



By: Cecilia Suárez	All - Star Newsletter Issue 4	Winter 2022
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Celebrating Black History Month with Dale Ellis and Sam Dunson.

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- TV & Music Recommendations for Winter
- Happy New Year!
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- Skills for Life

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Black History Month

Dale Ellis & Samuel Dunson Sweatshirt Collaboration

Dale Ellis, NBA veteran and arguably, one of the world's most prolific professional basketball players and widely known as "The Sharp Shooter" was drafted into the NBA IN 1983 (9th pick overall) holds the following NBA records:

Holds the record for the largest increase NBA in scoring from one year to the next in NBA history (17 points)

Voted NBA's Most Improved Player 1986-87

NBA All-Star 1989

3-Point Shoot Out Champion 1989

Most minutes played in a game- 69 mins (5 overtimes) [Sonics vs Bucks]

Finished 17-year NBA career scoring over 19,000 points and 1,700 3-pointers

In addition to all of these accomplishments, he was the first NBA player to EVER score 1,000 three-point shots. Way before Reggie Miller, Ray Allen or Steph Curry!

S.T.A.R.S. Youth Enrichment Program (S.T.A.R.S. YEP) has teamed up with renowned African-American artist, Samuel Dunson to celebrate black history month and one of the NBA greats by commissioning a hoodie to celebrate Dale and his accomplishments. Our Dale Ellis hoodie is sporty and comfy. Get yours today! A portion of the proceeds from hoodies sales benefits S.T.A.R.S. YEP camp programming.

**Available for purchase on our website:
<https://starsyep.org>**



Black History Month

Artist Statement

When one thinks of 3pt. shooters in the NBA, names like Steph Curry, Ray Allen, and even Reggie Miller often surface. But for those who know the history of the 3pt game, you only have to say one name. Dale Ellis. This NBA legend was the first to reach 1000 points from beyond the arch. He was recognized as a pure shooter, which is one of the main factors to impress me as an NBA fan of the early 90's.

So it was a thrill to be asked to conceive a design that would be emblazoned on hoodies meant to celebrate Dale Ellis' career. At the start of the process I was paired with an eager young creative intern named Elena Velez. She had developed a beautiful font that set the foundation for the look and feel of the artwork and symbolized the idea that would move the design from concept to completion. The over-arching theme was to give respect to the movement of a pure shooter from the golden age of the NBA in a contemporary manner. We also wanted to connect this to the successful nature of the STARS Youth organization.

I poured over numerous images of Dale Ellis in his prime, and one thing became very apparent. His shooting style was regimented in such a way that one could superimpose several images on top of each other, and you would get a very similar style. This made it easy to see the design in my head. I wanted to show the shooter in action, therefore I used an "in air" shot to ground the design. I also wanted a somewhat retro feel that would be contemporary enough for anyone to wear it in 2023. Although we are seeing a static image, I utilized "STARS" as a repetitive element to convey movement as well as to connect the image to the organization. The image, the name, and the program all take center stage without dominating the foreground or shrinking to the background. I borrowed colors from the STARS Youth organization which rounded out the design. It is my hope that the design conveys activity and a respect for the game and the man. In the end, I am excited for the public to have the opportunity to recognize the greatness of Mr. Dale Ellis

*Sincerely,
Samuel Dunson*



Samuel Dunson



Dale Ellis

Black History Month

Black History Month is an annual celebration of achievements by African Americans, and a time to recognize them for their roles in American history. This originally stemmed from "Negro History Week", which was created by Carter G. Woodson in 1926 during the month February. After it outgrew that title and period, it became *Black History Month* which is celebrated during February, and all month long.

Black History Month was officially accepted in 1976 by Gerald Ford. Ever since then, the annual observance has been held to recognize memorable spirits and faces such as Harriet Tubman, Sojourner Truth, Marcus Garvey, Martin Luther King Junior, Malcom X, and Rosa Parks.

Dating back to the first initiation of *Black History Month*, every year, the assigned American president would designate a specific theme for the celebration. For 2023, our president has chosen the theme to be "Black Resistance" which will do a deep dive on how African Americans resisted ongoing oppression through the years, especially the racial terrorism of lynching, racial pogroms, and police brutality.



Interesting facts:

1. *Black History Month* purposefully coincides with Frederick Douglass and Abraham Lincoln's birthdays
2. The theme changes yearly
3. Countries worldwide celebrate *Black History Month*
4. HBCU's promote black history all-year round
5. Black men had a strong presence in the *Wild West*
6. Cartoon icon "Betty Boop" was inspired by a Black Jazz singer
7. The practice of vaccinations in America rooted from African Americans
8. Vermont was the first state to abolish slavery in 1777 (ooh, angel number!)
9. Shirley Chisholm was the first African American woman to be elected for House of Representatives in 1968
10. Interracial marriage was banned in America until 1967

Health Tips for the Winter

Staying Healthy During This Winter Weather

Winter is a time that welcomes holidays that are fun to celebrate, but it also welcomes that cold-prone time of the year! The season that is known as a respiratory infection season.

To make sure you stay as healthy as possible during these vulnerable times, here are some safe tips to slay all Winter!

1. **Get up to date with all vaccines:** Flu seasons starts in January, so make sure to get your vaccine as soon as before then. People over the age of 6 should receive a flu shot. Adding the COVID-19 vaccine to your list of shots is also very essential.
2. **Practice proper hygiene:** Wash your hands regularly, sanitize surfaces frequently, avoid sharing materials, wear a face mask in crowded areas, and keep a safe 6-foot distance.
3. **Protect your heart:** Make nutritious choices, exercise, and reduce stressors.
4. **Be mindful of driving conditions and safety precautions:** The cold weather also brings the natural side effect of slippery and winding roads. Take these into consideration when driving!
5. **Wear shoes with good traction:** retrieve non-slip shoes to prevent falling from slippery areas!
6. **Stay hydrated:** Try to drink at least 8 glasses of water daily. You can also gain hydration from herbal teas and fruit-infused waters, or 100% juice.
7. **Get lots of Vitamin D:** Due to the cold season, we are cornered and must stay indoors, which gives us vitamin D deficiency because we don't have the essential gateway to it: the sun! Good sources to retrieve vitamin D other than the sun include fortified cereals and low-fat dairy, and fish and eggs.



Fun & Healthy Winter Snacks

Homemade Apple Chips



All you need for this simple, healthy, fun treat is:

- 2-3 apples (thin sliced)
- 4 tbs. sugar
- 1/2 tbs. cinnamon
- real maple syrup (not pancake version)

- Preheat oven to 225° F. Lay out the apple slices on two parchment lined baking sheets.
- Mix together the sugar and cinnamon in a small bowl. On one sheet of apples, sprinkle the cinnamon and sugar over the tops of the apples. On the other baking sheet of apples, spread the tops with maple syrup. (Can also double cinnamon and sugar and skip maple syrup or use only maple syrup - your preference!) Place both baking sheets in the prepared oven and bake for 1 1/2 hours. Flip apples over and continue baking for 1 more hour, until the apples are crispy. Let cool and store in an airtight container. Enjoy!

Marshmallow Snowman



Ingredients used to make this sweet and fun dish:

- Large marshmallows
- Pretzel sticks
- Mini chocolate chips
- Peanut butter (or non-nut butter)
- Red icing
- Chocolate kiss candy

1. Use two large marshmallows for the snowman's body. Add a dab of peanut butter to hold the marshmallows together.
2. Press mini chocolate chip "eyes" into the top marshmallow.
3. Grab some pretzel stick halves for the arms, and add a red icing smile and buttons.
4. If you and the kids want to be fancy, place a Hershey's Kiss on top for a hat.

The chocolate kiss "hat" elicited a lot of giggles over here! As you can tell, this one is more of a treat than a true snack.

Hobby-Making

The time that we are all on vacation, or most of us are! What should we do to enjoy our holidays? There's holiday celebrating, hanging out with friends and family, but most important, is state of mind and self!

Here are some hobbies to consider picking up on to enjoy and keep yourself busy.

- Reading
- Cooking or Baking
- Yoga
- Writing
- Photography
- Painting or drawing
- Crafting
- Playwriting or performing
- Magic
- Chess
- Scrapbooking
- Origami
- Knitting/sewing
- Martial Arts
- Puzzles
- Astronomy
- Playing an instrument
- Jewelry-making
- Gaming



Why?

Hobbies provide a healthy outlet for various energies. Having a hobby at a young age can help you as you develop and grow. I started creative writing when I was around 12-years-old, and here, seven years later, I do it with the ambition of continuing it as a career. Having a hobby can soothe ones mind, and help them escape from struggles and stressors. It can even lead you to what you want to do in the future. Not only is it fun, but you can collect knowledge-nuggets along the way.



Television Recommendations

To keep yourself busy during the Winter season, why not binge-watch a show!
All these shows listed can be watched VIA Netflix.

1. Train to Busan (rated PG)
2. Wednesday (rated TV-14)
3. Anne With an "E" (rated TV-14)
4. 100 Days My Prince (rated PG)
5. Sweet Tooth (Rated TV-14)
6. Gilmore Girls (rated PG)
7. Gudetama (rated G)
8. Raising Dion (rated TV-PG)
9. Stranger Things (rated PG)
10. 20th Century Girl (rated G)



Music Recommendations

Music is another way to escape and chill out. Here are my song recommendations for the 2022 year.

1. As it Was - Harry Styles
2. Ditto - NewJeans
3. Favorite - NCT 127
4. Someone to Spend Time With - Los Retros
5. Just One Day - BTS
6. When I Met You - Apo Hiking Society
7. Kingston - Faye Webster
8. Mind Over Matter - Young the Giant
9. Ladyfingers - Herb Alpert & The Tijuana Brass
10. Ma Boy - SISTAR19
11. Close to You - Carpenters
12. Ashes to Ashes - David Bowie
13. A Bushel and a Peck - Doris Day
14. Adiós Amor - Christian Nodal
15. Until I Found You - Stephen Sanchez



2022... 2023

With year 2022 coming to end, we will be welcoming 2023 with open arms. Happy Holidays, and a Happy New Year to everyone! Remember to spend it with your loved ones such as family and friends.

To kick off the New Year, set goals for yourself, or perhaps make a New Years Resolution list! To be an active person with ambition to venture off and learn new things, that is the point of life. To live. Here are some ideas for a bucket list of your own! The sky is the limit.

Spring Bucket List

- Visit a Farm
- Plant some seeds
- Go on a Nature Walk
- Enjoy an outdoor egg hunt
- Create a Spring Sensory Bin
- Explore Spring flowers in ice
- Make a Spring Sensory Bag
- Make some Easter cards
- Bake some cakes
- Make some bird feeders
- Go for a picnic in the park
- Make Spring Playdough
- Go to the Zoo
- Plan and make a fairy garden
- Jump in puddles
- Blow bubbles in the garden
- Decorate eggs
- Look at the life cycle of a butterfly
- Take photos in the rain
- Visit the Library

Learning and Exploring Through Play



Spring Bucket List Ideas for Kids

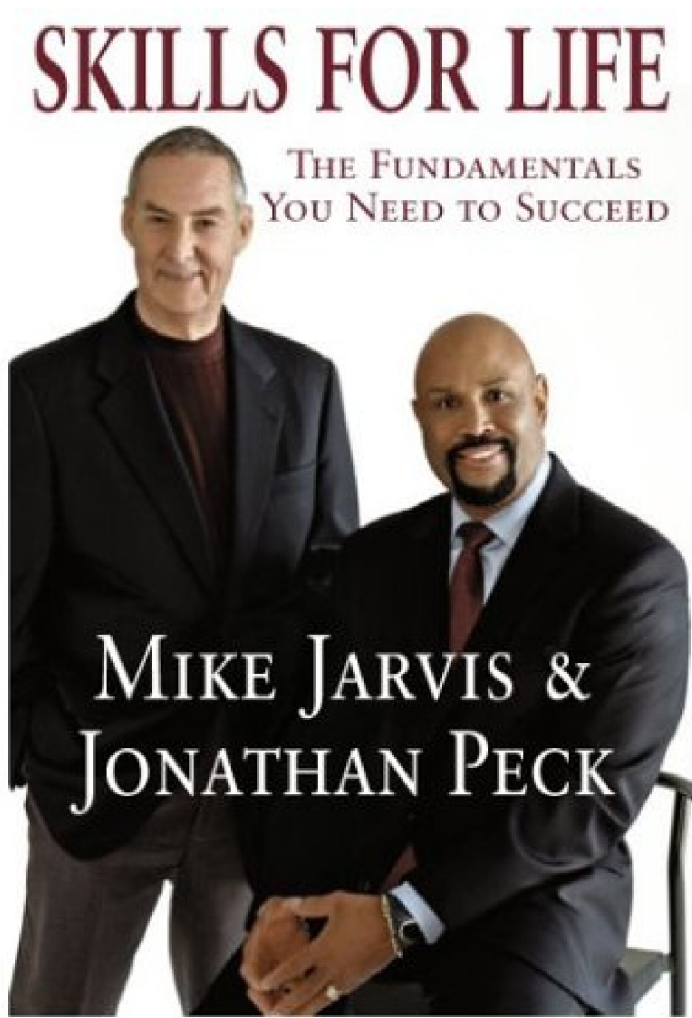
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Skills For Life Book



Skills For Life Book Cover

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 by scanning the QR code below:

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



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