

CELEBRATING BLACK ACHIEVEMENT THROUGHOUT FLORIDA

ONWXX

Volume 9 - Number 46
NOVEMBER/DECEMBER 2020

Harris Rosen

A HEART OF GIVING

DRESS
UP!

5 TIPS ON
STAYING
VIRTUALLY
FLY

COVID
HOLIDAYS

SAFETY PRECAUTIONS
ARE HEIGHTENED

FLORIDA'S
HBCUS

STUDENT LEADERS
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+

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Harris Rosen: A heart of giving

Cover courtesy of Rosen
Hotels and Resorts





Friends, we encourage you to enjoy your loved ones safely at home this festive season. From our family to yours, Happy Holidays and Best Wishes for A Prosperous New Year.

ONYX
M A G A Z I N E

FROM THE PUBLISHER



RICH BLACK

NOVEMBER/DECEMBER 2020

Family,

This year has been full of ups and downs. We have fought an invisible foe that ravaged our communities and stole precious members. But COVID-19 did not steal our sense of community. We continued to work with leaders and followed expert advice as we brought you important, life-saving information. We still have an uphill battle with this pandemic, but ONYX Magazine will stand with you until the bitter end. So, thank you for standing with us for 23 years. Your support is why we can continue to be your community partner.

On the cover, we present Harris Rosen, a businessman, philanthropist, my mentor, and friend who has paved a way for students to be successful. His work in Orlando's Tangelo Park has resulted in hundreds of children receiving a bright education and completing college. In this issue, read about what inspires him to reach back and give hope to so many. Also, we honor a woman whose leadership was critical in the expansion of Orlando's Parramore area. Commissioner Daisy Lynum left an indelible print in the city's history and we celebrate her life.

But what we cannot celebrate this year is the Florida Classic—one of our favorite pastimes. COVID-19 canceled a lot of our sports this year. Homecomings, Classics, regular games—all put on the backburner for the safety of the athletes and fans. However, we bring you royal courts and student leaders who carry out their duties on campus despite the pandemic.

As always, we remain committed to bringing you news that entertains, inspires and informs. Here's to you and your family for a safe and happy holiday season and a Happy New Year!

Sincerely

Rich Black

ONYX

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ONYX MAGAZINE SALUTES COMMISSIONER DAISY WILLIAMS LYNUM

University awarded Lynum the Honorary Doctorate of Humane Letters in May 2005. Lynum was inducted into the Delta Sigma Theta Sorority, Inc., in 1966 because of its academic and community service requirements. She was also inducted into Gamma Phi Delta Sorority, Inc., Xi

MetroPlan Orlando Transportation Board, a Tri-County Regional Transportation Board of Elected Officials and elected Secretary of the Central Florida Metropolitan Planning Organization Alliance for 2014; Orange County Voter's League; Life Member NAACP; served on the Nemours Council.

In 2005, the ONYX Magazine Poll named Commissioner Lynum as one of 56 most influential African Americans in the State of Florida. Internationally, Lynum has represented Orlando and our country in Japan, Africa, and China and participated in the US-China Exchange Association's US Business Matchmaking Conference in 2006, 2007 and 2008.

She enjoyed traveling and has visited many Caribbean and European countries as a tourist for over 35 years. Her hobbies were reading, traveling, and gardening. Lynum retired from the Orlando City Council in 2014, after serving 4 successful terms. In her retirement, she remained involved in all aspects of community, professional and political service. Commissioner Lynum departed this life on Thursday, October 8, 2020, with members of her family at her bedside. She is deeply mourned by her two sons, Sean (Mercedes) and Juan, three grandchildren, Daniela, Ellesse and Lily, her brother, MacArthur Williams, sisters, Joan Reese, Shirley Sharpe-Terrell, and Minnie Adams (Lawrence), and numerous nephews and nieces, with a special bond with her niece, Barbara McCullough, and a host of other relatives and friends.

Commissioner Daisy Williams Lynum was elected to the Orlando City Council on April 14, 1998. Commissioner Lynum was born in Leesburg, Fla., a small town 45 miles northwest of Orlando. She was one of eight children and was the proud mother of two sons and three granddaughters.

Commissioner Lynum became a Christian at age 12 and was a faithful member of New Covenant Baptist Church of Orlando. After graduating from Carver Heights High School in 1964, Lynum earned an undergraduate degree in Sociology at Bethune-Cookman College and a graduate degree in Clinical Social Work (MSW) from Florida State University. As a Rockefeller Foundation Scholar recipient, she completed post baccalaureate studies at Haverford and Bryn Mawr Colleges in Pennsylvania, and her teaching certification was completed at the University of Central Florida. In 2000, Lynum completed the John F. Kennedy School of Government Program for Executives at Harvard University. Florida Metropolitan

Beta Chapter, an organization of business and professional women, in December 2008.

Lynum began her professional career, first as a fifth grade teacher, followed by a career as a social worker and administrator for the Department of Health & Rehabilitative Services, and a Special Services Social Worker for Orange County Public Schools. Simultaneously, her years of community and civic involvement have included numerous organizations, boards, committees and task groups such as: Florida League of Cities Urban Administration Resolution, and Policy Committees; Board of Directors for the National League of Cities; Vice Chair BBIF Board of Directors; President of the National League of Cities Women In Municipal Government; President of the National Black Caucus of Local Elected Officials and President of the National Black Caucus of Local Elected Officials Foundation Board; President of the Florida Black Caucus of Local Elected Officials; African American Women's Technology Caucus; Elected Chairman of

Acknowledge Change and Experience Growth

By Kevin Mwata Washington, Ph.D.

There is an adage which states, “Change is inevitable; growth is an option.” This adage suggests that change is continually taking place in our lives. Often change promotes growth, but this is not always the case. In order for growth to take place, you must acknowledge change is needed in your life. You must acknowledge how you will be advantaged by that change/growth.

Moreover, you have to be willing to be better, to seek constant improvement, while at the same time acknowledge that growth is a choice. You can remain stagnant in the same relationship, occupation or situation while engaging in the redundant mindless activities that produce boredom and sadness, or you can grow and experience new life and increased vitality. People who never grow fail to make a powerful impact on society. They live a mediocre life.

There is a tricky balance between seeking growth and being dissatisfied with life. On the one hand, you have to work to be a better version of yourself, while on the other hand, you have to accept that you have been the best you could be at that time with the knowledge you had. There are two options to get through this paradox: progression or regression. You can either regress and get worse or progress and get better. Some may opt for remaining static; however, static is backward relative to others who are improving and becoming the best versions of themselves.

As others move toward their better in the universe, the one who remains static is by default moving backward. Standards of excellence

are ever-changing, forcing all to grow and reinvent ourselves. We have been given the authority to dominion our divine inheritance and to make ourselves and the world better by our presence. We must acknowledge this as we grow and change.

The Challenge

You may often get caught up (or stuck down) in the lower nature/aspect of your being. You then resort to being in survival mode. In survival mode, you may do whatever it takes to sustain yourself. Because ideas are ever-flowing, the reality is we miss them while exiting in this lowly state. Ideas, thoughts and visions consistently flow and can assist us with being a better version of ourselves. These ideas, thoughts and visions come in the form of spiritual energy, and, once attuned to a higher frequency, you can feel it. Being in the lower vibration of survival challenges the attunement to higher knowledge. Those who are spiritually attuned or who possess great faith will accept and act upon the vision.

This process of acting upon the vision in faith is known as being obedient to God. Obedience has consequences just as disobedience. Do not get caught up in the lower nature and reap only the lower reality rewards. Since the visions come from a higher source, the dividends are high. Seek only to get high on the visions that God has for your life. This is how you become a better version of yourself as you grow to new levels. Growth will upgrade your life in ways that allow you to have a more significant impact upon and within the universe.





Masked-Up Thanksgiving

Don't let the pandemic take the happy out of your holidays.

By Quintavia McKay

The novel coronavirus pandemic has halted many gatherings, from birthdays to reunions to social outings, and now that fall is here, it may put a damper on the holidays. For those families that value quality time, we encourage you to stay safe as the holidays are swiftly approaching. To that end, here are a few tips for you and your family to have a safe and successful holiday season.

Go Virtual

Your family tradition can be held on video communication sites like Zoom or Skype. You can send out an invitation with a link with all details pertaining to this virtual event. Figure out when everyone is available and make your plans for a fun, safe event. Many ideas can take place with a virtual gathering. Some include:

- Virtual paint party
- Movie watching
- Dance battle
- Game night

Host Outdoor Gatherings

It may sound crazy, but Florida has nice weather during our fall and winter seasons. Outdoor gatherings during the pandemic lessen the risk of contracting the virus because outside has better ventilation. Being outdoors creates more room for social distance as well. For chilly or humid weather, a tent, chairs and tiki torches will help keep away mosquitoes and provide warmth and comfort to the gathering. Still, be sure to enforce social distancing and proper sanitation methods, as this is a moderate-risk activity.

Invite a Limited Number of People

According to the Centers for Disease Control and Prevention, the smaller the crowd, the less the risk. Though the slogan is “the more, the merrier,” your family can still be merry and bright with

a smaller crowd. Immediate family is better than none at all. Invite those close to you and those who strictly adhered to expert guidelines on staying safe. Though “limited number” varies, be sure that you're able to spread out in your chosen space properly.

Enforce Wearing Masks

It may seem absurd to make family and friends wear masks, but your safety and health come first. If you choose to have these in-person gatherings, the proper mask protection is essential. Supplying each guest with the proper mask, such as a KN95 or surgical mask, will help lessen the chance of possible spreading. Ensure the masks are worn over the nose and mouth at all times and cover the skin. While wearing masks, do not forget to follow proper handwashing and sanitation methods.

Remote Family Dinner

If your family traditions do not include a potluck, having one family member cook can make the whole thing easier. The cook can prepare and deliver the meal to families' homes so that everyone can enjoy a dinner video call while social distancing. This event can still consist of regular dinner traditions and even add more excitement considering the circumstances. Have love and laughter while following necessary safety precautions. If you are the person delivering, wear gloves and a mask as you are conducting deliveries.

Reduce Travel

If your family traditions include traveling, please be aware of any methods taken by your preferred travel method. It is safer to stay home and enjoy household activities, but if you must travel, make sure you follow CDC-recommended safety precautions of mask usage, sanitization and social distancing; and refrain from touching your eyes, nose and mouth. Consider the wait time, proximity to others and any other complications that may arise. Going from one place to another can increase the spread of COVID-19.

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Enjoy a well-deserved day in the sun in Tampa Bay.



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The Tampa Riverwalk

The Tampa Riverwalk makes many of the best attractions easily accessible along one stunning pedestrian pathway. With 2.6 miles of scenic waterfront views, you can walk, kayak, stand-up paddle board, bike or even water bike to new adventures.

After dining, head to the Fermented Reality outdoor biergarten to savor some of Tampa Bay's many award-winning local craft beers.

So many ways to stay.

Whether you want to stay within strolling distance of your soon-to-be-favorite spots on the Tampa Riverwalk or explore other exciting areas of the city, Tampa Bay has you covered. You could be one of the first to stay at the five-star JW Marriott Tampa Water Street as well as new offerings from Hyatt and Hilton.

Tampa Bay also offers a bevy of boutiques, including chic, resort-style The Godfrey Hotel & Cabanas Tampa. With a pool and cabana space measuring 20,000 square feet, The Godfrey is an attraction all its own.

Add a little, or a lot, of adrenaline to your adventure.

Busch Gardens® Tampa Bay is open with limited capacity. So there's plenty of space to enjoy its 300,000 acres of wildlife exhibits and record-setting thrill rides, like Florida's tallest launch coaster, Tigris.

New treasures await in every direction.

The Tampa Riverwalk makes many of the best attractions easily accessible along one stunning pedestrian pathway. With 2.6 miles of scenic waterfront views, you can walk, kayak, stand-up paddle board, bike or even water bike to new adventures.

Make exotic new friends.

At The Florida Aquarium, on the Tampa Riverwalk's south end, you can explore coral reefs featuring tiger sharks, meet stingrays, go on dolphin cruises and more. Plus, it's all available in a social distancing-conscious environment with limited capacity.

Fresh dining meets fresh-air fun.

Another highlight of the Tampa Riverwalk's south end is Sparkman Wharf. This waterfront, open-air dining and



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TAMPA BAY
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PUT YOUR MONEY WHERE YOUR MOUTH IS

By Professor Laura Dorsey



Words matter! But the consequences of your words matter more because actions speak louder than words. We can say words repeatedly, but if our actions do not change, the words become meaningless. I am talking about the words Black Lives Matter! They have become the cultural battle cry of our fight on systemic racism. While I agree that, in the words of educator and writer Sharif El-Mekki, “police violence is a daily threat to people of color, it is just one articulation of the deadly inequity of our society. For Black lives to matter, Black minds must matter.” Our education system is not merely broken

for Black children; it is constructed to disadvantage them. To fix the problem, we must start with our schools. Are you part of the problem or part of the solution? The challenge: Put your money where your mouth is and invest in our children’s future education and economic success.

In 2018, I saw the movie “Tell Them We Are Rising.” The film explored the compelling story of the rise, impact, evolution and crucial role Historically Black Colleges and Universities (HBCU) have played throughout the 150 years in American history. I was utterly blown away since I did not attend an HBCU. I immedi-



ately told everyone that I knew about the film. I contacted the writer and director for a copy to share with our youth group. I implored my contacts to buy a copy and play it during Black History Month.

The Numbers

As a professor, I am acutely aware of the educational divide. I know the numbers. In the United States, wealth and education feed into each other in an intergenerational cycle. Families with more wealth can offer more educational prospects for their children, who are, in turn, able to make the most of those opportunities in ways that create more wealth. This reinforcement of wealth through education and of education through wealth, when combined with the racially disparate impacts of the COVID-19 pandemic, only further widen existing gaps. Research by CNBC estimates White students would earn \$1,348 a year less over a 40-year working life, while Black students would bring in \$2,186 a year less, and Hispanic students would earn \$1,809 less.

But it is about more than money. Studies prove that the presence of Black educators in Black children's lives has an overall net positive effect. Research by Johns Hopkins University shows that Black students who have even one Black teacher are more likely to earn a college degree. The study also revealed that a positive role model effect of students having a teacher who looks like them is especially beneficial for low-income Black men. There is optimism about closing the Black-White educational achievement gap. Still, the work will require us to address the race-based educational inequities at their systemic roots. Among those that are uniquely qualified to lead this initiative are HBCUs.

Why HBCUs?

HBCUs continually outpace their White counterparts in keeping and graduating students and delivering education to those who require it the most. First-generation students and children of lower-economic means have a better chance of finishing their education and receiving a college degree at an HBCU than at a comparable non-HBCU. The safe, nurturing environment and communal approach at HBCUs can encourage students to reach their full educational potential, take pride in their heritage and make strong peer connections.

The excellent education imparted by HBCUs also comes with a lower price tag. The average total cost of attendance at all HBCUs can be 26% lower than the average total cost at all four-year non-profit colleges. High-quality education at affordable prices allows HBCU students to earn their way through college and manage their student debts better, making HBCUs a "best buy" in education. There are several scholarships and grants meant solely for assisting HBCU undergraduates. One of them is the Thurgood Marshall Scholarship Fund. The other is the IES Historically Black College and University Scholarships.

Many HBCU courses are designed to instill self-esteem in Black legacy and culture. Working with local communities and researching issues that impact communities of color are an integral part of the schools' curricula. At HBCUs, students discover others hailing from analogous backgrounds and confronting the same situations. This establishes a sense of community and collaboration among them.

Financially Supporting HBCUs

Despite the enormous value HBCUs have provided the nation, they grapple with sufficient funding and assets. HBCUs depend heavily on public funding more than other schools because HBCUs have fewer private funding options. HBCUs often lack the fundraising infrastructure to tap their alumni network, resulting in small endowments. HBCUs fill a critical gap that currently exists in our higher educational system. We need to ensure equitable funding and equal access to resources available to other higher education entities.

Actions Speak Louder Than Words

Before you post another notice to social media about Black Lives Matter, check yourself to see if your actions align with your words. If you are not supporting the Black Education Matters of our next generation by supporting HBCUs, then your actions are hollower than your words. If you sincerely want to make a distinction between your words and your actions, put your money where your mouth is! Consider a holiday donation to your local or favorite HBCU.

INFINITE POSSIBILITIES

By Professor Laura Dorsey

The Infinite Scholars Program (ISP) has one mission: to provide all deserving students, especially financially disadvantaged students and students of diversity, the guidance and access to financial resources they need to further their education and pursue degrees at institutions of higher education. ISP is the vision of Thomas Ousley, an English teacher from Jennings High School outside of Ferguson, Mo. Upon hearing that colleges were having a hard time finding minority students to award scholarships, and knowing that deserving students in his classes need scholarships, he facilitated his first scholarship fair. That first scholarship fair in 2003 has grown to 27 fairs across the country.

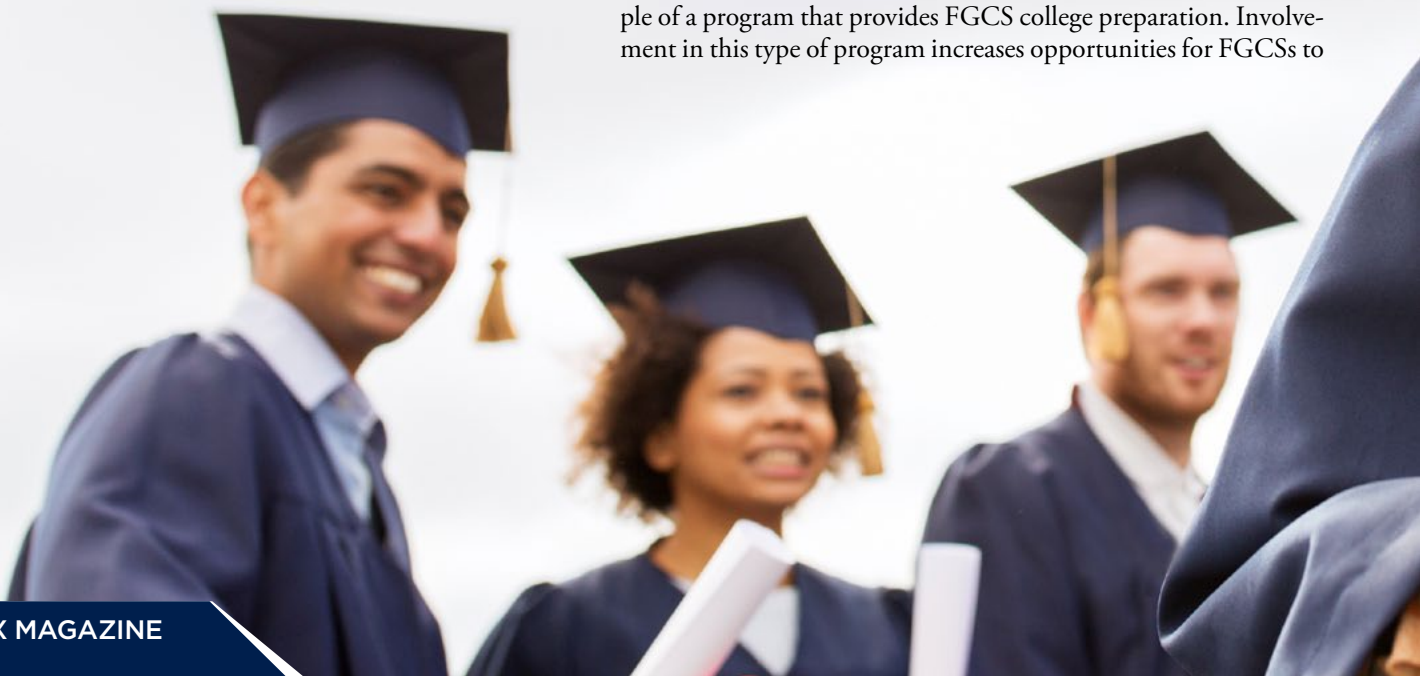
A scholarship fair is different from a college fair, in that it offers students an opportunity to speak directly to college representatives about scholarships. At ISP fairs, some students are awarded scholarships on the spot. For nearly two decades, ISP has served more than 200,000 students and has facilitated more than \$2 billion in scholarships and financial aid. In Central Florida, where there are more fairs than anywhere in the country, more than 7,250 students have been awarded more than \$102,555,600 in scholarships from more than 50 colleges and universities.

The State of Education Today

According to Ousley, our students are already behind the curve. White students make up 64% of freshman enrollment, despite only being 54% of the college-age population. Meanwhile, only 7% of black first-year students and 12% of Latino first-year students attend college, despite making up 15% and 21% of the college-age population, respectively. Obstacles first-generation college students (FGCS) face include lack of college readiness, familial support and financial instability. Many FGCSs are not aware of how the college system works, such as applying for school, accessing financial aid or choosing a major. ISP attempts to address at least two of these issues, namely college-readiness and financial instability.

College Readiness

Most parents assume their children are on track to be prepared for college after their 12th grade year. But the reality is that more than half of the seniors are not prepared to go to college. Participation in college-readiness programs helps FGCSs in their pursuit of a college education. The issue is that college readiness programs and test prep programs can cost thousands of dollars. The nonprofit Advancement Via Individual Determination (AVID) is an example of a program that provides FGCS college preparation. Involvement in this type of program increases opportunities for FGCSs to



learn about financial aid and college entrance requirements. AVID would be a benefit if all schools had the program and if all students could get in. ISP offers access to programs that help students and their parents navigate college prep test programs for free.

Financial Instability

Most FGCSs have the same question, “How am I going to pay for this?” If the prospective student does not know how the financial system works, this can be a daunting question. Many FGCSs come from low socioeconomic status and may lack the financial

knowledge and resources that students with college-educated parents have. It is no surprise that 51% of students drop out of college because college is not economically feasible. The other reason that many FGCSs leave college is so they can work more hours to support themselves or their family.

ISP Solution – Virtual Scholarship Fair

Ousley surmised that if students could overcome these issues, then more financially disadvantaged and FGCS students could attend college. The deserving students at an ISP fair can receive acceptance to multiple colleges with no application fee. The colleges and universities which are a part of our network also offer scholarships to students while attending a fair.

Since students are not able to attend physical fairs this year, a VIRTUAL SCHOLARSHIP FAIR is an option. The fairs provide students with 40 pages of resources within the ISP scholarship guide, including 35 need-based and specialty scholarships that the students can apply to just by downloading the guide, 19 states with FREE community colleges and six states with FREE four-year colleges. Included in the fair program is a revolutionary college search engine, morecollegeoffers.com, which provides the students access to more than 450 colleges and universities that are part of the ISP network.

At some of the fairs, Army ROTC explains how students can earn full scholarships for agreeing to provide military service. There is also a free test prep program entitled March2Success, which helps students with college preparedness. The key component to the fair is access to 100+ College Library Video. ISP has spent all summer interviewing and videoing colleges, focusing on their scholarship information. This information, including access to the name, email and contact information for each of the college representatives, is available for the students to call directly and get scholarship information. Deserving students can be awarded scholarships while on the call.

The motto of ISP is “The Possibilities Are Infinite.” Ousley theorizes that students provided with the possibility of higher education opportunities, at little or no cost, change the trajectory of not only their lives, but the lives of their families, and the nation as a whole.

To register for a fair near you or to get more information for an upcoming fair in your area, visit the ISP website at www.infinite-scholar.org



VOTE FEST

ONYX Magazine joined a voting extravaganza with hundreds in attendance

ONYX Magazine was among 17 organizers that came together for Central Florida's Vote Fest in October. Hundreds of people showed up at the Amway Center to take part in a march through Parramore; attend performances by national recording artists; and, most importantly, cast their votes—many for the first time.

"It's the first time they actually get to participate with society," said Florida Restoration of Rights Coalition President Desmond Meade, speaking of returning citizens. "People who are voting for the very first time—and they are in their 60s and 70s."

Another aim of the event was to encourage younger people to vote. That call is being heard nationwide. According to a poll conducted by Tufts Tisch College, more than three million young people between 18-29 have already voted by early or mail-in voting, a significant uptick from the same time in 2016.

"[Voting for the first time] was quite the experience," said 20-year-old, first time voter Kehmon Knowles. "I feel that everybody should vote, or at least get a chance to vote to better the community, and to make things better for Black people and everyone in general."

Pastors and ministers from across Central Florida flooded downtown for Souls to the Polls, a movement to push more Black people and faith communities into the voting booths. Organizers say they held Vote Fest in Parramore, a predominantly Black area of Orlando, to make it easier for community members to attend.

"We want to make sure everybody understands the power of their selection," said Bishop Derrick McCrae, the pastor of The Experience Church in Orlando. "We're expecting much more than what we've seen in the past for this community in Orlando to show up and vote."

Along with the vote call-to-action, Vote Fest also featured concerts with rapper and activist Common, who represented the national Vote Fest, and singer Anthony Hamilton, who came as a part of the Voting Is Queen events, hosted by rapper Uncle Luke and Monica May of Monica May Communications.

"It just needs to be enough people," said Common. "Your speaking up, as micro as it seems; your putting that vote in is like shifting the tides for you and your people, and for people long-term."



Desmond Meade leads the march



Protect Yourself Against the Unexpected

A financial emergency may have previously seemed like a “not me” scenario, but it’s now a reality many families across America are dealing with as the impact of the COVID-19 pandemic continues to affect the economy.

Savings accounts may not be robust enough to weather a significant blow, according to research from Colonial Life. The survey found 38% of U.S. adults have less than \$5,000 in savings for a financial emergency, and 23% have less than \$1,000.

The study further revealed Americans are already stretched thin due to financial constraints like vehicles with mechanical problems, an unemployed spouse or partner, supporting children and other dependents, mortgage payments and other debt.

Planning ahead for a financial emergency with tips like these can help reduce the long-term impact on your finances and credit.

Avoid Unnecessary Charges. Late payment fees can add up fast and put a dent in your credit rating. Take inventory of your monthly expenses and note the due dates then plan a payment schedule around your paychecks. Be sure to account for possible mail delays or the time needed for electronic transfers. If your schedule doesn’t work, contact your creditor and ask if you can move to a different due date that helps reduce your risk.

Anticipate Unforeseen Illnesses. A critical illness such as a heart attack, stroke or major organ failure can impact anyone, from the least health-conscious to the most fit. When a critical illness strikes, major expenses often follow. Health insurance may cover some of your medical costs, but not everything. An option like Colonial Life critical illness insurance helps supplement your major medical coverage by providing a lump-sum benefit you can

use to pay direct and indirect costs related to some of the most prevalent critical illnesses.

Reduce Debt. Doing what you can now to reduce your financial obligations can pay off in the long run if you experience a loss of income. That may mean making extra payments on a loan rather than paying just the minimum balance due. Interest is calculated based on your balance, so paying extra not only reduces your original debt, but also saves you money that would have been lost to interest.

Keep Up on Maintenance. When money is tight or you’re worried a reduction is coming soon, it may seem counterintuitive to spend money. However, taking care of ongoing maintenance for big-ticket items like your home and vehicle is an investment in the future. Spending a little now to keep things in good working order can help protect you from a costly problem down the road.

Start Thinking Smaller. Lifestyle adjustments can be tough when they’re abrupt and unexpected, but if you gradually transition to a more frugal way of living it may not feel as disruptive. For example, start by cutting back on entertainment expenses and dining out. Look for lower-cost ways to enjoy time with loved ones and dial back spending on things like birthday gifts.

Learn more and find programs and services designed to protect your financial interests at ColonialLife.com.

Story by Family Features

Stop Worrying About a Diabetic Diet

By Constance Brown-Riggs

November is Diabetes Awareness Month. There are many ways to a healthy diabetes plate, so stop worrying about which diet is the perfect one for diabetes. The American Diabetes Association says that the principles of a healthy diet are the same for people with diabetes as they are for everyone else. And, most importantly, having diabetes doesn't mean the end of good eating.

The following tips will help you to live well with diabetes and enjoy the taste of eating right.

Break Free of Sugar-Free

Contrary to popular belief, having diabetes does not translate into having to eat sugar-free versions of everything. In fact, I tell my clients to avoid too many sugar-free foods. That's because many sugar-free cookies, candy, cakes and pies are sweetened with sugar alcohols. Eating too many of these foods can cause diarrhea and upset stomach. Satisfy your sweet tooth naturally with sweet fruit instead.

Take Bigger Bites

A recent study published in the "Journal of Consumer Research" found that the larger your fork and bigger your bite when you eat, the less you will probably eat. Translation: Weight loss! Also, losing weight is one of the best ways to manage type 2 diabetes. Losing as little as 10-15 pounds, for example, is enough to improve blood sugar levels. Weight loss can also decrease insulin resistance with type 1 and type 2 diabetes, which means you may require less oral diabetes medications and/or insulin to control blood sugar levels. So open wide, and eat up!

Make Fat Your Friend

Many people with diabetes (and lots of folks without it) believe that fat is harmful. However, research has shown that replacing carbs with healthy fat reduces triglycerides—the major storage form fat in the blood, and after-meal blood sugar. So, indulge, and include moderate amounts of healthy fats such as those found in avocados and olive and canola oils.

Don't Be A Slave To Snacks

People with diabetes used to be encouraged to eat every few hours to keep their energy up and control blood sugar. But, for some people, snacking just means more opportunities to overeat. Years ago, when there were few diabetes medications, snacking was recommended to avoid low blood sugar. Today, there are so many options for oral medication and insulin that snacking is rarely necessary.



Go Nuts at Every Meal

Eating a daily dose of nuts has been shown to help maintain healthy levels of blood sugar and cholesterol. You can add chopped almonds to Greek yogurt and sprinkle with cinnamon for breakfast; at lunch add peanuts as a side to a sandwich and at dinner sprinkle walnuts on salad, or top baked fish with walnuts or pistachios. Nuts are not low in calories, so trying using nuts in the shell. You will eat fewer if you have to crack each one open.

Use the Plate Method

The "plate method" can take much of the stress out of diabetes meal planning. When you serve yourself a meal, make half your plate non-starchy vegetables like spinach, cabbage, collards or broccoli; fill a quarter of your plate with starchy vegetables like potatoes, rice or pasta and the last quarter with fish, poultry or meat.

Eat Whatever You Want

There is no one-size-fits-all or right way for a person with diabetes to eat, nor are there bad foods that have to be eliminated forever. When your blood sugar is in control, you can work any food in and enjoy it. However, if you have had several days of very high blood sugar readings, that is not the best time to have dessert. When you consume sugary treats, be sure to keep the amount within your carbohydrate budget by substituting those sweets for starch, fruit or milk in your diet.

15 Diabetes-Friendly Snacks

By Constance Brown-Riggs

If you are like most people, the thought of snacking comes along with a bit of trepidation. You believe that snacking can be a part of a healthy lifestyle. Still, you also associate snacking with less-healthy choices such as chips, crackers and cookies.

The truth is, snacking can actually be part of a healthy lifestyle, and just about any food can be a snack food—not only those less-healthy items.

The Benefits of Snacking

- Research indicates that people who eat smaller, more frequent meals throughout the day are less likely to be obese or overweight. And that's not a sustained energy throughout the day — Snacking helps your body refuel after bouts of exercise and physical activity
- Blood glucose (also called blood sugar) control — People with type 1 or type 2 diabetes may have better control of blood sugars, and decrease the risk of hypoglycemia when eating one or two snacks daily
- Improved overall quality of the diet — Snacks can supply the body with nutrients like calcium, fiber and phytonutrients that might be low in your diet
- Controlled hunger — Snacking between meals can curb your intermittent cravings and prevent you from overeating at mealtime.



Smart Snacking

Snacking can be a challenge when you are eating mindlessly. If you eat when you are not hungry or out of emotion, you are indeed eating mindlessly. Typically, when doing so, your food choices are high calorie, low nutrient foods, often referred to as empty calorie foods.

Smart snacking begins with being mindful about your hunger, and then making a healthier choice. Healthy snacks are low calorie, high nutrient foods—known as nutrient-dense foods. These give you more bang (nutrients) for your buck (calories). Foods with 20% or more of the Daily Value for a vitamin or mineral are an excellent source, and are nutrient-dense.

Additionally, counting carbohydrates can help you plan your snacks and will serve to keep your blood sugar under control. Look for snacks with no more than 200 calories, 15-to-20 grams of carbohydrates and less than 5 grams of sugar. Add a little fat and protein, and you have got the perfect snack!

Here are 15 diabetes-friendly snack ideas to get you started:

- One tablespoon of peanut butter, spread on slices of a medium apple
- One cup of tomato soup, with five whole-grain crackers
- Three cups of air-popped popcorn, sprinkled with three tablespoons of grated parmesan cheese
- A fruit smoothie: Blend 1 cup of fat-free milk, ½ cup of frozen strawberries and ½ of a banana
- Trail mix: ¾ oz bite-sized pretzels, and 10 dry-roasted peanuts
- Nachos: 10 tortilla chips (baked), 1 oz of low-fat cheddar cheese and ¼ cup salsa
- One-half of a small banana, mashed and mixed with 2 tsp of peanut butter, on ½ of a whole-wheat English muffin
- Three cups of air-popped popcorn and 1 oz of dry-roasted almonds
- Seventeen seedless grapes and 1 oz of low-fat Colby or cheddar cheese
- One hard-boiled egg and 2 tbsps of guacamole
- One-half cup of roasted chickpeas
- One-half cup of low-fat cottage cheese and nine baby carrots
- Three (2 ½-inch) graham crackers, and ½ cup of skim milk
- One cup of plain Greek yogurt, and ½ cup of berries
- One cup of shelled edamame.



Constance Brown-Riggs is a registered dietitian, certified diabetes educator, national speaker and author. Her story first appeared in BlackDoctor.org and has been reproduced with permission.

Change Is Coming With President-Elect Biden

With President-Elect Joe Biden and Vice President-Elect Kamala Harris taking office in January, America has a fresh chance to turn around a public disaster.

By Catherine Lynne Triosi

A change in administration in January will bring a new pandemic strategy for the United States. President-elect Joe Biden has announced his transition COVID-19 advisory council, and there are high expectations that its recommendations to combat the pandemic will be backed by science and reflect public health best practices.

The United States is now experiencing a major increase in COVID-19 cases, with more than 1 million new cases logged in just the first 10 days of November. More than 240,000 people with COVID-19 have died in the U.S. to date. The Trump administration's tactics of pretending this upsurge is not happening, dismissing the benefits of mask-wearing and physical distancing, and blaming increases in case counts on increased testing are not viable methods to control the pandemic.

The United States has 4.4% of the world's population and 20% of the COVID-19 cases. Clearly, the U.S. has not done an adequate job of controlling the pandemic within its shores. A change in administration and coronavirus-fighting strategy will hopefully help the U.S. change course.

Experts at the Helm Reflect the U.S.

Biden's advisory board is headed by three eminently qualified co-chairs: the former director of the Centers for Disease Control and Prevention, David Kessler; former Surgeon General Vivek Murthy; and researcher-scientist Marcella Nunez-Smith, an expert in health equity issues.

The other committee members are all experienced public health experts and physicians with years of experience in combating infectious diseases; among them are Michael Osterholm from the University of Minnesota's Center for Infectious Disease Research and Policy and Atul Gawande, noted author and physician at Harvard Medical School.

Not only do these task force members bring a high level of expertise to the table, but the group itself mirrors the country, with five women and nine people of color among the 13 members. This gender and racial/ethnic diversity will likely result in better decision-making and lend greater credence to the task force's decisions and recommendations.



The demographic diversity of the task force is particularly important because many communities of color distrust the government and its handling of the coronavirus. Unfortunately, these same communities are being affected the most by the pandemic, with high rates of infection, hospitalization, and death compared with non-Hispanic Whites. Cultural competence will be necessary to convey messages that all Americans will believe and adhere to.

Planning Now to Hit the Ground Running Jan. 20

Priorities for the task force have been set, and they read like a public health expert's wish list. Top concerns include:

- Managing the surge in cases that is affecting most of the U.S.
- Protecting at-risk populations.
- Increasing the manufacturing of PPE, including N95 masks.
- Increasing availability of testing.
- Working with governors and mayors on mask mandates.

These matters have not yet been dealt with adequately, contributing to the current surge in cases nationwide.

Another top priority is equitable distribution of an effective, safe, and free COVID-19 vaccine once readily available. A vaccine will be crucial to protect people and achieve herd immunity. Developing a realistic plan now, based on these guidelines, is absolutely necessary for the success of an eventual vaccine rollout.

We already have good preliminary news about an effective vaccine, but the logistics of distributing future vaccines are formidable. The Pfizer vaccine must be transported and stored at an ultralow temperature, something never previously attempted. Record-keeping for a two-dose vaccine will be a nightmare. Reaching rural populations and those without regular access to health care will be difficult. Planning for effective vaccine distribution must begin now.

A Cohesive Message, From the Top

Experts anticipate that the guidance coming out of Biden's task force will represent the best-known science. The committee will keep abreast of new scientific findings and revise messages to reflect emerging information. Biden's communications will be consistent with his task force's recommendations, which, by cutting confusion, should lead to better public compliance with prevention recommendations.

Experts also expect the Biden administration's COVID-19 advisory board will work with the CDC to develop consistent guidelines for state and local health departments. Most public health efforts happen at the state and local levels. While not every health department will fully embrace all recommendations, a unified national strategy will improve on the whack-a-mole approach seen to date as cases pop up in one area of the country and then another. States and municipalities do not exist in a vacuum, and community transmission in one area can affect other jurisdictions.

Pandemic fatigue is real—everyone's tired of this pandemic, and we want our lives to get back to normal. Unfortunately, the virus doesn't care, and the U.S. is in for a hard winter. SARS-CoV-2 is still out there, and it's an infectious, sometimes deadly virus. The new Biden administration will be taking over the reins during a public health disaster in January. But experts are optimistic that while the COVID-19 task force will have its hands full, it has the people and tools necessary to get the coronavirus under control.

This article originally appeared in *The Conversation*. It has been reprinted with permission. CATHERINE LYNNE TRIOSI is Associate Professor of Management, Policy, and Community Health and Epidemiology at the University of Texas Health Science Center at Houston.

Vice President-elect Kamala Harris is the first woman and first Black and Indian American person to be elected as the U.S. vice-president. She also is the first Black and Indian American woman to represent California in the United States Senate. Harris grew up believing in the promise of America and fighting to make sure that promise is fulfilled for all Americans. Her father immigrated to the U.S. from Jamaica to study economics and her mother emigrated from India. Harris is a graduate of Howard University and is a member of many organizations, including Alpha Kappa Alpha Sorority, Inc., and The Links, Incorporated.



CAMPUS ROYALTY

1. Aubrey Washington II Mr. Florida Memorial University

Aubrey Washington II, is a senior Criminal Justice student, hailing from Jacksonville, Fla. Washington serves as the captain of FMU's Men's Basketball team and maintains a 3.3 GPA. Upon graduation Washington plans to pursue a career as a secret service agent or a professional athlete. His motto is "Hard work beats talent when talent fails to work hard."

2. Jordan Meaurie Pickett Miss Florida Memorial University

Jordan Meaurie Pickett is a senior majoring in Biology in hopes of one day becoming an anesthesiologist. Born and raised in Trenton, NJ, where she is the youngest of three siblings. Pickett is a proud Lion, member of the Women's Basketball team, videographer for the Lions Football team, and member of the National Honor Society. Over the past four years, Pickett has been actively involved on campus as well as the community. She strongly believes that up-and-coming leaders have a voice and play an important role in the community. "We must do our part through community engagement in surrounding communities to enhance quality of lives."

3. Erika Nicole Johnson Miss Florida A&M University

Erika Nicole Johnson is a fourth year Voice Performance student from Dallas, Texas, and is the youngest in a long family line of FAMU Rattlers. Johnson is the first music student to be initiated into FAMU's Alpha Kappa Psi Professional Business Fraternity, Inc. She was a summer intern with the Power2inspire Foundation, and is a member of Theta Nu Chapter of Sigma Alpha Iota International Music Fraternity. She is a member of the FAMU Concert Choir and serves as a Section Leader to help teach underclassman sightreading and sounds. Johnson is inspired by the Michelle Obama quote, "Every day, you have the power to choose."

4. Kimani Jackson Mr. Florida A&M University

Kimani Jackson is a fourth-year Voice Performance scholar from Brooklyn, NY. Jackson served as "Venom" the University's mascot for three years. Jackson is also a proud member of Strikers Dance Troupe, The omicron gamma chapter of Phi Mu Alpha Sinfonia Fraternity of America, The University Concert Choir, The FAMU Connection, and the New York Club. He later co-produced a film titled "Unmasked." Prior to attending FAMU, he professionally acted on "Sesame Street" and alongside Tyler Perry in "Madea's Neighbors from Hell." Jackson also made a guest appearance on the hit TV show on OWN "If Loving You is Wrong."



SGA LEADERSHIP

1. Xavier McClinton **FAMU SGA President**

Xavier McClinton is a fourth-year Economics student from Brunswick, Ga., and University Trustee at Florida A&M University. McClinton has served in the Student Government Association since 2018, his freshman year, and has received the Student Leadership and SGA Hardest Worker Awards. He is a member of the Collegiate 100 of FAMU, the Chief Financiers Organization, FAMU chapter of College Democrats, and the Metz Culinary Ambassador Program. McClinton also is a member of the Beta Nu chapter of Alpha Phi Alpha Fraternity, Inc. His favorite quote is "Never let them see you sweat, only excel with seeming ease" by Reginald F. Lewis.

2. Carrington McKenzie Whigham **FAMU SGA Vice President**

Carrington McKenzie Whigham is a third-year Broadcast Journalism major and Theater minor, and third generation Rattler from Dallas, Texas. In the fall of 2018 Whigham has served in the Student Government Association since 2018, her freshman year. She has served as a First-Year Experience peer mentor and holds the title as Miss Kappa Alpha Psi. She is a member of the Original Beta Alpha Chapter of Alpha Kappa Alpha Sorority, Inc. Whigham was selected as one of Texas Senator Royce West's interns through the Dr. Emmett J. Conrad Leadership Program. Whigham is a firm believer in James 2:14, "Faith without works is dead."

3. Denisha Culver **Student Government Association President**

Hailing from the beautiful City of Orlando, Fla., Denisha Culver is a senior majoring in Communications with a concentration in Television Broadcasting. She is active in Alpha Kappa Alpha Sorority, Inc., the National Association of Black Journalist (NABJ), Miss Krimson and Kreme for Kappa Alpha Psi Fraternity, Inc., Pride Leader for New Student Orientation, and Secretary of Communications for Student Government Association. Culver's words of encouragement for students are "A great weakness lies in giving up. The way to guarantee success is to not only try once but make sure you remain positive, forthright, and try again."

4. Geovannie Embleton **Student Government Association Vice President**

Geovannie Embleton is a junior studying Engineering. He was born in Georgetown, Guyana and later relocated to Nassau. After graduating from high school, he received a full tuition scholarship to the historic Florida Memorial University. With

a 3.67 GPA, Embleton is involved in several activities and organizations such as the Honors Program, second year residential assistant, and the current Vice president of the Delta Psi Chapter of Alpha Phi Alpha Fraternity, Inc. Upon completion of his studies, he plans to attain a master's degree in Mechanical Engineering, Solar Science and Innovation. He is inspired by "I can do all things through Christ who strengthens me." Philippians 4:13



FAMU IS THE HIGHEST RANKED PUBLIC HBCU: “U.S. NEWS & WORLD REPORT” 2021 BEST COLLEGES RANKINGS

Florida A&M University (FAMU) is again the highest-ranked public historically Black college and university (HBCU), according to “U.S News & World Report 2021 Best Colleges” ranking of “Top Public Universities.”

FAMU ranked 117 among “Top Public Universities,” up six places from No. 123 a year ago. The next highest ranked public HBCU lands at 136.

“Our rankings reflect the University’s commitment to student success and our motto “Excellence with Caring,” said President Larry Robinson, Ph.D., who has set a goal of elevating FAMU to one of the nation’s top 100 public universities. “Rankings are important barometers, but it is impossible to measure the hard work of everyone on our team and the impacts of our students throughout their careers,” he added.

The improvement in rankings came as the University opened a 700-bed FAMU Towers residence hall constructed with financing from the HBCU capital financing program. As part of unprecedented construction on campus, a new student services building, the Center for Access and Student Success, a new dining hall, electrical plant and an outdoor performance amphitheater are among the latest additions to the campus.

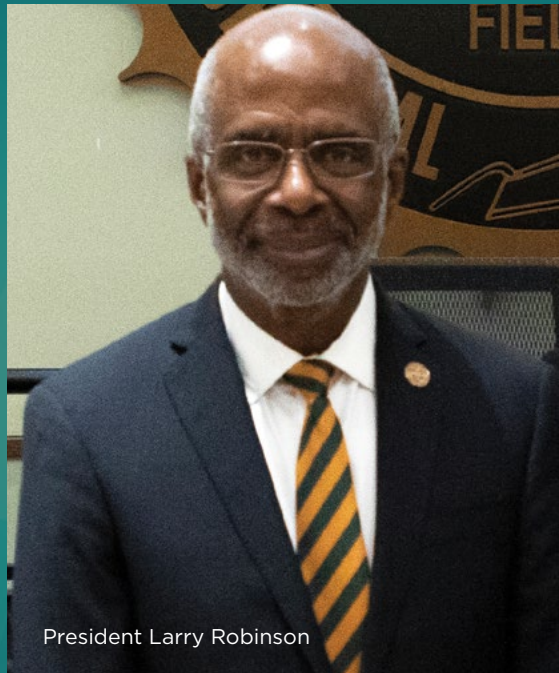
During the COVID-19 pandemic, enrollment is around 9,000 students, down slightly from a year ago. Most classes in the fall were taught remotely or online. The University plans to expand the number of students, faculty and staff on campus in spring 2021.

Among the Top 10 HBCUs, FAMU is tied for 7th, behind private schools, Spelman, Howard, Xavier (Louisiana), Tuskegee, Morehouse, and Hampton University. In the HBCU category, FAMU is tied as the top public HBCU.

FAMU Board of Trustees Chairman Kelvin Lawson said the rankings illustrate “what we can do with a focused plan and improved investment, both of which are critical to our success.”

“It is a statement about a joint effort between our Board and the President to establish and stick with key priorities,” Lawson added. “We want to continue to push the envelope and focus on ongoing improvement in our operating model.”

Additionally, the FAMU-FSU College of Engineering earned a spot on the “U.S. News & World Report” badge-eligible list with a 69th ranking among the 206 “Best Undergraduate Engineering”



President Larry Robinson

school offering doctorate degrees.

“We are delighted that the quality and impact of our engineering education is increasingly recognized in these rankings,” said J. Murray Gibson, Ph.D., dean of the FAMU-FSU College of Engineering. “I’m also proud that our student body, combined from two major universities, is uniquely diverse and is changing the face of engineering for future generations.”

Among the other highlights of the annual survey, FAMU ranked No. 20 in social mobility, a reflection of the six-year graduation rate of Pell grant eligible students. This, Robinson said, is the truest indicator of FAMU’s ability to alter the economic trajectory of individuals and families for generations.

“We’ve long known that HBCUs play a key role in the growth of the Black middle class,” Robinson said.

“This ranking confirms FAMU’s commitment to continuing this tradition while welcoming any and all to join the FAMULY.”

U.S. News & World Report Rankings of Best Colleges and Universities 2021 Rankings

- #117 among National Public Universities
- Highest ranked Public HBCU among National Universities
- #6 among Florida State University System (SUS) institutions
- #20 Social Mobility among National Universities
- #3 Among Florida SUS institutions for Social Mobility
- #7 HBCU
- #FAMU-FSU College of Engineering ranked
- #69 among undergraduate engineering schools issuing doctoral degrees
- #FAMU-FSU College of Engineering ranked second among Florida engineering schools

FLORIDA MEMORIAL UNIVERSITY



President Jaffus Hardrick



Athletic Director Ernest Jones

Since the founding of its predecessor institution in 1879 until this very moment, one thing remains the same: Florida Memorial University (FMU) is a vibrant and diverse community of scholars that equips students with tools to create their best lives and make a difference in their communities. Nested in sunny South Florida, FMU offers a unique experience only few institutions can provide. Amid nationwide racial unrest, a global pandemic, and an educational revolution, FMU will not compromise its resilience or high expectations.

In 2018, the board of trustees welcomed Dr. Jaffus Hardrick as president. Under the Hardrick Administration, the University accomplished unprecedented feats in a very short time. The university attracted its most private donations and government allocations in ten years. It also launched its football team after a 62-year hiatus and ignited the ROAR, a rousing marching band, a cheer squad and other athletic programs. These attractive programs re-enforce a spirit of excellence along with great pride to the Lion's Den.

FMU is preparing students to enter top-notch graduate schools and compete in the global marketplace. Students benefit from small classes led by knowledgeable instructors. Nearly 40 percent of students earn top academic honors. Roughly 76 percent of faculty members earned terminal degrees in their subject matters. Among them is Dr. Marc Williams an internationally renowned sport marketing pioneer as its Global-Scholar Practitioner. Starting in 2021, Dr. Williams will lead the institution's eSports offerings to usher more of its students into lucrative career pipelines in the growing and emerging Science, Technology, Engineering, Arts, and Mathematics sectors. Students may also pursue new courses in Healthcare Administration, Entrepreneurship, and life-

long learning programs. These programs produced stellar alums like Norma Ely-Jones, former Air Traffic Control Manager for Air Force One; Dr. Vanessa Sanders, the first Black woman to earn a Ph.D. in Radiochemistry; and Barrington Irving, the youngest Black solo pilot to successfully fly around the globe.

Armed with a mission to "disrupt the world for good," FMU launched its Social Justice Institute to research and examine issues involving the intersection of racial disparities and injustice in Miami-Dade County and the state of Florida. The institute aims to serve as a resource for creating and facilitating tangible reforms in order to achieve a more just and fair society.

The novel COVID-19 virus impacted our world in unprecedented ways. Back in early March 2020, the pandemic forced FMU, along with others, to pivot and offer digital learning. In just three days, FMU transitioned to online learning, created awareness and served its students while following CDC guidelines. Faculty adapted to the new modality and the University provided computer devices for students who were in need. Serving as the expert and guide to avoiding the spread of the disease in South Florida, was an FMU professor, who was the first voice to offer clear warnings and tips to the media.

During these challenging times, FMU is very aware of the issues students and their families face. FMU's goal is to build confidence and instill a keen sense of character, leadership and service to our students. Its commitment to supporting students through life's challenges and nurturing their success.

The roster of new faculty, building improvements and programs round out a banner year for FMU, as it welcomes a new decade in its 141 year history.

Shifting Thought

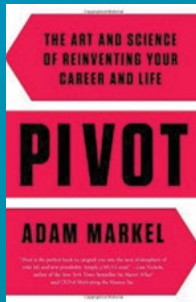
Books that change how we think.

By Patricia Brown Denis

Pivot: The Art and Science of Reinventing Your Career and Life

By Adam Markel

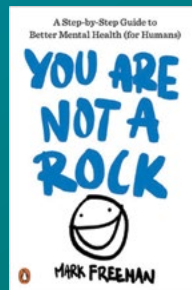
The title was the draw to this book. Since the beginning of the pandemic in America, everyone has insisted that the way to overcome our challenges is to pivot. Markel has fashioned a set of detailed instructions for making the pivot in your life and career. Many people say the word but have never had to physically do it. This book helps lend some direction to that course. "Pivot is a toolkit and roadmap for reinventing your life without destroying everything you have built so far," Markel says. I, for one, will need to read it again and review my notes.



You Are Not A Rock

By Mark Freeman

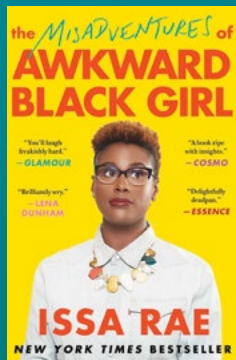
This book is hard talk for people who are struggling with psychological impact life's rapid changes. Freeman's method is in your face: "I don't have a perfect chemical to share or a gene for you to blame for your problems. This is simply a book about actions," he says. The concepts in this book help to teach us how to avoid developing compulsive behaviors, "making the switch from a fear-fueled, anxiety-driven life to one that's based on your values...creating and building what you want to see in the..." In this straight-forward refreshing message the author declares, "the capacity to do anything is on the other side of failure."



Such A Fun Age

By Kiley Reid

As students finish their college studies and wonder where they will land, this book takes a look at a life uncharted through the eyes and experiences of the main character. The story reflects how the value of having a life's passion may actually add to a persons' sense of worth. The twists in Emira's experiences underscore the challenge of being a low-wage worker skilled for the job, but lacking employment experience. Emira says to herself, "you don't have a real job. This wouldn't have happened if you had a real job." Some aspects of this story may make recalling your own "fun age" more fun.



The Misadventures of Awkward Black Girl

By Issa Rae

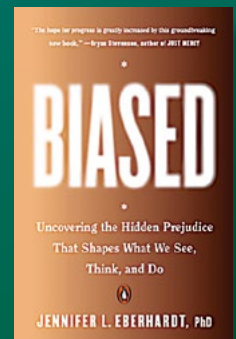
A state of constant rage and exhaustion at the ongoing incessant conversations about race is where this book begins. In this memoir, Rae writes, "sometimes, I'm so deep in my anger, my irritation, my need to stir change, that I can't see anything outside of the lens of race." She

talks about comparisons Black women make and how she now realizes there is no measurement necessary to claim either our womanhood or our Blackness. Rae declares, "I've decided to focus only on the positivity of being black, and especially of being a black woman." I have seen her screenwork, I found her book equally thought provoking and engaging.

Biased: Uncovering the Hidden Prejudice That Shapes What We See, Think, and Do

By Jennifer L. Eberhardt

This book carefully explains that coaching anyone requires creating a connection. In race relations, the coaching process is complicated by our biases. Eberhardt says, "implicit bias is not a new way of calling someone a racist. In fact, you don't have to be a racist at all to be influenced by it. Implicit bias is a kind of distorting lens that's a product of both the architecture of our brain and the disparities in our society." This book explores the difficult conversation of race from a particularly relevant vantage point for the present time.



Patricia Brown Denis is an educator and the owner of PBD Consulting, Inc., in Tampa, FL.



Rise

Lift others during the holiday season

By Professor Laura Dorsey

The best way to keep your spirits bright during this not-quite-normal holiday season? Doing good for others! One silver lining this year, with all that has gone on, has been seeing communities pull together to help others. Helping others has always been a hallmark of the holiday season. The holidays are the perfect time of year to go out of your way to make sure everyone feels valued. If you do not have the funds to donate, then volunteering is an excellent option. Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience and just plain loving one another.

From sharing a few kind words to building food baskets for needy families, there are countless ways to brighten someone's holiday season without investing too much time or money. Thirty percent of annual giving happens during the holidays. If you are looking for new ways to make an impact with your holiday giving, we at ONYX have got you covered. Volunteering usually requires taking physical action or offering personal service. The need to physically distance this season does not necessarily mean you have to forgo volunteer efforts. Whatever it is you like to do, you can also move it to the virtual space.

Two organizations are making a difference in the lives of many during this season in Central Florida. The first is Charita's House Outreach Ministry (CHOM). According to Second Harvest Food Bank, CHOM and its volunteers have delivered within the past year 120 tons of food to those less fortunate in Osceola County, who live at the single room hotels on highway 192 and in the woods. Their motto is, "I Am my Brother's Keeper."

Their efforts go a long way to help the many who live in underserved communities, but this is especially apparent during

the holiday months. A warm blanket is easy to take for granted. Still, when the weather turns chilly, basic household items can be the highlight of someone's holiday season. CHOM seeks volunteers because they know that "alone we can do so little, (but) together we can do so much." Explore their website at <https://www.claritashouse.com> to see how you can participate with this organization and the December holiday drive for the children and less fortunate.

The second organization helping families in need this holiday season is The Central Florida Diaper Bank. A third of American families struggle to afford enough diapers for their children. It costs a family about \$1,000 a year to buy a supply of average-priced diapers for one child. With the unemployment statistics today, this is an extraordinary expense. The Central Florida Diaper Bank, with a mission to advocate for families and children from birth to age 3, have supplied 662,498 baby diapers to hundreds of children from January to August 2019. The organization is having a Community Baby Shower on Saturday, December 12, 2020. To help this organization, please consider volunteering your time. Check out their website at www.centralfloridiaperbank.org.

Find a cause to support or a volunteer opportunity that the entire family can do together. You might find it challenging to pick only one organization. You will be more engaged if you choose a cause you are passionate about, one that resonates with you. No matter which nonprofit you choose, research before committing, by comparing charities on sites like Charity Navigator or GuideStar. One of the greatest gifts you can give is your time. One person can make a difference, and everyone should try during this holiday season.

The Right Toy

Children look forward to opening their holiday presents all year. However, there are some things to keep in mind to make sure gifts are safe and appropriate.

To help you make savvy selections, PlaySafe.org from The Toy Association, the premier site for toy safety information, is offering the following guidance:

Avoid Shady Sellers

This time of year can be costly, making it tempting to shop around. However, that low-priced toy may not be “a good deal.”

“U.S. toy safety laws are considered the gold standard. Before reaching your home, a toy is subjected to over 100 different safety standards and tests and must be certified compliant by an independent testing laboratory,” says Joan Lawrence, The Toy Association’s “Toy Safety Mom” and senior vice president of standards and regulatory affairs. “The cheap imitations and counterfeits available online from illicit sellers haven’t met these same safety standards.”

A recent survey commissioned by The Toy Association of U.S. parents who are their household’s primary toy purchaser revealed that 71% of parents whose kids get holiday gifts from grandparents who shop online aren’t very confident that their elders know how to ensure that toys are from verified sellers. In the same survey, 19% of parents report that their child has received a knockoff toy that was bought online.

Parents should talk to gift purchasers about sticking with verified sellers. This includes buying directly from brand websites or following provided links to official retailers selling a brand’s products. For those who choose to shop through lesser-known online sellers, checking out reviews and a product’s legitimacy before making a purchase is essential.

Follow Age Recommendations

Playing with toys above a child’s age can lead to misuse and possible injury. However, 26% of parents in The Toy Association survey report that their kid has received a toy that was meant for older kids. Pay special attention to age grading on product labels and encourage family members who are also toy shopping to do the same. These are not merely suggestions; they’re firm recommendations made by safety experts based on childhood developmental stages. Find this information on labels and in product descriptions. If it’s not available, that’s a red flag and could mean the toy is illicit.

Pay Attention to Toys Labeled 3+

Toys labeled 3+ may contain small parts that can be a choking hazard for children younger than 3 or kids who still mouth toys. While these items often make great gifts for older kids, they should be stowed away after playtime to keep younger siblings safe. Not sure if a toy is small enough to be hazardous? Consider getting a Small Parts Tester to test toys and other small household objects.

Monitor Playtime

Kids find ways to play with things that are not toys, including objects that can be very dangerous if accidentally swallowed. The holiday season may introduce new curiosities to the house (e.g., batteries, high-powered magnets, decorations, medications from visiting family members). On the other hand, there is a federal law that requires batteries in toys to be kept inaccessible, thanks to the use of a locking mechanism. Keep dangerous, non-toy items out of reach and monitor children during playtime.

For additional toy safety information, tips and resources, visit PlaySafe.org.

“Don’t let your child unwrap a potential safety hazard this holiday season,” says Lawrence. “By shopping smart, you can ensure safe play.”

Story by StatePoint



Dress Up!

Five ways to maintain a healthy image during the stay-at-home order.

By Mark Hillery

In March 2020, life for most Americans took a drastic change when everyone, with the exception of essential workers, was ordered to stay home as the world dealt with the effects of the coronavirus. Workers who typically conducted business in the office suddenly had to pivot and do business virtually, in most cases without a barber, and we noticed that grooming became a challenge. While working from home has likely changed the work environment for some time in the future, there are a few things your co-workers wanted me to share with you. So, here are five things we can do to maintain a healthy image while working virtually.

1. Maintain a Daily Hygiene Regimen

While it sounds funny, a large portion of men believe that if they're not going to interact with anyone, they can miss a day or two of showering. While you may live alone, and no one is going to comment on your "strong" presence, let's not get lazy. That attitude spills over into other areas of life. Shower daily!

2. Groom or Cut Your Hair

This was one of the biggest challenges as we transitioned further into the stay-at-home order. Men did not have access to their barbers or stylists. And what we saw bordered on scary, because some of us just stopped caring about our hair. Instead of home remedies or temporary solutions, we just stopped maintaining our hair, because we weren't going to see anyone face-to-face, so why the effort? Wrong.

3. Get Plenty of Rest

If you're a night owl, then this period saw you staying up later and jumping up just before your scheduled conference call. Try your

best to commit to a routine and get the required six to eight hours of rest, so that you're functioning as well as, if not better than, when you were still in the office environment.

4. Don't Relax the Attire Too Much

Unless the company has a strict policy that men are to wear professional attire there is no need to join every meeting in a shirt and tie. However, your co-workers wanted me to mention that you should never join a meeting in a T-shirt or athletic wear. I have maintained a personal policy to at least wear a blazer whenever I'm meeting with clients or co-workers. What's more is that, believe it or not, I also wear the matching pants. Now, if you are wearing sweatpants, shorts or pajamas, please put in extra effort and consider how the upper part of your body looks on camera. Don't forget that the camera can sometimes capture more than just your face and mid-torso.

5. Stay Physically Active

Sitting in your home all day can be convenient and efficient, especially if you need to look in on the kiddos doing their schoolwork. Working from home also creates another set of problems if you decide to work all day and neglect physical activity. If you don't feel safe visiting your local gym, walk around the house or neighborhood, and practice an exercise routine.

We are all making adjustments and trying to get our heads around what the "new normal" will officially look like. While a number of things in our lives are in constant change, let's focus on the things that we can control, like how we maintain relationships in a social distancing world and how we convey a healthy and professional image in order to keep winning.



Harris Rosen hanging out with future scholarship recipients from Tangelo Park Elementary School.

Harris Rosen

A Heart of Giving

By Harvey Fialkov

When Harris Rosen was about 10 in the 1940s, he and his younger brother Ron were walking to the library on the Lower East Side of Manhattan, otherwise known as the Bowery, when a sightseeing bus pulled alongside them.

Two well-dressed women got off the bus, and Rosen heard them say in a condescending tone: “So, this is how they live.”

The Rosen brothers were confused. Despite walking by homeless derelicts and alcoholics under the Third Avenue elevated subway, they loved their neighborhood, also known as “Skid Row.” After all, they thought they had an idyllic childhood, filling the days playing stickball, punchball, Johnny-on-the-Pony and ring-a-levio with their friends.

When they returned home to their seventh-floor apartment as their mother, Lee, was tucking them into bed, they asked her why those women would say such a thing.

“Not everyone lives this way,” she said softly. “Not every neighborhood has a Bowery. If you guys want to leave this neighborhood someday, you have to work hard in school—study, study, study—and if you’re lucky even to graduate college.”

Thus, the seed of education was firmly planted in young Harris’s consciousness.

Fast-forward five decades, and Rosen, then a multimillionaire hotel magnate with eight properties in the Orlando area, had an epiphany to give back to the underserved who weren’t given the same parental advice, hope, education and opportunity to succeed.

So in 1993, Rosen got together with several community leaders, and together they formed the Tangelo Park Program (TPP), where

“We now refer to Tangelo Park as a quiet oasis.”

Rosen guaranteed every child from a crime-ridden, drug-infested neighborhood an all-expenses-paid scholarship from preschool through college.

At the time, the high school graduation rates were plummeting and drop-out numbers exceptionally high with corresponding low test scores. Presently, virtually 100% of Tangelo students obtain a high school diploma in this lower socioeconomic community of approximately 3,000 residents composed mostly of African Americans and Caribbean immigrants.

Shift to 2020, the TPP and Rosen’s \$14 million commitment has taken these children from diapers to degrees, from poverty to prominence, from bleak futures to promising presents.

The program has provided approximately 500 scholarships to students from Dr. Phillips and Jones high schools to vocational training, community college and four-year Florida public universities. Those students who maintain residences in the community and stay enrolled in the program graduate from college at a rate of 78%.

Dr. Chuck Dziuban, a professor at the University of Central Florida, is in charge of collecting the impact data on the outcome of those youngsters associated with the TPP.

“The bottom line of the TPP is if you live in a lower economic quartile in the United States, your chances of attending and graduating college are 9-to-1 against,” said Dziuban, the coordinator of The Harris Rosen Foundation’s educational initiatives. “We have changed that to 3-1 in favor. If you remain with the Rosen program and go all the way through, three out of four will graduate college, and many of those will go on to graduate school.

“This is the way to build the new philanthropy for the country.”

Other positive results from the TPP are the rise of property values and a 78% decreased crime rate in Tangelo Park, prompting Orlando Mayor Jerry L. Demings, the former sheriff of Orange County, to remark:

“We now refer to Tangelo Park as a quiet oasis.”

The program has been so successful that in 2017 Rosen and his associates began to duplicate the initiative in Parramore, a much larger and more downtrodden community in downtown Orlando.



Harris Rosen received the Coretta King ANGEL Award in Atlanta in 2015. To his left are Chuck Dziuban and Juanita Reed, who work for Mr. Rosen’s Foundation.

Rosen, 81, who was raised Jewish, always remembered advice from his immigrant grandfathers—one made wooden barrels, the other ran a restaurant before the 1929 Great Depression—to do the right thing, perform mitzvahs, to make God proud.

The publisher of ONYX Magazine, Rich Black, considers Rosen a mentor whom he worked for five years in the early 2000s as his diversity chief in his office at the (now called) Rosen Inn International. Rosen and Black first worked together in 2003 on a successful project to construct a statue of Mary McLeod Bethune, the legendary civil rights activist and philanthropist at Bethune-Cookman University.

“Harris didn’t have to be involved, but because of his passion and concern for the community he said to me, ‘Rich, you can only make so much money and be happy. I had an epiphany and found out that I felt better about my life when I was making a difference in others,’” said Black. “He told me his job was to create new Harris Rosens, and your job is to develop new Rich Blacks.”

“As we approach the holiday season, we’re facing so many crises,” added Black. “Systemic racism begins with education, so we must set the example and continue to educate. We can’t stop because of COVID; we have to increase the effort and find corporations and millionaires to fund educational models such as the Tangelo Park Program and Parramore initiatives all across the country.”

Juanita Reed helped usher the TPP alumni from eighth grade to college during her 45-year career as a guidance counselor at Dr. Phillips. Reed has since retired but continues her voluntary role



Harris Rosen with his family Family Adam (who passed away in 2018), Shayna, Joshua and Jack

“The scholarship program has been a beacon of hope for the Tangelo Park community.”

—Juanita Reed

as recording secretary and scholarship coordinator for the Rosen Foundation.

“The scholarship program has been a beacon of hope for the Tangelo Park community,” Reed said. “I would tell each eighth grader that you have a chance to start over in high school. You have a scholarship with your name on it.”

Reed raves about TPP grads—such as nurse Latifat Oginni Akinduro; Alfonso Daniels-Scurry, now a fifth grade teacher at Tangelo Park Elementary; and Daja McFadden, a Business Education teacher at Dr. Phillips—who have all returned to give back to their old neighborhood.

“It meant everything to me,” said Daniels-Scurry, 27, who’s seeking his master’s degree in educational leadership. “I was raised by my Mom [Montrae], and there was no way she could afford to pay for college. I always knew if I went through the program, I had college waiting for me. I chose Harris Rosen over a possible football scholarship.

“My Uncle Donnie [Daniels], who was in the ’97 class, did the same thing. Now my 2-year-old son, Shakur, is in the 2-3-4-year-old preschool program. My sister Najah is at Dr. Phillips and will use the Rosen scholarship to attend Florida A&M to become a pharmacist. I love the man,” he said.

McFadden, 24, said the Rosen scholarship enabled her to pursue a high grade point average in college because she didn’t have to find a part-time job to pay for expenses.

As a young boy, Rosen worked on weekends for his father, Jack, a sign painter and calligrapher. Working for a penny a place-card at the Waldorf-Astoria, Harris stepped into an elevator in the iconic hotel in Manhattan where he encountered a well-dressed gentleman and a “beautiful young blonde woman.”

The dashing couple was United States Ambassador to the United Kingdom Joe Kennedy, father of then-future President John F. Kennedy, and eventual bombshell actress Marilyn Monroe.

“Marilyn reached down and hugged me,” cooed Rosen. “To this day, I can still feel that hug.”

Instead of attending a fine-arts school, Rosen told his father he would have more fun going into hotel management. From there, he attended Cornell University School

of Hotel Administration, where he also earned a four-year ROTC appointment and rank of Second Lieutenant in the Army.

Rosen returned from his Army stint and ended up in Orlando, working for the Walt Disney Company as director of hotel planning during the startup of Disney World in 1971. He was instrumental in developing the Contemporary and Polynesian Village Resorts.

Eventually, Rosen met with his boss, thinking a promotion and raise were coming. Instead, he was shockingly fired, with his boss saying he wasn’t “Disney executive material.”

“I asked, ‘Is it because my ears are too small?’ ” cracked Rosen.

Undaunted, in 1974, Rosen soon used his life savings of \$20,000 to purchase a Quality Inn hotel not far from Disney World. The rest is hotel history. Rosen went on to become the largest, independent hotelier in the Southeast, ironically benefiting from the tourists who have attended Disney World and other Orlando-area theme parks over the past 46 years.

The pandemic has forced the temporary closure of six of Rosen’s properties, but that won’t stop Rosen from continuing his life’s mission to end racial inequality and convince fellow millionaires to duplicate the TPP educational model in every city in America.

“We do believe the Black Lives Matter initiative has gotten the attention of some, and hope and pray that other underserved communities will adopt it in the next few years,” he said.

Rosen, a fit octogenarian, credits his energetic longevity to his daily workouts, including a 1 1/4 mile swim, evening stretches and lots of salmon, not to mention his annual parachute jumps at Fort Bragg.

He will continue to attend every preschool and high school graduation to meet the children he is helping become productive citizens by giving them a chance “to lead the kind of life they dream about” he says.

“That’s my greatest joy every year when I go to the preschool graduations at Tangelo Park and Parramore, and I move their tassel from one side to the other and shake their hand,” Rosen said. “I tell the parents, grandparents, aunts and uncles to get used to this because it’s only the beginning.

“Then, everybody starts to cry and clap at the same time.”



Super Savings

Save money with these three holiday shopping hacks

The holiday shopping season may look a little different this year, but one thing that hasn't changed is the importance of saving money. Whether you're shopping online or in store, these tips can help you spend less and set you up for long-term financial success.

Credit or Debit

"The answer to this depends on your individual financial situation," said Shazia Virji, vice president at Credit Sesame. "Purchasing items with cash or a debit card can help prevent you from overspending or going deeper into debt, but paying with credit now allows you to save your cash for expenses that don't allow you to pay with credit, like rent or loan payments." If you have a credit card that offers reward programs, you may benefit from the additional points and discounts during the holiday shopping season. One of the potential downsides to using your credit is that you may rack up more debt. If you aren't in a position to pay your entire balance each month, you'll likely end up paying more in interest over time.

"Your cash and credit are intertwined when it comes to your overall financial health, so it's important to find a balance between using the two," said Virji. "In fact, Credit Sesame helps emphasize the relationship between the two by rewarding customers with cash rewards when they improve their credit score."

Downsides of Retailer Credit Cards

If you've shopped at a major retail chain or department store, you've likely been asked if you want to save 10 percent on your purchase by applying for their credit card. Before you apply for any credit card, there are a few factors to keep in mind. First, you should make sure that you could pay off the balance in a timely manner.

"Oftentimes, retailer credit cards have higher interest rates and could cost you more in the long run if you don't pay them off in full," said Virji. Another consideration is whether you'd benefit from the perks of having this store credit card. If this is a store you shop at frequently and would use the bonus points and discounts, then it may be a good option for you. It's also important to keep in mind that applying for any credit card may temporarily lower your credit score with a hard inquiry.

Free Shipping Doesn't Always Pay Off

You've found the exact gift you're looking for online, and you're ready to check out. Unfortunately, you're about \$15 short of the minimum total to qualify for free shipping.

"Don't feel pressured to throw another item in your cart just to save \$5.99 on shipping charges," said Virji. "Chances are, you'll end up spending more than you'd save in free shipping for something you didn't need. If you're shopping from multiple online stores, adding a few things here and there can really add up and blow your budget." Instead, try to match up your shopping list to retailers offering promotions that don't require a minimum purchase. Your credit or debit card may also provide exclusive discounts, like Credit Sesame's Cash Back Offers, where you can receive up to 15 percent instant cash back from thousands of national and local retailers on qualifying purchases.

"Remember, you don't need to jeopardize your financial health to show your loved ones that you care this holiday season," said Virji. "By managing your cash and credit together and sticking to a budget, you can buy quality gifts and keep your debt at bay."

Story by BrandPoint

Underground RX



After losing her health insurance earlier this year, D.j. Mattern, who has Type 1 diabetes, turned to a growing underground network of people with diabetes who share extra insulin free of charge when they have it. (Rachel Woolf for KHN)

Loss caused by COVID has some seeking illegal means to get much-needed drugs.

By Markian Hawryluk

D.j. Mattern had her Type 1 diabetes under control until COVID's economic upheaval cost her husband his hotel maintenance job and their health coverage. The 42-year-old Denver woman suddenly faced insulin's exorbitant list price—anywhere from \$125 to \$450 per vial—just as their household income shrank.

She scrounged extra insulin from friends, and her doctor gave her a couple of samples. But as she rationed her supplies, her blood sugar rose so high, her glucose monitor couldn't even register a number. In June, she was hospitalized.

"My blood was too acidic. My system was shutting down. My digestive tract was paralyzed," Mattern said, after three weeks in the hospital. "I was almost near death."

So she turned to a growing underground network of people with diabetes who share extra insulin when they have it, free of charge. It wasn't supposed to be this way, many thought, after Colorado last year was the first of 12 states to implement a cap on the copayments that some insurers can charge consumers for insulin. But as the COVID pandemic has caused people to lose jobs and health insurance, demand for insulin sharing has skyrocketed. Many patients who once had good insurance now realize the \$100 cap is only a partial solution, applying just to state-regulated health plans.

Colorado's cap does nothing for the majority of people with employer-sponsored plans or those without insurance coverage.

According to the state chapter of Type 1 International, an insulin access advocacy group, only 3% of patients with Type 1 diabetes under 65 could benefit from the cap.

Such laws, often backed by pharmaceutical companies, give the impression that things are improving, said Colorado chapter leader Martha Bierut. "But the reality is, we have a much longer road ahead of us."

The struggle to afford insulin has forced many people into that underground network. Through social media and word-of-mouth, those in need of insulin connect with counterparts who have a supply to spare. Insurers typically allow patients a set amount of insulin per month. Still, patients use varying amounts to control their blood sugar levels depending on factors such as their diet and activity that day.

Though it's illegal to share a prescription medication, those involved say they simply don't care: They're out to save lives. They bristle at the suggestion that the exchanges resemble back-alley drug deals. The supplies are given freely, and no money changes hands.

For those who can't afford their insulin, they have little choice. It's a your-money-or-your-life scenario for which the American free-market health care system seems to have no answer.

"I can choose not to buy the iPhone or a new car or to have avocado toast for breakfast," said Jill Weinstein, who lives in Denver and has Type 1 diabetes. "I can't choose not to buy the insulin, because I will die."

Exacerbated by the Pandemic

Surveys conducted before the pandemic showed that 1 in 4 people with either Type 1 or Type 2 diabetes had rationed insulin because of the cost. For many Blacks, Hispanics and Native Americans, the pinch was especially bad. These populations are more likely to have diabetes and also more likely to face economic disparities that make insulin unaffordable.

Then COVID-19 arrived, with economic stress and the virus itself hitting people in those groups the hardest.

This year, the American Diabetes Association reported a surge in calls to its crisis hotline regarding insulin-access problems. In June, the group found, 18% of people with diabetes were unemployed, compared with 12% of the general public. Many are wrestling with the tough choices of whether to pay for food, rent, utilities or insulin.

Rep. Dylan Roberts, a democrat who sponsored Colorado's copay cap bill, said legislators knew the measure was only the first step in addressing high insulin costs. The law also tasked the state's attorney general to produce a report, due Nov. 1, on insulin affordability and solutions.

"We went as far as we could," Roberts said. "While I feel Colorado has been a leader on this, we need to do a whole lot more both at the state and national level."

According to the American Diabetes Association, 36 other states have introduced insulin copay cap legislation, but the pandemic stalled progress on most of those bills.

Insulin prices are high in the U.S. because few limits exist for what pharmaceutical manufacturers can charge. Three large drug-makers dominate the insulin market and have raised prices in near lockstep. A vial that 20 years ago cost \$25 to \$30 now can run 10 to 15 times that much. And people with diabetes can need as many as four or five vials per month.

"It all boils down to cost," said Gail DeVore, who lives in Denver and has Type 1 diabetes. "We're the only developed nation that charges what we charge."

Before the COVID crisis triggered border closures, patients often crossed into Mexico or Canada to buy insulin at a fraction of the U.S. price. President Donald Trump has taken steps to lower drug prices, including allowing for the importation of insulin in some cases from Canada. Still, that plan will take months to implement.

The Kindness of Strangers

DeVore posts on social media three or four times a year, asking if anybody needs supplies. While she's always encountered demand, her last tweet in August garnered 12 responses within 24 hours.

"I can feel the anxiety," DeVore said. "It's unbelievable."

She recalled helping one young man who had moved to Colorado for a new job but whose health insurance didn't kick in for 90 days. She used a map to choose a random intersection halfway between them. When DeVore arrived on the dusty rural road after dark, his car was already there. She handed him a vial of insulin and testing supplies. He thanked her profusely, almost in tears, she said, and they parted ways.

"The desperation was obvious on his face," she said.

It's unclear just how widespread such sharing of insulin has



become. In 2019, Michelle Litchman, a researcher at the University of Utah's College of Nursing, surveyed 159 patients with diabetes, finding that 56% had donated insulin.

"People with diabetes are sometimes labeled as noncompliant, but many people don't have access to what they need," she said. "Here are people who are genuinely trying to find a way to take care of themselves."

If insulin affordability doesn't improve, Litchman suggested in a journal article, health care providers may have to train patients on how to safely engage in underground exchanges.

The hashtag #Insulin4all has become a common way of amplifying calls for help. People sometimes post pictures of the supplies they have to share, while others insert numbers or asterisks within words to avoid social media companies removing their posts.

Although drug manufacturers offer limited assistance programs, they often have lengthy application processes. So they typically don't help the person who accidentally drops her last glass vial on a tile floor and finds herself out of insulin for the rest of the month. Emergency rooms will treat patients in crisis and have been known to give them an extra vial or two to take home. But each crisis takes a toll on their long-term health.

That's why members of the diabetes community continue to look out for one another. Laura Marston, a lawyer with Type 1 diabetes who helped to expose insulin pricing practices by Big Pharma, said two of the people she first helped secure insulin, both women in their 40s, are in failing health, the result of a lifetime of challenges controlling their disease.

"The last I heard, one is in end-stage renal failure and the other has already had a partial limb amputation," Marston said. "The effects of this, what we see, you can't turn your back on it."

The underground sharing is how Mattern secured her insulin before recently qualifying for Medicaid. When someone on a neighborhood Facebook group asked if anybody needed anything in the midst of the pandemic, she replied with one word: insulin. Soon, an Uber driver arrived with a couple of insulin pens and replacement sensors for her glucose monitor.

"I knew it wasn't altogether legal," Mattern said. "But I knew that if I didn't get it, I wouldn't be alive."

This story first appeared in Kaiser Health News and has been republished with permission.



COVID Holiday

As the holidays approach, there's a reason to be even more cautious about coronavirus.

By Melissa Burdi

As temperatures fall, even in Florida, people are spending more time indoors. That heightens the risk of the coronavirus spreading, but you can take some simple steps to help protect yourself and everyone around you.

It's easy to get tired of wearing masks and practicing social distancing. There has even been some talk from the White House about herd immunity—the idea that if enough people get infected, the virus won't spread.

But the U.S. isn't anywhere close to herd immunity for SARS-CoV-2, estimated to be reached when about 60% to 70% of the population has been infected—likely more than 200 million people. Without a vaccine, hospitals would be overwhelmed by the illnesses, and hundreds of thousands more people would die. We also don't know how long immunity lasts.

Because we don't have an approved vaccine in widespread use yet, protective measures are still essential. Medical experts recommend taking these seven simple steps to protect yourself and your loved ones to reduce the spread of COVID-19.

Avoid Crowds and Keep Some Distance

Avoid the three C's—closed, crowded and close contact. This gets harder as the seasons change, and more activities move indoors.

When people sing, shout or even just talk, they send tiny respiratory droplets into the air. If infected droplets get into your eyes, nose, or mouth, you can get infected. Staying 6 feet away is a good rule of thumb, but it doesn't protect you from everything. The tiniest of these droplets, known as aerosols, can linger in the air for hours.

The risks of contracting COVID-19 increase in poorly ventilated spaces where people spend long periods together in close proximity. Outbreaks have been linked to restaurants, choir practices, fitness classes, nightclubs and other spots where people congregate. You can still find ways to exercise outside, though. Try going for a walk with a friend. Virtual events can also bring people together safely.

Wear a Face Mask

Face masks can reduce the virus's spread by stopping droplets people breathe out and filtering some of what they breathe in. They are especially important in crowded and inadequately ventilated areas.

To wear the mask correctly, start by cleaning your hands before you put it on, and make sure the mask fits securely over your nose, mouth and chin. When the mask doesn't cover your nose, you're giving the virus an easy route for infection.

If you wear a fabric mask, make sure it has two or more layers.

Avoid Touching Your Eyes, Nose and Mouth

Your hands touch many surfaces and can pick up viruses. Once contaminated, hands can then transfer the virus to your eyes, nose or mouth. From there, the virus can infect you.

Wash Your Hands

Thoroughly washing your hands can reduce the spread of viruses. Wash your hands for at least 20 seconds with an alcohol-based hand rub or with soap and water. This eliminates germs, including viruses.

Fall and winter also bring more colds. When you feel the need to cough or sneeze, cover your mouth and nose with your bent elbow or tissue. Then dispose of the used tissue immediately into a closed bin and wash your hands. By following good "respiratory hygiene," you protect the people around you from viruses, including those that cause the common cold, flu and COVID-19.

Keep Surfaces Clean

Clean and disinfect surfaces in your home frequently, especially those people touch regularly, such as door handles, faucets and phone screens.

Recognize the Symptoms

Until the U.S. has an approved vaccine with reliable immunity and it's being used, this pandemic remains a serious health threat. Being able to recognize the symptoms of COVID-19 is important.

Common symptoms of COVID-19 include fever, dry cough and fatigue. Other symptoms that may affect some patients

include loss of taste or smell, aches and pains, headache, sore throat, nasal congestion, red eyes, diarrhea, or skin rash.

Some of these symptoms overlap with the common cold, but it's best to err on the side of safety. If you feel sick or have a fever and difficulty breathing, call your doctor or hospital to seek help. If you experience less severe symptoms, self-isolate until you recover, even if the symptoms seem mild. Call your healthcare provider or see the Centers for Disease Control and Prevention Coronavirus Self-Checker for additional support. If you need to leave your house, wear a face mask to avoid infecting others.

Keep up to date on COVID-19 information and risks by listening to local and national health authorities.

Take Care of Your Mental Health

During the stress and upheaval of the pandemic, don't forget to take care of your mental health and well-being.

Connecting with friends, loved ones and your community via social media, phone, video or text can help reduce feelings of social isolation. Eating well, exercising daily and getting enough sleep are important for health and coping.

Be deliberate in making time to care for yourself by engaging in activities that bring you joy. Don't be afraid to ask for help or to seek out resources, including counseling or therapy, if you are feeling stressed. Practice positive self-talk by saying phrases aloud, such as "This is temporary" and "We can do this."

The reality is that you do not want this virus. We don't yet know the long-term effects or whether immunity after an infection will last. Even young people who get it and recover can experience continuing cognitive effects, fatigue and potentially heart and lung damage. As you look ahead, remember these important safety tips and find socially distanced activities that will help you remain connected and safe.

"The Conversation" originally published this article. It has been published here with permission. Melissa Burdi is the dean and vice president of the Purdue University Global School of Nursing.



FESTIVE FUDGE

The recent pandemic has us shut in and shut out of others' homes, but don't let that dampen your giving spirit. Here's a merry way to share with your family and friends that keeps everybody safe. After you make this yummy fudge, festively package it in box or a tin. With it wrapped up tight, you could leave it on a door stop and never have to go inside. Or, you could safely distance while nibbling fudge and sipping on cocoa with friends. Happy holidays.

Ingredients

- 2 $\frac{3}{4}$ cups sugar
- 4 ounces unsweetened chocolate
- 3 tablespoons butter, plus more for greasing pan
- 1 cup half-and-half
- 1 tablespoon corn syrup
- 1 tablespoon vanilla extract
- 1 cup chopped, roasted nuts, optional

Directions

Grease an 8 by 8-inch pan with butter. In a heavy-bottomed saucepan, combine the sugar, chocolate, 1 $\frac{1}{2}$ tablespoons of the butter, half-and-half, and corn syrup. Over medium heat, stir with a wooden spoon until sugar is dissolved and chocolate is melted. Increase heat and bring to a boil. Reduce heat to medium-low, cover, and boil for 3 minutes. Remove the cover and attach a candy thermometer to the pot. Cook until the thermometer reads 234 degrees F. Remove from the heat and add the remaining butter. Do not stir. Let the mixture cool for 10 minutes or until it drops to 130 degrees F. Add vanilla and nuts, if desired, and mix until well-blended and the shiny texture becomes matte. Pour into the prepared pan. Let sit in cool dry area until firm. Cut into 1-inch pieces and store in an airtight container for up to a week.



A DELICIOUS HOLIDAY MEAL MADE SIMPLE

When planning your holiday menu, consider selecting one ingredient to be the star of the show. Not only is this a good way to simplify your shopping list during a busy time of year, it will unify your meal with complementary flavors.

Need some inspiration? Consider sweet tea. Not just a hot or cold beverage, sweet tea can be used in cooking and baking to deepen the flavor profile of mains, sides, desserts and more.

For holiday ease, purchase a ready-to-drink version like Milo's Famous Sweet Tea—it's available nationwide and is fresh brewed daily without any added colors or preservatives.

Get started on your holiday meal prep by wowing your family with this simple recipe for a Sweet Tea Turkey Brine:

Ingredients:

- 1 gallon Milo's Famous Sweet Tea
- 1 cup kosher salt
- 3 large sweet onions, quartered
- 4 lemons, sliced
- 8 garlic cloves, peeled
- 5 sprigs rosemary
- 10 cups ice
- Whole turkey

Directions:

1. In large stockpot over medium-high heat, combine sweet tea and kosher salt; stir frequently until salt is dissolved. Add onions, lemons, garlic and rosemary. Remove from heat; let cool to room temperature.
2. When broth mixture cools, pour into clean 5-gallon bucket. Stir in ice.
3. Wash and dry turkey. Remove innards. Place turkey, cavity-side up, into brine to fill cavity. Cover and place bucket in refrigerator overnight.
4. Remove turkey, carefully draining excess brine; pat dry. Discard excess brine.
5. Cook turkey, as desired, reserving drippings for gravy.

For those in need of a pick-me-up before or after dinner, try this recipe for Milo's Holiday Hot Tea:

Ingredients:

- 12 cups Milo's Famous Sweet Tea
- Two 12-ounce cans frozen limeade juice concentrate
- Orange, thinly sliced (reserve 1 slice for garnish)
- 12 whole cloves
- 4 cinnamon sticks
- 1 teaspoon vanilla
- 1 cup fresh cranberries
- 1 cup ginger ale

Directions:

1. Combine all of the ingredients in a large crockpot and stir. For easier serving, place the cloves into a tea ball or a double layer of coffee filters and close with kitchen twine.
2. Heat combined ingredients on high for 30 minutes, then reduce to low for an additional 2 hours; or heat on low for 2 hours then reduce setting to warm overnight.
3. Optional serving garnish: garnish rim of glass with remaining orange slice and sugar in the raw or brown sugar.

For more sweet-tea inspired recipes for your holiday meal, including cobblers, cakes, sauces and dressings, visit drinkmilos.com/recipes.

By using a baking and cooking ingredient you might not have considered before, you can give your holiday meals a delicious twist.

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No, coronavirus can't cancel Christmas. But unsafe practices could steal your joy. This holiday season, remain socially distant, wash your hands frequently and MaskUp! Stop the Spread of COVID-19. Do it for someone you love.

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