

# THRIVING!

THE NEWSLETTER OF BLACK PR WIRE, INC.

April 2021

## Black PR Wire Celebrates National Minority Health Month

Health is important year-round – but National Minority Health Month is important because it aids in the fight against health disparities in the community. Black PR Wire would like to celebrate National Minority Health Month by joining the fight.

The best way to be healthy is by maintaining your health. The CDC recommends that the average adult gets in a brisk 22 minute walk a day or a brisk 30-minute walk five days a week. For children the CDC recommends “at least 60 minutes of moderate-to-vigorous intensity



physical activity daily.” cdc.gov

For those who have conditions that need to be tracked such as diabetes and high blood pressure be sure monitor your levels at an appropriate frequency.

There is more than just physical health to look out for. Mental health is just as important too. A healthy body does not equal a healthy mind and vis versa, so be sure maintain both your physical and mental health this month. Just as medical doctors keep your



## April is International Black Women’s History Month

There are a countless number of African American women who slay all day. In recognition of International Black Women’s History Month, **Black PR Wire** would like to salute African American pioneers who are making a phenomenal difference in their respective industries! Join us in giving a shout out to black women warriors such as Beverly Bond, Andra Day, and Queen Latifah!



**Beverly Bond** – Founder and Executive Director, Black Girls Rock, Inc. - Beverly Bond is an artist, cultural curator, television producer, philanthropist, author and thought leader, recognized for her unwavering commitment to high-art, women’s empowerment and human rights. Beverly has blazed trails in music, entertainment and social entrepreneurship. She’s brought her versatile talents to the most highly exclusive events and to a myriad of celebrity clients including Prince, Alicia Keys, Sarah Jessica Parker, Erykah Badu, Sean “Diddy” Combs, Derrick Jeter, Jessica & Jerry Seinfeld, Jay Z, Martha Stewart and more. In 2006, Bond expanded her focus and founded Black Girls Rock! and the annual Black Girls Rock! Awards to showcase empowering images of women of color and to promote positive role models for girls.



**Andra Day** – Singer, Songwriter and Actress – Andra Day, a native of San Diego, California, is most notably known for her beautiful and inspiring smash hit song “Rise Up”, which has been featured in various productions, as well as her other wonderfully composed and performed songs. A rich, soulful, and smoky tone, and seemingly effortless vocal control rises up Andra Day to the forefront of one’s memory, where she will surely stay for decades to come. This year, she portrayed Billie Holiday in the biopic *The United States vs. Billie Holiday*, for which she won the Golden Globe Award for Best Actress in a Motion Picture – Drama and was also nominated for Best Original Song.



**Queen Latifah** – Singer, Songwriter, Rapper, Actress and Producer - Often considered hip-hop’s first lady, Queen Latifah has made tremendous inroads in movies, television, and artist management, with her management company, Flavor Unit. A role model who takes the responsibility to heart, Latifah has blazed a career path for herself that is constantly moving upward. Recently, she returned to television in a starring role in the popular show, *The Equalizer*.



Black PR Wire, Inc. is a premier news distribution service center that delivers to the very core and pulse of the Black community. The company holds a comprehensive listing of over 1,200 Black-owned

publications and media, as well as provides services to social service and grassroots organizations and influential leaders throughout the United States and the Caribbean. Plus, we provide our services in

English and Creole. To find out more about Black PR Wire, Inc., call us toll free at 1-877-BlackPR or visit the website at: [WWW.BLACKPRWIRE.COM](http://WWW.BLACKPRWIRE.COM).

“There is POWER in the Wire... At Black PR Wire, we distribute the news our media can use!”



## POWER PROFILER: CHEF MARIYA RUSSELL

Mariya Russell, chef de cuisine of Chicago's Kikko and Kumiko is credited as the first Black woman to earn a Michelin star in the Guide's 94-year history. The Michelin Guide is one of the oldest guide books, published by the Michelin tire company first in 1926, rating restaurants and hotels. The Michelin star is a mark of excellence for restaurateurs and one of the highest honors a chef can receive.

Like many chefs, Russell's interest in food started at a young age. She lived in Springfield, Ohio, until she was 14, at which point her family moved to Columbus for her high school years. In high school, she participated in a career academy that first introduced her to the idea of working in a restaurant. From there she moved to Chicago after high school to attend The Cooking and Hospitality Institute of Chicago (a Le Cordon Bleu school that closed in 2017). She got her first job as a line cook. She met Noah Sandoval, the owner of Kikko and Kumiko, when they both worked at another restaurant, Green Zebra. She has been a trusted collaborator of Sandoval and her work ethic shines through in both her food and leadership.

Source: <https://guide.michelin.com>



## CALENDAR OF EVENTS

This section is designed to keep you in the know and on the go. Check out some of the latest happenings in Black communities throughout the country this month.

### Issa Rae Teaches Creating Outside The Lines

Master Class  
April 1-30, 2021  
[masterclass.com](https://www.masterclass.com)



### SWFL Black Expo

Expo  
April 9, 2021  
[stayhappening.com](https://www.stayhappening.com)



### The Black Business and Health Expo

Expo  
April 17, 2021  
11 am  
[eventbrite.com](https://www.eventbrite.com)



### 1st Annual Black Entrepreneur Women Mid Month Mixer

Networking Event  
April 3, 2021  
11:00 am – 5:00 pm  
[eventbrite.com](https://www.eventbrite.com)



### San Francisco International Film Festival

Film Festival  
April 9-18, 2021  
[sffilm.org](https://www.sffilm.org)



### The Porch is the Tree is the Watering Hole Exhibition

Sat, March 20th  
1:00 PM – 4:00 PM  
Online Event  
[miamionthecheap.com](https://www.miamionthecheap.com)



### Economic History: 40 Acres and a Mule:

Educational Webinar  
April 6, 2021  
2:30 pm  
[events.umich.edu](https://www.events.umich.edu)



### Addressing Health Disparities: Empowering Communities Through Storytelling

Mental Health Webinar  
April 12, 2021  
[alysstephens.org](https://www.alysstephens.org)



### Dangers Of a Single Story Book Release Event

Book signing  
April 17  
3:00 pm - 6:00 pm  
[nationalblackguide.com](https://www.nationalblackguide.com)



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FOR A COMPLETE LISTING OF EVENTS, PLEASE VISIT [WWW.BLACKPRWIRE.COM](http://WWW.BLACKPRWIRE.COM)

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