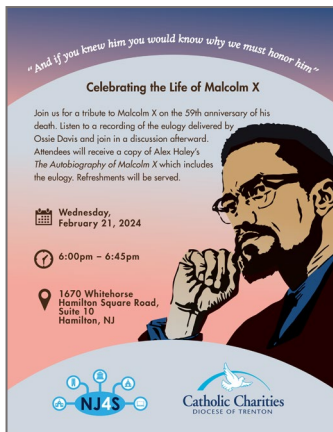


Student Support Services-Mercer

Issue 1.7



Spotlight on Tier 1 Services

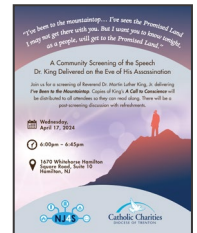
Celebrating the Work and Life of Malcolm X

On Wednesday, February 21st, students from Lawrence High School, Mercer County Technical School, Princeton International School of Mathematics and Science, and Trenton Central High School, attended an event honoring the life and legacy of Malcolm X. Ossie Davis' eulogy for the uncompromising civil rights leader was read and discussed, as was Davis' written response to the many who were puzzled as to exactly why he would deliver the eulogy for such a polarizing figure.

"Malcolm, as you can see, was refreshing excitement," explains Davis. "He kept shouting the painful truth we whites and blacks did not want to hear from all the housetops. And he wouldn't stop for love nor money."

Screening the Speech Dr. King Delivered on the Eve of His Assassination

Join us on Wednesday, April 17th when this Tier 1 series continues with a screening of The Reverend Dr. Martin Luther King, Jr. delivering "I've Been to the Mountaintop." All attendees will receive a copy of *A Call to Conscience: The Landmark Speeches of Dr. Martin Luther King Jr.*, featuring the aforementioned speech; a moderated discussion will follow the screening.



Ongoing Tier 1 Services at Trenton Free Public Library:

Ordinary People Change the World: Bi-weekly Thursdays from 4-5pm. For students in Pre-K – 3rd grade.

Meet ordinary people before they did the extraordinary. Come for a story, a snack, a craft, and take your book home.

Become a Published Author: Tuesdays from 5-6pm. For students in 9th -12th grade.

Enjoy an early dinner and receive a writing lesson. Consistent attendance guarantees publication by June.

Mercer County Schools:

Prevention Education Consultants provide evidence-based curriculum by quarter, semester, or annually, specializing in Mental Health and Wellness, Anti-Bullying and Violence Prevention, Substance Use Prevention, and Sexual Health.

The sign-up process is simple. A representative from each school submits the following information through this survey monkey link, <https://www.surveymonkey.com/r/NJ4Susercontacts>: First and last name, email address, phone number, and school. If you'd prefer, send an email to MLovaglio@cctrenton.org or give us a call and register by phone at **(609) 394-5157 ext. 2149**.

Once the Survey Monkey is completed, you'll receive an email granting access to Connex/Salesforce.

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Resource Recommendations

[“Get Your Cholesterol in Check”](#)

“Getting your cholesterol tested – and under control – is critical to preventing heart disease and other serious health problems,” explains Knavul Shikh, who then goes on to answer the following questions: “How harmful is ‘bad cholesterol’ for your health? Should you worry if your total cholesterol is just on the cusp of being too high? And how much can you lower your levels by changing your diet or exercise habits?”

[“Too much vitamin B may contribute to heart disease, study finds”](#)

Cardiovascular disease was responsible for a third of global deaths in 2021, reports Corrie Pelc. While there are established risk factors for heart disease, including cholesterol levels, high blood pressure, unhealthy diet, and lack of exercise, a new study conducted by Dr. Stanley Hazen finds a potential link with niacin as well. “Given these findings, a discussion over whether a continued mandate of flour and cereal fortification with niacin in the U.S. could be warranted,” explains Hazen. “Patients should consult with their doctors before taking over-the-counter supplements and focus on a diet rich in fruit and vegetables while avoiding excess carbohydrates.”

[“Is Lip Balm Making My Chapped Lips Worse?”](#)

“It can be a helpful barrier between your lips and the cold wind, but not all products are created equal,” explains Erica Sweeney. Dr. Heather Rogers, a Seattle-based dermatologist, explained that some lip balms can actually “exacerbate irritation and dryness, prompting the need for more.” Products that attract moisture, like petroleum jelly, are most effective; avoid peppermint oil, camphor, and menthol.

[“The Case for Reparations”](#)

MacArthur “Genius Grant” recipient, Ta-Nehisi Coates, in a June 2014 long-form article for *The Atlantic*, makes the case for reparations as reconciliation. The article’s subheading serves as its thesis: *Two hundred fifty years of slavery. Ninety years of Jim Crow. Sixty years of separate but equal. Thirty five years of racist housing policy. Until we reckon with our compounding moral debt, America will never be whole.*

Have a Resource Recommendation?
Send Michael an email at
MLovaglio@cctrenton.org

