

SOMALI YOUTH UNITED PRESENTS THE 15TH ANNUAL

AFRICAN

CULTURE FEST

WOMEN, AVIATION & S.T.E.A.M.

JULY 27TH

The STEAM Collaborative

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CEO * Visionary * Connector * Engineer

JASMINE L. SADLER, MBA

Science + Technology + Engineering + Arts + Math



Partnership for the
Advancement of
New Americans

KNOW YOUR RIGHTS



REMAIN SILENT



ASK FOR AN ATTORNEY



DON'T SIGN ANYTHING

IF CONTACTED BY LAW ENFORCEMENT (EVEN AT SCHOOL):

- Tell them you want to call your **parents**.
- Tell them you want a **lawyer** present and wish to remain **silent**.
- Do not answer **any** questions or make any other statements (except for the above).
- Do not sign **anything**.
- Do not make any decisions without a **lawyer present**.
- Do NOT give consent to **search** you or your belongings.
- If you believe your rights were violated, try to **remember** badge numbers, names, the officer's agency, patrol car numbers, and anything else about the officers.
- If you are stopped while **driving**, you do not have to answer questions about your **immigration status**.
- **Anything** you say to an officer **can and will** be used against you in court, including immigration court.
- If they tell you they have a **warrant**, ask to **see** it.

PANA is here to help if you have **housing** issues, have been **contacted** by law enforcement, or have a family member who is being **detained** in an immigration detention facility please call (619) 732-6793.



Genevieve
Jones-Wright

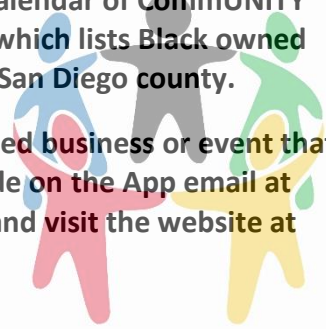
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Black San Diego is a company that provides a platform for Black owned businesses, entrepreneurs and business professionals in order to empower and strengthen our community.

An App was developed to streamline important information such as a calendar of Community events and a directory which lists Black owned businesses throughout San Diego county.

If you have a Black owned business or event that you would like to include on the App email at info@ourblacksd.com and visit the website at WWW.OURBSD.COM



FITNESS

Black people are amongst the highest Obesity rate groups at 46.8%.

Because obesity can cause conditions such as heart disease, stroke, type 2 diabetes and certain types of cancer, we must make fitness a TOP priority in our daily lives.

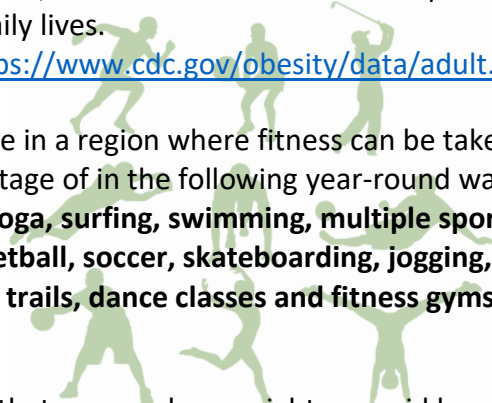
<https://www.cdc.gov/obesity/data/adult.html>

We live in a region where fitness can be taken advantage of in the following year-round ways:

Yoga, surfing, swimming, multiple sports, basketball, soccer, skateboarding, jogging, hiking trails, dance classes and fitness gyms.

Ways that one can lose weight or avoid becoming obese are:

1. Eat more fruits and vegetables
2. Exercise for at least 30-60 minutes a day
3. Cut down on eating fatty and sugary foods





Ms. Jasmine L. Sadler, MBA
www.jasminesadler.com



Presentation and Workshop Offerings

- + *STEAM Education*
- + *Calculus and tutoring*
- + *Entrepreneurial journey*
- + *Study abroad in Hong Kong*
- + *Early Education Background*
- + *Recommended classes to take*
- + *Life as a black, female engineer*
- + *College extra-curricular activities*
- + *Diversity through my experiences*
- + *Dance choreography and performance*
- + *Startup events and pitch competitions*
- + *Master's in Business Administration courses*
- + *Aerospace Engineering, Math minor courses*

