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BFA Buzz

Issue #02

Monthly Motivation and News

‘The Secret Power of Mothers’

- Written by Ms. Vee

Monthly Writings from BFA

In the powerful words of Abraham Lincoln, “*All I am, or hope to be, I owe to my angel mother.*” Such a special gift it is to not only be a mother, but to have been in the presence of a strong and loving one.

To highlight the month of Mother’s Day, BFA would like a moment to celebrate the mother’s and mother figures. As we know, it isn’t always just our birth mothers who can have a lasting impact. It may be a sister, grandmother, grandfather, brother, pastor, teacher, mentor, counselor, friend, or anyone else who displays the love, compassion, and strength of a mother wherever they go and with whomever they encounter. It’s the unspoken, yet, deeply felt connection that can change the tide of a young person’s life.



Starting from the womb, mothers teach us to have confidence through perseverance and the ability to overcome some of the most challenging trials life has to offer. They have a grit and tenacity some will never understand. However, through those traits, they come to know the magnitude of importance for children to believe in themselves to be whole, strong, and grow with a healthy estimation of themselves. Mothers plant the first fruits of confidence in children and are the glue that holds everything together.

Happy Mother’s Day and thank you to all the beautiful mommas, momma figures, and spirit moms who continue to fill the gaps in our ever-tender communities. Thank you to those who consistently teach our young people how to break down barriers and overcome the obstacles of life with grace, gratitude, and poise. This world would be nothing without you.

Mothers plant the first fruits of confidence in children and are the glue that holds everything together.

‘Take It from Vee’

Health tips from our veteran nutritionist, certified personal trainer, and mental health coach!

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Recipe of the Month

Learn a new, easy, healthy recipe to try this month! Macros Included!

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Student/Staff Highlights

Each month we highlight one student and one staff member for their accomplishments.

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Quote of the Month

Reflect and find inspiration with our quote of the month.

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Student of the Month - Davien



“Davien, aka DJ, has never missed a day of class other than for a pre-scheduled event. He has shown vast improvements as a student, but most importantly as a respectful young man. DJ brings a contagious energy to class and has a gift for people. What I’ve learned about DJ is if you earn his trust, he is a solid friend and someone worth having in your corner. DJ is responsible, always turns his work in on time, and is growing into a great leader, father and future advocate for his people, his family and community.”

-Ms. Vee

Staff of the Month – Jose Caywood

“It is no surprise to me that Jose was one of the top voted staff. I’ve only had a few interactions with him, including having him as a sub staff while our normal staff was out on vacay. As a contractor, he made me feel welcome and appreciated, and during class he was supportive, interactive, and treated the students like valuable people! The youth seem to respect him as well, which, in this environment, is a key element of rehabilitative growth, healing and development.”

-Ms. Vee



“Jose is a hard-working staff! I have been here since the summer of 2015, and I have never met anyone that works as hard as him. PERIOD!!” *-Mykease Santiago*

“Always been there for me, advocates for us. He is always a supportive staff, funny and always doing what he is supposed to do.” *-Jordan RunningHawk*

“He, in my opinion, elevates us the most out of the staff at GHS.” *-Michael Rogers*

‘Take it From Vee’

Life. Is. Hard. Am I right? With everything we have going on these days, whether that be hauling kids to and from events, trying to make it to work on time, be social, clean our house, shop for groceries, work out, or whatever else may be causing that feeling of “there’s just NO time!”, life is hard. It seems we are all trying to just make it from sunup to sundown with hopes of having just a half hour of time to sit on the couch and zone out before we sleep and do it all over again. When life is busy, we often find ways to buy more time such as putting small tasks aside until tomorrow, going to bed just an hour later, and the biggest one, going out to eat. However, a study done by John Hopkins Bloomberg School of Public Health research suggests that eating and cooking at home can have major health benefits and add years of life to those who do cook at home.

“When people cook most of their meals at home, they consume fewer carbohydrates, less sugar and less fat than those who cook less or not at all – even if they are not trying to lose weight,” says Julia A. Wolfson, MPP, a CLF-Lerner Fellow at the Johns Hopkins Center for a Livable Future and lead author of the study.

“Obesity is an escalating public health problem that contributes to other serious health issues, including diabetes, high blood pressure and heart disease”



Restaurants tend to serve double to triple the amount of food needed for a single serving and the choices are generally not too healthy. Consistently eating out at restaurants can lead to obesity, lethargy, financial loss and much more.

“Obesity is an escalating public health problem that contributes to other serious health issues, including diabetes, high blood pressure and heart disease,” says Wolfson. “The evidence shows people who cook at home eat a healthier diet. Moving forward, it’s important to educate the public about the benefits of cooking at home, identify strategies that encourage and enable more cooking at home, and help everyone, regardless of how much

they cook, make healthier choices when eating out.”

We challenge you this month to try to cook at home 5x’s a week. After doing this for month, we are positive you will see the results. Life is hard, but it shouldn’t be so hard we can’t take care of ourselves and enjoy the time, even if it’s a little, to treat ourselves better. Check out our healthy, quick, recipes of the month to get you started!

Quote of the Month

“To walk into new territory or to be elevated to new heights requires a new mindset. The new can never be conquered with the old!” - Ms. Vee

Chicken Fajita Kabobs

Ingredients:

12 oz chicken breast, cut in chunks; 1 1/2 tsp chili powder; 1 1/2 tsp cumin; 1/2 tsp garlic powder; 1/4 tsp salt; Juice of 1 lime; 1/2 onion, cut in chunks; 2 bell peppers, cut in chunks

Instructions:

Place chicken and all seasoning & lime juice in a Ziploc bag. Seal bag and massage chicken around until it is well coated in the marinade mixture. Refrigerate at least 1 hour. Soak wooden skewers in water for 20 minutes. Heat grill or grill pan to medium heat. While it's heating, thread your skewers with bell peppers, onion, and chicken according to your preference. Lightly grease grill pan/grill and place kabobs on the grill. Cook until no longer pink, rotating every 3-4 minutes.

Per Serving (4 Servings):

Cals- 94; Fat – 0.9 g; Carbs – 4.8g; Protein 18.7g

[Chicken Fajita Kabobs - That Fit Fam](#)

Tinga de Pollo Tostadas

Ingredients:

Breast meat from 1 large rotisserie chicken; 7 Chipotle peppers, diced (canned chipotle peppers); 1 small white onion, diced; 1 clove garlic; 1/4 cup chicken stock; 3 Roma tomatoes; 4 ounces diced, green chilis; Small handful of cilantro, stems removed; 8 tostadas; Nonfat, plain Greek Yogurt spread over each tostada (optional but recommended); Queso Fresco topping (optional)

Instructions:

In a pot boil 3 Roma tomatoes for about 3-4 minutes.

Add tomatoes to a blender with 1/4 cup chicken stock, garlic, and chipotles.

Blend until smooth.

In a large pan on medium heat, spray with canola oil cooking spray.

Add onion. Cook until translucent.

Add in can of diced green chiles.

Pour in sauce and simmer for a couple minutes.

Add in shredded chicken & cilantro.

Stir to make sure chicken is evenly coated in sauce mixture.

Serve over tostadas.

Notes:

We assemble our tostadas with nonfat, plain Greek yogurt spread over them first & topped with about 2 ounces of the chicken tinga mixture. Nutrition facts calculated without queso fresco.**

YIELD: 4 Per Serving (2 Tostadas):

Cals- 376; Fat- 11g; Carbs- 32g; Protein- 38g

[Tinga de Pollo Tostadas - That Fit Fam](#)