

Focus Women

ON
MAGAZINE

MARCH- APRIL
2022

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- 2 QUIET RITUALS OF ENORMOUSLY SUCCESSFUL HUMANS
- EMOTIONAL CHECK INS
- BEST WAY TO START A BUSINESS
- EGYPT AND UKRANIAN ECONOMY
- ROBERT BATALION
- NUNCHI



ALICIA KEYS
American singer, songwriter and actress



NANCY NOVACK
PhD, Clinical Psychologist



IRYNA TSVILA
Ukraine National Guard



THE NEW NATIVE AMERICAN POETS



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Secretary for The Department of Defense for Civilian Security and Democracy

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Publisher's Statement



Joslyn Wolfe
Publisher

Have we turned into a world of Faustian bargainers? We owe German folklore that teaches a moral lesson of what to give up and what to keep, which many of us are confronted with in our daily lives. According to the legend, Faustus makes a pact with an evil spirit named, Mephistopheles, Mephisto or Satan in exchange for a moral compass rife with spiritual importance, and personal values for material gain. This benefit can be in the form of material riches, validation and admiration from others, status or knowledge of which is unattainable. This pact is woefully regrettable, because what is given up is priceless compared to what is received in the bargain. This legend begs powerful questions: What priceless things have we given up in exchange for some things that we eventually learned were of less value? Was it time with friends and family? Were they connections with others as we climbed the endless road to ambition and were trying to define ourselves socially or professionally, or was it giving in to emotions that never served us well that has led us to pathways of regret?

To our readers, writers and supporters, what things have we given up that were of greater value than those things that we have received? Can we and will we make better exchanges for our time, relationships and contributions to the world around us? May the summer bring you peace and solace.

All the best, Joslyn Wolfe
[Focus on Women Magazine](http://www.focusonwomenmagazine.net)
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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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2022 International Women of Courage Award Ceremony



The First Lady Delivers Remarks at the 16th Annual International Women of Courage Ceremony

First Lady Dr. Jill Biden delivers remarks at the 16th Annual International Women of Courage ceremony at the U.S. Department of State in Washington, D.C., on March 14, 2022. [State Department photo by Freddie Everett/ Public Domain]

“It is often women who lead the charge for human rights, democracy, and justice; including in places where women hold much less than half of the political, economic, and social power. That’s why the equal rights and dignity of women is a foreign policy priority for the United States.”

SECRETARY ANTONY BLINKEN

Established in 2007, this annual award honors women from around the world who have demonstrated exceptional courage, strength, and leadership in order to bring about positive change to their communities, often at great personal risk and sacrifice. To date, under the IWOC program, the U.S. Department of State has recognized more than 170 women from over 80 countries. All awardees have advocated for the protection of human rights, advanced gender equity and equality, empowered women and girls, in all their diversity, and fostered peace and government transparency around the world.

Due to the ongoing COVID-19 pandemic, the 2022 IWOC award ceremony and IVLP program will be hosted virtually. We encourage you to meet the 2022 awardees and explore their stories using the above menu box. While you watch the 2022 IWOC award ceremony virtually, make sure you download a copy of the 2022 International Women of Courage Award Ceremony Virtual Program Book.

2022 International Women of Courage



Rizwana Hasan
Bangladesh

Rizwana Hasan is a lawyer who demonstrates exceptional courage and leadership in her mission to protect the environment and defend the dignity and rights of marginalized Bangladeshis. Through landmark legal cases over the past 20 years, Ms. Hasan has changed the dynamic of development in Bangladesh to include a people-centered focus on environmental justice. In her capacity as Chief Executive of the public interest law firm Bangladesh Environmental Lawyers Association, she has argued and won monumental cases against deforestation, pollution, unregulated ship breaking, and illegal land development. In 2009, Ms. Hasan was named as one of 40 Environmental Heroes of the World by TIME magazine and was awarded the Ramon Magsaysay Award in 2012 for her activism. In the years since, she has continued her crucial work in the courtroom to combat environmental degradation and the local effects of climate change, despite significant resistance from powerful interests and threats of violence to herself and her family.

room to combat environmental degradation and the local effects of climate change, despite significant resistance from powerful interests and threats of violence to herself and her family.



Simone Sibilio do Nascimento
Brazil

Simone Sibilio do Nascimento is one of Brazil's most prominent prosecutors and a former civil police delegate and Captain of the Military Police. Ms. Sibilio has served as a prosecutor for 18 years with Rio de Janeiro State's Public Ministry (MPRJ), where she plays a vital role in combating organized crime and public corruption, militias, and drug trafficking. As the lead prosecutor in several high-profile cases, Ms. Sibilio has demonstrated her willingness to tackle controversy and expose gender-based violence and attacks on social activists. She is the first woman to lead MPRJ's specialized unit tasked with combating organized crime. In 2019, she received the Attorney General's medal of honor, the organization's highest commendation.



Ei Thinzar Maung
Burma

An inspiring and influential pro-democracy voice who emerged as a symbol of peaceful public resistance just days after the February 1, 2021, coup d'état, Ei Thinzar Maung serves as Burma's pro-democracy opposition NUG Deputy Minister for Women, Youths, and Children Affairs. Her human rights activities on behalf of minority groups, including Rohingya, have long promoted the vision of an inclusive multi-party democracy for Burma that respects human rights; she was imprisoned in 2015 for protesting a law that included a ban on student unions and teaching in ethnic minority languages. Post-coup, her work to support peaceful pro-democracy activism like the Civil Disobedience Movement and youth engagement has resulted in the regime issuing a warrant for her arrest. Although forced into hiding, she remains committed to democracy and

continues to work for a strong, inclusive, and democratic Burma that respects human rights.



Josefina Klinger Zúñiga

Colombia

Josefina Klinger Zúñiga is a courageous Afro-Colombian human rights and environmental defender from Nuquí, Chocó, a rural municipality in western Colombia with a majority Afro-Colombian and Indigenous population. She has dedicated her life working in a country that can be dangerous for human rights and environmental defenders, where more than 80 percent of deaths in Colombia are linked to the economic exploitation of land and natural resources, including illegal mining, deforestation, and the drug trade. Ms. Klinger Zúñiga founded Mano Cambiada (“Changed Hand”) in 2006 to promote sustainable eco-tourism in Chocó and empower the local community in the historically conflict-affected region along the Pacific coast. Her dedication to fighting environmental threats to economic rural stability is rooted in her inspiration to defend the dignity

and rights of marginalized communities, break down barriers to promote positive change and empower the Afro-Colombian and Indigenous population, and teach a new generation of leaders how to manage environmental resources and cultural assets to produce sustainable incomes and keep them away from illegal armed groups and narco-trafficking organizations.



Taif Sami Mohammed

Iraq

Taif Sami Mohammed assumed the Deputy Finance Minister position in 2019 and simultaneously holds this position and Director General (DG) of the Budget Department. She has worked at the Ministry of Finance for approximately 36 years, starting initially as a budget analyst in 1985 and working her way up to Deputy Director General of the Budget Department in 2005, when she became the DG of the Budget Department. A front-line leader against corrupt practices, Ms. Mohammed is known as the “Iron Woman.” A political independent, Ms. Mohammed has been integral in preventing and deterring budget corruption in Iraq. Ms. Mohammed received a bachelor of economics from the University of Baghdad (1985). She also has a diploma from the Arab Planning Institute in Kuwait, focused on planning and development (1989-90).



Facia Boyenoh Harris

Liberia

Ms. Facia Boyenoh Harris is a life-long activist for women’s rights and against gender-based violence in Liberia. As a co-founder of the Paramount Young Women Initiative, she has worked for decades to address the pervasive sexual assault and harassment of school-aged girls, create opportunities for education, and provide leadership training for the next generation of female leaders. She is also a community organizer, from co-founding the Liberian Feminist Forum to facilitating coordination among female advocacy groups, to fostering neighborhood activism, where she organizes groups on issues as wide-ranging as political participation, sanitation, and rape. Ms. Harris’s courageous activism—which in some cases have been met with threats and harassment—began in the wake of two brutal civil wars, and where rape, female genital mutilation,

and sexual harassment continue to threaten girls and women of all ages. Currently, Ms. Harris is the Director for Outreach and Sensitization of Liberia’s Freedom of Information Act-enforcing Independent Information Commission.



Najla Mangoush

Libya

Appointed on March 15, 2021, Najla Mangoush became the first woman Foreign Minister of Libya and the fifth to hold such a position in North Africa. During Libya's 2011 Revolution, Dr. Mangoush headed the National Transitional Council's Public Engagement Unit which dealt with civil society organizations. A conflict-resolution expert, Dr. Mangoush has served as Libya country representative for the U.S. Institute of Peace and as a program officer for peace-building law at the Center for World Religions, Diplomacy and Conflict Resolution in Arlington, Virginia. Dr. Mangoush trained as a lawyer at Benghazi University (then Garyounis University) where she later worked as an assistant professor of law. She studied under a Fulbright Scholarship in the United States, where she graduated from the Center for Justice and Peace Building at Eastern Mennonite University

in Virginia, and later, Dr. Mangoush obtained a Ph.D. in conflict analysis and resolution from George Mason University.



Doina Gherman

Moldova

Doina Gherman has served in the Moldovan Parliament since 2019, where she has championed efforts to promote women's inclusion and protect survivors of domestic and gender-based violence. She is the Party of Action and Solidarity (PAS) deputy chair, head of the PAS Women's Organization, chairs Parliament's Foreign Policy and European Integration Commission, and previously served in Parliament's Human Rights Commission. Before entering Parliament, she worked as an inspector in Moldova's Customs Service and taught Communication and Branding at the Institute of Sciences in Education. Ms. German earned a master's degree in Management from the Moldovan Academy of Public Administration and a bachelor's degree in foreign languages from Balti State University. She speaks Romanian, Russian, French, and English.



Bhumika Shrestha

Nepal

Transgender activist Bhumika Shrestha has advocated for gender minorities' rights and social justice in Nepal since 2007. Despite the entrenched social stigma and historical biases against transgender persons, Ms. Shrestha helped lead the movement for gender minority recognition, as Nepal faced enormous political upheaval and rebirth. Thanks in large part to her activism, in 2007, Nepal's Supreme Court ruled that individuals could be identified as a third gender on citizenship documents, and in the spring of 2021, she successfully changed her citizenship from "other" to female. During the COVID-19 pandemic, Ms. Shrestha advocated with the Government of Nepal to ensure the needs of the lesbian, gay, bisexual, transgender, queer, and intersex (LGBTQI+) community were met at the policy level. At the same time, she worked at the grassroots level to ensure medical, economic, and mental health needs were being met.



Carmen Gheorghe

Romania

Since 2013, Carmen Gheorghe has been the president of E-Romnja, an NGO that promotes Roma women's rights. From 2008-2019 she worked as a project manager, expert, and trainer on LGBTQI+, gender, and Roma issues for several reputable NGOs in Romania, including the "Impreuna" Agency for Community Development, the Roma Education Fund, the LGBTQI+ rights NGO ACCEPT, the Center for Education and Human Rights, and the Resource Center for Roma Communities, a spin-off organization of the Open Society Foundation. Prior to this, Dr. Gheorghe worked as an expert for the National Agency for Roma, a governmental agency in charge of developing policies for Roma communities. She has a bachelor's degree in Public Administration (2006), a master's degree in Gender Studies (2008), and a Ph.D. in Political Science (2014) from the

Bucharest-based National School of Political Science and Public Administration.



Roegchanda Pascoe

South Africa

In South Africa, a country grappling with high rates of organized crime, gender-based violence, and murder, Roegchanda Pascoe has courageously advocated for peace, justice, and economic inclusion in the historically underserved and violent Cape Flats of Cape Town. Despite multiple attempts on her life and continued threats from violent criminals, Ms. Pascoe continues to create safer communities, especially for women and children who have been traumatized by violence, and to train the next generation of community advocates. She has called on the President of South Africa, local government, and police to increase crime prevention, intervention, and fight corruption; and she has bravely convened gang leaders and community members for conflict mediation.



Phạm Đoan Trang

Vietnam

Phạm Đoan Trang is an internationally recognized author, blogger, journalist, and human rights defender who, through her writing and interviews, uses thoroughly researched legal arguments to advocate for human rights, rule of law, and the inclusion of all voices in political spaces in Vietnam. Ms. Trang authored books and co-founded numerous community-based organizations focused on the expansion of political participation and promoting human rights, good governance, and access to justice. As a journalist, she bravely reported on social issues previously untouched by the Vietnamese media. Ms. Trang has received numerous international awards for her work. She was arrested on October 6, 2020, and sentenced to nine years in prison on December 14, 2021, for purportedly "making, storing, or disseminating propaganda against the people's

administration" in relation to her writings and peacefully expressing her opinions.

When Ukraine was invaded, she put on her army uniform to fight for and defend Ukraine because she wanted to make sure that her grandchildren could grow up safely.



Rest in peace.

This is Iryna Tsvila of Ukraine's National Guards. She was killed repelling a Russian armored assault outside Kyiv.



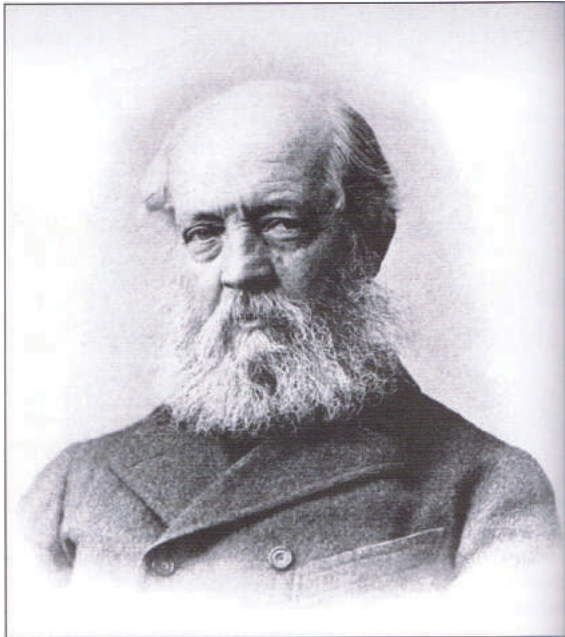


Exhibit Marks 200 Years of Landscape Architect Frederick Law Olmsted

Library Displays Collections of Famed Landscape Architect through June 4

The Library of Congress is marking the bicentennial of the birth of **Frederick Law Olmsted** — the landscape architect and writer who designed the U.S. Capitol grounds and many public parks and university campuses — with a display on view through June 4.

The “Olmsted Bicentennial” exhibition is on view in the Library’s Thomas Jefferson Building in the Great Hall East and West galleries. This five-case exhibit charts Olmsted’s life experience, philosophy and legacy in promoting the benefits of access to the natural world, public health, parks for recreation and revitalization, and democratically shared public spaces.

The Library holds Olmsted’s collection, documenting his professional and personal life, along with the closely related Olmsted Associates Records from the landscape architecture firm operated by Olmsted’s sons. The Olmsted collection has been digitized and is available [here](#), and the Olmsted Associates Records are available [here](#).

The exhibit features select items from the Library’s Manuscript Division, General Collections and Prints & Photographs Division in combination with reproductions of drawings and photographs from the National Park Service, including the Olmsted Archive at the Frederick Law Olmsted Historic Site in Brookline, Massachusetts.

Some highlights include:

- Olmsted’s draft autobiography.
- Letters to his wife, Mary, about the Civil War and the Mariposa Grove of Giant Sequoias at Yosemite National Park.
- A map of New York’s Central Park.
- Design materials for the U.S. Capitol grounds.
- Photographs then and now.

The exhibit follows Olmsted’s life. He gained experience growing up in the woodlands of the Connecticut Valley and on trips in New England and New York, including to Niagara Falls and Lake George. He widened his observations through travels as a young man to England, Europe and China. As a journalist and travel writer in the fraught decade before the Civil War, he published observations of park and garden systems internationally and wrote of the economy and sociology of the slaveholding American South and Texas.

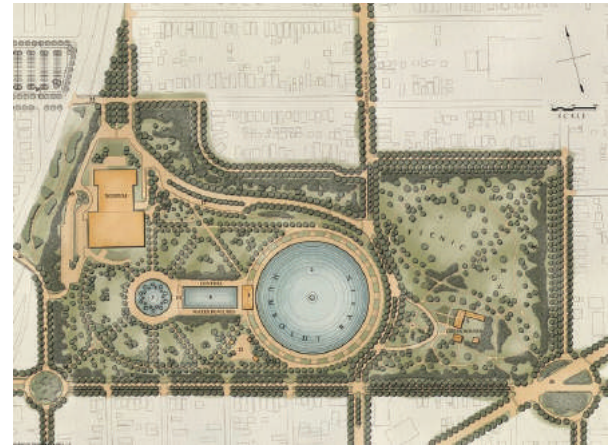
His breakthrough as an innovative planner of public parks came just before the war, when he partnered between 1857 and 1861 with architect Calvert Vaux to implement their award-winning design for Central Park in New York City. After the war began, Olmsted served as general secretary for the U.S. Sanitary Commission and helped devise a system of “floating hospital” ships to transport the ill and wounded of the Union Army.

After the war, he proposed projects located in all regions of the country and parts of Canada, emerging as the foremost spokesperson for the public parks movement. His treatises on the planning, access and use of public parks influenced the creation of the Emerald Necklace system of greenways in Boston and the formation of Yosemite National Park by an Act of Congress in 1890. The Olmsted legacy reached into Canada with Mount Royal Park in Montreal, and was manifested at Niagara Falls, in the Stanford and University of California, Berkeley, campuses in California and Gallaudet University in the District of Columbia.

He was a mentor to his son, Frederick Law Olmsted, Jr., and step-son, John Charles Olmsted. He also mentored a stream of young associates, most affiliated with Arnold Arboretum and Harvard University. After his death in 1903, the work of the Olmsted firm was carried on into the next half-century from his Fairsted home and headquarters in Brookline. Associates of the firm included Edward Clark Whiting, who was responsible for much of the firm's planning for Rock Creek Park in Washington, D.C.



The Library joins the American Society of Landscape Architects, the Cultural Landscape Foundation, the National Association for Olmsted Parks, the National Park Service, local Olmsted park conservancies and many other institutions and organizations across the nation in recognizing the ongoing impact and history of Olmsted's theories of public parks and two generations of Olmsted family landscape designs.



Leading up to the bicentennial of Olmsted's birth on April 26, the Library's By the People crowdsourcing transcription program hosted a weekly series of special "By Design: Frederick Law Olmsted and Associates" campaign challenges. Based on the subject file in the Olmsted papers collection, the challenges gave online volunteers a chance to get up close and personal with Olmsted. The volunteers transcribed select printed and handwritten materials from his papers or items from various geographical regions that were the focus of Olmsted's many projects and proposals.

Please visit our virtual newsroom for images of the exhibit.



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.

Media Contact: Brett Zongker, bzongker@loc.gov
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‘The Last Straw’: The Ukraine Crisis and Egypt’s Economy

Source: ABKEgypt



AMINA ZAINELDINE

The fallout of geopolitical conflict never confines itself to the borders of the states involved, nor does it ever remain a purely military matter. The Russian invasion of Ukraine is no exception.

At the onset of 2022, the global economy was just beginning to pick itself up from the rubble of the heavy toll inflicted by the ongoing coronavirus pandemic, particularly the “high inflation and strained supply chains”. But when Russia launched an invasion against Ukraine in late February, the conflict sowed new chaos and uncertainty, with more disruptions in global trade and supply chains, as well as a rise in energy and food prices.

Within that turmoil, Egypt, too, is faced with deep economic challenges. As policies and programs are implemented and citizens struggle to adjust, questions are raised as to the root cause of these challenges, and whether the war overseas is indeed the only culprit.

HITTING WHERE IT HURTS

The repercussions Egypt faces as a result of the conflict are manifold: Russia and Ukraine are Egypt’s top two suppliers of wheat respectively, and Egypt is the world’s largest importer of the commodity. As recently as 4 April, Egypt – which consumes over 150 kilograms of bread per capita annually – announced that its strategic wheat reserves are worth less than three months of consumption, though the harvest season of local wheat, which provides just under 50 percent of the country’s needs, was only at its beginning.

The two countries are also in pride of place among Egypt’s biggest suppliers of tourists, with Ukraine figuring

as the second highest source of tourists in Egypt after Germany in 2019. Responsible for over USD 14 billion (EGP 259 billion), or over a quarter, of Egypt’s total foreign currency receipts from exports of goods and services in 2019, the tourism industry had only just begun to recover from the travel and hospitality restrictions enforced to mitigate the effects of the pandemic, which in 2020 led to that number dropping by two thirds.

With all of Ukraine’s ports closed, economic sanctions imposed on Russia, and other countries’ imports and exports struggling to adjust, global trade is also experiencing a slowdown, affecting traffic on the Suez Canal, which in 2018 provided Egypt with USD 5.5 billion (EGP 102 billion) in revenue.

Russia, while not as integrated in the world economy as other countries of comparable size, is a key player in the oil and gas industry. Consequently, the fallout of the conflict is resulting in “the highest crude prices in a decade”. Egypt, which has historically been a net importer of oil and gas, has marginally broken even since 2021, meaning that the direct impact of the high oil prices will be minor if not slightly positive. However, the recessionary impact high energy prices have on the global economy will undoubtedly affect Egypt’s growth.

DÉJÀ VU?

Against the backdrop of these ominous indicators, on 21 March, the Central Bank of Egypt (CBE) allowed the Egyptian Pound to move from its stable exchange rate, leading to it falling by almost 15 percent, and both interest rates and prices of essential goods rose, creating a

nationwide sense of déjà vu.

Six years ago, Egypt went through a similar episode of balance of payments and foreign exchange pressure, and had to conclude an agreement with the International Monetary Fund (IMF) for a loan of USD 12 billion (approximately EGP 216 billion at the time), securing further funding from Gulf states in support of its tough monetary and fiscal reform measures.

To meet the requirements of this deal, Egypt floated its currency and devalued it by 50 percent and cut public spending, especially subsidies. Though these steps were taken with the intention of strengthening the economy, citizens’ inability to contend with rising prices came as collateral damage.

Once again, to help the Egyptian economy recover from the repercussions of the current crisis, Egypt has called on the IMF and the Gulf states for help. The recurrence of this scenario begs the question of whether this economic downturn is a direct consequence of the war, or whether there are more fundamental problems in Egypt’s economy that continually cause such crises.

“THE STRAW THAT BROKE THE CAMEL’S BACK”

Associate Dean at the Department of Economics at the American University in Cairo, Samer Atallah, believes that while the war had a hand in Egypt’s current situation, it is not the primary cause. Atallah argues that the vulnerable nature of Egypt’s economy has consistently made it susceptible to external shocks, making the war in Ukraine “the straw that broke the camel’s back”.

“All of these turbulences are not good for an economy that is not resilient,” Atallah explains. “If you look at the structure of our economy and how it is integrated in the world economy, [you will note that] the type of investments we receive are investments referred to as ‘hot money’ and those are the first-to-come, first-to-leave kinds of investments.”

Since the currency float in 2016, Egypt has been attracting such foreign debt investments, due to a high yield on government bonds and treasury bills. These types of investments, while lucrative for Egypt in the short-term, are easily uprooted and vulnerable in the face of any economic, financial, or political turbulence. And there has been little in the way of foreign direct investment to provide the economy with more stable foreign capital, and thus shore up the economy and strengthen its growth. In December 2021, Egypt’s foreign debt reached USD 145 billion (USD 2.7 trillion), rising from USD 129.2 billion a year previously, and EGP 5.5 trillion (USD 295.7 billion) in domestic debt, rising from EGP 4.3 trillion (USD 231 billion).

“Numerous times since 2016, officials were very proud, not shying away from portraying the inflows that we get from abroad in debt instruments as a sign of success and a sign of investors trusting our economy,” Atallah says. “But in reality what the investors are trusting are the high interest rates that we offer, not our economy.”

For Egypt to attract long-term, committed investments, Atallah believes that more structural changes to the economic landscape of the country need to be applied. Ensuring macro-economic stability in the exchange rate market was one aspect of the economic reform program adopted in 2016, which Atallah says appeared to be the priority at the time.

“But the next part was to unleash the potential of the country in terms of production capacity, employment, exports, female labour force participation, and so on,” he continues.

Egypt has indeed been lagging behind in creating a comparative advantage for itself in terms of manufacturing or exports. In Atallah’s view, the booming construction and real estate sector has not provided

Egypt with an edge within the global market nor has it done much to combat the lack of resilience of the country’s economy.

The rattling effect Russia’s invasion of Ukraine has had on Egypt exposes vulnerabilities in the national economic model, and the implications of a vulnerable economy do not limit themselves to the macro level, they trickle down to companies and households, affecting even individual livelihoods.

“We need to be selling goods to the international market to change our economy from a deficit economy to a surplus economy,” says Atallah.

“We are not doing that, we are focusing on areas that generate high return, and we are directing resources – whether public or private – to sectors that in some cases generate jobs that are not of good quality or that do not produce goods that are exportable to the rest of the world.”

“I think a lot of economists would agree on the need to create jobs, to grow in sectors where we can have a comparative advantage and sell to the rest of the world,” he concludes.

“How we go about it doesn’t need a rocket scientist, nor does it need 200 economists, you just need to have the political will to do it.”





MARINA MAKARY

A journalism graduate from the American University in Dubai who is curious, spontaneous, and often rebellious, Marina is a passionate Cairo-based journalist who aspires to become one of the most influential women in the Middle East. She likes to follow her heart and express that through words; her favorite form of expression.

All You Need to Know About Egypt’s Space City

In recent years, the Egyptian government has been keen on putting itself on the global map in harnessing space technologies for the purposes of economic development and national security.

Built on an area of 123 acres by the Central Ring Road in Cairo, Egypt’s Space City will consist of 23 buildings dedicated to promoting research, education, and development in the field of space, in addition to enhancing Egypt’s satellite-manufacturing and designing capabilities.

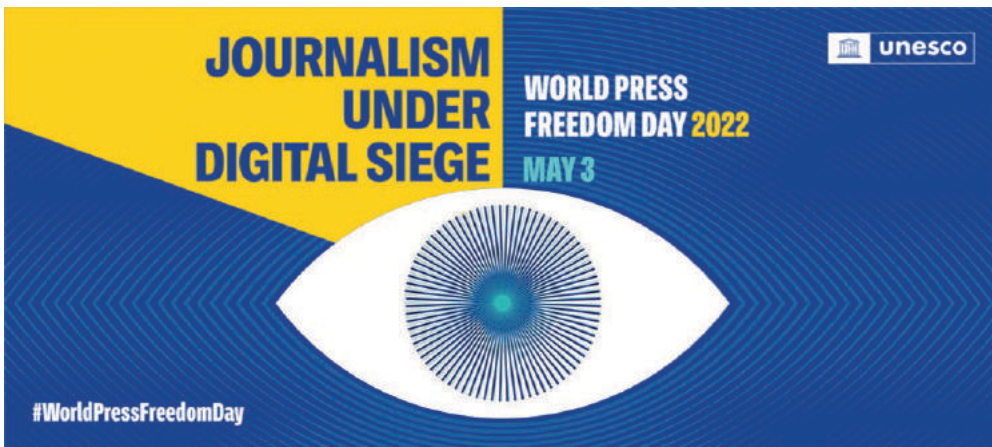
Apart from the Egyptian Space Agency located in Egypt’s Space City, the buildings will include the African Space Agency, a satellite assembly facility, satellite monitoring and follow-up stations, a space museum for the public, an Egyptian Space Academy, an Integration and Test Center, a Center for Design and Development of Spacecrafts, and a fully-equipped modern library for space research.

Set to be complete in 2026, Egypt’s Space City aims to utilize space technologies and research to contribute to the achievement of national development plans.

Egypt’s Minister of Higher Education and Scientific Research Khaled Abdel-Ghaffar, stated that Egypt’s Space City will contribute 10 percent to the national income.

In 2017, the Egyptian Parliament approved a draft law to establish the country’s first space agency to launch its first satellite for scientific research. Two years later, Egypt’s Space Agency was established.

In 2019, Egypt launched Egyptsat-2A satellite, a remote sensing satellite with a high resolution of almost one meter, two Egyptian cube satellites, and the TIBA-1 satellite, which is the first Egyptian communication satellite for internet services.



World Press Freedom Day

3 MAY

WORLD PRESS FREEDOM DAY GLOBAL CONFERENCE 2022

3 May acts as a reminder to governments of the need to respect their commitment to press freedom and is also a day of reflection among media professionals about issues of press freedom and professional ethics. Just as importantly, World Press Freedom Day is a day of support for media which are targets for the restraint, or abolition, of press freedom.

It is also a day of remembrance for those journalists who lost their lives in the pursuit of a story.

Lieutenant Colonel Robert L. Wolverton



This photo, taken on the evening of **June 5, 1944**, in England, shows Lieutenant Colonel Robert L. Wolverton of Elkins, West Virginia. Commander of the 3rd Battalion, 506th Parachute Infantry Regiment, 101st Airborne Division, checking his gear before heading towards Normandy.

On that evening, Robert reunited all his men and said: "I am going to ask you to pray with me for the success of the mission before us. [...] God almighty, in a few short hours we will be in battle with the enemy. We do not join battle afraid. We do not ask favors or indulgence. [...] We ask only this, that if die we must, that we die as men would die, without complaining, without pleading, and safe in the feeling that we have done our best for what we believed was right".

A few hours later, Robert jumped over Normandy and was killed by enemy fire before touching French soil. This true American hero is now resting in peace at the United States Military Academy Post Cemetery, West Point, New York.

Today, we honor Lt. Colonel Robert L. Wolverton and all the men of the greatest generation who served, sacrificed and died during D-day Invasion, WWII.

We will always remember you."





International Center for the Study of Violent Extremism

A Summer Inside QAnon and White Supremacist Online Forums

Anne Speckhard,
Wilson W. Warren,
Kate Strezishar, &
Molly Ellenberg

As published in Homeland Security Today



Throughout U.S. history, the Capitol in Washington, D.C., has been the target of violence more times than Americans care to remember; however, the storming of the Capitol on Jan. 6, 2021, marks the first time Americans led the attack, an act of violent insurrection that some went as far as to label domestic terrorism.[1] The violent storming of the Capitol was fueled, as all terrorism is, by political intent, as American citizens whipped into a frenzy tried to overturn the votes indicating Joseph R. Biden Jr. as the 46th president of the United States. While most Americans were naive about the brewing domestic terrorism problem, the storming of the Capitol tragically resulted in the deaths of five individuals.

Those storming the Capitol came from various groups. The most violent were from the Oath Keepers and QAnon.[2] Many after the fact claimed that they were acting patriotically, protecting our democracy and following President Trump, who had already signaled to the far-right group Proud Boys that he might need their support. The acts of violence at the Capitol were also fueled by conspiracy theories, at the forefront of which is the conspiracy group QAnon.

The Capitol Hill insurrection and the spread of QAnon-related riots and demonstrations elsewhere, not only in the U.S. but globally, served as a wake-up call to many Western governments regarding the ever-growing threat of white supremacist and conspiracy-driven violence.[3] In the United States, despite FBI warnings that white supremacist and domestic terrorist groups were much more of an internal threat than foreign terrorist threats such as al-Qaeda or ISIS, the Trump administration downplayed the threat posed by many of these online groups in favor of playing to them, winning their support for carrying out his political will, including supporting his presidency. [4]

Out of the number of individuals who stormed the Capitol on January 6, 725 have been arrested, with over 220 now charged and 71 receiving criminal sentences.[5] The groups represented by these individuals include the Proud Boys and Oath Keepers, with QAnon adherents overlapping many of these. Based on a national survey released in May 2021, roughly 31 million people, an estimated 10 percent of Americans,

show support for at least some of QAnon's ideology,[6] rivaling the most influential religious groups. Likewise, there is considerable overlap between QAnon followers and members of white supremacist groups.[7]

Given the traction violent white supremacist and other conspiracy groups have been gaining in recent years, the authors designed a study to observe online forums populated and run by such groups, aiming to get a clearer understanding of not only what draws people to join them but also to understand how QAnon plays a part in their radicalization process.

Law enforcement agencies, researchers, and policymakers alike have pursued investigations of how physical networks such as familial connections, friendships, and places of worship, work, and education can create a web of recruitment and radicalization for violent extremists. The understanding of recruitment has been face-to-face, followed by online interaction. With the evolution of technology and the ease of access to online forums, it is impera

tive that the online threat also be investigated alongside foreign and domestic threats that U.S. policymakers tend to focus on. It is crucial to understand how online groupings of white supremacists and QAnon supporters operate, cross-propagate and create an online culture to spread their propaganda messages, recruit, ideologically indoctrinate, and potentially move some members into violence.

This study focused on taking a participant-observer approach to white supremacist and QAnon forums by inserting a research fellow into selected member-only forums to observe and record the movements and patterns of discussion to learn more about what topics were being covered, the emotional valence and radicalizing factor of such, all to gain a better understanding of what fuels these communities as well as their goals.

Reference for this article: Speckhard, Anne, Warren, Wilson W., Strezischar, Kate, and Ellenberg, Molly (April 5, 2022). PERSPECTIVE: A Summer Inside QAnon and White Supremacist Online Forums. *Homeland Security Today*.

About the Authors:

Dr. Anne Speckhard is Director of the International Center for the Study of Violent Extremism (ICSVE) and serves as an Adjunct Associate Professor of Psychiatry at Georgetown University School of Medicine. She has interviewed over 700 terrorists, their family members and supporters in various parts of the world including in Western Europe, the Balkans, Central Asia, the Former Soviet Union and the Middle East. In the past five years, she has in-depth psychologically interviewed over 250 ISIS defectors, returnees and prisoners as well as 16 al Shabaab cadres (and also interviewed their family members as well as ideologues) studying their trajectories into and out of terrorism, their experiences inside ISIS (and al

Shabaab), as well as developing the Breaking the ISIS Brand Counter Narrative Project materials from these interviews which includes over 250 short counter narrative videos of terrorists denouncing their groups as un-Islamic, corrupt and brutal which have been used in over 150 Facebook and Instagram campaigns globally. Since 2020 she has also launched the ICSVE Escape Hate Counter Narrative Project interviewing 25 white supremacists and members of hate groups developing counternarratives from their interviews as well. She has also been training key stakeholders in law enforcement, intelligence, educators, and other countering violent extremism professionals, both locally and internationally, on the psychology of terrorism, the use of counter-narrative messaging materials produced by ICSVE as well as studying the use of children as violent actors by groups such as ISIS. Dr. Speckhard has given consultations and police trainings to U.S., German, UK, Dutch, Austrian, Swiss, Belgian, Danish, Iraqi, Jordanian and Thai national police and security officials, among others, as well as trainings to elite hostage negotiation teams. She also consults to foreign governments on issues of terrorist prevention and interventions and repatriation and rehabilitation of ISIS foreign fighters, wives and children. In 2007, she was responsible for designing the psychological and Islamic challenge aspects of the Detainee Rehabilitation Program in Iraq to be applied to 20,000 + detainees and 800 juveniles. She is a sought after counterterrorism expert and has consulted to NATO, OSCE, the EU Commission and EU Parliament, European and other foreign governments and to the U.S. Senate & House, Departments of State, Defense, Justice, Homeland Security, Health & Human Services, CIA, and FBI and appeared on CNN, BBC, NPR, Fox News, MSNBC, CTV, CBC and in Time, The New York Times, The Washington Post, London Times, Voice of America, and many other publications.

She regularly writes a column for *Homeland Security Today* and speaks and publishes on the topics of the psychology of radicalization and terrorism and is the author of several books, including *Talking to Terrorists*, *Bride of ISIS*, *Undercover Jihadi* and *ISIS Defectors: Inside Stories of the Terrorist Caliphate*. Her research has also been published in *Global Security: Health, Science and Policy*, *Behavioral Sciences of Terrorism and Political Aggression*, *Journal of African Security*, *Journal of Strategic Security*, the *Journal of Human Security*, *Bidhaan: An International Journal of Somali Studies*, *Journal for Deradicalization*, *Perspectives on Terrorism* and the *International Studies Journal* to name a few.

Her academic publications are found here: <https://georgetown.academia.edu/AnneSpeckhardWebsite>: and on the ICSVE website <http://www.icsve.org> Follow @AnneSpeckhard

Wilson W. Warren is working at ICSVE as a Junior Research Fellow, researching issues of white supremacy, incelism and militant jihadism. Wilson is new to this field, having worked in the entertainment industry from 2006 to 2018. In this arena, he worked as an executive assistant, label executive, concert producer and promoter, recruiter(A&R), and manager of writers, producers, and top artists. The entertainers he worked with include Three 6 Mafia, T.I., G-Eazy, Outkast, Dallas Austin, Tricky Stewart, Southside, Usher, Lil Baby, Waka, Akon, Polow Da Don, Leona Lewis, Jake and Logan Paul, and Justin Bieber. In the technology domain, Wilson consulted for the social media platform PHEED, which sold to Mobli, facilitated partnerships between top entertainers and the App — Music Messenger, which was acquired by Yahoo, and co-founded an event App called YOPIMA, where he brought on T.I. as the investor/partner — this also resulted in a co-patent position. Wilson also

served as a Social Media Consultant for a successful U.S. Senate campaign. He is now a partner at a 501(c)3, called Soldier For Wildlife, where he actively assists with intelligence designed to combat poaching and engage the local community on a 309 square mile reserve in Zambia. Wilson is currently working towards a degree in International Relations with a minor in Arabic and hopes to also pursue graduate studies. He also has a volunteer position as a Research Fellow at the Alive and Well Foundation, headquartered in Atlanta, GA.

Kate Strezishar is a Junior Research Fellow with ICSVE. Kate graduated from George Mason University with a B.A in Conflict Analysis and Resolution, with a concentration on Global Engagement. Kate is familiar with Latin American conflicts, as well as researching the social implications terrorism has on a community. Kate has worked to research and implement a methodology to reintegrate former extremists back into the European Union, as well as develop

better community relations between the Muslim population in Hungary and non-Muslim citizens. Currently, Kate is working on a project for ICSVE that focuses on the repatriation, rehabilitation and reintegration of foreign terrorist fighters and their families who were associated with ISIS.

Molly Ellenberg is a research fellow at the International Center for the Study of Violent Extremism [ICSVE]. Molly is a doctoral student in social psychology at the University of Maryland. She holds an M.A. in Forensic Psychology from The George Washington University and a B.S. in Psychology with a Specialization in Clinical Psychology from UC San Diego. Her research focuses on radicalization to and deradicalization from militant jihadist and white supremacist violent extremism, the quest for significance, and intolerance of uncertainty. Molly has presented original research at NATO Advanced Research Workshops and Advanced Training Courses, the International Summit on Violence,

Abuse, and Trauma, the GCTC International Counter Terrorism Conference, UC San Diego Research Conferences, and for security professionals in the European Union. She is also an inaugural member of the UNAOC's first youth consultation for preventing violent extremism through sport. Her research has been cited over 100 times and has been published in Psychological Inquiry, Global Security: Health, Science and Policy, AJOB Neuroscience, Frontiers in Psychology, Motivation and Emotion, Behavioral Sciences of Terrorism and Political Aggression, Journal of Child and Adolescent Trauma, Women & Criminal Justice, the Journal of Strategic Security, the Journal of Human Security, Bidhaan: An International Journal of Somali Studies, and the International Studies Journal. Her previous research experiences include positions at Stanford University, UC San Diego, and the National Consortium for the Study of Terrorism and Responses to Terrorism at the University of Maryland.

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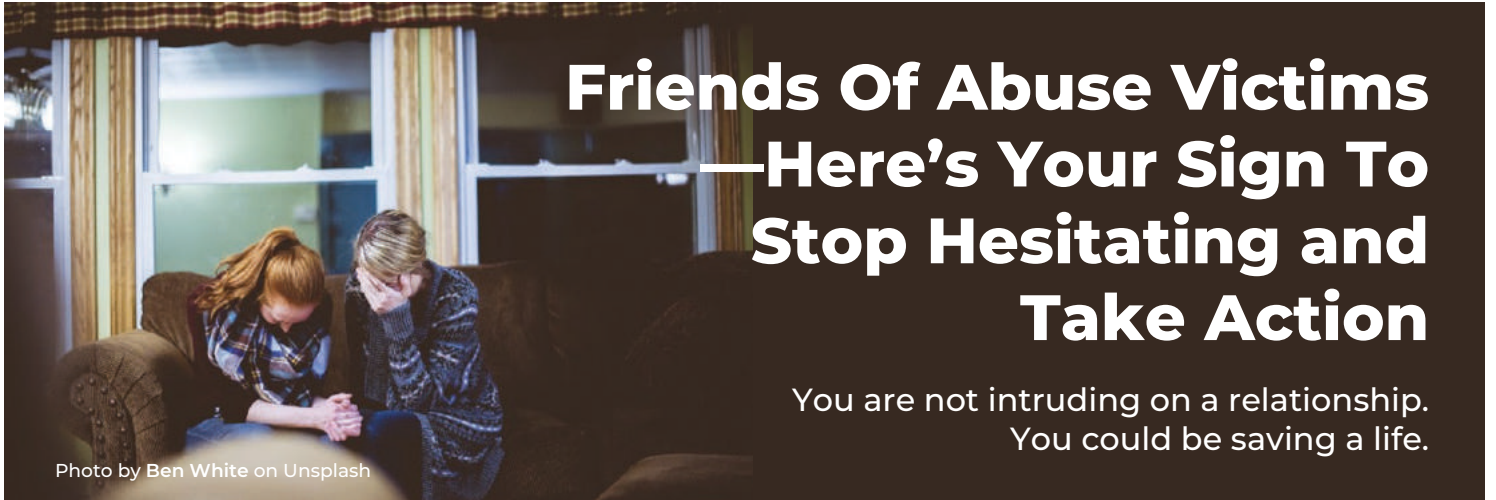


Photo by Ben White on Unsplash

Friends Of Abuse Victims —Here’s Your Sign To Stop Hesitating and Take Action

You are not intruding on a relationship.
You could be saving a life.

Intimate partner violence is unfortunately a prevalent issue in our society. That being said, people and systems still are not informed to **effectively** treat, help or **prevent the creation of victims**.

As a result of this societal shortcoming, recognizing the signs of abuse can be impossibly complex for a victim let alone their friends or family members.

It’s uncomfortable to think about it this way, but the undeniable truth is that **somebody you know** has or is currently experiencing some form of sexual or domestic violence at the hands of a person they love and trust.

One of our largest cultural blind spots is the misunderstanding as to why victims stay with their abusers. The harsh reality is that even once the people closest to them figure out that they are in danger, **victims of abuse usually don’t want to be saved**.

Despite that — as their friends, relatives, mentors, neighbors etc. — **it is up to us**. We need to **do more** to prevent it.

How do I help someone who doesn’t want to be helped?

It’s complicated to comprehend if you haven’t been in one, but an abusive relationship can feel similar to an addiction. Victims ironically feel like they **need their abuser in order to survive**. This makes it a challenge to help them, which is why many give up.

The love-bombing and manipulation that goes into abuse is impeccably calculated and always works. It doesn’t matter if they’re a **CEO**, a **professionally trained fighter**, or a **marine**.

Although young women (ages 19–26) are most commonly preyed on, a victim can be **any gender/non-binary of any age**. **Everyone and anyone** is vulnerable to this type of grooming.

If you know your friend is being abused, you need to understand that their brain has been altered by ongoing and compounded trauma. The unhealthy bond that

forms between abuser and victim is strategically designed so that **it feels excruciating for the victim to try break it**.

His abuse made me the most mentally ill I’ve ever felt in my life, yet he was the only one who could also make me feel better. He had the power — all of it.

-Danielle Norkin, How To Help Someone Who Isn’t Ready To Be Saved From Domestic Violence

That doesn’t mean you can’t or shouldn’t help them. You absolutely should, and **you can**. What you may not realize is that you’re one of the only people they have, since the abuser has likely **isolated** them from most friends and family.

They need you more than you know. You just need to know what you’re up against before you proceed.

Create a safe space.

The non-negotiable first step is that your friend must feel like your friendship is completely **judgement-free**. Make it known that you are trustworthy, open-minded and will **always** listen to them. Tell them that your door is open any time they need to spend the night away.

The largest obstacle that victims face is that it feels **impossible** to imagine a way out. If they feel completely safe with you, they could eventually reveal their desire to leave the relationship. When they do, you can help them to devise a safety plan.

Offer empathy and most importantly, have patience with them. Your friend will most likely be horrified of this process and express many doubts. Expect that **they may change their mind** several times.

It’s crucial that you don’t judge them for this. Do your best to reassure them that they can escape **whenever they are ready** and that they will be protected.

Do not badmouth or confront the abuser.

Victims don’t want to leave their abuser because they have formed a co-dependent attachment to them.

Harsh judgment from friends or family, even if it is against the abuser, will feel personal.

It's completely understandable if you feel the urge to confront the abuser to protect your friend. However, doing so will only further isolate them.

Victims are usually aware of their partner's off-putting behavior to the public, but **excuse it away** because they think they're supposed to do that for the people they love. They usually build up a strong **savior complex** and believe that *only their love can save the abuser from their demons*.

This concept is leveraged against them so that they feel guilty any time they hold their partner accountable or threaten to leave.

If you try to call out the abuser, it may reinforce the message that nobody could possibly understand your friend's situation besides the abusive partner. In this case, your friend will cling tighter to the relationship.

Another risk of confrontation is that, in most instances, it gives the abuser an excuse to blame and **retaliate against the victim**. This could put your friend in serious danger.

Connect yourself to local non-profit organizations, shelters and victim advocates.

Your state most likely has a **confidential hotline** for victims of domestic or sexual violence. Even if you are not the victim, you can still **talk to an advocate** about your friend's situation.

The advocate can not take action without consent from the actual victim, so don't worry about them notifying your friend. **It's confidential**. You can ask the advocate for guidance and information about best practices when it comes to **planning a safe escape**.

They should be able to direct you to any shelters or non-profit aid that your friend can seek out when the time comes. If they are unable to (which I've experienced due to a **lack of funding and proper training** in some states), it is fairly easy to find local shelters and resources on the internet.

Discreetly equip your friend with empowering media.

As mentioned before, directly confronting the problem may make your friend feel disrespected. So, don't go straight to doling out the Domestic Violence Hotline or calling 911. It's in both of your best interests not to reveal that you suspect your friend is in danger. **You need to get creative**.

There is an endless amount of content created by or about survivors. One way to empower your friend is to recommend books, podcasts, movies, or media related to abuse. The key is to **express these ideas without making it obvious that your intention is to save them**.

Try suggesting an article or podcast episode because it is relevant, or genuinely something that they may be interested in. Or maybe plan a road trip and listen to an audiobook in the car together. Even the posts you share on social media can aid in this **awareness**.

Any way that you can, it's important to inundate them with inspirational material so that they start to feel more capable of getting out. It may sound a little odd, but if they hear/see the right message, everything could just **click**. It's worked this way for many of the survivors I know.

Think twice before calling the police.

Unless you have reason to believe that your friend will be in **immediate or severe danger**, it's not usually productive to send an officer over. When the police go to the door and speak to the partners separately, usually the victim will **stay silent** from shock or **remain loyal** to the abuser out of fear.

The police can only save your friend if they decide to press charges. Even then, the process is complicated and daunting for the victim. It's worth mentioning that, typically, even if an arrest is made, the abusive partner may only receive a "slap on the wrist."

Your friend most likely isn't ready to leave the relationship, and the police can not force her to. Of course, every situation is different, so **use discretion**.

My main concern is that the presence of a police officer will cause the abuser to feel angry and embarrassed. They will potentially take it out on your friend afterwards.

It's a tough decision either way, and **you're not a bad person if you call the police**, but just understand the **risks and realities** of this choice.

Introduce them to another victim.

Without making it obvious, plan a movie night or coffee date with another friend who is a survivor. If the survivor is comfortable, **have them tell their story**. At the very least, it will reinforce the feeling of safety and trust you've cultivated and hopefully **encourage your friend to speak up**.

Hearing the words of another survivor can help your friend to feel less isolated, and **more validated**. I truly believe that the power of camaraderie and storytelling can strengthen any inkling of a desire they've had to leave their abuser.

The presence of a survivor can provide your friend with physical proof that **there is life after abuse**, which is exactly what they need to know in order to calm their fears.

Protect Yourself

One of the reasons friends and family members may hesitate to intervene in abusive relationships is that they

are afraid of retaliation from the abuser. It is absolutely crucial that you are aware of this risk beforehand.

Even though you are simply looking out for your friend, it is quite a heroic act. Once the abuser knows you are even slightly against them, **you could potentially become a target**. This is a reason why I won't encourage direct confrontation or involving authorities.

Although you should remain trustworthy to your friend, you need to tell somebody else about the situation. Don't disclose this information to just *anyone*, but **tell the people closest to you**. The family members or friends you **trust significantly**. Notify them of when you are going to be with your friend or anywhere around the abuser.

You can also **talk to an advocate** about your fear of retaliation and they should be able to provide best safety practices for yourself. The key here is to **surround yourself with options**.

Trying to save a victim of abuse is not easy. You may fail **several times**. Your hands are ultimately tied until your friend decides they are ready to accept your help.

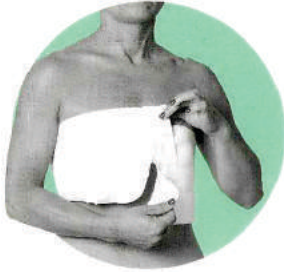
Instead of being frustrated with them, recognize that they are living in a constant state of **doubt** and **powerlessness**. If you can make them feel important or empowered in any way, **you are helping them**.

There is only so much you can do, so do not put all of this on your own shoulders. Do not feel guilty. You can't force it. One thing I know for sure is that as long as you **stay in the picture**, there is hope that your friend will make it out someday.

Abuse thrives in **silence**, **repression** and **inaction**. We tend to believe it's best to let people deal with their own business because we wouldn't dare intrude on a relationship.

Throw that attitude out the window. The only way to end domestic and sexual violence is to keep up the conversation and trauma-informed action. I've personally witnessed the circulation of this discourse save people's lives, so I will **never** stop writing about it.

Thank you for reading! What did you think? Leave a comment below. To support my work, consider buying me a cup of coffee!



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DEFINING A NEW STANDARD OF CARE

Kyra Was Murdered By Her Father— —Her Mom Had Begged The Courts To Protect Her

by KRISTEN MAE

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For nearly two years, Jacqueline Franchetti was embroiled in a custody battle for her two-year-old daughter Kyra. She had been pleading with the courts to give her sole custody or to at least require visitation to be supervised. Kyra's father, Roy Eugene Rumsey, had been engaging in disturbing, threatening behavior toward Jacqueline, stalking her and telling her when they argued, "You'll be sorry."

Early in her pregnancy, Jacqueline had given Rumsey an ultimatum to either get help for his anger issues or she would end the relationship. He refused, so she left him. "I heard the messages that many of us heard to 'get out' of an abusive relationship," she told Scary Mommy. "But they don't tell us what happens once we leave our abuser and end up in family court. The abuse does not end ... it gets worse."

Jacqueline told me that the first time she went to court, she believed any judge would see her ex's behavior and "throw the book" at him. Instead, she said, she found herself fighting for her and her daughter's life. "Our nation's family court system protects the abuser, not the child," she said. "I can tell you from experience, the safety of the child is not the top priority in child custody cases."

Best Interests Of The Child?

Even though the "best interests" of the child is generally stated as the top priority, Jacqueline's assessment bears out upon examination of what actually happens in family courts across the United States. When mothers tell a judge they fear for their or their child's safety, the judge often suspects the mother may be exaggerating in order to gain custody, or worse, that the mother is engaging in an abusive tactic called

"parental alienation" — trying to turn the child against their other parent. These judges are working with little data, faced with a "he said, she said" situation in which they may or may not have thorough reports compiled from social workers or attorneys assigned to explore the accusations.

And judges worry about father's rights. The prevailing assumption is that children thrive best with both parents in their lives — which is probably true in cases where there is no abuse. But this assumption frequently overrides accusations of abuse. Far too often, women in particular are not believed.

In Jacqueline's case, when she told the court that Rumsey had stalked her and Kyra and that he wasn't following court orders or medical directives, which she says is considered physical child abuse, Nassau County Judge Danielle Peterson told her to "grow up."

"Because of Judge Peterson," Jacqueline told me, "Kyra will never grow up."

Believe Women

It may be tempting to sympathize with judges and other decision makers in child custody battles who give parents accused of abuse the benefit of the doubt. Divorce and separation are messy, tempers get heated, people want to emotionally harm one another or do whatever it takes to simply not have to deal with their child's other parent. It may seem reasonable to question the motives of a woman accusing her ex of abuse.

However, just as with cases in which a woman alleges sexual assault, there are extremely few cases where a mother lies for her own personal gain or out of vengefulness. A study

conducted in 2019 by Sheppard and Enoch Pratt Hospital in Baltimore examined 27 custody cases from across the United States involving alleged abuse that was at first doubted and eventually proven to be true.

In every case, the father was the abusive parent, while the mother fought to protect her child. In every case, courts were at first doubtful of the mother's motives for alleging abuse. Two thirds of the mothers were "pathologized" by the courts (accused of parental alienation, for example), and 59% of fathers were awarded sole custody, with the rest awarded joint custody or unsupervised visitation. Later, 88% of these children reported additional abuse, in many cases becoming so serious that the children's health worsened. All cases were eventually turned around, the abuse verified.

So we see that it is common for a mother to be punished for speaking up about an ex-partner's abuse. When she does so, she risks losing custody of her children entirely and being forced to hand them over to an abuser. Jacqueline told me this had been the case with her too. Her attorney even initially advised her that it may damage her "credibility" to allege abuse against her ex to the court.

Recently in Florida, Allison Kessler had been begging the courts to keep her and her four-year-old son Greyson safe from the boys' father, whose behavior had become increasingly erratic and threatening. He'd sent her texts saying Kessler deserved to "have your head separated from body, and deserve to die." The same day the judge denied Kessler an order of protection, Greyson's father shot and killed the boy and then turned the gun on himself.

A Mom On A Mission

“Killing the child is the ultimate form of revenge by an abuser,” Jacqueline Franchetti told Scary Mommy. This is why it’s so critical that the family court system take meticulous care in investigating allegations of abuse.

Jacqueline told me that CPS had noted that Rumsey had an “overly aggressive play style,” had “anger and rage issues,” and “would cuss and threaten” Jacqueline. They also knew he had purchased two guns when Kyra was only six months old — one of which was the gun he eventually used to shoot her. And yet they still concluded there was no domestic violence and that the situation was “low risk.”

“Over a half million children are court-ordered into a home of a parent who is physically, sexually, or mentally abusing them,” Jacqueline told me. “Imagine being a child who is forced by our judicial system to live with your rapist, and you have no way out.”

These are decisions where children’s lives literally hang in the balance. And yet, at Jacqueline’s last hearing, she said Judge Peterson literally told her, “This is not a life or death situation.” It was, though. Jacqueline will never get to hold sweet Kyra again. The courts took this from her just as much as her child’s killer did.

Legislation To Protect Children

In New York state where Jacqueline lives, she has been hard at work with lawmakers to pass three bills meant to better protect children, one of which is called Kyra’s Law. That one would make the child’s safety the top priority, would mandate that judges receive training, and would stop practices that allow abusers to gain custody.

Another bill has to do with reforming supervised visits. It would ensure abused children are protected quickly and that the non-offending/safe parent gets sole custody. The third bill would require training for child custody evaluators, mandating that forensic evaluators and child custody evaluators be trained in domestic violence, child abuse, and trauma.

Kyra was failed at every level of the court system. No one who looked at their case was able to perceive the

danger that Jacqueline knew and told them existed. There were people in Kyra’s life who could have confirmed that her father was a danger, but those people were not interviewed. The bills Jacqueline Franchetti is working to pass will ensure that those making these life or death decisions for children are properly trained to see the signs of abuse.

Jacqueline shared that it has been a challenge to get this far, because of the intense trauma and PTSD she suffered as a result of battling the court system and then grieving her daughter’s senseless, preventable death. “It was like my brain was scrambled,” she told me. “I had a hard time even putting sentences together from the trauma.” But every day, she pushes through anyway, determined to make herself heard so that other children do not suffer the same fate as Kyra.

Despite not having a lot of money, Jacqueline has traveled to Albany and Washington, DC multiple times, each time doing everything she could to maximize every minute she got with lawmakers. She’d study photos of representatives beforehand so she could identify them immediately. She would talk to lawmakers in the elevator or in hallways while walking from one office to another.

What You Can Do

I asked Jacqueline what she would tell parents who are trying to protect their children from an abusive ex or from an ex who is threatening abuse. “Until we make legislative changes,” she said, “more children will be court-ordered into the home of an abusive parent.” Therefore, she says, we have to focus on changing the law.

“Call your legislators to educate them,” she told Scary Mommy. “Ask them to work with you to make changes.” And reach out to Kyra’s Champions, the legislative arm of the Kyra Franchetti Foundation, which is looking to expand efforts into all 50 states.

“Advocacy takes many forms,” Jacqueline says. “From contacting your elected representatives, asking a question at a town hall, joining a

committee or a task force, and of course, working on legislation.”

“Every day, I try to make Kyra proud,” Jacqueline told me. “I channel her energy, her spunk, her fierceness. My love for her will never end. I hope my work, in her memory, leads to lasting change and protecting many more children.”

We hope so too, Jacqueline.

If you are in an abusive relationship or fear for your safety, visit the National Domestic Violence Hotline’s website, call 1-800-799-SAFE (7233), or text “START” to 88788.





Nancy's List

Source: Cancer.Net
ASCO Knowledge Conquers Cancer
April 19, 2022

5 TIPS FOR MANAGING CANCER-RELATED FINANCIAL STRESS ... FROM SURVIVORS AND HEALING PROFESSIONALS

The best cancer care starts with the best cancer information. With nearly 45,000 members who are leaders in advancing cancer care, the American Society of Clinical Oncology (ASCO) is the voice of the world's cancer physicians. ASCO's patient information website -- Cancer.Net (www.cancer.net) -- brings the expertise and resources of ASCO to people living with cancer and those who care for and care about them.

Well-informed patients are their own best advocates and invaluable partners for physicians. Cancer.Net provides timely comprehensive information to help patients and families make informed health care decisions. Cancer.Net is supported by Conquer Cancer® The ASCO Foundation.

Nancy Novack, PhD is the Founder and Executive Director of Nancy's List, a non-profit foundation serving the physical, mental, emotional, and spiritual needs of people living with cancer and those who love and care for them. Dr. Novack is a clinical psychologist and was diagnosed with stage 4 ovarian cancer in 2004.

Tips from Nancy ...

For many people with cancer, the costs related to their care can be very distressing. It can take creativity, persistence, and awareness to manage financial stress and difficulties during cancer. But all of us who have been "through the fire" when

we receive a cancer diagnosis acquire special skills. We learn how to "mine adversity," sharpen our perceptions, be open to possibilities, confront reality, and never give up. Financial stress is just an "add-on" and we can learn how to address it by learning how to navigate the system.

The good news is that there are many foundations, corporations, non-profits, and just ordinary great people who are committed to making the cancer experience more affordable and stress-free. Below are some helpful tips for coping with financial stress during cancer and many resources to help you manage financial concerns.

1: When you get your cancer diagnosis, remember to breathe — and keep breathing.

When you are first diagnosed, there is often a lot of information to digest and many feelings, such as anxiety, fear, or confusion. When my experience felt overwhelming, I found it was helpful to be as still as I could be and just breathe. It helped me take in the information in a shorter amount of time. If you are beginning to feel overwhelmed, remember to keep breathing. As you continue to make your way through your cancer experience, don't forget about breathing those big, long breaths. They can help soothe your soul. Find out the names of the financial counselor and social worker at your treatment center and make appoint

ments with them. If possible, bring along your "designated friend" who is helping with your financial responsibilities, and ask lots of questions.

2: Tell your doctor immediately if you are concerned about financial issues.

Your treatment facility may have a financial counselor who can help. Always tell your doctor if you aren't taking your medications because you can't afford them. Your doctor may be able to prescribe generic medications rather than more costly ones, and they can offer you information about prescription assistance programs where you may be able to get your medications for free.

Needy Meds and the Patient Advocate Foundation are both groups I recommend for help with medications and other cancer-related expenses. I just helped a woman who had received a huge, questionable medical bill that was causing her great distress because she couldn't resolve the problem with her hospital. I suggested that she call the Patient Advocate Foundation, and they were able to start working with her on a solution.

3: When your friends and family offer their help, don't be afraid to say "YES."

If friends or family members, especially those who have a little financial savvy and a big dose of commitment

to helping, offer their help, say “YES.” They can help you with doing paperwork, analyzing and paying your bills, checking out your insurance, gathering information about payment plans, putting in a claim for disability, and doing some of the other “dirty work” for you.

Find out the names of the financial counselor and social worker at your treatment center and make appointments with them. If possible, bring along your “designated friend” who is helping with your financial responsibilities, and ask lots of questions.

You can also ask friends and family to check out Nancy’s List and Triage Cancer for help. These websites have lists of many financial resources, both locally and nationally, that are available to you and those who love and care for you. There are many resources available for people with certain types of cancer, such as breast cancer or colorectal cancer; resources for people within minority populations, such as Latinos or LGBTQ+ people; and resources for specific age groups, such as children or young adults.

4: Reach out to organizations for help with cancer-related costs.

There are organizations, both private and government entities, that can support you with food expenses, dental care, general living expenses, legal resources, co-pays and other medical expenses, vision and hearing care, transportation, travel expenses, lodging, and more.

I am especially grateful for the many people who commit to enhancing the quality of our lives during cancer through camps for kids, teens, young adults, and their families, as well as those who sponsor retreats, adventures, and vacations for people with cancer.

I am impressed that significant scholarship money is available to teens who have had cancer or have a parent with cancer.

There are many wish fulfillment organizations for both children and adults.

There are many who help out with general living expenses. One of my favorite organizations is Cleaning for

a Reason. They will clean your home for free once a month for 4 months while you are in cancer treatment.

These groups want to help people who are living with cancer get the best outcome, physically as well as emotionally. It is in that spirit that they offer their hands, hearts, and personal experiences to provide hope to a person with cancer.

In the time of COVID, money may be especially tight, and this stress can dominate the healing process. I researched and compiled a list of cancer foundations and support organizations that want to help. The list is very extensive and very fluid, as the situation with the COVID-19 pandemic is always changing.

5: Know you can negotiate your bills with providers and hospitals.

You have the ability to negotiate a bill with your providers or health care facility. For example, one of my clients came to me, very distressed, holding a huge bill from a hospital in San Francisco where she had received a cancer-related procedure. This young woman was a college student without insurance or funds. I suggested she go to the finance director at the hospital and simply say, “I cannot pay this bill. I am willing to pay you \$5 a month for the rest of my life to handle this responsibility.” Both of us were surprised when the director smiled and said, “That’s a deal.”

Here’s a personal experience from when I was in active cancer treatment. I had a fancy health insurance plan, but it did not cover many of my treatments. I received statements in the tens of thousands of dollars. After some time, I finally found out that there was a financial assistance program at my hospital, and I negotiated the bills very successfully. You can, too. Don’t forget that negotiating is an option when medical bills arrive.



No one will ever go through cancer alone.

I define myself as a psycho-oncologist. I have a Ph.D. in clinical psychology and I work with patients and those who love and care for them.

I speak to individuals and groups, particularly support groups, about the importance of emotional healing in the cancer experience. I also speak with clinicians and medical students regarding the physician-patient relationship and how to make it more satisfying for both. I am available to do podcasts and seminars.

I am especially eager to advise everyone who wishes to replicate Nancy’s List or Nancy’s Club in their communities.

For me, cancer changed everything. It generated my growth. It taught me the essence of gratitude. It deepened my sense of compassion. I found my courage and resilience. I embraced the generosity of strangers. It defined my calling and refined my purpose. It gave me the opportunity to offer hope to those who have lost theirs. I am the luckiest lady in the world. It is a joy to be Stanford’s poster child. I am with you.



Sophie Lucido Johnson
All illustrations by the author.

Emotional Check-Ins for Yourself and Others

That aren't just, "Hey, how're you feeling?"

I was on the elevator at the art school where I work the other day with one other guy, when a new person stepped in. The guy knew the new person, and said, "Hey! How're you doing?"

The other person stammered.
"I'm... like... you know. I'm doing."
"Yeah," the guy said. "I get it. Me too."

I wanted to be like, "Hey guys! Me too! And everyone I know, too! And the whole world, too! How are we doing!?! THERE AREN'T WORDS!" But I didn't, because then I would be that person on the elevator. The one who makes you get off three floors before you need to just to get away from them faster.

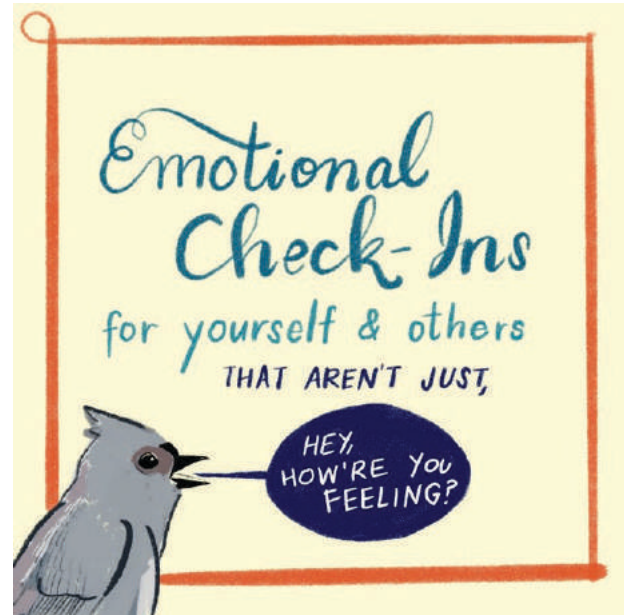
But the stammering response is familiar, especially right now. Times are heavy. It's hard to really put a word on how you're feeling. (I've written about this before, and provided a bunch of emotional vocabulary words for those of you who are interested in that.)

And still, it's important for us to talk about how we're doing. We don't have to soliloquize to everyone we run into in an elevator about our inner churnings, but in moments of despair, connection is crucial. We are social, emotional animals. Sharing about feelings is physically healing for us. (There's science to back that up, by the way.)

It's not always easy to pinpoint how you're feeling, and it can take way too much time to try to describe it to someone. What's a person with limited time and language to do?

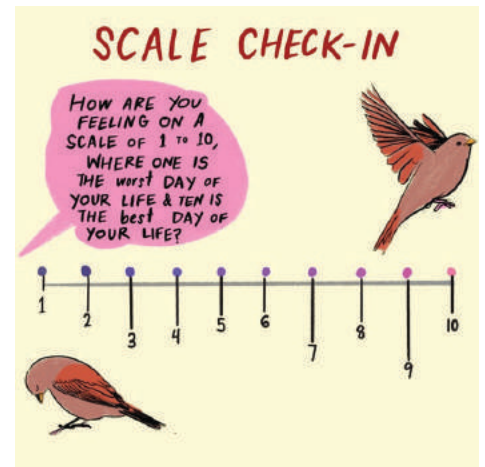
Enter: the emotional check-in.

I use these in my classroom every time I teach at the start of class. Classrooms are communities, and in order for people to feel good in them, they have to be at least a little connected to each other. Teacher Sophie likes to say, "By sharing how you feel, we can treat you the way you need to be treated on any given day. If you're having a bad day, we can all work a little harder to be a little gentler with you."



Here are a few templates.

This is my go-to check-in, because it is, in some ways, the simplest. In order to do it yourself, take a pause and consider the facts of this day. How is the day going? That's a good starting place, and it can break into longer, more interesting conversations.



It's fascinating to figure out where feelings hang out in our bodies! A few years ago I found out that my most cumbersome feelings like to get tangled up in my throat. I had always thought they were in my chest, but when I really paid attention, I found that they were actually in the back of my mouth. Noticing whether

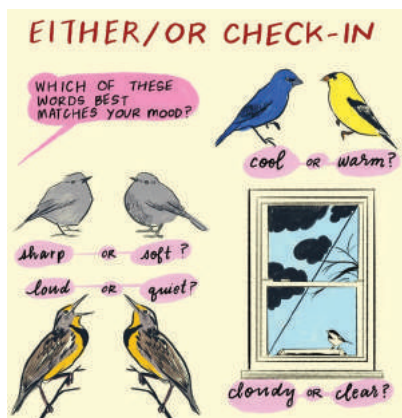
your feelings are welcome or intrusive is not a judgement, it's just an observation. If you notice that your feelings are intrusive, you might also notice that you're pushing them away. That's a habit that actually makes uncomfortable feelings pretty sticky. The best way to move through them is to welcome them. (This is one of the central tenets of Buddhist practice; it's ancient wisdom that has served generations of feeling people.)



This is a good expansion on the body check-in. Close your eyes and pinpoint where the emotion lives inside your body. Some days you might think you're not feeling much of anything. These are days where the reply, "Oh, I'm fine" feels fairly accurate, and you would be

hard-pressed to name a feeling word. This check-in invites you to consider that maybe you're not feeling nothing, but rather, your feelings are light and tiny on this day.

This is a fun check-in, because you can Mad Lib your own categories and make it fit your specific interests. A few cues I like are the ones above, because they help me think about my emotions in ways I wouldn't have thought to think about them. Today, for example, my feelings are fairly warm, clear, soft, and quiet. (Another way people approach this kind of check-in is to describe their feelings as a weather pattern.)



I used to teach Emotional Literacy at an elementary school and puzzled for a long time over how to scaffold emotional vocabulary. It is deceptively difficult to label your emotions, and for a lot of people, the question is a turn-off — because it's way too hard! Determining whether you're feeling generally com-

fortable or uncomfortable is a little simpler, and gives the person you're talking to a lot of information. It might seem weird to ask people how they're feeling like this on an elevator, but then again, it might be refreshing. Give it a try. You may end up lightening someone's heavy lift.



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Ace your next job interview - 12 things to avoid saying

6 key tips for interview success and 12 things you shouldn't say in a job interview.

Kai Dickerson
Community Specialist

Jump to section

- [Why everything you say in an interview is important](#)
- [12 things not to say in an interview](#)
- [5 job interview tips to make a good first impression](#)

First impressions matter; they matter even more in a job interview.

One of the best ways to prepare for a job interview is to prepare some answers in advance that showcase your skills and experience while demonstrating why you're a good fit for the company.

You should also think about what not to say to avoid leaving a bad impression.

This article will reveal 12 things not to say in an interview and provide you with six tips for interview success.

Why everything you say in an interview is important

95% of people believe first impressions are very important, while 89 percent say they make up their mind about someone within 30 seconds or less of meeting them.



This means that what you say to a prospective employer matters from the moment you walk into the interview.

To make your first impression count, you must show that your personality will be a good fit for the company culture while presenting your relevant qualifications, skillset, experience, and soft skills, such as good communication.

That's a lot to squeeze into a short amount of time, so it's best to prepare for the interview in advance to avoid getting stuck or giving an answer that could jeopardize your chances of getting hired.

Read on for 12 things not to say if you want to make a good impression in your interview.

12 things not to say in an interview

1. "Sorry I'm late"

Interviewing for a job is a lot like going on a first date — and showing up late gives a terrible first impression.

In fact, your prospective employer is likely to think you don't care enough about the position to arrive on time. As a result, you probably won't get the job if you show up late.

Try your best to avoid being late by leaving with plenty of time, checking the traffic, and knowing the route in advance.

If something out of your control makes you late, it's best to be honest with your recruiters.

It may still be difficult to make a good first impression if you don't show up on time, but lying will only make it worse.

2. "I don't know"

Sometimes in a job interview, the dreaded moment occurs when you can't think of an answer to a question.

But before you panic, remember you're not the first candidate who's ever been stumped in an interview. Keep calm, and buy yourself some time by asking the interviewer for clarification or repeating the question to make sure you understood.

If you still can't think of an answer, tell them you'll give it some thought or look it up after the interview. Then, give them your answer in your follow-up correspondence.

3. Any kind of profanity

Some people are okay with swearing, but unless you know for sure, it's best to err on the side of caution and keep your language polite and professional when interviewing for a new job.

4. Details of your personal life

Unless it's somehow relevant to the role — like your experience taking care of your little sister when interviewing for a role as a nanny — there's no need to talk about your personal life.

Keep your anecdotes professional, and don't tell stories of drunken escapades or the time your no-good ex left you for an acrobat.

5. Lies

You should never lie in a job interview as it can ruin your credibility and make your potential employers lose their trust in you if you get caught.

6. Cliches

Avoid using cliches in your interview. For example, when they ask about your weaknesses, don't tell them you're "a workaholic" or "a perfectionist."

Instead, be honest about your strengths and show that you're working to overcome your weaknesses.

7. Bad-mouthing your former employer

You may have had your reasons for leaving your last job, but it's best to keep it professional when referring to your previous employer or former co-workers.

Talking badly about others reflects badly on you and is a red flag for a hiring manager.

8. Asking what they do

If you don't know what they do, it shows you haven't done your research. This gives a bad first impression, as it makes you seem disinterested in the company.

9. The wrong questions

When they ask if you have any questions, don't ask about vacation, benefits, or promotions.

Instead, ask thoughtful questions that show you've read about the company and are familiar with the job description.

A good rule of thumb is to ask three types of question:

1. Their thoughts on a relevant industry topic
2. One specific to the company's operations
3. One specific to the role

10. Your lack of experience

Everyone starts somewhere. If you're a student or recent graduate or are simply switching careers, it's normal to lack experience.

But if you focus on that, you're essentially telling your recruiter why you're not a good hire.

Instead, focus on your strengths and draw on experiences that might be relevant to the role you're applying for. Take a positive approach and focus on how excited you are to learn new skills and gain experience.

11. "It's on my resume"

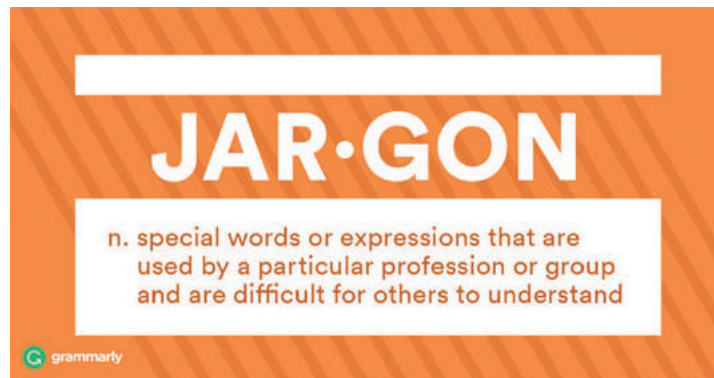
If they ask you about a specific experience, it's because they want you to tell them more about it.

They already know it's on your resume because they've read it — so be prepared to go into more detail.

12. Jargon and filler words

Using jargon and abstract words makes your interviewer's brain switch off. Using visual language, on the other hand, helps them picture the scene.

Be descriptive and explain using real-life examples, rather than speaking in jargon and acronyms.



5 job interview tips to make a good first impression

Now you know what not to say, here are five tips to prepare for a successful interview.

1. Be prepared

The best way to ensure success in an interview is to prepare answers to some common interview questions, such as:

- Why are you interested in the role?
- What relevant experience do you have?
- What are your strengths and weaknesses?
- Tell me about a time when you had a disagreement with a work colleague and how you resolved it.

You might also want to consider giving your social media profiles the once-over to make sure there's nothing inappropriate that a hiring manager could find.

2. Be polite

Remember, interviewers are people, too. Greet them politely when you arrive, tell them you're pleased to meet them, and thank them for their interest in your candidacy at the end of the interview.

3. Show, don't tell

Use real-life examples to show your potential employer what you're capable of. Focus on your role and not just the achievements of your team.

4. Be enthusiastic

Tell them why you would love to work for them. Show them you're keen to grow and develop within their company.

5. Follow up

Always send an email or note within 24 hours thanking the interviewer for their time — it'll help you stand out from the crowd.

Reiterate your interest and why you're a good fit for the role.

Don't follow up more than once, though. In most cases, if you don't hear back after a couple of weeks, you can assume you weren't successful.

Make a positive impression at your interview

A little previous preparation before your interview can go a long way.

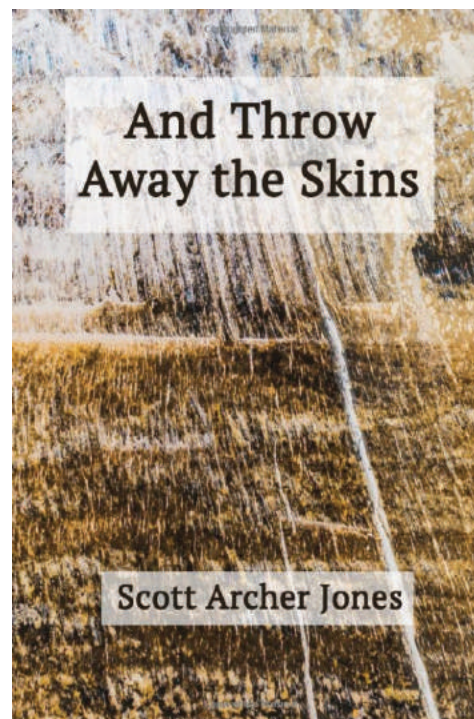
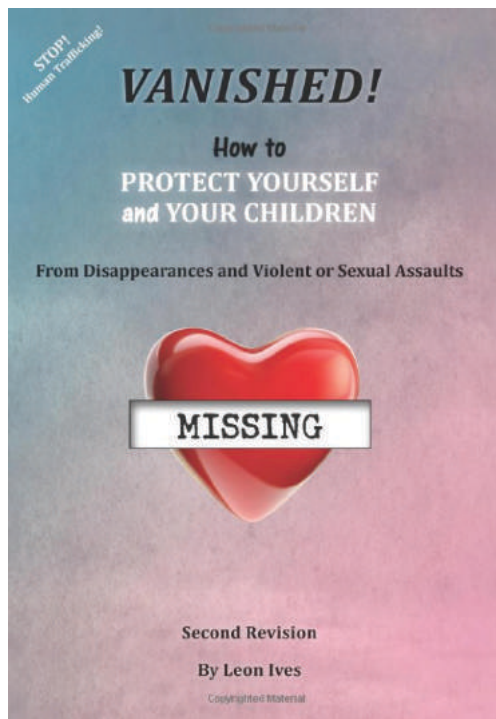
Researching the company and role and preparing some examples of your past achievements can help create a good first impression on your prospective employer.

Being polite, enthusiastic, and thanking them for their time can help you stand out from the crowd.

Now that you know how to ace your interview, why not head over to our job search section to find your next opportunity?



Authors and Books focusonwomenmagazine.net/authors-and-books





4 Great Mom Apps That Can Make Your Life A Little Bit Easier

Tanni Haas, Ph.D. is a Professor in the Department of Communication Arts, Sciences & Disorders at the City University of New York – Brooklyn College.

Mother's Day is on May 9, the perfect opportunity to take care of yourself and other moms that you know. There are a lot of apps out there dedicated to making a mom's life a little bit easier, whether you're looking for ideas on what to serve for dinner or kid-friendly travel advice. Here's a list of some of the very best mom apps. They're all free so download an app – or three!

Allrecipes Dinner Spinner

Available at: [Amazon Apps](#); [Apple Appstore](#); [Google Play](#)
We've all been in this situation many times: It's 5 pm, dinner time, you've got to make a meal for the family but all that comes to mind is the same things you always make. How about trying Allrecipes Dinner Spinner, the world's largest and most popular social app for food? You can find user-generated - and reviewed recipes from 30 million other home cooks like yourself. You can search by keyword, key ingredients that you want to include or exclude, special dietary needs, and cooking time. You can also see which ingredients are on sale in local stores, and watch more than 1000 step-by-step cooking videos with easy-to-follow instructions.

Cozi Family Organizer

Available at: [Amazon Appstore](#); [Apple Appstore](#); [Google Play](#)
As the name implies, *Cozi Family Organizer* is an organizer. It has a shared calendar where you can track everyone's schedules both individually and as a group, and a shared shopping list where you can see when items are added to the list or purchased by other family members in real-time. You can also use the app to send automated daily or weekly agenda emails to other family members, create specialized to-do lists, such as emergency supplies or vacation packaging, and organize receipts in one place that's accessible to everybody.

Scholly

Available at: [Amazon App](#); [Apple Appstore](#); [Google Play](#)
The time may be around the corner or far off into the future but when it does arrive we're all going to need it: money for college. Wouldn't it be nice if at least some of that money is scholarships that you won't have to pay back? Developed by a former Drexel University student by the name of Christopher Gray who amassed \$1.3 million in scholarship funds, Scholly is a database with more than 20,000 scholarship opportunities across the U.S that is continuously expanded and updated. You can look at each scholarship to learn more about eligibility requirements, the application process, important deadlines, and the amount of money offered.

Trekaroo Family Travel

Available at: [Apple Appstore](#)
I can't count how many times on vacation with my 15-year-old son he shouted in frustration: "Another museum?!" It doesn't have to be that way. Trekaroo Family Travel, known informally as the TripAdvisor for kid-friendly travel, is an app that includes user-generated reviews of activities, hotels, and restaurants that kids will enjoy throughout the U.S. and Canada. The app includes a price slider that makes it easy to find things to do that are either low-cost or free, and offers suggestions for kid-friendly day trips.

Best Large Cities to Start a Business

John S Klernan, Managing Editor Apr 27, 2021



Americans are born with an entrepreneurial streak. It's in our DNA. From the Gold Rush to the Industrial Revolution to the Internet Age, intense periods of innovation have molded our economy and sparked important societal advancements. That said, now is one of the toughest times ever for business owners in the U.S. due to the COVID-19 pandemic, which has made 61 million small-business owners regret starting a business, according to a recent WalletHub survey.

Conditions in the U.S. are improving as people get vaccinated and states reopen, though. In order to help aspiring entrepreneurs — from restaurant owners to high-tech movers and shakers — maximize their chances for long-term prosperity in the wake of the COVID-19 pandemic, WalletHub compared the relative startup opportunities that exist in 100 U.S. cities. We did so using 21 key metrics, ranging from the five-year business-survival rate to COVID-19 cases to office-space affordability.

For a breakdown of smaller markets, check out WalletHub's Best Small Cities to Start a Business ranking.

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Main Findings

City	Rank	City	Rank	City	Rank
Laredo, TX	1	Los Angeles, CA	35	Baton Rouge, LA	69
Durham, NC	2	Aurora, CO	36	Milwaukee, WI	70
Lubbock, TX	3	Lincoln, NE	37	Chula Vista, CA	71
Orlando, FL	4	Houston, TX	38	Norfolk, VA	72
Boise, ID	5	San Diego, CA	39	Portland, OR	73
Charlotte, NC	6	Wichita, KS	40	Oklahoma City, OK	74
Raleigh, NC	7	Mesa, AZ	41	Bakersfield, CA	75
Austin, TX	8	San Francisco, CA	42	Anaheim, CA	76
Fort Worth, TX	9	Las Vegas, NV	43	Hialeah, FL	77
Tampa, FL	10	Greensboro, NC	44	Virginia Beach, VA	78
Atlanta, GA	11	San Antonio, TX	45	El Paso, TX	79
St. Petersburg, FL	12	Fort Wayne, IN	46	San Jose, CA	80
Reno, NV	13	Omaha, NE	47	Lexington-Fayette, KY	81
Dallas, TX	14	Birmingham, AL	48	Cincinnati, OH	82
Winston-Salem, NC	15	Sacramento, CA	49	Corpus Christi, TX	83
Colorado Springs, CO	16	Boston, MA	50	Fremont, CA	84
Jacksonville, FL	17	Albuquerque, NM	51	Chicago, IL	85
Kansas City, MO	18	San Bernardino, CA	52	Chesapeake, VA	86
Nashville, TN	19	Seattle, WA	53	St. Paul, MN	87
Irvine, CA	20	Glendale, AZ	54	Minneapolis, MN	88
Denver, CO	21	Louisville, KY	55	Toledo, OH	89
Irving, TX	22	Tucson, AZ	56	Buffalo, NY	90
Arlington, TX	23	Memphis, TN	57	Anchorage, AK	91
Miami, FL	24	Garland, TX	58	Newark, NJ	92
Phoenix, AZ	25	Henderson, NV	59	Philadelphia, PA	93
Long Beach, CA	26	St. Louis, MO	60	Detroit, MI	94
Fresno, CA	27	Plano, TX	61	Cleveland, OH	95
New Orleans, LA	28	North Las Vegas, NV	62	Pittsburgh, PA	96
Honolulu, HI	29	Riverside, CA	63	Washington, DC	97
Oakland, CA	30	Chandler, AZ	64	New York, NY	98
Madison, WI	31	Tulsa, OK	65	Baltimore, MD	99
Stockton, CA	32	Gilbert, AZ	66	Jersey City, NJ	100
Scottsdale, AZ	33	Columbus, OH	67		
Indianapolis, IN	34	Santa Ana, CA	68		

Best Places to Start a Business

Overall Rank	City	Total Score	Business Environment	Access to Resources	Business Costs
1	Laredo, TX	64.97	13	10	43
2	Durham, NC	63.95	31	14	18
3	Lubbock, TX	63.79	25	5	55
4	Orlando, FL	63.58	24	27	16
5	Boise, ID	63.37	3	66	45
6	Charlotte, NC	62.63	17	43	29
7	Raleigh, NC	62.59	38	11	32
8	Austin, TX	62.45	2	9	83
9	Fort Worth, TX	62.10	4	19	71
10	Tampa, FL	61.78	44	23	19
11	Atlanta, GA	61.74	32	26	30
12	St. Petersburg, FL	61.19	39	53	17
13	Reno, NV	60.80	16	44	54
14	Dallas, TX	60.78	5	42	70
15	Winston-Salem, NC	60.65	41	80	1
16	Colorado Springs, CO	60.64	51	28	24
17	Jacksonville, FL	60.63	26	79	9
18	Kansas City, MO	60.34	46	63	10
19	Nashville, TN	60.28	23	39	51
20	Irvine, CA	59.45	6	1	97
21	Denver, CO	59.15	43	17	58
22	Irving, TX	59.03	9	41	77
23	Arlington, TX	58.94	20	46	68
24	Miami, FL	58.74	52	34	31
25	Phoenix, AZ	58.43	29	68	44
26	Long Beach, CA	58.33	14	32	82
27	Fresno, CA	58.29	47	56	35
28	New Orleans, LA	58.15	54	22	41
29	Honolulu, HI	58.09	60	2	76
30	Oakland, CA	58.02	8	7	92
31	Madison, WI	57.97	67	4	57
32	Stockton, CA	57.88	57	21	48
33	Scottsdale, AZ	57.84	7	60	80
34	Indianapolis, IN	57.83	56	73	8

4 Huge Wastes of Money That People Still Indulge

Cut down on your spending to expand your opportunities.



Editorial rights purchased via iStock Photos

I was the most wasteful spender alive. I had the mindset of a toddler.

If I wanted something, I had to have it that moment. If it felt good, looked good, tasted good, I handed over my cash. No questions asked.

Then I realized, the hard way, that this could cost me in a big way. Stupid spending will cost you too if you aren't careful.

The gaming sector that vampirizes wallets

Before Candy Crush and Clash of Clans, there was this game called Evony. It's the same concept: You build a city, grow food, build an army, then attack other cities.

Just like other free online games, they run ads with 4K graphics of knights clashing in battle, only for the game to look like this:



Author via Moby Games (Open use)

While I was building my little town, an advertisement kept nagging at me: "Buy 10 tokens for double farming speed!"

I felt the bloodlust crawl over me, "Wow. If I had double farming speed I could grow this army and sack Kewld00d34's city by tomorrow..."

Fast forward, and I'm whipping out my credit card every two days. After a month or two, I pulled the plug on the game. I realized I was a fool.

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I spent \$250 on a game I could run on a Super Nintendo.

I'd been worked into some business analyst's math, "If we just get him to play for two weeks, there's a 93.56% he'll spend money on our game."

Clash of Clans generates \$2 million per day. A stupid, simplistic game, and it's raking in Oligarch-tier money.

Anytime a game advertises itself as free — assume you'll spend a fortune and run the other way. Free to play equals pay to win.

The stupid stocks that people buy

Here's the problem with social media algorithms. They are designed to promote things that get high engagement.

And that is a system that's easy to game. Even a moron can fake that engagement.

If I'm promoting a stock that I own, all I do is sit and retweet posts saying "Stock XYZ going to the moon! Buy now!" All your XYZ buddies retweet it, and now a company headed for oblivion has an expensive stock price.

In June of last year, I saw a popular user on Twitter promoting ENZC (Enzolytics). She knew nothing about investing and was misusing so many terms.

And look — I’m not the ultimate stock trader — but I was a financial analyst for a number of years. I know enough to spot a charlatan.

I didn’t even call her out. I just commented and mentioned that the stock in question was risky.

She immediately blocked me. Which further confirmed what I’d already suspected.

It has been nearly a year. Can you guess who was right?

\$0.065 ↓ 53.57% -0.075 1Y

Apr 19, 3:59:58 PM GMT-4 · USD · OTCMKTS · Disclaimer

1D 5D 1M 6M YTD 1Y 5Y MAX



ENZC Stock over the past year. (Author via Yahoo Finance)

That spike in June is where she was pumping up the stock. The funny thing? She didn’t sell in time. She got burned alongside her victims.

She no longer promotes stocks — she runs an OnlyFans. It’s a lot more ethical than what she was doing prior.

I saw this recently on Stocktwits about ENZC, which shows that a lot of people got juked:



ajharman 10:23 AM

SENZC had I known we were selling a "dietary supplement" and snake oil I would have reconsidered my enormous investment. Somebody in this chat group told me we were curing cancer. Never take advice from a twit. You'll never get your lambo by selling SlimFast.

Author via Stocktwits (open use)

Beware of debt instruments

I get that we can’t always avoid student loans and certain forms of debt.

That being said, credit card interest is the mother of all financial sins. Letting it stack up is how you end up in bankruptcy court, divorce court, and not being able to retire until you’re 90.

Remember the basic fact: Financing leaves you with less money than if you pay cash.

Also, there’s almost never a reason to buy an extended warranty (or any warranty for that matter). Even when you try to use it, they often find a way to screw you over.

My parents live near the man who has the original extended warranty patent. He owns a beautifully curated 1000-acre ranch with several mansions on it (even the guest house is a mansion). There are gardeners and workers going about their day, upkeeping this ridiculous property.

His teenage daughter travels throughout Europe with majestic horses that are flown out alongside her.

So when you find out your extended warranty doesn’t even cover the damage to your car, remember what you are actually paying for.

Investing in bad health

I smoked cigarettes in my 20s. It was obviously a mistake. I was hacking up my lungs when I was sleeping.

The habit began when I was drinking. I gave in and had a cigarette with a friend. Then I realized how nicely nicotine pairs with an alcohol buzz. Before long, I was smoking half a pack a day. It was only \$4-\$5 per pack back then.

Now? Smoking is *extremely* expensive.

Cigarettes in Australia now cost \$28 a pack, and over \$15 a pack in many other countries. Smoking 15 packs a month in Australia is ~\$420, and people are still doing it en masse.

The packs are even covered in graphic photos of deformed blackened lungs.

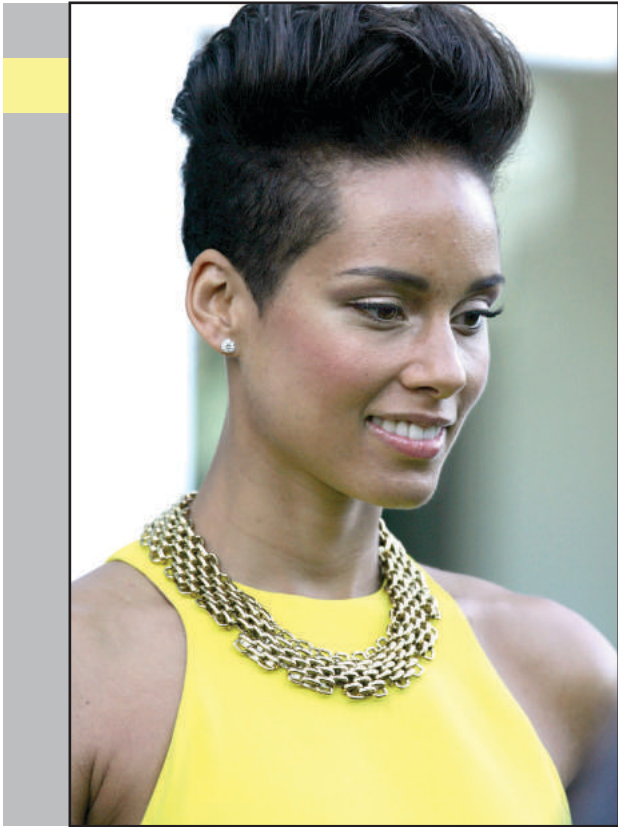
It is worth asking the question of any dirty habit, “Am I investing in the luxury of killing myself over time?”

Recap for memory

Remember, the world is full of wasteful spending habits. Don’t take your stock advice from randoms on social media. Don’t invest in destroying your body. And for I’m begging you — no credit card interest.

I almost put overspending on food and going to restaurants on this list. But daddy likes to eat.





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National Recording Registry, loc.gov/recording

National Recording Registry Inducts Music from Alicia Keys, Ricky Martin, Journey and More in 2022

Recordings by Bonnie Raitt, Linda Ronstadt, Queen, A Tribe Called Quest, Wu-Tang Clan and Broadcaster WNYC on 9/11 Also Among 25 Selected for Preservation

Alicia Keys' debut album "Songs in A Minor," Ricky Martin's "Livin' La Vida Loca" and Journey's "Don't Stop Believin'" are some of the unforgettable sounds of the nation's history and culture joining the National Recording Registry of the Library of Congress. The 2022 class includes important inductions of hip-hop and Latin music, including recordings by Linda Ronstadt, A Tribe Called Quest, Wu-Tang Clan and Buena Vista Social Club.

Librarian of Congress Carla Hayden today named 25 recordings as audio treasures worthy of preservation for all time based on their cultural, historical or aesthetic importance in the nation's recorded sound heritage.

"The National Recording Registry reflects the diverse music and voices that have shaped our nation's history and culture through recorded sound," Hayden said. "The national library is proud to help preserve these recordings, and we welcome the public's input. We received about 1,000 public nominations this year for recordings to add to the registry."

The recordings selected for the National Recording Registry bring the number of titles on the registry to 600, representing a small portion of the national library's vast recorded sound collection of nearly 4 million items.

The latest selections named to the registry span from 1921 to 2010. They range from rock, pop, R&B, hip-hop and country to Latin, Motown, jazz, and recordings of history as it happened.

In addition to the musical selections, the new class includes the famous speeches of President Franklin D. Roosevelt, WNYC's broadcasts on 9/11 and a podcast interview with comedian Robin Williams.

Keys described her album, "Songs in A Minor," as a story and one of her favorite albums as she recalled writing songs like "Troubles," "Rock wit U," "A Woman's Worth" and "Fallin'" in her teens and recording them in her one-bedroom Harlem apartment.

"I'm so honored and grateful that 'Songs in A Minor,' the entire album, gets to be recognized as such a powerful body of work that is just going to be timeless," Keys said of her album's induction into the registry.

Steve Perry, the lead singer of Journey, grew up in a small California farming town, the son of Portuguese immigrants. He said he was stunned for his parents and grandparents to have "Don't Stop Believin'" enshrined as one of the nation's signature recordings and that it's "one of those 'only in America' kind of things."

"That song, over the years, has become something that has a life of its own," Perry said. "It's about the people who've embraced it and found the lyrics to be something they can relate to and hold onto and sing."

Video interviews featuring Keys, Perry, Marc Maron and Desmond Child, as well as images and audio clips, are available for download at newsroom.loc.gov.

NPR's "1A" will host several features in the series, "The Sounds of America," on this year's selections for the National Recording Registry, including interviews with Hayden and several featured artists in the weeks ahead. Follow the conversation about the registry on Twitter and Instagram @librarycongress and #NatRecRegistry.

Listen to many of the recordings on your favorite streaming service. The Digital Media Association, a member of the National Recording Preservation Board, has compiled a list of some streaming services with National Recording Registry playlists here: dima.org/national-recording-registry-2022-inductees/.

Defining Sounds of Hip-Hop

Several recordings joining the registry were influential in helping to deepen and grow the genres of rap, hip-hop and R&B in American culture.

A Tribe Called Quest's 1991 album, "The Low End Theory" was the group's second studio release and came to be seen as a definitive fusion of jazz and rap with its distinctive sound. "We are honored to have our work added to the prestigious National Recording Registry amongst so many other astounding works," said rapper Q-Tip. "We are humbled and grateful for this acknowledgement. Thank you so, so much."

Wu-Tang Clan's 1993 album "Enter the Wu-Tang (36 Chambers)" would shape the sound of hardcore rap and reasserted the creative capacity of the East Coast rap scene. The group's individual artists would go on to produce affiliated projects that deepened the group's influence for decades in hip-hop.

By 2001, the young singer-songwriter Alicia Keys released her debut album, "Songs in A Minor" and achieved new independence with record producer Clive Davis in the process. Keys had written and recorded much of the album under a previous record deal, but the label rejected it. Keys described her influences on the album as a "fusion of my classical training, meshed with what I grew up listening to," which included the jazz from her mother's record collection, along with the classic R&B and hip-hop that was prevalent in her New York City neighborhood. Keys' fusion of influences would produce a sound all her own.

"But what is it about (the album) that I think resonates with everybody for so long?" Keys said. "I just think it was so pure. ... People hadn't quite seen a woman in Timberlands and cornrows and really straight 100% off of the streets of New York performing classical music and mixing it with soul music and R&B ... And people could find themselves in it. And I love that."

Latin Music Reaches New Audiences

The 2022 class also adds a number of defining Latin sounds to the nation's audio history from legendary artists.

While Linda Ronstadt is best known for her work in country, rock and pop music, she often referenced her Mexican-American roots. In 1987, she paid full tribute to her heritage with her album "Canciones de Mi Padre," recorded with four distinguished mariachi bands. The album quickly went double platinum, won a Grammy, and is the biggest-selling non-English recording in American recording history. It would also introduce mariachi music to countless new listeners.

"Canciones de Mi Padre is an album I've always wanted to make because of my Mexican heritage," Ronstadt said. "I love the musical traditions that came with it. I always thought they were world-class songs. And I thought they were songs that the music could transcend the language barrier."

While she was learning the music and lyrics, Ronstadt said she never worked so hard in her life. By the time she opened a show for the album in San Antonio, it all paid off.

"I looked out to the faces of the audience; it was packed," Ronstadt said. "There were three generations of families there. They all sang along with the songs. They knew them all. It was really fun."

When guitarist Ry Cooder and producer Nick Gold assembled an all-star ensemble of 20 Cuban musicians in 1996, the "Buena Vista Social Club" was reborn to record some of the key Cuban musical styles of son, danzon and bolero. The album's surprising popularity helped fuel a resurgence of Cuban and Latin music, propelled the band to concert dates in Amsterdam and New York's Carnegie Hall, and led to a popular film by director Wim Wenders.

Soon after, a young Puerto Rican named Ricky Martin would become the "original Latin Crossover King," paving the way for the globalization of Latin pop with his first major U.S. release, "Livin' La Vida Loca," a worldwide smash hit in 1999. Written by Draco Rosa and Desmond Child, the song went No. 1 in 20 countries and was certified platinum in the U.S., the UK and Australia. It remained at No. 1 on the Billboard Hot 100 for five consecutive weeks and would help define Martin's career. Later, it was named the ASCAP Song of the Year, the BMI Latin Awards Song of the Year and would win four Grammys.

"I believe that the energy of a movement is what dominates in that song about Latinos, the empowerment of Latinos," Rosa, the song's co-writer said in Spanish. "Life is full of great suffering, and 'La Vida Loca' is the total opposite. Let's live it up, right?!"

History as it Happens

The recordings added to the registry also include sounds of history as it happened. New to the registry this year are the complete presidential speeches of President Franklin D. Roosevelt from 1933 to 1945, which ranged from events such as the attack on Pearl Harbor to the campaign against polio. His speeches became defining political and social texts of their day.

Public radio station WNYC's broadcasts from Sept. 11, 2001, also join the recording registry this year. The NPR station from New York City broadcast the chaotic first details of the attack on the World Trade Center from its studios just blocks away, and the station would struggle to keep its signal live because its transmitters were atop one of the towers. Remarkably, the WNYC staff remained on the air throughout the day.

About the National Recording Registry

Under the terms of the National Recording Preservation Act of 2000, the Librarian of Congress, with advice from the National Recording Preservation Board, selects 25 titles each year that are “culturally, historically, or aesthetically significant” and are at least 10 years old. More information on the National Recording Registry can be found at loc.gov/programs/national-recording-preservation-board/about-this-program/. The public may nominate recordings for the Registry here.

Some registry titles have already been preserved by the copyright holders, artists 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 recording will be preserved by some entity and available for future generations. This can be through the Library’s recorded-sound preservation program or through collaborative ventures with other archives, studios and independent producers.

The national library maintains a state-of-the-art facility where it 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 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.

National Recording Registry, 2022 Selections (chronological order)

1. “Harlem Strut” — James P. Johnson (1921)
2. Franklin D. Roosevelt:
Complete Presidential Speeches (1933-1945)
3. “Walking the Floor Over You” — Ernest Tubb (1941)
(single)
4. “On a Note of Triumph” (May 8, 1945)
5. “Jesus Gave Me Water” — The Soul Stirrers (1950)
(single)
6. “Ellington at Newport” — Duke Ellington (1956)
(album)
7. “We Insist! Max Roach’s Freedom Now Suite” —
Max Roach (1960) (album)
8. “The Christmas Song” — Nat King Cole (1961) (single)
9. “Tonight’s the Night” — The Shirelles (1961) (album)
10. “Moon River” — Andy Williams (1962) (single)
11. “In C” — Terry Riley (1968) (album)
12. “It’s a Small World” — The Disneyland Boys Choir
(1964) (single)

13. “Reach Out, I’ll Be There” — The Four Tops (1966)
(single)
14. Hank Aaron’s 715th Career Home Run (April 8, 1974)
15. “Bohemian Rhapsody” — Queen (1975) (single)
16. “Don’t Stop Believin’” — Journey (1981) (single)
17. “Canciones de Mi Padre” — Linda Ronstadt (1987)
(album)
18. “Nick of Time” — Bonnie Raitt (1989) (album)
19. “The Low End Theory” — A Tribe Called Quest (1991)
(album)
20. “Enter the Wu-Tang (36 Chambers)” — Wu-Tang
Clan (1993) (album)
21. “Buena Vista Social Club” (1997) (album)
22. “Livin’ La Vida Loca” — Ricky Martin (1999) (single)
23. “Songs in A Minor” — Alicia Keys (2001) (album)
24. WNYC broadcasts for the day of 9/11 (Sept. 11,
2001)
25. “WTF with Marc Maron” (Guest: Robin Williams)
(April 26, 2010)

National Recording Registry, 2022 Selections (about each selection)

“Harlem Strut” — James P. Johnson (1921) (single)

James P. Johnson (1894-1955), a native of New Brunswick, New Jersey, was one of the creators of the jazz piano style known as “Harlem Stride,” which fused elements of ragtime with an active left hand that provided a bass characterized by wide leaps, or “strides.” “Harlem Strut,” a multi-strain work and a Johnson original, was his first recorded selection, although he did cut piano rolls prior. This recording, along with Eubie Blake’s “Sounds of Africa,” lays claim to being the first recordings of Harlem Stride piano. Today, James P. Johnson is best remembered as the composer of “The Charleston” and as the mentor of pianist and composer Thomas “Fats” Waller.

Franklin D. Roosevelt: Complete Presidential Speeches (1933-1945)

The most famous speeches by Franklin D. Roosevelt are tied to singular events — such as the attack on Pearl Harbor — but many of his most influential addresses were actually made on otherwise mundane occasions in the 1930s such as his tour of a flood control project in 1936, when he delivered the blistering “I Hate War” speech, anticipating World War II. Others reverberate in our time for different reasons, such as when he spoke on behalf of the campaign against polio, now nearly eradicated but a dreaded scourge in that era of which he was the disease’s most famous victim. His speeches are far more than sources for historical soundbites, they are defining political and social texts of their day that form a narrative of the 12 years of his presidency and of an historical epoch.

“Walking the Floor Over You” — Ernest Tubb (1941) (single)

If “Walking the Floor Over You” wasn’t the first honky-tonk hit in country music, it’s certainly on the short list. Recorded by “Texas Troubadour” Ernest Tubb, on April 26, 1941 at Bunny Biggs’ studio in Dallas, it was notable for the prominence of an electric guitar, played by Fay “Smitty” Smith. Although Bob Wills had used an electric guitar as early as 1935, Wills did so in the context of his large, Western swing group, the Texas Playboys. Reportedly, Tubb wanted to include an electric guitar so his records would sound louder on jukeboxes and be heard above the din of roadhouses and honky tonks, the noisy, sometimes rowdy clubs that gave the genre its name. So, the use of electric or steel guitar in songs like “Walking the Floor,” signified not the first appearance of those instruments in country music, but rather the emergence of a new style. “Walking the Floor Over You” was not only a hit, it was influential far beyond the confines of country music, begetting covers by artists as diverse as Bing Crosby, Georgia Gibbs, Pat Boone and Brook Benton. Tubb himself recorded the song several times, but it’s this 1941 performance, originally released as Decca 5958, that is generally regarded as the classic.

“On a Note of Triumph” (May 8, 1945)

Writer Norman Corwin’s radio tribute to the Bill of Rights, “We Hold These Truths,” was heard by the largest radio audience to date in December of 1941, a people searching for affirmation in the wake of their country’s entry into World War II. Three and a half years later, “On a Note of Triumph,” his salute to the Allied victory in Europe, aired the evening of V-E Day, May 8, 1945. An enormous audience tuned in again, and an encore performance aired five days later and was issued as a record album. The script of the program was rushed into bookstores within a week of the first performance. The 60-minute production was anchored by the passionate narration of Martin Gabel, who led a sonic tour of the years leading up to the war, its battlefields, and the homes of ordinary people. The title aptly describes the program’s thunderous opening and proclamation of victory. The tone changes, however, and voices are heard asking questions like “what do we know now that we didn’t know before?” and “what do we do now?” Although not a subtle work, like its predecessor, “On a Note of Triumph” filled a deep need for its audience.

“Jesus Gave Me Water” — The Soul Stirrers (1950) (single)

“Jesus Gave Me Water” comes from the first studio session of a young Chicago gospel singer named Sam Cook, seven years before he added an “e” to his last name and gained worldwide fame in pop and R&B. Cook was 19, with only about 18 months of professional experience on the local gospel scene, and had been chosen

to replace the much loved and respected leader of the group, R.H. Harris. Without Harris, the group’s future was uncertain, but the combination of its three veteran members with Cook and another recent addition, tenor Paul Foster, was a winner. Cook’s deceptively gentle, mellifluous voice was a new sound in the music, and drew younger audiences back to gospel programs in droves. Cook excelled at songs that told a story, and “Jesus Gave Me Water” recounts a key event in the life of Jesus, his encounter with the Samaritan woman at the well and the lesson of living water he reveals to her. “Jesus Gave Me Water” sold strongly for the Specialty label in the spring of 1950, reestablishing the Soul Stirrers as a premier group and launching one of American music’s greatest artists.

“Ellington at Newport” — Duke Ellington (1956) (album)

After enduring a decade of waning record sales, Duke Ellington reignited his career via one single solo recorded in 1956. After their short set at the Newport Jazz Festival, on July 7, 1956, Duke and his orchestra were recalled to the stage. One of the numbers they performed at that time was the 1930s composition “Diminuendo and Crescendo in Blue.” For this piece, at first, just the rhythm section played, then they were joined by the full orchestra. Then, saxophonist Paul Gonsalves jumped in, and at the urging of the crowd and Ellington himself, wailed through 27 choruses. The performance was historic. “Time” magazine would later call it a turning point in Ellington’s career and the Duke himself later said, “I was born in 1956 at the Newport Festival.” For decades, this performance was only available to record buyers in a version sourced from a tape where Gonsalves was off-mic and could only be heard beneath the band and audience. But, years later, a location tape recorded for overseas broadcast by Voice of America was discovered, and a restored version was finally released as part of a 1999 CD set.

“We Insist! Max Roach’s Freedom Now Suite” — Max Roach (1960) (album)

Throughout his career, drummer Max Roach constantly sought to extend the boundaries of jazz, both stylistically and in the service of political change. “We Insist!” consists of an innovative suite featuring singer Abby Lincoln performing lyrics by Oscar Brown, Jr., accompanied by Roach, legendary tenor sax player Coleman Hawkins (on “Driva’ Man”), Booker Little (trumpet), Julian Priester (trombone), Walter Benton (tenor sax) and James Schenk (bass). Shortly after the album’s release, Roach stated that he would “never again play anything that does not have social significance,” and he urged Black musicians to “employ our skill to tell the dramatic story of our people.” The album masterfully fulfills this brief. “Driva’ Man” focuses on the history of slavery and the notorious figure of the slave driver,

while “Freedom” and “Tryptich: Prayer/Protest/Peace” deal with emancipation, the ambiguous legacy of freedom, and protest. Side two, devoted to pan-African themes, features a larger percussion ensemble including Babatunde Olatunji, Raymond Mantilla and Thomas Du Vall. The resulting works are heavily influenced by African rhythms; they also foreshadow Roach’s future work with the percussion ensemble M’Boom.

“The Christmas Song” — Nat King Cole (1961) (single)

One of America’s favorite holiday songs was inspired by a hot summer day. During a sweltering July afternoon in 1945, while visiting his frequent songwriting collaborator, Robert Wells, at his Toluca Lake, California, home, Mel Tormé noticed some lines Wells had written to distract himself from the heat, with wintry images like “Jack Frost nipping at your nose.” Sensing their potential as a song, Wells and Tormé went to work and in less than an hour created an enduring holiday standard. Although Tormé himself was an accomplished singer, he felt that a bigger name was needed to generate more record sales. He and Wells pitched the song to Nat King Cole, the leader of a long established jazz trio, who was becoming a popular vocalist. Cole recorded “The Christmas Song” four times: in June 1946 with just his Trio; in August of that same year with an added string section; in 1953 with a full orchestra, conducted by Nelson Riddle, and in 1961 with a full orchestra, conducted by Ralph Carmichael, the first stereo version and the one most commonly heard today. According to reports, King Cole Trio guitarist Oscar Moore created the “Jingle Bells” coda heard at the end of every one of Cole’s versions. “The Christmas Song” is said to be one of the most recorded holiday songs in history, but it’s Cole’s 1961 performance, with perhaps his most lush vocal take, that is generally regarded as definitive.

“Tonight’s the Night” — The Shirelles (1961) (album)

The Shirelles are often referred to as a “girl group,” but as their first album demonstrates, they sang with the grown-up passion of teens entering their 20s, a winning combination that made them trendsetters in the early 1960s. Shirley Owens, Beverly Lee, Doris Kenner and Adele “Micki” Harris met in junior high school in Passaic, New Jersey. The three hit singles from, this, their first album — “Will You Love Me Tomorrow,” “Dedicated to the One I Love,” and the title track — remain moving performances that still communicate maturing desire with plaintive vulnerability, while other album tracks like “Boys,” later covered by the Beatles, are delivered with untroubled gusto and abandon. “Tonight’s the Night,” may have once seemed like kid’s stuff, but it has stood the test of time.

“Moon River” — Andy Williams (1962) (single)

Though first introduced to audiences in the 1961 Audrey Hepburn film “Breakfast at Tiffany’s” (in which Hepburn

herself sang it), “Moon River” is forever associated with smooth pop singer Andy Williams. It became his signature hit, and he sang the first eight bars of the song at the beginning of each and every episode of his long-running television variety show. Simple yet endearing, the song’s evocative lyrics, as the “Financial Times” once noted, “are a metaphor of yearning for the unpredictable eddies of an adventurous life, to be swept along by the currents of somewhere new.” The success of the song made it a modern standard and relaunched the career of its lyricist Johnny Mercer. Though “Moon River” has gone on to be recorded more than 500 times by everyone from Frank Sinatra to Louis Armstrong to Judy Garland (and there’s even a Joan Rivers funny version and Hepburn’s version certainly has its charms), it is Williams’ flawless rendition that endures.

“In C” — Terry Riley (1968) (album)

Terry Riley’s composition, “In C,” forgoes a traditional score and, instead, is comprised of 53 melodic phrases that may be played and repeated at the discretion of each musician and accommodates any number of instruments. It was first performed in 1964 at San Francisco’s Tape Music Center, where Riley worked with other groundbreaking experimental composers such as Steve Reich, Morton Subotnick and Pauline Oliveros. The composition filled both sides of the album, which Riley recorded for Columbia Record’s Music of Our Time series of albums in 1968, with Riley playing saxophone and leading a group of 10 musicians. This series aimed to introduce to the home listening public new and experimental music forms, and Riley’s work proved to be a popular and influential release across several genres, including classical rock and jazz. The album’s recording featured a group of performers for whom months of preparation lent confidence to the ever shifting improvisatory nature of the composition.

“It’s a Small World” — The Disneyland Boys Choir (1964) (single)

Richard B. and Robert M. Sherman’s song “It’s a Small World” was first heard at the Disneyland Pavilion of the 1964-1965 World’s Fair in New York. There, guides costumed as Disney characters helped visitors into small boats that took them through tunnels adorned with brightly-colored puppets representing children from around the world, who cheerfully sang it to them. Today, the same experience can be had at Disneyland in California, where the ride was moved and reconstructed after the fair closed at the end of its second season in October 1965. Since then, the song has been heard daily ever since, as well as at other Disney theme parks, making it one of the most widely heard and remembered songs of all time. The motto of the 1964-65 World’s Fair was “Peace, Through Understanding,” but, day by day in the middle of the 1960s, there seemed to be less and less of that in the world. Still, the ride and

the song became two of the most hopeful things about the fair, and it has endured. During the fair's first season, the song was only available on a 7-inch disc at the fair itself but was later distributed to stores between the fair's two seasons and eventually became part of an album of the same name.

“Reach Out, I’ll Be There” — The Four Tops (1966) (single)

According to the Motown Museum, “Reach Out, I’ll Be There” was the Four Tops’ biggest hit and is considered the vocal group’s theme song. Recorded in Studio A at Hitsville USA and both written and produced by the powerhouse team of Holland-Dozier-Holland, the lyrics grew out of their feeling that women “wanted someone to be there for them, through thick or thin.” Lamont Dozier said that he wanted to write “a journey of emotions with sustained tension, like a bolero.” To achieve that, he “alternated the keys, from a minor, Russian feel in the verse to a major, gospel feel in the chorus.” Levi Stubbs’ impassioned vocal was inspired by an unlikely source: Bob Dylan. According to Dozier, they were inspired by Dylan’s shout singing style on “Like a Rolling Stone” and wanted lead vocalist Stubbs to sing like that. To give his vocal added intensity, Holland-Dozier-Holland put Stubbs at the top of his vocal range so he would have to strain a little. The “galloping” sound, heard prominently at the beginning of the song, is a series of triplet beats struck on the plastic head of a tambourine with no jingles, played by Motown producer Norman Whitfield. Levi Stubbs improvised the lyric, “Just look over your shoulder.” It sounded good, so they kept it in.

Hank Aaron’s 715th Career Home Run (April 8, 1974)

On April 8, 1974, when Hank Aaron stepped up to the plate, history was in the making. He was on the verge of smashing Babe Ruth’s home-run record, and the crowd, radio listeners and even the game’s own announcers were anxious, hopeful and on edge. Their anticipation can be heard, and felt, thanks to WSB-Atlanta’s vivid radio coverage, helmed by the legendary Milo Hamilton. When Aaron hit that homer, Hamilton’s on-air exuberance matched that of those in the stands. Almost as well remembered as the 715th home run itself, Hamilton’s announcing of the breaking of “the record that would never be broken” is one of baseball’s — and radio’s — greatest ever calls.

“Bohemian Rhapsody” — Queen (1975) (single)

“Bohemian Rhapsody” breaks nearly every rule in the playbook for rock songs: it starts with a gentle a cappella intro; it has a complex structure without a chorus; and it clocks in at nearly six minutes. Nonetheless, songwriter and vocalist Freddie Mercury, while acknowledging the risk, was convinced that the public would receive it enthusiastically. Guitarist Brian May remembers the

band being largely supportive of Mercury’s composition, finding it “intriguing and original, and worthy of work.” In fact, the recording required a huge amount of work with one section requiring 180 overdubs, and the vocal sessions with Mercury, May and drummer Roger Taylor stretched to 10 or 12 hours. Bassist John Deacon does remember an attempt to edit the song, but, in the end, he and the band felt nothing should be lost. Ultimately, “Rhapsody” was released in its full length, and audiences embraced it. The song has proven to have a number of afterlives, appearing in “Wayne’s World” and the bio-pic “Bohemian Rhapsody,” ensuring its continued place in the public’s consciousness.

“Don’t Stop Believin’” — Journey (1981) (single)

Powered by lead singer Steve Perry’s soaring, crystalline lead vocal, “Don’t Stop Believin’” was the second single off the super group Journey’s 1981 album “Escape.” It went to No. 9 on the charts — selling over 7 million copies in the U.S. alone—and has since been described as a “perfect rock song.” While it has never left the airwaves — or Journey’s set list — the song has gained further cultural permanence via its frequent use at sporting games, in the Broadway rock musical “Rock of Ages” (where the song was the show’s big closer) and in film and television, most notably the cryptic final episode of “The Sopranos” and in the debut episode of “Glee.” Additionally, the song, written by Perry with bandmates Neal Schon and Jonathan Cain, has now taken its place, not only as Journey’s greatest legacy, but also as the personal empowerment anthem of millions of people of various generations.

“Canciones de Mi Padre” — Linda Ronstadt (1987) (album)

Even when she was working mainly within the genres of country, rock and pop, Linda Ronstadt often referenced her Mexican-American roots. In 1987, with her remarkable vocal prowess then at its considerable peak, she paid full tribute to this heritage with her album “Canciones de Mi Padre.” Though Ronstadt’s record label was expecting little after the collection’s release, the album quickly went double platinum, earned the Grammy for Best Mexican/Mexican-American album and is the biggest-selling non-English recording in American recording history. The album also spawned two equally successful follow-ups. As its title suggests, “Canciones” is a tribute to the musical history of Ronstadt’s family, incorporating many layers of musical influence. Ronstadt’s album brought 13 classic songs to a previously underserved audience. She recorded her selections with four distinguished mariachi bands (Mariachi Vargas de Tecaltlan, Mariachi Vargas, Mariachi Los Camperos and Mariachi Los Galleros de Pedro Reyand), introducing mariachi music to an untold number of new listeners.

“Nick of Time” — Bonnie Raitt (1989) (album)

Bonnie Raitt released her first album in 1971 and had long been considered a great and respected talent. But, though often critically acclaimed, significant commercial success had often eluded her. In 1989, seven years after being dropped from her previous record label and after suffering a debilitating skiing accident, Raitt rallied herself and returned to the studio. With the assistance of renowned producer Don Was, she not only fashioned the most important album of her career but an album many consider among the best of the decade. “Nick of Time,” Raitt’s 10th LP, would earn three Grammy Awards, including Album of the Year, top the “Billboard” chart, sell 5 million copies and earn a lasting place in the book “1001 Albums You Must Hear Before You Die.” With the aid of Was, Raitt dove deep emotionally and cared little about genre labels or categories. About the record, it was said “[she] never rocks too hard, but there is grit to her singing and playing, even when the surfaces are clean and inviting.” About the album, Raitt herself said, “Basically, it’s a return to my roots.”

“The Low End Theory” — A Tribe Called Quest (1991) (album)

“The Low End Theory” was A Tribe Called Quest’s second studio release and is frequently seen as the definitive record of jazz and rap fusion. Featuring sparse, live-sounding beats and acoustic-feeling bass runs with melodic jazz samples, the production of Ali Shaheed Muhammad showcases the nimble flows of Phife Dawg and Q-Tip, as well as a guest spot from an up-and-coming Busta Rhymes. Lyrically, Tribe infuses the laid-back vibe with deft and infectious chemistry, touching on themes of social awareness and commentary, celebration of Blackness, self-deprecating humor and classic MC boasting as a counterpoint to the rising mainstream popularity of “gangsta rap” that was often seen as glorifying depictions of criminality and violence. The result was a distinctive sound that helped to expand and deepen the sonic palette of the growing rap and hip-hop genres.

“Enter the Wu-Tang (36 Chambers)” — Wu-Tang Clan (1993) (album)

The Wu-Tang Clan released “Enter the Wu-Tang (36 Chambers)” in 1993, in the process shaping the sound of hardcore rap and reasserting the creative capacity of the East Coast rap scene, centered around New York City. The lo-fi sound of the mix, an artifact of the equipment band member RZA employed, communicated the rough-hewn nature of underground rap and the hard experiences that formed the intense, combative, paranoid energy of the group. Across the record, samples from dozens of pulp kung-fu movies lend imagery of a secret knowledge and a warrior’s honor — and blend with the wordplay of the Clan’s MC to develop an evocative mythology.

While the Wu-Tang Clan collectively signed with Loud Records to release “Enter the Wu-Tang (36 Chambers),” their contract preserved each artist’s ability to sign with other labels of their choice for solo work. This flexibility enabled a constellation of Wu-Tang affiliated projects to flourish, which served to deepen the influence of the group throughout subsequent decades of hip-hop.

“Buena Vista Social Club” (1997) (album)

In 1996, guitarist Ry Cooder and producer Nick Gold journeyed to Havana, Cuba, to record an all-star ensemble of 20 Cuban musicians, most of whom had been central in the development of the key Cuban musical styles of son, danzon and bolero. The group adopted the name the Buena Vista Social Club to honor the popular nightclub of the same name at which many of the performers had appeared in the 1940s and 1950s. The album’s surprising popularity helped fuel a resurgence of Cuban and Latin music, propelled the band to concert dates in Amsterdam and New York’s Carnegie Hall, and led to a popular film by director Wim Wenders. Wender’s film, “The Buena Vista Social Club,” was previously selected for the National Film Registry, and it is now fitting to add the record that started all the excitement.

“Livin’ La Vida Loca” — Ricky Martin (1999) (single)

When ex-boy band member Ricky Martin (once part of Latin America’s perpetually young Menudo group) gave a legendary, star-making performance at the 1999 Grammy Awards (singing the World Cup anthem “Cup of Life”), audiences quickly realized that big things were going to be coming from this young singer. But few expected the massive overwhelming popularity of his first major U.S. release, “Livin’ La Vida Loca.” Written by Draco Rosa and Desmond Child, and drenched in the swagger of Martin’s lead vocal, the song went No. 1 in 20 countries and was certified platinum in the U.S., the UK and Australia. Later, it was named the ASCAP Song of the Year, the BMI Latin Awards Song of the Year and would win four Grammys. Earwormy, fun and danceable, yet true to its Latin roots thanks to its horns and percussion, Martin was soon labeled by the press as the “original Latin Crossover King,” in the process paving the way for the globalization of Latin pop and the emergence of such other acts as Shakira, Paulina Rubio and others.

“Songs in A Minor” — Alicia Keys (2001) (album)

On this album, J Records label head, Clive Davis, afforded singer-songwriter Keys great independence in creating the album she wanted to release. Under a previous record deal, Keys had written and recorded much of the album, but the label rejected it. Dissatisfaction with the rejection and the label’s unwillingness to take her

seriously led Keys to J Records where Davis' instinct proved prescient. Keys has described her influences on the album as a "fusion of my classical training, meshed with what I grew up listening to," which included the jazz from her mother's record collection, along with the classic R&B and hip-hop that was prevalent in her New York City neighborhood. Reviewers were quick to point out the sophistication and assurance with which the young Keys realized the sound on this album. Her unaffected vocals were capable of expressing feelings from heartbreak to new love and from righteous women's empowerment to elegant, stylish yearning.

WNYC broadcasts for the day of 9/11 (Sept. 11, 2001)

American media endured one of its greatest tests on the morning of Sept. 11, 2001, and perhaps no New York City media outlet was more directly affected than WNYC-AM and FM. In 2001, the studios for the station were located in the Manhattan Municipal Building, only blocks from the World Trade Center towers and, in fact, the station had its transmitters on top of the towers. An NPR affiliate, the station was in the middle of that day's "Morning Edition" when, at around 8:50 a.m., the first plane struck the north tower. Down the street, WNYC staffers felt the reverberations in their building and would later see the buildings' smoke and flames. Breaking in, the station conveyed the first chaotic details of the day and broadcast the tragedy's first eyewitness accounts. With WNYC's broadcast antennas knocked off the air, a quick-thinking engineer switched the AM signal from its microwave connection to a 15khz Telco (telephone company broadcast quality) line to reconnect the

AM transmission. Amazingly, this connection was maintained by a pair of small metal clips. As the story unfolded, including the attacks in Washington, D.C., and the crash in Somerset County, Pennsylvania, the dedicated staff of WNYC remained on the air.

"WTF with Marc Maron" (Guest: Robin Williams) (April 26, 2010)

Marc Maron started his "WTF" podcast after losing his radio show at Air America in 2009 at a time when podcasts were largely seen as personal hobby projects or as extensions of established programs. This startlingly intimate conversation with actor and comedian Robin Williams gave the lie to that notion, as have many of Maron's interviews since. The show is structured around an interview, initially with comedians and actors Maron knew. Each episode opens with a check-in by Maron where he reflects on his life, mental state and reactions to the world around him. These confessional segments work to build a sense of intimacy and investment with the audience and have become a feature in the podcast genre. As the popularity of the program expanded, Maron has interviewed a wide segment of notables including actors such as Harry Dean Stanton and Aubrey Plaza; musicians including Joan Jett, Robbie Robertson and Rosanne Cash; and even President Barack Obama. With nearly 1,300 episodes posted so far, "WTF with Marc Maron's" popularity has helped to legitimize the podcast as a media format and created an idiosyncratic document of this moment of American culture.



Children's Harmful Experiences Online

Research has shown that over 80% of children (aged 12-15) may have been subjected to harmful experiences online, which has led to heightened searches for 'cyber safety' (20.5K) and 'cyber security' (451.9K), according to Google trend data.

Child game platforms such as Roblox have amassed over 47 million daily active users globally and are moving towards metaverse technology. With increasing concern over child safety in the metaverse and social media usage, experts at OnBuy Smart Watches spoke exclusively to cyber security expert James Bore, who has been in the industry for more than 10 years and has provided professional advice for keeping children safe online.

To accompany James's advice, in-house experts at OnBuy Smart Watches also manually trawled through internet safety threads across major parenting forums, such as Mumsnet, Netmums, and Made-forMums, to compile a uniquely collated list of cyber security threats and top tips directly from parents as to how they can protect their children online.



Expert Comments from Chartered Security Expert, James Bore:

1. Open Dialogue

Ensuring that children are aware and encouraged to talk about anything that they're unsure about. This means creating a safe space where your child won't feel judged or worried about being told off for anything that happens. It is far too often that when people do prey on children online, they use the idea that adults in the child's life will be angry at them, and that things are their fault. The difference it can make when they can have clear, honest communications with parents or guardians is huge, and is arguably the biggest step towards online safety.

2. Explanation of safety and censorship tools.

Allowing your child (particularly older children) to understand why certain rules are in place and what they do. Children are inventive, and most parental control tools can be worked around by any child with a sense of curiosity and a desire to push boundaries.

Other key questions and conversations for parents to ask and discuss include:

- What social media applications do they use, if any? Do they have any games with social media functions or chat?
- Make sure they understand privacy settings, and go through them with them.

- Make sure they understand that people lie, and they should not meet anyone they only know online.
- Do they understand about online harassment and bullying, how to recognise if they're targeting someone, or being targeted, and what to do about it?
- Do they play any games which allow in-game purchases, and do you have control over their ability to spend

OnBuy Smart Watches scraped online parenting forums to reveal 5 key ways parents can protect their children online easily:

1. Explicit websites

Search engines for kids and filtering programmes can be effective in allowing parents to control what sites children can see. Netmums recommends Net Nanny - which monitors online content, limits screen time and filters sites to protect your children. OnBuy Smart Watches discovered that parents also recommended the following search engines for kids - Aj Kids and Kids Search, whilst users on Mumsnet suggest censoring thread titles on the forum (keep Mumsnet forum names PG) so that children are not exposed to explicit words if they happen to look over at the computer screen.

2. Inappropriate instructional websites

Netmums refers to 'inappropriate instructional websites' as sites that promote step-by-step instructions for inappropriate topics such as concealing anorexia or taking drugs. These can be accessed through other genuinely useful instructional sites, and so run the risk of being taken seriously by children.

OnBuy Smart Watches found advice on all of the reviewed parenting forums pointing towards blocking inappropriate websites, or downloading software that prevents pop-ups and inappropriate instructional sites from popping up.

3. Chat room safety

Mumsnet users suggest bans on 'Whatsapp' and social media platforms (Instagram, TikTok, Facebook, Twitter are all rated 13+) for younger children. However, parents are aware that there may be other chat room apps so suggest daily monitoring of your child's phone. Regular checks can ensure that your children are staying safe on chat rooms and that nothing goes unmissed.

Other users on the forum also suggest locking or removing the device overnight, so that your child gets adequate sleep and isn't exposed to unsolicited and unmonitored messages when unaccompanied.

4. Cyberbullying

According to the Anti-Bullying Alliance – one in five schoolchildren in the UK has been a victim of some form of online abuse.

Netmums highlight the importance of open communication with your child, in a bid to quickly identify when bullying might be taking place. Parents also suggest teaching your kids techniques for dealing with cyberbullies, such as muting chats and reporting bullies on social media. If your child is a victim of cyberbullying from their peers, Mumsnet advises getting their school involved. This will escalate the situation and send a clear message to the bullies that their behaviour is unacceptable. It will also make your child feel more supported and safer in the school environment.

5. Phishing

Mumsnet users advise to send any incidents of online phishing to: report@phishing.gov.uk as soon as it's spotted. Other advice includes either ignoring phishing emails/messages or changing your settings so that mail from that scam address goes straight to the deleted folder.

Methodology:

1. Experts at OnBuy Smart Watches were keen to explore how parents can keep their children as safe as possible online.
2. In-house experts created a seed list of popular cyber and tech safety related words and phrases using online search volume tool SEMrush.
3. OnBuy Smart Watches identified Mumsnet, Netmums, and MadeforMums as the most reputable sources for up to date parenting information which could be used for research purposes.
4. OnBuy Smart Watches then scraped the most popular forums and community threads to compile a list of top tips directly from parents as to what they should look out for when purchasing smart gadgets and how to use them safely.
5. Cyber security expert James Bore was also contacted and asked about the best ways that parents can protect their children online.
6. All data was collected on 02/02/2022 and is subject to change.

We really hope you find this press release useful. If you do end up using it, we would very much appreciate a link to <https://www.onbuy.com/gb/smart-watches~c11521/who-commissioned-the-data>. A linked credit allows us to keep supplying you with future content that you may find useful.



'Nunchi', the Korean Secret to a Happier Life

Photo by Anthony Tran on Unsplash

When I first heard about the mysterious concept of 'nunchi', I immediately discarded it as self-help brain sugar.

It sounded like one of those catchy ideas people abuse to justify writing a book. We all love our oriental promises of eternal youth and peace of mind, don't we?

As promises go, 'nunchi' is an absolute all-star.

So far, I've heard people refer to it as a "sixth sense" and "a Korean superpower." Houston, we have a winner.



Another secret to eternal happiness?

Unsurprisingly, there is a book at the centre of this fuss.

It's written by someone named Euny Hong, who's done a pretty good run across media outlets promoting the book and the concept itself.

Many articles refer to nunchi as a "secret to happiness and success" that Korean people have nursed for centuries. A secret which supposedly accounts for South Korea's rags-to-riches story.

It was at this point that I concluded nunchi to be one of those vague concepts that try to explain everything, and end up explaining nothing.

Korea was shaped by war and capitalism, not some made up philosophy that sounds like a ramen brand. I'll buy your book, just leave me alone.

Luckily, I was once again proven to be the ignorant idiot in the equation.

Nunchi, the art of not being a total douchebag

As soon as I started listening to what Hong actually has to say, I realized that nunchi isn't some vague nothingness designed to sell books.

It's a very real, everyday mentality that sets Korean people apart. And it's something that's crucially missing from the western philosophies.

Korean children learn about the concept of nunchi at the age of 3.

Hong, who was raised by Korean parents in the United States, said that nunchi was one of the first Korean words she's ever learned. She also said,

It might be the most important word I ever learned.

What's so important about nunchi? At first sight, nothing.

Koreans use the word 'nunchi' to describe a sort of quiet, introverted emotional intelligence that's valued in their culture.

Can you read the room? Do you understand when a host of a party wants you to leave? Are you a considerate person who thinks before they talk?

If so, a Korean native would say you have a 'quick nunchi.'

Likewise, people who fail to fit into their environment harmoniously are

said to have a "lack of nunchi."

A loudmouth running for office; a friend who always ruins the mood; an unemployed cousin who just can't hold their political views back during job interviews.

Those are examples of nunchi-less people.

Simple enough, I thought. A little self-awareness never hurt nobody. How is this different from our standard definition of emotional intelligence?

The deeper truth behind the ancient philosophy

First of all, the difference is in how much emphasis is being placed on emotional intelligence in the Western world versus Korea.

The traditional American worldview is drenched in individuality. I am unique. I have my rights. I have opportunities. I am master of my own fate. I. I. I.

Emotional intelligence? Sure, why not. But only after all the "I's" have been fed.

South Korea is different. Relationships don't just matter there. They really, really matter.

People tend to get to know each other before working together. The dating game is a lot more slow-paced and long-term than in the West.

In everything you do, you do it with other people, and you do it with consideration.

There's a lot of collectivism there. Even if you look at their famous music scene, it's dominated by bands, not solo artists. You could say it's all very traditional and conservative. I say it's just different.

It's not like one philosophy is better than the other. It's obvious that they both work great in the 21st century, and a mix of the two produces the best results.

But nunchi, inseparable from the Korean lifestyle, gives a serious critique to the individualist Western worldview.

It quietly reminds us that maybe inner peace is found not within ourselves, but in our relationship with those around us.

You don't know how I feel

Another key difference between is in what emotional intelligence actually stands for.

When we talk about empathy, we usually implicitly mean relating to someone's emotions. "I know how you feel" would be the catchphrase of the Western understanding of empathy.

Which isn't a bad thing. But it may be incomplete.

In her book, Hong writes that nunchi invites people not just to try and relate to other people's emotions, but truly understand them.

Which is a subtle difference, but an immensely important one.

See, you can't say "I know how you feel" to someone whose situation you haven't personally experienced. You could, but it would be a lie.

If all of your family members are alive and healthy, you don't know what it feels like to lose a parent.

If you've never had problems with money, you don't know what it feels like to ration your meals until the next paycheck.

The Korean philosophy calls us to seek understanding beyond our personal experience, and to truly try and understand what other people are going through.

We may never be able to feel what they felt, but we may be able to understand what they felt. That's connection. That's nunchi.

Perhaps the most ironic — and, probably, the deepest — message behind nunchi is that happiness isn't necessarily something that resides within a person.

It isn't something you own.

Instead, Korean wisdom suggests we look beyond ourselves to find peace. Nunchi isn't just a keyword to describe how people behave.

It's a map showing you precisely where the treasure of happiness is buried.

And the map says unambiguously: "somewhere between you and the next person."



2 Quiet Rituals of

Marc and Angel

Enormously Successful Humans

Today, let's begin with the truth:

Just because you're struggling doesn't mean you're failing. Every success requires some type of worthy struggle to get there.

Although the journey may be tough at times, it always feels better to be exhausted from tiny bits of progress, than it does to be tired of doing nothing at all. Every step counts.

And as you know, the result of enormous success is often pretty noisy – lots of people talking, writing, and sharing stories about it. But the actual process of achieving enormous success is far more discreet and mysterious. Yet it's this process that happens quietly, behind the scenes, that makes all the difference in the world...

Marc and I are fortunate enough to know a number of enormously successful human beings. Regardless of lifestyle, demographic, industry or profession, they all share many of the same quiet rituals. And I want to share two of them with you today... two that I think relate to many of the present challenges we all are facing:

1. They gradually turn life's obstacles around.

As I mentioned recently on the blog, many of the most iconic books, songs and inventions of all time were inspired by gut-wrenching pain and heartbreak. Therefore, the silver lining of these painful challenges is that they were the catalyst to the creation of epic masterpieces.

An emerging field of psychology called Post-Traumatic Growth has suggested that many people are able to use their hardships and traumas for substantial creative and intellectual development. Specifically, researchers have found that trauma can help people grow in the areas of interpersonal relationships, contentment, gratitude, personal strength, and resourcefulness.

When our view of the world as a safe place, or as a certain type of place, has been shattered, we are forced to reboot our perspective on things. We suddenly have the opportunity to look out to the periphery and see things with a new, fresh set of beginner's eyes, which is very conducive to personal growth and long-term success and wellness. (covered in the "Getting Out of Your Own Way" lesson of the "Getting Back to Happy Course")

2. They mindfully focus on the positive.

A recent scientific study Marc and I were discussing earlier today showed that doctors who are put in a positive mood before making a diagnosis consistently experience significant boosts to their intellectual abilities than doctors in a neutral state, which allows them to make accurate diagnoses almost 20% faster. The same study then shifted to other vocations and found that optimistic salespeople outsell their pessimistic counterparts by over 50%. Students primed to feel happy before taking math tests substantially outperform their neutral peers. So it turns out that our minds are literally hard-wired to perform at their best not when they are negative, or even neutral, but when they are positive.

Of course, that's not to say that successful people never get upset, but your effectiveness in all walks of life will fare better if you're able to mindfully accept and let go of negative emotions, rather than dwelling on them. Think a little less about managing your problems and a little more about managing your mindset.

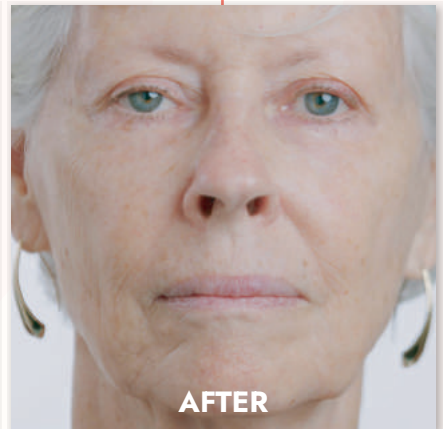
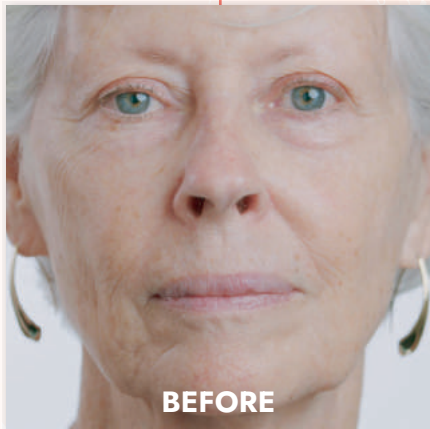
These techniques work no matter where you stand in your current situation or what you're up against going forward. Even if you have limited experience with self-improvement and personal development tactics. And even if you don't know what you really want for yourself...yet.

REJUVALIFT®

Rejuvalift is a cosmetics brand founded to address the many inconveniences of traditional facelift operations, including the lengthy procedure, the steep costs, and most importantly, the aspects of long recovery times and the uncertainty of less than desirable outcomes.

Rejuvalift LLC has launched **Rejuvalift Advanced Tightening and Lifting Formula** – a four-minute cosmetic nonsurgical facelift that offers the temporary benefits of a surgical facelift including lifting under-eye bags and smoothing facial wrinkles - without the surgery.

Rejuvalift LLC is a firm advocate of ethical, organic solutions and practices, and **Rejuvalift's** formula-effective ingredients are Acetyl Hexapeptide-8, tightening clays, and collagen, all of which are natural, ethically sourced materials that define the efficiency, rapidity, and safety of the brand's products. **Rejuvalift** provides easy to apply treatment to instantly minimize the look of undereye bags, wrinkles, and saggy, thinning skin and is effective on smile lines (i.e., crow's feet), concentration (or frown) lines, and around the lips for stretch lines and parentheses.



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- United States
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- f
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The Hexapeptide limits muscle activity and negates the adverse effects of wrinkling while tightening silicates form a natural paste, incurring a dramatic tightening effect upon bonding.

Human skin relies on collagen for elasticity and tissue connectivity. As people age, collagen supplies deplete, leading to the loss of epidermal thickness, wrinkles, and skin sagging. **Rejuvalift's** formula was designed to add a natural boost of collagen, eliminating these problems.

The quick-acting effects of **Rejuvalift's Advanced Tightening and Lifting Formula** and its approachable price are the main reasons it's among the most heavily acclaimed cosmetics products on the market.

More information about **Rejuvalift** and the brand's products can be found on the company's official website.

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 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 by the purveyors of injustices partnered with enablers and perpetrators of Domestic Violence - a dysfunctional Family Court system. 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



Nadali frm Dubai

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, thro-aways, and by-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, Sight carries 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 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



Circle Sacks Across The World

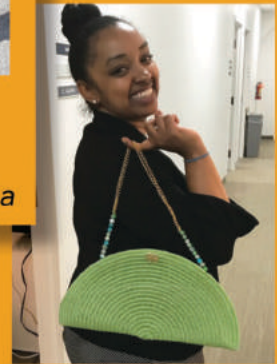
Alena
from
Indiana



Cynthia
from
Kansas



Rebecca
from
North Carolina



Liz
from
California



Tangina
from
South Carolina



Sade & Linda
from
Calgary, Canada



Helen
from
Queensland,
Australia

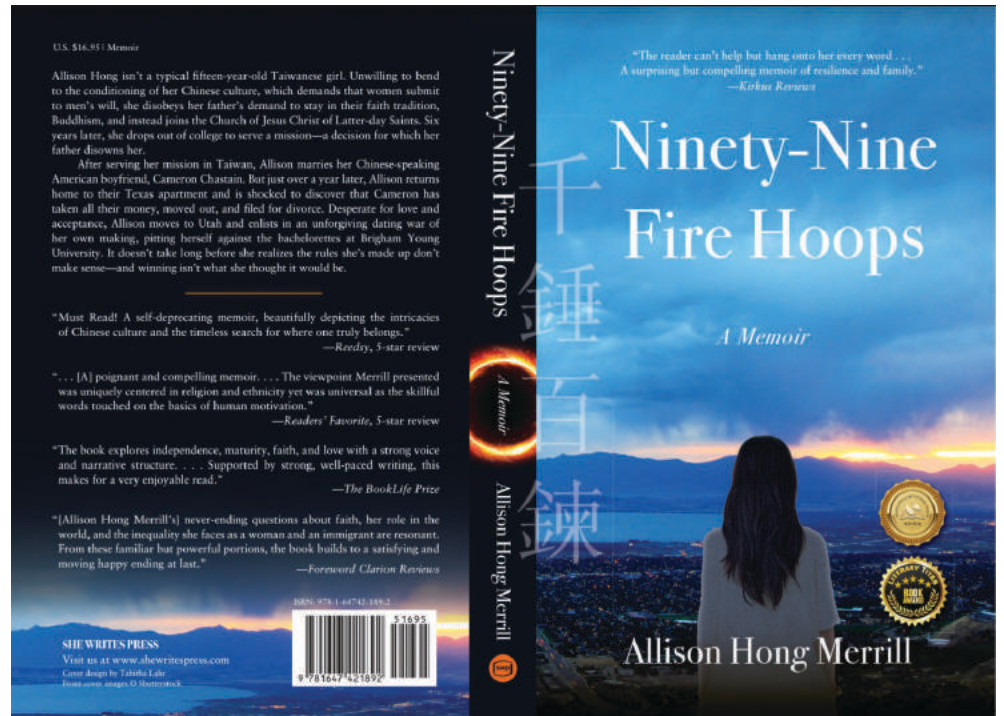


Crystal
from
California



Dorothy
from
North Carolina

Allison Hong Merrill



Praise for Ninety-Nine Fire Hoops



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

—D. Donovan, Senior Reviewer,
Midwest Book Review

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

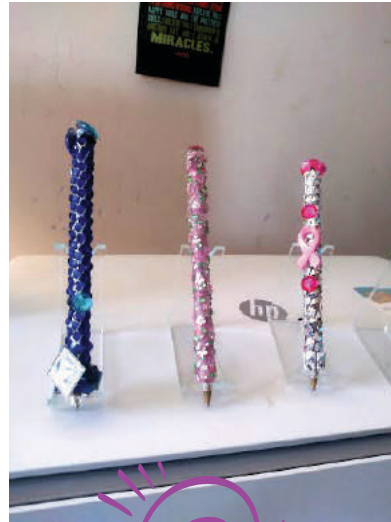
—Sue William Silverman, author of
How to Survive Death and Other Inconveniences

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

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



Meg Nocero
Author and Founder of S.H.I.N.E.



Gladys West
Designer and Inventor of the GPS

*"Women Who Write Are Often Made Free,
Freedom Writer Pens"*



Marina Makary
Writer



Alice Albright
CEO at Millenium Challenge


 european
Bakery
ROGGENART
BISTRO
 & CAFÉ



SANDWICHES

Served with a side of potato chips

Recommendation

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



TARTINES-OVEN BAKED MELTS

Served with a side salad of choice.

Recommendation

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

GRILLED SANDWICHES

Grilled Sandwiches served with a side of potato chips

Recommendation

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

*ADD AVOCADO OR TOMATO FOR \$0.50

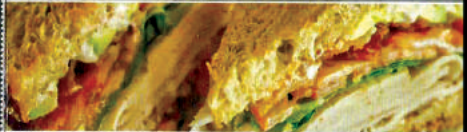


BITES

Open faced sandwich bites on Finland Multigrain Bread

Recommendation

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



CLUBS & TOAST SANDWICHES

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

Recommendation

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

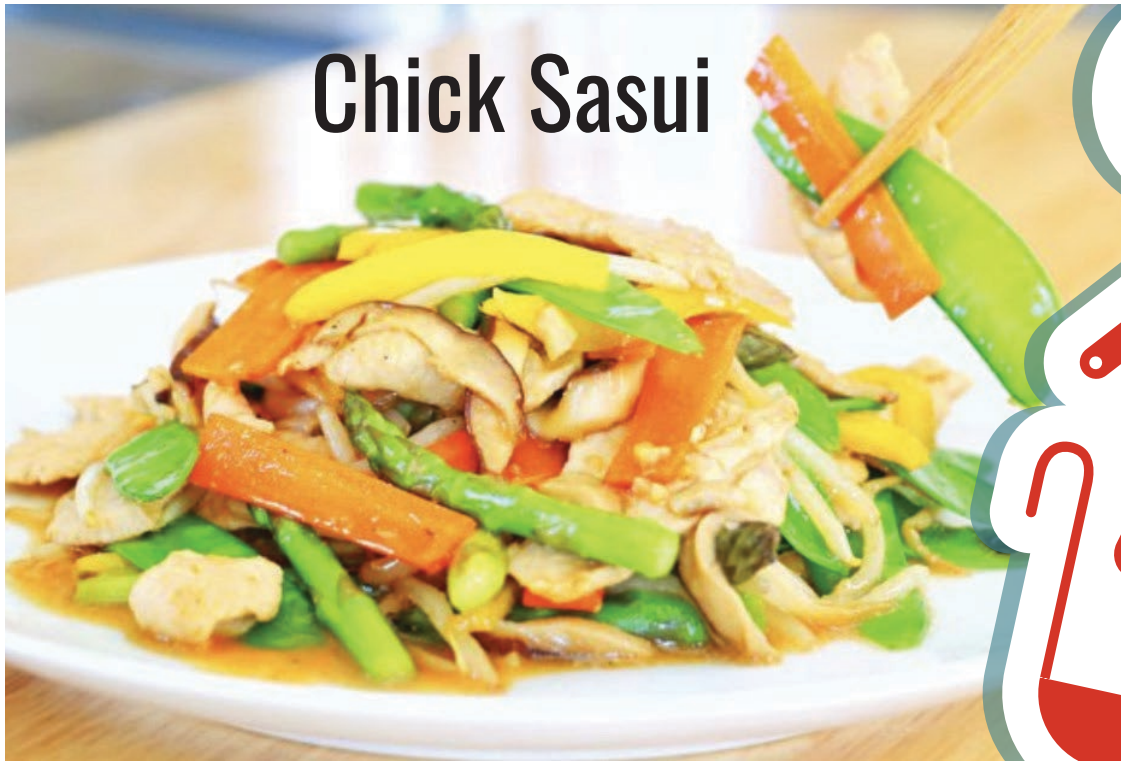
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info@roggenart.com
(443) 583-7854

Hours of Operation:

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

Chick Sasui



Prep time: 15 minutes

Cooke time: 22 minutes

Total time: 37 Minutes

Servings: 4

Ingredients:

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

Sause:

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

Instructions:

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

Extras:

Add toasted crushed peanuts or some cashew nuts. Green onion never goes amiss.

Add a dash of red chili oil or sriracha to give it a spicy kick.

Serve with noodles or rice. Want to cut carbs? Serve over shredded steamed cabbage or cauliflower rice.





Bright Spring Salad

I'll be making this spring salad recipe all season long! Simple, bright, and delicious, it's the perfect way to showcase the season's best produce.

www.loveandlemons.com

When the weather warms up in the spring, there's nothing I crave more than this spring salad. Light, bright, and packed with spring's best produce, it's a perfect example of why eating seasonally is so exciting. This spring salad recipe is almost entirely veggies, but because each one is at its snappiest, sweetest, or softest right now, you don't have to do much to turn them into a tasty dish. Toss them with a zesty dressing, sprinkle on a little cheese, and add a handful of nuts for crunch. With just a few minutes of effort, you'll have made a spring salad that's bursting with texture and flavor. It's so simple and delicious, and I think you're going to love it.

Spring Salad Recipe Ingredients

Here's what you'll need to make this spring salad recipe:

- **Asparagus** – I blanch it until it's crisp-tender but still bright green.
- **Peas** – Their sweet flavor is delicious in this spring green salad! I almost always use thawed frozen peas, but blanched fresh peas would be equally tasty.
- **Radishes** – For crunch and a pop of pink! I like to use a mix of watermelon radishes and red radishes, but just one variety would work fine too.
- **Feta cheese** – It adds delicious tangy flavor.
- **Toasted pistachios and roasted chickpeas** – They add protein, nutty flavor, and crunch.
- **Avocado** – A rich and creamy contrast to the crisp veggies and crunchy chickpeas.
- **Fresh herbs** – Choose one or use a mix! I love to make this spring green salad with a blend of basil, mint, and chives.
- **Salad greens** – Any tender spring greens would be good. Butterhead and red leaf lettuce, mesclun, and arugula are some of my favorites.
- **And a bright, herb-flecked dressing** – I toss this zippy mix of lemon juice, white wine vinegar, olive oil, and basil with the asparagus and peas first. Then, I drizzle more dressing over the entire salad when I assemble it.

Yum!