

Focus Women

ON
MAGAZINE

FEBRUARY- MARCH
2022

www.focusonwomenmagazine.net

TOGETHER AGAINST TRAUMA OF WAR
SPRING PROGRAMMING ANNOUNCED FOR 2022 CONCERTS
GLADYS WEST, DESIGNER AND INVENTOR OF THE GPS
FIGHTING THE ONLINE COVID 19 MISINFORMATION CAMPAIGN



Sue Ann Cuddy
World War II Military Specialist



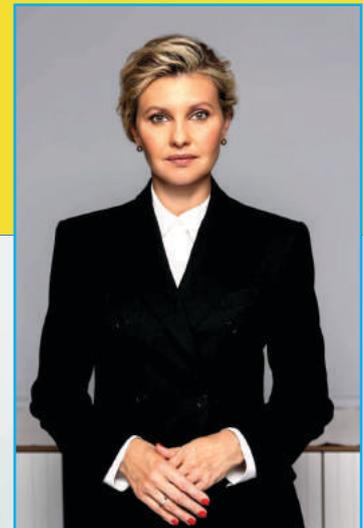
Gladys West
Designer and Inventor of the GPS



Mona Shindy
First Arab Woman to be in the
Royal Australian Navy



Anastasia Lenna
Miss Ukraine



Olena Zelenska
First lady of Ukraine



Gaitana
Ukrainian singer from Kyiv.





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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
www.focusonwomenmagazine.net

FOCUS ON WOMEN MAGAZINE

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

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BRIDES COVERED IN BLOOD PROTEST RUSSIA'S INVASION OF UKRAINE



UKRAINIAN HOSPITAL MEDICAL BATTALION NEEDS YOUR HELP



1. The Hospital Medical Battalion, which is helping healthcare workers in conflict zones: <https://www.facebook.com/hospitalallers/posts/2953630548255167>

2. Vostok SOS, which provides humanitarian aid and helps internal refugees: <https://vostok-sos.org/en/ukraine-under-fire--support-vostok-sos-aid-operation/>

3. Voices of Children, an NGO that aids traumatized children in Ukraine: <https://voices.org.ua/en/>

4. Razom for Ukraine, a foundation that assists healthcare and education in eastern Ukraine: <https://razomforukraine.org/project/s/zhadan/>

5. The Kyiv Independent, a media outlet producing some of the best independent media in Ukraine, and on the ground reporting: <https://kyivindependent.com/>

6. The Center for Civil Liberties, a Ukrainian human rights organization supporting human rights and democracy: <https://ccl.org.ua/en/about-the-ccl/>

In addition to financial assistance, giving any kind of attention to Ukraine, and the people there, is extremely important right now. Spreading accurate information, clearly communicating to your community that Putin holds full responsibility for the war, expressing your solidarity with Ukraine, and sharing this list of organizations widely are all important steps that everybody can take to support Ukrainians.

NEW YORK (February 27, 2022) — On Thursday, February 24th, Vladimir Putin declared war on Ukraine. Over the past several days, Russian forces have launched missile strikes on Ukrainian cities, shelled Ukrainian military positions, and advanced across the border. Putin's goal is to end Ukrainian democracy, and roll back the reforms that have made Ukraine steadily more prosperous, more just, and more democratic. Ukrainians have made clear that they have no interest in returning to a Putin-style system of oligarchic corruption and tyranny, and Ukrainian soldiers have fought back against the Russian invasion. Violent clashes have erupted in major Ukrainian cities, including the capital, Kyiv. Among other military and civilian targets, Russian forces targeted kindergartens and orphanages. The Ukrainian government plans to submit this evidence of war crimes to the International Court of Justice in the Hague.

Vladimir Putin is responsible for this war. His murderous, self-centered, and imperialistic behavior must be severely punished by the international community. In this previous statement, HRF outlined the first steps that the international community can take to hold Putin accountable.

However, every single one of us can help the Ukrainians, who face unimaginable suffering. An initial estimate by the United Nations suggests that at least 150,000 Ukrainians have already been internally displaced as a result of the conflict. A government report suggests that there have been over a thousand casualties, but these figures are certain to rise as Russian forces continue to target residential areas and press their invasion.

The Ukrainians require help and solidarity. The following is a short list of reputable Ukrainian organizations that we think are worth donating to. This list is not exhaustive, but every one of these organizations is helping Ukrainians in different ways.

Spring Programming Announced for 2022 Concerts from the Library of Congress

Series to Offer Virtual and In-Person Events, International Artists, World Premieres of Library of Congress Commissions

The Library of Congress will present an exciting 22-event lineup of concerts, lectures, conversations with musicians and engaging educational programming in a packed spring season launching March 4. Featuring classical music, jazz and dance events, the series will offer both virtual and in-person programs.

New American music is a special focus, with concerts showcasing a diverse and wide-ranging group of young American composers and the world premieres of Library commissions by Jeffrey Mumford and James Lee III.

Consistent with social distancing and safety protocols in response to the COVID-19 pandemic, concerts offered in March are being presented entirely in an online format. Events will be made available at 8 p.m. ET on the scheduled premiere dates on loc.gov/concerts and the Library's YouTube channel unless otherwise noted.

Each program is available to viewers as a unique, content-rich experience, enhanced by digital resources drawn from the rich collections of the Library's Music Division. All events in the series are free, and tickets are not required.

Spring highlights for both virtual and in-person programs will include a concert by fortepianist Ronald Brautigam performing music by Mendelssohn, Schubert and Schumann. Nuevo tango pianist and composer Pablo Ziegler appears with his trio. The adventurous performer-composer duo Flutronic performs its own music and explores the 1600-plus flutes in the Library's Dayton C. Miller Collection. Johnny Gandelsman's "This is America" project introduces recent works for solo violin by Olivia Davis, Clarice Assad, Anja Swaminathan, Rhiannon Giddens and Marika Hughes, presented in collaboration with Washington Performing Arts. And the Music Division and the Library's American Folklife Center will co-present the Grammy Award-winning jazz ensemble Ranky Tanky, whose music reflects its roots in the African American Gullah culture of South Carolina, Georgia and Florida.

Dates beyond March of the season will be announced on a month-to-month basis. In-person events are expected to resume in April, subject to COVID-19 protocols. Patrons can find information about the Concerts from the Library of Congress series at loc.gov/concerts and are also encouraged to subscribe to the Concerts and Performing Arts Events email alerts at loc.gov/subscribe/#music to receive updates on the coming month's events. The Concerts from the Library of Congress LibGuide provides "best-of" selections of past lectures, concerts, conversations and collection items on a variety of musical topics.

MARCH 2022 PROGRAMS

Each program will be accessible at 8 p.m. ET unless otherwise noted.

Friday, March 4 JUSTIN TAYLOR, harpsichord

"Fandango," an impressive concert from the young French-American harpsichordist Justin Taylor, pairs sonatas by 18th-century masters Domenico Scarlatti and his admirer and disciple Antonio Soler. Their brilliant, often flamboyantly dramatic sonatas suggest the world of opera and convey the cosmopolitanism of the major music centers they worked in, including the royal courts of Portugal's Maria Barbara and the grand Escorial monastery and palace in Spain.

Friday, March 11 NETHERLANDS CHAMBER CHOIR

Dance Company Nanine Linning
Marijn Rademacher, dance
Peter Dijkstra, chief conductor
Nanine Linning, co-director and choreography
Tido Visser, co-director and concept
Irina Shaposhnikova, costume design
Pink Steenvoorden (Einstein design), light and set design

DI LASSO: "Lagrima di San Pietro"
LIGETI: "Nonsense Madrigals," selections

Orlando di Lasso's "Lagrima di San Pietro" (Tears of St. Peter) stands at the summit of Renaissance polyphonic composition. A monument of the choral literature, this somber tapestry of 20 madrigals and a concluding motet tells the story of the betrayal of Jesus Christ by Saint Peter. The Netherlands Chamber Choir's vision of the work creates a riveting central focus for a dancer in the role of the saint. Tall plexiglass tubes enclose the seven singers, a startlingly apt metaphor evoking isolation and loneliness. In three pieces from György Ligeti's "Nonsense Madrigals," the choir attacks Peter with mockery and derision before the climactic final motet. Filmed at the onset of the pandemic, this multidisciplinary presentation reveals di Lasso's masterwork as starkly relevant today.

This program has been supported by the Dutch Culture USA program of the Netherlands Consulate General in New York.

Wednesday, March 16 CASTALIAN STRING QUARTET

Sini Simonen and Daniel Roberts, violin
Ruth Gibson, viola
Christopher Graves, cello
MOZART Quartet in D minor, K. 421
HENSEL String Quartet in E-flat major
SCHUBERT String Quartet in G major, D. 887

Taking a break from their residency at Oxford University, the Castalians showcase some of the most powerful music for quartet penned by Mozart, Hensel and Schubert. Perhaps the least known work on the program is by Fanny Hensel, Felix Mendelssohn's sister. Her only work for quartet will leave you wanting to explore more music by this composer whose star is finally on the rise, her talent as a prolific composer at last being recognized in recent years. Part of the Library's celebration marking the 225th anniversary of Schubert's birth.

NEWS FROM THE LIBRARY OF CONGRESS

Friday, March 18 Mark Padmore, tenor Mitsuko Uchida, piano

SCHUBERT “Winterreise,” D.911

Mark Padmore and Mitsuko Uchida forge a partnership of formidable artistry and rare insight in this performance of Franz Schubert’s “Winterreise.” One of a number of masterworks written near the end of the composer’s life, including his string quintet D. 956 and the three late piano sonatas, the 24-song cycle traces the harrowing winter journey of a wanderer confronting an existential abyss of loneliness and longing for a lost love. Wilhelm Müller’s poems become an anguished soliloquy, a monodrama in which the singer must travel “a road by which no one has ever returned.” In this magisterial reading of the cycle, the enigmatic final song “Der Leiermann” may suggest a faint vision of redemption: perseverance — and the possibility of hope.

Part of a celebration marking the 225th anniversary of Schubert’s birth.

Presented in cooperation with Wigmore Hall.

Friday, March 25 CATALYST QUARTET with IMANI WINDS

Catalyst Quartet

Karla Donehew Perez and Abi Fayette, violin
Paul Laraia, viola, and Karlos Rodriguez, cello

Imani Winds

Brandon Patrick George, flute, and Toyin Spellman-Diaz, oboe
Mark Dover, clarinet, and Monica Ellis, bassoon
Kevin Newton, horn

COLERIDGE-TAYLOR “Fantasiestücke,” op. 5

PRICE “Five Folksongs in Counterpoint”

C.-T. PERKINSON String Quartet no. 1, “Calvary”

J. MONTGOMERY “Sergeant McCauley” (with Imani Winds)

The Catalyst Quartet, one of America’s great string quartets, has been adding new and established works by under-represented voices to the repertoire through commissions and advocacy for over a decade. In a special collaboration,

Catalyst Quartet will be joined by the Imani Winds in a performance of Jessie Montgomery’s nonet “Sergeant McCauley.”

About the Music Division

The Music Division at the Library of Congress — formally established in 1897 within the Library’s Jefferson Building upon its completion — traces the origin of its collections to the 13 books on music literature and theory in Thomas Jefferson’s library, purchased by Congress in 1815. Founded in 1925, the “Concerts from the Library of Congress” series is made possible through the generous support of endowments and gifts from private donors.

About the Library of Congress

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; access the official site for U.S. federal legislative information at congress.gov; and register creative works of authorship at copyright.gov.



American Red Cross

The American Red Cross is facing a dangerously low blood supply. Our inventory is truly at crisis levels. Right now, doctors are being forced to decide which patients receive blood transfusions and who must wait. It’s a dire situation, and we need your help letting potential donors know how critical it is that they make an appointment to give blood or platelets this winter.

In thanks, those who come to give in January will automatically be entered for a chance to win a getaway to Super Bowl LVI in Los Angeles and will also be automatically entered to win a home theater package and a \$500 e-gift card. Terms apply; visit RedCrossBlood.org/SuperBowl for more information.

To help relay the seriousness of our current situation, the following is available to support your coverage:

- **B-roll**
- **Photos, including photos of blood recipient Kala Breder and her family**
- **Pre-recorded television PSA**
- **Live-read PSA scripts**
- **Social media graphics**

The attached news release further details the blood crisis, the consequences facing patients and how the public can help. If you would like to set up an interview or need additional information, please let me know. Thank you for your support and consideration.

Sincerely,

Ashley Henyan (she/her) | Communications Director | American Red Cross

National Capital & Greater Chesapeake Region
M: 843-571-8945
Ashley.Henyan@RedCross.org

Narcissists Trauma Bond You To Keep You Ensnared



Let's talk today about the narcissist trauma bonds that keep you ensnared.

I know you may be shaking your head at how on earth the narcissist is still ensnaring you. You know it doesn't make sense. You know this person is hurting you, yet you can't stop yourself continuing to participate with the insanity.

One of the most shocking things about narcissistic abuse is that we seem to keep signing up for our own demise. You know it's not what you want to do, or should be doing, yet you can't seem to stop yourself from doing it.

Is it any wonder you can feel so powerless and helpless?

Today, I want to explain to you what is really going on with how narcissists ensnare you ... and the 5 ways that you can break these shackles.

Number One – False Promises

Narcissists are very good at working out "what you want". This could relate to the love and devotion you haven't yet received in your life – the feelings of loyalty, being honored, respected and valued. You will feel seen, met and understood at a deeper level than you can imagine.

Not only is this a welcome "salve" to your Soul, it also holds the promises of washing away the pain of your past. It's a powerful feeling of finally "coming home".

Or maybe you have always wanted someone who shares your interests, who is into what you are, and seeks the same passions and missions.

In regard to generating security, this person may offer the resources, courage and knowledge you seek, or be the boss granting the opportunity, or show the promise of the contacts and introductions you would like to procure.

Regarding any aspect of your life, **the narcissist is very good at creating dependencies with false promises.** They identify your anxiety or "less than" issue – and seem to provide the solution.

Here is the thing about narcissists – they don't bring love, solution, support and success in to your life. Rather they bring anguish, drama, fractures and loss. It is beneficial for the narcissist though – they take sex, Life Force, resources and significance through control, whilst you are being emptied out.

The Remedy To False Promises – Becoming Your Own Source

Hanging onto the trust and hope of someone giving you results, when the reality is that you are being emptied out, only leads you to suffer more exploitation.

There is a powerful spiritual lesson for all of us to learn as adults – to become a Source to self. Heal up those parts of ourselves that are still underdeveloped and "dependent" and stuck in "lack" and "poverty consciousness".

One person is not your Source – you are as a connection with the healthy aspects of life.

In the expansiveness and interconnectedness with "all of Life" you don't need to be an island, or have all the answers or abilities. Your real job is to develop your confidence and attributes to **take responsibility** to expand into skills and attributes you can achieve, as well as research and learn how to generate healthy connections to what and who is healthy for additional assistance in life.

This helps you feel empowered. It grants you growth and success in every area of your life. Fearfully being limited and wanting someone else to grant you "yourself" (as it did with myself) creates a very precarious position of allowing abusers into your life.

Taking responsibility out of this pattern entails healing this "smallness" from this inside out, to start anchoring into **standing for your values and self-worth and courage**, to be able to identify relationships and situations which aren't healthy and say "no" to them.

Then you will not accept someone else's invalidation or abuse again, and the doors start opening to that and which is healthy for you.

If you relate to this tendency (as so many of us do or did!) to hand power away and not believe we are "enough" to make life work without the narcissist, then I can't recommend Module 2 of NARP "Becoming a Source to Yourself" to be released and reprogrammed out of toxic dependencies.

You can't imagine the joy and freedom on the other side of this!

Number Two – Confusion

A narcissist needs you to be out of your core solidness and truth to keep manipulating and controlling you. If you are constantly distracted and derailed with drama you can't identify what is really happening or look after yourself.

With a narcissist, regularly, goal posts and information change. What is okay for you to do today is not acceptable tomorrow. What pleased the narcissist last week, now has another condition applied to it. The seeming support for your desires from the narcissist has now been ripped away – again. The argument you thought was resolved, hoping to create a deeper and safer relationship with this person, re-emerges with such ferocity that things are even worse now.

As time goes on you don't know whether you are coming or going. Not only do you have the brain fog of an ever-shifting reality, you also have diminished self-esteem, self-belief and power. You are not a creative autonomous being anymore, because all of your energy is wrapped up in trying to navigate what this person is or isn't doing to you and your life.

Your emotional distress, anxiety and agitation allows the narcissist to blame you for the problems and diverts attention away from what he or she is really up to – which is manoeuvring you as an object to exploit for his or her own emotional significance and gain of resources.

The Remedy To Confusion – Purging Trauma To Receive Clarity

The first step to come out of the insanity is to step out of the insanity.

You can't create sanity within insanity. You can't make a disordered person act in a sensible way, no matter how hard you try. By pulling away you can get space. However, this in itself is not enough to get clarity. **Within the silence of the space is most often when the obsession comes at full throttle.**

You don't start to feel automatically better. In fact, out of the battle, the assaults from yesterday, last week and month and years can all hit hard. Trying to compartmentalize and "work out" the madness and be able to get some closure or clarity around it *just doesn't work*.

So many of us have tried this ad nauseam with no results other than to keep going around and around the same madness circles. It impacts terribly – emotionally. It is like shooting yourself 100 times with the same bullet.

The truth is this – with our limited cognitive mind **we can't make sense out of the insanity of narcissism**. But at an infinite mind level from deep within we can.

A perfectly aligned healing phenomenon happens when you let go of the triggered trauma within you, with a **Quantum healing tool such as NARP**. As the trauma leaves, and Source is brought in to replace it (The NARP process) where confusion, anxiety and fear was – calm, peace and power come forth instead.

Then you know the truth. You don't need to work out what the narcissist is up to, you only need to be anchored into your power and truth without pain and fear. Then you know what you were involved with is rubbish and you don't have to roll around with it anymore.

This is how to truly break free.

Module 1 in **NARP** "Release the Immediate Pain and Feelings of Loss" is your most powerful tool to get through this time.

Number Three – Praise And Coercion

A narcissist needs you to be out of your core solidness and truth. Narcissists congratulate and reward you if you agree with their version of things, at these times granting you words of "love" and "approval".

You may be told that you are the most understanding person in their life, that you are fantastic because of your actions, care, dedication ... that you are the best lover they have ever known, the best friend, the most outstanding employee and so on and so forth.

The compliments are over the top, and are intended to make you feel so "special". The narcissist may even butter you up further with extravagant rewards and surprises at times.

Yet, on a dime, the narcissist can switch from adoring you to abhorring you. **This is a trauma bond**. It's not unlike a poker machine – you are either losing tons of money, or if you get the "payout" you win big.

Because you have already lost so many parts of yourself and are suffering an extreme loss of clarity and self-esteem, you feel an incredible high when you do spasmodically receive the narcissist's validation or rewards. The profound relief is the high. You start chasing the approval. You keep trying to please this person, acquiesce to them and hope for their praise. This feels like bliss after being regularly **demonized, degraded and discarded**. It's addictive, as much as the payout in gambling relieves the stress of all the losses. Before you know it, you are subconsciously chasing this, which means that the narcissist has trained you into behaving the way that he or she wants you to behave – handing more and more of your rights and self away.



All of the **NARP** Modules unravel, release and heal this core belief. Module 7 of NARP "Connect to the Gift of Your Own Spiritual Empowerment" is especially helpful to make this shift.

Number Four – Agitation

Devaluing is another word for agitation. Narcissists are uncannily expert at working out what makes other people tick – identifying their inner insecurities. Hence, why the narcissist appeared in your life purporting to be the savior of these insecurities.

Once this Trojan Horse has got in your gates and the narcissist has enmeshed you into a dependency, then they start agitating this insecurity. How this looks is by poking it with a nice big stick. They will start delivering your **unhealed wounds** to you. If you have fears of infidelity the narcissist will start commenting about someone they work with and how attractive they are. If you have a body image, they will make disparaging comments about your weight or appearance. If you have suffered from violations in the past, regarding not being trusted and wrongly accused, the narcissist will start questioning your character and intentions. If you feel like you have been invisible to others, the once present, attentive narcissist will go missing in action and start ignoring you. If you have suffered from fears of survival and not having enough security the narcissist will take action that threatens this.

By the time this starts happening to you, you have already been trauma bonded, hence why you stay. If this had happened to you at the beginning of the relationship you wouldn't have accepted it. Without realizing it, you had already created an image of this person for yourself, who you wanted them to be – your Source of Love, approval, security and survival, namely those parts of your life where you did feel insecure.

Now, unconsciously, you are holding this person responsible for being the saviour of these things. When they start withdrawing that support, and even agitating those insecurities by creating further damage to them, this causes you to hook in and hang on harder.

This is the very root of co-dependency and feeling like a victim – holding a person responsible to grant you safety, love and happiness when they have neither the resources or the desire to do this.

In this place, when we stay connected, obscene behavior escalates – the lies, betrayals, blatant acts of disrespect and abuse ... continue to compound if we stay and accept them and righteously assert "this person should not be doing this to me".

The real truth is we are the ones enabling this, because we are trauma bonded and holding this person responsible for our life, rather than breaking away and healing ourselves.

The Remedy To Agitation – Releasing The Pain Of Injustice And Need For Accountability

One of the most spiritually Soul empowering lessons of narcissistic abuse – if not the core lesson – is letting go.

Letting go of needing other people to care for you and treat you well.

Letting go of someone providing you with the love, honesty, safety and success that you want them to grant you.

Letting go of the resentment and victimization you are suffering when people wrong you.

Yes, you have been hurt – horrifically and cruelly, just as I was too ... and I will never not validate that. Yet, if you are determined to hold other people responsible for your life, you will not let go of the hurt, the abuse will always live on inside you, **your Life Force will be sucked dry** trying to survive your unhealed inner wounds continually generating your abuse symptoms and you will never be free to generate a great Thriver Life.

So why hang on? There is actually no good reason to. The other person will never suffer from your hanging on – it just validates them more that you were the bad one, they were the right one, and you deserve to suffer for what “you did”. As twisted as it is – that is what the narcissist really believes. You regurgitating the poison every day is destroying you – it’s not affecting them at all.

Your best revenge is to purge this person, and all the horrible things that they did to you, well and truly out of your system, up level, develop and know how to never be in that powerless state again.

Then this person will not be under your skin, taking over your physical body and psychic energy field and renting free space in your head.

The greatest insult to a narcissist is when he or she is no longer your reality. Conversely, their greatest ego feed is you being horrifically affected! By going free you reap the rewards of a graduated Soul and life whereby you will be in higher dimensional living and reality than you were even before this happened to you.

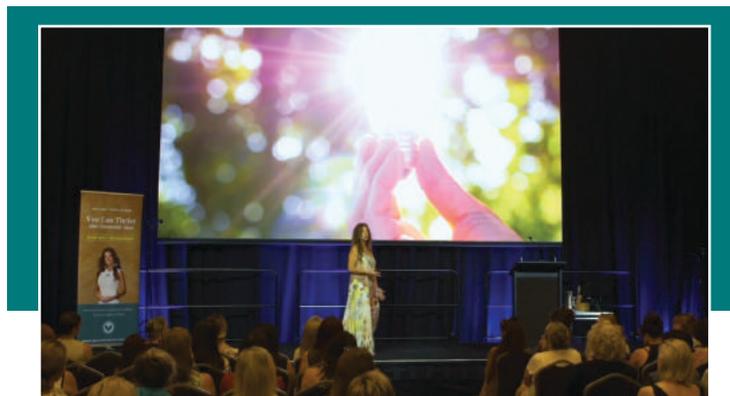
I can’t recommend Module 4 “Release and Heal the Pain of Injustice and Betrayal” and 5 “Let Go of the Fight to Win and Your Need for Justice” of **NARP** enough to get these powerful inner shifts done.

Number Five – Guilt

Guilt and shame are very powerful sticks to control you with. All humans hate to feel wrong, bad and “not enough”. Narcissists are experts at attacking people at that level – **gaslighting you profoundly** to make you believe that others also think you are “bad”.

Narcissists perfect how to make you doubt that you are a good or sane person.

It is very easy to get roped into believing you are the one with the problem and the relationship issues are your fault. Many wonderful Souls have tried to fix and heal themselves and get professional help to make their relationships with the narcissist work. They feel responsible. They take on far too much responsibility. They are terrorized and shamed for things such as their reaction to the narcissist’s abusive assaults – where they slip up and do something “wrong” and the narcissist will pin the entire demise of the relationship on this one act.



This person may feel guilt and horror about their misdemeanour (which was an understandable retaliation under the circumstances) without relief, regardless of the shocking and relentless abuse that the narcissist continually dished up to them. The narcissist will never forgive them and forget it and they can’t either. They are now in the eternal bond to the narcissist of trying to repent and make things up to him or her. Also, **people often feel responsible for the narcissist’s wounds**. The narcissist has told them they don’t love enough, are not good people, devoted or loyal and are responsible for the narcissist’s woes and bad decisions and fortunes. These people find themselves in a relationship with the narcissist like a parent, not a partner with rights, and it’s their job to fix this person and make things right for them.

The narcissist asserts, “regardless of how I treat you it’s your job to love me!” Some people, even after being devalued and discarded and replaced by others, still stay subservient and compliant to the narcissist’s needs. Of course, this is coming not from a place of healthy love, but from an inner belief of obligation and requirement – as well as the quest to finally be loved, believed in and approved of.

It’s just another way that narcissists exploit for their own selfish, self-serving agenda – not seeing people as flesh, blood and bone beings – rather just mere tools to serve the narcissist.

The Remedy to Guilt – Self-responsibility

To powerfully come out of this trance and spell, requires healing your self-responsibility, whilst allowing others (even dysfunctional others) the opportunity to grow up and take responsibility for themselves.

And whether or not they do so is not your business. You are! If you water someone else’s garden and neglect your own – your plants will shrivel up and die, and that person never learns how to look after their own garden. You are enabling them to be powerless while you allow yourself to be abused.

Giving in to your guilt and being exploited in this way, does not bring your peace. There is no thanks, no place it ends, and you get disrespected even more. Your Inner Being is screaming at you how painful, never-ending and debilitating this is for you. It’s Wrong Town with a capital W!

Many beautiful people who were very **susceptible to co-dependency** and being emptied out by narcissists (myself included) never had it modelled to them that it was healthy to look after themselves, have limits and boundaries and say No! This is vital inner healing and development to recover from narcissistic abuse, as well as not be prey to narcissists again in the future. It’s also the only way to be treated as if you are worthy of love and respect from others.

If we continue to “go along to get long” and keep “keeping the peace”, and “loving without loving ourselves”, people can’t see us and treat us as real autonomous beings. We are not being one!

It is such a beautiful up-level to get this vital piece! I can't recommend Module 6 "Release and Heal the Need to Take Responsibility" of NARP enough to sort this out in your life and be able to say "No", **lay boundaries**, lose your guilt and love the Soul truth, that when you serve your own Soul in healthy ways you also honour life and everyone else healthily as well.

In Conclusion

I know that we have done deep dives on trauma bonds in the past, but as I evolve and continually up level, I also feel very inspired to bring you information that comes from difference angles and gets delivered in different ways. My intention with this is to grant you the "ah-ha" awakening that is your turning point out of the hell you have been in to start becoming the inner unfolding of your best and truest life.

It is my upmost joy to help people connect to the inner work that doesn't take years to reach personal Thriver recovery and actually makes it possible – which just learning, researching and talk therapy doesn't produce.

If you know it's your time to break free ... really free, and you know deep down inside that there has to be more to your life than what you are presently struggling with, I'd love to invite you into my Private NARP Thriver Community where incredible breakthroughs are happening everyday – with the incredible guidance, love and support of those who know what it takes to achieve this.

And ... as always, I look forward to your comments and questions about this article. Did it resonate deeply with you? Can you see how far you have come in these inner developments to release your trauma bonds, and do you have more inner work and development to go?

ONE THING TO REMEMBER WHEN LIFE NO LONGER EXCITES YOU

Once upon a time, there was a girl who could do anything in the world she wanted. All she had to do was choose something and focus. So one day she sat down in front of a blank canvas and began to paint. Every stroke was more perfect than the next, slowly and gracefully converging to build a flawless masterpiece. And when she eventually finished painting, she stared proudly at her work and smiled.

It was obvious to the clouds and the stars, who were always watching over her, that she had a gift. She was an artist. And she knew it too. She felt it in every fiber of her being. But a few moments after she finished painting, she got anxious and quickly stood up. Because she realized that while she had the ability to do anything in the world she wanted to do, she was simply spending her time moving paint around on a piece of canvas.

She felt like there was so much more in the world to see and do – so many options. And if she ultimately decided to do something else with her life, then all the time she spent painting would be a waste. So she glanced at her masterpiece one last time, and walked out the door into the moonlight. And as she walked, she thought, and then she walked some more.

While she was walking, she didn't notice the clouds and the stars in the sky who were trying to signal her, because she was preoccupied with an important decision she had to make. She had to choose one thing to do out of all the possibilities in the world. Should she practice medicine? Or design buildings? Or teach children? She was utterly stumped.

Twenty-five years later, the girl began to cry. Because she realized she had been walking for so long, and that over the years she had become so enamored by everything that she could do – the endless array of possibilities – that she hadn't done anything meaningful at all. And she learned, at last, that life isn't about possibility – anything is possible. Life is about making a decision – deciding to do something that moves you.

So the girl, who was no longer a girl, purchased some canvas and paint from a local craft store, drove to a nearby park, and began to paint. One stroke gracefully led into the next just as it had so many moons ago. And as she smiled, she continued painting through the day and into the night. Because she had finally made a decision. And there was still some time left to revel in the magic that life is all about.

AND, THERE IS STILL TIME LEFT FOR YOU TOO...

A big part of your life is a result of the choices you make. If you don't like your life – if it lacks passion and excitement – it's time to start making changes and better choices.

And yes you do have a choice, because passion is not something you find in life; it's something you do. When you want to find the passion and inner strength needed to change your situation, you have to force yourself to step forward.

Many of us are still hopelessly trying to "find our passion" – something we believe will ultimately lead us closer to happiness, success, or the life situation we ultimately want. And I say "hopelessly" primarily because passion can't really be found. When we say we're trying to find our passion, it implies that our passion is somehow hiding behind a tree or under a rock somewhere. But that's far from the truth. The truth is, our passion comes from doing things right. If you're waiting to somehow "find your passion" somewhere outside yourself, so you finally have a reason to put your whole heart and soul into your life and the changes you need to make, you'll likely be waiting around for an eternity.

On the other hand, if you're tired of waiting, and you'd rather live more passionately starting today and experience small positive changes, it's time to proactively inject passion into the very next thing you do. Think about it:

- When was the last time you sat down and had a conversation with someone nearby, with zero distractions and 100 percent focus?
- When was the last time you exercised and put every bit of effort you could muster into it?
- When was the last time you truly tried – truly tried – to do your very best?

Like most of us, you're likely putting a halfhearted effort into most of the things you do on a daily basis. Because you're still waiting. You're still waiting to "find" something to be passionate about – some magical reason to step into the life you want to create for yourself. But you need to do the exact opposite!

Of course, we can't do it all and we can't have it all. Sometimes we have to say no to good things to be able to say yes to the most important things. Sometimes we have to take little risks with our time and energy. But in life, if you don't risk anything, you risk everything.

So go ahead and take a little risk today.

Feel some passion.

Discover love.

Run free.

The bottom line is, despite the real world challenges you face, the biggest and most complex obstacle you will have to personally overcome is your own mind.





Together against trauma of war

Charitable Foundation Voices of Children helps children affected by the war in eastern Ukraine. Thanks to you, we provide psychological and psychosocial support to children. It helps them overcome the consequences of armed conflict and develop.

Voices of children: Arseniy How you can help



Art Therapy

The increase of children stress management who live in the war conditions

[Help](#)

Mobile psychologists

The program of psychological help to children from boarding schools of Luhansk and Donetsk regions.

[Help](#)

Individual help

Helping families to cope with life's difficulties.

[Help](#)

Video Storytelling

Learn more about the children of war

[Help](#)

Who we are

We grew up from the volunteer activity of Lena Rozvadovska in the East of Ukraine since 2015. Back then all our efforts were directed to the evacuation and urgent help to the injured from war operations on the frontline.

We helped to create the center of psychological help in Slovyansk as well as organized the treatment and rehabilitation of traumatized children. Besides, we restored the destroyed houses and day by day helped families to struggle against the life difficulties at the forefront.



We develop for the sake of children



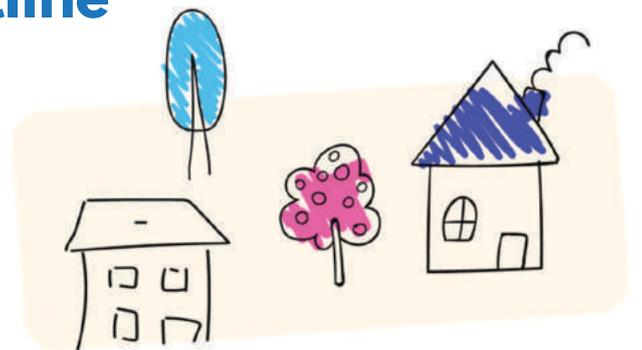
Nowadays, we develop the programs which will help children to win the consequences of traumatic war operations. One of them is art-therapy. It especially suits the children who have difficulties in describing their emotions, experience and fears in words. Moreover, it helps to reduce the stress level and cope with anxiety.

To give the children the possibility to speak their mind, we create videos with their participation. The main principle is not to represent them in the role of victims who have to be sympathized with. On the contrary – they are all the winners for us as they resist much more complicated circumstances.

We work close by the frontline

Our under guardianship are our friends. Since the beginning of war operations we have visited all the most dangerous places, have repeatedly been taken under fire and have the experience of front line life. We learn the information at first hand, and we are on friendly terms with children who have spent all their childhood next to the war.

Our team work in various villages and towns along the frontline in Donetsk and Luhansk regions.



**War trauma reflects the life of a child for decades.
Helping such children in time, we contribute to healthier development
of a whole society in the prospect for decades.**



Copyright U.S. Air Force
Photo by: U.S. Air Force

GLADYS WEST, DESIGNER AND INVENTOR OF THE GPS

Gladys West, née Gladys Mae Brown, (born October 27, 1930, Sutherland, Virginia), American mathematician known for her work contributing to the development of the Global Positioning System (GPS).

By: Claire Gillespie

Most of us use global positioning system (GPS) technology in one way or another on a regular basis — to add a location to social media posts, or to ask the navigation system in our car to direct us to where we need to be. We do it without even thinking about how the technology behind GPS was developed, or by whom.

Albert Einstein is, of course, a household name, and GPS wouldn't exist without him and his crucial theories of special and general relativity. But Gladys West is just as important — only her name isn't familiar to most people.

West, who was born in 1930, worked as a mathematician, collecting and analyzing satellite data of the Earth's surface, until she eventually created a detailed model and helped developed the technology that resulted in GPS, the global navigational satellite system that can accurately determine your position anywhere on Earth.

Adobe

After graduating from Virginia State College, a historically Black college, with a bachelor's and a master's degree, West became the second Black woman ever hired — in 1956 — at the Naval Proving Ground in Virginia, where she worked as a mathematician. At the time, the Navy was bringing in computers, and West programmed the massive machines — much like Dorothy Vaughan, who was played by Octavia Spencer in the movie "Hidden Figures," did for NASA.



In West's work as a computer programmer, she specialized in large-scale computer systems and data-processing systems for the analysis of information obtained from satellites. She also served as the project manager for Seasat, which was the first satellite to carry out remote sensing of Earth's oceans.

"From the mid-1970s through the 1980s, using complex algorithms to account for variations in gravitational, tidal, and other forces that distort Earth's shape, she programmed an IBM 7030 'Stretch' computer to deliver increasingly refined calculations for an extremely accurate geodetic Earth model, a geoid, optimized for what ultimately became the Global Positioning System (GPS) orbit," according to an Air Force press release from her induction into the Space and Missiles Pioneers Hall of Fame.

You might have seen mentions of West popping up on your social media feeds recently — it's because she's being celebrated for her invaluable contributions during Black History Month. The Challenger Learning Center of Tallahassee shared an image of West, writing, "Today we salute Dr. Gladys West."

February is Black History Month & to celebrate we'll be sharing the Black History Makers in STEM! Today we salute Dr. Gladys West a mathematician who helped model the shape of the Earth, & developed the technology that brought us GPS! Learn more about her <https://t.co/8WtRxn89rg> pic.twitter.com/ML4Ete0XxO

— Challenger Learning Center of Tallahassee (@challengertlh)



‘It Takes A Village’: Three Egyptian Girls Changing Perceptions and Making an Impact

MARINA MAKARY

Alaa, Samaa, and Noura, are three young girls from three villages in Fayoum, Assiut, and Aswan, representing thousands of girls participating in the National Girls’ Empowerment Initiative ‘Dawwie’. They are also the protagonists of the short documentary-drama, first screened at a special event at the fifth El Gouna Film Festival, which recently won the Best Short Documentary award at the New York Movie Awards.

‘Dawwie’ is an Egyptian platform, providing girls with access to resources, experience, and knowledge, to support and empower them to achieve their full potential. Whether they are seeking to express themselves or looking for the nearest clinic to tend to their needs, the platform and networking initiative seeks to equip Egypt’s youngest female figures with the information, skills, and guidance they need.



Photo credit: Ahmed Hayman



Photo credit: Ahmed Hayman

Photo credit: Ahmed Hayman

As soon as Egyptian filmmaker, Reem Ossama, was introduced to the initiative, she found her true calling: to spread these girls’ inspiring stories to millions of people, in Egypt and beyond.

“I felt responsible to tell these girls’ stories, like it was my job to tell it in the best way possible,” Ossama tells Egyptian Streets.

Written and directed by Ossama, the short docu-drama was produced by BEE Media Productions, in partnership with Unicef Egypt, and under the leadership of the National Council for Women (NCW) and the National Council for Childhood and Motherhood. Its funding fell under the governance of USAID Egypt.

Over the course of six months, Ossama familiarized herself with the three girls and discovered the “extremely positive environment” they grew up in.

“I was very impressed with how supportive their parents and siblings were,” she smiles as she recalls her time filming the community.

The work’s title, ‘It Takes A Village,’ was inspired by the African proverb, “It takes a village to raise a child.” According to Ossama, it was not a coincidence that these girls turned out bright, special, and inspiring, as their entire community played a significant role in their upbringing and motivation.

“The first challenge I faced was gaining their trust and their parents’ trust. Since these girls are not professional actresses, another challenge was bringing out their stories, through them, without them fearing the camera and a crew,” she explains.

RENA SENDLER: THE WOMAN WHO SAVED THE LIVES OF 2,500 JEWISH CHILDREN DURING THE HOLOCAUST

Posted on February 15, 2022 by Katherine



One of the great heroes of WWII led a secret operation to successfully smuggle 2,500 Jewish children out of the Warsaw Ghetto, saving them from almost certain death — yet until recently, few people had heard Irena Sendler's incredible story. This Polish Catholic nurse and social worker defied the Nazis at great personal risk, and nearly paid the ultimate price for her courageous actions. And even when she was tortured by the Gestapo, she never told them the names or locations of the children she had rescued. Her story is one of tremendous moral fortitude and the determination to fight evil, no matter the cost.

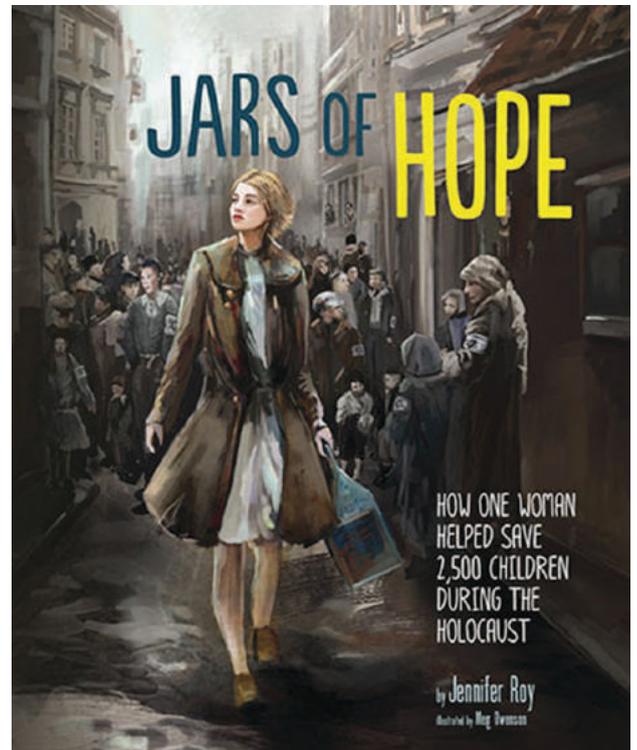
Born in 1910 near Warsaw, Sendler began aiding Jews as early as 1939, after the Germans invaded Poland. At first, she helped to create false documents for over 3,000 Jewish families, but she later joined the Żegota, the underground Polish resistance organization created to aid the country's Jewish population. In 1943, Sendler became head of Żegota's children's division and used her special access to the Warsaw Ghetto, granted to Social Welfare Department employees to conduct inspections for typhus, to set up a smuggling operation. She and her colleagues began secretly transporting babies and children out of the Ghetto by hiding them in an ambulance with a false bottom or in baskets, coffins, and even potato sacks.

Once the children were out of the ghetto, Sendler arranged for them to be given false identities and placed them with Polish families or in orphanages. However, she never gave up hope that, after the war, the children might find their families and resume their Jewish identities. In hopes of that, Sendler kept meticulous lists of each child's real name. In the wrong hands, these documents would have been fatal to Sendler, the others in her network, and to the children they saved; to protect them, Sendler sealed the lists in jars and buried them. Only she knew where the information lay, waiting for the day that she could safely dig them up again.

After rescuing over 2,500 children, Sendler was arrested by the Gestapo, tortured and sentenced to death. Fortunately, Żegota was able to bribe the German guards as she was on her way to execution; now it was Sendler's turn to be smuggled to safety. Sendler was forced to live in hiding for the remainder of the war, although she continued her work for Żegota under a false name. After the war was over, Sendler and her colleagues gathered the records with the details about all of the children that had been placed in hiding, but almost all of their parents had been killed in the Treblinka extermination camp or were listed among the missing. In 1965, Sendler was honored by Yad Vashem as one of the Polish Righteous among the Nations for her wartime efforts.

A fascinating part of Sendler's incredible story is that it was almost entirely lost — but was saved by the impressive research efforts of several high school students in Kansas. In 1999, high school teacher Norm Conard encouraged three of his students, Megan Steward, Elizabeth Cambers, and Sabrina Coons, to work on a year-long National History Day project.

Starting with a short news clipping that mentioned Sendler, the girls conducted a year-long investigation into her life and, ultimately, wrote a play about Sendler entitled "Life in a Jar." The play ignited interest in Sendler's story and it has been performed hundreds of times across the US,



Canada, and in Poland. The story of Sendler and three high school girls was also told in a moving book, *Life In a Jar: The Irena Sendler Project*.

After their play became an unexpected success, the young researchers had an opportunity to meet the forgotten hero whose amazing story they had helped bring to light in 2001. The students were so inspired by her that they also organized a campaign to nominate Sendler for the Nobel Peace Prize. She was nominated in 2007; however, she was not eligible to win because one of the requirements of the prize is that the individual meet the criteria of "significant activities during the past two years" and the accomplishments for which she was nominated had taken place decades earlier.

Irena Sendler passed away in 2008 at the age of 98, but today, her story stands as one of the great examples of quiet heroism during the second World War — even if she never considered herself a hero. "Heroes do extraordinary things. What I did was not an extraordinary thing. It was normal," Sendler once said. "You see a man drowning, you must try to save him even if you cannot swim."



WOMEN'S INVOLVEMENT IN COUNTERING VIOLENT EXTREMISM AND RECRUITMENT TO TERRORISM IN THE MALDIVES

Anne Speckhard, Ph.D.,
Hawwa Abdul Raheem,
Kate Strezishar, & Molly Ellenberg

Awareness of violent extremism and the process of radicalization has spread throughout the world in recent years, bringing to the table the importance of developing a methodology in order to identify, understand, and counteract individuals spreading ideologies and disinformation as well as for intervening in the radicalization process to prevent individuals from becoming violent actors and terrorists. The International Center for the Study of Violent Extremism [ICSVE] along with many other organizations and state actors have taken steps in order to study and successfully intervene in the process of becoming violently extreme and to create innovative prevention campaigns as well. Successful prevention and intervention efforts to fight radicalization as well as rehabilitation and reintegration for those already involved in violent extremism and terrorism requires a whole of society and systems-based approach with many types of interventions occurring simultaneously on multiple levels of society, from social media take-downs, to kinetic take downs of terrorist groups that create violent propaganda and recruit in face to face and internet forums, to addressing systemic and individual vulnerabilities to those who are most vulnerable and responsive to radicalization efforts. For those already radicalized, a systems-based and community-wide approach appears most likely to lead to the smoothest and most successful transition from extremism back into society.

All over the world, when women's perspectives are allowed into the security discourse, an all-encompassing prevention methodology tends to arise that focuses on the empowerment of women. Empowered women, particularly those who have been given the tools to understand violent extremism are then able to feel empowered to speak up when interacting with a relation or acquaintance who may be going down the path of extremism.

Aisha of Jordan advocated for women's training in the special forces, arguing that women such as herself could not be accompanied into bathrooms and private spaces at many times by male guards, making women absolutely necessary in the security field. Not long after a female group of cadres was trained, one of them, while off duty, observed an imminent attack and saved the King of Jordan's life.[i] In Kosovo, police told the authors of this article that female officers trained in security issues were often successful interrogators and useful in talking to other females when religious issues made it sensitive and precluded these women from being handled by men.

Research conducted by Georgetown's Institute for Women, Peace & Security indicates that women's roles in the family structure can also play a vital role in the way in which their family members lean towards or against extremist ideology, with their research highlighting prior family involvement in extremism being a leading reason individuals may engage in extremism and potentially terrorism.[ii] Understanding that extremism can derive from a familial connection, those involved with prevention and countering violent extremism should also recognize that engaging women in the community can make a powerful prevention impact. ICSVE's own research based on in-depth interviews with current and former terrorists, violent extremists, and their families found that a familial connection was but one reason for joining; there are a myriad of other reasons as well, from material desires of wanting better housing, jobs, and marriage, to less material reasons of wanting to feel a sense of significance, dignity, purpose, and positive sense of self. These reasons can best be explained as the "Lethal Cocktail of Terrorism." Making a terrorist involves a group cause, an ideology that wrongly attempts to justify the action, social support that may come from family members or other networks, and individual

vulnerabilities relating to their position within or outside of a conflict zone.[iii] For those living outside of a conflict zone, experiences of marginalization and discrimination, especially for Muslim minorities living in the West, can be powerful push factors in the decision to leave home and travel to join a terrorist group.[iv] Taking this into consideration, it is clear that those working in the P/CVE sphere must not only intervene with individual violent extremists, but also be powerful agents for change in communities themselves, such as by engaging in the development of anti-discrimination laws and policies, ensuring that they are enforced, and developing and executing trainings to develop empathy, mutual respect, and tolerance.

Case study: The Maldives

When preventing and countering violent extremism [P/CVE] approaches are considered, the unique potential of women taking powerful roles in prevention and intervention efforts are often overlooked. Women have been affected by all aspects of violent extremism; they have been the perpetrators, the victims, and also the ones to step up, preventing and countering violence, and as compromising half of all society, thus should be considered an important aspect in considering solutions to the problem.[v] In this research, we examined this issue in the Maldives, a country which had one of the highest per capita representations of those traveling to Syria to join militant jihadist groups. Maldives Independent released an article giving an estimate of 173 Maldivian citizens who successfully left to join terrorist organizations such as the Islamic State in Syria and Iraq; however, Maldivian officials have only confirmed that at least 59 Maldivian nationals are currently in Syria or Iraq, with 91% of those individuals being women and children. The article also revealed that almost half of the 173 individuals who went to Syria were women and children, indicating that women were also involved in traveling to join terrorist groups, and it is not a solely male activity.

The Maldives is an Islamic society where women often play the traditional roles in their homes, although many Maldivian women also have paid employment. According to a report from the World Bank in 2021, Maldivian women who are employed work mainly in the informal sector, making up 40% of the Maldivian informal workforce, including self-employment or working as contributing family workers within the community. According to the authors of the report, this type of work is appealing to many Maldivian women due to their time constraints from the demands of child-care and domestic workload.[vii] As integral players in their homes, communities, and small businesses, Maldivian women, both in and out of the workplace may have their fingers on the pulse of family and wider community members more so than their male counterparts. In that regard, we were interested to learn how Maldivian women working in various sectors of the security field may have awareness of radicalization to violent extremism within their social and professional spheres and if they have faced such cases, whether they felt equipped to competently deal with them and what they believe was needed to equip them better.

The Maldives has been greatly affected by the rise of violent extremism over the past decades, leading to the Maldives having, by some accounts, the most foreign fighters joining the conflicts in Syria in the Middle East per capita from a non-Arab country.[viii] With limited government reach throughout over 200 inhabited islands, the country has been seen by some as a breeding ground for extremist groups, many of whom reject democratic reforms introduced in 2018[ix]. All Maldivian citizens are Muslim, and historically the dominant practice was considered moderate, however, in the 1970s, new interpretations of Islam were introduced. Additionally, aid workers coming to assist after the 2004 tsunami may have brought with them some extremist Islamic teachings. In recent years, Maldivians have had access to al Qaeda, ISIS, and other militant jihadist groups promoting violent interpretations of Islam over the internet, all during a period rife with government corruption, and repression of political opposition.[x] Mohamed Hameed, Commissioner of Police in 2017 estimated that there are close to 1,400 Maldivians within their country who have adopted extremist ideology as of 2017. Members of local extremist groups have taken measures such as withholding their children from school and vaccinations, claiming these parts of life to be “Western ideology.” Child brides are also common in these circles.[xi]

For those traveling to Syria, men and women alike believed that they were leaving their problems behind by joining the Caliphate, which was presented to them as a utopian society where they would prosper. The individuals leaving the Maldives to join ISIS were often unemployed and had substance abuse and prison histories, with forty-eight percent having criminal records, and thirty-nine percent having known affiliations to gangs.[xii] Those who had prison histories were often radicalized in prison by militant jihadists providing repentance and structure in prison to help them leave drugs behind. These same radicalizers sent them to Syria with the promise for a better life under shariah. In 2021, ICSVE interviewed five Maldivian women currently held at Camp Roj. Before traveling to join ISIS, three of the five were married. One was single when she joined ISIS and met her Maldivian husband in ISIS. Another was divorced and joined ISIS with her sister and brother-in-law. She married while in ISIS. All five women reported being raised in middle class households in Malé. Before joining ISIS, three of the women were not at all radicalized. Indeed, two sisters reported being tricked into joining ISIS by one of their husbands. Another did not report holding any specific extreme ideology before joining ISIS, but she was aware that she would be joining and went willingly. Moreover, she lied to her mother about where she was going, implying that she did have some understanding of what ISIS was. One was radicalized prior to joining ISIS and clearly stated that she wanted to migrate to live under shariah in the Caliphate.

While the government of the Maldives has shifted towards and maintains a democracy, the radical ideology introduced over the past decades has remained and grown. This has been especially problematic with the spread of violent extremism occurring among inmates. ICSVE researchers recently gained access to 20 Maldivian inmates and one former inmate, many of whom were radicalized. ICSVE found through in-depth research interviews that the spread of the militant jihadist ideology is serious in high security prison units. While that itself is problematic and requires interventions including shutting down internet access for prisoners using illicit phones and putting in effective prevention and deradicalization programs, the problem extends beyond the prison walls and into the greater Maldivian society. In the last decade there have been multiple attacks in the Maldives, some claimed by ISIS, and others clearly carried out by militant jihadist actors such as

detonated outside the home of former Jabhat al Nusra, the Islamic Front, and others. In May of 2021, an improvised explosive device (IED) set by extremists President Nasheed, resulting in five individuals being injured. In April of 2020, there was an attack on the Mahibadhoo harbor that was claimed by ISIS.[xiii] Extremist groups have been able to reach the Maldivian people in part due to the socioeconomic struggles that the region faces, along with the lack of government control. In 2004, a tsunami hit all but nine of the 1200 islands of the Maldives, causing 10 percent of the islands to become uninhabitable following the fifteen-minute ordeal. This natural disaster led to years of economic hardship, resulting in many individuals being unemployed, with up to 15 percent living below the poverty line.[xiv] Terrorist organizations then found the at-risk citizens of the Maldives to be a fertile area for radicalization and recruitment, as participation in militant jihadist terrorism was seen to be an opportunity that could be presented to Maldivians as being financially prudent and morally consistent with their religious values.[xv] Along with strict Islamic teachings being the main form of Islamic education with the country, the tourism industry was also a factor that led some Maldivians to sympathize and later join terrorist organizations such as ISIS and al Nusra. With many tourists not conforming to the traditions of Islam and the resorts catering to them (particularly their desire to drink alcohol), online forums fueled and then exploited locals’ anger, condemning the Maldives for its sinful and un-Islamic practices.[xvi]

Method

This research involved a small, informal survey study of 48 professional women working in the security sector of the Maldives including female police, customs, military, and security officials who have a far reach throughout the Maldives, both professionally and personally through family ties. These women were gathered for training purposes and during the training were asked to fill out a short anonymous survey, after providing informed consent, and discuss their answers later with the group, if they were comfortable doing so. Given the high per capita number of foreign fighters from the Maldives, it was hypothesized that many of these women may have had contact professionally or informally with violent extremists over recent years. Indeed, 37 of the respondents reported such contacts. The eight questions posed in the survey covered topics pertaining to the quality of the relationship with the extremist, if any intervention had been attempted, and if not, reasons for the lack of intervention as well as questions of

what was perceived as needed to do an effective intervention. The respondents were also asked whether they believed that gender was a factor in these interactions. The survey also included a section where individuals were able to write in what they believed would have helped them in this situation.

Results

The results of the survey are based upon 48 anonymous responses from women between the ages of 29 and 50. Out of the sample, only 11 had never met anyone involved with violent extremism, leaving the majority to have had personal experience in knowing a violent extremist. The range of violent extremists known to each of those 37 individuals ranged from one to more than five. The relationship between the female official and the violent extremists also varied, with three being family members, nine listed as friends, and ten as colleagues, though it was not specified if by “colleagues” the respondents were referring to other security officials, which would indeed be most concerning. The most common answer, 28 responses, was that the official knew someone who had been radicalized, but they were not close. In response to being asked if any intervention had taken place, the female officials responded that they had tried various methods of intervention such as talking to them to try and change their mind (n = 10), talking to family and friends looking for support (n = 8), and asking an authority figure for help (n = 2). Seven respondents reported the person to the authorities. Twenty of the 48 respondents stated that it would have been helpful to have an experienced and trained authority figure, such as an imam or counselor, to whom they could bring these cases for advice. Five officials desired a resource in the form of a website where they could learn more about the subject and intervention practices. Seventeen respondents indicated that they wished there were resources on the law enforcement side, such as a hotline, in order to anonymously report violent extremism, or to have trained police intervene with the individual. The respondents were all asked, if they did not actively intervene, to indicate why they did not do so. Their responses included that they either did not want to offend their person (n = 11), they did not know what to say or do (n = 8), and that they were afraid of bodily harm (n = 4). There were also a number of respondents who indicated that they did not intervene because the person had already left the Maldives to join an extremist or terrorist group by the time they learned of the case (n = 3).

Discussion

The research discussed in this article demonstrates that women in the security sector in the Maldives have a significant reach, both personally and professionally, regarding the phenomenon of violent extremism. That 37 out of 48 respondents personally knew of an extremist in their circles and that some had tried to intervene but lacked the training and resources to act effectively makes clear that these women might be highly effective agents in countering violent extremism if they received adequate training, tools, and resources to equip them for effective interventions. That only seven had enough faith in the authorities to report extremists also speaks to a need to create trust in government, even in the security sector, so that officials will be confident that government will respond in ways that are not simply punitive but also rehabilitative, especially when one is reporting family members, neighbors, or friends.

The respondents’ position in society as members of law enforcement, military, and the security sector, as well as family members and friends, enables them to have a significant impact on those around them. The women surveyed, given the proper training and education for which the majority asked, would have the power and foresight to not only intervene with known extremists, but would be a resource to those in the early stages who are not yet radicalized, helping to mitigate the threat of violent extremism before it takes root. While this particular research pertained solely to female security officials in the Maldives and is a small, exploratory study, it is likely that the necessity for training and development of trusting relationships in government authorities and resources to help carry out effective interventions is mutual across genders for all those involved in interactions with future or current extremists in the Maldives and beyond.

Conclusion

The P/CVE community has grown into a more diverse collective with each new aspect of understanding coming to light, and women’s roles in these efforts are becoming increasingly researched and recognized, albeit with much work to do. Women are an integral part of society, are often highly trusted with sensitive and emotional issues, and often have unique insights and access throughout communities that may have been left unaddressed otherwise. Women are therefore in positions not only in their professional lives, but also in their personal lives, to detect, intervene with, and prevent those who are going down the extremism path

from engaging in violent action. While women in the security field still face major obstacles to their professional advancement around the world, it must be realized that women, with effective training and tools, can play key roles in prevention and intervention of violent extremism. Women around the world are answering the call for preventing and countering violent extremism, and the women of the Maldives are no different.

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Black Ukrainian lawmaker reveals plight of overlooked population



Zhan Beleniuk of Team Ukraine celebrates after winning his Men's Greco-Roman middleweight gold medal match at the Tokyo 2020 Olympic Games. Photo: Maddie Meyer/Getty Images

The big picture: Zhan Beleniuk has spoken openly about racism he's faced in Ukraine after bringing home the Greco-Roman middleweight gold last year in the Tokyo games. But experts say he and other Black Ukrainians are expressing their loyalty to the country amid fears they could become special targets for Russian occupiers.

Driving the news: On Facebook on the eve of the invasion, Beleniuk called on Ukrainians to keep calm, "believe in our country" and "understand that panic is the main 'weapon' that is currently playing against us!"

- Last week, he posted images of himself on Facebook and Instagram cleaning a Soviet-era pistol, suggesting he was preparing to fight.

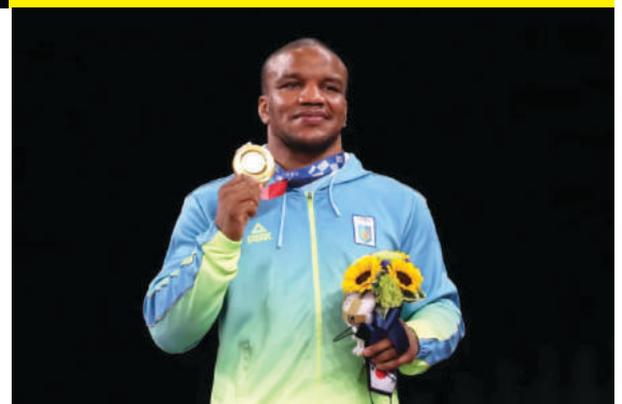
Details: A few thousand Black Ukrainians are believed to live in the country's major cities, though precise population numbers aren't available, Kimberly St. Julian-Varnon, a historian and University of Pennsylvania doctoral candidate who studies Black Ukrainians, told Axios.

- Some are biracial second- or third-generation Ukrainians with African fathers and white, Slavic mothers, while others are first-generation arrivals from African nations drawn by easy access to education.
- Other well-known Black Ukrainians include singer Gaitana and actor Berta Vázquez.
- Kyiv-born Beleniuk is the son of a Ukrainian mother and a Rwandan father, a Hutu pilot who died in that country's civil war.



Ukrainian singer Gaitana performs the national anthem of Ukraine before a soccer friendly between Ukraine and Estonia. Photo: Dmytro Smolyenko/Ukrinform/Barcroft Media via Getty Images

An Olympic gold medalist serving as Ukraine's first Black member of parliament is urging fellow countrymen to resist the Russian invasion, highlighting the nation's vulnerable but little-known African Ukrainian population.



- Beleniuk won Olympic silver in 2016 and served in the Ukrainian Army. In 2019 he won a historic election to parliament as a member of President Volodymyr Zelensky's Servant of the People party.
- "I consider myself 100% Ukrainian, and the people who have always supported and believed in me are all in Ukraine," Beleniuk said while competing in the Olympics. "I don't want to betray them. Sooner or later, there will be positive changes."

Between the lines: Many Black Ukrainians have ties to the Cold War-era recruitment of college students from Rwanda, Nigeria, Mozambique, and the Republic of the Congo.

- Terrell Jermaine Starr, a senior fellow at the Atlantic Council's Eurasia Center, has written about how Black students and technical workers came to Ukraine in large numbers around the 1950s.

Don't forget: Black Russians have described harsh racism in Russia, from openly being denied access to cafés to signs that tell Black residents don't even bother to try to rent an apartment.

- Black Ukrainians, in the current conflict, could be singled out by Russia as suspicious or enemies just based on their skin color, St. Julian-Varnon said. Be smart: Many Black Ukrainians have no ties to other countries and few options if forced to leave.

A long time ago

I didn't have the patience to sit and watch birds. I was a busy self-employed mother of two little girls. I had painfully specific goals that I wanted to achieve.

I recall (hazily and from a distance) the constant sense of urgency and frustration, the touch of desperation, the need for respite, and the willingness to give every ounce of free time to that former version of myself. Maybe I was trying to create the perfect life — and future — for my girls and me. Maybe I thought focusing on a distant horizon, on a nebulous prize won on some far-off day, made me a wise mother, a good mother. An all-knowing, all-sacrificing, everything's-going-to-be-okay mother.

I thought I could keep them safe and happy if I stuck to a schedule. The changing seasons were a race — one to the next to the next. I focused on the have-to-dos and forgot-to-dos and too-much-to-dos. The miracle of an unremarkable life was lost to me in my eagerness to keep the gears of my schedule turning. I squandered the gift of normalcy with perpetual distraction. It was a stressful and relentless and wonderful time.

Life had meaning because life made sense. Life made sense because life had meaning. The old me would've explained it better, but the old me is gone.

When my daughter died, I fell off the edge of the world. I became the look-away, don't-meet-her-eyes, so-sorry-for-your-loss, I-can't-imagine mother.

I don't want to be this person. It wasn't part of the plan. I want my daughter to be alive. Obviously. But I don't want to be my former (clueless) self either. I was asleep in that old life, dreaming a fiction I'd created for myself. It was a dream I relied on until it failed me.

I wish I hadn't worried so much. I wish I'd watched the birds with the girls when they were little, noticed them each season, sat with them without expectations or assumptions. I wish I hadn't turned the pages of the calendar recklessly, as if there would always be another page to turn. I wish I'd appreciated every drop of every day.

Grief unmade me then remade me. Grief keeps remaking me.

Wishful thinking is a different kind of dream. I don't want to go down that path either.

Losing your child is one thing. Accepting she's gone is quite another. I'm still grappling with linear time, still marveling that I am waking up in the morning and she is not. It's been four years. Four years.

I am much older than I was when she died on that cold, colorless day in March. Now, I am on my own.

Sometimes it feels like I'm disappearing. The feeling is strongest when I yearn for the past. Then I realize that it's not now-me that's fading, it's past-me, the mother from the dream.

These days it's easier to let past-me go, though I still feel the old jealousy, the pull of yearning for that underappreciated life. I still feel a deep longing to change the ending.

Is there meaning in the identity we create for ourselves? Before she got sick (before the disaster, the tragedy, the tipping point), I assumed that I was fully realized. I was the product of a decade of careful construction—a mother who was busy, oblivious, eager for the promise of my preassembled dreams. If that mother could vanish in the span of four short years, then how do I know what's real about myself right now?

Grief is real. The new snow covering the boot prints I made in the yard is real. The fat dove perched on the tray feeder is real. The gray hairs are real. My little dog curled up on the beanbag chair is real (until he disappears too).

I was powerless to save her. That, too, is real. I could not have changed the ending. I've wandered the landscape of grief long enough to understand that no one gets to change the ending. I'm comfortable here. I'm not scared of this place. I'm not lost anymore. This is home.

There are some good things about this new person I've become. I don't mind the impermanence of dreams. I know how easily I can be made, then unmade. Being unmade is somehow freeing. Past-me was wrong about everything.

I am still a mother.

Grief unmade me then remade me. Grief keeps remaking me. I am free to transform my understanding of myself in any way I please.

When grief is a place, it's a landscape of meandering paths, sometimes deserted, sometimes crowded, always swarming with birds.

When grief is a person, she looks like me. Now you see me, now you don't.

Down here in the subterranean caverns where lost parents dwell, I've learned how to let light back in.

The grief people who live in the grief place spiral round and round, never touching, sometimes walking side by side, carefully avoiding the deepest pit, the one with sheer walls. It's separate from all the other valleys and precipices in this place of being unmade.

And, of course, that's where I landed, in the deepest chasm of grief. You can't climb out, but there are many ways through it. I accept that I won't be returning to the old dream of myself. There is no path that spirals up and out, back to the life I understood.

It's not the end. Down here in the subterranean caverns where lost parents dwell, I've learned how to let light back in. I've learned not to count on permanence, not even here. Landscapes change. People change.

It has been four years since my daughter died, and I am learning to accept the person that grief made me.

I will always watch the birds, everywhere, all the time. The red-winged blackbirds swarm my feeders. They startle easily, taking flight in one graceful motion and veering into the canopies of the surrounding conifers. The cardinals form small flocks of 10 or 12 birds, spots of red on the midwinter gray. The juncos and sparrows and finches scatter in the snow, looking like bits of bark or ash or paper. They make the most noise.

The birds are part of this new life. They light the way forward.

Now I have time to sit and watch a family of crows mob a hawk, chasing it from its perch. Now I take photos of hummingbirds in spring and summer. Now I stand perfectly still, waiting for the white-throated sparrows to sing.

Now I don't need the chores or the seasons or the calendar to prove to me that I am a mother — or that I am anything at all. Now I am, and always will be, the person that grief made me.

By Jacqueline Dooley



6 Devastating Facts About Inequalities Affecting Adolescent Girls Throughout Oceania

Empower girls, uplift entire communities.

By Madeleine Keck

Asian Development Bank / FLICKR



Throughout Oceania — a region comprising the Pacific, Australia and New Zealand — harmful gender stereotypes mean adolescent girls are often systematically oppressed by violence and discrimination, which can have major flow-on effects on their health and education.

Below, we look at just some of the devastating inequalities facing girls aged 10 through 18 in the region.

Tweet Now:

These Pacific Activists Are Changing the World. Share Their Stories
TAKE ACTION

1. Just 7% of Girls Complete Secondary School in the Solomon Islands
Just 7 in 100 girls complete secondary school in the Solomon Islands, with aid agency Plan International citing poverty, discrimination, school fees and pregnancy as leading barriers to education throughout the Pacific nation. "Teenage girls have told us they aren't valued in the same ways as boys," Plan International's Policy and Advocacy Advisor Kate Phillips previously told Global Citizen. "Their value is primarily seen in housekeeping and being a housewife and mother."



Elizabeth, Elima, Aroma, Katrina, and Margareth are now calling for an extension of fee free education and the elimination of gap fees in the Solomon Islands. Plan International.

2. In the Asia and Pacific Region, 23 Million Adolescents Are Currently Married or in Union
Almost 25 million people aged between 15 and 19 are currently married or in an early union throughout the region, according to the United Nations' Population Fund. Over 80% of that figure are adolescent girls — representing 1 in 8 late teenagers throughout the region — compared to just 1 in 50 boys.

3. 59% of First Nations Australian Girls Don't Attend Secondary School Consistently.
The health, education and well-being gap between Aboriginal and Torres

Strait Islander adolescent girls and their non-Indigenous counterparts in Australia remains significant.

The 2019 Closing the Gap report shows that school attendance between Indigenous and non-Indigenous students widens to a gap of 14 percentage points when students reach secondary school, against 8 points for primary school. The report reveals almost 60% of Indigenous adolescent girls do not attend secondary school on a consistent basis.

"Levels of consistent attendance are lower among Indigenous students — just under half of all Indigenous students attended school 90% or more of the time, compared with 77% of non-Indigenous students," the report states. "This leaves a gap in the level of consistent school attendance of around 28 percentage points."



5 Truly Astounding Facts About Racial Equity in Australia in 2022

4. Pacific Girls Are 1.8 Times Less Likely to Own a Phone With Internet Access Than Boys

Adolescent girls in the Pacific face a variety of challenges accessing education as a result of their gender. According to Pacific Women, girls in the region have considerably less access to boys when it comes to online learning options, an issue that had a profound implication on graduation rates amid pandemic-related lockdowns and school closures.

The organisation revealed that boys are estimated to be 1.8 times more likely to own a phone to access the internet than girls.

"Prolonged school closures and economic recession due to the COVID-19 pandemic lowers girls' ability to pursue further training and education and increases the potential for early and unwanted pregnancy, early and forced marriage and sexual exploitation," Pacific Women explained.

In 2020, as COVID-19 ravaged the globe, 6,000 students in Papua New Guinea failed high school, a 50% increase from 2019.

How Will We Resume Education Everywhere Amid COVID-19?



5. Pregnancies Among Teenagers in Tonga Continues to Rise, Nation Has Highest Mortality Rate in Pacific

Pregnancies among adolescent girls — the vast majority of which are unplanned — has increased significantly throughout the highly religious nation. A 2021 report cited conservative social attitudes and ignorance about contraception throughout the kingdom as key contributing factors. In addition, Tonga — where abortion is illegal — is the only country in the Pacific that has not signed nor ratified the Convention on the Elimination of all Forms of Discrimination Against Women.

Meet 5 Pacific Women Activists Who Are Changing the World in 2020



Vendors from Gerehu Market in Papua New Guinea stand in front of a new Meri Seif bus. The bus is the third to be launched in the Safe Transport programme as part of the 16 Days of Activism to End Gender-Based Violence in 2016. | UN Women / Flickr

6. Domestic Work Has Increased for Girls at a Much Higher Rate Than Boys Since the Pandemic Began

Save the Children recently surveyed 37 countries, including those within the Asia-Pacific region, and found that household chores had increased by 63% for girls since early 2020, compared with less than 50% for boys. Over half of the surveyed girls also revealed the time spent looking after siblings had increased, against 42% of boys.

Further, 1 in 5 girls reported having too many chores to do to be able to learn, compared with 10% of boys.



Meet the Man Working to Get COVID-19 Conspiracy Theorists Banned From Social Media

Author: Jacky Habib

Dec. 10, 2021

Amanda Andrade-Rhoades for Global Citizen

For years, Ahmed has been tracking conversations and actions of online hate groups, conspiracy theorists and influencers on social media.
Image: Amanda Andrade-Rhoades for Global Citizen

For years, Imran Ahmed has been tracking conversations and actions of online hate groups — and while it has involved some sleuthing, at other times, it requires none at all. “Never ever, ever underestimate how lazy your colleagues can be,” says Ahmed, the CEO of the Center for Countering Digital Hate (CCDH). In October 2020, while much of the world was anticipating COVID-19 vaccines, the world’s leading anti-vaxxers were gathering online to strategize how they would oppose the vaccine rollout.

Tweet Now:

G20: Stop the Secrecy Around COVID-19 Vaccine Supply and Donations
3,574 / 5,000 actions taken
TAKE ACTION

Ahmed, who follows these conspiracy theorists and influencers on social media, noticed them selling tickets to a 3-day conference. He purchased a ticket, attended the event, and observed them share their messaging: “COVID-19 isn’t dangerous, vaccines are dangerous, and you can’t trust doctors.”

“We knew their tactics, strategies, themes, communications, brains, organizations, and funding,” Ahmed tells Global Citizen. “We had insight into how they were going to wait for people to express anxiety [about the COVID-19 vaccine] in Facebook groups, and they were going to feed them misinformation.”

After studying online misinformation related to COVID-19, the CCDH released a report titled *The Disinformation Dozen*, shedding light on 12 of the world’s leading anti-vaxxers and advocating that social media platforms deplatform them.

According to the CCDH’s research, 65% of anti-vaccine content

shared on social media is attributable to these 12 individuals. The report states that despite repeatedly violating Facebook, Instagram, and Twitter’s terms of service agreements, nine of the Disinformation Dozen remain on all three platforms.

“They think that they can enjoy the revenues of the ads that they serve up to people going for that [anti-vaccine] content, but they don’t have to take any accountability or responsibility for the costs that are imposed on society,” Ahmed says.

While social media platforms financially benefit from misinformation, Ahmed says, society deals with the loss, in terms of COVID-19 surges, hospitals at capacity, and a rising death toll, much of which is now linked to those who are unvaccinated.

“[There are] people in ICU right now peddling for their breath, saying, ‘I thought the vaccine was bad, and that’s why I didn’t take it,’” he adds.

According to Ahmed, this can be eliminated by banning “a small number of super-spreaders,” who are currently using digital spaces with impunity, he says.

“Even when President Biden, even when doctors are begging, even when they see the body counts racking up in hospitals, they still don’t care,” he says.

She Was Hospitalized With COVID-19. Now This Extraordinary Doctor Is Fighting for Vaccines for Africa.

Author: Jacky Habib, July 9, 2021



According to the CCDH’s latest figures, the “Disinformation Dozen” have 97 accounts between them across social media platforms, of which 47 have now been removed. While these

accounts have collectively lost 6.3 million followers, the still-active accounts have 7.9 million followers.

“So we’re kind of halfway through the job,” Ahmed says. “The platforms have taken down 50% [of the leading anti-vaxxers]. I’m a South Asian kid. I don’t get 50% in tests. So my job is to get 100% down,” he says.

In September, YouTube announced it would deplatform top anti-vaxxers by removing their videos and banning anti-vaccine content on the website.

Ahmed continues to advocate for social media platforms enforcing their own rules and banning anti-vaxxers and conspiracy theorists from their platforms, and encourages governments — from the US to the UK — to enforce stricter regulations, although he says to date, governments have not been able to successfully do so.



Imran Ahmed poses for a portrait in Washington, DC, in December 2021. Image: Amanda Andrade-Rhoades for Global Citizen

When it comes to countering misinformation, Ahmed says media outlets need to stop publicizing misinformation, which only exposes more people to it. Instead he says, "We [should] just remind people about the history of vaccines and also the global climate, the global desperation for vaccines. My family is from Afghanistan. Do you know what people back there would give for access to high quality vaccines and cold chain storage?"

Ahmed says before 2020, people used to ask him if online hate groups and conspiracies were a threat in the "real world" or just online. "After the Capital [Hill] riots, after COVID-19, no one is asking me the question anymore," he said. "I'm sorry it took all of that for them to realize there was a problem but it did, because that's the world we live in."

If the past year has taught us anything about global health, it's the importance of vaccines. The World's Best Shot is a profile series dedicated to sharing the stories of vaccine activists around the world.

Disclosure: This series was made possible with funding from the Bill and Melinda Gates Foundation. Each piece was produced with full editorial independence.

What are the most basic life lessons?

SHIRLEY LEE

Master Psychology,
New York University (2012)
Answered Jun 15, 2021

MIKE JOHNSON

Ph.d Psychology & Philosophy,
University of New South Wales

NANKUNGU ALICE

MBA Self-Improvement &
Making Money Online,
New York University (2017)

1. If it still bothers you after 24 hours, speak up within 48 hours.
2. A bad day doesn't mean a bad life.
3. Stop apologizing for expressing your feelings. You're convincing yourself that you are not worth the space you take up.
4. The trick is: as long as you know who you are & what makes you happy, it does not matter how others see you.
5. Stop expecting honesty from people who lie to themselves.
6. The small habits you apply now can be the reason for your success in 2, 5, or 10 years' time. Overnight success is built on years of consistent work.
7. You cannot change people, you cannot make them think differently or see what you see. Change comes from within. One must want to change for themselves.
8. The struggles you face and the pain you've gone through can become your strengths and lessons.
9. You don't have to be perfect to be loved.
10. Being wanted feeds the ego. Being valued feeds the soul.
11. The secret of your future is hidden in your daily routine.
12. You can live in frustration and bitterness, or you can play the hell out of the cards you are dealt. The truth is not a single person can choose the cards they receive, but everyone chooses how they play their cards.



MONA SHINDY,

**AUSTRALIAN WOMAN OF EGYPTIAN ORIGIN
AND FIRST ARAB WOMAN TO BE IN THE
ROYAL AUSTRALIAN NAVY**

How amazing is she?



Meet Captain Mona Shindy, Captain of Royal Australian Navy, Chief of Navy's Islamic Advisor, engineer and fulltime mother. She is one of many prime examples of today's inspiring role models.

Her family migrated from Egypt when she was only three years old and she lost her father at the age of 14. But that didn't stop her from achieving her goals. From graduating with a degree in weapons engineering to climbing aboard a warship at the age of 23, Captain Mona has shown remarkable effort and dedication. During an interview she explains how she achieved all those things with the help of her faith.

How does your faith inform you to be a better person?

"Our faith and the things that we do as part of our faith, whether it's honesty or bringing integrity to the table or time to reflect through prayer, all those things really do add value to the actual workforce and actually make you more likely to be successful."

What were the challenges you overcame to get to where you are now?

"Finding the way to fit in, into Australian society but still be true to yourself and true to your values and your beliefs. I think that was a significant challenge and still does remain a challenge for all Muslims generally. My personal view on how to overcome that is through constant communication, leading by example and also educating people through engagement and being involved. Being part of it is what helps down break barriers."

What amazes you?

"I love the fact about how wonderful the miracle of life is. And I'm also amazed by the fragility of life."

What is your favorite word?

"My favorite word is yes. The reason I love that word is because I love to help people achieve their goals whenever I can. But I love hearing that word equally. Because when I want to achieve my goals or ambitions in life and someone says yes to a proposal, it's wonderful to hear that word."





LIFE AS A BLACK UKRAINIAN: HOW SOME NATIVES ARE TREATED LIKE FOREIGNERS

By Amy Shannon Liedy
Blair Ruble,
Director, Kennan Institute

"Racism ... has its unique trend on former Soviet Union soil," according to Terrell Starr, independent scholar, New York, who discussed his research as a Fulbright scholar in Ukraine at a 2 May 2011 Kennan Institute event. In particular, Starr focused on the experiences of African-Ukrainian women.

As a journalist, Starr used a multimedia approach to collecting information about the African-Ukrainian community. Eventually, the research Starr collected culminated in a photo exhibition he produced, which consisted of a photojournalism exhibit of his interview subjects' experiences. The speaker explained that the first part of his research was a four-part "immersion interview" session, which included questions designed to allow interviewees to explore the issues of race and identity in their own context. Starr asked subjects about their experiences as African-Ukrainians while attending Ukrainian schools; their parents' influence on their childhood; their relationship with religion and spirituality; and the impact of their social networks. "It was the first time anyone had asked them in-depth" about their experiences, Starr explained.

Ultimately, the subject matter of Starr's "immersion interview" discouraged some people from participating in his research. Specifically, the speaker noted that African-Ukrainian men would not speak to him, as they did not want to share things about their lives that were painful. Thus, Starr's research developed into a study of African-Ukrainian women's experiences in Ukraine.

Starr focused on the experiences of one interviewee in particular: Angelina Diash, a university student of Angolan and Ukrainian descent. Born and raised in Ukraine, the speaker explained that although Diash viewed other Ukrainians as her fellow citizens, the feeling was not always reciprocated. "Although I have a passport that shows I'm Ukrainian, I need a 'social visa,'" Starr recalled her saying. Similar to other subjects Starr interviewed, Diash developed a sense of self-reliance at an early age to cope with being a minority in her own country. However, Diash also developed a strong sense of self-identity because of her difference in appearance. When a person is constantly singled out by race, Starr emphasized, "you grow to know who you are very quickly."

The subject of race in general—as it pertains to Slavic society—is discussed openly and honestly in Ukraine, more so than race is discussed in America, in Starr's opinion. "I am very quick to defend the Ukrainians for their honesty when it comes to such personal experiences of race," Starr said. Despite the degree of openness Starr observed while conducting his research, he also learned that racism and xenophobia are on the rise in Ukraine. Indeed, Starr's research had a personal impact for him; the speaker—who is of African-American descent—explained that he was stopped by Ukrainian police 29 times during his stay in Kyiv. Although the presence of racism and xenophobia is increasing in Ukrainian society, Starr asserted that improvement is not unfathomable; however, he noted that effective social change must come from above. "What I found in Ukraine," Starr concluded, "is that you have to find a combination of political leaders who actually try to deal with the problem."

Famous Afro Ukrainian singer from Kyiv
Gaitana



SUSAN B. ANTHONY

the prominent American suffragist and abolitionist, was born in 1820. From collecting petitions against slavery at age 16, Anthony devoted her life to social justice causes, most famously as a leader in the fight for women's suffrage.



Susan B. Anthony was a founder of the US Women's Suffrage Movement in the mid-19th century and the co-founder, with Elizabeth Cady Stanton, of the National Women's Suffrage Association. Throughout her long organizing career, Anthony assured fellow supporters that "failure is impossible" and that women would, one day, receive the right to vote. Though she passed away 14 years before the passage of the 19th Amendment, her contributions to women receiving the right to vote were widely heralded as in the NY State Senate's resolution honoring her "unceasing labor, undaunted courage and unselfish devotion to many philanthropic purposes and to the cause of equal political rights for women." For more stories about the Women's Suffrage Movement, visit our Women's History section: www.amightygirl.com/books/mighty-girls-women/women-s-history



SUE ANN CUDDY

World War II Military Specialist Who Effectively Fought Against the Nazis

A Korean American woman broke glass ceilings of her time when she became the first Asian American female officer to serve in the U.S. Navy at the height of World War II.

Susan Ahn Cuddy, who reached the rank of lieutenant, became an unlikely leader to countless White men, thriving in an atmosphere of anti-Asian sentiment and sexism in the military. Born to the first Korean married couple to immigrate to the U.S., Cuddy, the third of five children, learned the value of independence from a young age.

Her father, Dosan Ahn Chang-ho, was an outspoken activist who fought to liberate Korea from Imperial Japanese occupation until his death in 1938.

As such, Cuddy felt compelled to enlist after Japan attacked Pearl Harbor in 1941.

Graduating from San Diego State University in 1940, she joined the U.S. Navy in 1942, where she would serve until 1946.

When she first tried to sign up for a naval officer's school, Cuddy was rejected because she was Asian, according to biographer John Cha.

Determined to make Japan pay, she then enlisted as a service member, excelled at training and eventually qualified for officer school. It did not take long before the 5-foot-1-inch candidate became an officer, teaching male trainees air combat tactics.

Hence, Cuddy the first Asian American woman in WAVES — or Women Accepted for Volunteer Emergency Service — became the Navy's corps of female members.

She was also the Navy's first woman gunnery officer, eventually becoming a full lieutenant. Hence, Cuddy the first Asian American woman in WAVES — or Women Accepted for Volunteer Emergency Service — became the Navy's corps of female members.

She was also the Navy's first woman gunnery officer, eventually becoming a full lieutenant.

THIS Superhero Comic Can Earn Up to \$60,000

	Publisher	Superhero	Comic Edition	Max. Resale Price (\$)
1	Marvel	Spider-Man	Amazing Fantasy #15	\$80,113.32
2	Marvel	Doctor Strange	Strange Tales #110 1963	\$39,580.69
3	Marvel	Hulk	Incredible Hulk #181	\$19,368.47
4	Marvel	Captain America	Captain America #36	\$17,535.75
5	DC	Wolverine	Wolverine #1	\$15,932.48
6	DC	Batman	Batman #171 1965	\$15,531.67
7	DC	Green Lantern	Green Lantern #1	\$14,023.58
8	DC	Flash	The Flash #123 1961	\$13,547.77
9	DC	Superman	Superman #nn 1988	\$13,542.35
	Marvel	Iron Man	Iron Man and Sub-Mariner #1	
10	Marvel	Thor	Journey into Mystery #85	\$13,147.42

Marvel's Avengers dominate the top ten with comics earning you more than \$80,000.

Taking the crown in first place is the ever-popular **Spider-Man. The Amazing Fantasy issue #15** is listed for a whopping **\$80,113.32 second hand**. With Tom Holland's recent portrayal and the return of Andrew Garfield and Toby McGuire in Spider-Man: No Way Home, now the third highest grossing film of all time in the US, the popularity of Marvel's iconic character continues to live on.

Following in second is **Doctor Strange's 110th issue of Strange Tales**, released in 1963. This vintage collectable can earn up to **\$39,580.69, 50.6%** less than **Spider-Man** in first place. Following the release of the trailer teasing Doctor Strange's return in his sequel, the comics could potentially see another increase in price.

Yet another Avenger follows in third with a second-hand comic price tag of **\$19,368.47**. The **181st issue of the Incredible Hulk** series is listed to sell for 10.5% more than fellow Avenger, **Captain America**. The First Avenger's 36th issue follows in fourth listed for a maximum price of **\$17,535.75**.

Batman's comics rank sixth

DC Comics' iconic **Batman** that is soon to return to the big screen ranks sixth. The superhero's villain-fighting adventures in the **171st issue** is listed for **\$15,531.67** – just **2.5%** less than another popular DC superhero, **Wolverine**, whose first issue ranks in fifth (**\$15,932.48**).

Methodology:

1. NoDepositDaddy.com sought to discover the popular superhero comics that are worth a fortune today.
2. Ranker's list of Best Marvel Comic Heroes and Best DC Comic Heroes were used as a suitable seed list for the study, due to the reliability of the source.
3. Subsequently, each superhero's comics were searched on online resale site eBay. The results were then sorted by price from highest to lowest, and the price of the most expensive comic for each superhero sold was collected.
 - a. For the purpose of the study, signed copies as well as team comics (e.g. Avengers and Justice League) were excluded.
4. The prices were then ranked in descending order to reveal the superhero whose comic has the greatest reselling price.
5. All data was collected 16/02/22 and is subject to change.

Olney Theater

The Olney Performance Series is a new, year-round program that provides a permanent home on our campus for jazz, cabaret, spoken word, and theatre for young audiences. From drag shows to Disney Singalongs, Olney Performance Series is about diversity in styles, disciplines, performers, and more. We're constantly adding to the schedule, so sign up for our emails and check back often.

TIME TO SHINE



Saturday, February 5, 2022
2:00 pm & 8:00 pm
1938 Original Theatre

Join Rayshun LaMarr as he celebrates music that inspires people to be free, to be happy, and to shine featuring Motown, R&B, and inspirational music

BLACK PARADE: A DRAG SHOW TRIBUTE TO THE BLACK ICONS IN MUSIC



Saturday, February 12, 2022
8:00 pm
1938 Original Theatre

Queens of Color take the stage for a night of fabulous strutting, lip-synching and dancing.

BIRCKHEAD A NIGHT OF JAZZ CELEBRATING THE SCOPE OF BLACK AMERICAN MUSIC



February 18 & 19, 2022
1938 Original Theatre

Brent Birckhead is an award-winning saxophonist, whose aesthetic is an intersectional amalgam of traditional and popular styles. The Lauryn Hill touring band alum presents his own group, celebrating his debut release, BIRCKHEAD.

POETRY SLAM



Saturday, April 23, 2022
8:00 pm

Simply Sherri returns to host a competition of the best spoken-word poets in the region bringing their A-game to our stage. Audience members will also be able to vote for their favorite local poet. Those who attended our Olney Outdoors Sip 'n' Slams know they're in for a treat.

JAZZ: LENA SEIKALY



Saturday, April 30, 2022
8:00 pm
Mainstage

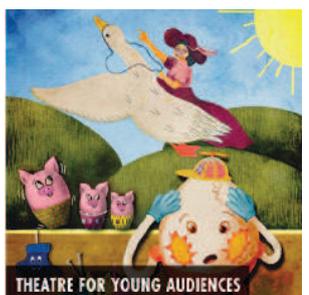
A fixture on the D.C. jazz scene for more than a decade, vocalist and DC area-native Lena Seikaly is already making her mark in national and international jazz circles as a revivalist of traditional jazz vocals, as well as an innovator in contemporary vocal jazz styles.

TAKES ONE TO KNOW ONE



Saturday, May 7, 2022
2:00 pm and 8:00 pm
Mainstage

"Be kind, for everyone you meet is fighting a great battle." The band The Civil Wars chose their name not based on American history, but on this quote attributed to Ian Maclaren. Through their music and the works of other Americana and folk artists, Vincent Kempfski and MALINDA explore what it means to be compassionate in the moments when compassion doesn't come easily; to love with fire and hope in the face of struggle. The evening ranges from hard-hitting rock numbers to intimate acoustic ballads, celebrating the poeticism and range of the "singer-songwriter."



April 23 & 24, 2022
10:00 am & 12:00 pm
Mainstage

THEATRE FOR YOUNG AUDIENCES: IMAGINATION STAGE'S "MOTHERGOOSE"

A brand new, music-filled piece by the creators of Wake Up, Brother Bear and Mouse on the Move! Mother Goose leads the audience through some of her most beloved nursery rhymes, using puppets and props to bring to life Humpty Dumpty, Old King Cole, the Eensy Weensy Spider, and more. The magical Mother Goose invites your little ones to join in with each rhyme's story – teaching them that the very best way to do what needs to be done is to do it together.



SUDANESE WOMEN AT THE FRONTLINES OF RESISTANCE

WEBINAR

**JANUARY 17TH, 2022
10:30-12PM EST**

MODERATOR

**JACQUELINE O'NEILL—
AMBASSADOR FOR WOMEN,
PEACE, AND SECURITY,
CANADA**

SPEAKERS

KHOLOD KHAIR—
Sudanese researcher,
Managing Partner @ Insight
Strategy Partners, a think-
and-do-tank in Khartoum

DR. SARA ABDELGALIL—
Member of Sudan
doctors for human
rights

NGDA MANSOUR—
Sudanese political activist
& commentator & former
member of Government
delegation of Juba peace talks

NASREIN ALSAIM—
Youth leader, Chair of UN
Secretary General's Youth
Advisory Group on climate
change

ORGANIZERS



SPONSORS



REGISTRATION

<http://wpsn-canada.org/sudan>

LIBRARY

LIBRARY
OF CONGRESS

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

* Note to Media: Press Images and Film Clips Available Upon Request

Public Contact: Steve Leggett, (202) 707-5912, sleg@loc.gov

Website: [National Film Registry, loc.gov/film](http://NationalFilmRegistry.loc.gov/film)

'Lord of the Rings,' 'Selena,' 'Sounder,' '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](https://twitter.com/librarycongress) and [#NatFilmRegistry](https://twitter.com/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 Tejano 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.

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/.

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.

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/). 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; access the official site for U.S. federal legislative information at congress.gov; and register creative works of authorship at 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 camera-work 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, "Its 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 heart-felt 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,

A Nightmare on Elm Street 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."

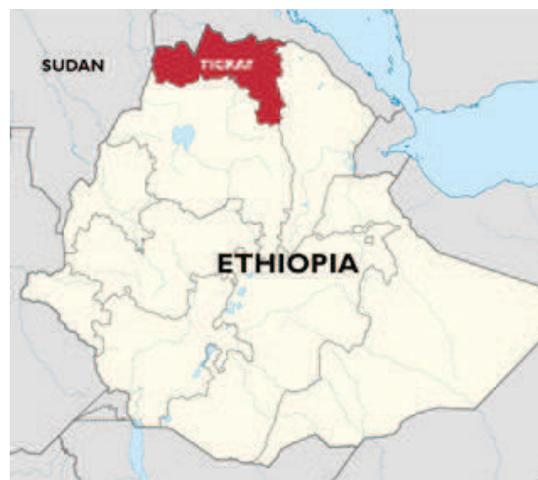


STOP THE TIGRAY GENOCIDE

On November 4, 2020, the unelected Prime Minister of Ethiopia Abiy Ahmed and his administration declared war on Tigray (the northern most region of Ethiopia) and subsequently enforced a communications and media blackout.

Since then, it has been reported that:

- 50,000+ civilians have been killed
- 61,000+ refugees fled to Sudan
- 4.5M+ need emergency food aid
- 2.3M+ children need humanitarian assistance
- 2.2M+ are internally displaced



THE ONGOING WAR HAS RESULTED IN:

CIVILIANS KILLED FROM BOMBS AND MASSACRES FROM INVADING FORCES

FORCED STARVATION VIA BLOCKAGE OF FOOD AND WATER FOR MILLIONS OF CIVILIANS

MASS RAPE OF WOMEN AND GIRLS, MANY OF WHOM ARE GANG RAPED FOR 7+ DAYS

MASS LOOTING, DESTRUCTION OF HOSPITALS, AND LIMITED ACCESS TO MEDICINE AND AID

TO LEARN MORE AND FIND WAYS TO HELP

With the potential extermination of an ethnic group (7M+ people) and the destabilization of the Horn of Africa at risk, Tigrayans are calling on you to help stop the war on Tigray and potentially one of the most catastrophic humanitarian disasters in modern history.

VISIT omnatigray.org for ways to help.

#TIGRAYGENOCIDE

#STOPWARONTIGRAY



OMNA
TIGRAY

Circle Sacks Across The World

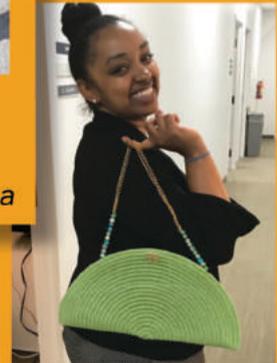
Alena
from
Indiana



Cynthia
from
Kansas



Rebecca
from
North Carolina



Liz
from
California



Tangina
from
South Carolina



Sade & Linda
from
Calgary, Canada



Helen
from
Queensland,
Australia



Crystal
from
California



Dorothy
from
North Carolina

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 an 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 unfailing gratitude,
Joslyn Wolfe, Publisher
Focus On Women Magazine



Nadali from Dubai



WHAT IS HUMAN TRAFFICKING?

HUMAN TRAFFICKING IS...

Exploiting a person through force, fraud, or coercion

Anyone under the age of 18 involved in a commercial sex act

Sex trafficking, forced labor, and domestic servitude

A highly profitable crime

Exploitation-based and does not require movement across borders or any type of transportation

THERE ARE DIFFERENT TYPES OF HUMAN TRAFFICKING

SEX TRAFFICKING

Victims are manipulated or forced against their will to engage in sex acts for money.



HUMAN TRAFFICKING IS HAPPENING IN THE UNITED STATES



SUBURBS



RURAL TOWNS



CITIES

FORCED LABOR

Victims are made to work for little or no pay. Very often, they are forced to manufacture or grow products that we use and consume every day.



DOMESTIC SERVITUDE

Victims are hidden in plain sight, forced to work in homes across the United States as nannies, maids, or domestic help.



IT CAN HAPPEN TO ANYONE

NO MATTER AGE, RACE, GENDER IDENTITY, SEX, ETHNICITY, NATIONALITY, IMMIGRATION STATUS, AND SOCIOECONOMIC CLASS



VICTIMS OF HUMAN TRAFFICKING MIGHT BE AFRAID TO COME FORWARD, OR WE MAY NOT RECOGNIZE THE SIGNS, EVEN IF IT IS HAPPENING RIGHT IN FRONT OF US.

RECOGNIZE AND REPORT HUMAN TRAFFICKING

- To report suspected trafficking to federal law enforcement, call 1-866-347-2423 or submit a tip online at www.ice.gov/tips.
- Get help from the National Human Trafficking Hotline by calling 1-888-373-7888 or text HELP or INFO to 233733 (BEFREE).
- Call 911 or local law enforcement if someone is in immediate danger.

WHAT YOU CAN DO

- Visit the Blue Campaign website to learn more about the indicators of human trafficking: DHS.gov/BlueCampaign.
- Use Blue Campaign materials to raise awareness of human trafficking in your community.
- Follow @DHSBlueCampaign on Facebook, Instagram, and Twitter.





Do you have Diabetes? What diet is best for you? To find out, **Come Dine With Us!**

PI: Lawrence Appel, MD • Study # IRB00232059

DASH 4D is a research program at the Johns Hopkins ProHealth center in Woodlawn, Maryland.

If you participate in DASH 4D, you will receive:

- Over 4 months of fresh meals, valued at ~\$3,500
- Up to \$1,625 upon completing the study

Plus, you will play an important role in the fight against diabetes and high blood pressure.

What is DASH 4D?

- DASH 4D is a research program for people with diabetes.
- Participants receive four meal plans with different foods and levels of salt (sodium).
- Our goal is to find the healthiest meals for adults with diabetes by measuring blood pressure and blood sugar.

Safety during the COVID-19 pandemic

- DASH 4D is committed to safe practices to prevent the spread of COVID-19
- Our kitchen and research staff follow strict protocols for food safety, sanitation, hygiene, and wearing masks and other personal protective equipment
- While dining at our ProHealth center, participants will maintain physical distance according to guidelines from the Centers for Disease Control (CDC) and Johns Hopkins

Is DASH 4D right for you? You may qualify for DASH 4D if you:

- Are age 18 or older
- Have diabetes
- Are willing to dine with us for 21 weeks



Those who have dined with us say:

- "The food was great and I felt healthier."
- "It was an enjoyable experience for me. I would definitely participate again."
- "It was like going out to eat with friends every day."
- "I saved money because I didn't have to buy groceries."
- "I learned a lot and now I make healthier choices."

Why is DASH 4D important?

Heart disease affects Millions of Americans with diabetes.

A healthy diet reduces heart disease, but this has not been studied in people with diabetes.

This research program will help find a healthy way for people with diabetes to eat that lowers their risk of heart disease.



Diabetes, Blood Pressure, and Your Diet

- Three quarters of adults with diabetes have high blood pressure.
- Changing your diet can lower blood pressure and reduce the need for medications.
- In persons without diabetes, diets proven to reduce blood pressure include diets that are low in sodium, and the Dietary Approaches to Stop Hypertension (DASH) diet.
- We are not yet sure how effective these dietary patterns are in people with diabetes.
- The DASH 4D research program uses a DASH-style diet that is adapted for people with diabetes.
- This program will determine how this diet, alone and in combination with lower sodium intake, will reduce blood pressure for people with diabetes.

If you think DASH 4D may be right for you, or if you want to learn more please CONTACT US:

- Call us at: 410-281-1600
- Email us at: dash4d@jhmi.edu
- Complete our online form at: <http://www.dash4d.com/>



Pfeffernusse Cookies

Pfeffernusse Cookies—This was my great grandfather's recipe (Jacob Landwehrle). He was a baker in New York City, originally from Germany.

Ingredients-

*1 stick of unsalted butter
¾ cup light brown sugar
1 large egg
½ cup molasses
3 cups flour
¾ tsp salt
1 ½ tsp aniseed
¼ tsp ground cloves
¼ tsp nutmeg
¾ tsp baking soda
2 tsp hot water*

Coating:

*1 cup sugar
½ cup water
2 cups confectioner sugar*

Beat butter with electric mixer until smooth. Beat in brown sugar, egg, and molasses.

Stir 1 ½ cup flour, salt, and spices in a separate bowl, then beat into molasses mixture. Dissolve baking soda in hot water and beat into batter with remaining flour. Chill, wrapped in plastic wrap, for at least 8 hours.

Preheat oven to 350 degrees.

Roll level teaspoons of dough into balls and arrange 1 ½ inches apart on greased baking sheets. Bake in batches in middle of oven until puffed, 10-14 minutes.

Make coating:

Bring granulated sugar and water to a boil. Cool completely. Put syrup in shallow bowl. Place sheets of wax paper under racks. Dip cooled cookies, one at a time, in syrup to coat and return to racks to drain. Let stand at room temperature for 2 hours.

Sift confectioner sugar and put in brown bag or gallon size plastic bag. Shake a few cookies at a time in bag to coat, then brush off excess sugar lightly with fingers.

These cookies freeze well.