THE PEOPLE’S CALL TO NATIONS

I stand for a life free from all forms of violence for every woman and girl, everywhere. I hereby join the call for a Global Treaty to Eradicate Violence Against Women and Girls.

Parties to the present Every Woman Treaty:

Affirm the right of girls and women to a life free from violence throughout their lives, in every sphere, including but not limited to the public, private, and virtual domains;

Condemn all forms of violence against girls and women of all ages and abilities in every sphere;

Recall that violence against girls and women hampers the growth and prosperity of individuals, families and societies, and that it impedes the full potential of women and girls, as well as the development of their communities, nations, and the world;

Note the Charter of the United Nations and existing Treaties, Resolutions, Declarations, and Recommendations adopted by the United Nations promoting the equality of girls and women;

Concerned still that despite these instruments, extensive and systemic violence against girls and women continues to thrive with an inadequate response;

Resolve that the adoption of a global treaty will strengthen the protection of girls and women by ensuring successful implementation of laws, policies, and measures by state parties to eradicate violence against girls and women:

ARTICLE 1: All national parties shall enact or enhance comprehensive national reform:

1. Reform laws to eradicate violence against women and girls.

2. Implement interventions through health, justice, and security professionals who serve survivors, such as judges, police, doctors, and nurses.

3. Provide services to survivors of violence.

4. Enact prevention education campaigns based on rigorous evidence of effectiveness.

ARTICLE 2: Establish a global implementation fund to finance interventions specified in Article 1, through governments and/or international and local nongovernmental organizations.

I hereby urge nations to adopt the Treaty, mandating that governments and citizens alike undertake the work required to end this pandemic of violence against women and girls.

Name

Email

Signature
Every now and then, a contribution can be so great that the universe is forever changed. People like Mother Teresa and Steve Jobs, have gone down in history for their earth shattering, global contributions. This level of accomplishment is hard to come by. Though many of us will not change the world to this degree, we will, however, leave a more modest legacy. It may not shatter the world or reach textbook-worthy fame, but it will touch those around us and it will leave a lasting impression.

“Making an impact will be just as important as making an income,” says inspirational thought leader Carew Papritz, “and in 2019, adopting a legacy-driven mindset will be crucial for business and personal success.” Entrepreneurs often think only of the bottom line, but adopting a legacy-driven mindset puts you in a position to make that quantum leap forward. It will help monetize your business success and create increased revenue opportunities. Thinking about long-term successes rather than short term fulfillment keeps you focused and on your specified path during times of chaos and uncertainty. A legacy doesn’t mean the end, but the beginning of a new phase in your life or the next chapter. Papritz says in order to succeed, you should identify and evaluate your legacy at each stage in your life, whether it’s career oriented or personal. Ask yourself, if you were to leave your current position or lifestyle, how would others define it? What legacy could you leave behind?

“A Renaissance Man in an age that lauds the specialist, The Huffington Post says Papritz “intrigues and enlightens, charms and catalyzes change for every reader.” Papritz is one of the most innovative authorpreneurs of the 21st century, having been compared to the likes of Elon Musk in his approach to book marketing. What makes him so successful?

With a background in Hollywood filmmaking, Papritz understands the art of drama and showmanship. To promote his book The Legacy Letters, he created numerous dynamic and attention-grabbing publicity stunts which were whimsical, fun, and most importantly... effective. From his unique series of “First Ever” book signings---on top of volcanoes, on horseback, while river-rafting, in post-Castro Cuba, and on Amtrak-- to his annual literacy-driven charity event, “The Great Book Balloon Launch,” Papritz is making waves and making an impact in his industry by being an advocate for literacy and teaching future generations about the importance of legacies.
The U.S. Army Field Band and Soldiers’ Chorus will perform in Glen Burnie on Jan. 26 at the North County High School Auditorium. The performance begins at 7:30 p.m. and tickets are free to the public.

The Army Field Band will perform the “The Army Story.” Since 1775, the Army has been an integral part of our nation’s journey, through times of struggle and innovation. The Army Story brings audience members the music that has had a large impact on American culture and the perception of soldiers’ lives and sacrifices. Through musical and visual elements, The Army Story reminds Americans of the contributions, service and sacrifice of our soldiers.

“The Army remains committed to our soldiers, our veterans and our country and it is the people of the United States who we all serve,” said Col. Jim Keene. “It’s a privilege to be in Glen Burnie connecting America to its Army. Using the power of music, our soldiers pay tribute to all service members who have liberated the world and who have preserved America’s freedoms and our Constitution.”

WHO: THE U.S. ARMY FIELD BAND CONCERT BAND & SOLDIERS’ CHORUS
WHEN: JAN. 26 AT 7:30 P.M.
WHERE: NORTH COUNTY HIGH SCHOOL AUDITORIUM, 10 E FIRST AVE, GLEN BURNIE, MD
TICKETS: CALL 443-962-4012
COST: FREE

MEDIA ONLY:
If you are interested in covering a concert, speaking to a member of the ensembles or having members of The US Army Field Band on your show, please contact Elizabeth Peace.

About The U.S. Army Field Band:
The U.S. Army Field Band tours nationally and internationally as directed by the Department of the Army, and serves as the liaison between the Army and the American people. The Army Field Band consists of four performing components and a far-reaching educational program. Each concert tour is sponsored by a local organization with the mission of supporting local community events such as centennial celebrations, festivals, and city and state commemorations. To become a sponsor or for more information, visit www.ArmyFieldBand.com.
THE IMPORTANCE OF ‘PUBLIC VOICE’ ON ‘CORRUPTION’

In Australia the most disturbing thing is that there is ‘NO VOICE’ for the ‘PUBLIC’ on ‘CORRUPTION’. I raised a National and International Security Problem in 2014 relating to fraudulent transactions since 2011 and all those responsible look the other way.

All avenues to be heard are currently blocked. For myself I had to take a huge risk for my reputation and step up to make my stand to be heard via social media on Linked In in 2017 and that has not been easy with them often stopping my posts, but I have forged on determined to be heard.

The most disappointing thing for me is to not be heard by my own Government or Media. After finally going public in 2017 I have found an extraordinary number of others also ‘VOICELESS’. We still have no Bill on Human Rights and no Whistle-blower program in place and it is 2019. Certainly not the example of a “first world” country.

Although we have many regulatory agencies, I personally have exhausted I feel every avenue to seek help or justice and hence why I seek international intervention to help myself and fellow Australians.

Since early 2015 I have reached out to former Prime Minister Tony Abbott and received an auto-reply, his then Treasurer Joe Hockey – passed me off to my local Member of Parliament Andrew Broad, he too passed me off to our Justice Minister Keenan – who also acknowledged then ignored, he has recently resigned.

After a change in government in 2015 I contacted another now former Prime Minister Malcolm Turnbull who acknowledged and then passed me off to his then Treasurer Scott Morrison. As I could not find anyone to step up, I started preparing my report to go to our Regina Queen Elizabeth II, as I could not find anyone that was functioning per their paid role and responsibility.

I raised with our Governor General Peter Cosgrove who in writing advised me to contact LIFELINE. I am still shocked until this day as to why he never escalated to relevant authorities. Not that I had any action from them since 2014.

We had another change in government in 2017 and now Scott Morrison is Prime Minister – he still ignores me.

The Opposition leader Bill Shorten also acknowledged me in 2016 and continues to ignore. Even our Senate Standing Committee on Economics will not meet with me.

We have a Rogue out of control Government that does not listen to its people. Regulators and Law Enforcement who do not act.

Our Media failed us long ago.

As not one of the abovementioned will still acknowledge the people who pay their wage and they are sworn to serve.

I believe we the public must seek to have them removed and have honest, trustworthy people who will stand for the betterment of our country, that is serious about our National and International Security and cares and loves its people as I do.

HELEN M. EDWARDS
Australia
12th February 2019
NEW YORK, NY – VP Records, the world’s largest reggae music company, announces a yearlong calendar of activities in celebration of its 40 years in the United States. The year will feature a variety of music and cultural events, products, historical exhibits and experiences, in Jamaica, across the U.S., Toronto, Canada and London, England.

“VP is integral to the history of reggae and dancehall music. We take this responsibility seriously and we are using our 40th anniversary to celebrate the music’s rich heritage as we steward the genre into the future,” said company president Randy Chin. “A major focus for the anniversary is highlighting the company’s commitment to the development, promotion, and globalization of Jamaican music.”

Marketing Caribbean culture and island lifestyle through music, events and merchandise, VP Records has been at the heart of reggae, dancehall and soca for 40 years. From Dennis Brown, Barrington Levy, and Freddie McGregor to Sean Paul, Beenie Man, Lady Saw, and Tarrus Riley, VP Records has become home to some of the biggest acts in reggae music. The label’s current roster includes Alborosie, Jah Cure, Raging Fyah, Gyptian, Beres Hammond, Queen Ifrica, Ikaya, Jah9, Fay-Ann Lyons, Christopher Martin, Maxi Priest, Busy Signal, Spice, Romain Virgo, and Spiritual.

The company kicks off its anniversary celebrations with a return to its homeland of Jamaica in January for Strictly The Best – LIVE Montego Bay on January 30th, continuing into the summer with a historical exhibit titled A Reggae Music Journey at Donald Sangster airport in Montego Bay. The exhibition will move to Kingston’s Norman Manley International Airport in June 2019 through the end of the year. Following are a sampling of the calendar of events celebrating this important milestone:

Strictly The Best – LIVE Montego Bay – January 30th
Since 1992, VP Records has consistently produced one of the most anticipated compilation albums each year, Strictly the Best. The series presents the hottest songs and breaking artists from Dancehall and Reggae. To kick off its 40th anniversary celebration, VP Records will launch Strictly the Best Volumes 58 & 59 in Montego Bay, Jamaica at Usain Bolt’s Tracks & Records restaurant. The event will include performances by Alborosie, Christopher Martin, Shenseea, TeeJay and Raging Fyah as well as guest appearances from some of Reggae music’s biggest stars. A two-hour segment will be broadcast live via RETV in Jamaica and worldwide over the VP Records YouTube channel. VP Records will also host watch parties for the event in New York, Miami, Atlanta, Los Angeles, and Toronto.

A Reggae Music Journey – Year-long
A curated year-long visual and musical journey chronicling VP Records illustrious history, the installation will be at the departure terminals in Sangster International Airport in Montego Bay, Jamaica from January to June and then at Norman Manley International Airport in Kingston, Jamaica from July to December.

Reggae Trail - March
Where there is music, there is culture. Where there has been reggae music, the sons and daughters of Jamaica have also been. The Reggae Trail will be an interactive digital experience that features a map of historical locations throughout the five boroughs of New York City central to the growth of the Jamaican music industry and VP Records. Users will learn how the growth of Jamaica’s music abroad shadowed the migration patterns of its populace and how VP Records played an ongoing role in the growth of the music.

Record Store Day – April 20th
To commemorate the annual celebration of vinyl culture, four newly issued vinyl exclusives are expected for release. Locally, VP Records will present a live sound system showcase. Events will be held at VP Records’ retail outlets at 170-21 Jamaica Avenue in Jamaica, New York and at 6022 SW 21st St. in Miramar, Florida.

VP Concert Summer Series
VP records will be celebrating its 40th anniversary with at least three major live concerts in the New York City area this summer, including the 9th staging of the Grace Jamaican Jerk Festival at Roy Wilkins Park in Queens on Sunday July 21st. Details on additional locations and featured acts is forthcoming.

40th Anniversary Box Set - TBD
A retrospective look at the vast catalogue of hits and rarities from VP Records, this box set will showcase the record label’s contribution to reggae music.

VP Records was started as Randy’s Record Mart, a record store in Kingston, Jamaica. Under the enterprising and entrepreneurial leadership of its founders, Vincent and Patricia Chin, this mom and pop business would evolve over time into a record label and distributor with global reach. The Chin family’s ability to keep its fingers on the pulse of what the people want while adapting to where the record business is heading is what has fueled the label’s ability to stand the test of time.

For more information on VP Records, log onto www.vprecords.com.
More than 3,000 leaders from around the globe will be in Davos for the World Economic Forum Annual Meeting 2019. Contrary to the idea that Davos is just a gathering of leaders - the so-called global “elite” - there is in fact a diverse and exciting group of radical world-changers, from champions of democracy to educators of the underprivileged, coming to share ideas and find new ways to make the world a better place. Among them are community members from The Schwab Foundation for Social Entrepreneurship, The Global Shapers Community, and The Forum of Young Global Leaders. Collectively, these foundations are changing the face of leadership in the Fourth Industrial Revolution. Here are nine of the community members who will be in Davos this year. Be sure to follow along at #wef19, #YGLs, #ShapingDavos and #SocEnt.
Hicham Sabir, US
Through ShelterTech, Hicham Sabir is impacting the quality of life of homeless people in San Francisco. ShelterTech distributes WiFi and internet in homeless shelters; organizes events to bridge the gap between the tech and homeless communities locally; and has built askdarcel.org, an online repository of social services that is now contracted by the City of San Francisco.

Kennedy Odede, Kenya
Kennedy Odede is a former street child who has lived a large part of his life in Kibera, Africa’s largest slum. The programmes run by his organization Shining Hope for Communities (SHOFCO) have served more than 220,000 people. The organization is scaling across Kenya’s slums with a model that links free schools for girls to holistic community services for all.

Ernest Darkoh, South Africa
Ernest Darkoh is a founding partner and Co-CEO of BroadReach. He is widely acclaimed for his leadership in Botswana’s pioneering National Antiretroviral Treatment Program (Masa), the first national rollout of HIV treatment in Africa.

Daniella Ballou-Aares, US
Through her organization Leadership Now Project, Daniella Ballou-Aares is contributing to renewing democracy. She is focusing on its fundamental threats, including low voter turnout, gerrymandering, campaign finance rules and a lack of highly qualified candidates.

Iim Fahima, Indonesia
Through her company Queenrides, an online and offline community platform dedicated to empowering women to ride and drive safely, Iim Fahima is curating a community of 200,000 users from all over Indonesia. Queenrides sees strong engagement and runs routine, well-planned activities. It is now a collaborative platform for the general public, private sector, NGOs and government.
Debbie Aung Din Taylor, Myanmar
Debbie Aung Din Taylor co-founded Proximity Designs in 2014. It is now Myanmar’s largest agricultural services platform helping small family farms be profitable. Under her leadership, the business designs products and services to improve the productivity and income level of rural farm families through farm technology, advising and finance.

Mohammed Hassan Mohamud, Kenya
Mohammed is Co-Chair of the Annual Meeting 2019. He is a resident of the Kakuma Refugee Camp and he works for the LWF Peacebuilding Unit, overseeing measures to prevent conflict within the camp. A well-regarded ambassador of refugee rights, Mohammed has spent the last 20 years in displacement. He was recently elected the Zonal Chairman of the Kakuma Refugee Camp and is currently pursuing online studies through Regis University.

Toby Norman, UK
Toby Norman is passionate about using cutting-edge technology to solve challenges in global health and international development. He is CEO of Simprints Technology, a Cambridge-based non-profit technology start-up that builds biometrics for beneficiary identification in developing countries.

Alexandra Winkler Osorio, Venezuela
Previously the Deputy Mayor of El Hatillo Municipality in Caracas, Alexandra Winkler Osorio has been recognized for her social policy innovations and her promotion of public-private partnerships to help combat the worst humanitarian crises in the Western hemisphere. Alexandra is now dedicated to finding solutions to enhance international cooperation among the Venezuelan diaspora.
We all grow up differently. For some of us it’s the home we live in and the circle of friends we associate with. For others—those in the military world—it’s constant moving and adjustments. Some of us grow up rich, while others struggle financially. None of us is alike, yet each of us forges his or her way through this world.

For me, different was being the little burned kid. Each morning I stood motionless as my mother lathered Dermablend on my scars in an attempt to cover them up. After that came the careful selection of clothing; it was important to choose just the right items that might hide the frightening burn scars my body carried. When spring arrived, things became more difficult. With the warmer weather, I knew I would be forced to wear clothing that allowed a greater view of my scars. Summer for me was nearly nonexistent—the thought of joining in on the fun at the local pool, in a swimsuit, was beyond any of my wildest dreams. It was not my reality and never would be.

The scenario went on, year after year. This was in addition to the yearly surgeries I underwent to correct the scarring. The simple fact that I was absent from school yearly and would arrive back in bandages and casts gave way to me once again being an outcast. There was no escape; I was different, and to most, I was disfigured and frightening.

Children at school were cruel. I was ostracized for my burned body and had not a friend in the world. I was beaten and humiliated because I was different. I did not choose to be different and all I could do was live with it and pray that one day it would get better. I spent countless hours on my porch, dreaming of a world that was different from the one I knew, a world where people were kind and I was invited to be a part of the games and activities. I found solace in books and the occasional teacher who took interest in me and recognized that beyond the scars lay a child with a hunger for learning and acceptance. I excelled in all the work they gave me, which offered me the confidence to know that I was more than the little burned kid. I was somebody—with a good mind and a work ethic to match.

Through all of this I developed a strength that I would not fully understand until later in life. The beatings, comments, and sneers only made me stronger. I became forged of steel, unstoppable in the business world, empathetic to all those I came across who were a bit “different,” and kind to all those I knew. Eventually, those scars led me to a higher purpose, and in 1998 I founded the Moonlight Fund, a 501c3 nonprofit for burn survivors and their families that has served nearly 12,000 people in its first twenty-one years. There exists very little nonprofit support for burn survivors and Moonlight Fund leads the way in providing support coast to coast.

As I reflect on the torment I endured in my young life, what those scars represented and how they made my life a living hell, I am grateful. There would have never been a Moonlight Fund without the pain and sacrifices I endured as a child and young adult.

I’ve found it much easier to find humor in my experiences than to dwell on the negative. I’ve lived much of my life by my friend’s words, “laugh you live, cry you die.” My path to a life of meaning may not have been straight or easy, but I am fortunate to have found my personal stepping stones, laid out before me like a masterpiece. There is not one stone, not one memory or one experience that I would have changed. I am grateful for the good and the bad, for I am the sum of all my experiences.

For many years, I avoided becoming close to those I assisted through my work with the Moonlight Fund. Yet, eventually they would and have become so dear to me and occupy a place in my heart and my life that can be shared with no other. I’m extremely blessed to walk that path among my family. No, not my blood family, but my burn family. In them I have found the love and acceptance that had always eluded me. My time spent with them, even during times of my own turmoil, brings me back to the center and reminds me of just how powerful survival and love can be. I will be forever grateful to them, for they have provided me a life of servitude and meaning. For in the end, kindness is all that matters, and it is through our selfless acts and kind ways, that each of us will remain . . . Remarkably Intact.

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*Celia Belt,* a burn survivor, is the founder of the award-winning Moonlight Fund Inc., a non-profit organization that provides financial and emotional assistance to burn survivors and their families. She is the author of *Remarkably Intact: Angels Are No Strangers to Chains* (Broer Books, paper, $18.95). For more information, visit: [www.remarkablyintact.com](http://www.remarkablyintact.com).
The Importance of Setting Boundaries In Your Life

Many people believe that it is selfish to set boundaries. However, it is important for you to set boundaries in your personal life and professional life. There are many ways that you can benefit from setting personal and professional boundaries.

**Save Stress**
If you do not set boundaries at home or at work, then you will quickly find yourself getting overwhelmed. You may end up being drained and not having any energy to do anything else. If you set boundaries, then you will be able to reduce your stress.

**Your Own Needs and Met**
When you constantly put other people before yourself, you will likely neglect your own needs. Setting boundaries is one of the keys to making sure that your emotional and physical needs are met. You are more likely to get your needs met if you ask other people for help.

**More Compassionate**
Many people think that setting boundaries is unfair and mean. However, it can actually have the opposite effect. In fact, psychologists have found that people who set boundaries are more compassionate. Letting people know about what is and is not okay is respectful and kind.

**Better Relationships**
Setting boundaries will allow you to have better relationships with everyone around you. Conflict is less likely to occur if everyone already knows what is acceptable. You will have a more peaceful environment in the home and the workplace. Everyone will be happier as a result of this.

**Less Resent and Anger**
If there are no boundaries, then people will likely start to walk all over you. This will cause you to feel angry and resentful. However, if you communicate to ensure that your needs are being met, then you will likely have less anger and resentment.

**Peace of Mind**
You will be able to avoid letting people take advantage of you if you set boundaries. This will give you peace of mind. You will be less likely to suffer verbal and emotional abuse at the hands of anyone if the boundaries are already there.

**More Time and Energy**
Being a person that says yes to everything and everyone can be draining. However, you will have more time and energy if you set boundaries. If you say no to people and things that drain you down, then you will be able to spend time doing more of the things that you love. As a result of this, you will be happier and healthier.
10 Most Stressed Out States in America

By Wellness Editor

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stress is par for the course for most Americans. Nearly everyone feels the weight of its tug, but where you live could determine which type of stress is most likely to pull you down. Comparisons in stress caused by work, finances, family, health and safety helped to determine this list.

According to the report, the most common stressors are low income, poor health, divorce and surrounding crime rates. These 10 states have it the worst...

10. Tennessee is ranked the angriest of all states, with dozens of known hate groups and a high average of hate crimes.

9. Kentucky has the fifth highest number of people living below the poverty line. Believed to produce some of the best tobacco and whiskey in the country, the Bluegrass State also has the fifth highest population of residents suffering poor health.

8. Alabama suffers a high percentage of people with poor health and low credit. Even worse, parts of it periodically fall into the paths of devastating hurricanes, one of the most notable having been Katrina.

7. Oklahoma has the country’s fifth highest crime rate, and it experiences more tornadoes than any other state in the US.

6. Arkansas reports the fourth highest number of people living below the poverty line, and it has the most residents living in poor health.

5. Nevada, known for its numerous Las Vegas wedding chapels, reports the second highest divorce rate. Silver State residents also tend to suffer credit scores that fall far below the national average.

4. Mississippi has the largest population living below the poverty line and a high number of residents suffering poor health. Also the state birthplace of the blues, Mississippi has the fifth highest divorce rate.

3. West Virginia has some of the poorest reported health, which may be related to the fact that its residents also average some of the fewest hours slept.

2. New Mexico has the second highest population living below the poverty line. The “Land of Enchantment” also suffers the second highest crime rate in the country.

And the number 1 most stressed out state in America is...

1. Louisiana has the third highest number of people living below the poverty line despite its residents working some of the longest hours. The Bayou State also has the third highest divorce rate, the fourth highest crime rate, and the lowest of all average credit scores.

Alabama, Mississippi, Nevada, Louisiana and Arkansas also had the fewest psychologists for their populations, despite having some of the highest reported stress levels.

How does your state stack up against the highest stress areas? If you live in any of the above, you might need to double down your efforts, but you can still keep your sanity intact. If all else fails, consider moving to one of the 10 least stressed out states: Nebraska, Hawaii, Massachusetts, Colorado, Wisconsin, South Dakota, Iowa, Utah, North Dakota or Minnesota.

~ Here’s to Your Health and Wellness

Sources:
https://www.smithsonianmag.com/arts-culture/where-blues-was-born-180955479/
https://www.infoplease.com/us/states/kentucky
As the world moves ahead, diversity in the workplace will continue to grow and evolve. Additionally, thanks to the advancement of technology, it is now becoming more common to deal with clients, customers and employees from all over the world.

While this may be the new norm, the possible challenges of diversity cannot be ignored and should be recognized early on. Language barriers may make it difficult to communicate effectively, or cultural differences may inhibit employees from being comfortable enough to open up, socialize, bond or even work comfortably and closely with one another.

Jesmane Boggenpoel, author of My Blood Divides and Unites, uses the power of story to reconcile racial contradictions. Boggenpoel provides ‘Five Ways Companies Can Deal With Cultural and Racial Conflicts Internally.’

**Promote appreciation of cultural differences.** by gathering a small group or corporate break-away to share stories each others journey, identity, forgiveness, choice and lingering emotions.

**Instill a culture of empathy.** As stated in my book My Blood Divides and Unites ‘’..that’s because empathy – listening to the other person with an open heart and connecting with the other person’s feelings even if you don’t agree – can put you in the other person’s shoes, and that can often be a catalyst for repairing and strengthening broken, even hostile, relationships.’’

**Encourage everyone at work to be inspirational leaders** in a diverse and tolerant society. Also, discuss the traits of an inspirational leader. For example, instead of kneejerk reactions and outbursts, an inspirational leader explores the roots of conflict, to fears of lacking, and the desire to dominate.

**Try individual counseling.** A corporate should set aside funds from its corporate social investment or human resources budget for staff to receive counseling from past racial incidences which have caused trauma and hinder effective race relations going forward.

**Find a common cause.** There is power in bringing people together around a common cause. Technology is helping to solve some of humanity’s most complex problems that affect lower-income people and address inequality. Corporates can have its staff champion and get involved in such tech impact investing projects.

To request an interview with Jesmane Boggenpoel or an excerpt from her new book My Blood Divides and Unites, please reach out to me directly.

**About Jesmane Boggenpoel:**
Debut author Jesmane Boggenpoel is an experienced business executive and former Head of Business Engagement at the World Economic Forum. She has served on the boards of various international organizations and holds a Master’s degree from Harvard University’s JFK School of Government. Jesmane was honored as a Young Global Leader of the World Economic Forum, is a Harvard Mason fellow and a shareholder and founding board member of African Women Chartered Accountants Investment Holdings. Boggenpoel has extensive global experience having studied and worked on three continents, as well as traveling to over 65 countries.
Today, the U.S. Department of Commerce's Minority Business Development Agency (MBDA) is announcing the five organizations that received grant funds to support three MBDA initiatives – Access to Capital, Research, and Sustainable Business Models.

The call for proposals under each initiative sought solutions for constraints, disparities, and opportunity gaps that impact a minority business enterprises’ (MBEs) ability to build scale and capacity and ensure business sustainability.

“MBDA is focused on creating new opportunities for minority-owned businesses,” said MBDA National Director Henry Childs, II. “Providing greater access to financial resources, data analytics, and world-class business models will help companies grow to scale and remain competitive in the global marketplace.”

The grant recipients include:

**Access to Capital:**
- Harbor Bank of Maryland Community Development Corporation ($400,000) to facilitate MBEs receiving equal opportunity to participate in the opportunity zones provisions.
- National Association of Investment Companies, Inc. ($350,000) to provide diverse investment managers innovative and proven methods for greater exposure to increase the likelihood of MBE firms receiving capital from public and private institutions.
- The Enterprise Center ($500,000) to introduce new financing and investment models and provide patient growth capital to help MBEs hire more local employees and build their businesses to be more stable, competitive, and profitable for the long term.

**Research:**
- Research Foundation of the City University of New York ($200,000) to create an interactive visual database that maps the journey of minority entrepreneurs from inception to funding.

**Sustainable Business Model:**
- Metropolitan Economic Development Association ($382,896) to develop a playbook for developing sustainable revenue generation for other minority development organizations with a focus on merger and acquisition consulting, accounting services, and loan servicing.

These programs are part of the 2018 MBDA Broad Agency Announcement, a new initiative this year. More than $13 million was awarded for 35 projects focused on Department of Commerce and MBDA priorities from resources that increase disaster preparedness and relief to programs that increase access to capital. For a full listing of MBDA’s 2018 grant awards, visit www.mbda.gov/news.

### About the Minority Business Development Agency (MBDA)
MBDA, www.mbda.gov, is the only Federal agency dedicated to the growth and global competitiveness of U.S. minority-owned businesses through the mobilization and advancement of public and private sector programs, policy, and research. Our services provide greater access to capital, contracts, and markets and better equip minority-owned firms to create jobs, build scale and capacity, increase revenues and expand regionally, nationally and internationally.
Domestic violence can take many forms, with the most common types being physical violence, rape, verbal threats and emotional or psychological abuse. In the U.S., domestic violence is commonly associated with cases of sexual assault, stalking, homicide, mental illness and suicide. The pervasiveness and complexity of domestic violence means that anyone — regardless of age, gender, sexuality, ethnicity, religion or social standing — can be affected by this kind of abuse at any point in their life.

Every minute, an average of 20 people are physically abused by an intimate partner in the United States, according to the Centers for Disease Control and Prevention (CDC). This equates to more than 10 million people per year. What’s also alarming is the fact that there may be thousands of other victims of domestic violence who never report it, or never get the chance to. Whether you suspect you are in an abusive relationship, or you know someone who is, this page can answer your questions and connect you to the help you need.

**How to Recognize Signs of Domestic Violence**

The signs associated with domestic abuse can be behavioral or physical. It’s important to be aware of both, whether you’re the one in the abusive relationship or on the outside looking in. Sadly, despite the physical and psychological effects of abuse, some victims deny they’re being abused at all. Others are well aware, or they may suspect they’re in the beginning stages of a domestic violence situation, but they’re unsure how to escape. In addressing the signs of domestic abuse, it’s important to consider two questions — one for the victim or potential victim and one for the loved ones of the victim:

- What are the signs of domestic abuse?
- What signs should I look for if I suspect my loved one is being abused?

The United States Department of Justice defines domestic violence as a pattern of abusive behavior in a relationship that’s used by one person to gain or maintain power and control over another person. It can be:

- Physical: Using physical force to harm someone
- Sexual: Physically forcing someone to perform sexual acts
- Verbal: Using words to manipulate someone’s thoughts and emotions
- Financial: Controlling and monitoring someone’s spending (money, credit cards, etc.)

**Signs of Domestic Violence for the Victim**

For someone who’s never been in an abusive relationship, the signs of domestic abuse may be obvious, especially the physical ones. However, some victims may deny that they’re in an abusive relationship, even if they’re being physically abused, unless they see the signs laid out for them. Some of the common “red flags” of domestic abuse include:

- Having pain intentionally inflicted on you by hand or object (punching, slapping, pushing, squeezing, cutting, stabbing, bludgeoning, etc.)
- Constantly fearing the person when they’re around, or feeling fearful while awaiting their arrival
- Being repeatedly humiliated, intimidated, criticized, belittled or yelled at
- Being controlled or dominated
- Being objectified (physically, sexually, etc.)
- Blaming yourself for the person’s abusive behavior toward you
- Being physically or verbally forced into doing things you don’t want to do
- Being threatened
- Being isolated and forbidden from seeing your friends and family
- Having your personal belongings confiscated, destroyed or monitored
- Having all of your physical movements monitored

**How to Get Help**

If any of these signs apply to you or a loved one, now is the time to take action. It could save a life. If you’re involved in an abusive relationship, it’s important to know that it’s not your fault, and you CAN get out of it, even if you think you can’t. There are many resources available to help victims of domestic violence, including confidential helplines and information about shelters, that allow you to reach out with complete confidentiality. Put an end to the violence and regain your peace of mind.

**How to Get Out of an Abusive Relationship**

If you’re involved in an abusive relationship, you may think there’s no way out, but there is, and the dangers of staying can be far worse than those of leaving. Remaining in the toxic, dangerous environment of domestic violence can put your life at risk. According to the American Psychological Association (APA), more than three women are murdered by their husbands or boyfriends every day, on average. Staying could put others in your life at risk as well. Often times, abusers take their anger out on anyone in their path, even — or especially — children. And aside from the obvious physical dangers of abuse, there are a number of potential emotional consequences to keep in mind for everyone involved, including depression.

But in the midst of these risks lies hope. On a typical day, there are more than 20,000 phone calls placed to domestic violence hotlines nationwide, according to the National Network to End Domestic Violence. That means 20,000 people took the brave step to reach out for help and break free from abusive relationships. You can be part of this group, too, and be one step closer to living free from fear and abuse. The following are some steps you can take to get there:

1. Acknowledge the Abuse
2. Create a Safety Plan
3. Reach Out for Help
4. Get a Restraining Order

Denial is one of the common attributes of domestic abuse victims. Many deny (or don’t even realize) that what they’re experiencing is abuse, or they make excuses for the abuser’s actions. Some may also blame themselves for the abuse. That’s why the first step in getting help is acknowledging the abuse. Acknowledge that it’s wrong, it’s NOT your fault and you deserve better.
If you need help for a domestic violence or sexual abuse situation, call either of the following numbers to speak with a highly trained advocate who can help:

The National Domestic Violence Hotline
Main Line: 1-800-799-SAFE (7233)
TTY-Accessible Line: 1-800-787-3224

Rape Abuse & Incest National Network (RAINN)
Hotline 1-800-656-HOPE (4673)
National Dating Abuse Hotline 1-866-331-9474

If you’ve already chosen to seek help and are in a safe place, know that you made a brave decision. If you still need help but don’t know where to turn or who to trust, you’re not alone. Thousands of other men and women have stood where you stand and are now safe because they reached out to someone for help. You can, too. The hotlines on this page are all safe and confidential numbers to call. Abuse is not your fault, and it doesn’t have to be part of your life. Freedom is possible.

How to Help a Domestic Violence Victim
If you suspect someone you love is being abused, there are ways you can help from afar, or intervene if necessary. It’s important to remember that your friend or family member will likely be hesitant to admit that anything is going on behind closed doors out of fear of their abuser or denial of their abuse. But domestic violence is not something to ignore, and can lead to other dangerous activities, like drug and alcohol use. Don’t wait until the situation worsens — here are some of the best ways you can help a victim of domestic violence:

Keep an eye out for warning signs. Not all domestic violence is physical abuse, so you may never see any physical signs. It can often take the form of emotional manipulation or verbal abuse. In any case, victims usually become more withdrawn or less vocal, may seem suddenly nervous when the topic of their partner arises in conversation and may miss work or bow out of social events.

Ask if they’re being abused. This will not be an easy conversation, but your loved one needs to know they have someone they can trust. You can start by expressing your concern with a statement like, “I am worried about your safety.” Be prepared for them to be upset with you, as they may still be in denial. Let them know that the abuse is not their fault, and that they’re not crazy or responsible for their situation. Withhold negative comments about their abuser, as this may make the victim defensive. Above all, listen to what they have to say.

Be a source of encouragement. Tell your loved one to make a detailed account of any abuse, documenting it to the best of their ability. Encourage them to seek medical treatment if it’s needed. You can also offer to drive them to counseling sessions or to a shelter. In addition, many victims of domestic violence have extremely low self-esteem, and believe that they deserve their abuse. Even if they don’t want to hear it, reassure your friend or family member that they are smart, brave and strong, and remind them of all the reasons you love them.

Help your loved one craft a safety plan. Every domestic abuse victim needs a safety plan, and as a member of their support system, you can play an integral role in it. Sit down in a safe place with your loved one and outline a contingency plan, being as specific as possible. Be sure to account for each of these important points:

- Where to go at a moment’s notice
- Important documents, keys and other essentials to bring in an emergency bag
- Code word(s) for help to use with family, co-workers and friends

An escape route for the home

Connect them to other helpful resources. Make sure your loved one is aware of all these avenues for help.

- A helpful guide: How to Get Out of an Abusive Relationship

Available hotlines:
The National Domestic Violence Hotline: 1-800-799-SAFE (7233)
Rape Abuse & Incest National Network (RAINN) Hotline: 1-800-656-HOPE (4673)
National Dating Abuse Hotline: 1-866-331-9474
National Sexual Assault Hotline: 1-800-656-4673 (HOPE)
National Suicide Prevention Lifeline: 1-800-273-8255 (TALK)

 Nearby domestic violence shelters: Type in any zip code at www.domesticshelters.org to find the nearest safe haven.

Personalized safety plan checklist

Options for counseling

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Be patient. It can be heartbreaking to watch someone you love, stay in an abusive relationship, but remember, you’re not the one in it. Even if you’ve been in a similar situation, you may not know their reasons for staying. And you don’t want to pressure them to leave their abuser, either, as this will only create more stress. Be respectful of your loved one’s choices and offer to help in as many ways as you can.

Don’t turn a blind eye to domestic violence. If you suspect a friend, co-worker, family member or acquaintance is being abused, there’s always something you can do to help. If someone you love is abusing drugs or alcohol as a way of coping with domestic violence, The Recovery Village can offer them a safe space to seek treatment and healing.

Call today to learn more about the comprehensive rehab care available.

How Domestic Violence and Substance Abuse Are Connected

Domestic violence and substance abuse are intimately linked and often occur simultaneously. They are related much in the same way that co-occurring mental disorders like depression and anxiety are linked to increased drug use and vice versa. Often one is a symptom of the other, and in many cases, they go hand in hand. Yet while they’re intertwined, one doesn’t always precede the other.

Abusing drugs doesn’t always spur aggressors to physical or emotional violence and being a victim of abuse doesn’t necessarily lead to an overindulgence in dangerous substances. But when domestic violence and drug use happen together, they wreak havoc on everyone involved.

Longitudinal studies from the American Psychological Association, the National Coalition Against Domestic Violence, the Substance Abuse and Mental Health Services Administration (SAMHSA) and countless other organizations reveal a distinct relationship between the two issues and show how they can co-occur. But regardless of which issue is present first, drug use and acts of violence only exacerbate each other’s effects.

The Nature of Domestic Violence
To understand the relationship between substance abuse and domestic violence, it’s imperative to study the root causes of this specific type of aggression. The National Coalition Against Domestic Violence (NCADV) defines domestic violence as a willful intimidation, assault, battery or other abusive behavior as part of a systematic pattern of power and control, perpetrated by one intimate partner (or family member) against another.

The key to understanding why domestic violence occurs and why it’s so closely followed or preceded by substance abuse is that domestic violence is part of a systematic pattern of dominance, or a need for control. A need to have control over another person’s behavior often stems from distorted thought processes and deep-seated psychological distress, whether the perpetrator realizes it or not. The use of alcohol or illicit or prescription drugs only makes neurotic thought patterns more intense and destructive.

There are several emotional dynamics that contribute to domestic violence. The most prevalent involves a destructive “critical inner voice” that perpetuates irrational thoughts such as “You’re not a man if you don’t hit her,” or “She is making fun of you. Who do they think they are?” Acting on the lies this voice tells can convince aggressors to attempt to control their partner (or loved one)
Issues Intertwined: Drug Use and Domestic Violence
Substance abuse is a shared affliction between domestic violence perpetrators and victims. According to the American Psychological Association, excessive drug or alcohol use increases the risk of being a victim of domestic violence — and of becoming an abuser. Heavy use of drugs or alcohol increases a person’s chances of becoming abusive, and the mental anguish of domestic violence causes many victims to turn to dangerous substances. Numerous studies affirm that substance use often plays a facilitative role in violent behavior, and always exacerbates preexisting patterns of abuse.

For victims of domestic violence, this weight of repeated abuse is an extremely heavy burden. To ease the strain, many people turn to substances for relief. And in some cases, women in abusive relationships are coerced into using drugs or alcohol by their partners. Victims can experience panic disorders, post-traumatic stress disorder (PTSD) and a host of other mental ailments as a result of domestic violence. The percentage of women who consider their mental health to be poor is almost three times higher among women with a history of domestic violence than those in healthy relationships. As a result, intimate partner victimization is often correlated with an alarmingly high rate of depression and suicidal behavior.

Facing the Facts: Substance Abuse and Domestic Violence
Examining the research on when and how these issues occur can shed light on their correlation, and further discourage the use of dangerous substances.

- Young adults who experience past-year physical dating violence are more likely to have mental health and substance use disorders within six months of the abuse.
- Teen victims of dating violence are more likely than their non-abused peers to smoke, use drugs, engage in unhealthy diet behaviors, engage in risky sexual behaviors, and attempt or consider suicide. According to the American Society of Addiction Medicine (ASAM), substance abuse is involved in about 40–60 percent of all intimate partner violence (IPV) incidents.
- Domestic abuse victims are 70 percent more likely to drink excessive amounts of alcohol than those in healthy relationships.
- More than 20 percent of male perpetrators report using alcohol or illicit drugs prior to the most recent and severe acts of violence.
- On days of heavy drug and/or alcohol use, physical violence was 11 times more likely among IPV batterers and victims.

The Bottom Line: Substances Aren’t Shoulders to Lean On
Regardless of whether someone is a perpetrator or victim of domestic violence, one form of abuse should not lead to another. Heavy drug or alcohol use only enables aggression and silences guilt for those who believe they need to control others. And for victims, substances can only offer temporary relief from an unbearable situation. Perpetrator or victim, drugs are not a suitable crutch. And with the right help, they don’t have to be. If you are a victim of domestic violence, you’re never beyond help — learn how to get out of a dangerous situation or call any of the hotlines below. If you or someone you know is struggling with a substance use disorder, The Recovery Village can help. With centers across the country offering a full variety of treatment programs, this renowned network of facilities can empower you along the path to healing, and help you break the cycle of addiction for good. The first step is reaching out — call The Recovery Village today.

National Hotlines for Domestic Abuse Victims
The National Domestic Violence Hotline
1-800-799-SAFE (7233)

Crisis Text Line
Text 741741

Rape Abuse & Incest National Network (RAINN) Hotline
1-800-656-HOPE (4673)

National Suicide Prevention Lifeline
800-273-TALK (8255)

Substance Abuse and Mental Health Services Administration (SAMHSA)
800-662-HELP (4357)
Five ADA-Approved Ways to Enjoy the Warming Flavors of Winter

It's cold outside and you're probably craving your favorite (nutritionally questionable) winter comfort foods. Before you derail your diet and your health, check out these diabetes-friendly tips and cool weather recipes from the American Diabetes Association.

Arlington, VA (January 2019)—It's time to pull out your fuzzy sweaters, don your coziest scarves, pile extra blankets on the bed... and enjoy the cold-weather foods we're all dreaming about. Most of us associate the chill of winter with mugs of hot chocolate, calorie-laden casseroles, and meaty stews loaded with flavor (and a big helping of salt and fat!). But if you are one of the 30 million people in the United States living with diabetes, the recipes you crave the most when temperatures drop could wreak havoc on your eating plan.

Don’t worry: The American Diabetes Association is here to help you enjoy the very best dishes of the season without sacrificing your health.

“This time of year, it’s natural to crave foods that are heavy in carbs, fat, salt, and, yes, sugar,” says Chef Jennifer Bucko Lamplough, MBA, coauthor along with Lara Rondinelli-Hamilton, RD, CDE, of The Diabetes Cookbook: 300 Recipes for Healthy Living Powered by the Diabetes Food Hub (American Diabetes Association, November 2018, ISBN: 978-1-580-40680-2, $24.95). “But if you have diabetes or prediabetes—and even if you don’t—it's smart to resist your desire to hibernate on the couch with a box of doughnuts.”

“Luckily, many of the dishes people love to eat when it's cold outside can be recreated into healthier versions of themselves,” says Rondinelli-Hamilton. “You can get the flavor you crave without those ingredients that are bad for us all, but especially risky for people with diabetes.”

The Diabetes Cookbook is full of recipes that are satisfying and delicious. It's the only cookbook to take into account a variety of healthy eating patterns that will appeal to everyone, with or without diabetes. Categories include gluten-free, flexitarian, Mediterranean, low-glycemic, low-carb, grain-free, and dairy-free recipes, among others. Designed to make healthy eating easier, realistic, and delicious, the cookbook offers hundreds of recipes and meals tested on people living with diabetes and their families.

Here are five tips to help you enjoy the warming foods of fall and winter without wreaking havoc on your health:

Get your fill of healthy and hearty soups. “Soups, stews, and chilis warm and fill you up without weighing you down, so they’re great winter foods,” says Bucko Lamplough. “Soup also makes a great last-minute meal because it comes together quickly, and can often be made from odds and ends you already have. When you are extra hungry, try a hearty bean soup or chili, and if you’re in the mood for a lighter meal, blend some roasted winter squash into a silky puree.” NOTE: Please see the attached sidebar for a recipe for Butternut Squash Soup.

Revel in the foods of the season. Hearty, filling, and warming vegetables like butternut squash, cabbage, kale, and beets are abundant this time of year, and there are countless ways to enjoy them. In place of your usual mixed greens salad, enjoy a kale salad sprinkled with lemon instead. Or roast a medley of root vegetables like beets, sweet potatoes, and parsnips in the oven to bring out their natural sweetness. Toss pomegranate seeds, red onions, and shredded carrots into your quinoa dishes for color and bursts of flavor. NOTE: Please see the attached sidebar for a recipe for Sweet Potato Shepherd’s Pie.

Don’t go overboard on carbs. Carbs and cold weather seem to go hand in hand, and while it’s okay to eat some complex carbohydrates, be careful not to overindulge this time of year. Make sure you’re enjoying whole wheat bread and whole wheat pasta, and try to limit foods that spike your blood glucose levels, like rice, white bread, and, of course, sugar. And remember, the carb-heavy portion of your food should really cover no more than ¼ of your plate.

Add spice to deepen the flavor of your foods and drinks. Everyone loves the flavors of fall and holiday spices. But that’s no excuse to fill up on “pumpkin spice” flavored donuts, cookies, drinks, and breakfast cereals. Instead, get your fix naturally and healthfully (and minus the added sugar!). Sprinkle cinnamon on your sweet potato, your dessert, or add a bit to your homemade tomato sauce to deepen the flavor (trust us). You can also add a pinch of nutmeg to your morning coffee, or some fresh or powdered ginger to spice up your afternoon cup of herbal tea.

Enjoy healthy versions of your favorite cool-weather desserts. “The winter months are full of holiday dinners, parties, and events where you may be tempted to go overboard on dessert,” says Rondinelli-Hamilton. “The good news is, you can still occasionally enjoy something sweet without letting it derail your health. For example, if you want a small piece of pie after dinner, plan to pass on eating a dinner roll or sweet potatoes during the main course. And remember, it’s easier than ever to make a healthier dessert with the many diabetes-friendly sweeteners available today. Just use moderation, and you don’t have to miss out on something sweet.” NOTE: Please see the attached sidebar for a recipe for Quinoa Dessert Pudding.

“When you are full of good food made from healthful ingredients, the chill of cold weather seems a little less biting,” concludes Bucko Lamplough. “Take time to celebrate and enjoy the seasonal meals you love. As long as you incorporate them into your meal plan as part of a wellbalanced diet, they will help you feel healthy, vibrant, and in control.”
Three Cool-Weather Dishes from The Diabetes Cookbook

Excerpted from
The Diabetes Cookbook: 300 Recipes for Healthy Living Powered by the Diabetes Food Hub

Butternut Squash Soup

Savor rich fall flavors with this delicious and fast soup.
Using frozen butternut squash in this recipe is a big time-saver
—cooking the squash would normally take about an hour.
Check the vegetable section of the frozen-food aisle for frozen butternut squash.

2 (12-ounce) packages frozen butternut squash
1 tablespoon olive oil
1 onion, diced
1 large carrot, diced
2 cloves garlic, minced
24 ounces fat-free low-sodium chicken broth
1/2 teaspoon ground black pepper
1/8 teaspoon dried sage

Microwave the frozen squash for 5 minutes.

In a large soup pot, heat the oil over medium-high heat.
Add the onion and carrot and sauté 5 minutes, or until onion is clear.

Add the garlic and sauté 30 seconds.
Add the squash and sauté 3 minutes.

Add the remaining ingredients.
Bring to a boil, reduce heat, and simmer 15 minutes.

After the soup has cooled slightly, transfer it to a blender and blend until smooth or use an immersion blender in the pot to blend until smooth. If desired, return the puréed soup to the pot to reheat before serving.

CHOICES/EXCHANGES
1 Starch,
1 Nonstarchy Vegetable,
1/2 Fat

NUTRITION FACTS
Calories 110
Calories from Fat 25
Total Fat 3.0 g
Saturated Fat 0.4 g
Trans Fat 0.0 g
Cholesterol 0 mg
Sodium 90 mg
Potassium 690 mg
Total Carbohydrate 19 g
Dietary Fiber 4 g
Sugars 5 g
Protein 4 g
Phosphorus 75 mg
Sweet Potato Shepherd’s Pie

This 30-minute meal packs in lean protein from the turkey, lots of vegetables, and healthy carbs from the sweet potatoes.

Place sweet potatoes in steam basket in a medium pot with 2 cups water. Bring to a boil, reduce heat, and simmer. Cover and steam until tender, about 15 minutes.

While potatoes are cooking, spray a large sauté pan with cooking spray. Add onion and sauté over medium-high heat 3 minutes or until onion looks clear. Add garlic and sauté 30 seconds. Remove from pan and set aside.

Add turkey and cook until brown, about 6-7 minutes. Add onion back to pan and stir to mix.

Add diced tomatoes, mixed vegetables, mustard, Worcestershire sauce, and pepper. Bring to a simmer.

In a small bowl, mix together cornstarch and water. Add to turkey mixture and stir. Let simmer 5 more minutes.

Meanwhile, drain the sweet potatoes. Place sweet potatoes in a medium bowl and mash with a potato masher. Add margarine and whisk until smooth.

Preheat broiler. Pour cooked turkey mixture evenly into an 11-by-14-inch pan or medium casserole dish. Spread sweet potatoes evenly on top of turkey mixture.

Broil 5 minutes.
Quinoa Dessert Pudding

This pudding is a treat during the holidays. Quinoa is a high-protein whole grain. Remember to rinse the quinoa before cooking.

Prep time: 10 minutes  
Cook time: 45 minutes  
Servings: 9  
Serving size: 1/3 cup

1 cup quinoa  
1 1/2 cups skim milk  
1 1/2 cups fat-free half-and-half  
1/4 cup low-calorie brown sugar blend (such as Truvia or Splenda)  
1 teaspoon vanilla extract  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground nutmeg  
1/2 cup pumpkin seeds, toasted

Rinse quinoa under cold water for 2 minutes.

Whisk together milk, fat-free half-and-half, brown sugar blend, vanilla, cinnamon, and nutmeg in a medium saucepan over medium heat. Bring to a simmer.

Once the milk mixture is simmering, stir in quinoa and reduce heat to a low simmer.

Partially cover the pan and cook 40 minutes, stirring every 10 minutes. When quinoa is done cooking, stir in toasted pumpkin seeds and serve.

# # #

About the Authors:
Lara Rondinelli-Hamilton, RD, CDE, counsels a wide variety of people from those wanting to lose weight to others trying to better control their diabetes or cholesterol. Her role is to educate people on the importance of a healthy lifestyle, but also to help them incorporate it into real life with healthy eating and cooking.

Jennifer Bucko Lamplough, MBA, and Chef, is working to help solve hunger by working with food pantries, soup kitchens, and meal programs in northern Illinois to not only distribute meals, but to provide nutrition education in those settings. She continues to work as a cooking demonstrator, teaching people how to cook healthy and showing that it can be delicious and easy!

As a team, Chef Jennifer Bucko Lamplough and Lara Rondinelli-Hamilton have written two previous books for the American Diabetes Association The Healthy Carb Diabetes Cookbook and the best-selling Healthy Calendar Diabetic Cooking and developed hundreds of recipes for the Association’s healthy eating programs, many of which are appearing here for the first time in print.

For more information, please visit www.diabetesfoodhub.org or www.diabetes.org.

About the Book:
The Diabetes Cookbook: 300 Recipes for Healthy Living Powered by the Diabetes Food Hub (American Diabetes Association, November 2018, ISBN: 978-1-580-40680-2, $24.95) is available at bookstores nationwide and from major online booksellers.
Highland Titles is one of the world’s leading innovators in land preservation, offering a unique and eco-friendly opportunity to purchase souvenir plots on its estate in Glencoe Wood, Scotland – granting the purchaser the courtesy title of Laird, Lord or Lady. With eco conservation initiatives increasing across the globe, Highland Titles developed a creative approach to land conservation by selling small plots to help fund the rescuing of woodlands, tree planting, maintenance and acquisition of land at risk of development – ensuring it cannot be purchased or developed.

Plot sizes range from one square foot to 1,000 square feet and are available for purchase starting at $47.99.

When buying a one square foot plot, the consumer will receive:

- The title of Laird, Lord or Lady of Glencoe Wood
- A legal title deed for your land ownership, on velum parchment
- Master Title Deed to change your title on bank accounts, driving license and other ID
- A map of Glencoe Wood, directions and instructions on how to visit/find your personal plot
- Information and pictures of the area, Glencoe Wood and our conservation project
- A bumper sticker for you to proudly display your new status (Laird, Lord or Lady)
FOR IMMEDIATE RELEASE

Contact:
Joyce Li
The Vilcek Foundation
[(212) 472-2500] or [joyce.li@vilcek.org]

Foundation Honors Immigrants in Culinary Arts with $250,000 in Prizes

Prizewinners include chefs and food writer of Mexican, Ethiopian, Indian and Cambodian Descent

New York, NY, February 4, 2019 — The Vilcek Foundation has announced the winners of the 2019 Vilcek Foundation Prizes for Culinary Arts, awarded to immigrants who have made significant contributions to the field. Chef Marcus Samuelsson will receive the $100,000 Vilcek Prize, while chefs Fabián von Hauske Valtierra and Nite Yun, and New York Times journalist Tejal Rao will each receive a $50,000 Vilcek Prize for Creative Promise.

The winners were selected by a panel of experts in the culinary arts, including chef Tom Colicchio; Bon Appétit’s Andrew Knowlton; Food & Wine’s Jordana Rothman; and James Beard Foundation’s Mitchell Davis. The last Vilcek Prize awarded in the culinary arts was awarded to chef José Andrés in 2010, who used the accompanying cash award to establish the non-profit World Central Kitchen.

“Immigrants make enormous contributions to the United States, and this year we are spotlighting their contributions to American culinary arts,” says Marica Vilcek, co-founder of the Vilcek Foundation. “They bring their talents to the most renowned kitchens across the country, bringing the technical excellence and worldly perspective that has made American restaurants among the best in the world.”

The Vilcek Prize for Arts and Humanities is awarded in a different category each year, and the foundation selected culinary arts as the 2019 category because of the abundance of immigrant influence in the field, from chefs to beverage professionals to food writers. To further recognize and honor these achievements, the Vilcek Foundation will release a cookbook featuring the stories and recipes of 40 of the U.S.’s greatest foreign-born chefs (Prestel Publishing, fall 2019).

The Vilcek Prize, awarded to individuals who are legendary in their field, is this year given to Ethiopian-born and Swedish-raised Marcus Samuelsson. He first made waves in the culinary world as the youngest chef to receive three stars from the New York Times, and is now the owner of several restaurants, including Red Rooster Harlem, and the author of cookbooks such as Soul Food and Table, and the award-winning memoir, Yes, Chef. Samuelsson is the host of No Passport Required, a PBS television show exploring immigrant traditions that shape cuisine across the U.S. In 2009, he served as the guest chef for President Obama’s first state dinner.

The Vilcek Prizes for Creative Promise are awarded to emerging artists who have shown exceptional promise early in their careers. The recipients of the Creative Promise Prize in Culinary Arts are:
**Vilcek Foundation**

**Tejal Rao**, born in the U.K. to parents from Kenya and India, is the *New York Times’* California restaurant critic and a columnist for *The New York Times Magazine*. Her food writing tells stories about politics, culture, science, and history, highlighting people whose work often goes unseen. Previously she was a restaurant critic for *The Village Voice* and *Bloomberg News*. She has received two James Beard Foundation awards for her writing and was named to Forbes’ “30 Under 30” list of notable young innovators.

**Fabián von Hauske Valtierra**, born in Mexico, is the co-chef and co-owner of Contra, Wildair, Una Pizza Napoletana, and a forthcoming wine bar, all in New York City. Von Hauske Valtierra has built a reputation for combining diverse, international influences into a voice that is ambitious, experimental, and accessible, and he has received several honors, including Michelin stars in 2017, and 2018, and has been named to the lists of *Eater’s* “Young Guns”; *Zagat’s* “30 Under 30”; *Forbes’* “30 Under 30”; and *Food & Wine’s* “Best New Chefs”.

**Nite Yun**, born in a Thai refugee camp to Cambodian parents, is the chef and owner of Oakland’s Nyum Bai. The restaurant, an homage to her parents, quickly gained national renown within months of opening for its introduction of masterful, authentic Cambodian cuisine to the American culinary scene. Yun has received many honors, including being named the *Eater 2018* Breakout Star of the Year; an *Eater* Young Gun; a *San Francisco Chronicle* Rising Chef; and having Nyum Bai listed as one of *Bon Appetit’s* “2018 Best New Restaurants.”

In addition to culinary arts, the 2019 Vilcek Foundation Prizes also recognize immigrant contributions in biomedical science and art history. The prizewinners will be honored at a gala ceremony in New York in April 2019, presented by Padma Lakshmi, *New York Times* bestselling author and host/executive producer of *Top Chef*.

The Vilcek Foundation was established in 2000 by Jan and Marica Vilcek, immigrants from the former Czechoslovakia. The mission of the foundation, to honor the contributions of immigrants to the United States and to foster appreciation of the arts and sciences, was inspired by the couple’s careers in biomedical science and art history, as well as their appreciation for the opportunities they received as newcomers to this country. The foundation awards annual prizes to immigrant biomedical scientists and artists, sponsors cultural programs, and manages the Vilcek Foundation Art Collections. To learn more about the Vilcek Foundation, please visit vilcek.org.