

Friday, 1
April,
2022

BFA Buzz

Issue #01

Monthly Motivation and News

Virginia McGriff

'We Are One'

Monthly Updates From BFA

"**BFA**" or "**Beauty From Ashes**", who are these strangers on campus? Well, I'm sure most of you at some point in your life were taught to not speak to strangers, so I would like to take a moment to introduce ourselves and our purpose here, that way, we won't be strangers anymore.

All of us at one point were children, full of curiosity, ready to test our limits and take on the world one mud pie at a time. Unfortunately, not all of us were in the care of people that nurtured or cultivated our creative nature. All of us have made mistakes, but how we overcame them, were held accountable for them, or the chances that we may or may not have had to fix them... that's where we may differ.

"We have the chance to bring forth their **BEAUTY FROM THEIR ASHES**, and it all starts with their mental health and wellness."



Many of our students, otherwise referred to as residents, never had the chance to experience the innocence of their youth. Getting 'in trouble' in their world was a beat down, cuss out, and being held to the accountability standard that most adults couldn't handle, or wouldn't, if I'm being frank.

Beauty From Ashes is a program that focuses on health and wellness from all of life's perspectives, mind, body, and spirit. To encompass the true meaning of wellness we first must till the ground of our garden beds to plant the seeds that will bring forth future seasons of a fruitful harvest. The garden bed of our minds.

Our goal at BFA is to allow our students to recognize some of these weeds that were planted, understanding most of their negative traits or behavior patterns were learned behaviors. Like every garden, plants and weeds can be uprooted and treated. If done properly, the weeds won't come back. Some of those weeds have been there for years and may have taken deep roots. That doesn't mean the garden will be forever in ruins, it just means we must be patient, consistent, find the right treatments...(Continued on Page 2)

Quote of the Month

Reflect and find inspiration with our quote of the month.

Page 5

'Take It from Vee'

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

Page 4

Recipe of the Month

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

Page 3

Student/Staff Highlights

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

Page 4 & 5

(Continued from page 1)...and allow the combination of the right ingredients to do what they were meant to do over time. In other words, trust the process.

At BFA we have learned our life experiences have shaped our thought processes, given us the ability to make sound decisions, and allows us to have a healthy perspective and outlook in tough situations. Many of us, residents, staff, and contractors, will take on the most stressful tasks to avoid the most pain or discomfort. For example, for some people it can be the gym, working, cigarettes or a good book. Others, unfortunately, may be fighting or isolating. On the other side of the spectrum, we find comfort in things which may be toxic; things such as gossip, need for constant validation, instant gratification, or even eating. BFA strives to teach healthier coping mechanisms find positively effective outlets and discover pathways to healing. To be an effective personal trainer, you must help people through some of their greatest mental battles that has kept them from reaching their long-time fitness goals. This is really challenging to do if we, ourselves, haven't healed. To summarize, hurt people can only hurt people.

In essence, we are all part of a new village that has the amazing opportunity to help rewrite the mistakes from a previous village who failed our young people. People, if given the chance to grow up in different circumstances, would be community leaders, activists, fathers, college athletes, and more in today's world.

We, BFA, facility staff, and other contractors, have the chance to work together in making a difference for the people society counted out, when they were just learning to add and subtract.

Children who made mistakes but were not given directions on how to correct or even solve the very adult problems they were faced with.

Together, we have a *real* chance at helping our young people burn away old mindsets and mentalities of poverty, defeat, lack of trust, abandonment, mental and physical abuse, and trauma, to gain a clearer picture of who they have the power to become; not just for them, but for their future generations, and for some maybe even the past generations. We have the great and wonderful task of cultivating the growth of who they have the potential to become by peeling back the layers of what they were conditioned to accept. We have the chance to bring forth the **beauty from their ashes**, and it all starts with their mental health and wellness. BFA is here to create a community advocating for positive, effectual change. We are here as not merely as contractors, but coaches bridging the gaps of balance, strength, and unity within this small but mighty community of educators, residents, staff, and administrators. After all, it takes a village, and

‘We Are One’



BFA Staff Bios

Via Mcgriff, aka Ms. Vee, is the co-owner and instructor for Beauty From Ashes. She is a single mother of four, ages 15,14,12, and 7; who all love sports and family. She played D1 collegiate and professional volleyball and has been a trainer, coach, and nutritionist for over 17 years. Via loves helping people overcome and achieve beyond their expectations. She is currently in school working to earn her Doctorates in Psychology.

“I love what I do! When people ask me why my work is so important or what got me into this, I always have the same answer. If, for whatever reason, any of my children were in a situation like this I pray they were in the company of good people that wanted to help them and not always see them through the eyes of their mistakes. Everyone deserves a second chance, and sometimes it takes a couple chances for a child to believe that someone genuinely loves and cares for them. Once they have your trust, they will stop slapping your hand away, and eventually grab a hold of it. My hand has been slapped away a few times, and it stung, but it has never been broken. I will always reach out my hand, sometimes both... in the end, it has always proven to be worth it.”

Lexi Ford is a co-owner and Chief of Operations for Beauty From Ashes. She is married with one child who is 8 months old. She has played high level competitive volleyball for 12 years. She has over 12 years of business managements, operations, and processes and has worked as a consultant with many businesses to assist them in launching their start-ups, narrowing down their processes and creating efficiencies for better production and outcomes.

“I absolutely love the inner workings of business. I have worked for many people to help them create their dream business and now it is such a blessing to be able to build Via and I’s dream business. The work that is produced by Via is so rewarding and an honor to be a part of. BFA stands for many wonderful things, and I have seen it create real change for many people. I am excited for the years to come and be a part of such a beautiful process.”

BUFFALO CHICKEN LETTUCE WRAPS

Per Serving:

Calories: 471; Fats: 15g; Protein: 47g; Carbs: 36g; Fiber: 4g; Sugar: 4g

Ingredients:

1 1/2 pounds boneless skinless chicken breast, cut into bite-size pieces
 1/2 cup buffalo sauce, plus a little more for drizzling over the finished chicken if you prefer
 2 cups plain panko breadcrumbs
 4-6 large soft leaves of lettuce (I used Boston Bibb Lettuce)
 1 cup cooked quinoa
 1/2 cup diced tomatoes
 1/2 cup diced avocado
 blue cheese (or ranch) dressing & scallions to garnish

Instructions:

Preheat the oven to 375 and lightly grease a baking sheet or line it with parchment paper.
 Toss the chicken in the 1/2 cup buffalo sauce, cover, and refrigerate for at least 30 minutes.
 Pour the breadcrumbs into a shallow dish. Coat each chicken piece evenly and place them on the prepared baking sheet.
 Bake for 30 minutes.
 Fill each leaf of lettuce with quinoa, tomatoes, and avocado. Top with the crispy baked buffalo chicken, drizzle with the blue cheese, and sprinkle with the green onions.

Credit: Sugar Dish Me

'Take it From Vee'

Have you been struggling to achieve your health and fitness goals? Well, maybe it's just not that important to you! Ok, timeout, that may be a bit harsh, but is it true?

It may be true if you have not identified WHY reaching your fitness goals so important to you. That simple identifier may be the barrier you have been battling all these years! Or maybe you have not identified WHO you are doing these goals for!

Your Monthly Health Tip

- ✓ Identify WHY your goals are so important
- ✓ Set **REALISTIC** achievable mini goals that you can and will commit to.
- ✓ Find **ACCOUNTABILITY** partner(s) and a support group that understands your WHY
- ✓ **CELEBRATE** your triumphs more than your failures

And finally...

- ✓ **BELIEVE IN YOURSELF!!**

After 17 years of personal training and nutrition planning, I have learned the number one reason clients are unable to be disciplined in their health and wellness goals is due to their loss of confidence in themselves.

This leads to their work ethic manifesting as doubt of whether they believe their goals can be done. Look at this month's health tip in the box, to help you overcome some of these barriers and begin your journey to success by achieving your fitness goals.

Student of the Month!



Ilijah. or better known as 'Eli', is one of our current TA's and we highlight him because he has shown tremendous growth throughout his tenure in the program. Keep in mind, growth does not equal perfection. I say that because sometimes we overlook the changes a person has made and count them as 'small', when for them it is a change that requires constant self-talk, focus and determination. I have personally seen Eli make these changes.

I have also witnessed instead of falling into isolation, which was previously his coping method of choice, he reaches out, and asks for help on how to overcome some of the challenges he may be facing.

He is consistent, respectful, and conscious of others, and is learning to appreciate himself for the many things I know he brings to the table. Eli is strong, kind, and always willing to help. He has been an absolute joy to have in class and we want to thank Eli for being so diligent in his journey. We are excited to continue to witness his growth!

Peer Comments: "Eli is a great friend!"; "He (Eli) is a great listener and is always willing to help"; "Eli is a great guy!"

What Does It Mean?



BFA has chosen the symbol of the Phoenix to represent its company name, but what does it mean? According to Greek Mythology, the bird is a symbol of metempsychosis, a philosophical term, which is known to be ‘the transmigration of the soul.’ This is the process in which the spirit of a person is reincarnated after death. The phoenix is an immortal bird, which regenerates or is otherwise reborn, time and time again. A phoenix obtains new life by arising from the ashes of its predecessor.

One of the foundational pillars of BFA is a new beginning, or second chance. We teach our students to burn their past mindset, perceptions, hesitations, regrets, doubts, and all other hindrances, and rise from their ashes of their previous life to begin anew. We teach them the death of the ego is not permanent but a beautiful reincarnation of life to better one’s path. Thus, the Phoenix is the perfect representation for our company, so all those who see it may feel inspired to start again and rise in Beauty from their Ashes.

Staff of the Month

Our students will vote on a staff member of the month for each newsletter. Their choice will be displayed here with a short bio of the staff member and the reason why they were chosen. Look for it next month!



Quote of the Month

“Our greatest glory is not in never falling, but in rising every time we fall” – Confucius.

As part of their 'village' it is also important to do our part to allow them to rise rather than cause them to fall.