



America's Black Forum Episode Synopsis

Episode Number: 21-02R
Week of November 1, 2021

This week on **America's Black Forum**:

Eating to Live or Living to Eat: Healthy Eating in the Black Community

African Americans have a history of higher rates of obesity, diabetes and other health-related illnesses. What you eat in many cases helps determine your health. How can we change what and how we prepare our foods while making eating to live our focus?

Dr. Monica Peek of the University of Chicago Medical Center and Roy Bolton, a diabetes patient, have some useful advice.

Highlighting the National Museum of African American Music

NMAAM is the only museum dedicated to preserving and celebrating the many music genres created, influenced, and inspired by African Americans. The museum's expertly-curated collections share the story of the American soundtrack by integrating history and interactive technology to bring the musical heroes of the past into the present.

President and CEO, H. Beecher Hicks III; Curator, Dr. Steven Lewis, and Curator and Collections Manager, Dr. Marquita Reed-Wright will take us on a musical journey.

Michigan Communications Company Taking Big Steps with the Salvation Army

Crystal Williams of Crystal Vision Communications has been instrumental in many of Toyota's External Programs, most notably "Walk in My Boots" in collaboration with the Salvation Army. Using the Chicago, Detroit and Baltimore auto shows as her setting, Crystal has put smiles on the faces of more than 6,000 needy people who desperately needed boots and socks.