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Wading in the tranquil space of nature's time, I watch, hear, and notice the symphonic voices of sparrows and in observing, I notice the scattered but somewhat unified scattered plot of life bearers ascent into the backdrop of a tinted, orange and illustrious sky. In so doing what comes to me is a valuable lesson: like the birds that ascend into flight, As human beings, though we may not take

flight towards our goals, patterned exactly after another, the ends to our pathways in life are preceded by the unique virtues of which makes up our means of arrival. Like the sparrows in their own way ascending into flight, are we as we work towards the results of our life endeavors. Our differences can bind us together towards a common greatness. In other words, our uniqueness through our individuality can propel us towards a common goal. To our readers, advertisers and supporters, may you too value your individuality to bring you towards a shared vision with others and best wishes for a happy Fall season to all.

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

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Why we shouldn't garnish Social Security benefits to pay for student loans - by Sandy Baum

In 2013, 156,000 individuals had their Social Security benefits garnished to collect \$150 million in defaulted federal student loans. This is a tiny fraction of the 63.7 million Social Security recipients, but that average of about \$1,000 a year could make a real difference for affected senior citizens or disabled adults surviving on Social Security.

For most beneficiaries, the average monthly payment of \$1,200 is the primary source of income. Among elderly beneficiaries, 52 percent of married couples and 74 percent of unmarried individuals receive 50 percent or more of their income from Social Security. It is not easy to know the characteristics of the individuals actually affected, but it would not be surprising if many of those whose benefits are garnished are among the 22 percent of married couples and 47 percent of unmarried recipients who rely on the program for 90 percent or more of their income. There is no statute of limitations on garnishing Social Security payments

to collect on federal student loans, although there is a limit of 15 percent of the monthly benefit, which cannot drop below \$750 as a result.

The practice of garnishing Social Security for student debt payments does raise a small amount of revenue, and perhaps fear of garnishment (if it were widely publicized) could encourage some people to pay off their debts when they are due. But it seems very likely that the practice does more harm than good.

Fundamentally, the federal government is correct to hold student loan borrowers responsible for their debts. Calls to forgive all or most student debt ignore many facts. When borrowers default on federal student loans, all taxpayers—including many who have never been to college and have more limited earning opportunities than most of those who have - are left holding the bag.

Paying off student loans is no more

onerous than paying off equal amounts of loans for other important expenditures. We know that students who don't complete degrees are disproportionately likely to default on their student loans, but there is no good evidence that shows how many people default because their education did not pay off in the labor market and they really can't afford to pay, and how many have prioritized other spending and could pay if they really believed it was important.

But garnishing Social Security benefits? There may be a few older people who are living well and just not paying their debts. And we should be sure that we don't automatically forgive the debt of people who borrow for school after they are 55 years old. But it's pretty likely that most Social Security recipients who still have student debt and have struggled financially in the past don't have much discretionary income.

There is a lot of discussion about how to ease the burden on people repaying student loans. Strengthening the income-dependent repayment plans now in place would help many people who are struggling because of circumstances beyond their control. Some other proposed solutions would provide large subsidies to people who really don't need them, at least relative to the taxpayers who would pick up the tab. But Social Security recipients are an easy group to rally behind, and protecting them would not require a big hit to the federal budget.

Garnishing Social Security payments to collect on student loans really isn't worth it. It doesn't put much of a dent in the outstanding debt, but it can create serious problems for the individuals affected. We need to find better-targeted ways of addressing the problems of unmanageable debt and nonpayment.



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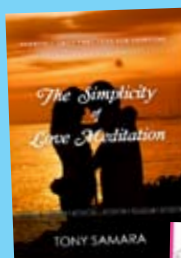
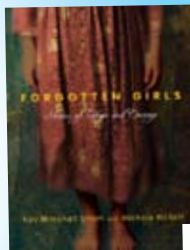
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U.S. Citizenship and Immigration Services

Deferred Enforced Departure Extended for Eligible Liberians in U.S.

USCIS Automatically Extends Validity of Employment Authorization Documents

U.S. Citizenship and Immigration Services (USCIS) today announced it will automatically extend Employment Authorization Documents (EADs) for Liberian nationals covered under Deferred Enforced Departure (DED). Current DED Liberia EADs that have an expiration date of Sept. 30, 2014, will now be valid through March 30, 2015. This automatic extension of EADs follows President Obama's announcement today of his decision to extend DED through September 30, 2016, for qualified Liberians and those individuals without nationality who last habitually resided in Liberia. The six-month automatic extension of existing EADs allows eligible Liberian nationals to continue working in the United States while they file their applications. The extension also gives USCIS time to process and issue the new EADs.

Deferred Enforced Departure for Liberian nationals was scheduled to end on Sept. 30, 2014. However, President Obama determined that there are compelling foreign policy reasons to extend DED for eligible Liberian nationals currently living in the United States under the existing grant of DED.

Certain individuals are ineligible for DED, including:

- Individuals who did not have Temporary Protected Status on Sept. 30, 2007, and are therefore not covered under current DED;
- certain criminals;
- people subject to the mandatory bars to Temporary Protected Status; and those whose removal is in the interest of the United States.



REPUBLIC OF LIBERIA

USCIS will publish a notice in the Federal Register with information regarding the extension of EADs for eligible Liberian nationals, and instructions on how they may obtain employment authorization for the remainder of the DED extension.

For additional information, please visit the DED Granted Country - Liberia Web page on the USCIS website. Liberian nationals or their employers may also contact the USCIS National Customer Service Center at 1-800-375-5283.

For more information about USCIS and its programs, please visit www.uscis.gov



Good morning!

Navy Cmdr. and NASA Astronaut Reid Wiseman is aboard the International Space Station

Please consider this opportunity to share a great story about and photo(s) of Baltimore, Md. native, Navy Cmdr. and NASA Astronaut Reid Wiseman.

Born in 1975, Wiseman's hometown is Baltimore, Md. Married to the former Carroll Taylor of Virginia Beach, Virginia. They have two daughters. Wiseman's parents, Bill and Judy Wiseman, reside in Hunt Valley, Md. His educations includes: Graduated from Dulaney High School, Timonium, Maryland, 1993; Bachelor of Science degree in Computer and Systems Engineering, Rensselaer Polytechnic Institute, Troy, New York, 1997; Master of Science degree in Systems Engineering, Johns Hopkins University, Baltimore, Maryland, 2006.

He is currently in space with Expedition 41 that began Sept. 10, 2014, and ends Nov. 10, 2014. This expedition includes research projects focusing on biology, physical science and Earth and space science investigations. There are one Russian and two U.S. spacewalks planned during Expedition 41.

More Expedition 41 mission summary information can be found here:

<http://www.nasa.gov/sites/default/files/files/NP-2014-08-010-JSC-Expedition-41-summary.pdf>



Twitter:

https://twitter.com/nasa_astronauts



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Navy Cmdr. and NASA Astronaut Reid Wiseman is on the right in the attached photo and Navy Capt. and NASA Astronaut Barry "Butch" Wilmore is on the left.

Navy Cmdr. and NASA Astronaut Reid Wiseman's full bio: <http://www.jsc.nasa.gov/Bios/htmlbios/wiseman.html>

Hi-res photo Astronaut photo is here: <https://www.flickr.com/photos/nasa2explore/9372743116/>

* * * * *

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Thank you very much for your support of the men and women in U.S. Navy, deployed around the clock and ready to protect and defend America on the world's oceans.

Very respectfully,
Glenn Sircy, APR
Navy Office of Community Outreach
5722 Integrity Drive, Bldg 456-3, Millington, TN 38054

Good Outcomes with Multiple Limb Salvage after Severe Combat Injuries, Reports Plastic and Reconstructive Surgery

Experience Shows No Increase in Complications, Compared to Single-Limb Salvage Techniques



Wolters Kluwer

For survivors of severe combat injuries threatening more than one limb, reconstructive surgical procedures using tissue flaps have a good record of safety and effectiveness in avoiding amputation, reports a paper in the August issue of [Plastic and Reconstructive Surgery](#)®, the official medical journal of the [American Society of Plastic Surgeons \(ASPS\)](#).

Experience with multiple limb salvage procedures in soldiers injured in Iraq and Afghanistan shows good success rates, with no increase in complications compared to single-flap techniques, report Dr. Ian Valerio of Walter Reed National Military Medical Center and colleagues.

Encouraging Results with Multiple Limb Salvage Procedures

The researchers analyzed limb salvage procedures in military personnel sustaining combat-related injuries to multiple limbs while serving in Iraq and Afghanistan. “Limb salvage” refers to surgical reconstruction carried out to avoid amputation and maximize functioning of the surviving extremity.

From 2003 through 2012, a total of 359 limb salvage procedures were performed at the National Capital Consortium. Of these, 48 procedures involved attempts to salvage two or more injured limbs. “Critical to each of the cases presented in our series was maintenance of residual limb length and a functioning joint (wrist joint and knee joint),” Dr. Valerio and colleagues write.

The limb salvage procedures were performed an average of about one month after initial injury. About 90 percent of patients were injured by blasts from improvised explosive devices; about 60 percent of the threatened limbs were lower extremities (leg to foot). Injuries were more severe in the multiple-extremity salvage group, based on a standard scoring system.

Yet the overall complication rate was similar between groups: 26 percent for patients undergoing single-extremity salvage versus 33 percent in the multiple-limb group. This was so despite the use of additional tissue flaps for reconstruction in patients undergoing multiple-limb salvage.

With Improvements in Survival, Need for Advanced Reconstruction

The overall flap success rate was about 90 percent in both groups. Long-term amputation rates were similar as well. Complications related to one type of tissue flap (free flaps) were higher in the multiple limb-salvage group.

Advances in forward surgical care have increased the survivability of severe blast-related combat injuries. “The conflicts in Iraq and Afghanistan have highlighted a unique group of patients surviving multiple extremity war injuries complicated by open fractures requiring complex reconstruction,” according to Dr. Valerio and coauthors.

The new study is one of the first to focus on the outcomes of limb-salvage procedures in these severely injured patients. For patients who may have already lost one or more limbs, preservation of the remaining limbs is “even more critical” to facilitate early ambulation (walking) as well as potentially optimizing rehabilitation and related activities of daily living goals after reconstruction, the authors note.

“Our experience supports limb salvage in the multiple extremity injured patients with avoidance of higher limb amputation levels, despite a higher injury severity score.” Dr. Valerio and coauthors conclude. They hope their experience will contribute to further improving the outcomes of surgical reconstruction—and thus long-term rehabilitation and functioning—for survivors of severe and limb-threatening combat injuries.



Plastic and Reconstructive Surgery® is published by Lippincott Williams & Wilkins, part of **Wolters Kluwer Health**.

About Plastic and Reconstructive Surgery

For more than 60 years, *Plastic and Reconstructive Surgery*®

(<http://journals.lww.com/plasrecon-surg/>) has been the one consistently excellent reference for every specialist who uses plastic surgery techniques or works in conjunction with a plastic surgeon. The official journal of the American Society of Plastic Surgeons, *Plastic and Reconstructive Surgery*® brings subscribers up-to-the-minute reports on the latest techniques and follow-up for all areas of plastic and reconstructive surgery, including breast reconstruction, experimental studies, maxillofacial reconstruction, hand and microsurgery, burn repair, and cosmetic surgery, as well as news on medico-legal issues.

About ASPS

The American Society of Plastic Surgeons (ASPS) is the world's largest organization of board-certified plastic surgeons. Representing more than 7,000 Member Surgeons, the Society is recognized as a leading authority and information source on aesthetic and reconstructive plastic surgery. ASPS comprises more than 94 percent of all board-certified plastic surgeons in the United States. Founded in 1931, the Society represents physicians certified by The American Board of Plastic Surgery or The Royal College of Physicians and Surgeons of Canada. ASPS advances quality care to plastic surgery patients by encouraging high standards of training, ethics, physician practice and research in plastic surgery. You can learn more and visit the American Society of Plastic Surgeons at www.plasticsurgery.org or www.facebook.com/PlasticSurgeryASPS and www.twitter.com/ASPS_news.

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A PUBLIC SNOOPY DANCE

NEW BOOK OFFERS STORIES OF RAW EMOTION TO SPARK HEALING

A COUPLE OF NIGHTS AGO..... I watched a movie. It is an older movie, one which I have watched before, however this time I saw the movie differently. Some incredible lessons drifted off the screen and into my awareness. One that has so captivated my attention since then has to do with how a person can control reactions to situations they confront every day.

In the movie, the father tells his son to live one day twice. The first time the son powers through his work day, not recognizing or appreciating the good things that happen to him along the way, but instead becomes overly exasperated by the bad; in one case, the music coming from the headphones of a gentleman sitting next to him on the train. At the end of the day the son drops into bed with no energy left to give attention to his wife.

When the son went back and relived the same day, he was able to realize that the bad that he had reacted to and focused on the first time, in no way out weighed the many good experiences. So instead of making light or ignoring the good things as he had done with his first attempt of the day, he rejoiced each, and instead of becoming consumed and irritated with the headphone music, he was able to be amused by it.

At the end of the night he was carrying happy positive energy that he had consciously built, thus he was able to enjoy his family and wife as they all so much needed him to.

What a wonderful concept this is. Live each day as though you are consciously reliving it. Remembering that the bad, in most cases, isn't nearly as bad and the good far outweighs it if you allow yourself the vision of this truth.

So today I suggest that you embrace this philosophy. Do the Snoopy Dance when you are happy. Become amused and smile at things that would otherwise irritate you. Be conscious that your reactions to everything, every day, not only affect you, but all and everything that you are around.

Seeing as we are consciously unable to go back and have a "do-over" of a day, make today your repeat day. Act as though you have been given this day as a repeat, because in fact you have. Every day we wake up we have been given a "do-over."



WE CAN CONTROL OUR REACTIONS AND THUS
RESULTS OF OUR ACTIONS.

MAKE TODAY YOUR "DO-OVER", THEN
TOMORROW, THEN THE NEXT.

WHAT'S THE WORST THAT COULD HAPPEN...

A PUBLIC SNOOPY DANCE?

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Art Events Create Colorful Summer & Fall in Gunnison-Crested Butte, Colorado

Gallery crawls, festivals, women's retreats & classes offer big palette of options

GUNNISON - CRESTED BUTTE, Colo. (2014) The visual arts are a key part of an already colorful Rocky Mountain summer and fall in Gunnison-Crested Butte. With fields of wildflowers blossoming now and mountain forests filled with hues of gold, orange and red in autumn, it's only natural that artists are drawn to this pristine section of Southwest Colorado. Still on the drawing board for this season are the longtime Gunnison Art in the Park, Crested Butte Arts Festival and The People's Fair along with monthly art walks, AWEFests, Carvin' Up Colorado, High Octane Arts & Crafts Festival and the new Fall Harvest Arts & Crafts Festival.

There is no admission charge to attend the festivals and gallery walk evenings or to view the regularly changing exhibitions at [Gunnison Arts Center](#) and [Crested Butte Center for the Arts](#). The art centers and 13 other organizations in the area have partnered to form [The Arts Alliance of the East River Valley](#).

The arts are so much a way of life that Crested Butte was designated one of America's Top 12 ArtPlaces through an analysis as "having been exceptionally successful in combining the arts, artists and venues for creativity and expression with independent businesses, restaurants and a walkable lifestyle to make vibrant neighborhoods.



Crested Butte Arts Festival

Schedule of Art Events

JULY 27

40th Annual Gunnison Art in the Park, Gunnison

JULY 27 - 29

Ripple Women's Art Retreat – Travel Journals, Crested Butte

JULY 27 and AUGUST 10, 17, 24

AWEFests, Crested Butte - July 27 & August 10, 17, 24

AUGUST 1, SEPTEMBER 5, OCTOBER 2

First Fridays Art Walk & Music, Gunnison

AUGUST 1 and 28, SEPTEMBER 25

ArtWalk Evenings, Crested Butte

AUGUST 1 to 3

42nd Annual Crested Butte Arts Festival, Crested Butte

AUGUST 16

High Octane Arts & Crafts Festival, Gunnison

AUGUST 30 to 31

25th Annual The People's Fair, Crested Butte

SEPTEMBER 12 to 14

Ripple Women's Art Retreat – Watercolors, Crested Butte

OCTOBER 25

Fall Harvest Arts & Crafts Festival, Gunnison - Oct. 25

Art Walks

Join in Gunnison's First Friday Art Walk & Music for a guaranteed evening of creative inspiration, music, food and fun. Enjoy locally created art and music at art galleries and studios, Gunnison Arts Center, and other venues from 5 – 8 p.m. For participating businesses and more information, call Gunnison Gallery at (970) 641-6111.

To wrap up the month in style, from June to September, Crested Butte's ArtWalk Evenings bring art enthusiasts on a tour of the galleries the last Thursday evening from 5 – 8 p.m. A special ArtWalk will be held Aug. 1, the first night of Crested Butte Arts Festival, in addition to the regularly scheduled walks on Aug. 28 and Sept. 25. Light refreshments, music and

onsite artists are featured at many of the locations. ArtWalk Evenings, organized by [Artists of the West Elks](#), also take place December – March.

Festivals

[Artists of the West Elks \(AWE\)](#) is holding several **AWEFests** this summer, showcasing members' work in conjunction with Crested Butte Farmers' Market on Sundays. Upcoming AWEFests on July 27 and Aug. 10, 17 and 24 will be held on the first two blocks of Elk Avenue from 9 a.m. – 2 p.m.

Gunnison's Legion Park serves as the backdrop for the 40th Annual **Gunnison Art in the Park** on July 27, organized by the local chapter of American Association of University Women (AAUW). From 9 a.m. – 4 p.m., approximately 45 artists will exhibit and sell their creations during this juried event. Live entertainment, activities for kids and a food tent also are part of the fun. For information, call (970) 641-2883.

The 42nd annual **Crested Butte Arts Festival** on Aug. 1 – 3 is one of the biggest weekends of the summer, drawing world-class artists from all 50 states and several international exhibitors. Open-air booths line the five-block center of Crested Butte's National Historic District, featuring 175 of the nation's finest visual artists along with live music and entertainment, an art auction, culinary demonstrations with beer and wine pairings, children's activities, and a beer and wine pavilion. The festival kicks off on Friday evening from 5 p.m. until dusk and continues on Saturday and Sunday from 10 a.m. – 5 p.m.

Wood carvers from several states will transform tree stumps into works of art with chainsaws during the three-day **Carvin' Up Colorado** on Aug. 15 - 17. In Legion Park, watch sculptures magically take shape from stumps collected by the City of Gunnison throughout the year, when trees are cut down for safety reasons. All works become the property of the City to display in Legion Park and other public areas around the community. For information, call (970) 641-0435.

High Octane Arts & Crafts Festival, held in tandem with Carvin' Up Colorado in Legion Park on Aug. 16, showcases arts and crafts by approximately 60 artisans from around the region from 9 a.m. – 4 p.m. Great food and fun for the whole family are on tap. For information, call Gunnison Country Chamber of Commerce at (800) 814-8893. In addition, the 27th annual **Gunnison Car Show** takes place on Aug. 15 – 17, with more than 300 cars on display across the street in Jorgensen Park on Aug. 16.

The Saturday and Sunday of Labor Day weekend marks the return **The People's Fair** in downtown Crested Butte. Elk Avenue is the place to be on Aug. 30 and 31 for a homespun cultural experience and beautiful high-country late summer weekend. The People's Fair features an eclectic mix of approximately 70 booths showcasing regional arts and crafts, collectibles and antiques, and preserved foods from local gardens as well as live music, a tasty fair food, and nonprofit

organization booths. Downtown merchants also will be holding Labor Day sidewalk sales, and Crested Butte Farmers' Market will be adjacent to The People's Fair on Sunday. The fair is organized by The Paragon Gallery, a cooperatively owned arts and crafts gallery.

The new **Fall Harvest Arts & Crafts Festival** on Oct. 25 in Gunnison coincides with Western State Colorado University's Family Weekend and the weekly Gunnison Farmers' Market, which moves inside for the last weeks of fall. The festival and farmers' market will take place at the Fred R. Field Western Heritage Center's multi-purpose building, with a bounty of fall goodness for shoppers. For information, call Gunnison Country Chamber of Commerce at (800) 814-8893.

Retreats & Classes

[Gunnison Arts Center](#) offers a variety of art classes in a variety of mediums for kids and adults, and [Art Studio of the Center for the Arts](#) presents numerous classes for a wide range of ages from its studio space in downtown Crested Butte and frequently outdoors. Both also offer paint-your-own pottery sessions.

This year, Crested Butte Wildflower Festival in partnership with Art Studio of the Center for the Arts is offering four **Ripple Art Retreats** for women. The remaining two are Travel Journals: Mixed Media to Deepen Adventures on July 27 – 29 and Watercolors on Sept. 12 – 14. Participants are invited to immerse themselves in art and majestic mountain scenery in a non-threatening, relaxing and pampered environment. The \$650 cost includes 19 hours of instruction, art supplies, some meals and an evening of champagne, dessert and chair massages.

[The Trailhead Children's Museum](#) in Mt. Crested Butte has a variety of arts programming for kids year-round, including several summer programs: Munchkin Music & Art for ages 0 – 4, Little Innovators for ages 3 – 5, Art & Science Camp for ages 5 – 9 and Advanced Art Camp for ages 9 – 12. All are available for one-day registration (or more), except the Advanced Art Camp are two-day experiences. All are available from now through late August.

Special Deals

Stay at any Crested Butte Mountain Resort property during Crested Butte Arts Festival and receive **15% off and free scenic chairlift tickets** for visits occurring from July 31 – Aug. 7, 2014. One single lift ticket per person on reservation is provided, and the deal is subject to taxes, fees and availability.

Vacation Packages & Visitor Information

To save on flights, hotel rooms, vacation packages, car rentals and more, go to www.GunnisonCrestedButte.com. For travel planning and general information, call (800) 814-8893, visit www.GCBEvents.com and follow GCBTA event promotions on Facebook at www.facebook.com/gcbta.



'FORGOTTEN GIRLS' Provides Critical Insight into Recent Boko Haram Kidnapping, Other Global Abuses

Book Serves as Call to Action to Break Cycle of Exploitation and Violence against Defenseless, Voiceless Young Women

While the world stands horrified at the kidnapping of more than 200 young girls in Nigeria by the terrorist group, Boko Haram, and rapes and deaths of women in India and Pakistan, "Forgotten Girls: Stories of Hope and Courage" provides critical insight and context for understanding the issues related to the oppression of women and girls in the developing world. photo ForgotGrls-Cover_zps8bc81470.jpg

Women and girls comprise more than 60 percent of the world's illiterate, 80 percent of the world's trafficked and 98 percent of all sex slaves. Millions of females suffer a lifetime of violence and injustice. Moved to compassion by these realities,

Michele Rickett, co-author of "Forgotten Girls" with Kay Marshall Strom, and founder of She Is Safe (www.sheissafe.org), traveled to some of the most high-risk places to tell the individual stories of women and girls mired in the seemingly unbreakable chain of exploitation.

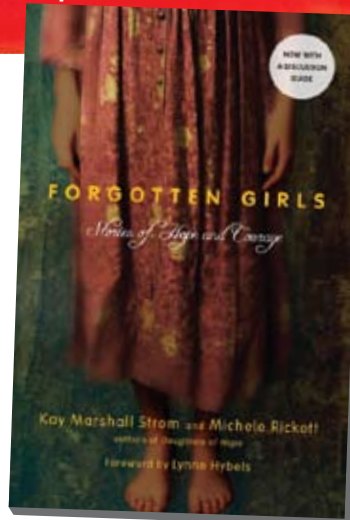
Along the way, she also discovered women and girls rising above their circumstances and paving new roads to hope and freedom.

"While the world is focused on the violence of the Boko Haram kidnapping and other atrocities, 'Forgotten Girls' provides a helpful framework for understanding the conditions and background that often lead to the oppression and sale of girls," Rickett said. "The book lays out this framework, tells stories of abused and enslaved girls who have overcome these injustices, and also provides important action steps to address the conditions that leave girls vulnerable to being sold. This book is a window into the root causes that we have to address."

Founded in 2002 by Rickett, She Is Safe (www.sheissafe.org) prevents, rescues and restores girls and women from abuse and slavery around the globe. The organization has been at the forefront of bringing awareness to gendercide, child marriage and the abduction and slavery of girls. She Is Safe has established superior results-based programs, curricula, training and metrics that go to the source of the problem and not just treat the symptoms. The organization also has become a reliable source for statistics and other data on female-based issues, especially among least-reached people groups.

Lynne Hybels, wife of the Rev. Bill Hybels, founder of Willow Creek Community Church, writes in the book's foreword: "[Forgotten Girls] focuses on the life-changing events that have given hope to girls who have suffered in ways most of us can't imagine. Their stories are a testament to the strength and resilience of our global sisters. Truly, I am in awe of the women described in these pages."

Numb with horror, little Amina moved along with a group of other survivors desperate to escape the nighttime attack. They helped each other keep moving. "I got lost and could not find my way back. As I wandered around, armed men abducted me. They held me captive, forcing me to cook for them, wash their clothes and sleep with them. One day all the men left the camp, and the girls were left with only one of the gunman. Three of us looked at each other, and we made the decision: it would be better to run and die than to stay with those men.



Amina's journey walks us into the life of abducted girls, and is just one of the many stories of courage throughout "Forg photo MicheleCroppedPhoto_zpsf4c46160.jpg forgotten Girls."

Critics have offered praise for "Forgotten Girls" not only for raising awareness of the abuse and exploitation of girls around the world, but also in demonstrating tangible avenues that can bring freedom and new life to future generations of endangered girls.

"Through riveting, firsthand accounts, Kay Marshall Strom and Michele Rickett take you on a mind-blowing, heart-expanding global expedition as [the authors] tell stories of the most defenseless and voiceless of our time -- women and children," said Beth Booram, coauthor of "Awaken Your Senses." "[The book] is an unforgettable read, one that can convert our lack of awareness into meaningful, urgent action."



"A book we all need to read about little girls and women who are living in parts of the world that most of us never even think about," said Beverly Dillow of Retailers + Resources.

"After reading, be prepared to want to do something to spread the word of the mistreatment of women and girls."

"Forgotten Girls" can be purchased at <http://sheissafe.org/media/books>.

She Is Safe (SIS) (www.sheissafe.org) is a Christian non-profit organization that works to prevent, rescue and restore women and girls from suffering abuse and exploitation in high risk and least-reached places around the globe. This is accomplished by collaborating with local initiatives of education, economic empowerment, anti-trafficking and advocacy. Currently, SIS has strategic partnerships with local women, churches and nonprofits in China, India, Indonesia, Mali, Middle East/North Africa, Nepal, Sudan and South Sudan. The ministry is located in Roswell, Ga.

Latest Survey Finds Top 10 Motherhood Challenges: Mothers are Overwhelmed



MINDFULNESS
4 mothers

A recent survey found that mothers are overwhelmed by too much to do. This leads to a lack of control over their day and is the number one stress mothers face according to a recent online survey.

A recent survey found that mothers are overwhelmed by too much to do. This leads to a lack of control over their day and is the number one stress mothers face according to a recent online survey. Over 500 mothers from various parts of the United States and abroad were invited to answer the online survey.

“The other struggles of the mothers we surveyed, from highest to lowest were: being patient; dealing with tantrums and challenging emotions; balancing home and work life; worrying about their children; day to day parenting challenges like feeding and toilet training; sleep deprivation; feeling distracted and disconnected; feeling isolated and lonely and feeling judged by other parents”, said Kellie Edwards, a qualified meditation teacher and registered psychologist. They were also concerned about their relationships with their partners and their own health and fitness.

So the question becomes, where can mothers turn to relieve this stress?





https://www.youtube.com/watch?v=X_oCF_IQ35E



<https://www.youtube.com/watch?v=MpsjAVocles>

Mothers who need support can now turn to an online resource for help that offers expert advice and training in mindfulness. The online program is Mindfulness 4 Mothers. It is a combination of expert interviews and discussions with parenting practitioners. The program also provides a set of guided mindfulness exercises and a complimentary workbook designed to help mothers develop their own practical mindfulness program.

“Mindfulness 4 Mothers is not another set of instructions on how to be a perfect mother. Far from it. It is expert self-care for any stage of motherhood,” said Kellie Edwards.

The new online program provides mothers with training and tools to cope with the demands of being a mom. The goals of the program are for participants to restore their own inner calm and establish a closer connection with their children. For a one time fee of \$59.00 subscribers will hear from international experts in mindfulness, psychology and neuroscience. These experts share their personal stories of parenting, and how mindfulness helps them cope.

“I designed this online well-being program for mothers who are feeling the exhaustion, stress and loss of control that often accompanies motherhood. Experts like Christine Carter, Tara Brach and Rick Hanson provide great stories, lessons and real support that can benefit any mother,” said Kellie Edwards, a qualified meditation teacher, registered psychologist and the co-founder of Mindfulness 4 Mothers.

Some of the subjects covered include managing your own emotions during a hectic day; handling temper tantrums without getting caught up; learning how to reduce anxiety and bring balance to the conflicting demands of being a mother. Interviews and lessons can be downloaded to keep and review at a time that works for subscribers in the comfort of their own home.

Mindfulness 4 Mothers was created by psychologist and mindfulness facilitator Kellie Edwards & her co founder; psychotherapist, yoga and meditation teacher Fiona Bales, in collaboration with renowned experts in the fields of psychology, meditation and neuroscience.

Kellie can be contacted to write or speak on the topics of motherhood, parenting, children, stress, anxiety, mindfulness, meditation and mindful living, well-being and the psychology of positive emotions.

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A New “**Generation Unbound**” of Singles Is Drifting into Parenthood, Increasing Poverty and Inequality for US Children, Brookings’ Sawhill Finds

Better for families to bear children by design instead of by chance

Although teen pregnancy has been decreasing, marriage is disappearing and unplanned pregnancy outside of marriage has moved up the age scale, according to the new book “*Generation Unbound: Drifting Into Sex and Parenthood Without Marriage*” by Brookings Senior Fellow Isabel Sawhill released today. Sawhill notes that these trends are increasing poverty and inequality for the nation’s children and calls for both government policies that improve opportunity and for more personal responsibility about relationships and parenthood.

Sawhill points out that the number of single-parent families has grown exponentially in the past 60 years, going from 7 percent of families in 1950 to 32 percent of families in 2013. Single parents, Sawhill finds, are substantially poorer than married-parent families: in 2012, the median income for a married-parent family was \$81,520, whereas the typical single mother earned far less than half that at \$29,539. Single moms are also four times as likely to be poor as their married counterparts. Although many unwed parents are living together at the time of the child’s birth, almost half of them will have split by the time their child is age five, Sawhill points out.

Sawhill reviews research showing that the children of unmarried parents are considerably worse off – emotionally, financially, and academically than children raised by married couples. In addition, single parents require more income support and other forms of social assistance than married parents, with 94 percent of single and cohabitating mothers at least partially dependent on public aid, receiving approximately \$8,750 per family in government benefits one year after the birth of their child.

She also discusses the class divide in American society and notes that it has been exacerbated by these new patterns of American marriage and childbearing. She contrasts “planners,” who marry, have children after establishing a career, and who tend to rise to the top of the American class system; and “drifters,” who have un-

planned children early, outside of marriage, without the stable support of a second parent, and who tend to remain at the bottom. The divide is contributing to more poverty, more inequality and less social mobility in the U.S. For every child removed from poverty by a social program, another child is entering poverty as the result of these changes in the family. She estimates that these changes in the family have raised the child poverty rate over 20 percent since 1970, and contrasts this to the effects of programs such as SNAP (Food Stamps) that despite costing about \$80 billion a year only reduce child poverty by about 3 percentage points.

childbearing by design.” She recommends greater voluntary access to long-acting reversible contraception (LARCs), such as IUDs, to help stem the tide of children who are not planned and whose life chances are adversely affected as a result, and points out that the U.S. has one of the lowest rates of IUD use among developed countries. LARCs change the default from getting pregnant if you do nothing (fail to use birth control) to not getting pregnant if you do nothing (fail to get your IUD removed).

She also argues that access to contraception is only half of the solution; the other challenge is ensuring that young men and women have the educational and job op-



Conservatives have argued for restoring marriage as the best environment for children and liberals for providing more social supports to single parents, she notes. However, drawing on new insights from behavioral economics, and data on strikingly high rates of unplanned pregnancy among twenty-somethings, Sawhill argues that neither liberal nor conservative solutions will work in the absence of an effort to change “drifters” into “planners,” or to change the default from “childbearing by chance to

opportunities that will motivate them to delay childbearing. A combination of greater opportunities and more effective forms of contraception should make possible the new ethic of responsible parenthood, she advocates. If the old social norm was ‘don’t have a child outside marriage,’ the new social norm should be ‘don’t have a child until you and your partner are ready to be parents.’

CONGRESSMAN

JERROLD NADLER

10th Congressional District of New York

House Leadership Wastes Time and Money on Frivolous Lawsuits While Ignoring the Real Issues Facing America



Over the last year, the House majority has repeatedly wasted the taxpayers' time and money on frivolous stunts while ignoring policies that will deal with the real issues facing every day Americans. Despite no chance the Senate would agree, the majority has wasted around \$79 million by voting to repeal the Affordable Care Act (ACA) 50 times. When they were unsuccessful, the majority shut down the government in order to defund the ACA. According to the Standard and Poor's rating agency, this stunt cost the economy about \$24 billion. Now, their leadership will force the country to waste further time and expense on a meritless and frivolous lawsuit against President Obama.

In a twist of irony, the House majority has filed a lawsuit against the president for supposedly failing to implement the ACA, a law they voted to repeal 50 times. It is true, President Obama has delayed certain parts of the law in order to ensure its proper implementation, and I fully support his actions to successfully carry out the ACA.

By suing the president, what do the Republicans want to accomplish? By the time the lawsuit works its way through the courts, the president will have already implemented the very sections of the ACA that the lawsuit seeks to enforce. So the House majority wants to waste five million dollars of taxpayers' money to go into court and say, "Judge, order the president to implement what has been already implemented." This is ridiculous.

While Congress wastes more resources on frivolous stunts, we have not acted on the many other urgent issues demanding our attention. We have not passed a long-term highway funding bill to repair our crumbling roads and bridges. We have not raised the minimum wage. We have not passed unemployment insurance so unemployed Americans can feed their families while looking for a job. We have not addressed the pay gap so women get equal pay for equal work. We have not passed improvements to the Voting Rights Act. We have not passed a bill to ensure women have access to contraception coverage after the Supreme Court Hobby Lobby decision. We have not acted on any of these important issues. Instead, I believe House Republican leadership is wasting money on a meritless lawsuit that will go nowhere. The only purpose their lawsuit serves is to divert attention from the real problems facing America's middle class. For shame.



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

Sincerely, *Jerrold Nadler*

Losing Sleep Over Your Divorce? Your Blood Pressure Could Suffer

Those who experience persistent sleep problems after a divorce stand to suffer from more than just dark circles. They might also be at risk for potentially harmful increases in blood pressure, a new study finds.

A growing body of research links divorce to significant negative health effects and even early death, yet few studies have looked at why that connection may exist.

Divorce-related sleep troubles may be partly to blame, suggest the authors of a new study to be published in a forthcoming issue of the journal *Health Psychology*.

"In the initial few months after a separation, sleep problems are probably pretty normal, and this is an adjustment process that people can typically cope with well," said UA associate professor of [psychology](#) David Sbarra, who co-authored the paper with two of his former students – lead author Kendra Krietsch and Ashley Mason.

"But sleep problems that persist for an extended period may mean something different. It may mean that people are potentially becoming depressed, that they're struggling with getting their life going again, and it is these people that are particularly susceptible to health problems," Sbarra said.

The study looked at 138 people who had physically separated from or divorced their partner about 16 weeks before the start of the study.

Participants were asked to report on their quality of sleep during three lab visits over a seven-and-a-half-month period, using the Pittsburgh Sleep Quality Index, which takes into consideration sleep issues ranging from tossing and turning to snoring to difficulty falling and staying asleep. Participants' blood pressure also was measured at each of the three lab visits.

Although researchers did not observe a relationship between sleep complaints and blood pressure levels at the participants' first lab visits, they did observe a delayed effect, with participants showing increased systolic and diastolic blood pressure in later visits as a function of

earlier sleep problems.

"We saw changes in resting blood pressure were associated with sleep problems three months earlier. Earlier sleep problems predicted increases in resting blood pressure over time," Sbarra said.

In addition, the researchers found that the longer peoples' sleep problems persisted after their separation, the more likely those problems were to have an adverse effect on blood pressure.

"What we found was if you're having sleep problems up to about 10 weeks after your separation, they don't appear to be associated with your future increase in blood pressure," Sbarra said. "However, after 10 or so weeks – after some sustained period of time – there seems to be a cumulative bad effect."

For people who have high blood pressure to begin with, the increase is not to be taken lightly, Sbarra noted.

"Each standard deviation increase in sleep complaints corresponded to a roughly six unit increase in subsequent systolic blood pressure," Sbarra said. "If you're starting at the high average or low hypertensive range, this is a nontrivial bump."

Systolic is the top blood pressure number and measures the pressure in the arteries when the heart beats; diastolic is the bottom number and measures the pressure in the arteries between heartbeats. Normal blood pressure is around 120/80.

Lead study author Krietsch – who began exploring the link between divorce, sleep and blood pressure as part of her honors thesis as a UA undergraduate – suggests that people who have persistent difficulties sleeping after a divorce address the issue by seeking out cognitive behavioral therapy, making daily schedule ad-

justments that promote healthy sleep, or finding new ways to relax at bedtime.

"If somebody is going through a divorce and unable to sleep, they really need to get some help or it could lead to problems," said Krietsch, who earned her bachelor's degree in psychology from the UA in 2012 and is now pursuing her doctorate in clinical psychology at the University of Florida.



David Sbarra

"We are all going to go through something stressful in our lives, whether it's a divorce or something else, Krietsch said, "and this shows how important it is for all of us to value sleep and take care of ourselves."

The study was funded in part by grants to Sbarra from the National Institute of Mental Health (MH#074637) and the National Institute on Aging (AG#028454 and AG#036895), as well as a grant from the National Institute of Child Health and Human Development (HD#069498) to renowned sleep expert Richard Bootzin, a UA professor of psychology and [psychiatry](#) and director of the University's [Sleep Research Laboratory](#). Bootzin consulted with the research team on the study.

Contacts

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Pink & Blue

Male Breast Cancer documentary

Male breast cancer is on the rise. There is a higher percentage of men dying from breast cancer than women. This year over 2500 men will be diagnosed with breast cancer, and over 400 will die from it. Within the last month, three men from the film alone have lost their lives to breast cancer.

Do you know what the BRCA gene mutation is? What factors can contribute to an individual becoming a potential BRCA mutation carrier, and why Angelina Jolie wasn't looking for attention or simply having breast augmentation?

The PINK AND BLUE documentary takes a look into male breast cancer and the BRCA realm. Renowned experts like Dr. Kristi Funk (Angelina Jolie's surgeon) from the Pink Lotus Breast Center, Dr. Armando Giuliano from Cedars Sinai, and Jon and Mindy Gray - founders of the Basser Center in Philadelphia, examine the truth about this mutation, which puts both women and men at a higher risk for developing numerous types of cancers. No more misconceptions.

No one thinks about men filling out forms in a waiting room that ask about their last period or experiencing vaginal dryness. Why is there only a picture of a female

breast on the forms? Why do hospitals only have pink robes instead of having some blue ones on hand? Addressing and rectifying these issues will tear down the wall of insecurity about male breast cancer.

Alan M. Blassberg, an award-winning television producer from Los Angeles by way of Connecticut, takes us on a personal journey through BRCA and breast cancer, which have ripped his life apart. Blassberg lost his grandmother two weeks before he was born, his aunt when she was just 49, and one of two sisters at 47 years old, all to BRCA mutation related cancers.

During the time one of his sisters was battling triple-negative, BRCA 2 positive breast cancer, his other sister decided to become a pre-vivor and have a double prophylactic mastectomy. Based upon her positive BRCA test, his sister reduced her odds of getting breast or ovarian cancer from 80-90% down to 2%. To top it off, his girlfriend had her second recurrence of breast cancer within the same time period, and then Blassberg himself tested positive for the BRCA 2 mutation.

This documentary is not about one color or the other. It is meant to make the pink pinker, and the blue bluer.

ALAN M. BLASSBERG 310.927.2265

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www.pinkandbluemovie.com | www.firstprizeproductions.com | www.facebook.com/pinkandbluemovie

Insights from the Heart - Tania Thornton

Tania how would you describe your life right now

Right now I would say my life is amazing, I have an article on my book *Insights from the Heart*, I am attending the Focus on Women Gala in Baltimore, travelling to Virginia, Washington and New York to meet all these amazing women, have a holiday and promote my book. It feels kind of surreal and exhilarating at the same time.

I feel like I have a degree in life experience, a BLE is what my husband calls it, and because of this I now try to live a full life with where I am and what I have right now, and trust that events will unfold and the universe will provide for me as I move forward and that everything is as it should be.

I can't believe that my life has gone from a place of 'adversity' to where I am now and I can only say "thank you" and that I feel so blessed. Through all of this I am now able to bring through messages from spirit as well as work with the angel realms to help women release past emotional pain and transform their lives.

I also work from a place of knowing to run empowerment workshops for women to give them the confidence and belief in themselves that they are worthy; and the emotional gap they feel will lessen when they start to look within.

What are you interested in?

I am very much interested in universal law, self responsibility and how both the language we use and the way that we think creates our own reality. I come from a legal background which has given me quite a structured way of thinking, and it has been interesting to see my own transformation take place with the inner work that I have undertaken on my journey. I have evolved since writing *Insights from the Heart* and am now ready to write my second book.

What is your Passion?

My passion is empowering women. When this is activated and I am connected to my true source, my very essence, this is what totally empowers me.

"It was great to receive an email from Joslyn Wolfe the Editor of this magazine to say:

"Your book was brought to our attention through your publicist and a randomly selected group of 20 members of our readership were assigned to choose four books out of 12 to determine ones that stood out and would appeal to our audience.

Your book, Insights from the Heart, was instructional about healing and progressing through life's unpredictable nature is in a category of its own. Your passion and dedication inspires us."



What inspired your book?

My book was inspired and written because my heart literally spilled out all over the pages. Everything that I have learnt in my lifetime needed to be brought to life and written so that it could be shared with the world.

My book was written to give insights to other women on how to deal with life's unpredictable nature, when your life gets turned upside down – no matter how bad it gets – to never give up hope as every day it will get easier.

I have lived every experience in my book and the insights that I share come from a place of loving, learning and knowing.

What aspirations would you like for your book?

I would like my book to be made available to many women in the world; giving them hope and empowering them to know that when life's unpredictable nature happens that there are things they can do to help themselves.

I would like a large publisher to publish my book in the USA and then it be published to the rest of the world.

What have been your biggest challenges?

Letting go of control and stepping out of the way to allow it all to happen has been the most challenging aspect. Letting it all flow, not resisting against life's natural flow.

Now I say: It is none of my business what others think of me and it is none of my business what is unfolding for me.

In summing up – Why should readers buy a copy of your book?

My book is written to inspire and motivate every single one of you. It is written in a simple easy to read language with beautiful illustrations and there is an insight in it for everyone who reads it in relation to love, relationships, money, dealing with grief, unconditional love, being present in each moment, your inner guidance system, stress, friends and Dreams Can Come True.

I already have great feedback from readers who have read my book saying:

"What a beautiful inspirational book" it is. I love what I have written as it has been written to help others going through tough situations - to let you know that you will always be okay.

My book is worth reading.. My book is also available from Balboa Press, Amazon and Barnes and Noble.

Love and blessings - Tania

goldenhearts@xtra.co.nz

WEBSITE: www.insightsfromtheheart.co.nz

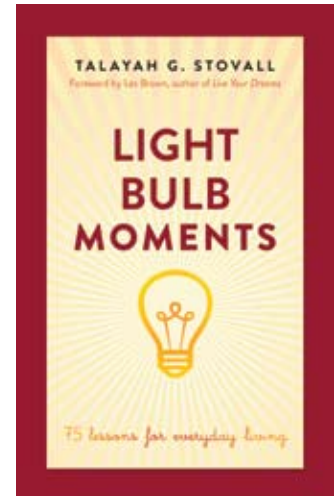
Catalog Copy for *Light Bulb Moments: 75 Lessons for Everyday Living*

www.talayahstovall.com

“Have you ever had one of those experiences when the light bulb just went off? You thought to yourself, ‘Now, I get it! That was the lesson I was supposed to learn in all of this!’”

Light Bulb Moments is a collection of 75 lessons learned through everyday life. In each chapter, author, life purpose coach, and speaker Talayah Stovall shares personal stories and anecdotes to help guide us through life’s ups and downs. Discovering your purpose and passion; developing persistence, hope, patience, faith, and forgiveness; setting clear and actionable goals for the future; and understanding the value of friendship and love are among the many treasures found in this wise little book. Key messages include:

*Your passion can become your livelihood
Successful people often fail their way to success
Whatever you don't control, controls you
Distinguish between your goals and your wishes or dreams*



Lighthearted, warm, and compassionate, *Light Bulb Moments* will inspire you to pursue your greatness and create a vision for your life as you want it to be.

“Everyone wants more love, light, joy, and energy in their lives. Occasionally, all we need is to drink deeply of someone else’s story to reignite ours. Here is just such a book.” - Mark Victor Hansen, author of the *Chicken Soup for the Soul* Series



About the Author: Talayah G. Stovall

An author, speaker, trainer and certified life purpose coach. Through her keynotes, workshops, coaching, newsletter, and radio show, Talayah empowers people to use their passion to live their purpose and achieve their personal and professional goals. She has an undergraduate degree in Business Administration and a Master of Business Administration in Marketing. She is the President of TGrace and Managing Director of Vision Catalyst Consulting. She is also an adjunct instructor of public speaking at Columbia College. Her previous works include *Crossing the Threshold*, *150 Important Questions You Should Ask Before You Say “I Do,”* *P.U.M.P. It Up!*, and *7 Secrets to Ignite Your Dreams*. Her signature coaching and workshop programs include *5 Weeks to Personal Breakthrough* and *Pen Your Purpose*. Talayah has been featured twice in *Ebony* magazine. She lives in Chicago.

BRICS Development Bank: Alternative to “Washington Consensus”



AP reports: “The leaders of five emerging market powers said at a summit Tuesday that they gave final agreement to creating their own development bank worth \$100 billion that will have its headquarters in China.

“The first president of the New Development Bank will be from India and the position will rotate every five years among Brazil, Russia, India, China and South Africa -- the so-called BRICS nations, a joint statement from the leaders said.”

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Dossani is with ActionAid International, an international federation of more than 45 countries working to end global poverty. He recently contributed the piece “BRICS Bank: New Bottle, How’s the Wine?” to the BRICS Summit Reader published by the Heinrich Boell Foundation [PDF]. He writes, “The World Bank and its sister institution the International Monetary Fund, established 70 years ago, have lent billions to developing countries. Yet in their heyday -- in the 1980s and 1990s -- these institutions did not produce results in terms of poverty reduction or even in terms of increasing economic growth. In almost all regions, inequality skyrocketed during this period. Even now, with the exception of Latin America, the gap between rich and poor continues to grow.

“Part of the failure can be attributed to the triumph of ideology over evidence. ‘Washington consensus’ policies -- fiscal and trade liberalisation, privatisation and budget austerity -- were required of every developing country that sought international assistance. The results have not been pretty. As has been extensively documented, the period from 1980-2010 was in part defined by extremely slow growth globally. Where growth did occur in the North, it often turned out to be the result of speculative bubbles. In the South, the only countries to grow were those that ignored Washington consensus policies -- China, Malaysia, Singapore and a few others -- and used state-backed borrowing and investment to drive an industrial policy. ...

“In addition to a more democratic governance structure -- we are hearing rumours that each of the BRICS countries will contribute an equal share of money to the New Development Bank pot, meaning that they would all have the same number of votes on its board -- the NDB should ensure that representatives from recipient countries are also part of the process. ... If the NDB can establish governance structures more equitable, more transparent, and more tilted towards ensuring that the needs of poor countries are at the fore, it may add to the already building pressure for meaningful reform of the Bretton Woods institutions.

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Escobar’s books include *Obama Does Globalistan*. His piece, “BRICS Against Washington Consensus,” was printed yesterday in *Asia Times*. He writes, “The BRICS Development Bank -- with an initial US\$50 billion in capital -- will be not only BRICS-oriented, but invest in infrastructure projects and sustainable development on a global scale. The model is the Brazilian Development Bank (BNDES), which supports Brazilian companies investing across Latin America. In a few years, it will reach a financing capacity of up to \$350 billion. With extra funding especially from Beijing and Moscow, the new institution could leave the World Bank in the dust. Compare access to real capital savings to U.S. government’s printed green paper with no collateral.

“And then there’s the agreement establishing a \$100 billion pool of reserve currencies -- the Contingent Reserve Arrangement (CRA), described by Russian Finance Minister Anton Siluanov as ‘a kind of mini-IMF.’ That’s a non-Washington consensus mechanism to counterpunch capital flight. ...

“It’s always instructive to come back to Argentina. Argentina is imprisoned by a chronic foreign debt crisis essentially unleashed by the IMF over 40 years ago -- and now perpetuated by vulture funds. The BRICS bank and the reserve pool as an alternative to the IMF and World Bank offer the possibility for dozens of other nations to escape the Argentine plight. Not to mention the possibility that other emerging nations such as Indonesia, Malaysia, Iran and Turkey may soon contribute to both institutions.”

For more information, contact at the Institute for Public Accuracy:

Sam Hussein, (202) 347-0020, (202) 421-6858; or
David Zupan, (541) 484-9167

* <http://www.accuracy.org> * ipa@accuracy.org

Treating *Breast Cancer* with Alternative Medicine



Women all over the world are becoming increasingly interested in alternative treatments for breast cancer. This common, but serious disease affects thousands of women every year and almost all of them have some interest in learning about alternative therapies for the disease.

Unfortunately, the lack of regulation involved in alternative medicine makes it very confusing for many of these women who need help. There are often questions regarding how these treatments work and how effective they are at treating or managing breast cancer symptoms.

considered to be energy methods.

Mind and Body – Practitioners of mind and body medicine focus on the ability of one’s mind to effect bodily functions. Treatment methods can include prayer, meditation, imagery, music therapy, hypnotherapy, visualization and more.

Body-Based – Massage therapy, chiropractic adjustment and osteopathic manipulation are all part of the approved body-based practices.

Bio-Focused – These treatment methods typically involve vitamins, herbal medicine, nutritional therapy and dietary supplements.

① **Alternative Breast Cancer Treatment**

Although consumers continue to use the terms “alternative,” “integrative” and “complementary” interchangeably, these terms actually refer to very different treatment methods. Most treatment methods are not actually sole “alternatives” to standard breast cancer treatments. Chemotherapy and radiation continue to be the best known ways of fighting this disease.

However, “complementary” therapies are becoming more and more common as a part of a complete, breast cancer treatment solution. Complementary treatments are often used in combination with traditional cancer treatments to improve results and relieve side effects.

“Integrative” treatment methods incorporate both complementary medicine and traditional treatments. Integrative physicians often focus on how breast cancer affects the person as a whole. Body, mind and spirit all come into play with integrative medicine.

② **Complementary Treatment Methods for Breast Cancer**

The National Center for Complementary and Alternative Medicine recognizes all of the following complementary treatment methods:

Whole Medical – These methods utilize culturally based healing methods such as Ayurveda (originated in India), acupuncture (a part of traditional Chinese medicine), homeopathy and naturopathy.

Energy – These therapies focus on the fields of energy associated with the human body. Reiki and qigong are both

③ **Evidence of the Effectiveness of Complementary Treatment**

Although scientific evidence supporting the effectiveness of complementary breast cancer treatments is hard to find, but physicians and scientists often disagree on the scales used to measure complementary therapies. Studies regarding complementary medicine can be difficult due to the complexity of the issues involved.

Most of the evidence supporting complementary medicine focuses on its ability to relieve the side effects associated with traditional treatment methods. For example, acupuncture has been shown to relieve nausea in some small studies. Other complementary methods have helped decrease inflammation.

④ **Diet and Exercise**

Since women with breast cancer often suffer from obesity, diet and exercise can be some of the best forms of medicine for breast cancer. Increased physical activity has been proven to be an effective method for increasing energy and relieving tension. It has even been shown to improve survival rates. A low-fat diet with plenty of cruciferous vegetables and fresh fruits can also be highly beneficial.

Although alternative medicine has yet to be proven as an effective treatment in most cases, most of treatment methods are safe and many women continue to claim that they help. Why not give one that seems to fit your situation a try?

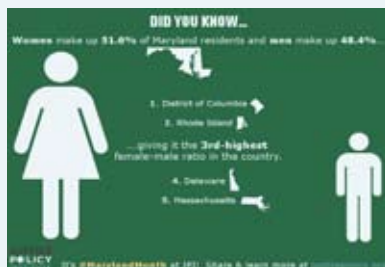
12 Things You Should Have Learned from JPI's #MarylandMonth

In support of JPI's ongoing work with the Baltimore Grassroots Criminal Justice Network and other stakeholders in Maryland to advance sound justice policy reforms in the state, JPI declared last month "Maryland Month." Even though September is over, you can still learn about the state's policies and advocate for criminal justice reform.

We have highlighted **statistics** related to jails, prisons, parole, probation, pretrial services, community supervision, treatment, demographics on who is in the system, what taxpayers spend on the system, and ways to put the hard numbers on Maryland's overuse of incarceration into context.

Read, share and advocate with our factsheets. Like, post and tweet our infographics using the hashtag #MarylandMonth and join the conversation on **Facebook**, **Twitter**, and **Instagram** using **#MarylandMonth** as we share this information.

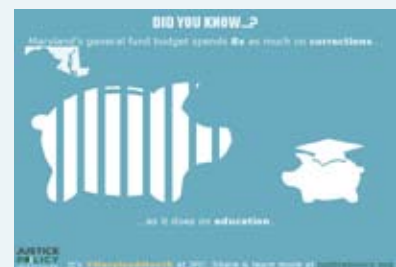
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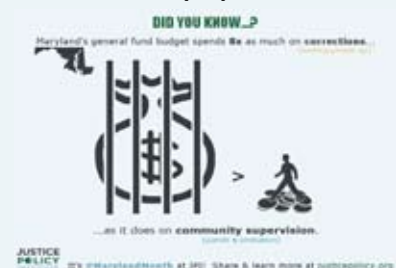
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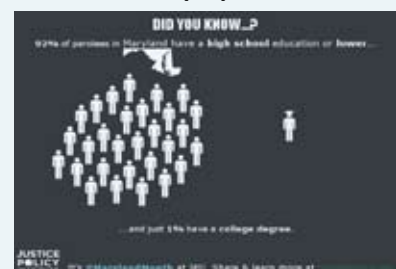
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Our mission is to reduce the use of incarceration and the justice system and promote policies that improve the well-being of all people and communities.

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THE TRUTH ABOUT RAPE/ KNOWLEDGE IS EMPOWERING!

(SEXUAL ASSAULT–ABUSE/VIOLENCE) By M.A. Walker, Author of
From My Lips To God's Ears (Second Edition)

*Statistics say, nearly 70% of young women who have been raped knew their rapist—this familiarity factor means that such rapes have some common characteristics: There is the **surprise element**. The victim does not feel unsafe and is comfortable being in close proximity with the attacker because this has been part of their normal behavior pattern in the past. They see no reason to be cautious or afraid. Secondly there is the **threat factor**. The perpetrator knows what he has done is wrong. He could suffer serious consequences for the crime he has committed so he uses threats of further violence to control his victim.*

Based on their findings Bonnie Fisher and her colleagues estimate that the women at a college that has 10,000 female students could experience more than 350 rapes a year—a finding with serious policy implications for college administrators. Fisher also found that many women do not characterize their sexual victimizations as a crime for a number of reasons (such as embarrassment, not clearly understanding the legal definition of rape, or not wanting to define someone they know who victimized them as a rapist) or they blame themselves for their sexual assault (Source: The Sexual Victimization of College Women—National Institute of Justice and Bureau of Justice Statistics Research Report: www.ncjrs.gov/pdf-files1/nij/182369.pdf).

Until the day of my attack, I was naïve and totally trusting. I was a happy-go-lucky teenager who got blindsided. Someone I trusted had betrayed that trust. (Betrayal is a gross violation of trust and can be one of the most devastating forms of pain inflicted upon a human being—the suffering of betrayal is often magnified by a sense of vulnerability and exposure. For many, the pain of betrayal is worse than physical violence, deceit, or prejudice—and the closer the relationship, the greater the pain of betrayal.) He threatened me that I must never tell what had happened, or “The next time it would be worse.” I took

his threat very seriously. Keeping quiet seemed to be the only logical option. All my senses were gripped in fear; I felt keeping silent would ensure me and my family's safety from retaliation.

I withdrew from my usual activities and spent long hours alone. Of course, this caused great confusion and concern for those closest to me. In desperation, my parents did what any responsible parent would do—they sought professional help. Since I had already decided that I was “unfixable” I was uncooperative and that resulted in me being misdiagnosed. The years that followed we lived under a very dark cloud. In my case, sex crimes were not discussed as openly then as they are now—reporting such a crime was basically unheard of. As an adult I sabotaged every meaningful relationship I could have had because I was unable to trust a man enough to bond and develop a normal healthy relationship. In short, I was living in my own personal prison.

I thought of forgiveness as a loving act of kindness one offers toward someone you sincerely care for. So why on earth would I offer that loving act to someone I hated? **There is no limit to the emotional effects of rape!** Victims display a variety of behaviors and a wide range of emotions following a rape. They often become withdrawn and very guarded, tearful and depressed, angry and vengeful. Simply put, they become a different person, troubled and disturbed. It destroyed my sense of well-being and left me feeling like a violated shell of my former self. The “Me” inside that shell had died. As time passed I directed all that anger and rage inward, becoming self-destructive. I was at war with myself and actually spiraled downward to a very dark place where I actually felt that taking my own life was the only way of escaping.

The Biblical Definition of Rape: It is depicted as a gross violation of God's design for the treatment of the human body (**Genesis Chapter 34**).

Forgiveness was the furthestest thing from my mind. However, living in a world of hate rots the soul and destroys you. The happy person I once had been was decaying because of hate. My psychiatrist guided me to the realization that if I could master the act of forgiveness I would be able to escape from the grips of hate. Then life would become brighter and once again be filled with hope. He also helped me to understand that by forgiving my attacker I would at last escape the control he had over my life. But forgiveness in my case did not end there. I also had to forgive my adult self for all the self-abusive behavior I did because I was “so messed up”. Finally, I had to learn to forgive the adolescent girl hidden deep inside me who had been victimized in a very cruel act. What sounds like a simple act took a long time and it came with a lot of emotional agony. Despite the pain, there is a way we can overcome betrayal. **The power comes directly from God and the strength of forgiveness.** After David laments a broken trust in **Psalm 55**, he provides a clue to how to overcome the pain. He says, **“But I call to God, and the LORD saves me. (17) Evening, morning and noon I cry out in distress, and He hears my voice” (Psalm 55:16-17, NIV).**

The power of love can help tremendously in the healing process. **God can use even such a horrible event as I experienced to bring about good.** He used many people and events to protect me from myself over the years. If we focus on how much God loves us and the price He paid to redeem us, we'll come to see ourselves as God sees us, and that will help us understand just how much we're really worth as children of the Most High God. He has given me purpose for my life—and He can do the same for you too! **I know He is able to restore hope and heal broken lives – M.A. Walker**

Domestic Violence

A Survivors Story

- Nancy from New York



October marks the month of many things: for some, endings; to others, new beginnings. This month also marks Domestic Violence Month where we recognize the silent suffering of women. Focus on Women Magazine joins others in their odyssey of bringing to light this deadly epidemic. It is estimated that two out of three women

worldwide are abused by their spouse or partner and the number of deaths arising from these acts are steadily increasing. From now to next October, we will offer stories, testimonies and histories of women who have endured this all too often hidden travesty of pain in an attempt to bring the complexities of this issue to light to our supporters, policy makers and lawmakers and the wider community. Today, we have a few voices. Tomorrow, we will have many.

Have a great October,
Joslyn Wolfe

My mother was abusive, screaming at me, hitting me, and verbally abusing me. At 16, I'd had enough and left home to marry a man I'd only known for a couple of months. Because my Dad had been submissive, I guess I was looking for a dominant alpha male. Unfortunately I got one! Within the first month my husband was abusive, we didn't even have a honeymoon period, he went right to putting me down, yelling and then hitting me. If I'd had any sense I would have left, but in some weird way when you've been abused all your



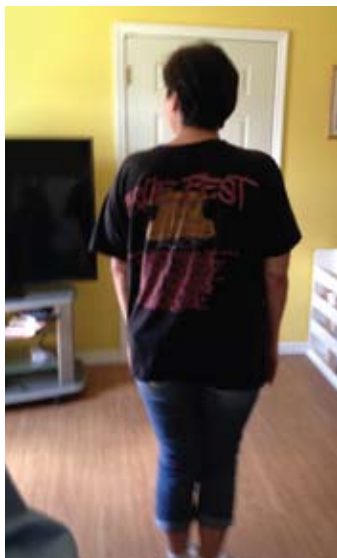
life, it doesn't shock you, it almost felt comforting knowing he was going to provide for me. I know that sounds crazy, but that's the way being from an abused home messes with your head. When it got really bad I tried to talk to my mother and she....

www.focusonwomenmagazine.com/domestic-violence/a-survivors-story.html

Lucky To Be Alive - Marion in Florida

I'm lucky to be alive and I know it. When I was twenty I married a man who I

believed was my knight in shining armor. He was a dream come true. Little did I know that he would become my greatest nightmare. The abuse started about six months after our marriage. At first it was just pushing me around a little and shoving me out of his way while yelling at me. It gradually escalated to slapping me and then hitting me. Every time he abused me he said I made him do it. I couldn't please him. Once when I cooked something he didn't like he threw it on the floor and then smashed the rest of the dishes on the table, all the time yelling "You're a dumb bitch..."



www.focusonwomenmagazine.com/domestic-violence/lucky-to-be-alive.html

Fall Out Of Being Abused Becoming Promiscuous

- Helen from Florida

Many domestic abuse stories have some of the same elements, hollering, name calling, hitting, and women that are afraid of their mates. So, I want to talk about the fallout of my abuse and what happened to me because of it. People talk about domestic abuse or domestic violence but they don't talk about the impact and emotional scars to abused women and how the loss of self-esteem can be shattering. The brutal physical and verbal assaults can change your character, beliefs about relationships and result in self-loathing which you don't even recognize.



www.focusonwomenmagazine.com/domestic-violence/fall-out-of-being-abused-becoming-promiscuous.html

Navigating the Supplement Jungle

The nutritional supplement section at your local health store can be quite an overwhelming and intimidating place. Supplement producers make all kinds of promises regarding dramatic weight loss, disease prevention, improved energy and more. Smart consumers know to be skeptical of all these claims and, with the right knowledge, you can learn to navigate the jungle that is the supplement section.

No Required Regulation

One of the biggest issues in the supplement industry is the lack of government regulation. Supplement producers are not required to show efficacy. This means that they cannot be compared to prescription or over-the-counter medications because these medications are strictly regulated for efficacy and safety. The United States Food and Drug Administration, or FDA, only gets involved when safety issues occur after supplements hit the retail stores.

The lack of regulation in this industry can result in widespread confusion regarding claims consumers should believe and those they should avoid. The average consumer must be extremely cautious about buying supplemental products because the label may not represent the actual contents of the bottle. Although supplements can seem like an appealing natural option, some supplements are just as dangerous as medications with the potential for serious side effects.

Supplementing Your Diet

There are situations when traditional physicians actually recommend the addition of supplements to your diet. Pregnant women or women who are breastfeeding can benefit from prenatal vitamin supplements with folic acid. These supplements are known to lower the risk of birth defects and other infant conditions. Many practitioners of alternative medicine also recommend supplements for various reasons. Naturopathy and Chinese medicine both utilize supplements in treatment methods.

In the United States, nutritional supplements are classified as a special form of food, not as medications. Essential fatty acids, probiotics, amino acids, enzymes, vitamins, minerals, herbs and botanicals are all considered supplements. All of these supplements can be found at health food stores across the country. Some enhanced water products and yogurts can also be classified as nutritional supplements in the US.

Guidelines for the Use of Supplements

When deciding to add supplements to your diet, it is essential that you make informed decisions. These guidelines can help!

Talk to Your Doctor!

Although you may be a little reluctant to speak with your physician about supplements, your doctor can be a great resource for information. Talk to your doctor about your health goals and ask for other recommendations for meeting these goals. Make sure you tell the doctor which supplements you are already taking to avoid dangerous interactions.

Do Your Research!

Use the massive amount of information offered by the internet to do some of your own research. Just make sure that you get your information from well-trusted sites with qualified resources. The FDA website offers a lot of great information, but other sites such as ConsumerLab.com and the National Institutes of Health website are also good options.

Be a Skeptic!

Don't ever run out and grab the latest supplement just because all your friends are talking about it. Do your homework and remember that it can take years of consumer use to really find out whether a supplement is safe or not.

The supplement jungle can be a stressful place, but with a skeptical approach and the right knowledge, you can navigate your way through the mess. Some supplements can substantially improve the health of certain individuals. You just need to make sure you choose the right ones for you!

Snowbirds: Don't Forget Insurance, Towing and Safety "Provisions"

As their annual migration south approaches, sail and powerboat cruisers are stocking their boat's lockers, checking systems and taking inventory of spare parts. But that's not the only preparation these cruising "snowbirds" will need to do, says Boat Owners Association of The United States (BoatUS). They need to look at their boat's insurance policy, should strongly consider having an on water towing service, and rent an EPIRB for those taking an offshore route.

"Checking insurance paperwork, towing and communications gear may not be as exciting as stocking the boat, but they can make or break the trip south," said BoatUS spokesman Scott Croft.



Photo Caption:
The BoatUS Foundation is offering 10% off all rental EPIRBs and Personal Locator Beacons until December 1.

Are you covered?

Your boat's insurer will need to know when you are outside the "home waters" named on your policy, and waiting to the last minute can be a pain because they may require additional payment or delay a departure date by requiring a rigging or engine survey – so do this early. Croft says the BoatUS insurance program offers upfront "no-hassle" cruising limit extensions for popular cruising destinations that can be set up at the beginning of a boat's insurance policy. "This one-time approval gives the boater the coverage they need, eliminates surprises and takes away the hassle of having to ask each year or pay for an extension every time they depart home waters." Additionally, in Mexico, all boats are required under Mexican Law to have liability insurance issued through a Mexican insurance company. BoatUS can help find this coverage through a partnership with a Mexican insurer.

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

Ready for a grounding?

The second most important task is having an annual on water towing plan for the Intracoastal Waterway's (ICW) notoriously shallow waters. "Every ICW chat board is filled with grounding stories," said Croft. "It's wise to have an on water towing plan before you go, as paying for ungrounding services out of pocket can be very expensive." BoatUS offers an annual Unlimited saltwater towing plan at BoatUS.com/towing for \$149 that includes BoatUS membership.

Do you know what lies ahead?

New navigational issues are always a part of each new boating season on the ICW. To help boaters keep clear of troubles is the complimentary "East Coast Alert" bi-weekly email service by liveaboards and authors Tom and Mel Neale available by signing up at BoatUS.com/eastcoastalert. Some recent alert information has included warnings about shifted buoys and shoals, dredging activities, and changes to drawbridge operating hours.

Calling for help offshore?

Croft advises those making offshore passages to have an Emergency Position Indicating Radio Beacon (EPIRB) so their safety needs are met when cruising beyond VHF radio or cell phone range. If snowbirds don't want to make the investment, the BoatUS Foundation offers \$65 weekly EPIRB rentals for the boat and Personal Locator Beacons (PLBs) for the crew for \$45 weekly, plus shipping. Boaters can order online at BoatUS.org/epirb or call 888-663-7472 and mention code "DISC10" for a 10% discount on their weekly rental rate through December 1, 2014. All beacons are shipped via FedEx in watertight hard cases and come with a prepaid FedEx form to easily return when the passage is complete.

Get a discount on fuel, overnight slips:

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IT'S TIME 2015 – NATIONAL PARTNERSHIP SUMMIT to ELEVATE WOMEN'S LEADERSHIP ANNOUNCED AT THE CLINTON GLOBAL INITIATIVE

A "Seneca Falls 2.0" Gathering to Activate American Women and Men

The New Founding Family: Evolving Democracy and Restoring Our World

The New Founding Family supports a growing network of network of visionary leaders, problem solvers and change agents committed to the values of partnership, interdependence and love in action for all. Founded by visionary philanthropist and activist Betsy McKinney, the New Founding Family is the producer of It's Time 2015: The Partnership Summit to Elevate Women's Leadership.

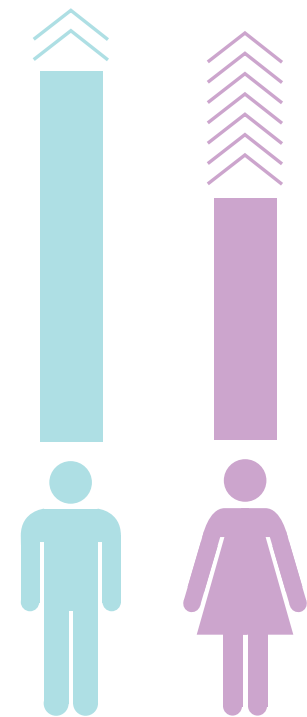
As a Clinton Global Initiative Commitment to Action philanthropist and activist Betsy McKinney today announced the National Partnership Summit to Elevate Women's Leadership to take place May 1-3, 2015 in Baltimore, Maryland.

Capturing the groundswell of public interest in women's leadership, and recognizing the need for women to be fully engaged in solving the urgent problems of our time, the Partnership Summit will highlight organizations and thought leaders committed to women and men working in full partnership to design the future of our world. McKinney announced the Summit as part of the women's track at the Clinton Global Initiative Annual Meeting in New York City where the discussion of issues aligns closely with the goals of the Summit.

"Like the Seneca Falls Convention in 1848, the Summit will mark a turning point in our nation's history. An unprecedented partnership of people and organizations will be gathering to call for a renewed and sustained commitment to the full participation of women and girls in determining our future," said McKinney.

Women's organizations, business leaders, men's organizations and individuals working to empower women and girls and are forming a network of partnerships for the launch of this historic gathering. Convening partners include: Women Donors Network, the Global Fund for Women, and the Women's Funding Network. CGI Commitment to Action Partners include: NOW (National Organization for Women), Dolores Huerta Foundation, Geena Davis Institute on Gender in Media, Social Venture Network, NAACP Climate Justice Initiative, Movement Strategy Center, Vote Run Lead, Forward Together, and Impact Hub Oakland.

The Summit will showcase leaders who recognize that we live in an interdependent world; that it's time to fix our broken democracy; that it's time to build economies that care for the earth and for one another; that it's time to share resources and prosperity; and that it's past time to restore and regenerate the earth's bio-



**MEN'S / WOMEN'S
% LEADERSHIP GROWTH RATE**

sphere. It's time for healing and cooperation at every level for the love of all people, for the love of all life, and for our children's future.

Redesigning the typical conference, the Summit will use state-of-the art technology for interactive participation. World-class speakers and presentations will showcase women who are active and leading across a broad array of issues and sectors. The program content will show in numbers the status of women and girls and the work that still needs to be done. A signature part of the program will highlight how women can increase their collective voting and purchasing power. The Summit will also feature an expo of women's organizations, micro-businesses, other women-owned business ventures and girls' supported and operated organizations. In addition to the 3,000 participants targeted for the Baltimore event, the Summit will reach thousands more through live-streaming to satellite events across the country.

Focus on Women Magazine

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

E-mail at: info@focusonwomenmagazine.com



Issue: September/October - 2014

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When it Come to Sleep, Keep your Baby Safe

Children's Healthcare of Atlanta Releases Safe Sleep Guidelines to Prevent Infant Death

Each year, more than 2,500 infants in the United States die from Sudden Infant Death Syndrome (SIDS), the unexplained, sudden death of an infant under one year old. Researchers are finding that the majority of infant deaths are sleep-related, with nearly 74 percent of deaths in babies younger than four months occurring in bed-sharing situations. Among older infants – those aged four months to 364 days – nearly 59 percent of deaths involve bed-sharing, according to the Journal of Public Health.

This October, National Sudden Infant Death Awareness Month, **Children's Healthcare of Atlanta** has released guidelines for parents on how to create a safe sleep environment for their babies in order to reduce the risk of sudden infant death.

"SIDS is a terrifying reality that thousands of families have faced as the number one cause of death among infants from one month to one year of age," says **Gary Freed, M.D., D.O.**, Director of the **Children's Apnea Center** and Medical Director of the **Children's Sleep Center at Egleston**. "Over the past decade, tremendous research advances have reduced the infant mortality rate resulting from SIDS by more than 50 percent. However, the number of infants dying of suffocation, from sleeping on inappropriate sleep surfaces (adult beds, chairs, sofas, etc.) has dramatically increased."

Sleep Alone

Infants who share a bed with an older child or adult are at higher risk for injury, suffocation or SIDS.

Back is Best

Always place your child on his back to sleep. The risk of SIDS is doubled for infants who sleep on their stomachs. The American Academy of Pediatrics recommends offering a pacifier when an infant is placed on their back to sleep to reduce the risk for SIDS.

Crib Safety

Remove anything from the crib that can block your child's flow of air, including all stuffed animals, blankets, pillows and other loose bedding. Do not use crib bumpers or mobiles that your infant can reach. The best place for your child to sleep is in a safety-approved crib on a firm, flat mattress. Make sure the crib slats are no more than two and three-eighth inches apart with fixed sides. Do not place your child on a sofa, soft mattress, pillow or other soft surface to avoid rolling or suffocating between pillows. If you want your infant close to you at night, move his bassinet or crib into your bedroom and place it within arm's reach.



Comfortable Temps

Do not overheat the room where your infant sleeps. Keep the thermostat set so that it is comfortable for adults who are lightly dressed, usually between 68°F and 72°F and never over 75°F. Instead of using covers in cool weather, dress your baby in a lightweight, one-piece blanket sleeper or sleep sack to help keep him warm.

Swaddle Smart

Swaddling is the practice of wrapping your infant in a blanket or cloth, mimicking the comfort of the womb. If done correctly, swaddling can curb crying and restlessness and promote longer sleep and regular sleep patterns. Leave space in the blanket for the infant's hips and legs to move. If done incorrectly, it can put too much pressure on the hips and cause problems like hip dysplasia.

Stay smoke-free

Never allow anyone to smoke near your infant. Exposure to second-hand smoke doubles the risk of SIDS, according to the CDC.

Immunize your child

The risk of SIDS is substantially lower in infants who are up to date on their necessary immunizations, according to the CDC.

Educate your sitter

Every parent needs a night out, but before you turn your child over, show your sitter these helpful tips to keep your child safe and secure.

Sleep Alone

Crib Safety

Swaddle Smart

Immunize your child

Back is Best

Comfortable Temps

Stay smoke-free

Educate your sitter



For more details on Children's tips for safe sleep,

please visit
www.choa.org/safesleep

Children's Healthcare of Atlanta

Children's Healthcare of Atlanta, a not-for-profit organization, is dedicated to making kids better today and healthier tomorrow. Our specialized care helps children get better faster and live healthier lives. Managing more than half a million patient visits annually at three hospitals and 17 neighborhood locations, Children's is the largest healthcare provider for children in Georgia and one of the largest pediatric clinical care providers in the country. Children's offers access to more than 60 pediatric specialties and programs and is ranked among the top children's hospitals in the country by U.S. News & World Report. With generous philanthropic and volunteer support, Children's has made an impact in the lives of children in Georgia, the United States and throughout the world.

Dedicated to All Better™



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Professional Speaker

Distinguished Psychotherapist

Marta Fuchs is available for keynote presentations and speaking engagements for

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Healing & Celebrating Your Family History

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

Dear Friends and Colleagues,

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

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

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

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

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



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

UPCOMING EVENTS

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



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

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

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

- Sam Cuddeback, III, Head, Drew School





It happens every day. As many as 300,000 computers were recently hacked and infected with RANSOMware. These malicious malware programs take a computer's data hostage requiring a ransom payment to unlock the encryption. A local insurance firm had thousands of customer records with important documents containing both personal and corporate information compromised, held hostage.

Through the process of trying to recover the data, it was discovered that a single Russian hacker held the key to releasing the company's data, requiring the firm to pay a ransom in bitcoin - untraceable currency on

the web. The process put their office on hold for nearly a week, and once the ransom was paid, they were only able to recover 75% of the data.

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Maryland Laws Change on October 1

Marijuana Possession and Good Samaritan Law

Q & A - Criminal and Civil Impacts of Possession of Marijuana

Q. What is the current law on possession of marijuana?

- A.** Possession of Paraphernalia: A person in possession of drug paraphernalia is subject to a fine of \$500 for the first offense, and upon a second or subsequent offense, a possible period of imprisonment of up to 2 years, and a fine of \$2,000.
- Possession under 10g: A person in possession of less than 10 grams of marijuana is subject to a possible period of imprisonment for up to 90 days and/or a fine of up to \$500.
- Possession over 10g: A person in possession of marijuana over 10 grams is subject to a possible period of imprisonment for up to one year and/or a fine of up to \$1,000.
- Possession with the intent to distribute: A person who has an amount of marijuana that could be used for distribution, or the circumstances indicate an intent to distribute, could be subject to a period of imprisonment of up to 5 years and a fine of \$15,000. There are possible enhanced penalties for repeat offenders.

Q. What laws on possession of marijuana change as of October 1, 2014?

- A.** Only the law on possession of marijuana less than 10 grams will change.

Q. How will the law change on possession of marijuana less than 10 grams as of October 1, 2014?

- A.** A violation of possession of marijuana less than 10 grams is a civil offense punishable by a fine of up to \$100 for a first offense.

Q. What happens if a person is charged with possession of marijuana less than 10 grams?

- A.** A citation is issued and must be signed by the issuing officer and must contain (1) the name and address of the person charged; (2) the date and time the violation occurred; (3) the location where the violation occurred; (4) the fine that may be imposed; and (5) notice stating prepayment of the fine is allowed. A person may either pay the fine in full or request a trial date from the District Court.

Q. Does it matter how old the person is who is charged?

- A.** YES

Under the age of 18:

If the person is less than the age of 18 and charged with this offense, they will be subject to juvenile court procedures and dispositions, including referral to an alcohol or a substance abuse education or rehabilitation program. A police officer authorized to make arrests must issue a citation to a child if the officer has probable cause to believe the child is committing an offense.

Under the age of 21 but older than 18:

If the person is younger than age 21 but older than 18, the person must appear for trial and may not pay a prepaid fine like someone over the age of 21. Additionally, the court must order a person under 21 to attend a State-approved drug education program and refer the person to get an assessment for a substance abuse disorder. After the assessment, the court must refer the person to substance abuse treatment, if necessary.

Q. Do the penalties increase if there is a subsequent violation?

A. YES. If the person is charged with a subsequent violation, the fines and penalties increase. The fine increases to \$250 for a second offense, and the maximum fine for a third or subsequent offense is \$500. If a person commits a third or subsequent violation, or is younger than age 21, the person must appear in court for trial. The court costs in any case that goes to court are \$22.50, in addition to any fine imposed by a judge.

Q. What affect will this charge have on my public record?

A. Under the age of 18:

Juvenile records are not public record.

Over the age of 18:

A violation for possession of less than 10 grams of marijuana is not subject to public inspection and may not be included on the public website maintained by the Maryland Judiciary.

Prepared by: Timothy Mitchell, Esq., a Board Member and Officer of HC DrugFree. The information provided here should be used as reference only and is not intended to provide legal advice. If you or someone you know has been charged with a drug offense, you are strongly encouraged to seek legal advice.

Good Samaritan Law

The information below was provided by the NIDA Blog Team September 25, 2014

On October 1, the State of Maryland will put into effect what's called a "Good Samaritan Law," which will protect a person from getting in trouble if they summon aid for someone else who is overdosing on drugs or alcohol. Twenty states and the District of Columbia now have such laws, and more states are considering them - because they save lives.

Many people who overdose on drugs die because the people they are with have also taken drugs and are afraid of getting caught - so they hesitate to dial 911.

Those friends may not just be acting selfishly - they may be unsure of how serious the problem is and, fearing legal trouble, may not be using their best judgment. Second-guessing how much danger an overdosing companion is in can cause a fatal delay in calling for help.

What Friends Are For

The term "Good Samaritan" comes from a parable in the New Testament about a stranger who comes to the aid of a robbed, beaten-up traveler. Good Samaritan laws are passed to remove obstacles to helping others in need, such as calling for medical assistance.

Good Samaritan laws around the country differ on their specifics, but they all provide some degree of protection or immunity from prosecution for a person caught violating a drug law in the context of seeking medical attention.

With the new Maryland law, an overdose victim and any Good Samaritan helping them can't be prosecuted for possessing drugs or drug paraphernalia, or for being intoxicated. (It will not protect someone from being caught selling drugs, though.) For example, if you are a Maryland teenager drinking alcohol with your friend and your friend becomes sick, neither of you will get in trouble if you call for help, even though you are underage.

Do the Right Thing

Many overdose deaths can be prevented. You can overdose on different types of drugs or drug combinations, including alcohol. Lately there's been a lot of attention paid to overdoses from prescription opioids and heroin. Those overdoses are easy to reverse with the injection of a drug called naloxone, which paramedics and many police carry with them for these emergencies. But you have to act fast to prevent a death.

In the past couple years, several people have died after taking "Molly" (or in some cases other drugs they thought was Molly) at different music festivals around the country. Just this August, two young people died of Molly overdoses at the Mad Decent Block Party music festival in Maryland. We don't know if these lives might have been saved if bystanders had called for help sooner, but the new Maryland law will reduce the number of future deaths from drug overdoses at music festivals and anywhere else.

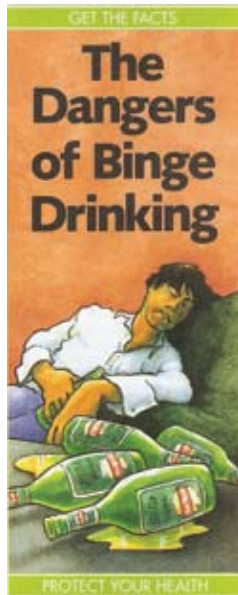
The bottom line is: Always be a Good Samaritan. Don't hesitate to call for medical help if you think a friend might be in trouble or overdosing. If you don't know if they're overdosing or not, call 911 - better to be safe than be really sorry later.

If you have any questions or comments, contact me at joan@hcdrugfree.org or 443-325-0040.



Joan Webb Scornaienchi
Executive Director

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As one of the nation's leaders in the diagnosis and treatment of abnormalities in unborn and newborn infants, **Texas Children's Fetal Center** is committed to providing the best possible care and outcome for each mother, baby and family. As one of only a few centers in the United States to provide the full spectrum of fetal therapies, Texas Children's attracts patients from around the world seeking the ultimate in care for their unborn child.

Our physicians can provide the most advanced diagnosis and fetal intervention available. We are reachable 24 hours a day, 7 days a week.

Watch and learn about the expert care provided by the specialized coordinators and physicians in Texas Children's Fetal Center.



Watch Video: *Most Precious" - A Look Inside Texas Children's Fetal Center - ("Hypoplastic Left Heart Syndrome")*



Contact Us

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832-822-BABY (2229)

1-877-FetalRx (338-2579) - toll-free

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Texas Children's is affiliated with Baylor College of Medicine.

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Contact:

Lydia Sermons (HHS) 202-834-2193
Dean Keuter (DOJ) 202-305-5012

www.hhs.gov/news

HHS and DOJ Award \$3M to Support Innovative Approaches to Curb Youth Violence Funding program seeks to reduce violence and help youth reach their full potential

Today, the Department of Health and Human Services (HHS) and the Department of Justice (DOJ) announced a new grant award of approximately \$3 million to help curb youth violence and improve the health and well-being of underserved and distressed communities.

Despite significant improvements in the overall health status of the nation, youth violence and reduced access to public health services persist among racial and ethnic minority populations. According to the Centers for Disease Control and Prevention, more than 4,700 young people ages 10 to 24 were victims of homicide in 2012 – an average of 13 each day. In this age group, homicide is the leading cause of death for African Americans, the second leading cause of death for Hispanics, and the third leading cause of death for American Indians and Alaska Natives.

Nine demonstration sites will receive the grants through the Minority Youth Violence Prevention: Integrating Public Health and Community Policing Approaches (MYVP) program, a joint effort by HHS and DOJ to support interventions aimed at addressing youth violence, improving academic outcomes, increasing access to public health and social services, reducing disparities, reducing negative encounters with law enforcement and reducing violent crimes against minority youth. The sites will field initiatives that combine community policing and prevention approaches within a public health framework.

“Minority youth often face the toughest odds, such as lack of access to quality education and increased incidents of violence and

hospital visits for urgent care,” said J. Nadine Gracia, MD, deputy assistant secretary for minority health and director of the HHS Office of Minority Health. “The Minority Youth Violence Prevention program will help forge stronger and more innovative collaboration among public health and law enforcement officials and community groups to enhance more pathways to success in education, employment and health for all youth.”

The grant funding is being awarded through and will be administered by the HHS Office of Minority Health, in conjunction with DOJ’s Office of Community Oriented Policing Services (COPS Office). Under the MYVP grant program, the DOJ COPS Office is also awarding \$500,000 to support an organization that will provide coordination, technical assistance and evaluation across the demonstration sites.

“Being smart on crime means that we proactively address the root cause of a problem and not simply respond to its symptoms,” said Ronald L. Davis, director of the DOJ Office of Community Oriented Policing Services. “The MYVP initiative demonstrates our commitment to addressing youth violence as an urgent public health matter. The greatest deterrent to crime and violence is not a community saturated with cops - it is a neighborhood alive with residents.”

The MYVP will support promising violence prevention and crime reduction models. The sites must also demonstrate improvements in coordination and collaboration among law enforcement agencies, public health and community entities.

The COPS grant award will support

funding to convene the demonstration sites, assist the demonstration sites in identifying metrics and analyses to evaluate program impacts at the local level, and provide ongoing technical assistance. At the conclusion of the project, the City of New York, Center for Court Innovation, will provide a comprehensive overview of the local efforts, including an assessment of how the programs implemented at local demonstration sites advanced public health and community policing approaches to violence prevention.

The MYVP awardees are listed below:

- Asian Media Access, Inc., Minneapolis, Minn. -- \$380,000
- Chatham County Board of Commissioners, Savannah, Ga. -- \$220,100
- City of Cincinnati, Cincinnati, Ohio -- \$345,000
- DeKalb County Board of Health, Decatur, Ga -- \$357,557
- Health Education Council, West Sacramento, Calif. -- \$370,000
- Our Lady of Lourdes Memorial Hospital, Inc., Binghamton, N.Y.-- \$325,536
- Public Health Authority of Cabarrus County, Kannapolis, N.C. -- \$362,668
- City of West Palm Beach, West Palm Beach, FL -- \$340,000
- Youth Alive, Oakland, Calif. -- \$133,333

The COPS Office grant awardee is listed below:

- Fund for the City of New York/Center for Court Innovation, New York, N.Y., \$499,938

For additional information about the MYVP initiative and grantees visit: www.minorityhealth.hhs.gov and www.cops.usdoj.gov.

Healthy Minds & Bodies

EXERCISE IS A MUST FOR YOUR DISTRACTED CHILD'S SUCCESS

by MICHAEL J. GARANT, PH.D.

As parents of distracted children, such as those with ADHD or Autism, we are always searching for information and ideas on how to help our children be successful in the classroom and in life. It is constant struggle to keep them on the path of success. Do we use only pharmaceutical help? Do we use a special diet or nutritional supplements? Do we use physical activity (exercise)? Do our children need to be disciplined more? Wait. How can physical activity or exercise benefit a distracted child? We all know Exercise will help you manage your weight and improve your general health. But, for distracted children the benefits of exercise also include increased attentiveness and a calming influence on the children. Exercise may be used as a replacement for other behavioral reinforcers to manage ADHD children. Instead of punishing a child, refocus his attention to a physical activity to burn off excess energy and stimulate the mind to learn in order to resolve conflict. For distracted children, keeping active year-round isn't just a good idea, it's key in reducing symptoms of anxiety and depression and is also known to help with symptoms of ADHD.

With our attention training, the child's mind is the joystick moving the object on the screen. It enables the child to see the direct correlation between attention and behavior.

How Does Exercise Help Focus and Learning?

There are many reasons to use exercise to treat a distracted child. When you exercise, blood flow increases to the brain, endorphins are released into the body. Since endorphins control your mood, the distracted child may feel a pleasurable boost after participating in exercise. The brain's dopamine, norepinephrine, and serotonin levels are also elevated. These chemicals affect a person's ability to focus, which can be helpful to ADHD children because these natural chemicals act like a little bit of Ritalin or Adderall. It also helps to still the impulsivity and cravings for immediate gratification as it works to wake up the executive function of the frontal cortex, which allows for delay, better choices, a bit more time to evaluate consequences.


Exercise improves the learner. Their senses are heightened, their focus and mood are improved, they're less fidgety and tense, and they feel more motivated and invigorated. Exercise creates the environment for our brain cells to wire together, which is the basic building block of learning. Exercise is also perhaps the best way to increase neurogenesis, which is the making of new neurons that happens on its own daily.

What Types of Exercise are Beneficial?

Certain types of exercise are the more beneficial to distracted children since they require extreme attention to detail. Examples include martial arts, dance and gymnastics. The children must concentrate on their movements in order to complete the routines correctly. However, any type of exercise can be performed, including running, jumping, swimming and soccer. I hate to generalize, however, distracted children tend to perform better in individual activities such as martial arts, dance, gymnastics and swimming. They are perfectly capable of participating in team oriented sports, however their peer group does not always react well to their inattentiveness and social awkwardness. You may have to try a few activities before you discover the activity best for your child.

At the Smart Coach Center we utilize martial arts as a tool to instill the skills of focus, as well as, respect, discipline, confidence and goal setting needed for excellence in the classroom. In partnership with parents, we will take an active interest in our student's academic performance, as well as their behavior at home and at school, as part of their belt advancement. As our students succeed on the training floor, this increases their self-esteem leading to a well-balanced individual.

The Smart Coach system is designed to stimulate the brain as well as the body by employing proprietary SmartBrain™ moves designed to stimulate, oxygenate and develop the brain which empowers our martial arts students to succeed in the classroom. We also utilize SNAPSHOT™ moments to encourage



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our students to do their best in the classroom, at home, and in the community. At The Smart Coach Center, we truly believe that every child can succeed when provided with the proper skills and training.

"You Can Do It!" – A Message Your Child Needs to Hear!

Every child has strengths and weaknesses. Every person has strengths and weaknesses. Your distracted child can be successful. In fact, your distracted child IS successful. Most of these children are compassionate, intelligent, driven, and YES, focused. As parents, sometimes we do not recognize these qualities. We focus only on the negatives not the positives. You need to find your child's strengths and recognize them over and over to instill confidence. That is how you will build up your child. As you build up your child's self-esteem they will begin to engage, learn and grow. That is SUCCESS!

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



Aliah Uddin
Author - Her Demise

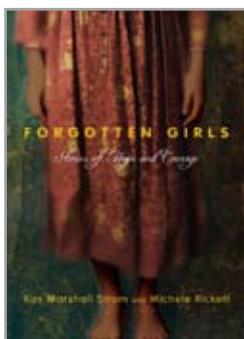
“ MANipulated Into Fear was written with the intent to help others. I feel very blessed to have the opportunity to have my book advertised and sold on Focus On Women Magazine’s La Femme De Prose eBookstore. Focus On Women Magazine focuses on women by informative and educational articles. They not only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

Christine
Author - MANipulated Into Fear -
by Marvela Dawnay

“ I am so happy of the amount of copies of my e book that was sold by Focus on Women Magazine within 40 days of it becoming available on their website. Every book sold represents a contribution towards women who have been raped, mutilated and set on fire. ”

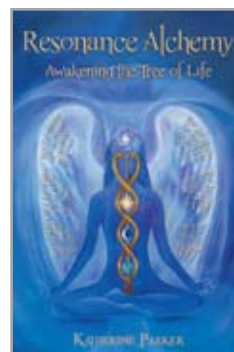


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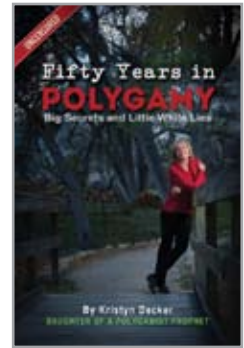
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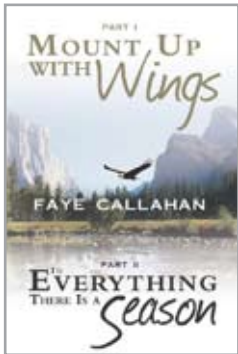
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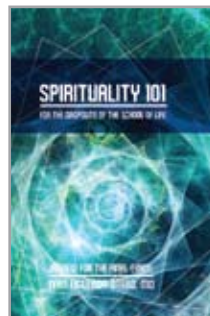


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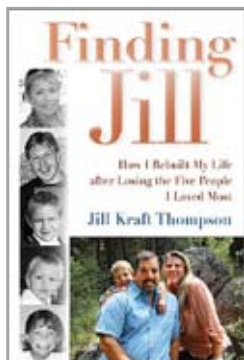
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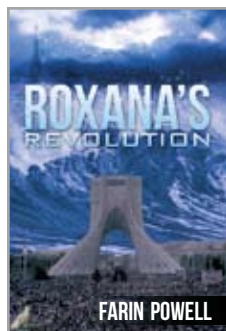


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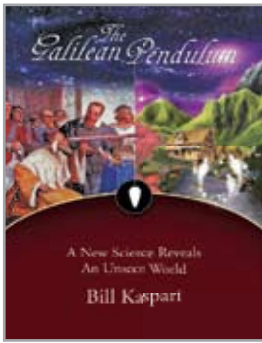
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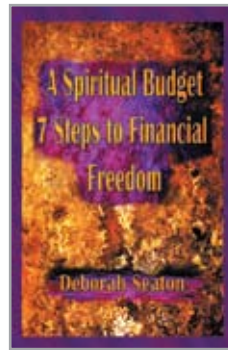
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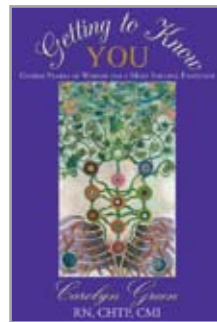
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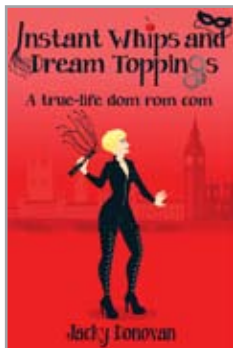
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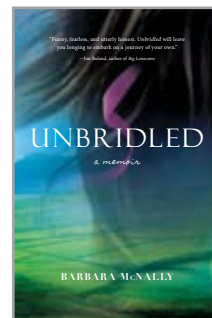
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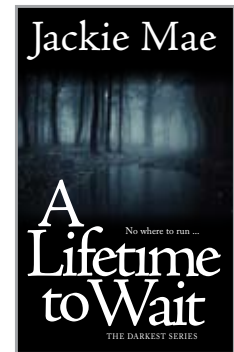
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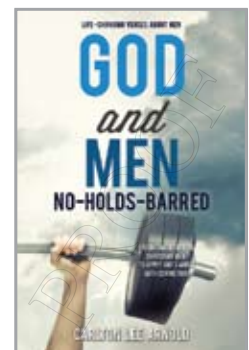
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First annual bicycle event! Bikers of all ages and abilities are welcome to enjoy this leisurely ride. Family and friends may walk with the bikers.

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DECEMBER 4

A dog-friendly walk through the dazzling light displays!

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A family "stroll" through the lights... strollers and wagons welcome!

Midnight at 7

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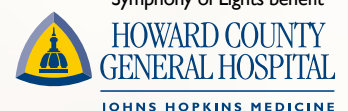


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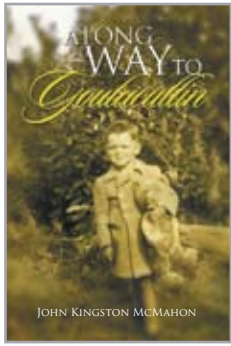


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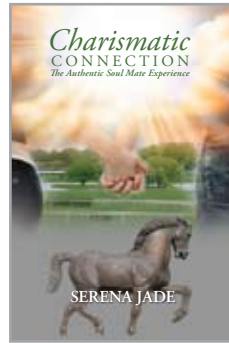
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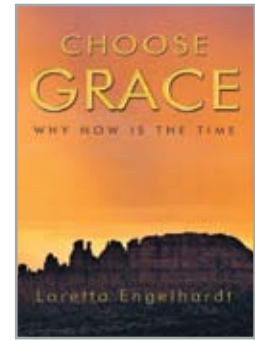
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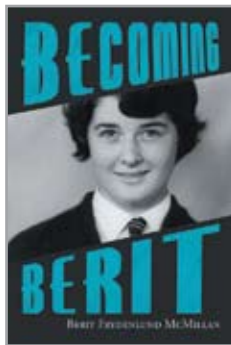
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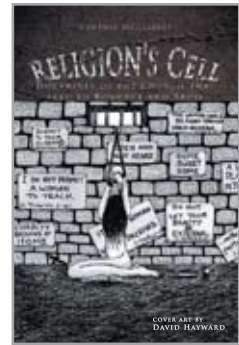
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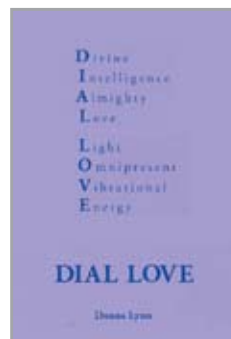
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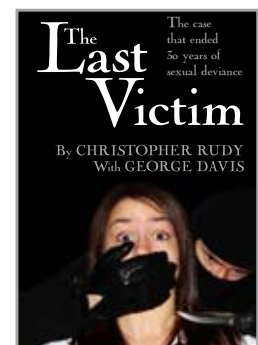
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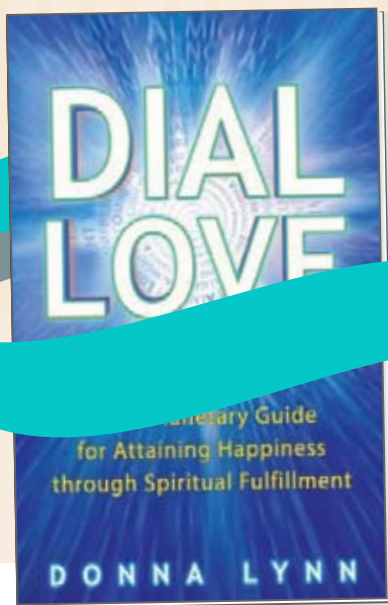
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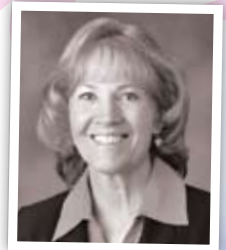
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