



October 2006 Issue 2

Spring 2008

A Winning Program: B.E.S.T.



LEFT:

Dr. Reginald Penniston, Cardiothoracic Surgeon encourages a group of high school students interested in health careers.

RIGHT:

From Right to Left, Maurice Jones, Ashira A. Pelt, Koven Glover, Dr. Penniston, Rashad Williams, Austin Griffin, Ronnie Williams, Jared Agee and Dr. Frederick



By Chris Jackson B.E.S.T. Program Newsletter Editor

Greetings BEST faithful, and welcome to our Spring newsletter that echoes the exciting news about BEST. Before we get to this fantastic news. I would like to take this moment to let those of you who are not familiar with the BEST Program know what this program is what it says.

B.E.S.T. stands for Brain Expansion Scholastic Training. This tremendous program, founded by Dr. Dexter Fredrick, brings vision, guidance, and mentorship to the youth of Tampa—especially those students who ultimately desire to pursue careers in the health and science fields.

How does B.E.S.T. bring vision? There is a cliché that states “Our youth is our future”. Everyday this idea becomes more and more the truth because of how the world is continuously changing. Through a variety of activities like last Spring’s Jeopardy Competition and our extended summer educational program, the students are encouraged to keep their eyes and minds open all year-round! For more information about the Jeopardy competition, simply ask the 2007 Champions—Mount Calvary Academy! As for the summer program, ask Mr. Marcus Phillips, a USF physical therapist doctoral candidate, “How much of an impact has the B.E.S.T. program had on summer student to keep their vision alive”. He would start off by telling you that going into a health career is a year round adventure! Simply put, by continuously instilling a dream backed by goals reinforces our students’ visions.

Some might say, “Well, that’s pretty interesting about vision, what about guidance?” That’s a great question because without some quality guidance, a student’s vision will only go so far. The B.E.S.T. program is well organized and quite honestly, is one of the premier after-school educational programs in Florida. This can be said for a few reasons. Firstly, the board of directors have developed an incredible mission statement Secondly, through the joint effort between the dedicated board and various amazing volunteers, the words of this mission statement are put into action. Thirdly, after all is said and done, it comes down to the students executing their knowledge. That is why the guidance of the leaders is so crucial! With a clear revelation of expectations, there is less confusion about what the students are to accomplish and achieve. That’s exciting. That’s engaging. That’s the B.E.S.T. program.

Then there’s the mentorship package. Mentorship goes beyond vision and guidance. It is the ability to combine the two ideas successfully. Mentorship goes to the level to lead, and lead with results. The B.E.S.T. program’s leaders get results. Year after year, first year students return to be nurtured and inspired by their leaders and the students respond by winning and out performing their peers in their schools. The mentors cannot only inspire the student excel, the student can also inspire the mentor to rise to a new level. Year after year, this program flat out wins.

Mapping Your Path for Success and Service

A Letter from the President and Board of Directors

Dear Friends and Students,

One of the things that the BEST Program proudly proclaims is its widespread collaborative efforts with community agencies and organizations. Our efforts to effectively promote a high level of academic excellence within every student with whom we come in contact with can only be done with a team. It was Andrew Carnegie who said, "Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organization objectives. It is the fuel that allows common people to attain uncommon results."

The teams that the BEST Program has surrounded itself with are second to none in their missions and objectives. First and foremost, Gulfcoast North Area Health Education Centers(AHEC), which is part of a network of centers around the State, promoting health professional education and support, is our grant champion for the BEST Program. Secondly, Bible Truth Academy, who has one of the premier chess clubs in the Tampa Bay area, contributes to BEST not only with instructional chess, but also with usage of their community center for events. Thirdly, a team of tutors from the USF College of Medicine and undergraduate students, brings a level of high academic expectation that is of primary importance to the success of BEST. Other notable team members include Tampa Family Health Centers, What We Could Be, Inc, Tower Diagnostics, Faith Home Health, Florida Medical Clinics, Well Care, Inc, and C.H.A.P.S. Lastly, we have been successful in building a relationship with the Children Health Fund in New York City. Their development of the Lehman Brothers Health Promotion Learning Lab was shared with us and area schools in order to bring advocacy and health related services to underserved communities.

The BEST Program will continue to build a team that beats with one heart, where student are given a map for service and success. We want our teams to hold dearly this acronym: **TEAM : Together Everyone Achieves More.**

Dexter Frederick, M.D.



Dr. Dexter Frederick,
President and Founder of
the B.E.S.T Program

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Keeping the B.E.S.T. Dreams Alive

Reflections from a USF Volunteer and a Former Program Coordinator

By Chris Jackson B.E.S.T. Program Newsletter Editor

Editor:

I asked Dr. Ron Anderson, a former program coordinator for the BEST Program, "Why is the BEST program so important today and how does the program live up to some of the thoughts and values presented in Dr. King's 'I Have a Dream Speech?'"

Dr. Anderson:

I would like to express that having individuals like Dr. Fredrick and Mr. Marcus and the other medical professionals of the BEST team create accessibility to each student. They all are excellent role models, mentors, and educators. Many times I feel that the BEST students don't realize the gold mine that they have access to. All of the volunteers, including you play a great role in assisting these students with the knowledge and tools they need to succeed. This program is one of a kind here in the Tampa Bay Area. I encourage your support and the support of others!

Editor:

Kind words by the good doctor. Dr. Anderson, we salute you, and I appreciate the time you took out of your busy schedule to respond to that email. Also, thank you very much for helping Dr. Frederick and his B.E.S.T. continue developing the brilliant legacy of our young but already elite program.

A USF Student, Azizah Muhammad also took the time out of her busy schedule of classes and extracurricular activities to responded to these questions. I asked, "Looking to the future where do you think the BEST program will be 10 years from now? 20 years from now? How will the organization continually progress toward King's Dream?"

Azizah:

I believe the program will be expanded to another county after it brings light to Hillsborough County. I feel that there will be more people behind the benefits of allowing children a way to expand their minds. It is indeed a tragedy when children are not pushed to their full potential because they don't see where they can be. In 20 years, hopefully BEST will have tackled Florida and moved into Georgia or other places.

Editor:

Thanks for those thoughts, Azizah. I like how your words echo your personal excitement. I know that you truly believe this program will be known all over in the near future. I also enjoyed your response to the next question: "What makes the location at Bible Truth Academy Ministries where you volunteer so special & why?" Read her response carefully, dear Readers. Listen to how she is so excited to give but also to receive. This goes back to the earlier idea of mentorship is not just about the teacher inspiring and educating the students. There is reciprocation involved!

Azizah:

Bible Truth Academy Ministries is so special to me because it's my first teaching experience. These children are so young but yet so competitive. They are not easily intimidated and have so much passion with learning. Sometimes they teach me a factoid, and I love it. They are determined as a group, and this makes the program worthwhile.

USF Student Mentors - Thank you for supporting

Winay Virعود

Chris Jackson

Daniel Joseph

Jean Williamau

Dawn Patrice

Scott Moradita

Diana Coutras

Marcus Phillips

Niki Lowe

Priyanka Kamath

Jessica Fonseca

Elizabeth Assad

Amir Moradian

Nachelle Aurelien

Milly Kerdemelidis

Franchesca Morris

Naimah Wajd

Congratulations to the Accomplishments of our BEST STUDENTS

B.E.S.T. Middle School Students

BIBLE TRUTH ACADEMY

Awards for Honor Roll:

Abigail Dean
 Daniel Dean
 Isaiah Marsh
 Judah Dean
 Brendan Matthews
 Vaughn Edwards
 Jamari Johnson
 Jelessa Oats

MT. CALVARY ACADEMY

Awards for Honor Roll:

Reschika Jarvis
 Ashlee Skinner

CARL SAGAN ACADEMY

Awards for Honor Roll:

Samuel Mormon
 Jannell Tims

Award for Most Improved

Jazmaneisha Wynter

Notable Recognition:

Isaiah Marsh
 Joshua Hall

B.E.S.T. High School Students "Med Stars"

Ronnie Williams – Hillsborough High School
 National Honor Society
 Future Pediatric Endocrinologist

Rashaad Williams Hillsborough High School
 IB Program Candidate
 Honor Roll
 Future Pediatrician

Joy Wilson – Tampa Bay Tech
 Honor Roll
 National Honor Society
 James A. Haley VA Junior Intern Program
 Future Cardiologist

Brianna David Tampa Baptist Academy
 Spelling Bee Champion
 Honor Roll
 Future OB/GYN

Robert Taylor – King High School
 IB Program Candidate
 National Honor Society
 Future Plastic Surgeon

Angel Lee Bible Truth Academy
 Honor Roll
 Future Physician

Jared Agee – Tampa Bay Tech High
 Student with the most B.E.S.T. Hours
 Future Goal is to be a Radiologist

Gabrielle Williams Wharton High School
 Future Pathologist

Ashira A. Pelt Hillsborough High School
 Honor Roll
 National Junior Honor Society
 Participation in the National Junior Leadership
 Conference In Washington D.C.
 Future Psychiatrist

Maurice Jones Middleton High
 In the IB Program
 National Technical Society
 Future Vascular Surgeon
 National Beta Society

B.E.S.T. Program, Carl Sagan Academy, and Bible Truth Academy, Inc Collaborates with the Children's Health Fund

Summer 2007 brought about a collaboration between three community agencies that sought to reproduce a program based in Harlem, New York. It was a health science program that is second to none which originated from the The Children Health Fund in New York City. We successfully enrolled 30 students who participated in the hands-on science experiments, health education resources, Prepared-4-Purpose curriculum and nutrition classes. The program lasted for a total of 6 weeks starting on June 25th. The staff included: Pre-Med Students from Universities (Duke, USF, Central Florida), Licensed Family Therapist, Nutritionist from the University of Florida, Institute of Food and Agricultural Sciences, Local Historians, Area Health Education Center Staff, and a local Registered Nurses

THE CURRICULUM

| Health Science Experiments | Prepared 4 Purpose | Wall of Heroes with a Tampa Bay Theme | Workshops |
|--|---------------------------------|---------------------------------------|--------------------|
| Asthma | Self-Esteem | Guest Speakers | Nutrition |
| Blood | Mentoring | Guest Speakers | Health Careers |
| Blood Chemistry | Decision Making | Guest Speakers | |
| I Love Exercise H2O Oh My Gosh | Values Relationships | Guest Speakers | Nutrition |
| Brain Anatomy The Bones | Risky Behaviors Goal Setting | Guest Speakers | First Aid |
| Eye Spy Cross Out Games The Skin It In | Assertive Communication | Guest Speakers | Memory Enhancement |



Nutritionist, Ms.J. Hunter from the University of Florida, Institute of Food and Agricultural Sciences showed students how to chose and make healthy nutritious foods.



Jeanette Bradley encourages students to raise the bar in their academic endeavors.

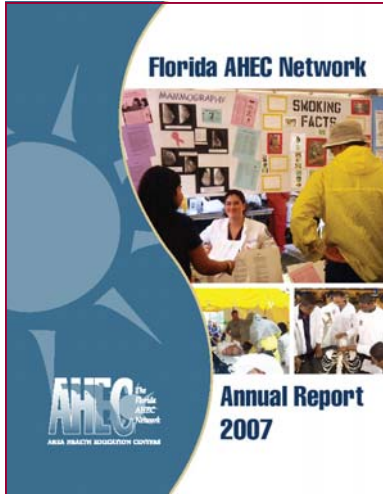


Exercise Lab in the "I Love Exercise Program



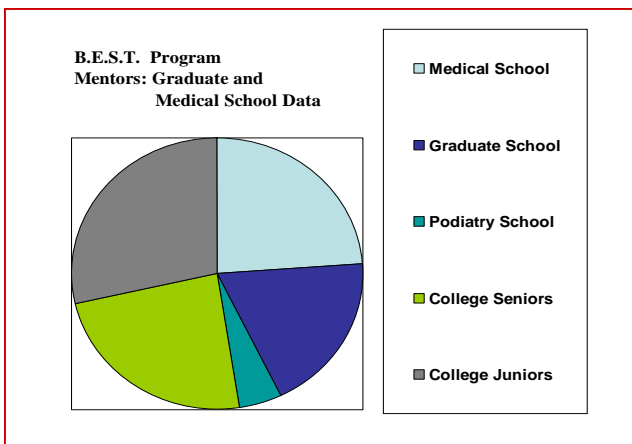
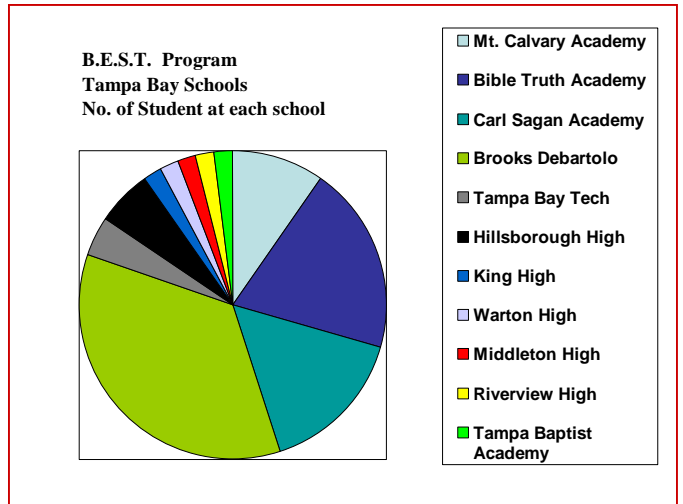
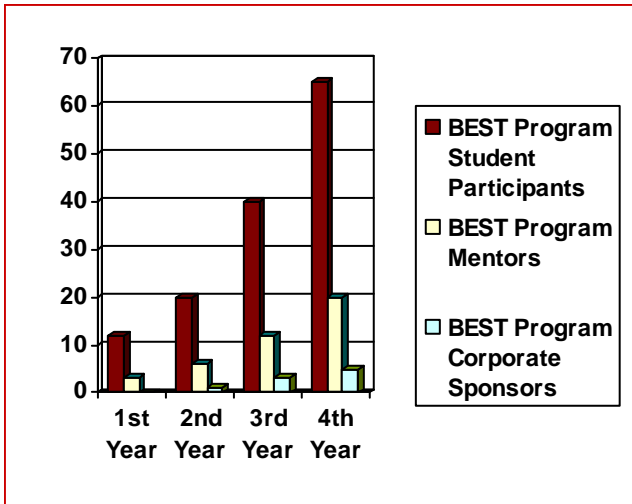
Tyrone Keys motivates students to be all that the can be

B.E.S.T. Featured In the Florida AHEC Network 2007 Annual Report



Every year the Florida Area Health Education Center, an extensive, statewide system for health professional education and support, presents an annual report highlighting its accomplishments over the past year. Their collaboration with the Florida Department of Health to promote health and improve access to care in Florida's medically underserved communities is a philosophy that the B.E.ST. Program embraces. B.E.S.T. counts it an honor to be featured as an innovative, multi-faceted program that seeks to attract a talented group of youth interested in health careers. BEST works collaboratively with Gulfcoast North Area Health Education Center, Inc to inspire youth to choose careers in health. Gulfcoast North AHEC has been a strong supporter of the B.E.S.T. Program by providing grant support. Christina Mathis, director for community projects and data management, sits on the board of directors of B.E.S.T. providing necessary guidance in the resources and community health needs of the region. In the article, one of our students of B.E.S.T., Ernest Moore and his mentor and life coach, Ms. Jeannette Bradley were featured outlining the impact of the B.E.S.T. Program on young Ernest's life.

2007-2008 YEAR END REPORT



**Thank you for supporting the
B.E.S.T. Program**

| | |
|-------------------------|---------------------|
| <i>LaToya Clark</i> | <i>Pam Leslie</i> |
| <i>Victor Rodriguez</i> | <i>Ron Anderson</i> |
| <i>Remy Moore</i> | <i>Doris</i> |



OUR SPONSORS

The B.E.S.T program is about helping our children. But we would be nowhere without the aid of our dedicated sponsors. The B.E.S.T. program is deeply appreciative of the corporations, foundations, governmental agencies and individuals that sponsor us. These generous entities contribute money, time and corporate space to help us as we help our children. The children and volunteers would like to acknowledge them for all their assistance.

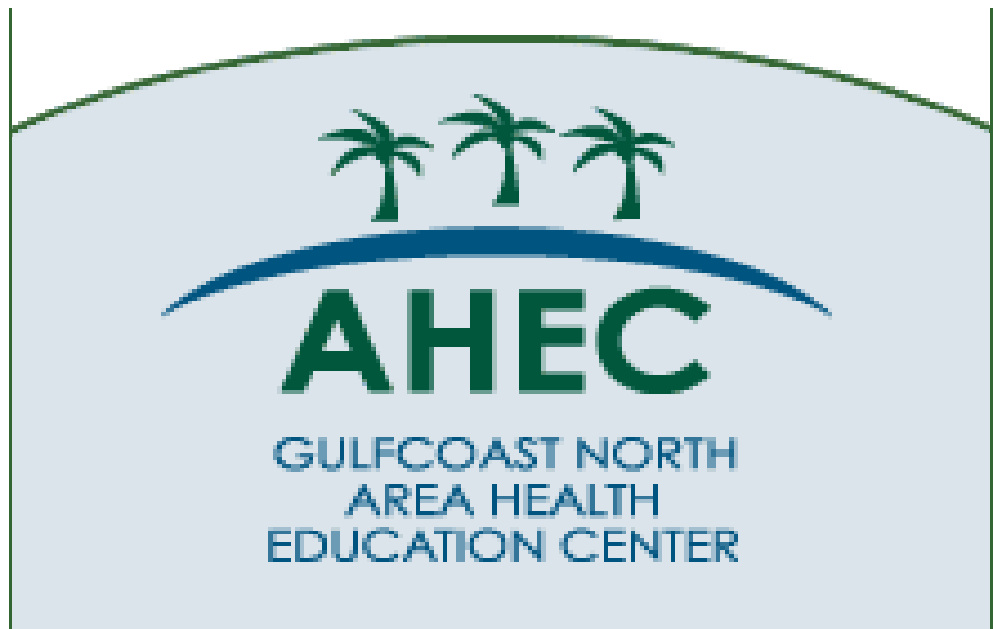
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Bible Truth Ministries

Honorable Mention:

Dr. & Mrs. Brian Philpotts

Dr. & Mrs. Alphonso Mitchell

Dr. & Mrs. Julian Dwornik
Health Center

Tampa Community

OUR MISSION

B.E.S.T. is dedicated to mapping a path of success for every student and preparing them for academic excellence and community service. B.E.S.T. promotes a high level of academic distinction by learning skills taught in memory training and chess education.

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\$ _____ \$ 100 \$75 \$50 \$25 \$10

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To learn more about how you can become involved with B.E.S.T. please call (813) 892-2182

Visit our website at www.brainexpansions.org

Thank you for your tax deductible donation.

The B.E.S.T. Program is a 501C(3) non-profit organization (public charity) and donations are deductible under Section 170 of the Internal Revenue Code.



Brain Expansions Scholastic Training

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