

The POST NIC-YOU
In the Eleventh 11th Hour
I AM A MIRACLE
DEFYING THE ODDS
and YOU ARE TOO! ™
LESSONS AND MESSAGES

To Share with Families

From **A POST NIC-YOU PERSPECTIVE ™**

Based off The Award-Winning Screen Play

THE POST NIC-YOU ™

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D-Russell Publishing ®

Hott Dogg/Hott Dizzle on the Beat “Let Me Elaborate on that” The Elaborator” ™

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Introduction

This book will give insight and understanding to those who not just Nicu's or Nicu veterans those who have intellectual disabilities both learning and being able to work, live and learn independently. We will make sure that everyone can and will understand from start to finish. The book is short, and we want to be able to make sure the reader understands the concept and learn from examples with real life scenarios that have occurred in the history of a NICU Veteran's life. In the same way one person can learn from someone who doesn't have a disability to someone who does.

Dedication

There is something to most definitely think about when a parent is raising an individual who is differently able, I am here to share for the young person and the families to know that everything is going to be ALRIGHT, I know this will be a first of many that a NICU Post Baby will be sharing his life work. When it comes to a level of not just SURVIVING ALSO THRIVING AS WELL!!!

In the early days of me writing I have often thought of what it would be like to share with many individuals who have families that are having to make sure that they child lives a healthy and productive lifestyle, I AM AN EYEWITNESS! Of That POST THE NICU.

I Dijon L.M. Milow-Russell Came into this world Fighting and

YOU WILL DEFY THE ODDS LIKE ME! EX:1pd 9Oz 27-28

Weeks 5/1 Month Early 12/1 Inches Long! AND IS LIVING &

THRIVING!!!!

I will share with both the kids and families what it is like to continue to make life happen! Even in the continuing face of adversity, I thought about when I was approach my second retail job and The Children's Miracle Network reach out to me and wanted to feature me on the website, I was thrilled I wanted to let other POST MIRACLES Know that this what happened when you come from a caring, loving and supportive family! Now I know many individuals are right now thinking what is this dude talking about. I am glad to let you know that a lot of families are unsure cannot know if they son or daughter can make it at that next level and I am telling them YES YOU CAN!!!! Sounds like our Great POTUS Obama! Right If I can make it and He made it into the WHITE HOUSE Not One Scandal or foolishness going on! YOUR SON or DAUGHTER can LIVE A PRODUCTIVE LIFE! POST NICU! Coming from a family who have overcame a lot especially DISABILITIES DIFFERENTLY ABLE or REASONABLY ACCOMEDATED This is DEFINITELY FOR YOU!!! I want to Dedicate this to all the FUTURE POST NICU Babies....

I am currently working on Finishing College and working as well as a writer for myself and my own outlet YOU TOO CAN CONTINUE TO DEFY THE ODDS!!!!

I hope the next generation of POST NICU Veterans continue to make a difference and continue to be extraordinary

This Book Is Dedicated to the families that never gave up and continue to put the daily living work in everything that they do! Thank you! Family You are Ext ordinary YOU ARE DEFYING THE ODDS!!!

Please Enjoy

Much Love & Respect D-Russell Milow1

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Miracles Defying The odds
Chapter #1 Elementary
A Ten-Year Journey
Almost repeated 2x
1994-2004

I was a nomad when it came to schools, day cares. I attended Michael H. Hamady elementary school. Because we lived in the school district, and it was close to our home, and the bus stop outside the complex. The bus driver name was Margaret she wears short hair and would always ask for some candy; she would always talk about someone child either the way they dress, or how they smell. She would want to drive in peace and quiet. The bus ride was that long she would have to get one of my good friends whose name was Gaeland he had a leg brace and required assistance because of his physical condition he was in a wheelchair. His grandmother worked with my mom so, I was cool with him, and then Margaret would drive the bus to several different stops before heading to the school. When we arrived at school the buses would line up by colors. R.O.Y. G. B. etc..... a year or so later, I attended Carpenter Road Elementary school, Head Start Program Mrs. Cummings and Mrs. Wheeler were my teachers, Mrs. Wheeler was my Morning Teacher and Mrs. Cummings was my Afternoon Teacher. In the mornings, I would go to Head Start and go to Mrs. Wheeler and for breakfast I would have goat's milk, yuck that was nasty I still remember seeing the milk carton and seeing it when they get it out of the fridge. And I would have to drink it every morning. And I remember when I would go and play in the yard and in the gym one time, I had all the sets of keys from my mom and uncles, grandparents, our family business and other things, and the school was wondering where I had got all these keys from. I was scared when I see the principal of the school who live around the corner from my grandparents on my dad side.

The Late Mr. Charles Atwater's He served in the Marine Corps and was an Avid Bowler and Swim Coach We shared the same birth month In July mine was the 3rd and his was the 5th of July. The school would often have an assembly in the auditorium, or we would go outside due to a fire drill. I have had a lot of great memories there and good times. The reason I attend Carpenter Road Elementary because my grandparents lived in the Flint School District, and I attend Head Start In that district. Before leaving Carpenter Road Elementary the Head start program would take field trips to the Zoo (I still have that Polaroid of me and mom on the camel I was scared), YMCA, and other places. Another School I attended was Durant Teri- Mott My Teacher there was Mrs. Blake she always was a sweet lady, when I attend Durant T. Mott, we took trips to Mott Farm and other places. And later, I went back to Hamady Elementary School. And I went to pre – K My Teacher was Mrs. Stevens I recall when I would attend Hamady that she was always a character you would love to be around her she made the class interesting and she was a very humorous teacher, always had a smile on her face. And when we would leave the lunchroom, she would always tell the class to put one finger (the Index finger) over their mouths. And we would do that until we got back from the lunchroom. Then, we can talk play etc.... I remember when I got ask to be in the paper and have my picture taken in the Flint Journal at the Riverfront Hotel in the early 90's Mrs. Stevens put that picture and article up on the wall before I knew it was almost over the entire school. The very next day, I got to school people were coming up to me like I was a celebrity I still remember to this Day! (I can't find it. I guess, I'll check the library Archives). Later on I went back to Hamady and attended Kindergarten, My Kindergarten Teacher Name was Jennifer Bertus I remember all my friends all of whom I still keep in contact, with to this day, it's

funny though because we were all little kids but, I remember them and they remember me, I remember meeting everyone, some of them I would spend time with on the weekends, a couple of them we'd shop at the same grocery store, since I was the first to live in the apartment complex then I would hang out, at some of their homes. And visit them and their families. I remember one time a young lady was my tutor she was cool and her family was very hospitable towards me and her brother would play with me we'd play catch and other things. One time I did something to her, and she told my mom and I got a whopping coming, and I had to go, and apologize to her & her family, and my mom told my granny, and she told her to tell me to go and apologize to them. The young lady mom had a car like my granny except her Chrysler was grey. So, when the young girl found out my mom was going to whip me another neighbor down the block peep in my bedroom window, and seen me get a whipping and started laughing, my mom went down to wear they lived at and told his mom and he got in trouble. Our first neighbor was name Mrs. Leoka, and she had a daughter named Melinda, would baby-sit me from time to time, so would another family that stayed across from our building would watch me after school they had a young the same age as me. There were another lady and her son his name was Perry his mom would drive us, to school if we were late to school. Our school district had money we would take field trips to museums, zoos, movie theatres, and so much more.... One time while at Hamady we would take a lot of pictures and different things like that. We invited a Dentist to our classroom, and the entire class got to dress up like dentists, and we got to look at how we get our teeth clean and we received toothbrushes, floss and toothpaste. The school also arranged for us to get our teeth clean so, I gave my mom the permission slip form. And she signed it, she for some reason was

happy that they did that. I remember when it happened too, in my kindergarten class teacher would spoil the class rotten we go out for recess for an extra hour and when she was away and come back, she would give the class ice cream when she has a substitute teacher, and they would leave her Notes! So, we'd make sure that would have to on our best behavior I recall, that there was a chart she kept on a shelf called a color change, and the colors were R.O.Y.G.B. I remember getting on red one time I was so, bad I talk back and cussed out the teacher and I had mention one of my long time childhood friends, (I said to the teacher that one of my childhood friends is good friends with my Dad's side of the family and then I curse her out and got sent to the office and they called my grandmother). I was alite when she came up to the school. Also summit illustrations to a company that would produce on a TV.

For all my post Nicu veterans here a look back at me. Tenured it started in 1994 in the Midwest, I learn a lot in the ten years, I know many individuals are thinking like wait a minute, he is going back ten years of his scholastic education, yes ladies and gentlemen I went there! From a student with an earlier reasonable accommodation from age 3 years old. Until 13 going into middle and high school as well as college! I want all of you to know that it is OK TO DEFY THE ODDS.

In 1996 I was in HeadStart Program I was always. Ahead of my class in everything that I did. My favorite trip was going to the YMCA getting my exercise on and going in the pool. I was a nomad I moved around a lot as a kid from different schools. In 1997 to 1998 I was in another school district From Pre- K to Kindergarten and then later 1st Grade Now

this district didn't know how I would react I have had a lot of coffee as a kid, so I was very hyper and energetic!

The year 1999 comes and here we are I was told that I would get kept back, the 1st time and then in again in 2000. Parents this is where the challenge comes in at knowing you have done everything in your God-will power to make sure your child is able to do what needs to be done! In 2000 I switch school districts this time there is a meeting taking place to make sure I have all the necessary support and assistance as needed so, I get introduce to a packet of what is called an **Individual Education Plan** also known as I.E.P. My advisor is a Caucasian gentleman by the name of Mr. Pope he is a cool dude by this time I am also in Speech Therapy I enjoy going to speech as well as going to boy scouts' meetings, Chess Club, I was also on A&B Honor Roll and Principal list, Student of the month! Student of The Week! See upcoming NICU Veterans These are most definitely a DEFYING THE ODDS MOMENT!!!! So much so I was almost promoted to the next Grade level.

Now in the title of this chapter I said I almost repeated twice I'm talking the 1st and 6th Grades, because I was well behaved and work hard and tried the best I can, my teachers took notice of my effort, and I was able to make it happen! Meaning going to the next Grade! And continuing my scholastic education.

While In Elementary I also had a job at The Farmers Market from 2003-2004 during the Summers I was working! It was until high school that I was able to finish in 2009.

As mentioned in my Electronic Press Kit (E.P.K.) I talk about not giving up and the state of Technology and how young people see themselves as what is to come next! Meaning where do they see themselves after middle and high school post.

Miracle Defying the Odds
Chapter #2
Middle School Part 1-2

It was September 2004, after Labor Day! Weekend I arrive at Stone Mountain Middle School Mimosa Dr.

I was very new at the school didn't know anyone except for a young lady I knew from back in the great lakes, two they knew my mom and family. Other than that, I was quite observant of everything and everyone! I didn't say much probably because I was from the Midwest we don't talk much or speak to a lot of people unless your family is from the south in my case they were! My family always made it customary to speak when entering a room full of people and I follow suite. By this time, I was in the 6th Grade. I had a streak that I would always get my classwork and homework done, in a timely manner, My A&B Honor Roll still continue on my progress reports, By this time I was ask if I wanted to take 8th Grade Math Classes it had never been done before so, I wanted to give it a shot! My Classes was as follows French, Science, Social Studies, Language Arts, Science and Math, Decision Making,

I eventually pass every assignment in that class of math! All the other classes were easy!

Although some of my teachers had a slick mouth quite a few found out from my mother what that was a about quick. In fact, one teacher almost lost her job disrespecting me and it involved the administration. See again ladies, and gentleman MIRACLE CONTINUES TO DEFY THE ODDS!!!! YOU ARE A MIRACLE TOO!

I was lowkey on the student scene until 2005

I was in 7th Grade, When the late Darryl Parker When I had wanted to introduce myself to him, I said Hello I am Dijon (Like the Mustard) He said sit your so and so down. I still get. A kick out of that to this day! He was a cool guy! I learned a lot from him. He said like you put on a Hott Dogg! I was like yes!

From there on when I was a sports Trainer I got treated exactly like the players to coaches was very hard on me regarding my academics Coach Parker especially wanted to see me do good!

Mr. Parker had decided to become an 8th Grade Science Teacher He said I can't leave you all! So, he ended up having a packed class and I was one of his students again! This time we are in a new building and more new students than we previously had at the old building!

This time basketball, Football, Cheerleaders and Dance team, we are making it happen!

There was so many pf us with diversity and backgrounds! The one thing the coaches did stay on everyone was academics everyone went to study hall! We dressed out as a team!

Future Post NICU Veterans let me tell you this as I was a sports trainer it built up my confidence and maturity and self-esteem a bagel of honor and respect to those that didn't know me and those that did! I've spent a lot of time around the extracurricular activities. Stayed well behaved and on Honor Roll! Keep my grades up all thorough the semesters. I was girl crazy just not too much I didn't need a major distraction lol. Although I had two valentines in High school one girl I like since middle school and another I like they were a senior and junior at the time! The whole school knew I like the young lady since middle school and back then we were in middle school I would always pay for her breakfast in the morning! She had presence while being present. Middle School I had my share of

heartbreaks I recall writing this letter to a beautiful young lady I think I caught her off guard and she was late to class. By the time we were at lunch she was a bit embarrass I didn't say anything disrespectful I was just honest and truthful about how I felt about her. She got so disrespected by other young men by the time I wanted to shoot my shot she threw the ball out of bounds. So I learned a lot that day and during those years I had my first house party and then the cops came and shut it down cause they disrespected the host mother and cuss her out so the cops was called When I see the Helicopter from the jail and it had the spot light on it I was running like Brian Hooks from three #3 Strikes in the movie cause I had just had a conversation with my Mom and Pops about me being around the police and low and behold it situation unfolds right before my eyes.

So, my pops were like son I don't ever want to hear that you got into some trouble with the law and to hear that you got locked up "Talking about – We have a collect call from such and such the correctional facility. I have never been in trouble with the law, so I was glad that hasn't even happened. In fact, my pops gave me a lot of sound advice from my youth on up! 30 Years now he has made certain that I was on my p's and q's coming up especially around him. He set the tone for me in my youth and teenage years coming up. So, I am grateful for the opportunities and things he has shared and continue to pour into me. Pops is also an educator and currently a middle school principal so, I often joke with him about how he handles his students when it comes to the disciplinary actions that are giving to them it's different for me and my sisters they get it too. As they say it's different for the girls than the boys.

Miracles Defying the Odds
Football Practice
Chapter #3
High School

The Year 2007 comes around, and we are preparing to go over to The High School!

Especially during Spring Football Practice taking the bus from the middle school up to the High School! The Class of 2007, 2008, 2009, 2010, 2011 it was a big reunion for all of us. I enjoyed going to Spring practice with the team. I recall Coach Ferguson saying to me that it was an interview process for the athletic trainers I was looking forward to it. And being a part of the high school trainers some kind of way word got around about me, I have always been hard working individual especially in academics. I would gather all the Jerseys and equipment together and medical kit and walkie Talkies together. Before and each of the start of practice. Once I take care of the football practice and field, I get me a snack and get started on my homework! My thing was always to crack open my books before anything else, so that way after practice I can chill and go about my day! So, I can eat dinner and watch tv and take a shower for the next school day! The same would also go for the basketball season, I was also they sports trainer I enjoyed that during the basketball seasons, I was always prepping for the practices and games I never missed a practice or games I set in the front row of all my classes. I was on time! Completed all assignments, tests and quizzes, Of I was interim captain of The Golf Team do to my (G.I.) gastrointestinal problems I had trouble practicing so I had to pass it to my classmate,

This was my athletic trainer routine up until 2010.

The Eleventh Hour Hott Dogg

What is the eleventh hour you may ask? Dijon, says I ask myself that same question, The eleventh hour well it all started when I was transitioning from Elementary to middle school it was an unusual feeling do to I was already in the 6th Grade and I was in elementary school, now I was transitioning to middle school, it was crazy to me because I was in the gifted 8th grade math program and the only student that pass the class and took the final exam 100% and then having to take multiple state test in the school system. One was the CRCT and The Georgia High school graduation test, this is one of the reasons, that I had wanted to stay in Michigan, because of the south scholastic educational system. It is well and great in the college setting please don't get me wrong technical college and HBCUs are doing great when it comes to the colleges, my apologies for getting off track, Dijon says he just wanted to throw that in there at this moment. It was very challenging to say the least, In the words of the late John Johnson Founder & CEO of Ebony & Jet Magazine Johnson Publishing Inc. Perseverance "In a Continuing Way there is always opportunity". As well as another quote "Failure is simply a word I don't except you will accomplish great things". I was listening to the heavenly father, and he told me that the year I was supposed to graduate was 49 years and the next year was 50th in the bible that is Pentecost! The Heavenly Father saw fit for me to graduate in the 11th Hour. I Dijon was a whole 20 year old, I thought I had missed two years of my life, wanted to go off to college and join the arms forces and maybe have a family, I was ready to leave middle and high school all together and get on with my life, not having to be around individuals who were younger than myself especially in high school, I couldn't really even date it was crazy cause I was almost old enough to go to the

strip club and drink and do adult things. Once I left middle school, I recall one teacher letting my mother know that I could go to Private school because of my reasonable accommodation "Disability" I really wasn't feeling that one, Uh Oh be careful how you take to things like that it has a way of coming back on you! I will discuss that later in the chapter. I had a couple of home girls who were from the Mitten so, I didn't feel too bad. When I first got to the middle school, they greeted me with Open Arms, and the feeling was mutual we are still in touch today. Those ladies are very successful legit entrepreneurs and doing very well for themselves. The name #Hott Dizzle on the Beat and #HottDogg that Is where it was Originated in the Mound from 2004 to Present. It carried over from the middle school to the high school I have wrote a dedicated page to my late middle school science teacher! Me and his daughter are still in touch to this day! She is finishing school to be a lawyer! I am extremely proud of her! And wishing her all the best continued success!!! It's 2009-2010 and It's time for the state test and Luckily on one of the portions I had some real-world real-life experiences with, and it was a relatable situation, so I was able to go into detail of my experience with this situation. The only portion of the state test was the math portion, I recall being called into the principal office I have never been into the principal office, I Dijon am a teacher pet since a lot of educators happen to know our family! It was a major shock to me because I had never been in this situation regarding my scholastic education, I was on honor roll, perfect attendance, and citizen and student of the month and week, why didn't I enjoy the last of my high school years! Remember when I said earlier that a teacher told my mother, that I should go to a private school? Well, here is what happen! The principal called my mother and said that she suggested that I go to the private school, thankfully I was able to walk

with the graduating class, I received a standing rousing ovation once coming across the stage! One of my great Aunties who I loved dearly and wanted to take me and my mother in since I was a baby planned a Joyous and Momentous Occasion me and my family walked into a restaurant, and we heard familiar voices all of whom was our family! It was very emotional for me and my mother! The eleventh Hour made a grand entrance on my life! 5 in the Bible represent Pentecost that is very significant.

College Rebound
Chapter #4
Part #1

They say College isn't for everyone I beg to differentiate on this subject in the age of Technology you can't lose especially when it come to the changes in technology someone may say well my child is reasonable accommodated meaning they are differently able you have a lot of smart indivial who are differently able as I break this down to those in this whole book called I AM A MIRACLE DEYING THE ODDS YOU ARE TOO! I will give a detailed and personal Invitation to what has happened to me in the college years and earlier college days of what I have experience so, that you too can see, hear and know about How A MIRACLE DEFYED THE ODDS AND YOU CAN TO!!!

In the game of basketball, you have what is called a Rebound making sure the basket is being shot in the bucket. Well, this is what I mean when I say college rebound! This goes back to the eleventh hour I am going to tie it all in, the year was 2013 and was looking forward to some exciting opportunities, resources and job placements, and other things of that nature. It was spring 2013 where I was taking a class something that I truly love since a young toddler it was intro into computers and working on the basic fundamentals of computing I had a 79.89 in the classroom and the professor along with several of my classmates tried to make fun of and shun me cause they didn't think I was able to successfully complete the course and it was a couple of years later that I took the same course and rebound the class successfully the second time! This second professor was very considerate and patient with me, ask me questions made sure I understood the assignment before there was a such as "Understanding the Assignment. See you all in life

we all go through ups and downs some of us may not even talk about it or disclosed what might have taken place. Now we all can learn from each other especially this situation that I just describe. The whole reason I called this Rebound is because I was a sports athletic trainer in middle and high school. I believe this is the perfect example and title for it. For some reason, the heavenly father has always put me ahead of the game and I have always stayed the course. Looking forward to staying in the moment what is next what is happening and then what other barriers and obstacles to knock down and keep going and moving toward the end goal I have seen myself continue to grow and be more and do more I want these chapters to be an eye open for the next individuals like myself who had to preserve and make it happen for themselves and as well as they family or siblings especially if they came into the world like myself the college -rebound continues there is more to come.

College Rebound

Chapter #5

Part #2

Are you already Wait! There is more! I told you hold on! Welcome to part #2 giving the previous climate we was in before there was a an African American President in the White House I recall there was a conversation that me and my current professor had discussing The Department of Education also known as the D.O.E. and its efforts to mock those who want to get ahead in life especially in the college educational sector. What I mean by that is being able to take a class and not having to appeal for it. It was the Bush Admin that wanted to know why you are trying to take another class and why do you need this class for this very reason, this is how the sap appeal came about! It was from 2017 till 2019 that I was able to keep rebounding this situation lucky I had enough coins to make it happen. Putting in a lot of overtime and hard work grit from my retail job to for the past 5 years to scrubbing toilets and sinks door handles mopping floors to make ends successfully meet! I have work teenage and most of my adult life, so this was nothing short of keeping money in my pocket, that what my great grandfather from 1910-2012 has always emphasize to me coming up and the value of hard work! I have successfully worked tirelessly in setting up the Design Media Technology program in conjunction with the public relations and institutional advancement departments. To taking a transfer credit to a Top Ten University in the U.S. it took me three tries to make it happened to overcome the SAP Appeal process I made my moves and continue to pay my dues. From 2020 during the height of the Pandemic The Corona-Virus, my first class was the Business Program dealing with ethics and contract negotiation follow by the

Intro to Design & Media Production also known as DMPT 1000, I had the assistance of my grandfather who is Graphic Artist of 55 Years, assist me in the process It was a successful process with successful progress, noting the basics of graphics and fundamentalist through illustrations and Adobe creative suet which I learn in High school 2008-2010 My Sophomore Junior and Senior Year! follow by the Intro to Marketing I was very deep into that class do to being in retail I also, talk about the rate of inflation which is currently going on, in our everyday system right now and also as a student Journalist giving some stellar feedback on the happenings of what is happened in the Journalist world from a student perspective. I was spot on and ahead of the classes in this one! Especially since I have been around the three securers such as Business, Politics, and Entertainment. What I mean by that I will be breaking down real soon! I have always been placing ahead of the curve and in life. That is one thing for sure being blessed and fortunate to be in the company of like-minded individuals.

They say history repeats itself on more than one occasion I said I was going to elaborate on the fat of the matter of the Business and Political and Entertainment sectors back in the late 80's early late 90's my now late Grandmother Who is an Ancestor and was very instrumental in my college endeavors making sure I am able to stay on track had a publication monthly and year until 2001 so I grew up around those three sectors pretty closely and upfront and firsthand, episodically those in the African America communities. I am currently in both the Recording Arts and Media Production Program! And is doing very successful on the other hand Dijon also has a successful Podcast Called Inside With D-Russell Podcast since November 2019 and has been conducting interviews since 2015 with various athletes and entertainers he has worked day in and day

out learning not just in the collegiate classroom and in the live entertainment sector and business as well as political. From his youth on up he continues to work on various items over the years and in current time and climate. With 5/1 Classes down and a 11/1 Classes of his transfer credit from the University of Michigan – Flint for communications. In the early and mid-late 90's Dijon was the product of the Internet America Oline also known as AOL during the time Microsoft and Windows and Apple came about 1995-1998 and 2000. Dijon was invited to meet with the co-founder of AOL in 2015.

Retail to Multimedia

Bonus Chapter

Preface to Excelling a Job & Keeping on Top of Technology

My Retail Journey the begging stages of it, began in 2003 during the Carrera Fonda Michigan Project days, at The Flint Farmers Market working during the summers setting up our booth we sold a variety of household items and products made from scratch that use could use in the kitchen and different areas of your home. While my beginning stages of retail was taking off so, was my stage of multimedia in 2006 I ask three veteran Journalist could I be their intern during that summers I learn how to edit shoot and produce and host events, those earlier wisdom nuggets of both retail to multimedia paid off for me.

As I layout my experience in dealing with the media industry since I was a kid heck even as a baby from being a NICU Children's Miracle Network Veteran in 1992 having the Opportunity to support the Miracle Network followed by a local CBS Eye commercial. As currently in College for Media Production and Recording Arts Technology. Having the collegiate experience in working with The County Film and Entertainment commissions office which started. On a Tuesday at 5:30 PM – 6:00 PM it was the second week of my internship and I am enjoying myself I learned a lot with the Sights and Sounds Department working with the younger students – the High school students brought me back to my Fonda and Carrera Days in the early 2000's I am glad I was able to give back to the students I recalled being that age, my time started around their ages, during the time Flint Schools had the 21st Century learning programs I was blessed and fortunate to work with my teacher in the 3rd Grade Mr. Chris Burrows and his short

production “Black and Blue Magic” we shot various shots around the city it was pretty cool, it was in 2003 I learn how to shoot and edit as well as do voice over work. This was me that it would be something I like to do, she was right about that. In June the 7th 2022 The Georgia Production Partnership Welcomes Dallas Austin, got a chance to meet Dallas Austin very humble guy he helps put Atlanta on the map in early days in the 90’s with the help of LA. Ried and Baby Face had LaFace Records those two gentlemen also, work with Quincy Jones and Clarence Avant. I have had the pleasure of working with two musicians I still have a relationship with both individuals whom I met when I was a Teenager when I was 15 years old as well as 18 years old. When I met them, it helps my career. I have been blessed and fortunate to be in such good company over the years. On Monday July 11,th 2022 I had the pleasure to interview Ms. Vivica A. Fox I spoke about how her career has made an impact on her from “Set It Off” , to Booty Call” she said “A lot of people didn’t take a chance with her in giving her a shot she said while people seem to see her fading in the back ground cause she wasn’t starring in major roles” – Vivica A. Fox. It was Lifetime and Lifetime Movie Network took a chance on her and she is forever grateful.

August 3rd, 2022

“A Setback is a Set up for a Major comeback”

This take me back to my sports training days The Month of my Birthday my college sent me some information approving my financial aid because I stayed on top of my grades it took me back from 2005-2010 from Middle to High School from getting the balls and game balls ready to jersey’s even though I didn’t play sports I still would work out in the weight room. Even though they would shoot lay ups and free throws I will call this

second 2nd chances of winning or 3rd Chance because 3 is a charm. This was my second year doing the media program and I am looking forward to working with my profs learning about media technology and photography both of these fields are my first knowledge and understanding I have always been very hands on, I would watch my grandmother and grandfather who had clients from being in the NBA and WNBA and on the covers of Forbes Magazine. From Musicians to Politicians In congress to the 1st Black Mayor of Detroit, MI. As a kid I feel in love with those two fields From Middle school to current I have been around photography all my life. My Grandma taught me how to edit and use a typewriter at age 5 & 6 she made sure I knew how to use a computer. Even though I was a kid I knew this was something I wanted to do my whole life. Working for someone was something I never even looked forward to. I know and understand you must do what you must do to survive. I will be putting my certification to work as I speak Earlier as I spoke; I have been able to interview some well-known individuals in the industry. My journey started at age 15 years old. I can see the fruit of my labor it's been 12 years since I been in retail I was a seasonal hire do to me being a P.R. and Institutional advancement student assistant working in the college while also holding down a retail job. As P.R. Student Assistant I was able to network with a wide variety of individuals in the community business and entertainment fields. I had the opportunity to set up the room for the hiring process at my college, that eventually lead me to have the opportunity to work at store I was hired On the Week of Thanksgiving November 2014, I worked there for 7 years faithfully serve my customers and respected my co-workers and management I was often ask to assist in helping another store get there departments together! even. Those who were managers disrespected me and spoke behind my back

the heavenly father took care of them and some of the family members, some of them made fun of my medical condition having to be in the facilities for an extended period! Another one said I don't come to work enough, and her family member died shortly after that. The reason, I call this from retail to Multimedia while working I would often get emails to go to media related events featuring very influential individuals and prior to my departure from the store I decided to create my own podcast, and it has been very successfully since being on Apple and Spotify with over 500 Views and counting. We are now on YouTube and will soon be on FAN BASE Quite coincidental that I mention FAN BASE Me and Issac Hayes the 3rd had the exact same teacher and his father and my grandfather work in the same club in Memphis, TN before his father was big, my grandfather was a waiter. Our YouTube channel has over 500 Views we are going strong! I would often have to work my schedule around events that I was fortunate to cover and meet artist and entertainers at One of my recent places of employment was I worked as a team member and work in the seafood and meat departments I would often have quite bit of well-known clientele come in and shop with me. One was a repeated customer they would always request me to fix their food for them and would wait patiently until I was finished with the item. I would talk with them keep them engaging with me as I prepare, they food. The heavenly father has open up more opportunities and endless possibilities for myself as continue to embark on this Journey of Multi Media it has been 19 Years successfully I am forever grateful for the veteran Journalists who pain shakenly took the time and effort and poured into me and I kept up and kept moving none stop with the Opportunities that was face to me head on, I have had the pleasure to work with the film and entertainment commissioned office cover red carpets of well – known

outlets with my own outlet I am copyrighted Trademark and Certified Have my own equipment and I am able to move accordingly, I enjoy what I do and do it well! As far as me doing retail I can have had the opportunity to work with The Department of Algaculture in conjunction with The University of Georgia UGA Extensions program for 2/1 years serving the community. Knowing that some areas of the community are in a food desert where they don't have accessibility and resources to assist one another. Working has also given me the freedom and fixability to make things happen for myself and being able to be self-sufficient and hard working. Even at the same time while maintain #2 Jobs and going to school obtaining a technical certification in business and degrees in Media & Recording Arts Technology.

Dijon &

The 5th Dimension - The 1st To Host

The Children's Miracle Network 8 Years before his Existence

A Powerful Connection with the 5th Dimension

Dijon, known for his advocacy work and his own personal triumphs, has always been open about his story of survival. Born a premature infant, he was a “Hurley Baby”—a reference to his early days spent fighting for his life in the Hurley Medical Center in Flint, Michigan.

Growing up as a Children's Miracle Network Veteran, Dijon's journey has been marked by gratitude for the care and support he received as a child. He has always spoken out about the impact of medical care and the miracles that have shaped his life.

When Dijon reached out to the manager of the 5th Dimension, he shared his story of overcoming adversity, highlighting how he had been a “Hurley Baby” and how far he had come since those early days. His words resonated deeply with the manager, who was moved by Dijon's perseverance and his dedication to giving back to others through his advocacy work.

A Gracious Gift of Tickets

Moved by Dijon's story and the impact of his journey, the manager of The 5th

Dimension and their team generously offered to gift two pairs of tickets —one for Dijon and another for his mother, Yolanda. This special gesture was not just a gift of tickets, but an acknowledgment of the challenges Dijon had overcome and the positive example he set for others. The tickets allowed Dijon and his mother to attend a concert and experience the music and legacy of the 5th Dimension, an iconic group that helped define the 1960s and 1970s music scene.

This heartfelt act of kindness demonstrated the power of human connection and the profound impact of sharing one's story. It also served as a reminder of the importance of community and how uplifting others, especially those who have faced hardships, can create lasting bonds.

A Moment of Gratitude and Reflection

The experience was a special moment of reflection for Dijon, as it allowed him and his mother to reflect on how far they had come since Dijon's early days in the hospital. It was a chance for them to celebrate their miracle and acknowledge the incredible people and organizations that had helped along the way, such as Hurley Medical Center and the Children's Miracle Network.

For Dijon, receiving the tickets from The 5th Dimension was a symbol of connection, not just to a legendary musical group, but to the broader network of individuals and organizations that have supported him in his journey. It reinforced his belief in the power of community and how, through compassion and empathy, people can lift each other up and create meaningful change.

Continuing to Pay It Forward

This story exemplifies Dijon's continued commitment to paying it forward. Throughout his life, he has encountered people who have believed in him, supported him, and encouraged him to pursue his dreams. Dijon now carries forward that spirit of generosity by giving back to his community and inspiring others to do the same. Whether it's through his public speaking, his work with young people, or his engagement in social justice causes, Dijon has consistently shown that one act of kindness can have a ripple effect, creating a positive impact that goes far beyond the initial gesture.

Dijon's connection with The 5th Dimension and their gracious gift of tickets is just one

example of the many ways he continues to inspire, uplift, and be inspired. It serves as a reminder that no matter the challenges we face, there is always the potential for human connection, hope, and kindness to change lives. As Dijon continues his journey of advocacy, leadership, and service, his story will undoubtedly inspire many more to reach out, share their stories, and make a positive difference in the world.

A Full Circle Moment: Dijon and His Mother Yolanda with The 5th Dimension

One of the most heartwarming and serendipitous moments in Dijon L. Milow-Russell's life came when he and his mother Yolanda had the opportunity to meet the iconic musical group The 5th Dimension, who were pioneers in supporting the Children's Miracle Network in 1983—just eight years before Dijon was born.

The 5th Dimension's Legacy of Giving

The 5th Dimension, a legendary group known for their timeless hits like “Aquarius/Let the Sunshine In” and “Up, Up and Away,” were the first to host the Children's Miracle Network in 1983. Their involvement in the charity was instrumental in raising awareness and funds for children's hospitals across the country, and it was a cause they continued to champion over the years.

Dijon's own life story is deeply intertwined with the mission of the Children's Miracle Network, as he was born prematurely and received critical care as a “Hurley Baby” at Hurley Medical Center in Flint, Michigan. The network's work had a profound impact on his survival and growth, and it has been a source of inspiration for him throughout his life.

A Moment of Connection

When Dijon and Yolanda were invited to meet the 5th Dimension after Dijon shared his

story, it felt like a full circle moment. The same group that had helped raise awareness and funds for children's hospitals, including the hospital that played a key role in Dijon's own survival, was now meeting him in person.

Dijon and Yolanda were gifted two pairs of tickets by the manager of the 5th Dimension, allowing them to attend one of the group's performances. Not only did they get to experience the music of the legendary group, but they also had the unique opportunity to speak with the very people who had helped raise funds for children's health—people who, unknowingly, had played a role in Dijon's miraculous story.

A Symbol of Hope and Gratitude

Meeting The 5th Dimension was more than just a chance encounter; it was a reminder of how far Dijon had come. It was also an acknowledgment of the miracles that had made his life possible—both through the extraordinary care he received as a premature baby and the continuing work of organizations like the Children's Miracle Network, supported by groups like The 5th Dimension.

For Dijon and his mother, this meeting was an emotional and full-circle moment. Eight years after The 5th Dimension first supported the Children's Miracle Network, Dijon was not only a "Hurley Baby" but also an advocate and "miracle veteran" who had the chance to share his story with the very people who had helped raise awareness for children like him.

Continuing the Legacy

This meeting served as a reminder of the importance of giving back and how acts of kindness and support can create lifelong ripples of impact. Dijon's dedication to paying it forward is grounded in this very legacy of generosity. From meeting with The 5th Dimension to speaking at events, working with youth, and championing causes close to his heart, Dijon continues to follow in the footsteps of those who have helped him.

A Beautiful Moment in Time

The connection between Dijon, his mother, and The 5th Dimension is a beautiful example of how the threads of human connection, legacy, and giving can weave a meaningful tapestry of love, hope, and resilience. It's a powerful reminder that sometimes, the people who make the greatest impact in our lives may not know how much they've done, but their kindness can have an enduring effect.

As Dijon continues to share his story and advocate for youth and communities, this moment with The 5th Dimension stands as a testament to the power of miracles, music, and the enduring spirit of giving.

College Life – Rebound Free Throw basket made it!

The Age of Progression & Technologies

Chapter #6

Part #3

Well I hope you all enjoyed the last two parts of the College Life here is the 3rd Portion of this College life the Rebound as I even explained in my Electronic Press Kit I spoke of me being an Athletic trainer that has shape me in more ways than one can count I have learned to have some grit and some backbone when it comes to working in various capacities on jobs. We are now in the age of Chat-GPT and Artificial Intelligences A.I. We are moving into a knowledgeable and progressive understanding this takes me back to when I was working my second retail job which was in my neighborhood I recall when they had the remodeling and renovation going on it was a real transformation as well as seeing the changes that took place. From 2014 till 2021 at the height of the pandemic you could tell all of the changes new signage doors and the bathroom renovation it was a day and night process and the company was paying us to make and assist in the process the reason I bring this to you all attention is because as you all walk into the Grocery stores especially the more modern ones and not the old school traditional ones what is taking place is the change of technology humans not all of us will be having the computer to do the work and we have come a long way from the data rooms in the 70 and 80's to a desktop and laptop computers in the 90's and 2000's to one we all known as a cell phone that can fit in the palm of our hands, timing is progressing and moving forward I recall listening to several interviews from the 80's and 90's and both Tony Brown from PBS Tony Brown Journal and the entertainer The Late Barry White speak on Technology and

how the computers are going to change the world! We are in the digital age, A.I. is here to stay as well as Chat GPT I spoke on these subjects earlier and I want to say after having the opportunity to visit an Historical Black College and University and having a Top ten University in this country of whom I was very fortunate to be on campus of as a young toddler till in my 20's I received a phone call from them about the A.I. Program and wanting me to participate in it I am still considering it believe it or not, it is going to help me down the line as time goes on I have a couple of family members who is certified and have a degree behind their name, I have always admired them both! Unfortunately, one of them passed away I miss her dearly and think of her often the phone calls and conversations she keeps me updated on the happenings in technology and what's going on giving me websites to check out and look up. As college life continues to prepare me for today's world and society, we are in a digital world soon there will be everything we did in digital and not much to consider or think about! One thing is that we are always going to see changes in our everyday life. Also as the next generation is coming up behind me, I notice that they don't know anything regarding how they work this is the generation that wants everything in their hands quick fast and in a hurry they are digital learners going to school with computers and electronic files, I recall when we didn't have all of this technology that's another thing I notice I work in the educational system in the school nutrition department and when my students come up to me and they see me I ask how are they grades what are they learning in school and in the classrooms, they would say, Mr. Russell here is a copy of my grades I say to them show me and they pull out their cellphones and I start scrolling and seeing what it is they have done in the school semester. I let them know they must continue to work hard and it's not going to come

easy for or to them! Even though it may look easy especially in this digital age, you have so many options to be what they call now and “Influencer” especially a “Paid Influencer” meaning that you can test out products and get paid a percentage to use them! Going back to what I said about the late Entertainer Barry White and how he talks about you can be a poor man make it the very next day and be wealthy look at all the artist we have today. They don’t have to go into the studio and see a music rep and sign contracts and get an Agent and all the rest of that stuff. Everyone is now on a digital platform, and you can now access what is called a “Q.R. Code” with your own breakdown of everything that you use in everyday of your work life! College life is now a digital foot print for the next generation I recall speaking to my mentor and father figure that this generation behind me and his kids are the digital generation and they only operate and is fixated on using technology and don’t really have any human communication which means if something happens like it did back in 2017 when the whole country went black with the exception of one person in the state of TEXAS. Also, the Amazon Prime is now the new Cable no one is really having cable anymore everyone is using a FIRE STICK and ROKU the internet especially WIFI is in the ground. Not many people use cable anymore they are cutting down on bills and saving money. We are really in the 21st Century it took some time to get here the only thing we don’t have is flying cars even though there are cars that are self-driven themselves around town and as well as they are parking themselves the electric cars the TESLAS there are also automatic doors on the back of the cars where we all press a button and the door release. This started back in the 2008-2009 era even a little further back 2007 where there was a car that would run on electricity that when the car stops at a red light it would run on electricity instead of a battery.

Ladies and Gentlemen: TECHNOLOGY IS HERE TO STAY AND IS NOT
LEAVING!!



Best wishes to
Dyon Russell -
Whon -
Foster

In Honor of the 39th President of The United States of America

Chapter #7

Living

In this ever-changing world we call life and the navigations of life we will be talking about Living in this chapter of the post NIIC -YOU Know it always the right time with something positive in your mind and time!

We will be talking about living and making sure everyone know what means to be living to whatever life take us be it Single married or with kids I will share various examples of what to look for when it comes to independent living even from the earlier days I can share with all of you that Living is just that independent there multiple ways of living an Apartment, House and Condo, having your own family is important choices are to be taken into place as well as how to improve the state of living, the basic essentials of life food, clothes money and shelter Even though some individuals are so called reasonably accommodated many individuals live very well independently when it comes to living on they own base off of the upbringing a lot of those who are reasonable accommodated come from Single Parent and some multiple parent homes you can pretty much tell who all of those who are very well when it comes to independently living as much as individuals who are not reasonably accommodated you be quite surprise at the fact, that they too may have a bit of a mis understanding about how they go about life in a traditional since here are some stats and studies that may show as follows: with over 60% costing nothing, leading to benefits like retaining employees and boosting productivity,

Key Statistics & Findings According to Google:

- **High Effectiveness:** 86.7% of employers found accommodations "very/extremely" or "somewhat" effective, according to a U.S. Dept. of Labor report citing the [Job Accommodation Network \(JAN\)](#).
- **Low Cost:** 61% of accommodations cost employers nothing, with others having a median one-time cost of \$300, notes [JAN](#).
- **Benefits Outweigh Costs:** Employers report benefits like retaining employees, improved morale, diversity, and reduced costs.

while the Americans with Disabilities Act (ADA) requires employers (15+ employees) to provide them unless undue hardship, with common examples being schedule changes,

modified equipment, or job restructuring, highlighting a strong success rate when implemented.

According to Google,

African Americans experience higher rates of disability compared to other racial groups, with about **1 in 4 or 20-25% reporting a disability**,

We already know the importances of those who have bust excuse my language ASS it's in the Bible and American Webster's Dictionary the reason I lay all of this out! I have plenty of classmates, who are very successful and that are reasonable accommodated they are married, Business owners, and even have children. What I am saying don't let none of this defy who you really are tap into your utmost potential and KEEP GOING!!!! "THIS IS A MARATHON NOT A RACE"!!!! – In the Words of The Great! Nipsey Hustle.



Dijon Laquan Miguel & Milou
8-20-91 weight 2.3²



A Look at Dijon POST NIC-YOU Over the Years!!!!



Pancake Day! Children's Miracle Network



**The 1st Host of The Children's Miracle Network Marylin Mcco & Billy Davis with
mom Yolanda**



An Autograph from Founder of Children's Miracle Network Ms. Marie Osmond



Dijon Sharing his Post NIC You Journey



Supporting the Miracle Network in Metro Atlanta, GA

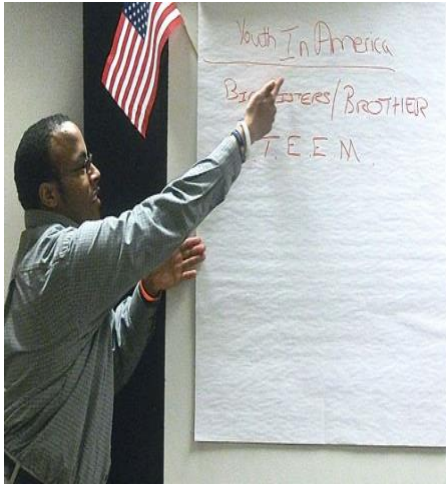


In the Podcast Studio – DeKalb Entertainment Comissions



Dijon at a Young Age,

Dijon On His Speaking Journey 2006 – Present





Speech Contest
Third Place

presented to
Dijon Russell
for
Area A13 International Speech Contest

March 2, 2024
Date

Dave Smith, Area Director A13
Presenter

Presentation Mastery

- ✓ LEVEL 1
- ✓ LEVEL 2
- ✓ LEVEL 3 >
- ✓ LEVEL 4 >
- ✓ LEVEL 5 >



I have successfully passed my 60 Day! 8 week Speakers Course and is Successfully completed I am also certified to present not just in public. Virtually as well!! To an Audience you know how yo Boy gets when speaking to an audience!!!!

Starting the New Year!!! Right!!!!

#HottDizzleOnTheBeat 🗣️🔥🗣️🔥🗣️🔥
🗣️ D-Milow Enterprise





Speaking at An A.I. Think Tank Ethics Workshop I was asked to facilitate

My Journey to Retail to Multimedia



June 2006

Dijon In the Retail Kitchen with the Fixings



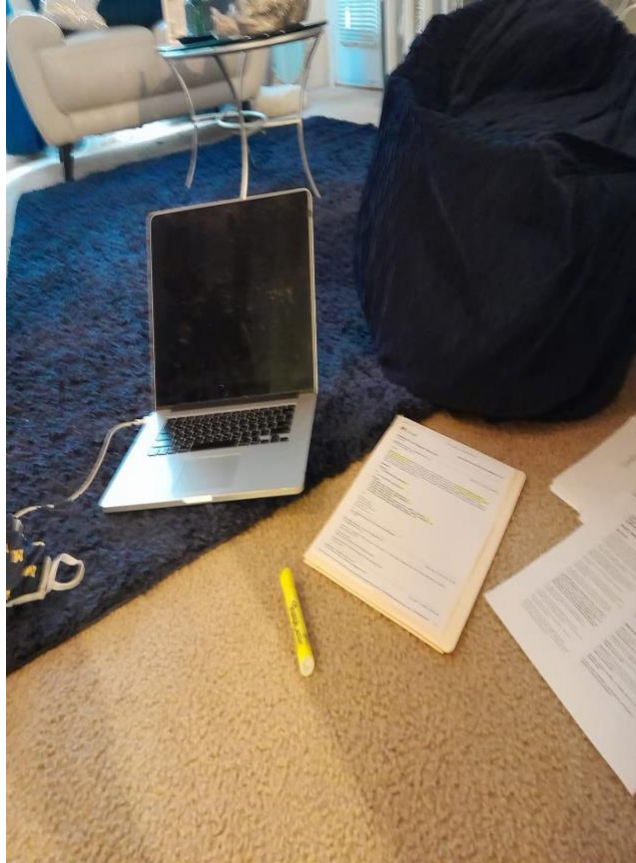


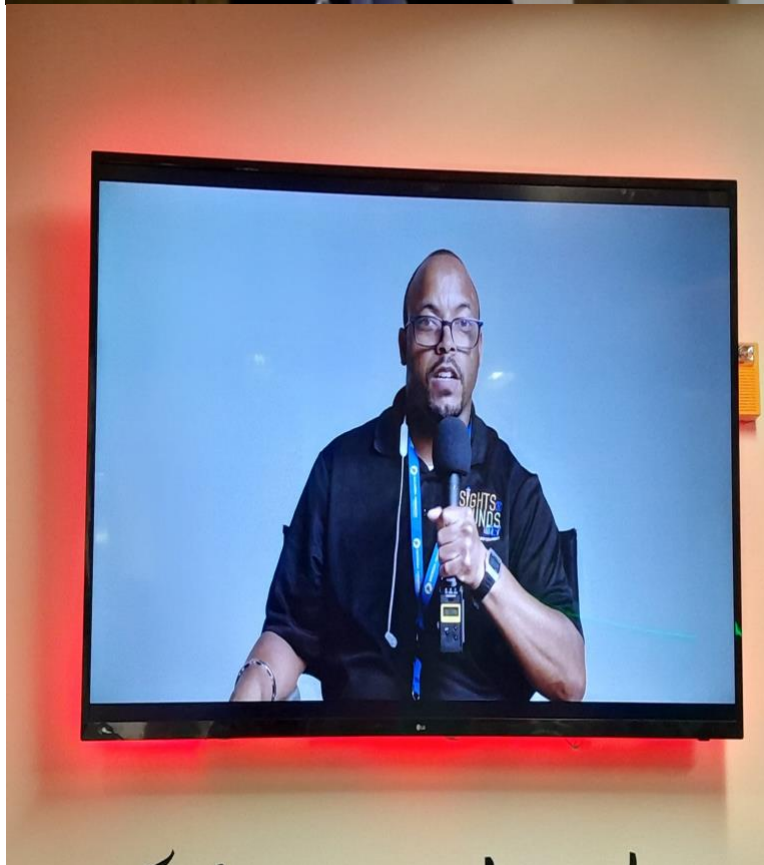






Dr. Opal Lee Grand Daughter Mother of Juneteenth Ms. Dione Simms





CARRERA FILM FESTIVAL 2008
MOST HUMOROUS
~~~~~  
*DIJON RUSSELL*







## Podcast – UMFF 2025

- **Table Read Podcast** - Mark Knell, Creator - **Award Winner - The Page to Performance Award - First Place**
- **Joan Kendrick and the Realms of Lahr** - Tara Jamora Oppen, Creator - **Award Winner - Best Podcast - First Place**
- **Inside With D-Russell Podcast** - Dijon L.M. (My-low) Milow-Russell, Smiley, Creator - **Finalist - Best Podcast - Second Place**











## Apple Podcasts

### Preview

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#### Inside With D Milow Russell

DMilow Russell1

Business

★★★★★ 5.0 • 2 Ratings

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Everything from lifestyle to entertainment to  
business to politics you name it.

DRussell Milow1 is an Untold Miracle.









Congratulations!



**The Post  
NIC YOU  
Inspirational  
Non Fiction**



**California  
International  
Children's  
Film Festival**

★ Finalist

You've just achieved an incredible  
**5th selection** on FilmFreeway,  
making your work among the most  
selected on FilmFreeway!  
Outstanding job!



**Dijon With Mr. Dick Gregory & Dr. C.T. Vivan**

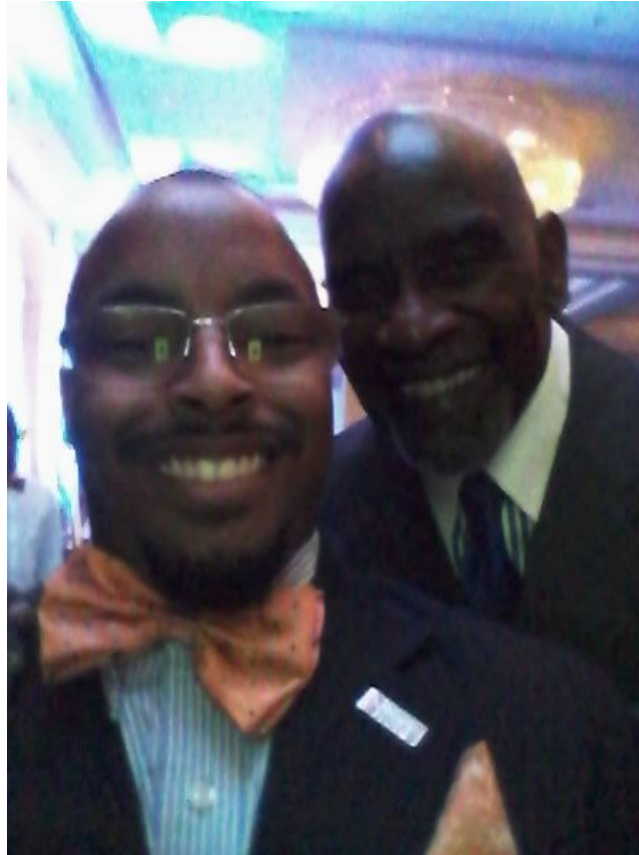


**The Gumbo Coalition**

**&**

**The Post NIC-YOU**

**Mr. Marc Morial NOLA 2<sup>nd</sup> Mayor and National Urban League Director**



**Two Overcomers**

**The POST NIC-YOU**

**&**

**The PERSUIT OF HAPPINESS**

**Dijon L.M. Russell & Mr. Chris Gardner**

## Chapter #8

### What's Next for Me!

Ask yourself these following questions Here is the Following the 5 W's

WHO?

WHAT?

WHEN?

WHERE?

HOW?

WHY?

Lessons From the O. Gs from Civil to Silver Rights in the Age of A.I.

**Leaders Of the Next Generation – A Tribute to Rev. Jessie Jackson “Excerpt 2009”**

## About Dijon L.M. Russell



**Born and Raised in Flint, MI in the early 1990's at Hurley Medical Center in the NICU Ward in Flint on the 2<sup>nd</sup> Floor at 8:00 PM. This is an Eyewitness Account for all to see know and understand.**

**He is the 1992 Children's Miracle Child! That was featured on the Telethon on ABC 12 WJRT Now known as Allen Media Group.**

**Dijon has lived a life of Endless possibilities and fortunate opportunities coming into a world and has fought the victory of living an Ex ordinary Life being on 1pd and 9oz at Birth and continuing to THRIVE And Make It HAPPEN!!!!**

**Today Dijon Lives in the East Atlanta, GA Area and is continuing his education in the Recording Arts Technology & Media Production Phase of College! He is currently an Active Student Journalist and Podcaster since November 2019! Currently has a very successful outlet called Inside With D-Russell (My-low) Milow. He is a 2x Award Winning Speaker 3x Time Award Winning Student Journalist.**

For more information please be sure to send an email @  
[consultantDRussell@DMilowRussell.com](mailto:consultantDRussell@DMilowRussell.com)

For speaking Engagements, Please Visit  
<https://dmilowrussell.com/dijon-speaking-engagement-topics/>