

LizzLoves The Power Of Youth

From an article in the New York Times

Happy New Year, everyone! I hope 2011 is already treating you well...or at least given you some inspiration.

I had a beautiful dose of inspiration when my friend MB (thanks, mama!) sent me an incredible New York Times article from this weekend's "Education Life" section.

The piece, "Five Do-Gooders," featured 5 young people (college age or younger) who have found innovative solutions to problems in their communities and beyond.

Take, for example, Elizabeth Jane Handel, a book lover from Massachusetts who realized that women in prison aren't able to share the joy of reading with their children as her mother was able to do with her. So, Elizabeth founded an organization called A Book From Mom, where brand new donated books go to prisons for incarcerated women to share with their kids. When their children visit, moms pick out a special book to read with them, and then they can take the book home as a gift and reminder of time with their moms.

And then there's Dallas Jessup, a spunky athlete who came to understand the power of her martial arts expertise through an epiphany about safety. While

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she knew she could defend herself easily, she recognized that most women don't possess the knowledge or training to fight back against sexual assault or attacks from strangers. So, Dallas, with the help of a professor from a local



Dallas Jessup

community college, shot a film called "Just Yell Fire" that teaches young women how to use self-defense when they are threatened.

Imagine??? These young women launched these initiatives before even entering college! I can't wait to see what they will do next! Changing the world, one young woman at a time.

To read more about Elizabeth and Dallas (and 3 other up-and-comers) in the complete New York Times article, "Five D-Gooders." ■