way she could come home. I of course, accepted the challenge, this was my mother and I would do anything for her... she had done so much for me. I had no idea how challenging this would be for me...trying to work full time, caring for my mom and a very distraught Dad was at times more than I could handle...many times I wanted to throw in the towel, but this was my parents, the people who gave me life and sacrificed so much for me... I could not give up. With Faith and love, I forged on.

Mom passed in April of 2009 with Dad, my sister and me by her side in her home and on her terms. My best friend and rock was gone. Now there was Dad, his world had come to a screeching halt, his wife of over sixty years was gone and he had buried his oldest son. He started to shut down. He did his best to carry on, but deep down he had given up. We became closer in that time – I got a glimpse of my dad's other side that not many other people got to see, I felt blessed. Growing up dad was always the strong one, never showed emotion. Now, with all the loss in his life, that had changed.

About a year after Mom passed it was discovered that dad had bladder cancer – I could not believe it, this was too soon. I made the same commitment to dad as I had to mom. I would care for him at home so he would not have to go into a nursing home. Again, I went in to care giver mode. I honestly did not think I would be able to survive this once more, but love and faith again prevailed. Being a working woman and full time care giver is the hardest job I ever had and loved. I don't regret what I did for a second and I would do it again in a heartbeat. The biggest reward I got was a thank you from both of them and when mom looked at me before she passed and said thank you for what you have done. God gave you to us for a reason. That is one statement I do not agree with my mom on. I feel I am the one to thank them for what she and dad did for me.

Dad passed in February of 2012 with my sister and I at his side.

As much as I miss him, I take comfort in knowing he is with my mom and brother.

Memories of My Parents - By Amy E. Madge

Available at Amazon, Barnes and Noble, and Inspiring Voices online bookstore.

Women in our audience who feel challenged with the state of their relationships and personal Care practices will benefit from what this author has to say.

If they are worried about feeling worthy of love and capable of getting the love they desire, they need to hear her message of personal management and freedom.



Princess Love Mills has the experience, knowledge, and credentials to communicate with the women in your audience. Her passionate and commanding on-air presence motivates and captivates audiences of all sizes.

Princess Love is the author of *Don't Just Give Your Stuff Away: Learn to manage your Heart, Mind, Body & Time for better relationships today!*

Ms. Mills holds a Master's Degree in Human Services with a focus in Marriage and Family Counseling from Liberty University and a Bachelor of Fine Arts from Howard University.

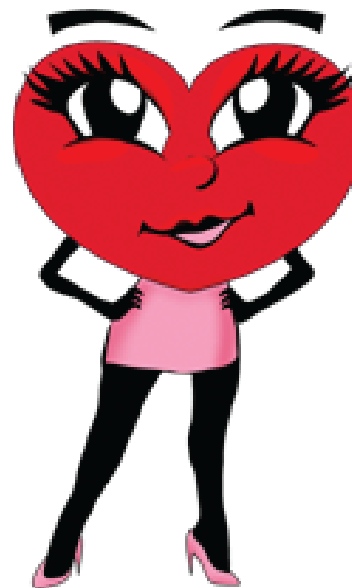
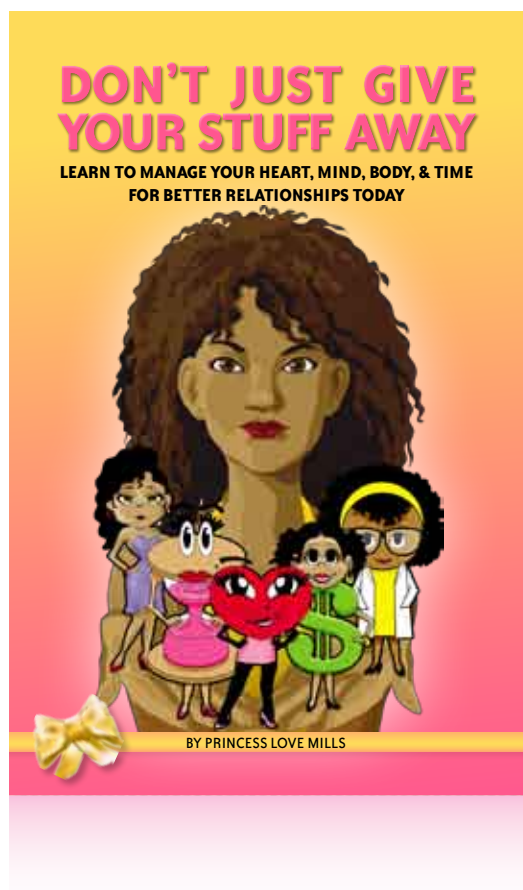
Princess is an Author, Holistic Life Coach, Motivational Speaker, and Certified Reflexologist and she often refers to herself as an "assistant healer" who collaborates with her family, friends, and clients.

Through Love Speaks Productions, LLC, Princess conducts workshops and seminars on self-empowerment, social fitness, & stress management.

Every woman has the power to make the better decisions and create joy filled lives for herself and her family. The process begins with self-knowledge, healthy boundaries, and knowing the value of your assets, your heart, mind, body, time, and money. Princess openly shares her personal failures, in additions to the remedies that put her back on track. Through her book and workshops she leads sister-readers and participants into conversational activities, reflections, journaling, and a reconstructive personal forgiveness project. Audience members will learn to identify specific warning signs for relational challenges and receive genuine methods to stop the damage, reorganize, rebuild, and protect their most valuable assets.

Women in your audience members will be inspired when they hear Princess Love Mills talk about these topics:

- How to prepare yourself for the relationship you want
- Methods to evaluate potential suitors and friends
- To identify warning signs for relational challenges
- Steps to end the damaging effects of unhealthy relationships
- How to reorganize, rebuild, and protect your most valuable assets
- Scheduling time for “not optional” self-care activities
- How to create an environment for a healthy prayer life



“Princess Love rocks! She has light years of wisdom far exceeding her chronological age. She is loving, compassionate, driven, balanced and wise. Her counsel has helped me see my own life experiences differently. Although I am her elder, she contributed to my spiritual growth and is helping me work through my nurturing challenges and giving my stuff away to folks who don’t value my time, love, counsel, money, friendship or wisdom. Listen to her! She knows, and she can help you hold onto your stuff until the right people are there to accept it with respect and gratitude!”

*~Evelyn Hunt-Williams
Certified Life Coach, Master the Maze*

CONTACT

www.LoveSpeaks2u.com
princesslovem@lovespeaks2u.com
 443.538.6980



NATIONAL ASSOCIATION OF WOMEN BUSINESS OWNERS HOSTS PROCUREMENT EVENT: HOW TO LEVERAGE YOUR CERTIFICATIONS

National Association of Women Business Owners, Baltimore Regional Chapter (NAWBO-BRC), is pleased to provide the Procurement Program, a 200 level seminar, for women entrepreneurs already certified as a Minority Business Enterprise (MBE).

This year's program will focus on how to get business once the company has been certified. "The past two years we have held programs for women and minority-owned companies wondering how to get certified," said Janine DiPaula Stevens, President of NAWBO, "now that they're certified it's time for NAWBO to help business owners find new customers and get new business from their existing customers. If you're looking to grow your certification opportunities, this is an event you shouldn't miss!"

Individuals who attend will be learning from the experts in getting certified, certification policy, and leveraging certification. Zenita Wickham Hurly, Special Secretary, Governor's Office of Minority Affairs, State of Maryland; will provide an update on Maryland's MBE program, discuss the rights and responsibilities of MBEs, and the importance of staying up top of public policy issues. Monica Randall, President of The Randall Group will discuss leveraging various federal certifications, how to get the right meetings, and what to say when you do. Sandra Eberhard, Executive Director of Women Presidents' Educational Organization will discuss leveraging WBENC certification to do business with companies like Xerox and McCormick's.

The Women and Minority Business Certifications and Procurement program will be held on April 23, 2013 from 8:30am to 1:30pm at the DoubleTree by Hilton – Baltimore North - Pikesville 1726 Reisterstown Road, Pikesville, Maryland, 21208.



The cost of the event is \$65.00 for NAWBO members and \$85.00 for Non-Members. After April 16 a surcharge of \$10.00 is added to late registration. Vendor tables are available for \$110.00. Registration closes April 22 at 12:00pm.

For more information or to register for this event please visit: <http://nawbobrc.org/events.php>.

About NAWBO-BRC

The National Association of Women Business Owners, Baltimore Regional Chapter, provides advocacy, resources and support for a diverse range of women business owners. Since 1979, NAWBO-BRC has provided women business owners—from start-ups to established organizations—the opportunity to build, reach, and collaborate for success across many different levels of business ownership. For more information on NAWBO please visit: www.nawbobrc.org

Value Your Children for Who They Are - Not Who You Need Them to Be

By Marta Fuchs, MLS, MFT

"I got everything I wanted except what I needed."



info@legacyofrescue.org

It was a breakthrough moment. A therapy client suddenly discovered what he always knew and now could finally identify. By being able to name it, he became a witness to his own experience, and could begin to feel compassion for himself. No wonder there were tears, in his eyes and mine.

Countless other successful people I've counseled have had that same sorrowful feeling that something basic was missing. They got everything they wanted except what they needed the most: to be seen and valued.

That is the essence of parenting – to see and value your children for who they are, rather than as an extension of yourself or as the means to fulfill your own needs.

Late one night I was playing my favorite Mozart sonata when Dad came in and quietly sat down, having just come home from work. Glancing at him from the piano, I saw how peaceful and happy he looked. When I finished, he exclaimed with a twinkle in his eyes, "What a good return I'm getting on my investment!" We laughed and I continued playing. It wasn't what I was playing or how. I could feel that he was clearly enjoying me, and it meant the world to me.

To be seen by those we love and those we're dependent on-- be they parents, grandparents, teachers, caregivers, officials with power over us – is essential to our sense of self and self-worth.

Despite losing his entire family during the Holocaust, or perhaps because of it, my father was a master at seeing people, listening to them whole-heartedly, making each of them feel special and loved.

"My favorite memory of Grandpa is the famous four kisses story," my daughter Sophie proudly recounts. "Grandpa would pick us up at the airport and give us hugs and kisses. 'Mártika! How wonderful it is to see you!' he would say to my mom, wrapping his arms around her. 'Jacobka! How are you? I've missed you!' Finally he would turn to me. 'Sophieka! How many kisses?' 'Four!' I answered enthusiastically, and Grandpa would kiss me on my cheeks, two on one side, two on the other. Each visit he would ask the same question and I always replied with the same answer, four. Then one day when Grandpa asked, 'Sophieka, how many kisses today?' I thought for a moment and replied, 'Three!' Grandpa looked at me with his warm twinkle in the eye, smiled and said, 'That's not enough!'

as he began to give me lots more. Every time I relive that story I smile. My Grandpa was a good Grandpa who loved everyone so much and wasn't afraid to show it."



*Marta Fuchs, a marriage & family therapist and librarian, is the author of *Legacy of Rescue: A Daughter's Tribute* (available on amazon.com and blurb.com) and co-author with her brother Henry of the multigenerational extended family memoir, *Fragments of a Family: Remembering Hungary, the Holocaust, and Emigration to a New World*.*

www.legacyofrescue.org

Defense Information Systems Agency Seeking WOSB Participation in Spring Forum

FEMALE ENTREPRENEURS TURN INSIDER KNOWLEDGE
INTO LUCRATIVE CONTRACTS



DISA is seeking participants for its Spring 2013 Service Management Framework Forum. Next year DISA plans to spend over \$100 Billion and they are required to spend 5% of that with Women. 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 only to those that know.

For information on the DISA 2013 Spring Forum go to the website below and download a file named "DISA Spring Event June 18-19.

<http://www.newparadigm.us/Info-You-Need.html>



New Paradigm Management is pleased to announce that it is hosting a business development workshop for Women Owned Small Business (WOSB & EDWOSB) in Richmond, VA. Position yourself to win federal contracts as a prime or a subcontractor with large primes. Billions are being spent in Florida and Georgia 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

WOSB Federal Contracting Workshop

Richmond, VA
March 12, 2013

and

Washington, DC
May 5, 2013

girl scouts



1912-2012

100

Re-Defining Leadership



Girl Scouts' birthday-concluded a year-long celebration of the principles, values and goals of an organization begun 100 years ago by a woman with a great vision for girls and young women. In honor of Juliette Low's enduring legacy, last year Girl Scouts of the USA initiated a campaign to empower girls and young women to not only embrace their leadership potential, but to ensure each girl has opportunities to constructively use her leadership skills to make the world a better place. That initiative-**ToGetHerThere**-calls for all adults to work to level the playing field for girls and women so that their voices, ideas and abilities are adequately utilized to advance our nation and the world.

How can we do this and what can you do to help make this happen? Let's start by looking at the facts. While women continue to make great strides, we are still not present in many of the positions that directly impact us or issues affecting us. Yes, there were many women elected to the U.S. House of Representatives during the last election cycle, but as wonderful as that is, women are still sadly under-represented in that powerful policy-making body of government. Yes, we have record numbers of women who own their own businesses, but the number of women who serve on corporate boards or who run Fortune 500 companies is not as remarkable. Far worse is that Girl Scouts of the USA reports that only 1-in-5 girls today believe they have the skills to be leaders.

Ginny Robertson, founder, publisher and editor of *On Purpose Women* magazine, recently spoke at a Girl Scout business meeting and cited these facts about women and leadership. She asked the audience of Girl Scout volunteers why they believe girls

feel this way. After hearing responses that included, lack of role models and positive images of women leaders, she offered this thought: "Maybe our girls have a skewed vision of what leadership is." She pointed out the negative stereotypes that can be associated with leaders, such as clenched-fisted bullies who issue demands and ultimatums. She listed words often associated with women leaders, such as aggressive, manipulative and ruthless...and these are some of the kinder words that are often used. "This is where women can begin to make our greatest impact," she asserted. "We can re-define leadership and how we describe women leaders."

While it sounds pretty simple, it generally takes hard work and intentional actions to reverse or change notions that have been part of culture and society for generations. However, I believe we can and must re-define leadership and the ways we describe women leaders if we want girls and young women to realize their leadership potential. According to a report, *Change It Up!*, by the Girl Scout Research Institute, girls who are interested in becoming leaders embrace a leadership style that focuses on ethics, personal principles and social values. At the same time girls shy away from leadership opportunities because they lack self-confidence, confidence in their abilities or don't want to be associated with the stereotypes attached to women leaders. In addition, many girls feel that there are few places for them to develop their leadership skills.

Girl Scouts of Central Maryland's Distinguished Women Award program addresses many of these issues by giving high school-aged girls the opportunity to spend a day shadowing a successful business woman, often an executive.

On this shadow day, the Girl Scout gets to know this woman and see how she handles the responsibilities associated with her leadership position. While we are extremely proud of how this opportunity helps girls realize their own leadership potential, collectively,

we all can and should do more. In our efforts to re-define leadership, we must let our girls know that while being an executive is a wonderful goal to aspire to, there are many opportunities along the way where she can utilize her leadership skills. We must let girls know that being a leader is not always a position, but the way in which you live your life-championing causes that uplift others; standing up for yourself and your ideals-wherever and whatever your station in life. Being the example, as we act and serve as leaders in our families, communities, schools, government, jobs and businesses becomes even more important because our girls are watching and taking their cues from us.

We certainly need more women leaders and I believe together we can re-define leadership so that more girls and women feel capable and prepared to lead in all the ways they want to and can lead. If you agree, I urge you to join Girl Scouts' efforts **ToGetHerThere**.

Girl Scouts of Central Maryland serves 27,000 girls in grades K-12 living in Baltimore City, Anne Arundel, Carroll, Baltimore, Carroll, Harford and Howard counties. If you would like to serve as mentor or volunteer to a Girl Scout

**please contact us at
410.358.9711 today!**

click: www.hpsolution.org

The Solution: Homeoprophylaxis as a Safe Vaccine Alternative

By: Cilla Whatcott, HD (RHom) CCH and Kate Birch, RSHom(NA) CCH, CMT

As a parent you want to ensure the best health for your child. Well baby visits are designed to fulfill this promise; however, these appointments are filled with the doctor's insistence upon vaccination as the only way. There are ways for child healthy that also educates the immune system. It's called Homeoprophylaxis.

Homeoprophylaxis(HP) is a time-honored practice and no stranger to infectious disease. Its effectiveness is well-documented. It offers a safe and gentle method of protection, solution to the middle-of-the-night worry that dwells in the heart of every parent with a sick and crying child. Vaccination and HP share same goal of protecting from disease. They both use tiny doses of the disease with the intent to stimulate the immune

system. But they are big differences.

Vaccines contain ingredients to cause the body to recognize the disease and react. These are called "adjuvants" and also increase the inflammatory response. Also included are antibiotics and preservatives. In flu shots, the preservative Thimerisol, which contains mercury, is still included. HP only contains an energetic imprint of the disease material, nothing else - no chemicals, no additives, no antibiotics. HP is given through the mouth in small pellets, so the intestines, where 80% of immunity resides, can recognize the disease signature and start the work of building immunity. HP gives one single disease at a time. Developing immune systems are unable to resolve too many diseases at once. The

safest and most natural way is to allow sufficient time to identify, mount a natural response, and resolve a single disease at a time. HP is safe for any age child, can be administered by the parents and most importantly, clinical studies have shown that it lessens the incidence of long-term chronic disease.

What Are the Benefits of Homeoprophylaxis? Homeoprophylaxis gently and safely educates your child's immune system.

Here is how we capture the benefits of disease in this educational process. HP is diluted to an energetic form through the process called "potentization." This substance is then called a "nosode." Nosodes has same signature as the original disease agent. This signature acts to stimulate general immune system function. Taking the nosode is like taking a tiny dose of the disease itself; however, there is no actual disease present, yet the body behaves as if it has encountered the disease. This process is sufficient to educate the immune system, so when it does encounter the disease, it is able to mount a defense.

These are same principle that vaccines were historically based upon. But, over time, vaccines have included more.... additives, adjuvants and preservatives. They are grouped so your child is receiving as many as eight diseases at a time! All Vaccines are used as an attempt to avoid disease at all costs. With the evidence of increased chronic disease and developmental delays, true cost of conventional vaccines is being questioned. Recent studies done by sources have discovered flaws in vaccine theory. Some have used the word "dogma" to describe the strict adherence method with increasingly more problems.

Tetyana Obukhanych, PhD, former research immunologist at Harvard says,

Over the years, I have come to realize that conventional immunology simply cannot provide real answers as to what constitutes natural immunity to infectious disease. The theory that supports vaccination is deeply flawed, and we must seek the answers beyond immunology and beyond vaccines. I am grateful to the pioneers in the field of homeoprophylaxis for leading us towards a different paradigm of immunity.

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Blending Families, Blending Baggage: 4 Common Family Patterns by Dr. Deanna Brann

How many times have you caught yourself thinking, I sound just like my mother, or I just reacted like my father! Believe me, we all do this. Even though we grow up and away from our parents, we're still products of our families, environment, and life situations. As much as we want to believe we've left that all behind, we haven't. When we marry, we bring our colorful back-story into our new family dynamic, which is often most evident in the relationship between mother-in-law and daughter-in-law.

Understanding what happens when we blend these families and all their emotional baggage can help us navigate the rough patches. Here are the most common patterns that emerge:

Camelot: The mother-in-law has created a new identity from that of "mom" and respects her son and daughter-in-law as adults. The daughter-in-law has a strong sense of who she is and feels secure in her relationship with her husband. The husband/son is comfortable with who he is as a man and is clear on where his family priorities lie.

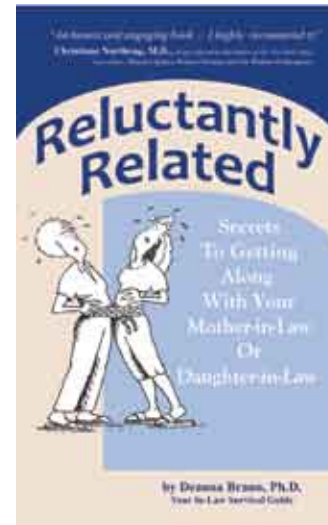
Walking on Eggshells: The mother-in-law struggles with letting go of her role, tending to mother not only her son, but also her daughter-in-law. The daughter-in-law often appears together, but inside she is filled with self-doubt and uncertainty (and so is

quick to see her mother-in-law as critical and judgmental of her). The husband/son feels completely caught in the middle.

Does She Seem Nuts to You? (this pattern has two versions):

When the daughter-in-law seems nuts: The mother-in-law is comfortable and at ease in her new role, but to everyone's confusion and dismay, the daughter-in-law tends to twist the most innocent of situations. She believes she is right—no matter what—and heaven help anyone she targets. The husband/son has no idea what to do and so often avoids his family and his wife.

When the mother-in-law seems nuts: The daughter-in-law and her husband are both confident and comfortable with who they are and feel they can handle anything—except his mother. The mother-in-law displays extreme, over-the-top behavior with no concern for its effect on others, oblivious to anyone else's



Book written by Dr. Brann

wants or needs.

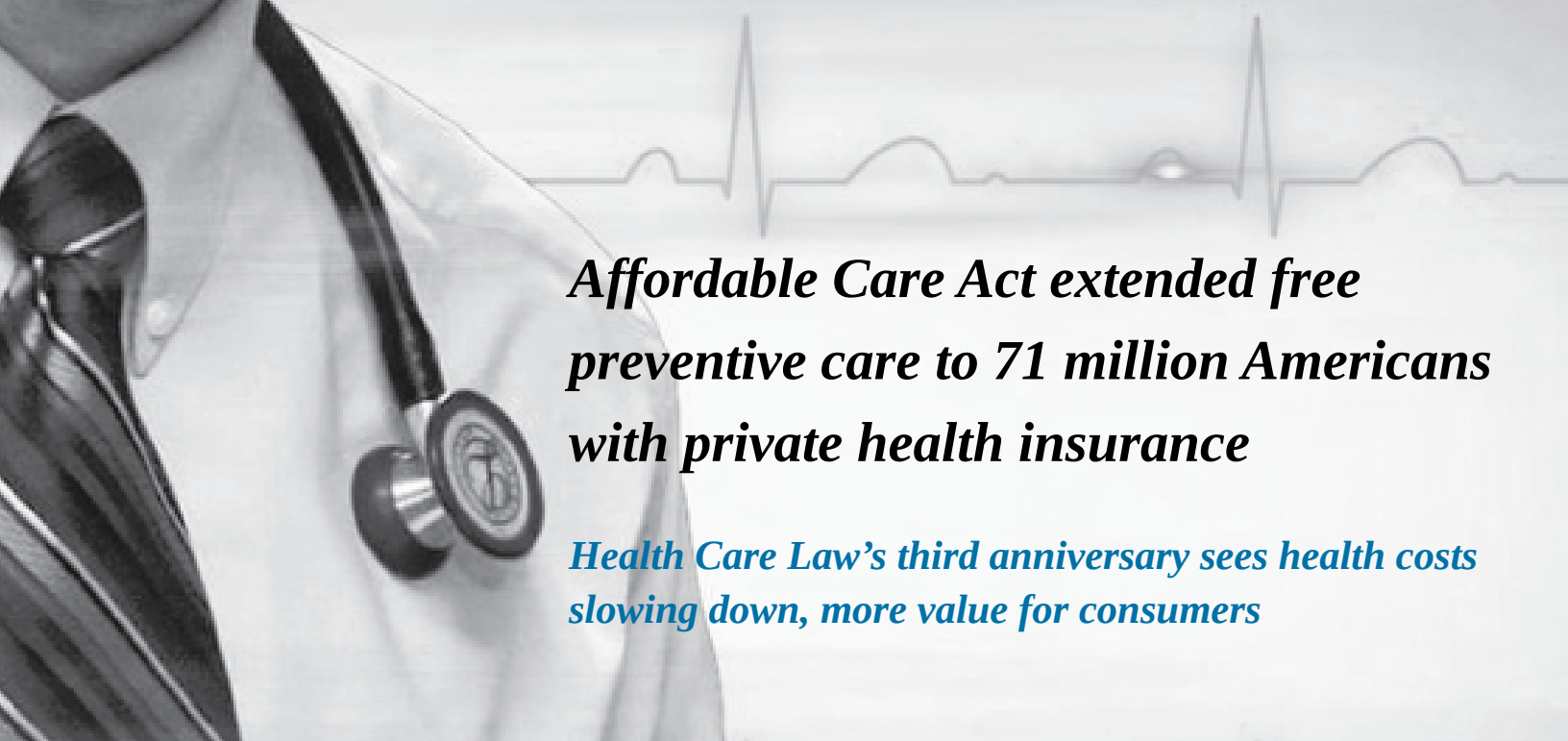
It Is...What It Is: The mother-in-law likes her daughter-in-law and really wants a relationship with her, but she doesn't know how to make that happen. This causes her to make many mistakes. The daughter-in-law doesn't dislike her mother-in-law, but she doesn't really want a separate relationship with her. The status quo suits her just fine. The husband/son doesn't have much affect on the women's relationship,

but his actions can have an affect on his marriage.

Chances are, you'll identify with one of these patterns. But don't fret. That doesn't mean you will forever remain stuck in that pattern and its dynamics. Fortunately, people grow and change all the time. And now that you have a little more insight into your particular family dynamic, you now have a great opportunity to change the pattern for the better. Here's hoping you'll be successful!



Deanna Brann, Ph.D., is a leading expert in the field of mother-in-law/daughter-in-law relationships. She has over 25 years experience as a clinical psychotherapist and ran her own private practice for more than 18 years. Based in Knoxville, TN, Dr. Brann is a sought after speaker, author and seminar leader. She is also the author of the new book *Reluctantly Related: Secrets To Getting Along With Your Mother-in-Law or Daughter-in-Law and Mothers-in-Law and Daughters-in-Law Say the Darndest Things*. For more information please visit: www.drdeannabrann.com



Affordable Care Act extended free preventive care to 71 million Americans with private health insurance

Health Care Law's third anniversary sees health costs slowing down, more value for consumers

Health and Human Services (HHS) Secretary Kathleen Sebelius announced today that about 71 million Americans in private health insurance plans received at least one free preventive health care service, such as a mammogram or flu shot, in 2011 and 2012 because of the Affordable Care Act. The new data was released in a report from HHS today.

Additionally, an estimated 34 million Americans in traditional Medicare and Medicare Advantage plans have received at least one preventive service, such as an annual wellness visit at no out of pocket cost because of the health care law.

Taken together, this means about 105 million Americans with private health plans and Medicare beneficiaries have been helped by the Affordable Care Act's prevention coverage improvements.

Preventive services, consumer protections, and other reforms under the Affordable Care Act are giving millions of Americans of all ages more value for their health care dollars and contributing to the slowest growth in health care costs in 50 years.

"Preventing illnesses before they become serious and more costly to treat helps Americans of all ages stay healthier," Secretary Sebelius said.

"No longer do Americans have to choose between paying for preventive care and groceries."

Secretary Sebelius released the preventive services report as HHS celebrates the Affordable Care Act's third anniversary this week. The law is keeping down costs and providing more value for consumers and taxpayers through new consumer protections, holding insurance companies accountable, building a smarter health care system, and providing seniors with vital savings on their prescription drugs.

The Affordable Care Act is giving Americans better value for their health insurance plans by:

- Eliminating lifetime dollar caps on essential health benefits, and phasing out annual caps. About 115 million Americans no longer have to fear their benefits will disappear when they need them most because their insurer put a lifetime cap on the amount it would pay.
- Prohibiting health insurance companies from denying coverage to children based on a pre-existing condition, such as asthma or cancer.
- And in 2014, it will be illegal for health insurance companies to deny coverage to any American or to charge more because of a pre-existing condition. No longer will 129 million Americans with health conditions have to fear seeing their premiums increased or getting locked out of the insurance market.
- The law will also make it illegal for a health insurer to charge women more simply because they are women. "That means," Secretary Sebelius said, "being a woman will no longer be a pre-existing condition."



The full report on expanded preventive care for Americans with private health insurance is available at http://aspe.hhs.gov/health/reports/2013/PreventiveServices/ib_prevention.cfm.



Learn more about the key features of the Affordable Care Act at <http://www.healthcare.gov/law/timeline/full.html>.

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GIFT GALLERY

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)

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!

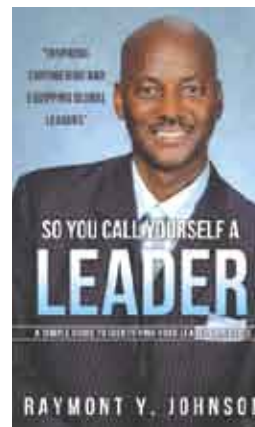


Available for \$9.95 per roll at (www.Bambooe.com)

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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.



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Female Air Advisor Carries on Family Tradition of Service

by Capt. Tristan Hinderliter
451st Air Expeditionary Wing Public Affairs

KABUL, Afghanistan – Before Capt. Anastasia Wasem goes to work in the morning, she puts on body armor, straps on her M9 pistol and slings her M4 rifle. She carries 180 extra rounds of 5.56 ammo, 45 extra rounds of 9mm ammo and a first aid kit on her vest.

In her backpack, she carries a laptop computer, a folio, ballistic glasses, a voice recorder and Dramamine. All this gear, plus her helmet, weighs 72 pounds, which is more than half her body weight.

She's required to wear this to go from the coalition side of base, where she lives, to the Afghan side of base, where she works.

Wasem, the chief of public affairs at the 438th Air Expeditionary Wing here, is an air advisor. Her job is to train and advise the Afghan Air Force on how to conduct public affairs. She arrived in Kabul on Jan. 26, 2013, and like most advisors, is here for a year.

"Advising is not easy," said Wasem, whose Afghan counterpart is Lt. Col. Mohammad Behadur, the AAF director of public affairs. "It's very challenging. But I love working with the Afghans, and this job allows me to feel like I'm making a difference."

Wasem has been working with Behadur and his 5-person staff, which she has nicknamed "the A-Team," on basic public affairs capabilities and how to organize media events. She recently helped them facilitate media coverage at an event for International Women's Day, which celebrated the role of women in the AAF.

"There are significant cultural differences, but I feel like we've been able to make progress," she said. "In the Afghan culture it's important to develop a personal rapport with someone before you can talk about anything work or business related, so I've been trying to meet with them regularly to develop that relationship."

In preparation for this deployment, Wasem attended a 28-day course at the Air Advisor Academy at Fort Dix, N.J., where she was trained in cultural awareness, language, hand-to-hand-combat,



Capt. Anastasia Wasem, an air advisor with the 438th Air Expeditionary Wing who is deployed from Cannon Air Force Base, N.M., trains and advises the Afghan Air Force on how to conduct public affairs. "Advising is very challenging," she said. "But I love working with the Afghans, and this job allows me to feel like I'm making a difference." (Photo by Maj. Brian Martin, Canadian Forces)



Capt. Anastasia Wasem, an air advisor with the 438th Air Expeditionary Wing, talks to her interpreter and two Afghan Air Force public affairs airmen during an International Women's Day event at Kabul International Airport on March 7, 2013. Wasem trains and advises the AAF on how to conduct public affairs. "I love working with the Afghans, and this job allows me to feel like I'm making a difference," she said. (U.S. Air Force photo/Capt. Tristan Hinderliter)



U.S. Air Force Capt. Marcia Wasem is pictured here in a photo from 1981. Her daughter, Capt. Anastasia Wasem, is an air advisor with the 438th Air Expeditionary Wing at Kabul International Airport, where she trains and advises the Afghan Air Force on public affairs. Wasem is a fourth-generation military veteran. Both her parents retired as Air Force lieutenant colonels. (Courtesy photo)

weapons, convoys, IED recognition and defensive driving. She also attended a four-day course on Evasion and Conduct After Capture at Joint Base San Antonio-Lackland, Texas.

“The Academy instructors were great, but it’s still a challenging job to prepare for,” Wasem said. “They teach you what they know as former advisors, but since every personality is different, it’s hard to know what your counterpart is going to be like, what his or her needs are going to be and how they’re best taught.”

Wasem is deployed from Cannon Air Force Base, N.M., where she serves as deputy chief of public affairs at the 27th Special Operations Wing. She commissioned in 2008 from the Reserve Officer Training Corps program at the University of Washington, Seattle.

As the daughter of two Air Force officers, Wasem has always been close to the military. Her parents, Vaughn and Marcia Wasem, both retired as lieutenant colonels.

Her father was an enlisted Chinese linguist, then became a B-52 navigator and transportation officer. Her mother, a supply officer, was in the first class of the University of Idaho ROTC program to commission a female officer.

Wasem’s grandfather, Don Hart, was a P-47 and P-51 fighter pilot based at Duxford, England, during World War II. After the war ended he stayed in the reserves and retired as a lieutenant colonel.

“I always adored my grandfather growing up and wish I had talked to him more about what he did in World War II and the Air Force before he died,” she said. “If I could have one day over again, I would want to talk to my grandfather. I was so close to him, but I never asked him about the war. Everything I know about his military experience I know from my parents.”

Both of her great-grandfathers on her mother’s side served in the military during World War I. One great-grandfather was an enlisted mechanic. The other was an Army infantryman who fought in the trenches in France.

Wasem said her family’s tradition of service inspired her to join the Air Force.

“It wasn’t even a question,” she said. “I always knew I would join the military. It’s the best opportunity there is to be able to see the world and make a difference.”



Army Air Corps Capt. Don Hart, a P-47 and P-51 fighter pilot during World War II, is pictured here in a photo from 1944. His granddaughter, Capt. Anastasia Wasem, is an air advisor with the 438th Air Expeditionary Wing at Kabul International Airport, where she trains and advises the Afghan Air Force on public affairs. Wasem is a fourth-generation military veteran. (Courtesy photo)



Sgt. Dorsey Hart, U.S. Army Aviation Branch, is pictured here in a photo from 1918. He served in the 44th Aero Squadron and the 8th Aero Squadron during World War I. His great-granddaughter, Capt. Anastasia Wasem, is an air advisor with the 438th Air Expeditionary Wing at Kabul International Airport, where she trains and advises the Afghan Air Force on public affairs. Wasem is a fourth-generation military veteran. (Courtesy photo)



Capt. Anastasia Wasem, an air advisor with the 438th Air Expeditionary Wing, has her rank pinned on by her brother, Joe, and mother, Marcia, during her Reserve Officer Training Corps commissioning ceremony at the University of Washington, Seattle, in June 2008. Both of Wasem’s parents served in the Air Force and retired as lieutenant colonels. (Courtesy photo)

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<http://www.kdab.afcent.af.mil/news/story.asp?id=123340099>



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