

THRIVING!

THE NEWSLETTER OF BLACK PR WIRE, INC.



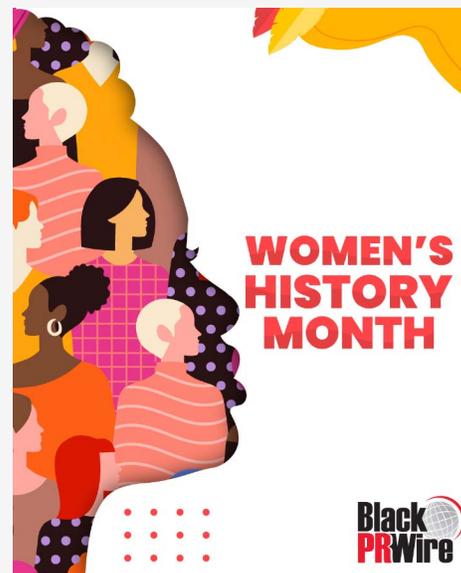
March 2023

Saluting Sistas Who Succeed

Women have truly come a long way. There was a time when women couldn't vote, own property, join the military, or even wear pants. But times are changing and women are breaking the glass ceiling each and every day.

We have seen Black women accomplish many firsts; from Madam C.J. Walker, first Black woman to be a self-made millionaire to Ella Fitzgerald, the first Black woman to win a Grammy, we were trailblazers paving the way for others to dream big, and many did just that. Sistas like The Honorable Kamala Harris, the first woman and the first Black vice president of the United States; and The Honorable Ketanji Brown Jackson, the first Black woman United States Supreme Court Justice, have not only achieved tremendous success, they have forever shattered the glass ceiling in our nation.

Let's continue to honor and uplift women everywhere and pay homage to those who have made it possible for us to be here today. As we recognize National Women's History Month, Black PR Wire will also feature and honor "Sistas Who Succeed!" If you have a sista in your organization to recognize, be sure to send it to us at newsroom@blackprwire.com.



Oh, What Spring Brings!



Spring is here and oh, what Spring brings! Sure, it comes with the heavenly sent of flowers blooming, but that's not all. This is the time to spring forward and take in all of the many blessings coming your way. So, in recognition of Spring, BPRW will offer a special "Spring Discount" for services in the month of March. This special discount will be offered to any client who distributes a press release through us. The special discount is **15% off** a press release of 400 words or less. This special offer ends March 31st, so take advantage of this great deal NOW. For more information and further details, call us toll-free at **1-877-BLACKPR**.

March is National Nutrition Month

March is National Nutrition Month®! Established by the Academy of Nutrition and Dietetics in 1973, National Nutrition Month promotes a healthy, balanced lifestyle and encourages healthy habits to benefit individuals and families alike. This year's theme, "Fuel for the Future," encourages us to eat with sustainability in mind as a way to nourish ourselves during every phase of life, while protecting the environment.

Eating healthy is the key to getting proper nutrition. It improves our physical health, boosts our energy and helps us keep our weight in check. The benefits of eating healthfully can add up over time. Some easy ways to fuel for the future include: buying in-season and locally, eating more plant-based foods, and planning your grocery list. You'll enjoy healthier, more nutritious meals and be kinder to the environment and your pocket.

It's never too early or too late to eat healthfully! We can fuel the future for ourselves and our planet with a few minor adjustments. To get additional food and nutrition information, visit eatright.org.



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.

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

Power Profiler: Sandra Douglass Morgan



Sandra Douglass Morgan was named President of the Las Vegas Raiders by Owner Mark Davis on July 7, 2022. A Las Vegas native, Morgan has long been a trailblazer and was the first person of color to serve as chair of the Nevada Gaming Control Board and first African American City Attorney in the State of Nevada.

Morgan has 20 years of experience as a chief regulator, director, attorney and advisor to integrated resorts, casinos, and telecommunications companies. She is the immediate past Chairwoman of the Nevada Gaming Control Board and served as Commissioner on the Nevada State Athletic Commission.

As the chief regulator for Nevada's dominant billion-dollar gaming industry, she led the passage and implementation of cashless wagering regulations, ensured that gaming

licensees adopted policies prohibiting discrimination and harassment, and led a team of 400 employees in five cities across the state of Nevada. Morgan was the first person of color and second woman to serve as Chair in the state's history.

While serving on Nevada State Athletic Commission, she was also an executive for a leading telecommunications company managing its policy, government and community affairs in Nevada. Morgan also served as the City Attorney for the City of North Las Vegas and was the first African American City Attorney in the state of Nevada. Prior to her public service with the City, she served as Litigation Attorney for one of the world's largest gaming and hospitality companies.

Morgan serves on the Board of Directors of Allegiant Travel Company



CALENDAR OF EVENTS

MARCH 2023

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.

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| <p>4-5</p> <p>MARDI GRAS 2023: BLACK IS EXQUISITE</p> | <p>9-11</p> <p>WOMEN OF POWER SUMMIT</p> | <p>9-12</p> <p>BLACK-OUT WEEKEND SKI EVENT</p> | <p>11-12</p> <p>JAZZ IN THE GARDENS</p> | <p>15-19</p> <p>12TH ANNUAL BLACK WOMEN'S ROUNDTABLE</p> |
| <p>18</p> <p>JABBERWOCK 2023</p> | <p>23</p> <p>5TH ANNUAL BLACK MENTAL HEALTH MATTERS</p> | <p>24</p> <p>UNIVERSOUL CIRCUS</p> | <p>25-26</p> <p>21ST ANNUAL BALTIMORE NATURAL HAIR CARE EXPO</p> | <p>31-1</p> <p>2023 NATIONAL BLACK WRITERS CONFERENCE BIENNIAL SYMPOSIUM</p> |

FOR A COMPLETE LISTING OF EVENTS, PLEASE VISIT WWW.BLACKPRWIRE.COM

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