

**Rev. Byron L. Benton, Associate Pastor
and Band Director**
First Lady Angela F. Griffin, P.T., M.A.
Angela Brown, Executive Director
Yasmeen Hadaway, Program Manager
Berean Community and Family Life Center

Brooklyn, New York

Brooklyn's Berean Community and Family Life Center marches to a different beat. Its beat is one that is inspired by Drumline, a program that teaches youth of different faiths about health and wellness through music and step.

The students are supported by the Wellness Coalition, which is made up of parents, grandparents and community members. "This is an excellent cross-the-generation health promotion," said First Lady Angela F. Griffin.

"We started with six drummers. At first we didn't have money to buy drums, so students would practice with drumsticks on tabletops," said Associate Pastor Rev. Byron L. Benton. The group today is nearly 50 strong with drummers and dancers. Rev. Benton has brought his own knowledge from marching band to the youth, teaching them how to step to the music.

As part of each student's involvement in Drumline, they are physically assessed at the center two times a year using the FitnessGram® test. It reviews height; weight; and ability to do push-ups, sit-ups, and walk short and long distances. "We are seeing great results. They are more physically active and losing weight in a healthful way," said Executive Director Angela Brown.

"We are trying to give a sign of hope in our often-negative community that success is an option. We are working hard to build healthful lifestyles," said Rev. Benton. "No matter where you come from, you fit in here."



From left to right: Angela Brown, Rev. Byron L. Benton and Yasmeen Hadaway

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— REV. BYRON L. BENTON



HOPE

Health Tip



Think of your plate as a pie chart.

You should fill up 50 percent of your plate with vegetables, 25 percent with protein and 25 percent with a starch or carbohydrate.

February 2011

Black History Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 1902: Langston Hughes, poet, born.	2 1915: Biologist Ernest E. Just receives Spingarn Medal for research in fertilization and cell division.	3 2009: Eric H. Holder Jr. sworn in as the nation's first African American attorney general.	4 1913: Rosa Parks, civil rights pioneer who sparked 1955 Montgomery, Alabama, bus boycott, born.	5 1884: Willis Johnson patents eggbeater.
6 1993: Arthur Ashe Jr., tennis player, humanitarian and activist, dies.	7 1883: Ragtime pianist and composer Eubie Blake born.	8 1968: Three South Carolina State students killed during segregation protest in Orangeburg, South Carolina. ☸ Parinirvana - Nirvana Day	9 1995: Bernard Harris becomes first African American astronaut to walk in space.	10 1927: Leontyne Price, internationally acclaimed opera singer, born.	11 1990: Nelson Mandela of South Africa is released from prison after 27 years.	12 1909: NAACP founded in New York City. Lincoln's Birthday
13 1970: Joseph L. Searles becomes first African American member of New York Stock Exchange.	14 1760: Richard Allen, founder of the African Methodist Episcopal (A.M.E.) Church, born. Valentine's Day	15 1820: Susan B. Anthony, abolitionist and women's rights advocate, born. ☾ Birthdate of Prophet Muhammad ☸ Nirvana Day (alternative date)	16 1874: Frederick Douglass elected president of Freedman's Bank and Trust.	17 1938: Mary Frances Berry, first woman to serve as chancellor of a major research university (University of Colorado), born.	18 1931: Toni Morrison, winner of 1988 Pulitzer Prize for her novel <i>Beloved</i> , born. ☸ Magha Puja	19 2002: Vonetta Flowers becomes Winter Olympics' first African American gold medalist.
20 1895: Frederick Douglass, leading voice in the Abolitionist Movement, dies.	21 1965: Malcolm X assassinated in New York. Presidents' Day Observed	22 2008: Johnnie Carr, major icon of the Civil Rights Movement, dies. Washington's Birthday	23 1868: W.E.B. DuBois, scholar, activist and author of <i>The Souls of Black Folk</i> , born.	24 1864: Rebecca Lee Crumpler becomes first black woman to receive a medical degree (New England Female Medical College).	25 1853: First black YMCA organized in Washington, D.C.	26 1965: Civil rights activist Jimmie Lee Jackson dies after being shot by state police in Marion, Alabama.
27 1897: Marian Anderson, world-renowned opera singer and civil rights activist, born.	28 1984: Michael Jackson, musician and entertainer, wins eight Grammy Awards.					