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March/April 2018



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MARCH/ APRIL 2018

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Dreams without actions, and dreams without goals feed nothing more than a vast space of emptiness and disappointment.

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Dreams can propel us towards our greatest destinies. If our dreams accompany unmatched dedication, an unquenchable taste for hard work, and untouchable determination, they will admit us into the company of those who have made the greater contributions to our lives, world and societies.

So Dream, but claim those dreams.

Dream, but dream, and nurse big ones.

Dream, but act big on those dreams.

Eventually in the not-so-distant future, we will reap the dividends from the fruits born forth from those dreams. To best and least of us, to our readers, advertisers and supporters, may your dreams articulate into a life of purpose and value to those within and beyond the confines of our lives.

HAPPY SPRING

All the best, **Joslyn Wolfe**
Publisher, Focus on Women Magazine
(nicbri@focusonwomenmagazine.net)

"A Dream does not become reality through magic; it takes sweat, determination and brave work."

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Focus Women ON Women MAGAZINE

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Focus on Women Magazine is 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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Bringing Evidence to the Refugee Integration Debate

There is a major disconnect between the current policy debate and the reality of refugee outcomes in the US. After a tumultuous year of policy changes for the refugee resettlement program and as refugees are being framed as security, economic, and cultural threats, policymakers must consider the evidence base on the realities of refugees and their local communities.



Hamutal Bernstein

Today’s policy debates are not grounded in the evidence that underscores how successful refugee integration has been and how refugees differ from other immigrants. To that end, this report provides context on resettled refugees and the policy conversation, synthesizes evidence on integration outcomes, and discusses the strengths and weaknesses of the data sources and methods on which researchers rely.

This clarifies what we do and do not know. We highlight gaps in the research base that, if filled, would provide a fuller picture on both sides of the integration equation: refugees and receiving communities.

Current policy debates focus on skills-based admissions, costs, and security

Current immigration policy debates revolve around reducing immigration across the board, with a privileging of skills-based admissions, concern over security threats and screening procedures, and a focus on the costs rather than the contributions immigrants make to their communities.

Refugees make up a small part of the immigrant population and are entering the US to escape violence and persecution, but federal policy changes over the past year have targeted them alongside other groups. Since the first travel ban in January 2017, policy changes have caused major shocks to the refugee resettlement system. Refugee admissions in fiscal year 2017 hit a historic low, and admissions in fiscal year 2018 are likely to be much lower.

What does the research say about refugee integration outcomes?

Resettled refugees have entered the US on humanitarian grounds. They have been admitted for safety and refuge from violence, torture, or discrimination, not to contribute to our workforce. And yet, refugees do contribute to the US workforce and society.

Recent research shows that after a period of adjustment after arrival, refugees integrate on economic, linguistic, and civic measures. On average, they participate in the labor force at high rates, their earnings rise, and their use of public benefits declines. Their English language skills improve, and those arriving during their youth have strong educational attainment. Set on a fast track to obtain green cards and citizenship compared with other immigrants, most refugees become US citizens, and many own homes and businesses.

There is not just one “refugee experience.” They are a diverse group, and outcomes vary. Many remain limited by low English proficiency and low educational attainment, which influences their economic outcomes.

Looking beyond economics to health, well-being, and social connection

Recent research on refugees, including the cost report mandated by executive order, has focused on refugees’ economic costs and contributions, but this balance-sheet mentality has shortcomings. Refugees contribute to local economies, but they contribute in other ways. They bring new perspectives and diversity but sometimes disrupt local communities and have a stressful effect on local infrastructure like local schools and hospitals. Changes for the receiving community can be more challenging to measure and quantify than measuring outcomes for refugees.

To inform resettlement policymaking decisions, we need to look beyond employment and collect more information on refugees’ noneconomic outcomes. In addition to economic, linguistic, and civic factors, researchers and stakeholders agree that health, well-being, and social connection are critical from a policy perspective.

Gaps need to be filled to inform the policy conversation

Any research on refugees is difficult given their vulnerable status, their small numbers, their geographic dispersion, and diversity in their language background and demographic characteristics. The data available to assess refugee integration are limited in some ways.

Although existing evidence on key integration outcomes answers some questions, there are many gaps in our knowledge that merit study. Learning more about these issues will help our understanding of refugee integration in the US and inform decisionmaking. We must continue to push the evidence base to develop a stronger understanding of both sides of the integration equation—refugees and receiving communities. ■

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Info About Article: <https://www.urban.org/research/publication/bringing-evidence-refugee-integration-debate>

Ten Years After the Crash

A decade ago, simmering problems in America’s financial system and housing market erupted in a global economic crisis. The Great Recession and the federal government’s response have since reshaped the housing finance system, the job market, higher education, and more. Urban Institute researchers look back at the crisis and the recovery to understand their impact on the well-being of American people, families, and communities, and what can be done to secure inclusive prosperity as we look to the future. ■



While claiming to be one of the last remaining Occupy sites, tents belonging to the Occupy Columbus protest movement lie abandoned on February 6, 2012 in Columbus, Ohio. (Photo by Benjamin Lowy/Getty Images)

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To Know More....

Info About Article: <https://www.urban.org/features/ten-years-after-crash>

2 Important Things to Remember When Everything Goes Wrong

“Today, I’m sitting in my hospital bed waiting to have both my breasts removed. But in a strange way I feel like the lucky one. Up until now I have had no health problems. I’m a 69-year-old woman in the last room at the end of the hall before the pediatric division of the hospital begins. Over the past few hours I have watched dozens of cancer patients being wheeled by in wheelchairs and rolling beds.

None of these patients could be a day older than 17.”

That’s an entry from my grandmother, Zelda’s, journal, dated 9/16/1977. I photocopied it and pinned it to my bulletin board about a decade ago. It’s still there today, and it continues to remind me that there is always, always, always something to be thankful for. And that no matter how good or bad I have it, I must wake up each day thankful for my life, because someone somewhere else is desperately fighting for theirs.

Truth be told, happiness is not the absence of problems, but the ability to deal with them. Imagine all the wondrous things your mind might embrace if it weren’t wrapped so tightly around your struggles. Always look at what you have, instead of what you have lost. Because it’s not what the world takes away from you that counts; it’s what you do with what you have left.

Here are two key reminders transcribed from lessons in our “Getting Back to Happy” course to help motivate you when you need it most:

1. Every little struggle is a step forward.

In life, patience is not about waiting; it’s the ability to keep a good attitude while working hard on your dreams and desires, knowing that the work is worth it. So if you’re going to try, put in the time and go all the way. Otherwise, there’s no point in starting. This could mean losing stability and comfort for a while, and maybe even your mind on occasion. It could mean not eating what, or sleeping where, you’re used to, for weeks on end. It could mean stretching your comfort zone so thin it gives you a nonstop case of the chills. It could mean sacrificing relationships and all that’s familiar. It could mean accepting ridicule from your peers. It could mean lots of time alone in solitude. Solitude, though, is the gift that makes great things possible. It gives you the space you need. Everything else is a test of your determination, of how much you really want it.

And if you want it, you’ll do it, despite failure and rejection and the odds. And every step will feel better than anything else you can imagine. You will realize that the struggle is not found on the path, it is the path. And it’s worth it. So if you’re going to try, go all the way. There’s no better feeling in the world... there’s no better feeling than knowing what it means to be ALIVE. (covered in the “Goals & Growth” module of “Getting Back to Happy”)

2. The best thing you can do is to keep going.

Don’t be afraid to get back up – to try again, to love again, to live again, and to dream again. Don’t let a hard lesson harden your heart. Life’s best lessons are often learned at the worst times and from the worst mistakes. There will be times when it seems like everything that could possibly go wrong is going wrong. And you might feel like you will be stuck in this rut forever, but you won’t. When you feel like quitting, remember that sometimes things have to go very wrong before they can be right. Sometimes you have to go through the worst, to arrive at your best.

Yes, life is tough, but you are tougher. Find the strength to laugh every day. Find the courage to feel different, yet beautiful. Find it in your heart to make others smile too. Don’t stress over things you can’t change. Live simply. Love generously. Speak truthfully. Work diligently. And even if you fall short, keep going. Keep growing. (covered in the “Happiness & Positive Living” module of “Getting Back to Happy”)

And of course, if you’re struggling with any of this, know that you are not alone. Many of us are right there with you, working hard to feel better, think more clearly, and get our lives back on track. This is precisely why Marc and I built “Getting Back to Happy”. The course is filled with time-tested steps on how to do just that. And I’m thrilled to let you know that the full Getting Back to Happy course is now OPEN again to early access members.

But, we’re closing the doors tomorrow, April 13th, to early access members and sometimes we need a little nudge to invest in ourselves.

This is not some ebook that you read and forget about.

It's a revolutionary, self-paced online course and community with 60 HD video lessons, and hundreds of time-tested strategies and techniques that will teach you scientifically proven methods for Conquering Pain, Eliminating Insecurity, Beating Procrastination, Healing Toxic Relationships, Taming Life's Complications, and Building Consistent Growth into Your Life and Career -- the exact proven strategies and techniques Marc and I have used in our coaching practice to help tens of thousands of people over the past decade.

It took 17 iterations, and thousands of dollars, to get it right.

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.

Learn How to Get Back to Happy

For a limited time the Getting Back to Happy (Early Access) course includes...

- **New, Revolutionary online course and supportive community packed with 60 HD video trainings** -- includes hundreds of scientifically proven methods for getting back on track, and member-only discussion forums where you can discuss each lesson with Marc, me and other course members. All videos are mobile friendly for iPad/iPhone/Android for your commute -- so you can have an "invisible coach" every day.
- **A full year of personalized email support (and phone support when needed) by Marc and me (not outsourced to someone else)** -- to make sure you're getting the daily support you need to create the life you deserve.
- **One hour of two-on-one Skype, FaceTime or phone coaching with both Marc and me (can be used whenever you're ready)** -- so we can help you with the course material, or any issue you need help with, face-to-face.
- **Audio versions of all Getting Back to Happy course lessons** -- so you can listen and re-listen and learn on the go.
- **Lifetime access** -- If you need to "pause" the course for any reason -- like a vacation, wedding, whatever -- you can pick right back up. These materials are yours for life.
- **A 100% money-back guarantee** -- All of this completely protected -- risk-free -- for 30-Days. You can go through the course and THEN decide if it's right for you.

You don't need to spend \$15,000 on annual coaching (a realistic average) or even more on live seminars to get back to being...

Effective. Confident. Energetic. Successful. Connected. Clear-headed. Courageous. Attractive. Comfortable in your skin. Free from addictions and habits that hold you back. Free from toxic relationships. Propelled by a sense of purpose. Secure in your zone of inner, creative genius. Driven by your true potential to the point of realizing your dreams. Awakened to the positive changes you're making in your life and the lives around you on a major scale. Slim, trim, and uninterested in french fries.

Seriously, how many times have you wished these qualities would just wash over you, and that you'd wake up one day as an unstoppable version of YOU? That's exactly what this course will do for you. In fact, this material is so valuable that when we gave our prior members the chance to join a few days early, dozens of them signed up immediately.

Learn more about Getting Back to Happy

Again, the Getting Back to Happy course is officially

OPEN TODAY -- and it closes tomorrow (April 13) at 11:59pm Pacific to early access members. Don't wait to "figure it out" someday -- check out the details now.

When you spread the cost out over 12 months -- it's only \$1.36/day.



Click HERE to Check It Out

From Safety Net to Solid Ground



Informing efforts to help struggling families advance toward better opportunities.

Illustration by Shannon Ryan for the Urban Institute.

From Safety Net to Solid Ground offers timely insights into how potential changes to federal safety net programs might affect the well-being of people striving to cover their basic needs and communities grappling with stagnant economic growth. This Urban Institute initiative also analyzes how states manage these changes and respond to new administrative flexibility, as well as how programs need to adapt to labor market shifts to continue creating the opportunity for all people to thrive and live with dignity.

The initiative builds upon Urban’s 50 years of wide-ranging research on social policies and interventions, such as the Supplemental Nutrition Assistance Program and housing assistance. As today’s social safety net undergoes changes because of a shifting economy, proposed policy changes, and anticipated funding shortfalls created by the new tax legislation, Urban’s experts are providing decisionmakers the critical data they need to understand the implications of federal and state policy shifts and strengthen the national debate about how best to respond. We are also working with partners to catalyze and explore new ideas for strengthening public benefit programs to help empower struggling families in a fast-changing economy.

From Safety Net to Solid Ground offers local, state, and federal policymakers, advocates, practitioners, and philanthropic leaders several resources, including the following:

- **Timely, rigorous analyses of federal policy changes.** By employing a suite of [microsimulation models](#) that Urban has designed and enhanced over decades, we examine income, taxes, health care, and the value of key assistance programs to provide a tailored picture of how policy proposals would affect the health and economic well-being of people and communities.
- **Insights into how states manage change and employ administrative flexibility.** Urban is investigating and providing insights on how states might reconfigure their social programs, adopt new approaches, and position themselves to absorb potential reductions in funding from federal budgets or shifting tax revenues.
- **Evidence on how policy changes are implemented in communities.** The Safety Net to Solid Ground initiative will examine how specific policy changes—such as the expansion of work requirements for Medicaid, time limits for participation, changes in eligibility and benefit levels, and limited funding for federal discretionary programs—are implemented across the nation. Our experts will also assess how these policy choices affect the way nonprofits and other nongovernmental actors respond to needs in the communities they serve.
- **An assessment of Americans’ health and well-being.** Our experts track changes in health and well-being that could result from shifts in safety net programs and the economy. The initiative will use national surveys and data from Urban’s new [Well-Being and Basic Needs Survey](#) to measure Americans’ job quality and security, access to food and health care, optimism and confidence about the future, and family stability. We will also document how families experience policy changes in their everyday lives. ■

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To Know More....

Info About Article: <https://www.urban.org/features/safety-net-solid-ground>

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How do school funding formulas work?



School funding is a blend of federal, state, and local dollars. Local funding largely comes from property taxes. Federal money, which accounts for just 10 percent of all education funding, tends to target low-income students or other distinct groups. State funding is where things get complicated.

In all but five states, statewide formulas control most school funding. State education funding formulas have been the subject of controversy, confusion, and even lawsuits. Designed to ensure adequate funding across schools—and occasionally to promote equity—funding formulas distribute revenue to districts based on a variety of factors.

These formulas often attempt to account for state and district revenue and anticipated differences among districts. What they cannot always account for, however, is how districts might respond to different incentives. In these often complex funding models, states aim to strike a balance between giving localities some control while maintaining enough control at the state level to ensure all students can access a quality education.

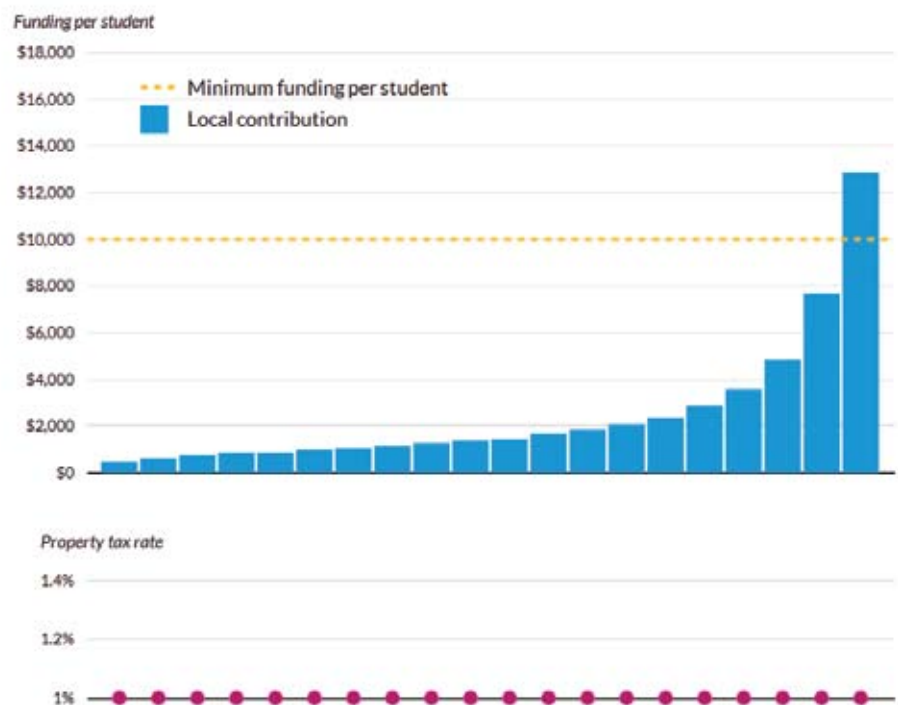
Here, we explore the most common funding models states use and how districts might respond to those models. No one model is best—they create different incentives for districts that can bring distinct advantages and disadvantages.

Foundation Grants: States Ensure an Equal Foundation for All Districts

The most popular model for school funding is the foundation grant. Under this model, the state decides the minimum amount that should be spent per student, calculates each district's ability to pay, and fills in the gap.

We illustrate this model with an imaginary state that has 20 districts, each with a different level of property wealth. The yellow dotted line represents the state's predetermined funding minimum; in this state, the combination of district and state funds must add up to at least \$10,000 per student.

This state requires districts to assess a percent property tax and has estimated each district's ability to pay based on that amount. The tax rate is indicated by the pink dots, and each



district's per-student contribution is represented by a blue bar.

As you can see, the amount each district raises through a 1 percent tax varies widely, with one raising more than \$10,000 per student. Less property-wealthy districts, however, need significant help from the state to reach the minimum.

The state fills the gap between what the district is expected to provide and the predetermined minimum, as indicated with a dark blue bar.

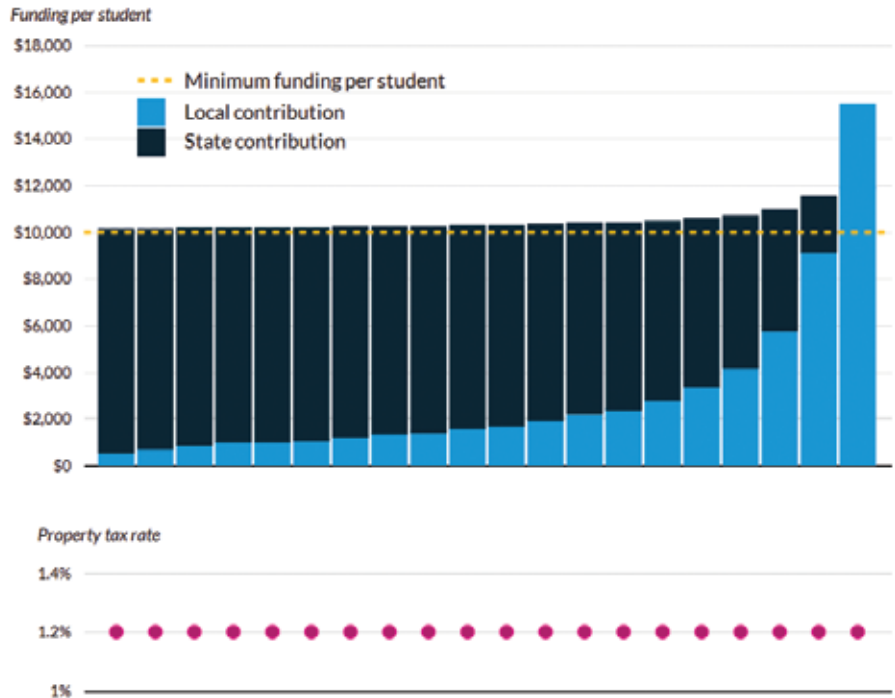
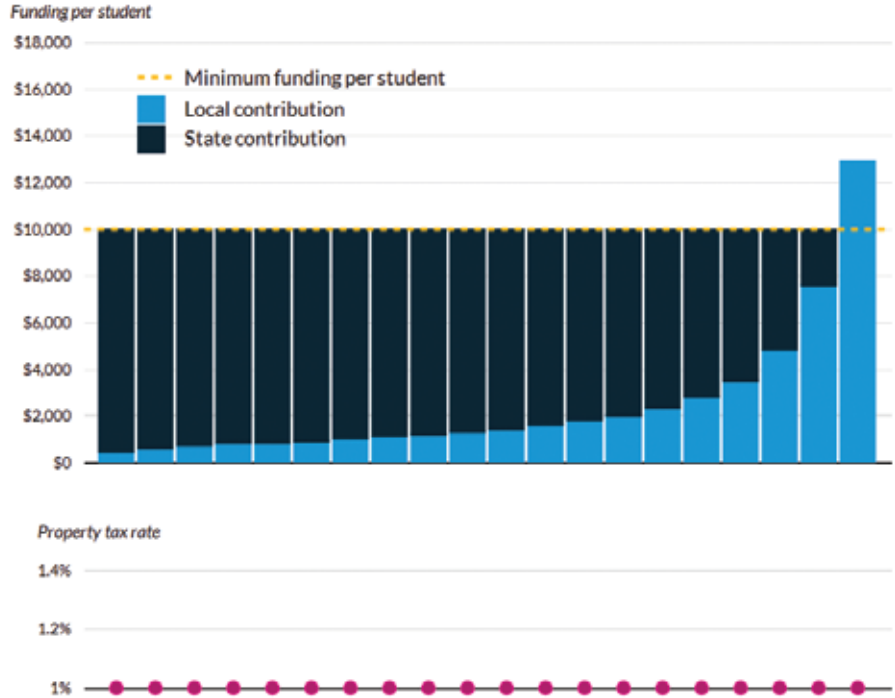
In some cases, districts may not get any foundation funding, because they can meet or exceed the spending minimum on their own. As you'd expect, districts that raise less from local sources get more state funding.

Of course, property taxes are not always the same across districts. What happens when districts make different decisions about their local contribution?

In our example, districts are required by the state to have a minimum 1 percent property tax, but they can opt to tax up to 1.4 percent.

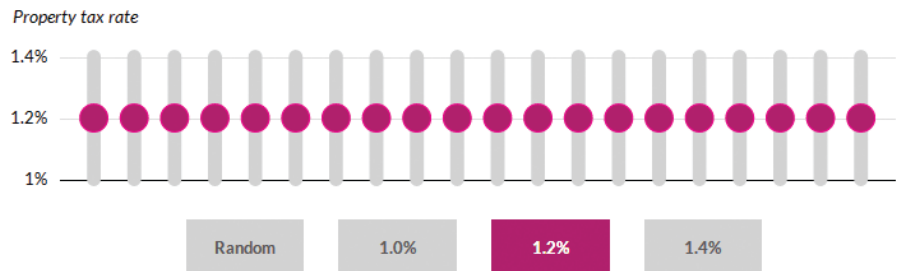
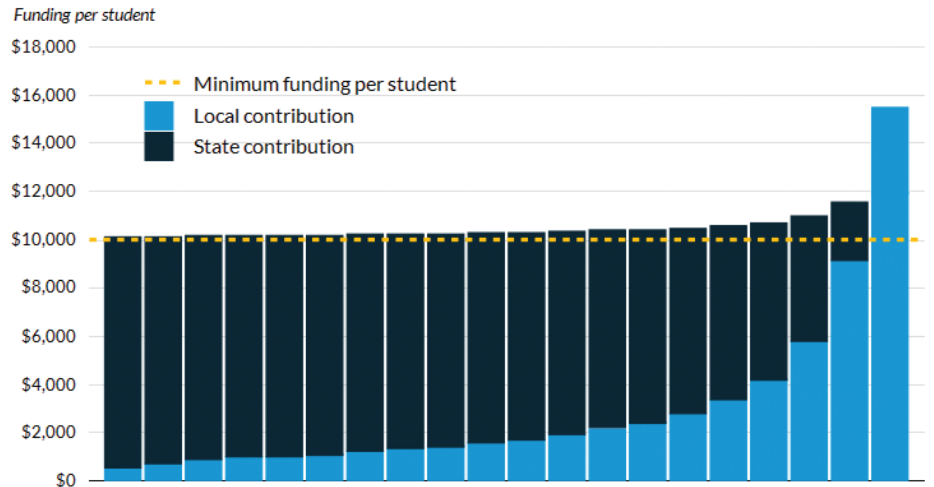
We've modeled what would happen if every district taxed at a higher rate. Critically, the state's contribution remains the same regardless of the district's property tax rate, so any increase in funding comes from the district's local tax base.

As you'd expect, the property-poor districts don't get much additional funding by raising the property tax, but property-wealthy districts can raise a lot more. Still, every district is exceeding the minimum at this higher tax rate.



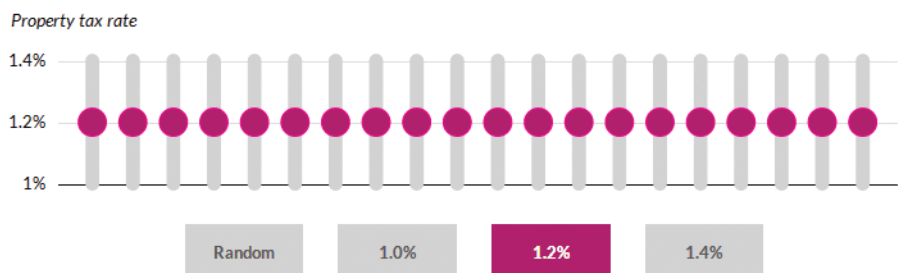
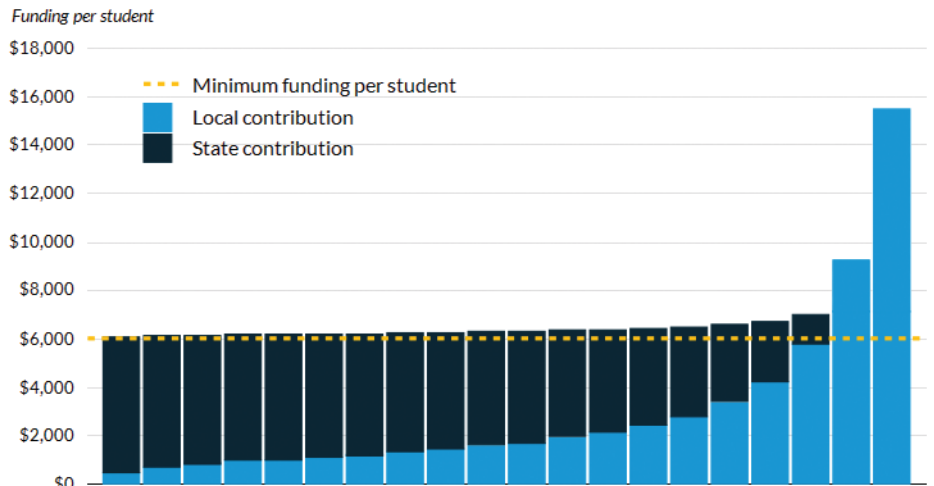
Using the sliders and buttons to the right, you can model what happens as districts change their property tax rates. Changes make a bigger difference for the property-wealthy districts, though the property-poor districts will never be far above the \$10,000 threshold.

This approach to funding can mean that the property-wealthy districts spend more per student than the property-poor districts. However, it also ensures that every district has at least \$10,000 per student. That is, as long as the state can afford its contribution.



But what if a state isn't able to fulfill its commitment to districts? Here, we've modeled what would happen if a state, facing a budget constraint, was forced to lower the minimum funding level to \$6,000 per student. The curve is more pronounced now, with the property-wealthy districts far outspending the property-poor districts.

Foundation funding can minimize differences in spending across districts when states can afford to provide large grants. Since that is not always the case, however, some states use additional mechanisms to try to account for differences in districts' property wealth.



Guaranteed Tax Base: States Balance Local Contribution

Some states' formulas equalize not just access to a minimum level of funding, but also the revenue generated at a given tax rate. This approach, sometimes called power equalization, allows each district to tax and spend as if it had the same local property tax base, thereby eliminating the inequities that foundation funding can produce.

The guaranteed tax base approach promises districts a consistent amount of money for their tax effort. Rather than ensuring a minimum overall funding level, the state instead commits to providing a minimum amount for each percentage of property tax regardless of how much district tax revenue is actually raised by that tax.

In our example, the state guarantees each district \$6,000 per student per 1 percent tax. This means that in a district where that tax rate yields \$1,000 per student, the state will contribute \$5,000. At a 1 percent tax rate, this looks similar to the foundation funding model, with all but the most property-wealthy districts spending \$6,000 per student.

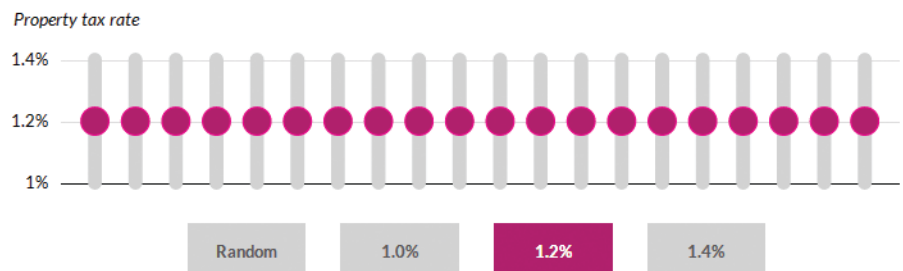
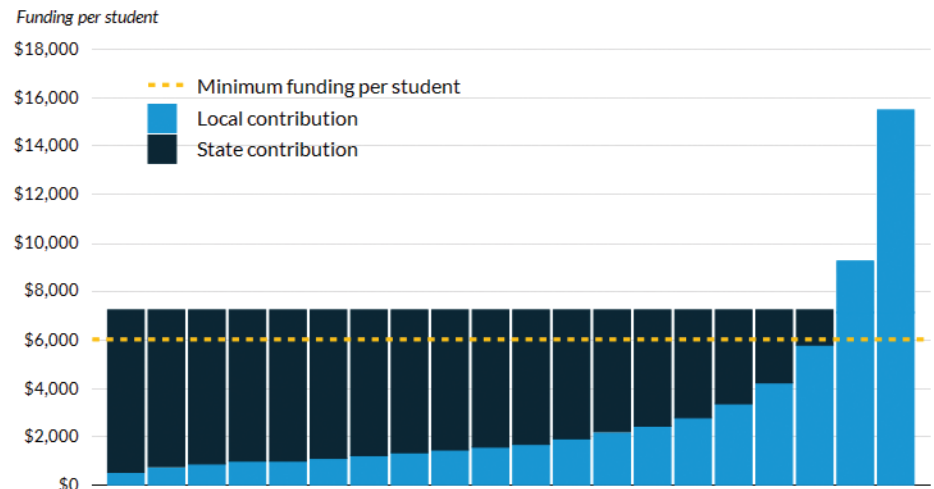
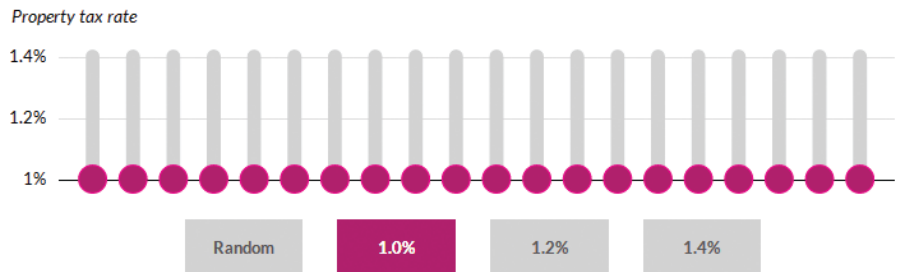
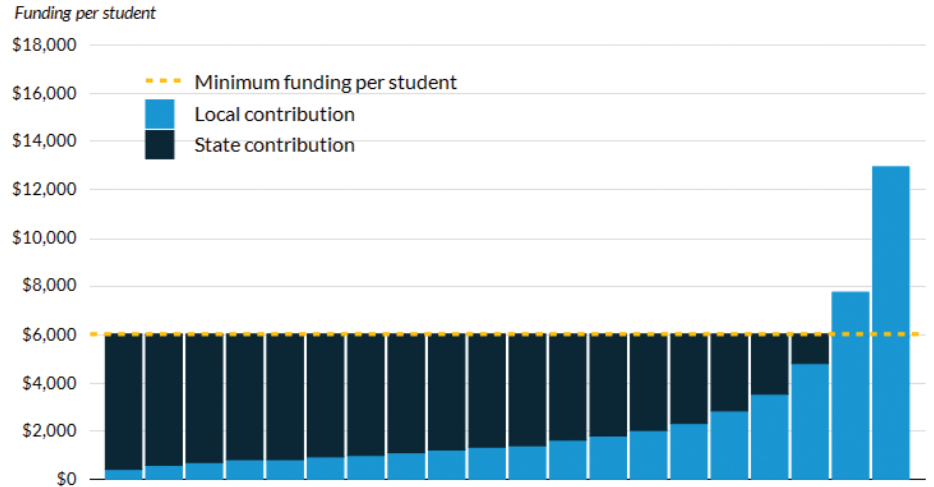
At a higher tax rate, however, the pattern changes. Whereas with a pure foundation grant, the more property-rich districts exceed the minimum by more than their property-poor counterparts, with a guaranteed tax base, all except the most property-rich districts exceed the minimum by the same amount. That is, a 0.2 percent increase in property taxes generates the same financial boost in almost every district, regardless of the tax base.

Districts that could previously only raise small amounts of revenue from property taxes can now raise substantially more with the guarantee that the state "match" their effort.

Property-poor districts now have an incentive to raise local taxes, since each additional dollar of local money raised yields more money from the state.

This model also ensures that all but the wealthiest districts remain relatively equal. Because the state guarantees \$6,000 per student per percent property tax, districts that tax at the same level will always have the same amount of money per student.

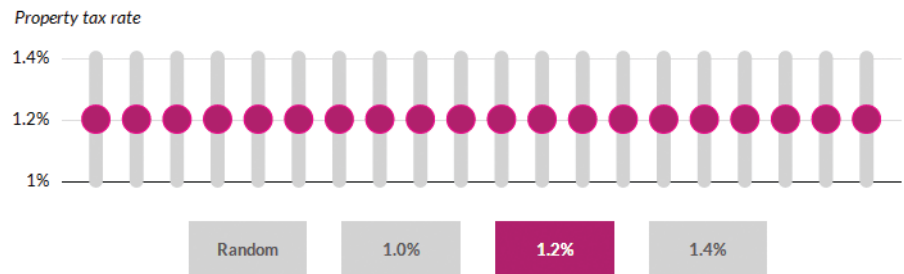
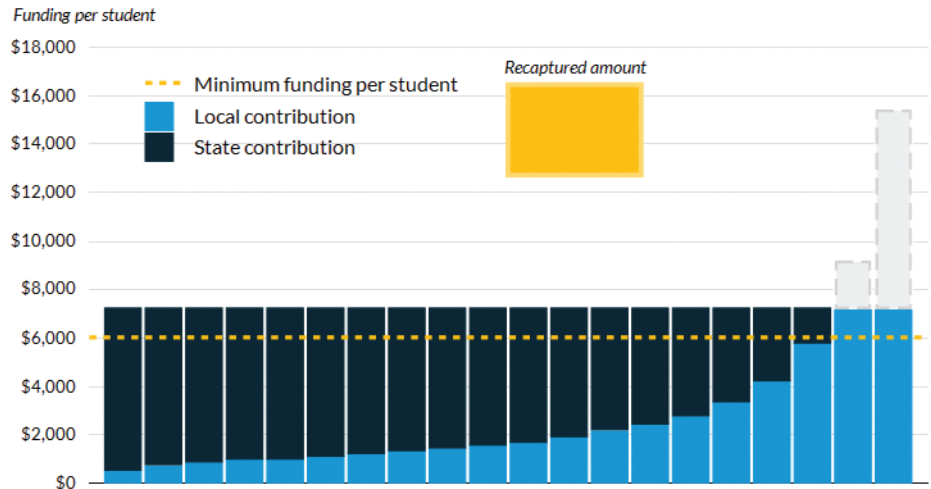
Of course, the districts that don't need a state contribution can still raise well above the minimum—but some states have found a way to control for this, too.



In both the foundation and guaranteed tax base models, some districts do not receive any state aid because their property wealth per student is higher than the minimum level established by the state.

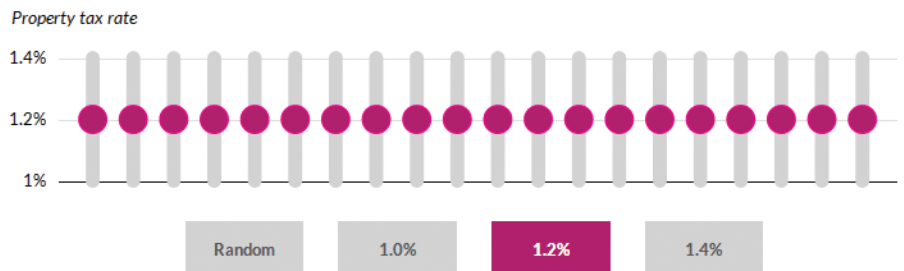
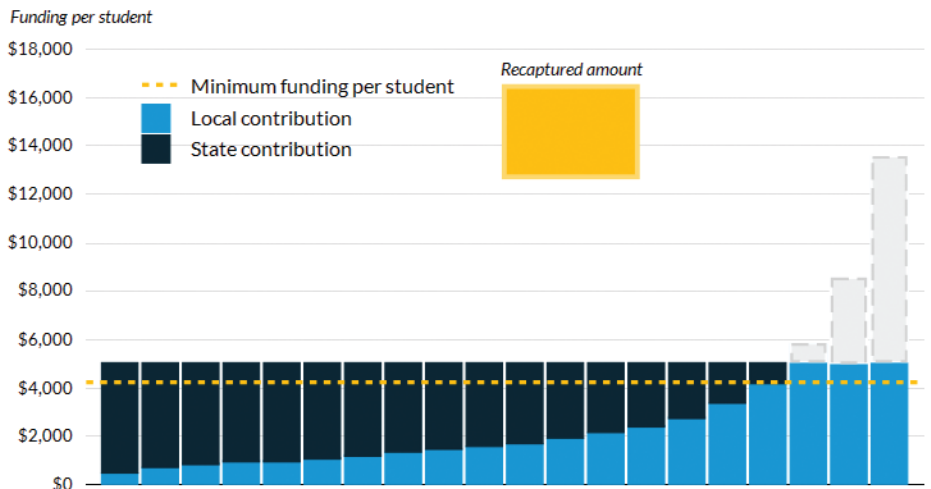
Some states let the districts keep these funds, but other states choose to “recapture” this revenue by setting a cap on spending for these unaided districts (indicated in yellow). For example, in our power equalization model, we can decide that any local funds raised above \$6,000 are recaptured by the state.

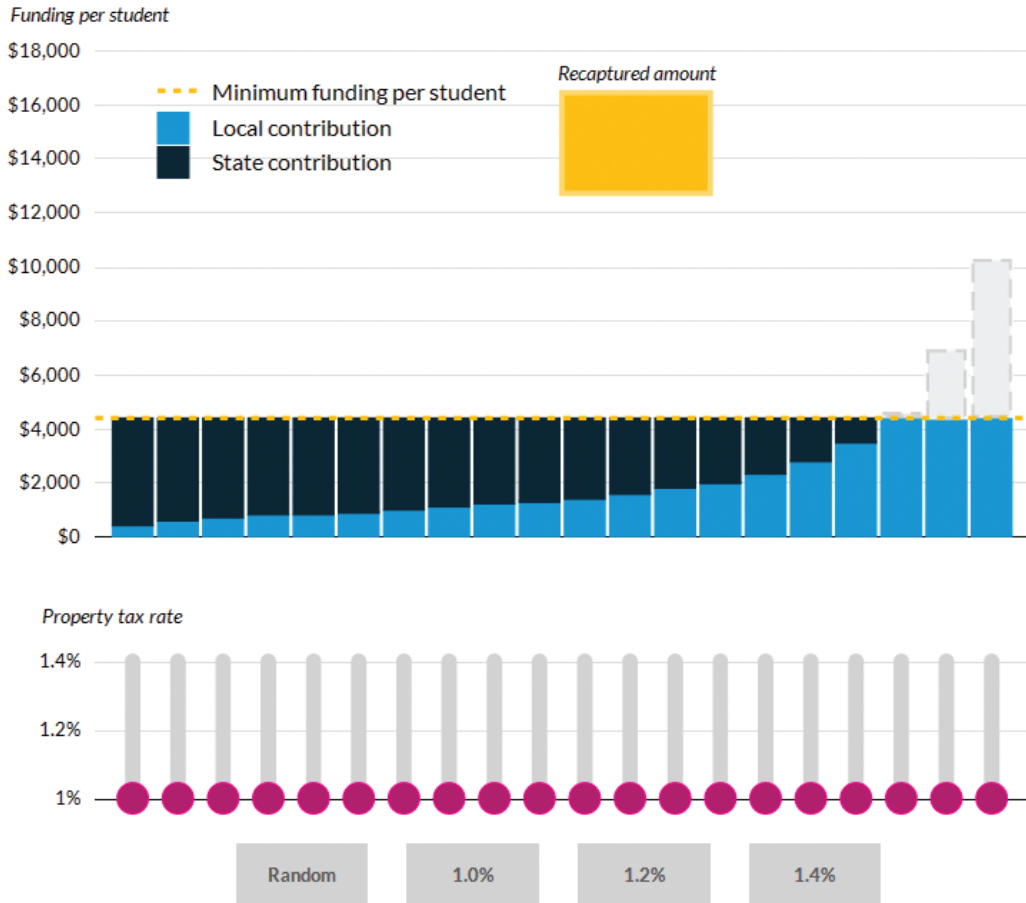
In any state funding model, however, there’s a risk to using recapture.



Those living in a property-wealthy district may have preferences for high spending on education. Under recapture, additional dollars in property taxes would not go to local students, and property values in the district may decline as a result.

(In our model, districts can keep state funding above the minimum, but not local revenue.)





If the state relies on recapture to fund redistribution to property-poor districts, the state may be forced to lower the recapture threshold year after year to continue to raise the same amount of money.

With the lower recapture threshold, property values may decline even further, causing a downward spiral of decreasing thresholds for recapture and subsequent decreasing property values.

Because guaranteed tax base formulas can dramatically change incentives for districts, states that use a guaranteed tax base model sometimes use it in combination with a foundation grant, matching dollars spent above a minimum foundation amount.

Centralized School Finance: States Control Local Contribution

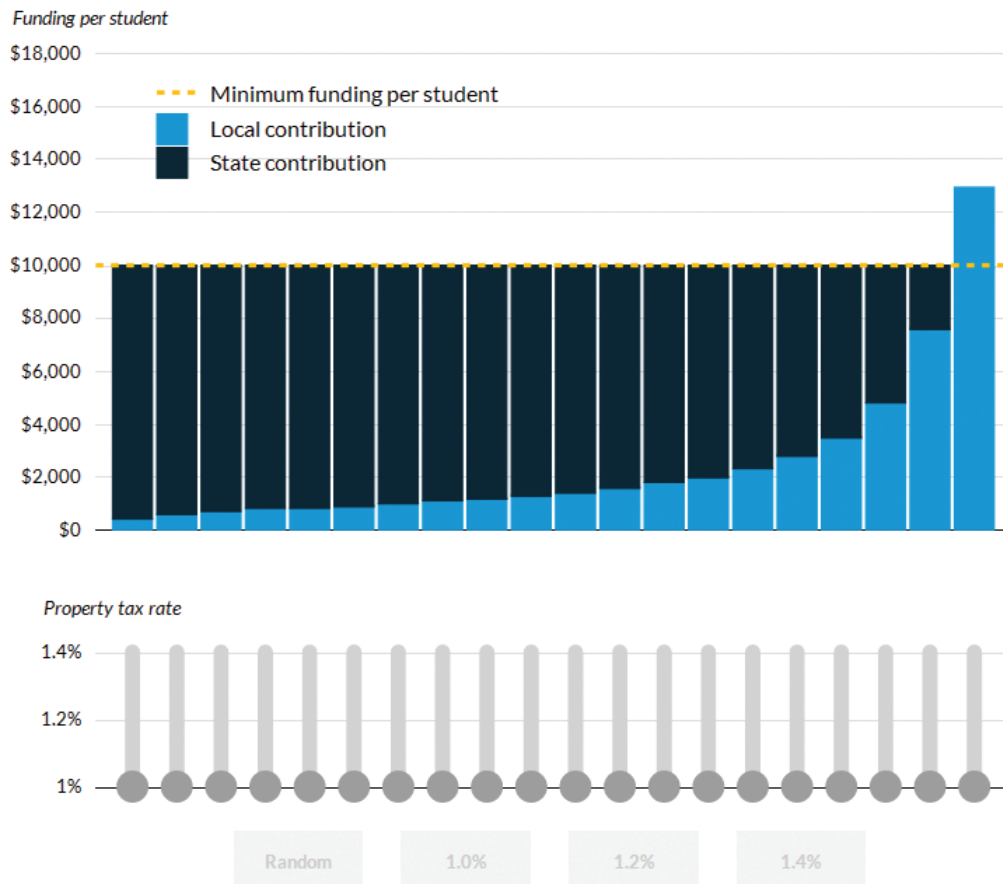
So far, we've seen that states can either guarantee a minimum level of adequate spending or guarantee a minimum tax base for property-poor districts. In each case, districts have some leeway to choose property tax rates to raise required local funding.

Some states have opted for a different path. Rather than trying to outspend rich districts or equalize property values, some states have essentially centralized their school finance system. The state assigns a standard property tax rate for all districts. In return, it guarantees roughly the same per student amount across districts.

In our example, the state sets a standard payment of \$10,000 per pupil, and each district pays a required 1 percent tax.

This model looks like a foundation grant, with the state guaranteeing a certain amount of funding, but with the centralized model, districts can't raise more than the minimum amount.

Just like in the other models, states that use the centralized school finance model have to decide how to treat districts, like our richest district, that can raise more than the standard payment using a 1 percent tax. The state could grandfather in such districts, either temporarily or permanently, or the state could recapture surplus funds.



Accounting for Student Need

In this interactive, we've highlighted three methods states use to distribute state funding to school districts. Although these methods are often tied to property wealth, in many states, the districts with the neediest students are not the ones with the lowest property wealth. In part because of this, most states use additional mechanisms to deliver more funding to districts that have more need, either through the formula or outside of it.

For example, many states “weight” students when running their formula, assigning more weight (and therefore more dollars) to students from low-income backgrounds or to students with special needs when calculating the amount of funding guaranteed by the state. States may also use categorical funding, assigning dollars specifically for certain programs or for spending on specific students.

Because states can provide revenue through other mechanisms, the proportion of state funds distributed through a typical formula grant vary substantially. For example, Arizona and North Carolina distribute roughly 98 percent of total state funding through their formulas, yet Connecticut distributes 38 percent of funding this way, and South Carolina distributes just 24 percent of its funding through a formula.

Whether relying heavily on a funding formula is good for schools and students depends on the state and its goals; there is no one-size-fits-all approach to school funding. States have different aims, different obstacles, and different students, and so must choose the combination of approaches that works best given the situation. ■

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To Know More....

Info About Article: <https://apps.urban.org/features/funding-formulas/>

2018's MOST SINFUL STATES IN AMERICA

Red states and blue states may like to point to one another as the source of all that is wrong with the U.S., but the truth is that each of the 50 states has its own virtues and vices. For example, Vermont has the worst drug use problem. And it certainly comes as no surprise that Nevada is the most gambling-addicted.



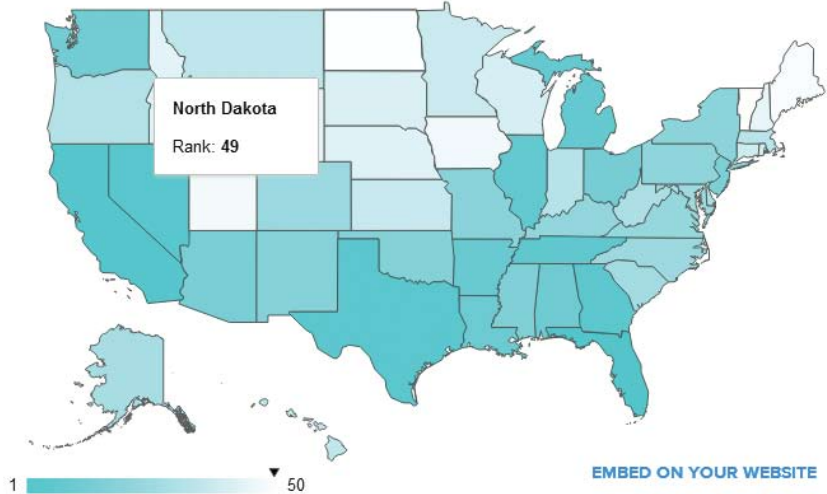
But the cost of state sins is something we have to share as a nation. Gambling alone costs the U.S. about \$5 billion per year. That's nothing compared to the amount of money we lose from smoking, though – over \$300 billion per year. Harmful behavior on the individual level can add up to staggering economic costs on a national scale.

Some states are more well-behaved than others. In order to determine the states that most give in to their desires, WalletHub compared the 50 states across 38 key indicators of immorality. Our data set ranges from violent crimes per capita to excessive drinking to share of the population with gambling disorders. Read on to see the full ranking, insight from a panel of experts, and a full description of our methodology.

WalletHub has also prepared a Mardi Gras Facts - Booze, Floats, Money & More infographic to go along with this report.

1. MAIN FINDINGS

Most Sinful States in America (Total..50+ states)



Florida, California, Nevada, Texas, Georgia, Tennessee, Illinois, Michigan, Arkansas, Louisiana, Alabama, Washington, Ohio, Arizona, New Jersey, Mississippi, Oklahoma, New Mexico, Missouri, New York, Pennsylvania, Kentucky, Virginia, Colorado, North Carolina, Maryland, South Carolina, Alaska, West Virginia, Delaware, Oregon, Indiana, Massachusetts, Montana, Hawaii, Kansas, Minnesota, Connecticut, Rhode Island, Wisconsin, South Dakota, Nebraska, Idaho, New Hampshire, Wyoming, Iowa, Utah, Maine, North Dakota, Vermont

*No. 1 = Most Sinful
 //

ANGER & HATE



JEALOUSY



EXCESSES & VICES



AVARICE



LUST



VANITY



LAZINESS



2018's
MOST
SINFUL
STATES
IN
AMERICA

2. ASK THE EXPERTS

It's not enough just to know where certain problems lie. The important next step is figuring out how to fix them and improve each state's quality of life. For advice on how to reverse some of these bad trends, we asked the following questions to a panel of experts:

1. What makes some states more sinful than others? Laws? Culture?
2. Should sport betting be legalized across the U.S. by the Federal Government? What are the pros and cons of such a move?
3. What are the most efficient measures that federal and state authorities can use to curb the obesity epidemic? Is something like the "soda tax" a valid approach?
4. Given that US hate crimes are on the rise for second straight year, what can be done to reverse this uptick?
5. How can federal authorities combat human trafficking? Is legalizing prostitution a good idea?

experts...
////////////////////



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Associate Professor of Verbal and Visual Arts at the University of South Florida St. Petersburg



MARC HEDRICK

Professional Instructor & Field Experience Coordinator in the Department of Criminal Justice at Ashland University

2018's
MOST
SINFUL
STATES
IN
AMERICA

3. METHODOLOGY

In order to determine the most sinful states in America, WalletHub compared the 50 states across seven key dimensions: 1) Anger & Hatred, 2) Jealousy, 3) Excesses & Vices, 4) Greed, 5) Lust, 6) Vanity and 7) Laziness.

We examined those dimensions using 38 relevant metrics, which are listed below with their corresponding weights. Each metric was graded on a 100-point scale, with a score of 100 representing the highest level of sinfulness. For metrics marked with an asterisk (*), the square root of the population was used to calculate the population size in order to avoid overcompensating for minor differences across states.

Finally, we calculated the overall score, or WalletHub Vice Index, for each state based on its weighted average across all metrics and used the resulting scores to rank-order the cities.

seven key dimensions.....



TOTAL
POINTS:

14.3

ANGER & HATRED
TOTAL POINTS: 14.3

JEALOUSY
TOTAL POINTS: 14.3

EXCESSES & VICES
TOTAL POINTS: 14.3

GREED
TOTAL POINTS: 14.3

LUST
TOTAL POINTS: 14.3

VANITY
TOTAL POINTS: 14.3

****TOTAL POINTS: 14.3****

Sources: Data used to create this ranking were collected from the U.S. Census Bureau, Bureau of Labor Statistics, Federal Bureau of Investigation, Centers for Disease Control and Prevention, Federal Trade Commission, Substance Abuse and Mental Health Services Administration, TransUnion, National Council on Problem Gambling, Corporation for National and Community Service, Esri's Updated Demographics (2017 estimates), Parents For Megan's Law Inc., The Crime Victims Center, U.S. Department of Health & Human Services, Wired, U.S. Equal Employment Opportunity Commission, Gun Violence Archive, Fraser Institute, PornHub, U.S. Department of Commerce, National Center of Education Statistics, The Annie E. Casey Foundation and The Southern Poverty Law Center.

ONLINE LINK TO READ MORE:

<https://wallethub.com/edu/most-sinful-states/46852/>



The Power of Eviction Data: Putting Residential Instability Numbers into Public Hands

Join the Urban Institute for a discussion about a new data source on evictions in the US and its value for community response.

A shortage of affordable rental housing leaves millions of US households struggling to pay rent and avoid eviction. As documented by the sociologist and ethnographer [Matthew Desmond](#) and other housing scholars, evictions destabilize renters' current housing and affect their work, health, education, and future housing options. Preventing eviction can disrupt risky life trajectories that add costs to communities and impede opportunity. As policymakers, practitioners, researchers, and community leaders search for solutions, newly accessible data can catalyze evidence-based decisionmaking and advocacy by those on the front lines of the eviction crisis.



https://youtu.be/9w4h8x_Uh_0

How can communities use these data to improve residential stability for all households? Matthew Desmond, the Pulitzer Prize-winning author of *Evicted: Poverty and Profit in the American City* and a recipient of a MacArthur Fellowship, will speak to his latest research on evictions nationwide. A panel of practitioners and researchers will discuss the implications of the data.

SPEAKERS

- [Matthew Desmond](#), Professor of Sociology, Princeton University
- [Diana Elliott](#), Senior Research Associate, Urban Institute
- [Carlos Manjarrez](#), Director, Office of Data Governance and Analysis, Legal Services Corporation
- [Johanna Shreve](#), Chief Tenant Advocate, Washington, DC
- [Margery Austin Turner](#), Senior Vice President for Program Planning and Management, Urban Institute (moderator)

MATERIALS

- [Agenda](#)
- [Speaker biographies](#)

Featured Speakers



Matthew Desmond



Diana Elliott



Margery Austin Turner

Registration will begin 3:00 p.m. and the program will begin promptly at 3:30 p.m. For questions regarding this event, please contact events@urban.org.

Support for this event is provided by the MacArthur Foundation. For more information on the Urban Institute's funding principles, go to <http://www.urban.org/about/funding-and-annual-reports>. ■

Photo: Tracy Munch looks over her belongings after an eviction team removed all of her family's items from her foreclosed house on February 2, 2009 in Adams County, Colorado. Photo by John Moore/Getty Images.

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To Know More....

Info About Article: <https://www.urban.org/events/power-eviction-data-putting-residential-instability-numbers-public-hands>

STOP DOMESTIC VIOLENCE

DOMESTIC
VIOLENCE

Domestic Violence and Intimate Partner Abuse is a debilitating scourge on our communities. Often, victims are shrouded in cloaks of shame and further abuse, alienation, and harsh judgments. In an attempt to bring awareness to these anecdotes of shame. Throughout the year, Focus on Women Magazine will feature a series of testimonies--- Quilted Voices, Healing Voices. Join us as we shed light on this toxic, noxious, social malady. We ask our readers to feel free to contribute to our tapestry of stories.

All the best,

Joslyn Wolfe

Publisher, Focus on Women Magazine

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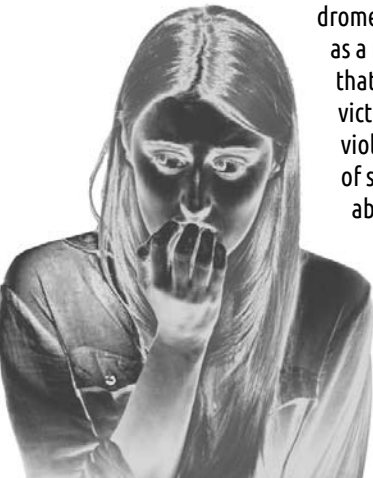
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He Got What He Deserved. Did She? Battered-Woman Syndrome as a Defense for Murder

– Elizabeth Kelly

On February 18, 2008, retired New York City police sergeant Raymond Sheehan stood in his bathroom shaving. Suddenly, he was shot eleven times resulting in his bloody death. The shooter was his wife Barbara Sheehan (Bilefsky, “Wife Who Fired 11 Shots”). Mrs. Sheehan was arrested and tried for the murder of her husband, to which she confessed. The outcome: she walked free (Bilefsky, “Wife Who Fired 11 Shots”). With a confession, how could this be? Mrs. Sheehan was acquitted of Raymond’s murder using the defense of battered-woman syndrome (Goldman, “Wife Shoots Cop Husband 11 Times”).

Battered-woman syndrome (BWS) is defined as a mental disorder that develops in victims of domestic violence as a result of serious, long-term abuse (“Battered Women’s Syndrome”). BWS is characterized by the victim’s inability to leave the abusive situation because of a



seemingly irrational fear of their abuser, continuing the cycle of abuse (“Battered Women’s Syndrome”). Battered-woman syndrome is relatively new to the psychological community and criticized when used in legal proceedings because of the gravity of a murder charge. But murder is a capital offense, punishable by death, which makes an adequate defense a necessity. Although some believe that BWS reinforces sexist beliefs about women, BWS should be a viable legal defense when abuse sufferers kill their abuser because the sufferer acted in self-defense to escape prolonged abuse, self-defense laws can be discriminatory towards women, and lastly, abused women should be rehabilitated instead of punished by the judicial system.

According to the National Coalition Against Domestic Violence (NCADV), one in four women and one in seven men in the U.S. have suffered severe physical abuse at the hands of a partner (NCADV, “Statistics”). This number almost guarantees that at any given moment, everyone in the U.S. knows a victim or could be the victim

of abuse. With this statistic, one would think there would be thousands of abuse reports filed with the police, but this is not the case. In fact, only 29% of women who experienced a form of stalking or physical violence from a partner reported it (The National Domestic Violence Hotline, “Statistics”). But “[e]very year, almost 500 battered woman murder their abusive spouses or partners,” (Wright, 76) many claiming self-defense as battered women.

For example, Mary Winkler successfully used BWS as a legal defense after shooting her husband Matthew, while he lay sleeping. She claimed she had been abused for years, even though on that particular night, she was not in imminent danger (Wiehl, “Is ‘Battered Woman’s Syndrome’”). Although Winkler, Sheehan, and women in their position are said not to be in imminent danger, they believe they are because of how BWS affects their perception of the abusive situation. Many abused women cannot leave their abusive situation for a multitude of reasons. “[B]attered women frequently suffer other forms of abuse as well, such as humiliation, denial of power, name calling, sexual abuse, threats of violence, and deprivation of food, sleep, heat, shelter and/or money” (Wright, 76). All of these reasons contribute to the sufferer’s helplessness in leaving their abuser and their perception is the only way to defend themselves is to kill their abuser before their abuser kills them. They may not have the resources to actually leave with little access to money, transportation, or contact with friends or family. “They are often trapped by their abusers, who isolate them from family and friends who might otherwise provide them with assistance and support in leaving. They are frequently trapped by poverty, making retreat from the abusive situation a financial impossibility. And they are virtually always trapped by unremitting violence, which not only batters them physically but emotionally as well, making leaving the abusive situation a psychologically unrealistic option” (Wright 76).

In their current state, many self-defense laws are “argued to be discriminatory” against women (Terrance, 924). “Self-defence was based on the notion of two men of roughly equal size and ability engaging in a fistfight. The reality of women’s lives was not considered in the creation this defence, thus making it difficult for women to use it effectively in domestic abuse situations”

(Parfett, 65). With laws created with only men in mind, women are not considered and protected as they should be. The concept of imminent danger discussed above is one example of discriminatory practice. “As such, it has been argued the self-defense doctrine does not take into account the cumulative effects of repeated violence, or the prediction of violence in the future” (Wright, 927). Another example of discriminatory practice is the legal system’s use of an “objective standard of reasonableness” (Wright, 930).

In the law, an objective standard of reasonableness means what a reasonable person would do in that situation. The objective standard of reasonableness does not apply to the sufferers of BWS because their knowledge that danger could arise at any second makes them lash out at a seemingly a random time. If a jury were asked if they, as “reasonable people,” feel threatened by a man down the hall in the bathroom shaving, they would answer “no.” For Barbara Sheehan the answer was “yes” due to the twenty years of horrific abuse by that same man. By holding battered women to this objective standard of reasonableness, jurors are prevented from understanding the perceptions of the relentlessly abused.

Lastly, these women are victims. For states to criminalize ending their victimhood only protects the abuser and potential abusers. Instead of punishing these women, courts should mandate counseling to aid their rehabilitation. Programs such as Helping to Overcome PTSD through Empowerment (HOPE) have been implemented in domestic abuse shelters to help battered women recover from their abusive situations (Johnson, “Hope for Women with PTSD”). Battered-woman syndrome is listed as a subset of Post Traumatic Stress Disorder (PTSD) in the Diagnostic and Statistical Manual of Mental Disorder IV (DSM-IV) (“A PTSD Subcategory: Battered”). Treatments such as HOPE help battered women recover using cognitive behavioral therapy to improve stabilization and safety. A study done by Dawn Johnson, the creator of HOPE, to test the effectiveness of the treatment found that women responded positively toward the principles of HOPE and felt it would help in their rehabilitation (Johnson, “Hope for Women with PTSD”). This positive response toward the therapy shows that battered women can improve their mental state and their lives and should be given the chance to do so. The courts should not punish these women for fighting the criminals the courts are supposed to pursue.

Not everyone is in favor of using BWS as an affirmative defense. While some say the law surrounding domestic abuse and self-defense is biased against women and BWS can overcome that bias, others say battered-woman syndrome is actually anti-female. BWS is argued to reinforce sexism that exists in law by allowing women to be held to a different standard of accountability than men. "It reinforces the stereotype of the passive, helpless woman, who cannot be expected to meet the standards of personal responsibility that would be expected of any man" (Parfett, 74). However, battered-woman syndrome does not hold women to a different standard than men, rather it holds a victim of prolonged abuse to a different standard than someone who has not been psychologically or physically tortured. People who have not been abused can be held to a standard of reasonableness while victims of abuse cannot. BWS does not reinforce stereotypes about women, instead it sheds light on the reality of abuse.

Battered-woman syndrome should be a viable legal defense for abuse-victims who kill their abuser. While attacked as perpetuating stereotypes, this critique is irrelevant because BWS does not compare men and women, rather the abused and the not abused. Battered-woman syndrome should be an admissible legal defense because the sufferer acted in self-defense to escape prolonged abuse, self-defense laws can be discriminatory towards women, and finally, abused women should be rehabilitated instead of punished by the courts. Although Barbara Sheehan was able to use the BWS defense successfully, the Queens District Attorney's statement after the verdict illustrates the uphill legal battle abused women face. Attorney Richard Brown said, "victims of domestic abuse should seek help through the legal and social services systems, not through violence" (Ali, "New York Court Clears Woman of Murder"). Mr. Brown's statement exemplifies ignorance when it comes to seeking help from domestic violence, especially the Sheehan case. Ms. Sheehan's husband was a police officer. How could she have gone to the police when her husband was the police? According to a study conducted by the Police Foundation in Detroit and Kansas City, in half of domestic homicide cases, law enforcement was contacted by the abused woman at least five times before she murdered her abuser (McCray, "When Battered Women Are Punished"). Mr. Brown says women should contact the police to stop the abuse, but clearly contacting the police does not stop the abuse at least half the time. Therefore without the BWS defense, many women like Barbara Sheehan could not receive justice. //

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No Where to Turn

By Tangina Ann



(www.tanginaann.com)



When we first met and moved in for the first year or so everything was great. At last I found my best friend. Going home after work to someone who you can talk to and do things with was a dream come true. We decided to get married and for the first six months everything seemed ok with the exception that he was spending money that he could or would not explain where it was all going. It was not just a few dollars it was like \$300 to \$2000 a month. When I pushed him about it, he said something I never thought I would hear come out of his mouth and that was “It is my money and it is none of your business what I do with it.” Well I said, “Ok” you want to play that game let’s go..... Go where” he asked? “You’ll see.” I was paying

most of the bills except for \$50.00 I left out for food and gas for work. I was trying to help him build up his business account and only asking for the difference that I needed to pay the bills. I stopped paying anything since everything was in his name, I let him pay them with his money and I’ll keep my money and save it up. It didn’t take long for him to figure out that he didn’t have as money to waste on whatever then he used to. In the meantime, he started drinking on Sunday all day and not just beer. He would drink whisky and boy did he get mean. The name calling and threats to divorce me and threats to make me homeless started from sun up to sun down. I didn’t know it then but that was just the beginning. I found myself wondering, “Where did that man go to who I married?” As the years went on, he got worse especially on the days he was off. He would drink from the time he got up until he went to sleep. One day we were sitting on the couch and out of nowhere he got mad and I had no idea what I said or did to make him go off like that but he told me to go get the check book because he was going to give me my half and I needed to leave. I went to get him the check book and he came up to me as if to reach for the check book and grabbed both of my hands and held me in place and kneed me in the chest and then took my keys and my

cell phone and refused to let me leave. He threatened that if I tried to leave, he was going to kill me and indicated that if I left and went to the neighbors for help, they would meet the same fate as I did. I had my daughter wrap me in an ace bandage and I had to do that for at least two months before I could go without it. He used threats to keep me from telling. When I did call the police, he would threaten to kill me, the police, and himself. He at least one time told them that he was in the military and indicated that his drinking and his outbursts of verbal and or physical violence was due to PTSD. The police man asked me about it and I just told him I had no idea why he is behaving like he is. He suggested that me and the kids leave and give him time to calm down and we did but when I got home there was a brown rifle laying on my jewelry box where he was sitting near waiting for me to come home. His heavy drinking made it impossible for him to wait up and this happened multiple times. When I said something to him about it, he just said, “You called the police on me.” I said, “Keep your hands to yourself and I won’t have to call the police.” Things like this went on for over 19 plus years. I made plans to leave him a couple of times without his knowing what I was doing like in 2014, but he got hurt at work and I stayed to help him. I got trapped back into this bad situation. I can go on and there is a lot more to this story but you got the picture. It isn’t as easy as one might think to get away. Public opinion in my experience is not on the victim’s side. These people are master manipulators. Lying comes easy and is second nature to them. They can charm the pants off someone and make you feel like it was all your fault when something goes wrong. After checking for the reports years later I could only find where only one report that was ever was filed, though he had assaulted many others. Now That’s got to Change. ■





7 LESSONS FROM 10 YEARS OF COACHING PEOPLE THROUGH DEPRESSION AND HEARTBREAK

WRITTEN by MARC CHERNOFF // 5 COMMENTS

There are wounds that never show on our bodies that are deeper and more hurtful than anything that bleeds. Depression and heartbreak are two such wounds. I know, from experience.

About a decade ago, in quick succession, Angel and I dealt with several significant, back-to-back losses and life changes, including: losing Angel's brother, Todd, to suicide, losing our mutual best friend, Josh, to cardiac arrest, and losing our home in the downturn of the economy. The pain inflicted by each of these experiences was absolutely brutal, and enduring them one after another broke our hearts and knocked us both into a moderate state of depression. There was a long stretch of time when we shut out the world, shut out each other, and avoided our loved ones who were grieving alongside us.

Luckily, with the right support, and the gradual restoration of our inner resolve, we pushed forward, stronger and with a greater respect for life. And while there were many intricate steps to our recovery process that I'm leaving out here, the outcome of our journey ultimately led us to the work we do today, over a decade later. Through our course and coaching we have spent the better part of the past ten years leveraging our lessons learned to guide amazing human beings through the process of coping with significant bouts of depression and heartbreak (and other forms of adversity). The work has been anything but easy, but it's also been incredibly rewarding and life-changing—it has undoubtedly been the most significant silver lining of the painful losses and life changes we were forced to endure.

This morning Angel and I were interviewed on a national radio station about our brand new book, *Getting Back to Happy: Change Your Thoughts, Change Your Reality, and Turn Your Trials into Triumphs*. Near the end of the interview the radio talk show host asked the most sweeping question imaginable:

What have you learned over the past 10 years from coaching people through depression and heartbreak?

We answered the question as best as we could, and tried to give decent insights with the time allotted. But we were off-air a minute or two later. So, the truth is we barely had enough time to graze the surface of such a complex and personal topic. But over the past few hours Angel and I have actually enjoyed thinking more deeply about it. In fact, we spent the entirety of our lunch break today having a very open and candid conversation about what we have learned from both our own depression and heartbreak, and the lessons that emerged afterwards from coaching others through these painful states of mind. I took some notes while we chatted, and I'd like to share them with you.

While Angel and I are certain there's no "one size fits all" kind of advice for depression and heartbreak, there are some very important general principles that apply to most people who are presently suffering. The reminders below, then, aren't universal clarifications, but simple guidelines that will hopefully give you a general starting point for supporting yourself or someone you love through the process of coping with depression and/or heartbreak.

1. DEPRESSION IS NOT A STATE OF MIND YOU CONSCIOUSLY OR LOGICALLY CHOOSE.

Being depressed is kind of like being lost deep in the woods. When you're lost deep in those woods, it might take you some time just to realize that you're lost. For a while, it's easy to convince yourself that you've just wandered off the path—that you'll find your way back any moment now. Then night falls, again and again, and you still have no idea where you are, and although it's agonizing to admit, you begin to realize that you've disoriented yourself so far off the beaten path, so deep into the thick of the woods, that you can't even tell which direction the sun rises or sets from anymore. You're not choosing to be where you are, but you can't see a way out. That's how depression felt to me when I was struggling through it a decade ago.

Depression is one of the most helpless and tiring emotional experiences a person can live through. Sometimes it's feeling totally disoriented, sometimes it's feeling completely hopeless, and sometimes it's feeling absolutely nothing at all. There are times when depression can leave you feeling dead inside, incapable of moving and doing the things you used to enjoy. No one chooses to be depressed, and no one can turn it off or on in an instant whenever they feel like it. It's a state of mind that must be coped with and healed one tiny step at a time over the long-term.

2. DEPRESSION IS NOT SIMPLY A DEEPER STATE OF HEARTBREAK OR SADNESS, AND IT'S OFTEN MISUNDERSTOOD.

Heartbreak can be a trigger for depression, but depression is something altogether different. Depression isn't rational or emotional—it isn't a straightforward response to a tough situation. Depression just IS, like December's weather in Seattle. It lingers, and it's hard to wrap your mind around if you haven't experienced it.

Some people may imply that they know what it's like to be depressed simply because they have gone through a divorce, lost a job, or lost a loved one. While these tough life situations can lead to depression, they don't create depression by default. In most cases these experiences carry with them strong emotional feelings (a key side effect of heartbreak). Depression, on the other hand, is often flat, hollow, and insufferable—literally sapping a person of emotion, hope and reason.

You don't feel like YOU. You don't even feel human. You're disheartened and paranoid and humorless and lifeless and desperate and demanding, and no reassurance is ever enough. You're frightened, and you're frightening, and you're "not at all like yourself but will be better soon," but you know you won't.

Here's a chilling quote from *Infinite Jest* by David Foster

Wallace that brings this point home:

"The so-called 'psychotically depressed' person who tries to kill herself doesn't do so out of quote 'hopelessness' or any abstract conviction that life's assets and debits do not square. And surely not because death seems suddenly appealing. The person in whom 'Its' invisible agony reaches a certain unendurable level will kill herself the same way a trapped person will eventually jump from the window of a burning high-rise.

Make no mistake about people who leap from burning windows. Their terror of falling from a great height is still just as great as it would be for you or me standing speculatively at the same window just checking out the view; i.e. the fear of falling remains a constant. The variable here is the other terror, the fire's flames: when the flames get close enough, falling to death becomes the slightly less terrible of two terrors. It's not desiring the fall; it's terror of the flames. And yet nobody down on the sidewalk, looking up and yelling 'Don't!' and 'Hang on!', can understand the jump. Not really. You'd have to have personally been trapped and felt flames to really understand a terror way beyond falling."

3. BEING LOVED WHEN YOU ARE DEPRESSED FEELS LIKE A MASSIVE BURDEN.

"**I don't want** to see anyone. I lie in the bedroom with the curtains drawn and nothingness washing over me like a sluggish wave. Whatever is happening to me is my own fault. I have done something wrong, something so huge I can't even see it, something that's drowning me. I am inadequate and stupid, without worth. I might as well be dead."

That quote from Margaret Atwood's novel, *Cat's Eye*, reminds me of the desperate loneliness and isolation one feels when depressed. But even though depression makes you feel hopelessly alone, that's often exactly what depression motivates you to seek—more isolation. People suffering from depression typically get anxious with feeling like they're a burden on their loved ones. This causes them to isolate

themselves and push away the very people they need.

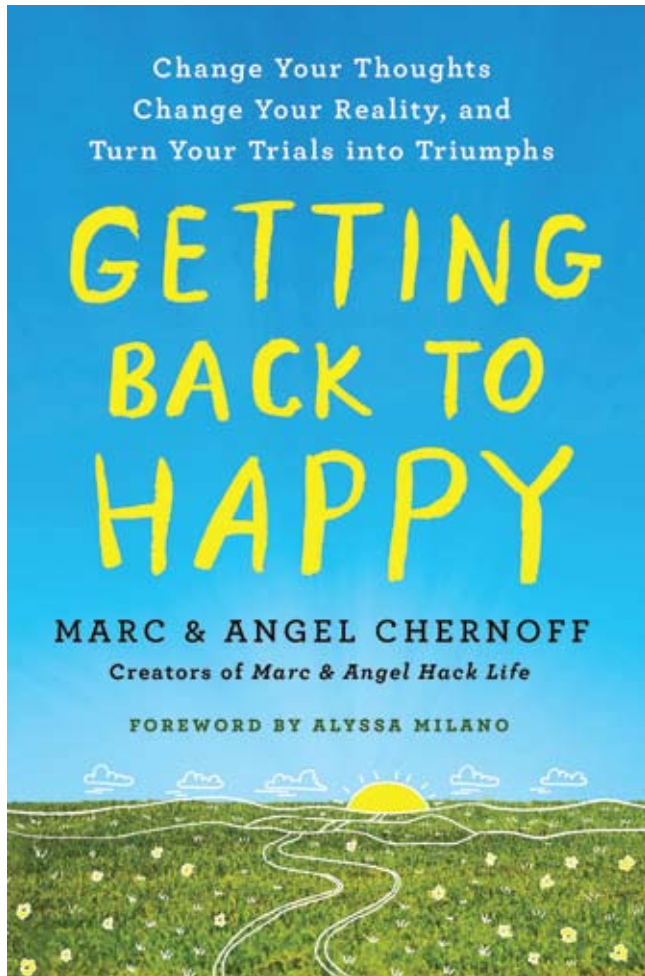
So, if someone you love becomes distant through their depression, just do your best to remind them as often as possible that you're still nearby, but don't force them to socialize or talk about their feelings if they don't want to. Be patient. Ease into it. Introduce plenty of small opportunities to create informal one-on-one time when you can break them out of their routine, even if it's just for a few minutes. Reach out to them at random intervals. Just be a present, living reminder that they are not alone.

4. DEPRESSION AND HEARTBREAK CAN BOTH EXHAUST THE HUMAN SPIRIT.

Relentless exhaustion is a common side effect of both depression and severe heartbreak. Just getting out of bed in the morning can be an overwhelming and excruciating experience. Also, someone suffering from these states of mind may feel OK one moment and then completely depleted the next, even if they're eating right and getting plenty of sleep. This can result in them canceling plans, departing get-togethers early, or saying no far more often than usual. These choices aren't personal attacks on friends and family—it has nothing to do with anyone else. These are just some of the prevalent side effects of working through severe mental anguish.

Again, if you love someone who is presently suffering,

remind yourself that a human being can only give to others what they themselves have. Remind yourself that depression, and to a lesser degree, heartbreak, can take almost everything away. All your actions and words should come from a place of love, but that doesn't mean your depressed or heartbroken loved one will always be loving in return, and that's OK. When you do not take things personally, you liberate yourself—you open yourself to loving someone who truly needs you, freely, and without letting needless expectations get in the way of the immeasurable amounts of love you are capable of giving.



5. WHEN YOU'RE DEPRESSED OR HEARTBROKEN, THE CLASSIC CLICHÉS NEVER HELP.

“Time heals wounds.”

“It’s not that big of a deal.”

“You just need some fresh air.”

“It’s time to move on”

It’s super easy for people to say “positive” things like that with the best of intentions, but when you’re suffering from depression or severe heartbreak these kinds of clichéd phrases often come across the wrong way—thoughtless, empty, and essentially worthless.

In most cases clichés like these don’t address reality and only agitate the anxiety within, making a depressed or heartbroken person wish they were alone. It’s like trying to strap a two-inch Band-Aid on a foot-long, gaping wound.

So, if given the chance, what can you say instead? Again, there’s no “one size fits all” answer. Just do your best to be sincere and supportive.

Here’s a rough idea of what I might say (maybe not all at once):

“I love you, and I’m not the only one. Please believe me. Please believe that the people who love you are worth living for even when you don’t feel it. Strive to re-visit the good memories your depression (or heartbreak) is hiding from you, and project them into the present. Breathe. Be brave. Be here and take today just one tiny step at a time. Exercise because it’s good for you even if every step weighs 900 pounds. Eat when food itself sickens you. Reason with yourself when you have lost your reason. I’m here now, and I’ll be here tomorrow too. I believe in you. We are in this together.”

And then I’d give them a long, silent hug.

6. HEARTBREAK CAN BE A HEALTHY ANCHOR FOR HEALING AND LIVING WELL IN THE LONG RUN.

While depression disconnects us from our human emotions, and therefore must be carefully addressed, heartbreak by itself can actually help us move through our emotions. Heartbreak is never a pleasant experience, but it can be a healthy one when it’s internalized in a healthy way. In fact, as human beings we sometimes get used to the weight of our heartbreak and how it holds us in place. Angel once told me, “My brother, Todd, will die over and over again for the rest of my life, and I’m OK with that. It keeps me closer to him.” This was Angel’s way of reminding me that heartbreak doesn’t just break you down and disappear. Step-by-step, breath-by-breath, it becomes a part of you. And it can become a healthy part of you too—an anchor that keeps you grounded.

When it comes to the heartbreak of loss, although you may never completely stop grieving, simply because you never stop loving the ones you’ve lost, you can effectively

leverage your love for them in the present. You can love them and emulate them by living with their magnificence as your daily inspiration. By doing this, they live on in the warmth of your broken heart that won’t fully heal back up, and you will continue to grow and experience life, even with your wounds. It’s like badly breaking an ankle that never heals perfectly, and that still hurts when you dance, but you dance anyway with a slight limp, and this limp just adds to the depth of your performance and the authenticity of your character.

Truth be told, the wisest, most loving and well-rounded people you have ever met are likely those who have been shattered by heartbreak. Yes, life creates the greatest humans by breaking them first. Their destruction into pieces allows them to be fine-tuned and reconstructed into a masterpiece. Truly, it’s the painstaking journey of falling apart and coming back together that fills their hearts and minds

with a level of compassion, understanding, and deep loving wisdom that can't possibly be acquired any other way.

Angel and I have worked one-on-one with hundreds of these incredible people over the past decade, both online and offline, through various forms of coaching, side projects, and our live annual conferences. In many cases they came to us feeling stuck and lost, unaware of their own brilliance, blind to the fact that their struggles have strengthened them

and given them a resilient upper hand in this crazy world. Honestly, many of these people are now our biggest heroes. Over the years they have given us as much, if not more, than we have given them. And they continue to be our greatest source of inspiration on a daily basis.

7. PAINFUL HARDSHIPS OFTEN LEAD TO POST-TRAUMATIC GROWTH.

To piggyback off the previous point, I want to briefly mention an emerging field of psychology called Post-Traumatic Growth which has proven that we as human beings are able to use various forms of hardships (including those that lead to severe heartbreak and even mild to moderate depression) for substantial intellectual development over the long-term. Specifically, researchers have found that hardships can help us grow our contentment, emotional 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. With the right support and healing practices in place, we gradually gain the ability to see things with a fresh set of beginner's eyes again, which can be extremely beneficial to our personal growth.

Here is an excerpt on Post-Traumatic Growth from our new book:

"We need to remember that all of us can heal through hardships, and many of us are even catapulted onto a more meaningful, motivated path after experiencing one. Growth through hard times is far more common than most of us realize. The challenge is to bring awareness to the opportunity presented by these kinds of unexpected and undesirable events. Afterward, we need hope. In the aftermath of in-

tense pain, we need to know there is something better—and there almost always is. A traumatic experience is not simply a painful experience to be endured. Instead, it can be incredibly life changing by motivating us to evolve in the best ways possible.

It isn't an easy journey, but most of us have the mental and emotional capacity to emerge from our hardships—even severe ones—stronger, more focused, and with a better perspective on life. In numerous psychological studies of people who have suffered traumatic hardships, about 50 percent of them report positive changes in their lives as a result of their negative experiences. Some changes are small (more appreciation for the average day, for example), while others are so seismic that they propel them onto totally new and rewarding life paths. The bottom line is that the most painful things that could possibly happen to us can be pivotal circumstances of great opportunity. Hardships often push us to face the reality of life's impermanence, to appreciate our limits, and to find more meaningful understandings of who we are and how we want to spend the rest of our lives."

YOUR TURN...

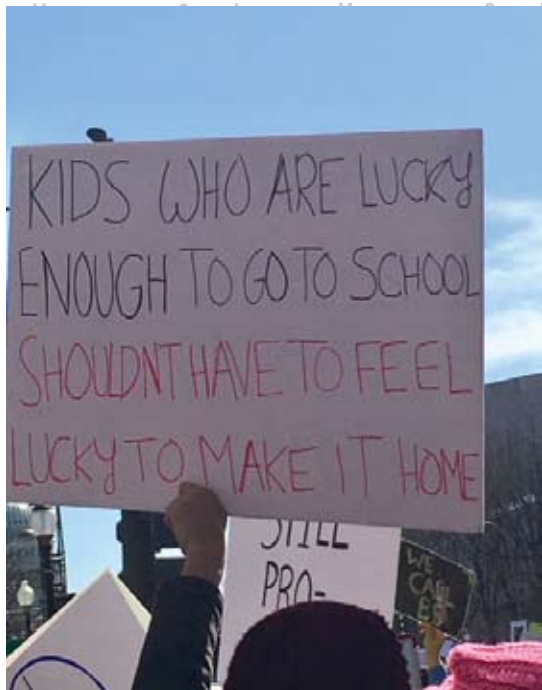
If you have personal experience with depression and/or heartbreak, have ever helped a loved one cope with either, or if you have something to add to the list above, Angel and I would love to hear from YOU.



ONLINE LINK

<http://www.marcandangel.com/2018/04/15/7-lessons-from-10-years-of-coaching-people-through-depression-and-heartbreak/>

MARCH FOR OUR LIVES



This March, Focus on Women Magazine celebrates women, sheroes, accomplished femmes and those heroines who remained brave through hostile territories. Join us as we celebrate a snapshot of these leading ladies, some of their accomplishments, their stellar stewardship of making the world somewhat better because they have lived and acted upon their passions.



Elinor Ostrom 1933–2012

Elinor Ostrom was a professor at Indiana University and the senior research director of the Vincent and Elinor Ostrom Workshop in Political Theory and Policy Analysis, which she and her husband founded in 1973. Ostrom was awarded the Sveriges Riksbank Prize in Economic Sciences in Memory of Alfred Nobel in 2009. She is the only female Nobel Laureate in economics.

Elinor Ostrom was born Elinor Clair Awan in Los Angeles on August 7, 1933. A child of the Great Depression, Ostrom quickly learned the value of hard work and put herself through UCLA, receiving a B.A. in political science. She avoided student loans by teaching swimming and working at the school library, a dime store and a bookstore.

Throughout her career, Ostrom faced many setbacks. In her official Nobel Prize autobiography, she describes shock that potential employers ignored her academic success and only cared if she had typing or shorthand skills. “I learned not to take initial rejections as being permanent obstacles to moving ahead,” she says of the various early difficulties she faced. Later the economics department at UCLA was hesitant to admit a woman to its Ph.D. program, but eventually she joined a class of 40, including three other women, in the political science program. It was in her graduate work that she began researching and trying to understand local management of common resources.

Vincent Ostrom co-developed and refined the idea of “polycentric” public administrations, which was the basis for Elinor Ostrom’s graduate research. The two married in 1963 and later she joined him at Indiana University, Bloomington, after he was offered a full professor position. “I tagged along,” Ostrom explains, “as it was very hard for any department to hire a woman in those days.” She took on various part-time positions with the university until she landed a graduate advisor role.

The Nobel Prize summarizes her contribution to the field: she “challenged the conventional wisdom by demonstrating how local property can be successfully managed by local commons without any regulation by central authorities or privatization.” She shared the honor with Oliver E. Williamson “for his analysis of economic governance, especially the boundaries of the firm.” Ostrom conducted field studies to challenge a long-held assumption that collective resources would be depleted or destroyed in the long run by their users. After conducting research on natural resources, such as fishing waters and forests, she was able to show that resources with many users are not destroyed, but rather the users establish their own rules to protect the resources. A profile of Ostrom in *The Economist* summarizes her philosophy:



Mrs Ostrom put no faith in governments, nor in large conservation schemes paid for with aid money and crawling with concrete-bearing engineers. “Polycentrism” was her ideal. Caring for the commons had to be a multiple task, organised from the ground up and shaped to cultural norms.

Ostrom conducted much of the necessary fieldwork herself. She traveled throughout the world but also looked to her own backyard as she studied “water wars” going on in Los Angeles.

In October 2011, Ostrom was diagnosed with pancreatic cancer, but she continued to write and lecture. Ostrom died in Bloomington, Indiana, on June 12, 2012; her final paper, “Green from the Grassroots,” appeared in *Project Syndicate* that same day.

Vincent Ostrom died less than a month later.

www.elinorostrom.com

Online Article Link: <https://acton.org/elinor-ostrom>

Youtube Link: <https://www.youtube.com/watch?v=Vy0yTlhKuTo>

Elizabeth Schuyler Hamilton

Known to most as “Eliza” and to her husband and closest companions as “Betsey,” Elizabeth Schuyler Hamilton is a forgotten founding mother. Eliza is best known as the widow of Alexander Hamilton, despite outliving him by half a century. Her story is hard to piece together as she chose to erase herself from history, all while preserving her fallen husband’s legacy by commissioning Hamilton’s first collection of writings.

Historian Ron Chernow describes her as deeply religious, stoic and averse to self-pity. Eliza was the daughter of General Phillip Schuyler and Catherine Van Rensselaer Schuyler, one of New York City’s blueribbon couples. Eliza was born on August 9, 1757, and was brunette, with dark or even black eyes and an athletic build. Martha Washington once referred to her as “my ideal of a true woman.”

Eliza got to know Alexander Hamilton in the winter of 1780 while they were both in Morristown, New Jersey, and the two were married by the end of year.

Known as “the little saint,” Eliza was extremely devout. She was a member of the Dutch Reformed Church and made religious instruction a priority for her children. Every morning as she prepared breakfast, Eliza would have one of the boys read a chapter from the Bible or from a historical text.

Despite this busyness with her children and her husband’s career, Eliza was devoted to serving others. She also worked with the society for the relief of poor widows with small children. She sat for a portrait in a debtors’ prison, helping the artist get the funds to pay off his debt. In 1818, she won a charter from the state legislature to start the Hamilton Free School. This was the first educational institute in Washington Heights.

Regardless of his many flaws and his unfaithfulness to her, Hamilton had a strong, but imperfect love for Eliza. Part of Hamilton’s final words to her were in a letter he wrote: “Adieu, best of wives and best of women.”

Before turning 50, Eliza had been publicly humiliated by a cheating husband, become a widow, lost both her parents, lost her oldest child to a duel and watched her oldest daughter lose her mind.



Elizabeth Hamilton (Eliza or Betsey)

On March 16, 1806, Eliza cofounded the New York Orphan Society, the first private orphanage in New York. She served on the board as deputy director and, eventually, director. She spent several decades overseeing every aspect of the orphanage, from raising money and collecting Bibles to personally investigating complaints. She even hired some of the orphans to work for her and helped one make his way to West Point. Such devotion to vulnerable children would not have been surprising to those closest to Eliza. In 1786, she essentially adopted Miss Fanny Antill, the daughter of a Revolutionary War colonel who could not take care of her after his wife died. Eliza took Fanny in, treating her and educating her as if she were her own child. Throughout her life, Eliza continually housed and cared for homeless children and other poverty-stricken individuals. Ultimately, Eliza married an orphan, adopted an orphan and cofounded an orphanage.

One of the oldest Revolutionary War widows, Elizabeth Schuyler Hamilton died on November 9, 1854, just seven years before the start of the American Civil War. She is buried beside her husband at Trinity Churchyard in New York City. ●

Lucretia Mott

by Sarah Stanley

In January 1793, Lucretia was born to ship captain Thomas Coffin Jr. and his wife, a shopkeeper named Anna. The Coffin family were devout Quakers living in Massachusetts. Lucretia was first exposed to the concept of equality between men and women by the example of her mother's successful shopkeeping while her father spent long periods away at sea. She attended a Quaker boarding school, Nine Partners, where she first learned of the horrors of slavery and the Quaker teachings against the practice. She became a teacher there and met her future husband, James Mott. The two married in 1811.

Tragedy struck Mott in 1817 when her toddler son, Thomas, died. Though always religious, Mott discovered that this difficult time developed her spirituality and led her to become an official member of the Quaker ministry.

Lucretia was disgusted by the horrors of slavery and used her gift for speech to fight the institution. In 1833, she helped create and became president of the Philadelphia Female Anti-Slavery Society. When the Civil War ended and many abolitionists considered their work complete, Mott understood that the real war was hardly over. She continued to fight for black suffrage and advocated for the rights of newly freed slaves.

Mott's passion for antislavery developed into a fight for women's rights. In 1837 in New York City, Mott organized and attended the first Anti-Slavery Convention of American Women. Mott and other female speakers faced harsh criticism. Fellow abolitionists took issue with audiences comprised of both men and women. Those who supported slavery were much worse; several times Mott was threatened by violent mobs. Mott, a pacifist, believed in fighting with words and never arms.

In 1840, Mott was denied an official seat at the World Anti-Slavery Convention in London because of her gender. Instead of accepting this, she stood outside the conference and spoke in favor of equality for women. During this time, she met another pioneer in women's rights, Elizabeth Cady Stanton. The two women organized the famous 1848 Seneca Falls Convention, the catalyst for America's women's rights movement. During the convention, a Declaration of Sentiments was drafted that said, "We hold these truths to be self-evident: That all men and women are created equal." Those words caused a fury of controversy and led to the creation of the American women's rights movement.



Elizabeth Cady Stanton, seated, and Susan B. Anthony, standing (between 1880-1902)

Mott outlined her teachings on women's equality in her 1849 book *Discourse on Woman*. "There is nothing of greater importance to the well-being of society at large," the book begins, "than the true and proper position of woman." Society cannot function without equality of races and equality of genders. She was for not just equal economic opportunity, but she also supported women's equal political status, including suffrage.

Concerned that a lack of education for women, not any kind of biological flaw, was holding women back in society, Mott helped establish Swarthmore College in 1864. This Quaker institution was one of the first coeducational places of higher learning.

On November 11, 1880, Mott died near Philadelphia, surrounded by her children and grandchildren. Despite Mott's work, American women did not receive the right to vote until 30 years after her death when the 19th Amendment was ratified.

Lucretia Mott fearlessly fought injustice wherever she witnessed it. She did not see any difference between advocating for slaves or for women or for anyone else whose equality wasn't recognized. Beyond her official work, Mott was known for being an excellent hostess; she often entertained both black and white guests in her home. ●

Online Article Link: <https://acton.org/religion-liberty/volume-27-number-2/lucretia-mott-1793-1880>

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Sojourner Truth



From slave to fearless human rights advocate, Sojourner Truth is one of the most inspirational figures of the 19th century. In 1797, or thereabouts, Truth was born Isabella Baumfree in the state of New York to James and Elizabeth (some accounts say her mother's name was Betsey), two slaves of Colonel Johannes Hardenbergh. Truth married another slave, Thomas, when she was in her late teens and eventually had five children. She had several different owners, many of whom were extremely cruel, until 1826. Growing support for emancipation and abolition of slavery prompted Truth's final owner to promise that he would set her free long before it became the law. After it became clear that her owner had lied and she would not be freed, she decided to literally walk away. "I did not run off," she said. "For I thought that wicked, but I walked off, believing that to be all right."

Immediately after her escape she became a devout Christian. Isaac and Maria Van Wagenen took her in after she found her way to their home, which was not far from her former slave master in rural New York. Their kindness and faith profoundly affected Truth.

In 1826, she officially changed her name to "Sojourner Truth" to represent her mission of traveling throughout America to preach truth and fight injustice. Despite being illiterate, she became a huge national figure, taking part in many social movements and befriending countless abolitionists and reformers. Her most famous speech "Ain't I a Woman?" makes the case not only for racial equality but also for equality for women. She refutes a common argument that since Christ was not a woman, women should not have equal rights to

men. "Where did your Christ come from?" she asked. "From God and a woman. Man had nothing to do with Him." During a later speech to the American Equal Rights Association, she brought up the illogicality of her owning a home, paying taxes and making her own living but being unable to vote. While she was pleased that rights were starting to be recognized for black males, she knew a fight was still to be had.

Truth is also notable because she was one of the first black women to win a legal case over a white man. In 1828, she learned that her five-year-old son, Peter, had been illegally sold to a slave owner in Alabama where he was abused and mistreated. After many months of legal proceedings and the help of the Van Wagenens, justice was served and Peter was set free.

Truth, who was unusually tall at nearly six feet, used her stature and low voice to command even the most hostile crowds. She often adapted and changed her lectures, depending on the audience's reception, and incorporated religious themes, Biblical stories and anecdotes from her own life. Having experienced it herself, Truth was able to give accurate and emotional depictions of the demeaning and horrific nature of slavery, as well as the redeeming power of faith.

Truth died on November 26, 1883, and was buried at Oak Hill Cemetery in Battle Creek, Michigan. According to her tombstone, she died at 105. It's more likely that she was closer to 86. Truth allowed speculation about her age to go on because she enjoyed the reputation of being the "world's oldest lecturer." ■

Online Article Link: <https://acton.org/sojourner-truth-1797-1883>

Hannah More

From 1745 to 1833

Talented poet, playwright, convicted moral writer and philanthropist Hannah More was arguably the most influential woman of her time. Witty and quick, she is best known for her writings on abolition and for encouraging women to get involved with the anti-slavery movement. She was born on February 2, 1745, near Bristol in southwest England and was the fourth of five daughters of Jacob and Mary Grace More. Jacob was a schoolmaster, and eventually his eldest daughter, Mary, followed in his footsteps, opening a school for girls in 1758. Hannah became a pupil at 12 and eventually taught there, as well.

More mastered writing at a young age. When she was 17 she wrote her first play, *The Search After Happiness*. In 1767, More became engaged to William Turner, a local landowner. After six years, Turner kept refusing to name a date for the wedding, so More broke it off. To compensate, Turner gave her an annuity of £200. Armed with this financial stability, More pursued writing full time.

More had a relatively successful career in playwriting and as a part of the London social scene, but her life took a new direction sometime in the late 1780s. She bought a small house in Somerset and completely retired from London society. During this period, she converted and became an evangelical. She became close to the famous abolitionist William Wilberforce and hymn-writer John Newton. In 1788, she published a poem, "Slavery," to coincide with the first parliamentary debate on the subject. The poem described the life of a severely mistreated female slave and brought to light England's role in the slave trade worldwide. "Shall Britain, where the soul of freedom reigns," she says in the poem, "forge chains for others she herself disdains?" This and her other abolitionist writings gave the British movement a public voice. She also wrote many ethical and religious pieces. Her originality and force made these tracts and books extremely popular. When she died, it was discovered that she had earned £30,000 for her writing (not including the vast amounts she gave away), equivalent to millions today.

More and her sister Martha were moved by the poor conditions of people living in Cheddar. They set up 12 schools that focused on reading. More also donated large amounts of her



*Talented poet,
Playwright,
Convicted Moral Writer*

Genius without religion is only a lamp on the outer gate of a palace; it may serve to cast a gleam of light on those that are without, while the inhabitant sits in darkness.

writing profits to educational causes. During her work with the poor of Cheddar, she continued writing; her most famous book of this period, *Strictures on the Modern System of Female Education* (1799), argued that women's education was severely lacking and too trivial, giving them no instruction on how to be moral, rational or even companionable.

More was also vocal in her opposition to the French Revolution. In 1793, she published a tract countering the arguments of Thomas Paine in *Rights of Man* and later wrote another tract attacking the anti-clericalism of the revolution. She used the money made from these writings to help French clergy taking shelter in England.

During her "retirement," she stayed busy. She continued writing on evangelical piety, remained active in the anti-slavery movement, kept an open house for many visitors and ultimately inspired a generation of evangelical women. She died on September 7, 1833, and is buried at the Church of All Saints in Wrington, England. ■

Online Article Link: <https://acton.org/pub/religion-liberty/volume-26-number-1/hannah-more-1745-%E2%80%931833>

Hildegard of Bingen

God has gifted creation with everything that is necessary

Humankind, full of all creative possibilities, is God's work. Humankind is called to co-create

God gave to humankind the talent to create with all the world. Just as the human person shall never end, until into dust they are transformed and resurrected, just so, their works are always visible. The good deeds shall glorify, the bad deeds shall shame.



“**T**his strange child” is how Hildegard was once described. Born in 1098, she was known to have visions, but kept them private for many years. Her family sent her at the age of eight for religious education. It was not until the age of 42 that she realized the full extent of her visions, bolstered by her understanding of religious texts. She sought the advice of Bernard of Clairvaux and then-Pope Eugenius so that her visions would never be seen as anything outside of or against Church teaching. “Some people who see visions blow their own horns with them, and pride ruins their lives. Others see vi-

sions but understand that their wisdom comes from God. I’m one of these. I’m human, and I know it,” declared Hildegard.

Hildegard’s work was some of the most prolific and wideranging in church history. She wrote music, plays, theology, and natural history. She wrote over 70 sacred songs and *Ordo Virtutum*, an allegorical play about the struggle between good and evil. Her music is still widely performed today. She also left behind massive correspondence. Besides writing to those who sought prayerful and private advice, she took to task men like Emperor Frederick Barbarossa of Germany, the archbishop of Mainz, and King Henry II of England. She was known to approach medical, political, and religious topics that even some men would not openly discuss.

The 12th century was one of schisms and religious turmoil, and Hildegard was openly critical of those who spoke against the Church. However, the practice of burning heretics, popular at this time, was one Hildegard eschewed: “Do not kill them, for they are God’s image.” She also spoke out vehemently against moral and ethical corruption among the clergy. Hildegard was committed to elevating a moral awakening among lay people and clergy alike. She answered many letters from people who

sought her out to improve their prayer life.

Some feminist theologians of the 20th century have found Hildegard to be “feminist-friendly,” focusing on her apparent disobedience of a local bishop when relocating her convent. Unfortunately, some of her work and sayings have been hijacked by the modern new age movement. Recent scholarship is primarily interested in depicting her as an oppressed woman of the 12th Century, not a figure of spiritual reformation and sanctification. However, nothing suggests that Hildegard was anything but a true scholar, a student of science, reason, and theology, who sought to work within the Church’s tradition of intellectual endeavor. Her primary mission was calling mankind to holiness. “A human being is a vessel that God has built for himself and filled with his inspiration so that his works are perfected in it,” she declared.

Hildegard affirmed creation and mankind’s role as co-creators who reflect the image of God. Her spiritual visions, education, and high Christology allowed her to proclaim the possibilities of serving God in a variety of ways and this increased her stature and respect among lay persons.

In 2012, Pope Benedict XVI declared Hildegard of Bingen a “Doctor of the Church”: a title given to certain saints known for work that leads to new understandings of the Catholic Faith. She is “a true master of theology and a great scholar of the natural sciences and of music,” declared Pope Benedict. It is in the realm of faith, reason, and intellect that Hildegard can be regarded a woman of liberty. ■

Online Article Link: <https://acton.org/hildegard-bingen>

Abigail Adams

From 1744 to 1818.

How difficult the task to quench the fire and the pride of private ambition, and to sacrifice ourselves and all our hopes and expectations to the public weal! How few have souls capable of so noble an undertaking.



In the precarious time of the American Revolution, members of the Continental Congress left their wives and children in order to establish a new American country. During this time John and Abigail Adams begin writing letters to each other that by the end of their lives totaled more than 1,100. Abigail served as a confidante and advisor to the first vice president and second president of the United States.

Abigail was born in colonial Massachusetts in 1744 to a Congregationalist minister and his wife. Adams was never able to receive a formal education due to her poor health, however, she became self-educated by reading Shakespeare and John Milton while at home. Using this knowledge, she became known as one of the greatest letter writers of her time. During their long separations, Abigail used her letters to John to advocate for the equal protection under law for all people. Abigail wrote to John telling him, "I am more and more convinced that man is a dangerous creature; and that

power, whether vested in many or a few, is ever grasping, and, like the grave, cries, 'Give, give!'" She added in her letter to her husband in 1775, "You tell me of degrees of perfection to which human nature is capable of arriving, and I believe it, but at the same time lament that our admiration should arise from the scarcity of the instances." Knowing that power can corrupt, Abigail believed that individuals should not be left in power for too long due to the temptation of avarice and falling into scandal.

During a time when women did not have large roles in politics, Abigail was appointed to the Massachusetts Colony General Court in 1775. Adams was the first First Lady to ever hold a political position in the newly formed country. She also handled many of the investments for the family and her competency of markets and land value increased the financial security and wealth of her family. While John was away, she managed the family farm at Braintree, where it was profitable under her guidance.

As a minister's daughter, Abigail grew up in a devoutly religious family and she stayed close to her faith throughout her life. Frequently, she would reference God in her letters to various political individuals in America encouraging them to put their faith in the Lord. She stated in one letter to John, "The God of Israel is he that giveth strength and power unto his people. Trust in him at all times ye people pour out your hearts before him. God is refuge for us."

Abigail Adams served as a defining woman of not only her generation, but of all the generations to come after her. She displayed a new understanding of the role of women in American politics and served as one of the most influential woman ever as the wife of one president and the mother of another. Throughout her life, she advocated for greater education for women. She was a voice for the abolition of slavery noting, "I have sometimes been ready to think that the passion for liberty cannot be equally strong in the breasts of those who have been accustomed to deprive their fellow creatures of theirs."

After the publication of her letters in 1848, she is the first wife of a president to have a book published. In a letter to her son John Quincy Adams, Abigail wrote, "The only sure and permanent foundation of virtue is religion. Let this important truth be engraven upon your heart." ●

Online Article Link: <https://acton.org/abigail-adams>



Abigail Adams and John



Clare Boothe Luce

Clare Boothe Luce was truly a twentieth century woman: a suffragette, well-educated, a career woman, intensely loyal to her country, known as much for her gritty dedication to hard work as for her brilliance. Influential in literary and social circles as a successful playwright and journalist, she became intensely interested in politics prior to World War II.

I refuse the compliment that I think like a man. Thought has no sex; one either thinks or one does not.



In 1940, she wrote *Europe in the Spring*, a work of non-fiction that entailed her life in Europe as the continent was building towards war; the book focused on what Luce perceived as America's errors in its estimation of Hitler's aggressions on that continent. In 1942, Luce chose to run for a Congressional seat in Connecticut as a Republican. Her platform was, in part, based on her belief that America (under the leadership of Franklin Delano Roosevelt) was ill-prepared for World War II. Upon winning the seat, she served on the Military Affairs Committee, and espoused some isolationist stances. Luce was opposed to communism and fascism, noting how both relied on violence.

GOP leaders chose Luce to deliver the keynote speech at the 1944 Republican National Convention in Chicago, the first woman chosen for that address from either party. She criticized the Roosevelt administration, saying that democracy in America was "becoming a dictatorial bumbledom."

Luce was a mother to one daughter, Ann, who was killed in 1944 at the age of 19 in a car accident. The loss left Luce devastated, ill to the point where she was hospitalized for depression. It was at this point in her life that she joined the Catholic Church, and it was said that her faith and political ideas were her two focal points for the remainder of her life. Upon recovering, she began to write plays again, and eventually, found her way back into politics.

Under the Eisenhower administration, she was appointed ambassador to Italy – the first American woman appointed to an ambassadorship. Her stances on Communism and her ire for Democratic foes often left her in hot water. She resigned her post after falling ill. It was discovered that she suffered from arsenic poisoning, as the paint used in her overseas residence

was tainted with the poison.

She lived a rather quiet life following the death of her husband, but served as part of the Foreign Intelligence Advisory Board under Nixon, Ford, and Reagan. She was awarded the Presidential Medal of Freedom by Ronald Reagan; the medal is awarded for meritorious service to the United States and its security and national interests. She also continued to write; one screenplay, *Come to the Stable*, was nominated for an Academy Award.

Luce was savvy, chic, smart and intensely driven. She was aware that her work ethic reflected on other women as well: "Because I am a woman, I must make unusual efforts to succeed. If I fail, no one will say, 'She doesn't have what it takes'; they will say, 'Women don't have what it takes.'" By anyone's standards, Luce had what it took.

Luce died in 1987. The *Washington Post* eulogized her by saying, "She raised early feminist hell. ... Unlike so many of her fellow Washingtonians, she was neither fearful nor ashamed of what she meant to say."

The Clare Boothe Luce Policy Institute was founded in 1993 to promote conservative ideals amongst American women. Also, the Clare Boothe Luce program, administered by the Henry Luce Foundation, supports women in the areas of math, science and engineering. ●

Online Article Link: <https://acton.org/clare-boothe-luce>

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Author Quotes

As my book came near to completion, I met Joslyn Wolfe of "Focus On Women Magazine." Although it does cost some money to join, I found that getting exposure and sales through her eBookStore provided me with the much needed exposure and confidence that my message had value and meaning to the women who bought my book. That was its original intent. Joslyn gave me an opportunity to sell my book in a widely dominated female authored market, and I cannot thank her

✳️ [FOCUS ON WOMEN MAGAZINE](#) - (Joslyn Wolfe, Publisher)

The book I have been talking about is called "Men, Sex and Food - Why Hearing A Woman Can Lead To A Deeper Love" was designed to be read by men to educate them and teach them a very important skill. Precious few men have this skill called listening, and lack critical tools to understand what a woman REALLY needs from them to generate heart

✳️ [Rocky Krogfoss](#)

Author - *Men, Sex and Food - Why Hearing A Woman Can Lead To A Deeper Love*

✳️ [Cheryl Lynn](#)

Author - *Pretty Painted Picture...Little Girl Lost*

✳️ [Christine](#)

Author - *MANipulated Into Fear* - by Marvela Dawnay

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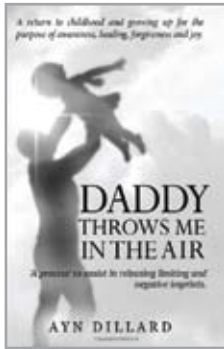
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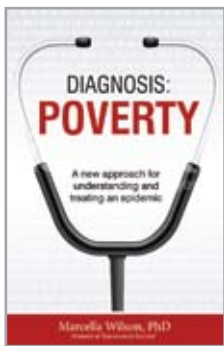
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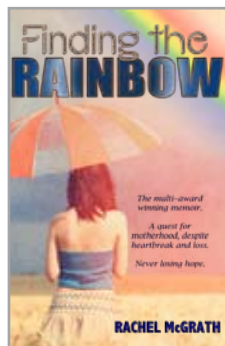
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by *Kim de Blecourt*

ISBN-10: 1455515108
ISBN-13: 978-1455515103



Healthy Volunteers Needed

We are looking for healthy children, ages **6-17**, to participate in a clinical research study.

PURPOSE: The purpose of this study is to find out whether an investigational (research) blood test is able to help confirm a diagnosis of ADHD in youth.

Your child may qualify if your child:

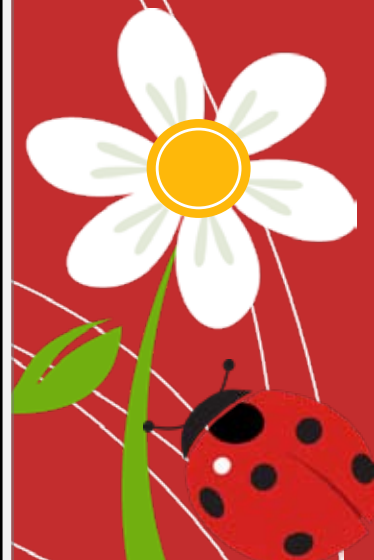
- *is a healthy female or male, ages 6-17
- *has no clinical history of ADHD or Bipolar Disorder

Qualified participants will receive monetary compensation.

For study qualification/more information please contact:

Bernice Frimpong (Research Program Coordinator)
443-287-2144 or bfrimpong2@jhmi.edu

*Principal Investigator - Ekaterina Stepanova, MD, PhD
IRB# 00097415*



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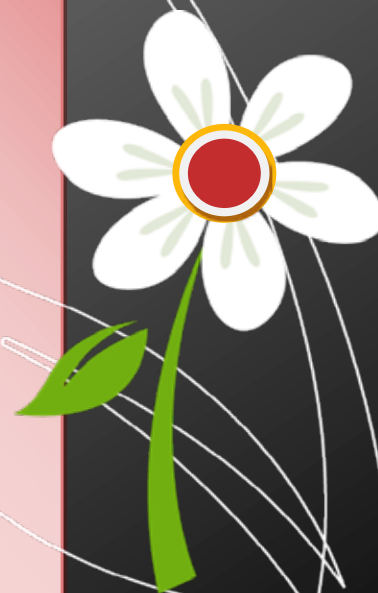
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Sleep Apnea CardioVascular and Exercise Study

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**THIS PROJECT HAS BEEN APPROVED BY THE TOWSON UNIVERSITY INSTITUTIONAL
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PRINCIPAL INVESTIGATOR: DEVON DOBROSIELSKI, PHD DEPARTMENT OF KINESIOLOGY