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our story

By: Debbie Lupariello

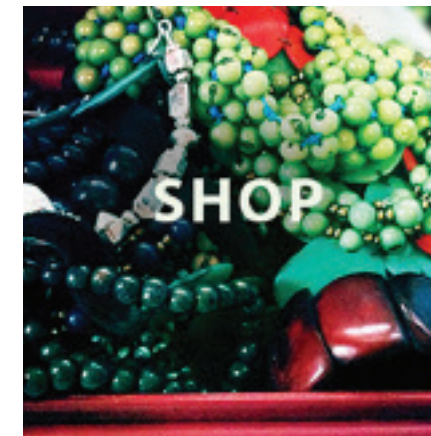


My sisters, Melissa and Vicki, and I were on a search we never expected.

We were happy in our lives—our careers and families. But we realized it wasn't enough. For all that we'd been given, we wanted to give back. We wanted to make a difference. And we wanted to do it together. But how?

We searched idea after idea—never realizing the answer was right in front of us.

It started with a necklace I bought for my mother. It was beautiful—just as beautiful as the story behind it. It



had been made by a woman in Ghana. It had been carefully handcrafted, made from love by a woman determined to make things better for her family.

My sister Vicki mentioned that she had received the same kind of bracelet from her best friend Cassi. When she wore it, she felt the love of her friend as well as a connection to the woman who made it.



Suddenly, we realized our search had ended. We could be the connection. Through these wonderful, wearable pieces of art, we could be agents for women helping women.

And—soHza was born. A partnership of women—3 sisters and a best friend. Connecting women to causes both locally and globally.

We carefully select jewelry around the world made by women determined to make a change in their lives. And then we partner with local women's groups to create collections. When you buy jewelry from any soHza collection, we donate money to that local group. As we say, you help a woman here, by helping a woman there.

And when you wear soHza jewelry or give it as a gift, you become part of the connection. The jewelry makes a statement. And you make a difference.

Learning about these artisans and

their stories has enriched our lives in a way we never thought possible. That's why we love sharing them with you. Again and again, they remind us of the guiding principle of soHza—"when a woman is at the center of change, anything is possible." **a**

Shop our beautiful jewelry at www.sohza.com



Welcome to the Conscious Living Center



our soHza sisters

"She is a true soHza sister because of all the little things she has done to help others."

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The Conscious Living Center provides Life Coaching, Counseling, Enneagram Coaching, Business Consulting, Spiritual Counseling, Health and Wellness Coaching, Imago Relationships Coaching, Yoga, Massage, and Reiki as well as in-depth personal growth and development through the School of Conscious Living.

The center is also a hub of an incredible community of loving, compassionate, people committed to their personal and spiritual growth. We invite you to check out our center and connect with us anytime. We are very warm and inviting!

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Domitille's Laugh



Indego Africa, Rwanda

Domitille's laugh can be heard cascading over the hills and echoing through the trees that surround the Hope cooperative, the knitting association in Rwanda of which she is president.

Only a few years ago, Domitille's economic circumstances were dire. Her family lacked permanent housing, often went hungry, and owned just one piece of clothing each. Her husband was violent and beat her daily, forbidding her to leave the house without his permission and isolating her from the other women in her community.

However, Domitille's life began to change in 2010 when her cooperative partnered with Indego Africa—a nonprofit social enterprise that supports women in Rwanda through economic empowerment and education.

Through their partnership with Indego Africa, the women of the Hope Cooperative began to earn fair trade wages for their work. With the increased income that Domitille received, she soon found herself able to buy a house with electricity, feed and clothe her family, and send her son to school. She also began to apply the lessons she learned in class to save a portion of her income each month in order to invest in a new business venture of her own.

Through her economic success and educational growth, Domitille developed newfound confidence in herself. She began to think hopefully about her future for the first time in many years. At home, she started to challenge her husband's control over the household and to call the police whenever he tried to beat her. Slowly but surely, her life transformed entirely.

In her words: *"my life really and fully changed...I am now a well-to-do woman, with middle income. I can eat what I want, wear what I want. I am confident, independent, and self-sufficient. I think back to what I was like only a few years ago and I do not recognize myself. And that is a good thing."*

Today, Domitille's husband's abuse has stopped and she has become an informal counselor to other women who suffer from domestic violence. She is a respected leader and a powerful role model to the women and girls in her community. a





Heather Salazar

Pink Ribbon Girls

By: Amy Huwel



precious baby that needed care." Heather and her husband adopted Lexi, but now they were facing an obstacle no one saw coming.

At the age of 31, Heather Salazar, wife and mother of four young children, found herself asking "Why me?" as a doctor delivered the news, out of the blue. She had cancer.

The irony of the situation was not lost on Heather. Just two years earlier, she lost a friend to this same type of breast cancer. Alexis had very little support during her illness other than Heather, and she left behind a baby girl. "I couldn't sleep at night. I would literally think about this young mom being so sick, and this innocent,

"How could I adopt this child, take care of her mother, and then get the same kind of breast cancer? Would my children lose their mother to breast cancer? Would Lexi lose two mothers?"

Heather made up her mind that "Why me?" didn't stand a chance, and neither did cancer. "Would I survive? I didn't know, but as a mom, your first

priority is always your family. Cancer doesn't take that away."

The fighter in Heather prevailed, but once in remission she wondered about other mothers, like Alexis, who lacked Heather's incredible support system of family and friends. How did they cope, and how could she help?

She found her opportunity when she met Tracie Metzger, Founder of Pink Ribbon Girls. Together they transformed the organization from one focused on raising breast cancer awareness to one that provides direct

services, such as meals and transportation, for breast cancer patients and their families.

Cancer may have been her initial motivator, but Heather's mission now—simple, pure, and full of love—is the message of Pink Ribbon Girls. "No one travels this road alone." a

[Shop the Pink Ribbon Girls Collection on page 31](#)



✧ If you could change one thing in the world what would it be?

"There are so many things, but my number one would be that all children have a wonderful, abuse free, loving childhood. I truly believe if we started there, it would truly change the world. Those children would continue to repeat the cycle..."

✧ What women's cause is closest to your heart?

"Breast cancer, especially in young moms. Being there to support one another."

✧ What is the most important piece of advice you would share with a young woman growing up today?

"Be yourself, do not conform to the way the "world" expects you to be. God made you to do great things and he doesn't make mistakes. Don't sell yourself short!"

✧ What women influenced you the most, either past or present?

"Hands down, my momma. She is the most kind, generous, caring person that I know. She let me grow and discover the woman that I am today while always encouraging me. She held my hand during chemo and stayed so strong, even though I could see the tears streaming down her face when she dropped me off at our house. She showed so much love and compassion toward me and my family, but I could see the hurt in her eyes when she looked at me bald and weak. She is the epitome of a Godly woman."

✧ What's your favorite quote?

"I have two right now:"

"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." –Jeremiah 29:11

"Being the richest man in the cemetery doesn't matter to me. Going to bed at night knowing we have done something wonderful tonight, that is what matters to me." –Steve Jobs.

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soHza sister

Nicole Gaskins

Girls on the Run

By: Amy Huwel

Children are growing up faster than ever these days; I often find myself tearing my hair out, trying to convince my young daughter that she is a first grader instead of a teeny-bopper. In a society that pressures our babies to dress and act years beyond their age, one cannot help but wonder how to combat this and raise confident, self-assured, independent girls.

A surprising solution may be as simple as joining Girls on the Run. Nicole Gaskins has been a coach with this organization for the last seven years, and she explains that Girls on the Run "is not just a running program. It is a confidence-building program that helps girls celebrate their differences and embrace who they are." Girls meet with coaches twice a week to explore issues such as body image, healthy emotions, and bullying. Each lesson is interspersed with different high-energy activities to get the girls moving. At the end of this empowering program, the girls run a 5-K, celebrating themselves.

Nicole began coaching to spend more quality time with her daughter, Morgan. "It is a good learning age, and they need to know it is okay for kids to be kids. Girls on the Run values being who you are and teaches

girls the core value of what friendship is. We don't want the girls living to create an image; we want them to be themselves, embrace their differences, and accept and respect that in others."

Morgan is now too old for the program, yet Nicole continues to coach because of the difference Girls on the Run can make in girls' lives. She remembers a girl who always wore a fleece jacket when she ran, even in the heat of summer; it turns out she was afraid that someone might see her sports bra through her t-shirt and make fun of her. Nicole reminded her of a core value of Girls on the Run: Be true to yourself. "It was so amazing because she actually ran FREE that day... It might take a little while for the girls to actually 'get' what they have learned, but when they do, it is an awesome thing!"

Awesome, indeed, as is Nicole. She may not commit grand, sweeping acts of heroism, but she and other coaches like her are super heroes in their own right. In giving of herself, Nicole is helping to mold our children into the kind of young women we can all be proud to know. a



Shop Girls on the Run Collection on page 30



✂ If you could change one thing in the world what would it be?

"I can't pick just one I want to change...poverty, child abuse and neglect, hate crimes and incurable diseases."

✂ What women's cause is closest to your heart?

"Breast Cancer"

✂ What is the most important piece of advice you would share with a young woman growing up today?

"Be the author of your life story. Be who you are. Be true and honest to yourself. Don't let others dictate how you live your life. Follow your dreams and always believe in yourself."

✂ What women influenced you the most either past or present?

"My mother and high school cross country and track coach"

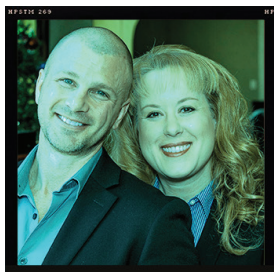
✂ What's your favorite quote?

"LIVE. LOVE. LAUGH."



freedom begins with a dream

by James & Athena Pond



Rescue Is Not An Event

James and Athena Pond were sitting at home one evening in 2004 watching a troubling television special about children being sold into sexual slavery in Southeast Asia. **“Athena**

elbowed me in the ribs,” James recalls, and said, **‘We need to do something about this.’**

‘Doing something’ soon meant flying to Cambodia to see the problem for themselves. “No one took us seriously,” says James. One Cambodian contact told them, “Please don’t come. You don’t have the background or experience to help.”

Ten years later, James and Athena Pond are two of the world’s foremost experts on caring for trafficked children. They consult on the problem in eleven different countries around the world and are on the executive staff of Hope for Justice, James as Director of Survivor Care and Athena as Director of Survivor Care Support.

Nine months after that first visit to Cambodia, they were standing at the airport with their three children and fifteen suitcases, having sold everything and quit their jobs to move to Cambodia. They had the idea, James says, that if they could offer a really wonderful place to rescued children, then kids would heal.

It turned out to be more complicated than that. But James and Athena were more than equipped for the realities.

Applied Common Sense

“Rescue is not an event—it is a process,” says James. “When we first started doing this, my assumption was that we would recover girls from horrific situations, and they would come to our programs with immense gratitude and a sense of having been ‘rescued.’” Instead the girls were often angry, confused, afraid, and traumatized. “Girls would yell, cuss, fight, and many times express a strong desire to return to their exploiters and abusers.” One of the most difficult problems James and Athena faced was recidivism, which runs about 75% internationally and in 2008 ran about 25% in their program.

Having worked with at-risk teenagers, they already had some understanding of what it was going to take, and they interviewed specialists in every pertinent field and reviewed existing programs, pulling the best from what they learned. Athena was soon in charge of the operation and management of a four-pronged, innovative, long-term residential program providing a holistic form of care for trafficked children. James was the spokesperson and provocateur who educated others and raised funds, recently aligning his Transitions Global program with Abolition International and Hope for Justice. Their intent is to encourage not only rescue and healing but the skills and education that will restore hope to each girl, because freedom without a future is simply another form of slavery. Recidivism in their program dropped to below 10%.



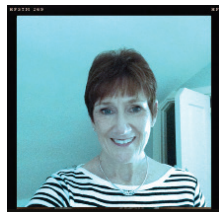
Sex Trafficking in the U.S.

In 2007, James and Athena took on the issue of sex trafficking of girls within the United States—what courts had been calling “youth prostitution.”

The United States has great federal child protection laws, according to James, but they are so broad that cities and states have been confounded about how to effectively implement them. In some states, for example, “decriminalizing” the charge of prostitution for minors has actually made intervention harder because girls cannot be held long enough to get them invested in treatment services. In Texas, by contrast, says James, “prostitution for a minor is a ‘status offense,’ like running away, truancy, and curfew violations. This allows for law enforcement and the juvenile court systems to intervene and provide services to victims.” James also notes that when sex trafficking crosses state lines, it may make prosecution easier but might actually make delivering services harder because of jurisdictional issues.

These are serious but solvable problems. In addition to overseeing global aftercare efforts in Cambodia, the United States, and the United Kingdom, James and Athena are currently working toward solutions for how we, as a nation, can begin providing children with meaningful, healing services. More information about sex trafficking and ways to help is available at www.hopeforjustice.org.

There was no one moment, muses James, when he and Athena suddenly changed the direction of their lives. Their path was the culmination of their experiences. Recently, one of their program graduates came back to visit James and Athena, bringing her husband and her children. It is in these successes that James and Athena have found joy and purpose. “This is a long fight,” says James, “and a journey that we deeply believe in.” a



Mary Carol Melton

Women of Excellence 2009

By: Elaine Stenger

Have you felt the powerful whisper of grace? Have you been overwhelmed with the loving kindness of another? It may be the driver who lets you in without knowing the day you've had or the cashier who sees I'm-at-the-end-of-my-rope and gently says "Let me help you with that." The grace in these moments catches us, reassures us 'life is good' and sets us down softly.

Time spent with Mary Carol Melton is full of powerful whispers. She greets you as if you are just the person she wants to see! Then she captures you, warms your heart and sets you down gently. She is a grace-magnet who pulls you in with such delight you can't help but come alive.

When asked to describe herself, she says enthusiastically, "I love people and always look for the positive. I see the good in everything and deeply appreciate meeting and learning from others. I thrive on the connection."

"I am from a family of seven and my parents valued every one of us. 'Being of service' was what was expected of us; it was part of our DNA. And I saw early on I could positively influence things around me." Ah, the powerful whisper of grace.

"Our work is to recognize and share our gifts in a positive way. I have a gift for making others feel they are an important part of the world. I influence change because people know I value them, and they trust me. Friends and co-workers often teased me about being a Pollyanna."

With a twinkle in her eye she confides, "It took me a long time to own the power of Pollyanna. Once I found my voice, there was no turning back!"

As the Executive Vice President of Cincinnati Union Bethel and Project Director of the Off the Streets® program, Mary Carol says, "I am blessed to have the role I have —bringing people together to create solutions. The Off the Streets program was the result of such an effort. Our prior attempts to help women trapped in poverty and prostitution were not working. So for one year, we gathered social service agencies, police officers, court officials, and some of the women together to figure out what we could do differently that would be more effective."

"When we share common ground and all views are honored, we create more successful solutions."

Mary Carol smiles as she says, "I am motivated every day to use my

gifts to make a positive difference; I especially love mentoring others. Part of my work is to connect women with their internal strengths so they can move their lives in a positive direction."

"Some of the best gifts in my life have come wrapped in weird packages. My struggles as a single mom made me more compassionate and more understanding of challenges women face in the world. I have a low tolerance for people who disrespect others and themselves."

"Women are often innovative leaders because we bring our inherent talents, strengths and wisdom into new and emerging leadership opportunities. There is no one formula or set of skills for being a good leader. Leaders have all kinds of gifts and demonstrate them in a variety of ways without worrying what others think."

As we say goodbye, I realize the grace-magnet is at it again. Mary Carol has lifted me up, filled me with inspiration and gently sends me on my way. a

Shop the Women of Excellence Collection on page 32



✂ If you could change one thing in the world what would it be?

"The world would be a place where everyone treats themselves and each other with acceptance, love, dignity, and respect."

✂ What women's cause is closest to your heart?

"Program causes: Off the Streets® and the Anna Louise Inn. Root cause: Women understanding and claiming their strengths and talents."

✂ What is the most important piece of advice you would share with a young woman growing up today?

"Be gentle and kind to yourself. Discover what you like or what you are good at and you will discover your passion. There is comfort in claiming and sharing your gifts. A favorite quote: "Working hard for something we don't care about is called stress. Working hard for something we love is called passion." Give yourself permission to claim your value however it shows up."

✂ What women influenced you the most either past or present?

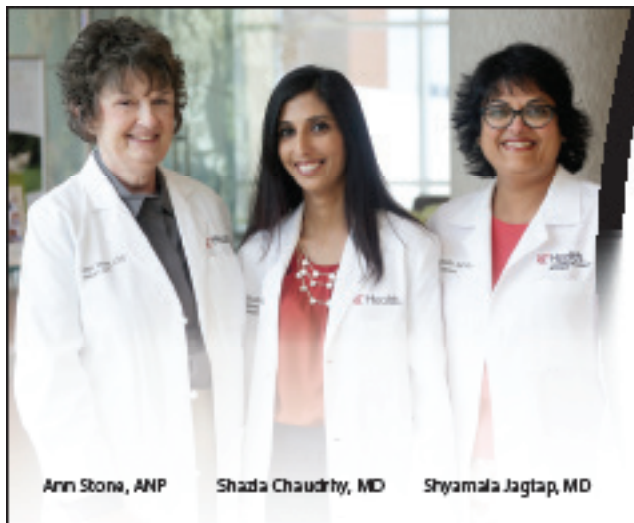
"From my daughter, I learned about paying attention to what is most important in life. When a speech I was scheduled to give conflicted with her 3rd grade school presentation, she calmly announced, "I am much more important than a speech." She was right and I found someone else to give the speech." "My children continue to teach me to be a more loving, caring person and not sweat the small stuff. After my son needed a kidney transplant, I have a deep appreciation and gratitude for each day. Each moment is so precious that I live with a sense of urgency."

✂ What's your favorite quote?

"Wait to worry. Just wait before you worry."

"Don't live one unnecessary moment in negativity. Don't waste time worrying."

"Be the change you want to see in the world." –Gandhi.



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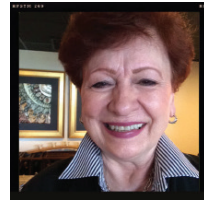
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soHza sister

Mary Sue Cheeseman

Women Helping Women

By: Cathy Habes

Picture the rings within a tree trunk, each layer of growth building from a strong central core, each affecting the rings to follow.

Mary Sue Cheeseman's story resembles those concentric rings. The latest ring is the career in geriatric care taken up by her daughter. "She has an absolute passion for it," says Mary Sue, awed by her daughter's ability to see in her clients not just the frail, aged frames but the persons they have always been.

Like mother, like daughter.

Step back a few rings and you are immersed in Mary Sue's long association with Women Helping

Women. "Back in the early '90s, I became aware of a couple of local stories that really touched me," says Mary Sue. She wholeheartedly volunteered her formidable fund raising skills to get the message out to people who could help.

And her skills? They came from a high-powered administrative career at the University of Cincinnati College of Medicine. Yet Mary Sue says she backed into her career almost by accident, long ago, even closer to that solid central core, working on fundraising when she was briefly the assistant to the Dean of the Harvard Business School.

And we arrive at that central core which shaped all the spiraling rings of her life.

"My parents were both from humble backgrounds and didn't have a lot of money in the early days," says Mary Sue. But even when they had very little, they always gave to other people. "And my Mom is still very much that way." For her mother, says Mary Sue, it is all about giving rather than taking.

Like mother, like daughter. a

[Shop the Women Helping Women Collection on page 29](#)

— If you could change one thing in the world what would it be?

"There are so many things! But to teach the world that every person has value. Whether or not they live like you, look like you, agree with you—every person has value."

— What women's cause is closest to your heart?

"Women Helping Women for two reasons. The stories touched my heart, and I really liked the people in the organization. I continue learning from them how to have a broader perspective."

— What is the most important piece of advice you would share with a young woman growing up today?

"Not to be afraid to make mistakes, as long as you learn from them."

— What women influenced you the most either past or present?

"My mother"

— What's your favorite quote?

"Ain't no right way to do the wrong thing." –Waylon Jennings





conscious play

by Deborah Ooten, PHD

The fall season is approaching and with it comes the need to reflect on how we play and prepare ourselves for this transitioning time of year. This is a time of winding down just before we begin to build back up for the holiday season. Adult play is sometimes very complicated and hard to achieve in our fast paced, striving-centered culture.

Ask yourself, how do I relax and play? What are the things that help me to balance work, play and self care? Do I enjoy playing in the garden or do I prefer to expand my consciousness by participating in the arts? How do you play, relax and center yourself?

I just had a vacation at the beach, and I observed that it took me a good three days before I could shift from my usual frenetic pattern of work, where I am always on call and ready to meet whatever need or challenge arises. Once I was able to relax and center myself, I found that it was easy to be more present in the moment and not as anxious. My mind easily went to the activities that supported my relaxing and playing. I found that it was clear how I wanted to spend my time. I wanted to see movies, plays, and listen to the music that was available. I wanted to rest in the sun on the beach and just allow time to pass without any real structuring of what was next.

I was once again amazed at how “out of balance” I—and we—can become because of the culture of striving that we live in. Making a living, taking care of our family and friends, and fulfilling our obligations all seem to become more important than being present in the moment and to our need for play and balance.

How do you get out of balance? How are you not taking care of yourselves? What helps you to relax, center and play? What are the things that really “feed” you in your life? Be prepared to shift some of the obligations in your life. This will allow for the freedom to experience the moment

in a more relaxed and playful manner.

This season brings with it great opportunities in our area to enjoy the arts. Music, plays, operas, ballets, outdoor concerts and gatherings of all sorts are available each weekend and in the evenings. Explore what brings you joy and helps you to be present in the moment. The arts usually help to expand consciousness and create a space within ourselves that allows for growth and greater awareness.

As you reflect over how to invite play into your life,



consider what helps you to relax and become more aware of yourself on a deeper level. Do you allow music to take you to a deeper experience of yourself? Do you allow the play or ballet to stimulate new ways of thinking about the symbols in your life? Do you allow for an expanded awareness to arise out of this type of “play”?

Remember that the arts are a way to transport you in the moment to a space that is relaxing and rejuvenating. This place is where you can find the inner peace and calm that you need for a mini-vacation from the stress and striving of each day. So RELAX and PLAY in new ways that expand your consciousness and allow for new information to be revealed about you.

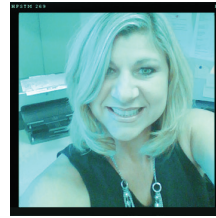
I believe that it is vital to balance work, play and self care. These three centers of the self often become unbalanced without consciously attending to them and making choices that create time for play. Take time to look at how you create play in your life. Promise yourself that you will do something new in the area of play that will help to shift your awareness. Step out of your comfort zone and try something new, maybe even invite someone new to go with you. In the area of play, STRETCH yourself to new levels and ENJOY the experience in the present moment. a



Ann Brandon

Women's Crisis Center of Kentucky

By: Cathy Habes



Twelve years to the day after Ann Brandon left behind a six-figure corporate salary and began life with a new purpose, she reflects on a journey which has been a passion and a pleasure every single day. And the message beneath her story is a powerful one—a brave change in one woman's life can contribute to a big change for her community.

"I lost both my parents within 28 days of each other," says Ann. While grief washed over her, the idea of the briefness of life began speaking to her. "I knew this was prompting me to something bigger and better."

Ann answered an ad and found—as if by divine intervention—that the work of the Women's Crisis Center in Northern Kentucky aligned perfectly with events in her life.

In the past, Ann had grappled with being a witness to child sexual abuse. She had experienced sexual assault herself. She had acquitted herself responsibly in these situations, but she fears that other times she stood by when she should have done something. "And as a society, we have all done that," says Ann.

Today Ann continues to align her work with her core beliefs by training

young high school opinion leaders in "bystander techniques" for preventing all types of power-based personal violence. She says it has been worth the sacrifice to see the results: a reduction in violence by 40% in Green Dot implementation schools.

By bringing her work into balance with the principles and passions of her life, Ann contributes to a unique program that has a measurable impact in preventing violence. In concert with and inspired by others, Ann steps up instead of standing by. a

[Shop the Women's Crisis Center Collection on page 33](#)



✂ If you could change one thing in the world what would it be?

"The love that's missing."

✂ What women's cause is closest to your heart?

"The Women's Crisis Center because we're changing the world. No one deserves to be hurt."

✂ What is the most important piece of advice you would share with a young woman growing up today?

"Declutter your mind and find your true purpose."

✂ What women influenced you the most either past or present?

"Dr. Dorothy Edwards of Live the Green Dot. And my mother."

✂ What's your favorite quote?

"Be the change that you want to see in the world." –Ghandi

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The Women Behind our Jewelry



Raven & Lily Ethiopia, Africa

In the Entoto Mountains, a community of over 100 HIV-positive women transform artillery shells into metal beads, manipulated by

their deft hands into wearable art. Forty-two bullet casings create one necklace, providing these women with fair trade wages. Andinet speaks for her community: "This program has changed my life."

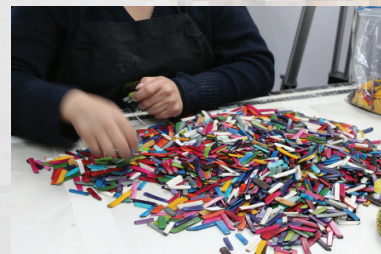


Muichic Columbia, South America



Heydi's mother couldn't give her daughter many material possessions, but she passed on the skill to create unique tagua jewelry. Tagua seed, once dried, becomes rock solid and resembles much-

coveted ivory. Heydi and other craftswomen in Bogota utilize this botanical ivory to provide for themselves and save our tusked friends an ocean away.



Faire Collections Ecuador, South America

Jacinta struggles to provide for her family and works diligently to create her own opportunity. Using pambil and acai, Jacinta crafts stunning jewelry, sustainably sourced according to native Kichwa traditions. As a result, Ecuadorian artisans provide for their families while keeping their cultural heritage alive.



Leakey Collection Kenya, Africa

In 2001, a drought devastated the plains of Kenya, endangering the Maasai people's livelihood. The women took matters into their own hands. These strong, proud women create unique, earth-friendly jewelry out of Zulugrass, which grows in abundance on the plains. This natural resource enables the tribe to continue to live their traditional lifestyle.



Made by Survivors, India & Nepal

Sopheak was a wilted flower who became a blossom of hope. Srey, sold to a brothel at age 11, chose action over resignation. Both women, survivors of sex trafficking, refused to "stay in their places." They trained as silver artisans. Through their jewelry, they are breaking gender barriers and transforming their families and communities.



Indego Africa Rwanda, Africa

Genocide left Rwanda with a 70% female population and an economy in shambles. But artisanal cooperatives throughout Rwanda partnered to export one-of-a-kind art. Women utilize local resources such as cow horn and tin to create stunning pieces that are so much more than just jewelry—they fund job skills training that are a second chance at life.

Faire Collections Vietnam

Local Vietnamese artisans are showcasing Vietnam's rich cultural heritage through their unique fair trade jewelry. Huong used to be a street vendor but now crafts



finely polished, handmade bullhorn bracelets. "My life is much more stable here," she says, as she endeavors to support herself and her two sons.

Harper Belle Bali, Indonesia

Harper Belle is a company that believes jewelry can provide life. The sale of each piece of handcrafted jewelry provides life-changing vitamins to undernourished kids through a partnership with Vitamin Angels. Incorporating traditional techniques with genuine materials like freshwater pearls is an extension of the native traditions and culture of Indonesia.

Jenny Krauss Paccha, Peru

The women of Ayacucho, an impoverished community high in the Andes, have no opportunity for income other than their superbly fashioned belts, scarves, and bags which they have been hand-crafting for centuries. Fabrics of native alpaca are woven on homemade looms, and embroidery is expertly stitched—artisan work at its best.





15% of all sales go to Women Helping Women



del mar braided multi quartz
\$215



tiffany kunz fringe fade choker casings necklace
\$138



little sifa bullhorn recycled tin necklace
\$75



midnight and turquoise colorblock acai wrap bracelet
\$26



midnight and turquoise acai colorblock necklace
\$48



linda pretty pearl necklace and earring set
\$50



kiza recycled tin bar necklace
\$48



plum classic tagua bracelet
\$26



aros tagua earrings
\$32



signature dragonfly bracelet
\$165

shop at www.sohza.com/women-helping-women-collection/

Women Helping Women Collection

15% of all sales go to Girls on the Run Cincinnati



beatha leather wrap bracelet
\$48



vintage deco wing bullhorn earrings
\$34



yami distressed leather tote
\$188



nikuze bullhorn and african grass necklace
\$120



tigist silver kaleidoscope necklace
\$125



jade & lime colorblock acai wrap bracelet
\$26



keranga silver wrap necklace/bracelet
\$82



watamu zulugrass multi strand necklace
\$40



mini eden tube casing snap bracelet
\$76



alem mint string and casing necklace
\$27



buddah pearls white with black tassel
\$40



peruvian floral embroidered belt
\$69



sela silver bullet casings dangle earrings
\$52



fuchsia polished tagua bracelet
\$26



sela silver bullet casings wrap bracelet/necklace
\$88



love heals emma frost braided pink pearls
\$390



monochrome peruvian embroidered star tote
\$149



tigist kaleidoscope gold bullet casing hoop earrings
\$32



silver bird short bullet casing necklace
\$62



fuchsia restyle recycled leather bracelet
\$18

15% of all sales go to The Pink Ribbon Girls



shop at www.sohza.com/girls-on-the-run-cincinnati/

shop at www.sohza.com/pink-ribbon-girls-collection/

15% of all sales go to Women of Excellence

15% of all sales go to the Women's Crisis Center of Kentucky



taza multicolor tagua choker \$44



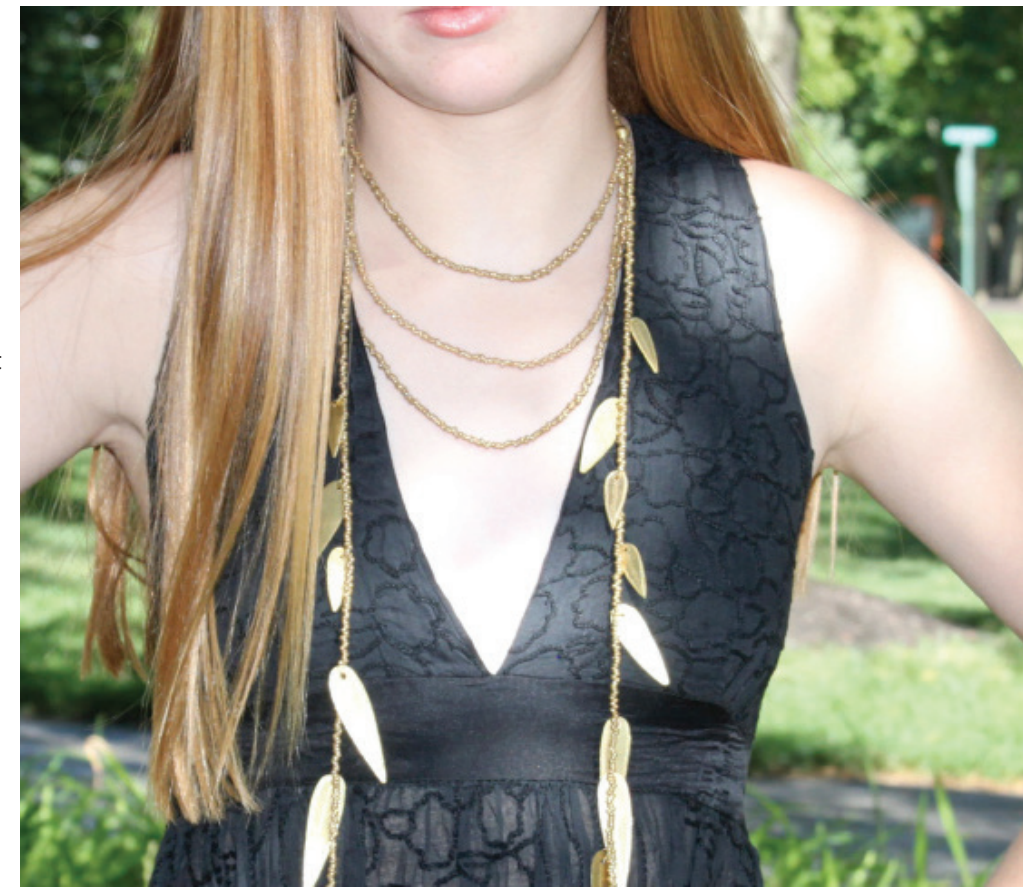
almaz gold leaf recycled bullet casing cascade necklace \$158



asmir gold triangle charm bullet casing earrings \$36



polis turquoise and green tagua earrings \$26



elsabet tube recycled bullet casing necklace \$62



large flat flowers on stripe purse \$35



love heals score necklace/bracelet wrap \$225



oxford alpaca scarf - onyx & ivory \$98



bass tagua bracelet \$34



steel lagoon tagua necklace \$48



carmen steel and ivory statement cascade necklace \$146



steel and ivory colorblock acai wrap bracelet \$26



ivory mini cascade necklace \$115



jade classic tagua bracelet \$26



fikas green and gray tagua necklace \$36



multi colored acai wrap bracelet \$26



chic black tagua necklace \$53



flor natural tagua necklace \$49



restyle leather purple petal snap bracelet \$18



snake zulugrass multi strand necklace \$40

shop at www.sohza.com/women-of-excellence-collection/

shop at www.sohza.com/womens-crisis-center-collection/



how to get involved

Pink Ribbon Girls

Pink Ribbon Girls offers free services and support to our members through our Simply Fight! and NO Age NO Stage programs. These free direct services include healthy meals, housekeeping, transportation and peer support.

"No One Travels this Road Alone."
Coffee Talk Shopping Event
December 7, 2014
6 - 9pm
Book Bums
8992 Cincinnati Dayton Rd, West Chester, OH 45069

What kind of Pink Ribbon Girl are you?
Visit www.pinkribbongirls.org for information on how to apply for services, become a donor and/or be added to our roster of amazing volunteers.

Girls on the Run

We inspire girls to be joyful, healthy and confident using a fun, experience-based curriculum which creatively integrates running. Girls on the Run is a transformational physical activity based positive youth development program for girls in 3rd-8th grade. We teach life skills through dynamic, interactive lessons and running games.

Girls on the Run 5k on November 15
<http://www.gotrcincinnati.org/159-fall-2014-girls-on-the-run-greater-cincinnati-5k>

Girls on the Run SoleMates team (ongoing need):
www.gotrcincinnati.org/get-involved/solemates

To get involved, people should check out our website:
<http://www.gotrcincinnati.org/get-involved>
We need volunteer coaches, SoleMates, and race participants and volunteer.

The Women of Excellence Fund

The West Chester • Liberty Chamber Alliance's Ethel Moritz Woman of Excellence Scholarship is an annual \$1,000 scholarship presented to a woman who is continuing her education and is dedicated to her community. The scholarship is an extension of the Women of Excellence program, which recognizes women who, throughout their careers or volunteer work, have enhanced business, education, culture and philanthropy.

November 21st 2014
The 13th Annual Women of Excellence Gala & Awards
6:00-10:00pm • Cincinnati Marriott North at Union Centre
6189 Muhlhauser Road in West Chester
The Women of Excellence Award honors 10 Deserving Women.

2014 Honorees
Carol Buckner, Diane Grimes, Sue Guttag, Amanda Horne, Sarah King, Shellie Leder, Donna Leslie, Sue Mahlock, Christine Maticic, Karen Mueller

To attend the November 15th event and join the celebration, make your reservation online at www.TheChamberAlliance.com/woe or call 513.777.3600. Tickets for this black-tie event are \$65 per person, \$125 per couple and \$30 per student.

Women Helping Women

Women Helping Women empowers survivors of sexual assault, domestic violence and stalking by providing advocacy, support and options for safety and educates the community to create social change.

Sunday Salon Series

Sundays from January 25, 2015 – March 30, 2015 (with the exception of February 1 which is Superbowl). Sunday Salons are intimate gatherings with dynamic people, engaging topics, delectable food and drink all held in Cincinnati's finest homes. Find out more information about Sunday Salons by visiting www.womenhelpingwomen.org/events/salons.

Light Up the Night 2015: Join us on Thursday, April 30, 2015 from 5:30 – 9:30p.m. at the Horseshoe Casino in downtown Cincinnati
www.facebook.com/lutnwhw. #lutn2015.

Ways to Get Involved

For information on how to donate visit <http://www.womenhelpingwomen.org/get-involved/donate/>.
Volunteer: Hospital Advocates, Court Advocates, Hotline Advocates, Education Advocates, Childcare Providers and Administrative/Clerical Advocates. For more information on how to become a volunteer, please visit <http://www.womenhelpingwomen.org/get-involved/volunteer/> or contact Kendra Massey at 513-977-5546 or kmassey@womenhelpingwomen.org.

There are also opportunities to serve on fundraising event committees. For more information, please contact Melissa Heine at 513-977-5552 or mheine@womenhelpingwomen.org.

Women's Crisis Center

The Women's Crisis Center of KY is a leader in promoting the social change needed to end domestic violence, rape and sexual abuse. They provide immediate access to effective crisis intervention, support and personal attention to victims of partner abuse, rape, sexual assault and victims of human trafficking. The Women's Crisis Center helps sustain a safe nurturing environment empowering victims to gain self-esteem and self-sufficiency and to move beyond victimhood to become strong survivor.

Northern Kentucky
24 hour Crisis Line
800.928.3335 Toll Free
In Northern Kentucky:

Now accepting applications for the March 2015 Volunteer Training Session!
Please contact Kelly Rose, Volunteer Coordinator if you are interested at krose@wcky.org or 859-372-3578.

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We've built a team approach to cancer care.

It takes an experienced team of doctors with highly advanced technologies, such as the Elekta Infinity™ with Volumetric Modulated Arc Therapy (VMAT) and 4D X-Ray Volume Imaging (XVI) to garner the best outcomes. The TriHealth Cancer Institute is transforming cancer care in Greater Cincinnati with a unified team of experts, including radiation oncologists, medical oncologists, surgeons, geneticists, nutritionists and care navigators to help our patients every step of the way.

Radiation Oncologist:
Michael Shehata, MD
Daniel White, MD
Jessica Guarnaschelli, MD
Thomas Morand, MD



“It is said that for money you can have everything, but you cannot. You can buy food, but not appetite; medicine, but not health; knowledge, but not wisdom; glitter, but not beauty; fun, but not joy; acquaintances, but not friends; servants, but not faithfulness; leisure, but not peace. You can have the husk of everything, but not the kernel.”

–Arne Garborg

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