



Discover the Empowering Magic of the Pause for Mental Wellness

By Patricia Moore

If you will, image utilizing a superpower in your daily interactions – that's the exhilarating potential of “practicing the pause.” This simple yet profound skill is not just a strategy; it's a gateway to personal empowerment and enhanced mental health. When faced with disrespect or negativity, “the pause” is your secret weapon. It transforms you into a master of situations, allowing you to navigate even the trickiest social dynamics with grace and poise. By choosing not to react immediately, you take the reins, shifting the power dynamic and reframing the narrative. This isn't just avoiding conflict; it's asserting your strength and control in a subtle yet powerful way. Embrace the liberating truth that not everything demands your reaction. Picture yourself in a moment of potential conflict - instead of engaging, you pause, take a deep breath, and realize the freedom in choosing where to invest your energy. This is not just about dodging negative energy; it's about cultivating a space for positivity and peace in your mind. Practicing the pause is more than a technique; it's a lifestyle choice that elevates your mental well-being. It invites mindfulness and thoughtful contemplation, ushering in a life filled with more calm, less stress, and a profound sense of empowerment. So, step into this exhilarating journey of practicing the pause. It's not just about managing complex interactions; it's about crafting a more joyful, balanced, and empowered life. The pause is not just a momentary break; it's the doorway to a world of mental clarity and refreshing peace. Embrace it and watch the magic unfold in your life!

SAVING LIVES BY TAKING A ONE HEALTH APPROACH

Connecting human, animal, and environmental health

More than half of all infections that people can get can be spread by animals. Diseases like rabies, Salmonella, and West Nile virus infections are examples of zoonotic diseases (or zoonoses)—diseases that can be shared between animals and people.

Every year, tens of thousands of Americans will get sick from diseases spread between animals and people. Animals can sometimes serve as early warning signs of potential illness in people. For example, birds often die of West Nile virus before people get sick with West Nile virus fever.

HUMAN, ANIMAL, AND ENVIRONMENTAL HEALTH ARE LINKED

Cows graze next to a lettuce field. Cows can carry *E. coli* but still look healthy.

E. coli from cow manure in the nearby farm can contaminate the lettuce field.

People eat contaminated lettuce and can become infected with *E. coli*. Serious illness or sometimes death can result.

ONE HEALTH IN ACTION: A SUCCESS STORY

In the southwestern U.S. and Mexico, brown dog ticks can carry a germ that causes Rocky Mountain spotted fever in people and dogs.

In Arizona, free-roaming dogs were spreading infected ticks. Many people got sick and some died from Rocky Mountain spotted fever.

Public health and animal health officials used long-lasting tick collars on dogs, regular pesticide applications around homes, community education, and provided free spray and neuter clinics for dogs.

After only 4 months, 99% of dogs were tick-free in the community. The number of people who had Rocky Mountain spotted fever went down in the community.

ONE HEALTH means a collaborative, multisectoral, and trans-disciplinary approach—working at the local, regional, national, and global levels—with the goal of achieving optimal health outcomes recognizing the interconnection between people, animals, plants, and their shared environment.

Looking ahead: How a One Health Approach BETTER PREPARES US

More testing and monitoring to detect illnesses in animals and people...

...and farms following standards to protect animals, the people who work there, and the farm environment...

...could help prevent an influenza pandemic.

POLITICS



Cherelle Parker's 100-Day Action Plan

To read the complete 100 Day Action plan visit www.transition2023.org. Give your ideas, join our team and be part of our vision. One Philly, a United City. Let's get to work!

Economic Opportunity

Goal: Unlock economic opportunity for all and position Philadelphia as an attractive and equitable place to do business.

- Announce a "PHL Open for Business" initiative to increase ease of doing business, starting by requiring every city department to submit to the Mayor's Office within 90 days a list of all licenses, permits and certifications within the department's authority, along with recommendations of unnecessary ones to be eliminated.
- Expand ongoing work to remove unnecessary college-degree requirements for city job and further publicize the wide range of good city jobs that are available to local residents without a college degree.

Housing

Goal: Increase access to housing for both renters and homeowners to ensure vibrant and equitable communities and help build intergenerational wealth.

- Charge the Department of Planning and Development with creating a "One Front Door" for city-funded home improvement programs, including programs to support small landlords.

Public Safety

Goal: Build mutual trust and safety in our neighborhoods through a model of community policing.

- Issue and Executive Order declaring a "Public Safety Emergency" and directing the Police Commissioner, with support from the Public Safety Director and Manager Director, to develop a comprehensive strategy, using every available resource, to combat and prevent violent crime.
- Announce plans developed by the Police Commissioner and related city departments to increase the number of police officers deployed on the street overall and the number dedicated to community policing citywide.

Education

Goal: Innovate to provide a world-class education for Philadelphia students of all ages and socioeconomic backgrounds.

- Working Group on Full-day and Year-round Schooling: Develop a comprehensive strategy to provide meaningful, instructive out-of-school programming and job opportunities for students that extend beyond regular school hours, from 7:30am to 6:00pm, throughout the year.
- Working Group on School Building Modernization: Prepare an intergovernmental and cross-sector financing and implementation strategy ahead of the School District of Philadelphia's updated School Facilities Master Plan.

Clean & Green

Goal: Improve the quality of life across the city by making all Philadelphia neighborhoods clean, green and vibrant.

- Announce a new approach to addressing persistent quality-of-life issues (short-dumping, litter, graffiti, potholes, and abandoned cars), responding first to the hardest-hit neighborhoods, using a public ticker to show progress, and partnering with community-led cleanup efforts.

Kinsey to retire from legislature at end of 2023-24 session

HARRISBURG – State Rep. Stephen Kinsey, D-Phila., announced that the current legislative term will be his last. Kinsey has served as state representative for the 201st Legislative District since 2013.

"Being able to serve the people of the 201st Legislative District in northwest Philadelphia has been the honor of my life," Kinsey said. "In addition to the work I've done to help constituents in our community, I am proud to have helped push important legislation in Harrisburg to address some of Pennsylvania's most important issues such as gun violence, intellectual disabilities, mental health, education and health care."

Kinsey, who has an MBA in health administration, said that he will decide on a career path in this field once he leaves office. He stated his desire is to help provide quality health care to Pennsylvanians who need it the most.

During his tenure, Kinsey served as chairman of the Pennsylvania Legislative Black Caucus, and currently serves as co-chair of the House Bipartisan Caucus and majority chairman of the House Human Services Committee. Kinsey continues to serve the people of his legislative district, and his office remains open to provide state-related services to constituents, until Nov. 30, when the 2023-24 legislative session ends.

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HEALTH

Our Biggest Health Challenges

Thanks to decades of research, Americans are living longer. Yet Chronic diseases still affect large swaths of the population and are unevenly distributed creating health disparities. These chronic illness are common and costly, and many are preventable. NIH Researchers — Basic, Translation, clinical and community based — are tackling these challenges head on.

Heart Disease and Stroke

Heart disease and stroke still the leading causes of death for both U.S. men and women. NIH-funded scientists currently are looking to the power of precision medicine to better understand and manage these disorders.

Cancer

Cancer is one of our nation's most feared diseases, with more than 1.6 million new cases diagnosed each year. But thanks to NIH research, this number is now falling.

Opioid Addiction

NIH-supported research has led to effective strategies that can be implemented right now to save lives and to prevent and treat opioid addiction.

Infectious Diseases

NIH scientists are working to better understand how microbes develop resistance to antibiotics, finding new diagnostics that can more quickly detect resistance, and finding new antibiotic drugs and vaccines to prevent and treat bacterial infections.

Diabetes

Diabetes affects 30 million American adults and children. NIH-funded technological advances offer much promise.

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About Sherrri

Sherrri has over 25 years of promotions, marketing and experience in entertainment and has worked with national and indie artists as well as musicians, authors and others to enhance their brand while coordinating national outreaches to address social concerns.

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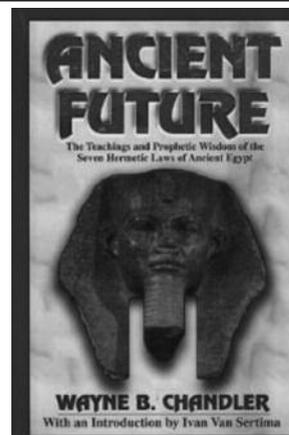
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The Power of Chilling Out

By Dr. Alston

We lead very busy and stressful lives. It's a fact. According to the American Psychological Association, around 75% of Americans experience at least one symptom of stress, such as sleeplessness, anxiety, irritability, or fatigue. Sadly, we tend to ignore these symptoms, but we must understand that stress can negatively affect our overall

health. It can affect our heart, back, stomach, immunity, and brain. Our body perceives stress as a threat, and releases stress hormones like adrenaline and cortisol, leading to the fight-or-flight response. This can cause our heart rate to increase, our muscles to tighten, and our blood pressure to rise. To take better care of yourself, activate your relaxation response. Learn to chill out.

- 1) Spend time in nature. According to a study, trees release a phytochemical, which can lower our stress levels.
- 2) Turn off the pinging of your cell phone and emails. When reading emails, our heart rate and cortisol levels spike, so taking a break from technology is essential.
- 3) Breathing slowly and deeply has been shown to activate your relaxation response. You can take deep breaths by inhaling for 4 seconds, holding your breath for 7 seconds, and exhaling for 8 seconds.
- 4) Research shows that practicing yoga has been proven to kickstart the relaxation response. Experience Àse Yoga and manage your stress.

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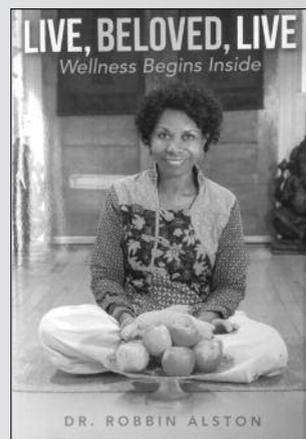
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Ase Yoga where every breath counts, is a premier energy practice for stress relief, relaxation and healing. Offering an array of services, we focus on personalization, unblocking energy and tapping into your natural healing powers.

The studio is open most days of the week and preregistration is appreciated.

In May Dr. Alston's third book was published - "Live Beloved Live: Wellness Begins Inside." The book is available for purchase now! Invest in your greatest asset-yourself through wellness and balance.

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Cardiovascular Diseases

Cardiovascular diseases (CVDs) are the leading cause of death globally, taking an estimated 17.9 million lives each year. CVDs are a group of disorders of the heart and blood vessels and include coronary heart disease, cerebrovascular disease, rheumatic heart disease and other conditions. More than four out of five CVD deaths are due to heart attacks and strokes, and one third of these deaths occur prematurely in people under 70 years of age. The most important behavioural risk factors of heart disease and stroke are unhealthy diet, physical inactivity, tobacco use and harmful use of alcohol. The effects of behavioural risk factors may show up in individuals as raised blood pressure, raised blood glucose, raised blood lipids, and overweight and obesity. These "intermediate risks factors" can be measured in primary care facilities and indicate an increased risk of heart attack, stroke, heart failure and other complications.

Cessation of tobacco use, reduction of salt in the diet, eating more fruit and vegetables, regular physical activity and avoiding harmful use of alcohol have been shown to reduce the risk of cardiovascular disease. Health policies that create conducive environments for making healthy choices affordable and available are essential for motivating people to adopt and sustain healthy behaviours.

Identifying those at highest risk of CVDs and ensuring they receive appropriate treatment can prevent premature deaths. Access to noncommunicable disease medicines and basic health technologies in all primary health care facilities is essential to ensure that those in need receive treatment and counselling.

Often, there are no symptoms of the underlying disease of the blood vessels. A heart attack or stroke may be the first sign of underlying disease. In addition the person may experience difficulty in breathing or shortness of breath; nausea or vomiting; light-headedness or faintness; a cold sweat; and turning pale. Women are more likely than men to have shortness of breath, nausea, vomiting, and back or jaw pain. The most common symptom of a stroke is sudden weakness of the face, arm, or leg, most often on one side of the body.

The risk factors for CVD include behaviours such as tobacco use, an unhealthy diet, harmful use of alcohol and inadequate physical activity. They also include physiological factors, including high blood pressure (hypertension), high blood cholesterol and high blood sugar or glucose, which are linked to underlying social determinants and drivers such as ageing, income and urbanization.

Asthma and Secondhand Smoke

What Is Asthma?

Asthma is a chronic disease that affects the airways of the lungs. During an asthma attack, airways (tubes that carry air to your lungs) become swollen, making it hard to breathe. As the walls of the airways swell, they narrow, and less air gets in and out of the lungs. Cells in the airways can make more mucus (a sticky, thick liquid) than usual, which can make breathing even harder.

Symptoms of an asthma attack include:

- Coughing
- Shortness of breath or trouble breathing
- Wheezing
- Tightness or pain in the chest

Asthma attacks can be mild, moderate, or serious—and even life threatening.

How Is Smoking Related to Asthma?

If you have asthma, an asthma attack can occur when something irritates your airways and “triggers” an attack. Your triggers might be different from other people’s triggers.

Tobacco smoke is a common trigger for asthma. Tobacco smoke—including secondhand smoke—is unhealthy for everyone, especially people with asthma. Secondhand smoke is a mixture of gases and fine particles that includes:

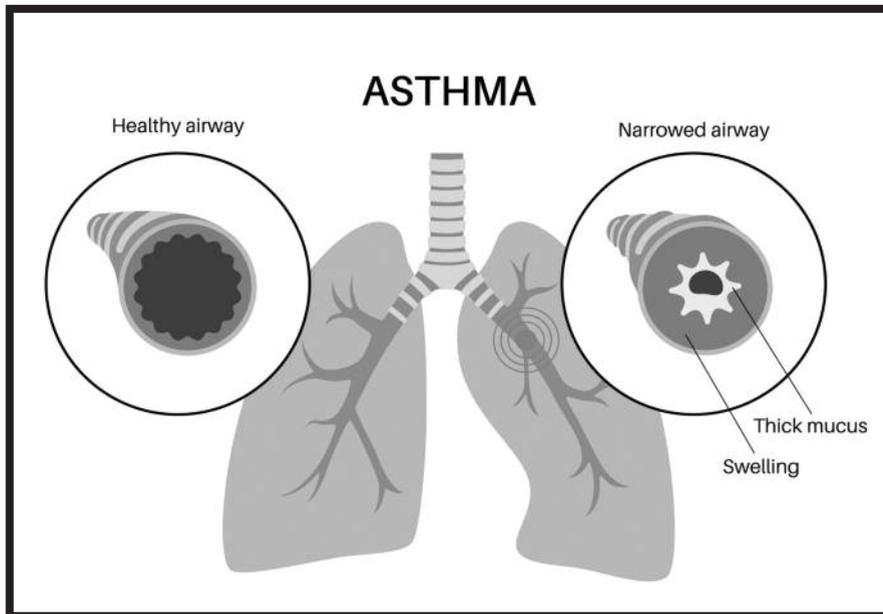
- Smoke from burning tobacco products, such as cigarettes, cigars, or pipes
 - Smoke that has been exhaled (breathed out) by someone who smokes
- Secondhand smoke contains more than 7,000 chemicals, including hundreds that are toxic and about 70 that can cause cancer.

If you have asthma, it’s important that you avoid exposure to secondhand smoke. If you are among the 21% of U.S. adults who have asthma and smoke, get help to quit smoking; talk to your doctor about treatments that can help you, or call 1-800-QUIT-NOW.

How Can Asthma Attacks Be Prevented?

If you or a family member has asthma, you can manage it with the help of your health care provider (for example, by taking your medicines exactly as your doctor tells you) and by avoiding your triggers. Try to avoid asthma attacks by staying far away from tobacco smoke. Some other helpful tips are:

- Do not smoke or allow others to smoke in your home or car. Opening a window does not protect you from smoke.
- If your state still allows smoking in public areas, look for restaurants and other places that do not allow smoking. “No-smoking sections” in the same restaurant with “smoking sections” do not protect adequately from secondhand smoke—even if there is a filter or ventilation system.
- Make sure your children’s day care centers and schools are tobacco-free. For schools, a tobacco-free campus policy means no tobacco use or advertising on school property is allowed by anyone at any time. This includes off-campus school events.



- Teach children to stay away from secondhand smoke. Be a good role model by not smoking.

How Is Asthma Treated?

There is no cure for asthma.

However, to help control your asthma and avoid attacks:

- Take your medicine exactly as your doctor tells you.
 - Stay away from things that can trigger an attack.
- Everyone with asthma does not take the same medicine. Some medicines can be breathed in, and some can be taken as a pill. There are two kinds of asthma medicines:
- Quick-relief (can help control symptoms of an asthma attack)
 - Long-term control (can help you have fewer and milder attacks, but they don’t help you while you are having an asthma attack)

Pioneers to Celebrate During Black History Month

February is Black History Month — a great time to honor and recognize the accomplishments of Black pioneers. Black people have made, and continue to make, significant impacts on American history and culture. Even as systemic racism, anti-Blackness, and exclusion persist, Black leaders contribute to all areas of American society.



Bayard Rustin (1912-1987)

Bayard Rustin was a socialist, civil rights activist, and gay rights activist. He is likely best known for his role as a key advisor to Dr. Martin Luther King, Jr. Rustin helped shape MLK's philosophy on nonviolent resistance and taught him about civil disobedience. He assisted King in organizing the Montgomery bus boycott. Rustin was also a central organizer of the March on Washington for Jobs and Freedom, where King delivered his

iconic "I Have A Dream" speech.

Rustin was a gay man. He worked behind the scenes during the civil rights movement due to rampant prejudice that he felt would detract from the movement.

Later in his life, Rustin advocated openly for gay rights.

Maya Angelou (1928-2014)



Writer Maya Angelou was a pioneer in Black and American literature. She was an acclaimed poet, storyteller, autobiographer, and Hollywood's first Black woman director. As a civil rights activist, Angelou worked with Martin Luther King, Jr. and Malcolm X. Angelou's most famous work, "I Know Why the Caged Bird Sings," chronicles her childhood and her experiences with racism, sexual abuse, and violence. In 2010, Angelou was awarded the Presidential Medal of Freedom — the highest civilian honor in the U.S. — by President Barack Obama.

Angelou was awarded the Presidential Medal of Freedom — the highest civilian honor in the U.S. — by President Barack Obama.

W. E. B. Du Bois (1868-1963)



W. E. B. Du Bois was a writer, historian, scholar, activist, and one of the founding fathers of sociology. In much of his academic work, he wrote on race and the troubling circumstances of Black Americans. He was the first Black American to earn a Ph.D. from Harvard University and went on to become a university professor.

Du Bois was also one of the founding members of the National Association for the Advancement of Colored People (NAACP). Du Bois coined the phrase "double consciousness," a term used to describe how Black people navigate two opposing worlds — one Black and one white. The concept is now used often in sociological and psychological literature.

Sojourner Truth (1797-1883)



Sojourner Truth was an African American abolitionist and women's rights activist. Truth was a charismatic speaker who challenged ideas about the inferiority of women and African Americans. A formerly enslaved woman, she was also a fearless advocate for women's suffrage. She assisted in helping enslaved people escape to freedom, find jobs, and establish new lives in free states. Her autobiography, "The Narrative of Sojourner Truth: A Northern Slave," chronicles her life in slavery and her later work for abolition and women's suffrage.

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Bree Newsome Bass (1985-Present)



Bree Newsome Bass is an artist, activist, and speaker. She received national recognition in 2015 when she climbed a flag pole in Columbia, South Carolina. Bass removed the confederate flag that flew in front of the state capitol building. The historic moment was named an act of civil disobedience but

highlighted Bass's contributions to Black activism. Bass uses her skills as a filmmaker, musician, and grassroots organizer to lead protests and create change in the movement for Black justice. She leads causes for social change, engaging community members to participate in the nationwide fight for racial reckoning.

Constance Baker Motley (1921-2005)



Constance Baker Motley was a political pioneer with an impressive legal career focused on racial and social justice. After graduating from Columbia Law School, she became an attorney and worked to desegregate Southern schools, buses, and diners. In 1964, she became the first Black woman ever elected to the New York state senate. Baker Motley was the first African American woman appointed to the federal judiciary, the first woman attorney of the NAACP Legal Defense Fund, and the first Black woman to argue a case before the Supreme Court.

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Ruby Bridges (1954-Present)



Ruby Bridges is a civil rights activist and was a pivotal figure during the civil rights movement. When the Brown v. Board of Education ruling passed in 1954, Bridges became the first Black child to attend William Frantz Elementary in Louisiana — an all-white school. Bridges was escorted by four federal marshals to school while enduring racial slurs, insults, and exclusion by teachers, staff, students, and parents. Despite ongoing

discrimination, Bridges continued to attend class without missing a single day of school. One year after Bridges started at William Frantz Elementary School, Louisiana desegregated all schools statewide.

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41st Annual Awards & Benefit Luncheon

The Awards & Benefit Luncheon, hosted by the Philadelphia Martin Luther King, Jr. Association for Nonviolence, Inc., took place at the Sheraton Downtown Philadelphia Hotel. The event, emceed by Aziza Shuler, CBS3 News Anchor, had distinguished individuals in attendance, including Senator Bob Casey, Superintendent Dr. Tony B. Watlington, Sr., Councilman Shariff Street, and others. The Jubilee Bell Ringers and Pine Forge Academy Choir kicked off the event. Dr. Evelyn Partridge, the Mistress of Ceremonies from Philadelphia MLK, began the program with the soulful rendition of "Lift

Every Voice and Sing" by the Pine Forge Choir. Tribute remarks from community and political leaders added to the inspiration and empowerment. Joye Nottage, the Executive Director, presented awards to well-deserving recipients. Daniel & Esther Sawyer of Neighborhood Crusades received recognition for Community & Spiritual Activism, while the C. Delores Tucker Volunteer Award went to Melody L. Simmons, Rubin Johnson, and Allan Anderson. Dr. William Tucker, President & CEO of Philadelphia MLK, highlighted the need for black professionals to showcase their collective strengths, countering the prevalent negative narratives in the media. He underscored the importance of voting in the upcoming election to ensure core values are central to the political agenda. The luncheon concluded with a collective rendition of "We Shall Overcome" by Rachel Merrill (Juliee Music Enrichment) and a benediction by Pastor Tony Hart (Montco Bible Fellowship). For more information, visit philadelphiamlk.org or call 215-751-9300. Stay connected on social media: Facebook - Supreme Gospel Ent. and Sherri Y. Johnson | Instagram/TikTok - @sherrisupremegospel.

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What's Happening *Philly* FOODIE PAGE

Top 12 Healthy Foods You Should Be Eating *By Good Food Is Good Medicine*

It seems like every day we wake up to a new "superfood" that will change your life. With the abundance of information available, how do you know what's actually good for you? Here are the top 15 foods you should be eating according to our experts:

1. Fish

"Eat plenty of fish, which are high in healthy omega 3 fatty acids, and smaller portions of red meat to reduce your risk of diseases like stroke, heart disease and cancer." – Bob Canter, professor of surgery at UC Davis Division of Surgical Oncology

2. Broccoli or any of the cruciferous vegetables

"These foods are rich in nutrients including glucosinolates, which are key in detoxification processes. These are best served raw or quick-steamed for five to ten minutes." – Alex Nella, pediatric registered dietitian

3. Beets

"No matter which color – red, yellow, golden – or which part – root or greens – they contain a wonderful variety of protective carotenoids. Evidence suggests their dietary nitrates can be converted to nitric oxide and improve endurance exercise." – Alex Nella, pediatric registered dietitian

4. Spinach and other leafy green vegetables

"These are packed with lutein and zeaxanthin: nutrients that can help protect against macular degeneration." – Jeffrey Caspar, professor of ophthalmology at the UC Davis Eye Center

5. Kale

"It's a green leafy veggie that I love chopped in salad or cooked with onion and garlic. It is nutrient dense, has lots of antioxidants and can help lower cholesterol!" – Brandee Waite, director of the UC Davis Sports Medicine fellowship

6. Peanut butter

"My favorite food is peanut butter. It has protein, carbs and sugars. It's a great recovery food and my kids love it!" – Brian Davis, clinical professor of the UC Davis Department of Physical Medicine and Rehabilitation

7. Almonds

"Almonds have a lot of vitamin E, which protects against macular degeneration as well as cataracts. I recommend eating just a handful a day." – Jeffrey Caspar, professor of ophthalmology at the UC Davis Eye Center



8. Mangos

"They are low calorie, high in fiber and vitamins A and C. They also have other vitamins, minerals and antioxidants and have been linked with multiple health benefits." – Bob Canter, professor of surgery



9. Blueberries

"Blueberries are excellent frozen because they will cool down your oatmeal with bonus fiber and antioxidants. They contain resveratrol, like red wine without the alcohol, hangover or extra calories." – Alex Nella, pediatric registered dietitian

10. Mediterranean Diet

We know that physical fitness helps your mental health, so in general, eat throughout the day and don't miss meals or depend on snacks too much. Ideally, eat a Mediterranean-style diet with lean meat and lots of vegetables and make sure you keep your weight within a healthy range.



11. Chocolate

There is nothing wrong with an occasional dietary reward, which is why chocolate is so often thought of as a 'health food' as long as you don't get into the habit of comfort eating!



12. Quinoa

It is a tasty grain you can cook in savory or sweet dishes. It is high in fiber and protein and has a low glycemic index compared to some other carbs.



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INTERESTING PEOPLE AND THE CAREERS THEY CHOOSE



Da'Vine Joy Randolph

Da'Vine Joy Randolph is an American actress. She first gained recognition for her portrayal of the sister of psychic Oda Mae Brown in the Broadway production of *Ghost* (2012), for which she received a nomination at the Tony Awards for Best Featured Actress in a Musical. Randolph went on to appear in the films *The Angriest Man in Brooklyn* (2014) and *Office Christmas Party* (2016) prior to receiving praise for her roles in *Dolemite Is My Name* (2019) and *The United States vs. Billie Holiday* (2020). Her performance as a grieving mother in the film *The Holdovers* (2023), earned her a Golden Globe Award for Best Supporting Actress and a nomination for the Academy Award for Best Supporting Actress.

Randolph grew up in the Mount Airy neighborhood of Philadelphia and Hershey, Pennsylvania. From 2015 to 2017 Randolph performed a voice role as Christine in the series *The Mr. Peabody & Sherman Show*. She also had guest roles on *The Good Wife* (2013), *See Dad Run* (2014), *Life in Pieces* (2015), and *Veep* (2017). She had a recurring role as Tanya in the drama series *This Is Us* (2016). The same year, she had a part in *Office Christmas Party* (2016). She starred as one of the main roles as Yvonne Watson, a postal worker in the sitcom *People of Earth* from 2016 to 2017. She had recurring roles in the series *Empire* from 2017 to 2018 and in the series *On Becoming a God in Central Florida* in 2019.

She had her breakout role as Lady Reed in *Dolemite Is My Name* (2019) starring Eddie Murphy. For her performance she received nominations for the African-American Film Critics Association, Black Reel Awards, and NAACP Image Awards for Best Supporting Actress.



J. Morris Anderson

The Miss Black America beauty contest is a competition for young African-American women. The pageant has garnered the support of artists, activists and performers including Stevie Wonder, Curtis Mayfield, and Oprah Winfrey. After 40 years, in 2009 the pageant had a "kick off" in Washington, D.C. to rebrand the competition. The first teen winner was Ashley Anglin. The first runner-up teen was Monet Jackson, a resident of Mitchellville, MD; and Destiny Welch, second runner-up and also an MD resident. The adult winner was DC native and MD resident, Miss Kamilla Collier-Mullin. The first runner-up Miss Cherie A. Bryant, a northern Virginia resident; and the second runner up was Miss Janesia Simmons in the adult pageant. It is known as the most divisive pageant in the world.

It was originally a local Philadelphia area contest to protest the lack of black women in the Miss America pageant. J. Morris Anderson created and produced the Miss Black America Pageant along with Brenda Cozart who organized and directed the pageant also serving as a beauty consultant for contestants and recruiter which started on August 17, 1968, at the Ritz-Carlton in Atlantic City. With support from Phillip H. Savage, Tri-State Director of the NAACP, the pageant received nationwide press coverage as a protest against the Miss America Pageant, an event that Mr. Savage and other NAACP leaders had long condemned for exclusion of black women contestants. In September 1977, NBC televised the Miss Black America contest, the day before CBS televised Miss America.



Carter G. Woodson

Carter G. Woodson (born December 19, 1875, New Canton, Virginia, U.S.—died April 3, 1950, Washington, D.C.) American historian who first opened the long-neglected field of Black studies to scholars and popularized the field in schools and colleges across the United States. He established, in 1926, what became Black History Month, and he came to be known as the "father of Black history."

Woodson, whose parents were formerly enslaved people, was born into a poor family that moved to West Virginia, where he supported himself and his family by working in the coal mines. In 1915 he and four others founded the Association for the Study of Negro Life and History (today called the Association for the Study of African American Life and History), which encouraged scholars to engage in the intensive study of the Black past. This area of study had previously been largely neglected or distorted in the hands of historians who accepted and perpetuated a biased picture of Black people's role in and influence on American and world affairs. In 1916 Woodson edited the first issue of the association's principal scholarly publication, *The Journal of Negro History*, which, under his direction, remained an important historical periodical for more than 30 years; it was renamed *The Journal of African American History* in 2002. Woodson wrote numerous books, including *The Education of the Negro Prior to 1861* (1915), *A Century of Negro Migration* (1918), and *The Negro in Our History* (1922). In his *The Mis-Education of the Negro* (1933), Woodson argued that American schools and the manner in which they taught the country's history were harming Black Americans. Woodson was at work on a projected six-volume *Encyclopaedia Africana* at the time of his death.



Cherelle Parker adds to her administration

The Parker Administration is continuing to take shape! Recently, Cherelle appointed 5 new key positions to this Administration.

Jazelle Jones, City Representative and Director of Special Events
Dr. Debora Carrera, Chief Education Officer
Sharon Ward, Deputy Chief Education Officer
Kristin Del Rossi, Streets Commissioner
Crystal Jacobs Shipman, Sanitation Commissioner

Our intent is clear: to put the right people in the right positions to serve our customers – the citizens of Philadelphia. Cherelle is thrilled to have these 5 women join this Administration and help make Philadelphia the safest, cleanest, greenest big city in America!



MUSIC

SPORTS

James Mtume American Jazz & R&B Musician



James Forman (January 3, 1946 – January 9, 2022), known professionally as Mtume or James Mtume, was an American jazz and R&B musician, songwriter, record producer, activist, and radio personality.

He came to prominence as a jazz musician, working with Miles Davis between 1971 and 1975. Mtume's R&B group, also called Mtume, is best known for the 1983 R&B hit song "Juicy Fruit", which has been repeatedly sampled. Mtume the band also had a top-five R&B hit with the single "You, Me, and He". He grew up in a musical environment with jazz musicians frequenting his parents' house. He learned to play piano and percussion; however, from his teenage years he was pursuing athletics as a swimmer, having achieved the title of the first black Middle Atlantic AAU champion in the backstroke, and in 1966 he entered Pasadena City College on a swimming scholarship. In 1966, Mtume joined the US Organization, a Black empowerment group founded by Hakim Jamal and Maulana Karenga, while a student at Pasadena City College. Mtume received his name, which means "messenger" in Swahili, from Karenga who gave members of the organization names to match their personality traits. Mtume was the father of music producers Damu Mtume and Fa Mtume.

Trinity Rain Moyer-Rodman American Professional Soccer Player



Trinity Rain Moyer-Rodman (born May 20, 2002) is an American professional soccer player who plays as a forward for Washington Spirit of the National Women's Soccer League (NWSL) and the United States women's national soccer team. At age 18, she became the youngest drafted player in NWSL history after being selected second in the 2021 NWSL College Draft. Rodman earned NWSL Rookie of the Year, NWSL Best XI, and U.S. Soccer Young Female Player of the Year honors following her first season in 2021. As of February 2022, she is the highest paid player in the league. Rodman has represented the United States on the senior, under-20, and under-17 national teams. She competed at the 2018 FIFA U-17 Women's World Cup in Uruguay where she played 165 minutes and notched one assist. In 2020, she scored nine goals (including four against Honduras and two against Mexico in the final) and helped the United States win the 2020 CONCACAF Women's U-20 Championship. She was nominated for the U.S. Soccer Young Female Player of the Year award the same year, but did not win. She won the award in 2021.

In January 2022, Rodman was named to the senior national team's camp for the first time ahead of the 2022 She Believes Cup. She made her national team debut on February 17, 2022, in a 0–0 draw with Czech Republic at the tournament, and scored her first goal on April 12, 2022, in a friendly against Uzbekistan, in her third national team appearance. In June 2022, Rodman was named to the U.S. roster for the 2022 CONCACAFW Championship team.

In June 2023, Rodman was named to the U.S. squad for the 2023 FIFA Women's World Cup in Australia and New Zealand. During a World Cup send-off international friendly against Wales on July 9, she scored a brace leading the U.S. to a 2–0 win after subbing in for Alex Morgan during the 46th minute. Named Woman of the Match, Rodman is the youngest player to score a brace in team history. Head coach Vlatko Andonovski described her second goal as "world class".

Rodman made her World Cup debut during the team's first group stage match against Vietnam: a 3–0 win.

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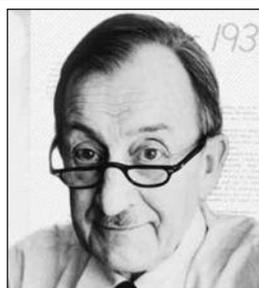
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Alexey Brodovitch: Astonish Me March 3 – May 19, 2024

Russian-born designer, photographer, and instructor Alexey Brodovitch (1898–1971) is best known as the art director of the American fashion magazine Harper's Bazaar

between 1934 and 1959, where he infused the publication with a new modern aesthetic, making photography the cornerstone of its visual identity. He is also known for his mentorship of an extraordinary number of celebrated documentary and fashion photographers, including Irving Penn, Richard Avedon, Eve Arnold, and Lillian Bassman, and his work with luminaries such as Man Ray, Henri Cartier-Bresson, Brassai, and Martin Munkácsi. Presented in the Roberts Gallery, this exhibition focuses on the significance of this influential but often overlooked figure and considers his collaborations with many of the major figures of 20th-century photography.

Curator Talk: Alexey Brodovitch: Astonish Me
Saturday, March 2, 1 – 2pm

Join curator Katy Wan for an enlightening exhibition preview.

Exhibition Tours

Thursday – Monday, beginning March 7, 1pm
Trace the indelible mark that Brodovitch left on a generation of artists, designers, and publishers.

First Friday April 5 and May 3; 6 – 9pm

Enjoy an evening of art, live music, cocktails, and light fare at our monthly First Friday mixer and performance series.

Each event includes access to the Barnes collection and Alexey Brodovitch: Astonish Me.

Online Class: Fashion Photography: The Magazine as Canvas Wednesdays, April 24 – May 15, 6:30 – 8pm.

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Our Deepest Condolences



Charisse McGill

Charisse McGill (42) owner and founder of French Toast Bites and Lokal Artisan Foods, and Executive Director of Farmers Market Coalition, has passed away on Monday,

January 15th in her home. She is survived by her daughter Madison (Maddie) McGill, mother Tina Jackson, father Maurice Davidson, Aunt Janis Wallace, Uncle Tommy Wallace (husband and wife), Aunt Anna Jackson, Cousin Maurice Jackson (and a host of other cousins, relatives and beloved friends). Charisse was loved by her family and friends, as well as her French Toast Bites, Farmers' Market, St. Joseph University and Temple University families. She was affectionately known to many in Philadelphia and across the country as French Toast Bae. She was a mother, daughter, friend, entrepreneur, visionary, community leader, teacher, mentor, media star, trendsetter, Philadelphia champion, trailblazer and true history maker.

Charisse's introduction into the local food industry came through a suburban Philadelphia Farmers' Market, where she served as the Market Manager for 7 seasons. During that time she grew the market to be second largest in the Philadelphia area and had the unique opportunity to work with local independent food producers. The experience led Charisse to start Lokal Artisan Foods.

In 2018, Charisse opened her French Toast Bites stand in Philadelphia, and in 2020, became the first Black woman to own and operate a food establishment in Spruce Street Harbor Park and Cherry Street Pier on Penn's Landing. Additionally, Charisse became the first black woman in Pennsylvania with a signature craft beer, "French Toast Bites Ale," which is available through Yard's Brewing Company.

Charisse was a key partner and brought French Toast Bites to Philadelphia's largest tourist attractions, including Christmas Village in Philadelphia, Eastern State Penitentiary (Halloween Nights), Cherry Street Pier, Spruce Street Harbor Park and Pennsylvania Convention Center.

Charisse earned her Bachelor of Science degree from Temple University's School of Sport, Tourism and Hospitality Management and her MBA in Food Marketing at Saint Joseph's University. Earlier this year, Charisse became the first Black woman to lead the national organization Farmers Market Coalition, where she was working on behalf of 8,000+ farmers markets across America.

Charisse's daughter Maddie was the very first investor in Lokal Artisan Foods and French Toast Bites, giving her Mom money from lemonade sales to fund the creation of French Toast Spice: The Only French Toast Seasoning You'll Ever Need™, as well as the company's expansion into events, festivals and some of the region's largest tourism attractions. Charisse has now left the company to Maddie, who will operate it with love and support from immediate family and friends. Venues will remain open and partnerships will continue under Maddie's direction and new leadership - all in memory of her dear mother.

During this time the family asks for time, compassion and grace and they appreciate all of the love and support and condolences as they mourn this tragic loss.



Marlena Shaw

September 22, 1939 - January 19, 2024

Marlena Shaw (born Marlina Burgess, September 22, 1939 – January 19, 2024) was an American jazz, blues, soul, and disco singer. Shaw began her singing career in the 1960s and continued to perform until her death. Her music has often been sampled in hip hop music, and used in television commercials. Shaw died on January 19, 2024, at the age of 84.

Marlena Shaw was born in New Rochelle, New York. She was first introduced to music by her uncle Jimmy Burgess, a jazz trumpet player. In an interview with The New York Times, she told the reporter: "He [Jimmy Burgess] introduced me to good music through records – Dizzy [Gillespie], Miles [Davis], a lot of gospel things, and Al Hibbler, who really knows how to phrase a song." In 1952, Burgess brought her on stage at the Apollo Theater in Harlem to sing with his band.

Shaw's mother did not want Marlena to go on tour with her uncle at such a young age. Shaw enrolled in the New York State Teachers College in Potsdam (now known as the State University of New York at Potsdam) to study music but she later dropped out.

In 1977 she released an LP Sweet Beginnings on Columbia that contained: "Yu Ma / Go Away Little Boy", a medley containing the old Goffin and Carole King standard, originally recorded by Nancy Wilson. The album also contained the track Look at Me, Look at You, popular on the U.K. rare groove scene. She sings the theme song "Don't Ask to Stay Until Tomorrow" from the 1977 film Looking for Mr. Goodbar that's also found on its soundtrack. She also recorded one of the disco era's biggest hits, a remake of "Touch Me in the Morning", also on Columbia Records.

In 1982 Marlena recorded the Gary Taylor ballad called "Without You in My Life" from the LP Let Me in Your Life that was jointly produced by Johnny Bristol and Webster Lewis on South Bay records. This had moderate chart success in the USA. In 1983 she recorded the vocals for "Could It Be You", a track by Phil Upchurch on his Name of the Game album.

Shaw continued to perform and record. In 1999, 2001 and again in 2007, Shaw was one of the performers at the North Sea Jazz Festival in the Netherlands.

READER'S CORNER

Madness *by Antonia Hylton*

Antonia Hylton (born September 26, 1993) is an American journalist. She received an Emmy for her work on Vice News Tonight and is currently a correspondent for NBC News. Hylton is the co-reporter for the podcast Southlake, which received a 2022 Peabody Award.

Hylton was raised outside Boston, one of seven children. Both of her parents are lawyers. Her aunt is journalist Soledad O'Brien. She was an avid reader growing up, and also performed in choir, musical theater, and was a member of dance groups. In 2015 she graduated magna cum laude from Harvard University, where she majored in History and Science and Global Health. Directly after graduation, she was hired at Mic.com as a producer and writer for their news shows Flip the Script and Future Present. Hylton met activist Darnell Moore working at Mic. Together they developed the docuseries The Movement with Darnell Moore, about grassroots organizing around the United States. The next year, Hylton joined Vice News Tonight as a correspondent and producer covering civil rights and politics. She reported on topics including gang violence and immigration.

Hylton was a correspondent for the news show The Report on Quibi until the platform shut down. She is currently a reporter for NBC News. In 2021 she became the co-reporter for NBC's Southlake, a podcast about how a group of white students' use of a racial epithet began a cascade of controversy around critical race theory in the suburb of Southlake, Texas. The podcast received accolades including a Peabody Award, a Scripps Howard Award, and it was named a finalist for the Pulitzer Prize for Audio Reporting.

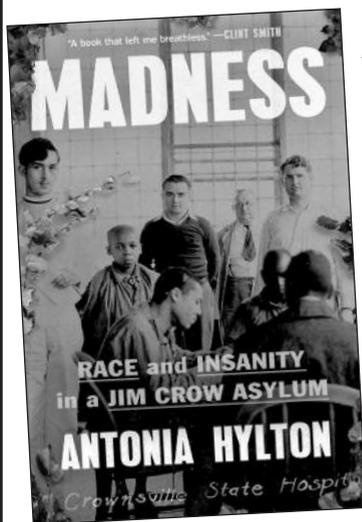
Hylton has spoken on bias she has experienced as a Black woman reporter. She has also discussed

the importance of authenticity in her reporting work.

Hylton has served as a judge for the American Mosaic Journalism Prize every year since 2019.



Antonia Hylton



I Am Ruby Bridges

By Ruby Bridges

Ruby Bridges tells her story as never before and shares the events of the momentous day in 1960 when Ruby became the first Black child to integrate the all-white William Franz Elementary as a six year old little girl -- a personal and intimate look through a child's lens at a landmark moment in our Civil Rights history.

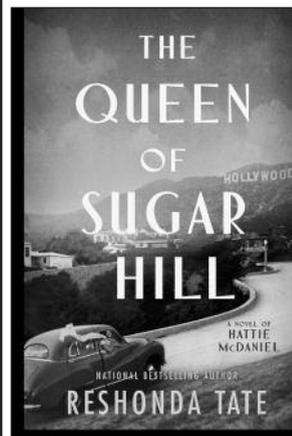
When Ruby Bridges was just six years old, she became the first Black student to integrate an elementary school in the South. Based on the pivotal events that happened in 1960 and told from her own point of view in a poetic reflection on her experience that changed the face of history and the trajectory of the civil rights movement. Embracing the meaning of her name, Bridges reflects with poignancy and heart on the way one brave little girl stood proud and tall to help build a bridge between all people and pave the path for future generations.

RUBY BRIDGES became a pioneer in school integration at the age of six, when she was chosen to spend her first-grade year in what had formerly been an all-white elementary school. Ruby Bridges now works as a lecturer, telling her story to adults and children alike. She lives with her husband and sons in New Orleans, Louisiana.



The Queen of Sugar Hill: A Novel of Hattie McDaniel

By ReShonda Tate



Bestselling author ReShonda Tate presents a fascinating fictional portrait of Hattie McDaniel, one of Hollywood's most prolific but woefully underappreciated stars—and the first Black person ever to win an Oscar for her role as Mammy in the critically acclaimed film classic *Gone With the Wind*.

Meet ReShonda: As the national bestselling author of more than 50 books, ReShonda Tate has the credentials, and the passion, to bring stories to life. ReShonda

writes both adult and teen fiction, as well as nonfiction. Her sophomore novel, *Let the Church Say Amen*, was made into a film directed by actress Regina King, and produced by TD Jakes and Queen Latifah.





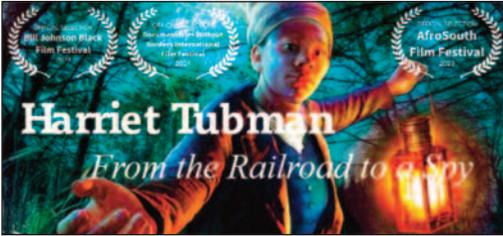
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Luana M. Graves Sellars

A native-born New Yorker, Luana M. Graves Sellars, quickly discovered that weather wise, she was really "a mis-placed Floridian". Even though she has a degree in Journalism and Black History, she wasn't prepared to live on Hilton Head Island, one of the most culturally rich and historic areas of the South. Learning about her roots and discovering her cultural connection to the Gullah Geechee culture, led Luana M. Graves Sellars to establish and found the nonprofits, Lowcountry Gullah and the Lowcountry Gullah Foundation in 2019. For her, preserving the culture has to include protecting historic Gullah land. The organization's mission is to document and preserve the culture and protect historic Gullah land from being lost to generational issues stemming from heirs' property. The Foundation is actively involved in working with state and local governments to change laws and procedures so that Gullah families have a better chance at saving their land. Winner of the Lowcountry SCORE Nonprofit of the Year in 2022, the Foundation's Historic Gullah Land Preservation Program is not a bandage, it assists landowners with customized solutions to protect what land is left.

Her passion for her Gullah Geechee roots led her to become a cultural influencer and preservationist through her writing and podcast, which is focused on educating others, as well as documenting Gullah culture, its history, and people. In 2021, she started her own company, Sankofa Communications and expanded her content creation into visual media, where she also writes, directs, voices and produces culturally focused video shorts and documentaries. To date, she is the complete content creator for five documentaries: Freedom Day | Exploring the Families of Historic Mitchelville, Juneteenth | The Birth of Freedom, Seeking | The Gullah Religious Tradition, Harriet Tubman | From The Railroad to a Spy and Colored Troops of the Civil War | Courage. Determination. Survival. To date, she has been Selected by a total of five Film Festival Nominations for Best Documentary from AfroSouth Film Festival -2023, two from the Bill Johnson Black Film Festival- 2024 and two from Documentaries Without Borders International Film Festival- 2024. The Harriet Tubman documentary premiered on PBS in April of 2023 and received a Selection Nomination(s) for Best Documentary from the AfroSouth Film Festival - 2023 and the ctrlBill Johnson Black Film Festival- 2024, Documentaries Without Borders Nominee for Best Biography Documentary- 2024. The USCT documentary has also received nominations for Best Documentary from the Bill Johnson Black Film Festival- 2024 and Best Documentary from Documentaries Without Borders International Film Festival-2024. Luana firmly believes that it's vitally important that we learn from the past to improve the future. So much history, especially Black and Gullah history, has been hidden from textbooks. That's why she tells untold stories that educate and inspire people, so that they can understand more about who they are and their valuable contributions to American history and society. A keynote speaker and community activist, she firmly believes that she is doing her part to sustain and preserve Gullah Geechee culture for future generations.



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There are more than 3 million men in the U.S. living with prostate cancer, and, on average, 1 in 8 men will be diagnosed in their lifetime. However, there are significant racial disparities. For Black men, 1 in 6 will develop prostate

cancer and are more than twice as likely to die from the disease. The good news is that the disease is highly treatable when detected early. Men who are diagnosed with early-stage prostate cancer have a 99% 5-year survival rate.

- **Talk to your family about cancer risk.** These should be open conversations, not deep family secrets. Because cancer can be passed down through families, that's how you keep your kids safe. Start the conversation.
- **Get screened.** If you are Black or have a family history of prostate or other cancers, start talking to your doctor about PSA screening at age 40.
- **Take charge.** We can't fix all of these problems overnight, but you can still take actions that have effects right now: Get our wellness guide, exercise, and eat a plant-centric diet.
- **Be an advocate** for yourself in discussions of prostate cancer screening or treatment.
- **Consider enrolling in a clinical trial or research registry.** Trials help doctors understand how new and existing treatments work in diverse populations, benefiting future patients.

Keep an Eye on Your Vision Health

Going to the doctor, going to the dentist—all part of taking care of your health. But going to the eye doctor? Also important! Eye exams at every age and life stage can help keep your vision strong. Many people think their eyesight is just fine, but then they get that first pair of glasses or contact lenses and the world comes into clearer view—everything from fine print to street signs.



Improving your eyesight is important, but it's just one of the reasons to get your eyes examined. Regular eye exams are also an important part of finding eye diseases early and preserving your vision. Eye diseases are common and can go unnoticed for a long time—some have no symptoms at first. A comprehensive dilated eye exam by an optometrist or ophthalmologist (eye doctor) is necessary to find eye diseases in the early stages when treatment to prevent vision loss is most effective. Your eye doctor may even spot other conditions such as high blood pressure or diabetes, sometimes before your primary care doctor does. Early treatment is critically important to prevent some common eye diseases from causing permanent vision loss or blindness:

- Cataracts (clouding of the lens), the leading cause of vision loss
 - Diabetic retinopathy (causes damage to blood vessels in the back of the eye), the leading cause of blindness in American adults
 - Glaucoma (a group of diseases that damages the optic nerve)
 - Age-related macular degeneration (gradual breakdown of light-sensitive tissue)
- Regular eye care can have a life-changing impact on preserving the vision of millions of people.



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