

They say, "Behind every good man, is a good woman."

It's not that she's inferior that she stands behind him. She's there to catch him, if he falls and to help carry the load.



The DeMarco Project Speaks: Velonda Anderson, PhD passionate about Health & Nutrition

By Kim J. Clark Aka Expanding Love
SUN COLUMNIST

As promised, this writer is pleased to have Army Veteran Dr. Velonda Anderson, author of *Pass the Sweet Potatoes Please*, back for the second part of her interview. I need to correct her name in last month's issue. I incorrectly stated her last name as Thompson. With that said, if you remember, Dr. Anderson holds a Ph.D. in Nutrition and Health Promotion. Dr. V, as I have decided to call her, with her permission, is Vivacious, Victorious, Vibrant, and full of Vitality! She is also known as Dr. Velonda.



In part one, we stated that we would go in-depth about how she developed "Fit Kids Afterschool," a phenomenally successful health and fitness program for youth. However, in light of March being National Nutrition Month and Women's History Month, we decided to focus entirely on those two topics. Let's see if we can't encourage Dr. Velonda to come back in April, which is Military Children's Month, to tell us about "Fit Kids Afterschool" and how we can help our youth become healthy and fit.

The theme for National Nutrition Month for 2023 is "Fuel the future." For March, the topic of any articles or workshops she facilitates and speaking engagements she will speak from the perspective of women and food. Her presentations will be about food that "fuels" a woman's future. Additionally, she researches and talks about women who impact our food, 31 Days of Black Women and Food, women engaged as food policy makers, bloggers, scientific researchers, etc. As we know, health is cumulative.

Dr. V serves on The Detroit Food Policy Council (DFPC). "The DFPC is an education, advocacy and policy organization led by Detroiters committed to creating a sustainable, local food system that promotes food security, food justice and food sovereignty in the city of Detroit."

Dr. Velonda understands that people will do what they see you do more than do what you say. So, she is an example of living a nutritionally healthy life. At one point in her career, she did a lot of nutrition coaching. However, now that she is a food entrepreneur, she has little time for one-on-one consultations.

I was surprised to learn she was participating in a pancake breakfast because of her nutritionally fit lifestyle. She quickly helped me understand that just because a person is nutritionally healthy does not mean they must take all the fun out of eating. For example, Dr. V suggested having a smoothie with your silver dollar-sized pancakes (3-5) made with quality flour. Have a fruit bowl on the side if you do not want a smoothie. Or increase the nutritional value of the pancakes by adding blueberries, an antioxidant-rich brain food that is quite tasty in pancakes.

When I asked Dr. V what she wanted people to know about her, there were two things. Number One, "I love Detroit, the energy, and the people—the consensus about giving, sharing, supporting, and entrepreneurship." And number two, "My greatest desire is to become the best version of myself." I constantly work on my legacy. When people speak about her long after she is gone, she wants things said like, "Dr. V told me...." "I've been doing this ever since Dr. Velonda said...." "Dr. V helped me....." She is very passionate about how she "tithes into people." Nutrient-specific helpful information for women includes:

- #1 Women need fewer calories than men. A woman cannot consume the same calories as a man and be nutritionally fit.

- In most cases, vitamins & minerals needs are higher in women, especially calcium (1 in 10 women have an inadequate calcium intake.) and folic acid for women of childbearing age. Keep in mind vitamins the minerals work together. Vitamins A, C, and all the B vitamins are essential; Copper and Selenium are also important; Omega 3 fats eat Salmon as a preventative measure for heart disease.

- Again, Rock the Rainbow with your food. Add more color if you only have one or two colors on your plate.

- Thirty grams of fiber is essential for a woman's diet. The average woman eats seventeen grams of fiber. Fiber reduces the risk of heart disease and type 2 diabetes; eat beans, nuts, foods and vegetables, and skin on the potatoes, especially redskin (especially for diabetics). 1 in 19-20 women get bowel cancer.

- Add dehydrated snacks to your diet.
- Protein - generally speaking, women need one to two grams for every pound of body weight.

Men have more muscle mass than women. The percentage of body fat is naturally lower in men. That is why women need to do weight-bearing work. It does not have to be a lot.

As women, we must work our core, such as childbearing and aging- the back gets hit with aging. From the head to the middle, from the feet to the center, our core is affected by everything. Get the sit-ups and curls in. It does not take a lot. You only need 10 minutes in the morning. Before you get out of bed, do some bicycle before we get out of bed. We must set our intention for that. Doing this is a mind shift. Tell yourself, "I'm going to get up half an hour early and give myself five minutes to get my eyes open, and I'm going to do some deep breathing before I get out of bed." Remember, good health is cumulative. It is physical as well as nutritional. Remember the saying, "if you don't move it, you lose it. That is true! As we age, joints get tight, and the shoulders droop. If you're older, do Yoga or Tai Chi.

To the ladies reading this article, we encourage women to love themselves and move toward becoming fit. As someone who has carried a lot of excess weight and is within ten pounds of my goal, I suggest you set yourself up to win. I did better when I stopped telling people about my plans. Take baby steps. Only make one or two changes at a time. Get comfortable with those changes, then make another small change. Over time, you will have created a healthy lifestyle for yourself. We are proud to have Dr. Velonda, United States Army Veteran share nutritional wisdom with you. Dr. Anderson has agreed to collaborate with The DeMarco Project and share some delightful healthy sweet potato dessert recipes on the DeMarco Projects Facebook and Instagram pages. She will also provide more nutrition and fitness tips.

Dr. V provides Sweet Potato Delights to six wholesale locations in the Detroit area. The sites include The Kitchen by Que, Trap Vegan, Detroit Pepper Company, Unburger Grill, Monarch Market Café, and Healthwise Enterprise Health Food Store. Also, From June to October, she can be found sharing her delectable baked goods in the community at the Northwest Farmers Market in Rosedale Park and the Oak Park Farmers Market. Visit the website at <https://sweetpotatodelights.org>.

Kim Clark: Fighting for Veterans



Kim J. Clark is the Founder and CEO of The DeMarco Project (TDP). She is personally committed to ensuring no other military family lives with the loss of a loved one to suicide. With Ms. Clark at the helm, The DeMarco Project is building a bridge program to

provide case management for veterans beginning before discharge. The organization's primary goal is to engage traumatized veterans in ways that will prevent suicide and self-harm. To that end, the organization is building a team of senior veterans to mentor those new to the program, collaborators for fundraising and community outreach; and volunteer staff to work. Kim has over twenty years' experience in managed care specializing in appeals and grievance, fraud waste and abuse, and quality assurance.

Under Kim's leadership, The DeMarco Project has achieved some success in its efforts to transform the lives of veterans in need. A few examples include, to date, six veterans who have told Kim they have not committed suicide because of the support they have received from the organization. The organization has assisted a traumatized veteran who lost his job and was about to be evicted for non-payment of rent. He was taken to the store for groceries, provided money for transportation to job hunt, money for laundry, and assisted with rent. TDP has assisted homeless veterans in getting affordable housing. Also, the organization has been able to help veterans who were having challenges getting their benefits.

As the mother of a Veteran who lost his life to suicide, she has a unique way of connecting and bonding with Veterans. They help her as much as she helps them. She has found significant benefits in implementing wellness measures in her life. To that end, she meditates and enjoys golf and competitive ballroom dancing.

Embracing the Goddess Within: God's Instrument



Her Spirit is without walls. Her thoughts and creative mind knows no limits. She lives in the land of infinite possibilities. She is not here to be a part of or to judge or

condemn the physical world. That is not her place. She knows that what she gives energy to, she gives life. She knows that she is here to observe, to see what is needed and to give what God has given her to assist in the healing, transformation and evolution of this world. She is divine. She is a bright light. She is God's instrument on earth. She is divinely feminine. She is what is needed to help bring balance and order to a chaotic world.

Rise GODDESS Rise. God's light, love and wisdom is needed. Rise.

Adonna Smith, aka Goddess Godis is a Detroit Spiritual Artist who is dedicated to using her gifts as a photographer, garment designer, writer and speaker to document, celebrate and inspire the

emergence of the Goddess and the spiritual essence of women.

GODIS is the author of THE BOOK OF WISDOM, a book of empowering affirmations. and WE ARE ENERGY, which talks about the power of your spiritual energy and how it effects you and the world around you. GODIS can be contacted at Goddessgodis@gmail.com for purchase of her books

