

NEW YEAR, BETTER YOU!

3 POWERFUL TIPS
TO KICKSTART 2024

DITCH IMPOSTOR SYNDROME
& OWN YOUR
AWESOME!

WORK FROM ANYWHERE!
INSIDER TIPS FOR LANDING THE PERFECT REMOTE JOB





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A LETTER FROM THE PUBLISHER

Welcome to the first edition of our HBCU CONNECT alumni magazine for 2024. This month we recognize the important contributions that Black Americans have made in history over the years. Since the very first Negro History Week in 1926, other countries, such as Germany, the United Kingdom, Canada, and the Netherlands, have joined in on the recognition of Black people in their respective countries. As we honor the legacy and resilience of our community, let's remember that Black history isn't limited to just one month—it's made every single day, everywhere.

In this issue, we are rewinding the tape to relive the 10 Most Epic HBCU Moments of 2023. Fantasia, Ruth Carter, Megan Thee Stallion, and Justina Miles of Bowie State are just a few touchpoints on what to expect when reminiscing over what happened over the last year. From groundbreaking achievements to moments of triumph, these stories remind us of the power and impact of HBCUs.

The year just started and it already seems that time is slipping through our fingers faster than ever before. Wasn't it just yesterday when we welcomed 2023 with open arms? Since it is a new year, we are bringing you three powerful ideas to help you move forward in 2024. Whether you are planning your career path, pursuing personal growth, or striving for excellence, these ideas are your roadmap to success.

And speaking of opportunities, have you checked out our newly revamped Scholarships database? It is loaded with resources to help you, as a non-traditional student, fund your undergraduate or graduate school pursuits. If not for you, then we got you covered when it comes to your child, friends, or family members who are looking at college expenses and looking for some financial support. Head on over to www.hbcuconnect.com/scholarships to explore and seize those opportunities!

Lastly, 2023 brought a ton of employment opportunities for the HBCU community through our site. Last year we hosted or helped host over 26 virtual and in-person recruitment events for the HBCU, Black American, and Latinx communities. For the employers who were not able to hold these types of events, they are going hard with the job postings, email campaigns, and visual advertisements to fill those needed positions with talent – YOUR TALENT! If you are curious to find out what may be out there, continue to check us out online and maybe register for an event or two. You won't be disappointed with the opportunities we are bringing to your screen.

As we dive into 2024, let's make this year one to remember. It's time to grasp the moment, chase our dreams, and rewrite our own history. Remember, YOU are black history! The time is now!

Stay connected, stay inspired, and keep pushing forward!

Sincerely,

Will Moss

Will Moss | CEO | HBCU CONNECT
www.hbcuconnect.com/willmoss

Better NEW YEAR, ~~NEW~~ YOU.

3 IDEAS TO HELP YOU MOVE FORWARD IN 2024

As we head into the new year 2024, it's time to focus on personal growth and transformation. In this exclusive guide, we'll explore three powerful resolutions to propel you into the new year: getting out of debt, embracing mindful eating, and starting your fitness journey. Whether you're seeking financial freedom, a healthier relationship with food, or a more active lifestyle, these practical ideas will lead you toward a year full of positive change and empowerment.

Get Out of Debt

Are you feeling buried under a mountain of debt? You're not alone. But it's time to take control of your finances and break free. Start by forgiving yourself for past mistakes – it's the first step to success. Craft a solid plan to stop random spending and set clear financial goals. Choose your debt payoff strategy wisely – whether you're an "avalanche" or "snowball" person, prioritize high-interest debts. Trim your budget and explore ways to boost your income. And when that tax refund comes in, resist the urge to splurge – use it to chip away at your debt.

Mindful Eating for a Healthier You

Ditch the guilt trip and discover the joy of mindful eating! Instead of rushing through meals hardly recognizing the flavors, slow down and savor each bite. Aim for at least 20 minutes per meal to allow your brain time to register fullness and prevent overeating. Put the star of the show be your food. To avoid mindless munching, portion out snacks beforehand. And finally, chew each bite thoroughly – it aids digestion and amplifies the enjoyment of every mouthful.

Kickstart Your Fitness Journey

Exercise doesn't have to be daunting. Every movement counts, whether it's a brisk walk or dancing around your living room. Start small and gradually increase your activity level. Focus on how you feel during exercise – the immediate mood boost and energy surge. Find activities you enjoy, like biking in the park or following workout videos at home. And most importantly, be patient with yourself! Progress takes time, but every step forward is a win.



HBCU GRAD ON THE GO!

YOUR GUIDE TO LANDING THE PERFECT REMOTE JOB

Are you ready to embrace the future of work? As we step into 2024, the demand for remote jobs is increasing, creating several opportunities for people looking to break free from traditional office environments. Let's dive into this comprehensive guide tailored to help you navigate the virtual job market and land your ideal remote position.

Mastering Remote-Friendly Skills

Acquire the fundamental skills necessary for remote work triumph. Explore sought-after competencies, strategies for upskilling, and how to effectively showcase your capabilities on your resume.

Crafting a Compelling Resume and Cover Letter

Learn the art of crafting standout resumes and cover letters tailored for remote positions. Explore different formats, highlight your remote experience, and make a compelling case for your readiness to work virtually.

Using Online Platforms for Remote Job Search

Navigate the vast virtual job market strategically. Explore job search engines, specialized remote job websites, and social media platforms. Discover how to network with potential employers online.

Top 5 Remote Job Sites for Your Search

Explore these top remote job sites to kickstart your search:

remoteok.com

Filter job listings by salary range and work type.

flexjobs.com

FlexJobs is a curated job board that specializes in remote and flexible work arrangements.

workatastartup.com

Explore opportunities in companies funded by Y Combinator.

jobboardsearch.com

A compiler of hundreds of offers from other job boards, ideal for technical and non-technical roles.

weworkremotely.com

Access a curated list of top remote companies, designed for remote workers by remote workers.

One final piece of advice: when looking for hybrid or remote roles, keep an eye on multinational firms like Airbnb and Zapier that provide flexible working conditions.



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We're looking for talented and driven professionals to join our team. Our exclusive virtual event is the perfect chance to explore exciting career paths and take the first step towards your future success.



— Thursday, March 28, 2024
— 6:00pm –7:30pm EST

Link to be provided to registered attendees

In partnership with  **HBCU CONNECT.COM**

Mark your calendars! CF Industries and HBCU CONNECT will be hosting a virtual hiring event on Thursday, March 28th, 2024. This is an excellent opportunity for you to explore the company and its various job openings confidently and even engage with the team to showcase your skills and potentially secure an interview. Don't miss out on this chance to shine and take your career to the next level!

CF Industries is looking for professionals interested in the following roles:

Sr. Environmental Engineer

Plant Engineer

Process Engineer

Process Engineer

Principal Engineer

Instrument & Electrical Engineer

Manager, Projects & Technology, Corporate Engineering

Project Engineer

This is a unique opportunity to learn more about CF Industries, meet the team, ask questions and potentially land an interview shortly after the event!

Register today! www.hbcuconnect.com/cf

FEELING LIKE AN IMPOSTOR? DITCH SELF-DOUBT AND OWN YOUR AWESOME!

Have you ever felt inadequate for the job you've been hired for, worrying that your boss might catch on? Or perhaps you've felt like you're merely pretending to be a responsible adult, such as when buying a house or raising a child, despite everyone else appearing to have it all together. Plot twist: They probably feel the same! Turns out, that nagging feeling of "not being good enough" haunts even the most accomplished.

The impostor syndrome was first identified in a 1978 study by Clance and Imes. This phenomenon affects high-achieving individuals who downplay their successes, chalk them up to luck, and worry about being exposed as impostors.

Whether it's starting a new job or taking on additional responsibilities, impostor syndrome can hit hard, leading to self-doubt and anxiety. But fear not! Here are a few research-backed tips that can help you overcome it:

Recognize Your Achievements

Combat impostor syndrome by acknowledging your accomplishments. Keep a "monthly wins tracker" to celebrate your progress and remind yourself of your strengths. By focusing on your wins, you'll build confidence and resilience. You know what they say: Trust the process!

Celebrate Yourself

Take time to celebrate your wins, big and small. Whether it's treating yourself to dinner or sharing your success on social media, celebrating boosts morale and reinforces your value.

Curate Your Social Media

Mindfully use your social media platforms to cultivate positivity. Unfollow accounts that trigger negative feelings and focus on content that motivates you. Fill your feed with inspiring voices and positive messages that lift you up.

Make a Strategic Plan

Cope with uncertainty by developing a structured plan for success. Remember: A goal without a plan is just a wish. Break down your goals into doable tasks and prioritize them accordingly. Expect obstacles, learn from mistakes, and adjust your plan as needed.

Overcoming impostor syndrome is a journey. Experiment with different strategies to find what works best for you, and don't be afraid to seek support from mentors or colleagues. Every step forward builds confidence and success!

BLACK EXCELLENCE ON REPEAT!

REWINDING THE 10 MOST EPIC HBCU MOMENTS OF 2023!

2023 wasn't just another year for HBCUs; In 2023, our community broke boundaries, amplified voices, and made history. Get ready to relive ten iconic moments that left us saying, "Damn, we did THAT!"

1 **Fantasia Returns to School:**

Fantasia Barrino, the *Color Purple* star, enrolled in Central State University after previously dropping out of high school.



2 **Fisk Gymnastics Makes History:**

Fisk University competes as the first HBCU with NCAA women's gymnastics team.



3 **Ruth Carter's Oscar Win:**

Hampton grad Ruth Carter made history as the first Black woman to win two Oscars, making her in the costume design world.



4 **Megan Thee Stallion's Scholarship Gift:**

Megan Thee Stallion showed love to her alma mater, Texas Southern University, by donating \$175,000 in scholarships, empowering the next generation.



5 **TSU Cheerleaders' National Victory:**

Texas Southern University's cheerleading squad made history by clinching the first-ever national title for an HBCU team, showcasing their talent and spirit.

6 **Howard's Swim Team Triumph:**

Howard's all-black swim team won their first conference title in over thirty years.

7 **Atlanta HBCUs Stand Up:** Faculty and students from Morehouse, Clark Atlanta, and Spelman united to protest Cop City, highlighting the importance of community activism.

8 **Summer Lee's Congressional Milestone:** Howard Law graduate Summer Lee made history as Pennsylvania's first Black woman to represent the state in Congress.

9 **Zahara Jolie's Sorority Crossing:** Zahara Jolie, daughter of Angelina Jolie, embraced sisterhood at Spelman's Mu Pi AKA Chapter, adding her unique flair to the campus community.

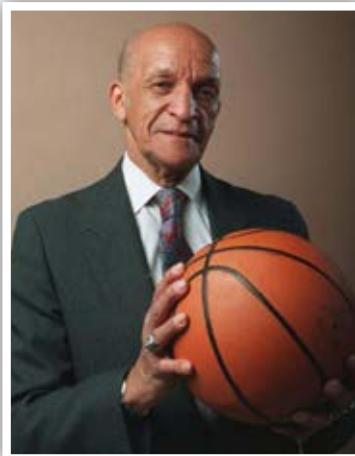
10 **Bowie State Shines at Super Bowl:**

Justina Miles stole the spotlight at the Super Bowl Halftime alongside Rihanna with her ASL interpretation, showcasing talent and inclusion.

2023 was a year for the books. But buckle up because 2024 is just getting started, and it promises to be even more epic!



CELEBRATING THE LEGACY OF JOHN B. MCLENDON, JR.



From a young age, John McLendon, Jr. was captivated by basketball. His interest in the sport began in high school and continued throughout his professional endeavors in physical education and coaching.

Mentorship with Dr. Naismith

McLendon crossed paths with Dr. James Naismith, the inventor of basketball, during his studies at the University of Kansas. Under Naismith's

guidance, McLendon not only improved his basketball skills but also dealt with the racial issues of that time.

Trailblazing Coach

Throughout his illustrious career, McLendon coached at various HBCUs, including North Carolina Central College, Hampton Institute, and Tennessee State University. He pioneered strategies like the full-court press and the fast-break offense, leading his teams to numerous championships.

McLendon's impact extended beyond the court. He orchestrated "The Secret Game," a groundbreaking racially integrated basketball match, and founded the National Athletic Steering Committee, advocating for integration in sports.

Professional Triumphs

McLendon broke barriers as the first African-American professional basketball coach with the Cleveland Pipers. His coaching talent earned him championships and accolades in collegiate and professional leagues, but his influence went beyond coaching. He established scholarships for minority students in athletics administration and was instrumental in promoting basketball globally.

Hall of Fame Induction

John B. McLendon's impact on basketball was Hall of Fame-worthy. He achieved enshrinement in multiple Halls, including the Naismith Memorial Basketball Hall of Fame. Notably, he was the first individual recognized both as a coach and a contributor, solidifying his legendary status in the sport.

Even after his coaching career, McLendon remained dedicated to basketball, serving as a global ambassador for the sport and advocating for minority representation in athletics administration.

John McLendon, Jr.'s legacy as a pioneer, mentor, and champion of HBCU basketball continues to inspire generations, leaving a lasting mark on basketball and our community.

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Vice President



5 POWERFUL FILMS RECLAIMING UNTOLD BLACK STORIES



Celebrating Black history means exploring stories and heroes who are sometimes overlooked or forgotten. Recent film releases offer a unique glimpse into pioneering figures, shedding light on untold stories. Here are five must-watch films for you to watch:

1. The Space Race

Shines a light on the journeys of America's pioneering Black astronauts, shedding light on their struggles and triumphs as they broke barriers at NASA.

2. Rustin

Details the life and legacy of Bayard Rustin, the unsung hero of the Civil Rights movement, whose legacy deserves recognition. Catch it on Netflix.

3. Genius MLK/X

Witness the parallel lives of Martin Luther King Jr. and Malcolm X, two visionary leaders who shaped history. This insightful miniseries aired on National Geographic in 2018.

4. Six Triple Eight

Recounts the remarkable tale of the 6888th Central Postal Directory Battalion, showcasing the resilience of 855 Black women who defied discrimination during WWII. Keep an eye out for its release on Netflix.

5. Hidden Figures

Follow the remarkable journey of African American women at NASA whose brilliance changed the course of history. Hidden Figures is credited with increasing awareness of African American women's efforts in STEM disciplines. Stream it on Disney+ and Hulu.

These inspiring films offer a deeper understanding of Black contributions to various spheres of society. Don't miss out on these cinematographic treasures that honor the depth of Black heritage!



The logo for the Brick City Classic football game. It features the CAA logo at the top left. The main title "BRICK CITY CLASSIC" is in large, bold, white letters. Below it, the date "AUGUST 31, 2024" is in a smaller white box. To the left of the date is the "HAMPTON PIRATES" logo, which includes a stylized pirate ship and the word "HAMPTON" in a banner. To the right of the date is the "MORGAN STATE BEARS" logo, which features a brown bear standing on a yellow banner. In the center, between the two teams, is a "VS." label. Below the "VS." label is a circular logo for "Prudential BRICK CITY HBCU KICKOFF CLASSIC" with "NEWARK - NEW JERSEY" at the bottom. In the background, there are blurred images of spectators and a stadium.

THE WAIT IS OVER HAMPTON AND MORGAN STATE FACE OFF AT BRICK CITY CLASSIC

Get ready to witness an epic showdown as Morgan State and Hampton University clash in the highly anticipated Prudential Brick City HBCU Kickoff Classic in August at Red Bull Arena.

Why It's a Big Deal

Shining a spotlight on both HBCU pride and Newark's spirit, the Prudential Brick City Kickoff Classic celebrates the achievements of Historically Black Colleges and Universities (HBCUs). This annual event extends its impact beyond the field, providing scholarship awards and collaborative partnerships while contributing directly to the economic development of Newark.

By the Numbers

With Hampton leading the series 37-26-2, every matchup is intense. Recent history favors Hampton, who's won 19 of the last 24 games since 1982. But Morgan State is ready to turn the tide and reignite their storied rivalry.

Founded in 1868 as Hampton Agricultural and Industrial School, Hampton University is one of the Top HBCUs globally. Its football team, the Hampton University Pirates, competes in the NCAA Division I Football Championship Subdivision under CAA Football and has an impressive 14-4 record over the previous 18 games.

Similarly, Morgan State University, founded in 1867, is a Carnegie-classified high research (R2) institution. It secured the #332 spot in the 2024 U.S. News and World Report edition of Best Colleges and National Universities. The MSU Bears also compete in the NCAA Division I Football Championship Subdivision, representing the Mid-Eastern Athletic Conference (MEAC).

Eyes on the prize, both teams gear up for a match that will keep you on the edge of your seat.

Save the Date

The game is August 31st at Red Bull Arena in Harrison, N.J. Witness history in the making and cheer on your favorite HBCU team - go Bears, go Pirates!



HBCU FOOTBALL PROGRAMS MAKE BIG GAINS ON NATIONAL SIGNING DAY

On Wednesday, February 7, the spotlight shone brightly on college athletes nationwide as National Signing Day unfolded. While December's early signing period has somewhat dimmed its prominence, this day remains crucial for rounding out college football rosters.

High school prospects grasped their last chance to secure scholarships and sign National Letters of Intent. Though many top players had committed in December, some notable names joined the fold just before spring practice.

While December's signings shape the Class of 2024, the traditional National Signing Day added the finishing touch.

The Ones to Watch

HBCU football programs are locking in signings for future success on the field. The following are the most notable signings of the season:

- Reigning Celebration Bowl champions, Florida A&M University welcomed three FBS transfers like running back Rodney Hill and defensive back Jameel Sanders. Hill was a four-star running back coming out of high school and ranked the 19th best athlete nationally by ESPN.
- Alabama State added former Texas Southern quarterback Andrew Body to its roster.
- Alabama A&M secured 10 recruits, including wide receiver Duke Miller from Jackson State.
- Grambling State bolstered its offensive line with 4 first-year students.
- North Carolina Central scored with standout running back Zion Dobson, named Player of the Year in South Carolina.

Exciting Times Ahead

Texas Southern's Cris Dishman signed 15 players from five states, while Howard University's Larry Scott and South Carolina State's Chennis Berry welcomed diverse talent to their programs.

With top-tier talent committing to HBCUs, the future of football looks bright for our beloved institutions.



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PM ET

Link to be provided to registered attendees

At GE Appliances, we create possibilities. On Thursday, April 11th, 2024, GE Appliances and HBCUCONNECT.COM are partnering to host a special virtual hiring event. At GEA we're creators, thinkers and makers who believe that anything is possible and that there's always a better way. We believe in giving our people the freedom to explore, discover and build good things, together. Join our Diversity Recruiting event. This will be a great opportunity to learn more about GEA and the teams. You will also have the chance to ask questions live and possibly land an interview.

GE Appliances is looking for Black & Latinx Professionals interested in the following roles:

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- Tooling Engineers

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- Accounting Analyst, Controllership
- Senior Financial Analyst - Inventory

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DOLL POWER!

HBCYOU DOLLS INSPIRE & EMPOWER YOUNG MINDS

Imagine a world where dolls not only ignite imagination but also inspire dreams. That's the vision of Brooke Hart Jones, a proud graduate of Hampton University and lifelong doll enthusiast.

Turning a Dream into Reality

During the pandemic, Jones embarked on a quest to find an HBCU-themed doll for a friend's daughter. Surprisingly, none existed. Determined to make a difference, she birthed the idea of HBCYou Dolls.

Starting with handmade prototypes, Jones and her husband worked non-stop to bring their vision to life. Their dedication paid off when they caught the attention of Purpose Toys in 2022, leading to a partnership that propelled HBCYou Dolls into major retail stores like Walmart, Target, and Amazon.

Each 18-inch doll showcases a different HBCU, from Hampton to Howard, with interchangeable outfits and unique hairstyles across various skin tones. Additionally, they proudly sport their school colors and logos, transforming playtime into a spirited celebration of HBCU pride.



Making a Difference, One Doll at a Time

Today, HBCYou Dolls is the first and only HBCU doll line sold in major retail stores worldwide. With a diverse range of dolls, each with unique backgrounds and aspirations, Jones aims to instill the values of leadership and education in young minds.

Beyond reflecting beauty, Hart Jones' mission is to inspire and empower girls through relatable dolls. HBCYou Dolls aims to nurture confidence, cultivate curiosity in young minds, and celebrate their individuality.

Planting Seeds of Hope

Reflecting on her journey, Jones credits Hampton University for fostering her growth and nurturing her ambition. She hopes her dolls will empower future generations to dream big and pursue higher education, just as her alma mater did for her.

IN THE *Spotlight*:



Meet Danae Daniels,

A senior Broadcast Journalism student at Florida Agricultural and Mechanical University (FAMU), originally from the vibrant city of Boston, Massachusetts. Danae's journey at FAMU is a testament to her pursuit of excellence in broadcast journalism.

Choosing FAMU

Why choose an HBCU? For Danae, it was all about FAMU's renowned School of Journalism and Graphic Communication (SJGC) program. That's where her journey began. However, as she immersed herself in the vibrant HBCU community, she discovered a deeper connection.

"I will say that HBCUs have some of the best senses of community that you will ever come across. ", she said.

Beyond the rigorous academics, she emphasizes the strong support networks and the powerful opportunity to contribute to FAMU's legacy of Black excellence. These were the key factors why she chose the HBCU Experience.

Guiding Wisdom for Future HBCU Scholars

Danae's journey at FAMU hasn't been solely academic. As Assistant Creative Director of Journey Magazine, she leads the way in artistic choices and guides the creative team, honing her leadership and communication skills beyond the classroom. "One of the most important things I would tell someone considering an HBCU is to find the best programs in your field of study," she advises high school and current college students, "There are 107 HBCUs that all harbor different programs in which their students excel and go off to work in a multitude of career paths"; it's essential to identify where your skills can flourish.

Additionally, she emphasizes the significance of seizing networking opportunities provided by HBCUs, creating pathways for future success.

Future Ambitions: Danae's Global Media Aspirations and the Impact of HBCU Community

As Danae approaches her anticipated graduation in 2024, she envisions a dynamic post-graduate journey. Contemplating a return to school for her master's and eventually pursuing a JD in Media Law, her ultimate goal is motivated by a desire for international experiences. "I want to contribute positively to the global media landscape in any aspect."

THE INSPIRING JOURNEYS OF TWO HBCU CONNECT MICRO-INTERNS



Meet Joy Watson,

An outstanding graduate student at Virginia State University currently pursuing a Master of Science in Mathematics. Originally from Newburgh, NY, Joy's academic journey is exceptional, driven by her remarkable academic achievements and commitment to the HBCU community.

Choosing an HBCU: A personal connection

Have you ever wondered why someone would choose an HBCU? Well, Joy Watson didn't just choose Virginia State University; it chose her. Joy's journey embodies the profound connection Black students share with HBCUs, evident in her experience at Virginia State University.

In her own words, "Virginia State University has continuously poured into me from the day I attended orientation to when I added a second major, from the day I joined the Trojan Explosion Marching Band to the day I became Miss VSU, from the day I won Miss National Black College Alumni Hall of Fame to the day I walked across the commencement stage as valedictorian."

Today, as an HBCU graduate student, she continues to be inspired, encouraged, and challenged by her vibrant academic surroundings.

Advice from Joy to Aspiring HBCU Students

For high school or college students considering an HBCU, Joy has a message: "I'm already proud and hopeful of you. Trust your gut and intuition. Choose a place where you can build a home away from home, a place that offers room and resources for your growth."

Future Ambitions: A Commitment to Education

As Joy approaches her expected graduation in the summer of 2024, she sets her sights on post-graduate plans. After earning her master's in mathematics, she aims to pursue doctoral studies in the same field. Not just stopping there, Joy is committed to making a deliberate effort to continue supporting Historically Black Colleges and Universities in all phases of her life.

Join the Journey!

Joy and Danae, standouts from our 2023 HBCU Connect Micro-Internship Program, showcase the incredible potential within our community. We celebrate their journeys and cheer them on to even greater academic and professional success. If their journey resonates with you, now is your opportunity to be part of a network that propels careers and aspirations. Submit your resume through hbcuconnect.com/resumes and unlock the doors to professional growth.



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BROADWAY STAR NATASHA YVETTE WILLIAMS: A JOURNEY OF MUSICAL EXCELLENCE



More than just her captivating presence on Broadway stages, Natasha Yvette Williams, a distinguished alumna of North Carolina Agricultural and Technical State University, embodies a journey that transcends the footlights and ignites inspiration.

From North Carolina A&T to Broadway: A Stellar Career Unfolds

As a 1992 N.C. A&T theatre arts graduate, Williams' passion for performance ignited early, singing in her church choir at the tender age of 3. Her love for entertainment propelled her from humble beginnings to the grandeur of Broadway.

Williams in Some Like It Hot

Playing Sweet Sue in the comedic musical "Some Like It Hot," Williams leads an all-girl band in 1929 Chicago. Prohibition fuels the city's thirst for excitement, and Williams' portrayal showcases her exceptional talent, drawing audiences to Sweet Sue's courage and evolution.

Grammy Glory: A Triumph on Music's Biggest Stage

On a spectacular occasion at the 2024 Grammy Awards, Williams won Best Musical Theater Album Principal Vocalist for "Some Like It Hot." Her journey from the A&T theater program to Broadway stardom culminated in this prestigious accolade, marking a milestone in her illustrious career.

As she basks in the glow of her Grammy win, Williams remains grounded in her roots, grateful for the invaluable training she received at A&T. Her advice to aspiring performers echoes her journey: "I would tell the students in the program now to take it all in so you can give it all because everything we needed, we got in those rooms".

Natasha Yvette Williams' story exemplifies the enduring legacy of HBCUs, where dreams take flight and talent shines brightly.

HISTORIC WINS AND POWERFUL PERFORMANCES!

BLACK WOMEN TOOK OVER THE 2024 GRAMMY AWARDS

The 66th Annual Grammy Awards reverberated with Black female excellence. From Coco Jones' triumphant win to Fantasia's soul-searing performance that left us breathless, the night was a potent symphony of Black women's artistry. It was a powerful demonstration of their tremendous talent, boundless creativity, and passion - an indelible mark on the music industry's core.

Reflecting on a Historic Moment

As Taylor Swift claimed Album of the Year for the fourth time, it was a bittersweet reminder of the long-standing disparity faced by black women in this category. Despite their groundbreaking contributions, black women have been notably absent from this prestigious title for over two decades, a stark reality emphasized by Jay Z's poignant remarks.

Celebrating Triumphs and Breaking Barriers

However, the night belonged to the powerful voices of black women. Coco Jones' inspiring journey from Disney star to Grammy-winning sensation exemplified a shift towards recognizing and celebrating black female talent.

In the New Artist category, Victoria Monét emerged as the winner, highlighting her exceptional talent and bright future in music. Additionally, she clinched another victory with her album "Jaguar II" in the R&B



Album category. Another notable win was in the Pop Duo/Group Performance category, where "Ghost in the Machine" by SZA featuring Phoebe Bridgers took the award, demonstrating the collaborative brilliance of both artists. SZA's and Fantasia Barrino's captivating performances illuminated the multifaceted brilliance of Black women in music.

An Alumni Highlight: NaTasha Yvette Williams

N.C. A&T University alumna NaTasha Yvette Williams made waves at the Grammys, winning Best Musical Theater Album. The second time is the charm for William. After a 2012 ensemble nomination, she shined as a solo artist and took home the trophy.

The 2024 Grammys celebrated Black women's brilliance, but the journey for true musical equality continues. What concrete actions can we take to empower, elevate, and amplify the artistry of black women in music?



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NAVIGATING THREATS TO THE 2024 ELECTION

As the 2024 election approaches, Americans are gearing up for a historic rematch between President Joe Biden and his predecessor, Donald Trump. With both candidates facing challenges and controversies, the election promises to be a referendum on the lesser of two unpopular options. Trump is facing federal charges after attempting to overturn the 2020 election results. Meanwhile, President Biden has encountered domestic and foreign challenges, harming his presidency and image.

The integrity of the electoral process hangs in the balance from voter manipulation to potential physical violence, according to a recent federal assessment. As authorities strategize responses, it's crucial to understand and address these threats.

Identifying the Risks

The Department of Homeland Security's confidential analysis highlights concerns about online activities undermining the election's legitimacy and real-world plots targeting voting locations. Threat actors may seek to provoke violence or engage in disruptive behavior at polling places and government facilities.

A Complex Landscape

As states confront billion-dollar shortfalls following dwindling tax collections in 2023, a period of fiscal restraint appears inevitable. While some, like Massachusetts and California, are slashing budgets, others are tapping into record rainy-day funds.

Legislative agendas are diversifying, focusing on perennial issues like crime and education alongside emerging concerns such as AI regulation and housing

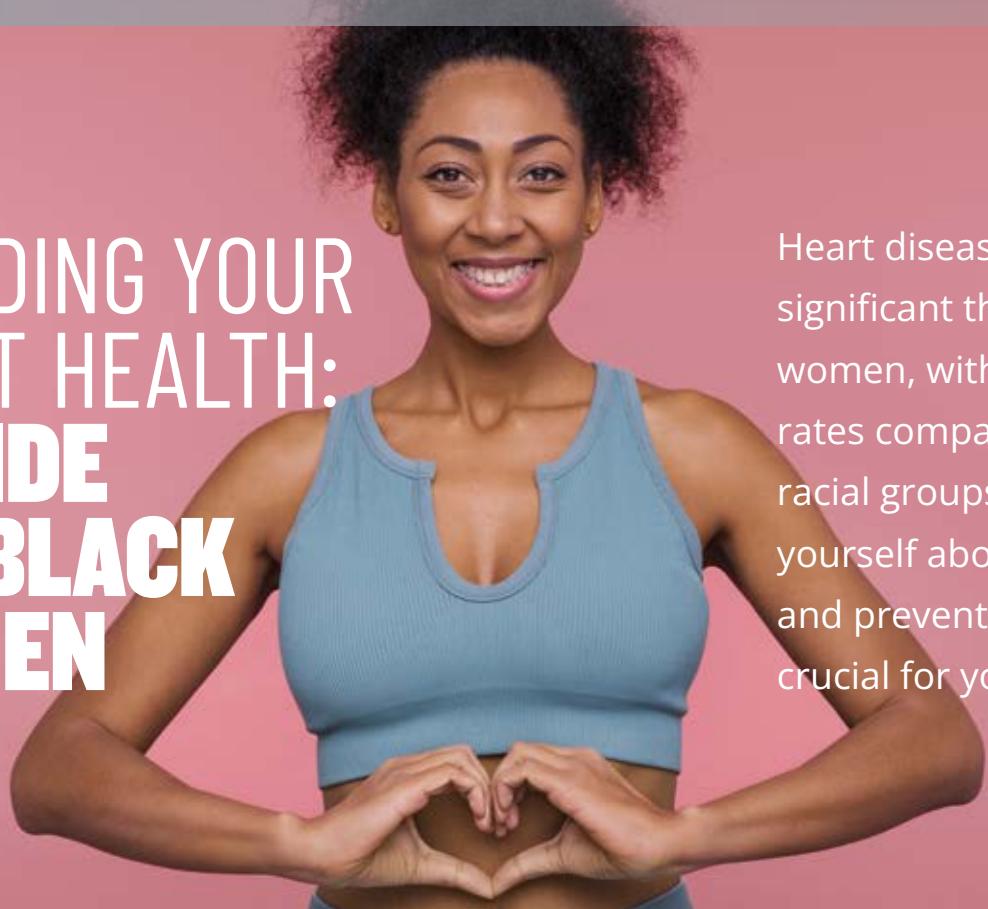
shortages. The fentanyl epidemic, health challenges, and immigration policies also demand attention, highlighting the need for multifaceted solutions and bipartisan cooperation in navigating complex issues.

As states gear up for legislative sessions in 2024, they must address these challenges with innovative approaches, balancing fiscal responsibility with investments in critical areas like education, healthcare, and climate resilience.

Reflections on Voting

As part of the black community, you understand the importance of exercising your right to vote. Despite the challenges facing the 2024 election, your participation is crucial in shaping the future of our democracy. Let's stand together to ensure that every voice gets heard and every vote counts.

DECODING YOUR HEART HEALTH: A GUIDE FOR BLACK WOMEN



Heart disease poses a significant threat to Black women, with higher rates compared to other racial groups. Educating yourself about the risks and preventive measures is crucial for your well-being.

Know Your Risks

Being aware of risk factors like hypertension, obesity, and family history is fundamental to early intervention. Share any family history of heart disease with your physician for personalized care.

Understanding Heart Disease

Heart disease encompasses various conditions affecting the heart and blood vessels. Black women face a heightened risk, with heart disease being a leading cause of death in this demographic.

Statistics from the American Heart Association highlight the severity of the issue. Black women have high rates of cardiovascular diseases, with many unaware of common heart attack symptoms.

Prevention Strategies

Taking proactive steps can significantly reduce your risk. Avoid smoking, maintain a healthy diet, achieve a healthy weight, and monitor your blood pressure regularly.

Social Factors Matter

Social determinants of health, including access to healthcare and environmental influences, also impact heart disease risk. Addressing these factors is crucial for comprehensive prevention strategies.

Unique Symptoms in Women

Women often experience different heart attack symptoms than men. While chest pain or discomfort is the most common symptom of a heart attack, women are more likely to experience other common symptoms, such as shortness of breath, fatigue, nausea and back or jaw pain. These symptoms may not immediately raise suspicion of a heart problem, which can affect a correct diagnosis. Familiarize yourself with these symptoms and seek care from physicians specializing in women's heart health.

By prioritizing heart health and advocating for comprehensive care, you can take control of your well-being and reduce the impact of heart disease in our community.

4 ESSENTIAL SELF-CARE TIPS FOR BLACK FAMILIES



Racism places a tremendous burden on all Americans, particularly Black Americans, who are significantly affected by our society's uneven structures. So, where do we turn when the weight feels like it might crush us? Well, you're not alone. Black families have incredible strength and resilience, and within our communities lies a wealth of support. This article explores some common questions about coping with racism's impact and practical ways to practice self-care and uplift each other.

1

Supporting Children Through Stress

Engage with your children about what they see and hear, especially regarding racial violence. Look for signs of stress, such as anxiety or changes in behavior, and provide a safe space for them to express their feelings.

2

Communication is Key

Encourage open dialogue about emotions regularly, not just during difficult times. Help your family members identify and acknowledge their feelings to foster emotional well-being.

3

Practicing Self-Care Together

Prioritize self-care activities that bring joy and relaxation to your family, such as exercise, mindfulness, and spending quality time together. Seek support from loved ones and consider professional therapy when needed.

4

Choosing the Right Therapist

Address any barriers or hesitations about therapy, including concerns about stigma or lack of trust in medical providers. Look for therapists who understand your cultural background and identity and ask questions to ensure a good fit.

Where to Find Support? Explore resources tailored to your needs:

Inclusive Therapists

www.inclusivetherapists.com

Melanin and Mental Health

www.melaninandmentalhealth.com

Therapy for Black Men

therapyforblackmen.org

Suicide and Crisis Lifeline:

988

Therapy for Black Girls

therapyforblackgirls.com

Crisis Text Line Counselor

Text HOME to 741-741 for help

Taking care of your family's mental health is essential. By fostering open communication, practicing self-care, and seeking professional support, you can promote well-being within your household.



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