

March/April



- 5 Sole Source Contracts for Women
- 6 What's Your Biggest Weakness?
- 8 Born to Win
- 9 Women's Rights & Civil Rights Collide
Dutch-Indo Woman Who Survived WWII
- 10 Falling Apart After a Break Up
- 11 After Years of Infertility
- 12 Meeting Mr. Right Online
- 13 Creating Your "Dream List"
More to Living a Rich Life
- 15 Flavorful Landscapes
Heart Attack & Water
- 16 Trace Steps of Influential Taos
- 20 Teens on the Edge of Literacy
Hillary Clinton's 2008 Iowa Caucus Defeat
- 21 Story of Survival, Faith, Perserverance
- 22 Diabetic Foot Ulcers
- 24 BBB Offering Advice
- 25 WomanFest
- 26 Brain Food for Boomers?
- 28 Portalli's Restaurant review
- 29 New Post-Mastectomy Tissue Expansion Device
- 32 Spectacular Wedding Ideas
- 35 Hello Again from Annapolis
- 37 Heal a Woman to Heal a Nation Conference
- 38 Escape Sexual Abuse



"Know that you cannot create great new beginnings until you sincerely celebrate the endings that precede them."

~Jonathan Lockwood Hui

Joslyn Wolfe, Publisher

Gently closing the door on a mild, wintry, companion, Spring forges its audacious presence opening a pathway of scenic byways, resplendent in soft, subtle, colors. The calm scents of the green grass' earthiness, awakens us to a new time, a new path, a new place, a new beginning. With an open hand, this new season offers us time to pause, time to reflect, and time to examine our true purpose. To our readers, supporters and advertisers, may you embrace this new chapter in time with a deeper awareness of others and the life around us.

*All the best,
Joslyn*

ADVERTISING: Focus on Women Magazine (FOWM) reserves the right to reject, revise or cancel any advertisement that does not meet the standards of its advisory board. Acceptance of advertising does not carry with it an endorsement by the publisher of FOWM. The advertiser assumes sole responsibility for all statements contained in submitted copy and will indemnify FOWM's owners, publishers, and employees against any and all liability, loss, or expense arising out of claims for libel, unfair trade names, patents, copyrights and proprietary rights. FOWM shall not be liable for failure for any reason to insert an advertisement nor shall it be liable for reason of error, omission, or failure to insert any part of an advertisement. FOWM will not be liable for the delay or failure in performance in publication or distribution, if all or any portion of an issue is delayed or suspended for any reason. FOWM will exercise provident judgement in such instance and will make adjustments for the advertiser whenever and where ever possible and as deemed appropriate. FOWM will not be responsible for unsolicited material or reproductions made by advertisers.

You can be Fibroid Free!



Real Women, Real Relief • Uterine Fibroid Embolization

"I called the number from the radio station and they gave me an appointment right away. Then I got a referral from my doctor, did the MRI, then the test - procedure - no more pain!

The experience plain and simple - Great Job!"

M. D. Green
UFE Patient

"The procedure helped my back pain to significantly decrease. I can exercise longer without pain and running to the bathroom to release my bladder. My menstrual cramps have significantly decreased. I rarely take pain relievers."

L. David
UFE Patient




- ☞ Clinically proven non-surgical alternative to hysterectomy
- ☞ Treatment in a private, comfortable, outpatient setting
- ☞ Covered by most major health insurers

Call us for a consultation: 410.931.9729

Majorie Pearsall, MD
Medical Director



Accredited by
The Joint Commission

 fibroid care
American Access Care
Vascular & Interventional Specialists
AACinterventionalMD.com

Million Dollar SOLE SOURCE CONTRACTS for Women



Federal Contractors Workshop in Washington D.C. April 18, 2012

The government is going to spend \$3.7 Trillion next year. There are \$billions in contracts available right now nationwide, and \$millions in Maryland and Virginia.

Your company has been identified as one that stands to benefit greatly from the Federal spending. Thousand of contracts go out every year as sole source awards. See if you qualify.

Come to the **Federal Contractors Workshop in Washington D.C. April 18**, and we will show you how to participate in this tremendous opportunity for women. See the contracts for yourself.

Get to know who the competition is in your space. See who they are dealing with, what they are selling, who they are selling it to and find out what you are missing.

We are sending this notice personally because we do not want you to miss out on this opportunity. The workshop price will be going up \$200 next month. **So save some money and sign up today.**



For more information call 954-343-8766
or go to our website info@newparadigm.us.

www.focusonwomenmagazine.com
nicbri@focusonwomenmagazine.net

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

Publisher: Joslyn Wolfe

Editor: Kathy Pettway

Design/Production:

Susan Robinson/Fishbyte Design
fishbytedesigntreasures@gmail.com

Focus on Women Magazine (FOWM) is published bi-monthly, on or about the 10th of the month by Focus on Women Magazine LLC, 4615 Oakview Court, Ellicott City, MD 21042. Phone: 410-294-2932.

It is available by subscription, or on display stands and at approved public and private venues throughout the Baltimore Metropolitan area, including Baltimore City, Baltimore County, Ellicott City and Columbia.

The editorial content of *Focus on Women Magazine* does not necessarily reflect the views of our advertisers or readers.

Focus on Women Magazine is not responsible for editorial comment other than its own. For story ideas, calendar of events, or ads, contact *Focus on Women Magazine* at nicbri@focusonwomenmagazine.net, or by Fax at 443-759-3001, or by phone at 410-294-2932 or by mail at 4615 Oakview Court, Ellicott City, Maryland 21042 or our second Inner Harbor address at 400 E. Pratt Street, Suite 800, Baltimore, MD 21202.

© 2007 *Focus on Women Magazine*. All rights reserved. No part of this publication can be reproduced without prior express written consent of the publisher.

» **What's Your Biggest WEAKNESS?**

Hint: It's Probably Your Biggest STRENGTH

By Dr. Stephen A. Laser

From a job applicant's point of view this is the "mother" of all interview questions. Every candidate lives in total fear of that point in the interview – whether by phone or face-to-face – when the interviewer asks, "Tell me, what do you consider to be your biggest weakness?" Being that person on the other side of the desk takes immense self-discipline as the range of responses can evoke anything from quizzical stares and a press for clarification to gales of laughter. I've been told, "I could be a better speller." (Ever heard of a spellcheck?) How about, "I work too hard" or "I'm too nice to people." Or, my personal favorite, "I can't think of any right now, can I get back to you?"

Aside from my children who really do believe that I don't know anything, job candidates hopefully do not feel as though I'm as easily fooled. So why would a perfectly capable job seeker offer such a lame answer in response to a question about their biggest weakness? The explanation resides in the simple fact that in a highly competitive job market with as many as four to five people chasing every potential job opening, it makes little logical sense to reveal a character trait or work habit which could then be used as the basis for disqualifying a person from a prospective employment opportunity.

After all, during the recent recession, which appears to be abating to some degree, people have been for significant periods of time without gainful employment – either out of work altogether or painfully underemployed in low wage, part-time positions. Therefore, the chance to gain a good job is simply too important of an opportunity to let slip away because a candidate is forced to admit to his or her weaknesses. Finally, for many people, just getting the opportunity for a face-to-face interview or even a preliminary phone screening has proven to be a monumental challenge as hundreds and even thousands of resumes and email inquiries go unanswered as if they were letters to the North Pole at Christmas time.

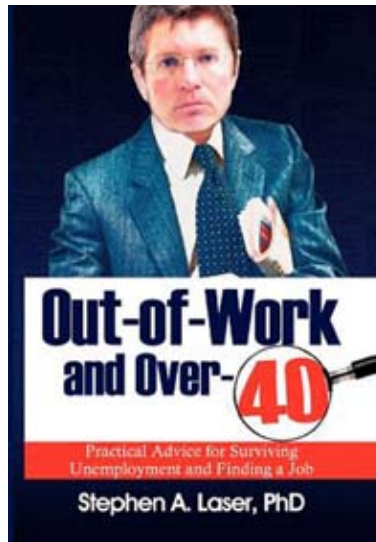
So, if admitting your weakness will likely eliminate you from serious consideration, and outright lying will make you sound foolish, what is a qualified job applicant to do? *The answer:*

tell the truth. The problem for many job seekers is that they do not really know or understand their most serious drawback; it's all too often a real blind spot. As noted in the opening title to this piece, a person's biggest weakness is nothing more than the flipside of his or her greatest strength. How can this be, you might wonder. Let me explain.

While it might be convenient to think of people as possessing assets and liabilities like an organization's balance sheet, this is probably not accurate. Instead, most of us possess a core set of talents and attributes which define our personality, and in particular, our behavior in certain situations such as the workplace. These talents and attributes help explain how we react to various work-related circumstances as they are presented to a person during the course of a regular work day. For example, when presented with an immediate deadline, many people react quickly and show a strong sense of urgency to complete the assignment in a timely fashion. However, there will be occasions when that same strong sense of urgency results in impatience for results, while a relaxed approach might be more appropriate. Hence, the flipside of urgency is impatience.

In other instances, we find people who are particularly adept at problem-solving. They are logical thinkers who are able to generate a range of viable options for resolving an issue. While those given to pretentious-sounding buzzwords and jargon might label these individuals as "thought-leaders," I prefer to simply call them "smart." Being very bright, however, can be a weakness, and you have probably observed it at one point or another. Many times these smart people can believe they have all of the answers, and when a problem is at hand, they are reluctant to take feedback or hear input from other people who they might consider of lesser intellectual capability. In this instance, brainpower, which is normally a major strength, becomes a liability as close-mindedness and resistance to the input of others takes precedence.

Yet, another example relates to the normally prized attribute of being able to get along with everyone, regardless of their level or position in



the organization. This is not an easy skill to possess. Getting along with people means being positive and affirming and creating the genuine feeling that you are interested in hearing what people have to say. This quality is truly a gift, and few people possess it. So, why for heck's sake could it also be a weakness? These same caring and concerned individuals who can relate well to anyone have a habit of trying to please all of the people, all of the time. After all, one of the reasons others like them so much is that they tend to agree with the people to whom they are talking. Their weakness is, of course, that when there is a legitimate argument or dispute it's impossible to achieve complete agreement; hence, somebody will be disappointed, and people-pleasers have a hard time accepting this fact of life. Thus, excellent interpersonal skills also have their downside.

The list can continue as decisiveness can lead to rash or impulsive decision-making. Deliberation and careful analysis can become procrastination, while a strong sense of organization and order can lead to inflexibility and resistance to change.

In fact, as you review your own list of talents and attributes, you can begin to see where there is a downside. Therefore, the next time you are asked about your biggest weakness, you can review your major strengths and then explain those situations where they might become potential problems if you are not mindful of their drawbacks.

In closing, you need not cover in fear of this dreaded of all interview questions or seek to provide answers which rate high on creativity and comic value, but low on credibility. Instead, be prepared to answer the question directly and with confidence. You will not go wrong.

Stephen A. Laser, PhD

has over 30 years of experience as a business psychologist. He founded and manages a Chicago-based consulting firm specializing in advising clients on hiring employees and author of **Out-of-Work and Over-40**. Over the past 10 years, Dr. Laser has been a guest speaker to various groups of unemployed individuals, typically over the age of 40, and previously taught courses in business psychology at Northwestern University, Roosevelt University and the Lake Forest Graduate School of Management. He has recently been featured as an expert by top media outlets including Huffington Post, Chicago Tribune and Tribune Media Service. For more information, please visit www.laserassociates.net.



Stephen A. Laser, PhD

SMART COACH
Attitude • Attention • Ability

Unique Programs for Children with AD/HD & others with Academic, Social or Personal Challenges



- We shape **ATTITUDE** to reclaim child's self-esteem.
- We teach **ATTENTION** to amplify child's ability to learn and succeed in the classroom.
- We coach **ABILITY** for success.

Programs:

- **Computer Based Attention Training** similar to the one developed by NASA **Play Attention**
- **Martial Arts** for focus, goal setting & self discipline
- **Coaching techniques** focusing on child's strengths, organizational skills, behavior modification to reclaim & build self-reliance



Military Discounts
Family Rates

410-312-5500
www.smartcoach.us

ANNOUNCEMENT

Join

Focus on Women Magazine's

Women to Women

KFLAIR radio show

on Saturday, April 28th at 3pm

as we feature

International speaker,
motivator, author,
motorcycle racer and musician,
Nadine Lajoi,
speak about

"Winning the Race of Life."



Born to WIN!

By Dr. Nancy B. Irwin, PsyD, C.Ht.

As a doctor of psychology and a therapeutic hypnotist, I know for a fact that we are all born to win. We learn to lose, and what we learn, we can un-learn.

A precious baby enters the world as a completely open conduit of love, acceptance, trust, and joy. Barring any predisposed physiological conditions or addictions, the infant does not have any desire for self-defeating thoughts or habits. It never enters the infant's mind that its every desire cannot be met. Alas, we learn to lose. We learn to lower our expectations and to sabotage ourselves, and then come to believe that we deserve less or none at all. A baby has no desire for a cigarette, self-deprecation, or numbing out. The good news is that whatever negative habits or beliefs we learned, we can un-learn, and return to that natural infantile state of bliss. There is a plethora of modalities for un-learning and healing, one of which is therapeutic hypnosis.

Hypnosis is a naturally occurring state and has been studied for centuries. A far cry from the "squawk like a chicken or sing like Elvis" stereotype of stage hypnosis, all of us unconsciously experience the hypnotic trance on a daily basis. We are all self-healing vessels, and our bodies naturally take us to this necessary state so that we can decompress and recharge. We bookend our day in trance: we wake up in a highly suggestible state, and return to that state upon retiring for the night. Have you ever waked up or gotten in bed and felt like you were "zoning out?" Like you were "out of it" even though you were really still awake? That's trance. And it's an extremely valuable state for accessing your personal power. There is absolute gold in the mine of your mind. While it is important to monitor our self-talk at all times, it is crucial to do so in trance, as the subconscious is fertile soil for manifesting what you affirm during these powerful, vulnerable times. If one affirms healthy, supportive, positive beliefs and goals, rapid change can be effected with repetition and vigilance, whether or not one consciously believes it can or not.

The conscious mind, which houses our logic, reason, decisiveness, rationale, and willpower, is only about 12% of our mind power. So the subconscious, which drives ALL our behavior, comprises 88% of our mind power. The really good news is that we can align both these storehouses so that we have 100% of our power supporting us in attaining our goals. Think of it like this: the subconscious is a machine...like your car or your computer. While both are powerful machines, they are really just big heaps of metal that are only as effective as their driver or operator. The conscious mind is the "brain" and the subconscious is the "brawn," and the very good news is that the subconscious is extremely obedient. It indiscriminately follows any order it is given. Can your car discern whether you drive to Vegas or New York City? Does your computer judge whether you work on Excel or Power Point? Do they care? So, you can drive or be driven. You can allow your subconscious to keep driving you with beliefs like

"I'm a fat pig" or "I could never make \$100,000 a year" or "It's impossible to quit smoking," and your subconscious will manifest those statements as reality for you. Similarly, it is immaterial to your subconscious mind (and your car and computer!)

if you are a smoker, freak out around the opposite sex, bite your nails, have a sexual dysfunction, achieve your goals, suffer from insomnia, have writer's block, fear flying or public speaking, etc.

Understanding this theory of the mind empowers us to access and utilize the enormous power we were born with so that we can live rich, full lives and attract the ideal mate, create a fulfilling career, earn a dream salary, and free the inner winner. There is simply no need to live as a hopeless victim of our subconscious. We were born to win, and winning can be our default setting. Hypnosis is a powerful modality in which we can harness the vast personal power that we ALL innately have. It has nothing to do with intelligence. Do you know a naturally brilliant person who can never seem to get out of his/her own way and constantly operates beneath his/her potential? Conversely, do you know someone of average intelligence who is wildly successful and always wins? Perhaps man is not created equal when it comes to inherent intelligence and abilities, but personal power is certainly a level playing field. Just like we all have the same 24 hours in a day and seven days a week, we all have the ability to plug into our own power source.

Therapeutic hypnosis is unlike stage hypnosis in that it is conducted in a private clinical setting, one-on-one, like traditional psychotherapy, and basically does for the mind what massage therapy does for the body. The hypnotherapist treats one issue at a time, honing in on the learned obstacle(s) that is blocking one's path to freedom and through the deep state of relaxation, the client can gain rapid relief.

Michaelangelo once stated that to create a masterpiece, he looked at a raw chunk of marble, visualized his final sculpture in it, and simply carved away what was not part of his vision. Designing your life works the same way. There is a masterpiece in us all waiting to be free. Grab yourself by the gold and shake off the dirt. By plumbing the depths of the subconscious, your inner winner emerges.



Dr. Nancy B. Irwin
PsyD, C.Ht.

About Dr. Irwin

Dr. Irwin is a doctor of psychology and certified hypnotherapist in private practice in West Los Angeles, California. She practices Neurolinguistic Programming, Emotion Free Therapy and Time Line Therapy as adjuncts to therapeutic hypnosis.

WHEN WOMEN'S RIGHTS AND CIVIL RIGHTS COLLIDE

From humble beginnings to the top of Chicago's political system

The day Harold Washington became the first elected African-American mayor of Chicago in 1983 was a turning point for Bobbie Steele, who skipped school to celebrate on the day Washington announced his plans to run for office.

She didn't know it then, but Steele would also make history in the Windy City by becoming the first woman president of the second largest county in America in 2006.

In her new memoir, ***Woman of Steele: A Personal and Political Journal***, Steele recounts her journey from growing up in a poor family in Mississippi to migrating to Chicago's Westside and slowly climbing the political ladder.

As an outsider trying to break into Chicago politics, her memoir details how she prepared herself for a career in public service through determination to help others and a willingness to endure both personal and professional challenges.

"The most heart-wrenching and pivotal moment in my political career came when I was told about Mayor Washington's untimely death," Steele said. "I'll never forget the pain I felt that day, but his death was a wake up call. It gave me the extra courage I needed to continue the fight against social injustice."

During her tenure as Cook County President, Steele played a key role in uniting electoral politics with civil rights and women's rights agendas so all three could be represented within the government structure. Steele's accomplishments include passing an ordinance that helps first-time, non-violent offenders find work after

incarceration and establishing an on-site daycare center for county employees.

Combining Chicago politics with her own personal stories, *Woman of Steele* tells of the struggles that shaped Steele into the successful African-American woman she is today.

"If *Woman of Steele* inspires someone else to achieve more than they would have otherwise imagined possible, then telling my story will have been a worthwhile endeavor," Steele said.

For more information visit www.bobbie Steele.com or womanofsteele.authorsxpress.com.

About the Author

Bobbie Steele is a community activist, teacher and mother. She spent 26 years as a teacher in the Chicago public school system and 20 years as the elected Cook County Commissioner. In 2006, Steele was elected President of Cook County Board of Commissioners. Steele is now retired, but still serves as an active member of three civic boards: Illinois Counties Board of Directors, Illinois Women in Leadership Board of Directors and Lawndale Christian Development Board of Directors.



Bobbie Steele

Dutch-Indo Woman Who Survived WWII and the Death of Her Homeland

Dorothy Read and co-author, Ilse Evelijn Veere Smit, "*End the Silence*" tells the story of Ilse Evelijn Veere Smit, a Dutch-Indo woman who shares the horrifying history that hundreds of thousands



Dorothy Read and Co-Author, Ilse Evelijn Veere Smit

of other people like her experienced during WWII, when Japanese forces occupied their homeland. The story doesn't end with WWII; it records her survival of the Indonesian revolution that followed. Finally, it records the shattered relationships of a family trying to cope in the aftermath of the devastation.

Born into a privileged family, the comforts that Ilse grew up with disappeared when the Japanese invaded the Dutch East Indies and took her father away. The Japanese sent the rest of her family to Camp Halmaheira, a concentration camp for women and children on Java. As the oldest sibling, she became her mother's helper, raising her three younger siblings while battling vermin, disease, abuse, torture and severe malnutrition.

When the war ended, Ilse and her family left Camp Halmaheira and trekked barefoot across 100 blistering hot miles to seek refuge with an aunt and uncle. But they walked straight into the Indonesian Revolution, where freedom fighters sought to torture and kill Dutch and Indo-European (mixed-race) citizens.

Ilse's story represents the 400,000 Dutch and Indo people who suffered the war and the revolution, only to find they were no longer welcome in their birth land, now Indonesia. They left in a diaspora that scattered them all over the globe. Few first-generation survivors are alive today to tell their accounts like Ilse, who waited over 60 years to share her experience. Countless second and third generation Indos live in the United States today. Read wants Smit's story to honor their heritage and help preserve their culture.



"I want to inspire people with the power of the human spirit that Ilse's story so vividly demonstrates," Read says. "I want readers to be awed by the strength they see in this story and outraged by the cruelty inflicted upon innocent victims of war. I want everyone to know what happened to these people."

Read spent countless hours researching this horrific time period and the stories of victims and survivors. She believes this part of world history is not well-known in America, but the devastation and tragedy deserve attention. She hopes that her book will educate readers through Ilse's rich, eyewitness account.

"*End the Silence*" is available for sale online at Amazon.com and other channels.

Falling Apart After a Break Up?

Put Yourself Back Together One Step at a Time

Did your relationship fall apart over the holidays? Or do you know someone who is having a hard time getting over the hump of that break up? Somehow you've managed to muscle your way through Valentine's Day...but still feeling like you're in a rut? Here are author Caird Urquhart's top ten tips for putting a bounce back in your step after a breakup.

Please note, these tips are also great for any type of loss: loss of a job and the loss of a loved one or pet!!

»» Remove All Evidence

Things can often carry more weight than the relationship itself. Do you have stuff in your closet you just can't part with? Do you feel if you throw it away you will be discarding a memory or the relationship associated with that memory? No object can replace your memories. Your ex is gone, so their stuff should be gone too. Clean up your surroundings so you have a fresh start.

»» Spend Time With People Who Don't Know Your Story

Spend time doing something new with fresh people can break you of the habit of talking about your ex. If these people don't know you they won't be talking about your relationship. You will also get to enjoy a new experience which may open up all kinds of possibilities.

»» Plan Ahead

Often on the heels of a breakup we experience good days and bad days. On the good days plan ahead, so on the bad days when you don't feel like doing anything, you will because you have already committed to doing so. Just the act of getting up and out will help to lift your spirits.

»» Redecorate

Regardless of your budget, there is always something you can do to freshen up your home. Even simply moving your bed so you wake up each morning looking in a different direction can dramatically alter your mood.

»» Exercise

Exercise is good for your mind, body and spirit. Your body deserves your attention. Love it and it will love you back. When you feel good physically your self confidence will get a boost too.

»» Don't Ask

You do not need to know what your ex is up too. Don't ask your friends; When did you see him? Who was he with? Does he look happy? And so on. Even a trusted source will only know half of the real story. Don't set yourself up this way. Spend your time building your own life and not being curious about your ex's.

»» Work

A rewarding job, whether volunteer or paying is a wonderful distraction. It can occupy your mind so you can escape the constant marry-go-round of thought about your past relationship. If you work hard at something you

love, time will pass and you could come out the other end ahead in life and occupation.

Don't Play the Victim <<

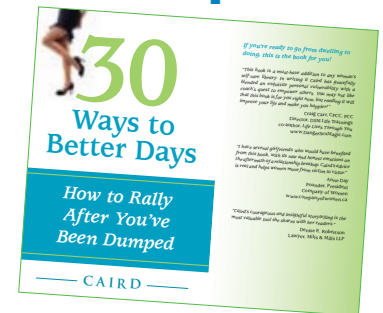
Don't play the victim. You may feel like the victim, just don't play the part. The sooner you can claim responsibility for your life the sooner you can change it. Life doesn't happen to you, it happens because of you. Take charge of your day to day behaviour and you will go from rut to rockin'.

Reignite Your Passions <<

Are there things you love to do that your ex didn't enjoy like travel, art class or tennis? Take advantage of your freedom and sign up for those activities you love. Get out and do them now.

Change Your Routine <<

Even the smallest change in your day to day routine will shift your perspective and start to pull you out of your rut. Take a different route to work, change what you eat in the morning, invite someone new to join you for lunch, stop watching TV with dinner. Mix it up and see what new ideas and opportunities come into your life.



About Caird Urquhart

30 Ways to Better Days...How to Rally After You've Been Dumped is a self-help book aimed at women who have just gone through a relationship breakup. The chapters in the book are short and sweet and was written as an easy to read, no nonsense handbook with the intention of helping women of all ages lift their self-esteem and become empowered to move on.



Caird Urquhart

With 18 years of experience in the film and television industry as a producer, casting director and actor, Caird became a personal and business coach. After graduating from The Coaches Training Institute and being accredited by the International Coaches Federation, she founded New Road Coaching Inc. in October of 2005.

Since then, Newroad has been working with entrepreneurs, executives, athletes and entertainers to help them achieve the big picture possibilities of their lives. Her hope as a coach is to be able to share the true magic of the entertainment industry; that dreams can become reality.

Caird lives in Toronto, Canada where she is the proud Aunt to ten nieces and nephews. She has a Bachelor of Arts Degree with majors in Psychology and Physical Education from Wilfred Laurier University. And is a member of the Canadian Association of Family Enterprise, Canadian Association of Women Executive and Entrepreneurs, Company of Women, Women in Film and Television, The Economic Club and The Empire Club of Canada.

AFTER YEARS OF INFERTILITY, First-Time Mom Celebrates Arrival of Miracle 'Blog-Baby'!

Baby Girl Born November 11 is Latest Success Story of Fertile Heart, a Holistic, Affordable Approach to Fertility that's Enabled Hundreds of Women to Beat the Fertility Odds

When 31-year-old Mandy Queally attended her first Fertile Heart workshop in April 2010, she had taken fertility drugs and tried a host of other treatments following an ectopic pregnancy, but still hadn't conceived. Initially not sure she wanted to make the commitment but eager for help, Mandy reached out to Fertile Heart founder and President Julia Indichova last December. She then embarked on an intensive, five-month challenge with the program starting in January, during which time she publicly shared her progress with other participants in weekly blog comments on the Fertile Heart blog, <http://www.fertileheart.com/blog/503/fertile-holy-days-on-giving-and-the-courage-to-receive>. Mandy also participated in biweekly tele-classes and worked with the Fertile Heart Imagery CDs at home.

Three and a half months into the Fertile Heart challenge Mandy conceived, giving birth to a beautiful baby girl on November 11. Needless to say Queally, who teaches second grade, and her husband, an editor at a news website, are overjoyed—and forever grateful for their involvement in Fertile Heart.



Queally is just one of hundreds of moms throughout North America and Europe who've beaten the fertility odds through the Fertile Heart program. Founded by Indichova in 1997 after she gave birth at age 44 to her own healthy baby girl conceived naturally, Fertile Heart is a global community providing support and resources for holistic, health-enhancing approaches to fertility. It utilizes positive

language, visualizations, and movement, as well as good nutrition and exercises designed to enable women to engage with their inner selves, deploying the spiritual resources that support their fertility.

The program is based on a philosophy that defines three elements inherent in the self-- each a kind of archetype—that collectively form the anagram OVUM: the Orphan, which refers to grief, rage, and other difficult emotions (these block fertility, unless they are released and loved); the Visionary, which relates to hope and pursuing the ideal life; and the Ultimate Mom, the highest sense of ourselves, which loves unconditionally and provides comfort and strength on our life journey.

Through meditation, imagery, dream work and carefully crafted mind-body exercises, Fertile Heart participants learn how to deploy these aspects of the self as allies for fertility.

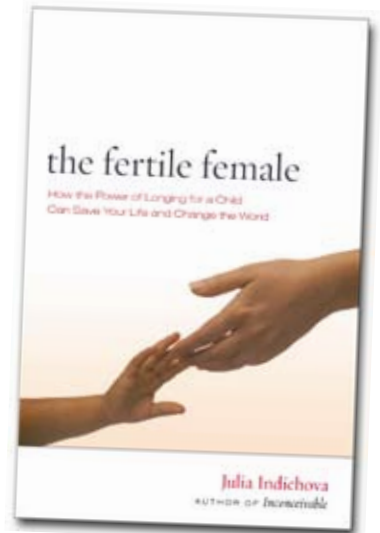
Queally, for example, found that in doing the exercises, she gained more tolerance and love toward herself, which combated the jealousy and sadness she felt. The rebirth of the positive self and cultivation of one's innate fertility is an essential part of the journey toward conception.

Hundreds of women in the Fertile Heart program have subsequently conceived naturally, including women with dire medical diagnoses who had previously experienced failed IVF treatments.

Indeed, the Fertile Heart program grew out of Indichova's own struggle with infertility. Told by the medical profession she was unable to conceive because of an incurable hormonal balance, she instead embarked on her own holistic, healing journey, subsequently conceiving her second child naturally at age 43.

That experience was the basis of Indichova's first book. Published in 1997, *Inconceivable* (Broadway Books 2001) was the first fertility narrative told from the patient's point of view. It received rave reviews and was featured on Oprah and Good Morning America. Indichova's second book, *The Fertile Female: How the Power of Longing for a Child Can Save Your Life and Change the World*, broadened her fertility work and outlined the main concepts of the Fertile Heart Ovum Program, featuring case histories of clients and a detailed practice section.

A former actress, dancer and language teacher (she is conversant in six languages), Julia Indichova offers ongoing Tele-conferences for US and European participants, an all day intensive workshop in Woodstock, New York, and hosts support group meetings in New York City.



Julia Indichova

For more information visit www.fertileheart.com

Top 4 Tips To Meeting Mr. Right Online

By Patricia Leavy, PhD

Several years ago I saw my cousin with her new, love-of-her-life husband, whom she met online. I had never seen her so happy. If my cousin, a 40-something divorced mother of two could find such a wonderful match online, perhaps I could too. Little did I know I would meet my husband a day after joining an online dating service.



Before jumping into online dating I took some time to reflect on my past relationships. I had made many mistakes, routinely picking people who could not give me what I really wanted, settling for less, and blaming them for my dissatisfaction. I had suffered the consequences of trying to substitute low-fat love for the real-deal. Once I realized my own role in creating my “bad luck” I was ready to make some new luck.

I joined an online dating site and within hours was bombarded with countless emails from prospective suitors. As I started scrolling through the profiles of these gentlemen-in-waiting I was horrified. These men obviously had not read my profile! For example, I already had a child but many of the men’s profiles indicated they never wanted children. I had also listed politics (and which party) as very important and many of these men were apolitical or wearing the wrong color on Election Day.

As I read on and on my horror only grew at my discovery: men weren’t reading my profile they were simply casting a wide net and likely emailing every woman within a certain mile radius and age range (my favorite was a 42 year

old man only interested in meeting women 25-35). While it may have been easy to live in denial and just be flattered I had received an onslaught of emails, I didn’t have time for this. I had a career and a child and little time to skim through all of these inappropriate men, let alone to go out with them. I needed to take control.

Instead of going through a pile of emails from men with whom I was likely to have little in common, I decided to devote one day to looking at all of the profiles of men who met my search criteria. I then whittled down the large stack to three potential dates. Bear in mind, I didn’t think any of these men would necessarily be “the one” but I thought they would be worth hiring a babysitter and going out

for a cup of coffee. I emailed two of the men, followed up by phone calls with each of them. After the phone calls I was only interested in a date with one of them. His name was Mark and we met the next day for brunch. It was a fabulous date. I never went out with anyone else and we were married two and a half years later.

While I realize my experience online is far from typical, I am certain that my approach coupled with the value-system I employed on my date with bachelor-number-one led to my success in finding my great love.

Here are my top 4 tips for meeting Mr. Right online

1. Take control. Instead of waiting to see who emails you, go through profiles on your own and take the lead in contacting men you’re interested in learning more about. Don’t be passive in your own life, take control—make your own luck instead of waiting to “be lucky.”

2. Use value-based search criteria. When sorting through all the men in a 30-mile radius make sure to use value-based search criteria. Think about the kinds of things that make a true partnership over the long-haul such

common interests and beliefs. What is important to you: politics, religion, education, etc.? If their sense of humor comes through their profile and tickles your funny bone that’s always a plus.

3. Profile pictures aren’t important. We all know that attraction is actually the result of many factors—physical appearance, chemistry, and personality all come to bear. Yet by using profile pictures as a way to narrow down your list you are assuming attraction is based on physical appearance alone. You may wind up missing out on someone you could be really interested in. The only thing you can even begin to tell is whether or not he seems to have “kind eyes”—which is exactly what I thought about my then-future husband when I saw his picture.

4. Overlook the unimportant stuff and focus on the big picture. Once you’ve developed your short list and you’re starting to date make sure to keep some perspective.

It’s easy to get distracted by the small-stuff, like an odd eating habit or strange laugh, but these things are trivial. Focus on what really matters.

Ask yourself the following: Does he seem like a good person? Does he strike you as genuine? Are you authentic when you are with him? Do you have good conversation? Can you envision having fun together? How do you feel when you’re with him? What does he bring out in you? Remember happiness is a choice. Healthy relationships are based on the principles of partnership, not power, and they require two people who have self-respect so that they are able to respect and support another. **Happy dating!**

Patricia Leavy, PhD, is an acclaimed pop-feminist author and expert commentator as well as a leading qualitative and arts-based researcher. She is also the author of the new book, *Low-Fat Love*. For additional information visit: www.patricialeavy.com



Patricia Leavy, PhD

Creating Your “Dream List”

By Carol Holm

We all have what I like to refer to as an “imaginary lid” that holds us back and keeps us at a certain level in life. It’s that little voice inside that says you are capable of achieving certain things but then incapable of achieving others. If we allow it to, this imaginary lid will keep us at the same level our whole life. But the best way to Take the Lid Off and break through these self-imposed boundaries is to create your “Dream List”.

Imagine for a minute that you have just found Aladdin’s lamp and you’ve been given 10 wishes. What would those wishes be? A new job? A different house? More money? Think big! This is your chance to imagine your life at its most ideal. Perhaps you want to run the Boston Marathon or lose a substantial amount of weight; it doesn’t matter, as long as they are things that you truly have a desire to accomplish.

Now, make a list of those 10 wishes but follow these guidelines:

- Word your list as if it has already happened
- Don’t be realistic
- Don’t give it a deadline
- Don’t share your list
- Don’t worry about how it will happen

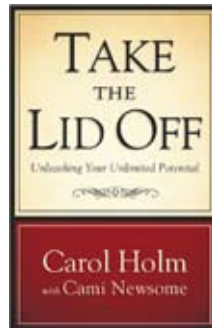
Those 10 wishes are now your “Dream List”. If you are feeling confident about achieving the items you just put on your Dream List, you probably didn’t set your goals high enough. If you really thought BIG, you will have a hard time seeing how you will be able to achieve any of the items on your list.

There is a great example of dreaming big that comes from the actor Jim Carrey. In 1987, when Carrey was struggling to

make it as a comic in Los Angeles and dreaming of becoming a top paid actor, he wrote himself a check for \$10 million, marking it “for acting services rendered,” and dating it Thanksgiving, 1995. For years he carried that check in his wallet as a reminder of what he eventually wanted to achieve. In 1994 he was offered \$10 million to star in the movie **Dumb & Dumber** and by 1995 his asking price was \$20 million a picture.

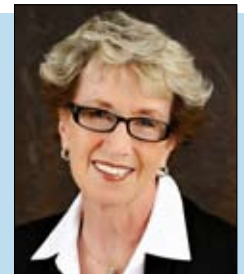
Writing your Dream List down is only the beginning - just like the example from Jim Carrey, it took 8 years of hard work for him to become a top paid actor. The items on your list will not magically appear to you. You have to take many small steps during the long journey towards achievement. I also recommend that you remember to read your list when you first get up and just before going to bed. Doing this will help to keep your goals fresh in your mind; you’ll be more likely to achieve something that you are constantly thinking about.

You can have the life of your dreams, and it all starts with one little list.



About the Author

Carol Holm is a financial advisor for the firm of “Carol Holm Financial” and author of “Take the Lid Off” Unleashing Your Unlimited Potential. Her book teaches step by step how to use your mind to reach your goals. For more information, please visit www.takethelidoffbook.com.



Carol Holm

More to Living a Rich Life than Having Money

In his book, **The Rich Life: 10 Investments for True Wealth**, Beau Henderson teaches his readers about investments of all kinds, including those that we often overlook, stressing the importance of relationships and families as being our most important investment. He even says about the people in our lives that when we invest in them, they become our “true wealth.”



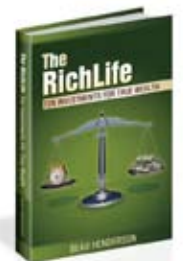
Beau Henderson

As a financial advisor with over 3,000 clients, Henderson has gained a great deal of insight into the delicate balance between finances and family, and the consequences of allowing our relationship

with money to become too important in our lives. Living a “rich life” is about far more than how much money we have invested and much more about what we have invested in our relationships.

Missed opportunities to spend time with loved ones often occur when we procrastinate about making time for

them. There are times when tomorrow never comes, leading to great regrets. In **The Rich Life: 10 Investments for True Wealth**, Beau Henderson, urges his readers to realize that life really is short, that no one has a promise of tomorrow and that by realizing these things, we can see that career and money are not the only things that matter in life. Henderson also reminds his readers of the crucial importance of investing in our relationships with our children and the value of making time to attend and plan family meals, children’s sporting events, or taking a minute to call an important friend or loved one.



Although these may seem like basics to many people, many who are living lives of financial riches may be living lives of spiritual and emotional poverty, delaying their personal and family needs until the needs of their careers have been attended to. The RichLife is a true wakeup call, reminding its readers that there is far more to being rich than having money.

The Columbia Inn Hotel and Conference Center at Peralynna



Holiday Events, Company Meetings and Retreats

Come and enjoy the casual elegance at **The Columbia Inn Hotel and Conference Center at Peralynna**. Whether you are here at work or at play, we are 15 minutes to the train station bound for DC or Baltimore. We have 18 overnight rooms that include fireplaces, flat screen TV's, wet bars and balconies. Many suites also include Jacuzzi's and steam showers. We offer WIFI throughout our property as well as private off-street parking in our walled estate.

Hot breakfast made to order, evening appetizers, desserts and complimentary wine are included in your stay. Guests enjoy spacious common areas such as the fully stocked library, downstairs game room with pool table, light filled atrium, 4 story great room and 2000 sq ft of outdoor decks.

We are conveniently located 30 minutes from DC, Baltimore, Annapolis and historic Frederick and we have meeting and banquet space for up to 40. Full AV equipment and catering provided.

To make reservations, please call: 410-715-4600 or visit our website at: www.peralynna.com



*Buy 1 Gift Certificate,
Get a 2nd Half Off
through January 31, 2012*

*Sunday through Thursday
Night Stays \$99
for Standard Suites through
January 31, 2012*

FLAVORFUL LANDSCAPES - *It's a Growing Trend*

By Gardening Expert, TV/Radio Host, Author & Columnist Melinda Myers



Nothing beats the flavor of a fresh-from-the-garden tomato, warmed by the sun, plucked right from the plant and eaten in the garden. And the good news, you don't need much space. Many gardeners have and more will continue to grow food in containers or mixed in with their flowers, shrubs, and other ornamental plantings.

Save the sunniest spots in your landscape for tomatoes, peppers, eggplants, cucumbers and other vegetables where you eat the flowers or fruit. They produce their best and have the fewest disease problems when grown in eight to twelve hours of sunlight. Root crops such as beets, radishes, and carrots can get by with about a half of a day of direct sun and leafy crops like lettuce and spinach can still produce in a shady location with only 4 hour of sunlight.

Get your garden off to a good start. Use a quality potting mix when growing in containers. It should have good drainage and retain moisture. In the garden, prepare the soil before planting. Add several inches of compost, peat moss or other organic matter to the top 6 to 12 inches of soil. This improves drainage in heavy soils and increases water holding capacity for sandy or rocky soils.

Add a slow release fertilizer like Milorganite to the soil or potting mix. This goof proof organic source of nitrogen meets the EPA Exceptional Quality standards and will help encourage growth without interfering with flowering and fruiting.

Jump start the season with the help of floating row covers. These polypropylene fabrics let air, light, and water through,

while trapping the heat near the plants. The best part, you won't need a hammer, nail, or other tools. Simply lay the fabric over your planting, leaving enough slack for the plants to grow and anchor the edges to the ground with stones, boards or other items.

Increase your harvest with intensive planting techniques. Succession planting, several plantings of short season crops in the same space, can double or triple your harvest. Interplant quick-to-mature crops like radishes and lettuce, in between longer maturing plantings of cabbage, tomatoes or eggplant. The short season vegetables will be ready to harvest just about the time the bigger plants are crowding them out.

Consider planting vegetables closer together in wider rows. You'll waste less space for pathways, putting more room in plantings. Make sure each plant has enough space to grow and that you can reach all planted areas to weed and harvest.

Provide proper care and get ready to harvest and enjoy a bountiful harvest from your own garden.

Gardening expert, TV host and author Melinda Myers has 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 TV and radio stations throughout the U.S. She is a columnist and contributing editor for *Birds & Blooms* magazine, hosted "The Plant Doctor" radio program for over 20 years as well as *Great Lakes Gardener* on PBS.



Melinda Myers

Melinda has a master's degree in horticulture, is a certified arborist and was a horticulture instructor with tenure. Myers' web site is www.melindamyers.com

Heart Attack & Water

I asked my Doctor why do I and other people urinate so much at night time.

Answer from my Cardiac Doctor: Gravity holds water in the lower part of your body when you are upright. When you lie down and the lower body (legs and other things) seeks level with the kidneys it is then that the kidneys remove the water because it is easier. This then ties in with the last statement! I knew you need your minimum water to help flush the toxins out of your body, but this was news to me.

**Correct time to drink water...Very Important
From A Cardiac Specialist!**

**Drinking water at a certain time maximizes
its effectiveness on the body:**

- 2 glasses of water after waking up - helps activate internal organs
- 1 glass of water 30 minutes before a meal - helps digestion
- 1 glass of water before taking a bath - helps lower blood pressure
- 1 glass of water before going to bed - avoids stroke or heart attack

My Physician told me that water at bed time will also help prevent night time leg cramps.

Your leg muscles are seeking hydration when they cramp and wake you up with a Charlie Horse.

Trace Steps of Influential Taos - New Mexico Women with Limited-Time Guided Tours of Taos & Northern New Mexico

Beginning on April 24, the Town of Taos, New Mexico is offering several remarkable all-inclusive and self-guided tours of northern NM and Taos to visitors, in celebration of the 2012 Remarkable Women of Taos theme. The yearlong Remarkable Women of Taos program is a celebration of the authentic, courageous women of the past and present who have helped shape Taos into what it is today.

Site, Blumenschein Home and Museum, and much more. Participants will get to experience New Mexican culture and cuisine at the finest Taos restaurants and stay at the elegant El Monte Sagrado Living Resort and Spa.

The cost is \$1,925 per person, based on double occupancy, and include all fees associated with sightseeing, admissions, special guides, bus transportation, and gratuities. Tour packages do not include airfare.

of the world to make Northern NM and Taos their homes. The tour includes visits to: Georgia O'Keeffe Museum; the NM History Museum; a private, guided tour to Santa Clara Pueblo and Puye Cliffs; Parks Gallery; Kit Carson Museum and nearby cemetery (where many Taos luminaries are buried); Cooking Studio Taos; Ojo Caliente Mineral Springs Resort and Spa; private guided tour to Taos Pueblo; Harwood Museum, Mabel Dodge Luhan House;



Beginning on April 24 through 29, the first all-inclusive tour of Taos and northern NM traces the steps of some of the most influential women in Taos' history. The 6-day, 5-night Artours Ltd. guided tour includes five nights of hotel accommodations, breakfasts, lunches and dinners, full escorted tour. The tour will offer a deeper appreciation of Taos' instrumental women and what inspired them enough to make Taos their home.

The inaugural tour includes visits to: Rancho de Chimayo and Taos' High Road, San Francisco de Asis Church (the most painted church in the U.S), Taos Pueblo, Martinez Hacienda, Harwood Museum of Art, Mabel Dodge Luhan House, Millicent Rogers Museum, a drive over the Rio Grande Gorge Bridge, Couse/Sharp Historic

A deposit of \$500 per person is due as soon as possible to reserve space on this tour. Tour costs are based on a minimum of 10 participants. For cancellations received after March 1, the full deposit amount will be non-refundable plus any non-recoverable hotel or tour expenses; however every effort will be made to obtain refunds from hotels and other suppliers on participant's behalf. For details or to book a tour with Artours, call 800-582-9700 or artours@newmex.com. Visit artoursltd.com for general information.

Then from May 18 through 22, a 5-day, 4-night tour led by Seven Directions, LLC will introduce participants to the rich tapestry of Native American, Hispanic and Anglo women who journeyed from all corners

E. L. Blumenschein Home; art stroll on historic Ledoux Street; private dinner and behind the scenes tour at Millicent Rogers Museum; meeting with Taos Pueblo fashion designer, Patricia Michaels; talk with Friends of DH Lawrence President about nine forbidden paintings from the 1920's; and private lunch served in the Karavas Forbidden Art Room. Accommodations include the Hotel Chimayo in Santa Fe and the Casa Benavides Bed and Breakfast Inn in Taos.

Fees for the Seven Directions tour are \$1,970 per person, based on a group of eight; or \$1,810 based on a group of 10. Package fees includes: four nights accommodations, five meals and three breakfasts featuring local fare, private cooking class, private guided tours, private transportation, gratuities, all

admissions to museum, pueblos, lectures and taxes. A \$500 deposit per person is required at time of booking.

In addition to the May 18 through 22 tour, this guided tour by Seven Directions is also available July 20 through 24; and October 12 through 16.

To book the Seven Directions tour or for more information, call 877-992-6128 or email info@sevendirections.net. Visit sevendirections.net for general information.

Self-guided itineraries are also available on taos.org/women/itineraries-workshops, and include suggested stops while in Taos that allow a person to walk

Remarkable Women of Taos

In 2012, Taos celebrates the women who have helped make Taos, well, TAOS. A century ago, special places like Taos were sought out by those of adventurous spirit, particularly strong, creative women. Two such iconic women who sought and found freedom in Taos were artists Agnes Martin and Beatrice Mandelman, both born in 1912. To celebrate them and dozens of other remarkable women, both historic and current, the Taos community will host a series of special events in 2012. Find an exhibitions calendar at TAOS.org/rwt_exhibits.



in the shoes of the remarkable women of Taos' past and present. Sample itineraries can also become custom guided tours, by contacting Artours Ltd at 800-582-9700 (artoursltd.com) or Seven Directions, LLC at 877-992-6128 (sevendirections.net).

In addition, Remarkable Women of Taos themed workshops, exhibitions, events, and classes are being offered throughout the year. From photography courses, to pottery and glass art workshops, visitors to Taos can reconnect with their creative side throughout the year in Taos. For a list of Remarkable Women of Taos themed seminars, workshops, events, exhibitions and more, visit <http://taos.org/women/>



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

A story that will repair, not despair.

A story that will help weave a tapestry of hope.

The women in Afghanistan face the unthinkable:

Imprisoned for being raped

Mutilated for leaving abusive spouses

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

Marginalized from the marketplace

Psychologically scarred from centuries of war

and being persecuted over centuries.

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

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

Purchase their goods.

This is a Fair Trade Project



Focus on Women Magazine

*is a proud sponsor of the
Women Can Change Afghanistan Craft Project.*

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

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

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



How we can help?

Support the Women Can Change Afghanistan Project sponsored by Focus on Women Magazine. Support their economic initiatives by purchasing Women Can Change Afghanistan Project crafts so that they can rebuild their lives and work towards self sufficiency.

For further information contact:
nicbri@focusonwomenmagazine.net or call
(410) 294-2932.

*Follow us on facebook for further information
on our speakers series, Mavens and Mimosas!*

New Hi/Lo Series Help Teens On the Edge of Literacy

Unchained delivers a strong message without being preachy. Although the ending may seem a bit sugarc coated, it is uplifting and motivating. A good, positive choice for hi/lo readers.

~ *Library School Journal*



“Read, child! Read as if your life depended on it,” exclaims L. B. Tillit, author of the new YA series, *Gravel Road*. “If our young people can’t read fluently, they limit their ability to learn and ultimately fulfill their dreams – whatever their dreams may be.”

Gravel Road: Unchained, Edge of Ready and *2 Days* are part of the *Urban Lit* division available through Saddleback Publishing Company. *Urban Lit* specializes in high interest books for teens with below average reading abilities. In *Gravel Road*, the stories aren’t ‘dumbed down’ to meet the needs of its audience.

Rather, Tillit draws on 16 years in the classroom, 9 of them teaching at-risk students, to create gritty, believable characters who deal with real life social issues.

With sensitivity, raw honesty and, ultimately, hope for a better life, each story in the *Gravel Road* explores tough topics like:

■ **Drug abuse, foster care and gangs.** When the protagonist (TJ) in *Unchained* is forced to move back in with his mother – who has been declared clean and sober – he is forced to re-enter the gang life he tried to leave behind. When he is eventually

compelled to join a gang, TJ reaches a pivotal crossroads and learns a very important lesson – he has a choice!

■ **Sexual assault, rape and high school dropouts.**

In *Edge of Ready*, Dani struggles to keep up with her schoolwork while taking care of her baby brother. Her struggles reach a zenith when an abusive relationship leads to rape. It is only then, when she reaches rock bottom, that Dani realizes it’s okay to ask for help.

■ **Teen pregnancy.** In *2 Days*, Neema is dumped by her boyfriend before learning she’s pregnant. Always considered the prettiest and most popular girl in school, Neema soon learns that a mother’s looks and popularity mean little to an infant and therefore must begin making decisions about what kind of mother she wants to be.

“I totally understand why some kids don’t like to read,” explains Tillit. “I get it. But it is through teaching that I became passionate about literacy and learned that reading really is a gateway to a better life. So now I’m on a mission to provide a variety of books – filled with captivating stories – for kids of all ages who struggle with reading. Reluctant readers will become eager readers if they have the right motivation...and the right story.”



L. B. Tillit

» New Book Offers Inside Look at Hillary Clinton’s 2008 Iowa Caucus Defeat

“Defeat at Waterloo: Fighting on the Front Lines” by community activist and political organizer *Amanda V. Wilkerson* shares a firsthand account of Hillary Clinton’s historic 2008 presidential run as seen through the prism of her defeat at the Iowa caucuses.

As a young, African American female political activist, Wilkerson represents a key group of organizers and influencers that shaped the 2008 presidential cycle. Seeking to speak to others like her who spent time campaigning or are considering future political engagement, she offers a candid and moving account of the tense weeks leading up the Iowa caucuses, a turning point that foreshadowed Barack Obama’s eventual nomination. Passionate, humorous and well informed, the book reveals the highs and lows on the front lines of political activism.



“I wanted to offer insight on the inner workings of Hillary’s run for president from the perspective of a young African American activist,” says Wilkerson, “It’s for countless counterparts who, like me, tossed caution into the wind to run buck wild after their dreams, even the unpredictable political ones that despite the outcome of their work they keep faith in the process and the politics.”

An electoral event where voters meet in precinct caucuses in all of Iowa’s 1,784 precincts and elect delegates to the corresponding county conventions, the Iowa caucuses represents the first major hurdle of a presidential nomination and hold significant national consequences. Clinton’s defeat in Iowa raised strategic and circumstantial obstacles to her run that eventually led to Obama’s nomination.

» **“Defeat at Waterloo: Fighting on the Front Lines”** is available for sale online at Amazon.com and other channels.

About the Author ~

Amanda V. Wilkerson is an educator, community activist and political organizer dedicated to defining and exploring the pathology of African American civic engagement. Her work includes serving as the vice president and secretary of a local chapter of College Democrats, an inaugural board member of Campus Progress, director of Student Lobbying, Iowa field organizer for the Hillary Clinton Presidential Committee, African American outreach organizer for the Hillary Clinton Presidential Committee, advance team member for the Hillary Clinton Presidential Committee, field organizer for Florida for Obama, creator of Potluck and Politics and executive director of Activist in Action. Wilkerson teaches U.S. history at a local middle school in Kissimmee, Fla. This is her first book.



AUTHOR'S MEMOIR

'Traveling a Rocky Road with Love, Faith and Guts'

Shows Story of Survival, Faith, Perseverance

Sylvia L. Ramsey shares her journey through life's harsh realities in an effort to inspire others and show them how to overcome and survive

Sylvia L. Ramsey describes her memoir *"Traveling a Rocky Road with Love, Faith, and Guts: Bladder Cancer, COPD, Caregiving, Polio and More"* as a simple story about living life and surviving the obstacles life gives you. Ramsey has faced many trials and tribulations in her lifetime, but she believes if you have faith in yourself, you can overcome anything.

Ramsey uses a quote from Reba McEntire as it applies to her life, "Surviving takes a backbone, a funny bone, and a wishbone." After surviving polio at the age of four, she faced life with an abusive mother who dealt with her own mental health issues. Ramsey then found herself as the main caregiver for a husband who was abusive both verbally and emotionally; taking care of his diagnosed COPD. After years of care and sacrifice, Ramsey and her then husband were both diagnosed with cancer on the same day, her husband with prostate cancer and she with invasive bladder cancer.

Despite all of the obstacles life has thrown at her, Ramsey keeps a positive outlook on life. As a 17-year cancer survivor, she believes her perseverance and determination to survive has gotten her through everything she has endured.

"Life has thrown a lot of rocks in the road along my journey, but as long as I have love, faith and hope, I shall not fear tomorrow or the day after that," Ramsey says. "My book doesn't judge or try to give advice, but hopefully it will inspire others to forge onward and never lose faith in themselves."

Ramsey hopes her memoir shows readers how to persevere despite life's obstacles. She will be donating 100 percent of the proceeds from this book (as well as her other published books) to the American

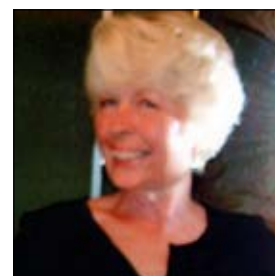
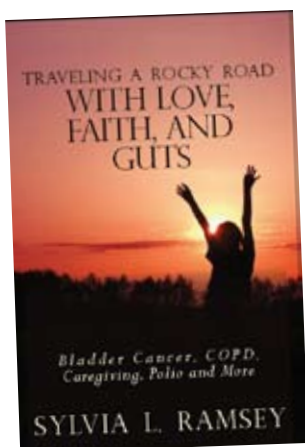
Bladder Cancer Society. Ramsey also provides readers with more information about her memoir with her book trailer.

"Traveling a Rocky Road with Love, Faith, and Guts: Bladder Cancer, COPD, Caregiving, Polio and More" is available for sale online at Amazon.com and other channels.

About the Author

Sylvia L. Ramsey is an author, professor, survivor of stage three bladder cancer and the vice president of the American Bladder Cancer Society. She started writing at the age of nine for her local newspaper.

Ramsey's short stories and poems have been featured in several publications and literary journals. She is a communications professor and the academic resource center coordinator at Georgia Military College.



Sylvia L. Ramsey

Sometimes Two Venues Are Better Than One!

Though still based in Ellicott City, we have a second location at the Inner Harbor across from the World Trade Center.

Visit us at: *Focus on Women Magazine • 400 E. Pratt Street Suite 800 • Baltimore, MD 21202*



Office: *443-759-3272 • Fax: 443-759-3001 • Mobile: 410-294-2932*
Email: *nicbri@focusonwomenmagazine.net*

Advanced Treatments Help Hard-to-Heal Diabetic Foot Ulcers—and Improve Lives *By Dr. Blume*

Breakthrough treatments making the difference

Advanced therapies for foot wounds are saving limbs, restoring mobility, and improving the lives of many people with diabetes who suffer from non-healing foot ulcers.

“For many Americans who have diabetes, impaired healing of foot wounds can be a tremendous problem, making these advanced treatments extremely important,” says Peter Blume, DPM, FACFAS, assistant clinical professor of surgery at Yale School of Medicine. Dr. Blume is discussing this topic at the Annual Scientific Conference of the American College of Foot and Ankle Surgeons.

Foot ulcers develop in about 15 percent of the 25 million Americans who have diabetes. These ulcers can lead to serious complications such as infection and amputation, and can also decrease the patient’s quality of life.



Diabetic foot ulcers are costly, too. About 20 percent of the estimated \$174 million spent annually on diabetes treatment in the U.S. deals with lower extremity care. In fact, non-healing ulcers and infection in the lower extremities are the top reasons for hospitalization among people with diabetes.

Today’s advanced treatment of diabetic foot ulcers include innovative technologies that stimulate healing. These

breakthroughs are critical in diabetic foot care because poor circulation, nerve damage and impaired immune responses—problems that people with diabetes are at higher risk of having—make it difficult for a patient’s foot ulcer to heal.

One groundbreaking approach that promotes healing is the use of bioengineered skin substitutes. Surgeons place these advanced biologics, which are made either from living or non-living tissue, over the wound to accelerate growth of healthy skin.

Another advanced wound-healing technology is negative pressure wound therapy (NPWT). This consists of a wound dressing, an air-tight film placed over the wound, and a drainage tube connected to a suction device that draws excess fluid. The suction enables healthy new tissue to grow.

NPWT makes it far more likely that a graft will survive. “Today, we rarely do a skin graft without using NPWT before and after the grafting procedure,” says Dr. Blume.

Skin grafting for foot ulcers is also greatly improved today. Surgeons now use plastic surgery grafting techniques that were once reserved for other parts of the body, such as in facial reconstruction. Grafting involves taking healthy skin from another area of the body and placing it over the ulcer.

The success rate of all the advanced therapies for diabetic foot wounds is high, providing substantial improvement over treatments of the previous decade.

“Fifteen years ago, we would clean out the wound, apply an antiseptic and an antimicrobial agent, put a bandage on the wound, and hope for the best,” says Dr. Blume.



**Dr. Blume, DPM
FACFAS**

That picture is dramatically different today, as noted for a patient with diabetes whom Dr. Blume recently treated:

“The patient, a railroad conductor in his 50s, had fallen and sustained a wound on his foot that became infected. We cleaned out the infection and then used NPWT, at his home, for about 3 weeks,” says Dr. Blume. “The wound healed nicely. Next, we applied a skin graft to the wound site and used NPWT after the grafting to promote more healing. The patient is now back in a shoe and back to work—and he didn’t lose any toes.” The total time from start of treatment to the patient’s return to work was 8 weeks.

This sharply contrasts with what would have occurred before the advent of advanced approaches. “The same patient probably would have been hospitalized for about 4 weeks and undergone major surgery lasting 8 hours,” says Dr. Blume. “It would have been a complex process, and he probably would have been away from work for 5 or 6 months.”

Time away from work, lengthy hospitalizations, and major surgery add significantly to the economic burden of diabetes. For that reason, the advantages of advanced therapies extend beyond improved medical results to include better outcomes related to work, cost, and lifestyle outcomes.

“In light of the complications of diabetic foot ulcers and the fact that the prevalence of diabetes is rapidly rising, advanced therapies for diabetic foot ulcers will play an even more important role in the future,” says Dr. Blume.

For more information on diabetic foot care, visit the ACFAS consumer website, FootHealthFacts.org.

Cafe de Paris

presents

“Paris

after

Dark”

**1st & 3rd Saturday of every month
Drink specials, Late Night Food,
Dancing, DJ's and much more...**

**Ladies Before Midnight Recieve a FREE
“Paris After Dark” Signature Cocktail
Event Starts @ 11pm and continues to 2am
Kitchen open until 1am**

**Visit our Web site @ Cafedepariscolumbia.com
click the link to like and follow us on FaceBook**

**8808 Centre Park Drive
Columbia Md, 21045
Phone # 410-997-3904**



President's Message

BBB Warns, If it's a Steal, It's Likely Not the Real Deal

Sites Target Football Fans and Fashionistas

By Angie Barnett, President and CEO

There is a huge market for counterfeit luxury items on the Internet, with unscrupulous sellers offering everything from jewelry and perfume to handbags and sunglasses. However, the latest counterfeit scam hit Maryland residents close to home, counterfeit Ravens gear.



With jerseys sometimes costing hundreds of dollars, it is easy to see why fans would flock to the Internet in search of deals. However, it is important to make sure you are shopping at legitimate sources.

"In a tight economy, consumers are always looking to save a buck or two," said Angie Barnett,

President and CEO of BBB Greater Maryland.

"Too often, what looks to be a 'great deal' is really a shoddy knock-off in disguise."

Take www.nfljerseyswhole.com for example. At the beginning of the football season, the website featured great deals on Ravens and other teams' jerseys. However, if you visit the website now, there is a message from ICE-Homeland Security Investigations that alerts visitors the website has been seized for knowingly selling counterfeit goods, amongst other claims.

According to a report by the Department of Homeland Security, the total domestic value of merchandise seized during fiscal 2011 was \$78.3 million. Officials estimate the total value would have been \$1.11 billion had the goods been legitimate.

Online classified sites like Craigslist and eBay are hot spots for counterfeit luxury item fraud online, and both include "buyer beware" warnings. To elude detection, some vendors provide links to their own websites hoping to fool frugal fashionistas.

BBB offers the following advice for finding designer deals, as well as, tips on how to avoid fake "Flaccos":

Always deal with reputable businesses.

The number one way to avoid getting ripped off when buying luxury goods is to deal with reputable businesses. When in doubt, shoppers can contact the manufacturer and verify which vendors are authorized sellers. Consumers should also check out the business with BBB at www.bbb.org before making a purchasing decision.

Trust your instinct! If the price seems too good to be true, it probably is. Although it can be tempting to believe an attractive price, unrealistic pricing is a huge red flag for knock-off merchandise. Paying \$100 for a \$1000 purse or \$20 for a \$100 jersey could result in the consumer receiving a poorly constructed - and worthless - fake.

Read between the lines. Some websites or online classified ads will go overboard in their description of the item in order to coax the buyer's trust. Overuse of words such as "genuine," "real" or "authentic" is a bad sign. Buyers also need to keep an eye out for sneaky phrases like "inspired by."

Check the merchandise. Considering that the name is a large part of the motivation for buying a luxury brand, many manufacturers spend considerable time and energy on crafting the physical label. Counterfeiters, on the other hand, usually aren't so meticulous. Misspelled words or brand names are obvious giveaways, but savvy shoppers should also look for poorly sewn logos and labels. Similarly, make sure any sports merchandise purchased online is the appropriate color. Manufacturers of counterfeit jerseys sometimes have trouble replicating the exact team colors, especially the Ravens' purple. Try holding your jersey up next to a friend's, and make sure the colors match up. Also check for consistency in the numbering and the Maryland flag patch on the sleeve of Ravens jerseys.

Know the brand. Different luxury brands, such as purses, have specific hardware consumers can rely on to identify a genuine piece. Zippers, screws, clasps and stitching are usually very specific for the brand and the manufacturer often has details on their website explaining what to look for and how to spot a knock-off. Craftsmanship is king for most luxury brands. If the sunglasses snap in two in the first week, or if the stitching and seams are ragged and don't match up on a purse, the items are probably counterfeit. Additionally, some luxury goods carry an "authenticity label" with a hologram or other security measure. Look on the manufacturers' website to see if a brand employs any security measures.

Consumers who have purchased counterfeit luxury goods online should contact BBB and file complaints at www.bbb.org. Consumers can also contact the Consumer Product Safety Commission at www.cpsc.gov and file an online complaint.

**For more consumer tips you can trust, visit www.bbb.org.
To sign up to receive our Scam Alerts, visit [BBB Scam Source](#).**

*You are invited to our fourth annual
Howard County Office on Aging*



*an interactive day designed to inspire women
to live more balanced, healthy, and fulfilled lives.*

Saturday, June 16, 2012

Howard County Office on Aging invites you to exhibit at our fourth annual **WomenFest** event to be held on Saturday, June 16, 2012. Please note the change to a Saturday in response to consumer demand. You are invited to join us from 10:00 am to 3:00 pm at the Gary J. Arthur Community Center (formerly the Glenwood Community Center), 2400 Route 97, Cooksville, MD.

WomenFest is an interactive day focusing on health, wellness, fashion, and beauty. It is designed to inspire women to live more balanced, healthy, and fulfilled lives. In addition to exhibits, **WomenFest** includes timely seminars, and health screenings. We strive to increase our audience, including boomers, and to provide fresh possibilities in the changing economy.

Exhibit placements are made in order of receipt of applications. We have also created several sponsorship opportunities to help you increase your visibility at **WomenFest**.

Please note that you may submit your application prior to payment. The deadline for application is Friday, April 13, 2012. Updates will be available on our website: www.howardcountyaging.org/womenfest

We look forward to your participation in **WomenFest**, and we will do everything we can to help you to showcase your business or organization at the event. If you would like any additional information on sponsorships or have any further questions, please call Courtney Barkley at (410) 313-5957 or e-mail cbarkley@howardcountymd.gov.



spirits of Mt. Vernon



**10% off All Wine on Tuesdays!
Wine Tasting Every Friday from 5pm - 8pm
and 10% discount on All Tasted Wines**

Hours of Operation:

Monday – Thursday: 11 am – 8 pm

Friday: 11 am – 9 pm

Saturday: 12 – 9 pm

Sunday: Closed



Victoria Schassler, Owner

**Spirits of Mt. Vernon
www.SpiritsOfMtVernon.com
info@spiritsofmontvernon.com
Phone: (410)727-7270
Fax: (410) 727-7002
900 N. Charles Street
Baltimore, MD 21201-5310**



WILD BLUEBERRIES - *Brain Food for Boomers?*

Could the antioxidants in Wild Blueberries help protect your brain against memory loss? Today, a growing body of research is focused on the potential of this tasty little superfruit to confer a wide range of possible brain health benefits. Areas of study include memory loss, Alzheimer's disease and other forms of cognitive impairment—areas of intense interest to the millions of baby boomers who are now reaching retirement age.

Wild Blueberry researchers began seeing positive results with in-vitro and animal studies more than a decade ago and are now conducting human clinical trials to investigate the impacts of a diet rich in this recognized antioxidant powerhouse.

YOUR BRAIN ON WILD BLUEBERRIES

According to Susan Davis, MS, RD, nutrition advisor to the Wild Blueberry Association of North America, “New research is really bearing out the idea that a diet rich in Wild Blueberries may help prevent cognitive decline.”

■ For example, in the first human study of its kind, a team led by

Dr. Robert Krikorian at the University of Cincinnati confirmed that Wild Blueberry supplemented diets improved memory function and mood in older adults with early memory decline. “Our preliminary memory findings are encouraging and suggest that supplementing one’s diet with blueberries may help forestall cognitive aging,” said Krikorian.

■ A study released last year by David Malin and scientists at the USDA Human Nutrition Research Center on Aging at Tufts University demonstrated the prompt and powerful effect of a short-term blueberry-enriched diet on aged lab animals. This built upon previous work showing positive results from longer-term blueberry feeding. The new study suggests that even a brief period of blueberry-enriched feeding may prevent and reverse a considerable degree of age-related object memory decline.

■ A team led by Dr. Shibu Poulose at the USDA Human Nutrition Research Center on Aging also found that extracts from blueberries and other deeply colored berries enable “housekeeper” cells in the brain to remove biochemical debris, which is believed to contribute to the decline of mental functioning with age.

MORE ON THE HORIZON

Studies currently in the works promise more exciting implications for human cognitive health.

■ Dr. Carol Cheatham at the University of North Carolina at Chapel Hill is studying the effect of blueberry consumption on cognition in elderly subjects who are experiencing mild cognitive impairment.

■ Rolf Martin, PhD, has been measuring cognitive improvements in a group of older subjects who have been eating

frozen Wild Blueberries five days a week for 10 years.

An upcoming study will determine whether hearing acuity, image recognition and spatial memory improve with regular blueberry or vitamin C consumption.

■ Dr. Ana Rodriquez Mateos at the University of Reading is investigating the cognitive effects of different doses of blueberries on children.

No wonder AARP The Magazine named Wild Blueberries to its list of the most powerful disease-fighting foods.

ANTIOXIDANTS: WILD BLUEBERRIES ARE ORAC LEADERS

Wild Blueberries are packed with natural pigments called anthocyanins, which give the berries their deep-blue color as well as their antioxidant and anti-inflammatory power. In fact, Wild Blueberries score higher than many other fruits and vegetables in total antioxidant capacity as measured by ORAC (Oxygen Radical Absorbance Capacity), the most highly recognized measure of antioxidant capacity.

According to the most recent ORAC study released in 2010, Wild Blueberries score twice as high in antioxidant capacity per serving as cultivated blueberries, making them a great antioxidant choice for brain protection.

Antioxidants work in the body to reduce “oxidative stress,” or cell damage that is linked to chronic diseases and aging. By neutralizing free radicals, or unstable oxygen molecules, antioxidants are thought to help prevent or reduce the risk of a wide range of diseases, including heart disease, cancer, diabetes, Alzheimer’s disease and other forms of cognitive impairment.

THE NATURAL PROTECTION OF “WILD”

What makes Wild Blueberries such formidable brain health heroes? In contrast to larger, cultivated berries, the Wild ones are actually hundreds of different low-bush varieties that occur naturally in the coastal fields and barrens of Maine and Canada.

According to researcher Dr. Mary Ann Lila, director of the Plants for Human Health Institute at the University of North Carolina, these wild berries have thrived for more than 10,000 years precisely because of their higher concentration of anthocyanin. The harsher the environment, the more potent the protection, for both the wild berries and the berry eaters.

Dr. Lila explains, “Because they are so rich in health-protective compounds, I like to say that wild plants are “stressed for success.”

BRAIN BERRIES YEAR-ROUND

For baby boomers—or anyone looking for a way to help keep their brain healthy—Wild Blueberries are the smart choice. The little berries freeze particularly well, with nutrition and quality intact, and are available in the supermarket frozen-fruit aisle year-round. So it’s easy to have a ready source of “brain food” in the freezer.

Nutritionist Susan Davis says, “*Over the long term, good habits make all the difference in your health. One of those habits should be a daily serving of Wild Blueberries.*”





Attention female veterans with
an entrepreneurial passion—

V-WISE is coming to San Diego!

V-WISE is a premier training program providing women
veterans with the tools to become successful business owners.

Please note: Prior to registering for the San Diego conference, participants must apply to
and be accepted into V-WISE. The \$75 registration fee includes private hotel room at
the Sheraton Hotel and Marina, meals, books, materials and online coursework.



APPLY TODAY! whitman.syr.edu/vwise

V-WISE is a program of the Whitman School of Management at Syracuse University
and operated by SU's Institute for Veterans and Military Families. It is funded through
a cooperative agreement with the U.S. Small Business Administration.

Whitman
SCHOOL of MANAGEMENT
SYRACUSE UNIVERSITY



SBA .GOV
U.S. Small Business Administration



Do you have cellulite?

If so, SNBL Clinical Pharmacology Center is enrolling healthy women in a
research study evaluating an investigational drug for cellulite.



To qualify you must:

- Be ages 21 to 60
- Have cellulite
- Be available for an inpatient stay of 3 days/
2 nights and 5 outpatient visits.

Eligible participants may be compensated up to \$1,500 for their participation.

**Call our toll free number to see if you may qualify at: 1-866-706-8833 or
Email our recruitment department at: recruiter@snbl-cpc.com**

SNBL
CLINICAL PHARMACOLOGY CENTER

Managing Complexity. Enabling Results.

portalli's

Situated on Main Street in the quaint, historic village of Old Ellicott City, Portalli's is a fine Italian restaurant that will transport you back to the "old country". The menu is primarily traditional Italian fare with just the right amount of unique items to give the patrons the feeling of an upscale, yet homey local Italian eatery. An evening at Portalli's offers excellent cuisine and friendly, attentive service, in a romantic but family-friendly environment.

Patrons can enjoy the inviting atmosphere of this classically decorated historic building without taking out a second mortgage. House specialties include traditional Italian style dishes such as Beef Carpaccio, Lasagna Bolognese, or Spaghetti & Meatballs, or unique preparations like Braised Beef Penne or Veal Short Ribs smothered in a wild mushroom marsala sauce. The Italian-inspired wine list is both extensive and impressive. Portalli's will appeal



to foodies as well as those searching out a hidden gem for a late night or casual evening.

Portalli's specializes in serving several smaller or "manageable"

sized courses. The overall concept is to enjoy a multi-course meal without gaining 20 pounds in the process. We expected true small-plate dishes but were surprised at the reasonably sized appetizers and entrees. Although they encourage ordering several courses, you could certainly get away with skipping 1 or 2 of them and saving the money. Either way you will not be walking out hungry.

Upon arrival at our table we were quickly brought fresh baked bread with an olive oil dip (always a plus in my book). We began our meal with two appetizers, the Prince Edward



Island Mussels which were pan-steamed in a pomegranate, Prosecco and scallion broth (\$11) and the Calamari which was semolina-dusted and flash fried, then drizzled with lemon basil olive oil and

(the calamari was arguably entrée sized). Both appetizers were exceptionally prepared and flavorful.

Moving on to the next course we opted for the Portalli Salad, which was comprised of baby greens tossed in a lemon dijon vinaigrette with poached pears, celery, goat cheese, and toasted walnuts (\$7) and the Spinach Salad made with baby spinach tossed in a blackberry vinaigrette with sliced strawberries, toasted



almonds, pancetta, and blue cheese crumbles (\$7). The salads were very fresh and once again fairly large. The Portalli salad is particularly recommended due to the unique flavors and interesting ingredient combination.

For our main entrée's we chose the Braised Veal Short Ribs with a red wine demi-glace served with braised brussels sprouts wrapped in bacon (\$20) as well as the Flat Iron Steak which was marinated in a garlic vinaigrette, grilled and finished with a Dijon peppercorn sauce and roasted fingerling potatoes (\$19). Both dishes were masterfully prepared and well worth every penny. The flat iron steak in particular was "melt in your mouth" tender and perfectly seasoned. The veal short ribs were juicy and wonderfully paired with the bacon-wrapped brussels sprouts.



For dessert we ordered a Poached Pear Puff Pastry- Port and vanilla-poached pear and whipped marscapone inside a puff pastry and a Lemoncello Marscapone cake. Both were wonderfully sinful and the Poached Pear puff pastry is a "must have" item. We enjoyed everything that we ordered at Portalli's and the atmosphere and service makes you feel as if any evening is a special occasion. This is not an "eat and run" type of restaurant. Come prepared to sit for a while and enjoy the many delicious offerings.

Portalli's

8085 Main Street • Ellicott City, MD 21043
410.720.2330

AirXpanders Announces First Patient Treated in IDE Trial of New Post-Mastectomy Tissue Expansion Device

{ The XPAND Trial Will Evaluate AeroForm™ as a Possible Alternative to Standard Tissue Expansion in Breast Reconstruction Process }

AirXpanders Inc., a company developing technology to address current unmet needs for patients who require tissue expansion for breast reconstruction surgery, today announced that the first patient has been treated in the XPAND (AirXpanders Patient Activated CoNtrolled Tissue ExpanDer System for Breast Reconstruction) trial. XPAND is a prospective, randomized, controlled, open-label pivotal study of the company's AeroForm™ breast tissue expansion device in mastectomy patients undergoing breast reconstruction.

The first patient that received the AeroForm device was implanted in New York City on November 30th. An additional 3 patients have been enrolled in the trial and are awaiting treatment.

"Given the data collected in the recently-published PACE feasibility trial, the AeroForm device has the potential to offer breast cancer patients a needle free and more convenient tissue expansion process as part of breast reconstruction following a mastectomy," said Leroy Young, M.D., FACS, Mercy St. Louis Cancer and Breast Institute, Principal Investigator of the XPAND trial. "This study will compare the patient-controlled, carbon-dioxide-based AeroForm device to the standard saline injection method, an often arduous process that has historically been a major deciding factor against breast reconstruction for many women."

The tissue expansion process is often required after mastectomy to stretch the skin and the muscle of the chest wall so a permanent breast implant can be inserted. Traditionally, surgeons implant a saline tissue expander under the skin and pectoral muscle at the site

of the mastectomy. During subsequent weekly office visits, the surgeon will insert a needle through the skin into the tissue expander's port and inject as much saline into the temporary implant as the woman can tolerate.

AirXpanders designed the AeroForm tissue expander system to address the limitations of traditional saline expanders. The system consists of a technologically advanced self-contained tissue expander and a small hand-held wireless remote control. The AeroForm system eliminates the need for invasive saline injections by using



compressed carbon dioxide that is gradually released through a small internal valve to fill the expander. Following a standard implant procedure, the patient can use the remote control at home to perform the expansion process as directed by the surgeon.

"This is a momentous occasion for the company, as we begin collecting the data that will be submitted to the FDA in support of our 510(k) application," said Scott Dodson, AirXpanders President and Chief Executive Officer. "Each year 250,000 women undergo a mastectomy, and for those women who choose reconstruction, we believe that the AeroForm will prove to be an empowering device that will allow these patients to move on with their lives, have more control during the tissue expansion process and have the potential to avoid disruptive weekly doctor's visits."

During the company's feasibility trial in Australia, the average expansion time associated with the AeroForm remote-controlled tissue expander was 15 days, a fraction of the time typically required using traditional saline expanders.

The trial is designed to directly compare the outcomes of tissue expansion of the traditional saline expansion method to the investigational AeroForm, remote-controlled, needle-free tissue expander. Enrollment will continue until a total of 92 AeroForm devices and 46 saline expanders have been implanted in patients.

U.S. Food and Drug Administration (FDA) has granted the company an Investigational Device Exemption (IDE) to conduct the clinical trial. Participating sites include hospitals in Boston, New York, St. Louis, San Diego, Sacramento, San Jose and Durham, NC.

For more information on the study, please visit <http://clinicaltrials.gov/ct2/show/NCT01425268>.

About AirXpanders

AirXpanders Inc. is a tissue-expansion company focused on the area of breast reconstruction. By employing a revolutionary patient-controlled expander, activated by a wireless remote control, the often painful process of recovering one's feminine shape after mastectomy can potentially be eased with this needle-free technology that is easy to use and may enable the patient to proceed to a permanent implant much faster than the current standard-of-care. At this time, AirXpanders' products are not cleared or approved for sale. AirXpanders is backed by GBS Venture Partners, Prolog Ventures, Heron Capital and Shalon Ventures.

• The Weiman Family • Anonymous • Susan & Philip Abraham • Laura Black & Charles Klein •

Tickets: www.bhcong.org or 443-524-0284

Individual Sponsors • Duke Zimmerman • Phyllis & Louis Shpritz • Drs. Deborah & Louis Shpritz • Drs. Margaret & Steven Sharfstein

The Footlick Family Foundation • Patricia & Harvey L. Goldstock • Leah E. Kemper and Louise & Richard F. Kemper •



★ **Saturday, April 28, 2012 • 8 PM**
Baltimore Hebrew Congregation

This event will benefit Religious School Scholarships and Youth Programs.



★
Christine Ebersole, two-time Tony Award winning singer and actress
 ★

Roberta & Aron Perlman • Hilda Perl Goodwin and Susan & Dr. Edward L. Perl • Harriet & Jay Kramer • Janet & Richard Livingston

Outdoor Party Hassle Saver

Combo Plate/Drink Holder



Called the **Drink-N-Plate**, it is a durable, reusable and dishwasher-safe combination of plate and drink holder, allowing an entire meal to be carried conveniently.

Not only makes eating & drinking at a party much easier and allows people to mingle more, but also saves money because vast quantities of disposable plates and cups are no longer needed.

To read more about Drink-N-Plate, go to drinkandplate.com



CheeseTiles

CheeseTiles are stylish erasable ceramic accent labels for cheese or desert trays, great for dinner parties or any other gathering with food.

Replacing cheap paper or plastic tags, CheeseTiles are the best way of highlighting the name or flavor of each cheese or dessert served. Comes in a variety of styles such as Fleur-di-Lis, Shell, Vine and more.



Retails for \$29.95 for a set of 4, they can be purchased online at www.placetile.com, via phone at 678-467-4776 or at retailers throughout North America.

RESEARCH STUDY RECRUITMENT

DO YOU SUFFER FROM MIGRAINE HEADACHES?

The Johns Hopkins Intensive Meditation & Migraine Study may help relieve your pain



Intensive meditation may help relieve pain for some people, but it can be difficult to master. Our study offers you the opportunity to learn intensive meditation techniques from professional trainers during an off-site retreat.

You may be eligible for this research study if you are:

- 18 years of age or older
- experience at least four migraines per month

More info, call 410-502-8814 or visit <http://hopkinsmeditation.googlepages.com>

PI: Daniel Ford, MD, MPH
Application #: NA_00016428



Spectacular Wedding Ideas for All Seasons in Gunnison-Crested Butte, Colorado

In tandem with the holidays, the engagement season gets into full swing with brides and grooms soon looking for the ideal wedding location. Couples searching for a destination with spectacular natural beauty, unique venues and plenty of fun to entertain guests

should look no further than the Gunnison-Crested Butte Valley in southwest Colorado.

“Destination weddings in places like Gunnison and Crested Butte offer brides and grooms the chance to have the celebration they’ve always dreamed of amidst

the magnificent beauty of the Colorado Rocky Mountains,” says Rachael Gardner, owner of Crested Butte Events, a company that plans weddings, meetings and events.

Local planners can put all of the details together for couples and with today’s technology make sure everything is planned to their specifications. “If affordability is important, you’ll find Gunnison-Crested Butte to be a great choice. Our wedding experts create a plan tailored to each couple, identifying just the right price points for lodging, music, flowers, location, food and beverage,” says Jane Chaney, executive director of the Gunnison-Crested Butte Tourism Association.

Great Wedding Ideas for Every Season

“The Gunnison-Crested Butte Valley is a magical, memorable place for all who visit, no matter what time of year. We have world-class natural beauty that is accessible. The views are breathtaking no matter where you look, even if you get married right in the towns of Crested Butte or Gunnison,” says Alison White, owner of Alison White Photography.

“There are all kinds of unique opportunities to incorporate into your wedding, whether a carriage ride, tandem bicycle, horse-

drawn sleigh dinner or dogsled escort to the ceremony site that make a wedding here memorable for the bride, groom and guests alike.”

Wildflowers Galore in Crested Butte

Crested Butte was designated the official “Wildflower Capital of Colorado” by the Colorado Legislature in 1990 and hosts the weeklong Crested Butte Wildflower Festival every July. There are many treasure troves of blossoms for ceremonies and outstanding photo opportunities. The Mountain Garden in Mt. Crested Butte is managed by the Crested Butte Wildflower Festival and features spectacular vistas and a covered pavilion next door for an outdoor reception.

The Town Ranch in Crested Butte also is a fair-weather venue that is perfect for a romantic ceremony at the gazebo and a tented reception nearby with majestic Crested Butte Mountain towering in the background.

Summer Ambiance in Gunnison

The Pioneer Museum’s historic chapel is perfect for couples desiring a small wedding with a dash of history. The chapel holds only 10 people, but the ceremony can be held outside the chapel with photos taken inside. There are photo opportunities galore with a train, antique cars and more.

The Aspinall-Wilson Center at Western State College of Colorado not only has nice indoor space for receptions, there is an attractive lawn space that can be tented as well as a patio for cocktail hour. Another outdoor space suitable for smaller groups is the Gunnison Arts Center’s courtyard, a charming space for receptions.

Ranches & Rivers

If the beauty of crystal-clear streams and rustic ranches fits a couple’s style, there are plenty of options throughout Gunnison County, which is blessed with 85 percent public land.

The Crested Butte Land Trust offers Gunsight Bridge as a ceremony site, which is a favorite for couples looking for a picturesque river and bridge backdrop. Three rivers join to form the Gunnison River in Almont, home to Three Rivers Resort, Almont Resort and Harmel’s Ranch Resort.

Crystal Creek runs through the colorful town of Crested Butte, which was placed on the National Register of Historic Places in 1974. The Gunnison River flows through Gunnison, which also is home to Colorado’s largest body of water, Blue Mesa Lake.

Incorporate a carriage ride or horseback ride through Fantasy Ranch Outfitters and consider an outdoor barbecue for a Western feel.

Fantastic Fall Foliage

There is a reason why Gunnison County attracts legions of photographers in autumn. September and the first week in October are prime times for aspen groves unveiling their gold, orange and red wardrobes. Snow-dusted peaks and Indian summer weather add to the charm of the season, known locally as “September Splendor in the





Rockies” due to the sheer number of activities and events. “It also can be a good chance for couples who get engaged later to book vendors and venues that are already busy for the popular months of July and August,” suggests White. Riding the

Red Lady chairlift from the ski area base to mid-mountain and walking to nearby Uley’s Cabin for cocktails and a reception is “out of this world,” says Gardner.

Snowy Wonderland

White on white is drop-dead gorgeous when a bride makes her debut in a snowy winter wonderland. Arrival by dogsled, a Fantasy Ranch sleigh, or chairlift is sure to impress, or ski or snowboard to Uley’s Cabin located mid-mountain at Crested Butte Mountain Resort for a reception.



Churches, lodging properties and the many charming, locally-owned restaurants provide indoor venues year-round that are a perfect pairing with winter options.

For the holiday season, Gunnison beautifully decorates a gigantic Christmas tree in front of the Gunnison Arts Center on one end of Main Street. Great photo opportunities by the tree can be combined with a reception at the arts center or a rehearsal dinner and cocktail reception at the nearby Brick Cellar.

Any Time of Year – Charming Museum & Inns

Crested Butte Retreat’s décor and configuration are ideal for a classy, all-in-one place wedding in Mt. Crested Butte. The great room and deck provide memorable locations for a ceremony, and a reception can fill the main rooms with plenty of room to mingle. The bridal party can stay on-site in stylish guestrooms.

New to the scene is CS Irwin’s Scarp Ridge Lodge in downtown Crested Butte. This high-end property also has attractive reception space along with lodging, and the company can arrange outdoor adventures for the bridal party and guests. Also downtown is the Crested Butte Mountain Heritage Museum, which is perfect for a reception or rehearsal dinner for up to 50 sit-down or 90 buffet-style. The exhibits and charm of the museum make little décor necessary, and the location is perfect for guests to enjoy a night on the town.

Visitor Information & Personalized Vacation Packages

To find out more about Gunnison County, call the Gunnison-Crested Butte Tourism Association’s toll-free line, (800) 814-8893, or visit www.GunnisonCrestedButte.com. Find the

Tourism Association on Facebook at www.facebook.com/gcbta or follow us on www.twitter.com/gcbta.

The Gunnison-Crested Butte Regional Airport is served year-round by United Airlines and during the winter season by American Airlines and Continental Airlines.

About Gunnison-Crested Butte, Colorado

Gunnison-Crested Butte is nestled among almost two million acres of pristine wilderness in southwest Colorado. Winter sports enthusiasts know the area for its world-class alpine skiing and snowboarding at Crested Butte Mountain Resort, snowmobiling, cross-country skiing, snowshoeing and ice fishing. Gunnison-Crested Butte is also a haven for outdoor summer activities. In the warmer months, visitors can choose from recreational activities such as hiking, climbing, mountain biking, boating, whitewater rafting, kayaking, fly-fishing, camping and horseback riding. Year-round visitors enjoy distinctive restaurants, unique shops and stimulating cultural opportunities, and have a wide range of lodging options – from rustic inns to guest cabins and bed-and-breakfasts to full-service resort hotels.

Gunnison, county seat and a real western town, is home to the Gunnison-Crested Butte Regional Airport, Gunnison Whitewater Park, Gunnison Valley Observatory, Pioneer Museum and Western State College, which offers bachelor’s and master’s degrees in liberal arts and sciences and pre-professional fields. Both Crested Butte and Gunnison have thriving historic central business districts packed with shopping and dining opportunities.

Recognized as the “Official Wildflower Capital of Colorado” by the Colorado Legislature and one of the National Trust for Historic Preservation’s “Dozen Distinctive Destinations” in 2008, Crested Butte is 28 miles from Gunnison and the site of rich mining, ranching and skiing heritage and home to the Crested Butte Mountain Heritage Museum and Mountain Bike Hall of Fame. Only three miles up the road is the resort village of Mt. Crested Butte, home to the ski area, an active base area, the area’s conference center, and outstanding hiking and biking trails.



Marble is located in the Upper Crystal River Valley along the Elk Mountains and is the gateway to nearby Crystal, home to one of the most photographed mill sites in the country. Marble has seven sites on the National Register of Historic Places and is the location of the Yule Marble Quarry.

In Gunnison County, visitors will find the Curecanti National Recreation Area, where dinosaur fossils were recently discovered; the Blue Mesa Reservoir, Colorado’s largest body of water and home to the largest Kokanee salmon fishery in the United States; and The Black Canyon of the Gunnison, one of our country’s newest national parks. Gunnison County includes the quaint and historic towns of Pitkin, Gothic, Tin Cup, Marble, Powderhorn, Almont and Crystal, plus the better-known communities of Gunnison, Crested Butte and Mt. Crested Butte. Gunnison County is part of the West Elk Loop and Silver Thread Scenic & Historic Byways.



OTIS HPV Vaccine and Pregnancy Study

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



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

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

Participation includes:

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

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



(877) 311-8972

Follow us!

www.otispregnancy.org



HELLO Again from Annapolis to All of You Back Home

By Elizabeth Delegate Bobo

Yesterday the full House was on the floor in the State House in legislative session from 10 am to 9 pm without a break. We will have another long day today and will be back again tomorrow, Saturday. Today Columbia resident Steve Parr and his two sons, Chas and Shane, are spending the day with me in Annapolis. They placed the winning bid at an auction on “*Shadow Liz Bobo for a Day in Annapolis.*” From a seat in the balcony overlooking the floor of the House in the State House, the guys surely got an eyeful and an earful. It is so encouraging to see two boys with a genuine and deep interest in the legislature’s work.

The bulk of our time was taken up with budgetary matters for these two days. Given the reduction in revenues in recent years, it is quite sobering to realize that Maryland is in as good financial shape as any state in our nation. This week’s message goes out to you within an hour or two of the final vote on the budget in the House.

The House also passed over to the Senate good environmental bills on storm water management and wastewater treatment plants that will benefit Maryland’s streams, rivers, and the precious Chesapeake Bay. Health public policy also improved significantly through passage of the Health Benefits Exchange bill which will move about 350,000 of our state’s 700,000 uninsured to the ranks of the insured.

I don’t know whether I have ever mentioned that one of the most positive aspects of the Maryland legislature is the excellent quality of the legislative staff who work for the various committees and the House and Senate as a whole. Mostly young women and men who work long, hard and frequently under great pressure, they maintain calm and dignity throughout. They are largely responsible for the accuracy and effectiveness of our work, regardless of the subject or public policy. After we legislators finish our day’s work, they continue for many hours ensuring that the legislative product is accurate and conforms with the existing code.

Next Monday is the day when all House bills have to “crossover” to the Senate in order to be guaranteed consideration by that body and the same goes for Senate bills “crossing over” to the House. So Monday will likely be another very long day.

Zach’s inspiration continues to provide me with a lens through which to view this legislative session.

This is a big family weekend for us, with Lloyd’s oldest son, David, attaining the age of 50! Hope I get home in time for the big celebration on Saturday evening.

I value my work in the legislature and consider myself fortunate to have the opportunity to do it. I also long to have Sunday at home among the beautiful tree blossoms, ponds, and grass. I wonder whether I will still be able to see Jupiter and Venus doing their dance in the night sky from our top deck?

Campaign Finance

Common Cause encouraged the legislature to pass House Bill 1103 Election Law - Campaign Contributors - Occupation and Employer. For years, I have worked with Common Cause and other advocates of open government. Although I believe the ultimate answer is in public financing of campaigns, this bill, which the House passed today, provides more transparency to funding of campaigns.

News articles related to major issues in this legislative session

Maryland Senate to consider procedural change in purchase of slot machines (Last week I wrote about the provision in the slots bill which the legislature passed a few

years ago. This bill requires the state to buy the slot machines rather than the casino owners who reap the profit. I included a Washington Post article about this blatant economic injustice. This article from today’s Post offers some encouragement. The Senate is considering requiring the casino owners to foot the bill for their own equipment.

Environmental Matters Committee

O’Malley scales back environmental initiative (Senate Bill 236). The subject of this disappointing news article is the cross filed bill of House Bill 445, Sustainable Growth and Agricultural Preservation Act of 2012.

I am a sponsor of this bill and it was assigned to the Environmental Matters Committee and to the Sub-Committee on Land Use and Ethics which I chair. I believe this article reflects an effort by the governor to save this bill which was his initiative to provide more sustainable land use planning in Maryland.



Contest



Name:

Address:

City/State/Zip Code:

Email:

Find Kathy Bates, ovarian cancer survivor and you could win a pass to a local gym or gift certificate to an area restaurant. Simply circle the photo, and send this form to:

Focus On Women Magazine

4615 Oakview Court
Ellicott City, MD 21042

or our other location:

400 E. Pratt Street • Suite 800
Baltimore, MD 21202

nicbri@focusonwomenmagazine.net
(410) 294-2932

9th Annual Heal a Woman to Heal a Nation Conference: *Own Your Own Legacy*

YOU DO NOT
WANT TO MISS THIS
AMAZING EXPERIENCE!

Saturday, April 14, 2012

Mount Pleasant Church and Ministries
6000 Radecke Avenue • Baltimore, MD 21206
9am- 5pm



Quickly becoming a destination event this year features!

Top 5 benefits to You for attending:

- ✓ You will experience relevant and informative workshops with impactful messages.
- ✓ You will enjoy an atmosphere of comfort, transparency and love.
- ✓ You will be motivated and inspired by speakers who are knowledgeable and uplifting
- ✓ You will embrace, enhance and learn best practices that will help you improve in every area of your life, work and play.
- ✓ You will re-connect with your dreams and passions.

Highlights

- Free Mini Makeovers!
- Free Seated Massages!
- Onsite Child Care!
- Valued at over \$150!
- Outstanding Giveaways!
- 8 Empowering Workshops!
- Breakfast & Keynote Luncheon!

Cost:
\$35 General Admission
Girls (13- 17) \$20
Onsite Child Care
ticket \$15 (2 -13)

Be there! You deserve it!

Visit the website for more details at www.partofthecure.org.

Beauty & SEX as a Tool to Escape Sexual Abuse?

Sexual Slavery Explored in Provocative and Controversial Thriller

According to the National Center for Missing and Exploited Children, an estimated 1 in 5 girls and 1 in 10 boys will be sexually victimized before they reach 18. **Jarred Into Being**, by husband-and-wife writing team Pat Adsit and Daniel Lawrence Burke, explores this horrific epidemic through Eva Lange, a bold protagonist who falls victim to forced prostitution, human trafficking, and sexual slavery.

Eva flees one of her earliest abusers, her aunt's boyfriend, after he brutally forces her into prostitution to support his cocaine addiction. She soon falls prey to even greater danger when a Mexican drug lord and his ruthless wife trap her in their luxurious Texas compound. By day, Eva is a nanny to the couple's three young children; by night, she is forced to endure torture, humiliation, and depravity as their personal sex slave. With relentless determination, Eva uses her will, wits, and beauty to escape her captivity. After her escape, the protagonist works to preserve her independence while exacting revenge on her tormenters and the corrupt politicians who look the other way.

In a unique twist, Eva's physical beauty is both her curse and ultimate salvation. Though Eva is forced to commit most of the sex acts that take place in the story, some acts are of her own doing. Though Eva has been victimized, she is not a helpless victim. She realizes her sexuality allows her to manipulate the powerful forces that would otherwise control her. In fact, she relishes the power her sexuality provides her and she uses it unapologetically as she sees fit.

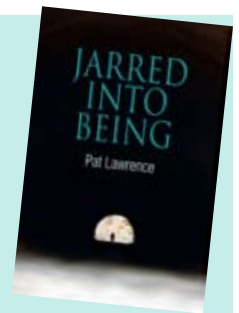
"Self-reliance is her key to freedom," says Pat Lawrence, the author. "Eva takes control over her future by using every tool at her disposal to prevail."

A gripping portrait of survival, **Jarred Into Being** gives life to emotionally charged topics ripped from today's headlines, including:

- Human trafficking, forced prostitution, and sexual slavery
- Using sexuality to escape sexual abuse
- Corruption in local government and the United States' legal system
- The sordid world of Mexican drug cartels and modern border control

About the Author

'Pat Lawrence' is the pseudonym adopted by husband-and-wife writing team Pat Adsit and Daniel Lawrence Burke. Before penning **Jarred Into Being**, Pat and Daniel co-wrote murder mysteries for their entertainment business, **Murder**



By Design, and a two-act comedy stage play, **Squirrels In The Attic**, which has been performed throughout Wisconsin and Illinois. www.patlawrence.net



Jarred Into Being is available in hardback, paperback, e-book, Kindle format at

Amazon.com, Nook format at Barnes & Noble, and through the authors' publisher, Outskirts Press.

Website:

www.outskirtspress.com/jarredintobeing