



By: Ana Maria Echeverria

All - Star Newsletter | Issue 2

Spring 2022



Young man playing basketball at one of S.T.A.R.S. Youth Enrichment Program's camps for youth to teach life skills and physical sport!

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About S.T.A.R.S.

Since 2009, The S.T.A.R.S. Youth Enrichment Program, Inc (more commonly known as S.T.A.R.S. YEP, and Reach 4 the S.T.A.R.S.) is a youth life skills program that promotes academic, social, physical, and cultural programs. The camp system supports under-served communities by providing a free of charge safe and fun environment to learn basic life skills and physical sport.



E-Z links to our social media:



Featured Articles

Parenting & Self-Care

As a parent, making time for yourself between work and home life, is very important. Self-care is not about selfishness, but rather about your own well-being and health. Mental health is just as important as physical health. One way to maintain our overall health is through self-care. Self-care looks different for everyone, but it is any action that improves your health.



Father holding his baby.

Forms of Self-Care

Many often confuse self-care with self-indulgent habits, but the key difference is that self-care habits are solutions that ultimately improve our health in the long-run rather than providing a "quick fix" (i.e. binge-watching Netflix, overspending, etc.).

There are 6 main categories of self-care habits:

- Physical
- Psychological
- Emotional
- Spiritual
- Social
- Professional



[Read more](#)

Staying Active

Keeping children fit and active when they're young can lead to many long-term benefits including decreasing obesity thus lowering the chances of colon and breast cancer, as people who are overweight will likely suffer according to *University of Texas, MD Anderson Center*. Due to the rise in technology over the years, kids have become less and less active over the years. The article below by MD Anderson Center provides some tips to motivate kids to engage in physical activity.

[Read More](#)



Kids at STARS Camp playing on the basketball court.

National Play Outside Day

Did you know that there is a National Play Outside Day that occurs every month? On every first Saturday, people of all ages across the nation are encouraged to spend the day outside enjoying nature, and away from all the screens. The closest National Play Outside Day is on March 5th.

Get your family and friends together to enjoy a day of outdoor activities at a local park or even in your own backyard! You could play frisbee, have a fancy picnic, go on a hike, take a trip to a lake, etc; there are so many ways to spend quality time with your loved ones outside!

[Read More](#)



TIME Magazine - Kid of the Year 2021

Orion Jean for Time Magazine,



Orion Jean - Kid of the Year 2021

"Kindness is a choice and while we can't force others to be kind, we can be kind ourselves and hope to inspire other people." - Orion Jean

We can learn a lot from kids from listening to what they believe in. Read more about *TIME*'s Kid of the Year 2021, eleven year-old Orion Jean, in *TIME*'s interview with Angelina Jolie.

Read more about Orion below:

[Orion Jean Is *TIME*'s 2021 Kid of the Year](#)

E-Z links to our social media:



Spring Recipes

Cheesy Rabbit Snacks



Visit Recipe: [Blessed Beyond Crazy Blog](#)

These tasty snacks, made from Babybel cheese, are the perfect afternoon snack for kids!

All you need is:

- Babybel cheese
- carrots
- celery
- mini chocolate chips
- white chocolate chips
- mini candy hearts

They are easy and quick to make, and gluten-free!
A good snack to have around for Easter time!

Snack Bag Butterflies



Visit Recipe: [Kids Activities Blog](#)

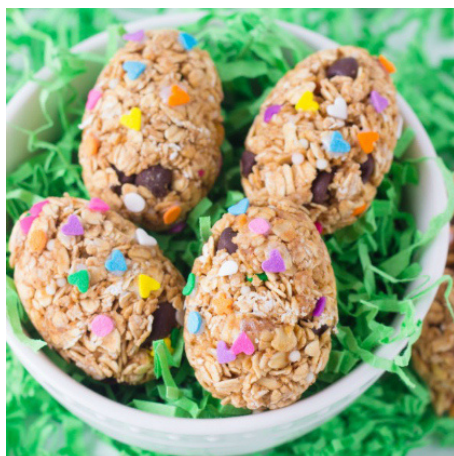
These adorable butterflies are both a fun, hands-on, arts-and-crafts activity for kids (at home or in the classroom) as well as a delicious, nutritious snack! You can fill the bags up with cereal, pretzel sticks, trail mix, raisins, or any other healthy snack that could be bagged.

Besides the snacks, all you need to decorate is:

- Snack size zip top bags
- Clothespins
- Pipe cleaners
- Craft paint
- Paint brush
- Glitter & other embellishments
- Glue

Definitely fun and easy to make for a fun spring snack!

Oatmeal Easter Egg



Visit Recipe: [Savvy Naturalista Blog](#)

These cute easter eggs are actually all natural, vegan-friendly snacks! A batter is made from all vegan ingredients and placed in plastic easter eggs to set in the fridge for about an hour.

All you need for the batter is:

- 2 ½ cups rolled oats
- 3 tbsps. powdered peanut butter
- ¼ cup maple syrup
- 1 tsp. vanilla
- 5 tbsps. almond milk
- 1 tbsp. peanut butter
- Sprinkles for decoration

They are super tasty, easy to make, festive snacks for your kids!

New Board of Director Members

Nikita Lowry Dawkins - Board of Directors, Treasurer & Chair, Finance

"My desire to impact the lives of others come from a life-long passion of wanting to help people reach their goals. I find that working with others gives me the opportunity to pay it forward as I stand on the shoulders of the great men and women that have impacted my life in ways I couldn't begin to describe. There is no greater feeling of satisfaction than to assist individuals as they work hard to make their dreams a reality!"

Former Associate Head Coach for the Texas Tech Women's Basketball program

Former Associate Women's Basketball Coach for the University of Minnesota Golden Gophers

Assisted Coach Stollings for two seasons at Virginia Commonwealth University (VCU)

Spent 7 seasons as an assistant coach and recruiting coordinator at Old Dominion University under legendary Hall of Fame Head Coach Wendy Larry. Honored as one of the most influential African American athletes to play at Ohio State, won three Big Ten Championships and four NCAA Tournament appearances from 1985-89.

Lance D. Thompson - Director

Experienced consumer packaged goods professional, negotiator, data guru, and Harvard graduate. He is a man of faith and is fueled by changing the way people eat and giving back to his community. He particularly loves inspiring others to achieve their goals.

10 plus years of food industry experience at Smithfield Foods and is currently at Bonduelle. He has sales experience across a wide range of major retail and foodservice accounts spanning every market in the United States and the world (minus Europe and the Middle East). He also holds an undergraduate degree in Business Management from Arizona State University, an MBA from the University of Dayton, and an alumnus of Harvard's Business Analytics Program. While at Harvard he was inspired by classmates and professors to do more. Here he met Ty, and after hearing his story and what the S.T.A.R.S. Youth Enrichment Program is doing, became extremely passionate about their mission. He sees S.T.A.R.S. YEP as a platform to inspire and unleash the potential of a young child's life. Here he'll utilize his passion and experience in food and data to help the mission and the cause.



New Board of Director Members

Don A. Sellers -Director, Vice President, Basketball Operations & Founder, Sellers Interactive Coaches Clinics

Coach Sellers has served as director of player development/head coach at The Harlem Globetrotters Organization. Currently, he is an independent consultant/evaluator and conducts coaching clinics.

He has remained a staunch advocate for the Linden McKinley High School athletics program while sharing his technical knowledge and encouragement with young athletes at practices, before games, and during halftime breaks.

THE SELLERS INTERACTIVE EXPERIENCE

- NBA scout (Memphis Grizzlies, Portland Trailblazers, New Orleans Hornets, and San Antonio Spurs)
- Director, Player Development and Head Coach (Harlem Globetrotters)
- Head Coach of International Championship Teams (Chinese and Lebanese Basketball Association; Hong Kong National Team)
- Minor League Championship Coach (Rochester and Yakima Sun Kings);
- National Champion Ohio Bruins (OBA)

Sellers Interactive Coaches Clinics



Meet the New Interns

Ana Maria Echeverria



Social Media & Special Projects Intern

Ana María is a fourth year Interdisciplinary Studies major with concentrations in Fashion design, sustainability, and marketing. She is a first-generation Guatemalan American raised in Cincinnati, Ohio.

Julian Hill



Marketing & Special Projects Intern

Julian Hill is a third year Marketing and English major on the Professional Writing track at the University of Cincinnati from Toledo, OH. Through his profession, he hopes to provide representation to underrepresented people like himself and be able to tell their stories in media and advertising!

STAFF & Advisors

Coach Michael Bradley - Director, Camp Programming
Samuel Dunson - Special Artistic Projects Advisor
Ana Maria Echeverria - Social Media & Special Projects
Julian Hill - Marketing & Special Projects
Josh Salley - Video & Photography Advisor
Sherlene Shanklin/VIPP Communications - Media Advisor
Elena Velez - Manager, College & University Interns

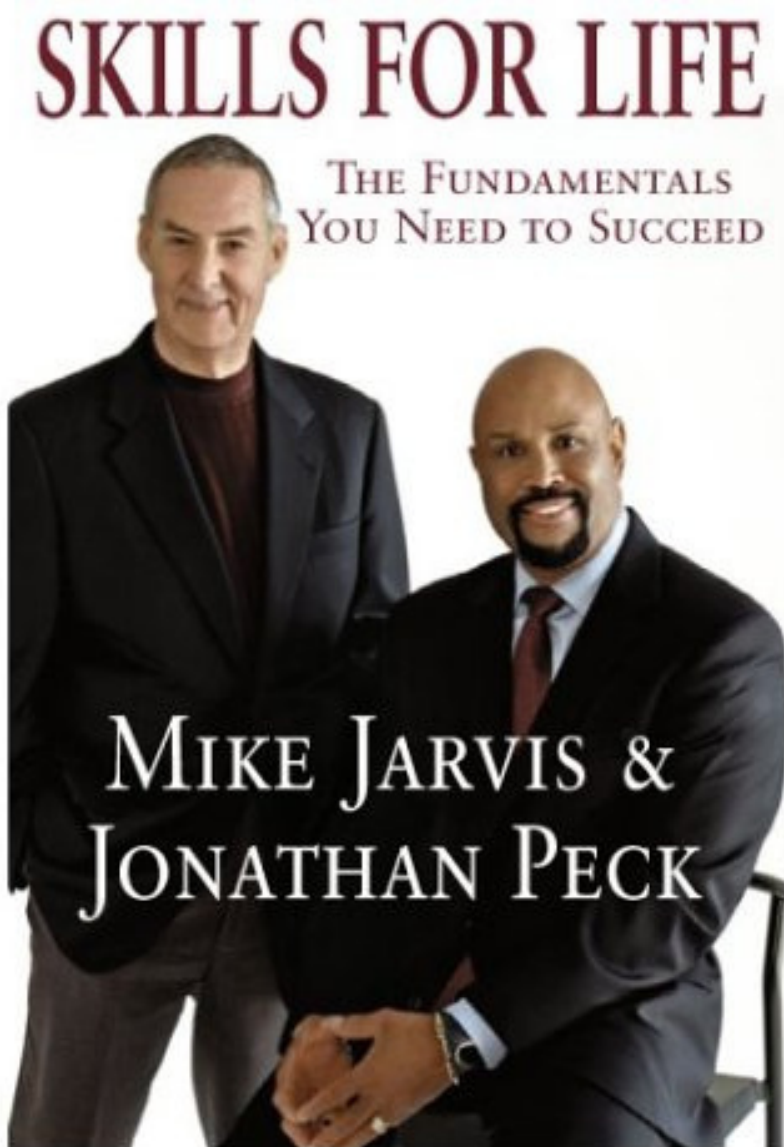
BOARD OF DIRECTORS

Tyree L. Fields - Founder & President
Joyce Sutton Cameron - Vice President

Connell Black - Director
Boris K. Byrd - Director
Nikita Lowry Dawkins - Director
Dale Ellis - Director & President, Basketball Operations
Joe Jackson - Director
Coach Mike Jarvis - Director, Co-Author Skills for Life, Basketball Coach & Mentor
C. Eric Lewis - Director
Beth McNeill - Director
Carol Prewitt - Director
Don A. Sellers - Director, Vice-President, Basketball Operations & Founder, Sellers Interactive Coaches Clinics
Lance D. Thompson - Director
Eva Coca Velázquez - Director
Ken Walker - Director



Skills For Life Book



Skills for Life By Coach Mike Jarvis & Jonathan Peck

Skills for Life is written for anyone who has tried to teach - e.g. parents, coaches, teachers, mentors, and employers - or anyone who has tried to learn, e.g. students, people starting a career, and those either stalled personally, and/or professionally. Both audiences will benefit from the advice contained within *Skills for Life*. The book is a coaching manual for life. Jarvis and Peck address four major areas: Who You Are, How You Look, How You Perform, and Where Do You Go from Here? In clear and simple language, they outline what is needed to gain confidence and expertise in each of these areas.

Keep on reading with your own copy of the book: [Purchase Link](#)

S.T.A.R.S. Youth Enrichment Program



Teens Making a Difference in Their Communities - Do Something .org

Lauren, 18

Tackle Hunger Campaign for Do Something .org



*"Community means having a place where you belong; being in the presence of people that are concerned about your wellbeing. It means a safe place to be your authentic self. **We all are interconnected.** Serving one another makes our communities a better place to live and grow. I want to have a positive impact in my community. I want to be known for seeing a need/concern and working with others to solve it. One way I am doing it currently is through my very own Community Service Academy. I work alongside 26 students from 5 to 18 years old and their families on monthly service projects."*

Jess, 18

Comeback Clothes Campaign for Do Something .org



*"To me, community means being aware of issues and working together with others regardless of race, background, and socio-economic status to resolve these issues. Serving my community is important because everyone involved can reap the benefits of learning and self-growth. Additionally, serving my community provides me with a sense of pride and hope in my community, which is also important. **The impact that I want to have on my community is one where even the smallest of gestures will have a large effect.** To do this, I will challenge myself to help where or who I can, whether it is volunteering my time at church and in the community or co-founding a new club for students at my high school that promotes leadership, academics, and community service."*

Stay Connected!



Instagram - @stars.yep



Facebook - @SHININGSTARSYEP



Twitter - @starsyep



LinkedIn - @starsyep-org



YouTube - STARS Youth Enrichment Program, Inc

S.T.A.R.S. Youth Enrichment Program Inc.

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Sources

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 - Play Outside Day Website
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