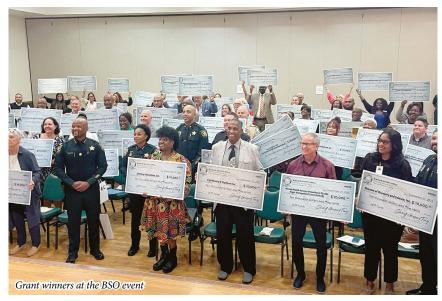


VILLIJ NEWS, THE OFFICIAL BLACK-OWNED MEDIA PARTNER OF THE POMPANO FALL FESTIVAL



BROWARD SHERIFF'S

Office Invests Nearly \$900,000 into 88 Local Non-Profit Organizations

By Kristen Hernandez and Attiyya Atkins

Broward County, FL – Crime does pay. Thanks to the dirty work of the county's criminals, and the hard work of the Broward Sheriff's Office, 88 non-profits now have additional funding to push their initiatives forward.



HROUGH the Broward Sherriff's Office's Law Enforcement Trust Funt (LETF), BSO is able to turn funds seized from criminals into cash donations to interested non-profits.

"As an agency, we understand community stability is a core variable of public safety," said Sheriff Gregory Tony in a statement. "We must identify the gaps and service needs within our *Sheriff's, see page 10* Beatboxing Cellist, Cello Joe Debuts at Pompano Beach Arts Center CLASSICAL HIP-HOP ARTIST BRINGS UNEXPECTED RHYTHMS, MUSIC, AND VIDEO EXPERIENCE



Submitted by City of Pompano Beach

Pompano Beach Arts invites you to enjoy a uniquely inventive and original musical artist, Joey Chang, AKA Cello Joe, who combines beatboxing and cello

in his innovative "Classical Hip-Hop" sound. This one-of-a-kind artist performs internationally mixing live recordings and loop pedals to create harmonious melodies across various genres, from folk and rock to *Beatboxing Cellist, see page 10*



Teens Chasing Dreams, Afterschool program at Northwest Library, Pompano

By China Boynton

The Small Biz Community and Economic Development Corp (CEDC) hosted the inaugural edition of the Teens Chasing Dreams afterschool program at the Northwest Branch Library, 1580 NW 3rd Ave., on October 6.

Students from ages 15 to 18 showed up after their school day at Blanche Ely high school to participate in the new program that will last through the school year.

"We hope to get at least 20 students in the program, nine students came on the



first day, so we had a good showing," said CEDC Director Mary Schofield-Phillips

Phillips started the program because she noticed a lack of after-school programs for teens available in Pompano like she had when she was growing up. Part of the program is to prepare them for success by educating them on life skills and financial literacy.

"Students can be successful with proper guidance, if they are willing to listen, then ■ *Teens Chasing Dreams, see page 10*



By The One Minute Preacher

I'm in the Book of Genesis, and it can be broken down into four major events: Creation, The Fall, The Flood, and The Nations.

Villij News

People say you don't know what you've got until it's gone. Truth is, you knew what you had, you just never thought you'd lose it. The text says in Genesis, Chapter 26:32 "That day,

ONE MINUTE IN THE WORD

DIG AGAIN

Isaac's servants came and told him about a well, they had dug, they said we found water."

Villij News

I want you to know with two months to go, God is going to give you a 100fold blessing in this year.

In Isaac's day, he planted crops... will you text someone and tell them I love you? For that single mom will you buy a bicycle for her son, and for that family that you know is struggling, be a major blessing to them and watch God breathe on your seed.

This reminds me of our text. Isaac knew that everybody wasn't rooting for him, some people want to see you walk right out on that stage and collapse, but can you copy off Isaac's paper today and dig again.

Watch This

*People and life have clogged up

your wells and you're wondering why you're getting mud and not water, because you've got to "Dig Again."

- *Dig through disputes.
- *Dig through opposition.
- *Dig through lies.
- *Did through evictions.
- *Dig through two baby daddy's.

*Dig through getting fired off the job.

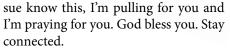
*Dig through being stuck in stuck. *Dig through being told you're not good enough.

*Dig, woman dig. Dig, man Dig. Dig. Dig. Dig.

*Did through fake, foolish, and funny friends.

*Dig till its room enough for you and your children's children to live your best life.

And that's.... your One Minute in The Word. Listen, I'm not out of Word, but I am out of lines, until the next is-



Life Question: Do you stop when you don't reach your goal the first time, or do you reload and try again?

Follow the One Minute Preacher: Instagram @The1MinutePreacher YouTube @TLGFASHION EMAIL: tlgfashion@gmail.com



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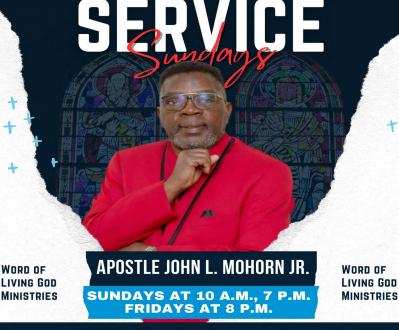
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ACK

ALTH

ATTERS

Dear Arrie

: My boyfriend of two years is extremely insecure. I have got into my bag recently and I am about to graduate college. We go to the same school, but we're not moving at the same pace. He's having a hard time finding a job and his mom pays for everything. So before we used to have a good time just enjoying each other's company, but now he's always complaining about boring stuff while I'm talking about the future. Anyways, I want to leave him. I'm young and I feel like I have more to choose from. But, I'm scared to break up with my boyfriend because I think he's a stalker. He already is watching my stories and go through my phone, even though there is nothing there. I'm scared that when I break up with him, he'll stalk me and make my life miserable. He's already threatened to kill himself. Sincerely,

Ready to be Single

College is a time to explore yourself, but never under any circumstances should someone else's mental health issues lead your major life decisions. You cannot stay with a person that is mentally unstable, unless you are the same or are looking to be. With that being said, I think that being single is a good choice for both of you. He seems to have a lot on his plate figuring himself out as a man, and you have a lot to figure out as well. I can't say this strongly enough, if he's already threatened to kill himself, he needs to get some help. That isn't healthy and that shouldn't make you stay in a situation that is not fit for you. Spread your wings and fly, but get that restraining order if you need it! -Annie

Green Market Pompano Beach Celebrates 21 Years

pull

Get ready to get local fresh foods, arts and crafts, fun at more at the Green Market Pompano Beach. The seasonal market is back starting November 11. The market is a joint production between the City of Pompano Beach and the Pompano Beach Historical Society.

For November and December, the event will occur monthly and then move to every second and fourth Saturday of each month through April. The Green Market will also feature a free community dance class hosted by instructors of Ashanti Cultural Arts. The dance class will focus on cultural dances such as hiphop, salsa, belly-dancing and



PPP in Action

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Members of the Clergy of Broward County and the PPP Team of Pompano met with Broward Sheriff Gregory Tony to discuss crime trends, transparency and accountability, budget, and to pray for the family of Captain Johnson who was killed in a helicopter crash in Pompano Beach.



Sheriff Gregory Tony discussing statistics at a meeting with Broward clergy.



Exit 36 Second Annual Mental Health and Substance Abuse Event

___....._



Over 17 million Americans deal with substance abuse disorder, according to the most recent data by the National Survey on Drug Use and Health. With high-powered drugs like fentanyl and stressors like COVID-19, substance abuse and overdoses are becoming more common in Pompano Beach.

On October 28, Exit 36 Productions held an event in partnership with the Circle of Brotherhood, My Brothers Keeper, and New Life Group in a vacant lot at 321 N.W. 3rd Ave., Pompano Beach. The event was designed to honor and support community members who are struggling with mental health and substance abuse issues, as well as uplift the general community. The lot where the event was held is across the street from a corner store where many homeless people congregate.

"Soar above the eagles," said Sarah Noble, host of the event and owner of Sarah's Funeral Services. She told her story about how she overcame substance abuse and the street life, before becoming a successful business owner. "You can fly, I see you... may God Bless you," said Noble. "I love you, my community."

At the event, there was free food and clothes, a praise dance by Traniqua Hargrett of Chosen by God dance ministry, and an appearance from District 4 city commissioner Beverly Perkins. There was also an award presented to Leroy William, a resident who has overcome his

substance abuse addiction. New Life Group gave William a certificate of appreciation for overcoming addiction and supporting his community. After seven months sober, he lost a child and did not relapse.

"All the glory goes to God, I couldn't have done none of this without him," William said. "It's been a pleasure to receive the favor that God gives in your life." Exit 36 will continue to support the homeless and mental health initiatives within the community. The day ended with the beautiful rendition of R. Kelly's "I believe I can fly," led by Noble. Some community members were in tears, others flapped their arms like wings symbolizing that their past does not dictate their future.



Publisher Editor-in-Chief Distribution

: A+ Editing & Content Creation : Attiyya Atkins : Atkins United Moving

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The New Artist in Residence Season Begins

By China Boynton The Pompano Beach **Cultural Affairs** Department has started the new season of its Artist in Residence program featuring artists worldwide.

HE program provides artists with studio space to create new work, collaborate with fellow resident artists, and engage with the community.

Laura Atria manages the Public Arts and the Artist in Residence (AIRs) programs at the Bailey Contemporary Art Gallery (BaCa) located at 41 NE 1st St, Pompano Beach. Atria is a visual artist who just had an exhibit of her work on display at The Frank Gallery in Pembroke Pines. Atria made it clear that the goal of the AIRs program is to bring artists recognition from different areas in South Florida and build upon the blossoming art scene in Pompano Beach.

"These artists are an eclectic group. There is a little of everything, from a ceramicist to a projection artist and they all have hit the ground running since the start of the season," Atria said

Pompano has had artists in residence previously however; the current class of artists is the second class of a reinvigorated program that hosts eight artists.

Each will feature as an "Artist of the Month" allowing them to create a unique artistic experience to attract art lovers to BaCa and showcase their work.

"One of the things I try to get the artists to do is teach classes, like Michele Del Campo was October's Artist of the Month so recently he acted as an instructor for the day at the lunch with visual arts workshop," Atria said.

Michele Del Campo is from Italy and is a portrait artist. He uses simple illustrations to evoke different viewpoints of emotion in simple moments. For example, his portrait "Girl with Cat" is a simple depiction of a girl on a couch with a cat and evokes an emotion of pensive melancholia.

"I portray people that I know so I try to be inspired by their



stories and use them as actors," Del Campo said.

The Broward Cultural Division recently awarded Del Campo the \$10,000 artist innovation grant that provides funding to professional artists for new or experimental art projects.

Another "Artist in Residence," Terrence 'T.M.' Pride is a multi-faceted artist from Quincy, FL with talents such as directing, choreographing, dancing, costume designing, and teaching.

"I would describe myself as a multi-disciplinary artist and I have found so much inspiration from the collaboration with other Artists in Residence," Pride said.



Pride has credits in film, T.V., and the off-Broadway stage. Pride is currently sharing his artistic knowledge by serving as dance program director for Dillard High School for the Arts.

In December, artist Renee Rey will have her work highlighted. She is a jack of all trades

when it comes to her artwork. She creates ethereal ecospheres that celebrate the connection between cultures, nature, and technology by using mediums such as abstraction, surrealism, and varied media such as oil, acrylic, and paper.

"Generally, I start with a



large canvas when I have ideas that speak to me," Rey said. "My work is about a grand unity and how we are all connected to nature and one another around the world."

Rey also does assemblage artwork and works on large and intimately scaled paintings.

The Artist in Residence program will last from October to May 2024 when a new crop of artists will be selected for next season.

Their work will be on display at The Bailey Contemporary Art Center until May. If you would like to apply for the program or support the artists go to pompanobeacharts.org





Domestic Violence Victim Speaks Out About Horrific Conditions at South Florida Shelter Prior

Former Heads of Florida Coalition Against Domestic Violence, Tiffany Carr and Patricia Duante, Arrested and Charged Grand Theft, Fraud and Official Misconduct Felonies After Syphoning Funds Designated for 42 Florida Domestic Violence Shelters

By Kristen Hernandez lij News after her Instagram

Pompano Beach, FL -Koreen Nottage huddled in a dark corner with just enough lighting to record a clandestine Instagram video. Her hands visibly shook as she detailed horrific conditions and allegations of drugs and staff retaliation from employees at Florida domestic violence shelter, Safe Space in Miami.

OTTAGE spoke softly to not be overheard by lurking staff. She described how women were stacked together, five to each dorm in filthy rooms infested with dust and mildew. She told of drug use where Nottage slept with her 3-year-old daughter and bullying and retaliation from staff abusing their authority.

"When I took that video, I was genuinely scared that if I got caught, staff would take their anger out on me and my daughter," said Nottage, during a phone call with Villij News. "I was already terrified that my ex would find us because we had left our home with just the clothes on our backs. But I had to do something about what was happening here at Safe Space because my concerns were flat out ignored. That facility should have been our refuge."

Nottage reached out to Vil-

SafeSpace

Saving and Changing Lives

of Domestic Violence Victims

IJ News after her Instagram video went viral, and just three weeks before the former heads of the Florida Coalition Against Domestic Violence (FCADV), Tiffany Carr, 54, and Patricia Duante, 57, were arrested and charged with fraud, grand theft, and official misconduct. The coalition had overseen the disbursement of more than \$52 million annually in private and government grant funding designated for all 42 Florida domestic violence shelters.

But in 2020, state officials began to suspect fraud and launched an investigation that resulted in a civil lawsuit against Carr, Duante and FCADV. Carr was ordered to repay \$2.1 million dollars of the funds. Shortly after, the Florida Coalition Against Domestic Violence was dramatically dismantled when Govenor Ron DeSantis signed House Bill 1087 into law, which severed the state contract with FCADV. The coalition was dissolved by Leon County Circuit Court Judge Ronald Flury in March of 2020, and its operations were transferred to the Department of Children and Families.

When Carr's arrest was announced last month, Florida Attorney General, Ashley Moody said in a scathing statement, "These officials were entrusted to run an organization to assist those seeking a safe haven from abuse. Instead of ensuring state funds went to help those in need, they schemed together to steal more than \$3.7 million



Domestic violence

for grossly inflated salaries and vacations. We previously took civil action to rid the organizations bad management, and now we are filing criminal charges against these former officials."

Nottage initially reported her complaints to shelter staff in May, which resulted in bullying and retaliation. She then initiated emails to the mayor's office, DCF, and local authorities. All her correspondence went ignored and unanswered.

"Safety is an issue here as a result of the surrounding areas high drug activity and lack of law enforcement presence," said Nottage in her emails. "I have been followed as I walked with my daughter from the bus stop to the shelter. Can we have more of a police presence on the block encompassing the shelter?"

Nottage also listed other issues such as the Victims Re-Housing Program's dried up funding after the rent threshold was raised to market value, the same funding which ended up in Carr's pocket. After staff caught wind of her complaints, Nottage described staff retaliation in the form of denied services and withheld transportation, which is typically provided by the shelters.

"There are two [city] vehicles available here that remain parked in the same spot without being used. I am forced to spend \$300 weekly on Uber to get from my daughters' day care to work on time. My advocate has been informed of my situation, and simply encourages me to save money where I can," Nottage wrote. "The free bus passes are often depleted."

Nottage detailed the behavior of shelter staff members charged with caring for battered individuals desperately seeking safety and security. Nottage accused staff of preferential treatment of participants and having an "pack-like, us against them" mentality. "We want accountability of participants potentially taking advantage of the shelter, but particularly for staff," Nottage wrote. "They must be professionally re-evaluated on their capabilities to empathize and advocate properly for victims that need help through this difficult time. There is always a shortage of staff on the weekends, and I'm usually denied transportation due to policy."

A month after her numerous emails went unanswered by the mayor's office, Nottage attempted to reach out again to her case advocate to report a new and much more concerning issue.

"Tm reaching out again to reiterate that drugs were found in my room, documented on video, and no investigation was done. My two roommates might be drug addicts and need help. It is not okay to subject a toddler to a known drug environment. They left a candle jar with incense to burn while they smoke dope, which is also documented on video. Safety measures have completely been disregarded. Staff have created an unsafe and *Violence, see page 10*



Filming of WE TV's Dining Divas Season 4 Kicks Off at Smitty's Sistrunk – A Nite of Glamorous Gastronomy and Sizzling VIP's

By Kristen Hernandez

The Dining Divas spiced up Fort Lauderdale with the debut of WE TV's popular, ultra-chic foodie reality show. The red-carpet event at Sistrunk's historical Smitty's Wings, located at 1134 NW 6th Street, had all the right ingredients. It was a fusion of local celebrities, Florida politicians, food enthusiasts garnished with stars.

INING Divas Season 4 is all about Fort Lauderdale's top dining hideaways. It's a modern, female-centric reality show marinated in cultural education, with a pinch of fashion and a dash of personality. Founder of WE's Destination Empire shows, Christine Curran, is shaking up the lifestyle show industry by including women from different cultural backgrounds.

"There wasn't enough diversity in the hosts that were showcasing food and craft concepts. We've taken over that niche in both food and travel," Curran said. "The food shows on air today needed fresh faces. How

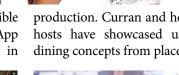


many times can Gordon Ramsey have a show?"

Destination Empire current-

ly has several shows accessible via the Destination Divas App and several more currently in





production. Curran and her co-

hosts have showcased unique dining concepts from places like

California, Utah, New York and Columbia. But as a Deerfield Beach native, Curran now wants to serve up the best of her hometown.

A glimpse of what's coming began at Smitty's, which was simmering with gastronomy lovers, cocktails sponsored by Uncle Nearest Whiskey, cast members sporting fashion with finesse, influencers, and of course, Smitty's famous wings. As the sun set behind the VIP red carpet, cameras were rolling while Smitty's DJ pumped out music from the 90's through today creating an atmosphere of energy tinted with the scent of savory barbecue sauce.

Sitting next to the cigar







Founders Park continued from page 8

and whiskey bar was Smitty's co-owner and silent matriarch, Helen Hinton, smoking a cigarette and occasionally shaking her hips to the music while patrons danced and partied. Hinton was released from a local hospital just two days before the Dining Divas taping, but she was determined to party with the community she serves while her restaurant rocked Sistrunk Boulevard. "There's a lot of hard-working people around this area who want a place to relax and eat good food after a hard day," Hinton said. "Smitty's is that place where the community comes to listen to the music and chill on the patio. No one is down and we turn them up. Sometimes, this is exactly what your soul needs."

Filming their debut episode at Smitty's Wings was all about highlighting the history, culture and renaissance of Sistrunk Boulevard. Follow up episodes will include Betty's Soul Food, one of the oldest restaurants in



the Sistrunk community, the Sistrunk Marketplace and YM-CA's rooftop lounge overlooking downtown Fort Lauderdale's spectacular sunsets.

Sistrunk Boulevard is named after Dr. James Sistrunk, who helped establish New Provident Hospital, currently the YMCA/L.A. Mizel Community Center, which was the first hospital in Broward County to serve the Black community.

"Dining Divas is bringing sexy women from different walks of life together to celebrate food and culture," Curran said. "We haven't yet filmed in Fort Lauderdale because we've been traveling for both the Travel Channel and filming our destination show, Cruise Divas. Coming back and being able to shoot in my hometown is really exciting."

Cast members of the spin-off series, Dining Dudes, also made an appearance. Dining Divas Season 4 will feature appearances by Lacey Mimms, The Sizzling Diva; Tamara Davis, The Saucy Diva; Christine Curran, The Spicy Diva; Kelly Desroches, The Savory Diva; Ingrid Morales, Succulent Diva; and Ana Reyes, The Sweet Diva.

"I wanted a show about women empowerment that brings diverse faces to the center of the business," Curran said. "We're the more modern and hip version of the foodie, lifestyle and travel tv shows. And we're just getting started. The sky's the limit on what we're doing for Season 4. We're going to take the audience on a wild ride. They'll be able to come along with us while we turn the party up."

Season 3 aired in January and Season 4 is currently filming in select Fort Lauderdale, Palm Beach and Miami locations. The air date is scheduled for summertime 2024. With all the exciting shows yet to debut, the best way to keep up with all things Divas is to follow them on social media and subscribe to their channel. Episodes are available on the Dining Divas app.



Beatboxing Cellist continued from page 1

dubstep and classical. Making his hypnotic sound even more of an experience, this event will feature a stunning video wall to fully immerse guests into this cool vibe. Seating will be cabaret style to allow for dancing, and the event will feature a full bar. The program will be held on November 14, 2023, at 7pm. Tickets are \$25-\$35. For more information: www.pompanobeacharts.org

"It's not every day that you

hear a beatboxer play the cello, but this multi-talented artist combines traditional sounds with edgy vibrations to create an innovative sound for today's modern listeners who appreciate both old traditions and cuttingedge invention," said Ty Tabing, Director, Cultural Affairs Department.

"I make music to advance human consciousness," said Cello Joe. "I've always felt that music should have a message. Music is a very powerful force for change and can affect people on a subliminal level. It is a tool for revolution."

Like most cello players, Joseph Abraham Tal Tien-Ru Chang Jr. Senior III, esquire (or just Joey for short) started out as a classical cellist. He auditioned for Berklee College of Music's World Scholarship Tour, was awarded a scholarship, and attended Berklee from 2002-2006. He has since performed all over the world and major festivals including Burning Man, Lightning in a Bottle, Festival de Liege (Belgium), Singapore Fringe Festival, FUSION (Germany), Rock for People (Czech Republic), Sziget (Hungary), Shambala (BC, Canada), and many other festivals and events in the US.

Joe has also played with many internationally renowned musicians and groups, including Joan Baez, Bryonn Bain, the Cello Madness Congress, Justin Ancheta Band, Gabe Dominguez & SHAKE YOUR PEACE! and many others. As cellist for the band Incus, he toured nationally and played at over forty venues and festivals all over the country. He has recorded on many artist's CDs including those of Andi Starr, Callow, Alohi, Concept 6, Rebecca Loebe, Pablo Picker and others. Pompano Beach Cultural Center is located at 50 Atlantic Boulevard, Pompano Beach, Florida.

Sheriff's continued from page 1

community and connect our resources with organizations that can serve as a force multiplier to have a greater impact throughout Broward County."

During a ceremony at E. Pat Larkins Community Center in Pompano Beach in October, Sheriff Tony handed out \$10,000 checks to 88 different not-for-profit organizations. The funds are derived from the seizure and forfeiture of contraband used in the commission of a felony, and the state permits law enforcement agencies to utilize that money by investing it back into the community. "Under my administration, the LETF selection process has been elevated to become

a fair and impartial process," Sheriff Tony said at the event. "All qualified organizations have the same opportunity to compete for funding, and funds are distributed equitably."

Programs such as the "Common Scents" hygiene initiative created by Stephanie Elvine-Presume, founder of Women Impacting Neighborhoods, rely on such investments to provide "hygiene kits" to young women in high schools throughout Miami-Dade and Broward Counties.

"There are so many young people that cannot afford things like wipes, deodorant and feminine napkins," said Elvine-Presume, during the award ceremony. "We bring our hygiene kits and bras to schools so kids can have access. As of now, we partner with 15 schools and plan to expand our Broward County program with the help of this grant." Other organizations like Fathers M.I.A. help facilitate the reconciliation between fathers, children and families. The group believes that the father is the foundation of a home, and if that foundation is broken or cracked, then the building is condemned.

"The passion and purpose of Fathers M.I.A. is to move fathers from missing in action to motivated, involved and active," said Gernald Hawkins, one of the founders of Fathers M.I.A. "We give families a fighting chance, and offer opportunities that positively change their lives, their thinking and their values. We also provide a mentoring program for the fatherless. Statistics show that 85 percent of people with behavior disorders stem from fatherless homes."

One of the programs Hawkins plans on expanding with the LETF grant is their scholarship program. It offers a 12-week course on fatherhood, where fathers can learn entrepreneurship, etiquette, and receive deep-dive counseling and healing sessions.

The winning organizations are chosen based on LETF statutory requirements such as crime and drug abuse prevention, safe neighborhood and education, diverting youth from the criminal justice system, reducing gun violence, and programs that assist the homeless and those experiencing mental illness.

"The officers that showed up today are not here because they were directed or ordered," Sheriff Tony said. "They're here because they want to support these organizations. Due to our strategic investigations where investigators do hard, gritty, painstaking work in handling these cases, we're able to give back to the community where we all live ... We are in the business of public safety and that's our primary responsibility. But overlapping public safety is making sure we enhance the quality of life for everyone in the community."

Teens Chasing Dreams

we are willing to teach them what they need to know so they can be successful," Phillips said.

Local volunteers like Octavia Rivers, Alice Chatman, and former educator Marie Goodrum-Johnson have given their time to the students by acting as chaperones during the run of the program. "I like the energy that the children brought on the first day, I hope this program can work as a model that can replicated throughout our community," said Johnson.

Through this program, there will be assistance in acquiring summer jobs and community service hours. Students graduating this year will receive assistance in obtaining scholarships as well but it's not all business, because once a month there will be a fun activity planned, like an ice cream social, a dance, or a game night.

"We are allowing the teens to bring at least one friend to participate in fun Fridays with parental consent of course," Phillips said.

The Broward Sheriff's office has shown its support by awarding the Teens Chasing Dreams program a \$10,000 grant from the Broward County Sherrif Law Enforcement Trust Fund (LEFT) to help, however other community support is always welcome.

The program will take place weekly on Fridays from 3:30-5:30 p.m. at the Northwest Branch Library and ends on April 26.

For applications visit the Northwest Branch Library at 1580 NW 3rd Ave., Pompano Beach or www.smallbizinfo.net

Violence continued from page 7

hostile environment. Supervisors were shown the drugs I found in my room, and my confidentiality was breached. An altercation ensued and a police report was filed. Staff have jeopardized the safety of me and my child." Nottage wasn't the only domestic violence victim to speak out about lack of funding and abuse from staff at Safe Space.

Victim Topeka Powell reached out to Villij News from inside the shelter and explained how staff refused to help when her car broke down, and she was denied re-housing assistance after complaining. Powell alleged she was also denied a \$500 request for an apartment rental after she was told funding was available.

After Nottage discovered the

scope and depth of the scheme and how scarce government funds ended up in the pockets of Carr and Duante, her reply summed it up.

"That's just disgusting and that doesn't surprise me at all."

Representatives for Safe

Space Miami declined to comment on the allegations presented by Villij News.

If you or someone you know needs help with domestic violence, please call the national hotline at 800-799-7233. They are available 24/7.

AS I SEE IT

By DAVID 11

Holiday season is finally here so you know it's time to eat good, but be careful with your intake portions. November is National Diabetes Month, a time when communities across the country seek to bring attention to diabetes. For 2023, my goal is to focus on taking action to prevent diabetic health problems.

IABETES affects about 37 million Americans, including adults and youth. Diabetes can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer. It is a disease that occurs when your blood glucose, also called blood sugar, is too high.

Managing diabetes can be hard if you feel down, sad, or overwhelmed, but there's also good news: taking charge of your health may help you prevent diabetes health problems. I was actually hospitalized this year in August 2023. This was an eye opener for me as I go into my 40th year. So I want to share these seven observations I had with you all.

My November reflection of health at 40.

1. Know your A1c because you can live for years not knowing you are immune deficient, and illness can sneak up on you.

2. Always analyze your dis-

charge. Urine, sweat, feces. Check color, smell, look at the consistency. This gives you the first clues of what's happening with your organs.

3. Practice breathing. Oxygen helps the brain and muscles as well as relax the body. Try this four second exercise: inhale for four seconds, hold it for four seconds then exhale for four seconds...for four repitions.

4. This is most important. Know the systems to master your body. Understand respiratory, circulatory digestive, nervous, urinary, immune, reproductive, muscular, endocrine, skeletal, exocrine.

5. Stay strong and be disciplined... enjoy the rewards that comes with it.

6. Know that there's a difference between blood pressure and your heartbeat.

7. Last, check the label for ingredients and nutritional facts, because soft drinks are just as harmful as alcoholic beverages.

I hope this will be insightful as we all move forward elevating our lives. For remainder of 2023 be sure to get yourself involved with something charitable. Remember to stay strong, live courageously and be dangerous. Not "dangerous" as in doing evil, but dangerous, as being the best at your talents, skills, and gifts.

As always thank you for reading Villij News.

DAVID 11 Pompano's Cultural Arts Am-

bassador





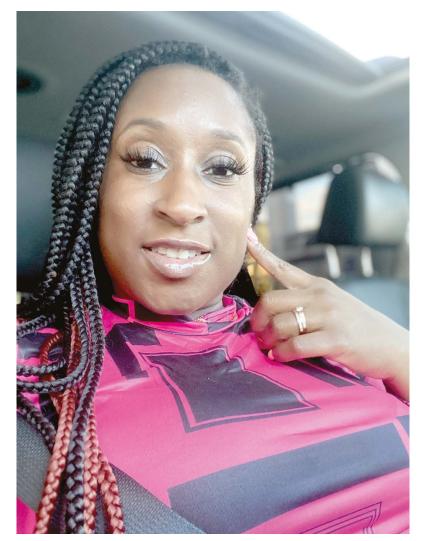
November's Old Town Untapped is an Artistic Feast

Submitted by City of Pompano Beach

Pompano Beach Arts is serving up some amazing experiences at November's Old Town Untapped! November's edition of the popular street festival features one of South Florida's most popular and exciting musical acts, Rockin' Jake, who's hailed as one of the premier harmonica players in the country. The event will also celebrate this month's Artist in Residence, Venezuelan-born interdisciplinary visual artist Alejandra Abad at Bailey Contemporary Arts Center, which is also hosting the exhibition Roots of an Identity. Presented in partnership with the Latin American Art Pavilion, this exhibit represents the essence and depth of the Latin American heritage on canvas. Join us for live music, vendors, food trucks, art and more on Friday, November 3, 2023, from 6 to 10 p.m. The event is free for all ages to attend, learn more at www.pompanobeacharts.org.

"It's always a pleasure to welcome back crowd favorites like the nationally renowned Rockin' Jake, while also introducing our patrons to new ideas and talent," said Ty Tabing, Director, Cultural Affairs Department. "We are thrilled to feature the work Alejandra Abad, who has a unique viewpoint as she explores belonging and mutual compassion as key parts of collective wellness."

Letter From the Editor



VILLIJ NEEDS YOU

We're family right? So please hear me when I say I need your help. Villij was created to uplift the Black community in Pompano Beach, but like most of the residents - we don't have enough monies! We had to combine our October and November issues because simply put, we need advertisers and donations. Thank you to the City of Pompano Beach's Cultural Arts Division, our most consistent advertiser.

B LACK residents, take note, that the city does care about you in all your melanin, but we need more grassroots, more unity, more tying the knots ourselves. Thank you to Apostle John Mohorn of Word of Living God Ministries and Pastor Henry and Lady Belinda Goodwin of Open Arms Deliverance Center, our advertisers in faith, who have believed in the Villij mission from the start. Thank you. To the readers, thank you, because you know we'd just be paper to catch the fish grease if it weren't for you.

The community needs Villij and Villij needs the community. If you know anyone with a message they need to get across, it could be you, a family member, a spouse, anyone who wants to reach the Black community, tell them about us and come by an ad or make a donation. The money that you put into an ad helps to pay our writers, photographers, as well as our printer and distributors. If you can't advertise, tell a friend about us, leave us a comment on the website or a Google review so the community knows just how important we are to you.

> Thanks for reading, Attiyya, Editor-in-chief

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