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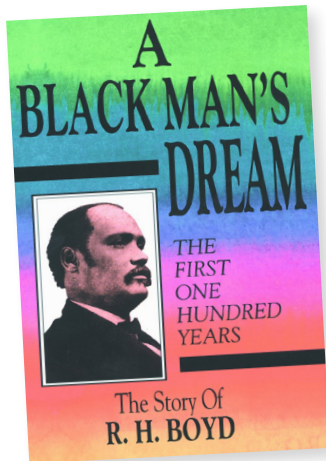
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HONOR OUR HISTORY

Celebrate Black and Women's History Months

We must know the past to understand the present. Black History Month is in February, with Women's History Month in March. As an African American woman, both are personal to me and my heritage. The stories we tell connect me to our collective past and the people who created the present.

To celebrate my family history, I'd like to tell the story of Richard Henry Boyd, my great-great-grandfather. He was born into slavery in Mississippi in 1843 – one of 10 children – and given the name Dick Gray (the surname of his enslaver). After emancipation and the Civil War, he changed his name to Richard Henry Boyd. He's usually referred to as R.H. Boyd today.



He was baptized in 1869 and later ordained as a minister. He worked hard, attending Bishop College in Marshall, Texas, and quickly became an up-and-coming member of the religious community. One of his crowning achievements is founding the National Baptist Publishing Board. The board produced religious material for and by African Americans, preserving the music and practices of enslaved people. They became the largest minority-owned publisher and still exist today – the R.H. Boyd Publishing Corporation.

His achievements aren't limited to his religious career. In 1906, he and two

prominent African Americans founded the One Cent Savings Bank. It was the first African American-owned bank in Tennessee and continues to operate as the Citizens Bank and Trust. He died in 1922 at 79, leaving behind a legacy that lives on through his works and descendants.

I'm proud to be a descendant of such an important figure. While many people know him and his achievements, that's not the case for everyone. Quite a few people don't know about African American achievements and the people behind them, nor the women who made so many vital contributions to science and humanity. The following people are heroes in their own right.

- **Gladys Mae West:** Mathematician who helped design GPS in 1986. The U.S. Air Force inducted her into their Hall of Fame.
- **Charles Richard Drew:** An expert in blood transfusions, he designed large blood banks that saved thousands of lives in World War II. He was a fierce opponent of eugenics, even resigning from the Red Cross in protest.
- **Kizzmekia Corbett:** One of the immunologists who created Moderna's COVID-19 vaccine.
- **Alexander Miles:** Businessman and inventor who was awarded the patent for the automatic closing/opening elevator doors.

- **Patricia Bath:** Humanitarian and renowned ophthalmologist (eye doctor) who was the first African American awarded a medical patent. Her device – which painlessly removes cataracts via laser – is used in surgeries worldwide.
- **Marie Van Britton Brown:** The inventor of the video home security system that allows residents to communicate with visitors using a two-way microphone.
- **Eunice Newton Foote:** A 19th-century scientist who discovered the greenhouse effect (sometimes falsely attributed to Guy Stewart Callendar).


These brave men and women have made a mark on every aspect of our society. They are not alone either. Great African Americans and women are found everywhere, from the hidden figures in spaceflight to the poets of the Harlem Renaissance.

In the coming months, I implore you to learn more about the many men and women they don't teach about in schools who have changed our world for the better. Honor the struggles and triumphs of those whose shoulders we built our world upon. It not only celebrates their contributions but also enriches our connection to a shared history, allowing us to understand our place in the world.

Janice Foster

Teach Kids to Navigate Conflict

A Parent's Guide to Peace



When you hear the word “conflict” in the context of kids, you might think of schoolyard bullies or having to ground your kid. However, children have their own disputes, ranging from toddler tussles over toys to digital duels between pre-teens. While they are undeniably challenging, conflicts provide kids the chance to learn life lessons. They encourage young minds to put on their detective hats, explore new perspectives, reevaluate old ideas, and even cement the bonds of friendship. Use the following strategies to equip your child with the superpower of conflict resolution.

Empower Peacemakers

Conflict resolution skills are the compass that guides kids through the maze of life's disputes. Here's a map to help your child navigate these tricky waters:

- **Pause and Reflect:** Teach your child the art of taking a deep breath and calming the storm within. Reacting in a frenzy of anger is like tossing gasoline on a fire.
- **Speak Your Truth:** Encourage your child to explain their side of the story in clear and simple words. Understanding each other's viewpoints is key to conflict resolution.
- **Get Creative:** Foster their inner Picasso of problem-solving. Encourage them to brainstorm solutions that cater to

everyone's wishes, like a culinary mastermind crafting the perfect dish.

- **Choose Respect:** Teach your child the importance of treating others kindly, even when disagreements threaten to capsize the boat.

These steps help kids patch up the current squabbles and cultivate emotional intelligence — a shield against future conflicts and a bridge to tolerance.

Foster 'fun' conflict-resolution experiences in the home.

Parents wield the magic wand in conflict resolution play. Organize family activities that mimic real-life conflict scenarios, like board games with rules that spark disagreements. These friendly bouts teach your child the art of keeping their cool under pressure. And don't forget about the power of make-believe! Encourage your child to stage a conflict resolution drama. It's not just fun; it's a crash course in diplomacy.

Remember, every successful conflict your child conquers will give them confidence. By imparting these skills early on, you gift them tools for a lifetime of harmonious interactions, both personally and professionally. So, let's embark on this valuable conflict resolution journey together — the world will be a better place.

TURN YOUR SETBACKS INTO COMEBACKS

6 Strategies to Triumph Over Life's Challenges

Feb. 1 was National Get Up Day, a holiday dedicated to the times in our lives when we've been knocked down but picked ourselves up, brushed ourselves off, and kept pushing forward. And while doing this is always easier said than done, there are strategies that can make brushing ourselves off a bit easier.

So, in honor of National Get Up Day, here are six tips anyone can use to pick themselves back up after going through a difficult time.

No. 1: Have a Positive Mindset

Developing a positive attitude can help you face challenges with confidence and determination. So, instead of dwelling on all of the negative aspects of your situation, try to see them as opportunities for growth and learning instead.

No. 2: Set Realistic Goals

When facing a big challenge, it can feel overwhelming and impossible to tackle. But there's a trick to make it easier: divide the challenge into smaller, more doable goals. This way, you can set achievable targets and celebrate your small wins along the way. Setting smaller goals is an effective way to make the journey less daunting and stay motivated!

No. 3: Seek Support

Remember, you don't have to face tough times alone. Don't be afraid to reach out to friends, family, or a support network for help. Sometimes, getting another perspective can help you see things more clearly and gain valuable insights you would have never discovered otherwise.

No. 4: Learn From Setbacks

When things don't go as planned, it can be hard to stay positive. But setbacks can actually be opportunities to learn and get better. So, instead of getting discouraged, take a step back and think about what went wrong. Then, consider some ways to fix it and turn the situation around.

No. 5: Practice Self-Care

Taking care of your physical and mental well-being is crucial during challenging times. Make sure you get enough rest, exercise regularly, and do things that make you happy. When you take care of yourself, you'll have more strength to face challenges and difficulties, no matter what they are!

No. 6: Stay Flexible

Life can be full of surprises, and sometimes things don't go as planned. It's important to be able to adjust and change course when unexpected challenges come your way. So, don't be afraid to pivot and try something new when the time comes.

Anice Foster

SPREAD JOY AND MAKE A DIFFERENCE

3 Creative Ways to Share Random Acts of Kindness

A random act of kindness can make a world of difference. If someone feels overburdened, a helping hand feels like a lifesaver. If you're feeling down on yourself, a compliment from a stranger means a lot. These acts of kindness cost almost nothing and can turn someone's day around. Here are a few of the many ways you can nourish our community.

Random Gifts

They say it's better to give than receive, and that extends to small acts of kindness. If you're in a coffee shop, buy someone else in line a beverage. If you're at the checkout line at a grocery store and the person behind you seems to be struggling, contribute \$20 to their bill. These random gifts make the receiver feel grateful and appreciative, enabling them to smile even in the darkest of times.

Charitable Donations

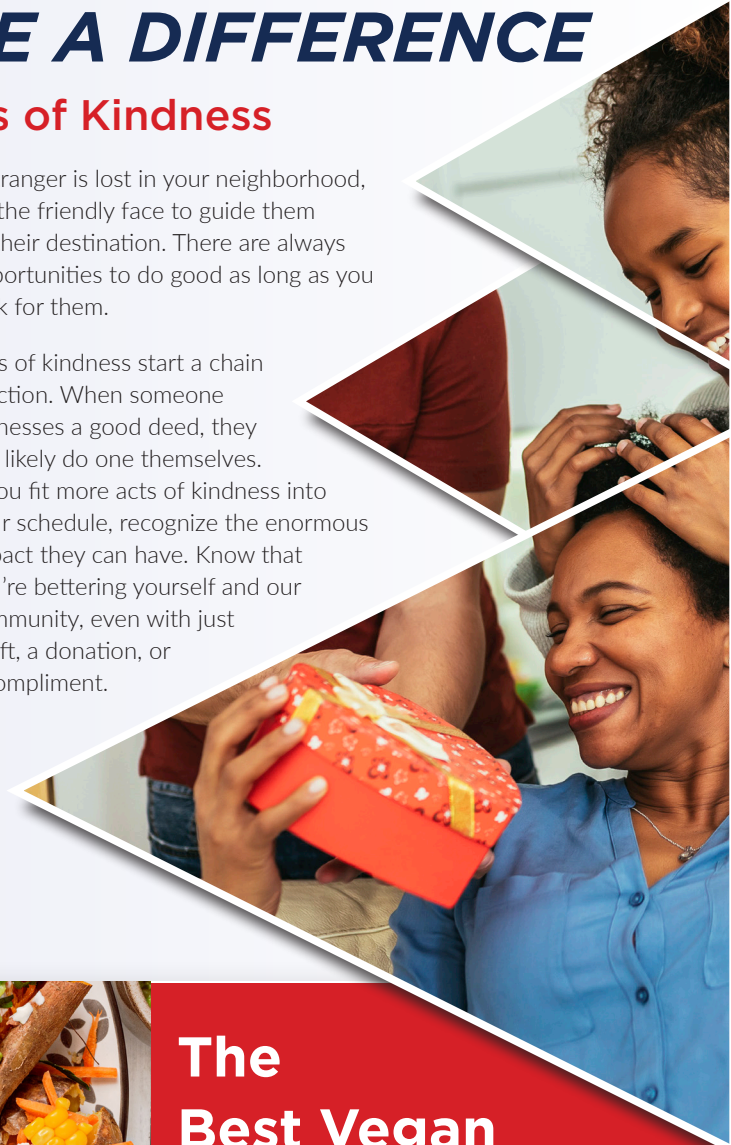
Many charities are out there, all of which need funding to operate. If you want to do an act of kindness today, support a local charity to improve the lives of your neighbors. Children's Healthcare of Atlanta is an exceptional organization that helps save kids' lives while supporting their families. The Atlanta Humane Society does a lot to protect cats, dogs, and other animals in our area. A donation can save a life.

An Open Door

You don't need money to help people — a smile and a hand do a fine job. If someone has their hands full, why not open the door for them? If

a stranger is lost in your neighborhood, be the friendly face to guide them to their destination. There are always opportunities to do good as long as you look for them.

Acts of kindness start a chain reaction. When someone witnesses a good deed, they will likely do one themselves. If you fit more acts of kindness into your schedule, recognize the enormous impact they can have. Know that you're bettering yourself and our community, even with just a gift, a donation, or a compliment.



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The Best Vegan Loaded Baked Potatoes

INGREDIENTS

- 4 russet potatoes
- 1 tbsp olive oil
- 1 15-oz can black beans
- 1/4 tsp kosher salt
- 1 1/2 cups pico de gallo, store-bought
- 1 cup corn
- 1 cup guacamole, store-bought
- Shredded vegan cheese
- Fresh chopped cilantro
- Dairy-free sour cream

DIRECTIONS

1. Preheat the oven to 425 F.
2. Wash potatoes and use a fork to pierce them all over. Next, rub olive oil on potatoes and place them directly on the oven rack. Bake for 20 minutes, turn each potato, and bake for another 25 minutes or until tender.
3. Drain and rinse the black beans, then add kosher salt. When the potatoes are done, open the tops with a fork and top with the pico de gallo, seasoned black beans, corn, guacamole, cheddar cheese, cilantro, and sour cream.

Inspired by [ACoupleCooks.com](https://www.ACoupleCooks.com)



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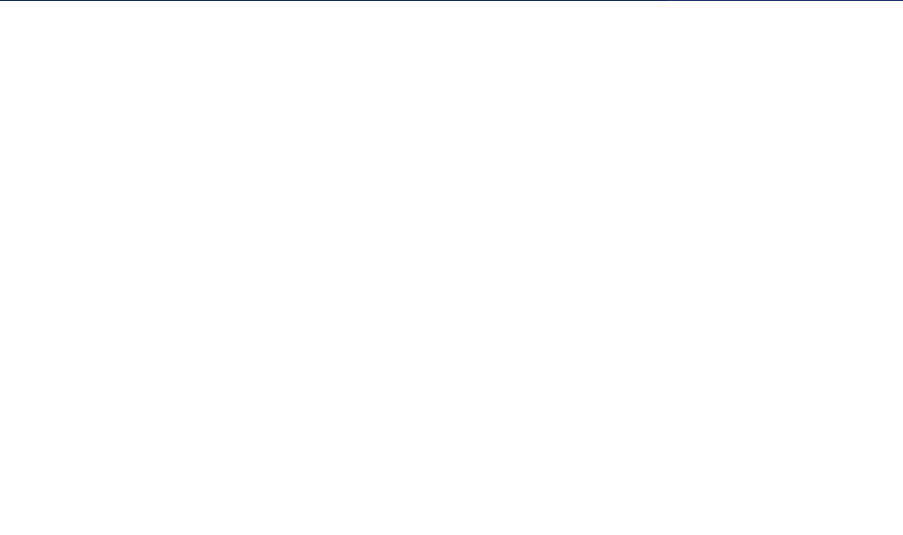
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EVOLVING WITH GRACE

How to Thrive in Times of Change

The world today changes constantly, sometimes very quickly, and each twist and turn brings a new adventure! As we journey through life, especially in our golden years, change remains a familiar companion, offering a blend of new experiences and difficult situations. Here's how to navigate this ebb and flow with confidence.

Shaking Up Your Routine

Personal changes in your day and routine might seem strange, but soon, you'll find a new rhythm and perspective, breathing fresh energy into your daily life. Simple acts, like picking up a new hobby, can revitalize your mental and emotional landscape.

Cultivating Resilience and Flexibility

Navigating change successfully is all about balance. Being resilient means you meet challenges head-on, while flexibility

helps you adapt and find creative solutions. Imagine yourself as a mature, healthy tree, swaying with the winds of change without being uprooted.

Embracing the Process

Remember, evolving with change is a journey, not a sprint. It's normal to need time to adjust to new surroundings or situations. Be kind to yourself, seek support when necessary, and savor each step of this phase of life. After all, mastering the art of change is one of life's most valuable skills.

As you face change and the need to evolve, consider it a doorway to new experiences, not an insurmountable hurdle. It truly is a chance to grow, learn, and enjoy life from a fresh vantage point. So, take a deep breath and dive into the adventure like a champ!