



Carisk Kaleidoscope

December 19, 2025 | V05 . Q04

DIVERSITY COUNCIL MISSION STATEMENT

There are over 330 million people in the United States of America and everyone is diverse in their own way. At Carisk, we celebrate everyone's uniqueness.

Carisk Partners will be leaders by continuing to embrace the differences of its team members to expand its competitive edge; while promoting a diverse and inclusive environment through our commitment to education both internally and externally. We will leverage our unique capacity as change agents to strengthen our relationships with our Carisk team members, and with the communities and business partners we all serve.

Carisk Partners is proud of the diversity of its company's members, irrespective of genetic information, race, color, religion, age, sex, range of abilities, gender identity and expression, sexual orientation, marital status, national origin, or veteran's status.

We will strive to do well by doing good.



"I have always loved meeting new people from different backgrounds. It was always intriguing to me to hear someone else's "story". It is my strong belief that people and organizations make better decisions when they have diversity of thoughts. Each of us bring our life experiences into all we do. Everyone's life experiences generally created a perspective, whether consciously or unconsciously. Having a diverse workplace only strengthens the paths we choose to take."

–Joseph Berardo, Jr., Executive Chairman

ACKNOWLEDGMENTS

Welcome to Carisk Kaleidoscope's 2025 winter edition. The Council wishes every Carisk Family member and their loved ones a wonderful and safe holiday season with lots of laughter, great memories and amazing food.

2025 is ending on a high note as we welcome Stephanie Collins to our Council.

Alisha, contributed to The Welcome Alcove and towards Celebrating Carisk's Diversity.

Allen, gave us the storyline for Suicide National Prevention Month.

Bob, submitted Election Updates, the Equity Poster, and contributed to the Fun Corner.

David, continues with our annual tradition, and has organized our 9th Annual "Hope for the Holidays" campaign which will last until 5PM EST on Friday, January 9th, 2026. Once again, we have a great opportunity to make an impact in the lives of our fellow man.

Diane, delivered Back to the Community, The Gift of Aging, Something to Think About, Sports Arena and contributed towards, The Youth Center, Movers and Shakers, the Fun Corner and Resources.

Michael, gave us the lead story for The Youth Center.

Nubia, contributed towards The Welcome Alcove.

Sally, added to our Resources Page.

Sunita, provided Advances in Healthcare.

Thank you CK planning committee (Aly, Bob, Diane, Lori H., & Sunita), as well as all Council members for all of your collaborations which include our thoughtful discussions, ideas and participation in our Council meetings. See you next year.



Anabel 

CONTENTS

Acknowledgments	1	National Grandparents Day	17
All the World is a Stage	2	The Youth Center	18
Members of the Diversity Council	3	The Spotlight	19
Welcome Alcove	4	Celebrating Our Diversity	19
Thought for the Day	5	Something to Think About	22
The Talk	6	Movers and Shakers	23
When the Rubber Meets the Road	8	Election Highlights and Milestones	24
Canine Heroes of 9/11	9	Giving Back to the Community	24
Time Capsule	11	Sports Arena	26
EQUITY POSTER	12	Fun Corner	27
Advances in Healthcare	12	Seasons Greetings	28
Suicide Prevention Month	13	Resources	29
“The Gift of Aging”	16		

ALL THE WORLD IS A STAGE

Are all the creatures of the sea the same?
 A similar size and color and name?
 Dive into the oceans in a yellow submarine.
 And discover a world, an incredible dream.

Green sea turtles and royal starfish.
 Mythical mermaids, granting a wish.
 Turquoise corals, clinging to their reef.
 Hammerhead sharks sharpening their teeth.

“All the world’s a stage!” said William Shakespeare.
 It doesn’t matter how you sound or how you appear.
 We’re all very different, just spirits in disguise.
 Sharing Mother Earth, like clouds sharing skies.

Unknown 



MEMBERS OF THE DIVERSITY COUNCIL



LEADER OF THE DIVERSITY COUNCIL

Anabel Rawlins, FOUNDER
Provider Relations Specialist
Miami, FL

"We all should know that diversity makes for a rich tapestry, and we must understand that all the threads of the tapestry are equal in value no matter what their color."

– Maya Angelou



Jen Andrews
Executive Assistant
Remote

"The beauty of the world lies in the diversity of its people."

– Unknown



Nubia Aparicio
Human Resources Executive Administrator
Remote

"Diversity is being invited to the party. Inclusion is being asked to dance." – Verna Myers



Sally Balioni, FOUNDER
Senior Vice President of Sales, Amplified Intelligence
Wall, NJ

"You cannot change what you are, only what you do."



Natasha Charleston
Director of Behavioral Health Services
Miami, FL

"Darkness cannot drive out darkness, only light can do that. Hate cannot drive out hate, only love can do that."

– The Reverend Dr. Martin Luther King Jr.



Stephanie Collins
HR Systems Administrator
Miami, FL

"Blessed are the weird people: poets, misfits, writers, mystics, painters, troubadours...for they teach us to see the world through different eyes" – Jacob Nordby



Emillie De Castro
Executive Assistant
Miami, FL

"Diversity is not about how we differ. Diversity is about embracing one another's uniqueness." – Ola Joseph



Brian DeNichilo
Junior Data Scientist
Florham Park, NJ

"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."

– Nelson Mandela



Shannon Ehrola
Director, Brand Creative
Wall, NJ

"The beauty of the world lies in the diversity of its people."

– Unknown



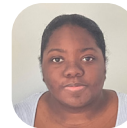
Alisha Gandhi
Vice President, People and Culture
Miami, FL

"We are all more effective, productive and innovative when we honor and value our own uniqueness while at the same time valuing and respecting the differences of others." – Leonora Billings-Harris



Peter Halas
Director of Operations
Wall, NJ

"Diversity and inclusion were issues I never focused on because they were part of my every day life through sports and interactions with people of every race/ religion/creed etc. Now, as the proud parent of a daughter with Down Syndrome diversity and inclusion are at the fore of everything we do trying to find places for everyone to be accepted and valued as they are."



Nikia Harris
Arbitration Coordinator
Florham Park, NJ

"Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love." – Martin Luther King Jr.



Lori Height, FOUNDER
Senior Executive Assistant, Sales and Finance
Wall, NJ

"Promoting a community of acceptance and belonging"



Anne Lepre
Sales Executive
Wall, NJ

"In diversity there is beauty and there is strength" – Maya Angelou



Sunita Mathur, FOUNDER
Claim File Coordinator
Florham Park, NJ

"Our ability to reach unity in diversity will be the beauty and the test of our civilization." – Mahatma Gandhi



Diane Nicolo, FOUNDER
Vice President of Administration
Remote

"Every person is a new door to a different world"



Robert Post, FOUNDER
Senior Advisor
Florham Park, NJ

"We have become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams."

– Jimmy Carter



Michael Rydman, FOUNDER
Senior Vice President, Sales
Benicia, California

"All men are created equal" – Thomas Jefferson, 1776



Allen Spokane, FOUNDER
Chief Technology Officer/Chief Information Security Officer
Florham Park, NJ

"Nobody Wins Unless Everybody Wins" – Bruce Springsteen



Lori Terraciano
Staff Accountant
Florham Park, NJ

"We all live with the objective of being happy; our lives are all different and yet the same." – Anne Frank



David Vittoria, FOUNDER
Chief Behavioral Health Officer
Miami, FL


"Our diversity is the one thing we all have in common."



WELCOME ALCOVE

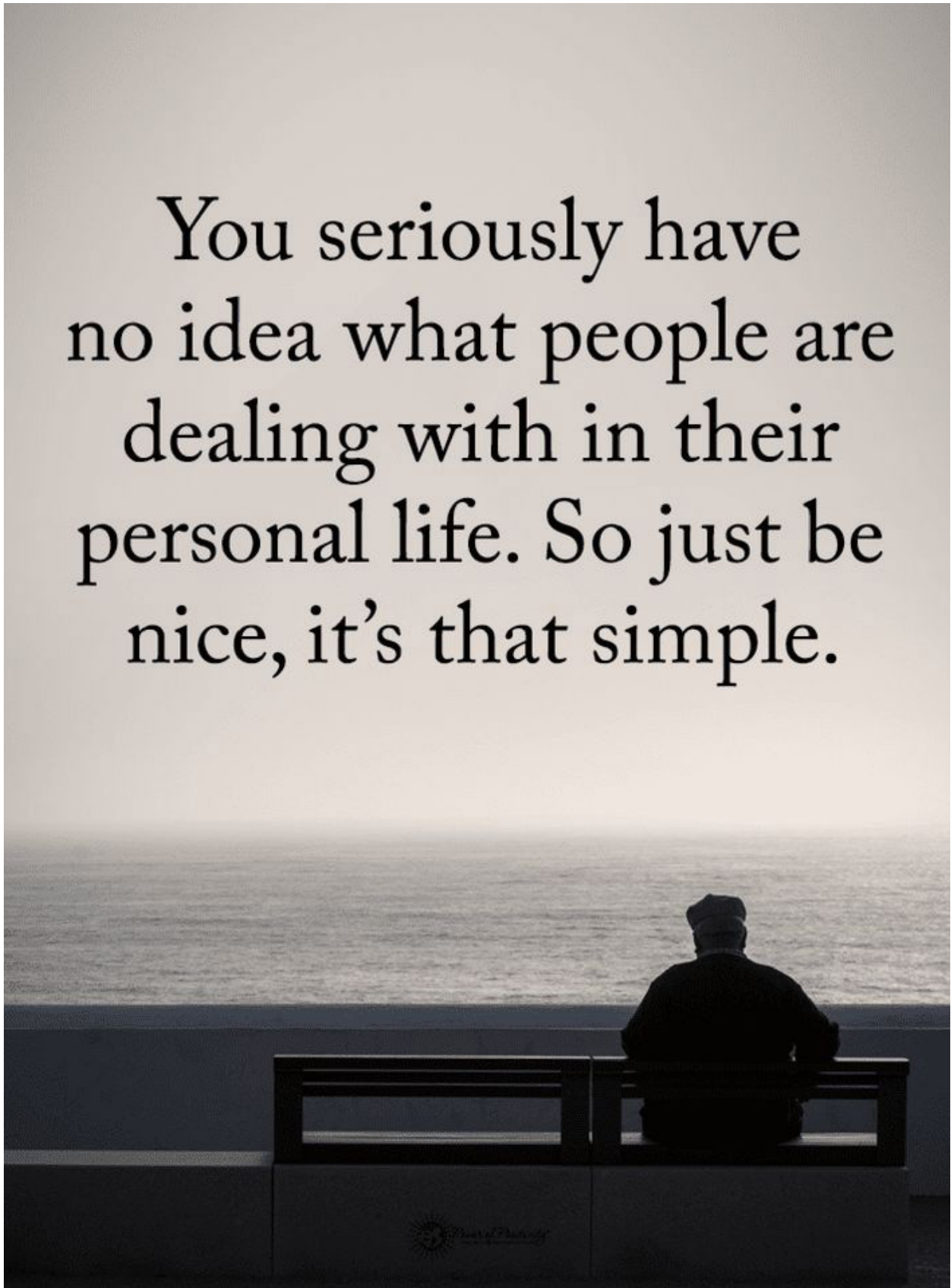
We welcome our thirty-three new team members who've joined us in Q3 and Q4, 2025. We wish each of you a successful journey.

- **Guadalupe Arroyo**, Behavioral Health Specialist
- **Spencer Carter**, Manager, Intake & Provider Services
- **Stephanie Collins**, HR Systems Administrator
- **Krystina Dawson**, Non-Dental Care Coordinator
- **David Diaz**, WC Billing Specialist
- **Elizabeth Elizondo**, Care Coordinator Assistant
- **Bonny Feliciano**, Claims Administration Specialist
- **Nicola Felix**, Dental Care Coordinator
- **Jefferson Garcia JR**, Account Payable
- **Ruth Garrido**, Data & System Support Analyst
- **Oleta Gilchrist**, Provider Relations Specialist
- **Julie Guardarrama**, Billing Specialist
- **Hannah Hicks**, Care Coordinator
- **Antone Johnson**, Staffing Associate
- **Catherine Macauley**, Staffing Associate
- **George Manley**, Nurse Negotiator
- **Sophia Marks**, Director of Marketing
- **Sean Marley Jr.**, Business Analyst
- **Mercedes Martinez**, Care Coordinator
- **Nichole McGill**, Implementation Specialist
- **Sarah Money**, Physician Clinical
- **Karen Moorley**, Recovery Support Specialist
- **Inna Mirsky**, Behavioral Health Specialist
- **Eric Nichols**, IT Security Associate
- **Edilia Perez**, WC Care Coordinator
- **Giovanny Pineda**, WC Billing Specialist
- **Mandy Russell**, Care Coordinator
- **Hope Tharp**, Recovery Support Assistant
- **Antoneisha Waiters**, Staffing Associate
- **Connor Walker Jr.**, Project Manager
- **Marco Wyszowski VP**, Operations - Payment Integrity
- **Zapmar Zapata**, Provider Relations Coordinator
- **Annie Zepeda**, WC Billing Specialist

Congratulations, Guadalupe, Spencer, Stephanie, Krystina, David, Elizabeth, Bonny, Nicola, Jefferson, Ruth, Oleta, Julie, Hannah, Antone, Catherine, George, Sophia, Sean, Mercedes, Nichole, Sarah, Karen, Inna, Eric, Edilia, Giovanny, Mandy, Hope, Antoneisha, Connor, Marco, Zapmar and Annie. Once again, WELCOME ABOARD from the entire Carisk Team. 

THOUGHT FOR THE DAY

You seriously have
no idea what people are
dealing with in their
personal life. So just be
nice, it's that simple.



THE TALK

Featuring topics on Diversity, Equality and Inclusion which trigger thought and conversation



Harvard Medical School
Published, April 7, 2025

Artificial intelligence (AI) is rapidly transforming health care, with its potential to improve efficiency, reduce provider burnout, and enhance patient outcomes. However, as Rebecca G. Mishuris, MD, MS, MPH, chief medical information officer and VP at Mass General Brigham and faculty member of the [Safety, Quality, Informatics, and Leadership](#) program with Harvard

Medical School emphasizes, these innovations also bring challenges, particularly in ensuring health equity. “The role of equity in AI, and the role of AI in equity, has to be top of mind for everyone,” Mishuris explains. “From developers to health care systems administrators, we all have a responsibility to ensure these tools serve everyone equitably.”

AI in health care encompasses a range of tools, from long-established analytic AI to the newer, more versatile generative AI. Analytic AI has been a staple for decades, aiding in predictive analytics, interpreting diagnostic tests like electrocardiograms (EKGs), and guiding screening protocols. Generative AI, driven by large language models like ChatGPT, has recently garnered attention for its ability to create human-like text and interpret complex interactions.

“Generative AI is the new kid on the block,” Mishuris says. “It uses tools like large language models to analyze and generate novel content, which is causing renewed focus on AI in health care.” Currently, generative AI is being piloted in administrative and clinical documentation tasks, though its full integration into diagnostic and therapeutic decision-making is still on the horizon.

Equity Challenges in AI Adoption

The adoption of AI in health care raises significant equity concerns across three key dimensions:

1. Data Representation

AI models are only as good as the data they are trained on. If the data does not represent diverse populations, the models may generate biased outputs. Mishuris likens this to issues seen in randomized controlled trials: “If you conduct a trial on 60-year-old white men, the results may not apply to 25-year-old Black women. The same is true with AI, but on a much larger scale.”

2. Model Bias

Many AI systems rely on historical data, which often reflects existing biases in health care. Without a deliberate effort to adjust for these biases, models can perpetuate or even exacerbate disparities. “If the history is biased, the predictions or new content will continue to be biased if we’re not careful,” Mishuris warns. “But if we actively address these biases, we can create outputs that are more equitable.”

3. Access and Availability

The high cost of AI tools creates disparities between well-funded health care systems and those serving under-resourced communities. Mishuris points out, “Many health care systems across the country cannot afford to pilot or implement generative AI, which leaves out providers and patients from potential benefits like reduced provider burnout and improved patient experiences.”

Success Stories in AI Implementation

At Mass General Brigham, efforts to address equity in AI usage have informed every stage of adoption. For instance, the rollout of ambient documentation tools—technology that uses AI to draft clinical notes from patient-provider conversations—has been guided by a focus on inclusivity.

“We evaluated vendors with providers who had different accents and in varied clinical settings, from quiet clinics to noisy emergency rooms,” Mishuris shares. “We also prioritized tools that could handle multilingual interactions, ensuring they worked whether the conversation was in English, another language, or both.”

The impact of this technology has been profound. In the first six weeks of its use with the initial 220 physicians and advanced-practice providers, Mass General Brigham reported a 40% relative reduction in burnout among participating providers, with 60% saying they were likely to extend their clinical careers. Additionally, almost 80% noted that they were able to pay more attention to patients during visits. “It’s a rare case where technology actually improves the patient-provider interaction,” Mishuris observes. “It lets us focus more on the human connection.”

The Path Forward: Responsible Use and Monitoring

While generative AI has already demonstrated its potential, its future in clinical decision-making hinges on overcoming challenges in evaluation and monitoring. AI systems evolve over time, which can lead to changes in their outputs. “We need robust monitoring systems to ensure these tools do not shift in ways we didn’t anticipate,” Mishuris says.


The global health care community must also consider ethical and equitable deployment. Mishuris envisions a future where AI can actively reduce health care disparities—but only if equity is prioritized from the outset. “I see a world where generative AI helps us deliver more equitable care and improve outcomes for all patients,” she states. “But that will only happen if we pay attention to equity as a North Star for these technologies.”

Empowering Clinicians to Advocate for Equity

Beyond organizational efforts, individual health care providers have a role to play in promoting equitable AI use. Mishuris stresses the importance of awareness and advocacy. “Frontline staff need to understand where these systems are appropriate and what their limitations are,” she says. “They should also ask critical questions such as: Have we considered equity in deploying and monitoring these systems?”

This collective responsibility—spanning developers, administrators, and clinicians—can ensure that AI becomes a force for equity in health care.

The intersection of AI and health equity presents both a challenge and an opportunity. While the potential for bias and unequal access exists, deliberate and thoughtful implementation of these technologies can help overcome systemic disparities. As Mishuris puts it, “We must be cognizant of how we use AI to improve equity. If we do this right, AI can help us build a more just and effective health care system.”

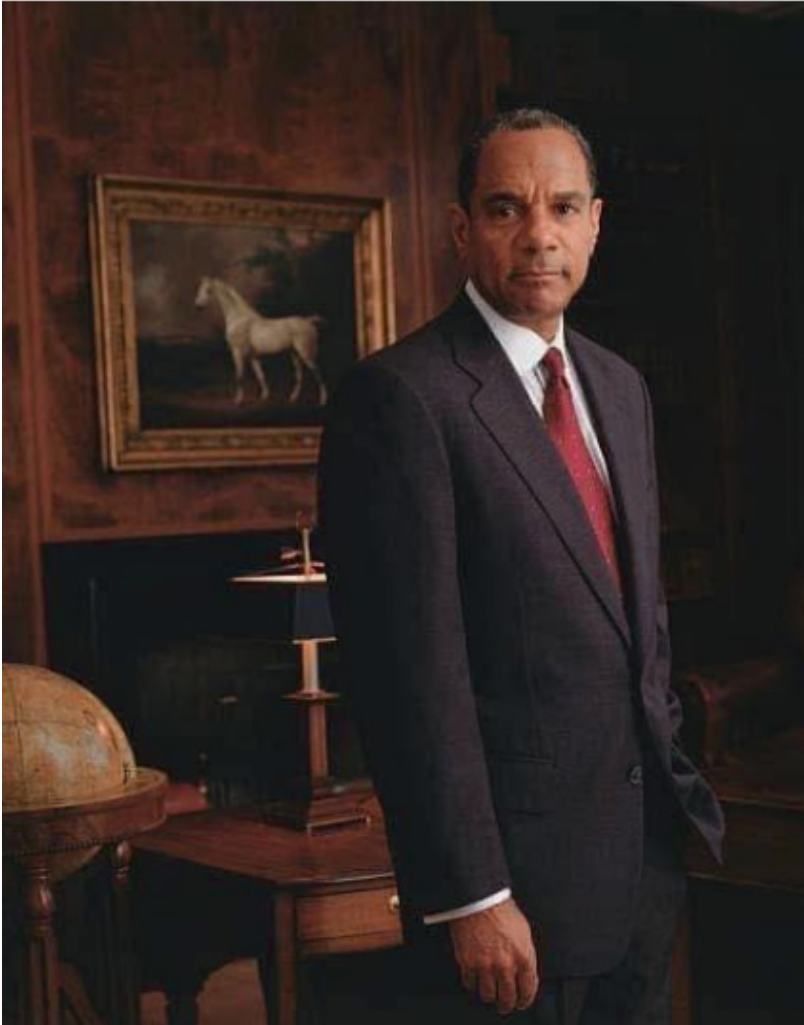
This commitment to responsible AI adoption represents a pivotal step in shaping the future of health care quality and safety. As AI continues to evolve, its role in promoting health equity will remain crucial for all stakeholders. 



WHEN THE RUBBER MEETS THE ROAD

Benjamin Watson | Director of Student Engagement at Voorhees University

Over 24 years ago, on September 11, 2001 Kenneth Chenault—just months into his role as CEO of American Express and only the third African American to ever lead a Fortune 500 company—found himself leading in the midst of one of our nation’s darkest days.



American Express’s headquarters sat in Three World Financial Center, directly across from the Twin Towers. That morning, Chenault was on a conference call with colleagues overlooking the World Trade Center when the first plane struck. Gasps. Screams. In the moments that followed, as the towers collapsed, Chenault realized he was facing the greatest test of his leadership.

Stranded away from New York on a routine business trip, he set up a command center from his hotel room. He ordered the evacuation of AmEx offices, ensured employees and their families were accounted for, and arranged new workspace. He instructed operators to reach every worker, while also serving the public: waiving late fees, raising credit limits, assisting distressed customers, and even chartering buses for stranded travelers.

Chenault later said, “In a crisis, you can’t manage by manual; you must manage by values and beliefs.”

On 9/11, American Express employed more than 3,500 people in Three World Financial Center and hundreds more across lower Manhattan. Eleven employees lost their lives. Chenault’s calm and compassionate leadership helped steady thousands of lives while honoring those who were lost.

“It’s not the strongest or the most intelligent who survive, but those most adaptive to change. Over the past 10 years, the need for, and focus on, adaptability has accelerated.” Kenneth Chenault 🌐

CANINE HEROES OF 9/11



Based on an article that first appeared at [Lombard Veterinary Hospital](#)

In Remembrance

New York Police Search and Rescue dog Appollo, and Guide dogs, Roselle and Salty, were awarded PDSA (The People's Dispensary for Sick Animals), Dickin Medals on March 5, 2002 for their courageous actions following the terrorist attacks on 9/11.

PDSA runs the world's most distinguished and respected Animal Awards Program. It is administered from the United Kingdom.

The valor displayed by these three extraordinary canines (and so many others) on September 11, 2001, serves as a poignant reminder of the indomitable spirit of courage and selflessness that emerged in the face of unimaginable tragedy. Their actions not only saved lives but also provided comfort and hope to rescue workers and survivors alike. The stories of these heroic dogs serve as testaments to the unbreakable bond between humans and their animal companions, a bond that has the power to uplift even in the darkest hours.

When we reflect on the events of that fateful day, it's essential to honor not only the human heroes but also the four-legged heroes who stood beside them. The sacrifices made by these dogs, and their human counterparts, are a solemn part of our history that reminds us of the resilience, unity, and compassion that define us as a nation.

Appollo's Story

Appollo was chosen by ballot to represent every Search and Rescue dog involved in the aftermath of the terrorist attacks on the World Trade Center and Pentagon.

Along with his handler, New York Police Department Officer Peter Davis, Appollo was one of the first on the scene at Ground Zero. They were one of multiple K-9 units that spent 12-hour shifts tirelessly searching for the thousands of victims in the shattered remains of the buildings. It was harrowing work for both human and animal, with no hope of finding survivors, the operation focused solely on locating the victims.



Appollo and his handler, New York Police Department Officer Peter Davis

Surrounded by dust and toxic fumes, Appollo and his fellow K9 colleagues picked their way through treacherous wreckage. In one incident, Appollo fell through a void in the rubble. Moments later, flames leapt from the hole, quickly followed by Appollo who avoided serious burns having been accidentally soaked with water moments before. Following this terrifying moment, Appollo and his handler quickly returned to their work, displaying the gallantry and devotion to duty that the PDSA Dickin Medal seeks to recognize and celebrate.



Roselle with owner Michael Hingson and Omar Rivera with Salty

Roselle's Story

Roselle was a Labrador Guide Dog belonging to 51-year-old Michael Hingson. Michael was at his desk on the 78th floor of the World Trade Center when the first plane struck 15 stories above his office. The impact 'felt like an earthquake' and Michael and Roselle immediately headed for the stairwell to escape the building.

By the time they reached it, the stairwell was already packed with people and the temperature was rising steadily – hitting 32 degrees Celsius as the jet-fuel fire raged above them. As they descended, conditions deteriorated and the jostling in the stairwell increased. Roselle remained calm as she led Michael to safety but was beginning to show signs that the heat and fumes were getting to her.

Panting audibly, Roselle was clearly in need of water but continued making her way down.

When they finally made it to the lobby – a total of 1,435 steps below Michael's office – Roselle managed to drink from puddles of water created by fractured water hydrants. Thirst quenched, Roselle led the way out of the building within minutes, but they were still in the area when the first tower collapsed. Again, she remained calm as together they ran to a nearby subway and made their escape, just minutes before the second tower collapsed.

Roselle's story struck a chord with the American public. In 2011 more than 400,000 people voted for Roselle as she won the first ever American Humane Society 'American Hero Dog of the Year' award.

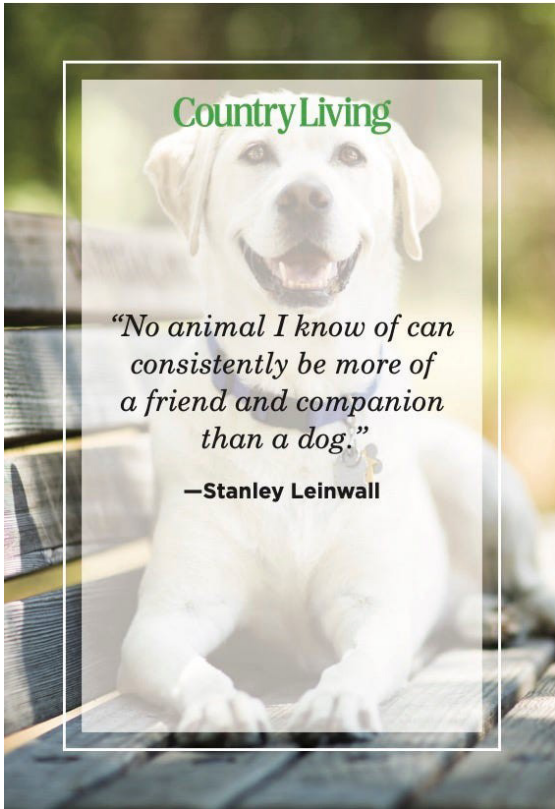
Salty's Story

Labrador Guide Dog, Salty was at work with his owner, Omar Rivera, when a plane struck the World Trade Center in 2001. Omar, a Port Authority of New York and Jersey employee, worked on the 71st floor.

Omar was prepared to stay at his desk, as had been advised by the fire services, but Salty became increasingly agitated and clearly wanted to get out. Following her lead, they headed for the stairs and started making their way down to safety.

The intense heat in the stairwell and the sheer numbers trying to exit the building meant people were beginning to panic. Omar thought that they both wouldn't make it – so he decided to let Salty off his harness so at least he could reach safety.

Salty began to climb down the stairs on his own, but suddenly stopped and headed back to Omar. Feeling a nudge against his leg, Omar realized that his dog had come back to help guide him from danger. He said, "I knew for certain he loved me just as much as I loved him. He was telling me; I am with you. No matter what. You and I together, and that's – no question."



Together, they made it to safety, just moments before the building collapsed completely. Salty and Omar ran through the crowds to escape the devastation.

Appollo, Salty and Roselle were presented with their Medals at a ceremony held at New York’s Rescue Workers Memorial at Ground Zero. Their citations read:

Appollo - “For tireless courage in the service of humanity during the search and rescue operations in New York and Washington on and after 11 September 2001. Faithful to words of command and undaunted by the task, the dogs’ work and unstinting devotion to duty stand as a testament to those lost or injured.”

Salty and Roselle - “For remaining loyally at the side of their blind owners, courageously leading them down more than 70 floors of the World Trade Center and to a place of safety following the terrorist attack on New York on 11 September 2001.”



TIME CAPSULE

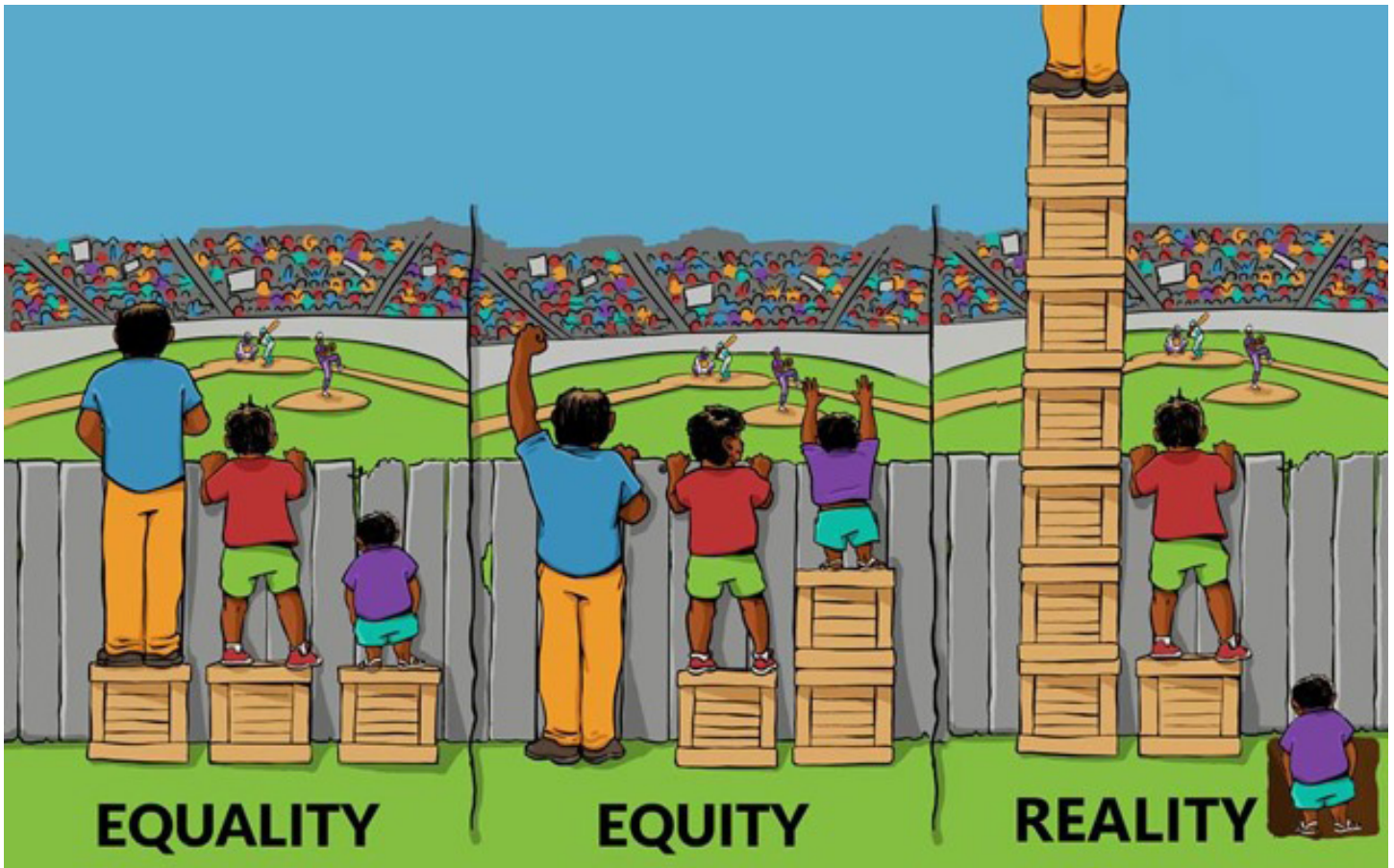
70th Anniversary of Rosa Parks arrest

On December 1, 1955, Rosa Parks was arrested for refusing to give up her seat on a segregated Montgomery bus. Parks’ arrest helped spark the Montgomery Bus Boycott and signaled a pivotal event in the Civil Rights Movement.

Alabama Rep. Terri Sewell has stated, “Because of [Rosa Parks](#) and the other civil rights fighters who risked their lives for freedom, equality, and justice, America is a more inclusive country for African Americans.”

“I would like to be remembered as a person who wanted to be free...so other people would also be free.” Rosa Parks

EQUITY POSTER



ADVANCES IN HEALTHCARE

National Sickle Cell Disease Awareness Month

September, 2025

Good News Network | Mar 24, 2025- Andy Corbley

A New York hospital has declared a patient cured of sickle-cell anemia, a debilitating genetic disorder that mostly affects individuals of African heritage.

Considered to be cured, other genetic treatments have proven successful in reducing or ending the bouts of pain and occasional surgeries that plague the lives of those who suffer from the disease.

Cohen Children's Medical Center said their patient Sebastien Beauzile, 21, is the first New Yorker to have received the breakthrough Lyfgenia treatment, according to the New York Post.



Sebastien Beauzile – By Northwell Health/Cohen Medical Center

©2025 Carisk Partners. Confidential.

This document and the information within are provided in confidence, and solely for the use of the recipient. It may not be reproduced, circulated, or disclosed to any third party, in whole or in part, without Carisk Partners' written consent.

Developed by Bluebird Bio., Beauzile received the treatment in December of 2024. Since then, the young man has been seemingly cured of the disease which caused him skin ulcers, back pain, hip pain, joint pain, and severe chest pain.

“Growing up with sickle cell, it’s kind of been over all my life,” Sebastien said, [according to Gene Online](#). “So now that I’m cured, I’d say it’s my new birthday, because now nothing’s going to stop me.”

Part of a genetic mutation that humans developed to protect themselves against the malaria parasite, sickle cell disease occurs when blood cells, through forming sickle shapes, have trouble reaching the heart.

Dr. Jeffrey Lipton, the center’s director for pediatric hematology, predicts Lyfgenia will replace bone marrow transplants as the primary method for addressing sickle cell anemia, and [called](#) the treatment “a fix.”

Lygenia takes a sample of the patient’s bone marrow and introduces healthy adult hemoglobin from a donor. Hemoglobin is a protein that helps transport oxygen through the body via red blood cells, and is at the heart of sickle cell disease. Tinkering the two, they are then infused back into the patient’s body, where the donor hemoglobin is gradually coded for rather than the affected hemoglobin of the patient.

“Sebastien’s recovery has been amazing, and we hope he is just the first of many patients we treat with Lyfgenia,” said Charles Schleien, MD, senior vice president of Cohen Children’s Medical Center.

“A life saved is a family saved.” – Abhijit Naskar 

SUICIDE PREVENTION MONTH

September, 2025

Kevin Hines Survived a Jump Off The Golden Gate Bridge—Now, He’s Helping Others Avoid Suicide

Depression, delusions, paranoia—these conditions drove Kevin Hines to attempt suicide, but he survived. Today Kevin is on a mission to help others, starting with a new documentary and a plan to create a Golden Gate Bridge suicide barrier net.

Updated Mar 27, 2025 | By Diane Herbst

The Jump

“Jump now,” said the voice in Kevin Hines’s head. “And I did. I was compelled to die.” Hines leaped over a rail on the Golden Gate Bridge in September of 2000 and began a freefall that would reach 75 miles per hour on impact. *(Editor’s note: Since 1937 approximately 1,800 people have ended their lives by jumping from this iconic bridge. Hines is one of only 35 people who have survived.)* The moment his fingers left the railing, he felt instant regret.

“I thought it was too late, I said to myself, ‘What have I done, I don’t want to die,’” says Hines, now 38. “I realized I made the greatest mistake of my life.”

Hines fell about 240 feet in just four seconds. He crashed feet first into the waters below, crushing spinal vertebrae and breaking an ankle. But he survived.

Now, Hines travels the world to speak about [suicide prevention](#) and mental health, telling his story to help others stay alive.





Kevin's Story

Telling His Story

Hines details his story in the documentary that he produced, [Suicide: The Ripple Effect](#), which opened across the United States in March 2018. He has also authored a memoir, [Cracked Not Broken, Surviving and Thriving After a Suicide Attempt](#). Hines' story is definitely resonating—he has over 19,000 followers on [Twitter](#).

“My goal is to try to instill hope in at least one individual,” Hines says, “so that one individual says, ‘Maybe I can stay here, maybe there are tools to fight this.’” Hines helps suicidal people he has met in one-on-one situations—through social media and at his speeches. He has helped save numerous lives.

One of the lives Hines has saved belongs to the husband of Lorena Stephens of Massachusetts. Stephens recently wrote an email to Hines after her frequently suicidal husband heard him speak. “My husband has chronic suicidal thoughts and paranoia just like Kevin. He never thought anyone could relate to him and has tried to die by suicide several times in his life. The change in my husband since hearing Kevin speak is nothing short of a miracle. Kevin gave him hope. Kevin showed him that he wasn't alone,” Stephens says. “It was like God sent him to us at a time when my husband needed it the most.”

The Ripple Effect cites research that estimates that 115 people will be affected by a single suicide. In the film, there are interviews with people directly affected by Hines's suicide attempt—his teary father, his sister, and the coast guard officer who had pulled 57 dead people and one live man—Hines—from the waters of San Francisco Bay after jumping.

Recovery

Since the Fall

The instant regret of jumping off the Golden Gate Bridge did not result in instant mental health recovery once Hines survived. He now works daily, and diligently, to manage continued symptoms that can include [depression](#) and hearing voices. He has visited mental hospitals several times since his jump. Additionally, Hines takes medication and sees a therapist. He does at least 23 minutes of vigorous exercise each morning, which leads to a better mood. He eats a brain-healthy diet; does daily lightbox therapy; meditates and uses music therapy. For more information on his plan, [click here](#).

Most importantly, when depression, psychosis, paranoia, hallucinations, hopelessness or suicidal thoughts return—and they do—Hines reaches out to people who comprise a close support network that he calls his “personal protectors.”

One of Hines' major personal protectors is his wife of 12 years, Margaret. The couple met 14 years ago during Hines' third involuntary stay in a [psychiatric hospital](#). Hines says that Margaret plays a big role in keeping him mentally stable.



When the bad feelings return, Hines says, “I always tell someone who loves me and who cares about me and who empathizes with me,” he says. “I have one request of people who are currently facing the struggle, who can’t see the light at the end of the tunnel,” Hines continues, “remember the light is there, the hope is there, you have to find a way to make it and find a way to move forward until you reach the hope.”

Hines hopes that the film motivates people to take charge of their mental health.

“When you can find the ability to fight for your wellbeing, you can change your outcome,” he says. “As my father used to tell me, nothing good ever came without hard work. That is one of the things that turned my life around.”

Golden Gate Bridge Suicide

Since it was erected in 1937, more than 1700 people are estimated to have jumped off the Golden Gate Bridge, and just 25 are known to have survived, according to Robert Olson of The Centre for Suicide Prevention in Calgary, Canada.

Olson has noted that the Golden Gate is a particularly lethal means of killing oneself: While the average survival rate of bridge deaths is 15%, only 4% of people who jump from the Golden Gate survive.

In the film, Hines highlights a major mission for which he and many others are fighting: the go-ahead from politicians for the installation of a safety net along the bridge to prevent suicides. It looks like Kevin will realize his mission in the not-too-distant future. According to the San Francisco Examiner³, the safety net that Hines and others have lobbied so hard for is finally under construction. Known as a suicide barrier, the net was completed in January 2024.

Hines never wants anyone to experience what he did almost 18 years ago when he took a bus to the bridge with voices in his head telling him “You must die, jump now,” he recalls.

“It was the most horrid, emotional, turmoil I’ve ever experienced, and I could not control myself.”

As Hines landed after the freefall, he shattered and crushed three vertebrae.

“When I resurfaced I was trying to stay afloat, thinking, ‘I am going to drown.’ As I was bobbing up and down in the water, I was saying ‘I don’t want to die, God, I made a mistake.’”

A sea lion, Hines says, kept pushing him above the water’s surface until the Coast Guard rescued him. Doctors surgically repaired Hines’ physical injuries and after four weeks, he entered psychiatric care at St. Francis Hospital in San Francisco, the first of seven in-patient stays to [deal with depression](#), paranoia, and hallucinations.

During that first stay, Hines met a priest who encouraged him to share his story. “The thing that changed my life forever,” he says of the meeting.

Helping Others

Sharing His Story

About seven months after the jump, a hesitant Hines gave his first talk, to 120 seventh and eighth-graders. “I was freaking out,” he says. “I was a mess.”

Two weeks later, the children sent him letters. Several of the kids told Hines his talk made a difference and that they received the help they needed.


“A story helped them decide to be honest about their pain,” says Hines. “When that happened, I said to my father, ‘Dad we have to do this, anyway, anywhere we can.’ This is how it all started.”

Hines hopes that each time he tells his story, the hope he conveys to the suffering will enable them to open up, to realize, ‘I can help myself today,’” Hines says.

He urges anyone who sees someone suffering and upset, like he was that day on the Golden Gate Bridge, or whom they suspect may be having suicidal thoughts, to reach out.

This suicidal person “needs to hear what I needed to hear. That we care about you, your life does matter, and that all we want is for you to stay,” he says. “If someone had looked at me on that bridge or on that bus and said that to me, I would have begged for help.”

Suicide Hotline

Hines urges anyone struggling now with suicide ideation, before you take that action, to call [988, the new national Suicide & Crisis Lifeline](tel:988). 



“THE GIFT OF AGING”

The gift of aging is something we don’t always recognize while we’re young. We spend so much time worrying about the lines on our faces, the gray in our hair, or the slower steps we take — that we forget what they truly mean.

Wrinkles aren’t flaws; they’re proof that we’ve smiled, laughed, and cried through a lifetime of moments. Gray hair isn’t something to hide; it’s a crown of wisdom earned through years of experience. Slower steps don’t mean weakness; they mean we’ve walked far enough to know that life isn’t a race, it’s a journey.

The hardest part of growing older is saying goodbye to certain chapters — the noise of children running through the house, the energy of youth, the people we’ve loved who are no longer here. But the beauty of aging is realizing how rich those chapters were, and how much love we still carry forward.

Aging is not losing time — it is gaining perspective. It is the privilege of seeing the seasons change, of watching children grow into parents, and of knowing that your presence has shaped lives in ways that will last long after you’re gone.

The truth is, not everyone gets the gift of aging. Every birthday is not a burden, but a blessing. Every year is another chance to love, to laugh, and to leave behind a legacy of kindness.

Because the gift of aging is simple: it means you were given time. And time is the most precious gift of all.

Unknown 



NATIONAL GRANDPARENTS DAY

National Grandparents Day, is celebrated in many countries, but dates vary significantly, with celebrations in the **US**, **Canada**, and **India** around early September; **Brazil** in July; **Mexico** in August; the **UK**, **Germany**, and **Hong Kong** in October; **Australia** in late October; and **Poland** with separate days for grandmothers (Jan 21) and grandfathers (Jan 22). Other nations like **France**, the **Netherlands**, **Philippines**, and **Singapore** also observe related days.

Grandparents Day is more than just a family reunion; it is a celebration of intergenerational relationships, shared tales, and treasured customs. It is a day set aside to honor the love, wisdom, and life lessons that have been passed down through the generations.



**“Grandparents, like
heroes, are as
necessary to a
child’s growth as
vitamins.”**

NATASHA LESTER



THE YOUTH CENTER

Smartphones at age 12 linked to worse health

Axios | Dec 1, 2025 | Maya Goldman

Preteens who own smartphones are likelier to have depression, obesity and insufficient sleep than their peers, according to a new University of Pennsylvania-led study.

Why it matters: Roughly half of American kids now own a smartphone by the time they turn 11.

Pediatric health groups have recommended appropriate screen time for youths, but there are no public health guidelines on the appropriate age for kids to first get a smartphone, the study says.

What they found: Kids who owned a smartphone at age 12 were found to have about 31% higher odds of depression, 40% higher odds of obesity and 62% higher odds of insufficient sleep than their peers who didn't have one.

The researchers analyzed data from the National Institutes of Health-supported [Adolescent Brain Cognitive Development Study](#) assessments conducted between 2016 and 2022. The study included responses from 10,588 youths.

Kids who had smartphones were more likely to be female, Black or Hispanic, and from lower-income households.

The findings will be published in a forthcoming issue of the journal *Pediatrics*.

The intrigue: The results seem specific to owning a smartphone, the researchers write, since their models accounted for owning other devices like tablets and smartwatches.

Zoom out: A [separate study](#) published last week found that a one-week social media detox significantly improved mental health outcomes among 373 young adults with problematic social media use.

The bottom line: "Smartphone ownership offers unique challenges as it may grant youth unfettered access to a world for which they may not be ready, without the discipline to effectively manage their own use," the study says.

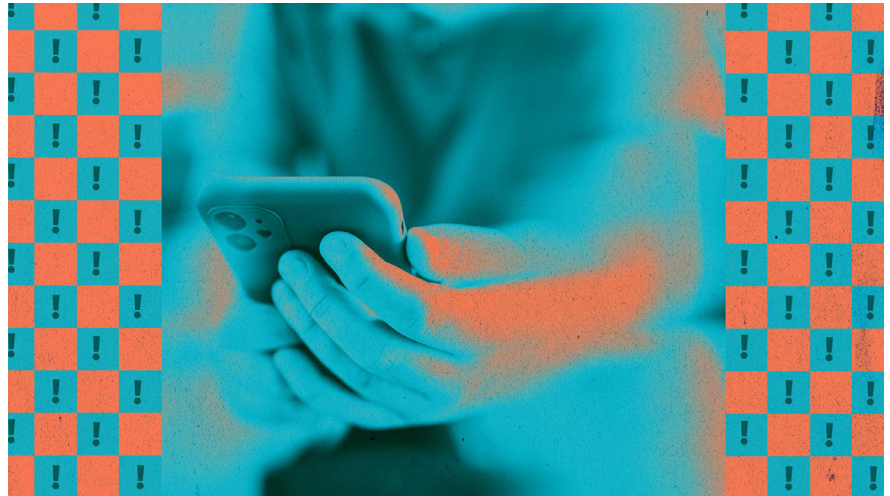


ILLUSTRATION: Annelise Capossela/Axios



Just like kids' diet, media consumption and relationships, kids' smartphones require dedicated oversight, it adds.

Please visit the following links for other youth related articles:

- [ChatGPT and Parental Control Concerns](#)
- [Problems Facing Teens Today](#)

"Young eyes see worlds adults forget to notice" – Unknown 🔄

THE SPOTLIGHT

THE SPOTLIGHT IS ON OUR 9TH ANNUAL CAMPAIGN - HOPE FOR THE HOLIDAYS

Our campaign will run until 5PM EST on Friday, January 9th, 2026



Hope for the Holidays Campaign gives us an opportunity to share our good fortune with those experiencing challenges during this holiday season. Our donations will help support these amazing organizations provide much needed assistance to the individuals they strive to help throughout 2026. [🔗](#)

CELEBRATING OUR DIVERSITY



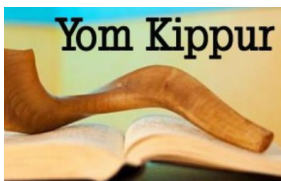
Hispanic-American Heritage Month-Sept 15–Oct 15, 2025

National Hispanic Heritage Month is annually observed from September 15 to October 15 in the United States for recognizing the contributions and influence of Hispanic culture to the nation's achievements, culture, and history.



Rosh Hashana-Evening of Mon, Sept 22–Wed, Sept 24, 2025

Rosh Hashana signifies the beginning of the Jewish New Year and lasts for two days. During this time, Jewish people gather in synagogues and pray, celebrate with family and friends, and participate in various traditional customs such as eating symbolic foods. Some of the important aspects of the observance of Rosh Hashana include the blowing of the shofar, reciting special prayers, and reflecting on the past year.



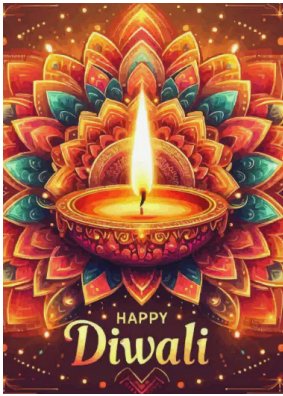
Yom Kippur-Evening of Wed, Oct 1–Thu, Oct 2, 2025

Yom Kippur (Day of Atonement) is the last day to atone for our sins of the Ten Days of Repentance, which start on the New Year (Rosh Hashanah). This is a fast mentioned in the Bible and the punishment mentioned for not keeping this fast is excommunication. Jews seek to 'purify their souls' on this day, by abstaining from common pleasures.



Italian-American Heritage Month-Oct 1–Oct 31, 2025

October marks Italian American Heritage Month, a time to celebrate Italian Americans' enduring influence, culture, and achievements. Their contributions in fields such as education, the arts, science, and public service have impacted our nation's story. Throughout the month, we honor the traditions, values, and spirit of Italian heritage that inspire generations and enrich our communities.



Diwali-Mon, Oct 20, 2025

Diwali is an ancient Hindu festival of lights, which represents the eternal triumph of light over darkness or the victory of good over evil. Diwali, which literally means row of lights in Hindi, is primarily celebrated in India. This celebration of light is India's most important holiday and marks the start of the New Year. Like many Indian festivals, Diwali celebrates different traditions and stories. One of the most popular stories celebrated by Diwali is the return of Lord Rama who had been exiled for 14 years. Diyas (lamps) are lit to guide and illuminate Lord Rama's path back to his Kingdom. Diwali also celebrates the Goddess Lakshmi: Hindu goddess of prosperity and wealth. Throughout the festival, daily and nightly rituals differ. Diwali night is a festive occasion where celebrants adorn in jewelry and new clothing to light Diya's and fireworks.



Hanukkah-Evening of Sun, Dec 14 – Mon, Dec 22, 2025

Hanukkah is an eight-day Jewish festival, also known as the festival of lights. On each day, a Menorah (an eight branched candelabra) is lit with an ascending number of candles to match the day. The reason for Hanukkah is based on the story of the Maccabees battle with the Greeks. It is told that one pure bottle of olive oil lasted for eight days in the Holy Temple. It should have lasted only for the first day.



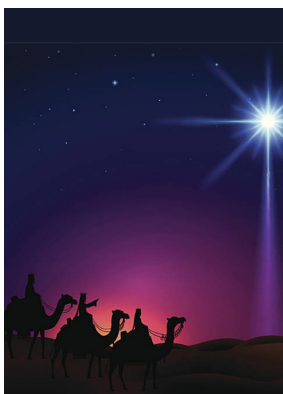
Christmas-Thu, Dec 25, 2025

Christmas celebrates the birth of Jesus Christ. For modern Christians it also starts a 12-day Christmas season that begins on December 25th and ends on January 5th. Churches celebrate Christmas with services on Christmas Eve and often midnight masses. While the holiday is religious in origin, many cultures, even those without Christian ideologies, celebrate this holiday. This celebration often centers around Santa Claus, a mythical figure dressed in a red suit, based on Saint Nicholas. Tradition has it that on Christmas morning, Santa brings gifts for children who have been good and coal for those who have been naughty.




Kwanzaa-Fri, Dec 26, 2025 – Thu, Jan 1, 2026

Kwanzaa is an annual celebration of African-American culture from December 26 to January 1, culminating in a communal feast called Karamu, usually on the sixth day. It was created by activist Maulana Karenga based on African harvest festival traditions from various parts of West, East, as well as Southeast Africa.



3 Kings Day-Tue, Jan 6, 2026

For many Christians in Spain and Latin America, the holiday season officially ends on January 6, which is the 12th day of Christmas known as the Feast of the Epiphany, or Three Kings' Day. The holiday celebrates the biblical tale in which the Three Kings, or Three Wise Men, visit baby Jesus. The gifts the Three Kings gave Jesus were meant to be symbolic. Gold was associated with the belief that Jesus was the King of Jews. Frankincense, which is often burned in churches today, was meant to represent the divine nature of Jesus and the fact that people would come to worship him as the Son of God. And myrrh, a perfume sometimes used to embalm dead bodies, represented the fact that Jesus would eventually suffer and die. Each gift represented a distinct part of the baby's destiny. 



UNITY AND DIVERSITY
are not opposites.
We can achieve
GREATER UNITY
as we foster an
atmosphere of INCLUSION
& RESPECT for diversity.

Quentin L. Cook
OCTOBER 2020 GENERAL CONFERENCE

FREE PRINTABLE FROM BITSYCREATIONS

SOMETHING TO THINK ABOUT



“ I am not aesthetically beautiful ... and that's okay. But I love myself...and with that is a certain level of beauty because **there is a light that everyone has and that deserves to shine.**”

NAOMIE PILULA.



[Criticized For Her Appearance She Turns Shame Into Guilt](#)

MOVERS AND SHAKERS



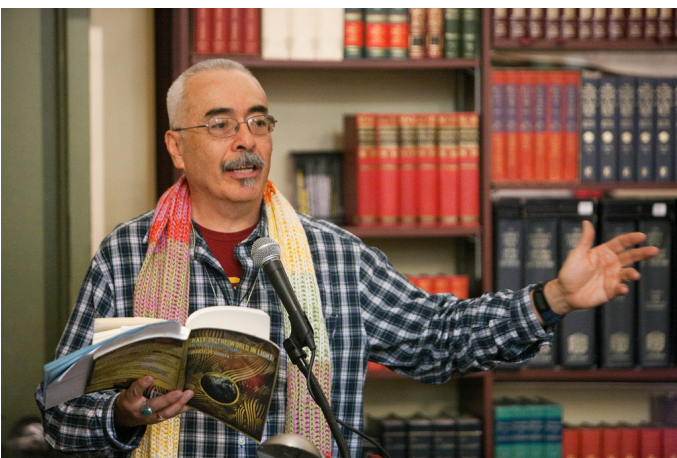
Anu Aiyengar, [Global Head](#) of Advisory and Mergers & Acquisitions at JP Morgan



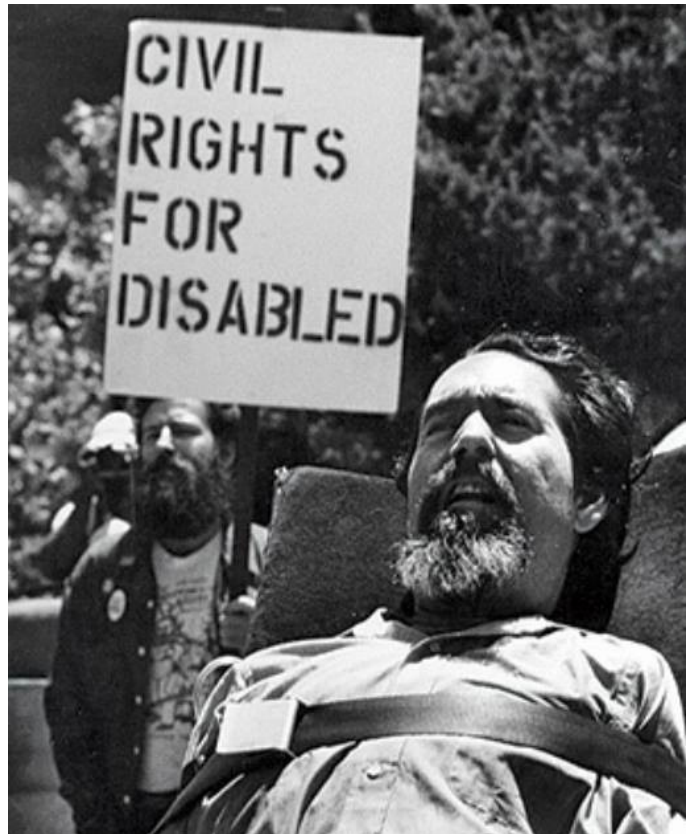
Ilona Maher, rugby player has been honored with her own [Barbie doll](#)



Missy Copeland, first Black woman as [principal dancer](#) in the American Ballet Theatre



Juan Felipe Herrera, 21st [United States Poet Laureate](#) from 2015-2017—first Latino appointed to the post



Edward V. Roberts, was a [disability activist](#) and first wheelchair user to attend the University of California, Berkeley

“Align your inner vision with your outer work.” —[Martin Ping](#) 

ELECTION ★ 2025

ELECTION HIGHLIGHTS AND MILESTONES

Zohran Mamdani, was elected The first Muslim mayor of New York City. He joins 41 other Muslims; including 4 mayors who were elected to public office across the United States in this year's off-year elections.

Abigail Spanberger, became the first female governor of Virginia. She joins previously elected first time women governors, such as Christine Todd Whitman (New Jersey), 1994-2001) and Susanna Martinez (New Mexico), 2011-2019. As of 2025, 51 women have served as governor of a U.S. State. [🔗](#)

GIVING BACK TO THE COMMUNITY



Antwon and Nate Chavis | Provided

Story by Brian Rosenberg | LGBTQ Nation

A gay couple became foster parents as a temporary way to do good. Instead, it reshaped their lives.

When Antwon and Nate Chavis became parents, it wasn't through the path they first envisioned. Together for 12 years and married for eight, the couple stepped into foster care in 2017, imagining they would provide a temporary safe place for children in need. What happened instead reshaped their lives, expanded their definition of family, and eventually led to adoption.

"We didn't actually start out planning to adopt," Antwon explained. "We just wanted to be resource parents — a

stable place for kids until their families were ready to have them back home. But adoption kind of found us."

Over the years, they welcomed multiple long-term placements. Each child carried their own story, resilience, and needs. Some stayed a while before moving on. One became their daughter.

She was a child who needed a permanent home and had already found it with them. "We expected to have a rotating crew of lovable misfits," Antwon laughed, "but instead, we had three kids who left permanent stamps on our lives."

For Antwon, a pediatrician, foster parenting felt like a natural extension of his work. "I know the damage that can be done from the lack of stable homes," he said. "I wanted our home to be a place where kids could feel safe and loved until their families were ready again, or until a permanent home could be found."

For Nate, it began as a way to give back. "At first I thought of it as something abstractly good," he said. "I didn't realize it would

"We didn't actually start out planning to adopt," Antwon explained. "We just wanted to be resource parents — a



Antwon and Nate Chavis | Provided

©2025 Carisk Partners. Confidential.

This document and the information within are provided in confidence, and solely for the use of the recipient. It may not be reproduced, circulated, or disclosed to any third party, in whole or in part, without Carisk Partners' written consent.



Antwon and Nate Chavis | Provided

change me, or how I see parenting. But it did. I'm so grateful for that."

Day-to-day life with foster children, they both emphasize, doesn't feel extraordinary. "Ninety-nine percent of the time, it just feels like your kid," Nate said. "You're packing lunches, cleaning up messes, driving to daycare. You're just being a family." Antwon added, "If kids sense their place is temporary, that's unbearable. They deserve to feel like they belong — even if they're only with you for a season."

Being a family in foster care also extends well beyond the time a child is in their home. "Even after they leave, they're a permanent part of us," Antwon said. "We hope that when they look back, they remember their childhood as a time when they were loved — not necessarily remembering us, but remembering the feeling of being cherished."

Sometimes those bonds endure. Their very first foster daughter, for example, still calls them family. Every year, they take her and her siblings shopping for back-to-school and for Christmas. "It's a blessing," Antwon said. "She knows she'll always have us in her life, in some capacity."

The couple also stressed that foster parenting is not just about what you give, but what you receive. "The love that comes back from these kids is incredible," Nate reflected. "It's changed how I see the world." They've also built deep connections with certifiers, case managers, and other foster families — the "village" that makes this work possible. "Those relationships matter," Antwon said. "You don't do this alone. You need people around you who get it."


These experiences have reshaped not only their approach to parenting but also Antwon's perspective as a pediatrician. "I'm more empathetic to struggling parents. Foster care isn't about poverty — it's about safety. Most parents love their kids and just need resources or support. I bend over backwards now to help them, because I know how important that chance is."

For people who are considering foster care, Nate encourages them not to let fear hold them back. "The day-to-day is just parenting. Yes, the fear of losing them is real. But even if you only have a child for a short time, it's worth it. I wouldn't change it."

Antwon added, "People say, 'I couldn't do it, it would hurt too much.' But the kids don't get to choose. They're already going through it. Wouldn't you rather they go through it while knowing love? Anyone who's considering parenting can foster. You just have to be willing."

Through every placement, every goodbye, and now as adoptive dads, Antwon and Nate's story is one of resilience, compassion, and unwavering love. It's a reminder that parenthood can take many shapes — sometimes temporary, sometimes permanent, but always powerful.

"Sometimes love is keeping a child for a season," Antwon reflected. "And whether they stay or go, they deserve to leave knowing they were cherished."

At GWK Academy, we believe every path to family — IVF, surrogacy, adoption, and fostering — is valid and beautiful. And as Antwon and Nate's story shows, the foster system is full of children who are simply waiting for someone to love them, even if only for a season. 



Antwon and Nate Chavis | Provided



SPORTS ARENA

Female ump Jen Pawol draws praise after historic weekend



Home plate umpire Jen Pawol calls a strike during spring training between the Miami Marlins and Houston Astros, on March 10, 2024, in West Palm Beach, Fla.

Jeff Roberson / AP file

Associated Press | Aug 10, 2025, 06:08 PM ET

ATLANTA -- Jen Pawol breezed through Sunday's Marlins-Braves game as if breaking a gender barrier was just another day on the job. Considering Pawol became the first female umpire to work behind the plate in the majors, making unprecedented history appear to be routine was especially impressive.

"I think Jen did a really nice job," Miami manager Clayton McCullough said after Atlanta's 7-1 win over the Marlins.

"I think she's very composed back there. She handled and managed the game very well. And big day for her. Big day for Major League Baseball. I congratulated her again on that because it's quite the accomplishment."

It was an impressive cap to a memorable weekend for Pawol. She made history in Saturday's doubleheader as the first female umpire to work a regular-season game in the majors. She called the bases in the doubleheader before moving behind the plate on Sunday, placing her in the brightest spotlight for an umpire.

Pawol never showed any indication of being affected by the attention, even while knowing every call would be closely watched.

"Congrats to Jen, obviously," said Braves left-hander [Joey Wentz](#), who earned the win by allowing only one run in 5 1/3 innings.

Asked about Pawol's calls, Wentz said, "I try not to focus on the zone, to be honest with you. ... I thought it was good though."

There were few opportunities for disputes as Wentz and Miami starting pitcher [Cal Quantrill](#) combined for only three strikeouts. The first called third strike came in the fifth inning, when Pawol used a fist pump when calling out Miami's [Kyle Stowers](#) on a pitch that was close to the edge of the plate.

McCullough was seen in the Marlins dugout with his palms held up as if asking about the pitch call. He said after the game it's not unusual to question a close called strike.

"Over the course of the game, there are a number of times that you just are going to be asking for clarity on one, if you aren't sure," McCullough said. "So it could have been that."



Aug 10, 2025; Cumberland, Georgia, USA; MLB umpire Jen Pawol (95) before the Atlanta Braves play the Miami Marlins at Truist Park. Mandatory Credit: Jordan Godfree-Imagn Images

The 48-year-old Pawol was called up as a rover umpire, so her next assignment in the majors has not been announced.

“I wish her the best moving forward as she continues to, I’m sure, hopefully one day be up full time, you know, a permanent big league umpire,” McCullough said.

Pawol also received positive reviews from Braves manager Brian Snitker, who on Saturday said, “You can tell she knows what she does.”

Pawol’s work in the minor leagues began in 2016 when she was assigned to the Gulf Coast League. She worked in the Triple-A championship game in 2023 and in spring training games in 2024 and again this year.

“We certainly didn’t call her up from A ball, right?” Quantrill said. “So yeah, I’m sure she was well prepared. And like I said I think, you know, part of the game moving forward is that if this is normal then we’re going to treat it normal, too. So, you know, I thought it was fine. I think she did she did a quality job. ... And yeah, I think she’d be very proud of herself. And, you know, it’s kind of a cool little thing to be part of.”

Pawol spoke to reporters on Saturday when she said, “The dream actually came true today. I’m still living in it. I’m so grateful to my family and Major League Baseball for creating such an incredible work environment. ... I’m just so thankful.”

Pawol received cheers from fans on both days. On Sunday, some held up “Way to go Jen!” signs.

“You’ll never know what you’re capable of until you take that first step and just go for it.” – Natasha Hastings 🌐

FUN CORNER



Decorate the Tree



When Bob was a student at Dickinson College he belonged to a fraternity and every Christmas season someone would bring down a Christmas tree and said “decorate the tree.” The only ones who ever decorated the tree were the Jewish frat brothers. In Bob’s words “ we didn’t know what we were doing, but we decorated the Christmas tree.” We’re sure it was a beautiful tree.

Milk and Cookies



You’ve Got to be Kidding Me

Q: If someone from the 1900s suddenly appeared today, what would be the most difficult thing to explain to them about life today?

A: I possess a tool in my pocket that is capable of accessing the entirety of information known to man. I use it to look at photographs and silent movies of cats and dogs, AND get into arguments with complete strangers from around the world. 🌐

SEASONS GREETINGS



**“May this beautiful holiday season fill your heart with love,
your home with joy, and your life with laughter.”** 🌸

RESOURCES

“There is no friend as loyal as a book.” — Ernest Hemingway



[AI Companion Robots Are Helping Seniors](#)

[Four Legged 9/11 Heroes](#)

[How AI is Changing Mammograms](#)

[Rosa Parks and Her Legacy](#)

[Social Media's Impact on Teenage Girls Beauty Standards](#)

[Suicide Prevention](#)