

Tuesday,
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2022

BFA Buzz

Issue #03

Monthly Motivation and News

‘Father’s and their Roles’

- Written by Ms. Vee

Monthly Writings from BFA

Fathers, as we all know, play a major role in the impact of their children’s growth and development. Although in many single parent homes, some are said to take on both roles based on their circumstances. Truthfully, a mother could never completely fill the role of the father, any more than a father could completely fill the role of a mother.

In celebration of Father’s Day, here is a special shoutout to all our papas, grandpapas, spiritual fathers, and mentors. Your impact as a father is critical in our children and youth today. For those young dads who are learning to be something you weren’t necessarily taught, yet still diligently working at being the best dad you can with the knowledge and guidance you do have, KUDOS TO YOU!



BFA sees you, recognizes you, appreciates you, and **LOVES YOU!**

Don’t be afraid to show love and affection, to make time, and to HUG your children. I, for one, know there is nothing more warming than a big loving bear hug from my father, my best friend. You work and provide, put the weight of your families on your back, and still make time to play catch, watch movies, and make us laugh no matter how tired you are! You are our protectors. Great fathers are the heroes of our time! BFA sees you, recognizes you, appreciates you, and loves you! Happy Father’s Day!

‘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 - TJ



“**Timothy**, has a strength and boldness that he has yet discover. He doesn’t quite realize the gifts and qualities he carries, but once he does the world better be ready. His presence in the classroom is evident, bringing laughter and joy to anyone in his presence. TJ never complains, always participates, and is willing to help when needed. He works hard and I am looking forward to seeing the manifestations of what he is truly capable of. His classmates also say he has some pretty “sick” dance moves! Looking forward to seeing those as well!”

-Ms. Vee

Staff of the Month – Seanal Stuart

“**Seanal**, aka “Stu”, has been a pivotal piece of the growth of our program, but most importantly the youth. Being in a job like this can desensitize you over time, and to have worked in this environment for as long as he has and still have compassion, empathy, and a willingness to see past stigmas derived by the nature of student crimes amazes me. For those that have taken the time to get to know him, he truly does his best to balance out the needs of the residents and requirements of the job. It is no easy feat and will never be met with perfection to everyone’s standards, but he does it better than most. What I do know, is he genuinely cares about these guys.”

-Ms. Vee

“He is kind and willing to work with us.” -*Anonymous*

“He does programs with us youth and he really interacts with us on a mutual level.” – *Ray*

“He’s a great staff and he is one of the reasons why I like coming to class as well as rec.” -*Eli*



‘Take it From Vee’

“EAT THE CAKE!” Don’t feel as though you are depriving yourself from some of the things you enjoy. If the journey to health is miserable for you, it will be extremely challenging to maintain it. Making healthy choices a lifestyle also means finding ways to enjoy them. The key is balance. Stay away from the temptations long enough to know that you have the power and discipline to not go overboard, should you be faced with it. The 80/20 rule, or Pareto Principle, states 80% of our outcomes come from 20% of our efforts. This is important to apply when trying to get healthy. If you take out 20% of your bad habits, it will cure 80% of your issues. So, eating the cake isn’t something to feel guilty about. Enjoy your small slice of heaven, then continue to the goal! You earned it!

Eating the cake isn't something to feel guilty about. Enjoy your small slice of heaven, then continue to the goal!

Quote of the Month

“Things turn out the best for people who make the best of the way things turn out.” – John Wooden

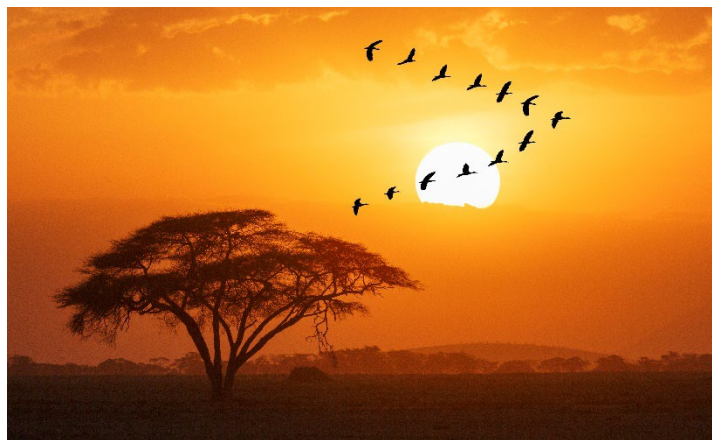
Monthly Motivation

- Written by Lexi

“This day is all that is good and fair. It is too dear, with its hopes and invitations, to waste a moment on the yesterdays.” – Ralph Waldo Emerson

What a wonderful perspective to have! Isn’t it true though? Today is the only day we truly get. Why is it we find ourselves reminiscing on the yesterdays, or seeking approval from the future? Isn’t it truly a waste to forget to live in the moment, the day, the now?

With today’s society being so fast paced, it’s difficult to remember our days are truly numbered. We do not know what tomorrow brings and we cannot change what yesterday brought. When we fully understand this, we can unlock our potential of making decisions, changing perspectives, and finding peace. The decisions we make now, today, will impact our future, so we don’t need to seek that approval from what is to come because we have already made the choices which will directly impact it. By living in the moment, empowering ourselves to choose wisely now, we will no longer regret the yesterdays, or



have anxiety of what we could have done better. Instead, we take our fullest potential, unlock it, and discover exactly what Emerson was saying, “This day is all that is *good and fair*.” Today, we challenge you to find a time where you can practice this and watch how peace, comfort, and reassurance begins to form. After all, today is “too dear” to take for granted and too powerful to overlook it’s hopes and invitations. Accept the invitation today brings and discover a better existence.

Recipe of the Month

Sheet-Pan Chicken and Rainbow Vegetables

Ingredients:

Nonstick spray, 1-pound boneless, skinless chicken breasts, 1 tablespoon sesame oil, 2 tablespoons soy sauce, 2 tablespoons honey, 2 red bell peppers (diced), 2 yellow bell peppers (diced), 3 carrots (sliced), ½ head broccoli, cut into florets, 2 red onions (diced), 2 tablespoons extra-virgin olive oil, Kosher salt and freshly ground black pepper, ¼ cup chopped fresh parsley (for serving)

Instructions:

1. Preheat the oven to 400°F. Lightly spray a baking sheet with nonstick spray.
2. Place the chicken onto the baking sheet. In a small bowl, whisk together the sesame oil and soy sauce. Brush the mixture evenly over the chicken.
3. Arrange the red and yellow bell peppers, carrots, broccoli, and red onion on the baking sheet. Drizzle the olive oil over the vegetables and toss gently to coat, season with salt and pepper.
4. Roast until the vegetables are tender and the chicken is fully cooked, 20 to 25 minutes. Sprinkle with parsley before serving.

Per Serving (4 Servings):

380 calories; 14g fat; 35g carbs; 31g protein; 17g sugars

[Sheet-Pan Chicken and Rainbow Vegetables](#)

