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**Editor-In-Chief:  
Najia Patterson**



# TAKING CHARGE OF YOUR HEALTH

By Brooke Sephes

Did you know that simply saying “No” Can build self-esteem?

Your self-esteem is the most important thing about you because it's the factor of all factors without self-esteem you can turn to self-neglect , suicidal thoughts & bad attitude/. Temper simply waking up everyday and telling yourself that your gonna accomplish something can play a part of boosting your self-esteem or buying yourself something that has been catching your eye for a while or even reading your favorite book and doing activities that just make you feel comfortable with yourself , self-esteem do not require you changing yourself only if it is for the better or doing something that's gonna elevate you to the next level of your life so just remember say kind words to yourself , spray on your favorite smell good & even take up baking a cake revealing new talents can also be a way of rising your self-esteem levels for the better , it's always great when you can discover new skills that you can share with someone or even teach it to them.

**NEXT UP.....**

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"Your greatest responsibility  
is to love yourself and to know  
you are enough."

For weekly updates  
follow us on Instagram  
[@healthsquadyb21](https://www.instagram.com/healthsquadyb21)





# SKIN CARE

By: Najia Patterson

I recommend you use this mask at least 1 to 2 times a week and wear something you don't care too much about because it will get messy! Keep the covered leftover mask in the refrigerator.

**\*WARNING** mask may cause the face to burn a little and feel tingly, sensitive skin may turn red. Also, you do not have to use coconut oil you can use any oil you prefer.

**Apple cider vinegar** has anti-inflammatory properties and it consists of acetic acid and alpha hydroxy acid. This means **apple cider vinegar** can exfoliate the **skin**, absorb excess oils and unplug blocked pores. It also has the power to restore the proper pH levels to your **skin**. Apple cider vinegar may help to reduce **acne** breakouts when used as part of a daily **skincare** routine.



For acne breakouts, **baking soda** can help soothe inflammation and mild pain. It **can** be **used** as an exfoliant or added to current acne treatments to boost effects. However, it's **not** recommended for **everyday** use.



Is **coconut oil** good for your **skin**? Yes, **coconut oil** is **good** for your **skin**. It provides antioxidants, moisturizes, minimizes the signs of aging, boosts nutrients, and helps to protect the **skin**.



- Glowing skin.
- Boosts healing.
- Helps treat psoriasis.
- Helps acne scarring.
- May treat scabies.
- May help other skin conditions.
- Potential risks.



## Measurements

**1 tsp of turmeric powder**

**1 ½ tsp of apple cider vinegar**

**1 tsp of baking soda**

**1 ½ tsp coconut oil or oil of your choice**

## INGREDIENTS

*Turmeric*

*Baking soda*

*Apple cider vinegar*

*Coconut oil or oil you like*



# Recipe For No-Bake Apple Pie Cheesecake

*Newsletter*

*Prepared by Arnesha Reed*

## What you need:

- 1) 2 cups of graham cracker crumbs
- 2) ½ cup of unsalted butter (melted)
- 3) 2 tbsp. Of sugar
- 4) 1 tbsp. Of ground cinnamon
- 5) 2 pkg. (8oz each) of Philadelphia cream cheese, softened
- 6) 3 cups of thawed COOL WHIP whipped topping
- 7) 1 - ⅓ cups of sugar
- 8) ½ tbsp. ground cinnamon
- 9) ¼ cup of unsalted butter
- 10) 4 gala apples, peeled, cored and chopped
- 11) ½ cup water
- 12) 2 tbsp. Cornstarch
- 13) ½ cup packed light brown sugar
- 14) 2 tbsp. Ground cinnamon
- 15) ½ tbsp. Of vanilla extract



## Graham cracker crust:

- 1) Heat oven to 375
- 2) In a medium mixing bowl , combine graham cracker crumbs, butter, sugar, and cinnamon
- 3) Pour crumbs mixture into 9-inch springform pan; press into bottom and upside of pan
- 4) Bake for 12 mins, or wait until browned allow crust to cool

## Cheesecake filling

- 1) In a large mixing bowl, whip cream cheese and COOL WHIP in large bowl on medium speed of electric mixer
- 2) Add sugar, ⅓ cups at a time mixing well after each addition. Then add cinnamon and continue to mix on medium speed until combined
- 3) Pour filling into prepared crust in springform pan
- 4) Refrigerate for at least 3 ½ hours to set. (cheesecake can also be refrigerated overnight to set)



## Apple pie topping:

- 1) In a large skillet, melt butter over medium heat
- 2) Add chopper apples; cook for 6-8 mins or until tender stirring often
- 3) In a small bowl combine water and cornstarch then pour over apples
- 4) Stir in brown sugar and cinnamon, bring to a slight boil , stirring frequently
- 5) Removed from heat, and stir in vanilla extract
- 6) Allow to cool for 5 mins pour over prepared cheese cake

**Then your ready to eat... enjoy!!!**



# ¿Qué es la diabetes?

By: Evelyn Zelaya Barahona

## Cómo ayudar a las personas con diabetes

No los llame "diabéticos". ...

1. No los culpe ni los juzgue. ...
2. Participe en elecciones saludables. ...
3. Aprenda a reconocer los signos de un problema. ...
4. Acepte los controles de la glucosa en la sangre y los esquemas terapéuticos como normales y rutinarios, que pueden ser necesarios en cualquier momento y en cualquier lugar.

## Qué tratamiento deben tomar las persona con diabetes

### El tratamiento de la diabetes tipo 1 comprende:

- Tomar insulina.
- Realizar un recuento de hidratos de carbono, grasa y proteínas.
- Controlar con frecuencia el azúcar en la sangre.
- Consumir alimentos saludables.
- Hacer ejercicio en forma regular y mantener un peso saludable.
- 

La alimentación sana incluye comer una gran variedad de alimentos, incluidos:

- vegetales.
- granos integrales.
- fruta.
- productos lácteos sin grasa.
- menestras.
- carnes magras.
- aves de corral.
- pescado

**Sintomas** - Los signos y síntomas de la diabetes tipo 1 pueden aparecer de forma relativamente repentina y comprender lo siguiente:

- Aumento de la sed
- Necesidad de orinar a menudo
- Incontinencia urinaria en niños que anteriormente no mojaban la cama durante la noche
- Hambre extrema
- Adelgazamiento no intencional
- Irritabilidad y otros cambios de humor
- Fatiga y debilidad
- Visión borrosa

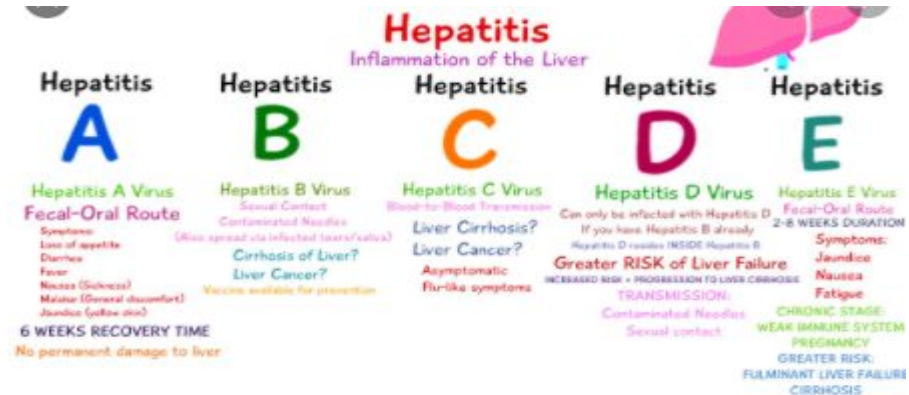


La **diabetes** indica que el nivel de glucosa, o **azúcar**, se encuentra muy elevado en la sangre. En la diabetes tipo 1, el páncreas no produce insulina. La insulina es una hormona que ayuda a que la glucosa penetre en las células para suministrarles energía. Sin la insulina, hay un exceso de glucosa que permanece en la sangre. Con el tiempo, los altos niveles de glucosa en la sangre pueden causarle **problemas serios** en el **corazón**, los **ojos**, los **riñones**, los **nervios**, las encías y los dientes.

La diabetes tipo 1 ocurre con mayor frecuencia en los **niños** y adultos jóvenes, pero puede aparecer a cualquier edad. Los síntomas pueden incluir:

- Mucha sed
- Orinar frecuentemente
- Sentir mucha hambre o cansancio
- Pérdida de peso sin razón aparente
- Presencia de llagas que tardan en sanar
- Piel seca y picazón
- Pérdida de la sensación u hormigueo en los pies
- Vista borrosa

Un análisis de sangre puede mostrar si tiene diabetes. De ser así, deberá tomar **insulina** el resto de su vida. Un análisis de sangre llamado **A1c** puede comprobar cómo está manejando su diabetes.



# The National Institute of Mental Health (NIMH) is lead federal agency for research on mental disorders



## If You Know Someone in Crisis

Call the [National Suicide Prevention Lifeline \(Lifeline\)](#) at **1-800-273-TALK (8255)**, or text the Crisis Text Line (**text HELLO to 741741**). Both services are free and available 24 hours a day, seven days a week. The deaf and hard of hearing can contact the Lifeline via TTY at 1-800-799-4889. All calls are confidential. Contact social media outlets directly if you are concerned about a friend's social media updates or dial 911 in an emergency. Learn more on the Lifeline's website or the [Crisis Text Line's website](#).

The [Veterans Crisis Line](#) connects Service members and Veterans in crisis, as well as their family members and friends, with qualified, caring Department of Veteran's Affairs (VA) responders through a confidential toll-free hotline, online chat, or text messaging service. Dial 1-800-273-8255 and Press 1 to talk to someone or send a text message to 838255 to connect with a VA responder. You can also start a confidential online chat session at [veteranscrisisline.net/get-help/chat](https://veteranscrisisline.net/get-help/chat).



## COMMON SIGNS OF Suicidal Thoughts

- Focusing on or talking about death and dying
- Having significant mood swings and/or verbalizing distress
- Making plans, including: updating one's will, giving away possessions, gathering needed materials such as pills or a gun
- Not engaging in activities that were once enjoyable
- Isolating oneself from loved ones and/or friends
- Acting recklessly, including misusing drugs or alcohol
- Saying goodbye



# Maternity Deaths in the United States

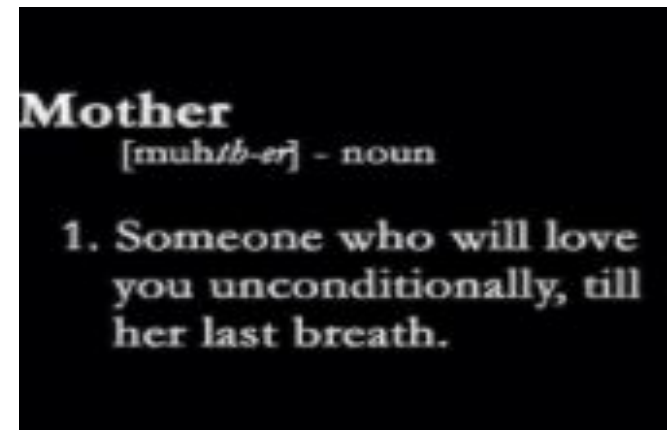
By: Tanaya Brown



A woman's health issue in the United States is death rates during pregnancy childbirth. According to an article by the ACLU of New York, more women die during childbirth and pregnancy in the United States than any other developed nation in the world. Additionally the number of deaths during childbirth and pregnancy are continuing to rise here in the United States.

The reason why this is a public health and social justice issue in our society is that not only are women dying from these mainly preventable deaths but black women are dying in dispostant rates. Again according to the article by the ACLU in New York, black women die during pregnancy and childbirth four times more often than white women.

As a woman of color I feel very disappointed in the deaths of black women during their pregnancy or childbirth. As a woman of color it's sad knowing that we are most likely to die during pregnancy or childbirth just because of the way we look. What do we want the world to think of us?

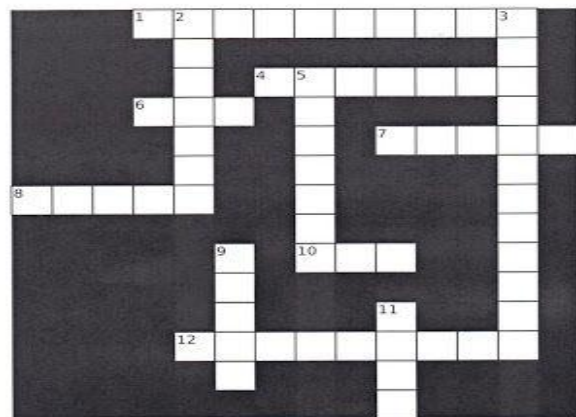




# Health Is Life



## Home Health Care Visits



CAREGIVER  
DIFFERENT  
HEALTH  
HOME  
INDEPENDENT  
INFORMATION  
INFREQUENTLY

MODELS  
MONTH  
NURSE  
OBJECTIVE  
ONCE  
SEVERAL  
SKILLS

THERAPIST  
TIMES  
TRADITIONAL  
TRAINING  
TREATMENT  
VISITS  
WEEK



Across  
1 filled with frustration, dissatisfied, distressed, uneasy, or eager  
4 unhappy, gloomy  
6 delighted, pleased, glad  
8 sleepy, weary, or bored  
10 bashful, timid, reluctant  
12 angered, annoyed

Down  
2 feeling no tension or anxiety  
3 depressed or discouraged  
5 uneasy, apprehensive, highly excitable  
9 mad  
11 tranquil, not excited or hyper, at peace



# GET HELP

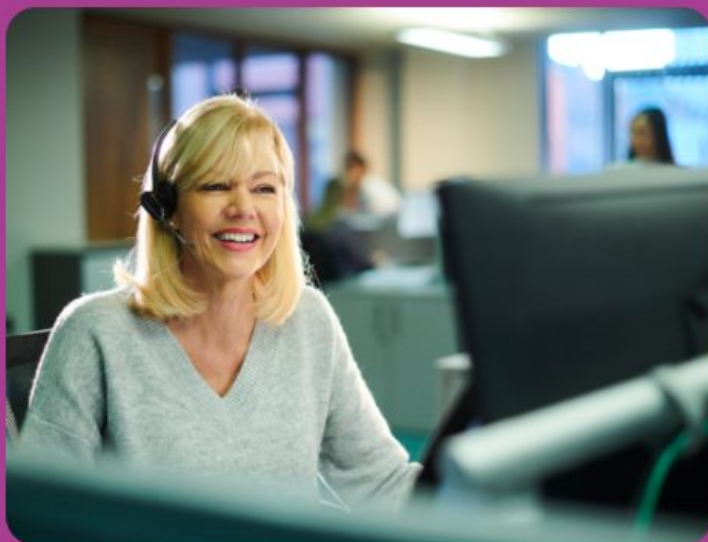
<https://www.thehotline.org/>

Being in a relationship should not mean you lose your right to privacy or your right to talk to whomever you like. But in an abusive relationship, an abusive person may **isolate** their partner from sources of support. This is often done by checking their partner's call log and text history or denying their partner the right to a phone.

**A safety plan is a personalized and practical plan to improve your safety in case of abuse, while preparing to leave an abusive situation or after leaving it.** This plan includes vital information tailored to your particular situation and will help you prepare for and respond to different scenarios, including telling friends and family about your situation, dealing with emotions, and various resources geared toward your individual circumstances.

Some of the preparations for a safety plan may seem obvious, but it can be difficult to think clearly or make logical decisions during times of crisis. Having a safety plan designed in advance can help protect you and others in high-stress situations.

Our safety planning resources detail important information to consider when creating a safety plan and may be helpful to survivors, friends, family, or anyone concerned for their own safety or that of someone else.



## Can I really call without being judged?

Our advocates are here to listen without judgement and help you begin to address what's going on in your relationship. Our services are always free and available 24/7.

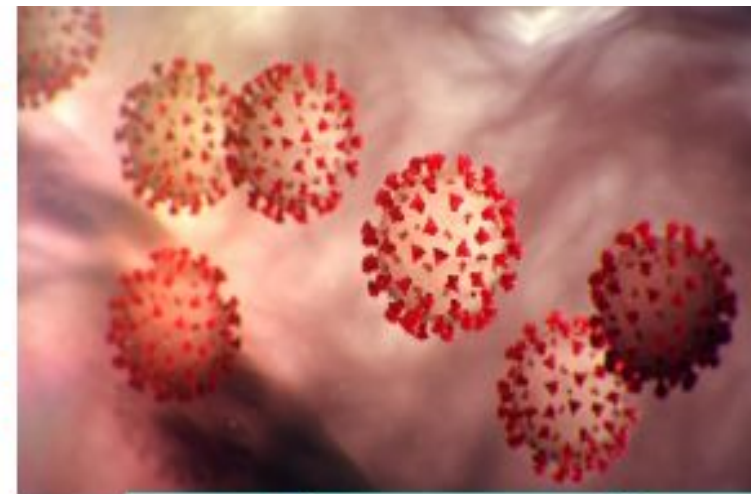
Call: **800.799.SAFE (7233)**

Chat: **Chat live now**



# Coronavirus By, Maria Luna

In 2020 we find out that there a viruses going round it first started in China. At first everybody didn't think it was that bad in till they started see the death rate it was getting worse everyday. The doctor told people the symptoms of coronavirus where fever or chill cough, shortness of breath or difficulty breathing , fatigue muscle or body aches, headache , new loss of taste or smell , sore throat, congestion or runny nose, nausea or vomiting , and diarrhea. Today the rate of coronavirus in the U S is 1.21m. The death rate of coronavirus is 19,133. This year lots of people lost they job because of coronavirus most people don't have money pay rent buy food for they family. This was one of bass years lots of people most love ones not have money to pay bills can't do nothing to open jobs back up.



**STAY HOME | STAY HOME | STAY HOME**

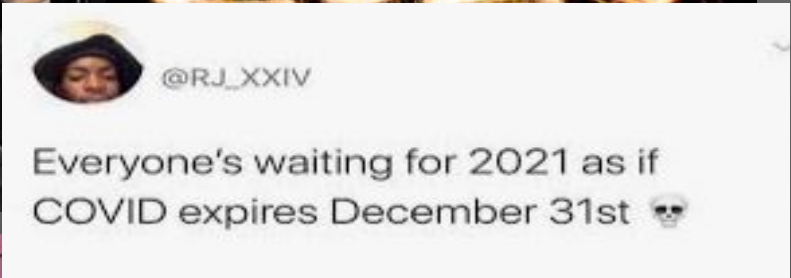
# *The WINTER SMILE*

Written by: Yozmarie Landro

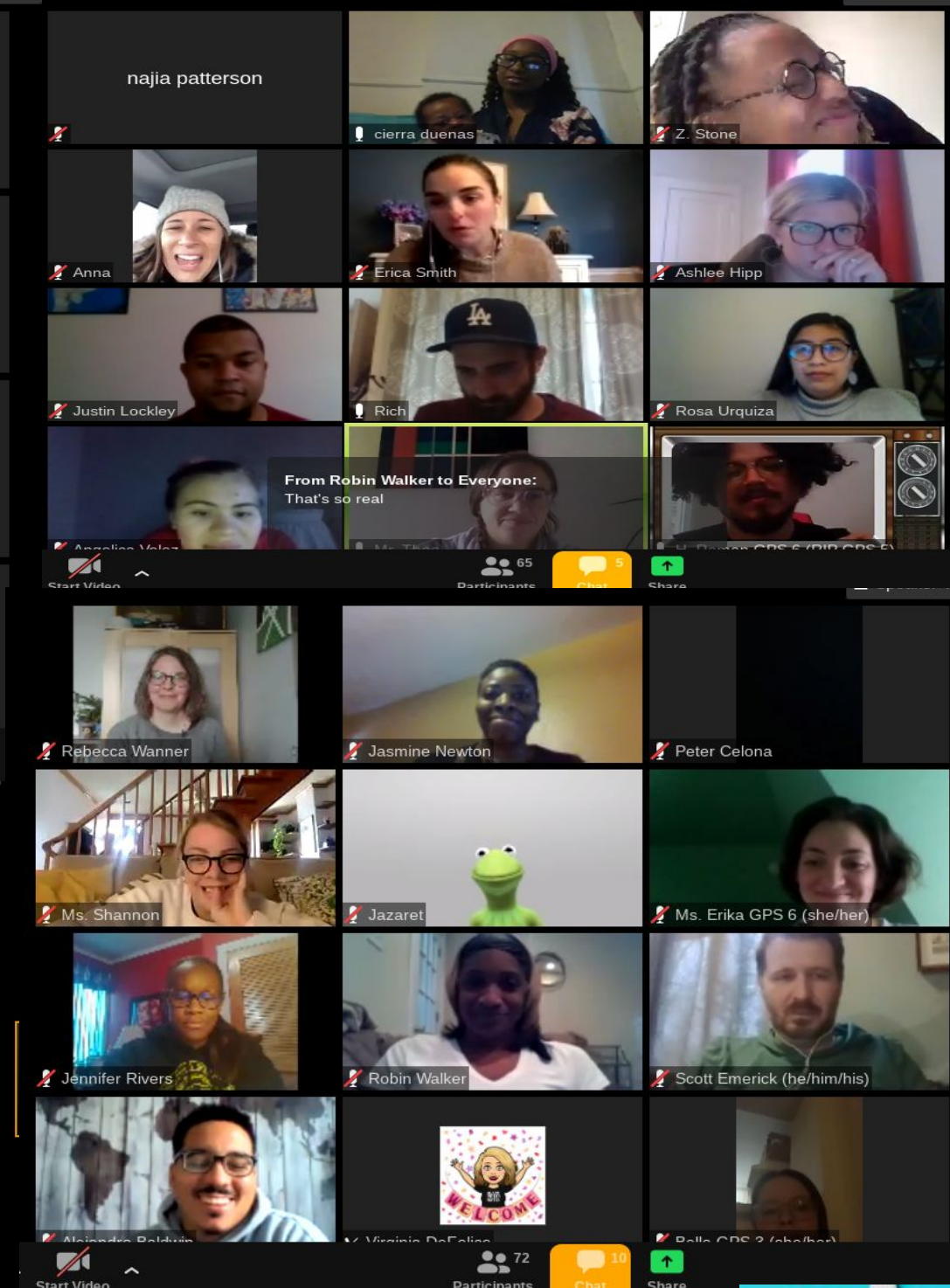
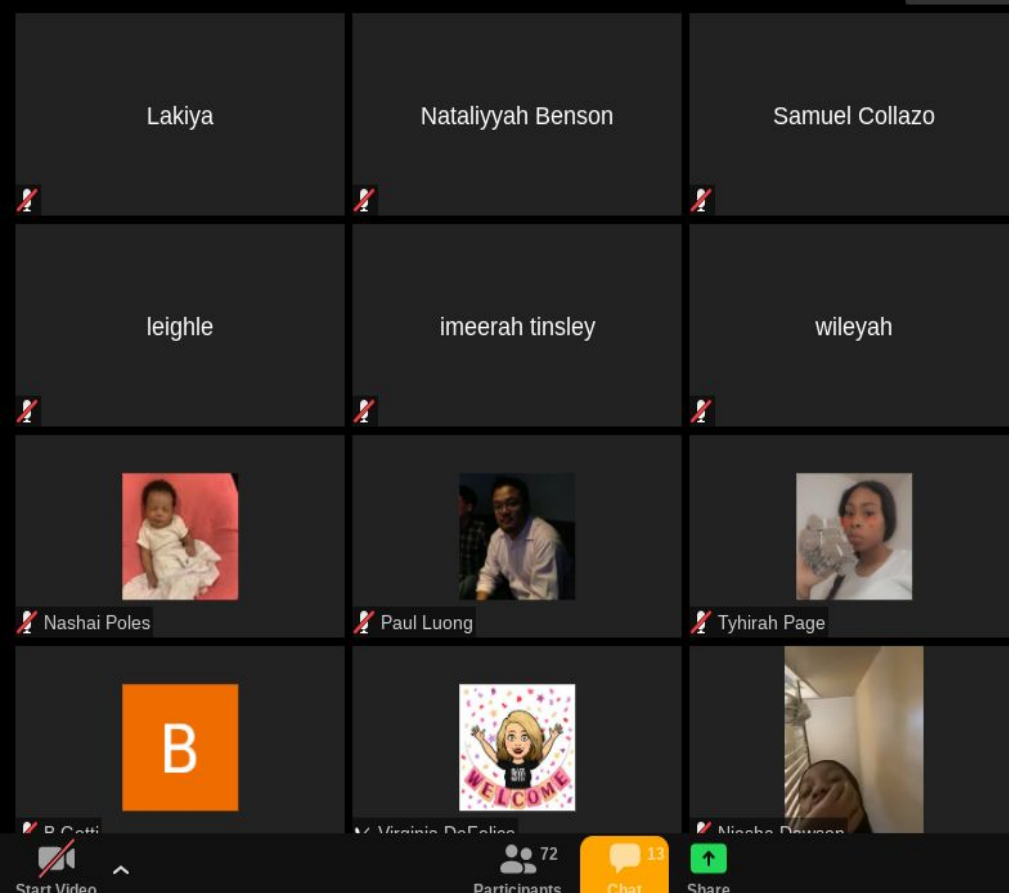
The smile that hides the pain of the suffering that is caused from deep inside can I be free can I feel happiness at times can I get some light between this cold air and the chills through my body am I not allowed to feel the warmth am I not able to see the sunset from this empty tunnel how can I get through I feel dizzy can I stand still and just be free or is that too much for me I'm reaching out but I feel alone how can I get the grip off something that's not cold screaming from the chills that runs through asking the sun how can I get to you please help me be free













# It's Okay

By: Nataliyyah Benson



*What happens when “safer-at-home” doesn’t apply to everyone?*

A person is sexually assaulted every 73 seconds in the United States, and every nine minutes the victim is a child, according to the Rape, Abuse & Incest National Network, an anti-sexual violence organization. When someone thinks about sexual assault, they often imagine a scene in which a stranger sexually assaults a woman in an alley late at night. Although these acts do occur, most sexual assaults are perpetrated by someone the victim knows, including intimate partners, friends, caregivers, or even family members. When stay-at-home orders began in March, the RAINN hotline had an increase in contact from minors, with the majority reporting sexual abuse by a family member in their home. This is as a result of perpetrators having more access to victims since they are not going to school, work, or other places outside the home. Let's be clear ANYONE can be a victim of sexual assault.

With the global spread of the COVID-19 pandemic and the stay-at-home orders to combat it, the risk of sexual assault within a home has increased. Evidence shows that rates of sexual violence increase during states of emergency. For example, reports indicate that sexual assault increased by 45% during Hurricane Katrina and the recovery period. As COVID-19 cases continue to strain health services, essential services, such as domestic violence shelters and helplines, have reached capacity. More needs to be done to prioritize addressing violence against women in COVID-19 response and recovery efforts. We need to protect our women and children!





# A SIDE THE BEST SIDE

Ms. Erica

Mr. Rich

Ms. Rab

Najia Patterson

Jennifer Alvarez

Evelyn Zelaya Barahona

Brooke Sephes

Ababa Asgodom

**Shout out to my**

**classmates and teachers, if**

**it wasn't for y'all there will**

**be no team. I'm so happy I**

**got the chance to meet all**

**of these wonderful,**

**intelligent, outspoken,**

**motivated people. I hope**

**all of you go after what you**

**dream of being and**

**continue to be great.**

Eric Dawkins

Niasha Dawson

Khalil Griffin Ms. V

Tyjia Johnson

Leighle Muhannad

Khalif Munin

Shani Nelson

Maria Luna Garcia

Arnesha Reed

Tamara Saunders

Rasania Smith

Tahir McCullough

Bida Negash





Encourage your kids to become  
**HAND-WASHING  
SUPERHEROES!**



**SING THE ABCs.** Wash hands regularly, with soap and warm water\*, for at least 20 seconds while singing the ABCs.



**BE SURE TO WASH YOUR HANDS**



After using the bathroom, sneezing, coughing or blowing your nose



Before eating meals or snacks



Immediately after coming inside from playing outdoors

**KIDS WHO BALK.** If your child is refusing to wash their hands, it might help to give them a small reward, such as the Hand-washing Superhero Badge.

Mark a star for each day your child practices great hand-washing skills.



**JOHNS HOPKINS**  
CHILDREN'S CENTER

*\*If soap and water are not available, the next best option is hand sanitizer.*

# JUST WASH YOUR HANDS

By: Khalil Griffin

Children come into contact with germs every day. Handwashing can help stop the spread of illnesses. We need to teach our children to wash their hands to stop the spread of COVID-19.