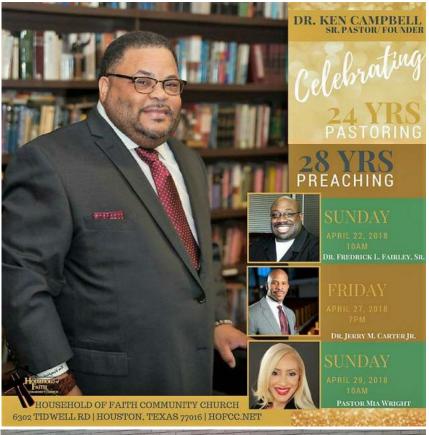


"The Mightiest Eagle"











"An EAGLE walking to THE BROOK"

Household of Faith Community Church 6302 Tidwell Houston, TX 77016 713-491-0670 www.hofcc.net

Even the mightiest Eagles, have to come down out of the air and eat. I say that about my Pastor, and North Forest Soldier, Dr. Kenneth Campbell, a 1985 Graduate from M.B. Smiley High School. With his teachings at his Church, (Household of Faith Community Church) and his success in life, one could easily say that he has been a High Flying Eagle. And if that's the case, he came down to the ground to eat. And while he was on the ground eating, he wanted to make sure that North Forest and our History were well nourished too.

Out of all of the other fighters that I've encountered during our plight to save our legacy, he was the one with the TKO's. This is one M.B. Smiley Eagle that walked through the Jungle like a Forest Brook Jaguar... He led the march from Homestead and Tidwell on May 4, 2013 when all of the other fighters met up on the side of the old Walgreens, and took A Walk of Faith to The Brook! With a megaphone in hand, he was preaching and teaching the whole time too! Instead of an 85 Eagle, he was more like an 85 BEAR...

I'm a strong advocate for the community, and in Dr. Campbell, I could've met my match. But maybe he had met his match... He was the one who walked to my school to fight along side of myself and other JagWarriors!

By: Ray Burton/JagWarrior



He needed a kidney. A classmate from 50 years ago whom he barely knew answered the call.





"I would rather walk with a friend in the dark, than alone in the light." — Helen Keller

(CNN)Charlie Ball and Kenneth Walker went to school together more than 50 years ago and now live on opposite coasts. But despite the time and distance between them, the two are now sharing more than high school memories.

Walker and Ball are alumni of Archbishop Carroll High School in Washington, D.C. Even though they both graduated in 1969, the two never really spoke to one another. But when Walker sent out an email last year to his old classmates asking for a kidney, Ball said he recognized the name.

He decided to respond. If he was a match, he told Walker, he would donate his kidney.

"Understandably, I think no one I've spoken to would do this," Ball told CNN from the hospital after the surgery. "It depends on the person, I guess."

It only took a few months to set everything up. The classmates reunited in Washington, DC, where Walker still lives. In March, they attended a dinner with about 20 classmates, reminiscing and making up for lost time. Then, this week, they walked into George Washington University Hospital to undergo the life-saving procedure.

The search

Walker became ill while working as a bureau chief for National Public Radio in South Africa. There, he was misdiagnosed and received incorrect treatment. By the time he came back to the US about 18 months ago, he knew his days were numbered if he didn't find a solution. Walker was in desperate need of a kidney and put his name down on every wait list. But one of the high school friends he maintained contact with had a different idea.

"One of [our] other classmates said 'Well, did you check with the school?" Ball told CNN.
Walker obtained an e-mail list from the school, and he sent out a call for help in November. The subject line of the message was, simply, "A request for life."

"It is nearly impossible for me to come to terms with what I must ask of you, and that is your help in finding a kidney donor so that I can have a chance to improve my quality of life -- and perhaps even to extend it beyond the expected span of a dialysis patient," Walker wrote.

He then explained how difficult it is to get a viable kidney for transplant. He told his classmates he completely understood if no one felt comfortable with such a request, but that he wanted to share his story to raise awareness anyway.

"Consider being an organ donor after death and also, help me by sharing my story with everyone you know. At the very least, I want to bring awareness to kidney disease and living donation," he wrote. "I am hopeful my efforts will help me receive a kidney sooner and encourage others to consider helping the many people on the wait list."

Less than 15 minutes later, Ball responded.

"I will call the hospital in the a.m.," he wrote. "I pray that you get what you need." The response blew Walker away.

"Immediately, I get this response from Charlie and you're suspicious. What's wrong with this guy?" Walker told CNN affiliate WJLA. He said that Ball's decision to help a black man was a breath of fresh air in a political environment that he says has too much racial tension.

Ball's generosity could've been an issue since doctors told him they usually don't accept donors over the age of 60. But since he was in such good physical condition, it was possible. He had many tests done in California before even flying to DC to meet with Walker.

"I responded and said, 'well I'll just take the tests and if it goes well I'll end up in my current condition," Ball said. "I passed all the tests."

The recovery

Ball's family was concerned before the surgery, but recognized that his passion for volunteer work was just one of the factors that helped him make the decision. Ball has said for years, he's looked to a quote attributed to Saint Francis of Assisi: "It is in giving that we receive."

Now, the men are focused on recovery. They are both doing well and are looking forward to leaving the hospital this week. Ball plans on flying back to California in the next few days.

"There are so many strange coincidences," Ball said. "Well, I don't believe in coincidences, I believe in miracles."

He said one of these miracles is that the daughter of Caroll's current principal works for the American Kidney Fund. After she learned about his donation, she reached out to talk to him and spread the pair's story. Ball says the conversations he's had helped him realize there is a great need for donors. That, he says, makes donating more than worth it.

"I'm giving him a piece of my body," Ball told WJLA. "It's simple enough, God gave me two, I don't have to wonder why."

Doctor works to save youth from violence before they reach his ER.





"Instead of worrying about what you cannot control, shift your energy to what you can create." — Roy T. Bennett

Brooklyn, NY (CNN) As an emergency physician at Kings County Hospital Center, Dr. Rob Gore has faced many traumatic situations that he'd rather forget. But some moments stick with him.

"Probably the worst thing that I've ever had to do is tell a 15-year-old's mother that her son was killed," Gore said. "If I can't keep somebody alive, I've failed."

Gore, a Brooklyn native, finds violent injuries particularly hard to stomach -- a feeling compounded by the fact that many of the victims he treats are young men of color.

"When I became an ER doc, my patients looked just like me," he said. "A lot of this stuff really hits home."

According to the Centers for Disease Control and Prevention, homicide is the No. 1 cause of death for black men ages 15 to 34. "Conflict's not avoidable. But violent conflict is," Gore said. "Seeing a lot of the traumas that take place at work, or in the neighborhood, you realize, 'I don't want this to happen anymore. What do we do about it?"

For Gore, one answer is the Kings Against Violence Initiative -- known as KAVI -- which he started in 2009. Today, the nonprofit has anti-violence programs in the hospital, schools and broader community, serving more than 250 young people.

Victims of violence are more likely to be reinjured, so the first place Gore wanted to work was in the hospital, with an intervention program in which "hospital responders" assist victims of violence and their family -- a model pioneered at other hospitals. The idea is that reaching out right after someone has been injured reduces the likelihood of violent retaliation and provides a chance for the victim to address some of the circumstances that may have led to their injury.

Gore started this program at his hospital with a handful of volunteers from KAVI. Today, the effort is a partnership between KAVI and a few other nonprofits, with teams on call 24/7.

Yet Gore wanted to prevent people from being violently injured in the first place. So, in 2011, he and his group began working with a handful of atrisk students at a nearby high school. By the end of the year, more than 50 students were involved. Today, KAVI holds weekly workshops for male and female students in three schools, teaching mediation and conflict resolution. The group also provides free mental health counseling for students who need one-on-one support.

"Violence is everywhere they turn -- home, school, neighborhood, police," Gore said. "You want to make sure they can learn how to process, deal with it and overcome it.

"While Gore still regularly attends workshops, most are now led by peer facilitators -- recent graduates and college students, some of whom are former KAVI members -- who serve as mentors to the students. School administrators say the program has been a success: lowering violence, raising grades and sending many graduates on to college.

"This is really about the community in which we live" he said. "This is my home. And I'm going to do whatever is possible to make sure people can actually thrive."

CNN spoke to Gore about his work. Below is an edited version of their conversation.

CNN: How did your background as a doctor influence your work?

Dr. Rob Gore: I just started asking myself, "Why does this stuff happen?" If we're just doing these Band-Aid approaches, then they're going to be suffering with the same problems. Your perspective completely changes if the trauma becomes personal. I started looking at violence as a public health problem -- this preventable disease where if we intervene, we could really change the scope of this. I want to preserve life and improve vitality, and that has really inspired the work that we've been doing with KAVI.

CNN: Why is the hospital responder program necessary, and how does it work?

Gore: When you have domestic violence patients, everyone knows what to do -- you call the sex abuse response team and start taking care of their physical and psychosocial needs. But when a 16-year-old male is shot in front of his building, often they'd just send him home. He's going back to the same building, school -- the same situation where he got into trouble and he's expected to carry on normal life. No one has paid any attention to that kid's needs.

Hospital responders are individuals from the same community who understand all the social, economic, even gang-related issues that might be impacting them. They are an advocate who makes sure that those patients are offered the same dignity as every other patient. They will follow up with the patients when they're on the hospital wards. They want to make sure that you have a safe place to go and a ride home. They identify the specific needs of that patient and work with the social workers, who have access to other resources. And they keep following up even after the patient has been discharged. We want to make sure that they don't come back for repeat injuries and that they can be in a position to take care of themselves and their families.

CNN: KAVI also has several community programs. What is their reach?

Gore: Our community programs cover a lot. Our tutoring program is run by medical students and emergency medicine resident physicians; it's a way to build a bridge between the hospital and the community. Our afterschool program for middle school students is called KAVI YO, which stands for Young Ones, named in honor of Willis Young, one of our hospital responders who was stabbed and died in 2015.

We also have a summer camp where our high school students work with middle school students. Our students have so much potential. They just need somebody to help figure out how they can access it. That's our ultimate goal -- we want to make sure the people we're serving are at their best.

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- ✓ Does not use drugs illegally





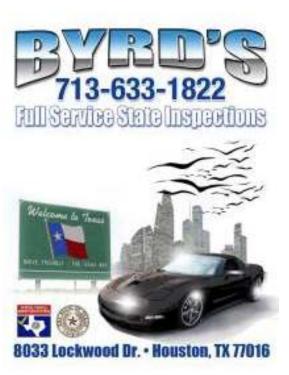
Administered by the U.S. Department of Labor, Job Corps is the nation's largest career technical training and education program for low-income young people ages 16 through 24. Job Corps is a U.S. Department of Labor Equal Opportunity Employer Program. Auxiliary aids and services are available upon request to individuals with disabilities. TDD/TTY telephone number is (877) 889-5627.

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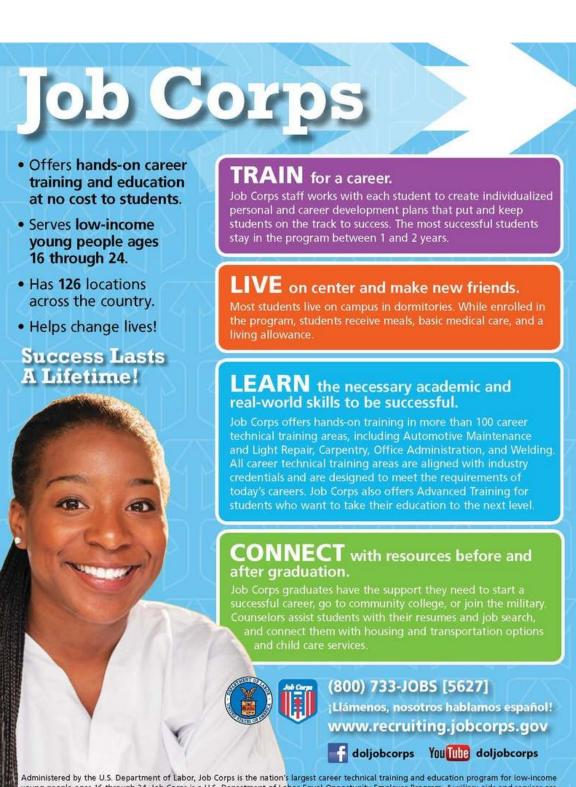
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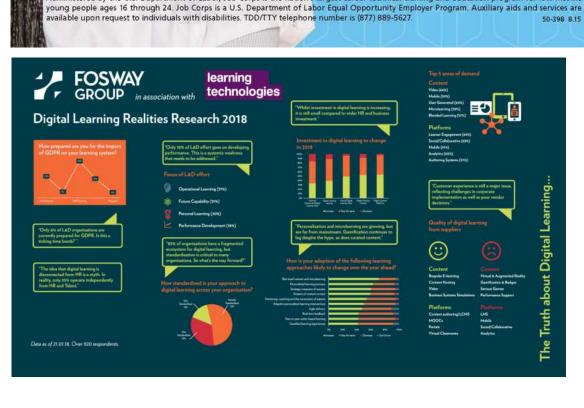
















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SUGAR] **SHOCKERS**

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19. Dextrin

21. Diastatic malt

corn syrup

22. Evaporated cane juice

23. Fructose (High fructose

Agave
 Barley malt

3. Beet sugar

 Blackstrap molasses 5. Brown sugar

6. Brown rice syrup

7. Cane sugar

8. Cane juice 9. Caramel

10. Carob syrup

12. Coconut palm sugar

14. Corn sweetene

13. Confectioner's suga

15. Corn syrup

27. Glucose

26. Glucomalt 28. Grape juice 29. Grape sugar 30, Honey 31. Invert Sugar

24. Fruit sugar

25. Galactose

43. Sugar

46. Xylose

34, Maltose 35. Maple syrup

36. Palm sugar 37. Raw sugar 38. Rice syrup

41. Sorghum syrup 42. HSucrose

39. Refiner's syrup

40. Saccharose

44. Treacle 45. Turbinado Sugar

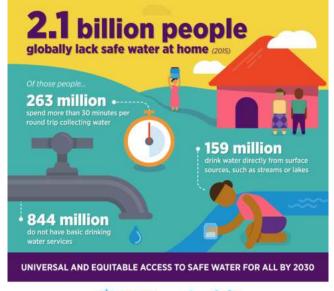
THE 5 MOST COMMONLY USED SWEETENERS:



Top 5 sources of added sugars

Obesity, type 2 diabetes, tooth decay, heart disea premature aging, fatty liver, poor memory, weake inflammation, kidney stones, acne, depression, be Sources, USDA, ERS. Agriculture Fact Book, Profile Johnson RK, Appel LJ, Brands M, et al. Dietary sug







NASCAR Is Very, Very White. This Woman Is Trying To Change That.





Darell "Bubba" Wallace Jr.



"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty." — Maya Angelou

Darrell "Bubba" Wallace Jr. made history in February when he took second place at the Daytona 500. He was the first black driver to participate in the race since 1971, and he earned the best finish by a black driver in the race's history.

You might be surprised to hear that a pediatric dentist played an integral role in Wallace's win. And, no, it had nothing to do with his teeth.

Dr. Jennifer Satterfield-Siegel and her husband, Max Siegel, own Rev Racing, the competition arm of NASCAR's Drive for Diversity program, which launched in 2004. It is the "industry's leading development program for minority and female drivers and crew members," according to the Rev Racing website, and trains drivers and pit crew members to participate in races at the highest level. Wallace is a graduate of the program.

Satterfield-Siegel told HuffPost that her husband, who has a background in sports and entertainment but not specifically NASCAR, served as the president of Dale Earnhardt Inc. until 2009. Once he left that position, NASCAR approached him about running Drive for Diversity.

"Max came to me and presented the idea, and I said, 'This is an amazing opportunity,'" she said. "We both agreed that by doing this we would be able to impact the industry, and that was appealing to both of us. So we jumped in with both feet."

Brehanna Daniels, the first African-American woman to go "over the wall" on a pit crew in a NASCAR national series participated in the program, which recruits and develops drivers and crew members to compete at the sport's highest levels. So did Daniel Suarez, the 2015 NASCAR Xfinity Series rookie of the year and 2016 NASCAR Xfinity Series champion.

Ninety-four percent of NASCAR viewers are white, according to The Atlantic, giving it one of the whitest audiences of all sports. The company has fended off allegations of fostering racism, such as a claim that it prevented black-owned teams from competing and another that some fans are unwelcoming to black drivers in the sport. Given the sport's history, the Spiegel's involvement sowed confusion among some of their friends.

"When we told people we were going to be involved with NASCAR, everyone was shocked," Satterfield-Siegel said. "People commented about it being racist and on and on. But we were welcomed by everyone. That was not our experience. Even seeing the Confederate flags, no one called us outside of our own names, people were not disrespectful to us, everyone was very nice to our faces."

Confederate flags have, in recent years, become more of a point of contention for NASCAR. Chairman Brian France asked for the flags to be removed from speedways in 2015 (he did not require that they be removed, according to USA Today), and they are no longer used in any official capacity. But fans still fly them proudly on race days on the campgrounds surrounding the track. Satterfield-Siegel shared her outlook on their presence in the campgrounds.

"I've had this conversation with some other people," she said. "It didn't bother me because, for some of those people, in those times, their families were very prosperous, and for some of them it's like their history is so rich. At the time when I was walking through those flags, I remember thinking this was a heyday for them in the past but that it's not what is represented today."

When asked to clarify, she said that, although neither she nor her husband were "OK with the Confederate flag or what it represents," they were focused on moving forward and changing NASCAR for the better.

"African-American professionals are forced to deal with racism-related challenges every day," she said. "We have chosen to focus on making positive change and take every opportunity to help as many people as possible embrace diversity. We choose to look forward toward a goal of educating people about diversity and inclusion."

As part of that education, the Siegels travel to various cities, host competitions and expose people to the sport who might not otherwise have the opportunity.

"You can't love NASCAR unless you see and experience NASCAR," she said. "So that's what we're trying to do. We're trying to involve more people so they can see the sport up close and see that it's an opportunity available to them."

Rev Racing holds a driver combine each year in which more than 100 applicants participate. About 20 drivers are selected and given resources from the Siegels and their partners. But the costs associated with being a part of NASCAR, from reserving time on the track to uniforms to the cars themselves, are enough to deter someone from getting involved.

Satterfield-Siegel said that, on top of a program they run for young drivers at a "much more affordable investment," another opportunity that comes without the heavy financial burden of training to be a driver is training to be on the pit crew. "We target athletes. Athletes who are agile, used to working on a team and in great athletic shape. This is an opportunity for those who might not have the resources but have the ability to still be involved in the sport."

It's the ability to change the landscape of the sport that she hopes will become her and her husband's NASCAR legacy. "I would hope when people think about us, they would think we made a difference. That we provided opportunities and made a difference in the sport."

What does a difference look like to Satterfield-Siegel? "More women on the track. More people of color on the track. More women as pit crew members, more women and minorities in the pit, more at the executive level. That's what I would like to see. I would just like to see more diversity."

HPD officer braved the bayou waters to save a homeless man.



Yesterday is history, tomorrow is a mystery, today is a gift of God, which is why we call it the present." — Bil Keane

Sheldon Theragood did not have much time to think, to assess the dangers of the rising waters of Buffalo Bayou as the rains from Hurricane Harvey made the waterway swell in its banks.

He and fellow Houston Police Department officers made several attempts to rescue a trapped homeless man. They brought ropes, tubes and a four-wheeler to U.S. 59, where the man was stuck under a bridge, but the current was too swift to navigate.

"The water was up to my chest," Theragood said. "We tried everything, and nothing worked."

The officers, however, refused to give up. They were the only hope for the man who had fallen asleep under U.S. 59 at Runnels, not knowing that Harvey would turn his safe haven into a trap.

Theragood asked one of the officers to hold onto him with a rope, and he started walking into the water with Officer David Rose. Together, they got a rope to the man, and Theragood was able to pull him to shore.

It was one of the scariest moments in Theragood's career, he said. And a wave of relief rushed over him, when he brought the man to safety

In February, Theragood and Rose were honored with a Life Saving Award from HPD for their efforts. But being a hero is an everyday role for Theragood. The 35-year old member of HPD'S mental health division serves on the homeless outreach team.

Captain Bill Staney, commander of the mental health division, said Theragood is an integral part of the group. "He's always willing to work whatever hours are necessary," Staney said. "He's very resourceful, and he's very warm. His caring is apparent."

Born and raised in Houston, Theragood received a bachelor's in communications from Texas Southern University and a master's in counseling from Prairie View A&M University. When not at work, he's busy running the nonprofit he created, TheraGood Deeds.

The organization, founded in 2010, provides mentoring to area youth. Theragood leads children in doing good deeds around the city, like feeding the homeless and visiting nursing homes.

By Lindsay Peyton/Houston Chronicle

Overlooked No More: Bessie B. Stringfield, the 'Motorcycle Queen of Miami'





In the 1950s, when women were relegated to housework, Stringfield revved and roared through Florida's palm-tree-lined streets on her Harley-Davidson.

Since 1851, obituaries in The New York Times have been dominated by white men. With Overlooked, we're adding the stories of remarkable people.

Somewhere between myth, memory and motorcycles, Bessie B. Stringfield was great.

In the 1950s, when women were relegated to housework, either in marriage or as domestics, Stringfield was married several times and worked as a maid yet revved and roared through Florida's palm-tree-lined streets on her Harley-Davidson, earning the unofficial title of "Motorcycle Queen of Miami."

Her legend was big enough to warrant a posthumous induction into the Hall of Fame of the American Motorcyclist Association in 2002, nearly a decade after her 1993 death. Hundreds of women motorcyclists make an annual cross-country trek in her honor. She has been memorialized in a comic book and mentioned in a documentary and a book about women motorcyclists by Ann Ferrar, a friend who is also working on a memoir of her friendship with Stringfield.

A masterful storyteller, Stringfield amazed people with her accounts of being chased off the road as she traveled through the Jim Crow South; performing stunts on the Wall of Death at carnivals; and serving as a civilian motorcycle dispatch rider for the U.S. Army in the 1940s. Her childhood, in her telling, was Dickensian: born in Jamaica to an interracial couple; left motherless at a young age; abandoned by her father on a Boston street; and adopted by a benevolent Irish Catholic woman who treated her so well that she gave her a motorcycle when she was 16 years old.

Robert Scott Thomas, now 72, was a little boy when Stringfield worked as a housekeeper for his family. He recalled thinking her stories were unbelievable, but said, "I don't think she ever told me a lie. It was the dead-nuts right."

Thomas was named the beneficiary and the executor of her estate in her will; after all, she apparently had no survivors.

From a nursing home in Baltimore, Esther Bennett, 86, had a different version. "She lied. Her mother's name was Maggie Cherry. Her father was James White."

They were both black American and lived in Edenton, N.C., according to Bennett, Stringfield's niece. Records confirmed her account.

"I don't know anything about Jamaican. She was never adopted," Bennett said.

She did not know how Bessie Beatrice White Stringfield, small-town Southerner, came to be Bessie B. Stringfield, big-city Jamaican.

Several websites, including Forgotten Newsmakers, Blackpast.org and Timeline, say she was born Betsy Leonora Ellis in February 1911 in Kingston, Jamaica, to Maria Ellis and James Ferguson, with no explanation for how Betsy became Bessie. Her death certificate said she was born in March 1911 in Kingston to James Richard White and M. Cherry, a conclusion drawn by an attorney for her estate. According to a Social Security index, she was born in March 1912.

In Stringfield's tales, she always came out on top by proving herself or by finding common ground. She told people that she won over a white Miami police officer by demonstrating her riding skills. She told people that she was followed through back roads by an angry white mob, yet she outran them and then found a kind white gas station owner who allowed her to fill up her tank free. There was also folklore passed from one generation of relatives to the next that Stringfield had worked for the Federal Bureau of Investigation, and perhaps, she had disappeared to protect them.

The stories were outrageous enough to ring true. Only Stringfield knew if they really were. Ferrar had passed on some of the misinformation of Stringfield's early life, wanting to keep her legacy alive. Asked recently about these untruths, Ferrar wrote in an email, "Bessie's running from her early past does not discount or in any way lessen her unusual achievements as an adult, and that is why Bessie continues to inspire new generations, and rightfully so."

"She asked me to tell her truth as her friend," Ferrar said in an interview.

Her lasting power was in her presence, especially in the eyes of children, during a period when seeing a black woman commanding a Harley-Davidson was unprecedented.

Bennett and her brothers remembered how their aunt would whirl in and out of Baltimore where they lived. Their mother was Mary-Louise White Skinner, one of Stringfield's older sisters. They described their aunt as worldly and wily.

"I was knee high to a duck. She would never tell nobody what her business was," said Robert Irving Skinner, 74, a nephew.

David Skinner, 76, another nephew, said their mother would yell at Stringfield, "Get those boys off that bike!"

"She would stand up on that bike with one foot on the seat and one foot on the handlebars," he said, laughing in a phone interview.

Bennett was once so rattled by a ride with Stringfield that she refused to get back on. "She jumped the track. I took a car back. She gave me car fare."

Motorcycle riding was unladylike by societal norms in the early 20th century, and the family elders did not approve, said Jackie Reid, 70, the daughter of one of Stringfield's half sisters, who added that they were also worried about her safety.

There was an argument in the 1950s that the children were not privy to, and Stringfield did not visit again.

"The last they heard from her was she was in Florida," Reid said. "She was a wanderer."

Marriage records show Stringfield spent some time in Indiana. And 1945 census records show that she claimed Massachusetts as her birthplace, but she also said she had been born around 1918.

In the 1950s, she finally settled down in Miami, first working as a domestic and later becoming a certified nursing assistant.

She befriended the families that employed her, making an outsized impression on Robert Scott Thomas and Tom Thomas, who were in elementary school in the early 1950s.

Their mother, delayed or forgetful, failed to pick them up from school one day, so Stringfield came to the rescue. "We found Bessie out there on her Harley and in her leather jacket," said Tom Thomas, 70.

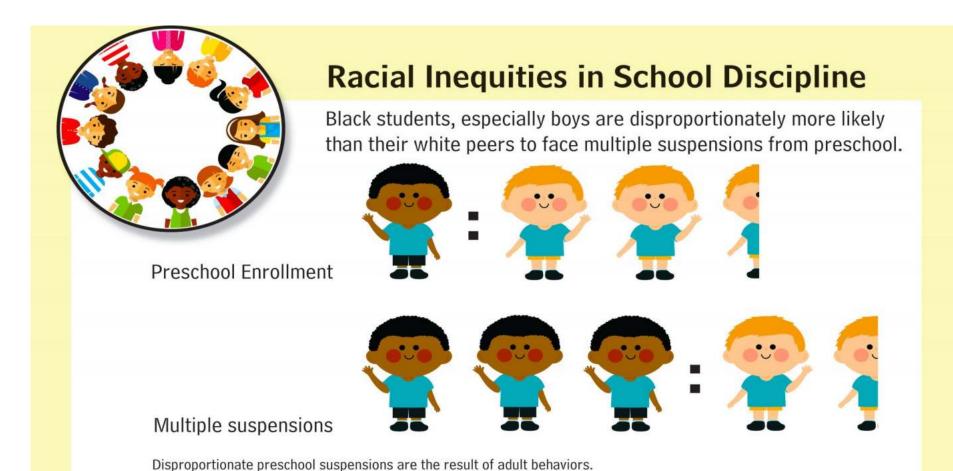
Both jumped on the motorcycle with her. "I was just a little kid so I was only wrapped around half of her," Robert Scott Thomas said. "I could feel the heat from the exhaust on my leg."

"All the kids were going crazy," he said.

Bea Hines, a columnist at The Miami Herald, wrote a profile of Stringfield in 1981. She made for a colorful interview, sharing her feats and her preference for men many years her junior. She claimed to have married six of them.

Hines also had a personal connection, remembering how Stringfield would lead a pack of motorcyclists, all men, in an annual parade. "I can remember being in awe of this beautiful black woman with this big bushy hair under her helmet," she said.

By Nikita Stewart/The Huffington Post



They arise from **implicit racial biases** which impact teacher expectations (Gilliam et al., 2016).

students on a negative school trajectory (Losen, et al., 2015).

(Lamont et al., 2013; Petraset al., 2011).

Pre-school suspensions contribute to loss of vital school time that contributes to the achievement gap and can begin

Young students who are expelled or suspended are as much as **10 times more likely** to drop out of high school, experience academic failure and grade retention, hold negative school attitudes, and face incarceration than those who are not







About **1 in 15** men have been made to penetrate someone else during their lifetime.





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ACT NOW!

Use CDC's technical package to begin or expand your prevention efforts.

Additional program planning $\boldsymbol{\vartheta}$ implementation resources can be found on our websites:

www.cdc.gov/violenceprevention | vetoviolence.cdc.gov



WHY VIOLENCE AGAINST WOMEN AND GIRLS MATTERS

DOMESTIC VIOLENCE AND ABUSE



of domestic abuse

y ou

incidents of domestic violence were experienced by repeat victims

Women are killed by a partner,

per week ex-partner or lover

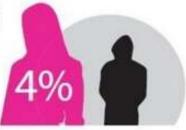
RAPE AND SEXUAL VIOLENCE

400,000 Women

sexually assaulted or raped in the last year of which 70,000 were raped (including attempts)

STALKING In the last year, 4% of women

4% of women experienced stalking*



FORCED MARRIAGE

In 2012, the Forced Marriage Unit provided advice or support to 1,500 people, but many more cases are not reported. 1,500 cases

FEMALE GENITAL MUTILATION (FGM)

66,000 Women in England and Wales are living

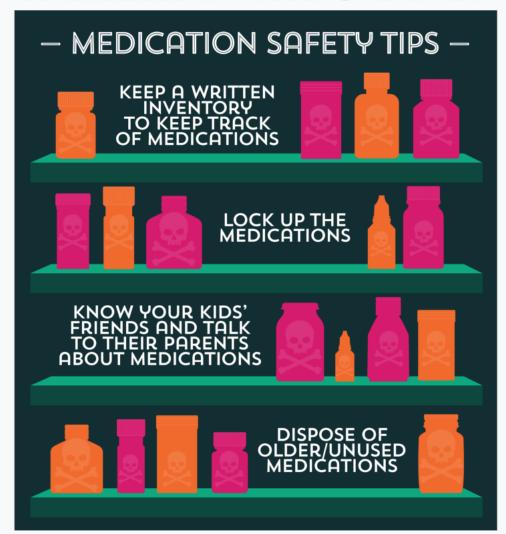
20,000 girls under 15

in England and Wales are living are potentially at risk of FGM in with the consequences of FGM England and Wales each year

All figures estimates or approximates based on: Crime Survey for England and Wales 2011/12, Home Office Homeside Index 2011/12, 2007 study by FORWARD; based on 2001 cersus data

"This is where it all begins. Everything starts here, today." — David Nicholls

A KILLER IN THE CABINET



2,500 TEENS BEGIN ABUSING PRESCRIPTION DRUGS EACH DAY

BROUGHT TO YOU BY WWW.CRCHEALTH.COM

WE CAN DO BETTER. WE CAN DO MORE.

MEN CAN PLAY A HUGE ROLE IN ENDING GENDER-BASED VIOLENCE. MEN ARE PART OF A SOLUTION; THAT MEANS BEING PREPARED TO INTERRUPT, STAND UP TO, AND PREVENT VIOLENCE IN THE SPACES WE WORK, LIVE, HANG OUT, AND STUDY IN.

TAKING ACTION

against violence

what can men do?



LISTEN TO THE WOMEN IN YOUR LIFE AND COMMUNITY.

Really listen. What do they need? What are they missing? What needs doing? Where are the struggles and where are people thriving?



STAND UP AGAINST SEXISM.

Stand up against rape culture. Find your voice. Find out how to amplify the voices of women and survivors. Ask yourself if you are making a safer space for women in your life to find support. What are you reinforcing or silently supporting?



LEARN ABOUT THE STRUGGLES THAT HAVE COME BEFORE YOU.

Learn more about power and privilege. Talk to other anti-sexist men about how they confront male privilege.



PREPARE TO MAKE MISTAKES.

Prepare to apologize. Prepare to listen and learn again, and again. Be aware of how much space you take up in the conversation.



LOOK INTO YOUR OWN LIFE.

Where do you have power? How have you used this power in the past? Manhood does not equal domination. Use the position you have to help make space for others to empower themselves. Inspire other men to consider consequences and embrace role modelling.



CREATE THE WORLD WE WANT.

Create a space for men to talk, heal from sexism and take action. Encourage men to strive towards being difference-makers, embracing the power we have and the actions we can take. We are creating our world, in both the BIG actions, and also how we treat each other day to day.

THIS IS A CONVERSATION ABOUT ALL OF US. IT IS NOT 'US VERSUS THEM.'
WE CAN DO BETTER. TOGETHER, WE CAN WORK TOWARDS A CHANGE THAT AFFECTS US ALL!

By Jeff Perera, White Ribbon Campaign & Erin Crickett, Sexual Assault Centre of Hamilton and Area | Design by Michelle Both, Immigrant Women's Centre



SAME DAY CLINICS

Harris Health's same day clinics are a good option for getting care for MINOR illnesses and injuries. We treat patients 18 months and older.

Benefits

- No appointment needed
- Walk-ins welcome
- Board-certified clinicians
- Rapid lab tests (strep and flu)

Illnesses/Aches/Pains

- Headaches/migraines
- Minor rashes
- Earaches
- Sinus pain or pressure
- Allergy symptoms
- Sore throat
- Strep throat
- Urinary tract discomfort
- Nausea/vomiting/diarrhea

Minor Injuries

- Abrasions
- Blisters/burns
- Minor cuts
- Sprains/strains
- Insect bites
- Staple/suture removal

Labs/Tests/Vaccines

- Blood pressure check
- Glucose check
- Flu testing
- Pregnancy testing
- Strep testing
- Flu/Pneumococcal vaccines
- No x-ray, radiology or pharmacy services

LOCATIONS

Margo Hilliard Alford Clinic at Outpatient Center

5550 Kelley Street Houston, Texas 77026 Hours: Mon. - Sat., 8 a.m. - 8 p.m. Closed: 2 – 3 p.m.

Monroe Clinic

8539 Gulf Freeway Houston, Texas 77017 Hours: Mon. – Sat., 8 a.m. – 8 p.m. Closed: 12 – 1 p.m.

Robindell Clinic

5420 Dashwood, Suite 200 Houston, Texas 77081 Hours: Mon., Tues., Thurs., Fri., 8 a.m. – 6 p.m., closed: 12 – 1 p.m.; Wed., 10 a.m. – 8 p.m., closed 2-3 p.m.; Sat., 8 a.m. – 1 p.m.

Sareen Clinic at India House

8888 W. Bellfort Avenue Houston, Texas 77031 Hours: Mon. - Fri., 8 a.m. - 4 p.m., Sat., 9 – 11 a.m. Closed: 12 – 1 p.m.

Sunset Heights Clinic

1623 Airline Dr., Suite 100-B Houston, Texas 77009 Hours: Mon. – Sat., 8 a.m. – 8 p.m. Closed: 12 – 1 p.m.

Call 713-218-2697 to get information about any of the same day clinics listed here.



harrishealth.org



I spoke out about my domestic violence, my cries went unheard, i was invisible... my children invisible to society, to the law, to the courts. Abused all over again. Never stop speaking out, about your abuse, stand up to be heard, for justice.

Abuse is a violation of a victims Human Rights. Abuse effects everyone in our society.

Alexandria300 🔰 @ 50shadesno ore

1 50ShadesofAbuseNOMORE

50-shades-of-abuse.blogspot.com.au

"The NCAA's First Black Female Athletic Director"



Carla Williams was named The University of Virginia's director of athletics October 22, 2017.

Previously, Williams served as an athletics administrator at the University of Georgia for 13 years and was named deputy director of athletics in 2015. During Williams' tenure as an administrator at Georgia, its athletics teams won 16 NCAA team championships and 37 Southeastern Conference titles.

With the appointment, Williams became the first female African-American athletics director at a Power Five conference institution and is the fifth active female athletics director at that level.

In her role as deputy director of athletics at Georgia, Williams was responsible for the day-to-day operations of the department and its \$127 million budget. She served as administrator for the Bulldogs' football and Lady Bulldogs' women's basketball programs and also had supervisory responsibility for academic support services, business operations, compliance, event management, external operations, facilities and new construction, human resources, sports facilitators (21 sports and 15 head coaches), sports medicine, strength and conditioning, student services and ticketing. She helped to oversee \$162 million in facility additions, upgrades and improvements for the UGA athletics program.

Williams served as the Georgia Athletic Association's liaison to the president's office, provost's office, general counsel, equal opportunity office and student affairs. She also served as the athletics department's deputy Title IX officer.

Williams has the unique background of competing, coaching and administering at the highest levels of intercollegiate athletics. She was an All-SEC guard on the basketball court, then helped recruit and coach some of the greatest teams in Georgia's history before moving on to become one of the highest-ranking female administrators in Division I athletics.

Williams began her administrative career at Georgia in 2004. She served as associate athletic director (2004-2008), senior associate athletic director (2008-2011) and executive associate athletic director (2011-2015) before being promoted to deputy director of athletics.

Prior to joining the Bulldogs' staff, Williams was an assistant director of athletics at Vanderbilt (2000-03) and an associate director of athletics (2003-04). She oversaw 11 men's and women's sports as well as the Commodores' CHAMPS/Life Skills program. From 1997-1998, Williams was coordinator for student-athlete development and life skills at Florida State. While completing her Ph.D. in sport administration, Williams was also a graduate assistant for athletic academic support from 1998-2000.

Over the course of her career in intercollegiate athletics, Williams has administrative experience with each varsity sport sponsored by Virginia with the exceptions of field hockey, rowing, squash and wrestling.

Williams was instrumental in Georgia's programming to enhance the lives of its student-athletes and prepare them for a life beyond athletics, including its comprehensive "The Georgia Way" program. She also helped build ties for Bulldog alumni, including the creation of UGA's NFL alumni development program. Her involvement at Georgia included serving as a member of the student-athlete conduct committee and student wellness committee. She was involved in general campus affairs which included serving on the University's Terry College of Business board of directors and being active in numerous campus personnel search committees.

NCAA and national organization committee membership are a big part of Williams' resume. She served on the executive committee (2010-2014) for the National Association of Collegiate Directors of Athletics. She was a member of the Southeastern Conference's executive committee (2009-2011), participated on the NCAA women's basketball issues committee (2010-2014) and was an executive board member of the National Association of Collegiate Women Athletic Administrators (2007-2009).

A native of LaGrange, Ga., Williams was a three-year starter for the Lady Bulldogs from 1987-89. She finished her career with 1,115 points, 425 assists and 285 steals. Those tallies ranked No. 10, No. 2 and No. 3 among Georgia's career leaders at the completion of her career.

Williams was then an assistant coach on hall of fame coach Andy Landers' staff from 1991-96, including teams which reached the 1995 and 1996 Final Fours, finished as NCAA runner-up in 1996 and won the 1991 and 1996 SEC Championships. Following the 1995-96 season, Williams moved into administration and served as UGA's assistant director of compliance from 1996-97 before continuing her ascent up the administrative ranks at Florida State, Vanderbilt and Georgia.

Williams was an active member in her community, local schools and church and was on the board of directors for the Athens Area Community Foundation and LLL Community Group. She has served as a committee member for Oconee County School System projects and been involved in the Athens Clarke County Mentor Program.

In May 2015, Williams was recognized by the Girl Scouts of Historic Georgia as the Athens Woman of Distinction. That same year she was named one of the top-10 senior woman administrators in the NCAA by the website CollegeAD.org.







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