

PART TWO

Women of Courage

Louisa May Alcott



"I AM NOT
AFRAID OF
STORMS FOR I
AM LEARNING
HOW TO SAIL
MY SHIP."
-LOUISA MAY
ALCOTT

Louisa May Alcott Memorial
Association/Orchard House

Louisa Alcott was an American novelist. She wrote *Little Women*. She was also a feminist and remained unmarried throughout her life. She died in Boston on March 6, 1888. Here are some of her thoughts: "I believed that it is a much a right and duty for women to do something with their lives as for men, and we're not going to be satisfied with such frivolous parts as you give us." If you feel your value lies in being merely decorative, I fear that someday you might find yourself believing that's all that you really are. Time erodes all such beauty, but what it cannot diminish is the wonderful workings of your mind; your humor, your kindness, and your moral courage. These are the things I cherish so in you. I so wish I could give my girls a more just world, but I know you'll make it a better place. Far away in the sunshine are my highest aspirations. I may not reach them, but I can look up and see the beauty, in them and try to follow where they lead. Women have been called queens for a long time, but the kingdom given them isn't worth ruling.

**WOMEN OF
COURAGE**



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Be Not Defeated in Hard times
Know Your Enemy
The Trial Of The Mind
It is Time You Start Walking With God
If You Believe In God You Do Not Belong In Prison
Light A Candle in My Name
God's Encouraging Words To Heal Your Mind, Soul and Body
You Are The Prophet of Your Life
The Devil's Cauldron
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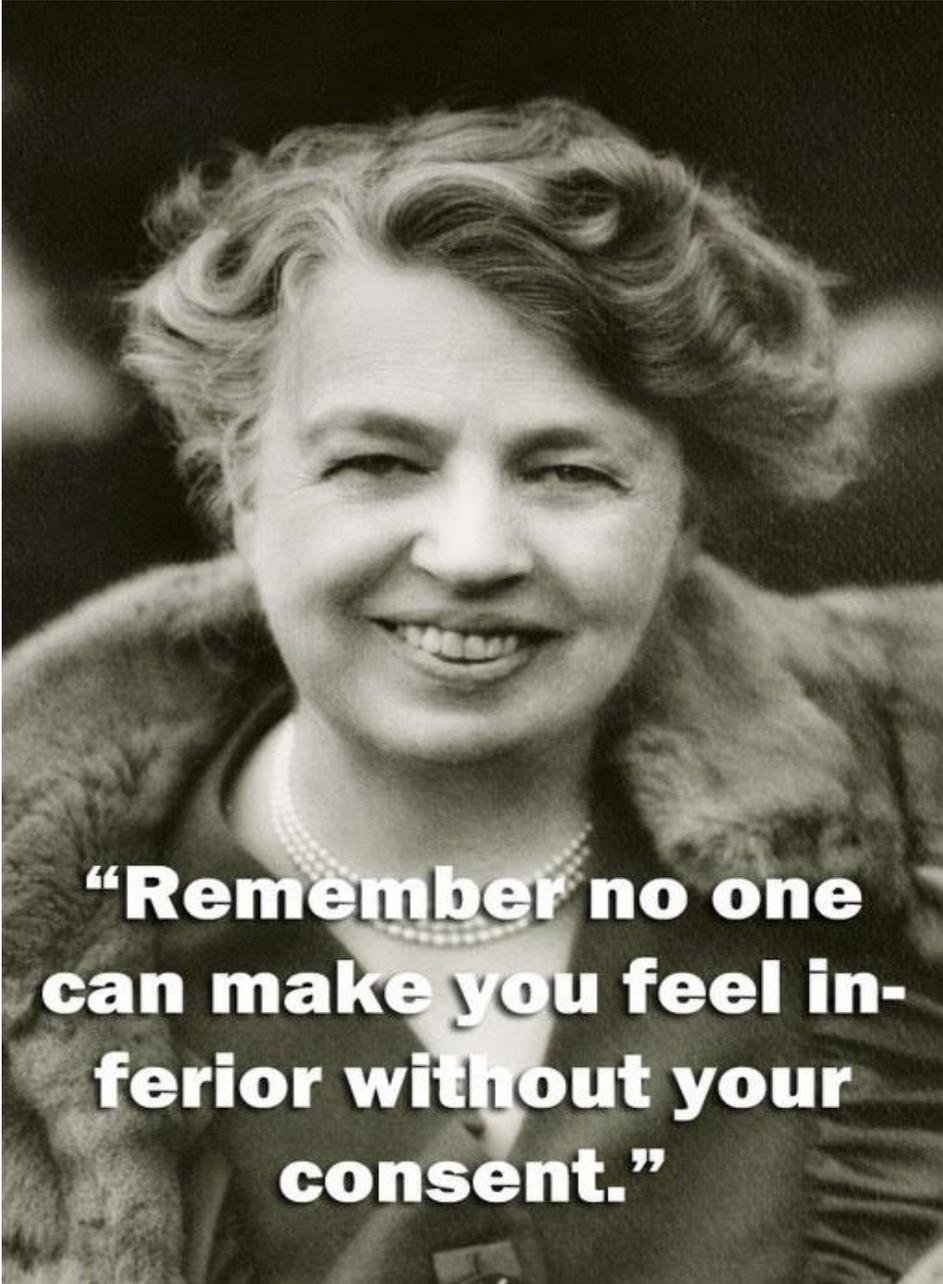
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Volume One The Deadliest Moment - Part One and Two
Volume Two Murder in the Family - Part One and Two
Volume Three The Career Rapist - Part One and Two
Volume Four The Recidivist - Part One and Two
Volume Five The Ultimate Punishment
Volume SixAnd Suddenly
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**“Remember no one
can make you feel in-
ferior without your
consent.”**

Content

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great." — Mark Twain



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Preface

“Knowing the facts is easy. Knowing how to act based on the facts is difficult.” Han Seizi

When I write I like to say hello to my readers. It may seem unorthodox or a little weird but it makes me feel closer to you. It makes me feel better that we are in agreement. A hello makes my books seem like we are having a conversation. It makes me feel like we are sitting talking over a cup of tea. I see a nice room there are paintings on the wall. There is color in the room. It is a cool day and we are smiling and enjoying one another's company. The time is pleasant. A conversation is a much warmer and friendlier human intercourse than lecturing or advising. A conversation closes the chasm between people. We become intimate. The mask is removed. We become concerned with one another's welfare. We share our thoughts. We share our dreams and desires.

I had hopes and dreams. I shared some of the same dreams that some of the women I wrote about had. Some dreams I did not realize but I know encouragement is the key to realizing a dream whether that encouragement is from the outside or inside. We all need nourishment. Therefore, one of my goals is to give you the nourishment you need so you too can become a woman of courage. So you will step off into the unknown with courage and resolve because courage is what it takes to realize a dream. I am always problem solving and it makes me feel satisfied when I believe I have been successful in changing lives. I want our time together to be meaningful. I am taking my time with the subject matter because it is extremely difficult to change a person's mind especially if they think they are smarter than you or they have a hidden agenda. I recently learned that you can speak to people over and over again and demonstrate information logically and individuals will not change. There is something inside them that causes them to resist change. I spent two years mentoring a woman. She shook her head ok every time we talked. She acknowledged the situation but when it can down to her actually

changing to meet the event she failed the test. She could not approach the cliff. Her life will go on but she will not realize her dream because she did not really listen she kept telling herself that she was smart. She learned a pattern from watching others and she believes if she duplicates that pattern she shall succeed. Learn this if you learn nothing else from this book. Everyone is smart. That is not the question or the problem. It is what you do with your smartness. It is your awareness of yourself that will define your life. Most smart people realize one thing. They realize there is always someone else smarter therefore the safest position is to assume your opponent knows as much as you and the only way to win is to attach yourself to someone smarter than you and use their advice and knowledge to win. To win you must read the situation correctly. When reaching for the top you must be agile light of foot and mind.

I wrote this book so it would have a profound effect on your life so you can become a woman of courage. Your children and family will benefit from the change. Changing is enveloping. This book was written as a vehicle for change. It was written to be used as a tool for you to become a woman of courage. Women are constantly talking to themselves, constantly questioning their behavior. Is my buttock too big? Do I look too fat in this skirt? Will Bob ask me to marry him? How often do you look at a woman's eyebrows and wish your eyes brows were shaped like hers (looking in someone else's garden). This book will bring the constant questioning into focus. This book was written so you can take the information we discuss and pass this information on to your child, cementing the possibility of your child's survival. The absence of change in families is contributing to the drug crisis in this country. The women in this book waged some terrible battles to win over society. There was a great deal of suffering yet only small drops of blood were shed. These women fought until they were exhausted. They fought until they were sick. Some endured mal-nutrition just to get an education. Measure yourself. How many days can you go without eating just to sit in a classroom to read a book?

These women fought their mothers and fathers for their freedom. They wanted to design the environment in which they

lived. These refused to do as they were told. They refused to sit down and cry. They refused to be relegated to drinking sherry in the cellar just to comfort oneself. They refused to be sedated by tranquilizers after their husbands squander their inheritance or select the home in which they would live. They refused to allow the church to determine how many children they would have. These women boarded steamships to the orient. They boarded planes to Africa and rallied in Europe just to be free. As you read think about their lives.

These women left their sisters behind their friends behind in the quest for a new future. There is a woman discussed within who changed her name so she could practice her profession in her adopted country. Imagine changing one's name just to be accepted. Is not your name the most private caveat? Who are you without your name? I wonder if you will identify with her?

We have women refusing to be maids, refusing to be schoolteachers, refusing to work at any job society said was fitting for a woman. We have a woman who joined the military as a man so she could be gainfully employed. She did not want to work in a boarding house cleaning sheets. After her enlistment in the military ended her country betrayed her and denied her a pension. There are women in this book who wanted to fly helicopters, run into burning building to rescue people. These women wanted to stand at an operating table as a surgeon and practice the hand of God by curing a patient. They believed if I can imagine it I can do it. As you read you will be stirred. You will reflect on the choices you made or are making as your life develops before you. Are you really finished with your life at the age of 55 or 75? Really! Have you stopped dancing? Is celebrating your birthday now a perfunctory activity? So what is new?

As you read one thing is going to be made perfectly clear, we have lots of unsung heroes among the women living in our communities. And the reason why we have unsung heroes living in our community is because we do not applaud courage in women.

We do not look for this characteristic in women. It is not a desired trait. We do not celebrate the woman raising children alone. Yet this woman has great courage. A woman who takes care of her parent is a woman of courage. Yet she is not recognized as such. These women by their actions are telling us that you do not sit and allow someone to take your life away from you. Your life is all that you have. You do not let someone tell you what you can and cannot do or what is possible and what is not possible. You do not allow someone to shape your thinking that stops you from even trying. You get to the door but never enter (Franz Kafka, *The Trial*).

Take a look around you. Look at your friends from college. Where are they now? What are they doing now? Most are married with two children and house in the suburb. Their dreams are dead. They don't even discuss their dreams any more. They have stopped talking about what they want to become. Their conversation is now mortgages and debt. Many are becoming alcoholics. Some are quietly taking drugs. Some are participating in extramarital affairs just to feel alive. They allowed society to kill them. Every society tells men in prison that when you get out of prison you have no future. No one is going to hire you and no one is going to trust you. All you have to look forward to is a low paying job cleaning someone's floors. So the best you can do with your life is drink a bottle of beer after work and be satisfied.

Society tells women you worked as a prostitute. No one will ever marry you. What kind of job can you hope for? You can't start a business. You can't get a loan from a bank to start a business. As soon as the bank looks into your background the bank is going to know you are not worthy of a loan. You might as well go back where you came from, back to the gutter. That is where people like you belong. This book was designed to show you how you can become a woman of courage. Regardless of what society says, you can take control of your life and be the woman you want to be.

Did you read the quote from Phyllis J. Read and Bernard L. Witlieb in *The Book of Women's Firsts* at the front of the first book? Read the quote again.

"It is difficult to imagine or to underestimate the price many of these women paid in the currency of loneliness, self-doubt, ridicule, and insult. They were often considered to be in flagrant violation of the laws, written and unwritten, of God and man. Many were jailed for their beliefs and activities. They were seen to be violating the natural order, the way "everyone" knew things were supposed to be. They persevered against odds that should have been overwhelming--and they triumphed."

Now imagine you are Hattie McDaniel's. She was once asked why she always played the roles of a maid. She answered by saying she would rather play the role of a maid than to be one. Now imagine yourself as Josephine Baker, the banana lady. Josephine Baker appeared on stage in her birthday suit and bananas. Yet very few people know this woman who was called morally bankrupted and a whore actually spied for France during the war. She risked her life for her adopted country. She was an American who went to France to be free to practice her art the way she saw fit and she ended up helping the war effort. Is she celebrated? Not really otherwise you would know that she spied for France during the war. Josephine Baker pushed the envelope to get her ideas across to society but do not think she did not pay a price. We believe the wounds she suffered were healed by her love for children. Although Josephine Baker became known as a French entertainer she was an American. She was the one who began the trend of adopting children from all over the world to give these children a secure home. She was the mother of 12 children. Image Josephine Baker left everything she knew in America to find a place where she could be herself and perform for the public the way she chose. Was that not courage?



: Source:

<http://nymag.com/news/intelligencer/56005/>

I was told the information regarding Hattie McDaniel's and Josephine Baker from my friend Yetive Maddox, age 85. These women were her inspiration and she was proud of their accomplishments and she thought I should say more about them. Yetive thought it should be known how important work was to Hattie McDaniel. Even though she never played a leading role she never gave up acting. Yetive also thought people should know that Josephine Baker was married although she was known for her sexy portrayals and that the trend of adopting children began with Josephine Baker not Madonna. Taking care of 12 children is a drain on anyone's resources. Yetive Maddox also said it is not easy to fly to another country not knowing the language and to ask its people to accept you when you share nothing in common except your humanity. Yetive Maddox was married to a Tuskegee airman who was killed in the war. She raised her son while attending college. She received her Master's degree in childhood

development. She too is a woman of courage because she believed that regardless of the economic circumstance of a woman that woman should always act in a respectful manner. No unrelated males shall live in a house with children.

Some of the greatest pain I ever experienced in life came from my concern for women and children. The trafficking of women drives me insane. I experience great anger as I experience great pain with the subject. These enterprises are driven by steel hearted men that continuously change the lives of women. These men believe they cannot be stopped. I believe if I can influence the lives of women sooner or later the women in this country will stop this practice. I believe that the women in this country will begin to demand more from their politicians than the usual "I am going to be tough on crime".

If I can be the instrument in women developing strong bodies and strong minds we will stop men from exploiting women for money. And I shall go to my grave laughing my head off because I would have changed the course of history. No more will men be able diminish women in their own eyes yet exploit their bodies so men can walk around declaring how superior they are. Years ago I sat in a Burger King on Seven Mile and Middlebelt in Livonia, Michigan across from the Sears Department store and watch a man terrorize a woman he was having prostitute for him. I swallowed my rage but I had to sit there and watch because I could do nothing. The woman would not look me in the eye. I knew the man was a pimp because I saw men like him when I was growing up. My mother pointed them out to me and warned me against their promises. He sat across from the woman in all his ignorance believing himself important. It was all I could do to keep myself from picking up a bat and beating him. I was in my 12th year of research for the books I was writing. I was finally at a point where I could afford to go to Burger King and purchase a Junior Whopper. Seeing him made me redouble my efforts to finish my books. I swore that I would not stop until I wrote books to stir the passion of freedom in women.

Born into poverty I could have easily been one of these women. Yet it was my good fortune not to be one of these victims. A fact I shall always be grateful. I firmly believe that the trafficking of women in this country will be reduced once women began following their dreams and we improve the employment opportunities of women especially those women raising children alone. Our prosperity is linked to education and employment and our working for one another. It is not by accident that the people in poverty all over the world are women and children. Women and children are the perfect victim, a person that can be exploited over and over again. Sit down and calculate the amount of money a man makes off the body of one woman. Then you can see why it so important to keep women in poverty. Years ago (during the 1920's and 1930's) White scientist spent hours and hours trying to prove there was a difference in the bodies of Black people and White people. They failed to find scientific evidence to support their propositions. Nevertheless, the residue of their beliefs persists. The scientists that were fostering these ideas spoke with such conviction and knowledge what they espoused was believed and these beliefs persisted. Consequently, when Black report for medical care in hospitals they are treated differently because White still believes the bodies of White and Black people are different. The persistence of the idea that women are different from men is the idea that is keeping women in poverty. The persistence that women should obey their husbands and the man is the leader of the family is what keeps women in poverty. Please read the following:

Black Americans are systematically undertreated for pain relative to White Americans. We examine whether this racial bias is related to false beliefs about biological differences between blacks and whites (e.g., "black people's skin is thicker than white people's skin"). Study 1 documented these beliefs among white laypersons and revealed that participants who more strongly endorsed false beliefs about biological differences reported lower pain ratings for a black (vs. white) target. Study 2 extended these findings to the

medical context and found that half of a sample of white medical students and residents endorsed these beliefs. Moreover, participants who endorsed these beliefs rated the black (vs. white) patient's pain as lower and made less accurate treatment recommendations. Participants who did not endorse these beliefs rated the black (vs. white) patient's pain as higher, but showed no bias in treatment recommendations. These findings suggest that individuals with at least some medical training hold and may use false beliefs about biological differences between blacks and whites to inform medical judgments, which may contribute to racial disparities in pain assessment and treatment.

This is what women are fighting persistent beliefs. For thousands of years society has been taught women must conform to a certain behavior otherwise that woman is chastised or murdered. Women have been taught to accept the chastisement of other women. Some women help advocate for the murder of their daughters when their daughters fail to live up to a subscribed behavior. Some women accept the family resources being used to send their sons to college and their daughters to the wedding chapel. Why educate a woman when all she is going to do is marry. Why waste the money.

Poverty benefits the position of man. Men cheat to prove women are inferior that women should not be paid the same as men. Women should not be educated like men. Women need to be told what to do. The division among women must cease. We have women now who believe all they have to do is follow in the footsteps of men and they will be successful. This is what the woman I was mentoring thought. She thought she had a recipe for success. Some women believe all I have to do to succeed is mimic a man. There is a congresswoman in Washington I have been watching for years. Every time the Republicans make an announcement they have her standing in the background. Every time John Boehner made an announcement and he needed a woman to amen what he was announcing this congresswoman would be standing right behind him. She may be employed as a

representative of her state but she is nothing more than a dolly. Nothing astounding has come from her. Not one piece of exciting legislation in all the years she has been in Congress. She has absolutely no power. I would like to ask her why did you run for Congress if you were just going to let men lead you. You could have done that by getting married and abdicating your sovereignty. I bet you if you watch the announcements coming out of Washington you will be able to identify this woman. Every time the men wanted to show women against abortion, or the trade deal they drag her out and have her stand behind Boehner.

As you read about the women in this book, ask yourself which of these women earned more than \$100,000 during her lifetime like the congresswoman then measure that amount to all of the effort the woman put into developing her talents to seek employment. When women stop allowing men to use them for their financial gain, women shall begin controlling and managing their lives.

Economics is the answer. The question for all women is why is there a resistance by men to allow women to take control of their lives? Why is there a resistance to women doing what they want to do with their lives? The reason is money. Without money women are compelled to do what they are told to do. It is beneficial for those with money to have those without money to be discouraged. The people with money get the luxury yachts and the vacations to Tahiti and we get to drive our car for more than 10 years and spend our vacation working a second job. I shall see what you think of the section Women at Work.

This book is very personal to me because I have a great love for women and children. Let us hope you recognize the love and concern and the book moves you to action. It is time for you to start a new life.

Women and Fair Pay Lael Brainard



Lael Brainard is a member of the U.S. Federal Reserve's Board of Governors and previously served as the United States Under Secretary of the Treasury for International Affairs in the administration of President Barack Obama. July 2013 Lael Brainard said, the economic empowerment of women is essential to every country's growth potential. Here is what she said before

Political leaders often overlook the key to economic growth: women *It's time for a global race to the top on equality. Without the full contribution of women, no economy will reach its potential*
By Lael Brainard

Political leaders around the globe are intensely seeking solutions to boost domestic economic growth. Yet one solution that is proven and involves half the population is often overlooked. By unlocking the full economic potential of women, countries can strengthen productivity, stimulate demand, and boost growth. Here at home, President Obama early on made the connection between growth and economic opportunity for women. In the depths of our crisis in 2009, one of the first laws the President

signed was the Lilly Ledbetter Fair Pay Act. He established an Equal Pay Task Force led by Valerie Jarrett to help women get paid what they earn. Until women are paid fairly—and not just 77 cents for every dollar men make—our economy will never be fully competitive. This earnings gap can amount to hundreds and thousands of dollars of lost income over the course of women's career. In Asia, policies that bring more women into the workforce could counteract the coming labor shortage from aging populations. In Europe, improving women's employment could bolster domestic demand. In Africa, giving female farmers equal access to agriculture supplies and services would increase yields and incomes, improving the health and education of the next generation. In Arab transition countries, addressing female youth unemployment, among the highest in the world, is vital for building more inclusive economies. Progress is within our reach. Today, girls attend primary schools at the same rate as boys almost everywhere, and we are seeing more women enter secondary and higher education in a growing number of countries. Women now make up 40% of the global labor force.

Yet despite these achievements, the gap between men's and women's earnings and productivity is still large. Even in countries where women are graduating from college at the same or greater rates than men, the pay gap persists. More women than men are trapped in low-productivity jobs. Around the globe, women are over-represented in the informal economy, where wages tend to be below-market and job mobility is limited. Across businesses, women are underrepresented in leadership positions and in boardrooms. And from one country to the next, enterprises led by men too often out-earn those led by women.

Women with minimal access to resources and no access to child care have limited choices that too often mean low-wage and part-time labor. In rural communities in the developing world, when women farmers have unequal access to fertilizers or training, their farm productivity lags behind men. When rules and laws inhibit women's ownership of collateral, economies lose out on the wasted

talents of female entrepreneurs. So what more can we do to unleash the economic potential of women? It is time for a global race to the top on equality of opportunity for men and women. President Obama has called for economic and political empowerment of women globally. The Equal Futures Partnership promotes removal of policy, legal, and regulatory barriers that hold women back at local, state and national levels.

As part of a global competitiveness agenda, let's start by measuring progress of reforms in every country. Let's help countries assess how well their laws and institutions perform on promoting women's full contribution—whether through equal pay or equal rights to inheritance and land titling. Just like the World Bank's Doing Business report has unleashed more vibrant business sectors, benchmarking countries against best practices on gender opportunities could unlock the full productive potential of women and spur growth. And let's make these assessments accessible so businesses can invest where women are fully engaged—as entrepreneurs, innovators, farmers, consumers, and investors.

When women were excluded from New Deal programs, Eleanor Roosevelt fought to include them. Roosevelt was among a handful of leaders who realized the US economy would not escape the depths of recession without the full contributions of women.

This remains true today. Without the full contribution of women, no economy will reach its full potential.

August 19, 2015 Nina Bahadur, the Women Deputy Editor of the Huffington Post, published the article, *18 Real Things Donald Trump Has Actually said About Women*. Here are 18 of the most outrageous things Trump has said about women:

- 1 That giving your wife "negotiable assets" is a terrible mistake.
- 2 That women are essentially aesthetically-pleasing objects.
- 3 That sexual assault in the military is totally expected.
- 4 That women on "The Apprentice" need to rely on sex appeal.
- 5 That bad press doesn't matter as long as you have a sexy girlfriend.
- 6 That a woman MUST be hot in order to be a journalist.
- 7 That pumping breast milk is "disgusting."
- 8 That all women hate prenups, because they are gold diggers.
- 9 That women have a "great act" going on to trick men.
- 10 That Hillary would be a bad president because of her husband's actions.
- 11 That Angelina Jolie has dated too many guys to be attractive.
- 12 That Bette Midler's "ugly face and body" are offensive.
- 13 That Rosie O'Donnell is "crude, rude, obnoxious and dumb."
- 14 That the best line in any movie is this beautiful gem.
- 15 That a journalist who offended him had an ugly face.
- 16 That Cher is 'lonely' and 'a loser' because she doesn't support him.
- 17 That women fawn all over him because he is rich and powerful.
- 18 That the ladies on "The Apprentice" are all super in to him.

Facebook

"All of the women on 'The Apprentice' flirted with me -- consciously or unconsciously. That's to be expected." -- *How To Get Rich*,

Here is a list of what Hillary Rodham Clinton said about women. Look at the contrast. These are words of encouragement words of

support. Women are being told they have self-worth. They are to be valued. They are to be determined to control their destiny. They are not being told that they do not matter; that they are mere window dressings and the only attributes women have is sexual and they make great ornaments.

"Democracy and prosperity cannot be attained or sustained in countries that do not value women."

"Too many women in too many countries speak the same language, of silence."

"I believe that the rights of women and girls is the unfinished business of the 21st century."

"Women are the largest untapped reservoir of talent in the world.

"It is a violation of human rights when babies are denied food, or drowned, or suffocated, or their spines broken, simply because they are born girls."

It is a violation of human rights when women and girls are sold into the slavery of prostitution.

It is a violation of human rights when women are doused with gasoline, set on fire and burned to death because their marriage dowries are deemed too small.

It is a violation of human rights when individual women are raped in their own communities and when thousands of women are subjected to rape as a tactic or prize of war.

It is a violation of human rights when a leading cause of death worldwide among women ages 14 to 44 is the violence they are subjected to in their own homes.

It is a violation of human rights when young girls are brutalized by the painful and degrading practice of genital mutilation.

It is a violation of human rights when women are denied the right to plan their own families, and that includes being forced to have abortions or being sterilized against their will.

“Every child needs a champion.”

“If there is one message that echoes forth from this conference, it is that human rights are women's rights - and women's rights are human rights. Let us not forget that among those rights are the right to speak freely - and the right to be heard.”

“We need to understand that there is no formula for how women should lead their lives. that is why we must respect the choices that each woman makes for herself and her family. Every woman deserves the chance to realize her God-given potential.”

“We should remember that just as a positive outlook on life can promote good health, so can everyday acts of kindness.”

“When you stumble, keep faith. And when you're knocked down, get right back up and never listen to anyone who says you can't or shouldn't go on.”

“Although we were not able to shatter that highest and hardest glass ceiling this time, thanks to you it has 18 million cracks in it, and the light is shining through like never before, filling us all with the hope and the sure knowledge that the path will be a little easier next time, and we are going to keep working to make it so, today keep with me and stand for me, we still have so much to do together, we made history, and lets make some more.”

“Probably my worst quality is that I get very passionate about what I think is right. ”

Before we begin I would like for you to read the following statement written by Major General William H. Rupertus, USMC, Retired.

Major General Rupertus wrote this statement after the Japanese attacked the Pacific fleet at Pearl Harbor December 7, 1942, I want you to read his statement and look at the picture of Major General Rupertus.

This is My Rifle

This is my rifle. There are many like it, but this one is mine. My rifle is my best friend. It is my life. I must master it as I must master my life. My rifle, without me, is useless. Without my rifle, I am useless. I must fire my rifle true. I must shoot straighter than my enemy who is trying to kill me. I must shoot him before he shoots me. I WILL...

My rifle and myself know that what counts in this war is not the rounds we fire, the noise of our burst, nor the smoke we make. We know that it is the hits that count. WE WILL HIT...

My rifle is human, even as I, because it is my life. Thus, I will learn it as a brother. I will learn its weaknesses, its strength, its parts, its accessories, its sights and its barrel. I will ever guard it against the ravages of weather and damage as I will ever guard my legs, my arms, my eyes and my heart against damage. I will keep my rifle clean and ready. We will become part of each other. WE WILL...

Before God, I swear this creed. My rifle and myself are the defenders of my country. We are the masters of our enemy. WE ARE THE SAVIORS OF MY LIFE.

So be it, until victory is America's and there is no enemy, but peace!

I had you read this poem because I wanted you to feel the volatility of a person determined to win until death. Major General Rupertus was saying there is no stopping there is no quitting there is no surrender and there is no doubt. Any man who defends his nation has to believe as such or he shall fail. This is a powerful poem. This is the synthesis of a human drama. There is no

greater struggle than the struggle that a man wages with himself as he battles for life. Major General Rupertus is posing himself. He is organizing his mind. He is single in purpose. He said he will be relentless in his quest to win; winning meaning vanquishing his enemy. To Major General Rupertus the enemy is anyone who comes against his country and the instrument that will support his victory is his rifle. Do you know your enemy? Do you know the tools you need to vanquish your enemy? Do you know the person or persons who will try to prevent you from winning? Identify your enemy. Your enemy or enemies can be the naysayers who tell you what you cannot become, who tell you what you cannot do, or the negative people in your life who say you are a fool. Your enemy can be friends or family member. Your enemy does not have to be a stranger. Some women sleep with their enemy every night. The man who does not want to see you realize your dream. Some women eat at the dinner table with their enemy; the woman who tells you how foolish you are to pursue an advanced degree. Who tells you, you should be satisfied with a husband home and children. Your mother!

This is my rifle is a powerful standard. This is a standard that men in the military have to live by every day. In a moment's notice they must be willing to pick up their rifle and defend millions of people that they do not know. There is no greater standard. Bullies do not want a nation of ethical men yet this is what this standard produces. Bullies, men who wield power through controlling our nation's economy want a nation of men defeated during their lifetime. These economic bullies want a nation of men who will lose their courage, men who will desert the field of battle; men who will accept unemployment or homelessness. When you support your husband you are supporting your nation. When men feel confidence in one another they fight well. There is neither a battle Marines will not fight nor an enemy Marines will not face. The bullies and greedy men in our country want a nation of men who are more concerned about their makeup than raising their sons. Now read the poem again. What are the characteristics of Major General Rupertus. He is courageous, he is determined. He is

dedicated. He is compassionate. He is caring. He is convinced of his role. He knows who he is. He does not question himself. He knows what is required of him in order for him to win. He tells the reader he is his rifle. He says the rifle is his life. Who you become is your life. You will become your accomplishments.

You must be just as determined to win as Major General Rupertus. And you must see yourself as one with your goals. Every time you fail and get up and try again becomes you. You become the person who will not quit. You become the person who refuses to stop until she wins. You become that person dedicated to winning in your life. You become that person who refuses to drop out of college. You become that person who refuses to let a college professor tell you that you cannot learn calculus. Every action you take to accomplish your goal becomes you. Our analysis of Major General Rupertus is what we must do with the women we discussed in *Women of Courage*. We must get to know these women from their own words and behavior. We must examine these women and find out how they won. Once we learn their winning behavior we can train ourselves to change and become women of courage. Please note that the most outstanding characteristic of Major General Rupertus is Major General Rupertus had a standard. He had a set of rules that he lived by. And these rules served him well until the day he died. These rules were inviolable. Now think a second. How many men were there above Major General Rupertus in rank? There one, two, three and four star generals above him in rank. All of these men made more money than Major General Rupertus. They had more prestige. All these men played greater roles in the war. Ask yourself this question of all the men above Major General Rupertus in rank and prestige how many of these men are remembered, immortalized by a nation. Every man in the Marines knows *This is My Rifle* and they know who wrote it. You want to be remembered then work and win. Major General Rupertus had a standard. Not only did he live by a standard he got other men to believe in this standard.

The standard established by this creed is just the behavior that bullies and greedy people do not want others to emulate. A man

swearing to defend his nation at the cost of his life is the greatest sacrifice anyone can make. A person living by this creed says I value my country greater than I value myself. This creed establishes a code of conduct it establishes a way of life. The bullies and greedy men living in our country do not want a code such as this to exist throughout a nation. When a nation of men, undergo military training they learn that they are important to one another. Men learn that they cannot exist without one another. They learn it is to their best interest to support the life of another man. Bullies and greedy men do not want this feeling translated across our nation. Greedy men want sadistic competition translated across our nation. A bully wants men to develop a dog eat dog mentality. This is why we need the draft back in this country. Military service welds men to working together. It is the woman's humanity that counteracts the development of depravity in a nation. The greedy men in our nation wants men showing up for work high on marijuana, surgeons entering the operating room more concerned about the Dow average that the life of their patient. Bullies wants police officers sharing in the spoils of the dope dealers he wants prison guards selling drugs to inmates. This is the type of debauchery naysayers enjoys. Bullies and naysayers do not enjoy men who are strong and resilient, husbands to loving wives. Do you know what you think of your husband can keep him on the straight and narrow? Do you know that men shy away from sin because they care about what their wives and children think of them? When a man knows he is essential to the fabric of his family, he will think more than twice before he jeopardizes his family through vile and aberrant behavior. The point I am trying to make is no one lives in a vacuum. Everything you do or do not do affects others around you. Your winning will encourage your husband. It will encourage your children, your friends, etc. Winning is a powerful aphrodisiac Once you succeed you will begin to believe you can success again and again at any endeavor.

This must be your posture as you become a woman of courage.

Your stance must be I can succeed I will succeed. I will not be deterred. You will assume the quiet resolve of Major General Rupertus. Life cannot be lived passively if the organism is to survive. Salmon swim upstream. Birds fly south to avoid the cold. The same applies to women. We cannot live passively if we are to survive. Our behavior must always be based on surviving and not allowing our bodies to become instruments of our destruction.

Throughout this study I want you to return to this page and reread, This Is My Rifle. It is one of the most inspiring poems ever written. Be encouraged. The Marines are an elite fighting force. Every man accepted into the Marines feels privilege to be called a Marine. They know they walk the path of some of the bravest men society has ever produced. As you start to become the woman of courage you will realize how privilege you are to be among the few. There is only one Madeline Albright. Why? Because Madeline Albright knew she could be Secretary of State therefore, she became Secretary of State in her mind. She knew she was carrying a heavy burden because the world was watching waiting for her to fail at a job that was supposed to be worked by a man. Not all women who achieve glory are so humble but Madeline Albright remembered that she was standing on the shoulders of millions of women from the past who sought to be free to live their lives as they wanted. Take time and read Madeline Albright's words. Her character and toughness comes across in her words. The people you learn from are the people who risk it all to succeed

We discussed This is My Rifle because the military is the citadel of change. The military will take a 19 year old and turn him into a fighting machine a man driven to the philosophy of winning at all cost.. Military training is not done by happenstance. It is a deliberate willful set of behaviors designed for one purpose only and that purpose is to win. How is it that your 19 year can't get out of bed in the morning but when he joins the military he is up at 6am and dress and ready to march 30 miles before breakfast?. What happens to him in that 90 days? What causes the transformation? What happens to the boy that is a picky eater at home but after 90

days in the military he will eat what is given to him without a complaint. We need to pay attention to how this is done. Do you want to transform your life? Then you need to pay attention to the greatest transformers in the world. The basis of reaching any goal is change. So if the military is the greatest transformers in the world we need to pay attention to what they do. One thing you should know no one forgets their military training. No one! Military service has a profound effect on the psyche of women and men. Either their techniques makes you believe or you wash out. The first thing you should ask yourself at this juncture is what is military training?

Military education and training is a process to establish and improve the capabilities of military personnel. Service members are drilled physically, technically and psychologically until change is achieved. The most important aspect of military training is resocialization, the process of mentally and emotionally "re-training" a person so they can operate in an environment other than what they are accustomed to. This process requires changes to an individual's personality. The reason for this technique is so a soldier will act as a member of a cohesive unit. No military is successful if one man will not die for another or if men flee the field of battle. Or if the men believe their enemy is fiercer than them. Do you see how this relates to women? We fail because of what we believe. We believe that we can't, therefore we never succeed. The military uses repetition, learning, exercises and body building. They build the body they build the mind and they repeat over and over again until the soldier know what he or she is capable of doing. This is why the motto of the Marines Semper Fidelis "Always Faithful is so powerful. The men believe they are The Few. The Proud a Marine. The Marines know they are the "First to Fight." That Marines have been in the forefront of every American war since the founding of the Corps and a Marine knows the Corp does not believe in failure. Maybe women need to examine the Marine Corp closely to see what techniques they can adopt and incorporate into their lives.



Major General William Henry Rupertus
United States Marine Corp.
November 14, 1889 – March 25, 1945
Author of the Rifleman's Creed

Major General Rupertus was 55 years old when he died but he served this country in two wars. He received a citation for extraordinary heroism and distinguished service asin action against enemy Japanese forces during the attack on the Solomon islands, August 7-9, 1942. He was commissioned November 13, 1913 as a Second Lieutenant in the USMC. As a First Lieutenant, he commanded the Marine Detachment aboard the USS Florida, attached to the British Grand Fleet in World War I. While on duty in Peking, China he endured the death of his first wife and two of his children. They died during a scarlet fever epidemic February 1930. During World War II, Major General William Rupertus served as Assistant Division Commander of the 1st Marine Division under Major General Alexander Vandegrift. During this time Major General Rupertus wrote the Rifleman's Creed. His purpose was to encourage expert marksmanship and Marines' trust in their weapons. He did not live to collect retirement. He died March 25, 1945 of a heart attack. He was buried in Section 6 of Arlington National Cemetery. In 1945, the U.S. Navy destroyer USS

Rupertus was named in his honor. **RANK FOR USMC OFFICERS**

Commissioned officers are college graduates who have earned and accepted an appointment issued in the name of the president of the United States. Their commission gives them the responsibility of leading Marines as they defend the Constitution of the United States. Commissioned officer ranks are subdivided into generals, field-grade, and company-grade officers. The commandant of the Marine Corps and the assistant commandant of the Marine Corps are four-star ranks.

	2ndLt	Second Lieutenant	O-1
	1stLt	First Lieutenant	O-2
	Capt	Captain	O-3
	Maj	Major	O-4
	LtCol	Lieutenant Colonel	O-5
	Col	Colonel	O-6
	BGen	Brigadier General	O-7
	MajGen	Major General	O-8
	LtGen	Lieutenant General	O-9
	Gen	General	O-10

Now here is an excerpt from Chapter 15 of Murder In The Family Volume Two Part Two where we were talking to women about change.

Chapter 15

Preventing Violence Against Women

“If you do what you have always done. You will always be what you have always been. Pastor T. D. Jakes, 1996

We stated the sole purpose of the National Institute of the Study of Violence is to prevent violence against women. In keeping with this goal we believe 30% of the violence against women can be reduced. We believe this reduction is in the hands of women. This statement does not mean that women cause 30% of the violence perpetrated against them. The statement just means that we believe women can affect a change in violence against women and that change will be approximately 30%. Also this statement is not being made so it can be used against women implying women are responsible for being raped, assaulted or murdered. No woman or child deserves to be raped, assaulted or murdered.

Before we discuss the areas where violence against women can be reduced we need to order our thinking. There are a few subjects women need to begin to ponder.

Women continue to fail because women have no power. Women have no power because women allow themselves to be divided, tricked and snookered. Early in the book we discussed several judges. Did you notice the caustic remarks made against women and their treatment of rapists? One judge accepted the plea of one man before the evidence was presented by the prosecutor that the woman died by being hit by a car. Another judge acted as the defense attorney sentencing the man to a few years in prison. Another judge allowed a young man to go free who was convicted of rape. The judge wanted to ensure the young man's changes of future employment. It is the judge who is responsible for most alleged rapists being given probation and or bond. How many women do you think have been murdered after

the threatening male was released from jail on bond or probation? Later you will learn just how many men are given probation for sexual offenses. These men go on to rape and murder women in the community. Do you know what the standards are for bonds to be issued in your state when a person is charged with the offense of rape or murder? Some states do not allow bond in capital murder cases. Do you live in one of these states?

One judge that is representative of many said he did not have all the facts when he gave bond to a known sex offender which led to the death of a woman in Wisconsin. We also know from the text of a phone interview regarding a woman who was murdered a sheriff said, "We could have offered this woman more help than we did." We could have probably saved her life." Now why do you think the judge and the sheriff made these statements; one because the statements were true, two because these men had no respect for women and three they were not afraid of the wrath of women? Both men will probably say they respect women and are concerned with their safety but this respect and concern is conditional. And it is this condition that is killing women.

There is no condition placed on saving the lives of men. If you do not agree with this statement please reread this book. Each case that you read ask yourself could this woman's death been prevented. If your answer is yes, make a note how her death could have been prevented. Then answer the question was her life in the hands of the police, of a neighbor, of a judge, of a legislator, of a passerby, of the parole board, of no one, of herself or of another woman? Then ask yourself what was the condition put on this woman's life for her to be saved. This is an important exercise so please take time to complete this list. When you complete this exercise you will experience the full impact of what we are saying.

Remember Kathleen Caulley she went to a judge three times in one month and asked the judge to have her husband leave the family home. The judge said no. The judge's answer cost Kathleen Caulley her life.

Remember Jacqueline Ponke she went to the police they said there was nothing they could do so she accepted death. The answer of the police cost Jacqueline Ponke her life.

Both women lost their lives because the two institutions ran by men did not help them. Yet when men run for political office they solicit the support of women to win elections. Remember Mrs. Domm of Macomb County. Remember Mrs. Cheryl Dawson, 37 of Ohio. Both women went to the police and the courts for help. Both women were murdered by their spouse. The help was not forthcoming. The list goes on.

Legislators wave the flag of law and order. They promise to rid the community of crooks. They are going to get the bad guys. They are going to do something about the drug problem. Legislators tell women we are going to get rid of the prostitutes. When the politicians mention prostitutes your fangs come out. Your respiration increases. You're ready to kill. You stand on street corners hurling names at women. Prostitutes are trailer trash, guttersnipes, and hussies. The world would be better without them. Don't let a politician mention abortion. Then you are really ready to kill. Ten minutes after the politician is elected and a second after he is sworn into office the prostitutes are back on the streets in droves and he is sending his mistress to the nearest abortionist. Why, because men know the word prostitute is a red flag to women and all a politician has to do is say prostitute and he will win the election. Are you getting angry? What are you thinking? Are you thinking you are being insulted? Are you saying to yourself who do these women think they are telling me I don't know what I'm doing when I vote?

I've been voting for the last ten or twenty years and no one tells me how to vote. Are you saying to yourself that I make intelligent choices when I vote? I study the issues no one uses me. I vote for the person I think will do the best job.

If that is so then why are men still murdering women with impunity? Why are alleged murderers given bond? Why are mothers still bonding their sons out of jail after their sons are accused of domestic violence? Why are men who murder women being paroled after 3 to 5 years? Why is incest still a deep dark secret? Why are foreign women being brought into this country by the 1000's to serve as sex slaves? Why are men who do not believe in the first class citizenship of women allowed to immigrate to this country? And why are these men allowed to serve as jurors? How can a man who believes in a dowry system or that a woman should be burned to death when she is no longer useful be allowed to become a citizen of this country or serve as a juror. If a man believes his daughter at birth should be betrothed and forced into marriage of his choosing, how can this man pledge allegiance to the flag. Think about it. It is illogical. If a man believes a woman is property in his country, his beliefs aren't change once he enters this country. The pledge allegiance to the flag only means he is now living in a country whose borders are protected by the Marines and he doesn't have to lose his life defending this country. Remember freedom belongs to the man who is willing to fight protecting his country. Changing countries doesn't change a man's mind. According to the dictionary our Constitution is a system of fundamental principles by which this country is govern.

The Constitution of the United States reads: We the people in order to form a more perfect union We the people should include the gender of women. Please describe how a man who has been raised on a daily diet of woman being less than human make a 360 degree turn and believe in the rights of women when he immigrate to a democratic country where the rights of women is established in the law. If a man believes a woman in his country should be beaten when she does not obey him or keep the house clean; or she should be beaten when she doesn't prepare the food correctly or have acid thrown in her face if she wants a divorce then, what happens to this belief when the family immigrates to this country? Do these beliefs fly out the window and everyone is equal. Hogwash! These men wear the hat of privilege in their

country and they want the hat of privilege in this country. They just hide this desire with a smile and a little dip to their body.

They carry the power of life and death in their country. These men are used to being obeyed. Do you believe they are willing to relinquish this power after a boat crossing? If a woman deserves to have acid thrown in her face when she seeks a divorce, or deserves to be beaten when she does not obey the men in her family, what makes you believe a man who rapes a prostitute will be found guilty by this man who believes in privilege? What makes you believe this man who believes in privilege will find a man who rapes his wife guilty or this man will find a woman who kills her husband after years of abuse innocent? The women in this country are at a crossroad we stand to lose our citizenship. We have men immigrating into this country who do not believe in the rights of women. We now have a huge voting block of males who believe women are property. These men also believe anything is negotiable including the rights of women. These privilege thinking men come to this country believing everything is for sale in America. Many try to buy American citizenship. Think about it. If a man is not given a fair trial because women in a state are excluded from jury duty or excused from jury duty then female victims are not given a fair trial when men of privilege sit on the juries. How many men do you think have been found innocent in rape trials because these men of privilege sat on the juries?

Women have been voting since 1920 but they have never voted as a block. Do you really make intelligent choices when you vote? Do you actually know the real issues when you vote? Maybe not! Is it possible that when you vote you are actually voting against yourself because you truly do not appreciate where your interest and safety lies? Do you know the names of the judges that hear divorce cases in your state or handle child custody cases? Do you know their track record? Do you know whether these judges believe women should seek counseling before filing for a divorce? Do you know whether these judges provide safeguards to women when the judge's order the women to allow their husbands to see their children? You don't care if the judge is

a member of the local rotary club you need to know if this judge is doing his or her job to protect the women and children in the community. Please remember seeing the child is often a ruse used by men to kill their wayward spouses. There is not a judge in this country that does not know this fact. A judge can place any condition on both spouses during child visitations. Remember the woman who was ordered not to have any more children. Remember the woman who was ordered not to have an abortion. Do you know how fast if any protection orders these judges issue? Do you know how often these judges enforce these protection orders? Do you know the track record of these judges when they preside over rape cases? Or are you waiting until you seek a divorce, or are raped to find out what these judges actually think.

Do not forget the judge and the politician always presents a picture of a good home with his wife and children smiling when they seek election (Georgia Governor Robert Bentley). Of course the wife is going to smile her husband will be employed for the next four to eight years and she will get a settlement when they quietly separate after he leaves office. Maybe then she can have a golf pro on the side or her husband will die of a heart attack. So you see women are divided when they vote and this division is killing women. Another red flag with women which causes division is breast size. When you see a woman whose breasts are larger than your breasts you can't think straight. Your first response is to feel threaten. These differences are deadly to women. Legislators, policemen and politicians could not ignore a huge voter block if that block were a cohesive unit. Women must overcome their difference to cooperate with one another to act in concert to protect one another.

Next women are told Domestic Violence is a problem. Domestic Violence is not a problem. Domestic Violence is a symptom. Domestic Violence is a sign that something is wrong in the system of society. Domestic Violence is an organ in the organism called society. The existence of Domestic Violence is a signal that something is wrong inside the organism. Domestic violence is the result of that problem. If you go to a doctor with a

runny nose and swollen glands, the doctor is not going to say the runny nose and the swollen glands are the problem. He is going to say a runny nose and swollen glands are symptoms of something going wrong in the body. The doctor is going to say upon careful examination that you have an infection in your body. He will then do a work up isolating the infecting organism verifying his diagnosis and then he or she will prescribe medication, food, rest etc. so you can rid your body of the infecting organism.

You wake in the middle of the night. Your stomach is upset. You take two Alka Seltzers. You burp. You are relieved so you return to bed. The next morning there is gas on your stomach again. You repeat the Alka Seltzers routine for a couple of weeks finally you go to your doctor. You tell your doctor your stomach is hurting you and you think you have a bad case of gas and you need some stronger medication the Alka Seltzer is not working. After testing and a series of x-rays your doctor tells you, you have an ulcer. You are surprised at the diagnoses because you did not know one of the symptoms of an ulcer is gas. You finally realize all the time your thought you had a serious case of gas you had an ulcer, a condition that might require surgery.

In both cases the running nose, swollen glands and the gas were symptoms that there was something wrong inside the organism. The running nose, swollen glands and gas were not the problem. Therefore, Domestic Violence is not a problem. Domestic Violence is a symptom. Domestic violence is a symptom of the mental health of men. Domestic violence is a reflection of how some men process and solves problems or how some men fail to process and solve problems. Domestic Violence is only one pimple on the face of society as it relates to women. Because women are told Domestic Violence is a problem the real cause is obscured and left untreated.

Next women are told breast cancer and lung cancers are the greatest health problem facing women. Again we say no. We say breast cancer and lung cancer in women is one of the greatest health problems facing this nation. Women represent

approximately $\frac{1}{2}$ of the country's population. So any problem affecting the health of women affects the nation. Without women there is no butter on the bread, no jam in the jar and no sugar in the coffee. This nation faces a problem when women die. The problems of women are national problems not group problems. Women must appreciate this distinction. Whatever affects the health of women is a national problem not a group problem. One hundred percent of the nation's citizens are raised by less than 50% of the country's population. We must have this point understood throughout this nation. Women must stop allowing television, bridal shops and magazines to womanize them, diverting their attention. Living your life to its completion is more important than your breast size.

The greatest health problem facing this nation is violence against women. Nothing is more devastating to a country than the abuse or the murder of a woman. The abuse or murder of a woman destroys families and families are the foundation of a country. There are more than 500,000 children living in this country in foster care. How can this be? Most of these children will end up poor and uneducated. Finally they will populate our nation's prisons. Any force affecting women affects this country and these forces should not be ignored. This health problem has a dual nature. Violence against women is linked to the mental health of men. You cannot separate the two. Nothing is going to be done significantly about the murder of women until women stop being divided. Nothing is going to be done significantly about the murder of women until something is done about the mental health of men. Women must accept violence against women is the greatest health problem facing this nation and women must do something about this problem. Women must tackle this problem as a group not individually. Women must put their differences aside and accept the fact that all women are in danger and women should act accordingly.

You may ask what does this entire passage have to do with anything? What does how women elect judges and politicians,

and what women think about abortion and prostitution have to do with anything? What does prostitution and abortions have to do with violence against women? Everyone knows men are the problem. It is the men who are killing women. All we have to do is stop men from killing women and the problem will be solved. Not so! These topics represent the division among women. And this division is killing women. Women all have opinions and these opinions are killing women. Women do not act in defense of one another. Women cannot deal with violence against women or the mental health issue of men until we deal with ourselves. Women must refine their thinking. Women must clear away the debris and focus on the essential elements of violence against women. Women must look at themselves to correct this problem. Of course you do not agree you probably think women should work on forcing men to change, but hold your disapproval. Consider this statement:

Men may not understand the word NO but they do understand getting their butts kicked. We are going to repeat this statement. Men may not understand the word NO but there is one word they do understand and that word is violence. When men get their derrieres kicked they understand that. Men like going to court saying I didn't rape her we had consensual sex. I can't help that she consumed 100 gallons of gin. She had her mouth open long enough to say yes. I can't help that I gave her marijuana to smoke. She made the decision to smoke it with me. I can't help that someone put something in her drink all I know is we had consensual sex and I am innocent of all wrong doing. Besides everyone knows women need to drink in order to have sex. You have to loosen them up. I just helped her with her decision. I did not rape her we had consensual sex. So you see some men do not understand the word No but once they are incarcerated they understand imprisonment because incarceration is a violent situation. Men understand violence.

What men do not like is getting their derrieres kicked. Men are the greatest practitioners of violence in the world. After experiencing violence they change their behavior especially if they

can't stand up again. This is the area where women fail. If women begin acting in concert with force, women would not have judges or policemen or legislators responding to women the way they do. Not one judge, policeman or legislator is afraid of the female voter. Yes the female is courted. But no one is afraid of her. Judges and politicians are more afraid of insurance companies, drug companies and businessmen than they are afraid of the person who actually votes for them. Judges and politicians are not afraid of women because women are readily manipulated. Until women are respected violence against women will continue. Women will not get the respect they deserve until they begin acting in concert. No one is afraid of a person who has no power. When a large group is segmented the group has no power. Men respect power, they respect nothing else. They use their power to run the state government, the federal government, the courts and the police department the way they see fit. And men use their power to tell everyone else what to do. Why do you think the entire entertainment industry and the advertisement industry is dedicated to telling women they must look sexy and be willing to sell themselves to get ahead. These industries are controlled by men and the only women they show as being successful are women who prance around on stage half dressed. Why should women try to be governors and mayors? All women have to do is dress seductively and all will be well. Business and drug companies tell women if you don't like your breast size we'll fix that. If you don't like your nose we'll fix that too. When she fixes her breast her body becomes cancerous. Magazines and television tell women if you want to tell a man I love you and you want the man to hear you the woman should say I love you in his left ear. From now on please note the number of women walking and talking to the left of men. All of these topics are distractions. These topics disguise the most important issue. That issue is empowerment.

Men do throw women a bone. When you get a divorce you can get spousal support and child support. The court will make certain the woman gets the house and car. Women accept this trick. When women fall into this trap their children become

delinquents or are taken away from them. This occurs after the women turn to drinking when the child support does not come and they cannot pay the house note. To make matters worse the women are not educated or do not know how to hold down a job. Why isn't child support calculated for the life of the child and paid in one lump sum or in two equal parts. Why do women have to wait every month for a mere pittance? A man can be given a year to earn this sum. He can work a second job. Why can't part of the divorce decree be that the man pays for a woman's college education?

How long do you think judges will continue to give men who rape probation and batterers anger management classes decriminalizing their behavior if women said to the judges if you continue this practice we will make certain you do not remain in office? How long do you think legislators would continue to ignore writing laws to truly incarcerate sexual predators if the legislators are told unequivocally if this practice continues we will make certain that you do not remain in office nor will you ever hold office again? How long do you think parole boards will continue paroling rapists and murderers if they are told the female voters of the state are going to stop the parole system? Politicians should be told women do not want to hear about prostitutes. Women do not want to hear about abortion. Women do not want to see a photo of your wife and children. Women are not interested in your love life. Women only want to know one thing. What are you going to do about violence against women and children?

The judges, politicians etc. should be told women are single minded. Women only know one sentence in English. And that sentence is what are you going to do about violence against women? Women do not care if your dog's name is Muffy, Duffy or Huffy. Women do not care if your great-great grandfather sailed on the Nina, Pinta or the Santa Maria. Women do not care if you were raised on Pinto Beans or Filet Mignon. And women do not care if you are short, fat, tall or bald. All women want to know is what you are going to do about violence against women. When a man murders a woman he takes everything she has. That woman

cease to exist and she will never exist again. No one should have the right to take everything a person has and leave society devastated in his or her absence.

Now back to our statement that women can reduce 30% of the violence against women. To bring about this reduction women must do one thing. Women must change. Yes there are particular areas where the violence will be reduced but these areas are not the focus of what we are saying. What we are saying is women must change. Please read out loud this quote of Pastor T. D. Jakes. "If you do what you have always done. You will always be what you have always been. Say it again. If you do what you have always done. You will always be what you have always been. Now substitute the word I for the word you in the quote. If I do what I have always done. I will always be what I have always been. Do see what we are saying. Say it again. If I do what I have always done. I will always be what I have always been. We are saying women can reduce the violence against women by 30% if women change. We are not saying women should make a particular change. We are saying women must change. In order to prevent violence against women, women must **CHANGE**. Women must evolve. Now do you see the correlation between women and the military?

Now many of you are saying this statement is ludicrous. How are we to change? What are we to change? A person cannot change unless he or she knows what they are going to change about themselves. These people sound stupid. They say 30% of the violence against women can be reduced if women change but they don't say what areas women are to change. We say women must change. We can provide you with a list of situations that will be improved when you change. But these situations will be the result of your change. If we said to you, you must lose weight, that would be acceptable because you feel weight is one of the problems you have. If we said to you, you need to wear more make up that would also be acceptable because you may feel you could be more attractive using makeup but when we say you must change you because agitated. You are not

comfortable. You are in unfamiliar territory. The scope is too broad you do not feel sure of yourself. Things must stay the same with just a little modification. To go beyond normal modifications is uncomfortable.

No one just changes. Who changes themselves on command? Changes are made incrementally small adjustments over time. Everywhere you look there are crutches to change. If you want to stop smoking purchase a nicotine gum. If you want to lose weight purchase a diet supplement. People are taught they have to use something outside themselves to aid them in changing. In other words people cannot change without the help of someone else or something else. People are impeded from changing because they are conditioned to believe changing is difficult based on someone else's experience and failures are reinforced in comparison, yet when mankind is faced with danger mankind changes. Danger is now staring women of this country in the face and women must change. Children are being abducted from their homes. Children are being abducted while playing and the sex offenders are not afraid of being caught. What we are saying is note your behavior and change. Once you grasp this concept then you will understand what we mean when we say women must **change**. When this country went to war with Japan and Germany, women changed. They stepped up to the plate and changed. The country was at war so women changed. Our children are now endangered so women must change.

Consider this – there are men sitting and watching and waiting to see what women do every day. There are men who sit and watch what women do with media information and there will be men watching what women will do after reading this book. Many of you may say that's ok. We expect men to question our view and we expect men to be interested in what women think. And we expect them to wonder what we will do after reading this book. Fine! Everything is going well. But consider this. The men who are sitting and watching and waiting to see what women do every day or what women will do after reading this book are sexual

predators, murderers and rapists. Now what is your response? Oh, your response is "What do sexual predators care what women do? Sexual predators vote.

Not all sexual predators are in prison. There are sexual predators in all walks of life. Who do you think are the consumers of the young children and foreign women exploited in this country – men with money? These men are sitting quietly watching what women do. They know more about what women do than you do. Sexual predators have one goal and that is the humiliation of women. Anything that impedes that goal has to be thwarted. They are watchers of women. Now we have a question for you. How many rapist, molesters and sexual predators do you think are living in this country? Do you have any idea? What if we say there are well over 3 million sexual abusers in this country? Now what is your response? We are not talking about batterers we say there are over 3 million sexual abusers in this country and they are not all incarcerated. In Volume Three, The Career Rapist, we are going to prove to you that not all sexual predators are in prison many are living next door to you and some of them are living in your home.

What better way to impede the progress of women than voting against women? Women are being murdered in this country every day and all we are saying to reduce the violence against women is women must change. Unless you want to find yourself in a wooded area with a man standing over you shoving his penis down your throat then you must change. Do not delude yourself thinking these things happen to somebody else. This book listed 2509 somebody else's in the list of the dead. Murder can happen to any woman, anywhere, at any time. Murder can happen to all women. You must change. Did it not occur to you that rapists and sexual offenders vote they can also be jurors? These men are only excluded from voting if the laws of their states specify the crime for voter exclusion.

Changing is a form of standing up.

When a magazine says blondes have more fun you dye your hair blonde. But you will not change for the women in this country.

When you are told there is a hip night-spot in town you flock there in droves. But you will not change for the women in this country.

When you're told you look younger with a particular hairstyle. You spend hundreds of dollars at the beauty salon. But you will not change for the women in this country.

When your girlfriend tells your St. Stephens is a church filled with bachelors. You go to church every Sunday and twice during the week. But you will not change for the women in this country.

When the television ad tells you good times are happening in Florida. You book passage on the first flight out. But you will not change for the women in this country.

When the magazine cover tells you within the pages are ten secrets to sexual success you purchase every copy. But you will not change for the women in this country.

When friend tells you, you look marvelous in teal, you spend your entire paycheck on blue sweaters. But you will not change for the women in this country.

When you learn the heaviest band is coming to town, you hang out at the park until the gates opens. But you will not change for the women in this country.

When you learn everyone who is anyone is attending a \$1,500 plate dinner, you max your credit cards just to attend. But you will not change for the women in this country.

When you learn your sorority is having an affair you dump your children off with the first baby sitter you can find so you could attend the affair. But you will not change for the women in this country.

When you learn only the fashionable people live on such and such a street, you press you husband to work two jobs so you can move. But you will not change for the women in this country.

When you learn from the magazine eating grapefruits help women lose weight you invest all you money in citrus commodities. But you will not change for the women in this country.

When television told you Luke and Laura were getting married you went out and charged a wide screen television. But you will not change for the women in this country

When you learned Europe has a new cosmetic to get rid of crowfeet you lay your money down. But you will not change for the women of this country.

When a man says you look good five minutes later you have your son call him DADDY but you will not change for the women of this country.

To solve the problem of violence against women, women, must change. "Thinking about change is not change. Wanting to change is not change. Planning on changing is not change. Women must change. "Change is not change until you have changed." Dr. Creflo Dollar, 1994

We do not have time to coddle you. Women in this country are being murdered. We do not have time to hold your hand. Women in this country are being murdered. We do not have time to stroke you. Women in this country are being murdered. Do not wait until a female in your family is murdered before you do

something. Sooner or later you will understand what we are saying but since you want a list of chances women must make to prevent violence against women we have prepared such a list. But this list is in Volume III of *Do This in Remembrance of Me* and on our website in the article *A Body of A Woman Was Found*. We have deliberately put the list in Volume III because we know you will resist the areas we suggest changing. But be prepared. You will change. Do not think you can wait to change. Do not think you can control the change because you will change. Do not wait until someone hits you over the head before you tell yourself I should have changed.

As we have said several times the sole purpose of the National Institute of the Study of Violence is to prevent violence against women. The foundation of our suggestions is based on the statement

‘ That which can be foreseen can be prevented.’
Dr. Charles H. Mayo

Now we imagine many of you are thinking we deliberately put the list of changes in Volume III because we want you to purchase Volume III of *“Do This In Remembrance Of Me.”* This is not true. We want to give you time to grasp what we are saying. We want you to adjust to the thought of changing. We want you to adjust to the eight definitions we discuss below. We want you to understand changing is not a problem if you accept you want to change. When a person makes a decision that the consequences that will result from his or her changing meets a basic need change is no longer difficult. Then that person will change. If you want to continue to breath then you will stop smoking. If you want to continue in good health you will do something about your weight. You may not want to change and change can be unpleasant but when you see how the benefit of change will transform your circumstances then you will change. Take some time out of your busy schedule and make a point to watch the show “My 600lb Life on channel TLC.” Listen to the statements made by people who

are 600, 790 pounds. By the time they confront their problem many are at death's door. The statement "That which can be foreseen can be prevented" is the foundation for preparing for war. In order to be successful at war one must speculate on the possibilities, have the foresight to prepare for the unexpected then rehearse to become strong. You must anticipate your opponent and in this case women must anticipate what men will do to harm them, such as being kidnapped from a bar and taken to a field and being murdered.

Now back to the quote from Pastor T. D. Jakes. If you do what you have always done. You will always be what you have always been. If you do not want to be what you have always been then you need to become what you have never been. In order to become what you have never been you must change. When change stops an organism dies. The world is constantly telling you, you can't do it. And if you do it you can't do it without assistance. But you can change and change can be accomplished without assistance. The most important components of change are commitment, resolve, declaration, self-control, restraint, fortitude, resilient and response. We have provided the definitions for each term below:

Commitment: an act of committing to a charge or trust, an agreement or pledge to do something in the future. The state or an instance of being obligated or emotionally impelled. Synonyms charge, committal devoir, duty, must, need, ought.

Declaration: announcement, the first pleading in a common-law action, a statement made by a party to a legal transaction usually not under oath, something that is declared. Synonyms advertisement, broadcast, proclamation, promulgation, publication, pronouncement.

Response: something constituting a reply or a reaction, the activity or inhibition of previous activity of an organism or any of its parts resulting from stimulation. Synonym answer, rejoinder, reply,

respond, retort, return.

Resolve: to deal with successfully, to find an answer, to make clear or understandable, to reach a firm decision about, to declare or decide

Fortitude: strength of mind that enables a person to encounter danger or bear pain or adversity with courage, staying power.

Synonyms courage, mettle, pith, resoluteness, resolution, spirit, tenacity stick to it ness, boldness, bravery, courageousness, stamina dauntlessness, fearlessness, intrepidity, valiancy, valor, endurance, stamina, strength, constancy, determination, perseverance.

Self-control: restraint exercised over one's own impulses, emotions or desires. Synonym discipline, self-command, self-discipline, self-government, self-mastery, self-restraint, willpower – constraint, reserve, self-contentedness, balance, stability dignity, presence of mind. Antonym self-abandonment

Restraint: control over the expression of one's emotions or thoughts, a device that restricts movement.

Resilient: capable of withstanding shock without permanent deformation or rupture, tending to recover from or adjust easily to misfortune or change. Synonym elastic, flexible, stretch, supple, springy

The above definitions and information was taken from the online Merriam-Webster Dictionary at <http://www.m-w.com>. The eight words above are the essential components of change. Put these definitions into your heart. Memorize them then hold fast to them. These words will give you the mental support to change.

We want you to imagine you are a pie divided into eight equal parts and each part is equally important. The eight parts are labeled with one of the above definition. Your goal is to not let anyone take a slice of your pie. In order to accomplish this task

you will have to use all of your components at one time. This is change. You must first make a commitment to yourself, then you must make a resolution to yourself, and then you make a declaration. The declaration is not made to your girlfriend on your lunch hour. The declaration is made to yourself in the closet of your mind. You repeat this declaration to yourself out loud in the car, while washing dishes, and while bathing. Over and over again you make this declaration until it is second nature, until you hear yourself speaking to you. The voice inside will be your response to what you are telling yourself. This is the mechanics of change. As you continue to talk to yourself you will develop resolve. A stillness will come over you now faith is setting in. You are developing fortitude. You are becoming stronger. What your girlfriend says or laughs about will not bother you. What the world says or forecast will not bother you because you now believe in yourself. You are developing faith in yourself. No one can tell you what you can and cannot do. You are no longer giving up your will to the world. Thereafter it is a matter of developing self-control, restraint and resiliency. Once these three qualities are developed you will become resilient and begin making the correct responses for yourself. This is change. In order to accomplish the change please review this list until you can picture the pie in your mind and you can hear yourself repeating the definitions. Remember when you try to change something or someone comes along to weaken your resolve. This is why is so important that you choose your friends well. If you surround yourself with people who are weak you will be feed a daily dose of weakness. These people will never tell you what you are able to do nor will they be able to tell you how to go able doing what you want to do. Be careful of the person who says to you, "Everybody is doing it."

Now you have to build your pie in your mind. Your pie has eight equal slices. The slices are labeled commitment, declaration, response, resolve, fortitude, self-control, restraint, and resilient. Picture these labels on each slice of pie. Is your pie an 8' pie or a 12' pie? Does your pie have legs? Are the legs muscular, and are you wearing shoes. What type of shoes are you wearing? You

want your pie to have definition and color to be characteristic and charming. Are you wearing high heels or running shoes? Are you fists balled up or unclenched? Now imagine you are sitting on a counter in the kitchen with your legs crossed and someone comes along and tries to take a slice of your pie. Now whatever slice he or she reaches for you must use the seven other slices to keep your pie intact.

The person that comes along or the hand that reaches for the slice of pie is the thing you are going to change or accomplish. The person that reaches for a slice of your pie is your nemesis. The mother who told you she hated you. The mother who told you she ruined her life when she had you. The teacher who said you would never amount to anything. What slice of the pie will you use to repel their statements or criticism; the friend who has to eat a bag of potato chips and pop in front of you after you told her you were dieting? What slice of pie will you use to repel your friend's behavior? Your husband constantly tells you, you are stupid and no man will want you if you leave him. What slice of pie will you use to repel his message?

Know this every great general in history fought their battles in their mind and on paper before fighting the battle on the battlefield. This imaging is call preparation and rehearsal. The general calculates the various responses that might be available to him and prepared for contingencies. He also calculated the various responses his opponent would make and prepared to repel each response. Most battles are won because the victor properly prepared for battle. You are weak because you were not trained to be strong. If you continue to imagine yourself weak, you will remain weak and accomplish nothing in your life. If you begin imagining yourself strong, you will become stronger and you will accomplish much in your life. Remember this, whatever you think keep it to yourself.

The eight labels on your pie are the qualities a woman uses when she loses her home when the child support is not paid.

These are the qualities a woman uses when she has to start all over again because her husband left her for another woman. After she learned he was committing adultery for the last five years and she did not know he was siphoning money into another bank account while she was being fugal. These are the qualities that you use when you are on the street with your children. These are the qualities you use when your children begin to use drugs or drink because they no longer live in the house they grew up in or they no longer live around their friends. These are the qualities you use to protect your children when they grow to hate themselves because they are poor. These are the qualities you use when your children have lost their home they have lost their friends and they have lost their father and they blame you. These are the qualities you use when you find out your best girlfriend has been sleeping with your husband for years and everyone knew it but you. These are the qualities a woman uses when her mother tells her I told you so. These are the qualities you use to fight back.

Above we mentioned there were some specific changes women need to make to reduce the violence experienced by women and that the list could be found in Volume III of *Do This In Remembrance of Me*. We have decided to show you the list here but we will discuss the list in Volume III and IV. Before we show you the list of changes women need to make to reduce the violence visited upon women we want you to try something. Please read the four tasks listed below.

Please complete each task. Do not read ahead.

1. We want you to get up and go into the bathroom and take a towel and run water on the towel then ring the towel out. Please do that now. When you finish please return to the book. Please do not read ahead.
2. Ok now we want you to return to the bathroom. We want you to take a bed sheet and run water over it. Now we want you to ring the bed sheet out. When you finish please return to the book. Please do not read ahead.

3. Now we want you to take your children's clothes into the bathroom and wash them. Do not use the detergent from the laundry room nor the washer or dryer.
4. We want you to design a dinner for your family using only dry products. You cannot use any products from the refrigerator. We want you to prepare the meal and feed your family.

If you have completed all four tasks you can turn the page. We have repeated the above four instructions with added comments. What you have done is not stupid. We are working on something. We are going somewhere. Please do not turn the page until you have completed all four tasks.

We want you to get up and go into the bathroom and take a towel and run water on the towel then ring the water out of the towel. Please do that now. Ok when you ran water over the towel did you use the water from the face bowl or from the bathtub. What size towel did you reach for to run the water over? What did you do with the towel after you rung the water out of it? Now we want you to return to the bathroom. We want you to take a bed sheet and run water over it. Now we want you to ring the water out of the sheet. Where did you get the sheet? Did you take the sheet off of a bed or out of your linen closet? Did you use the face bowl or did you use the bathtub to wet the sheet. Where did you hang the sheet and bath towel after you rung the water out of them? Is the floor in your bathroom wet?

If you wet the sheet in the bathtub did you stand inside the bathtub to wet the sheet or did you bend over the bathtub to wet the sheet? Or did you kneel down on the floor and wet the sheet in the bathtub? If you kneel over the bathtub to wet the sheet did you put a towel under your knees to cushion them or did you just kneel on the floor. When you wet the sheet did you put paper on the floor before you began soaking the sheet or did you let the water run on the floor where you had to mop the water up? How did you ring the sheet out? Did you stand over the bathtub with the sheet down from you squeezing the sheet? Or did you twirl the sheet around

and around wrapping it around the towel rack using the rack to help you ring the towel or sheet. If you rung the water out of the sheet and towel how successful were you in getting the water out of the towel and sheet. Did you hang the towel and sheet in the bathroom? Or did you take the towel and sheet into the laundry room and put them into the dryer to dry?

Now we want you to take your children's clothes into the bathroom and wash them. Do not use the detergent from the laundry room. How did you approach this task? Did you separate the clothes? Do you know how to separate clothes? How clean did you get the clothes? How much time did washing the clothes take? How did you deal with the comments your family made regarding the meal you prepared for them? How strong do you feel? Please take time to write all of your answers down on a piece of paper. We had you conduct this exercise for your growth and to demonstrate why you must change. You must always be prepared. You cannot be the last to know, because the future of your children depends on how alert you are. If you do not want to have to complete the above tasks for real then you need to change and take command of your household including your husband. There are always single women looking for married men to help pay their bills and to take care of their children. Also if you ever have to leave your home because your husband is violent you will have some of these experiences trying to make do and keep your children presentable. You must always remember there are negative people everywhere. People love to talk about what they do not know. They do not realize every time they tell you what you cannot do they are prophesying the future. They are telling you they know what the future will bring which is a stupid position. No one can foretell the future. Consider this, in 1939 people in Poland woke up preparing to go to school and to work to begin their normal day and within hours they were in the street fighting the Germans. December 7, 1941 the American Navy in Pearl Harbor woke starting what they considered a normal day by the end of December 7, 1941 their fleet was decimated and America was at war with Japan. Stay away from people who are always talking

about the past and those that are always telling you what can and cannot happen in the future.

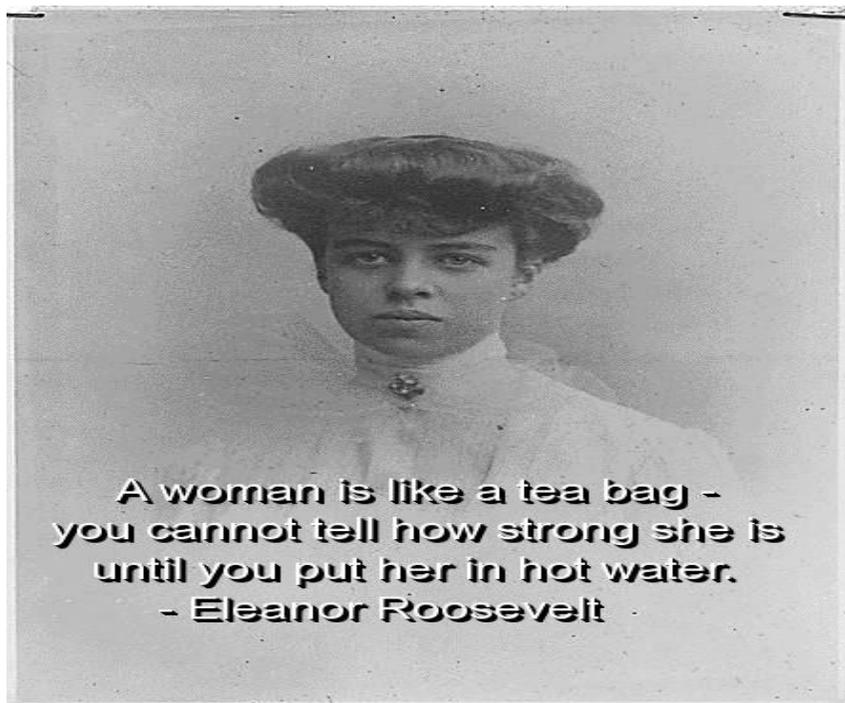
We want you to research John Travolta's career. We want you to make a list of the movies he made. Next to the name of the movie we want you to write John Travolta's age at the time of the movie. Next we want you to list what changes John Travolta had to make to act the part he was playing. Why this exercise, John Travolta is an actor who truly had to reinvent himself. He is still in the game, although many people counted him out they called him a pretty boy with no character. After you do your research, compare your list to the eight characteristics we listed above. Are the adjectives and adverbs you use to describe the changes you think he went through synonyms of the words commitment, resolve, declaration, self-control, restraint, fortitude, resilient and response. Please do this exercise. Do not try and surmise what you think Mr. Travolta went through to save his career because you will not grow trying to short cut the exercise.

Why John Travolta and not some other actor. We leave this question to you after you finish the exercise.

The last exercise is going to be a bit rough. Many of you will have a terrific time completing it. Some of you will refuse to do this exercise because you will think it silly. We want you to go in your bathroom and sit down. That's right we want you to go into your bathroom and sit down on the floor not the toilet stool. And we want you to stay there. While you are at it close the bathroom door behind you. At first you may smile at this exercise, but when you close that door and imagine you are locked inside the bathroom the situation will not be so funny. We want you to sit in the bathroom for about an hour. The next day we want you to go and sit in your closet and close the door and do not turn the light on. Remember your husband will say the light bill is high because you sat in the closet with the light on. Please do both of these activities. When you walk out of the bathroom and leave the closet we guarantee you will have changed. Something is going to happen to you while

you are sitting in the bathroom and sitting in the closet. When this transformation takes place go with the change do not go back to being the woman that you were.

If you honestly complete all six exercises, we guarantee you, you will change. You will change because what you learned about yourself will continue to nag at you until you change. Please remember you are a mother or soon will be. You are a wife or soon will be a wife. You have responsibilities. Life will not always be fair. Children look to their mothers for security and safety. Men look to their wives for security and safety. That is correct men look to their wives for security and safety. The men may not know it until their wife gets sick or stops performing then they realize why God said a man needed a help mate. You can provide this security and safety if you change. Strength comes from change and confidence comes with change.



Now here is the list of changes women will have to make to reduce the number of murders by 30%:

1. Be quiet, shut up and stop talking. Do you know how many women have been murdered because they did not stop talking? If you are always talking you cannot observe and evaluate.
2. If you go to a bar by yourself, leave the bar by yourself. Bars, nightspots, tavern and other nightspots are littered with sexual predators. Let no man give you a drink. Never leave your drink on the counter and once a man begins chatting with you stop drinking. He may put GHB in your drink.
3. God said adultery is a sin. You should get psychiatric help if you continue to seek relationships with married men. To reap satisfaction from making love to a woman's husband in her bed is a sickness you developed because of the numerous rejections you have experienced. No amount of sin will redeem your wounded spirit. Go to the Lord and ask him to heal you.
4. Stop arguing. Don't threaten. Look at the number of women murdered during arguments. People threaten because they are frustrated and feel helpless in handling their problems.
5. Do not let non-related males live in your home. These men should find lodging elsewhere. You are teaching your children fornication is an acceptable behavior. Do your do outside the home.
6. Do not let anyone using alcohol or drugs near your children. They cannot spend the night. Your home exists for the protection of your children not as a haven for the weary or a lounge rat.
7. Do not let non-related males baby-sit your children.
8. Children are not your tools to use to punish their fathers. He maybe your husband but he is their father. In the Bible every son is called under his father. And they love and need him just as much as they love and need you.
9. Sex before marriage is a sin, your fatherless child will pay for your sin. Fornication is wrong because it is the innocent that pays for your indiscretions. Fatherless children should be

protected with the utmost diligence. Their environment should be controlled. They cannot be exposed to any and every one.

10. Stop berating and criticizing other females. Keep your comments and insults to yourself. Envy and jealousy is staring you in the face. Your hatred for your sister-in-law is because she keeps a better home than you and because she is educated and you are not.
11. Stop making unfounded assumptions.
12. Stay away from negative people, whose only activity is talking.
13. Stop using alcohol and drugs to solve your problems.
14. Turn the television off.
15. Re-evaluate your girlfriends. Do not let her suggestions lead you into sin. You are responsible for your moral decisions.
16. Stop discussing your sex life with your coworkers and friends. You are setting yourself up for betrayal.
17. Do not let friends or family live in your home. If they are out doors rent them a room. Your home is for your family members only.
18. Do not commit fornication just because you use a birth control devise.
19. Do not commit adultery. God said adultery is a sin. Just because you husband commits adultery does not open the door for you to follow him.
20. Stop all illicit affairs.
21. Stops whining to every one you meet including your husband.
22. Stop nagging.
23. Stop being a doormat. Leave!
24. Stop bringing children into this world that are fatherless.
25. Grow up and take responsibility for your children and your marriage.
26. Clean your home and fix your hair. Children are sensitive to the appearance of their parents and home.
27. Go back to school. Life is about development and change.
28. Get a job. Be careful while traveling to and from home.
29. Talk to your son about sex, birth control and his sexuality.
30. Teach your son to respect women by example.

31. Stop inviting your son over to your home without his wife so he can meet his ex-girlfriend(s).
32. Stop talking about your son's wife to your son.
33. Mothers stop borrowing money from one son to save another son draining the family of its finance. Just because the delinquent son favors the man you loved.
34. Grandmothers stop trying to take your daughter-in-law's children. You destroyed her marriage and now you want to take her children.
35. Whatever your husband buys for you keep it to yourself.
36. Do not let your girlfriend advise you to commit a sin.
37. Teach your sons how to extricate themselves from dangerous situations developed by their friends and acquaintances. Teach them to say No!
38. You need to lose weight. Your weight is lowering your self-esteem.
39. Teach your son that drugging their date's drink is wrong. Teach your sons the difference between rape and sexual permission.

If you cannot read change
If you do not speak well change
If you drink too much change
If you smoke too much change

If you eat too much change
If you talk too much change.
If you are angry all the time change
If you are unhappy all the time change

Human behaviors are not isolated events. These behaviors not only impact the world around you but govern your life through the way you view yourself and the power you believe you have or the power you believe you do not have.

The only way to make your life matter is to try and live as long as you possibility can. Life is all about work and opportunities for women. Work gives you control over your life.



Source: Center for Military Readiness

Outside of a formalized parliamentary government the military is the most important entity in any society. There were 90,000 American casualties in the Battle of the Bulge. The right to fight for one's country should not be an issue of contention.