**CITIZENSHIP AND OUTREACH**

**International Citizen Outreach and Covid-19**

During the COVID-19 pandemic, many international community outreach programs have ceased or reduced. However organizations have been using innovative ways to continue community outreach whilst following COVID-19 prevention and protection measures and supporting the COVID-19 prevention efforts. This following information is from the Strategic Communication of the Department of Peace Operation. Their aim is to document best practices observed and reference existing available guidance, including from UN System and humanitarian partners. Communication teams on the ground are using all available channels, in particular radio, WhatsApp groups and community leaders including women (local audiences) social media (national and international audiences) including in local languages, to disseminate COVID-19 related information and to dispel rumors and counter information. Humanitarian partners such as Translators without Borders use language mapping to more efficiently target and reach populations.

Radio is being used by the World Health Organization (WHO) and humanitarian partners’ effort to raise awareness in communities on COVID-19 preparedness, prevention and response whilst also addressing other key issues, such as the rise of sexual and gender-based violence (SGBV), especially domestic violence, during quarantine and in environments marked by heightened stress and socioeconomic challenges. Wider communication can be more effectively achieved- especially in low-literacy and multilingual environments- through radio, including programming shared COVID-19 information and stories from health experts, peacekeepers, community leaders and other members of the community. Also broadcasting public service announcements (PSAs), news flashes, current affairs programmers, interviews, radio games, art-based sensitization messages and radio theatre are also uses of communication. Use of local languages and programming targeting a varied audience (women, children) increased reach and effectiveness of campaigns.

Women typically have less access to informatio**n**, technology, and education than men. Women’s sources of information are also likely to be different to those of men. Making sure COVID-19 related communications and public health messages target and reach women is critically important. Women and women’s organization also play a major role as conduits of information in communities and so should be valued communication partners.

It is therefore essential to consider the different levels of literacy, including digital literacy, of women and men in order to develop effective inclusive communication plans. These can include the use of sign language, visuals and accessible means, modes and formats, including accessible digital technology, captioning, relay services, text messages, easy-to-read and plain language. Leveraging existing partnerships with women leaders and women’s organizations will enable this to be done quickly and effectively.

Marginalized groups, such as International-displaced persons (IDPs) and rural communities, face greater barriers in accessing information. There is a critical need for targeted approaches for these groups and for considering gender, age, disability, culture, indigenous languages, and LBTIQI identity, when providing and promoting services.

**The American Flag**

**Its’ History, Symbolism, Proper Care, Display and Pledge of Allegiance**

Every heart beats for the red, white and blue-but does every heart know the interesting United States flag history? While the modern American flag has become a symbol around the world for freedom, justice and prosperity, it has actually changed sixty times over the past two hundred and thirty five years. Some early design of the flag would be unrecognizable to most modern American and some even featured the British Union Jack

 The American flag is a symbol known worldwide. It has been the inspiration for holidays, poems, books, artwork and so much more. The flag has been used to display our nationalism as well as our rebellion and everything else in between. It is so important that its history tell the story of America itself. It unites us all as American citizens. The unique history off the American flag follows the history of our country and reminds us of the Triumphant beginning of the Unites States. The 13 stripes: a symbol of the first 13 colonies. The stars: a symbol of our country’s 50 states.

The Unites States flag also is a symbol of freedom and liberty to which all American pledge their allegiance standing at attention and facing the flag with their right hand over their heart. Than they recite the pledge.

In 1909, Robert Perry placed an American flag, sewn by his wife, at the North Pole. He also left pieces of another flag along the way. It is the only time a person has been honored for flag cutting Betsey Ross, a Philadelphia seamstress sewed what is remembered as the ”First American Flag” featuring thirteen white stars laid in a circle on a blue background surrounded by 13 red and white stripes. Modern historians have called the validity of the Ross story into question. However, the story has become American folklore and is unlikely to be overruled in public mind.

Today design of the American Flag is actually our second flag. The first one was known as the Continental Colors and was also used at the time of the Declaration of Independence in July 1776. Instead of stars, it featured a mini version of the British flag. Our current flag was adopted in 1777 on June 14. The Continental Congress passed an act establishing an official flag for the New Nation, which stated: ‘Resolved that the flag of the United States be the thirteen stripes, alternate red and white; that the Union will be 13 stars, white in a blue field, representing, and a new constellation.” Between 1777 And 1960 Congress passed several acts that changed the shape, design and arrangement of the flag and allowed stars and stripes to be added to reflect the admission of each new state. Today the flag consists of 13 horizontal stripes, seven red alternating with six white. The stripes represent the original 13 colonies and the stars represent the 50 states of the Union. The colors of the flag are symbolic as well: red symbolize hardiness and valor, white symbolize purity and innocence, and blue represents vigilance, perseverance and justice.

The first time the American flag was flown overseas on a foreign fort was in Libya, over Fort Derne, on the shores of Tripoli 1805. In 1892, the flag inspired James B. Upham and Francis Bellamy to write, The Pledge of Allegiance. It was first published in a magazine called The Youth’s Companion.

After a British bombardment amateur poet Francis Scott Key was so inspired by the sight of the American flag still flying over Baltimore’s Fort McHenry that he wrote “The Stat-Spangled Banner” on September 14, 1814. It officially became our national anthem in 1931.

**The American Flag: Proper Care, Display and Pledge of Allegiance**

You don’t have to wait until Independence Day to display or show off your love of Country. The American flag makes a colorful expression of Patriotism. However, make sure you understand the rules set forth in the United States Flag Code before you put up a festive flag display.

1. **Put in the Right Spot**

Although it’s acceptable to drape the flag over a casket, you should never spread it across a car, train or boat or use it as a tablecloth. You can suspend it from porch beams or hang it on a wall or in window if you don’t want to hoist it up a flagpole. Cities and organizations may also display the flag over streets.

1. **Choose the Right Days**

The flag should be display every day of the year from sunrise to sunset as long as it’s not raining or snowing outside, according to the Flag Code. However, if you don’t have the time to properly hang the flag each day, you can stick to the most important holidays. These include all major holidays, Inauguration Day, Lincoln’s and Washington’s birthdays, Armed Forces Day and Constitution Day. The President of the United States may also designate additional days.

1. **Find the Right Position**

Just like the guidelines for when and where to display the flag, there are rules about how to position it. When you suspend a flag from the ceiling, hang it on a wall or place it in a window, the blue fields of the stars need to face the observer’s left. You must position the American flag higher than and to the right of other flags and pennants you group with it.

1. **The Flag Should Be Pristine**

Any flag on display should look its best. Not only should it be free of rips and stains, but it also should not have any visible fold or kinks or object on it. You can dispose of damaged flags through retirement ceremony, according to Veteran of Foreign Wars.

1. **Keep It off Your Body**

 An American flag should be used only as a flag, so don’t use the fabric to make clothing’s, curtains or bedding even if the flag is too damaged to put on display. Avoid using an actual flag as a tablecloth or bunting for display. It’s perfectly acceptable to show of your patriotic spirit with clothing that features a flag emblem, though as long as the fabric doesn’t come from a flag.

**Pledge of Allegiance**

**I pledge allegiance to the flag of the United States of America, and to the REPUBLIC for which it stands, one nation, under God, indivisible, with liberty and justice for all. The phrase under God, added in 1954 (over sixty years after the pledge was originally published), has inspired heated debate over the SEPARATION OF CHURCH AND STATE.**

**ENVIRONMENT**

**Give Earth a Fighting Chance: Reuse, Repair, Refurbish**

The world is facing a health crisis larger than we’ve seen in decades. Connectivity through smart devices, the internet, and social media has accelerated the speed of information and has allowed us to adapt quickly and take drastic action to protect ourselves against Covid-19. In 968 another pandemic, influenza A, swept the world claiming over one million lives globally, and more than 1000.000 in the Unites States alone similar to today. Vaccination wasn’t an immediate option and information became a powerful tool to combat the spread. Unfortunately, we simply didn’t have the means to connect with one another on a mass scale and advocate for drastic action at that time. Today we find that connectivity through electronic devices has not only helped to advance the spread of information, but it’s also connected us in a way that helps us share, learn and adapt faster. We’ve become dependent on this global social media network and for good reason. While the 60’s didn’t have the internet yet, this decade ushered in one of the most significant eras of technological advancements: the rapid release of the first commercial computer system. Smart device sales have grown steadily ever since.

In 2014, there were more cellular phones in the world than human beings. By the end of 2020, it’s projected that there will be more than 4 internet-connected devices installed and in use for every households in the world. This rise of the internet of Things, though it replaces many modern- day inconveniences with quick-thinking Al, also present a significant problem; one that may be difficult to acknowledge as we battle this pandemic, but one that is nevertheless, essential to address. That problem is how to reduce the impact of waste caused by our technology products on our world. E-waste, as it’s come to be known in the small industry channels that monitor and support the after sales life of consumer’s electronics, is a rapidly growing concern; but we have a path to sustainability. Industries in the circular economy of after-sales equipment have a huge role to play in extending the life of the billions of electronic devices in the world and reducing their waste.

Reuse, repair and refurbishment have become an essential part of the electronics ecosystem. Often referred to as a “circular economy” because so many of these electronics can be used a second or third time before depleting their value of reaching a logical end of life. Today’s repair industry plays a vital role in this ecosystem by not only helping to maintain and support a longer, first-owner life of a device, but also by helping to properly refurbish devices that can extend value to a second owner.

Reuse and repair are keys to preserving our world, through sustainability practices and social responsibility. We can significantly reduce waste generated by the disposal of consumer electronic goods. But protecting our products and extending their life is not only ecologically necessary step, it is also an economically-viable means for improving our standard of living and keeping humanity connected and informed. Amid all the topical news of the week, as critical as it is, it’s important to remember Earth Day and the values that we, as global citizens adopted into our culture on April 22, 1970. Fifty years ago we established Earth Day and gave a voice to an emerging public movement dedicates to protecting our world. Although it’s been half a century, the message of Earth Day hasn’t changed. This is our Earth, its care and preservation, is an essential investment in our future. It is a message we must keep top of mind now, amid the pandemic which alone threatens to overtake our every effort.

Today, as we continue to praise and support the frontline workers performing essential duties during the pandemic, let’s also thank those who work tirelessly to support our connectivity, our products and our planet. Repair is alive and injects vital support into our economy, bringing accessibility to information and community to many who may not otherwise reap its benefits. Most importantly, it helps reduce waste and slows the cycle of improvidence that is damaging our planet. By focusing on and supporting skilled repair, refurbishment of products and reuse we’ve come to depend on the most, we are doing our part to give Earth a fighting chance to thrive for generations to come

We can repair and reuse our electronic gadgets and equipment. By weight, electronics require far more product. Making a 0.07- ounce microchip uses 66 pounds of raw materials. Seventy-five percent will consume in its lifetime is expended during production- before the computer is even turn on. That energy can be recouped during recycling. So it makes sense to keep electronics around for as long as possible.

New toys are fun. Sometimes, the allure of a sleeker phone, or a faster computer, or a bigger screen may seem more up to date. But if your old device still works, consider keeping it around for a bit longer. Extending the life of your phone from one to four years decreases the environmental impact by 40 percent. If your gizmos start to get sluggish with age, don’t give up on them. Give them a little TLC. Replace the battery in an older phone for more juice. When your computer starts to lag, top it up with more RAM or and SSD. You will probably find that the device you thought was dying still has plenty more left in its tank.

**More Ways to Reuse, Repair, Refurbish**

1. Replace your regular batteries with rechargeable batteries. Most rechargeable batteries can be recharged and reused up to 1,000 times.
2. Use left- over grocery bags as trash can liners. When one ton of plastic bags are reused it is energy equivalent of 11 barrels of oil saved.
3. Instead of buying brand new computers, electronics, power tools or household appliances, consider buying refurbished or slightly used items. They cost a lot less and you can help save them from being dumped in our landfills.
4. Instead of using Styrofoam peanuts to pack materials, divert some of the newspaper from the recycle pile and crumple it up and use it as packing material.
5. Before buying new furniture, consider repairing, refinishing, or reupholstering what you have. If that’s not an option, donate it. Donating other useful working items like old computers, pots and pans, old jewelry, old cell phones, or any kind of appliances is a much better alternative to throwing them out.

**Save Our Planet: Criminalize Ecocide**

If ecocide were to be criminalized, we could not only punish mass polluters for the damage they may cause, but also prevent the advent of new fossil fuel companies and projects. Criminalizing ecocide would give everyone on this planet the ability to hold companies and governments to account for starting or continuing with the extraction of fossil fuels. An ecocide law could give us a fighting chance to save our future. As last month’s 26th session of the Climate Conference of the Parties (COP26) slowly falls off the news agenda, every single one of us must continue to remember what has been promised there, and do everything we can to ensure those promises are delivered. We must also continue to demand more. To survive, we need to transform social, economic and technical aspect of our way of life. We can no longer afford to be complacent and fearful. Fear without choice is debilitating but fear as a motivator for change is a cause for hope.

As Uganda climate activist Vanessa Nakate noted in her recent book, “A Bigger Picture”, species are going extinct at a rate greater than the time of the dinosaurs. And Mia Mottley, Prime Minister of Barbados, explained in her opening speech at COP26, island nations are now facing a death sentence. One powerful solution to break this bloody chain of damage is to get “ecocide” recognized as a serious crime in international law. The word ecocide combines the Greek “oikos”, meaning house/home (and later understood to mean habitat/ environment), with “cide”, meaning to kill. It literally means “killing one’s home. “ In legal terms, ecocide is defined as “unlawful or wonton acts committed with knowledge that there is a substantial likelihood of severe and either widespread or long-term damage to the environment being caused by those acts.”

From extended draughts in dry corridor in Central American, to rising sea levels in the Ganges deltas, to climate-exacerbated conflicts in the Shanae potentially increasing flooding in Europe, there is no denying that we are at the height of a man –made crisis. Nine major cities could be under water by 2030 if we do not drastically change society now- imagine a world without Amsterdam, Bangkok, Venice or New Orleans. And right now, in most of the world, no one is held responsible. It’s time to change the laws. It’s time to protect our home. Everyone should know the word “ecocide”, especially the biggest polluters on our planet, the 20 companies- the Chevrons, Exxons, BPs, and Shell of this world- who are responsible for a third of all carbon emission. If ecocide were to be criminalized, we would not only punish mass polluters for the damage they cause, but also prevent the advent of new fossil fuel companies and projects. Criminalizing ecocide will thus slow down our fossil fuel consumption as we transition to green energy. In a world where ecocide is a crime, not species but exploitative profit- driven fossil fuel companies will become extinct.

As Farhana Yamin, environmental lawyer and participant in climate negotiation for more than 30 years, explained in her recent Manifesto for Justice for COP26 and Beyond, “the atmosphere, ocean soils and forests don’t get to negotiate. Smaller countries and Indigenous people are nature’s custodians. Mother Earth may be mention in Paris Agreement, but she lacks any legal standing.”

It is also true that poorer countries, Indigenous peoples, small-scale farmers, children and the poor did not cause the climate crisis, do not get much of a voice in climate negotiation, but will suffer the consequences of climate change. Not only will criminalizing ecocide be part of the solution for saving humanity, but it will give the most vulnerable in society, and nature itself, a voice. At present the Rome Statute of the International Criminal Court (ICC) lists four crimes: Genocide, Crimea Against Humanity, War Crimes and Crimes of Aggression (recently added). The statute can be amended to add a fifth crime: Ecocide.

Any state which has ratified (officially agreed to) the Rome Statute of the International Criminal Court (ICC) may propose and amendment. There are currently 123 of these “states parties”. For the amendment to be considered, a majority of those present and voting at the next assembly of the ICC should agree to do so. There has never been a more suitable time for this discussion. States will want to be seen to be taking this issue- and therefore this amendment- seriously.

To transition from proposal to law, at least a 2/3 majority of states parties (currently 82/123) must be in favor of the amendment. Once the law is adopted into the statute, the crime exists. States parties can then ratify (officially submit their agreement) and enforce the crime of ecocide into their own national law. COP26 is now over, but what enforceability is there in place to prevent corporations and states from breaking commitments made? There is a gaping black hole of accountability and enforcement. A law on ecocide could fill that hole.

The campaign to criminal ecocide is not new. “Stop Ecocide” was the brainchild and life’s work of the incredible late lawyer and activist Polly Higgins. Today, lawyers, campaigners, and activists are taking up Polly’s work to once and for all get “ecocide” into the law books as a lifeline for humanity and vulnerable ecosystems on our precious blue planet. Along with political, diplomatic and economic initiatives, the law has a role to play in transforming our relationship with the natural world, shifting that relationship from one of harm to one of harmony. We, as a species have been pillaging for too long. Let’s be the guardians, the problem solvers and not only reverse what we have started but find a better way of living with our natural world that is not sustainable but regenerative. We must put an end to ecocide; we must put an end to killing ourselves

**FAMILY LIFE**

**Importance of Family in Our life**

Family is a very important part of our upbringing and everyday life. It helps us in improving our personality. It also helps us in shaping our life. It teaches us the value of love, affection, care, living together as one-unit, shared responsibilities, truthfulness, self-confidence and provides us tools as suggestions which are necessary to get success in life. Family is a place where you can be yourself. It is a place where you are accepted for who you are. This is where you are completely tension free and can express your emotions where everyone is there to help you. Family encourages you when you are surrounded with problems. It helps you to survive through tough times and bring joy and happiness into life. Decency is a very important entity in the communication of daily life with family. It helps us make strong relationship with others and make us come across as a very gentle, intelligent and likable person. Most people love to be in a company of such person. Family helps bring decency into our life which is beneficial in leading a happy and healthy life.

 One of the most important aims of our life is to build a successful and highly rewarding career. Our families help us in creating a strong future. It gives us valuable suggestions about different career prospective and opportunities. It not only guides us in choosing what we believe is the best channel for us to follow but our family also helps us financially to cover the expenses of education. Family helps us in making a valuable future. One comes to the knowledge of the importance of family when she or he goes to a holiday celebration without family members. One finds it was very hard to celebrate the event without being surrounded by at least one family member. At that time one may probably realize how important family is.

Today, most people don’t comprehend the importance of family. They prefer to spend most of their time with their friends. But when they are surrounded by problems, it was their family that helped them gets rid of problems. At the time, when even our best friends refuse to help us, it was our family that came to our rescue. So it is very important for each and every individual to give importance to their families above anything else and enjoy spending time with them.

 Family is important because the family performs various functions for its members. Perhaps the most important of all, the family provides love, emotional and psychological security. Other socially beneficial functions the family provides are the rearing and socialization of children, along with such humanitarian activities as caring for it members when they are sick or disabled. On the economic side, the family provides food, shelter, clothing, and physical security for its members. Finally, on the social side, the family may serve to promote order and stability within society as a whole.

**Our Present Day Family**

According to Pew Research Center family life is changing. Two-parent households are on the decline in the United States as divorce, remarriages and cohabitation are on the rise. And families are smaller now, both due to growth of single-parent households and the drop in fertility. Not only are Americans having fewer children, but the circumstances surrounding parenthood have changed. While in the early 1960s babies typically arrived within a marriage, today fully four-in-ten births occur to women who are single or living with a non-marital partner. At the same time that family structures have transformed, so has the role of the mothers in the workplace-and in the home. As more moms have entered the labor force, more have become breadwinners- in many cases, primary breadwinners-in their family. As a result of these changes, there is no longer one dominant family form in the U. S. Parents today are raising their children against a backdrop of increasingly diverse and, for many, constantly evolving families forms. By contrast, in 1960, the height of the post- World War II baby boom, there was one dominant family form. At that time 73% of all children were living in a family with two married parents in their first marriage. By 1980, 61% of children living in this type of family, and today less than half (46) are. The declining share of children living in what is often deemed a “traditional” family has been largely supplanted by the rising shares of children living with single or cohabitation parents.

Not only has the diversity in family living arrangements increased since the early 1960, but so have the fluidity of the families. Non marital cohabitation and divorce, along with the prevalence of remarriage (non-marital) recoupling in the U. S., make for family structure that in many cases continue to evolve throughout a child’s life. While in the past a child born to a married couple- as most children were-was very likely to grow up in a home with those two parents, this is much less common today. A child’s living arrangements changes with each adjustment in the relationship status of their parents. For example, one study found that over a three-year period, about three-in ten (31%) children younger than 6 had experienced a major change in their family or household structure, in the form of parental divorce, separation, marriage, cohabitation or death.

The share of children living in a two-parent household is at the lowest point in more than half a century: 69% are in this type of family arrangement today, compared with 73% in 2000 and 87% in 1960. And even children living with two parents are more likely to be experiencing a variety of family arrangements due to increases in divorce, remarriage and cohabitation. Today, fully 62% of children live with two married parents-an all-time low. Some 15% are living with parents in a remarriage and 7% are living with parents who are cohabitating. The share of children living with one parent stands at 26%, up from 22% in 2000 and just 9% in 1960.

These changes have been driven in part by the fact that Americans today are exiting marriage at higher rates than in the past. Now, about two-third (67%) of people younger than 50 who had ever married are still in their first marriage. In comparison, that share was 83% in 1960. And while among men about 76% of first marriages that began in the late 1980s were still intact 10 years later, fully 88% of marriages that began in the late 1950s lasted as long, according to analyses of Census Bureau data.

Despite the decline over the past half century in children residing with two parents, a majority of kids are still growing up in this type of living arrangement. However, less than half-46%- are living with two parents who are both in their first marriage. This share is down from 61% in 1980 and 73% in 1960. An additional 15% of children are living with two parents, at least one of whom has been married before. This share has remained relative stable for decades.

In the remainder of two-parent families, the parents are cohabitating but are not married. Today 7% of children are living with cohabiting parents; however a far larger share will experience this kind of living arrangement at some point during their childhood. For instance, estimates suggest that about 39% of children will have had a mother in a cohabitating relationship by the time they turn 12; and by the time they turn 16, almost half (46%) will have experience with their mother cohabiting. In some cases, this will happen because a never-married mother enters into a cohabiting relationship: in other cases, a mother may enter into a cohabiting relationship after a martial breakup.

The decline in children living in two parent families has been offset by an almost threefold increase in those living with just one parent-typically the mother. Fully one-fourth (26%) of children younger than age 18 are now living with a single parent, up from just 9% in 1990 and 22% in 2000. The share of children living without either parent stand at 5%; most of these children are being raised by grandparents.

When it comes to the family America’s mainstream culture evolves to reflect the predominant value of the day, including social system such as the family. Instead of being one unit, the family institution has been in a constant state of evolution. Today, there really is no consistent definition of the American family. With single-parent households, varying family structures and fewer children, the modern family defies categorization. But these most recent changes have brought with them a nostalgia-based myth: that divorce, domestic violence, and single parenthood are recent phenomena. When the history of the American family was surveyed in-depth by Insiders it became apparent that this is not the case. Constant change and adaptation are the only themes that remain consistent for families throughout America’s History. In fact, recent changes in the family life are only the latest in a series of transformations in family roles, functions, and dynamics that have occurred over time.

When America was founded, a family was defined as a husband, wife, biological children and extended family (unfortunately, slaves were not considered part of any family). This meant that most people who could legally marry did, and then stayed married until death. According to Insider, in the 19th and early 20th centuries people often married to gain property rights or to move social class. All of that changed in the 1800s, with the idea of love and romance becoming the main reason to wed. Divorce was rare. History Collection reports that, “the process of getting a divorce was very expensive, and a judge would never allow it, unless it was the last resort. If two people were unhappy in a marriage, they sometimes decided to quietly separate in a mature, responsible way, but they were legally still married, and could never remarry someone, unless their first husband or wife died.

**HOMEMAKING SKILLS**

**What’s Hot in Your Attic**

The new décor trend is grand-millennial style-displaying stuff cherished by past generations. Get ready for your grandkids to raid your home storage. All that homey décor that mostly fell out of favor many years ago is back in demand. Former House Beautiful editor Emma Brazilian coined the term “grand-millennial style” to describe the trend of young adults returning to the styles of paste decades; the phrase has caught hold. “It speaks to the fact that there is still interest in traditional design and old-fashioned things that are stored in your attic,” Brazilian explains.

Grand-millennial- style is a style of marrying patterns and colors, texture and materials—and yes, even needlepoint as being in their mid-20s to late 30s and “having an affinity for design trends considered by mainstream culture to be ‘stuffy’ or ‘outdated’—Laura Ashley prints, ruffles, embroidered linen.” In other words, it’s for design lovers who are essentially trying to resurrect their grandma’s living room. Grand millennial style is a generational rebellion against the sleek minimalism of midcentury modern design,” Rebecca Breslin, senior design manager for Wayfair Professional, says. “While the trend has been around for a year or two, we’re seeing it spread from living rooms and bed- rooms to kitchens and bathrooms. Eric Ross says that grand millennial style is about embracing traditions design elements and presenting them in a fresh way. He encourages people to “Find the pieces from your mother or grandmother’s collections that are timeless and classic, and mix them with small prints paired with larger-scale florals and use blue and white porcelain and other touches of chinoiserie. Incorporate some upholstery or a rug that’s an animal print. Yes to toile. Yes to fringe.”

Further explained by, Roxy Te Owens, the founder of the next-generation furniture brand Society Social and the host of ABC’s TV show “Localism,” says, “A grand millennial space invites you in; it exudes a sense of comfort and warmth brought to life through the mix of natural materials such as wicker, rattan and wood paired with beautiful organic texture of tassels, ruffles and pleated skirts.”

While the interior design world continues to be dominated by farmhouse home deco trend mixing stark white, minimalist interiors with black and natural wood accent, another smaller trend have recently emerged, and to say it’s the polar opposite is an understatement. Meet grand millennial style, aka “granny chic.” Boasting more than 43,000 posts under the #grandmillennialdecor on Instagram, the trend has amassed a vigorously devoted fan club. More proof: The search phrase “grandmillennial decor” is up 13 times since this time last year on Pinterest.

Another unanimous grand millennial style favorite? Blue and white porcelain for those who don’t have time to seek it out at antique stores, check out Ballad’s Chinoiserie Collection, which has eight timeless shape option that will look perfect atop a console, breakfast table or bookshelf. If you‘re looking for a more neutral color palette, check out furniture that evokes 18th –century Chinese motifs- is a key grand millennial component as well as wicker. Grand millennials cannot get enough wicker and bamboo motifs in their lives and the wood materials doesn’t come cheap. Grand millennial style is about embracing traditions.

**Closet Cleanup:**

According to Tim Silva, general contractor and costar of PBS, “Too cramped, poorly lit and sometimes even dangerous” is how Sylvia describes most people’s closets after a lifetime of collecting stuff. A few improvements can turn your clothes and linen closet, storage spaces and pantries into something worth showing off. Think about what’s not right with your current closet. Too much clutter. Set a 30 minute timer and make piles to keep, donate, sell and throw away. If you are having trouble finding things, adding a double rod may give you twice as much hanging area, and you can hang thing at your level. Silva also recommends adding adjustable shelving (you can buy tracks for pullout shelves and sliding bins from big hardware and organizing stores) for shoes, laundry and other items that often pile up on the closet floor. Inexpensive battery-powered puck lights of LED light strip under shelves help you tell black socks from brown and find that belt you need. A sturdy folding stepladder with handgrips gives you safer top-shelf access.

“Hardwiring a closet with a sensor light or one that illuminates when the door opens will make you go, ‘Why didn’t I do this years ago? “, Silva says. A licensed electrician can add recessed lights outside the closet to brighten the entire space. A high-tech motorized closet system—“picture your local dry cleaner,” Silva says—keeps everything neat and accessible at the push of a button.

Imagine a closet filled with treasures accumulated during a lifetime of rich experiences. Now, imagine going into that closet to find a specific object or item. Only maybe you get distracted by another, more enticing items from the past. Or you find the object/ item you’re seeking but it’s intertwined with six similar items, and withdrawing the one will drag out the entire tangle.

Cleaning your closet is a fantastic way to start a, “No Closet Problems” way of life. You will understand what your wardrobe may be missing or what you need to remove. Be aware that closet clean-up or closet purge is an arduous task. Make up your mind that this is what you are going to do. Then, set aside a chunk of time to clean, when the job is done reward yourself for the great job you had done. Plan a yard sale for the purged items and sell them and donate the funds to your homemakers club. You can also donate unwanted items in good condition to a charity in your community.

 When cleaning your closets always set aside three labeled bags,” toss, sell and donate.” Whatever you have planned to keep can be placed on your bed till hang-up-time. Now, you have pared down your clothes and have cleaned up the clutter and now you are ready for the life of the body you have today. Closet clean-up isn’t about cleaning your home as many think but it’s about decluttering your home. The general assumption is that tidying comes natural to people. But that is simply not true and in fact it is learned behavior. It’s nearly impossible to keep your house tidy if you have clutter. Clutter stuff and storage is a huge problem for us Americans. In fact, one out of every 10 Americans rent of-site storages. They have been the fastest growing segment of the commercial real estate industry over the past four decades. We have bigger homes and more stuff and more stuff. Yet we’re still not happier. Because it’s hard to clear up our psychological space when everything around us is messy. Cleaning out closets can be overwhelming but the end result is always worth the effort once you remove all the items from your closet. You can evaluate each item of clothing. Then you will decide whether to keep, store, sell or toss.

Once you’ve sorted through all your clothes, and other closet items, you can then organize your closet according to colors, styles, or seasonal. Try on and access each item, you will then place those items in their respective bin. It is important to try on all your clothes and accessories when cleaning out your closet. This will help you make an informed decision about what to do with these items. Fold items that you are going to sell nicely so you want have to iron them. Your cleaning mission should include accessories, belts, scarves and shoes.

**HEALTH AND NUTRITION**

 **Adolescent Mental Health**

Before the COVID-19 pandemic began concerning mental health trends and major treatment gaps were noted among adolescents in the United States. According to the data from the National Survey on Drugs Use and Health, and estimated 13.3% of the US adolescents aged 12-17 experienced at least 1 episode of major depression disorder in 2017, yet 60.1% of these individuals did not receive treatment for their illness. The survey results from Center of Disease Control and Prevention demonstrated increasing rates of the US high school students experiencing persistent sadness of hopelessness (from approximately 26% in 2009 to 37% in 2019), serious contemplation of suicide (from 14% to 19%), suicide planning from (11 to 16%), and suicide attempts (from 6% to 9%). The highest risk levels were observed for White, female, and sexual minority students compared with non-White, male and heterosexual students. Early findings indicate that these issues are being further exacerbated by current crisis, with and especially high risk or worsening mental health among individuals with pre-existing psychological problems. These results have shown increased symptoms of depression, anxiety, and post-traumatic stress disorder among youth of various age groups. “ The number, severity and our duration of these symptoms are influenced by age, history of trauma, psychological status before the event, hours spent watching media coverage of event, having a family member who died and the presence or absence of social and economic support,” wrote “ Hertz and Barrios in a paper published in February 2021 in Injury Prevention.”

Hertz and Barrios also noted that school closures may reduce access to mental health screening and care for vulnerable students-- considering the large number of adolescents nearly 3.5 million in 2018 receiving such services in educational setting. These setting represent the only source of mental health services for many adolescent, particularly those from low-income households and racial and ethnic minority groups. The authors thus emphasized the heightened importance of collaboration between schools and community health professional to address the growing mental health needs of students. Adolescent and other youth are also affected by impact of the pandemic on their caregivers, including unemployment, financial and emotional stress, and fear of infection, highlighting the need for adults to receive adequate care and support as well. Some youth have been forced to spend more time in abusive or otherwise dysfunctional homes due to quarantine requirements. “Assessing the relative safety of a child at home is one of the major challenges posed to mental health professionals during a pandemic.” According to a November 2020 paper co-authored by Cecil Rousseau, MDZ, researcher, Psychiatrist, and professor in the division of social and transcultural psychiatry at McGill University in Montreal, Canada. “Fueled by parental stress and in the absence of the benevolent gaze of the school or daycare, the risk of maltreatment is increasing as the rate of cases rise.” The providers at hospitals across the US are reporting alarming increases in rates of attempted and completed suicide since the pandemic began.

Providers at hospitals across the US are reporting alarming increases of attempted and completed suicides among youth- especially teenagers. One school district in Las Vegas has lost 19 children to suicide since the pandemic began. Regarding the increasing number of pediatric patients presented to hospitals nationwide with suicidal ideation, clinicians have described them as having “worse mental states” compared to similar patients typically seen before the pandemic. Clinically, outreach to our patients to maintain continuity of care is crucial. In cases of frequent family conflict, virtual care should be used cautiously as it may provide the needed confidentiality and safety and may aggravate conflict in some cases. School and colleges should be at the forefront of prevention. In Canada, pediatricians have advocated for the return of youth to school and preservation of their social network (not partying, of course!). Youth need their peers to pursue their individuation-separation task, and this has been made impossible during confinement. We need to find a balance between the security of the elderly and the fulfillment of adolescent developmental needs.

**NUTRITION**

 **“Tame the Flame of Inflammation.”**

 **Saturate your diet with these 9 inflammation-quelling foods**

You’re probably painfully aware of the inflammation associated with a twisted ankle or a hammered thumb. But you can’t feel low- grade inflammation, which can operate in stealth mode for years until it reveals it ugly head as cancer, diabetes, rheumatoid arthritis, or heart disease. Fight inflammation with our top nine foods.

1. **Broccoli** Cruciferous vegetables, such as broccoli, kale and Brussels sprouts, are linked with lowering inflammation, according to a study in the *Journal of the Academy of Nutrition and Dietetics*. Antioxidants might be behind this benefit. Eat more: Work broccoli into soups, pasta dishes, stir-fries, salads and egg dishes such as frittatas.
2. **Wheat berries**. While it seems as everyone is ganging up on wheat these days, *an American* *Journal of Clinical Nutrition* study found that eating whole wheat and the polyphenol antioxidants it contains can lower inflammation. Eat more: Toss chewy cooked wheat berries with chopped vegetables and lemon vinaigrette for an inflammation-busting lunch salad.
3. **Extra virgin olive oil**. This Mediterranean staple contains oleocanthal, a naturally occurring compound with anti-inflammatory powers similar to ibuprofen. Eat more: Use the oil to make homemade salads dressing as well as pesto. Drizzle over sliced tomatoes
4. **Lentils:** Eating four serving of legumes, such as lentils, weekly can reduce inflammation, according to Spanish scientist. They determined that the synergy of fiber, vitamins, and minerals probably explains this benefit. Eat more: Serve in soups and salads, or experiment with as a replacement for ground meat in burger and meatloaf.
5. **Salmon**: These fish harbor a boatload of eicosapentaenoic acid, a mega-healthy omega-3 fat that lowers inflammation. **Eat more**: Try using salmon in tacos, sandwiches, salads and pasta dishes.
6. **Grapefruit**. A Harvard study showed that women with higher intakes of flavonoids antioxidants from grapefruit had significantly lower inflammation markers compared to those with lowest intakes. **Eat more:** Try broiling grapefruit halves until darkened and then top with a dollop of Greek yogurt; or use in a salad along with onion rings and olives.
7. **Brazil nuts**. These giants of the nut world contain a bundle of healthy fats, vitamins, and minerals, which are why their intake is, associated with reduced inflammation and improved blood lipids. **Eat more:** Add chopped Brazil nuts to oatmeal, yogurt and salads.
8. **Turmeric.** A heavy hand when it comes to seasoning dishes with turmeric could partly explain why Indians who follow a traditional diet tend to have low rates of heart ailments. Curcumin, the antioxidant that lends turmeric it yellow hue, is a potent foe of inflammation. **Eat more**: Use turmeric to season soups, stews and roasted cauliflowers. Steep slices of fresh turmeric in hot water for an inflammation-fighting drink.
9. **Yogurt.** Preliminary research suggests that the beneficial bacteria found in fermented dairy, like yogurt, may play a role in inhibiting inflammation. **Eat more**: Beyond enjoying a bowlful for a snack, use yogurt as a replacement for mayo or sour cream in items like tacos and potato salads.

**MARKETING (PROMOTIONS)**

**Some Ways to Promote Homemakers Week and Boost Membership**

There are many way that one can promote AHCL. One to one communication with a friends or colleagues about your organization and the things you do can open the door for new membership. When giving out your monetary donations to the charities you have chosen take some pictures and put them in your local newspaper. When other friends read the paper they may be influenced to join or enquire about the organization because they saw you engaged in serving your community in some small way.

In addition to the above you can plan a recruiting month with your club members. Ask each member to try to recruit members during the month that you have planned. When recruitment is over, have a celebration. If no members were recruited, still celebrate the effort of the club members. Let them know how much they are appreciated and maybe try “Recruitment” again.

1. If you have a guest speaker-announce the speaker’s attendance to the public and invite others to attend.
2. **Coach members** on creating a welcoming experience. Getting potential new members to attend meetings is only half the battle! Remind current members to greet newcomers and avoid club jargon when there are visitors.
3. Make sure someone is assigned to **follow up** with visitor to get feedback on their experience and answer question.
4. **Create a welcome packet for guest:** Include things like the mission, calendar and contact information, as well as information about becoming a member.
5. **Sponsor a local event:** Include your club name and logo on promotional materials, and make sure event organizer have your club information for anyone who asks.
6. **Give away something free to new members:** The chance to win a prize always attracts interest.
7. **Make membership free for the first year or at a reduced rate.**
8. **Send media releases to local outlets when your club members completes a project**

Learn to write a press release so you can attract media attention to your club.

1. **Host a free luncheon**