

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



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COMING SOON!!

The National Museum of the American Latino is being built in Washington, DC by the Smithsonian Institution. The compelling exhibits will challenge visitors to “reexamine what you know about U.S. history by learning more about Latino identity, immigration, historical legacies, and how Latinas and Latinos have shaped the nation. Listen to first-person oral histories, examine 3D objects, dive into historical biographies, and explore some of the objects found in the exhibition to see how the past relates to the present.” <https://latino.si.edu/>

- The National Museum of the American Latino

Until the new museum is constructed visit the **Molina Family Latino Gallery**, a 4,500 square-foot, bi-lingual galley located within the National Museum of American History in Washington, DC. You may also visit the gallery by taking a 360-Degree Self-Guided Virtual Tour at <https://latino.si.edu/exhibitions/presente#360> and learn about the exhibits, the history, culture, and amazing people at [¡PRESENTE! A Latino History of the United States.](#)

There Is No Singular Latino Experience!

Click on the text boxes below to learn more about each topic.



Latino Identity

There is no singular Latino experience

Historical Legacies

Latino History is American History

Shaping the Nation

Latinos are Nation Shapers and Culture Makers

Immigration Stories

There is no single Latino Immigration story.



“What does it mean to be Latino? To be Hispanic? To be Latinx? What does it mean to be American? Identity, or how we understand and express ourselves, is very complex. The Latino community is incredibly diverse and many Latinos and Latinas having layered identities.”

- The National Museum of the American Latino

“Somos” (We Are)

Somos is a 15-minute video documentary by Alberto Ferreras which discusses the questions above. The full video can be seen at the Molina Family Latino Gallery. To view a short 3:35 minute clip of the video, visit: [SOMOS](#) or [CLICK HERE](#) and scroll down to the video.



WE LEAD
EMPOWERING OUR GIRLS

WE LEAD: Empowering Our Girls

We are always excited to share what others are doing in their communities to Empower Our Girls! In this issue we are highlighting two amazing organizations -- *The Young Queens Project, Inc.* and *Tools & Tiaras, Inc.*!!

MMSI is happy to share our sister, Kendra Rivers, Founder of **The Young Queens Project, Inc. (TYQP)** continues to do great work in Long Island inspiring and empowering Young Queens between the ages of 9 and 15 with their mentorship program teaching girls positive self-esteem and social skills. TYQP mentorship program believes in affirming and inspiring girls to become the queen they are destined to be.

On August 19, 2023, The Young Queens Project, Inc. held their graduation ceremony and inaugural end of the season gala which celebrated the accomplishments of, and to witness the affirmations of the newest Young Queens. The gala proceeds will support the continued TYQP Mentorship Program. To celebrate Kendra, her team, and the Young Queens who completed their program, MMSI provided each young lady with a corsage which Kendra presented during the gala. We are happy to support our Sister and her wonderful organization as SHE LEADS: Empowering Our Girls! Please view the wonderful video of the gala at: <https://youtu.be/c6BRWnd8zNo>.

To learn more about The Young Queens Project, Inc. and to support their mentorship and STEM programs visit: **Instagram:** The Young Queens Project / **Instagram:** The Kre-Adiv Palace
CashApp: \$TheKreAdivPalace / **Contact:** theyoungqueensproject1@gmail.com

I am truly grateful for your support and donation. The flowers looked beautiful on the Young Queens' wrists. We had a great turnout, Standing Room Only! A few dignitaries showed up as well to show their support. In short, it was a beautiful ceremony, I appreciate your contribution in helping the gala to be a memorable event.

With Love, Kendra Rivers
The Young Queens Project, Inc.





WE LEAD
EMPOWERING OUR GIRLS

WE LEAD: Empowering Our Girls

“Tools & Tiaras Inc. is on a mission to show girls (ages 6-14) that Jobs Don't Have Genders™. They do this through hands-on monthly workshops and summer camps that are centered on the skilled construction trades. Their pioneering - Expose. Inspire. Mentor. - programming shatters stereotypes and changes the prevailing "women's work" narrative to one that is expansive and opportunity-filled. They empower girls with the skills and self-confidence they need to see limitless possibilities for themselves so they can build and shape the world they envision.”

<https://www.toolsandtiaras.org/about>



“Tools & Tiaras Inc. is an open network filled with young girls and women of various backgrounds, ages, experiences, and qualification building a career in the construction industry is our common goal. Together we can forge a new biography for women and girls in Mechanical, Industrial, Technical, Trades (MITT). Tools & Tiaras wants girls to know that the world is hers for the taking. She can imagine, design and build it however she deems necessary.” – Tools & Tiaras’s website

Judaline Cassidy, Founder and Chief Visionary Officer is at the helm of this amazing nonprofit organization headquartered in Jamaica, NY.

To learn more about T&T’s mission, vision, and leadership team please visit their website. Also, if you wish to volunteer, start a T&T chapter, or to donate to Tools & Tiaras, Inc. please visit: <https://www.toolsandtiaras.org>.

Wellness Watch!

GOT WEIGHT??

By Dr. AnnMarie Ledley, DO



Are still carrying around the freshman 10 or maybe 15 extra pounds, maybe it's the extra baby weight 10 years later, menopausal or peri-menopause weight gain, or the Covid 20 extra pounds that gravitated to your body during lockdown?

Whatever is the reason, we all have some pounds we would like to shed. If I said to you that all the weight loss options available to you may get you weight loss, but do you keep it off forever.

I would like to propose to you that you can lose the weight and keep it off with even having freedom around food. It sounds too good to be true. Well, it isn't!

I first need to state some truths:

- No matter what number is on the scale, it only your body's gravitational pull on the earth. It means nothing more. It's our mind that puts meaning to it, for example your negative self-talk.
- You are beautiful and wonderfully made just the way you are.
- You can lose weight and keep it off!

I would like you first to clear your mind about any preconceive notions/ideology regarding weight loss. For example: It's hard, everyone can lose weight except me, I don't have time etc.

FOCUS ON BUILDING AWARENESS

1) What are you eating? I recommend writing down the foods you are putting into your mouth and chewing it up. It doesn't have to be an elaborate food journal. No calorie nor macro counting and no weighting out portions. This the time you see what you are putting into your mouth.

2) Why you're eating it? This when you get in tune with your body. Are you eating because it's breakfast, lunch or dinner time but you're not hungry or maybe it's how you celebrate accomplishments or what you deemed failures? Food maybe your go to when feeling stressed or anxious. I thought I was eating because I felt hungry but after being curious. I realized feeling hungry was more in your lower abdomen and not in my chest region. What I was feeling was anxiety and not hunger, wow!

Wellness Watch!

3) How is your body feeling? This takes more practice for me as I would mindlessly put a piece of candy or anything close by into my mouth. After focusing on what my body was feeling, I was tired. I wanted a quick burst of energy. Better solutions were getting a good night sleep, staying well hydrated, and eating food that would fuel my body.

4) How hungry you really are? Katrina Ubell MD describes the hunger scale as follows: "There are many kinds of hunger scales. The way Dr. Ubell recommends doing it is by thinking about a horizontal line. On the left-hand side you have a minus 10. On the right-hand side you have a plus 10. Right in the middle you have a zero. The minus side is hunger and the plus side is satiety, fullness. When you're zero you're neither hungry nor full. You're just completely content, in the middle. Minus 10 is dying of hunger. You're just ready to gnaw your arm off. Plus 10 is Thanksgiving and then some where you're wishing you could throw up to relieve yourself, you're so overly full. Utilizing the hunger scale, we want to start eating when we're minus four and we want to stop eating when we're about a plus four.

Then the question is, what do those numbers mean? Isn't this completely subjective? Of course, it's subjective. You're going to have to tune into your own body and become aware of what a minus four, a minus three, a minus two, a zero, a plus three, a plus four, what those all feel like in your body. It's going to take a little practice at first. Just tuning in, what number would I assign this? The more you practice that, and the more you start to become aware of the signals your body is naturally giving you about when you should eat and when you shouldn't eat, the better off you're going to be."

Remember when you eat, you're stimulating your pancreas to increase insulin. If you are eating meals and snacks every couple of hours, or grazing throughout the day, you are constantly stimulating your insulin levels to go up. Insulin, by default, is a storage hormone. If you always have elevated levels of insulin, then you're always in storage mode (fat). The only time that your body even has a chance to get down to a low insulin level is at night when you're fasting, when you're sleeping. For some of us, we eat so late at night, and then we're up again and having breakfast or having a mocha or something early in the morning. That amount of time where we're not eating is actually very, very short. When we are constantly feeding our bodies like that, it's going to be very difficult to release that fat because we're always in storage mode.

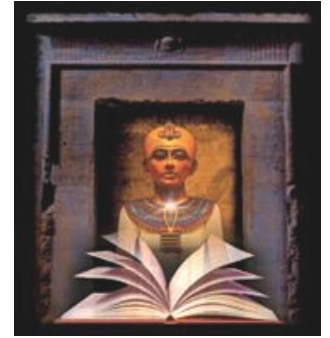
Our Sister, Dr. AnnMarie Ledley DO, resides in Texas. She is the Medical Marketing Director OB Hospitalist Group and Site Director Christus-St. Michael Hospital.

*Resources: Katrina Ubell MD: Podcast Weight Loss For Busy Physicians Episode 6
Recommended: Obesity Code Jason Fung, The Sugar Film.*

Asa Restoration Project Update



On September 20, 2023, Anthony Browder, founder and director of IKG and the ASA Restoration Project provided the 2023 update on the Asa Restoration Project.

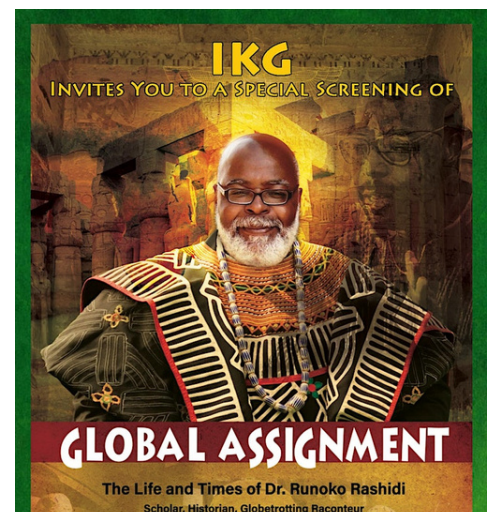


On, September 21, IKG Cultural Resource Center celebrated the 15th anniversary of the ASA Restoration Project (ARP) which was established in 2008 to preserve the educational and scholarly legacy of Dr. Asa G. Hilliard, III by documenting the 25th dynasty's Kushite presence in Kemet (Egypt). When this undertaking began, IKG was funding the excavation, conservation and restoration of the tombs of three Kushite noblemen. Since their beginnings in 2008, they have discovered more than 35 tombs. Plans are currently underway to open three major tombs on the West Bank of Luxor, Egypt in 2025. MMSI is proud to share we have supported the Asa Restoration Project since its inception.

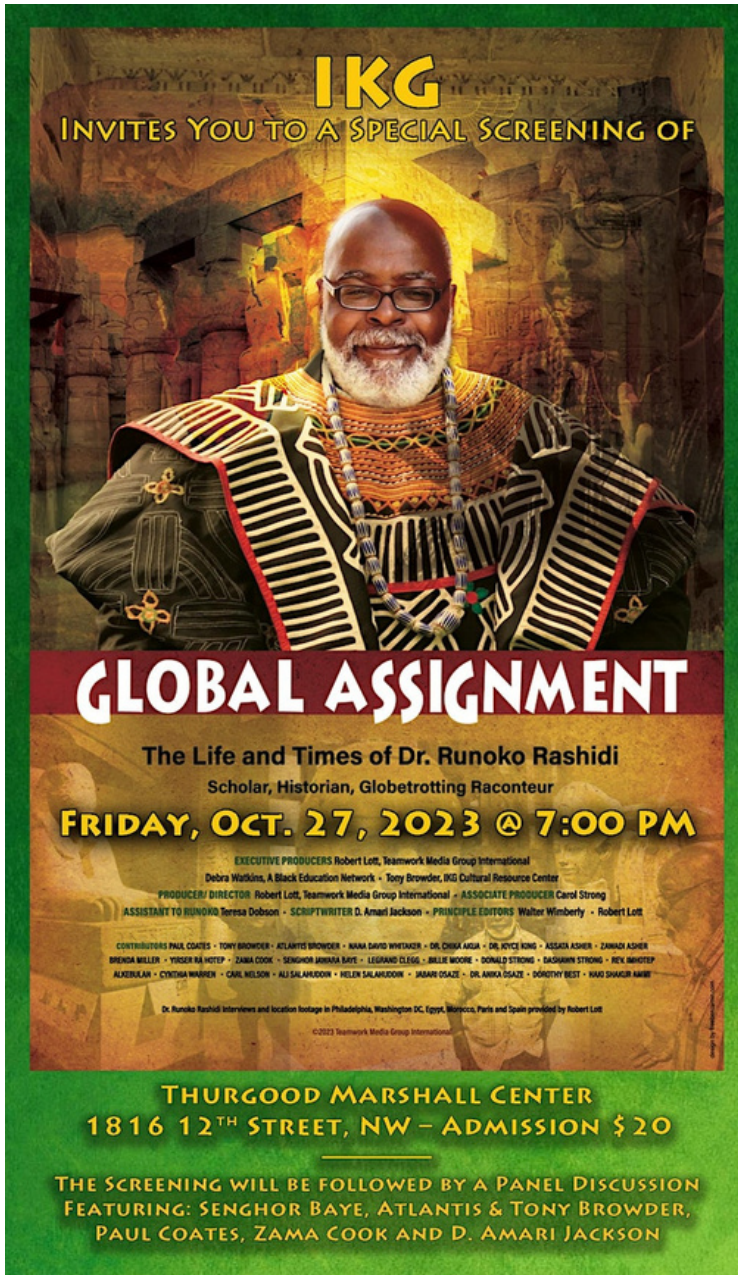
In Mr. Browder's 15th Annual Report to the Community, he also discussed plans for the expansion of the ASA Restoration Project in the United States and his ongoing efforts to counter narratives to minimize and distort African and African American History in America and abroad. Central to this discussion Mr. Browder also shared information about the forthcoming documentary on *Runoko Rashidi*, the *John Henrik Clarke Enhanced History Project*, the *Cultural Imperative Program* and IKG's grand plans for 2025. Visit IKG's YouTube page to view the presentation. <https://youtu.be/BwOUUwzjFtA?si=KEdclrPY4Scridek>.

To view the Documentary Trailer
for the
"Global Assignment:
The Life and Times of Dr. Runoko
Rashidi"
visit:

[https://youtu.be/vHdiFEJDb8c?
si=bxkZ4b8bNHvzFVQb](https://youtu.be/vHdiFEJDb8c?si=bxkZ4b8bNHvzFVQb)



Asa Restoration Project Update



IKG
INVITES YOU TO A SPECIAL SCREENING OF

GLOBAL ASSIGNMENT
The Life and Times of Dr. Runoko Rashidi
Scholar, Historian, Globetrotting Raconteur
FRIDAY, OCT. 27, 2023 @ 7:00 PM

EXECUTIVE PRODUCERS Robert Lott, Teamwork Media Group International
Debra Watkins, A Black Education Network • Tony Browder, IKG Cultural Resource Center
PRODUCER/DIRECTOR Robert Lott, Teamwork Media Group International • ASSOCIATE PRODUCER Carol Strong
ASSISTANT TO RUNOKO Teresa Dobson • SCRIPTWRITER D. Amari Jackson • PRINCIPLE EDITORS Walter Wimberly • Robert Lott

CONTRIBUTORS PAUL COATES • TONY BROWDER • ATLANTIS BROWDER • NANA DAVID WHITAKER • DR. CHUKA AGUA • DR. JYCE KING • ASSATA ASHER • ZAHAY ASHER
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ALZENULAN • CYNTHIA WARREN • CARL NELSON • ALI SALAMUDON • HELEN SALAMUDON • JAMAR OSAZE • DR. AMKA OSAZE • DOROTHY BEST • HAQ SHAHAR AMBI

Dr. Runoko Rashidi interviews and location footage in Philadelphia, Washington DC, Egypt, Morocco, Paris and Spain provided by Robert Lott
©2023 Teamwork Media Group International

THURGOOD MARSHALL CENTER
1816 12TH STREET, NW – ADMISSION \$ 20

THE SCREENING WILL BE FOLLOWED BY A PANEL DISCUSSION
FEATURING: SENGHOR BAYE, ATLANTIS & TONY BROWDER,
PAUL COATES, ZAMA COOK AND D. AMARI JACKSON

IKG Cultural Resource Center
Invites You to a Special Screening of
“Global Assignment: The Life and Times
of Dr. Runoko Rashidi”
(In-Person or Virtual)

The screening will be held on Friday, October 27, 2023 at 7:00 PM (doors open at 6:30 PM) at Thurgood Marshall Center for Service and Heritage, 1816 12th Street, NW, Washington, DC 20009.

The film screening will be followed by a panel discussion featuring Senghor Baye, Atlantis & Anthony Browder, Paul Coates, Zama Cook, and D. Amari Jackson.

Purchase Tickets \$20: See the ticket options below to attend the screening in person or virtually.

*For The In-Person Screening Visit [Eventbrite.com](https://www.eventbrite.com) at:
[A Screening of Global Assignment: The Life and Times of Runoko
Rashidi Tickets, Fri, Oct 27, 2023 at 7:00 PM | Eventbrite](https://www.eventbrite.com)*

Virtual Screening: If you cannot attend in person or the in-person screening sells out, no worries, please Register and join virtually via [Zoom.com](https://www.zoom.com) at: [Screening Registration via Zoom](https://www.zoom.com)

Congratulations!



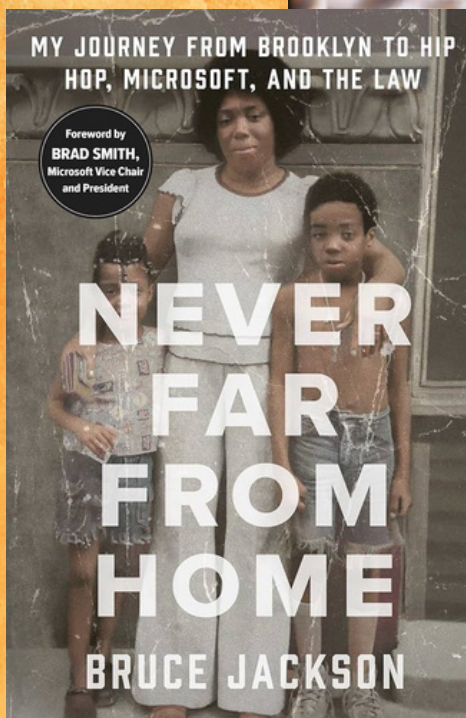
Congratulations to our very own Student Ambassador, Raven Taylor!!
Raven was accepted into the [Pre-Professional Junior Division of Alvin Ailey!!!](#)
YESSSS!!!!!!!!!!



A FAMILY AFFAIR!

KUDOS To the Taylor Family! Our Sister Kathleen, husband Jonathan, and daughter Raven participated in *The 29th Annual Maafa Commemoration: A Healing Journey*. Kathleen provided sign language interpreting, Raven performed (acting & dancing), and Jonathan helped with the props, setting up and providing tours to the HALL OF HORROR Maafa Museum.

Reawakening
The African Mind



Congratulations
MALIK Brother
Bruce Jackson
on his book
Never Far From Home





Spotlight Activities

TEDxDeerParkWomen is excited to bring you an array of dynamic speakers on October 28, 2023 at the Van Nostrand Theater, Suffolk Community College, Brentwood, NY. This year's theme is "Two Steps Forward".

"We all know that when it comes to global gender equity, there's still so much work to be done. It's time to reset, to rethink, to collectively imagine different ways forward." ~ *TEDWomen* - Register at Register at:

<https://www.tedxdeerpark.com/>

TEDxDeerParkWomen

x = independently organized TED event



Julia Kushner
Certified Gemologist



Dr. Subrina Oliver
CEO
O-High Technologies, LLC



Carrie Kerpen
CEO Likeable, Managing
Director 10 Pearls



Ajada Reigns
Performing Artist



Kristine Szabla
Neuroscientist



Ashley Scott
Data Professional

October 28, 2023
Van Nostrand Theater,
Suffolk County Community College
Sagtikos Building
1001 Crooked Hill Rd, Brentwood, NY



Dr. Dwayne Jenkins
Cancer Surgeon



Dr. Corrine Graham
CEO, GRAHAM International
Consulting and Research Inc.



Alyscia Cunningham
Author, Filmmaker,
Photographer



Phyllis Ayman
Ambassador for Conscious
Aging Life Management



Christine Maier
Author, Coach



Asia Lee
Artist

Join us!

Tickets are \$50



For more details visit
www.tedxdeerpark.com



Spotlight Activities



Join Us For MMSI’s Next Virtual Mix & Mingle

Where we will enjoy our favorite cocktail & continued discussion on **The Future of the Modern Woman**. The Mix and Mingle will begin with all participants enjoying their favorite orange colored drink as we prepare for the second part of our discussion. We will view a portion of 2 YouTube videos and continue with another lively discussion on "The Future of the Modern Woman".

We look forward to seeing you on Zoom, Friday, November 10, 2023, at 7:30pm (EST)!

REGISTER AT:

<https://www.eventbrite.com/e/mmsi-mix-and-mingle-tickets-733552454137>



COMING SOON!
GIVING TUESDAY
November 28, 2023



As a part of Malik Melodies’ continued commitment to supporting our communities, empowering our girls, and having a global impact, we will participate in Giving Tuesday again this year on **November 28, 2023** with our *Gift of Giving Campaign*. Support from generous donors enabled MMSI to provide 5 scholarships to deserving students for the first time in the scholarship’s 11-year history. To learn more about our **Angela Pauling Scholars** visit:

<https://www.malikmelodies.org/angela-pauling-memorial-scholarship>.

The philanthropy of our donors also supported the phenomenal work of the **Asa Restoration Project**; now in their 15th year of historical archaeological work in South Asasif, Egypt. To learn more visit:

<https://www.malikmelodies.org/asa-restoration-project>.

We are so very thankful for your trust in our work. Please know that we value your friendship, advocacy, and financial support. Thank you for empowering us to be able to empower others! On behalf of the Executive Board and all Members of MMSI, **THANK YOU** in advance for your support!!! To Donate Now, [CLICK HERE](#).

The Graces

The Official Newsletter of the Malik Melodies Sisterhood, Inc.



Angela Pauling Memorial Scholarship

**\$20/24 Scholarship
Fundraising Campaign**

We Need Your Help
To Ensure Bright Young Minds
Can Fulfill Their Dreams Of
Attending College.

Please Support
Malik Melodies Sisterhood, Inc.
12th Annual Angela Pauling
Memorial Scholarship



DONATE ON-LINE with [PayPal](#), [Credit or Debit Card](#) at
<https://www.malikmelodies.org> OR

Via Zelle at: MalikMelodies@gmail.com

Check: Malik Melodies Sisterhood, Inc. - P.O. Box 92944, Wash., DC 20090

WE ARE THE
SHOULDERS OF TODAY
FOR TOMORROW'S
FUTURE!

MALIK MELODIES
SISTERHOOD, INC.



MMSI

*2024 Campaign
Please Donate Today!*



MMSI MONTHLY MEETINGS:

Executive Board – 2nd Tuesday of every month
at 8:00 pm

Professional Branch – 3rd Tuesday at 7:30 pm

The Graces Newsletter Staff – Last Wednesday
at 8:00 pm

The Graces Staff

Kim J. Bright
Sharon Harleston
Lisa Rodriguez
Tawanikka Smith
Anita Wallace

Executive Board

Kim J. Bright, Co-Founder
Nathalie Lilavois, President
Sharon Harleston, Vice President
Mary Richardson, Parliamentarian
Lisa Rodriguez
Anita Wallace

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