

BIG FAT NEGRO, GET YOUR LAZY ASS OFF MY COUCH

(and it's not just about black men)



SONJA WARFIELD

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Big Fat Negro, Get Your Lazy Ass Off Of My Couch is a woman's guide to getting rid of her deadbeat husband, boyfriend or boo thing of any ethnicity. Comedic writer Sonja Warfield helps readers identify, confront and get rid of a deadbeat through advice from first-hand experience. Warfield takes readers on an uproarious odyssey of marriage, relationships and post-divorce dating with chapter titles like *Boys will be Boys is Bullshit*, *Blow Job Strike*, *Dick is Not an Endangered Species* and *Self-Acceptance Begins with Ass-Acceptance*. This humorous perspective explains why women settle and lays out solutions for preventing and getting rid of the slouch on your couch.

BEWARE OF ASSHOLES
IN DREAMBOAT'S
CLOTHING



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MEET THE AUTHOR



Sonja Warfield is a television comedy writer known for her work on the Emmy Award-winning NBC comedy, *Will & Grace* and most recently for the BET comedy, *The Game*. She is currently co-producer on the new BET comedy, *Zoe Ever After* starring Brandy Norwood.

Ms. Warfield wrote for the ABC comedy *Jake In Progress* and has had development deals with Sony Pictures Television that led her to writing pilots for NBC, ABC and HBO.

Ms. Warfield writes feature films and has written an adaptation of a novel into a screenplay for Alcon Entertainment and 2S, a

Hilary Swank production company.

Currently, she serves as an adjunct professor at The University of Southern California School of Cinematic Arts where she earned her B.A. in Cinema-Television Critical Studies.

Sonja Warfield has been featured on *The Tom Joyner Morning Show* and USC Trojanvision. She is the daughter of Paul Warfield, the Hall of Fame player for the Cleveland Browns and the undefeated Miami Dolphins.

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Q&A WITH SONJA WARFIELD

Why do you think women are supporting men more now than ever?

According to a new study in Forbes Magazine nearly half of U.S. moms are their households' main breadwinners. If they are not the breadwinners their income is on par with their spouses. This represents a 10% jump from a Pew Study a year ago. Also, in Forbes.com "The study found that breadwinning moms in the United States and China share more similarities with each other than they do with their counterparts in the two European countries polled. For example, U.S. female breadwinners throughout this country and Chinese women city dwellers are equally stressed juggling work and family obligations." Also according to Forbes.com, "The so-called 'Mancession' is one of the reasons women have surpassed men in earnings, according to experts. Following the financial crisis, many men not only lost their jobs, but were also unable to find new ones. Another factor is that more women, particularly millennials, than men are earning college degrees and with that has come higher salaries, says Farnoosh Torabi, author of *When She Makes More.*"

So here is the crisis: gender roles in the work place are changing, but they are slow to change at home; therefore, just like the Enjoli perfume commercials of the 1980's

Women are expected to do it all and it's too much.

told women to "bring home the bacon and fry it up in a pan, and never let him forget he's a man" – women are expected to do it all and it's too much. So women are out-earning their mates/partners, but their mates are either suffering from the mancession, or haven't picked up the slack at home because they weren't socialized to be house-husbands so we end up with a lot of guys on the couch and women supporting them. Yes, Sheryl Sandberg's Lean-In Campaign is helpful and yes, I've seen household cleaning product ads featuring men trying to get the stains out of their kids shirts, rather than a mom, but we have a long way to go and in the meanwhile women are still doing it all including bringing home all the bacon or at least all of it in 50% of US households. In my book I discuss how we have to be aware of these issues when dating because dating is really just a long audition process for marriage. If you're dating a guy who has a proclivity to sloth-like behavior, that's what kind of husband you're going to get. If your boyfriend "works from home" and you're in an office all day, but when you come home there is never any dinner, or you're expected to whip something up or pay for take-out, that couch squatter doesn't know how to lean-in, so you need to 'lean' out.

Is the problem more common in America versus other countries?

According to the Forbes article, China, Germany and Great Britain female breadwinners are on the rise and deal with some of the same issues American women deal with in terms of stress over juggling work, family, children, marriage and so forth.

Many of us have men, but not the right ones, not ones who are lifting us up.

In Italy and other European countries (NOT THE U.K.), namely Italy, women get paid maternity leave for 6 months to a year and if it's only 6-9 months at full salary, they have the option of staying home the rest of the year at half salary and by law their jobs are waiting for them. Child care and Pre-K are not as expensive in Italy, plus there is a lot of extended family around to

help. Nannies and cleaning people are not as expensive. Culturally, they have a lower birth rate and an older parent age in Italy so it would be unheard of for a 30-40 year old man to not have a job. If he were a poet and stayed at home, or another type of artist, then that would be acceptable, but house husbands are not a thing in Italy, plus Italian Mamma's are a fixture and even the ones who work outside the home still embrace the Italian Mamma role. Most couples in Italy are having one child later in life. Women do out-earn their husbands, but still embrace the Mamma role.

What (or who) inspired you to write this book?

My life, dating disasters, my friends' dating stories, marriages and divorces all inspired me to write this book. I got sick and tired of hearing the same story from educated, successful women who were putting up with these triflin' guys and their B.S. all in the name of having a man. Here is the thing, we have warning labels about unsafe chemicals, side effects from medications, roller coasters, but we collectively as women have not gathered together like Taylor Swift and her squad to call guys out on their dirty, bad behavior whether it's: cheating, not calling back, standing a girl up, making lame excuses, poor treatment etcetera. We need warning labels for loser boyfriends. We need a database. We need to start a movement so that

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these guys can be put on notice and start acting right. That is what the book is about and what inspired me. Also, as I am a work in progress in my journey in dating, marriage, divorce and career, I've learned a few things that have helped me get to a better place in life where I knew that I was enough and that I didn't need a man to validate me, but if I wanted a man he had to rise up to meet me at this higher, more confident, healthier, place.

Why is this book important at this time?

As much as gender roles change, they stay the same (in terms of how gender relates to relationships) or take giant leaps backwards especially with things like the Alpha Phi sorority from University of Alabama recruitment video. This video has been taken down because it depicts scantily clad women, sexualized co-eds who seem to be all about partying and being eye

These girls are in college to get an education and get a good job, but we're still socialized to get a man

candy, wearing football jerseys and making themselves appealing to men. Here is the conundrum: these girls are in college to get an education and get a good job, but we're still socialized to get a man. So in dating,

gender roles haven't changed much. But, there are more women in colleges than men so these girls who are getting educated for success yet getting messages from pop culture and society to be sexy and get a man are going to have difficulty finding a man because there are fewer in college; therefore they may find a man who is less successful and less educated than they are. They may stay in a relationship in which they are supporting a man, or they may stay in an unhappy relationship just because they think it's better to have a man than to be alone.

Whenever I read a magazine or article on dating in the internet, it's about how to get a man, how to get your boyfriend to say I love you, engagement chicken, how to tell if he's interested, signs that determine if he's going to ask you out etcetera. I never read

SATISFACTORY IS
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articles about how to get rid of the loser on your couch, or how to tell if your partner resents your success, or how to tell if the guy you're dating is a lying, cheating, bastard, or what can you do to retaliate when a guy stands you up? My book answers these questions and more. Many of us have men, but not the right ones, not ones who are lifting us up. Our patriarchal society is geared toward helping women get engaged and get him to say I love you, or figure out the signs to see if he's the one and then "say yes to the dress." Hopefully my book will help weed out the losers from our lives, raise our standards and expect more from men and ourselves.


Are there psychological reasons why successful women would subconsciously attract underachieving men?

I think successful women are type A, bold, ambitious, driven, confident and go-getters, which I think may not be as attractive to Alpha men who may seek a partner who will be more of a help-mate and take a back seat and allow his career to be dominant; therefore alpha women are left with beta men who may be attracted to our power and we may be attracted to their willingness to take direction. I've gleaned this from my relationships, friends, male friends and therapist friends.

Why does it become so hard for an intelligent and successful woman to get rid of an underachieving man?

We live in a couple dominated yet friendly society. The horrible singles table at weddings exists in life too. Many couples don't know what to do with their newly divorced or even widowed friends. I have a girlfriend who had an active couple social life with her husband, but once he passed away, she stopped getting invited places or was relegated to bad tables at the back for events. People didn't know where she fit in their lives anymore. I experienced similar problems when I got divorced. So a woman with any kind of man is almost more acceptable than a single woman because being single and alone comes with all these negative connotations. It's almost like having a disease. I also think women lower their standards for men because of societal

pressure, fear of being alone, fear they'll never meet anyone else, and fear that this is the best they'll ever get.



BLOW JOB STRIKE!

Why do you think women tolerate underachieving men?

According to Pew research “By 2012, the share of young women enrolled in college immediately after high school had increased to 71%, but it remained unchanged for young men at 61%.”

With fewer men attending college, women will continue to achieve more and out-earn men, but we’ll still need and want to date men. So unless we collectively as women demand more from men, we’ll continue to tolerate underachieving guys.

I have nothing against a man who works hard, but may

not out-earn me because he didn’t go to college or has a ceiling in his salary, but if we’re partners, he needs to be confident enough in himself that he won’t resent the fact that I make more money and consciously or subconsciously treat me poorly, or leave all the household chores and family scheduling, organizing and child-care to me. As women we’re socialized to be nice and pleasing and care givers. Our society tells us that “boys will be boys”, which allows

Our society tells us that “boys will be boys”

men to do whatever they want in this patriarchal society and reap hardly any consequences, but girls are expected to be nice. Nice means non-confrontational and tacitly supportive of “boys will be boys” bad behavior by putting up with it. Women have to stop making excuses for men and allowances. We have to stop believing in what our culture and old societal gender roles were and create new ones. Women have to stop feeling guilty for their success if they have a partner who is less successful because when you dim your light to make him feel better about himself, you aren’t helping the situation. In some ways we have to be as assertive in the bedroom as we are in the boardroom and I don’t mean sexually, but I mean with asking for what we want in a relationship and if we don’t get it, then



DICK IS NOT AN
ENDANGERED
SPECIES

men to do whatever they want in this patriarchal society and reap hardly any consequences, but girls are expected to be nice. Nice means non-confrontational and tacitly supportive of “boys will be boys” bad behavior by putting up with it. Women have to stop making excuses for men and allowances. We have to stop believing in

moving on. If a guy can't get a job, or can't make much money, it's not our job as a partner/girlfriend to boost his confidence by continuing to support him financially and playing down our success so as not to make him feel bad.

Can the advice you offer apply to men dealing with underachieving women?

Sponging off of them? Some of it can, yes, but I think it's always more acceptable for a woman to live off of a man. In fact, some men like to take care of their women. If men expect their partners to make their own money or do all of the household chores, if they are not working and their partner doesn't hold up her end, then she may need a couch eviction.

What can women do to prevent underachieving men from entering their lives?

Raise our standards. Expect more. Stop dating a loser out of fear.

Are there warning signs of a man who eventually becomes an underachiever?

If you're dating a guy who has decided that you're his retirement plan, that's a sign he'll be on your couch for the rest of his life.

Do you have any statistics on the percentage of women who support men?



According to Pew Study it was 47% of households with children who have female breadwinners. According to Forbes, it's now 50%. The gender pay gap is closing. 71% of female high school girls go to college, while only 61% of males are going to college. Women are now 33% more likely than men to have a college degree according to cnsnews.com

You have extensive experience writing comedy for television and film. How was the experience of writing a book different?

This was different in that it required more concentration. Also, television writing especially is a very collaborative art form, but writing a book was a solo act until my editor got involved. I definitely got into the zone as I do writing scripts when I felt like I was just a vessel the words were passing through. This book was cathartic, but I also wanted it to be entertaining. I wrote the kind of book I'd like to read at any stage in a relationship: single, married, divorced, divorcing, breaking-up, or looking for love.

What have you learned from writing this book?

I've learned from readers that I have struck a chord. I've had strangers and friends and people I haven't spoken to in years contact me to tell me that this book has resonated with them and told their stories. They have a guy they have to get off their couch or they thought they were alone in dating nightmares, but my book gave them hope and made them feel less alone. This book made them laugh out loud which is the best medicine of all.



What do you hope readers will take with them after reading this book?

I hope they will identify with the stories I tell and recognize that they have triffin' boyfriends, husbands, or boo-things and make a decision about what they want out of a relationship. I hope women will make better decisions about dating and relationships without fear, or settling for something less than they deserve. I hope they will laugh and be thoroughly entertained, but also think and feel less alone. I hope to empower women by speaking the truth that others are too afraid to say. I'm saying something bold, but this has been going on for far too long and no one is saying we need to stop bad behavior and demand better behavior from men. Our society applauds successful women, but we don't want to look at the men on the couch these women are supporting and the entire families successful women are supporting as well. The underbelly to all this success is that there may be a man in that successful woman's life who she is supporting, but she may not be happy about that and the man may not be happy either.

Do you have any other interesting statistics to share with me?

50% of U.S. moms are breadwinners in their households.

71% of girls go to college while only 61% of boys do.



EXCERPTS

How Kate Knew Her Marriage Was Over

My dear friend Kate was married for six years. Most people can't point to a single incident or crystallizing moment when they knew their marriage was over, but Kate can. It was the day she came home from a long hard day at work to find her husband on the couch. He was unemployed at the time, so he had been home all day. Their nanny had left. Their baby was asleep. There was no dinner waiting for her, no kiss hello, but there hadn't been any of those things in a long time. The only thing she was looking forward to



that night, short of seeing her sleeping child, was watching Oprah. At that point in her marriage, Oprah was the one who gave her joy. Now this was over a decade ago when Oprah's show was still on the air. Also, this was the beginning of DVR technology and they had not yet invested in a TIVO, but she still had her VCR and every day it was set at three o'clock to tape her Oprah. So that night, she passed by her husband, they exchanged a few terse, declarative sentences and she retreated into the bedroom, got in bed, turned on the TV, hit play on the VCR and got ready for Oprah, but to her dismay Oprah did not appear on screen. Instead a naked man and women who seemed to be engaging in a threesome-orgy appeared. She tried to decipher the nasty, naked body parts. That's not Oprah. Trying to process the images, she tilted her head to the side befuddled and perplexed. Now that sure isn't Oprah. Where the hell was her Oprah? If her Godforsaken husband interfered with her Oprah recording that was a deal breaker in the marriage.

She took the tape out of the VCR. It had one of those alliterate porn titles and pictures of shiny, fake boobs. She confronted her husband with the evidence. There would be no: "Boys will be boys" excuse for this bullshit. He didn't deny that he was watching the porn tape. When she asked him what happened to her Oprah, he said he must have shut off the VCR when it was supposed to record. There were no words. She wasn't as upset about the demise of her marriage or the porn. The real offense was screwing with her Oprah. It was egregious and quite frankly unforgivable. Had he been able to produce a tape of that day's episode of Oprah and if they had even watched it as a couple maybe Oprah could have been the glue that bonded them back together, but instead the moment was as Oprah would say her "ah-ha moment" when she knew her marriage was over. Kate could have excused her husband's porn watching and disregard for Oprah by saying: "Boys will be boys" and she'd probably still be in that loveless marriage today, but Kate said no more excuses and she called him on his shit and stopped enabling him by allowing bad behavior and excusing it with clichéd sayings.

Dick Is Not an Endangered Species



Desperation and loneliness can lead to poor dating decisions. Sometimes as women, we feel it's better to be on the bottom of some guy's roster than not be on any rosters at all. We degrade ourselves and respond to men who make farm animal noises to get our attention on the street. We must stop thinking and acting like dick is an endangered species.

When I was a naïve college freshman, I happened to run into a cousin on an airplane. This cousin, who is older, offered me some startling words of wisdom slash advice about men and dating. Now I was a young, eighteen year-old virgin and I was stunned by the crass talk from her, but it left an indelible mark. She told me that I could get dick anywhere, so don't be too quick to give it up. What I really needed to look for was a quality man. She was right. If you think about it dick is like Starbucks. There's one on every corner. What we want and need to require are real men with integrity and character who value us. Those men are few and far between, like Peet's Coffee Houses, and often when you do find one he's married... to either a woman or, in some states, a man.

Dickfax

With all this talk about the male genitalia, there are three things that are of the utmost importance regarding sex: intel, background checks and STD tests. As women, we need to get more information about the men we let into our lives and our va-jay-jays. Several years ago, I bought a new car. Before I bought the car, I did extensive research. I considered buying a used car because I could get the Carfax on the used vehicle. I could find out how many owners it had before me, the maintenance record and information about any accidents. Well ladies, we need to get the Carfax on dicks or as I like to call it: Dickfax. We need an Internet database with the history of the dick. What previous owners or users have to say about it; how many children it has fathered; how many STD's it has had; does it have bad credit? This isn't something E-harmony offers in their full profile of prospective dates. We need to create this. There is something intrinsically wrong with the fact that we know more about the previously owned vehicle we're driving than the used penis that we're riding. We need to get boots on the ground and start a movement, a coalition and involve our international sisters too. Go global with the Dickfax. The bottom line is sex should not be an impulse purchase. Chastity isn't dead, but it certainly needs a revival. Short of that, we should at least be more informed penile users.

Hardball Dating

To get the more that we deserve we need to ask men the tough questions just like MSNBC's Chris Matthews does on Hardball. Chris is unapologetic when he puts people on blast. He's not afraid to call someone a racist or an idiot or a racist idiot. We need to channel Chris Matthews when we're just getting to know prospective suitors or better yet hire Chris Matthews to interrogate potential dates. Short of getting Chris, we need to stop asking men where they're from and what they do for a living?



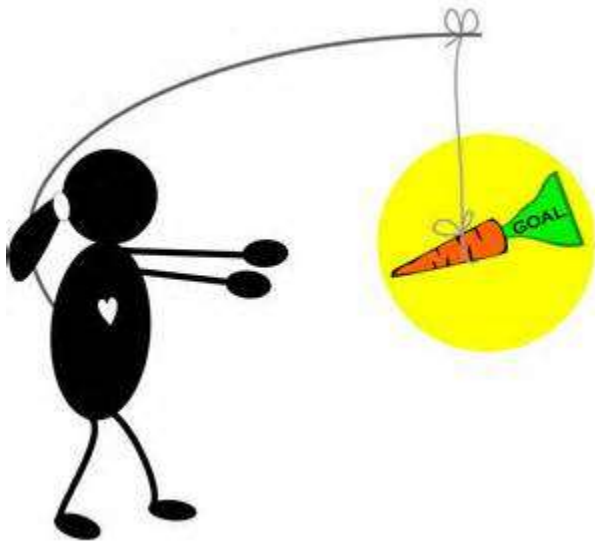
Start asking them if they came from an emotionally abusive home. Was your father an alcoholic? Has anyone ever described you as co-dependent? Was your mother cold and withholding? Of course we should ask these tough questions elegantly, but we shouldn't be afraid to ask and we have to be even braver to face the truth and not allow guys to joke or wiggle their way out of the uncomfortable questions. Chris Matthews bristles people. He makes them uncomfortable. It's confrontational television. In relationships we don't like to look at the ugly stuff. We like to live in fantasyland and believe that everything is all wine and roses, but if we had more of a Hardball attitude, then we'd get closer to the truth and reality.

Sadly, the reason we don't ask the hardball questions is we're desperate and afraid. Mostly we're afraid we'll die alone. Have you ever noticed that Life Alert commercials only feature sad, old, single women whose destiny is to die alone, but are saved from a solitary death by a button around their necks that calls a sad, single, old lady alarm center where a minimum wage worker talks the old lady through what may be her last moments on earth, as she gasps for breath from her heart attack or fall? None of us wants to be that sad, old lady who has to wear a life alert necklace and exchange her last words with a stranger who may or may not speak English as a second language. I mean, can you imagine dying and trying to decipher what your Life Alert worker is saying to you or you say your final words to the Life Alert guy, but he gets them all wrong? So when your children ask Life Alert what were mother's final words he says something like, "She say she had a duck in the pub, but could not come so help me to come. And for hell fun she loves Tim and marijuana." That was his English as a second language interpretation. What mother really said was, "I'm stuck in the tub please come help me. And tell my son I love him and Marjorie." Yes, your final words could be lost

in translation because you died single, old, alone and probably naked in the bathtub, and the caring Life Alert immigrant was your final interaction with humanity. That's the great fear. And the thing is they don't feature men in those commercials. Eighty-year old men aren't afraid to die alone because there's some old widow around the corner who, despite her arthritis and fixed income will sacrifice her social security payments and nearly paralyzed hands to care for this man hoping that he won't outlive her so she doesn't have to get a Life Alert necklace.

We're all still suffering from the hangover of a generation of mothers who were defined by being wives and mothers. Many parents still regard marriage and procreation (some parents are still holding out for the procreation to come after the marriage) as real success for their daughters. As women, we need to live our own dreams and not try to adhere to some sort of picket fence societal, parental dream for our future or because Life Alert commercials instill fear.

It's not just our mothers, pop culture and E-harmony all put an inordinate amount of pressure on us as single women. I love, adore and worship at the stage of Beyoncé, but even her hit song "Single Ladies" wasn't as empowering as she thinks because I've been in a situation when, "I had gloss on my lips and had squeezed my hips into some really tight jeans, but he still didn't like it enough to put a ring on it," and when he saw me again, he wasn't mad because no one else was trying to put a ring on it either. I was still single and alone. And a few months later he put a ring on someone else. So there, Beyoncé. Go create a song out of that, which I'm sure she will and probably sell millions of records. Single is not the enemy, but it can feel awfully lonely on a Saturday night when you see your ex with someone else or long to be with a guy who looks right past you.



And E-harmony and other online dating company's commercials are especially vicious. Their advertisements are like Disney ads for kids. Disney both entices and terrifies little children by dangling the carrot of a coveted DVD of Pinocchio or Cinderella, but then the ads tell them in an ominous voice-over that if those kids don't yell and scream and demand that their parents buy them that DVD right NOW it's going away in the vault, which is like a dungeon, and will never be seen again. Online dating websites do the same thing. They buy ad space on lonely Saturday nights and run their propaganda during commercial breaks of movies like: When Harry Met Sally, or basically any other

90's movie with Meg Ryan where she had a cute haircut. The dating commercials tell you that your soul mate is out there waiting for you, but if you don't sign up this weekend he'll be taken. Maybe he'll be taken into a vault too. I guess the grown-up version of a vault would be a dungeon. The point is your soul mate is in someone else's sex dungeon and not yours so you're a fool because you didn't sign up and you're still single. Maybe you're eligible for a discounted Life Alert necklace?

Repairs For One

I'm single and have been so for a while. A loooooong while. In fact, a few years ago I reached a really low point in my singledom. My showerhead was malfunctioning and not because I was using it for anything other than bathing. It's not detachable anyway. The nozzle wasn't functioning properly so my showers had turned into dribbles of water. I called my homeowners insurance policy and they referred me to a repairman. He was Russian and let's call him Leo because I don't remember his name and also because I'm a Tolstoy fan. Leo examined my shower. In his thick Russian accent he began to explain the problem to me. He started off with, "Is easy to fix." Don't all repairmen begin sentences that way, especially if they are not going to fix it themselves? And by the way it should be easy for you to fix, Leo. You have a degree in plumbing whereas I have a degree in cinema. So unless I'm going to make a movie about my showerhead, my knowledge of Italian Neorealism is useless in this situation as it is in almost every other real life situation. Thank you Mom and Dad for paying for USC School of Cinema.



Leo launched into his do-it-yourself tutorial and watched my eyes glaze over. He stopped himself and said, "If you can't do it, do you have husband?" I gave my stock answer, "Not anymore." Not anymore always gives people pause. I guess they're wondering what anymore means. Does it mean I simply divorced him, or did he somehow meet his demise--and by my blithe, sardonic intonation, I think people wonder if I helped him meet his demise. Anyway, Leo didn't miss a beat. After he discovered I didn't have a husband, he asked, "Do you have boyfriend?" Leo hit me below the belt with this one. I was vulnerable, dateless and unable to bathe properly for the last week. Explaining my convoluted dating status to a man for whom English is a second language seemed like a colossal waste of time. The bottom line is the guy who had been sending me vague text messages for weeks and the other guy, who I made out with in a bar twice, were not good candidates to help me fix my showerhead. I answered forlornly, "No." Leo read the pain in my eyes and tried to make me feel better by responding, "Oh, I am so sorry for you. No husband. No boyfriend. Too bad." His condemnation about my marital status was actually worse than my mother's. In that moment, I wished that I had some witty, Carrie Bradshaw retort that adroitly proclaimed my singledom pride, but singles don't have pride-boasting chants, at least nothing that rolls off the tongue like: I'm here, I'm queer get

used to it, which is catchy, but not applicable in my case. Gay people are so lucky. They have the cool slogans that rhyme.

So Leo went on to say, "Well, I tell you how to fix your shower because insurance no cover this." As a single female homeowner I bought this insurance policy to bail me out in situations just like this one. I pay a monthly premium so that I can have a repairman at my beck and call and also because I'm intimidated by Home Depot. Now not only was my insurance not going to help me, my repairman pities me for being an old maid. I didn't need this crap. I just wanted a nice, warm shower. I listened intently as Leo explained how I could buy some sort of tool to fix my shower myself. And I assured him that I completely understood what to do and didn't need a man. I didn't even need him, or my useless insurance policy that clearly discriminated against me because I'm do-it-yourself/repair challenged.

As soon as Leo left, did I do as he had instructed me: get the tools to fix my shower, prove him wrong and exact my feminism on this entire situation? No. I did what any God-fearing, tragically single girl would do. I got right on that Internet and finally finished my E-harmony application, which by the way was more involved than my mortgage application, but I guess that makes sense because Wells Fargo was only promising me a 30-year loan at a fixed rate, while E-harmony was offering me a lifetime of love. At this point, I wasn't even seeking love or companionship.

I just wanted a nice guy to have around the house to fix things and tell me I looked pretty. I sent my dating profile off into cyberspace and waited for someone to poke, wink or friend me. Today my house is worth a lot less than what I paid for it seven years ago and I never got one date out of E-harmony, but I did fix my shower all by myself. I didn't even use the tool Leo recommended. I used my fingernail. So I didn't need a man after all. But later, I did need a manicure.



Be Careful Who You Stand Up!



As women, we have little recourse for men who stand us up, unless we want to take to the Internet and black ball them. I'm not advocating that, but if you do it, I won't be mad at you either. Several years ago, something, I refer to as serendipitous retribution occurred when a man stood me up. I had reconnected on Facebook with this guy, Tyrell, who I had sort of dated in my twenties. He was back in town and he asked me out for a drink. We had plans to meet at 5:30 on Wednesday night. We had narrowed our choices to two bars in Hollywood on Sunset. We agreed to decide on the bar tomorrow when he promised to call me. I gave him my phone number, but I didn't have his. We had set a date, a time and narrowed down the location to two choices. If this was

not a date, then I don't know what is. And remember that he asked me out. I emailed him Wednesday afternoon, but he never responded.

Once again I waited to hear from him throughout the day. This had become a telltale sign that I was going to be stood up (or, in the case of Power 106, wish that I had been stood up). Anyway, around 5:15pm, on Wednesday my girlfriend Abby called me. She said she had a random question for me. "My friend interviewed that guy Tyrell who you used to date," she said. She used Tyrell's last name, which was very unique, but I won't use his actual name here. For the sake of this story let's call him Tyrell Houdini.

Abby recognized Tyrell Houdini's name when the producer told her about him. The producer, a woman, was considering hiring Tyrell for a job, but she just wished she could get someone to vouch for his character. I didn't know what to say. This was uncanny. Abby had no idea about my drinks date with Tyrell. I hadn't mentioned it to her. I literally said, "I cannot believe you're calling and asking me this today because if you had called me yesterday or a week ago I would have easily vouched for his character, but at this moment he is standing me up. We had a definite drinks date at 5:30 and it's now 5:25. He promised to call me, but he hasn't called, nor has he responded to my email." Abby said, "Everything happens for a reason. It is not just a

coincidence that I'm calling you the moment he's standing you up. I'm going to tell the producer not to hire him. He's clearly not a man of his word." I felt bad because the economy was tough and people needed jobs. "Well he doesn't need this job and I know this woman is not going to hire him when I tell her your story," Abby retorted. In fact, when Abby relayed the story to the producer she said, "Hell no, he is not getting this job." She ended up hiring a woman.

So men take heed, now that 40% of women are breadwinners, there's a new club in town: the good old girlfriends club where women stick together. So standing up a girl can result in money out of your pocket. The 'good old boys club' that worked against us for so long, is now inverted and working against the boys.

Top 5 Warning Signs it's time To get out of a relationship or marriage



- 1) You can only have sex with your husband while fantasizing that he's Justin Timberlake, Usher or Channing Tatum. And now you actually scream their names out during sex with your man, but make no apologies.
- 2) When your man leaves on a trip and you wonder aloud that if his plane crashes and he dies that may not be such a bad thing. You go online to shop for your funeral dress.
- 3) When you have more affection for your cleaning lady than him.
- 4) When you start to rationalize and tell yourself things are not that bad and no one is really happy, no one has sex anymore. You've become accustomed to living in misery.
- 5) When you say to yourself, yes my relationship is bad, but at least I'm not single. When did single become so awful? Sarah Jessica Parker and all her friends in the city had fun for about six seasons and two feature films. So the fun continues.

Proper Healthy Ways to Handle a Break-Up

- 1) Listen to a Beyoncé song. If he lied, cheated, or left you, Beyoncé has a song for that and a national anthem for your new state of singleness.
- 2) Summon a conclave of girlfriends to privately bash him and drink to excess.
- 3) Get dressed up; go to a club or bar, make-out with a hot stranger. You don't even have to know his name just make sure he doesn't have any cold sores.
- 4) Change your Facebook status to: happy, hot, single and ready to mingle. Can I get a "what, what"?
- 5) Meditate, love yourself and pray for someone better.
- 6) Make a list of the things you want in your life then go get them for yourself rather than wait for a man to bring them in a relationship.



How to Handle a Break-up in an Unhealthy Way

(Please don't do these things, but some may be nice to fantasize about)

- 1) Bash him on the internet. Set up a webpage and a twitter account dedicated to taking him down, exposing his misdeeds, his sexual deficiencies and spread a rumor that he wears a toupee and weeps after sex. Do the same on his Facebook page and include photo shopped pictures of him crying.
- 2) "Take a Louisville slugger to both head-lights, carve your name into his leather seats" and everything else Carrie Underwood sung about.
- 3) Follow him onto a date and tell the new woman of his misdeeds, and his habitual premature ejaculation. So premature that it's prior to penetration. He's not the only one crying after an attempt at sex and that's really all it ever was a failed attempt.
- 4) Call him and harass him at home, work, his gym or just out on the street.
- 5) Refuse to bathe, get out of bed, drink, eat, or take drugs to numb the pain for more than two weeks. And vow to never love again.



IN THE NEWS



“Women Now 33% More Likely Than Men to Earn College Degrees”

<http://cnsnews.com/news/article/ali-meyer/women-now-33-more-likely-men-earn-college-degrees>

American women born in the early 1980s are 33 percent more likely to have earned a college degree by the time they reach 27 years of age than their male contemporaries, according to the results of a longitudinal study published by the Bureau of Labor Statistics.

The study also showed that women in that age group who started college were more likely to have completed it.

“Thirty-two percent of women had earned a bachelor's degree, compared with 24 percent of men,” said the BLS. The 32 percent of women with college degrees was 8 points--or 33.3 percent--more than the 24 percent of men.

“In total, 70 percent of women had either attended some college or received a bachelor's degree, compared to 61 percent of men,” BLS said. “In addition to being more likely to attend college, women were more likely to have finished their college degree. Of the 70 percent of women who started college, 46 percent completed their bachelor's degree by age 27. In comparison, of the 61 percent of men who started college, 39 percent had completed their bachelor's degree.”

The study is based on a series of surveys conducted among 9,000 men and women who were born in the years from 1980 through 1984. They were first surveyed in 1997, when they were 12 to 17 years old. In 2011-2012, they were interviewed for the fifteenth time, when they were between the ages of 26 and 32. The survey also found that men in this age group were slightly more likely than women to have dropped out of high school. “Nine percent of men were high school dropouts compared to 8 percent of women.”

PewResearchCenter

“Women’s College Enrollment Gains Leave Men Behind”

<http://www.pewresearch.org/fact-tank/2014/03/06/womens-college-enrollment-gains-leave-men-behind/>

Even though college enrollment rates among young people have risen in recent decades, a Pew Research Center analysis of U.S. Census Bureau data shows that females outpace males in college enrollment, especially among Hispanics and blacks.

In 1994, 63% of recent female high school graduates and 61% of male recent high school graduates were enrolled in college in the fall following graduation. By 2012, the share of young women enrolled in college immediately after high school had increased to 71%, but it remained unchanged for young men at 61%.

A similar pattern is seen among young Hispanics. In 1994, among Hispanics who completed high school, about half of men and women immediately enrolled in college. Nearly two decades later, college enrollments for both groups improved, but women outpaced men by 13 percentage points.

For black high school graduates, there’s a different story. In 1994, young black men were more likely than young black women to be enrolled in college immediately after high school. By 2012, the pattern had reversed: The share of young black men enrolled in college remained stagnant, while the share of young black women enrolled in college increased to 69% —a 12 percentage point gap with black men.

It’s worth noting that the backdrop to these shifts is the changing demographics of the nation’s public school student population. In 2012, 25% of all public school students were Hispanic while 16% were black, 8% Asian American or Native American and 51% white. By comparison, in 1994, Hispanics made up 14% of public school students, blacks 17%, Asian Americans and Native Americans 4% and whites 65%, highlighting the growing impact of the nation’s non-white students.

Many scholars have offered reasons for the widening gender gap in educational attainment. Some have pointed to economic factors—as labor market barriers to women have been lowered, the benefits of a college education grew more for women than men. Others say the higher incidence of behavioral and school disciplinary problems among boys may be a factor. Citing some of these findings, last week President Obama announced a new initiative, called My Brother’s Keeper, that aims to empower young black and young Hispanic men, focusing on

improving educational attainment and employment prospects while reducing involvement in crime.

Even so, the growing gender gap in college enrollment is not limited to Hispanic and black youth. In 1994, among high school graduates, 62% of young white men and 66% of young white women were enrolled in college immediately after graduation—a four percentage point gender gap. In 2012, that gap had grown to 10 percentage points as the share of young white women enrolled in college grew to 72% while the rate for men remained the same.

Among Asian Americans, there's been a less dramatic shift. Among them, the share of high school graduates going to college immediately after graduation also grew during this time period for both young men and young women, but the gap is much smaller than that among other groups.

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FORTUNE

“Female Breadwinners: What it means when mom is the Provider”

<http://fortune.com/2014/11/03/female-breadwinners/>

A new study reports that nearly half of U.S. moms are their households' main earners.

Breadwinner moms in the United States make up nearly half of households' major earners or are on par income-wise with their significant others, according to a new study.

This represents about a 10% jump from a year ago, when Pew Research released a report that 4 in 10, or 40%, of U.S. working moms were reported to be their families' primary provider.

“The pace of this change is significant, and we haven't caught up with it yet,” says Kelley Skoloda, partner and director of Ketchum's global brand marketing practice and author of *Too Busy to Shop: Marketing to Multi-Minding Women*.

Ketchum collaborated on the study “2014 Marketing to Moms” with BlogHer, a women's cross-platform media network that launched in 2005. The poll queried 2,589 women in the United States, China, the United Kingdom and Germany.

The study found that breadwinning moms in the United States and China share more similarities with each other than they do with their counterparts in the two European countries polled. For example, U.S. female breadwinners throughout this country and Chinese women city dwellers are equally stressed juggling work and family obligations. Women from both the U.S. and China also found that they are envious of couples who spend more time together and of parents who have more time with their children than they do.

Even though the numbers of women contributing more to the financial pot at home are greater in the United States and China, the trend is gaining ground in Great Britain and Germany, where it represents 20% and 19% of the population, respectively.

“The [U.S.] trend continues to accelerate,” says Liza Mundy, author of *The Richer Sex*. “Part of the bump up had to do with the recession. But now far from stalling, it seems to be gaining steam.”

The so-called mancession is one of the reasons that women have surpassed men in earnings, according to experts. Following the financial crisis, many men not only lost their jobs, but were also unable to find new ones. Another factor is that more women, particularly millennials, than men are earning college degrees and with that has come higher salaries, says Farnoosh Torabi, author of *When She Makes More*.

Since the passage of the Civil Right Act of 1964, which made it illegal to discriminate based on sex, women’s wages have risen, said Stephanie Coontz, the director of Research and Public Education for the Council on Contemporary Families, in February. In 1963, women earned 59 cents for every dollar men earned, she said. With such low wages, it’s no surprise that in 1960, only 11% of U.S. households were headed by women as the chief breadwinner, according to Pew Research. “Today,” added Coontz, “women earn 84 percent of men’s hourly wages. Among workers ages 25 to 34, women’s hourly earnings are 93 percent of men’s.” According to the Ketchum/BlogHer study, mom breadwinners are making most if not all of the family’s financial decisions, a practice that Torabi says doesn’t bode well for the couple or the family. “If she is the main breadwinner and he has some income, they as a couple need to give his money meaning,” says Torabi. “It can go toward college for their child or a family vacation or a car. He needs to be able to say, ‘I paid for that.’”

For women in two-income families, the trend of mom providers can translate to a more prosperous life. But for single working moms, it doesn’t necessarily mean that there is plenty of cash.

Mundy says when her book was published two years ago, she was criticized unjustifiably for not considering that many women are under-earning significantly—even living at the poverty level. In fact, she had profiled under-earning women and pointed out that the wage gap needs to be closed, but critics didn’t notice.

“Both things can be true,” adds Mundy. “Women can be the breadwinners in their relationships and they can still be underpaid. We need to close the wage gap so-called women’s occupations are paid what they should be.”



“Jacque Reid Talks To Author of ‘Big Fat Negro Get Your Lazy A** Off My Couch’; Says Women Should Boycott Blow Jobs”

<http://blackamericaweb.com/2015/05/26/jacque-reid-talks-to-author-of-big-fat-negro-get-your-lazy-a-off-my-couch-says-women-should-boycott-blow-jobs/>

Jacque Reid: Sonja Warfield wants women to get the relationship they want and to stop settling for the relationship they don't deserve. Throughout this book you give incredibly funny stories and true accounts of women who are putting up with men's D-game in dating. Sonja is starting a movement.

Tom Joyner said: A national effort. Not giving B.J.'s. Wow you outdid yourself this time, Jacque.

J. Anthony Brown: There is not a situation where a man is in where he cannot find a woman who will put up with him. You ain't going to change it, Miss.



“Sherri Shepherd On Why Holding Out on Your Man Can Be A Problem”

<http://blackamericaweb.com/2015/05/28/sherri-shepherd-on-why-holding-out-on-your-man-can-be-a-problem/>

Tom Joyner: Sherri I wish you had been here the day before yesterday when Jacque Reid had Sonja Warfield on. She (Sonja) said women should not lower than standards when it comes to men. If they're not being treated right they should boycott. And go on strike.

Sherri Shepard: I think not giving BJ's is slippery slope and it will never work. Men complain anyway. But if you stop that that means he has the right to stop pleasuring you. If you start using those negotiating tools, that's not good. That's a manipulative thing you're doing and have to expect there are consequences.

Tom: She also said women should not accept the first date via text.

Sherri Shepard: If you like me, I'd love to have a phone call for the first date. It would be nice if he called me. I understand texting is the day and age we live in.

HUFFPOST LIVE

“More Single Moms Are Dating Married Men”

<http://live.huffingtonpost.com/r/segment/ashley-madison-single-moms-married-men/5550f93f2b8c2a265c0012d3>



Sonja Warfield @Sonjawar
Author, 'Big Fat Negro, Get Your Lazy Ass Off My Couch'

HUFF
POST
LIVE

Single moms are notoriously busy, from taking care of kids to maintaining a job and home. So what's a gal to do when she wants a no-strings attached hookup? A new survey from Ashley Madison finds that more single moms are turning to married men. By the way, Sonja is against single moms lowering their standards and settling for the crumbs of life by dating a married man.

CLASSICALITE

“Jessica Alba and Husband Cash Warren Divorce: Split Honest Company Net Worth?”

<http://www.classicalite.com/articles/17868/20150225/jessica-alba-husband-cash-warren-divorce-worth-honest-company-net.htm>



Not only has she been busy making movies non-stop, Jessica Alba's Honest Company has blossomed into a billion dollar enterprise. The *Idle Hands* starlet's husband, Cash Warren, hasn't been nearly as successful, and word has it that his Instagram bikini model wife is starting to take umbrage. According to the latest gossip news updates, *Sin City*'s saddest stripper is starting to wonder if their marriage can continue to work without Cash ever really contributing to their family's net worth. It's said that things may soon end in divorce for the Hollywood couple, if Warren can't find himself some sort of semi-steady work.

On top of looking like an angel sent from heaven, Jessica Alba, also has a total of four new movies coming out in 2015 and is launching a new line of baby food products through her Honest Company.

Alba's unbelievably lucky husband, Cash Warren, on the other hand, has surprisingly accomplished very little since meeting his wife way back in 2004, and the new rumor has it that it is starting to get to her.

A source close to the family insists in the March 9, issue of *OK! Magazine*, that Jessica has started to realize that she is really the only one that is actually doing any work these days:

"Jessica feels like she is single-handedly supporting her family while Cash sits around and does nothing.

The spy goes on to explain that after 11-years of being together, Alba let Warren know that it is time to get to work or get out:

"Jessica has laid down the law; Cash needs to find work quick -- or else.

"He's tired of her nagging but deep down he knows he deserves it."

If her defense, Jessica doesn't exactly plan to spend the year resting on her laurels in between movie premieres.

It was announced last week that her Honest Company is getting into baby food and feeding products -- including organic formula.

Jessica revealed in a recent interview that her business' dedication to providing women and their families with better alternatives is as important as all the mountains of money it is making (via *Biz Journals*):

"I've always been passionate about really anything that has to do with giving women and children better choices and better chances at life and empowering them -- whether it's through education or products or mentorship."

If only Hollywood were full of Jessica Albas instead of Cash Warrens, the whole world would be a much kinder and better place.

“Jessica Simpson’s Prenup: Over A Million Dollars To Husband”

<http://www.yourtango.com/201174112/jessica-simpson-will-give-husband-million-dollars-prenup>



Eric Johnson will be set for life...that is, if he can stay married to Jessica for long enough.

It's good to be Mr. Jessica Simpson! Eric Johnson, who will wed the singer/fashion designer later this year, has reportedly worked out a prenup with his fiancée that guarantees him bundles of cash!

According to *Star Magazine* via [Celebitchy](#), Jessica (and her father Joe Simpson) learned a valuable, financial lesson after she married (and divorced) Nick Lachey without a prenup and are supposedly determined to protect Jessica's billion dollar brand of music, clothes, and shoes, should she and Eric not live happily ever after.

"Eric is on what you might call a vesting plan," said an insider to the magazine. "He'll get \$500,000 as a wedding present. Then, on each anniversary, he'll get another \$200,000. If he and Jessica make it to five years of marriage, he'll get an additional \$500,000 bonus — and a \$1 million bonus if they make it to 10 years." [Jessica Simpson Must Lose Weight Or The Wedding Is Off](#)

With a salary like that, we're guessing the former NHL player won't be hunting for a job anytime soon, especially if he and Jess have kids right away. In the meantime, the former reality star has already been spoiling her hubby-to-be with trips to New York, London, and Paris — and plenty of money to spend on his own.

"They already have a joint checking account," added the source, "and Jessica also gave him his own high-limit Visa Black Card and an American Express Platinum card!" [Is Jessica Simpson's New Man Using Her?](#)

Does Eric Johnson deserve to have a \$200,000 pay-out, considering his future wife's immense wealth, or is Jessica essentially be paying him to stay married to her?

Life & Style WEEKLY

“Nick Cannon Wants \$50 Million from Mariah Carey as Divorce Gets Uglier”

<http://www.lifeandstylemag.com/posts/nick-cannon-wants-50-million-from-mariah-carey-as-divorce-gets-uglier-54101>

Since he filed for **divorce** from **Mariah Carey** last year, **Nick Cannon** has been spending money like crazy!

He books private jets for parties, hosts \$2,000 dinners at five-star restaurants, recently bought his grandfather a \$400,000 Rolls-Royce and just rented an \$11,000-a-month mansion in Saddle River, N.J.

"Since January, he's spent \$1 million," estimates an insider to 'Life & Style.' "And Mariah thinks it's most of her money."

And the 34-year-old wants more! The insider says the 'America's Got Talent' host is after a \$50 million slice of Mariah's \$500 million fortune. But the diva's fighting him, and it's caused their already bitter split to get even nastier.

"Mariah doesn't want to give Nick a dime over \$10 million," the insider says. Now Nick is so furious, he's considering spilling all of her secrets. "It's her worst fear," says the insider.

While things couldn't be more tense between the couple of six years, friends believe the singer will ultimately give her estranged husband most of what he wants.

"They think [Mariah's] prepared to pay \$30 million instead of the \$10 mil she's been dangling," the insider tells 'Life & Style.' "There's just too much at stake."

