

# Focus Women

ON  
MAGAZINE

DECEMBER 2021  
JANUARY 2022



**SYRA MADAD**  
SPEAKS ON COVID



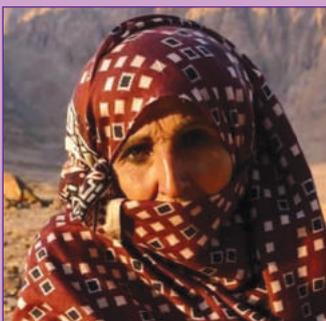
**LEE SATTERFIELD**  
ASSISTANT ECA



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**MEG NOCERO**  
AUTHOR AND FOUNDER  
OF S.H.I.N.E.



**MIRNA  
ABDULAAL**  
SINAI'S TOURISM



- 5 NOTES TO SELF YOU SHOULD MEMORIZE BEFORE THE NEW YEAR
- TELL TALE SIGNS OF TERRIBLE PEOPLE: STEER CLEAR
- MEG NOCERO WITH S.H.I.N.E
- EGYPT'S ALEXANDRIA DESERT SEES SNOWFALL



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# Publisher's Statement



Joslyn Wolfe  
Publisher

When illusions are abound, discernment is our greatest ally. From Social Media, to cable news sources, to self-serving messengers, and from as Shakespeare puts it, statements from those who feed us half-truths that lead us to our harm. All can be ingredients that make up a main course of gluttonous information stemming from sources of dubious intent. In the absence of critical thinking, we may find ourselves in a selfimposed eclipse of misinformation. In essence, to be well informed, and armed with truth, it behooves us to question the maelstrom of information that surrounds us, take time to examine the motives of the source and look beyond the facade of appearances to probe deeper to determine facts from fiction. It is through these means that we are empowered to make informed decisions to improve the quality of our lives, our community and our world.

"Fair is foul and foul is fair." — *William Shakespeare*

All the best,  
Joslyn Wolfe  
Focus on Women Magazine  
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## BEST WISHES IN THE MOST SPECIAL TIME OF THE YEAR

- ★ “I’ll be seeing family I couldn’t see because I did something smaller at home.”
- ★ “I get to see extended family in-person instead of Zoom.”
- ★ “Like every year, I’ll be home with my family, watching movies and making cookies.”
- ★ “I wasn’t much of a drinker in 2020, but I’m stopping completely for the holidays this year.”
- ★ “Last year I was quarantined because of a covid exposure, and this year I’ll be able to see people.”
- ★ “Like normal, except without masks this year.”
- ★ “With my family! I’m a nurse, and last year was spent in a covid outbreak.”
- ★ “My entire family had Covid so we didn’t do anything last year. This year, we’re gonna be doing more. My dad didn’t want to, but it’s what my mom wanted.”
- ★ “With both sets of my grandparents!”
- ★ “Traveling!!”
- ★ “Getting together with extended family.”
- ★ “Actually going to see family since we’re all vaccinated.”
- ★ “Together in-person as opposed to virtually, but we’re still all testing and being careful.”
- ★ “I’ll be seeing my family in India. We don’t really do Christmas here, but I’ll turn on some music with my cousins!”



*Merry  
Christmas  
and a Happy New Year*



# SYRA MADAD, D.H.SC., M.SC., MCP

## Speaks on Covid

*Dr. Madad has over 50+ publications, and has been a guest speaker at over 70 scientific and medical conferences around the world. She is frequently quoted and appears on major media outlets. Dr. Madad plays one of the lead roles in the Netflix docuseries, *Pandemic: How to Prevent an Outbreak*, which follows a handful of leaders throughout the world on the frontlines to prevent the next outbreak. She's also prominently featured in the 2021 Discovery documentary, *The Vaccine: Conquering COVID*, with Dr. Anthony Fauci, Dr. Francis Collins and other leading scientists.*

Syra Madad, D.H.Sc., M.Sc., MCP is nationally recognized public health leader and epidemiologist in infectious disease and special pathogen preparedness and response. She is Senior Director, System-wide Special Pathogens Program at New York City Health + Hospitals, the nation's largest municipal healthcare delivery system overseeing special pathogen preparedness and response efforts across 11 acute care hospitals in addition to post-acute/long-term care facilities and ambulatory care sites. She is Principal Investigator of NYC Health + Hospitals Institute of Diseases and Disaster Management and Health & Safety Lead of the Enhanced Special Investigations Unit of NYC Test & Trace Corp. In addition, Dr. Madad is Core Faculty in the National Emerging Special Pathogens Training and Education Center (NETEC), funded by the Centers for Disease Control and Prevention (CDC) and the Assistant Secretary for Preparedness and Response (ASPR).

She is a Fellow at Harvard University's Belfer Center for Science and International Affairs, Adjunct Senior Fellow at the Federation of American Scientists and part of their COVID19 Taskforce, Alumni Fellow at Johns Hopkins Bloomberg School of Public Health, Center for Health Security's Emerging Leaders in Biosecurity Program and Alumni Senior Fellow in the Federal Bureau of Investigation's Behavioral Informatics & Technological Enterprise Studies Program.

Dr. Madad earned her Doctoral degree in Health Science with a concentration in Global Health from Nova Southeastern University, graduating with Alpha Eta Health Science Honor Society status. She obtained her Master of Science degree in Biotechnology with a concentration in Biodefense and Biosecurity and Bachelor of Science degree in Psychology from the University of Maryland. Dr. Madad holds numerous professional

certifications, licenses and training certificates including Master Continuity Practitioner Certification (FEMA), Advanced Emergency Planning Certification, All Hazard Response (CBRNE) Training for Laboratory

Personnel, Infection Control and Prevention Certification, Biosafety Level III Training, and Identification of the Primary Select Agents of Bioterrorism Training.

Prior to her current role, Dr. Madad served as the Lead Continuity of Operations Liaison and State Trainer for the BioThreat and Chemical Threat Teams at the Texas Department of State Health Services, Emergency Preparedness Branch. In this role, she served on the Ebola and Other Infectious Disease Agent Surge Team and assisted with the Texas state 2014-2015 Ebola outbreak response. In 2015, Dr. Madad was awarded the Ebola Response Team Appreciation Award by the Commissioner of the Texas Department of State Health Services in recognition of her contributions to the state Ebola response effort. Dr. Madad also served as a Scientist for the United States Department of Agriculture working on genetic engineering and plant cloning.

Dr. Madad has a strong background in academia, teaching in graduate, undergraduate and professional programs with courses ranging from advanced microbiology to bioterrorism and biosecurity. She has held various faculty appointments, including Assistant Professor, Deputy Chair and Director of Education for various academic institutions in MD, NY, and TX. She serves on numerous editorial boards, advising committees and councils. Dr. Madad was awarded the prestigious J.V. Irons Award for Scientific Excellence in 2015 by the Texas Department of State Health Services for her significant contributions to the agency and

scientific community. She was highlighted as a "Pathogen Preparedness Pioneer" in NYC Health + Hospitals Press Release in 2017 and was awarded "Most Innovative Use of Healthcare Simulation" by The Institute for Medical Simulation and Advanced Learning (IMSAL) in 2019 for her ongoing work in special pathogens preparedness via incognito special pathogen patient simulation drills.

Select Media Highlights on Dr. Madad:

- Fortune 40 Under 40
- Netflix’s Pandemic: How to Prevent an Outbreak
- Discovery The Vaccine: Conquering COVID 19
- Elemental 50 Experts to Trust in a Pandemic
- NY Magazine Feature on Dr. Syra Madad
- CNN: Disease Detectives Select Press Releases mentioning

Dr. Madad’s work:

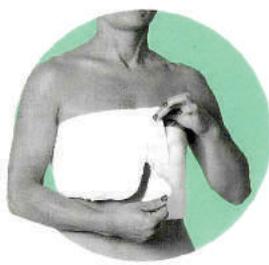
- More than 100 Mobilize for Pandemic Response Workshop Hosted by NYC Health + Hospitals
- NYC Health + Hospitals Leads MultiSite, Multi-Agency Drill on Infectious Special Pathogens
- NYC Health + Hospitals' Zika Action Plan Offers Guidance to Health Systems Nationally

Twitter: @syramadad

Website: scty.org/syra

SYRA MADAD, D.H.Sc, M.Sc., MCP

Dr. Madad has led/been part of multiple infectious disease responses including Ebola, Zika, Measles, candida auris, and recently, COVID19. She is part of the NYC Health + Hospitals COVID19 Incident Management Team for the enterprise providing ongoing support in infection prevention and control, infectious disease emergency management and strategic direction, policy and guidance development. She leads a team that has been on the frontlines of the COVID19 response across all 3 service lines – hospitals, ambulatory care clinics and long-term care facilities. In addition, Dr. Madad has been supporting numerous COVID19 initiatives including the NYC’s “Test, Trace and Take Care” program. She provides subject matter expertise to the COVID19 isolation and quarantine hotels, leads the “COVID19 Vaccine Communications/Addressing Vaccine Hesitancy Workgroup,” conducts environmental assessments of numerous alternate care/testing sites for COVID19 and ensuring all clinical care sites have operational plans and processes for COVID19. She also leads the health and safety team for community engagement specialists as part the Enhanced Investigations Unit of NYC’s contract tracing program, a collaboration with NYC Department of Health and Mental Hygiene.



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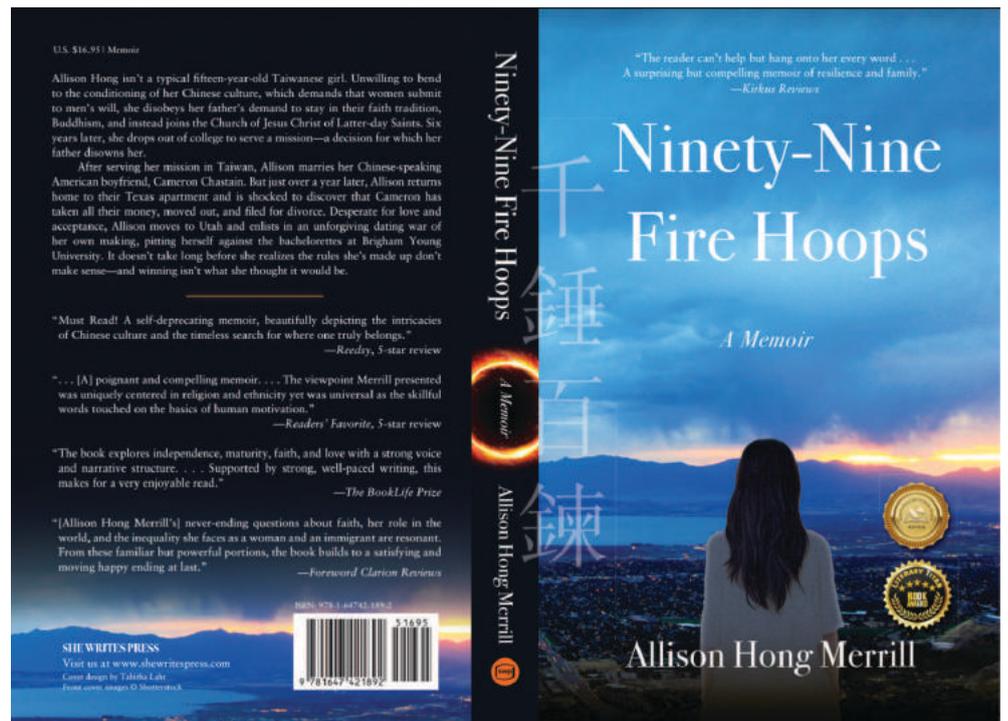


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# ALLISON HONG MERRILL



## Praise for Ninety-Nine Fire Hoops



“From her journey as a fresh-off-the-boat immigrant speaking only Mandarin Chinese, to her voyages back and forth through different spiritual and social frames of mind, Merrill creates a powerful saga of a personal journey replete with emotionally-charged wellsprings of inheritance, discovery, and change.”

—D. Donovan, Senior Reviewer,  
*Midwest Book Review*

“Ninety-Nine Fire Hoops is a fascinating, important, and well-developed narrative, told by a sympathetic narrator with much urgency and grace.”

—Sue William Silverman, author of  
*How to Survive Death and Other Inconveniences*

“Allison Hong Merrill makes three intertwined journeys—through family, faith, and immigration—each filled with danger, heartbreak, and, ultimately, joy. Watching Allison grow from fearful child and unknowing bride into her own power to love and be loved is meaningful and moving, and discovering her native Taiwan through childhood stories is fascinating. A powerful and inspiring journey from loneliness and fear to love and hope.”

—Allison K. Williams, Social Media Editor  
at *Brevity Magazine* and author of *Seven Drafts:  
Self-Edit Like a Pro from Blank Page to Book*



## GET A PENGUIN, MAKE LIFE EASY

Fort Worth Entrepreneur Launches Blade-Free Alternative for Opening Packages, Boxes and Sealed Containers FORT WORTH, TEXAS (August 11, 2021) – Long time Fort Worth, Texas resident and fourth-generation trailblazer Carter Johnson, great granddaughter of Amon G. Carter Sr., has launched the Penguin, a revolutionary, blade-free alternative for opening packages, boxes, and sealed containers of all kinds. With a forged-metal design, the Penguin glides quickly and easily through all manner of protective coverings, boxes and tamper resistant seals without frustration or risk of injury from a sharp tool or blade. Sober since 2016, Johnson envisioned the idea while receiving treatment in a residential treatment center.

“Every day I watched nurses struggle to remove medications from numerous, individually sealed blister packages,” said Carter Johnson, President & CEO of XIT XTREME, the operating company launching the Penguin. “With no sharp objects such as scissors available, there was no fast, efficient way to open the seals. As a result, dispensing medications was slow and often resulted in frustration by both the nurses and the patients.”

Johnson’s entrepreneurial legacy drove her vision of a simple and safe way to open seals and the Penguin was born. With an innovative, patent-pending design, the Penguin is the first product of it’s kind to

address this common problem. And, the Penguin is much more sanitary than using your fingers, hands or teeth, allowing a safe, convenient, and playful way to open almost anything.

“Retail product packaging has never been user friendly, but the uses for the Penguin are endless” said Johnson. “Save yourself the frustration that goes along with being unable to open the often-impenetrable packaging that surrounds the very items that you need – get a Penguin, make life easy!”

Manufactured in the United States, the Penguin comes in three sizes and retails for \$7.99 to \$9.99 each. Order online at [www.getapenguin.com](http://www.getapenguin.com).

### About The Penguin

The Penguin provides a revolutionary, blade-free alternative for opening packages, boxes, and sealed containers of all kinds. It’s forged-metal design quickly glides through all manners of protective coverings, boxes and tamper resistant seals. For more information, please visit [www.getapenguin.com](http://www.getapenguin.com).



Pick a Penguin

Pick a Penguin

  
**Boxes, Bags and Cartons**  
 This tool makes life easy.

  
**Food Packaging Seals**  
 This tool makes life really easy.

  
**Safety Seals and Plastic**  
 This tool makes life super easy.



## Six Charts about Federal Spending on Children during the Pandemic

Public spending on children is an investment in the nation’s future, helping ensure the next generation grows up healthy, educated, and safe. During a national crisis, this funding is even more vital for children’s development.

In response to the pandemic, the federal government provided unprecedented new funding through multiple emergency relief bills. Those federal dollars, combined with assistance from some states, have reduced hardship for millions of children.

These six charts show how the nation’s response to the pandemic led to dramatic spending increases for children and improved the well-being of kids and their families—if only temporarily.

### 1. Federal spending on children, like all federal spending, spiked during the pandemic

Pandemic relief bills funded programs and tax credits for the nation’s 77 million children and their families. Though federal expenditures on children grew less than spending on adults, federal expenditures on children younger than age 19 increased by 15 percent, or nearly \$77 billion, between 2019 and 2020. And Urban Institute researchers predict an even steeper increase of \$237 billion between 2020 and 2021.

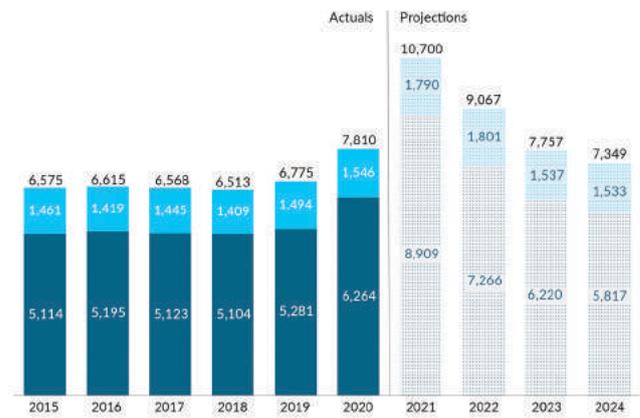
In 2020, federal expenditures totaled \$7,810 per child. These expenditures included \$6,264 in outlays—direct spending from federal programs and the portions of refundable tax credits that exceed tax liability and are paid out to families. The expenditures also included \$1,546 in tax reductions, which decrease families’ tax liabilities through tax exclusions, deductions, and credits.

Overall, the federal government spent about \$1,000 more per child in 2020 than in 2019, reaching a total of \$7,810 per child. Assistance for children is expected to climb even higher in 2021, hitting an all-time peak of \$10,700 per child.

**Federal Expenditures per Child by Expenditure Type, 2015–24**

Spending in 2020 dollars

■ Tax reductions ■ Program and tax credit outlays



URBAN INSTITUTE

Sources: Authors’ estimates based primarily on Congressional Budget Office, *An Update to the Budget and Economic Outlook: 2021 to 2031* (Washington, DC: Congressional Budget Office, 2021); Office of Management and Budget, *Budget of the United States Government, Fiscal Year 2022* (Washington, DC: US Government Printing Office, 2021); and past years. For more source information, see the appendix.

Note: Numbers may not sum to totals because of rounding.

### 2. Tax provisions have been the most significant spending increases benefiting children during the pandemic

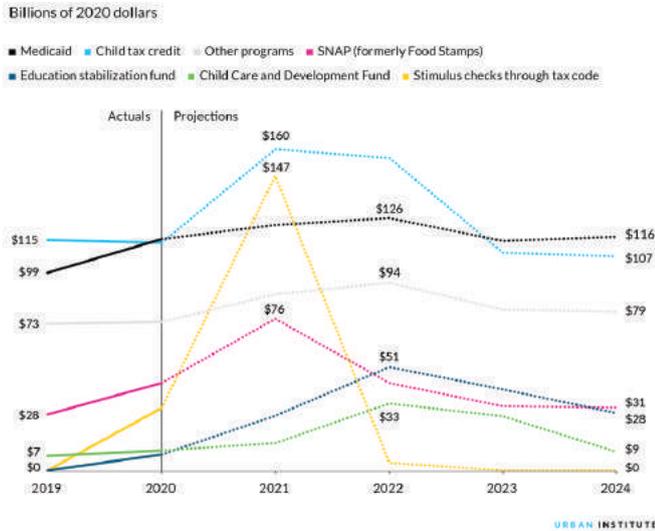
The biggest increases in spending on children have been through tax provisions that provide financial assistance to their families. These expenditures totaled \$239 billion in 2020, or 40 percent of the total spent on children.

The \$113 billion child tax credit was the largest child-related tax provision in 2020 and is projected to increase to \$160 billion in 2021. It was followed by the earned income tax credit, which provided \$51 billion to families with children in 2020. And the child benefit portion of the pandemic-response stimulus checks

administered through the tax code, which did not exist before 2020, provided \$31 billion to families with children in 2020 and is projected to increase by almost five-fold in 2021 to \$147 billion.

COVID-19 relief also included more funding for Medicaid, nutrition assistance, child care, and an education stabilization fund. Dozens of other children's programs and tax credits received smaller increases. simulation drills.

### Federal Expenditures on Children through Programs Receiving Pandemic Response Funding, 2019–24



Sources: Authors' estimates based primarily on Congressional Budget Office, *An Update to the Budget and Economic Outlook: 2021 to 2031* (Washington, DC: Congressional Budget Office, 2021); Office of Management and Budget, *Budget of the United States Government, Fiscal Year 2022* (Washington, DC: US Government Printing Office, 2021); and past years. For more source information, see the appendix.

Notes: Programs affected by pandemic stimulus legislation that spend less than \$30 billion in all years are combined under "other." Other programs include home visiting, immunization, child nutrition, Special Supplemental food (WIC), school improvement, Institute of Education Sciences, education for the handicapped/special education, Indian education, Head Start, Preschool Development Grants, emergency rental assistance, Section 8 low-income housing assistance, dependent care credit, premium tax credit, Community Services Block Grant, Unaccompanied Alien Children, independent living, and children and families services programs.

### 3. Pandemic spending improved kids' well-being

The federal response to the pandemic reduced hardship for children, lifting millions of kids out of poverty and helping their families put food on the table.

In 2018, the child poverty rate was 14.2 percent, using the supplemental poverty measure that considers a broader range of costs and public benefits. Urban researchers project the **child poverty rate will be less than half that amount (5.6 percent) in 2021** with the inclusion of the expanded child tax credit, additional stimulus checks, and other pandemic-response provisions from the American Rescue Plan and earlier legislation. Without any safety net provisions or pandemic-related response, Urban researchers project the child poverty rate would be 30.1 percent in 2021.

And increased spending on SNAP and school meals helped more families with children become food secure. According to an Urban analysis, **food insecurity rates for parents living with kids declined** between 2020 and 2021, from nearly 1 in 4 parents living with kids to about 1 in 6.

### Percentage of Children in SPM Poverty in 2018 and Projected for 2021



Source: Urban Institute projections as of July 2021, created by the Analysis of Transfers, Taxes, and Income Security model applied to the 2018 American Community Survey data with employment, population, and incomes projected to 2021. See Laura Wheaton, Linda Gianarelli, and Ilham Dehry, *2021 Poverty Projections: Assessing the Impact of Benefits and Stimulus Measures* (Washington, DC: Urban Institute, 2021).

Notes: Children = people younger than 18 years old. ATTIS = Analysis of Transfers, Taxes, and Income Security Model; SPM = Supplemental Poverty Measure. Both percentages include programs like unemployment insurance, means-tested benefit programs, and refundable tax credits. The 2021 projection includes federal stimulus checks, state payments, and half of the advance child tax credit.

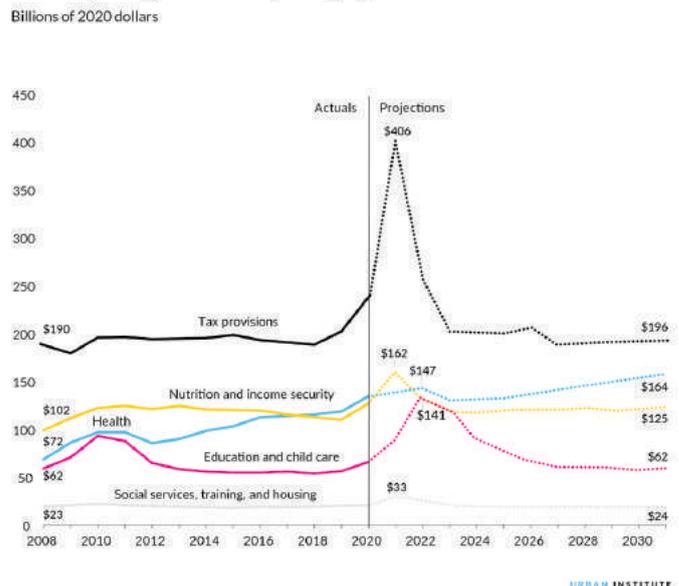
### 4. Spending on kids is expected to fall back to prepandemic levels by 2024

Spending on pandemic relief is still climbing in 2021, but most of the increases are temporary. Under the policies in place as of May 2021, federal spending on tax outlays, tax reductions, and most programs for kids are projected to decline to prepandemic levels by 2024.

Tax expenditures and outlays for refundable tax credits that benefit children are expected to increase dramatically in 2021 but fall sharply in 2022 and 2023 as temporary provisions wind down. This spending is projected to drop even further later in the decade because the temporary provisions in tax legislation enacted in 2017 will expire.

Federal funding for many programs serving children, including nutrition, education, and child care, is also projected to spike in 2021 or 2022 and then decline. The only expenditure projected to rise consistently over the coming decade is health spending for children (primarily Medicaid and CHIP), consistent with health spending trends overall.

### Federal Spending on Children by Category, 2008–31



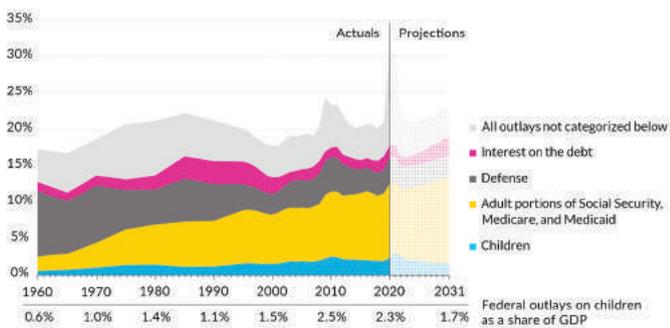
Sources: Authors' estimates based primarily on Congressional Budget Office, *An Update to the Budget and Economic Outlook: 2021 to 2031* (Washington, DC: Congressional Budget Office, 2021); Office of Management and Budget, *Budget of the United States Government, Fiscal Year 2022* (Washington, DC: US Government Printing Office, 2021); and past years. For more source information, see the appendix.

## 5. Kids' spending grew less than other spending during the pandemic

Federal spending on children grew less than spending on adults and other priorities. While federal spending on children increased modestly from 2 percent to 2.3 percent of Gross Domestic Product (GDP) or as a share of the economy, federal spending overall expanded from 20 percent to 30 percent of GDP. Much of the increased funding was targeted at adults and businesses, paying for pandemic-response efforts such as support for small businesses and airlines, unemployment insurance, and stimulus checks for eligible adults.

Federal spending on kids is expected to reach a new high of 3.2 percent of GDP in 2021. But under spring 2021 policies, it would dip to 1.7 percent by 2031.

**Federal Outlays on Children and Other Major Budget Items as a Share of GDP, 1960–2031**



Sources: Authors' estimates based primarily on Congressional Budget Office, *An Update to the Budget and Economic Outlook: 2021 to 2031* (Washington, DC: Congressional Budget Office, 2021); Office of Management and Budget, *Budget of the United States Government, Fiscal Year 2022* (Washington, DC: US Government Printing Office, 2021); and past years. For more source information, see the appendix.

Note: Totals shown along the horizontal axis are the share of GDP spent on children in the corresponding year.

## 6. The federal government can make sustained improvements in children's lives

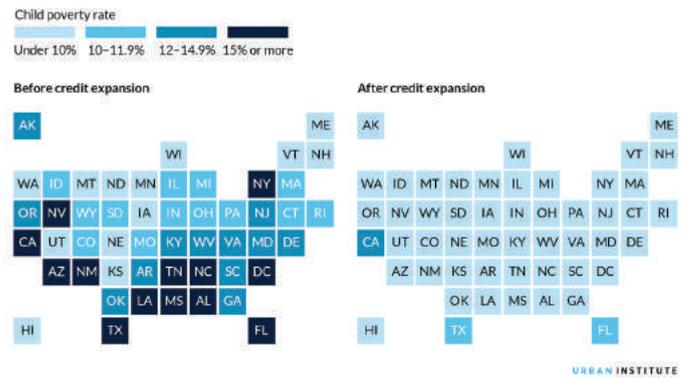
The nation made significant progress in alleviating child poverty in 2021—but the changes aren't permanent. These positive trends will only continue if the nation continues to prioritize them.

If Congress made the expanded child tax credit permanent, it would **drastically decrease child poverty nationwide**. Keeping the credit would lift 4.3 million children out of poverty in a typical year. Another way to prioritize kids would be expanding early childhood education, which could **improve children's long-term prospects** and workforce participation as adults.

Funding programs, tax outlays, and tax exemptions that benefit kids can uplift tomorrow's economy. But spending on children continues to represent a relatively small share of total federal spending.

As the pandemic response has shown, the federal government can take concrete steps to improve kids' lives. The funding choices policymakers make today can ensure all children are set up for a successful future.

**Percentage of Children in SPM Poverty by State**



Source: Urban Institute projections as of July 2021, created by the Analysis of Transfers, Taxes, and Income Security model applied to the 2018 American Community Survey data with employment, population, and incomes projected to 2021. See Gregory Acs and Kevin Werner, "Expanding the Child Tax Credit Could Lift Millions of Children Out of Poverty" (Washington, DC: Urban Institute, 2021).

Note: Poverty measured using the Supplemental Poverty Measure.

## ABOUT

Analyses from this feature are from the Kids' Share annual report, which provides a comprehensive picture of federal, state, and local expenditures, and other Urban Institute research linked to in each section. It also shows long-term trends in federal spending, including historical spending since 1960 and projected spending 10 years following the year of each report (to 2031 in this case), assuming no changes to current law except that pandemic-response emergency funding will not continue in future years. Projections for 2021 are based on current law as of May 2021. For more details, please see the Data Appendix to Kids' Share 2021.

## PROJECT CREDITS

This feature was funded by the Annie E. Casey Foundation and the Peter G. Peterson Foundation. We are grateful to them and to all our funders, who make it possible for Urban to advance its mission. The views expressed are those of the authors and should not be attributed to the Urban Institute, its trustees, or its funders. Funders do not determine research findings or the insights and recommendations of our experts.

### RESEARCH

Heather Hahn, Cary Lou, Julia Isaacs, Eleanor Lauderback, and Hannah Daly

### DESIGN

Brittney Spinner

### EDITING

Liza Hagerman

### WRITING

Laura Swanson



CONGRATULATIONS  
**LEE SATTERFIELD!**

Lee was promoted to President of Meridian in January after serving as Executive Vice President and Chief Operating Officer since 2015. Under her steady leadership, Meridian launched the Center for Diplomatic Engagement and the Center for Global Leadership as part of our three-year strategic plan and forged key private sector partnerships to grow and diversify Meridian's revenue and impact. Among her many other accomplishments, Lee was instrumental in developing our internal Diversity, Equity, and Inclusion Taskforce which works to institute policies and programs that address systemic racism in the workplace. She has been invaluable in building an extraordinary leadership team and directing strategic planning for the long-term sustainability of our organization.

Lee was endorsed by the previous six assistant secretaries of ECA for her new position, the Alliance for International Exchange, the Public Diplomacy Council, and the Public Diplomacy Association of America.

Meridian Board Chair Ann Stock, who served as Assistant Secretary of State for Educational and Cultural Affairs from June 2010 until July 2013, said, "Lee will hit the ground running. She has a history of building networks and communities of rising leaders in the United States and around the world to solve shared global challenges." Lee also earned broad bipartisan support during her confirmation hearing with the Senate Foreign Relations Committee. Senator Lindsey Graham acknowledged the role Lee will play in President Biden's foreign policy strategy, stating, "I cannot think of a more qualified, decent person to have this job representing our nation at a critical moment as we engage the world, and I wholeheartedly support this nomination."

At the hearing, Lee spoke about the role of public diplomacy as a strategy for advancing America's competitive advantages to meet today's challenges and tomorrow's threats: "We are engaged in a global competition for influence and power," Lee said.

## DEAR FRIENDS OF MERIDIAN,

It is my great honor to share that Meridian President Lee Satterfield has been confirmed by the United States Senate to be Assistant Secretary of State for Educational and Cultural Affairs (ECA).



"To meet this current challenge, our most powerful assets remain those that have guided and strengthened our nation since the beginning -- our democratic principles...Exchanges have an unparalleled ability to convey and share the American experience, ultimately making our country more secure and globally competitive."

Lee previously served in the Obama Administration as deputy assistant secretary of state in the Bureau of Educational and Cultural Affairs. She has also served as chief of staff of protocol of the United States. During the Clinton Administration, she served as the chief of staff for the Secretary of Labor, as special assistant to the President, and as staff director for the White House Office of Public Liaison.

We are incredibly proud of and excited for Lee as she works alongside President Biden and Secretary Blinken to advance international cooperation on shared priorities. We know she will thrive in her new leadership role. Please join me in wishing Lee a heartfelt congratulations!

Sincerely,

Ambassador Stuart Holliday  
Chief Executive Officer  
[Meridian International Center](#)

# What's New with Blue?

## Save the Date: #WearBlueDay Is Almost Here!

Working to end human trafficking is a year-round effort, but January is a unique opportunity to raise awareness and take action. Every year, the president typically proclaims January as National Human Trafficking Prevention Month, a time dedicated to shedding light on this devastating crime.

Blue Campaign invites you to get involved by taking a simple action: wearing blue. On Tuesday, January 11, 2022, you can participate in #WearBlueDay to call attention to human trafficking and start important conversations about the crime. All you have to do is wear something blue — an item of clothing, an accessory, an awareness ribbon — and post a photo of yourself with the hashtag #WearBlueDay on Twitter, Facebook, or Instagram. We wear blue because it is the international color of human trafficking awareness.

Stay tuned for more resources from Blue Campaign to help amplify #WearBlueDay. To learn more and to help mobilize others to wear blue, visit [bit.ly/2MCCT0o](https://bit.ly/2MCCT0o).

Follow Blue Campaign on social media (@DHSBlueCampaign on [Twitter](#), [Facebook](#), and [Instagram](#)) and check out our future newsletters for what's coming up next month.



### New Awareness Videos Now Available

Blue Campaign has released two new awareness videos, one for truck stop and trucking employees, and another for youth and adults who work with youth. Share these videos on social media, websites, and other internal and external communication channels:

- [Youth Video](#) — Depicts how a trafficker can groom a young person into trafficking situations. This is part one of a four-part series that will be released in 2022.
- [Truck Stop Video](#) — Presents a potential human trafficking scenario that occurs at a truck stop. This resource shares how truck drivers and truck stop employees can work together to identify and report the crime.

## DHS Updates

### DHS to Support and Implement National Action Plan to Combat Human Trafficking

The White House is focusing on four key U.S. and global anti-trafficking efforts in its updated [National Action Plan to Combat Human Trafficking](#): prevention, protection, prosecution, and partnerships. As a leader in the fight against human trafficking, DHS helped develop this strategy and will support its mission in a variety of ways:

- Building Department capacity and bolstering partnerships with industry to prohibit forced labor in supply chains.
- Developing improvements to prevent human trafficking of foreign workers and students.
- Strengthening efforts by Department personnel to identify and respond to human trafficking they may encounter in daily work.
- Improving access to immigration assistance programs for victims of human trafficking.
- Increasing coordination with law enforcement agencies and the social media and technology industry to hold traffickers accountable and dismantle human trafficking networks.
- Enhancing initiatives that combat forced labor and traffickers' illicit use of financial systems.





## Urban Wire

### Health and Health CareRSS

*The blog of the Urban Institute*

Laura Barrie Smith  
Zhiyou Yang

## PUBLIC TRANSPORTATION FACILITATES ACCESS TO HEALTH CARE, PARTICULARLY FOR PEOPLE COVERED BY MEDICAID

In 2014, Minnesota’s Twin Cities, Minneapolis and St. Paul, completed an expansion of their public transit system that sought to connect the downtown business corridors of both cities. Now, new research shows that in addition to its intended purpose, the 11-mile long light rail line also facilitated greater access to health care for those living near the line.

The study—led by researchers from the Urban Institute and the Mongan Institute—examined whether the frequency of missed or “no-show” medical appointments declined after the light rail expansion. By comparing no-show rates before and after the expansion, we could assess whether no-shows declined more for patients living near the new line compared with those far from it. We included patients with all types of health insurance to assess if any change in no-show rates was correlated to insurance type. We found the following effects after the light rail opened:

- No-show visits declined more for patients living near the light rail than for those living far from it, with a relative decline of 4.5 percent compared with before the light rail opened.
- These effects were stronger among patients covered by Medicaid, for whom the relative decline of no-show visits was 9.5 percent.
- Walk-in visits increased for all patients near the light rail compared with those far from it, suggesting the rail line promoted more access to same-day care as well as fewer missed appointments.

Although the importance of access to care in promoting health equity has been long recognized, few prior studies have examined how expanding public transportation can improve access. By using a large, multi-year dataset sourced from electronic health records, this study had the unique ability to observe the occurrence of no-show appointments and patients’ proximity to the light rail transit system. In total, the data reflected more than 3 million patient appointments scheduled at 97 clinics between 2013 and 2016.

Our analysis demonstrates that adequate public transportation can help ensure patients are able to attend their health care appointments as scheduled and decrease the number of missed appointments, which could disrupt health outcomes by leading to delayed diagnoses or exacerbating existing conditions. Public transit expansions may also be especially beneficial to people covered by Medicaid—who are disproportionately people with low incomes and people of color—underscoring that robust public transit systems are vital for promoting equity. For metropolitan planning organizations and state and local policymakers interested in increasing access to health care, engaging with communities to prioritize efforts that align public transit planning with public health goals offers a strong first step.





## MALALA FUND

“WE NEED TO ENCOURAGE GIRLS THAT THEIR VOICE MATTERS. I THINK THERE ARE HUNDREDS AND THOUSANDS OF MALALAS OUT THERE.”

MALALA

# Traditional approaches aren't cutting it.

At this moment, nearly 130 million girls are out of school. Even more are in school but not learning. That's why Malala Fund is focused on accelerating progress — challenging systems, policies and practices so all girls can access 12 years of free, safe, quality education.

## Where we work

Malala Fund's Education Champion Network supports the work of educators and advocates and helps bolster girls' secondary education around the world.

### AFGHANISTAN



### BRAZIL



### ETHIOPIA



### INDIA



Assembly is our digital publication and newsletter for girls and young women to share their thoughts, challenges and accomplishments — and for all of us to learn about this new generation of leaders.



## Keepers of the Mountain: How One Bedouin Woman Is Carving a New Path for Sinai's Tourism

The vastness of the Sinai desert is juxtaposed with the small and hidden spaces that Bedouin women hold. Yet, when one enters these spaces, one realizes that their inner world stretches across the desert, and represents a deeper, multi-faceted and complex world that intersects with our own world.

For Bedouin women, part of their heart is inside their home, and the other part is in the mountains and desert. When I stepped inside Um Yasser's home, I felt only a part of their hearts that held stories and dreams that were much larger than their space. Sitting beside her daughter, Yosra, and her cousin, it did not take time for the conversations to crystallize and for us to connect through common interests and emotions we hold as women, such as our favourite jewelry, fabrics, scents and Egyptian series and films as Souad Hosni was playing on their television screen.

Um Yasser is the first ever Bedouin woman to work as a tour guide on the Sinai Trail – Egypt's first long-distance hiking trail and the leading Bedouin run hiking trail in the Middle East. I only went hiking trips with male guides, yet this time, I was curious to not just catch a glimpse of Sinai's natural beauty, but also the beauty found in its people – the women, the children, and the family as a whole.

After we drank our tea, we talked about their ambitious dreams, as Um Yasser shared with me her hopes of growing her tourism business and bringing people from all around the world to Sinai. "I want to learn more and understand more how the tourism industry works. I wish I could speak or sit with those in the industry and authority to find new opportunities, new ways of growing my tourism business, and see how I can improve. My dream is to see more tourism in Sinai, reaching 100 people for every trip, because everything stopped after the COVID-19 pandemic," she says.

Since the COVID-19 pandemic, Um Yasser stayed inside her home without work. Tourism is her sole means of earning income, but it is also more than that – it is also where she found passion in work.

"There isn't another Bedouin woman who loves tourism work as much as I do, and who is able to hike these long distances in just two days. I do this work because I love it, and because there is no other work opportunity to help me survive. When tourism stops, I also stop. I want to work because I love work, I don't like to simply sit at home."



No Bedouin woman in history ever worked in tourism before, but after Um Yasser, more women became encouraged to do so. "After I've started working, more women became convinced that this isn't eib (shameful) for a Bedouin woman to work in tourism, but that this is work, and work is not shameful. When they (Sinai Trail) first told me about this job, I was over the moon. I wasn't afraid to work, but I was very excited that I finally got the opportunity to be part of something

that will help my family and myself."

Um Yasser is also passing on her legacy to her daughter to become a tour guide. "I always tell her to walk with me and explain to her how the tourism industry works. It isn't just about hiking, but also engaging with the tourists and sharing with them a glimpse of our culture. Tourism is about people and culture, which is why I try as much as possible to bring with me pieces of Bedouin culture. It involves a lot of cultural exchange and communication that she needs to be prepared for."

As part of Sinai Trail's fall trips this year, the two-day trip with Um Yasser was with the Hamada tribe, the smallest and oldest tribe in the region and included a visit to the high mountains known as Hajar el Nimr, the Leopard's Rock.

Her group, which included me, would wake up in the early mornings to pray and hear the sounds of the birds and animals outside. We would then light a fire, drink a warm cup of tea, and have breakfast with fresh Bedouin bread as we studied at our surroundings with more mindfulness; looking around and seeing the desert, the mountains, and the sky. Initially, Um Yasser began by guiding only women on the trail. But today, she leads mixed groups. Her knowledge of the desert was unmatched. No matter where she went, she found a way to guide us deeper into the desert. In the clear and serene atmosphere, she would sing for us songs and poems, pick fresh herbs and plants, and laugh with her sister along the way. We also sometimes relax very high up in the mountains where the air was fresh and clean, while sipping our Bedouin tea and looking over the clear horizon in pure silence.

Whenever one of us felt a little too tired to continue hiking, she pushed us back up and told us with a powerful voice, "A Bedouin woman is a keeper of the mountains. We love the mountains. You have to build strength like the Bedouin woman."



# In Photos: Rare ‘Snowfall’ in Egypt’s Alexandria Marks

## End of 2021

MARINA MAKARY

Photo via Facebook

After Alexandria announced school suspension and port closures on Sunday and Monday due to unstable weather conditions, the Egyptian governorate witnessed rare snowfall on several parts of the city on Monday 20 December.

Major General Mohamed Al Sharif, Governor of Alexandria, announced raising the degree of preparedness and emergency in the city. Residents claimed this is the first snowfall in the city in over a decade, and flooded social media with pictures and videos of the snow-covered city as they excitedly shared their experience witnessing this “European” weather.

The Egyptian Meteorological Authority (EMA) predicted that most parts of Egypt will see very cold weather on Monday.

Photo via Facebook



Photo via Twitter



Photo via Twitter



Photo via Twitter

# Five Charts That Explain the Homelessness-Jail Cycle — and How to Break It

Homelessness and the criminal justice system are deeply intertwined. People experiencing homelessness are more likely to interact with the justice system because being forced to live outside can lead to citations or arrests for low-level offenses like loitering or sleeping in parks. And people currently or previously involved in the justice system, who are often disconnected from supports and face housing and job discrimination, are more likely to experience homelessness. Black, Indigenous, and Latinx people are also **over-represented** among **both groups** because of systemic and structural racism in housing, criminal justice, employment, and other systems.

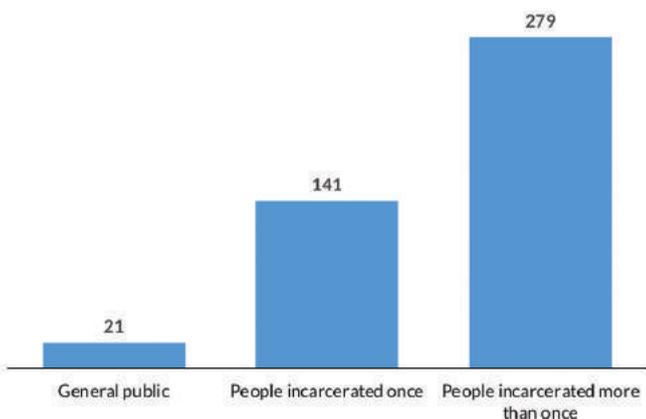
It's critical that local leaders understand this connection between homelessness and the criminal justice system to develop strategies that **better address homelessness**, reduce the use of jails, build stronger communities, and ensure everyone has access to safe and stable housing. We gathered evidence from Urban Institute research and other experts to explain the homelessness-jail cycle, and how to break it.

## 1. People with conviction histories are more likely to experience homelessness

A jail or prison stay can lead to the loss of a person's job and housing and sever their personal connections, leaving them without supports after their release. People with conviction histories also face discrimination in housing and employment that can prevent them from finding a home and stable job, leaving homelessness as their last resort. More than 50,000 people enter shelters directly from correctional facilities a year, according to the [US Department of Housing and Urban Development](#). That figure doesn't include the unknown number of people who are forced to live outside immediately after incarceration or who enter shelters after a period of instability following incarceration.

### People Incarcerated More Than Once Are 13 Times More Likely to Experience Homelessness Than the General Public

Number of people experiencing homelessness per 10,000 people in 2008



**Source:** Lucius Couloute, "Nowhere to Go: Homelessness among formerly incarcerated people," Prison Policy Initiative, August 2018, <https://www.prisonpolicy.org/reports/housing.html>.  
**Notes:** Homelessness rates for the general public come from the Prison Policy Initiative's analysis of US Department of Housing and Urban Development homeless counts and US Census Bureau population estimates for 2008. Homelessness rates for formerly incarcerated people come from the Prison Policy Initiative's analysis of the National Former Prisoner Survey conducted in 2008.

Furthermore, the risk of homelessness increases for people with multiple convictions. The [Prison Policy Initiative](#) found that people who have been incarcerated more than once are 13 times more likely than the general public to experience homelessness, whereas people who have been incarcerated once are 7 times more likely. Although these data are available only for people incarcerated in prisons (not jails), they show how people cycle between incarceration and homelessness.

## 2. Experiencing unsheltered homelessness increases people's interactions with the justice system

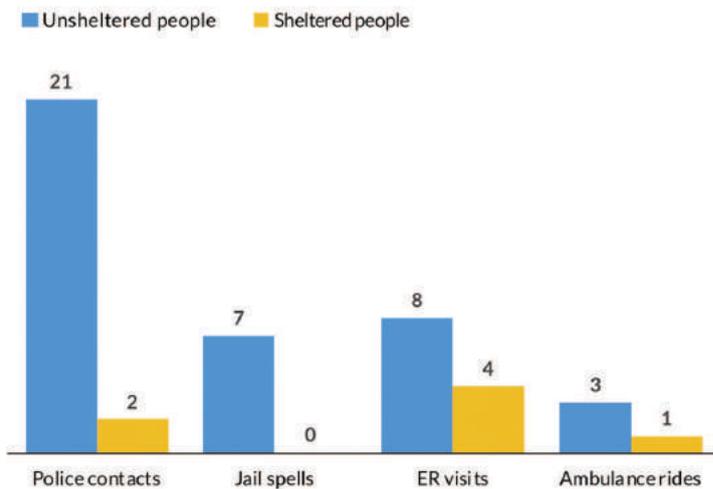
Without **investments** in evidence-based solutions, communities often use **police to respond to people living outside**, criminalizing homelessness and issuing citations and arrests for minor "public nuisance" crimes—such as camping, loitering, and public urination—that people wouldn't have to endure if they had a place to call home.

According to the [California Policy Lab](#), people experiencing unsheltered homelessness who were surveyed between 2015 and 2017 reported an average of 21 contacts with police in the past six months, 10 times the number reported by people living in shelters. People experiencing unsheltered homelessness were also 9 times more likely than people in shelters to report having spent at least one night in jail in the past six months.

Such frequent interactions with the justice system can trap people in a **homelessness-jail cycle**, rotating them in and out of jails and emergency public services like shelters, emergency rooms, and detox facilities. This cycle does nothing to help people access the housing and services they need, such as mental health or substance use treatment.

### People Experiencing Unsheltered Homelessness Are More Likely to Interact with the Justice System and Emergency Services Than People in Shelters

Average number of interactions in previous six months



**Source:** Janey Rountree, Nathan Hess, and Austin Lyke, "Health Conditions among Unsheltered Adults in the US," California Policy Lab, October 6, 2019, <https://www.capolicylab.org/health-conditions-among-unsheltered-adults-in-the-u-s/>.  
**Notes:** ER = emergency room. These data come from the California Policy Lab's analysis of Vulnerability Index - Service Prioritization Decision Assistance Tool survey responses from more than 64,000 people older than 24 experiencing homelessness in 15 states between 2015 and 2017.

### 3. The homelessness-jail cycle is expensive for taxpayers

Beyond harming people’s well-being and failing to connect them with housing and services, the homelessness-jail cycle is also costly for taxpayers. In Denver, where Urban is evaluating the city’s [supportive housing social impact bond initiative](#), a person experiencing long-term homelessness in 2016 had 24 contacts with police over 90 days, including four citations, one arrest, one jail stay, and 18 other kinds of contacts, such as being ordered to move along. This 90-day period cost the city nearly \$4,000 and represents the experience of just one person among the hundreds in Denver stuck in the homelessness-jail cycle.

Denver [previously calculated](#) that providing safety net services to 250 people experiencing long-term homelessness and cycling in and out of jail and other emergency services cost the city an average of \$7.3 million a year. And [Los Angeles](#) found that people experiencing homelessness accounted for \$65.5 million in jail costs and \$5.6 million in booking fees in the 2014–15 fiscal year.

#### A Person Trapped in the Homelessness-Jail Cycle Costs Denver Nearly \$4,000 in Criminal Justice-Related Costs over 90 Days

Cost and number of justice system interactions for one person experiencing long-term homelessness in Denver in 2016



Source: Sarah Gillespie, Benjamin Chartoff, Devlin Hanson, and Mary K. Cunningham, "The first step toward breaking the homelessness-jail cycle," *Urban Wire* (blog), Urban Institute, May 18, 2016, <https://www.urban.org/urban-wire/first-step-toward-breaking-homelessness-jail-cycle>.

Notes: These data do not represent actual citations, arrests, jail stays, or other police contacts. They are simulated to match the distribution of actual interactions for a person experiencing chronic, or long-term, homelessness cycling in and out of jail. Costs are based on estimates provided by the City of Denver for the average cost of one citation (\$175), arrest (\$430), jail stay (\$80), and police contact (\$150) for a person in the target population.

### 4. A Housing First approach can break the homelessness-jail cycle

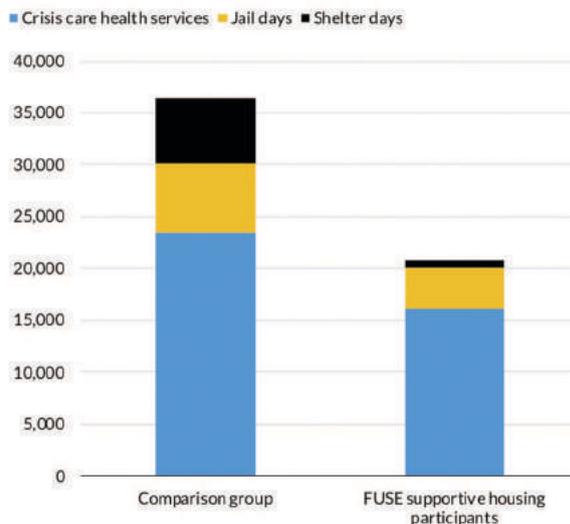
Under the [Housing First](#) approach, programs connect people with stable housing with no preconditions so that they can improve other aspects of their lives. Housing First is the [only strategy proven](#) to break the homelessness-jail cycle. For people with complex needs, this approach is often used in [permanent supportive housing](#) programs, which combine long-term rental assistance and supportive services designed to help people maintain housing stability.

An [evaluation of the Frequent Users Service Enhancement supportive housing program](#) in New York City found that after two years, 86 percent of participants remained housed (compared with only 42 percent of the comparison group, who didn’t receive supportive housing services), and they spent 40 percent less time in jail. The annual jail and shelter costs for each person in supportive housing were more than \$8,000 lower than for the comparison group, and their crisis health care costs were more than \$7,000 lower.

The Frequent Users Service Enhancement program cost roughly \$23,000 a person in total annual public funding, but 67 percent of that cost was offset by a nearly \$16,000 average annual reduction in jail, shelter, and crisis health care costs. This shows that supportive housing can help people improve their lives while offsetting some public costs by mitigating the homelessness-jail cycle’s harmful consequences.

#### FUSE Supportive Housing Program Participants Had Lower Jail, Shelter, and Crisis Health Care Costs Than a Comparison Group

Annual costs per person in 2012



Source: Angela A. Aidala, William McAllister, Maiko Yomogida, and Virginia Shubert, *New York City FUSE II Evaluation Report* (New York: Columbia University Mailman School of Public Health, 2014).

Notes: FUSE = Frequent Users Service Enhancement program in New York City. Data are reported as average public payer cost per person, per year for the service-enriched FUSE II intervention. Data are adjusted to 2012 dollars.

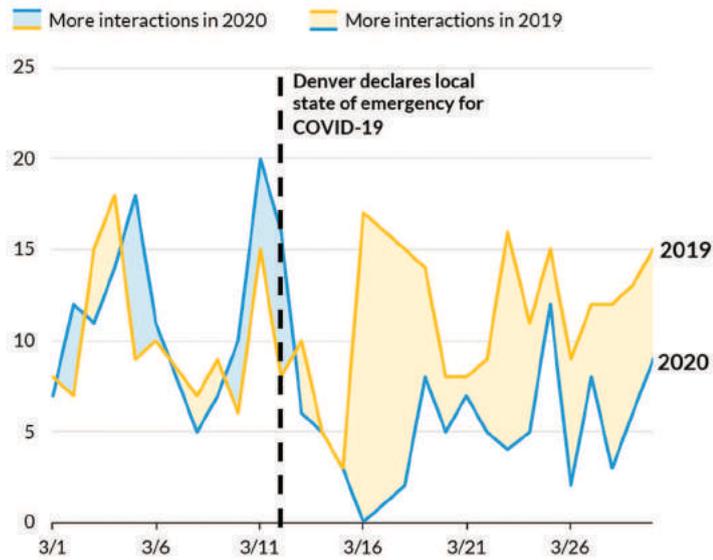
### 5. Local leaders can ensure COVID-19-related changes in police responses to homelessness aren’t temporary

The pandemic has transformed how police interact with people experiencing homelessness. Many cities have reduced their jail populations to lower people’s risk of exposure to the coronavirus, and police are making fewer contacts and arrests. In Denver, after COVID-19 hit, police contacts with and arrests of people experiencing long-term homelessness and frequent arrests fell significantly. Between March 11 and March 31, police had eight fewer interactions a day on average with people in this group compared with the same period in 2019, according to the Urban Institute. Urban used a regression analysis of 2019–2020 Denver Police Department data that controlled for daily weather, day of the week, month, and year.

Responses to COVID-19 show that communities can change their law enforcement practices. But as communities respond to and recover from the pandemic, they can go beyond temporary disruptions of the status quo and consider permanent changes to how they address homelessness. To make their communities’ COVID-19 recoveries more equitable and sustainable, local leaders can stop using punitive tactics that trap people in homelessness-jail cycles and implement evidence-based Housing First strategies that help people access the housing and services they need to achieve stability.

## Denver Police Interactions with People Trapped in the Homelessness-Jail Cycle Fell after COVID-19 Hit

Average number of daily Denver Police Department interactions with people experiencing long-term homelessness and frequent arrests



Source: Urban Institute analysis of Denver Police Department data.

URBAN INSTITUTE

Notes: Police interactions include contacts and arrests. Data are daily counts from March 2019 and March 2020 from the Denver Police Department. Values are matched across years by day of the week.

## ABOUT

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## PROJECT CREDITS

RESEARCH AND ANALYSIS

Sarah Gillespie and Samantha Batko

DEVELOPMENT

Ben Chartoff

EDITING

Zach VeShancey

WRITING

Emily Peiffer

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## LIBRARY

LIBRARY OF CONGRESS

### 'RETURN OF THE JEDI' AMONG 25 ECLECTIC FILMS JOINING NATIONAL FILM REGISTRY

*'Lord of the Rings,' 'Selena,' 'Sunder,' 'Cooley High' 'A Nightmare on Elm Street' and 'WALL•E' Among Titles Selected for Preservation*

Librarian of Congress Carla Hayden announced today the annual selection of 25 influential motion pictures to be inducted into the National Film Registry of the Library of Congress. Selected for their cultural, historic or aesthetic importance to preserve the nation's film heritage, the newest selections include epic trilogies, major roles for Jennifer Lopez and Cicely Tyson, extraordinary animated features, comedy and music, and films that took on racially-motivated violence against people of color decades ago.

The 2021 selections represent one of the most diverse classes of films to enter the registry, with movies dating back nearly 120 years and representing the work of Hollywood studios, independent filmmakers, documentarians, women directors, filmmakers of color, students and the silent era of film. The selections bring the number of films in the registry to 825, representing a portion of the 1.7 million films in the Library's collections.

"Films help reflect our cultural history and creativity — and show us new ways of

looking at ourselves — though movies haven't always been deemed worthy of preservation. The National Film Registry will preserve our cinematic heritage, and we are proud to add 25 more films this year," said Librarian of Congress Carla Hayden. "The Library of Congress will work with our partners in the film community to ensure these films are preserved for generations to come."

**Turner Classic Movies (TCM)** will host a television special **Friday, Dec. 17**, starting at 8 p.m. ET to screen a selection of motion pictures named to the registry this year. Hayden will join TCM host and film historian Jacqueline Stewart, who is chair of the [National Film Preservation Board](#), to discuss the films. Also, select titles from 30 years of the National Film Registry are freely available online in the [National Screening Room](#). Follow the conversation about the 2021 National Film Registry on Twitter and Instagram at [@librarycongress](#) and [#NatFilmRegistry](#). Two films selected for the registry drew significant public support this year

through online nominations. The original "Star Wars" trilogy's third release from "a galaxy far, far away" in 1983 drew the most public votes for "**Star Wars Episode VI — Return of the Jedi**," while the kickoff to another epic trilogy of films, "**The Lord of the Rings: The Fellowship of the Ring**" from 2001, based on the beloved stories of J.R.R. Tolkien, also earned strong public support.

"In 1951, Professor Tolkien expressed the wish that '... other minds and hands, wielding paint and music and drama...' might one day come to the world of middle-earth. And they did — actors and artists, composers and musicians, linguists and digital wizards — a myriad of talent came together to bring his vast work of imagination to life on the screen," said the filmmaking team of Peter Jackson, Fran Walsh and Philippa Boyens. "It is a great honor to have 'The Lord of the Rings: The Fellowship of the Ring' selected this year by the National Film Registry. We are proud to be part of an archive that celebrates and preserves the art of visual storytelling, for generations to come."

Two innovative animated features from different eras also join the registry this year. Disney's "Flowers and Trees," which was released in the dark days of the Great Depression in 1932, showcased the magic of cinema with birds singing and trees in full color. It was the first three-strip Technicolor film shown to the public and set a new standard.

Some 76 years later, Pixar Animation Studios would release a unique masterpiece with 2008's "WALL•E," combining animation, science fiction, an ecological cautionary tale and a charming robot love story. The film would go on to win the Oscar for Outstanding Animated Feature.

### Reflecting a Diverse Nation

Several films explore stories from the nation's diverse communities that often carry universal themes. "**Selena**," the 1997 biographical film of Tejana star Selena Quintanilla-Pérez, starred Jennifer Lopez, in her first major movie role, and Edward James Olmos. Directed by Gregory Nava, it told the story of the young singer's rise to fame in her family band and her tragic death, at 23, when she was shot to death by the head of her fan club after a dispute. Selena's life, music and the film became touchstones in Latin American culture, and her infectious appeal crossed over to audiences of all kinds.

Olmos, who played Abraham, the father and manager of the band, said the movie stands out as a universal family story that happens to be about Mexican-Americans along the Texas-Mexico border.

"It will stand the test of time," Olmos told the Library. "(It's) a masterpiece because it allows people to learn about themselves by watching other peoples' culture."

In the 1970s, Michael Schultz was a young director when he was brought on to direct "**Cooley High**," a touching 1975 comedy about a group of Black friends enjoying their last year of high school in the Cabrini Green neighborhood in Chicago. Affectionate, rowdy and innocent about teenage life, it stood in contrast to the Blaxploitation movies of the era. This year, "Cooley" joins the registry as well.

Despite a tight budget and shooting schedule, the movie caught on with audiences and remains a time-capsule

portrait of teenagers coming of age in a difficult place. It's been called a classic of Black cinema. Schultz said he never doubted the film's potential.

"The one thing I knew about 'Cooley High' was that it was unique, it was exciting," he said. "It would open up people to a new world."

California-based director Sylvia Morales was incredulous when she got the call that her 1979 documentary, "**Chicana**," was included on this year's registry class. "Initially, I didn't believe it," she said.

"Chicana" is a 22-minute collage of artworks, still photographs and documentary footage about the struggles of Chicana women over the long course of history and the work they have put in to gain basic rights and wages. That film, and her subsequent career, grew out of Morales' youthful desire to see people like her on the silver screen.

"I loved the movies, and so I decided early on, when I was a teenager, that I was going to make some movies and put some Mexicans in it," she said. "I think it's the struggle that's important, and that's what 'Chicana' is. It's the struggle to be whoever you are."

### Filmmakers Address Racially-Motivated Violence

Three films included on this year's list directly addressed one of the most pressing issues of the day: racially-motivated violence against people of color. "**The Murder of Fred Hampton**" from 1971, "**Who Killed Vincent Chin?**" from 1987, and "**Requiem-29**" from 1970 told stories of violence against Black, Asian and Hispanic Americans, respectively. These films are particularly important to preserve, said Stewart, who is chief artistic and programming officer at the Academy Museum of Motion Pictures.

"We strive to look at the range of films, those that are entertaining and inspiring, but also those films that raise more difficult questions, titles that get us to recognize that films are documents of our complex social and political history and that their preservation is absolutely essential if we're going to look honestly at our past," Stewart said. Taking the three films together — all made decades ago, but just as relevant now as then — "help us to see just how powerful cinematic

representations of these issues can be, because films not only document social problems but they can also be catalysts for change."

### Silent Films that Challenged Stereotypes

The oldest film in this year's registry class is a recently restored 3-minute actuality recording from 1902 showing a **Ringling Brothers** circus parade in Indianapolis. One reason why the film was selected for preservation is it also shows, by accident, a rare glimpse of a prosperous northern Black community at the turn of the 20th century. African Americans were rarely shown in films of that era and then only in caricature or mocking depictions.

Two more silent films from the early 20th century selected this year also portray Black Americans without the degrading stereotypes common to the era.

"**The Flying Ace**," from 1926, is a straightforward romance set in the daring new world of aviation. It was made by the Norman Film Manufacturing Company of Jacksonville, Florida, an important producer of "race films" — movies made specifically for Black audiences. Although owned by Richard Norman, a white man, the studio's films tended to portray a world in which whites, and thus racism, was absent.

"'The Flying Ace' is a really special film because it represents Black technical expertise and bravery," said Stewart. "It has been said that future Tuskegee Airmen were inspired when they saw this film in their youth."

The fact that it was also so successful with audiences, she said, helps document that there was a "thriving African American movie culture during the 1920s, '30s and '40s. It's miraculous, considering how few prints of these films were made, that this film survives."

"**Hellbound Train**," a silent film from 1930, is a staunchly Christian film, made by the evangelical couple of James and Eloyce Gist. Until recently, it was an overlooked milestone in Black cinema and now joins the registry. Its obvious plot — the Gists were amateur filmmakers, using untrained actors — was to scare sinners straight. It was played in churches and fairgrounds to accompany the Gists' sermons.

It depicts a train with each car dedicated to particular sins — dancing, drinking, adultery — being conducted by Satan himself. The print was painstakingly reassembled from more than 100 reels of 16mm at the Library by filmmaker S. Torriano Berry, preserving this early example of guerilla filmmaking carried out with a missionary zeal.

In 2013, the Library released a report that determined 70 percent of the nation's silent feature films have been lost forever and only 14 percent exist in their original format.

### About the National Film Registry

Under the terms of the National Film Preservation Act, each year the Librarian of Congress names to the National Film Registry 25 motion pictures that are “culturally, historically or aesthetically” significant. The films must be at least 10 years old. More information about the National Film Registry can be found at [loc.gov/film](http://loc.gov/film).

The Librarian makes the annual registry selections after conferring with the distinguished members of the National Film Preservation Board and a cadre of Library specialists. Also considered were more than 6,100 titles nominated by the public. Nominations for next year will be accepted through Aug. 15, 2022, at [loc.gov/programs/national-film-preservation-board/film-registry/nominate/](http://loc.gov/programs/national-film-preservation-board/film-registry/nominate/).

In addition to advising the Librarian of Congress on the annual selection of titles to the National Film Registry, the board provides counsel on national preservation planning policy.

Many titles named to the registry have already been preserved by the copyright holders, filmmakers or other archives. In cases where a selected title has not already been preserved, the Library of Congress National Audio-Visual Conservation Center works to ensure that the film will be preserved by some entity and available for future generations, either through the Library's motion picture preservation program or through collaborative ventures with other archives, motion picture studios and independent filmmakers.

The center is located at the Library's Packard Campus in Culpeper, Virginia, a state-of-the-art facility where the nation's

library acquires, preserves and provides access to the world's largest and most comprehensive collection of films, television programs, radio broadcasts and [sound recordings \(loc.gov/avconservation/\)](http://loc.gov/avconservation/). It is home to more than 9.2 million collection items.

The Library of Congress is the world's largest library, offering access to the creative record of the United States — and extensive materials from around the world — both on-site and online. It is the main research arm of the U.S. Congress and the home of the U.S. Copyright Office. Explore collections, reference services and other programs and plan a visit at [loc.gov](http://loc.gov); access the official site for U.S. federal legislative information at [congress.gov](http://congress.gov); and register creative works of authorship at [copyright.gov](http://copyright.gov).

### Films Selected for the 2021 National Film Registry (chronological order)

1. Ringling Brothers Parade Film (1902)
2. Jubilo (1919)
3. The Flying Ace (1926)
4. Hellbound Train (1930)
5. Flowers and Trees (1932)
6. Strangers on a Train (1951)
7. What Ever Happened to Baby Jane? (1962)
8. Evergreen (1965)
9. Requiem-29 (1970)
10. The Murder of Fred Hampton (1971)
11. Pink Flamingos (1972)
12. Sounder (1972)
13. The Long Goodbye (1973)
14. Cooley High (1975)
15. Richard Pryor: Live in Concert (1979)
16. Chicana (1979)
17. The Wobblies (1979)
18. Star Wars Episode VI — Return of the Jedi (1983)
19. A Nightmare on Elm Street (1984)
20. Stop Making Sense (1984)
21. Who Killed Vincent Chin? (1987)
22. The Watermelon Woman (1996)
23. Selena (1997)
24. The Lord of the Rings: The Fellowship of the Ring (2001)
25. WALL•E (2008)

### In Focus: The 2021 National Film Registry (alphabetical order)

#### Chicana (1979)

Producer/director Sylvia Morales created “Chicana,” a 22-minute collage of artworks, stills, documentary footage,

narration and testimonies, to provide a counterpart to earlier film accounts of Mexican and Mexican-American history that all but erased women's lives from their narratives. Centering on successive struggles by women from the pre-Columbian era to the present to combat exploitation, break out of cultural stereotypes, and organize for national independence, women's education, and the rights of workers, “Chicana” resurrects an arresting array of proto-feminist icons to inspire Chicana feminists with role models from their cultural past. In 1977, Morales, an artist and cinematographer who had worked at KABC in Los Angeles and was enrolled in UCLA's film school, became enthralled with a slide show created by Chicano Studies teacher Anna Nieto-Gómez that included a history of Mexican women of which Morales was unaware. With Nieto-Gómez's support, Morales conducted additional research with Cynthia Honesto, hired composer Carmen Moreno to score the film and renowned actress Carmen Zapata to narrate it, shot documentary footage, and recorded interviews with Chicana activists Dolores Huerta, Alicia Escalante, and Francisca Flores to incorporate as voice-overs into the film. Acknowledged as a brilliant and pioneering feminist Latina critique, “Chicana” has served as a stepping stone for Morales' distinguished career as a writer and director of acclaimed cable and public television documentary and fiction productions. UCLA has digitally scanned the best surviving picture sources for interim preservation purposes and hopes to turn this provisional work into a full restoration effort.

#### Cooley High (1975)

NPR has called “Cooley High” a “classic of black cinema” and “a touchstone for filmmakers like John Singleton and Spike Lee.” Set in Chicago's Cabrini Green housing project, “Cooley” is — at least at its start — a coming-of-age comedy about African American friends making the most of their halcyon high school days. But they soon find their lives and futures threatened when a small scuffle at a party escalates and projects them into a series of legal jeopardies. Though often compared to 1973's “American Graffiti,” “Cooley” stands beautifully on its own thanks to its unique sensibilities, the taut direction of Michael Schultz and the incredible naturalistic acting styles of its entire cast — which included Lawrence Hilton-Jacobs, Garrett Morris and Glynn Turman. Made on a small budget, “Cooley” would become one of the biggest critical and commercial successes of 1975. Retooled, “Cooley High” would also serve as the genesis for the successful TV sitcom “What's Happening!!”

## Evergreen (1965)

Before co-founding The Doors and the band learning their craft in Los Angeles clubs such as London Fog and Whisky a Go, Ray Manzarek attended UCLA's Film School, where he met fellow film student Jim Morrison. While at UCLA, credited as Raymond D. Manzarek, he created the student film "Evergreen," about a jazz musician (Henry Crismonde) and his romance with an art student (played by Manzarek's then girlfriend and future wife Dorothy Fujikawa). Manzarek was always a huge fan of the potential of cinema. He once noted, "Film is the art form of the 20th century, combining photography, music, acting, writing, everything. Everything that I was interested in all came together with that one art form." In "Evergreen," which has been called a "12-minute, West Coast, cool jazz, cinematic tryst," one can definitely spot the influence of the French New Wave and filmmakers such as Jean Luc Godard. The film's title reportedly comes from the Beat literary magazine, The Evergreen Review, and "Evergreen" features music by Herbie Mann/The Bill Evans Trio and the Jazz Crusaders. The location shots of mid-1960s Los Angeles comprise a magical time capsule of their own. Fujikawa sums up the impact of film on Manzarek and Morrison: "I think film informed his work and Jim's work throughout their musical careers," she said. "They always thought of their songs as cinematic expressions. They were always sort of little stories that were dramatic and told a story with music. In that way they were cinematic songs." The film has been digitally restored by the UCLA Film and Television Archive.

## Flowers and Trees (1932)

In the darkest days of the Great Depression, audiences welcomed a diversion when they went to theaters. Studios responded with Busby Berkeley musicals, risqué pre-Code films and trippy animations such as the Fleischer Studios' Betty Boop cartoons. Those attending the 1932 premiere of Disney's "Flowers and Trees" watched birds singing and trees awakening, all in spectacular hues: "Flowers and Trees" was the first three-strip Technicolor film shown to the public, and the dawning of a new era. The overwhelming response convinced Walt Disney to make all future Silly Symphony shorts in color and a few years later came features like "Snow White and the Seven Dwarfs." Even today, the hand-drawn animation and vibrant Technicolor continues to charm and dazzle, showing new audiences the magic cinema can bring.

## The Flying Ace (1926)

The Norman Film Manufacturing Company of Jacksonville, Florida, was an important producer of "race films," movies made specifically for Black audiences. Although owned by Richard Norman, a white man, the studio's films tended to portray a world in which whites, and thus racism, was completely absent and Black relationships are at the center of the story. "The Flying Ace" is an excellent example, a romance-in-the-skies drama with a compelling cast, including Kathryn Boyd playing a character inspired by Bessie Colman, the first African American woman pilot.

## Hellbound Train (1930)

This surreal and mesmerizing allegorical film by traveling evangelists James and Eloyce Gist is an important and, until recently, overlooked milestone in Black cinema. Painstakingly reassembled from more than 100 reels of 16mm at the Library of Congress by filmmaker S. Torriano Berry, this early example of independent community filmmaking is a fierce and entertaining condemnation of sinfulness with Satan portrayed as a tempting conductor. The Gists showed this silent film in Black churches accompanied by a sermon and religious music.

## Jubilo (1919)

In the third film of his illustrious motion picture career, humorist and cowboy philosopher Will Rogers enacted the easy-going, likable tramp Jubilo, named after a Civil War song in which enslaved people using stereotypical dialect celebrate their hoped for emancipation. Theater organists and pianists no doubt played the tune repeatedly throughout the picture, and for years afterwards, it became a signature song for Rogers, a multiracial member of the Cherokee nation who often portrayed a comic trickster common in both African American and Native American cultures. Despite its predictable plot, "Jubilo" was distinguished by the uniquely human character Rogers created and the title cards he authored that gave national audiences a taste of the topical remarks he would casually toss off from the stage as he entertained New York audiences with his roping and horseback riding tricks. One card, appearing after his character spends a night trying to fix an automobile, satirizes Henry Ford's

recently unsuccessful political ambitions with the line, "No wonder he wasn't elected to the Senate with everyone owning one of these." Reviewers praised Rogers' "wonderfully natural creation" and "rugged sense of humor," and a few years later, director Erich von Stroheim commended Rogers' pictures for their character-driven realism, a desired quality he found otherwise lacking in most of Hollywood's more plot-dominated productions. The film is preserved by the Museum of Modern Art.

## The Long Goodbye (1973)

In "The Long Goodbye," Elliott Gould, star of such counterculture classics as "M\*A\*S\*H\*" and "Little Murders," brings Raymond Chandler's iconic depression-era detective Philip Marlowe into a contemporary Hollywood-infused setting where his moral compass seems anachronistic. Robert Altman directed this richly complex, iconoclastic and highly entertaining detective mystery with a script by Leigh Brackett, who had co-authored the screenplay of the film noir classic "The Big Sleep," in which Humphrey Bogart epitomized Chandler's hard-nosed individualist hero for an earlier generation. The inspired, non-traditional cast, some of whom Altman encouraged to create their own characters and lines, includes Sterling Hayden, Jim Bouton, Nina van Pallandt, Mark Rydell and Henry Gibson. Shot by pictorially-inclined cinematographer Vilmos Zsigmond near the beginning of his illustrious career, "The Long Goodbye" employs unsettling, ever-moving camerawork and compositions that masterfully utilize the transparent and reflective surfaces common in southern California modernist architecture. Altman and Zsigmond's technique allows viewers to eavesdrop on a corrupt world of trivial pursuits and shocking violence that has left many of its inhabitants impotent, indifferent or deeply scarred. Gould's repeated signature line, "It's OK with me," resonates throughout until Chandler's shining knight ends the film with a morally ambiguous resolution. Zsigmond won the National Society of Film Critics' award for best cinematographer for his work in "The Long Goodbye."

## The Lord of the Rings: The Fellowship of the Ring (2001)

Director Peter Jackson kicked off his epic trilogy of films of J.R.R. Tolkien's beloved oeuvre with this 2001 film. From its visually stunning depiction of Middle-Earth to his large, expert, all-star

casting (Elijah Wood, Ian McKellen, Liv Tyler, Viggo Mortensen, Sean Astin, Cate Blanchett, Hugo Weaving, John Rhys-Davies, Orlando Bloom, Christopher Lee and Andy Serkis), Jackson and company created a respectful, literate adaptation of one of the world's most cherished series of written works. Key to making all this magic work and the story of Hobbits surprisingly human are the heartfelt performances (led by Wood as Frodo and McKellen as Gandalf). The combination of magnificent production values and scenes filmed in spectacular New Zealand locations made this a must-see, particularly on wide screens in a cinema.

## The Murder of Fred Hampton (1971)

This documentary profiles the final year in the life of Fred Hampton, the 21-year old charismatic leader of the Illinois chapter of the Black Panther Party. The first half shows Hampton making speeches, passionately urging armed militancy, as well as non-violent advocacy, to confront

poverty, protest police brutality and build coalitions to broaden the message of the party from "Power to the People" to "All power to all people." During production, Hampton and Mark Clark were killed in a police raid, and the film transitions to an investigation of their deaths and the motives of authorities local and beyond. The New York Times, while admitting the film had flaws and certainly was unabashedly biased, assesses that the footage and TV documentation "constitute a remarkable, if uneven, case history. It is, in sum, an unleavened indictment of Edward V. Hanrahan, the Illinois state's attorney, the policemen in the raid and the Chicago political establishment. The film was restored by the UCLA Film and Television Archive.

## A Nightmare on Elm Street (1984)

The great horror maestro Wes Craven, as both writer and director, gave a generation of teens (of all ages) terminal insomnia with this imaginative and intense slasher scare fest. Freddy Krueger (played by soon-to-be legend Robert

Englund) is the burn-scarred ghost of a psychopathic child killer, now returned to haunt your dreams and take his revenge! Heather Langenkamp stars as the heroic Nancy, who figures out who Freddy is and must be the one to stop him. Also in the cast: Johnny Depp, John Saxon, Ronee Blakley and Charles Fleischer. Made on a budget under \$2 million, "Elm Street" became a box office sensation and has inspired numerous sequels (including a film that pitted Freddy against Jason of the "Friday the 13th" films), a 2010 remake, a TV series, books, comic books and videogames, making it one of the most successful film franchises in the history of any cinematic genre. The film established New Line Cinema as a major force in film production with some calling New Line "The House That Freddy Built."

## Pink Flamingos (1972)

The movie poster tells the story: drag icon Divine, resplendent in a red gown, hair and makeup at glorious extremes, perched on a cloud and brandishing a pistol.



*NAPLES, Italy—Rear Adm. Scott Gray, commander, Navy Region EURAFCENT, awarded Oana Brodnicki and Karl Marshall with the Navy Civilian Service Commendation medal in front of their colleagues, for their inspiring leadership and personal initiative in aiding their colleague, Nov. 9, 2021.*

The words "reflect credit upon themselves and upheld the highest traditions of the United States Naval Service" are often heard at military awards-at-quarters for military members in recognition of their hard work and dedication to the Nation.

Military members are not the only ones who serve their country, nor are they the only ones who can be recognized for upholding the values of their service, especially when intervention saves lives.

In June 2021, Brodnicki and Marshall, civilian employees at Commander, Navy Region Europe, Africa, Central (EURAFCENT), repeatedly encouraged a peer to receive medical attention, resulting in the member obtaining the critically needed medical care.

Prior to her tour in Naples, Brodnicki, a two-year employee of EURAFCENT Fleet and Family, lived in Rota, Spain, where she was volunteered her time with the Navy. Now, she is the administrative assistant for Morale, Welfare and Recreation (MWR) and Fleet and Family departments of Navy Region EURAFCENT's N9.

"I love it," she said. "It is the first time I've worked for the Navy. I have volunteered before, but this was the first time I have been on the payroll. There is so much that goes on behind the events and it's great to see that other side."

Marshall, a retired Marine and native of Baltimore, Maryland, has worked with EURAFCENT for two years. Marshall serves as the Regional Training and Improvement Specialist.

"Training is what I did in the Marine Corps," said Marshall. "Everything is computerized now so it's seamless managing the regional training for MWR."

While the two coworkers have had different experiences and come from different backgrounds, they teamed up to share their concern for their coworker until he sought medical attention.

## BALTIMORE NATIVE AWARDED NAVY CIVILIAN SERVICE COMMENDATION MEDAL

*Story By:  
Mass Communication Specialist and  
Class Erika L. Kugler*

"He came back from the gym," Brodnicki remembered. "He had been expressing he felt weak all morning. It took us a while to convince him, but we were both concerned and he finally did go [to medical]. To my understanding, about 10 minutes after he arrived at medical they found out it was a heart attack."

Both agreed they had not expected such a life-threatening situation.

"It was a shock," said Brodnicki. "He's a young man, our age; it made me happy to know we encouraged him to go to medical."

Marshall agreed with being surprised about the severity of the situation, but was happy they followed their instincts to encourage the member to seek medical attention.

The Navy Civilian Commendation medal is presented to civilians who have distinguished themselves for going beyond what is usually expected, and is the Navy and Marine Corps fourth highest award for civilians.

"I am highly appreciative that someone recognized us with an award," said Marshall.

Brodnicki expressed her appreciation, as well.

"It was wonderful to be acknowledged like that," she said. "I know a lot of people do wonderful things all the time and they don't get recognized. So for us to be recognized was really nice."

Gray presented 18 awards, including two Navy Civilian Service Commendation medals, two military awards, and 14 civilian Length of Service awards ranging from 5 to 35 years of government service for local national and civilian employees in five different of departments.

Navy Region EURAFCENT oversees nine installations in seven countries, enabling U.S., allied and partner nation forces to be where and when they are needed in order to ensure security and stability in the European, African, and Central Command areas of responsibility.



## THE CHALLENGE OF EXTREMISM IN THE MILITARY IS NOT GOING AWAY WITHOUT A NEW PERSPECTIVE

Anne Speckhard, Molly Ellenberg,  
and TM Garret

As published in Military Times

In February of 2021, Secretary of Defense Lloyd Austin announced that the U.S. military needs the troops' help to both prevent and eliminate extremism and extremist ideologies within the ranks. The statement was made in response to the Jan. 6 Capitol Hill riot. [George Washington University's Program on Extremism](#) showed that 12 percent of those charged with federal crimes related to the Capitol Hill riot on Jan. 6 2021, included military veterans or active-duty members. More than 25 percent of the rioters with military experience were commissioned officers, and 44 percent had been deployed at least once, raising legitimate concerns that they were weapons trained by our military and could be potentially very lethal actors. Perhaps the starkest finding regarding rioters with military experience, however, was that 37 percent of those with military experience were associated with violent extremist groups such as the Oath Keepers and the Proud Boys, making them four times more likely to be part of a such a group than rioters without military experience. Even more recently, Franklin Barrett Sechriest, a member of the Texas National Guard, was charged with using an accelerant to set a fire outside of an Austin synagogue, causing \$25,000 in damage. According to NBC News, the offender had stickers in his car displaying swastikas and anti-Semitic statements.

The problem of extremism in the military in the U.S. and in other Western democracies is not new but increasingly visible and perhaps growing of late when it comes to white supremacists. Over the years, some of our most notorious domestic violent extremists have had military experience and weapons training that may have helped them to be more dangerous than regular citizens: In 1995, former soldier and Bronze Star recipient, [Timothy McVeigh](#), bombed the Oklahoma City Murrah Federal Building, killing 168 and injuring more than 650 others. Later that year, a Black couple was murdered by a [Fort Bragg white supremacist group](#) which included several active-duty soldiers. In 2009, Army doctor [Nidal Hasan](#) killed 13 and injured more than 30 others at Fort Hood. Outside of the United States, we have seen a similar trend with members of the German military having planned "[false flag](#)" [terror attacks to kick off a race war](#), as accounts of members of the German [special forces](#) and [police](#) being involved in far-right groups continue to surface, despite the German authorities being more attuned to and wary of far-right authoritarian tendencies in their military and law enforcement.

### Why do violent extremists recruit military members?

Through analysis of 50 in-depth psychological interviews with current and former members of far right, white supremacist, and hate groups, researchers at the International Center for the Study of Violent Extremism have identified four primary reasons why violent extremists seek active-duty and former military to join their groups:

- First, all military members, regardless of their ultimate role, undergo basic training during which they learn how to handle weapons, and many learn far more during their time in the military than what is offered in basic training. They can bring this training to a violent extremist group, teaching members how to use firearms, run drills, and act as bodyguards and enforcers for the group's leadership. They also have access to the military itself, to intelligence and to weapons — all things that can be valuable to those who seek to enact insider or violent extremist attacks.
- Second, military members develop a sense of discipline and structure while serving, qualities that are highly valued by violent extremist leaders. A violent extremist group cannot survive or achieve its goals if its ranks are full of rowdy young men who are interested only in drinking and picking fights. Indeed, such actions are seen as detrimental to the group's reputation.
- This idea dovetails with our third finding — that having military members in one's group lends it an air of legitimacy. In contrast to disorganized groups like the skinheads of the 1990s and early 2000s, or notoriously violent prison gangs like the Aryan Brotherhood, white supremacist groups with many military members are able to paint themselves as orderly and rational, and thus are less likely to be viewed by those they hope to recruit — respectable members of society such as lawyers, doctors, and politicians — as violent or extremist movements.
- Fourth, members with military experience help far right violent extremist groups to appear patriotic. Faced with accusations of fighting against the government, these groups might easily point to their military-linked members, arguing that current and former soldiers would never associate themselves with an unpatriotic or antigovernmental organization. Instead, violent extremist groups may deploy these members as recruiters and hold them up as symbols of their deeply patriotic support of the United States (or other Western country) and defending its European heritage from foreign "invaders."

## Why are military members susceptible to violent extremist recruitment?

Our ICSVE in-depth interviews with current and former white supremacists also highlight several primary motivations for active duty and veteran servicemembers to join these violent extremist groups. The need for belonging is frequently cited as a motivation for joining terrorist and violent extremist groups of all different ilk. For people with prior military experience, the need for belonging often comes in the form as a desire for a lost sense of community and brotherhood. The closeness that is developed amongst soldiers in the same unit is difficult to replicate in the civilian world. Military veterans may feel lonely and without a support system after discharge, so the opportunity to join a group that can offer them a similar sense of camaraderie, mission, and loyalty can be incredibly enticing.

Beyond the loss of a sense of brotherhood after discharge, veterans may also feel aggrieved toward the government for not offering them physical, psychological, or vocational support that they need to succeed in civilian life. But, in contrast to feeling angry at the government, other people with military experience may see far right violent extremist groups as a chance to continue fighting for a noble cause. As detailed previously, many white supremacist groups aim to portray themselves as patriotic defenders of America's heritage and culture, which they claim are under attack. They use this narrative to radicalize and recruit former servicemembers, especially those who were deployed to combat zones, telling them that they will be able to continue fighting for American values, albeit this time against domestic enemies who seek to destroy the country from within.

Finally, for those struggling with the transition to civilian life, and especially for those dealing with post-traumatic stress disorder, a continued command structure, a semblance of order, and a clear mission can offer feelings of safety and certainty, which in turn can assuage anxiety and other features of PTSD, such as hypervigilance and hyperreactivity. Additionally, in a violent group, the hyperarousal and hypervigilance that are common in PTSD are more normalized, as one is still, in a sense, in a combat role, preparing for, if not already fighting, a war. Likewise, the camaraderie, attachments, and drinking culture may help mitigate some aspects of PTSD. As such, PTSD symptoms may also be treated, albeit maladaptively, through participation in a violent extremist group.



## An opposite challenge: Violent extremists joining the military

This article focuses primarily on the radicalization and recruitment active duty and veteran service members. Another area of concern is when people who are already radicalized join the military seeking to gain weapons training, access to the military itself, and access to weapons. While some of these might openly espouse their ideology and try to recruit others, others will hide

that they are radicalized, lest they be discharged or not admitted into the military at all. Therefore, the challenge for the military lays not only in intervening when servicemembers become radicalized, but also in effectively screening out potential recruits who already hold violent extremist ideologies so that they do not receive any training to bring back to their groups (or take any weapons) or gain access to mount insider attacks, nor do they radicalize and recruit their fellow servicemembers.

## What should be done to counter violent extremist radicalization and recruitment in the military?

The problem of people in the military being radicalized and recruited to violent extremist groups, particularly those adhering to far right and white supremacist ideologies, as well as members of those groups joining the military in order to receive weapons and tactical training, must be addressed from a holistic perspective. In the past, including during the 2021 stand-down days in which the first author participated, many have claimed that a [lack of clarity and specificity regarding military policies surrounding extremism](#) has contributed to the continued spread of violent extremist, particularly far right, ideologies within the ranks. Several routes for dealing with violent extremists in the military have been proposed, each with its own benefits and disadvantages.

Dishonorable discharge may appear to be the simplest course of action. This option allows the military to remove a violent extremist from their ranks who might have radicalized other service members, recruited them to join their group, or even carried out an attack on civilians, military personnel, or military infrastructure. However, dishonorably discharging such a person who has not yet been violent without first taking any other actions can also be dangerous. First, doing so creates a sense of grievance against the military and the U.S. government, which could be exploited by violent extremist recruiters. Second, the need for a positive identity and belonging as key motivators for joining violent extremist groups and being dishonorably discharged essentially nullifies one's identity and belonging as a member of the military, creating a void to be filled even further by a violent extremist group. Finally, dishonorable discharge without treatment puts the wider community at risk by sending a weapons-trained individual who is aggrieved and searching for an identity out into society, ripe for further radicalization and possible mobilization into violent acts. Therefore, intervention and treatment before or as an alternative to discharge is likely a more responsible option than dishonorable discharge.

Violent extremism and radicalization occurring in military members may be approached as a psychological issue similar to PTSD and substance abuse, which then would lead to promoting rehabilitation, rather than simply discharge, leading to grievance, and thus abate rather than enhance risk following discharge. Although violent extremism is not a mental illness, and those who commit acts of violent extremism should by all means be held accountable, violent extremism usually begins by becoming aligned with violent actors and ideologically indoctrinated into virulently hateful beliefs and does arise as a result of a myriad of psychological and social factors that can be addressed in a similar manner to other interventions where unhealthy choices are being made. Violent extremists can be rehabilitated with a combination of psychosocial treatment such as cognitive behavioral therapy, which addresses the underlying needs and vulnerabilities which contribute to radicalization as well as addressing the cognitive distortions, emotional needs, ideological challenge, and redirection that usually needs to occur.

There are detriments to the treatment pathway as well, however. Treating violent extremists similarly to servicemembers struggling with PTSD and substance abuse risks reinforcing

to both perpetrators and victims of violent extremism that such ideologies and actions are somewhat tolerated in the military and could be interpreted as military leadership being sympathetic to violent extremists. Given these varied benefits and risks to dishonorable discharge and treatment, we propose a middle ground, wherein violent extremists once identified are required, if they have not already committed a crime, to undergo an intensive treatment program but are dishonorably discharged if treatment is refused or if the individual is noncooperative in treatment.

*Researchers from the International Center for the Study of Violent Extremism, along with researchers from RAND Corporation, will host a virtual panel about countering violent extremism in the military on Dec. 1, 2021.*

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## ABOUT THE AUTHORS:

**Dr. Anne Speckhard** is Director of the International Center for the Study of Violent Extremism (ICSVE) and serves as an Adjunct Associate Professor of Psychiatry at Georgetown University School of Medicine. She has interviewed over 700 terrorists, their family members and supporters in various parts of the world including in Western Europe, the Balkans, Central Asia, the Former Soviet Union and the Middle East. In the past five years years, she has in-depth psychologically interviewed over 250 ISIS defectors, returnees and prisoners as well as 16 al Shabaab cadres (and also interviewed their family members as well as ideologues) studying their trajectories into and out of terrorism, their experiences inside ISIS (and al Shabaab), as well as developing the Breaking the ISIS Brand Counter Narrative Project materials from these interviews which includes over 250 short counter narrative videos of terrorists denouncing their groups as un-Islamic, corrupt and brutal which have been used in over 150 Facebook and Instagram campaigns globally. Since 2020 she has also launched the ICSVE Escape Hate Counter Narrative Project interviewing 25 white supremacists and members of hate groups developing counternarratives from their interviews as well. She has also been training key stakeholders in law enforcement, intelligence, educators, and other countering violent extremism professionals, both locally and internationally, on the psychology of terrorism, the use of counter-narrative messaging materials produced by ICSVE as well as studying the use of children as violent actors by groups such as ISIS. Dr. Speckhard has given consultations and police trainings to U.S., German, UK, Dutch, Austrian, Swiss, Belgian, Danish, Iraqi, Jordanian and Thai national police and security officials, among others, as well as trainings to elite hostage negotiation teams. She also consults to foreign governments on issues of terrorist prevention and interventions and repatriation and rehabilitation of ISIS foreign fighters, wives and children. In 2007, she was responsible for designing the psychological and Islamic challenge aspects of the Detainee Rehabilitation Program in Iraq to be applied to 20,000 + detainees and 800 juveniles. She is a sought after counterterrorism expert and has consulted to NATO, OSCE, the EU Commission and EU Parliament, European and other foreign governments and to the U.S. Senate & House, Departments of State, Defense, Justice, Homeland Security, Health & Human Services, CIA, and FBI and appeared on CNN, BBC, NPR, Fox News, MSNBC, CTV, CBC and in Time, The New York Times, The Washington Post, London Times, Voice of America, and many other publications. She regularly writes a column for Homeland Security Today and speaks and publishes on the topics of the psychology of radicalization and terrorism and is the author of several books, including *Talking to Terrorists*, *Bride of ISIS*, *Undercover Jihadi* and *ISIS Defectors: Inside Stories of the Terrorist Caliphate*. Her research has also been published in *Global Security: Health, Science and Policy*, *Behavioral Sciences of Terrorism and Political Aggression*, *Journal of African Security*, *Journal of Strategic Security*, the *Journal of*

*Human Security*, *Bidhaan: An International Journal of Somali Studies*, *Journal for Deradicalization*, *Perspectives on Terrorism* and the *International Studies Journal* to name a few.

Her academic publications are found here:

<https://georgetown.academia.edu/AnneSpeckhardWebsite>:

and on the ICSVE website <http://www.icsve.org>

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**Molly Ellenberg** is a research fellow at the International Center for the Study of Violent Extremism [ICSVE]. Molly is a doctoral student in social psychology at the University of Maryland. She holds an M.A. in Forensic Psychology from The George Washington University and a B.S. in Psychology with a Specialization in Clinical Psychology from UC San Diego. At ICSVE, she is working on coding and analyzing the data from ICSVE's qualitative research interviews of ISIS and al Shabaab terrorists, running Facebook campaigns to disrupt ISIS's and al Shabaab's online and face-to-face recruitment, and developing and giving trainings for use with the Breaking the ISIS Brand Counter Narrative Project videos. Molly has presented original research at the International Summit on Violence, Abuse, and Trauma, the GCTC International Counter Terrorism Conference, UC San Diego Research Conferences, and for security professionals in the European Union. She is also an inaugural member of the UNAOC's first youth consultation for preventing violent extremism through sport. Her research has also been published in *Psychological Inquiry*, *Frontiers in Psychology*, *Global Security: Health, Science and Policy*, *AJOB Neuroscience*, *Behavioral Sciences of Terrorism and Political Aggression*, *Journal of Child and Adolescent Trauma*, the *Journal of Strategic Security*, *Women & Criminal Justice*, *HORN Bulletin*, the *Journal of Human Security*, *Bidhaan: An International Journal of Somali Studies*, and the *International Studies Journal*. Her previous research experiences include positions at Stanford University, UC San Diego, and the National Consortium for the Study of Terrorism and Responses to Terrorism at the University of Maryland.

**TM Garret Schmid** (born Achim Schmid) and publicly known as TM Garret is an Extremism Researcher and Analyst at ICSVE. He is a German-American Public Speaker, Human Rights Activist, Consultant, Author, Extremism Researcher, Interfaith Activist and founder of C.H.A.N.G.E, a non-profit organization which engages in anti-racism and anti-violence campaigns, food drives, inter-faith work as well as an EXIT program which helps individuals leave extremist groups and ERASING THE HATE, a nationwide tattoo campaign and movement that covers up racist and hate tattoos for free. He is also the organizer of the Memphis Peace Conference in 2018 and founder of "Share a Meal Pledge." Before he started engaging in Civil Rights work, TM Garret was a White Supremacist in leading roles in Europe and the USA. He left this lifestyle and ideology for good in 2003. Garret works closely with the Jewish as well as the Black Community. He is a campus speaker against antisemitism for the Simon Wiesenthal Center and a member of the NAACP. He is also a US ambassador for EXIT Germany and an honorary board member of "We Are Many-United Against Hate." TM Garret has lectured at Harvard, Cornell, Dartmouth, Boston Law School, Vanderbilt, Hotchkiss, Pomona and many other schools and universities. In 2019 he spoke at the Illinois State Capitol in Springfield on behalf of the Simon Wiesenthal Center as well as the City Hall in New York City. He was featured on ABC, NBC, CNN, Fox, C-SPAN's Washington Journal, VICE and VOX as well as the New York Magazine, The Guardian, Huffington Post, Haaretz, the Jerusalem Post and many other international major TV stations and outlets. He is a radio personality and currently hosts ERASING THE HATE, a talk show on WKRA 92.7 FM The Change in Holly Springs, MS together with Pastor Ray Johnson. The show is syndicated on iHeart Radio, iTunes, Spotify, PlayerFM and many other platforms. For more information, please visit [www.tmgarret.com](http://www.tmgarret.com) or his Wikipedia page: [https://en.wikipedia.org/wiki/TM\\_Garret](https://en.wikipedia.org/wiki/TM_Garret).



## A PROUD BOY CAPITOL RIOTER'S STORY

Anne Speckhard

*As published in ICSVE Brief Reports*

"Last thing you think is that you are joining a racist organization when the leader is Puerto Rican and Black," 39-year-old white Joshua Pruitt says. Josh, one of the Proud Boys who rioted inside the Capitol on January 6th was inducted into the Proud Boys in Fall of 2020 and began his slippery slide into what many are now terming as insurrectionism and domestic terrorism, a slide that was both frighteningly quick, as well as based on vulnerabilities created way back in his childhood.

"I was a Trump supporter," Josh explains of how he fell into extremism, "nothing extreme. I was not in the far right at first, in 2016." But three months ago, he recalls, when the initial MAGA march was happening in D.C., a friend called saying he had an expensive bottle of whiskey and invited Josh to come to the march and share the bottle. "I was a bartender in D.C. for 15 years, he had \$130 a shot whiskey, so sure I'll come for that! Have a shot, have a beer. We walked Pennsylvania Avenue to the Capitol."

That's when the trouble began. "Me and him, we get down there. I'm a little amped up as it is. I see Antifa. I walk up to a fence. I want to hear what they are saying. Basically they were blocked by cops, but one of the guys started coming at me to rile me up, with a bull horn yelling at me. He said that he was going to fuck me in the ass and taunted me, 'Come over the fence.'"

When asked how he knew it was Antifa, Josh answers, "They had police protection, all black and masks on. You can tell. They were not Trump supporters on the other side and going at us." Indeed, this is reciprocal radicalization, a process that has been going on all over this country over the last year in particular, as Antifa and other groups on the far left clash with far right and white supremacists and more recently with the Proud Boys, each riling the other up a few notches until both sides are spoiling for a fight and talking about, or actually, arming themselves. Josh didn't need a weapon. He's a trained fighter. "I was an MMA [Mixed Martial Arts] fighter, a body builder. I got riled up," he recalls. Josh's way of letting off steam in these situations is to drink with his friends. "I go to a bar. Two beers, shot a Jamison. I was leaving to go home, then ten Antifa [suddenly show up] ready to jump me. They followed me [to the bar.] Me being the knucklehead, [I think] 10 of you, one of me. I'll get five of you before they hit me. Then some guys came behind me. I later learned they were Proud Boys. They kept me from getting jumped. I want to hang out and didn't want to go home. I didn't want to get jumped." So in classic gang mentality, Josh fell in with his protectors despite not knowing much about them.

"I didn't even know who Proud Boys were," Josh explains. "I hung out with them that day. There were some scuffles with Antifa, three fights. They all swung at me first. I am a trained fighter. One swung a knife at me. Another one stabbed right in front of me. None of us to my knowledge had weapons. No one was able to hit me. I had a knife swung at me. I moved his arm and knocked him out after." I ask Josh if this is the night a Proud Boy was involved in a stabbing that ended in death.



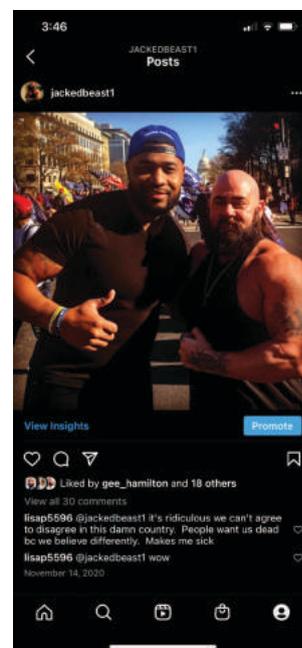
"This was the first one, three stabbings, the third one was the killing. No one got hurt that night," Josh answers. "Apparently the person I was right, besides. I pulled someone off him, it was Enrique Tarrio, the leader of the Proud Boys. By the end of the night he asked me to join the Proud Boys," Josh explains. Josh was inducted that night by Enrique and the video of it immediately went viral on social media. "17 million views of me being inducted into the Proud Boys, right outside the JW Marriot."

The repercussions for Josh were immediate. "I got blasted the next morning on social media. [I'm] bald, white and big, with a beard, so I fit the narrative [of a racist]. So I know why they attacked me. I was in the majority of videos, partly because I was with Enrique. I got doxxed, couldn't get a job. I was partially on a schedule at one bar. They took me off the schedule. They said other workers had to be put on."

"My first thought process is, I'm not racist," Josh explains. "That's just a joke. Anyone who knows me from growing up, knows that's not true. The majority that know me don't believe it. I've even had people who don't know me, after we have conversations change their mind. It's not the truth." Indeed, spending most of his life in diverse Washington, D.C., Josh has had friends and romantic relationships of many races and ethnicities.

When I ask Josh how he felt about being accused of being racist and being called out on social media, he answers, "I wasn't mad. More scared than mad, worried about people noticing me.

My best friend [told me], 'There's no bad media. Infamous is still famous. No one is going to touch you. No one is going to do anything.'" It didn't turn out true, but Josh still had that to learn. At that point, he didn't have a clue on how to respond to the accusations.



“At that point I laid low,” he explains. “Then I went to the next rally. I had met the Proud Boys,” he explains, “but I didn’t stay in contact, had no one’s numbers.” But the Proud Boys remembered Josh. “I apparently made a name for myself,” he states. “They said I held my own, stayed in the front line. What I am known for is sleeveless, not hard to miss me.”

“Same thing happened,” Josh recounts of the November MAGA rally. “We got into it a few times, not as harsh as the first one. After that night I heard I had a price on my head, from Antifa and BLM.”

“After that I knew a lot more people, exchanged contacts,” Josh explains. “Conservative groups reached out to me. And I saw disgusting stuff on the internet about me. People taunting me. One of the main things that really made me mad, two days after original video came out, some girl I never dated saying I used to beat my ex-girlfriends. I went off at her and said, ‘Take it down.’ It was not true at all. If you can give a name or someone come forward, but I know it’s not the case. It’s never happened in my life. Screwing my character. She took it down after two hours. She knew she just made it up.”

“‘You look like someone who hits your girlfriend.’ What does that mean?” Josh rants. “That’s not a thing! My kid’s Mom is politically different, but she said, ‘I never feared you putting your hands on me.’”

Josh tried not to let the Internet assault and being doxxed get to him, but even though he’s an MMA fighter, he’s got a sensitive side. He also has a strong streak for justice and supports the police. “I have been a bartender for 15 years,” Josh says. “I know a lot of cops.” Hearing that Antifa and others were using “spray bottles of piss at the cops, I was infuriated.” He offered to stand up for the cops, telling his police friends, “I can do what you are not allowed to do,” but they didn’t take him up on it. “I wanted to protect the cops.”

He ended up on the other side of things, however. “Then it goes on to the January 6th where we go into the Capitol,” Josh explains. “I had no clue that anyone was going to go in that building.” Before talking to Josh, I read the social psychology literature on mob mentality. Some authors argue that individuals lose their sense of self in crowds, de-individuate, and take on group think in which they temporarily suspend their judgement and take on the norms of the group. Likewise, there is good evidence that individuals in mobs, particularly those who hide their identities under balaclavas or masks, tend to be more violent than they would be on their own. Yet, other researchers argue that mobs tend to bring together like-minded individuals who often share a grievance and that there is a continuum of views existing among the mob, with some instigating for violence, where others may not be interested in violence at all. As I listen to Josh, and particularly after hearing his childhood history, I see a person for whom belonging, a sense of significance and dignity are really important. It seems that once falling in with those who do endorse violence, he is the type to be swept up in a mob mentality.

“We started at the other end where Trump was speaking,” Josh explains. “[It was a] cluster fuck. I didn’t hear a single word that he [President Trump] said. You couldn’t get that close. So then we walked down to the capitol. 15 of us at the time. We get pretty close to the capitol. Then we see the fuckery happening. It was getting really weird. The last thing you think is anyone would go into the capitol, [but I] see them rushing up. I waited a few minutes. I walked up and I walked through the front door, an open door, [with the] cops waving us in. I think it’s okay, if they are waving us in. Now [in hindsight,] it seems like a set-up. Why not let everyone in and charge everyone?”

Inside the Capitol, Josh was completely shocked by what he was seeing. “How do you say back the blue, and then attack the blue?” he asks, incredulous about those who were attacking the

Capitol police. “There is video of me. I’m trying to pull people back. I hit one person in that building—someone swinging at a cop. I don’t believe in that, stealing shit, and taking pictures of people’s office, fucking disgusting, I saw that and it pissed me off.”

“I had two cops ask, ‘Can you help us? You are obviously the voice of reason,’ because I was backing people up and saying, ‘We need to leave.’ I could see there was no purpose and it was disgusting.”

Josh’s cognitive dissonance was overwhelming him, but he didn’t know what to do. “I was mad at Antifa for shooting piss at the cops to being in this building,” he explains still trying to make sense of it. “I grabbed people to back them off. I thought it was wrong. There was a picture of me throwing a sign in aggravation. We had just gotten gassed. You’re mad. You hit a wall instead of hitting someone else. I threw a sign.”

Josh knew he needed to get out, but he didn’t know how to exit the building. “I have to get the fuck out of here,” he recalls thinking. “I don’t want any part of this. Walk around looking for a damn exit. I was gone by 3:30. I was in for 30-40 minutes. At the end of it I was trying to get people to leave. Finally I thought I need to get out myself, the fuck out.”

Josh was arrested that same night. “I got arrested for [breaking] curfew, trying to walk into the hotel I was staying in.” This was after he had agreed to escort a young woman to her hotel. Josh was surprised at how he was treated by police he respected. He doesn’t remember them reading him his rights. “They pulled me into an interrogation room and showed me pictures of me in the Capitol and said I’ll be charged with felony rioting. I see the goddamn picture. It’s literally me. I’m not going to deny it,” Josh recounts. “I was very cooperative with the cops. I told the story. I didn’t say, ‘fuck you.’”

At the time I interviewed him, Josh was not yet charged and was hoping it would all go away.

“I didn’t come from another state to do it, [so I] couldn’t be charged for felony rioting. [Maybe I’m] on the lower end of charges, for entering the capitol building. Might be beatable because I got waved in by cops. I didn’t think I was doing anything wrong. I thought it was fucking disgusting and I started trying to help. Can you find the video of the cop asking me to help them, backing the people up and thanking me?”

Still without charges, Josh quickly found that he was being tried in the court of public opinion, once again. “On Sunday I got approached at a bar. People tried to attack me. They make me out to be a monster. I went to watch football. A girl comes screaming up to me, ‘I know who you are! You are a piece of shit! You should fucking die! You need to leave!’ I wasn’t bothering anyone. I was just watching football and having a beer. I don’t need any more problems. I got attacked, so I paid my bill and left.”

“I’ll get my character assassinated now. I’ve gotten death threats,” Josh says. I notice he’s got a Thor hammer necklace and wonder if that is a symbol from white supremacists. “I got into Norse mythology from my ex-girlfriend,” Josh explains. “She’s from Poland. She has spears and hatchets and swords on the wall. It has nothing to do with that and I didn’t know it was a thing,” Josh explains. “The Thor hammer is racist. I didn’t have a fucking clue. It wasn’t when it was originated. The majority of my friends still talk to me and the majority are Black, anyone who looks at my social media wouldn’t see me with a bunch of skin heads.”

Josh is now charged with eight separate charges. “I don’t have money for a lawyer,” he tells me.

He’s scared and rumors are flying. “I’ve been hearing some other crazy stuff. I hope I wouldn’t get charged with this—murder for the cop who died. I don’t think that would hold up with me. I don’t think I was in the building at that time. I’m back the blue.”

That person who hit the cop with the fire extinguisher should go to prison, not cool.”

Suddenly Josh launches into a far-right trope, “I heard Antifa was there dressed up as Trump supporters. The guy with the horns on his head, is Antifa and he was the first one in the building. He goes to everything. I saw him earlier in the day talking on a bull horn. We walked by him laughing, as he was acting a fool.” I decide not to engage him on this and just ignore it.

When I ask Josh if he still considers himself a Proud Boy, he answers thoughtfully, “I would say yes. It’s a good question. I don’t really know these guys. Am I affiliated? Yes. What they stand for is not what they are being told they stand for,” Josh explains. Many academics would have to agree on that, as has been hard to decipher exactly what the Proud Boys really stand for. Founded in late 2016 by Gavin McInnes, the co-founder of Vice Media, who has been adamant in arguing that the Proud Boys are not an “alt-right” white nationalist group. However, the Southern Poverty Law Center has documented their anti-immigrant rhetoric, misogyny and violent activities and the FBI designated them as an extremist group with white nationalist ties as early as November 2018.

“I haven’t heard one guy say one racist thing when I am hanging out with them,” Josh states. “What they stand for, it’s not definitely not that [white supremacy]. They are on the right, not even far. Definitely Trump supporters. A lot are ex-military and just don’t want our country taken over, don’t believe in a stolen election which is what we think. If there had been no concerns over voter fraud, I could give two fucks who the president is. As a bartender it made no difference in my life,” Josh says, making me laugh. “If legit Biden won I’d have beers at the inauguration. But it seems like there was a bit of fraud. [We were] unhappy with it. No one gives a fuck if Trump is President again. I’m not even going to vote again. For what? They just pick who they want anyway. The amount of votes is going to be so much less. It will be a landslide, because 50 million people won’t vote. Me and my sister are not voting again. No point, just a waste of time,” Josh rants as I think this is how we can lose our democracy, when voters no longer believe in it. The “big lie” about the election fraud has had far reaching consequences and it’s going to be people like Josh who pay with prison time, not President Trump, who incited them to violence.

When I ask where Josh gets his information, he admits to watching far right videos. “I probably watch way too much shit from certain people,” Josh states. “Ben Shapiro, Officer Tatum, Conservative Twins. I watch too much,” he admits. From what I can see, Josh seems easily influenced, still has a childlike mind and has a deep need to belong to what he thinks is right. “[I was] too involved than I should have. Seems there was fraud, don’t know if it was enough to steal the election, but fraud yes. I don’t think it was 20 million votes. Georgia, idea of Pennsylvania, he’s winning by 7 million and then only 500 in the morning. Doesn’t make sense to me. That’s me thinking I’m being logical.”

Josh’s radicalization into violent extremism has no religious roots as it does for some. He explains, “My parents took me to Catholic church when I was young. I’m not into it. I believe there is a higher power, but on Sundays I watch football or go to the gym.”

When I go back to how Josh joined the Proud Boys, he lays out his code of loyalty and honor and explains about being jumped by 10 guys who he believes were Antifa when the Proud Boys came to his rescue. “I didn’t even know who these guys were. I was going to handle it on my own. They came out of nowhere and protected me, helped me from not getting jumped. Fuck it, I’ll hang out with them. At least I won’t get jumped the rest of the day. I’ll hang out and drink. I know how to fight. They saved my ass earlier. I’m going to have their backs. That was my thought process. I don’t regret.”

I ask him if he went to the Capitol with them and he answers, “I showed up with the Proud Boys, but I got lost from them.” Then he goes back to his confusion of what he’s now embroiled into

as a result, ruminating over his innocence in entering with the other rioters. “There’s video of people getting waved in by cops, in the front fucking door. I hope they have all the video in the world of me. It will save my ass,” Josh states. “I went in there as a God damn Patriot, not as a rioter, not to fight cops, to take pix on people’s desk, steal podiums. Put 300 people together, 30 will be dumbasses,” he says.

Josh is worried about the charges and worried that he won’t be able to get anything but a court appointed lawyer. “Murder charge on everyone is a fucking joke,” he states while complaining about how he’s getting attacked now from all sides. “I’m getting messages, ‘Oh you are going to prison. You are going to get fucked in the ass.’ People can be really nasty just for having another opinion of them. Look, if you find a video of me knocking a cop, you are right. [But] that I was inside, it’s not so goddamn black and white, [there’s a] shit load of grey in my area. Videos of me actually helping. They are not going say that. They want to nail me on the one charge. I was cooperative with arresting cops. Most [rioters] said ‘Fuck off.’ They thanked me.”

I interviewed Josh the day before the inauguration. He has orders not to leave D.C. but this is extremely agitating for him, making me wonder if when it comes to these kinds of cases if mental health interventions could be useful alongside legal repercussions. “I don’t want to be here anymore. Right now I’m not allowed to leave D.C. If wasn’t told to stay here, I don’t want anything to do with DC tomorrow. I’m not leaving my house tomorrow, literally. I don’t want any part of it. I don’t want to be accused of being involved in it.” The Proud Boys have also told him not to go out tomorrow. “I live nearby. I could technically walk down there,” Josh explains. “Tomorrow is the apocalypse,” he says, obviously worried about what will happen.

I ask him how he’s coping with the distress and confusion. “Sleeping and I’m drinking more than I should. Taking my mind off of shit, trying to stay busy, doing relatively nothing. I’m emotionally fucked right now, not happy, but I learned don’t stress over shit that hasn’t happened, don’t know, and try to be as positive as I can. I don’t know the outcome of this, have to prepare for the worst.”

“Crazy fucking shit going on,” Josh says when I ask him about the bad actors who were in the Capitol alongside him. “Grabbing the police gear. The way I saw people acting, you got into the building, okay you proved your point, why trying to get further in the building? Your protest stops right there. Why try to push past the cops? Where are you trying to go? You are going to hurt congressmen and women? Why that’s just a bad idea. There were definitely some people in there with ill intent, which is sickening. All this shit that you sit back and preach about violence, and you come with this thought process? Come on guys, grow the fuck up. Don’t be a hypocrite.”

Those were Josh’s thoughts inside the Capitol when he saw things happening that violated his values, but I ask him to turn back to what he was thinking as he joined them. “We are protesting, proving a point,” Josh explains, “Going in and then leave. We had control, and cared about a real election not being cheated.”

Some obviously had prepared for crimes, coming with a gallows, and saying they wanted to execute Congressmen and Josh agrees there were very nefarious actors among those inside the Capitol, but denies being of their mindset, “There were people trying to get to the Congressmen. I’m not going to hurt a Congressman. That was not even in the back of my mind. Fuck this is what they are trying to do? Some of this is an act of stupidity. I had no ill intentions. Maybe people thought they’d take the ballots. I had no ill intentions. Probably a lot of them had ill intentions.”

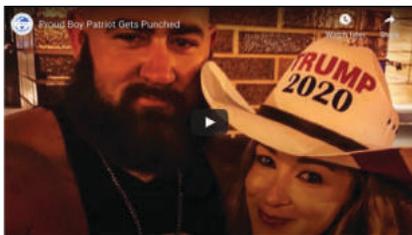
At this point, the social media, cancel culture, real-life threats and the charges hanging over his head are wearing Josh down. “I am scared for my God damn life,” he says. “I want to leave so bad. I’m scared. There is nothing like everyone hating you.”

People who don't even know you, people who don't know you, hate you. That's the worst."

Josh is drinking to cope, explaining, "It's my go to," although he'd rather be working out. "I'm a body builder, but I'm scared to go to the gym. I don't want to leave the house. I'm getting noticed everywhere I walk to. I'm scared to go to the grocery store. I can't catch a fucking charge now. If someone talks shit and swings at me, I'll be the bad guy, because I'm all over the news. If someone hits me in the face and I hit him back, guess who is going to jail? It's me."

"I believe I'm not a bad person," Josh says as he condemns racists. "I think they are fucking idiots. That's not a thing. It shouldn't be a thing. We are all the same people, all the same blood. It's just stupid. I don't believe in that shit at all. People who are racist are honestly just full of fucking shit. It makes no sense. What defines people is their personality not their god damn skin color, nothing to do with their race. There is nothing racist about me. I don't even have a lot of white friends. I just don't. I grew up in a very ethnic area, not majority white."

When I ask Josh if he agrees to our making a video from his interview for our Escape Hate counter narrative project he agrees immediately and offers advice to others about avoiding what he fell into. "My advice: You need to think about what you're doing before you do it. That spur of the moment thing is not a thing. That's when you make bad decisions. That's even if you don't mean to make bad decisions. Your intent to be good, then it can turn into something completely different. No one knows what you are actually thinking, what is seen from the outside is for them the truth."



"Definitely another piece of advice," Jack continues. "For kids or anybody, don't become a part of anything you don't know the whole background or story on. You might think they are part of something better. They might have a reputation of being some-

thing worse. I'm talking about gangs, anything in general. All of that stuff is bad. I'm more of a one-man army kind of person, that the only person who is going to look out for you, is you. You have to look out for yourself first. The idea that anyone is really going to have your back at the end of the day is a joke, not if it compromises them."

Despite being a body builder and MMA fighter, Josh is naïve and childlike in many ways. As he tells me about his childhood it all makes sense. "Childhood wasn't great. I had a big family that didn't talk to me. I was the black sheep of the family. My mother died of heroin overdose. [Her family] blacklisted me because I reminded them of my mother. Dad was not very connected. My Dad has AIDs from heroin needles. I learned that at 8. Younger sister gave up for adoption at age 2. They did her a favor and gave her up. Older sister also given up. They kept me. I only knew her as a cousin. Six years ago I found out she was my sister. I only knew my mom till six. In early years my dad passed me back and forth to him and my aunt on my mom's side, back and forth for a few years. I moved out of the house when I was 16."

Josh has been married and has two children, but he's divorced. While Josh didn't finish high school, he got his GED and found good jobs. "I'm not dumb," he explains. "I went to college for digital media and animation," he explains and then worked his way up in sales at various places becoming top in the stores where he worked.

Josh is a drinker, but says he doesn't overdo it because he's into body building. "I didn't get into drugs," he says. "It scares me. I saw my mother die from it. Someone could offer me a million dollars to do heroin. I'd say no, moral aspect." Then he admits. "I saw the overdose."

In many ways Josh is a big kid in a man's body still figuring life and relationships out. He's alone and needs support in his life and the Proud Boys came to fill that need at the same time that a massive national crisis was occurring in which our own President refused to concede his election loss and was telling the country and the Proud Boys, in particular, that they needed to be strong and fight for democracy. In fact, the President pushed men like Josh to attack our very institutions and probably ruin their lives in doing so.

While Josh couldn't hear what President Trump actually said as they gathered outside the White House he did get the message and heeded it. Now he says, "Trump told us to go. I listened to our President."

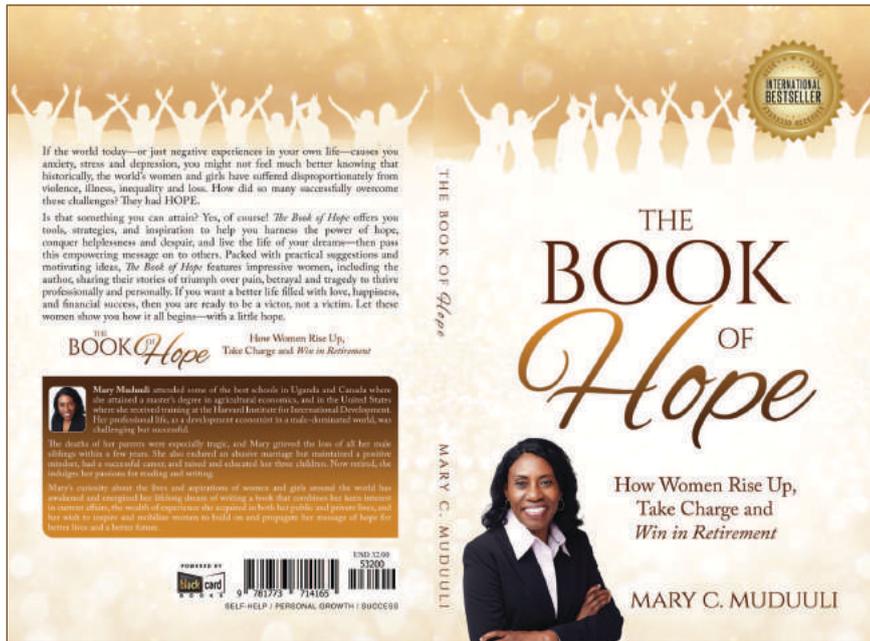
I stayed in touch with Josh as we prepare his counter narrative video asking for photos and his opinion and making sure he's still comfortable with it. He gives me his Instagram page and I studied it with our video editor but there aren't even any pictures of him in a MAGA hat or at any protests. It's all about body building, girlfriends and gear that he sells for body building fans. After he was charged, Josh told me both his Instagram and Facebook have been taken down, despite there not being any radical content on his Instagram page from what I could see. The takedown cripples his ability to sell gear and to communicate normally and makes Josh furious that a big tech company can censor him for what appears like no reason. I encouraged him to appeal it.

Meanwhile, I ask Josh if we should refer to him as a former Proud Boy, but he says no, he is with them and points out that Antifa has attacked an ICE building in Portland, but no one is doing much about it. He feels that Black Lives Matter and Antifa can get away with things for which he's going to be crucified. I watch the effects of cancel culture and de-platforming push him further in with an extremist group and solidify beliefs that aren't good for him. Again, I wonder isn't there a better way to prevent and intervene in cases like this?

Reference for this article: Speckhard, Anne (February 2, 2021). A Proud Boy Capitol Rioter's Story. ICSVE Research Reports.

### About the Author

Anne Speckhard, Ph.D., is Director of the International Center for the Study of Violent Extremism (ICSVE) and serves as an Adjunct Associate Professor of Psychiatry at Georgetown University School of Medicine. She has interviewed over 700 terrorists, their family members and supporters in various parts of the world including in Western Europe, the Balkans, Central Asia, the Former Soviet Union and the Middle East. In the past three years, she has interviewed 259 ISIS defectors, returnees and prisoners as well as 16 al Shabaab cadres and their family members (n=25) as well as ideologues (n=2), studying their trajectories into and out of terrorism, their experiences inside ISIS (and al Shabaab), as well as developing the Breaking the ISIS Brand Counter Narrative Project materials from these interviews which includes over 240 short counter narrative videos of terrorists denouncing their groups as un-Islamic, corrupt and brutal which have been used in over 125 Facebook campaigns globally. She has also been training key stakeholders in law enforcement, intelligence, educators, and other countering violent extremism professionals on the use of counter-narrative messaging materials produced by ICSVE both locally and internationally as well as studying the use of children as violent actors by groups such as ISIS and consulting foreign governments on issues of repatriation and rehabilitation of ISIS foreign fighters, wives and children. In 2007, she was responsible for designing the psychological and Islamic challenge aspects of the Detainee Rehabilitation Program in Iraq to be applied to 20,000 + detainees and 800 juveniles. She is a sought after counterterrorism expert and has consulted to NATO, OSCE, the EU Commission and EU Parliament, European and other foreign governments and to the U.S. Senate & House, Departments of State, Defense, Justice, Homeland Security, Health & Human Services, CIA, and FBI and appeared on CNN, BBC, NPR, Fox News, MSNBC, CTV, and in Time, The New York Times, The Washington Post, London Times and many other publications. She regularly writes a column for Homeland Security Today and speaks and publishes on the topics of the psychology of radicalization and terrorism and is the author of several books, including Talking to Terrorists, Bride of ISIS, Undercover Jihadi and ISIS Defectors: Inside Stories of the Terrorist Caliphate. Her publications are found here: <https://georgetown.academia.edu/AnneSpeckhardWebsite>: and on the ICSVE website <http://www.icsve.org> Follow @AnneSpeckhard



## FOREWORD

Today's world disasters and a deep sense of helplessness overshadow the positive developments in life. However, humanity's successes—especially through revolutions in science and technology, human medicine, information and communication—have improved our lives tremendously. Contributing to solving society's problems is everyone's call. Mary agrees with Arthur Ashe, "Start where you are, use what you have and do the best you can." The sense of powerlessness and the occurrence of negative life events cause fear, stress, helplessness and depression. Under this reality, women often fail to navigate life with confidence and hope, but the experiences and lessons of those who succeed have greatly impacted their lives.

Mary suggests that nurturing and sustaining hope for the better is the key to survival and thriving. My personal story and works have helped many to become successful, and thanks to Bob Proctor, I found my purpose in life, brought the best out of myself, and became what I am today. However, *The Book of Hope* provides refreshing ideas about life that are crucial for nurturing and sustaining hope, a virtue Mary believes we are all born with.

I welcome the highlighted responsibility to contribute to reducing the impact of the world's desperation. I also buy the arguments that empowering others and propagating the message of hope are a must for women. Mary provides smart strategies and tools for women to rise up, take charge, win fabulous retirements and give the world hope. She cites examples of people who have empowered and given the world hope. Mary's unique mix of life experiences is inspiring and empowering: This is an African emigrant and former public sector bureaucrat, who is well-travelled and has used her observations and lessons learned throughout her life, to make her contribution. Now happily retired, Mary is re-firing her life and empowering others. This book will enlist you among women achievers and hopefuls, and you will have plenty of laughs for your motivation.

Gerry Robert  
 Speaker and international bestselling author of  
*The Millionaire Mindset*, *Multiply Your Business*  
 and *Publish a Book & Grow Rich*  
[www.gerryrobert.com](http://www.gerryrobert.com)

*"Hope sees the invisible, feels the intangible and achieves the impossible."*

—Hellen Keller

Today, hope is needed more than ever before, given the double-faced world: Frightening and male-dominated, yet absolutely beautiful in many respects. Fatalism, used here to describe threats to life and the sense of powerlessness to change those realities, affects us differently.

However, it is extremely important to be aware of its existence and to equip and protect ourselves without getting fully consumed by it. When situations are beyond our control and we are personally affected by disaster, fear and anxiety are heightened, leading to great stress, anger, helplessness, depression and often a loss of faith in God and life.

Less highlighted is the good life that humanity has created—the significant successes over centuries, particularly in science and technology, human medicine, artificial intelligence, communications and the information super-highway, transportation and infrastructure, financial engineering and digitization and the arts. Today, there is great interest in promoting governance and human rights, international trade, labor mobility and immigration, environmental management and food security.

Women around the world, relying on their special qualities—like compassion, generosity, resourcefulness, patience and resilience—have contributed what we celebrate and use as inspiration and empowerment in our own lives and for humanity's continued success.



# Kids Helping Kids: Why It's Good For Your Kids To Mentors Other Kids

**TANNI HAAS**, Ph.D.

*is a Professor in the Department of Communication Arts, Sciences and Disorders at the City University of New York – Brooklyn College.*

Most people know that having a mentor is really helpful for the person being mentored - the mentee. But mentoring is also good for the person who's doing the mentoring - the mentor. Research shows that kids who help other kids improve their own leadership, organizational, and time management skills, become more self-confident and patient with others, and feel a strong sense of accomplishment and fulfillment.

**If being a mentor is such a great thing, where can your kids go to do it?**

## National Mentoring Organizations

One possibility is to volunteer with the local chapter of well-known national mentoring organizations like Big Brothers Big Sisters of America or the National Mentoring Partnership. These organizations have formal programs that provide extensive training to anyone who wishes to be a mentor. However, their preference is for young adults aged 18 or older to serve as mentors.

## Local Schools

If your kids are younger than 18 and /or there's no local chapter of a national mentoring organization near you, they can join a peer mentoring program at the local school. Most middle and high schools have mentoring programs that pair up kids from different grades (typically seniors with freshmen) during the school day or at their after-school programs. While national mentoring organizations tend to focus on developing the mentees' general life skills, like how to focus on the positive in their lives and make good life choices, school-based program typically focus on enhancing their academic skills, such as how to take better notes in class, how to organize their homework, and how to prepare for exams. My son's middle school had such a peer mentoring program in its after-school program, while his high school matches up older and younger students once a week during the regular school day. If your kids are really strong academically, mentoring in a school-based mentoring program may be just right for them.

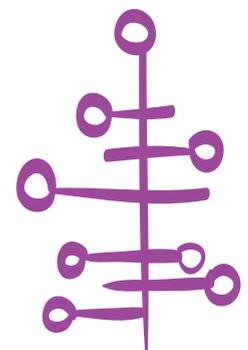
## Local Community Institutions

Another option is to find a mentoring program at your local community center or library that offers mentoring programs aimed at helping kids learn to read, write, and do basic math. If no formal programs exist, some places let kids to start up their own informal programs. Our local community center has had many informal programs run by groups of local high school students over the years. So if your kids aren't afraid to roll up their sleeves and create a mentoring program together with one or more of their friends, this could be a great experience for them.

## Private Mentoring

Finally, if your kids are very mature and independent-minded, nothing should stop them from creating and offering their own private mentoring program. If you know of neighborhood kids who could benefit from having positive role-models in their lives, encourage your kids to meet up with them on a regular basis to serve as their mentors.

Mentoring isn't only the right thing to do if you have what it takes; it can also help your kids in both the short and long term. Many middle and high schools have a community service component that requires them to volunteer for a certain amount of hours in order to graduate. Participating in an authorized mentoring program often satisfies that requirement; it does at my son's high school. Your kids can also use any letters of recommendation that they receive about their mentoring activities as part of their college application. Virtually all colleges and universities across the country consider giving back to the community - especially helping other kids achieve their academic potential - a worthwhile goal, and service through mentoring could be an asset during the admissions process.



# Keys To A Stress-Free Road Trip With The Kids

Tanni Haas, Ph.D.

Road trips are a lot of fun, but they can also be stressful if you're not properly prepared for them. Thankfully, there are many things you can do to reduce stress and keep everyone happy. Based on my own experiences as well as conversations with other parents, I've pulled together a list of some favorite stress-management tips.

## Get The Kids Involved

Get the kids involved in planning the trip, from choosing where to go, where to stay, and what to do along the way. When kids take ownership of something, they're less likely to get bored or act up. Your phone probably has a GPS navigation system. Still, buy an old-fashioned paper map and have the kids help you navigate.

## Take Plenty of Pit Stops

If you plan to drive for many hours a day, schedule regular pit stops. These stops are not just opportunities to get something to eat or to take a bathroom break: find places along the route where the kids can have some fun: Road side attractions, play grounds, and parks are places where the kids can run around and release some of their energy.

## Pack Plenty of Entertainment and Snacks

Bring lots of entertainment - electronic games, board games, and playing cards. Kids can easily get bored during long drives. Also bring plenty of snacks. Even if you've carefully mapped out your trip, there'll be times when it's difficult to find a place to eat.

## Engage The Kids

Keep your kids as engaged as possible while you're on the road. Instead of having adults sit up front and kids in the back, one grown-up should hop into the back seat and interact with them - after all, one of the main reasons to take a road trip is to spend quality time with your kids.

## Play Music and Audio Books

Get the kids off their head phones, do the same yourself, and listen to some music together on the car radio. If you have time, create a joint play list before the trip starts. Try listening to audio books. Even if you've very different reading interests, you should be able to find something like a suspenseful novel or a book of jokes that can grab everyone's attention.

## Give The Car A Check-Up

One thing that can definitely reduce stress is knowing that the car is in tip-top shape before you hit the road. Have it checked thoroughly by a mechanic, including brakes, fluids, lights, and tire pressure. Make sure that your emergency road service membership is current, and pack your membership card.

## Pack Emergency Supplies

Things can happen on the road. To be on the safe side, pack emergency supplies. This includes stuff for you and the kids, such as antiseptic wipes, band aids, batteries and phone chargers, a first-aid kit, hand sanitizer, motion sickness pills, and water. Don't forget stuff for the car - flashlights, jumper cables, and a spare tire.

## Bring Your Kids' Friends

If you've enough space in the car, why not bring one of your kids' friends along with you? It'll keep the kids happy and you stress-free. If possible, try and allow each kid to bring a friend or else you may have a case of sibling jealousy.

## Packing and Unpacking

Pack your things in a way that you don't have to empty the entire car each time you arrive at a new destination. Instead of giving each family member their own suit case, pack smaller bags that contain what everyone needs on any given day; the toiletry bag should be packed separately: it makes no sense to pack multiple toothbrushes for everyone!

## Read About The Places You're Going and Passing.

Bring travel books about your destinations and the places that you'll pass along the way. If the kids are young, read out loud to them. If they're old enough to read on their own, ask them to share what they've learned with the rest of the family. That'll keep them occupied and make time in the car so much more fun for everyone.



## 5 Tips for Talking to Your Kids About the Pandemic

### FIND OUT WHAT THEY KNOW AND WHAT THEY WANT TO KNOW

This dialogue will help you to clear up any misunderstandings. There are lots of false rumors circulating, especially on social media. You can address topics that concern them the most. Some kids find comfort in knowing as much as possible, and others prefer to know just what's necessary.

### WHAT MAKES THE MOST SENSE FOR YOUR CHILD?

"Our challenge, as parents," say child psychiatrists Dr. Karestan Koenen and Dr. Archana Basu, "is to consider all the information and then ask ourselves what makes the most sense for my child?"

### EXPECT THEM TO ASK A LOT OF QUESTIONS

No matter how well you explain the pandemic, your kids are likely to have a lot of questions. When kids ask the same questions repeatedly, it's rarely because they don't understand something, but rather because they're worried.

### ACKNOWLEDGE UNCERTAINTY

Answer your kids' questions and address their worries, but also acknowledge when they ask something for which you don't have an answer. "Given how much uncertainty there is," Rachel Ehmke of the Child Mind Institute says, "try to be comfortable saying 'I don't know.' Teaching children how to tolerate uncertainty is key to reducing anxiety and helping them build resilience."

### OFFER REASSURANCE, NOT PRESSURE

You can't promise your children that the pandemic will be over soon, but you can help empower them by talking about what they can do, in their small way, to fight it. "Kids feel empowered when they know what to do to keep themselves safe."

# WOMEN, PEACE, AND SECURITY – A PROJECT FOR COLOMBIA



Participants connect with Centro Multicultural La Familia in Detroit

## PARTNERSHIPS



GLOBALTIES > Detroit



This six-person cohort of Colombian women, all high-level officials within their respective government or non-governmental organizations, met with a number of professionals to discuss women's economic empowerment, civic engagement, conflict prevention and peacemaking efforts. The project began in Washington, DC, before heading to Detroit, MI, Tulsa, OK, Sacramento, CA, and San Francisco, CA. In DC, visitors were given a keynote address by Dr. Shirley Graham of George Washington University, who expertly addressed the UN Security Council's Resolution on Women, Peace, and Security and its implementation in the US. They also went to Promundo, where they learned best practices for working with men and boys to promote gender equality, as well as the United States Institute of Peace, where they discussed gender-inclusive peace processes. Finally, a workshop with Ms. Stephenie Foster from Smash Strategies equipped them with tools to build expand their leadership skills and set specific goals.

In Detroit, they had the opportunity to visit the Dearborn Police Department, where they learned about community policing programs and the role of women in the police force. A highlight of their time in Tulsa was meeting with Vanessa Adams-Harris of

the John Hope Franklin Center for Reconciliation, who explained the history of oppression of African-American and Native American people and the importance of studying history in order to better address the needs of disenfranchised communities. An equally impactful meeting took place in Sacramento with Angela Blanchard of She Shares, who explained the formal legal lobbying system we have in place in the U.S. and inspired the women to implement mentoring programs at home to bring up the next generation of aspiring women leaders. At their final stop in the Bay Area, the group went to Oakland UNITE, where they learned about the similarities and differences between Colombia's and Oakland's conflicts and resolution processes, and the importance of finding appropriate workers within a community for effective community outreach. These and the numerous other meetings that took place across the country explored the scope and nuance of women and minority involvement in peace and security efforts. Not only did these meetings benefit the Colombian visitors, but in many ways, the visitors educated and inspired the professionals with whom they met to continue the work they do and create more opportunities for women empowerment.



Visitors with Stephenie Foster following their interactive workshop on leadership advocacy and coalition building



Visitors with Tonis Montes and Belquis Ahmadi following their meeting on inclusive peace processes and gender policy at the United States Institute of Peace USIP



Participants meet with Dearborn Police Department in Detroit



IVLP visitors enjoyed a Detroit Red Wings Hockey Game



IVLP Participants learn more on prevention from the Muscogee Creek Family Violence Prevention Program



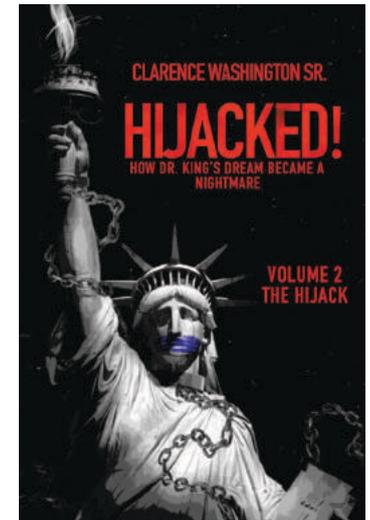
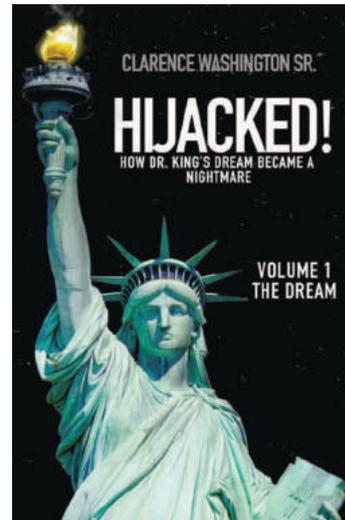
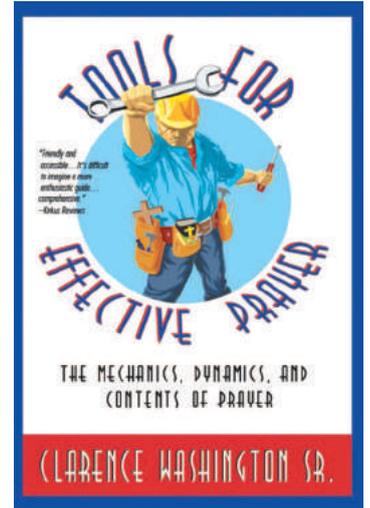
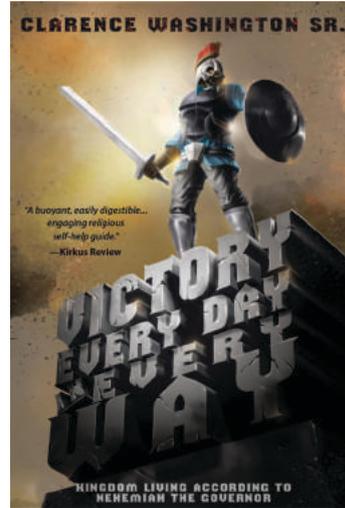
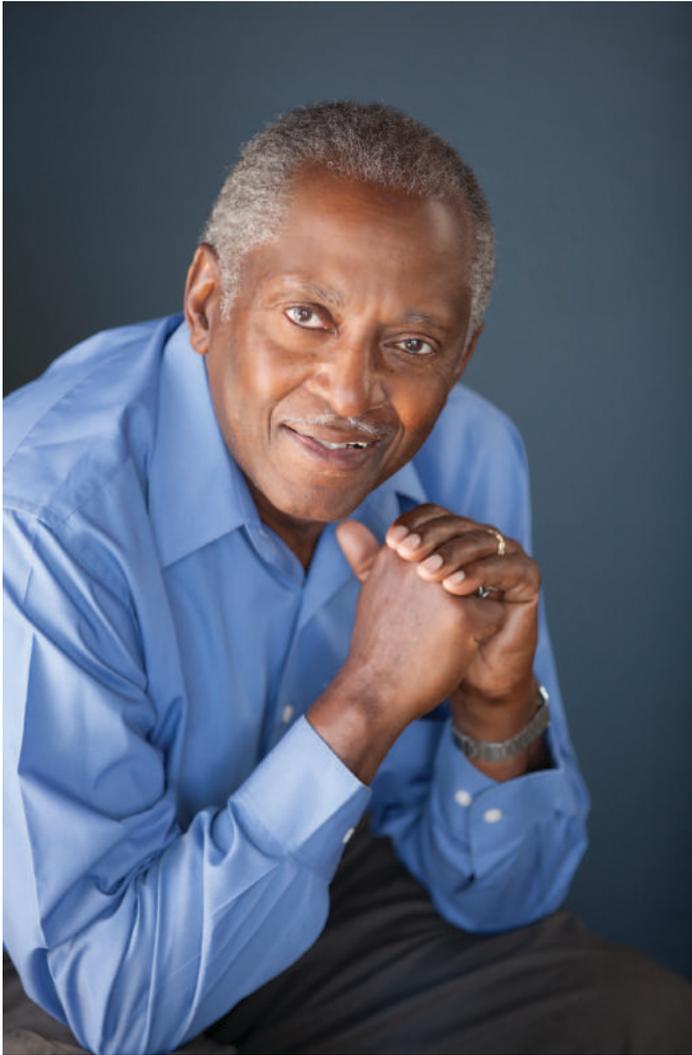
Visitors with Oakland Unite whose programs provide prevention strategies that support for at risk youth and young adults to interrupt the cycle of violence and recidivism in the Bay Area.



Visitors enjoy views of the Golden Gate Bridge on their last day in San Francisco.



Participants meet with California Commission on Status of Women and Girls



## CLARENCE WASHINGTON SR.

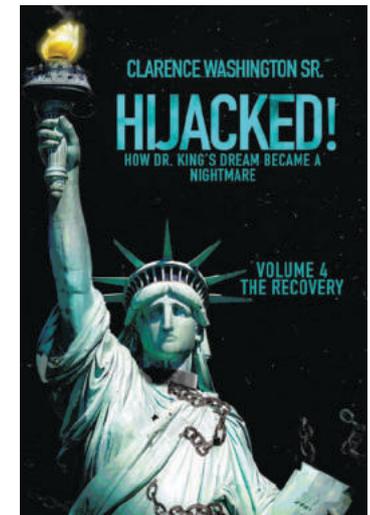
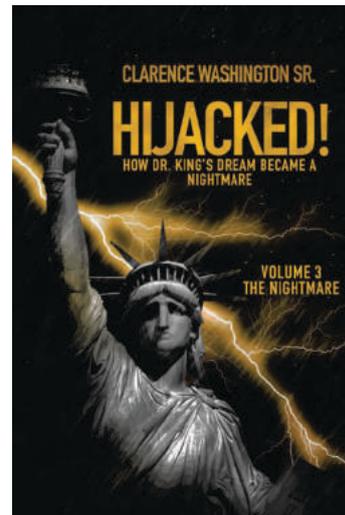
Clarence Washington Sr. was born January of 1942 in Chicago, Illinois. He lived on the southwest side of the city very near Comiskey Park, the White Sox baseball field, which was renamed U.S. Cellular Field in 2003. As a young person (from age 8 to 12), Clarence sold newspapers, score cards, and pencils to White Sox fans on the sidewalks around Comiskey Park. Also, after selling newspapers at the Park, Clarence watched the cars of baseball fans for a fee of \$1 or \$2 that parked in his neighborhood while they attended the games to make sure that their cars were not vandalized.

In 1960 Clarence graduated from the all-boys Tilden Technical pre-engineering high school. He then attended the University of Illinois at Navy Pier as an engineering student and graduated from DeVry Institute of Technology with a degree in electronic engineering technology. He moved to Albuquerque, NM in April of 1964 and retired with 30 years of service in the field of science and engineering.

Clarence answered his call to the gospel ministry in 1985 and pastored his first church from 1989 to 1994. He graduated from Luther Rice Seminary with a bachelor of arts in biblical studies and has completed several graduate courses towards a master of arts in biblical studies. He is currently the senior pastor of Abundant Life Community Church since 1999. Clarence and his wife, Janice, have six children and twelve grandchildren.

Also, Clarence was a founding member and the first president of CSA (Cry aloud, Spare not, A call to action--Isaiah 58:1) Gospel Message Enterprise from 2010 to 2017. CSA is an organization of pastors and lay people established to promote unity in the Body of Christ, prayer, and the proclamation of the gospel for the spiritual healing of our nation.

Clarence has written six books--"Tools for Effective Prayer: The Mechanics, Dynamics, and Contents of Prayer"; "Victory Every Day in Every Way: Kingdom Living According to Nehemiah the Governor"; and a four-volume collection titled Hijacked!: How Dr. King's Dream Became a Nightmare": volume 1, The Dream; volume 2, The Hijack; volume 3, The Nightmare; and volume 4, The Recovery





## “ALLAHU AKBAR”

Jean Athey

“We are depressed all the time and we have to keep pushing each other,” a young woman tells me, explaining how she and her sister manage to continue their art and cultural work in the face of both war and oppression. Sheda, age 20, and Palvash, age 23 (not their real names), are glad that they have minimally more freedom now than under the rule of the Taliban. For example, they can go out of the house, work, and go to school, but such freedoms for women are limited to those who live in Kabul. The situation of women in the provinces—the huge majority of women in this country—has not improved, they tell me. And the freedoms Sheda and Palvash have, while very important to them, are not “rights” and can be retracted at any time.

They are concerned about U.S. negotiations with the Taliban, fearing that these negotiations will lead to more restrictions on women.

Sheda, petite and pretty, has spent a year in France studying film, and in fact, her short movie will soon be featured in a major international film show. Palvash, too, is cute and exuberant, talking constantly and switching from English to Dari whenever she can't remember an English word. The two of them help each other out with English, often finishing each other's sentences. Their eyes light up and their speech quickens as they describe their art projects.

I ask about being a woman in Afghanistan. Palvash replies that it is very hard. She tells me that family sexual abuse is endemic here, that unmarried daughters, sisters and other women living in a family compound are at great risk of rape by the men of the family; if a girl becomes pregnant as a result of such sexual abuse, she is killed.

In fact, they tell me, violence against women in all forms is common throughout Afghanistan. For example, Sheda says,

last month in Herat, two women were beheaded by their husbands; nothing happened to the killers. Palvash explains that men want women to stay in the house, to do whatever they are told, and not to have any ideas, work or thoughts of their own. If a woman objects to living like this, she will be killed by her husband.

Some three years ago, a law was passed that codified the status of Shia women. Among other things, Sheda says, this law allows marriage of girls at age 9; requires written permission of a woman's husband for her to work, and if she does work, requires her to hand over all the money she earns to her husband; and allows men to have up to seven wives. There was sufficient outrage among women in Kabul at the time this law was being considered in Parliament that a women's demonstration was held, with Sunni as well as Shia women participating—even some women in burqas demonstrated. Palvash shows me a video of the demonstration, pointing out the mob of angry men shouting and yelling at the women. Palvash translates their words: “Allahu akbar [God is great], you are a bitch!” and “Die, women, die!” and “Death to women!”

The bill was signed into law by Karzai and enshrines the status of Shia women as living at the mercy of men.

Palvash and Sheda are so worried about the possible return of the Taliban, which they say would consign them to house prison, that they cannot bring themselves to advocate for the removal of foreign troops. On the other hand, they see little good and much bad that the NATO and U.S. presence has brought to Afghanistan. “We do not want to be a battleground of other countries, but we are,” Palvash says.

### Culture and Art as the Way to Peace

Palvash and Sheda have given up on the

Afghan government as a force to bring stability, freedom or development to Afghanistan. Like others I have met, they describe the government as a mafia, one that is corrupt from top to bottom. Every law that is passed, they say, is an expression of corruption because all the people involved in the process are corrupt.

They believe the government intentionally keeps people poor as a way to manage them. Afghanistan has a proverb, Palvash says: “If you want power, keep the people hungry.” Those who must struggle for the basics of life have no time or energy for rebellion.

Palvash and Sheda have also turned against Islam, which they say has been used by politicians to drag the nation down. “We do not believe in Islam any longer, we believe in humanity,” Sheda says. I ask how this is received here, and they reply that they have a small cadre of friends who all agree with them and who provide support to each other. They don't express such sentiments outside their small group of friends, though, as it would be far too dangerous. They tell me that probably there are others in Afghanistan who share their point of view, but no one would dare express such beliefs publicly as to do so would be to court death.

Desperate for change in Afghanistan, these two young women see no hope of achieving it through the political process. Instead, they aim to affect the mentality of the Afghan people through art—film, photography and music.

### “WE REALLY WANT TO DO SOMETHING FOR

AFGHANISTAN,” Palvash says. “But we are afraid that we may get tired. The way is long. Still, we are lucky to live in Afghanistan. Maybe if I lived in the U.S., I would not be the same person. The situation makes your character. Living here makes you grow up quickly.”

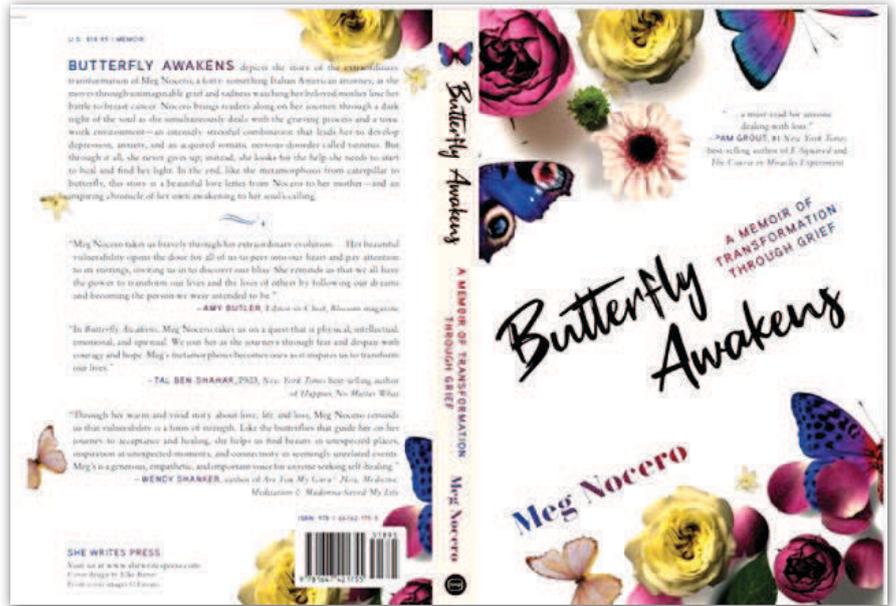


Afghanistan: Women's Rights



# Meg Nocero

A MEMOIR OF TRANSFORMATION THROUGH GRIEF



## Love Is Our Mission

Souls transform when they connect with others on this magic carpet ride we call life. Seeing all the beautiful faces on this journey, knowing that divinity has dealt a beautiful hand. Standing on the edge of the passage of time, looking out over the horizon. One sunset giving way to the sunrise of hope, possibility, and even bliss. Praying that we are brave enough to walk into and embrace the unknown so we can fully become the hero of our own journey. The next part shall be where we will not apologize for ourselves.

Holding our hands over our hearts, connecting with our center of balance, of brilliance, of light. Exhaling into the moment, inhaling all that it has to offer – Exhaling gratitude, inhaling wonder – Exhaling love, inhaling life.

For it has taken this long to truly realize that we are not lost. We are finding direction in the chaos, finding purpose in the pain, finding our voice, finding our way. We wander together side by side, love is our mission!

**For my Nocero Tribe and my Butterflies**



### Butterfly Awakens

“But the path she describes in Butterfly Awakens gives hope to readers that change is possible, that they can get better, healed, fulfilled, and empowered.”

Almost time to fly!  
9.7.21

Readers Favorites  
5\_Star Review



# What's New with Blue?

January 2022

## The Final Countdown to #WearBlueDay Is On

President Biden has [proclaimed](#) that January is Human Trafficking Prevention Month, a time to bring attention to the crime of human trafficking.

On Tuesday, January 11, 2022, Blue Campaign invites you to shine a spotlight on human trafficking by participating in [#WearBlueDay](#). Anyone can make a difference by raising awareness about this crime. It is as simple as wearing a piece of blue clothing and posting about it throughout the day on the social media platform of your choice. There are many ways you can get the conversation started:

- Take a selfie
- Gather family, friends, or colleagues for a group photo
- Share a video about why you wear blue
- Host an in-person or virtual event

However you decide to share your support, just make sure you use the hashtag [#WearBlueDay](#). Stay tuned for what is coming up throughout the month by following Blue Campaign on social media ([@DHSBlueCampaign](#) on [Twitter](#), [Facebook](#), and [Instagram](#)).



### Blue Campaign Team Takes over Social Media This Week

Starting Monday, January 3, Blue Campaign team members will be featured on the Campaign's Instagram and Facebook Stories. Team members will share what's new with Blue, how it is combating human trafficking, and how you can get involved. Share our stories with your friends and followers to educate them about human trafficking and encourage them to participate in [#WearBlueDay](#).

### Social Media Shareables

Tag Blue Campaign on [Twitter](#), [Facebook](#), and [Instagram](#) using [@DHSBlueCampaign](#). Each month we share content you can distribute on your social channels to raise awareness of human trafficking in your community.

- Did you know that January is Human Trafficking Prevention Month? All month long, [@DHSBlueCampaign](#) is sharing what you can do combat [#HumanTrafficking](#). More details here: [bit.ly/35kSt7s](https://bit.ly/35kSt7s)
- [#WearBlueDay](#) is finally here! It's time to raise awareness of [#HumanTrafficking](#). Learn how a simple gesture can make a big difference: [bit.ly/2MCCT0o](https://bit.ly/2MCCT0o)
- Anyone and everyone can support the awareness and prevention of [#HumanTrafficking](#) — even at work. Today, post a selfie or a group photo of your staff in blue clothing with the hashtag [#WearBlueDay](#). More ideas for your organization: [bit.ly/2MCCT0o](https://bit.ly/2MCCT0o)
- Meet the team behind [#WearBlueDay](#). All week long, [@DHSBlueCampaign](#) is sharing resources to educate the public, specific industries, and law enforcement about the crime of human trafficking. Learn more: [bit.ly/35kSt7s](https://bit.ly/35kSt7s)

For more information visit the [Blue Campaign](#)

To report suspected human trafficking: 1-866-347-2423

To get help from the National Human Trafficking Hotline: 1-888-373-7888

or text HELP or INFO to BeFree (233733)



**INDIA-US COLLABORATION IN THE HEALTH SECTOR** is in the spotlight as the Central Drug Authority this week approved two more Covid vaccines - Corbevax and Covovax - and antiviral drug Molnupiravir for use in India.

Taranjit Singh Sandhu, India's Ambassador to the US, in a tweet described it as a model of India-US healthcare collaboration.

"Models of what India-United States healthcare collaboration can achieve for global good!" Sandhu said.

Indian companies working with Texas Children's, Baylor College of Medicine's National School of Tropical Medicine; Dr. Peter Hotez, Prof and Dean of the National School of Tropical Medicine at Baylor and Co-Director of the Texas Children's Hospital Center for Vaccine Development; NovaVax; Merck and Ridgeback Bio, tweeted the Indian diplomat.



## **THIS IS THE HARDEST THING YOU WILL EVER HAVE TO DO IN YOUR LIFE AND IT WILL ALSO BE THE MOST IMPORTANT THING.**

By Omar Najwadi

Stop having difficult conversations with people who don't want to change.

Stop showing up for people who have no interest in your presence.

I know your instinct is to do everything you can to gain the appreciation of those around you, but it's an impulse that steals your time, energy, mental and physical health.

When you start fighting for a life with joy, interest and commitment, not everyone will be ready to follow you to that place.

That doesn't mean you have to change who you are, it means you have to let go of people who aren't ready to be with you.

If you are excluded, insulted, forgotten or ignored by the people you give your time to, you are not doing yourself a favor by continuing to offer them your energy and your life.

Truth is, you're not for everyone and not everyone is for you.

This is what makes it so special when you find people that you have friendship or love matched.

You will know how precious it is because you've experienced what it isn't.

There are billions of people on this planet and a lot of them you will find at your level of interest and commitment.

Maybe if you stop showing up, they won't look for you.

Maybe if you stop trying, the relationship ends.

Maybe if you stop texting, your phone will stay dark for weeks.

That doesn't mean you ruined the relationship, it means the only thing that was holding it was the energy that only you gave to keep it.

That's not love, that's attachment.

It's giving a chance to those who don't deserve it!

You deserve so much more.

The most valuable thing you have in your life is your time and energy as both are limited.

The people and things you give your time and energy to, will define your existence.

When you realize this you start to understand why you're so anxious when you spend time with people, activities or spaces that don't suit you and shouldn't be near you.

You'll start to realize that the most important thing you can do for yourself and everyone around you, is to protect your energy more fiercely than anything else.

Make your life a safe haven, in which only people "compatible" with you are allowed.

You are not responsible for saving anyone.

It's not your responsibility to convince them to improve.

It's not your job to exist for people and give them your life!

You deserve real friendships, true commitments, and complete love with healthy, prosperous people.

Deciding to distance yourself from harmful people, will give you the love, esteem, happiness and protection you deserve.



# 52 GOOD MORNING MANTRAS (THAT WILL CHANGE YOUR LIFE)

WRITTEN BY ANGEL CHERNOFF // 29 COMMENTS

*“What day is it?” asked Pooh.  
“It’s today,” squeaked Piglet.  
“My favorite day,” said Pooh.*

Here are 52 morning mantras – one for each week of the year (note: you can start your year of morning mantras anytime you want). I choose one of these mantras every Sunday morning and sit quietly for two minutes, repeating it silently in my mind as if I were meditating. I also write it on a post-it note and stick it next to my computer monitor for the duration of the week. This weekly ritual has helped reduce unnecessary stress in my life by reminding me to keep things simple, peaceful and in perspective.

- 1.** The secret to being grateful is no secret. You choose to be grateful. Then you do it again and again. Every day. When you forget, begin again.
- 2.** If you worry too much about what might be, and wonder too long about what might have been, you will ignore and completely miss what is.
- 3.** You don’t know what the future will bring. So your best strategy for living is to make the best and most positive use of the present.
- 4.** Two things, more than anything else, define you daily: Your patience when you are struggling, and your attitude when you are not.
- 5.** Patience is not about waiting – it’s the ability to keep a positive attitude while working hard for what you believe in.
- 6.** It’s not selfish to enjoy life. What’s selfish is to insist on being negative despite all the positive possibilities available to you.
- 7.** Before you waste it on anger, resentment, spite or envy, think of how precious and irreplaceable your time is today. Positivity always pays!
- 8.** You may be exhausted. You may be discouraged. You may feel uncomfortable. No matter what, your best option is to move positively forward.
- 9.** Those times when you don’t feel like being positive are the times when choosing to be positive makes the biggest difference.
- 10.** It’s impossible to accomplish what you assume you cannot do. Be careful not to become a prisoner of your own assumptions.
- 11.** If you truly wish to improve your self-confidence, self-esteem, and self-worth, stop allowing other people to be responsible for them.
- 12.** Your track record for getting through hard days is 100% so far.
- 13.** When you fail to get what you want, consider that it just might be a blessing in disguise, enabling you to have something even better, soon.
- 14.** Use your struggles and frustrations today to motivate you rather than annoy you. You are in control of the way you look at life.
- 15.** What may seem like a setback is really an opportunity for you to learn something new, and develop a more effective, more realistic strategy.
- 16.** Again and again, remind yourself why. With a strong enough reason why, you’ll be able to do what’s required at any time and in any circumstance.
- 17.** Be determined and ambitious, but not out of a desperate sense of need – do it out of a love for the possibilities. Enjoy your journey!
- 18.** Do your thing with passion and integrity even if folks don’t notice you. We do what we do not for an applause, but because we know it’s right.
- 19.** If the grass looks greener on the other side... Stop staring. Stop comparing. Stop complaining and start watering the grass you’re standing on.
- 20.** When you are lost in worry, it is easy to mistake your worries for reality, instead of recognizing that they are just thoughts.
- 21.** Whatever your challenge is, worrying about it won’t help. Either do something to address it or do something to let it go.
- 22.** Unless you let go, unless you forgive yourself, unless you forgive the situation, unless you accept that it’s over, you cannot move forward.
- 23.** Most people make themselves unhappy simply by finding it impossible to accept life just as it is presenting itself right now.
- 24.** You can’t calm the storm, so stop trying. What you can do is calm yourself, and the storm will pass.
- 25.** Nothing is permanent. When you understand this, you can do almost anything you wish because you’re not trying to hold onto anything anymore.
- 26.** The most powerful changes happen when you take control of what you do have power over, instead of craving control over everything you don’t. (Read *The Untethered Soul*.)
- 27.** Too often we see ourselves as the victim, rather than the creator, of our present situation. This is why our life is so difficult to change.

- 28.** When you are no longer able to change a situation, you are challenged to change yourself. And that changes everything.
- 29.** Being happy and grateful doesn't mean that everything is perfect. It means you've decided to look beyond the imperfections.
- 30.** Your life will improve only when you take small chances, and the first and most difficult chance you can take is to be honest with yourself.
- 31.** It's not what you say to everyone else that determines your life; it's what you whisper to yourself that has the greatest power.
- 32.** Awareness is not just noticing what's going on around you, but what's going on within you as well. Keep your eyes open and your Self in mind.
- 33.** Be careful about who you give the microphone and stage to in your life, especially when times are tough. Don't just listen to the loudest voice. Listen to the truest one.
- 34.** Don't let someone who has done nothing tell you how to do your thing. Don't let small minds convince you that your dreams are too big.
- 35.** You can't base your ideas of success and happiness on other people's opinions and expectations.
- 36.** Sometimes you need to distance yourself to see things clearly again.
- 37.** Don't be scared to walk alone down the path less traveled, and don't be scared to love every minute of it.
- 38.** Wherever your heart is – wherever your truth is – that's where you will find your reason to smile.
- 39.** Don't let not knowing how it'll end keep you from beginning today. Uncertainty chases us out into the open where life's true magic is waiting.
- 40.** You can't be afraid to have certain conversations. It's better to talk and find out, than to keep going and get nowhere. Communication is key.

- 41.** No matter what happens in life, be good to people. Being good to people is a peaceful way to live, and a beautiful legacy to leave behind.
- 42.** Changing the world doesn't necessitate earth-shattering feats but rather, doing small things with great love. Think simple, not spectacular.
- 43.** Our days are always happier and more fulfilling when we give people around us a bit of our heart rather than a piece of our mind.
- 44.** Don't judge someone just because they've made different mistakes than you have.
- 45.** When you choose to see the good in others, you end up finding the good in yourself.
- 46.** Set an example. Treat everyone with kindness and respect, even those who are rude to you – not because they are nice, but because you are.
- 47.** Be thankful for all the rude, obnoxious, and difficult people you meet in life. They serve as important reminders of how NOT to live.
- 48.** There are no permanent jobs on this planet. We are all interning here. Learn from everyone, remain humble, and don't forget to have a good time.
- 49.** There's no such thing as a self-made person. Someone else believed, encouraged and invested in you. Be grateful and be that someone for others.
- 50.** Accept what is, let go of what was, and have faith in your journey.
- 51.** Every day is a new beginning; treat it that way. Stop thinking about what could have been and start looking at what CAN be. (Marc and I discuss this in more detail in the "Passion and Growth" chapter of 1,000 Little Things Happy, Successful People Do Differently.)
- 52.** Right now it all starts over. The possibilities ahead are endless. Be strong enough to let go, wise enough to move forward, diligent enough to work hard, and patient enough to wait for what you've earned.

## YOUR TURN...

What's one personal reminder or "mantra" that helps you keep life simple, peaceful and in perspective? Please share it with us by leaving a comment below.

## MOST SINFUL CITIES IN AMERICA

Adam McCann, Financial Writer Dec 11, 2021

Las Vegas isn't the only "Sin City" in America. In other cities, bad things happen and stay there, too. From beer-loving Milwaukee to hedonistic New Orleans, the U.S. is filled with people behaving illicitly. No place is innocent. We all have demons.

But at some point, we all have to pay for our vices. Gambling addiction, for instance, leads to over \$100 billion in losses for U.S. consumers every year. In 2020, identity fraud and identity fraud scams took a toll of \$56 billion. And every year, smoking burns an over \$300 billion hole in Uncle Sam's wallet.

Luckily for the saints among us, all American sins are not created, or distributed, equally. In order to identify the darkest corners of America, WalletHub compared more than 180 U.S. cities across 37 key indicators of evil deeds. Our data set ranges from violent crimes per capita to excessive drinking to adult entertainment establishments per capita.

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Overall Rank*	City	WalletHub Vice Index	Anger & Hatred	Jealousy	Excesses & Vices	Greed	Lust	Vanity	Laziness
1	Las Vegas, NV	60.98	28	24	66	2	3	4	6
2	St. Louis, MO	53.40	1	8	1	101	38	48	11
3	Houston, TX	53.26	30	10	143	70	1	5	101
4	Los Angeles, CA	51.13	24	86	170	99	2	1	74
5	Denver, CO	51.01	18	28	33	66	9	14	72
6	Philadelphia, PA	49.60	13	39	47	67	7	18	81
7	Atlanta, GA	49.22	35	4	85	179	5	9	63
8	Miami, FL	48.98	96	9	131	87	11	8	17
9	Chicago, IL	48.79	48	12	124	114	13	6	91
10	Memphis, TN	48.36	10	2	39	135	31	122	24
11	Cleveland, OH	48.09							



# dabble & dollop

Stephanie Leshney

*Stephanie worked for 22 years in her family business, ROSS Organic Specialty Sales, serving as President of ROSS from 2012-2017. In addition, she is a 20+ year member of the Society of Cosmetic Chemists (SCC) & Board Chair of the Calif. Society of Cosmetic Chemists (2017), EY Los Angeles Entrepreneur of the Year Finalist (2016 & 2017), and a member of IBA (Independent Beauty Association). Stephanie is a Member of the Board of Directors of the Aquarium of the Pacific, The Ronald McDonald House - Long Beach, and Member of the Board of Trustees of the California Science Center. Follow Stephanie's blog, "Bubble Thoughts" for the latest news on the company, industry news, random musings and innovations in the children's bath and personal care space.*

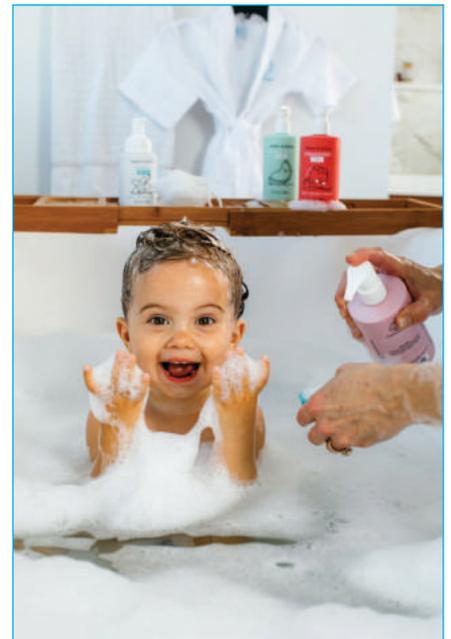
This New Year, when making resolutions with your kids, consider making bath time a learning experience with Dabble & Dollop, the only mixable children's bath brand. Just think STEM activity in the tub! No messes or clean up required. Perfect for your dabbling scientist or next master chef or for a bath-adverse child.

"Though the mixing process may seem simple, to a child it is pure magic! They love to 'innovate' and create new textures and scents," believes brand Founder & CEO Stephanie Leshney. "We love to inspire creativity and a love of science."

It's a Shampoo! It's a Body Wash! It's a Bubble Bath! Dabble & Dollop's 3-in-1 Mixables feature fresh, authentic scents designed to be mixed, kids can customize their own sudsy creations each and every night. Choose from any of its **7 amazing aromas and textures**. Use alone or get Creatively Clean and mix them up to create over **125 unique bathing combinations!**

"We allow children a safe opportunity to mix scents and textures together to create their own unique concoctions. For example, children can take a dabble (pump) of Strawberry and a dollop (pump) of Vanilla and make a strawberry shortcake bath. Or, a dabble of Tangerine and a Dabble of Lemon for a Citrus Body Wash," Stephanie explains. "With seven scents and our Cherry on Top Conditioner, there are over 125 unique opportunities for children to customize – the creation of the bubble bath, the bodywash and the shampoo."

Dabble & Dollops' Original Bubble Box, a great starter set for kids, features Strawberry, Tangerine and Vanilla, and comes with a new recipe booklet, and a silicone bowl to inspire the mixing. The booklet features nearly a dozen recipes and also has space for kids to create and note their own creations. The brand's Rainbow of Bubbles, featuring all seven 3-in-1 scents, is the ultimate bath experience for kids.



"The real magic happens when children create their own recipes whether in our custom bowl or in the palms of their hands," Stephanie adds.

Dabble & Dollops 3-in-1 mixables were its first product and the line is made with sustainable USA-sourced plant-based ingredients, vegan, Certified Tear-Free, dermatologist-tested ultra-mild, and Leaping Bunny Certified Cruelty-Free. All of the brand's products are vegan, gluten-free and cruelty-free. Additionally, Dabble & Dollop's bath bombs are all natural, gluten-free, artificial dye-free and made in California.

"Our 3-in-1 products feature our SmartScent™ technology. These scents are an optimized blend of natural oils and nature-identical formulated to the strictest EU-standards for purity.," Stephanie describes. "Our scents were tested to be highly stable and non-irritating (HRIPT testing), and were formulated according to the European Union's directive and free of known allergens."

# OUR STORY

Stephanie Leshney spent twenty years in the natural ingredient business and ran one of the largest ingredient suppliers in the Western US. She dreamed up Dabble & Dollop as a way to bottle the sense of magic, experimentation and imagination she witnessed during her family business' annual "Kids Science Day", where she turned the office into an interactive laboratory where kids made their own shampoos, bubble baths and more. The event proved a great way to create smiles through science.

It was at home later that evening, while giving her own three bubble bath-crazed toddlers a bath, that the product idea for Dabble & Dollop started to take shape. She watched as her kids mixed the bubble bath with the shampoo and recognized an opportunity to create a better bath experience.

Her twenty years of natural and specialty ingredient experience, along with her vast contacts within the industry, allowed her to create the simple, safe, exceptionally clean formulations behind Dabble & Dollop.



## OUR INGREDIENT PHILOSOPHY

I spent over two decades in the cosmetics and personal care ingredients space, so it's safe to say, when it comes to ingredients... I've seen it all.

Dabble & Dollop subscribes to the "less is more" ingredient philosophy.

I challenged our formulators use fewer, better, and more expensive ingredients in order to make this the product I always dreamed of seeing in the market. I don't believe kids need to sit in a bath full of ingredients that are being used as "fillers" or "label copy" to help sell a few more bottles.



All our 3-in-1 (shampoo, bodywash & bubble bath) products use 10 or fewer ingredients. Honestly, compare that to some of the other brands we've all grown to know and use over the last few years!

We promise to use only the safest, highest quality, cleanest, best smelling, eco-ethical ingredients in our products...and nothing more.

The result is the most innovative, premium, children's product line on the market.

## 100% NATURAL Surfactants (these get you clean)...

Our primary surfactant is made from 100% natural, Certified RSPO (Responsibly Sourced Palm Oil) that has excellent dermatological properties and also foams well. Therefore, we use it as a co-surfactant in cleansing preparations. It is often used in baby washes because it is so mild. It is sustainably sourced, and produced in Wisconsin, USA.

Our secondary surfactant is also 100% naturally derived from sustainable coconut and corn. We selected this gentle cleanser because it is extremely mild and provides exceptional lather. Made in Tennessee, USA.

Our other surfactants include a 100% natural surfactant derived from coconut fatty acids and made in the USA. By using coconut fatty acids as a starting material, an exceptional, stable, rich foam can be achieved.

Finally, we use a 100% natural sourced saponified olive oil, which is used as a surfactant and for product clarity.

## How we PROTECT the Product (these make it last)...

First, we use a blend made from 100% vegetable sources produced in Pennsylvania, USA. This combination of ingredients protects the formulation from developing bacteria, yeast or mold.

We also use naturally derived Gluconic Acid (which is found naturally in foods such as honey, fruit and wine) along with Gluconolactone (a natural substance that mammals use to break down carbohydrates). Gluconolactone scavenges free radicals and protects the product from damaging UV radiation.

Finally, we protect the product by using naturally derived Sodium Benzoate, which offers broad spectrum protection in the formulations. Sodium Benzoate can be found naturally in many foods including cranberries, avocados and kidney beans!

Blended together, these ingredients ensure our product's consistency and shelf life in as streamlined a way as possible.

**dabble & dollop**

## How we make it SMELL so good (this makes it irresistible)...

Arguably the most enjoyable part of using Dabble & Dollop – the aromas of our warm vanilla, tangy tangerine and sweet strawberry! We've custom designed our scents utilizing natural essential oils in addition to a carefully selected 100% toxin-free nature-identical/synthetic aromas to perfect the freshest, purest notes with enhanced stability and safety. This combination allows it to stay longer on your bath shelf while creating amazing aromas without additional (and potentially irritating) essential oils.

Our products have been through rigorous safety testing to ensure their mildness and contain no toxins, no phthalates, no fillers, and no known allergens. We are dermatologist tested, cruelty free and importantly, have invested significant dollars to have our lab-verified tear-free claim - it's a testament to how mild the formulations are!

Bath time is a moment that becomes memories for kids, and nothing imprints on memory quite the way smell can and does – our philosophy of using the simplest, purest notes that kids can relate to, vanilla, tangerine and strawberry, bath time becomes far more enjoyable and promises to be memorable as well. Our non-toxic, nature identical aromas were custom designed for Dabble & Dollop in New Jersey, USA.

## INCI List (if you are particularly technical)...

INCI names (International Nomenclature Cosmetic Ingredient) are systematic names internationally recognized to identify cosmetic ingredients. They are developed by the International Nomenclature Committee (INC) and published by the Personal Care Products Council (PCPC) in the International Cosmetic Ingredient Dictionary and Handbook, available electronically as wINCI.

Gels: Water (Aqua), Sodium Laurylglucosides Hydropropylsulfonate, Coco-Glucoside, Cocamidopropyl Hydropropylsulfonate, Glycerin, Sodium Methyl Cocoyl Taurate, Glyceryl Caprylate, Caprylhydroxamic Acid, Citric Acid, Fragrance (including 100% natural essential oils & 100% toxin-free, allergen-free nature identicals).

Whip: Water (Aqua), Cocamidopropyl Hydropropylsulfonate, Sodium Olivinate, Gluconolactone, Coco-Glucoside, Sodium Laurylglucosides Hydropropylsulfonate, Sodium Benzoate, Citric Acid, Fragrance (including 100% natural essential oils & 100% toxin-free, allergen-free nature identicals).

If you have any questions or concerns about our ingredients please feel free to drop us a line at [info@dabbleanddollop.com](mailto:info@dabbleanddollop.com)

## We're Designed to be Mixed!

You can enjoy all the mixing fun and amazing aromas of Dabble & Dollop because we specifically formulated them to be mixed together! And to do it we use our Smart-Scent™ technology, which blends natural oils with non-toxic, nature-identicals free of known allergens and phthalates. We couple that with the highest quality natural, plant derived ingredients, that are Leaping Bunny Certified Cruelty Free, Certified Tear Free, SLS Free, Gluten-Free, Vegan and importantly, 100% USA Made!

Unleash your children's creativity with the most luxurious, premium bath products ever created for kids. Dabble with fresh aromas and dollop on unique textures to create your own. How does it work? Check out the video below and then read why we love to mix it up!

We used our 20+ years of experience in the ingredients space to innovate a formula that returns fun back to the bath for kids - and peace of mind for parents who know their kids are "soaking safe."



SHAMPOO

BODY WASH

BUBBLE BATH



dabble & dollop



# 2022 Is Ready to Receive YOU!

Karen Felecia Nance

*No need to step outside your door. Everything you need is inside.*

*Not inside your home. Inside of YOU!*

*Transform your life in 2022 by transforming yourself in the service of others!*

**“Service to others is the rent you pay for your room here on Earth.” -Muhammad Ali**

*I love this quote and in 2022 – and beyond, you can serve others by embarking on a new career, or two, or more...*

## I. College/Professional degree “work-arounds”

**1. Lawyer/Attorney:** To practice law in the United States, most states require a law degree and a license to practice earned by passing the state’s bar examination.

However, California, Virginia, Vermont, and Washington State allows bar applicants to take the examination without attending law school. Instead of requiring bar applicants to graduate from law school, the applicant is required to work under the supervision of an attorney or judge for a three-four-year period. Kim Kardashian opted not to attend law school in California and had completed the first step in becoming a licensed attorney in the state.

<https://www.cbsnews.com/news/kim-kardashian-first-year-law-student-exam/> Maine, New York, and Wyoming require some law school experience to take the state bar examination.

Students who earn a Juris Doctor degree from the University of Wisconsin offer a “Diploma Privilege” which allows their graduates to secure a license to practice law in Wisconsin without taking a bar examination.

**2. Mediator:** A mediator can resolve any kind of dispute and many times provides a more efficient, cost-effective option to litigation. Typically, states require mediators to have at least a bachelor’s degree, there are exceptions. For example, in Pennsylvania, there are

currently no national or statewide organization that certifies or licenses mediators. Individual courts in Pennsylvania establish their own criteria for mediators. If you are interested in becoming a mediator, it would be beneficial to identify a field of practice such as small claims or custody and divorce.

**3. Private Investigator:** There are five states that do not require a private investigator to have a license: Alaska & Idaho (some cities in these states do have licensing requirements), Mississippi, South Dakota, and Wyoming. Though many states do not require a college degree, they do require specific educational requirements.

<https://privateinvestigatoredu.org/state-by-state-requirements/>

## II. Learn a Language or Teach One...

**1. Benefits of Learning a Second Language:** A recent published study entitled, “Does Bilingualism Protect Against Dementia? A Meta-analysis” determined that yes, learning another language can delay the onset of Dementia and Alzheimer’s disease.

<https://news.las.iastate.edu/2021/01/28/study-shows-learning-a-second-language-thwarts-onset-of-dementia/>

Do you need additional motivation to learn another language?

The University of the Potomac published an article “9 Benefits of Learning a Second Language” and listed the following: 1) It Stimulates Your Brain, 2) It Improves Your Attention Span, 3) More Career Options to Choose From, 4) It Boosts Your Creativity, 5) It Improves Your First Language, 6) You Build Multitasking Skills, 7) It Slows Down Cognitive Decline, 8) It Improves Your Memory, and 9) It Boosts Your Self-Esteem.

<https://news.las.iastate.edu/2021/01/28/study-shows-learning-a-second-language-thwarts-onset-of-dementia/>

Here are several free language learning applications:

<https://www.lifewire.com/the-7-best-free-language-learning-apps-1357060>

## 2. Benefits of Teaching a Language:

If English is the only language you speak, no worries! There are companies that let you teach English Online Without a Degree and get paid.

<https://www.internationalteflacademy.com/blog/5-companies-that-let-you-teach-english-online-without-a-degree>

## III. Improve Your Health and the Health of Others:

Did you know that there are 42 individual muscles in the face? I did not learn this until I enrolled in a 5-month Face Yoga Teacher Certification Course. Not only did I learn how to maintain a youthful appearance, but I also now had a tool to share with stroke patients and those with Bell’s palsy, a series of facial exercises to help them regain facial movements and symmetry.

I also became certified in a basic online mini trampoline training because of the numerous positive effects on the entire body. Bouncing on the trampoline not only strengthens the cardiovascular system and all the muscles. I encourage finding one or more virtual exercise buddies as a wonderful way to keep in touch and to stay on track with our health accountability goals!

Step out of your comfort zone in 2022...for the FUN of it and bask in the joy of being of service to yourself and others!

~Happy New Year~

Karen Felecia Nance

[www.karennance.com](http://www.karennance.com)

LinkedIn:

<https://www.linkedin.com/in/karennance-6651188/>

Instagram:

<https://www.instagram.com/karennance/>

Twitter: @karennance93938578

Facebook: [karen.f.nance](https://www.facebook.com/karen.f.nance)

# My Story is Your Story is Our Story



## Circle Sacs by J

**Renewed, Recycled, Repurposed Bags  
Where Girls Meet Physics**

**Starting as an activity in Physics,  
Circle Sacs By J was formed**

In Physics, when two forces are of equal magnitude and pulled in opposite directions, they balance each other. As in the case with Circle Sacs, the three forces, one in the middle, the sac and the chain or connector which holds or suspends it acts upon the object. When all the forces acting on an object work together to balance each other, the object will be at equilibrium, thus is what is created as we hold the sac from its handle or chain in most instances, hence a basic lesson in physics.

**But beneath the surface is:**

**My Story Could be Your Story Could be Our Story**

Arguably, considered an International Human Rights Crisis for women and children, both in the U.S. and abroad, children are led like lambs to the slaughter. I have endured the pain of losing a daughter to the cruel tide of purveyors of injustice partnered with enablers and perpetrators of Domestic Violence--A dysfunctional family court system. I have felt broken when there was no rhyme or reason for our daughters to be taken from the loving, stable, and nurturing home of her mother into the throes of the noted and court certified neglect of the father. I have felt lost and alone when others had not the bandwidth nor the patience to understand the intensity of my grief or the excruciating pain of my loss. Through unwavering faith, I stood the test of time transforming a great trial and test into a testimony, creating Circle Sacs by J and the accessories collection, Gifts by Faith, Not by Sight.

After facing the seventh Mother's Day alienated from my eldest daughter and overwhelmed by moments of sadness and despair, I remembered and adage my mother would say, "With lemon you make lemonade." So the rest is history. Borne out of deep anguish, Circle Sacs were designed with the help of recycled items, whereby immigrant women have helped the journey to add the finishing touches and to help bring them to the market. Each sac has a unique design of its own meticulously created from gift-aways, throw-aways, and buy-aways. Circle Sacs by J and Gifts by Faith, Not by Sight, are idiosyncratically designed and created from feelings of profound meaning. Recently, we have asked other women who are leaving the Penal system for addiction related crimes who also face the rigorous road to recovery and are living in Halfway Houses to join us in this quest as we teach them how to make jewelry. Like their adornments, Circle Sacs by J and Gifts by Faith, Not by Sight carry a story of faith, self-determination and the refusal to be defined by the thresholds of life's hardships. Please join and support us on this worthwhile journey to Recycle, Restore, Rebuild, and Renew. A portion of the proceeds support those women and causes who are least among us.

**"I alone cannot change the world, but I can cast a stone across the waters to create many ripples."**

With unflinching gratitude,  
Joslyn Wolfe, Publisher  
Focus On Women Magazine



Nadali from Dubai



# MY BEST COACHING

## Malak Bellout

### What motivated you to enter this field?

#### academic background

I have a degree in political science and international relations, specialising in diplomacy.

I also have a degree in international law, international trade and sociology.

I am passionate about neuroscience, psychology and human resources, which I teach in business school.

#### professional background

I am a consultant in change management, helping you to manage and coordinate your communication and training actions in order to support your teams during transformations. I am also a trainer in Human Resources Management in business schools.

With more than 10 years of experience in strategic analysis and economic intelligence, I decided in 2019 to found my own firm: MY BEST COACHING, with the objective of helping you develop your personal and professional potential.

I am a certified NLP leadership coach and public speaker (DR BANDLER UK - ICF SUISSE - JOHN MAXWELL USA)

I use neuroscience techniques to help you achieve your goals. I work with you, the mind, the motivation and the passage to action.

My strengths:

- I bring expertise and multiple and evolving answers
- my adaptation to different situations allows me to anticipate.
- my efficient and effective communication saves you time, energy and money
- on this last element, rightly considered as the sinews of war, I provide my clients with a virtuous network, which masters the art of networking in a winning collective spirit
- my area of influence is the MENA region, where I master the social, political and economic codes

By choosing me to support your organization, or by accompanying you as an individual, you ensure a work to the standards because I remain in strategic watch of the frameworks: legal and political on the targeted markets and on the debated societal topics. I can do it for you in 3 main languages: Arabic, English and French.

I have been teaching for several years and successfully applying an inclusive pedagogy with innovative techniques such as mind-mapping, sketchnoting, optimized reading, memorization. These techniques are available to you at any age, whether you come from the French or international education system. Thanks to my techniques, you will also be able to make a success of your oral presentation or your public speaking as a university student, researcher, project leader or strat-up creator

My qualities are: sense of duty, leadership, positive mindset, assertiveness, ethics, deontology, confidentiality, discretion, honesty, efficiency and commitment.

### Who is your role model and why?

my father- he taught me everything about life and humanity.

### What is your greatest accomplishments?

i assisted in the construction of schools during humanitarian travels to allow young girls to have an access to knowledge and instruction

### Who are the people you admire the most?

the hidden workers that do so much for us in a silence, like cleaners and garbage men; the person who works a lot but doesn't earn a lot but keeps the faith and spreads happiness in their circle

### What are the things that bring you joy?

nature in peace- it makes me cry.

animals in the sea, because of their strength and kindness toward humans.

regards

**Malak**

 <https://www.linkedin.com/in/malak-bellout-0974b6179/>

  
 european  
**Bakery**  
**ROGGENART**  
**BISTRO**  
 & CAFÉ



### SANDWICHES

Served with a side of potato chips

*Recommendation*

- PROSCIUTTO & MOZZARELLA ON BAGUETTE** \$9.95  
Warm crunchy baguette, creamy pesto sauce, prosciutto, fresh mozzarella & arugula
- TUNA SALAD SANDWICH** \$8.95  
Tuna salad, aioli spread, tomato, arugula on top of our signature freshly baked Venice bread - NEW
- CAPRESE (V)** \$7.95  
On our signature bread, dark cashew pesto, fresh mozzarella, tomato, arugula
- HAM & SWISS ON BAGUETTE** \$8.95  
Warm crunchy baguette, butter, cooked ham, imported swiss cheese (add mustard or cornishones)
- SUNDRIED TOMATO, MOZZARELLA & AVOCADO (V)** \$8.95  
Yogurt based sauce with herbs, lettuce, sun dried tomatoes, fresh Mozzarella, black olives, green onions, avocado, cucumber, rolled in toasted pita bread - NEW
- ROAST BEEF** \$9.95  
On our freshly baked soft and delicious brioche bun, remoulade sauce, medium cooked roast beef, cheddar cheese, tomato, romaine lettuce and red onions
- CHICKEN SALAD SANDWICH** \$8.95  
Chicken salad, tomato, arugula, toasted almonds on our signature freshly baked Venice bread



### TARTINES-OVEN BAKED MELTS

Served with a side salad of choice.

*Recommendation*

- MEDITERRANEAN CHICKEN ON PITA BREAD** \$10.95  
Chicken & Mozzarella melted in the oven on top of a pita bread topped with Mediterranean sauce, romaine lettuce, red onions, black olives and diced tomatoes -NEW
- CHICKEN AVOCADO** \$11.95  
Juicy oven baked chicken diced, cheddar and swiss on top of a large piece of our Signature Venice bread melted in the oven and topped with avocado and chipotle aioli
- ROASTED VEGGIE** \$10.95  
Mixed veggies, cashew pesto sauce, mozzarella and swiss cheese melted in the oven over a large piece of our signature venice bread
- CROQUE MONSIEUR - A FRENCH CLASSIC** \$11.95  
Cooked ham and swiss cheese with bechamel sauce melted in the oven on top of our signature venice bread
- CROQUE MADAME - ANOTHER FRENCH CLASSIC** \$13.45  
Cooked ham and swiss cheese with bechamel sauce melted in the oven on top of our signature venice bread
- TUNA MELT** \$11.95  
Tuna Salad on tomatos with swiss & cheddar melted in the oven on top of our signature Venice bread & topped with Kimci Aioli

### GRILLED SANDWICHES

Grilled Sandwiches served with a side of potato chips

*Recommendation*

- GRILLED REUBEN SANDWICH\*** \$9.95  
A sandwich that you will love, on sourdough bread with thousand island dressing, sauerkraut, Swiss cheese grilled to golden perfection - NEW
- GRILLED CHEESE\*** \$6.95  
A grilled classic in a double decker version with European butter, American cheese and cheddar cheese grilled to golden perfection
- GRILLED HAM & CHEESE\*** \$8.95  
Another grilled classic in a double decker version with European butter, Ham, American cheese and cheddar cheese grilled to golden perfection
- ONE OF A KIND GRILLED ROAST BEEF SANDWICH\*** \$9.95  
One of a kind grilled roast beef on sourdough bread with European butter, roast beef, cheddar cheese, sautéed mushrooms and sautéed onions and stripes of green peppers - NEW

\*ADD AVOCADO OR TOMATO FOR \$0.50



### BITES

Open faced sandwich bites on Finland Multigrain Bread

*Recommendation*

- SALMON BITE** \$6.95  
Dill mayonnaise, smoked salmon, hard boiled egg, sprouts
- LOX BITE** \$5.95  
Cream cheese, smoked salmon, capers
- CHICKEN SALAD BITE** \$5.95  
Chicken salad, tomato, toasted almonds
- VEGGIE BITE (V)** \$5.95  
Hummus, cucumber, tomato, carrot, arugula, sprouts, sea salt, EVOO
- CAPRESE BITE (V)** \$5.95  
Dark cashew pesto, tomato, fresh mozzarella, arugula



### CLUBS & TOAST SANDWICHES

Classics done in a great way, served with a side of potato chips

*Recommendation*

- VEGGIE POWER HOUSE (V)** \$8.95  
Double decker sandwich on oasted whole wheat multigrain with tzaziki, cucumber, tomato, lettuce, shredded carrots - NEW
- FIRE ROASTED BELL PEPPERS WITH AVOCADO (V)** \$8.95  
Creamy cashew pesto, romaine lettuce, avocado & fire roasted bell peppers on toasted multigrain bread - NEW
- TURKEY, BACON AND AVOCADO** \$9.95  
Double decker sandwich on toasted whole wheat multigrain with dijonnaise, tomato, arugula, turkey, bacon & avocado
- CHICKEN CLUB SANDWICH** \$9.95  
Double decker sandwich with oven roasted chicken breasts, signature sauce, bacon, lettuce, tomato
- BLT CLUB SANDWICH** \$8.95  
A classic double decker sandwich on white bread with bacon, lettuce, tomato and mayonnaise

6476 Dobbin Center Way, Columbia MD 21045

info@roggenart.com  
(443) 583-7854

Hours of Operation:

Monday - Friday: 07:30am - 08:00pm  
Saturday - Sunday: 07:30am - 07:00pm

# My Favorite Recipes



ALWAYS DELICIOUS



Prep time: 15 minutes  
Cooke time: 22 minutes  
Total time: 37 Minutes  
Servings: 4

## Ingredients:

2 tablespoons vegetable oil  
½ pound chicken breast  
1 tablespoon cornstarch  
1 cup onion, sliced  
2/3 cup celery, diced  
2/3 cup carrot, sliced  
1 clove garlic, minced  
2 cup fresh bean sprouts  
Additional vegetables can be added. Substitute chicken with shrimp if desired.

## Sause:

1 ¼ cup chicken broth  
¼ cup cold water  
1 ½ tablespoons cornstarch  
1 ½ tablespoons soy sauce  
1 teaspoon white sugar  
1 teaspoon sesame oil

## Instructions:

1. Slice chicken breasts into ¼" strips. Toss with cornstarch and set aside. Prepare the vegetables.
2. Heat 1 tablespoon oil over medium-high heat and cook chicken in batches until no pink remains. Remove from the pan and set aside in ta bowl to keep warm.
3. Heat remaining tablespoon of oil in the same pan and add onion, carrot, celery, and garlic. Cook 4-5 minutes or until softened. Stir in bean sprouts and cook 1 more minute.
4. Combine sauce ingredients and add the vegetable mixture along with the chicken. Simmer for 2 – 3 minutes, or until chicken is heated through and sauce is thickened.

## Extras:

Add toasted crushed peanuts or some cashew nuts. Green onion never goes amiss. Add a dash of red chili oil or sriracha to give it a spicy kick. Serve with noodles or rice. Wan to cut carbs? Serve over shredded steamed cabbage or cauliflower rice.

# Butter Tarts



## Ingredients:

- 1/3 cup melted butter
- 1/3 cup corn syrup
- 1/2 teaspoon vanilla
- 1/2 cup brown sugar (packed)
- 1 egg
- Pinch salt
- 2/3 cup raisins or coconut (put in tart shells)

## Method:

- Mix all ingredients and pour into shells.
- Bake at 400 degree oven until brown.



## THE HISTORY OF THE BUTTER TART

While butter tarts are known around the world as the quintessential Canadian dish, the invention of this confection actually goes back to before Canada was even a country. During a ten-year period, from 1663 to 1673, at least 770 young women were sent to Quebec by Louis XIV to help with colonization. These single ladies were sent with dowries to help boost settlement in New France, meaning they were going to marry, then cook, clean and procreate (the baby boom after this immigration was bigger than post-WWII).

These King's Daughters (or Filles du Roi) as they came to be known did what any resourceful baker would do: they made do with what they had. With the abundance of new food they created the butter tart forerunner with baking ingredients readily available like maple sugar and dried fruit. This ancestral tart later led to variations like tarte au sucre and the butter tart.

Those who remain planted in the raisins-in-butter-tarts camp are probably feeling a bit smug at this point. In an attempt to settle a long and heated debate, it's key to turn to the original written recipe. The first documented recipe for butter tarts was published in *The Women's Auxiliary of the Royal Victoria Hospital Cookbook* in 1900, out of Barrie, Ontario. Mrs. Malcolm MacLeod's recipe did not include raisins, but currants paired with that ooey-gooey filling we know and love today.

Throughout the early 1900s butter tarts gained popularity and variations were published in Toronto's *Daily News* and included in the 1911 *Canadian Farm Cook Book*. Butter tarts became all the rage in the 1920s and 1930s, and by the 1980s readers were desperately writing *The Vancouver Sun's* fictional baking expert, Edith Adams, for a copy of her recipe. Over the past 350 years, they have become ingrained in the Canadian culinary psyche.



# ABOUT



Welcome to Lights on the Bay's 27th annual holiday light show, open to the public from Sunday, November 21, 2021, through January 2, 2022. Held at Sandy Point State Park, this event has something for everyone in the family! From two miles of exciting animated and static light displays — everything from holiday influenced themes, Annapolis inspired displays, including one that features USNA Mids tossing their covers into the air, and more — to challenging nightly scavenger hunts and trivia with prizes for the children, Lights on the Bay is sure to please and amaze all visitors. And, don't forget that Santa makes an appearance every year on Thanksgiving Day!

Lights on the Bay is open each night, including holidays, from 5PM to 10PM. Because you can view all of the displays from the safety of your car, it's a fun and safe outing for the entire family. Check out local publications and retailers for discount coupons. Sandy Point State Park is located off Route 50 at exit 32, right near the Bay Bridge.

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## TO BENEFIT SPCA OF ANNE ARUNDEL COUNTY

Lights on the Bay is produced by, and solely for the benefit of, the SPCA of Anne Arundel County — the largest and oldest animal welfare organization in the county.

We provide shelter and care for homeless animals in need, and work to advocate on behalf of animals in our community. At your SPCA, we embrace animals in need and provide them with the care they deserve, regardless of age, breed or physical condition, and then work tirelessly to match them with forever families. We place no time limit on how long an animal is cared for while awaiting adoption.

As a result of our efforts — and because of your support — we proudly maintain one of the highest life-saving rates in the country! Without your help and your support of events like Lights on the Bay, none of this would be possible.

**Visit us online at [www.aacspca.org](http://www.aacspca.org) to learn more about our mission and programs.**



**NOV. 21ST THROUGH JAN. 2ND 5-10 PM NIGHTLY**  
SANDY POINT STATE PARK

# Meg's Magical Mocha:

*(Makes up to 2 delicious ice-cold coffee drinks)*

## *Ingredients-*

*2 shots espresso*

*2 tbsp rounded scoops of chocolate-flavored powder (I like Ghiradelli or Nestle Quik)*

*2 cups of ice cubes (not crushed)*

*colored sprinkles*

*whipped cream*

*2-3 cups water (or milk if you prefer thicker consistency)*

*In a blender, pour in the water and then follow up with the ice. Then, pour in the chocolate flavored powder on top. Stir.*

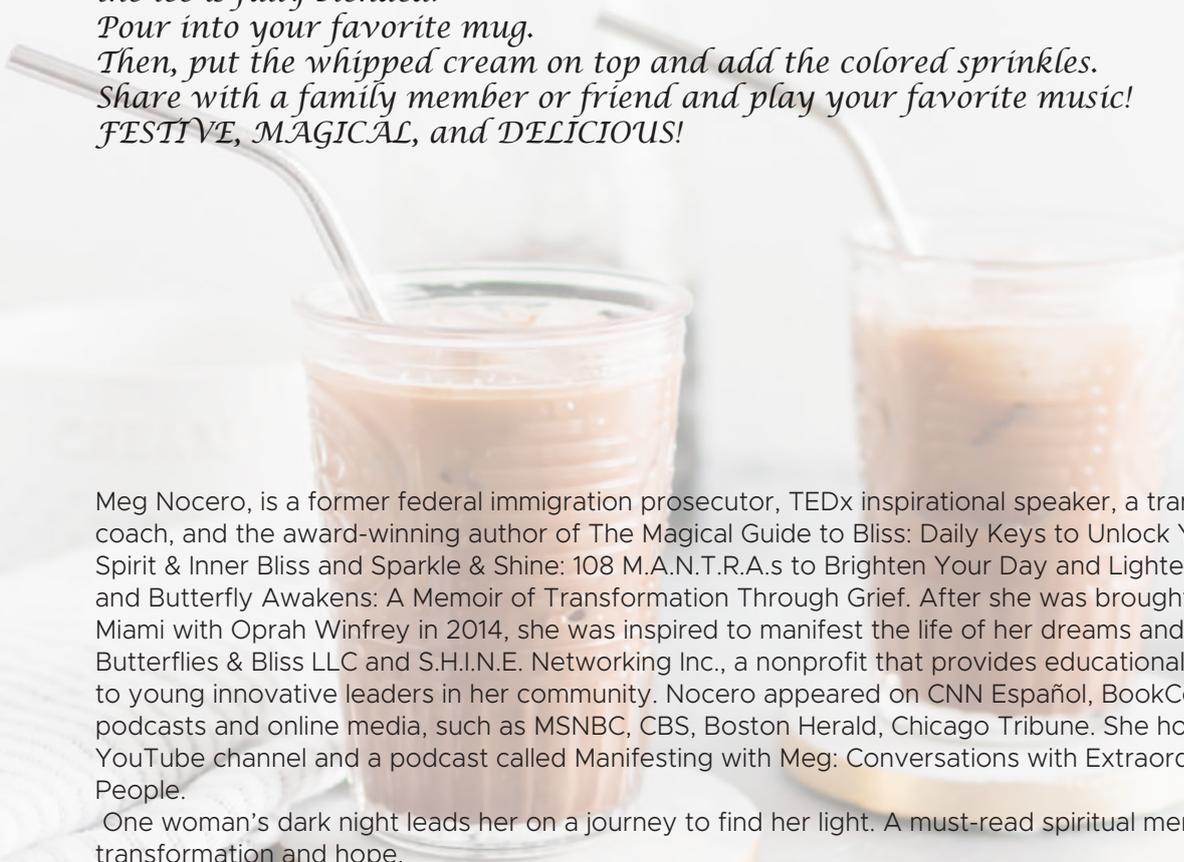
*Then, add the two shots of espresso and blend. Stop and stir to make sure that the ice is fully blended.*

*Pour into your favorite mug.*

*Then, put the whipped cream on top and add the colored sprinkles.*

*Share with a family member or friend and play your favorite music!*

*FESTIVE, MAGICAL, and DELICIOUS!*



Meg Nocero, is a former federal immigration prosecutor, TEDx inspirational speaker, a transformational coach, and the award-winning author of *The Magical Guide to Bliss: Daily Keys to Unlock Your Dreams*, *Spirit & Inner Bliss* and *Sparkle & Shine: 108 M.A.N.T.R.A.s to Brighten Your Day and Lighten Your Way* and *Butterfly Awakens: A Memoir of Transformation Through Grief*. After she was brought on stage in Miami with Oprah Winfrey in 2014, she was inspired to manifest the life of her dreams and founded *Butterflies & Bliss LLC* and *S.H.I.N.E. Networking Inc.*, a nonprofit that provides educational scholarships to young innovative leaders in her community. Nocero appeared on CNN Español, BookCon live, and podcasts and online media, such as MSNBC, CBS, Boston Herald, Chicago Tribune. She hosts a YouTube channel and a podcast called *Manifesting with Meg: Conversations with Extraordinary People*.

One woman's dark night leads her on a journey to find her light. A must-read spiritual memoir of transformation and hope.

Forty-something Italian-American immigration attorney moves through life-altering grief after her beloved mother dies from breast cancer. Questioning her life purpose, Nocero resigns from her federal career to search for the lighthouse she saw in a vision before her mother passes, leading her to walk El Camino de Santiago in Spain. In this must-read journey of transformation through personal loss, health challenges, and professional struggles, Nocero overcomes adversity by embarking on a spiritual and physical journey that will serve as a ray of hope for anyone who is struggling in life and unsure whether there is, indeed, a light at the end of the tunnel. A timely memoir in light of today's current events where the pandemic pivot has led to the great resignation and 1 out of every 5 adults in the United States (approximately 43.8 million) experiences mental illness in a given year. The COVID-19 pandemic is only exacerbating these issues; many today require the real hope this book offers. Kirkus Reviews states that "The author's limpid prose invests ordinary travails with an intense emotional charge that is often affecting."