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FOR IMMEDIATE RELEASE

Press Release

Ms. Mildred Muhammad Speaks at Domestic Violence Program



Lawrenceville, VA: January 27, 2009 – Ms. Mildred Muhammad, Executive Director of After the Trauma, Inc., was invited to speak at the Saint Paul's College Center of Academic Support Services (CASS) Program. As the ex-wife of the DC Sniper, John Allen Muhammad, Ms. Muhammad provided a touching presentation on her experience as a domestic violence victim and its impact on the silent bystanders, her children. This is the second program CASS has hosted to coincide with Project Stop

Now!

According to Ms. Muhammad, the domestic violence brought upon her by her ex-husband didn't start until he returned from his deployment to Saudi Arabia. It was a gradual change that began with allotting only 50 dollars for food to kidnapping her son and two daughters to Antigua for 18 months. "My ex-husband made sure no one would believe a word I said. For years I said *John is crazy, he is trying to kill me,*" remarked Ms. Muhammad.

Since finalizing the divorce from her ex-husband, Ms. Muhammad established After the Trauma, Inc., (www.afterthetrauma.org) as step one in her healing process. It is a non-profit organization geared towards helping a survivor of domestic violence overcome his or her previous situation.

Next, Ms. Muhammad has taken the written content from her journals and used it to build her first book entitled *A Survivors Journal*. "My book will help confront the emotions a survivor at times is afraid to address. It assists with the healing process..." Muhammad commented. A comprehensive safety plan, a 50 state coalition listing, and information on how to obtain financial support, among others, are included the book as well.

Project STOP NOW! (Student Taking Opportunities for Prevention by Noticing On-Campus Violence Against Women), was developed by Tougaloo College, Tougaloo, MS, in 2003. It focuses on the education, prevention, and awareness of domestic violence, dating violence, and sexual assault towards individuals on UNCF member institutions campuses. In 2007, CASS implemented the Project.