



Volume I | Issue I Summer (May-September) 2021 | By Selena Chen

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About STARS YEP

The STARS Youth Enrichment Program, Inc (more commonly known as S.T.A.R.S. Youth Enrichment Program, 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.

Parenting and Self Care

Father Forgets

By W Livingston Larned

W Livingston Larned tells a story about a father who expects his kids to be mature and be trouble less. The father, annoyed from the constant accidents and mistakes created from his young son, criticizes his son's behavior.

Skills for Life

By Mike Jarvis & Jonathan Peck

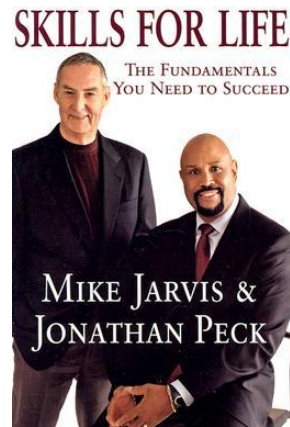
This is a common consequence kids suffer when they create trouble and don't listen. And as parents, it's too easy to point out the mistakes, to yell, and to condemn the kid; however, kids will be kids because they have no control over physical maturation. And we as parents shouldn't put on adult expectations as they are just starting to learn. Instead of using negative words, compliment and congratulate the kids. Let go of all the high expectations because sometimes father forgets that they are only a kid.

[Visit Full Story >](#)

Kids, Eat Your Veggies!



Growing up as a kid, we remember the hatred towards vegetables; however, research indicates the importance of making the little ones eat their greens. Eating greens when they are young helps them build a habit of doing so in the future. In this article, Pathways will showcase a few creative ways for your little ones to eat their greens.

[Visit Article >](#)


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.

[Visit Amazon >](#)

Keeping Your Kids Active



Keeping children active and fit when they

are still young can bring many long-term benefits into your children's lives. It decreases obesity and the chances of colon and breast cancer as people who are overweight will likely suffer according to *MD Anderson*. Over half of the young kids are not fit, so MD Anderson provides some tips to motivate physical activity.

[Visit Article >](#)

Summer Recipes

Southern Deviled Eggs

Try out the classic southern deviled egg recipe by Stacey from *Southern Bite* in celebration of National Egg Day. Did you know that deviled eggs are so popular in America, there are special trays made specifically for them.

[Visit Recipe >](#)

The Perfect Ahi Poke Bowl

Poke bowl are known for it's healthy choice of ingredients for a perfect breakfast or lunch. It consists of raw fish and tofu with a creative, pick-it-yourself ingredients. Check out *Feasting at Home's* article to start making your own Ahi Poke Bowl!

[Visit Recipe >](#)

A Summer Strawberry Pie

An easy no bake recipe perfect for a last minute picnic dessert. Glazed strawberry on graham crackers is the ideal on the go snack. *Dinner at the Zoo* creates a simple

pie that is not only perfect for summer fun but also for Fourth of July.

[Visit Recipe >](#)

Self Care is to Exercise



Start a background garden on National Gardening Exercise day (June 6.) Not only is it the perfect exercise for natural vitamin D, but also, provides fresh summer greens.

[Visit Article >](#)

Implement an exercise routines without the gym can be easy and affordable. Alternatives to the gym can be walking at the park, exploring new neighborhoods, or simply having a weekly workout sheet. The trick is to maintain consistency, accountability, and be specific with your goals.

[Visit Article >](#)

Volunteering exercises the brain to stay mentally healthy. There are many benefits of volunteerism: finding a sense of purpose, decreasing mental illnesses and many more. Read more on why everyone should volunteer!

[Visit Article >](#)

Meet the STARS YEP New Interns



Selena Chen - Special Projects Intern



Brian Howse - Business Analytics Intern



Sh'Ron McDuffie Smith - Special Projects Intern



Elena Velez - Graphic Design Intern



Coach Bradley serves as the STARS YEP's director of basketball programming.

Michael Bradley enters his 13th season on the Buccaneers men's basketball coaching staff in 2020-2021. Bradley oversees the defense, works with the post players, assists in player development, on-court coaching, recruiting and scouting.

In 2017-18, the Buccaneers went 23-9 with a trip to the NCAA Division II Elite Eight. It was the second time during his coaching tenure with the Bucs that Barry has advanced to the national quarterfinals. Barry won the South Region and Sunshine State Conference regular season titles, and earned its fifth straight trip to the national tournament. Elvar Fridriksson earned three All-America honors, was named the South Region Tournament Most Outstanding Player and the SSC Player of the Year for the second consecutive season.

Bradley helped coach the Buccaneers to a 23-7 season, which ended in the second round of the NCAA Division II National Tournament in 2016-17. The Bucs won the SSC regular season title, going 13-5 in league play. Adrian Gonzalez and Fridriksson were both named Honorable Mention All-Americans by the Division II Bulletin. Fridriksson was selected as the SSC's Player of the Year.

In 2015-16, Bradley was part of a staff that helped lead the Bucs to their first Elite Eight in program history. Barry finished 26-7, winning the South Region title and a share of the SSC regular season championship. The Bucs finished the season ranked No. 19 in the country. Yunio Barrueta received four All-America honors after breaking school career and season records for points and rebounds.

In 2014-15, Bradley was on a staff that helped the Buccaneers go 25-6 with a trip to the second round of the NCAA Division II National Tournament. Barry rose to No. 2 in the nation, and was ranked in the Top 25 in the national polls in every week but the first during the season. The Bucs knocked off then-No. 1 and Florida Southern, 107-102, on the road in early January. Barry went 13-3 in the league, finishing second in the SSC. The Bucs advanced to the championship game of the SSC Tournament, falling to Florida Southern.

In 2013-14, Bradley helped coach helped coach Barry to a 19-9 record and trip to the NCAA Tournament. The Buccaneers finished fourth in the Sunshine State Conference, following a 9-7 league mark. Barry beat two ranked opponents, and opened the season with nine straight wins to earn a No. 25 national ranking. The Bucs ranked fourth in the nation in assists per game (18.9), and 25th in rebound margin (6.1).

He spent four years coaching boys basketball at North Miami Beach High. Two of his players earned college scholarship offers.

A 1994 graduate of North Miami Beach High, Bradley earned a football scholarship to Bethune-Cookman College in Daytona Beach, Fla., where he earned his bachelor's degree in physical education & recreation in 2001. Bradley played both football and basketball with the Wildcats.

Bradley accepted an invitation to training camp with the Buffalo Bills, and went on to play for three different Arena Football League teams, as well as with NFL Europe in Germany.

After his playing career, he returned to South Florida, where he moved into the coaching ranks as an offensive and defensive line coach at Miami Country Day. He also coached the junior varsity boys basketball team, and assisted with the varsity.

He left Country Day in 2005 to return to his alma mater, North Miami Beach High, where he filled the same roles with the Chargers, coaching the junior varsity boys basketball and assisting football as the line coach.

When the opportunity arose, he shifted over to the Charger varsity squad in 2007, and led them to a 28-18 record over the next two years.

In addition to his duties with the Bucs, he also teaches physical education at the Cushman School. He also coaches AAU club ball.

He is married to Dela Bradley, and has a daughter and two sons.

Credit: **Barry University's Men's Basketball**

Meet the STARS YEP Members

- Tyree L. Fields – Founder and President

- Joyce Sutton Cameron - Vice President
- Connell Black - Director
- Boris K. Byrd - Director
- Dale Ellis - Director
- Joe Jackson - Director
- Mike Jarvis - Director
- C. Eric Lewis - Director
- Beth McNeill - Director
- Carol Prewitt - Director
- Eva Coca Velázquez - Director
- Ken Walker - Director
- Michael Bradley - Director, Camp Programming (basketball)
- Susan Rager - CPA, CGMA



STARS is Holding it's **First Annual Girl's** **Empowerment Camp on** **August 28th!**

S.T.A.R.S. YEP will be hosting its first annual GIRL'S EMPOWERMENT CAMP! The event will be held on Saturday, August 28, 2021 at the Lincoln Community Center in Troy, Ohio. Registration will begin at 6:30 AM. To volunteer, to register your child or to find out more information, please visit our website at the link below.

[Visit Our Website >](#)

Thank You to Our Partners: *Lincoln Community Center, Magnified Giving* and *Never The Less, Inc* for Helping to Make the Camp a Success!



Magnified Giving is a philanthropic nonprofit who's mission is to inspire, educate and engage students all around the country.

[Visit Their Website >](#)



The nonprofit Never The Less, Inc helps girls from 7th to 12th grades in job readiness and emotional education programs in the Cincinnati area.

[Visit Their Website >](#)



About the Lincoln Community Center (LCC) at Troy Ohio

The Lincoln Community Center provides their friendly facilities to all people of ages. Be sure to check out the Lincoln Community Center's website for information about their wonderful facility, all of their strong community involvement, and their upcoming events!

After School Program

free homework assistant with one-on-one tutoring. Registration begins Aug 2nd to Aug 16th.

Back to School Bash

Students from K-12 are eligible to receive school supplies and a backpack.

Summer Sport and Activities

Many activities like crossfit, archery, drama and more are happening at the Center.

[Visit LCC's Website for More Details >](#)



STARS Youth Enrichment Program

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Connect With Us!

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7/7/2021

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