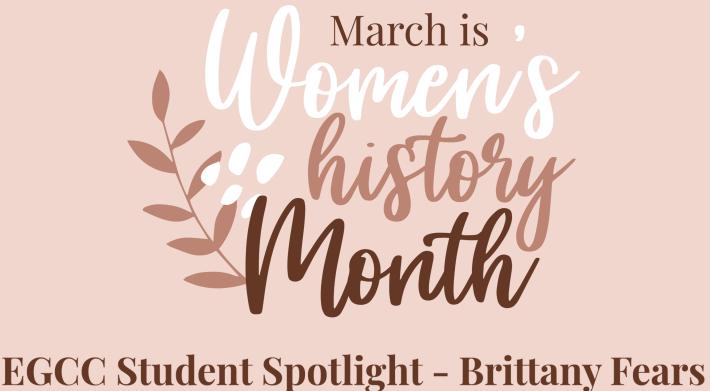
The Torch Lighting the way for Diversity, Inclusion and Student Culture

May 2022 Issue | An Insight to Keep You in the Loop at EGCC



Brittany Fears is the Interim Vice President for the EGCC Student Government Association and one of the founding members of the

Black Student Union. She was born and raised in Louisville, Kentucky, while also spending time briefly in Detroit, Michigan. She studies Teacher Education at Eastern Gateway Community College and will be graduating in June 2022. Her goal is to earn her teacher certification and get her own classroom. She is currently a kindergarten instructional assistant and has been one for three years. Miss Fears is also a proud veteran of the Kentucky Army National Guard, where she served ten years before being honorably (medically) discharged. Miss Fears also served as a Senator for the inaugural Student Government Association here at Eastern Gateway and is a Phi Theta Kappa Honor Society member. Miss Fears is the proud mother of a 10-year-old daughter, Brailyn, and is the Vice President of the Parent-Teacher Association at her

daughter's school. In her free time, she likes to play basketball and football. She won an international championship in football in 2019, playing for the AFE Team USA All-Stars when they defeated Mexico. She also started an elementary ROTC drill team called the Falcon Drill Team at her job. She serves on the Players Advisory Council Leadership Team for the Women's Football Alliance. Miss Fears also helps coach youth basketball and soccer. Her career goals include making a positive impact on the youth and trying to leave the world a better place than how she found it. She counts her mother, grandmother, Malcolm X, Queen Latifah, and Oprah Winfrey as some of her biggest inspirations in life.





april is AUTISM AWARENESS month Autism Spectrum Disorder is a developmental disorder that can impact an individual's communication

skills, social skills, self-regulation skills, and relationship skills. A specific set of behaviors referred to as a

ethnic, and socioeconomic groups.

be diagnosed as early as 2.

spectrum condition defines Autism. Autism affects people differently and to various degrees. Autism often appears in those who have it during early childhood. **Autism Facts**



• Autism is almost five times more common among boys (one in 42) than among girls (one in 189). • Children born to older parents are at a higher risk of autism

Autism Spectrum Disorder is reported to occur in all racial,

- spectrum disorder. • On average, children identified with autism spectrum disorder were not diagnosed until after age 4, even though children can
- It is estimated to cost at least \$17,000 more per year to care for a child with autism spectrum disorder than it does to care for a child without the condition. Costs include health care,
- education, autism-related therapy, family-coordinated services, and caregiver time. For a child with more severe autism spectrum disorder, costs per year increase to over \$21,000. Children and adolescents with autism spectrum disorder had average medical expenditures that exceeded those without the disorder by \$4,110 to \$6,200 a year. On average, medical expenses for children and adolescents with autism spectrum
- disorder were 4.1 to 6.2 times greater than those without the





to share a little about her life.

that a person with this syndrome will have above average intelligence and strong verbal skills and yet find it challenging to socialize and communicate in certain social settings. I had the pleasure of meeting Carly a few years ago, and I have been a huge fan of her positivity and overwhelming independence. She is the daughter of our Dean of Health Education, Gina Augustine, and is as nice and driven as her mother. Carly is nurturing and caring, and when I asked if I could do this spotlight

on her as a student with Autism, she thought about it and agreed

spectrum disorder. If you look up Asperger's Syndrome (which is still the most used name in the autism community), you will find some very interesting characteristics of the disorder. These include

I asked Carly to just tell me a little bit about herself and she gladly shared the following, "When I was little, I used to have meltdowns when I heard babies cry in restaurants (especially Drake's Landing), I try not to let things bother me as much anymore, and I ask people for advice when I'm upset. I have been taking dance lessons for the last twelve years, and the

dance studio is very supportive of me and always had an extra person practice the dance with me. By the time I was a Senior (in

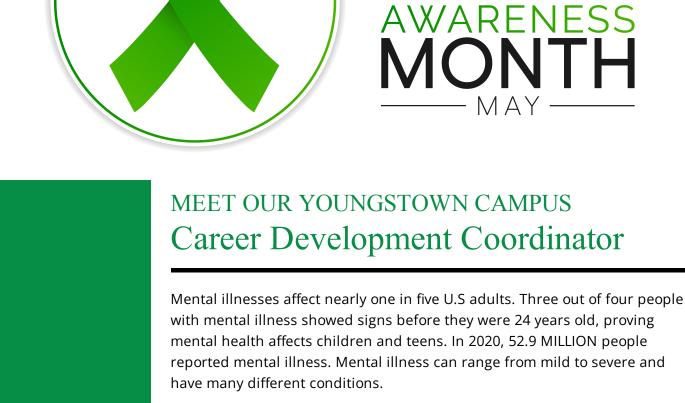
high school), I was able to do a ballet solo by myself.

When I feel like I need someone to talk to, there is a group of my mom's friends and I know I could reach out to any one of them. For any academic issues, I reach out to my wonderful tutor Cameron Bonds. I have friends at church, and it's very helpful for me to

spend time with them." Carley has excelled academically and is a great student. She is currently a college student and doing well. Carly has her own business as an Avon Representative. I know she is very successful and attentive to her clients because I happen to be one of her clients. She loves animals and lives on a farm with her parents. I

am also friends with her mother, and when I met Carley for the

first time, I had no idea that she was autistic – I thought that she was just quiet, extremely respectful, and friendly (which would be a given because her mother is one of the nicest people I know). To me, Carly is well adjusted and full of love. It has been a pleasure getting to know more about Carly, and I sincerely thank her for sharing with us. MENTAL HEALTH



Ways to Fight Mental Health Stigma include: Talking openly about mental health Educating yourself and others • Being concise in language

The stigma of mental health/illness prevents people from being diagnosed. People experience self-doubt and shame from dealing with mental illness. Breaking the stigma can reduce suicide caused by mental illness and help

• Encouraging equality between physical and mental illness • Showing compassion for those with mental illness Choosing empowerment Being honest about treatment

If you are dealing with mental illness, please reach out to Carissa Henry,

EGCC's Licensed Psychologist/Counselor. Call 740-264-5591 Extension 1709 or email at chenry@egcc.edu If you're thinking about harming yourself, get help immediately. You can call 911 or the National Suicide Prevention Line at 1-800-273-TALK (8255).

Sources: nigh.nih.gov, mental health.gov, nami.org

JUNE IS

unique.

Karla Martin

those struggling with mental illness.

MONTH

LGBTQ+ & JUNETEENTH



After the Civil War, General Granger arrived in Galveston, signaling

Be kind, be aware, be great, be free, be the new normal, which is not very normal at all. It is called

do wrong in life, does mistreating our brothers and sisters hurt them or you in the end?

the freedom for Texas's 250,000 enslaved people. The following year the freedmen in Texas organized the first "Jubilee Day" on June 19. In 1979, Texas became the first state to make Juneteenth an official holiday. Decades later, Juneteenth became a national holiday when President Biden signed it into law. Celebrations feature music, barbeques, prayer services, and other activities. Source: <u>History.com</u> July is French-American Heritage Month



<u>March</u> Greek-American Heritage Month Irish-American Heritage Month 2/2 - Ash Wednesday 2/8 - International Women's Day

2/17 - St Patrick's Day Arab-American Heritage Month

2/11 - World Day of Muslim Culture

Scottish-American Heritage Month Celebrate Diversity Month 2/2 - Autism Awareness Day

2/2 - Ramadan Begins: Ramadan is a holy month of fasting, introspection, and prayer for Muslims, the followers of Islam. 2/15 - Passover Begins

<u>June</u>

6/8 - Race Unity Day

5/28 - LGBT Pride Day

2/17 - Easter 2/21 - Festival of Ridván: The Festival of Ridván commemorates the 12 days when Bahá'u'lláh, the prophet-founder, lived in paradise, which is called Ridván.

National Asian-American and Pacific Islander Heritage Month Haitian Heritage Month Indian Heritage Month South Asian Heritage Month Jewish-American Heritage Month

Speech and Hearing Awareness 5/5 - Cinco de Mayo 5/21 - World Day of Cultural Diversity 5/30 - Memorial Day

National Caribbean American Heritage Month

6/21 - National Indigenous People's Day

