

Words With Wallop
The Easy Way To Change The World

Paula Kramer adds new resources as she comes across them.

Another Words With Wallop Story

A soldier in Afghanistan who had no family at home never received anything in the mail. No letters. No packages. Nothing. The soldier became so depressed he decided to kill himself on Christmas Day.

Close to Christmas, the soldier discovered a package on his cot. The *words with wallop* for this soldier were his name on the box and the names of the senders inside the box. Instead of killing himself, the soldier wrote to the names inside the box. This story is known only because the soldier eventually went to his chain of command to get help for his depression.

“The Power of a Package”

Operation Gratitude

November 15, 2010

<http://www.operationgratitude.com/blog/2010/11/15/the-power-of-a-package/>

Citations For Program Examples

Jesus Christ & Love Your Enemies

Matthew 5:44, King James Bible

But I say unto you, Love your enemies, bless them that curse you, do good to them that hate you, and pray for them which despitefully use you, and persecute you.

Queen Elizabeth I & Professional Theaters

“The Elizabethan Age”

Shakespeare in American Communities

<http://www.shakespeareinamericancommunities.org/education/elizabethan-age>

The “Robben Island Bible” That Was Really The Complete Works Of Shakespeare

“Nelson Mandela and the Robben Island Bible”

Sabhbh Curran

The Times Literary Supplement

The TLS blog

September 11, 2016

<http://timescolumns.typepad.com/stothard/2016/09/nelson-mandela-and-the-robben-island-bible.html>

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“Shakespeare on Robben Island”

Ms. Kassiani Lythrangomitis

UNESCO

April 23, 2016

<http://www.unesco.org/new/en/unesco/events/prizes-and-celebrations/celebrations/international-days/world-book-and-copyright-day-2016/the-robben-island-bible/>

“The smuggled Shakespeare book that inspired Nelson Mandela”

Sheena McKenzie

CNN

December 6, 2013

<http://www.cnn.com/2013/12/06/world/the-smuggled-shakespeare-book/>

The Robben Island Bible was really *The Complete Works of Shakespeare* disguised as a Hindu Bible. Thirty-three prisoners chose and autographed a selection from a play as having significance for them. Nelson Mandela chose these words from *Julius Caesar*

Cowards die many times before their deaths;
The valiant taste of death but once.
Of all the wonders that I yet have heard,
It seems to me most strange that men should fear
Seeing that death, a necessary end,
Will come when it will come.

“Mission Schools Opened World to Africans, but left an Ambiguous Legacy”

Samuel G. Freedman

The New York Times

December 27, 2013

<http://www.nytimes.com/2013/12/28/us/mission-schools-ambiguous-legacy-in-south-africa.html>

Anti-apartheid activists now give the Robben Island Bible a negative identity, perhaps because William Shakespeare was a white man from a colonial power.

“African National Congress disputes ‘iconic’ status of Robben Island Bible displayed in British Museum”

Anita Li

The Star

July 19, 2012

https://www.thestar.com/news/world/2012/07/19/african_national_congress_disputes_iconic_status_of_robben_island_bible_displayed_in_british_museum.html

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Commission Of Truth & Reconciliation

“Truth Commission: South Africa”

United States Institutes of Peace

<http://www.usip.org/publications/truth-commission-south-africa>

Malala Yousafzai

Malala To The U.N.: "One Child, One Teacher, One Book And One Pen..."

CBS News

“The full text: Malala Yousafzai delivers defiant riposte to Taliban militants with speech to the UN General Assembly”

Independent

July 12, 2013

<http://www.independent.co.uk/news/world/asia/the-full-text-malala-yousafzai-delivers-defiant-riposte-to-taliban-militants-with-speech-to-the-un-8706606.html>

“One child, one teacher, one book, and one pen can change the world.”

<https://www.youtube.com/watch?v=Eme25t1Add0>

July 13, 2013

"I do not even hate the Talib who shot me. Even if there is a gun in my hand and he stands in front of me. I would not shoot him."

“10 Ways Malala Yousafzai Has Changed The World”

Mic.com

Chelsea Dias

July 23, 2013

<https://mic.com/articles/55333/10-ways-malala-yousafzai-has-changed-the-world#.grf0Eul6D>

Founding Members Of The MREA

Renewing Energies: The Ingredients For Spectacular Success

Documentary, 2007

Paula M. Kramer

Available to borrow from the following libraries:

McMillan Memorial Library

Portage County Public Library

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Rabbi & White Supremacist

Inside Edition television news magazine
Sometime in the 1980s
Internet searches do not bring it up

Homeless Man and Apartment Dweller

“Compassion Is Contagious”
Richard Carlson, Ph.D.
Family Circle
November 1, 2002, pages 38-41

Success Experiences

Creating Success Experiences

Smarter Faster Better: The Secrets of Being Productive in Life and Business
Charles Duhigg
New York: Random House, 2016, page 31

From Charles C. Krulak of the U.S. Marines:

Provide opportunities to:

- Feel a sense of control over one’s own life
- Practice making choices
- Consider the “why” behind the choice

Feeling control and making choices develops willpower.

When making self-directed choices becomes a habit, motivation becomes automatic.

Importance Of Connecting Positive Identities To Success Experiences

“*Why Narcissism and High Self-Esteem Aren’t the Same Thing, According to Science*”
Emma Haak
Oprah.com
October 27, 2016
http://www.oprah.com/health_wellness/The-Difference-Between-Narcissism-and-High-Self-Esteem

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Power of 3 Satisfactions

Power of 3 Satisfactions Page
Speakingfromtriumph.com

To create the most effective success experiences, focus on satisfying physical, mental, and emotional needs either simultaneously or separately but continuously.

By the time I came face to face with top Chicago mobsters, six adults had satisfied my physical, mental, and emotional needs over a couple of decades.

My father satisfied my emotional need for love.

Second grade teacher Miss Fleming satisfied my emotional need to feel safe.

Elementary school principal Sister Scholastica satisfied my emotional need to feel important.

Elementary school principal Sister Vianney satisfied my physical need for a safe space (her office), my mental need to exchange ideas, and my emotional need for recognition and approval.

High school English teacher Miss Robinson satisfied my mental need to know I was a good writer and my emotional need to feel successful.

Supervisor Fran satisfied my mental need to know what I did well and my emotional need for approval.

In the Camino Verde neighborhood of Tijuana, Mexico:

The soccer field and skate parks satisfy children's physical needs.

The boys & girls clubs and community center satisfy their mental and emotional needs.

In Mechelen, Belgium:

The soccer teams and boxing clubs satisfy children's needs for physical activity and emotional belonging.

The after school mentorship satisfied their mental needs.

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Positive Identities

Giving Positive Identities Generously Means More Economic Success

Print Edition

“What makes certain cities thrive as economic engines”

The Christian Science Monitor Weekly

October 17, 2016, page 33

Online Edition

“Why some cities thrive as economic engines”

The Christian Science Monitor

September 30, 2016

<http://www.csmonitor.com/Commentary/the-monitors-view/2016/0930/Why-some-cities-thrive-as-economic-engines>

Giving Positive Identities Generously Means Opening Your Door To Resources For Success

Smart Success Example

Listening to the other side of the story requirement

Ken Hendricks

[Speakingfromtriumph.com](http://speakingfromtriumph.com)

Success & Failure Choices Page

Giving Positive Identities Generously Means Opening Your Door To Angels

“A Banker’s Smart Success Attitude Brought Her An Angel In Her Time Of Need”

Paula Kramer

blog.smilesparksuccess.com

Smart Success Category

October 29, 2015

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Giving Positive Identities Generously Means Opening Your Door To Connections Who Have Connections

The movie *Field of Dreams* came out in 1989. If you know the movie, you know it was set in Iowa. My boyfriend at the time and I went to see the movie. On our way out of the theater surrounded by other theatergoers, I said to my boyfriend, “That looked like Iowa.” It’s safe to assume that most if not all of the people who heard me say that thought, “Stupid!” I imagine every single one of them thinking, “Of course a movie set in Iowa looks like Iowa!” Do you know exactly where in Iowa the movie was filmed? Dyersville.

I said to my boyfriend, “That looked like Iowa.”

My boyfriend said to me, “It was filmed in Dyersville. I thought you knew.”

My father grew up on a farm outside of Dyersville. We went to Dyersville every summer of my childhood. I sat through the movie looking at landscape I had seen every year of my childhood. I was looking at my Iowa.

What could anyone get from generously giving me a positive identity? First, I saw more in the movie than every other person at that theater saw. In situations where one person sees more than other people, it is smart to have a connection to the person who sees more. Second, anyone giving me a “stupid” identity was closing off positive identity opportunities for themselves. My father’s family was prominent in Dyersville. At one time, my relatives owned the only jewelry store, the only funeral parlor, and the only movie theater. Their prominence gave them connections around northeast Iowa to other prominent people. Anyone wanting a positive identity in northeast Iowa would have been smart to make a connection with me. I had connections who had connections.

Suggested Reading

Consequential Strangers: Turning Everyday Encounters Into Life-Changing Moments

Melinda Blau and Karen L. Fingerman, PhD

New York: W.W. Norton & Company, 2009

Giving Positive Identities Generously Gives Other People Reasons To Give Positive Identities To You

“Gris: The football star and the ‘old ladies’ book club”

Ed Grisamore

The Telegraph

October 25, 2014

<http://www.macon.com/news/local/news-columns-blogs/ed-grisamore/article30150432.html>

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Creating A Positive Political Climate

“Bringing Conservatives And Liberals Together To Talk It Out After The Election”

Adele Peters

CoExist

November 23, 2016

<https://www.fastcoexist.com/3065907/bringing-conservatives-and-liberals-together-to-talk-it-out-after-the-election>

Positive Identities That Help Children

Print Edition

“Building success for preschoolers”

Stacy Teicher Khadaroo

The Christian Science Monitor Weekly

October 17, 2016, pages 18-20

Online Edition

“Want preschoolers to succeed? Help their teachers.”

Stacy Teicher Khadaroo

Christian Science Monitor

September 8, 2016

<http://www.csmonitor.com/USA/Education/2016/0908/Want-preschoolers-to-succeed-Help-their-teachers>

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*Print Edition*

“Fighting truancy: one caring person”

Stacy Teicher Khadaroo

*The Christian Science Monitor Weekly*

September 19, 2016, pages 21-23

*Online Edition*

“Want kids to show up to school? Embed a mentor there”

Stacy Teicher Khadaroo

*Christian Science Monitor*

September 14, 2016

<http://www.csmonitor.com/EqualEd/2016/0914/Want-kids-to-show-up-to-school-Embed-a-mentor-there>

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“School Does Laundry For Kids Who Miss School Simply Due To Dirty Clothes”

Elyse Wanshel

The Huffington Post

August 16, 2016

http://www.huffingtonpost.com/entry/whirlpool-installs-washer-dryers-schools-poor-poverty-kids-raises-attendance_us_57b1dbe0e4b07184041200be

Positive Identities Rippling From The Young

Print Edition

“What do today’s youths know? Turns out, a lot.”

The Christian Science Monitor Weekly

September 5, 2016, mpage 34

Online Edition

“Kids today, what do they know? Turns out, a lot.”

The Christian Science Monitor

August 17, 2016

<http://www.csmonitor.com/Commentary/the-monitors-view/2016/0817/Kids-today-what-do-they-know-Turns-out-a-lot>

Positive Identities for Senior Citizens

Senior citizens are sage citizens with sage wisdom:

Knowledge

Experience

Skills

Resources

Connections

To increase positive identities for senior citizens, like the Sage Citizens page on Facebook and spread the stories posted there. If you’re not a sage citizen now, you will be in the future, if you’re lucky. Give yourself a positive identity.

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Give Yourself A Positive Identity With Medical Professionals

“Huge” differences even though people ate the same foods”

Mary Brophy Marcus

CBS News

November 19, 2015

<http://www.cbsnews.com/news/huge-differences-even-when-people-ate-the-same-foods/>

Crime

Situational Factors Affecting Inner City Neighborhoods

“Studies link childhood lead exposure, violent crime”

Michael Hawthorne

Chicago Tribune

June 6, 2015

The toxic legacy of lead gets new attention as a factor in urban violence, troubled schools

<http://www.chicagotribune.com/news/ct-lead-poisoning-science-met-20150605-story.html>

The Real Problem With America’s Inner Cities

Orlando Patterson

The New York Times

May 9, 2015

<https://www.nytimes.com/2015/05/10/opinion/sunday/the-real-problem-with-americas-inner-cities.html>

“Community Violence: The Effects on Children and Teens”

PTSD: National Center for PTSD

<http://www.ptsd.va.gov/public/types/violence/effects-community-violence-children.asp>

“Understanding the Impact of Trauma and Urban Poverty on Family Systems” Risks, Resilience, and Interventions”

The National Child Traumatic Stress Network

http://www.nctsnet.org/sites/default/files/assets/pdfs/understanding_the_impact_of_trauma.pdf

“Surprise Pregnancy: Could It Happen to You?”

Camille Noe Pagan

WebMD

<http://www.webmd.com/sex/birth-control/features/surprise-unplanned-pregnancy#1>

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“An assessment of contraceptive need in the inner city”

SE Radecki and GS Bernstein

Family Planning Perspective

May-June, 1990

<https://www.ncbi.nlm.nih.gov/pubmed/2379569>

Inner-City Farmers May Have Toxic Soil on Their Hands

By Alison Gillespie

Smithsonian.com

October 27, 2015

<http://www.smithsonianmag.com/science-nature/inner-city-farmers-may-have-toxic-soils-on-their-hands-180957046/>

Tijuana, Mexico & Drug Cartel Violence

Print Edition

“Raul Cardenas Osuna brought the arts and more to a rough neighborhood in Tijuana, Mexico. Violence has since plunged.”

Whitney Eulich

The Christian Science Monitor Weekly

June 13, 2016, pages 42-43

Online Edition

Violence plunged after he brought the arts to a Tijuana neighborhood

Whitney Eulich

Christian Science Monitor

June 5, 2016

<http://www.csmonitor.com/World/Making-a-difference/2016/0609/Violence-plunged-after-he-brought-the-arts-to-a-Tijuana-neighborhood>

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“Understanding Art and Border Smudging

Julia Leitner

November 2, 2011

*Harvard Political Review*

<http://harvardpolitics.com/books-arts/understanding-art-and-border-smudging/>

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Print Edition

“Creating The Anti-Gang”

Patricia Leigh Brown

The Christian Science Monitor Weekly

September 26, 2016, pages 27-32

Online Edition

“How one man is creating a ‘positive gang’ for Latino youth”

Patricia Leigh Brown

The Christian Science Monitor

September 24, 2016

<http://www.csmonitor.com/USA/Society/2016/0924/How-one-man-is-creating-a-positive-gang-for-Latino-youth>

Terrorism

Print Edition

“Belgian town targets alienation”

Colette Davidson and Sara Miller Llana

Christian Science Monitor Weekly

August 6, 2016, page 14

Online Edition

“How one town helps residents balance being Belgian and Muslim”

Colette Davidson and Sara Miller Llana

Christian Science Monitor

July 20, 2016

<http://www.csmonitor.com/World/Europe/2016/0720/How-one-town-helps-residents-balance-being-Belgian-and-Muslim>

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“Inside the FBI’s secret Muslim network”

Michael Hirsch

*Politico Magazine*

March 24, 2016

<http://www.politico.com/magazine/story/2016/03/fbi-muslim-outreach-terrorism-213765>

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“The Humane Interrogation Technique That Actually Works”

Olga Khazan

*The Atlantic*

December 14, 2014

[https://www.theatlantic.com/health/archive/2014/12/the-humane-interrogation-technique-that-works-much-better-than-torture/383698/?google\\_editors\\_picks=true](https://www.theatlantic.com/health/archive/2014/12/the-humane-interrogation-technique-that-works-much-better-than-torture/383698/?google_editors_picks=true)

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**Positive Identities You Gave Other People**

Name: \_\_\_\_\_

Positive identity you gave them: \_\_\_\_\_

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Successes they created using the positive identity you gave them (if you know):

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Name: \_\_\_\_\_

Positive identity you gave them: \_\_\_\_\_

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Successes they created using the positive identity you gave them (if you know):

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**Positive Identities Other People Gave You  
Because You Gave Positive Identities Generously**

Positive identity giver: \_\_\_\_\_

Positive identity they gave you: \_\_\_\_\_

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Benefits from your new positive identity: \_\_\_\_\_

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Positive identity giver: \_\_\_\_\_

Positive identity they gave you: \_\_\_\_\_

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Benefits from your new positive identity: \_\_\_\_\_

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