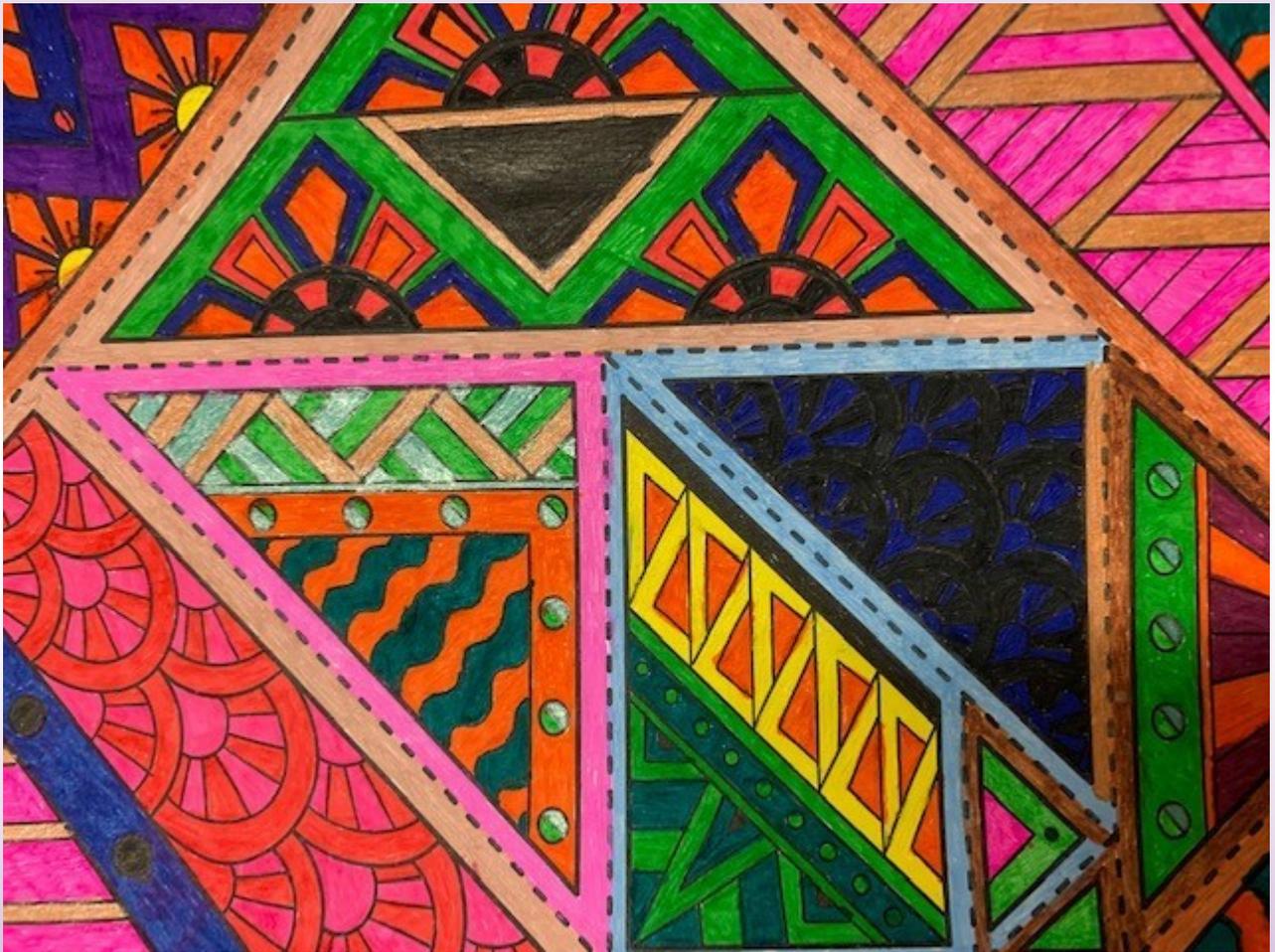


The Atlantic Times

January 2022



Contributors:

Original Art Work by Donna B. available for purchase. For more information contact Anita Barnes at barnesa@vinfen.org or at (617) 770-9660

-Demetrius R.
-Michael D.
-Mike B.
-Jake C.
-Jia L.

-Mary F.
-Sean C.
-Norma H.
-Rob M.
-Kristina B.

Education with William H.

Going to College with the Atlantic Clubhouse

The Atlantic Clubhouse has a lot of different resources that are available through being a member here, one of which is the Education Unit. We have three different members who are utilizing this aspect and are returning to school! The first member who is going to Quincy College is Sean B. Sean recently started school again and after he finished his HiSET education for his High School Diploma he decided to go to University. He recently finished his first semester taking a first-year seminar course, and an English course where he earned an A and a B respectively. We are proud of him and look forward to his accomplishments in the Spring Semester. The next member we would like to highlight is Chris F. who is looking to go to a master's program to get his License of Mental Health Counseling. He recently finished a course at Quincy College where he got an A. He took this class to get ready for the next step. Chris has two bachelor's degrees, one in music, and one in psychology. He has accomplished so much in his life and we are excited to see him get a graduate degree! Then finally the last member we would like to shout out is David B. Dave is going to be attending Bristol Community College where he is taking online asynchronous classes to get his degree in Paralegal Studies. He has already taken some classes at Bristol in the past year where he did extremely well, and he looks forward to his classes this semester. We are more than proud of our members who are returning to school, and we encourage everyone in the clubhouse to take the leap, to take a class, and to learn something new! You can do great things and it is never too late to start!



Demetrius' Movie Guide



The 355 (PG-13) (TBA) January 7th
Action, Thriller
Director: Simon Kimberg
Starring: Jessica Chastain, Lupita Nyong'O,
Diane Kruger, Penelope Cruz

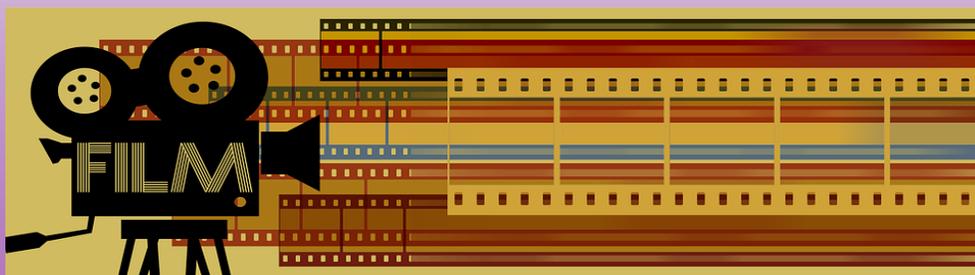
Scream (R) (114 Minutes) January 14th
Horror, Thriller, Mystery
Director: Matt Bettinelli & Tyler Gillett
Starring: Neve Campbell, Courtney Cox, David Arquette, Marley Shelton

Operation Fortune: Ruse de Guerre (NYR) (TBA) January 21st
Action, Comedy, Thriller
Director: Guy Ritchie
Starring: Jason Statham, Cary Elwes, Josh Harnett, Aubrey Plaza

Redeeming Love (PG-13) (TBA) January 21st
Drama, History, Romance
Director: D.J. Caruso
Starring: Abigail Cowen, Tome Lewis, Fanke Janssen, Logan Marshall-Green

The King's Daughter (RG) (90 Minutes) January 21st
Action, Adventure, Fantasy, Family, Romance
Director: Sean McNamara
Starring: Pierce Brosnan, William Hurt, Benjamin Walker, Kaya Scodelario

Morbius (PG-13) (TBA) January 28th
Horror, Sci-fi, Thriller
Director: Daniel Espinosa
Starring: Jared Leto, Michael Keaton, Adria Arjona, Jared Harris



The Writings of Michael D.

Owls

There are over 200 species of owls. They hunt mostly small mammals, insects, other birds, and fish. They are found in all regions of the earth except the polar ice caps and some remote islands. They are fierce hunters with their hawk-like beak, flat face, and a circle of feathers and a facial disc around each eye. Owls have binocular vision and their eyes are fixed in their sockets. Other birds fear owls. Most owls are able to fly almost silently and more slowly in comparison to other birds of prey. They are night birds and are able to fly without making any noise. This gives them a strong advantage over their prey who listen for the slightest sound in the night. Owls feathers are generally larger than the average bird. They can struggle to keep warm because of their lack of waterproofing so large numbers of downy feathers help them to retain body heat. Owls keen eyesight is a particular characteristic that aids in night prey capture. They also have special hearing and ear shapes that help in hunting. Their ears on the skull allows the owl to pinpoint the location of its prey. The talons and beak of the owl are designed to crush the skull and body of their prey. Most of their hunting strategy depends on stealth and surprise. The owl's colors on their feathers make them invisible under certain conditions. The modern west generally associates owls with wisdom and vigilance. In Japan, owls are regarded as lucky. In Hinduism, owls are considered a symbol of wealth, prosperity, wisdom, good luck and fortune. In some places they are a symbol of death. Everyone is different. It always has been that way.



Superman

Superman is a superhero who first appeared in American comic books and published by DC Comics. Superman was born on the planet Krypton and as a baby his parents sent him to Earth in a small spaceship moments before Krypton was destroyed in a natural catastrophe. His ship landed in the American countryside. A couple found him and named him Clark Kent. Clark developed superhuman abilities such as incredible strength and special skin. He decided to use his skills to fight crime. To protect his privacy, he changed into a colorful costume. It was an enjoyable show. It is a crazy show. At times it is good to watch or do things that are total fantasy like Superman.

Superman had a dual identity: one Superman and the other Clark Kent. He is a man who helps the innocent people of society. Superman developed a costume with an "S" on the chest, over-shorts, and a cape. He can fly. Clark Kent was a journalist who pretends to be timid and convinced his colleague Lois Lane of his shyness. Lane is attracted to the bold and mighty Superman, though she does not realize that he and Kent or the same person. Comic strips became filled with adventure and comedy. Writers believed that fantasy is good and, as long as people enjoyed the show, they continued. Nobody gets upset watching fantasy, but maybe a few do not like anything. That is sad.



HISTORY WITH NORMA H.

Sojourner Truth

Born into slavery in New York in 1797, Isabella Bomfree became an icon for the fight to gain equal rights. Treated harshly, slave owners sold Isabella four times before her early teens. Around this time, she met another slave and they went on to have five children. In 1826, a year before New York started emancipating slaves, Isabella escaped with her infant daughter to a safe house owned by abolitionists. The couple also helped Isabella buy her freedom and facilitate the return of her son illegally sold to Alabama. In fact, this proved the first time a Black woman sued a White man and prevailed.

In 1828, Isabella moved to New York City and began working for a local preacher. As a part of this job, she participated in religious revivals and became a charismatic speaker herself. This led to a spiritual awakening and Isabella felt called to the ministry and to preach the truth. To solidify the moment, Isabella changed her name to Sojourner Truth in 1843.

As a preacher, Truth began meeting with other abolitionists such as Frederick Douglas who encouraged her to continue lecturing of the ills of slavery. Truth also fought for women's rights and suffrage. As Truth never learned to read or write, she dictated her autobiography entitled the Narrative of Sojourner Truth in 1850. In her later life, Sojourner survived off the sales of this book. Through her preaching and advocacy work, Truth became nationally known and lectured throughout the United States and internationally as well. Along with meeting abolitionists, Truth also worked with the leaders of the Women's Rights Movement such as Elizabeth Cady Stanton and Susan B. Anthony. Truth proved a great champion for equal rights. Her speeches challenged traditional roles and the prevailing notions of racial and gender inequality. And unlike other abolitionists, Truth believed the fight for suffrage for formerly enslaved Black men and for women should be fought for simultaneously.

In the 1850s, Truth moved to Battle Creek, Michigan to live with her daughters, though remained a staunch advocate for equal rights. During the Civil War, Truth encouraged former slaves to fight with the Union Army for emancipation. She also played a crucial role in organizing supplies for Black soldiers. Her support for the Union Army earned Truth an invitation to the White House and an audience with Abraham Lincoln in 1864. At Lincoln's request, Truth joined the Freedman's Bureau in Washington D.C. to help freed slaves find employment and rebuild their lives. Also, while at the capitol, a street car conductor violently blocked Truth's entry into the car and she sued. This is the second time Truth took on a White man in court and won.

Truth spent her last years lecturing and living with her daughters in Michigan. Throughout her life Sojourner fought tirelessly for abolition, civil rights, and women's suffrage. She stands as a beacon of light as a former slave who fought her way into the history books of great leaders. Almost completely blind and deaf, Truth passed away on November 26, 1883 at the age of 86.



Untitled

By Jia L.

As the sun goes down
in the horizon
I close my eyes and
take a full breath
The stars glisten
as the moon shows its way
into the picturesque glowing
I love life
and life loves me
For I am a blessing to the world
May gods bless my soul
and take care of me
for I am weak and frail
I hold onto the hope
for me not to feel hurt anymore
But I am only human
Please pray for me
For I need the help
Blessed

20th Year Anniversary—2001 Patriots Season

Denise D.

The 2001 Patriots season did not start off well. In the first game the Patriots lost to the Bengals. After 9-11, when play resumed the following week on the 23rd, quarterback Drew Bledsoe was hurt and in came Tom Brady. The Patriots lost that game to the Jet's though it marked Brady's tenure and the Patriots went on to finish the regular season with an 11-3 record. This led them to win their first AFC east title in years.

The Patriots finished behind the Pittsburgh Steelers for the second seed in the AFC. The first round of playoffs started on January 19, 2002. Against the Raiders and held at Foxboro, a snowstorm swept in and the weather significantly impacted the game. The Patriots went on to control the game with a 16-13 overtime win.

The following week, the Patriots played in Pittsburgh for the AFC title game. An injured Tom Brady saw the return of Drew Bledsoe and a 24-17 win. The Patriots first AFC title in five years.

On February 3, 2002, Tom Brady returned to the field and the Patriots faced the St. Louis Rams in Super Bowl XXXVI. Prevailing, the Patriots won the game 20-17 with Tom Brady named MVP—the first super bowl victory in Patriots history.

January Birthdays

1/1: Nicholas P.

1/3: Jake C. & Steven W.

1/7: Ann L.

1/10: Horace B.

1/11: Bobby O.

1/15: Sean C.

1/22: Donna B.

1/23: Robert C. & Jonathon M.

1/26: Katy S.

1/31: Karen B. & Tad B.



Intake, Outreach, Orientation and Housing

Member Spotlight: Barbara H.

How did you first learn about Atlantic House?

I leaned about the clubhouse through DMH.

What do you think about the clubhouse?

I like it. The clubhouse offers a variety of things to do. Also, members and staff are really nice.

What are some of your accomplishments?

I have two Master's Degrees—one in Economic Policy and one in Public Policy. I also designed a computer application for a text book. After school, I started and owned my own analysis firm called Hamilton Analytics.

What are your future plans?

I don't have any right now—I am trying to work that out.

What do you enjoy doing in your free time?

I like to read. My favorite books are suspense novels. I really enjoy the work of Jeffrey Deaver.

What would you like members to know about you?

I am kind and open to trying new things.

How can the clubhouse best support you?

By being here and being open.

IOOH December Statistics

Referrals: 6

Tours: 3

Intakes: 2

New Members: Barbara & Brian

Thanks Barbara and welcome to Atlantic House.

Communication, Arts, Social & Recreation

Art Show Extended to January, 31, 2022!

On October 21, 2021, Atlantic House launched its first virtual art gallery and show. As part of this program, our featured artists participated in a zoom “Meet the Artists.” which proved a great success. So far, two of our artists sold multiple pieces. Congratulations Don F. and James M. Our hope is that each artist achieve a sense of success, gain exposure, and, ideally, sell. As a goal, we are not quite there. Which begs the question, how does a clubhouse create a successful art show?

Since starting at Atlantic House as the Coordinator of the CASR Unit, this question plagues me. The October show is our third iteration and each effort fell just short of success. Art is a difficult sell and reaching an audience is even more challenging. For this most recent show, the clubhouse collaborated with Vinfen’s social media department to get the word out to all Massachusetts employees. This proved helpful, but not enough to create the buzz needed to generate sales. Disappointment, in many ways, is unavoidable; especially when so much time and effort went into the virtual art show and gallery. There is always a silver lining though. And here is ours: we courageously put our work on display and allowed ourselves to be vulnerable—this is true strength. So thank you to all our artists for your willingness to take a risk.

Also, a big thank you to William H., Tanya D., Rebecca B., and Julie B. from Vinfen for all your support.

Here are the links to the show:

Program Book: <https://online.flippingbook.com/view/992627837/>

Event Link: [Atlantic Clubhouse Virtual Art Show | Vinfen Corporation](#)

Artist Catalog: [Catalog of Artwork | Vinfen Corporation](#)



**Join us for Creative Writing
Tuesdays at 10:30 am**

Employment: Job Development

With William H.

The month of December has been a great month for the Atlantic Clubhouse! In this edition of the Atlantic Times the Employment Unit would like to highlight the work done by our members at the Salvation Army! Every week the clubhouse picks up donations from Food for Free in Cambridge, and Whole Foods in Weymouth. From these wonderful places we get a incredible assortment of food, frozen and fresh, as well as produce. From here we send food to some of the other clubhouse, but we often donate most of these items to Interfaith and Salvation Army. These two Christian-based organizations help thousands of local families in our communities, and we have some members who are a part of them! First, I would like to highlight Mary F. who volunteers at the Salvation Army three to four times per week. She works three and a half hours a shift sorting and distributing boxes of food to the needy in person and to more food pantries.

The next person I would like to acknowledge is James M. Jimmy has been working close to forty hours per week as a kettle bell ringer. He stands outside in the freezing cold ringing a bell, spreading holiday cheer, and collecting donations for the Salvation Army. Every year Bell Ringers raise more than 50,000 dollars and they truly appreciate the support and help from the Atlantic Clubhouse.

Then finally the last two members we would like to recognize is Ishmail S. and Dana M. Both volunteered at Salvation Amy during their Christmas food pantry. This event put together more than 500 boxes of food for the families in the city of Quincy! We truly appreciate the work all of our members do in the community and at the Atlantic Clubhouse. If you are interested in volunteering or working, we have connections with a myriad of different businesses. We even have members volunteering at the Quincy Animal Shelter like Matt S. Places like the Thomas Crane Library, Interfaith Social Services, and the Salvation Army all need volunteers and would love to have you!

Health & Wellness with Wilma

WHAT ARE THE HEALTHIEST FOODS TO EAT?

One of our members recently asked me, “Are potato chips and fries healthy?” What would you have answered to that question?

As a Health and Wellness coach I don't like to hammer on what NOT to eat. I much rather talk about what are healthy foods that are good to eat.

Going into 2022 why not pay attention to eating healthful? Let's look at what are foods that are good for you to eat on a regular basis.

Below a list of the 10 healthiest foods to eat.

1. Water: Drink 8 to 12 cups of water daily.
2. Dark Green Vegetables: Eat dark green vegetables at least three to four times a week. Good options include broccoli, peppers, Brussels sprouts and leafy greens like kale and spinach.
3. Whole Grains: Eat whole grains at least two or three times daily. Look for whole wheat flour, rye, oatmeal, barley, amaranth, quinoa or a multigrain. A good source of fiber has 3 to 4 grams of fiber per serving. A great source has 5 or more grams of fiber per serving.
4. Beans and Lentils: Try to eat a bean-based meal at least once a week. Try to add legumes, including beans and lentils, to soups, stews, casseroles, salads and dips or eat them plain.
5. Fish: Try to eat two to three servings of fish a week. A serving consists of 3 to 4 ounces of cooked fish. Good choices are salmon, trout, herring, bluefish, sardines and tuna.
6. Berries: Include two to four servings of fruit in your diet each day. Try to eat berries such as raspberries, blueberries, blackberries and strawberries.
7. Winter Squash: Eat butternut and acorn squash as well as other richly pigmented dark orange and green colored vegetables like sweet potato, cantaloupe and mango.
8. Soy: 25 grams of soy protein a day is recommended as part of a low-fat diet to help lower cholesterol levels. Try tofu, soy milk, edamame soybeans, tempeh and texturized vegetable protein (TVP).
9. Flaxseed, Nuts and Seeds: Add 1 to 2 tablespoons of ground flaxseed or other seeds to food each day or include a moderate amount of nuts – 1/4 cup – in your daily diet.
10. Organic Yogurt: Men and women between 19 and 50 years of age need 1000 milligrams of calcium a day and 1200 milligrams if 50 or older. Eat calcium-rich foods such as nonfat or low-fat dairy products three to four times a day. Include organic choices.



The James Webb Telescope

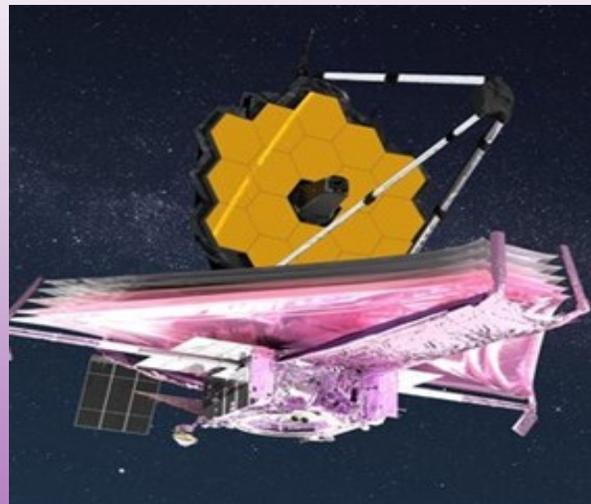
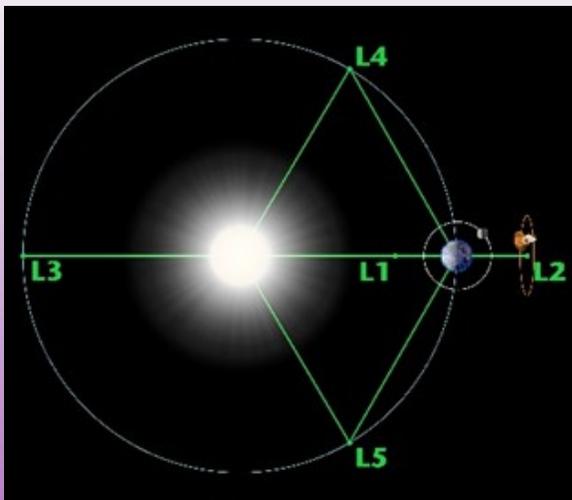
Stephen S.

On Christmas day NASA plans to go ahead and— if the latest tests go well — launch a new \$10 billion technological marvel, built in cooperation with Canada and the European Union: the “James Webb” Space Telescope. The launch is long-awaited; work on it started in 1996 and the launch was originally planned to occur in 2007! The naming is controversial; indeed, James Webb was the former administrator who supported government discrimination against gay and lesbian NASA employees in the 1950s and 1960s.

The powerful telescope, more a colleague than the successor to Hubble, “will be able to see light from the earliest galaxies in the universe and analyze the atmospheres of planets orbiting distant stars, searching for gases that might indicate the presence of life.” (NPR).

The telescope proper is accompanied by a heat shield. If the latter were a sunscreen, it would have a blocking factor of 1,000,000! Both are “suspended” in one of the two stable Lagrange points between sun and earth. (L4 in the drawing on the right). There the gravitation of the sun balances the gravitation of the earth, keeping the much smaller telescope on a fixed place in space!

Consequently, the telescope remains extremely cold so that it can “see” the light of the earliest galaxies formed after the big bang. These galaxies and their stars and planets are long since burned up and only their light remains, and with their “stardust” form giant wave packets elongated as they are by the ever-expanding observable universe. Hence the so-called redshift makes their light no longer visible, yet the wave packets survive in the far infrared wavelengths. And thus can be observed by instruments that are so cold that they do not themselves emit infra-red light in the form of heat, lest they interfere with the measurements. The hope is that the Webb telescope can see so sharply that it can observe long evaporated planets and even the gasses eventually emitted by potential life on these planets, billion years ago. The Webb has enough fuel reserves to keep functioning until 2030. Because of the distance of the Laplacian location, it cannot be repaired or upgraded, unlike the Hubble telescope. The latter follows a route closer to earth, what has made it possible to send astronauts to it and fix its near-sightedness, and to exchange parts, thus extending its effective lifetime. Given that Hubble works in the visible spectrum of light, and Webb in the infrared they will work alongside each other for the coming ten years. Hopefully the billions spent on this scientific enterprise will result in us “seeing” the very first star. And wonder where it stood on that very first dawn of the cosmic life that became light.



William Hoy

By Kristina B.

William Ellsworth Hoy was born on May 23, 1862 in Houckstown Ohio. He became deaf at age 3 after suffering from meningitis. Hoy graduated from the Ohio State School for the Deaf in Columbus as class valedictorian, he also opened a shoe repair store in his hometown and played baseball on weekends.

Hoy earned a professional contract in 1886 with an Oshkosh Wisconsin team managed by Frank Selee in 1887. He also played with the Washington Nationals of the National League in 1888-1889 and became the third deaf player in the major leagues after pitchers Ed Dundon and Tom Lynch. In his rookie year he led the league in stolen bases as Hoy's speed was a great advantage in the outfield and he was able to play shallow balls as a result. In 1890, Hoy played for the Buffalo Bisons of the Player's league.

Hoy returned to the AA with the St. Louis Browns under player manager Charles Comiskey for the league's final season in 1891. During that year, Hoy led the league with 199 walks and scoring a career high 136 runs which became second in the league. Hoy later rejoined the Louisville Colonels in 1898-1899 where he hit .304 and .306 in his two seasons with the club.

In 1901 he played for the Chicago White Sox in the American League and hit a grand slam home run with them--this was the first ever grand slam in the American League. When Hoy started his baseball career the umpires shouted the calls and since he could not hear, Hoy had to ask his coach if the umpire had shouted a strike or a ball.

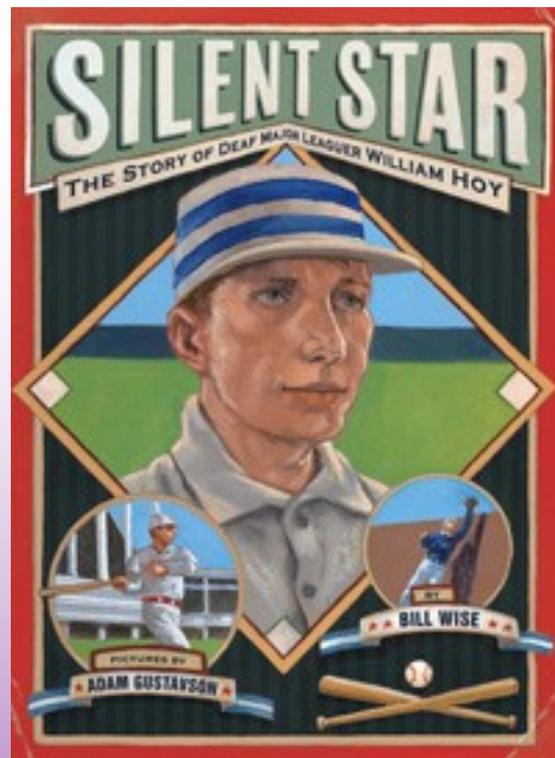
Hoy was often quick pitched a ball causing him to be struck out before he was even ready to swing, so in order to keep his focus on the pitcher while at bat he requested that his third base coach signal him of the umpire's call. A right arm raised meant a strike and a left arm raised meant a ball, soon Hoy had his coaches use signals while he played outfield too. This quickly caught on with other players and umpires found it to be extremely useful as well.

Gradually hand signals became common use in baseball among the players, managers, and umpires and Hoy inspired a sort of sign language in the crowds. He was such a loved player as an amazing outfielder, a consistently great hitter, and great base stealer that the crowds would jump up and wildly wave their arms to cheer for him when he made a great play.

Hoy ended his Major League career with the Reds in 1902 and finished his career in Los Angeles playing for the Pacific Coast winter league. During his career, Hoy played in 1,792 games, made 2,048 hits, 1,400 runs, 248 doubles, 121 triples, and 40 home runs. He stole 594 bases, ended with .368 on base percentage and retired with a .288 batting average.

After his retirement from baseball Hoy bought a farm in Mount Healthy, Ohio where he succeeded as a dairy farmer with his wife Anna Maria who is also deaf and their six children. Hoy also worked for a time as a personal director for the Goodyear Tire Company. In 1951 Hoy became the first deaf athlete elected to the American Athletic Association of the Deaf Hall of Fame and a baseball field at Gallaudet University in Washington DC was named after him.

William Hoy died on December 15, 1961 at the age of 99. William Hoy overcame his limitations not only in a successful baseball career but also as an ordinary citizen. He was admired both as a hero and a solid citizen. The hand signals are still being used in baseball today and players, coaches and umpires find them useful in the game of baseball and some historians credit Hoy with umpires using hand signals for balls, strikes, safe and out calls to help players who are deaf.



Creative Corner

Untitled

By Sean C.

Like broken glass, are my
memories. The shards do
sting when I reach for
these.

The pain still lingers in these
fingers. If I could just
gather what I need.

I reach so hard for inspiration
just to settle for any
sensation.

Too late now for holding on
so little left to hold on to
if all I know is what I knew
now shattered on the floor. I
can't salvage much so I sweep
most out the door.

Anything that can be broken
should be so.

The things that last,
I hold steadfast.
my faith in more, life has in
store is just as strong as
it ever was before.

Good grant me objectivity so
I don't fall prey to selective memories

Jake C.

*Making my own way
Through the world.
Treading the land
With as little friction as possible*



X (Squared)

Mary F.

Exponential Growth
Treading lightly with men
Feeling myself change
Do I dare hope for my dream?

Physical and Emotional closeness
Sharing . . .
Letting myself go . . .
Grasping for the sun and the moon . . .
Both orbs reflecting light
Illuminating my path
urging me further onto a feeling
of comfort and safety

Titillating, me but with a sense of
calmness too.
The further I go . . . The better I feel
Never give up-
Too determined
Waited for too long
Wanting to make up for lost time
Hoping always
Never to lose myself again
Knowing what I want::
Striving ,,striving...
Swim the laps
Pedal that bike
Catch the elusive breath
It will take me far ...
Always a Journey ...
Never a destination

Yes, I would like to support the Atlantic Clubhouse
Here is my gift to help

Atlantic Clubhouse
338 Washington Street
Quincy, MA 02169
617.770.9660

Name: _____

Email: _____

Please accept my gift of:

\$10.00 \$25.00 \$50.00 \$75.00 \$100.00 \$500.00 Other _____

Your investment in the Atlantic Clubhouse is critical to ensuring that today's and future members have the opportunity to be productive and respected members of our community

Comments or questions are welcomed. Feel free to contact the Program Director, Janette Tibets @ 617.770.9660 or by email tibetsj@vinfen.org.

Please make your contributions payable to the Atlantic Clubhouse. Our parent agency, Vinfen Corporation, is a 501c3 organization and all gifts are tax-deductible.

Thank you for your generous gift!

Employment w/ Nuria

The Benefits of a Part-Time Job

- Earn Extra income
- Flexibility, being able to create your own schedule and manage your time.
- Working less hours throughout the week, without feeling burnout.
- Experiencing and developing new skills.
- Developing new social circles and networking.

Here are some questions to ask yourself while searching for a part-time job.

What part time job can I do?

What's the best part time job that pays well?

What's my availability and how many hours can I work weekly?

Transportation, what is my weekly commute and cost?

Most important question to ask yourself, will I enjoy my job?

Part-time job ideas.

- | | |
|--------------------------------|----------------------------|
| 1. Retail | 2. Driver/ Delivery driver |
| 3. Fitness instructor | 4. Dog walker |
| 5. Customer service rep. | 6. Grocery shopper |
| 7. House cleaning | 8. Data entry |
| 9. Warehouse worker | 10. Freelance work |
| 11. Tutoring | 12. Landscaping |
| 13. Become a virtual assistant | 14. Nanny |
| 15. Real Estate Agent | |



There are limitless job opportunities for people that are seeking a part time job.

Come into the Employment Unit and let's explore job opportunities and find your talent.

SCIENCE WITH MIKE B.

Physics of the Slam Dunk

When I was a kid, I watched basketball and witnessed Dr. J. (Julius Erving) glide through the air and slam the basketball in the net. Since then, numerous players have mastered the dunk, however, no one with Dr. J.'s flair. Even with players defending him, his acrobatics propelled him over the rim. Who knew that, prior to taking off, Dr. J. relied on trigonometry, geometry, calculus, and physics to ensure success. As noted by industry leaders in sports medicine, when shooting, players must “intuitively [solve] half a dozen trigonometric and calculus equations at once.” prior to releasing the ball. Specifically, players must calculate the angle of takeoff, distance from the hoop, timing of the jump, the force needed, and the positioning of the ball all simultaneously and in a matter of seconds.

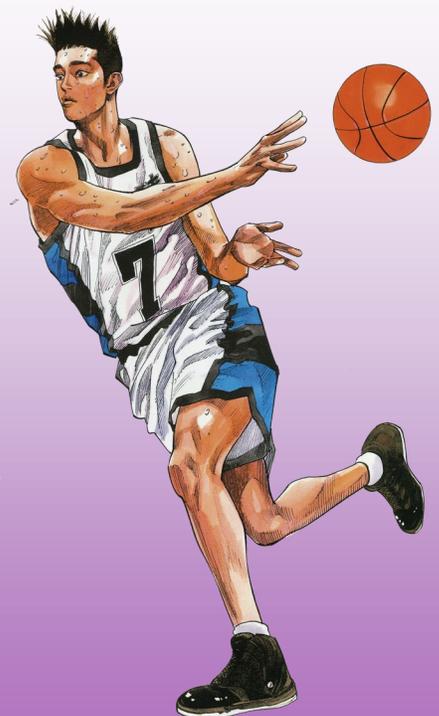
A basketball hoop is 10 feet off the ground.. To achieve a slam dunk, a player needs to jump around 4 feet high to reach above the rim and propel the ball down through the net. The first principle in a successful slam dunk is to find your center of gravity. This is the exact point in the body where all weight is evenly distributed throughout. In humans, this is typically our belly buttons. Once the player chooses his/her trajectory, the path is set and cannot be altered unless another force is introduced.

Another factor, not always taken into account, is the landing. As one sport expert noted, “your body will only let you jump as high as it believes you can land safely.” In this vein, learning to evenly displace the impact on ones ankles, knees, and hips is pivotal. Sports scientist also suggest that athletes focus on the less considered muscles such as the toes when working out.

The next trick is for the apex of the jump—the exact highest point before descending back down—to be above the rim. This allows the player to slam the ball downward. As mentioned, players must make all calculations and decisions prior to leaving the ground. Once in the air, little changes. Another aspect of jumping is friction; specifically, the friction between the foot and the court. This friction keeps forces balanced and allows players to stop on a dime.

At the point of jumping departure a player's foot pushes both down and backward. The downward push provides the athlete with the force necessary to overcome gravity, while the backwards force determines distance. This falls in line with Newton's Third Law of Motion that states that, “for every action there is an equal and opposite reaction.” In basketball, this means the force the player applies to the floor is equal to the force the floor transfers to the player. All this energy is channeled into the jump and our hero player momentarily defies gravity and gives the illusion of horizontally sustained flight. Also, as the player jumps, climbs, his/her vertical speed decreases until the apex is reached, at which point, the player accelerates back down. As the player leaves the apex and starts the descent, the ball is slammed through the hoop.

Two points and a degree in Mathematics.



WORKS OF JAKE C.

Joe DiMaggio

Joltin' Joe, as the media liked to call him, was a first-generation Italian American with both parents hailing from Sicily. He was the sixth of seven children and his father provided for the family as a fisherman near San Francisco California where Joe was born. DiMaggio never finished high school and chose to work odd jobs instead until he was scouted by the New York Yankees while he was playing for a semi-pro baseball team on the side.

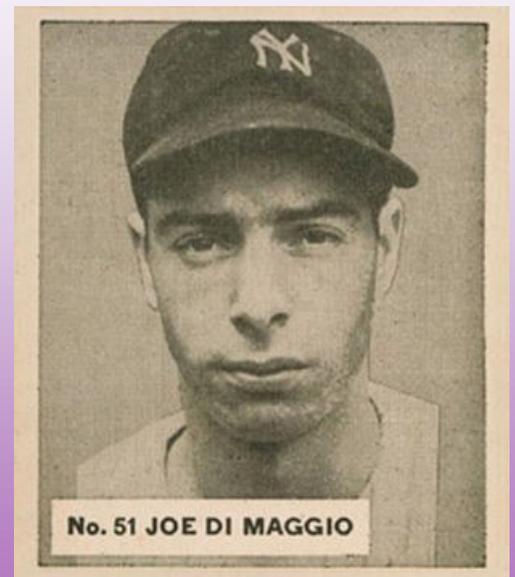
Also known as the Yankee Clipper, Joe played his first major league baseball game May 3, 1936, and that season his team the Yankees made it to the World Series for the first time in four years. In fact they made four World Series appearances and wins in a row for the next four years. Joe went on to win 9 World Series titles in 13 years as a pro for the Yankees which is one less than the record by Yogi Berra of 10. In 1949, Joe signed a contract with the Yankees for \$100,000 which was the first of its kind breaking the \$100,000 mark for the first time in history.

In the stats department DiMaggio was a legend and his feats of greatness included a 56 game hitting streak which is still the record standing for over 80 years since 1941. He hit .325 for his career and not only had 1,537 runs batted in and 361 home runs but he could have possibly had over 500 home runs some say if he hadn't served in the military during World War II for 3 years from 1943 to 1945.

Joe was married twice and had his only son, Joe Jr., with the first woman. The first marriage was to Dorothy Arnold and lasted from 1939 to 1944. His second marriage was to the famous actress Marilyn Monroe whose career was just taking off. The second marriage to Marilyn sadly lasted only 9 months as they were prone to fighting between them especially after her skirt blowing incident. Joe never married again and stayed close to Monroe as a friend for the rest of their lives.

On March 8, 1999, at his home in Hollywood, Florida, Joe died while recovering from lung surgery after his lifelong smoking habit. His funeral was held in his childhood home of San

Francisco and he was buried in Colma California. His 56 game hitting streak is considered perhaps the most "enduring record in all of sports".



DIVERSITY & INCLUSION

Honoring the Life and Legacy of Desmond Tutu

“Without forgiveness, there is no future.” —Desmond Tutu

On Sunday, December 26, 2021, South Africa and the world mourned the passing of Desmond Tutu, the first Black Archbishop of Cape Town at the age of 90.

Born October 7, 1931, Desmond Mpilo Tutu, grew up in South Africa at the time of Apartheid and racial injustice. His father worked as a teacher and Desmond followed in his footsteps. After graduating in 1954 from the University of South Africa, Tutu served as a high school teacher before attending Theological Seminary. For this, Tutu also studied for the ministry in England, earning his Master’s of Theology. From 1967-1972, Tutu taught Theology in South Africa and went on to become the Assistant Director of the Theological Institute in London. Upon his return to South Africa, in 1975, Tutu became the Dean of Saint Mary’s Cathedral in Johannesburg, the first Black man to hold this position. His political journey led him also to take on the role of General Secretary of South African Council of Churches in 1978; again, the first Black man to do so.

Throughout his career, Tutu fought tirelessly for racial justice and the end of South African Apartheid—the oppressive policy that separated ethnicities into classes and kept the White minority in power by giving the police and military full authority. For Tutu, this undercut his objective of building a “democratic and just society without racial divisions.” In this vein, Tutu passionately worked towards equal civil rights for all citizens both home and abroad. Based on this struggle, Tutu became known as “South Africa’s moral conscience.” To end Apartheid, Tutu worked closely with Nelson Mandela to build a better, more just South Africa. As part of these protests, authorities arrested Tutu in 1980. Given the efforts of Mandela, Tutu, and other activists, the regime of Apartheid ended in 1994—the same year Nelson Mandela became the first Black president of South Africa. As part of his presidency, Mandela appointed Tutu Chairman of the Truth and Reconciliation Commission, the organization assigned to uncover the abuses of Apartheid. In all, Tutu is hailed as the “moral compass” for his dedication to the liberation and justice for all people: what Tutu coined as the “Rainbow Nation.”

Along with racial injustice, Tutu also served as a beacon for LGBTQ+ rights. Even though this put him at odds with the Anglican church, Tutu used the pulpit to expose the ills of inequality and fight for same-sex marriage. In many ways, Tutu equated the fight for gay rights with the fight for racial justice. As Tutu noted in 2013, “I do not worship a homophobic God.” Instead, Tutu ordained women and gay priests.—the first Archbishop of South Africa to do this. In his own epitaph, Tutu wanted to be remembered as a man who loved, laughed, forgave and considered himself “greatly privileged.” Overall, Tutu stood as a champion for universal human rights.

Tutu’s fight for equality earned him the Noble Peace Prize in 1984.

Desmond Tutu is survived by his wife of 60 years Leah and their four children.



How Anti-Aging Therapies Work

(Excerpt from Rob M.'s book The Melting Biological Clock Effect)

Hormone replacement therapy improves health, wellness, aesthetics and overall well being by replacing and optimizing the hormones which decline with age.

The interaction of hormones and neural transmitters is like a symphony orchestra. All playing in concert to produce a harmony called Youth. As you grow older and older the music plays softer and softer, until the music dies. However, we can create the biological equivalent of an electric band by magnifying the levels of the neurotransmitters and hormones, to recreate the synergy of Youth.

An electric band needs power to function, just as the human body needs essential vitamins and nutrients to function. Branch Chain Amino Acids, or BCAAs, are the building blocks of proteins such as the human growth hormone. To transport these nutrients, we need to use nitric oxide. It increases the blood flow to the body and brain. Just as the wiring brings power to the band. To amplify the music and facilitate cellular reproduction, growth, and health, I use Creatine, telomerase, and Super NAD (nicotinamide adenine dinucleotide) a coenzyme found in every cell of the body that aids in hundreds of metabolic processes.

I like Creatine because it is like a miracle grow for your body at the cellular levels. I use Telomerase to help the cells reproduce and keep reproducing. I also use one of the super NADs sold on the internet today. Because they are necessary for cellular health. Super NAD is essentially a distilled version of NAD. Where the active ingredient in NAD is reproduced synthetically. However super NAD is much more potent than regular NAD. I use the Human Growth Hormone (HGH) to symbolize the drums. Because drums carry the beat, just as the HGH levels regulate your body's ability to regenerate itself. Testosterone is like a base guitar. It carries the rhythm and soul of the reproductive cycle. For the energy of the lead Guitar, I use DHEA. It bolsters adrenaline levels, which help us to go faster and harder than under normal circumstances. For the Keyboard, I use Melatonin in conjunction with the neurotransmitters serotonin and dopamine. They help to increase the quality of your sleep. So you awake refreshed and energetic in the morning. Melatonin regulates the sleep cycle of the human body. When used in conjunction with serotonin they synergize and create a sense of peace and joy. Then when you stir dopamine into the mix the three synergize together—increasing your level of happiness, peace and joy along with adding to it a sense of clarity, focus and will power. For the Metronome I use telomeres. Because cellular mitosis is the biorhythm of the song. For lead singer I use ego consciousness itself. Communicating thoughts and emotions in a melodic fashion.

Since this is the nascent beginnings of the Anti Aging movement, I chose a song from the dawn of the rock and roll era. To represent the role of ego consciousness. The song which best illustrates the role of ego consciousness, in concert with the rhythmic flow of neurotransmitters and hormones is the full length version of *Inagodadavida* by The Doors. This band is the cornerstone of many of the different styles of music we have today. Just as anti-aging is the best way to prevent most age related illnesses. *Inagodadavida* starts out with the lead singer expressing himself in the role of ego consciousness, welcoming us to the promised land. As he sings, he expresses his thoughts and emotions, cast against the melodic flow of hormones and neural transmitters. As the tempo of the music changes, the lead singer stops singing and ego consciousness ebbs into the dark abyss of the subconscious. As the tempo of the music becomes more and more trance like, the audience themselves go into a little dream. After a while, the tempo of the music becomes faster and faster, as ego consciousness rises up out of the abyss of the prior i subconscious. Now the lead singer once again begins to sing, communicating to the audience his thoughts and ideas. It is this biorhythm, which best illustrates the concept of ego consciousness.

Even though at this point in time, we cannot recreate the entire synonymy of hormones and neural transmitters, which decline as we age. We can supplement the most important ones.