

The City Connection

1 Year Anniversary
Issue 12

Magazine

**Reverend
Al Sharpton**
on Education
in the Black
Community

A Message to
African
Americans
released from
unjust prison
sentences



NSU
NORFOLK STATE UNIVERSITY

The City Connection Magazine
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It's our 1 year anniversary!

Letter From the Editor



From our humble beginnings to our first year anniversary is the proof that any idea combined with determination, a winning spirit and a strong team is the proof that we are here to stay. I will continue to work hard for the community and provide opportunities for aspiring artist, entrepreneurs, entertainers, fitness trainers, teachers, students, organizations and schools to get the recognition they deserve. It's been a long year of challenges and lessons. With your continued support The City Connection Magazine will be here to serve the community for many years to come.

Thank You,
Javone Johnson Editor

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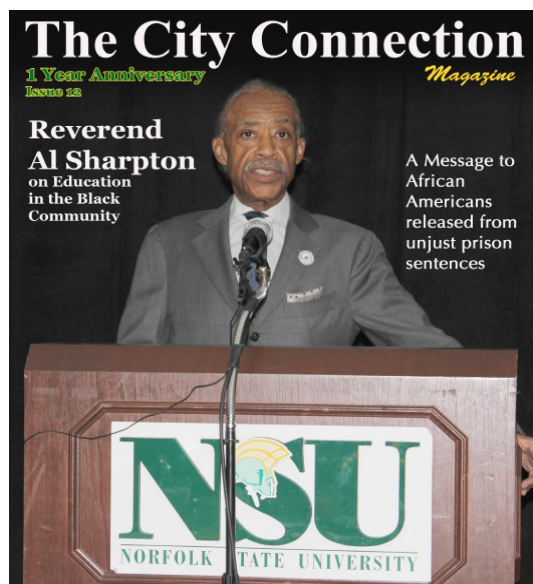
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Whats inside ...



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What's on the menu ?

Sweet Potato Soufflé

Ingredients

Soufflé:

1/2 cup butter, at room temperature
plus 1 tbsp to grease pan

5 medium sweet potatoes

2 large eggs

1 cup granulated sugar

1 cup brown sugar

1/2 cup of evaporated milk

Pinch of salt

Topping:

1 cup finely chopped pecans

1 cup granola

1/2 cup all-purpose flour

1/4 cup butter (1/2 stick) softened

Directions:

For the Soufflé

Preheat oven at 350 F. Grease 2 1/2 at baking dish with butter. Poke holes in sweet potatoes and bake on a foil-covered sheet pan until soft. Peel potatoes

when cool, and place the flesh in a mixing bowl. Mash until very smooth. Add eggs, sugar, butter, vanilla, evaporated milk and salt. Combine in a stand mixer or hand mixer. Pour mixture in the baking dish.

For the topping:

In a bowl, mix together pecans, flour, brown sugar and butter until combined. Spoon mixture over soufflé. Bake casserole for 45 minutes or until slightly browned. Let the casserole sit for 5 min before serving. Serve and Enjoy!

Cheevon

Herbalife Health Coach



Breast Cancer Awareness

Breast Cancer Awareness

By Antonio Garland

October is Breast Cancer Awareness month, a month long campaign dedicated to fighting the disease.

Each year, the disease affects over 3 million people in the U.S. alone. According to breastcancer.org, breast cancer causes more deaths for women than any other form of cancer, except for lung cancer, and is the second most diagnosed form of cancer for women after skin cancer. Men

too are affected by the disease. In 2015, over 231,000 men are estimated to be diagnosed with breast cancer.

According to nationalbreastcancer.org, one in eight women will be diagnosed with breast cancer in their lifetime. However, if breast cancer is detected within five years of origin, survival rate is a hundred percent.

Women should be advised to schedule clinical breast examinations and mammograms according to their age and health backgrounds.



The City Connection Magazine

The City Connection Magazine wants to give a special thanks to the Norfolk State University's Fine Arts Department for the Certificate of Appreciation and the recognition of our hard work and dedication.



Rev. Al Sharpton a message to African Americans



Shown above Javone Johnson founder of The City Connection Magazine and Rev. Al Sharpton

Alfred Charles Sharpton Jr. better known as Rev. Al Sharpton was born in the Brownsville section of Brooklyn, New York on October 3 1954. He is a baptist minister, civil rights social justice activist, radio and television talk show host. Al Sharpton preached his first sermon at the tender age of 4 years old and toured with notable gospel singer Mahalia Jackson. Al Sharpton was appointed by Rev Jesse Jackson in 1969 to serve as the youth director of the Operation Breadbasket's New York branch. In 1971 he founded the National Youth Movement which focuses on the development of impoverished African American youth. In 1991, Sharpton founded the National Action Network , an organization designed to increase voter education, provide resources for those in poverty, and the support of small businesses. One of the most notable moments in Sharpton's life was the protest that he led to raise the awareness about the death of Amadou

Diallo, an immigrant from Guinea who was fatally shot and killed by several NYPD officers. Sharpton immediately sprung into action pointing out that police brutality and racial profiling were the foundation of Diallo's death. As a result, Diallo's family was later awarded \$3 million in a wrongful death suit filed against the city. Al Sharpton continues to fight for African American justice. In 2012 , Sharpton led several protest against the Sanford Police Dept. about the mishandling the Trevon Martin's death as a result of fatal gunshots fired from George Zimmerman which ultimately led to Zimmerman's arrest. Al Sharpton has run unsuccessfully for elected office on more than one occasion. However his efforts was not enough to secure his seat in the White House.

Al Sharton recently visited the campus of Norfolk State University , one of the nations oldest HBCUS during it's founders day celebration on Sept 18th 2015 to host a prayer breakfast to

address the importance of education and black on black crime.

The City Connection Magazine had the privilege to interview the reverend to bring a spotlight to unjust sentences and and words of encouragement for African Americans but first here is an excerpt from Al Sharpton's speech

“Al Sharpton

When we look at all over the country today, you should look at it based on its stern context of where we are. I watched parts of the republican debate the other night. I can only take it parts. (Laughter) and when you look at it without a historic analysis and in context with where we are it becomes one kind of analysis, but if you look at it based on historic development and evolution it becomes something else we are about a year and two months from somewhere this nation has never been. In 14-15 months this nation will for the first time have someone succeed is sitting African American President. I remember when President Obama was elected and many of us began relating him and civil rights organizational structure. A reporter asked me “well, reverend Sharpton how do you deal with being civil rights leader and having access to the White House?” I said well that's not strange having access to Kennedy Johnson, but the other thing is relating a civil rights organization to a black president, history will determine whether we handled it right or not because we never had that dilemma before. So I really don't know if we doing it right or wrong and there's no model to study. Well there is no model to study how you follow a black president. So if you see black frustration and black anxiety particularly in young people in this age of Eric Gardner and Michael Brown, imagine where that frustration will go in 15 months when Obama has left the White House. Now if you look at that backdrop and you have mass

“ People have been incarcerated only because they could’nt afford the proper defense so society have to meet them half way.”

incarceration, high black unemployment, criminal justice problems, and police community attention. How will the next president handle that? How will next president handle healthcare, uneducation, and world crisis? If you look at it from that perspective it’s a little more serious than calling somebody a name at a debate, it’s a little more serious than Donald Trump’s hairstyle or whether somebody insulted him. We are in a very serious critical point in history, the nation, and the world. Our young people need to be trained to serve and operate in that, the surface reality show mentality that’s going to go off in an hour, where you feel entertained but you’re never enlightened or prepared to lead in this town. So in the reality TV world everything is ram bam, bravo, theatre, who hit somebody in the head with a bottle, who tossed somebody’s weave out, laugh then go to bed. But that’s not real life. That is not going to prepare our young people for families, employment, and the things that get real with these times. And the reason that we need the Norfolk State’s of the world is because the still carve out greatness! Even in times that are challenging. So the given is times are tough, times are challenging for HBCUs. If you know the history of your HBCU when were they not challenged? In fact, they were founded against great challenge. Imagine 80 years ago when they founded this college when they decided in this area to do what Virginia Union had done. They did it at a time with

Great Depression where segregation was still a law at land, you mean to tell me when people had to sit in the back of the bus, couldn’t use the “white” drinking fountain, couldn’t check into certain motels. Where in the midst of a depression would have more fortitude and character than you sitting here today a black president, a black attorney general, and flying first class all over the world. (Applause). The problem is not the times; the problem is the people in the times. The problem is do we have the same strength and character and determination of those that founded this institution? And if we do, don’t act like something wrong with HBCU, act like there’s something wrong with us. This institution was necessary because it was the only way to give an opportunity to those that had nothing and it is necessary today because it is the only way to root some of our young people. If it is necessary today then we’ve got to fight. The legislature and all those that don’t see it’s important to make sure they understand. We must understand that we are a result of struggle and a result of generations of sacrifice and commitment.”

Javone: Rev Sharpton, What do you suggest to African Americans who just came home after serving unjust prison sentences?

Al Sharpton: One they must be determined to find a way to get on track, not come home full of despareand feeling that eventhough they were unjustly incarcerated, life is over. They must first have the internal strength. Secondly we must fight to have places that give oportunities , there are to many places that are closed to those with records. We are fighting mass incarceration. People have been incarcerated only because they could’nt afford the proper defense so society have to meet them half way. But they must be determined to make something out of themselves and not surrender. Even

if they were guilty you can correct the mistake by how your behavior is after-ward, don’t try to justify wrong, but don’t succumb.TCCM

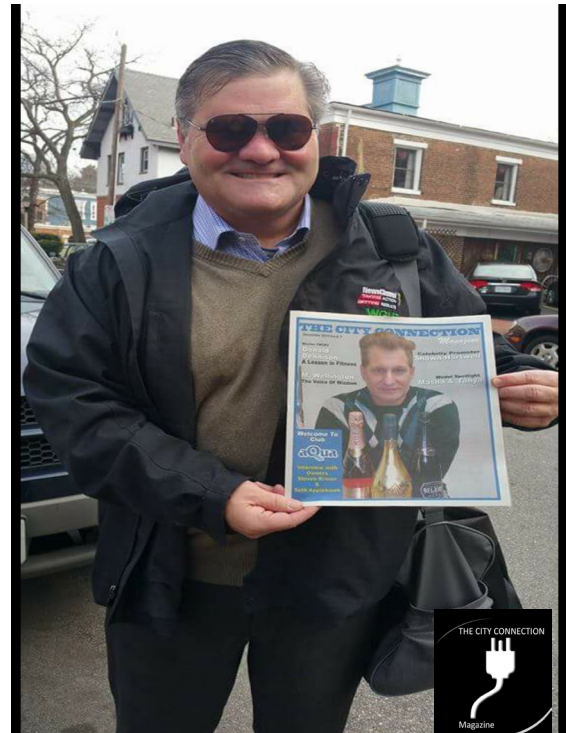
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Breast Cancer Awareness

Breast cancer awareness

By Bailey Holmes Spencer

October is Breast Cancer Awareness Month, which is an annual campaign to bring awareness to breast cancer. Many organizations promote getting screened for breast cancer; however, some women are still less likely than others to get mammogram screenings.

There are many reasons for differences in breast cancer screenings in the United States, but a primary reason behind discrepancies in mammogram screenings are health insurance. Women who do not have health care are much more likely to not get screened than women with health care. There are other factors that play a key role in disparities for breast cancer screenings, such as, low income, lack of access to care, lack of breast cancer awareness and cultural and language differences, to name a few.

The risk of African-American women being diagnosed with breast cancer is lower than white women, but the probability of dying from cancer is much higher. Hispanic women have lower rates of breast cancer and death by breast cancer than African-American women and white women.

Accordingly, women of color and African-American women in particular must heighten its awareness on breast cancer. As we wear our pink during the month of October, remind your wives, mothers, aunts, sisters and friends to get their annual mammograms. There are many free resources available in the community, which should be taken advantage of.

For additional information on breast cancer contact The Virginia Breast Cancer Foundation: 757-434-6954.

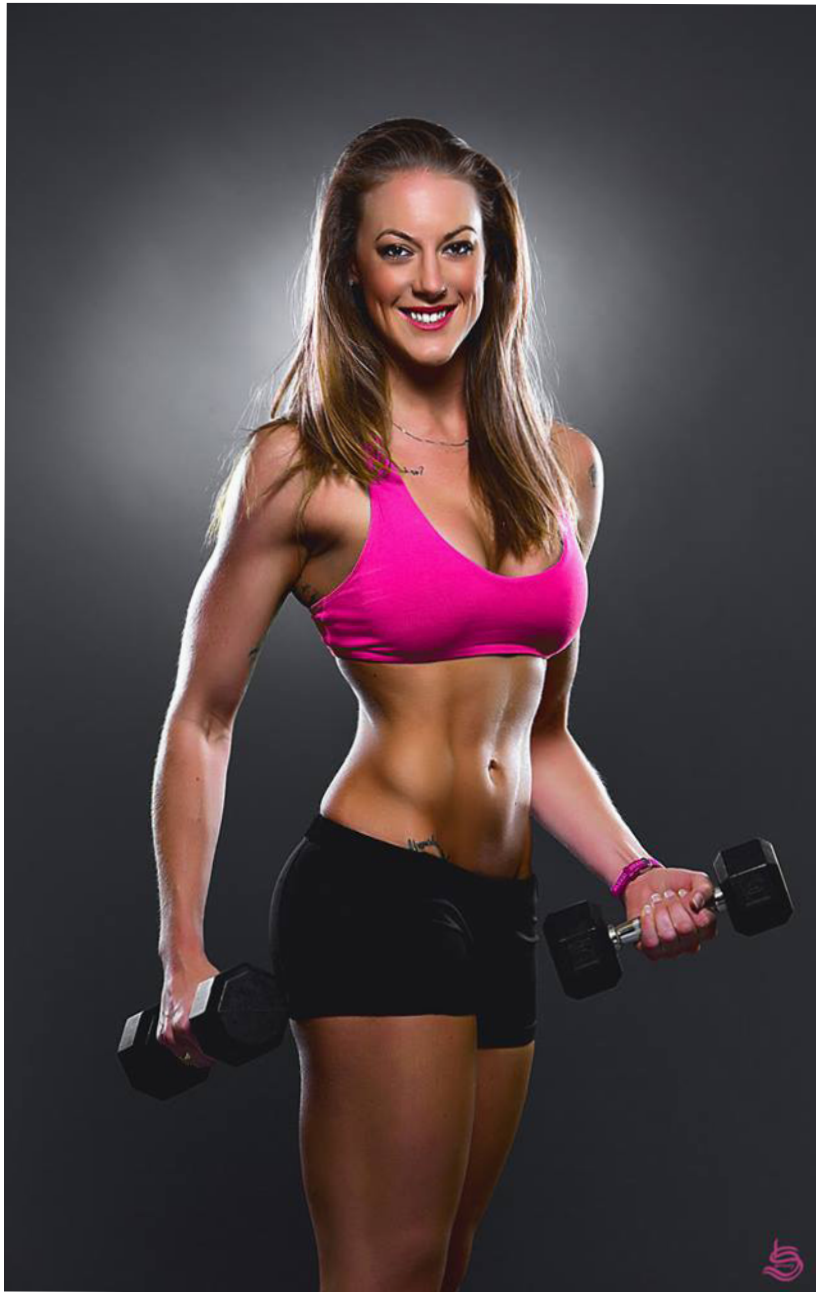


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Magazine
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THE CITY CONNECTION



Magazine



Our fitness columnist Sarah Von Keck

Low Carb Diets Really Go Against the Grain.

One of the biggest misconceptions in nutrition is the idea that carbs are bad for you. I cannot begin to tell you how many times I have sat down with a client or a friend and began discussing their diet and the first thing said is that they do not eat very many carbs because they think they make them fat. While in part this is accurate, there are two sides to

the carbohydrate controversy.

Why do we need carbs?

Carbohydrates are broken down into two different categories. We have simple and complex carbs. Simple carbs are commonly found in sugary food. We see them in Gatorade, pop tarts, candy and anything else one might deem "bad for us". Complex carbs are found in foods that are starchy. We see them in breads, pasta, potatoes, vegetables and are typically deemed "good for

us". Now one might sit there and think, well I don't eat a lot of bad carbs, but why am I still putting on weight? Where we go wrong as Americans, is the amount we eat. The average individual consumes a lot more than the recommended daily serving size, because let's be honest... who only eats one Hawaiian King Roll at dinner time.

Ok, ok... we get it. We eat too many carbs, so how many should we eat?

The recommended daily carb intake should be between 45-60% of your daily caloric intake. The reason for the broad range is because someone who is more sedentary or only does low intensity exercises, should be closer towards the 45% range vs. someone who lifts heavy or plays sports, should be closer to the 60% range. Elite athletes will be even higher (towards 70%).

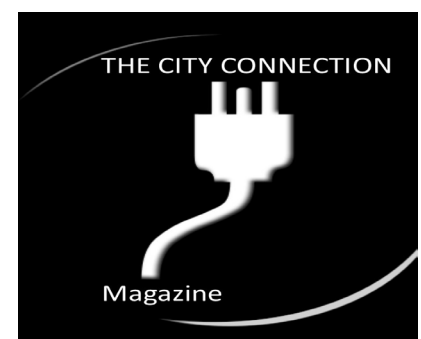
So when is the optimal time to eat carbs?

Like protein, there are times in the day when your body needs carbs the most. When you first wake up your body is in "starvation" mode, meaning you haven't eaten anything for 6-8 hours. Within the first hour of being awake you should try to intake carbs. The reason you need carbs so early is because your body uses them as fuel. If your body does not have enough fuel, it will not work properly and will actually begin to use your muscles as its fuel source. No one wants to lose their gains right?! The second most important time is after you work out. When you finish lifting, your body needs to quickly restore its energy storages; this is where simple sugars come into play. I always recommend people to eat gummy bears because they break down very quickly, allowing for fast absorption. The higher the

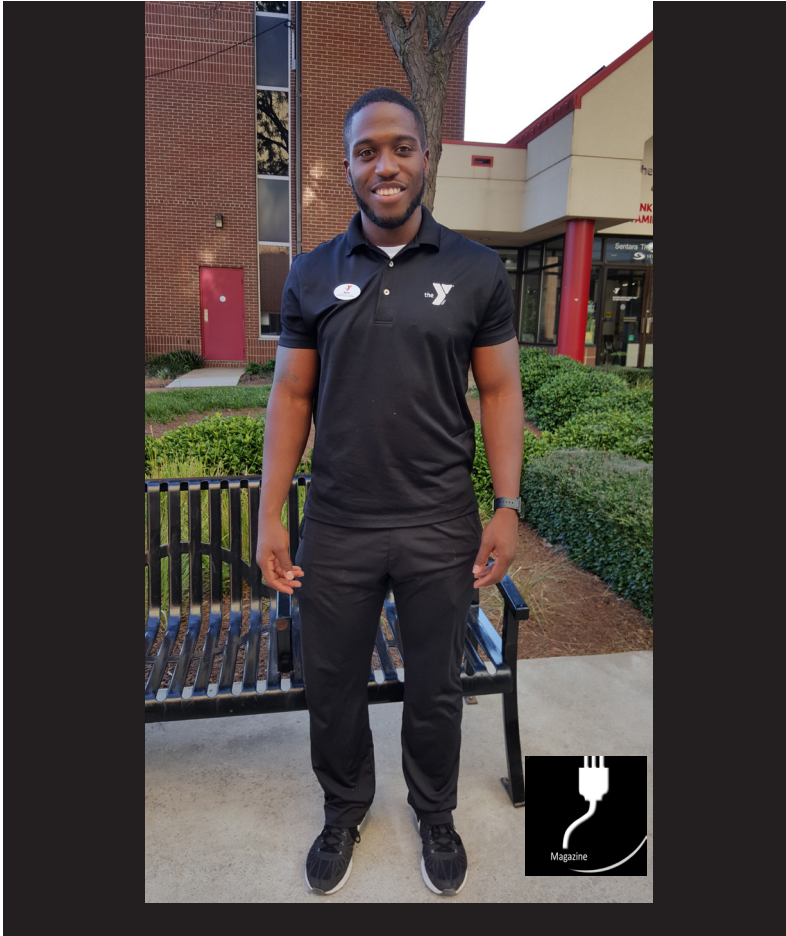
food is on the glycemic index chart, the better post workout snack it is. For dinner time, try limiting carbs. When you sleep, your body does not need such a high dosage of carbs because it does not use the same energy it does during the day time. If you eat too many, your body will store them during rest and they will be turned to fat. If you're like me and can't cut out the rolls at dinner, try using a PM metabolic booster! At Nutrishop Chesapeake, we have Thermovex PM, a night time thermogenic that will keep your metabolic processes going, even during rest.

What is the easiest way to ensure I am getting the carbs I need and not eating too much?

Counting your macros is the easiest and efficient way to ensure you are in taking what you need. Schedule an appointment with a registered dietician and evaluate your diet. Figure out how many grams you need to take in to maintain, lose weight or even gain weight. There are many outlets that you can utilize in the Hampton Roads area to figure out what you need to do to reach your goals! All you have to do it reach out! If you have any more questions, feel free to e-mail me at sarahvonkeck@yahoo.com or find me on Facebook www.facebook.com/sarahvonkeck824.



Your Health



JJ: What's moving, what's moving? The City Connection Magazine is now in ya area, bringing the spot light to the urban throughout the Hampton roads. Today, I have a special guest from the Norfolk Blocker YMCA. Please, introduce yourself and what's your profession.

G: My Name is Gavin; I'm a personal trainer here at the YMCA. This is my senior year at Old Dominion University, where I'm studying criminal justice. Fitness has always been a passion of mine so I decided to do this as a back up plan.

JJ: So tell me something Gavin, what do you recommend for beginners?

G: For beginners it all depends on what your goals are. For example, if the goal is to lose weight I would start you off with cardio-based workouts, small strength conditioning, mostly

body weight workouts.

JJ: One of the biggest topics for people would be 'fat burn.' What are some of your strategies for fat burn and what do you provide to your clients?

G: The most important thing for fat burn would be your nutrition. 80% nutrition 20% exercise. You could be in the gym every day of the week but if you're not eating right then you're not going to see any results. The key is at least exercise 30 minutes of the day and eat right 7 days of the week, that's what I tell people.

JJ: So is dieting important?

G: Dieting is very important. It's all what you eat. You don't necessarily have to count your calories but as long as you keep up with your macronutrients, proteins, carbohydrates, fat intake you'll definitely see results.

JJ: Now speaking of proteins, are there good proteins and are there bad proteins?

G: With proteins there are good shakes to take, one of the common mistakes people take is Muscle Milk. Muscle Milk is high in a lot of fats. Good proteins come from food such as chicken, steak, beef, ground turkey, fish. Protein shakes can be good just make sure to read the labels.

JJ: I'm glad you spoke on Muscle Milk too, because a lot of people key in on the word 'muscle' and not really what's in it.

G: Yeah, it's a 30 grams of protein but the saturated fat and trans fat in it are pretty high. So just read the labels before you buy and start taking it.

JJ: For the average female that works 9 to 5, have kids, and don't have much time to hit the gym. What would you say to a female as such that's trying to get fit?

G: Going back to what I said earlier, dieting is going to be key for anyone like that. You don't always have to hit the gym, you can always walk or jog at home at least 15 minutes of the day. For women dieting I would recommend dieting to a low carb, not so much on high protein diet.

JJ: Heavy or light for mixture when it comes to weight training.

G: It all depends on your goals. If you're lifting to get bigger of course you'll lift heavy, you're looking to tone up you'll lift little lighter with more repetitions. But it varies from person to person, like right now I'm in the process of trying to cut so I'll have some heavy days some light days some mixture.

JJ: I once heard going heavy also burns fat. Does it burn fat faster than doing light repetition?

G: It may vary from body to body but in my opinion I don't think it does. If lifting heavy, it all depends on your reps. If someone is trying to bulk then you need to hit in between your 8 and 12 range. Any time someone is trying to just tone you need to hit in between you 15 and 20 range. So for example, a person could be bench pressing 225 but if you're hitting that 20 times then you're not really trying to bulk yourself up, you'll want to add some more weight and press at less reps to push yourself more.

JJ: Any words of encouragement for the younger athletes?

G: Just stick to your dreams, don't give up, be consistent and don't make your dreams bigger than your guard. You can't have a big dream with a small guard because it's not going to work out. That's just a quote I tell myself every day, that's what I live by. Just take it one step at a time and work my way up.

JJ: I like that. I definitely appreciate you coming out and we will be looking forward to hearing more from you.

G: Thank you man! @TCCM





Hi Kikko's founders Dominique Clark and Mike Nobles

What's moving what's moving The City Connection Magazine is now in your area bringing the spot light to the urban scene throughout Hampton Roads. I got two special guests with their own clothing brand. HI KIKKO introduce yourselves fellas.

HIKKO: What up, what up Mike Nobles on the scene, Dominique Clark.

TCCM: word man so tell me a little about yourselves, where you from and what inspired the HI KIKKO brand.

Mike: I'll take on that one alright well I'm from Norfolk Virginia born and raised you know when it comes down to this HI KIKKObrand it's more than just an actual clothing brand were trying to mirror everything Hello Kitty is doing we know Hello Kitty is umm basically marketing to woman young and old and we are trying to bring more same coming with HI KIKKO for boys young and old but also there is a twist to it because HI KIKKO is basically unisex because woman

loving it too. We just did a lot of research on the Hello Kitty and it turned out that Hello Kitty is seven billion dollar brand itself. So if we could jump in there and get some type of license agreement going on with this HI KIKKO we probably can do half of that or maybe even double that because it's being unisex.

TCCM: Who is your core audience?

Mike: I would say would mainly be targeting the children but it seems like everybody everywhere no matter white, black, patrician everybody loving it so. I would say the call would be with just like the Hello Kitty like I said we are just going to try to mirror everything Hello Kitty is doing because really that's where it inspired me to even come up with the name or even the visions to draw it is because I was always wondering what's the competition to Hello Kitty you know you got Mickey Mouse, Minnie Mouse you know you got Dora, Diego so I say what's the competition to Hello Kitty and that's the burp of HI KIKKO so then with the Hello Kitty they started out there research on Hello Kitty so much research they started out where it was supposed to be geared out to little kids you know it just brad and expanded to adults so where our really strong demographic is young kids young boys slash girls you know coming out with the

book bags, shoes, whatever but we know that it's going to expand. I can see that so who are some of the designers that you look up to as far as pertaining to fashion awe man well I know I got a lot of course one of the biggest designs that with me coming up that touched me in a lot of ways and a lot of people around me was that Wu-Tang design that was a crazy design I mean everybody was as far as hip hop everybody was in school drawing on those notebooks and then when I saw them bring it out in clothing and stuff even like with the headbands the cologne and everything they tried to do a big market but it was more geared for hip hop artist at the time so someone like that I like the you know when you go around the Superman, Batman symbol and stuff like that as far as I don't know the people who actually designed these things but um stuff like that always stuck out to me. I don't know about Meek with me it was just mainly I had my own little flavor so it was just like I dress how I feel that's just how I am like I always say where what you feel that you most comfortable in wearing so that's how I am. There really isn't any wrong or right in how to dress. It's just how you feel that's what you put on. I could see that I could see that umm now let me ask you this is there going to be a brand that I know I know I've asked you something

Fashion

similar before but is there going to be well actually I have asked you this have you ever thought about swim suit lines we sat down really this thing has only kicked off since really January so its August now and we haven't been getting anything negative behind this drawing, this brand that we are starting anything everything has been very positive. So but as far as this swim suit thing yeah we looked at everything like we said we are trying to mirror everything that Hello Kitty is doing that Hello Kitty has all of that and that is why there is seven billion dollar put into that.

TCCM: That's powerful. So where are you guys from?

Mike: I'm from originally Norfolk born and raised. Norfolk, Norview where they also the young bucks call war view but I'm from Norview man that's my area right there.

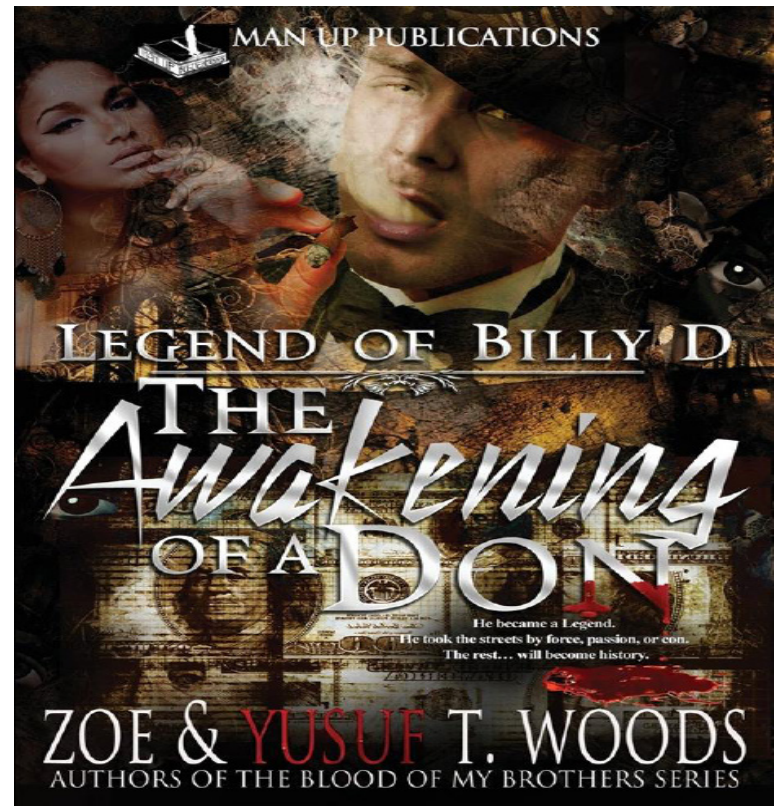
TCCM: That's positive, How does it feel now to put on the brand? I mean what's a day like with HI KIKkO?

Mike: I like waking up to HI KIKkO like let me go to the closet and put on a shirt today man you telling your story man but it's a beautiful feeling I mean when you grown up and you putting on all this designer stuff like it's never really yours but you can tweak it to make it your owns but it's never really yours but to wake up every morning to put on a shirt, hat or a pair of shoes

or something like that it's a beautiful feeling to know like that we actually started this, like this is us when we go out so it's a beautiful feeling every day. Dominique being modest with it man. It's crazy because even your man right here O he will even let you know he put on something the other day (laughs) a girl rubbing on his chest saying let me feel HI KIKkO (laughs)

TCCM: We will be on the lookout for the Hi Kikko Brand and we wish you much success.

Mike: Thank you @TCCM



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Fashion

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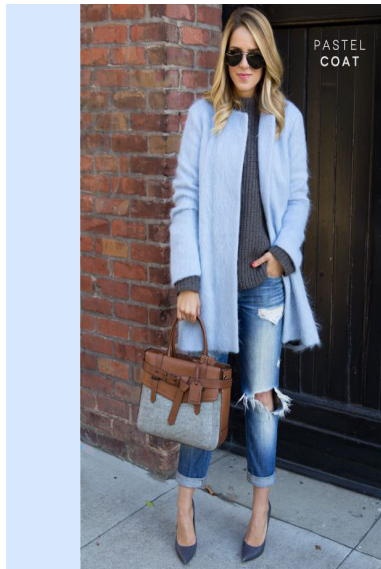
By T'Lia Green



"The Power Suit"



"Bright colors"



"Belle Pastels"



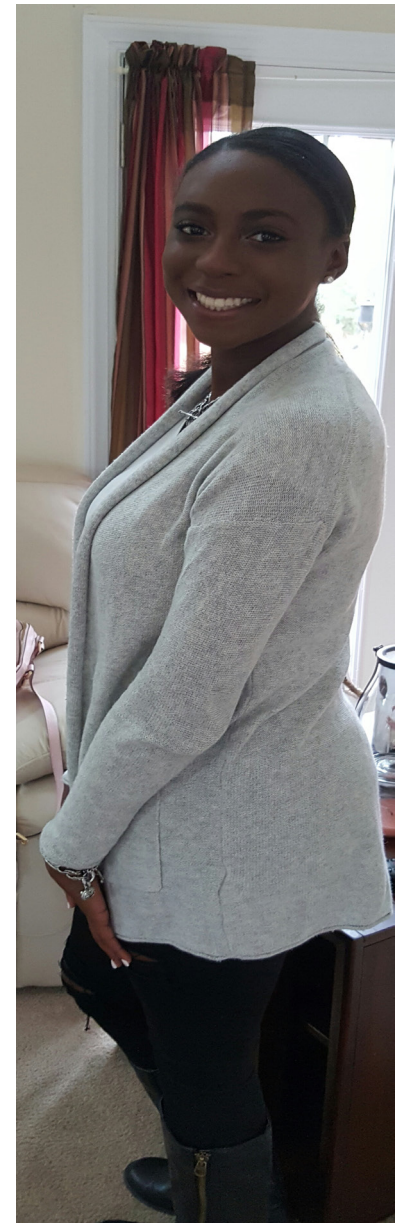
"Brown booties"



Floppy Hats"



"Fur vests"



Welcome to our new fashion section of The City Connection Magazine. Our new columnist T'Lia Green will be keeping you informed about the latest trends in fashion to keep you styled throughout the year.



Positive Kids Award



Travis Wiggins Age 8 is the recipient of the positive kids award for his positive attitude, good grades and for leading the Woleverines to the championship with his excellent quarterback skills.

Classifieds

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Lingerie, Bath & Bed Products

Book of the Month



Born and raised in Oakland California, Fanita Pendleton relocated to Norfolk Virginia during her senior year in high school, and has called the magnificent city home ever since. Fanita began her career as a Juvenile Probation Officer and later worked in Adult Probation before taking a short break to pursue her love of teaching as a Criminal Justice Instructor at a local technical college. Recently Fanita stepped back into law enforcement, and is now a Parole Officer. Fanita blazed on the scene with her Criminal Romance Series: Shoot First Ask Questions Never 1-3, Fist Full of Tears 1-2, The Moscato Diaries, MOET: Money Over Everything and Open Mar-

riage. Coming Soon; Moet's Revenge, Moscato Diaries 2, The Secret Liaison and That Dirty South Love: CoCo's Story.

An avid reader, Fanita holds a special place in her heart for the unsung genre of Urban Crime and Urban Romance Dramas, and in her youth, devoured the works of such greats as Donald Goines, and Iceberg Slim. She is an author with SBR Publications and a card carrying member of The Bank Roll Squad #TBRS Family. Fanita is Owner of Urban Moon Productions which houses Blaue Diamond Publications and Urban Moon Books: The Indie Author Outlet where she is now

giving young authors their shot at making their dreams come true. Urban Moon Books: The Indie Author Outlet is located in Chesapeake Square Mall and the website is www.urbanmoonbooksandmore.com

Fanita received her Masters Degree in Public Administration from Troy University, as well as a Bachelors in Sociology from Langston University, and her Associates in Communications from Luzerne County Community College. She enjoys shooting pool, both for league and leisure, and catching a football, or basketball game with her son, the inspiration of her dreams. Connect with Fanita on Facebook "Fanita Moon Pendleton", Instagram #FanitaPendleton, Twitter @Moon081471 or through her website <http://www.urbanmoonproductions.com>. Visit <http://www.blaquedia-mondpublications.com>

Preparation for election day

By Antonio Garland

As another election approaches, voters in Virginia may not have a choice on who to choose at the ballot boxes. With no statewide congressional race, expectations for the turnout may be low. However, the results could affect policy decisions at local and state levels.

Voters should be conscious on what they need to know at the polls. According to wtop.com, voters are required to have a photo ID present, such as a driver's license, passport, employee identification card, etc. Those who have no identification can still cast a provisional ballot, which will be valid as long as the voter brings in a photo ID to the polls by noon on the Friday following the election.

Voters who commute and have 11 hour workdays can vote by absentee ballots or by mail.



School Survival tips

By Tee Lanier

Tips for a Better School Year

It's that time of the year again! The time of the year where all students are settled in their classrooms. The first few weeks of school may it be college or preschool, is a gap a time to adjust yourself to your new surroundings. However, around the time when fall arrives the pressure begins to kick in, college students having their midterms approaching and the younger students prepping for Halloween and Thanksgiving pageants. During these times students of any age are feeling overwhelmed and the have the urge just to run away from it all. But what if I had tips for both you the parents and the students on making these times a little bit easier to work through? Well here are a few that have helped me

and my parents get through these hard times:

Students:

Don't force yourself to learn anything, gradually learn things step by step, pace yourself. You'll drive yourself crazy trying to cram everything in at once.

Don't be afraid to ask for help, can't expect to learn everything on your own.

Most importantly, RELAX. If you stress out your'e more likely to overthink and blank out when it comes time for you to perform.

Parents:

Don't reward your child(ren) after they meet they achievements, reward them as they work up to them, show that you acknowledge the effort they are putting in.

Help you're children in studying. Though you may not know the information help them by using flash-cards or quiz them in between studying to help them absorb the information.

And most importantly, don't put more pressure on your child. They already have the teacher pressuring them and so many other things going on along with the stress of school may it be sports, hobbies or even just their social lives. Just be supportive!

Hopefully these tips will help both you the students and the parents make through the semester and the upcoming terms. **Good Luck!**



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