



## America's Black Forum Episode Synopsis

**Episode Number: 23-08**  
**Week of December 22, 2025**

This week on America's Black Forum:

### Obesity in the Black Community

**Michele Tedder in Pittsburgh has been battling obesity all of her life.** She was called Large in school. It hurt. As an adult, doctors kept advising her to eat better and exercise. But, nothing worked. Frustrated, Michele chose to have surgery and lost 90-pounds. Michele is not alone. 60% of black women are struggling with obesity. It's now at epidemic proportions and impacting black and brown communities the hardest.

### Arizona's Dunbar School

**The Dunbar School** was one of the first elementary schools built by the Phoenix Elementary School District specifically for African-American students at a time when segregation was optional for high schools in Arizona, but mandatory for elementary schools. **Former student Barbara Lewis** speaks of her time at the racially segregated school and of her present efforts to preserve and repurpose the grounds. **The Dunbar Coalitions President, Samuel Brown** will talk about the present incarnation and of the future for Dunbar, its role in education and in presenting opportunities for independent businesses.

### Diva Day Spa

Just outside of Baltimore, Maryland, **Cindy Tawiah, owner of Diva Day Spa**, uses her entrepreneurial energy to support her community as well as hundreds of unhoused and abused women--one beauty treatment at a time.