

Sadness Sings

THE 3:20
SCHOLARSHIP ♦
August 2025



What do you see?

Yesterday, a client stumped me with a question. It came out of nowhere. I had just taught and guided her through a series of exercises — the ones she absolutely hates. Anytime she comes in for her holistic alignment and I say, “We’re starting with exercises today,” she immediately rolls her eyes.

After about 15 minutes of belly breathing, head nods, and back-strengthening exercises, I set her up on electrical stimulation therapy. With about four minutes left, she lifted her head off the table and said: “There is something about your eyes. There is something I see in your eyes sometimes; it’s not always there – but it is sometimes.”

“Hmmm,” I responded. Admittedly, I felt myself becoming guarded. What on earth could she possibly see? My chest tightened.

After a meditative pause, she continued: “Sometimes there seems to be a sadness there. A deep sadness.” I was at a loss for words. Was I sad? Sad about what, exactly?

Interestingly, I had already decided on the theme of this newsletter back in April. The events of this year had nudged me toward noticing something that feels absent from our world: *harmony*.

Harmony, in its simplest definition, refers to a pleasing arrangement or combination of different elements — a sense of balance and agreement. But harmony is not made only of sweetness; even sadness has its note in the larger song. Sometimes it is the quiet, aching tones that give the music depth.

I remember what my life felt like when I was surrounded by extreme disharmony. When my days were filled with intrusive thoughts and heavy emotions of shame and burden, my body and my life reflected that state. It was out of that world of disharmony that I was led to Chiropractic school — to begin healing on a soul level — and, eventually, inspired to start The 3:20 Scholarship.

Harmony. The word sounds beautiful. But how do we arrive there? How does harmony take root within us as individuals? How can it manifest in our communities? And how might it ripple outward across the world?

As you enter into this newsletter, I invite you to look not with your natural eyes, but with the eyes of your soul and heart. There is a saying I often share with my clients when I sense they’re trying to wrestle their way forward with the mind:

“The heart knows what the mind forgets.”

Darrien Jamar
Xo

In this newsletter
you can expect:

An Impact Story
from Kyli Hewett

Well Wishes from
our Newest
Mentor-Coaches!

Hear from the
Secretary of The
3:20 Scholarship +
NHS Guidance
Counselor

3 Things You Can
Do!!!

An Impact Story
from Garmalyne
Boyer & Reflective
Quotes

A Final Reflection
by Dr. Darrien



Kyli Hewett, 3:20 Alum (2024-25), Averett University

What part of The 3:20 Scholarship experience was most helpful?

How has The 3:20 Scholarship impacted your life?

The 3:20 scholarship has allowed me to have a smooth and successful transition into my collegiate career and establish lifelong relationships. This scholarship provided financial support during my first year, alleviating the overall burden, for which I am eternally grateful. I have gained a great deal of wisdom from the group meetings and mentor meetings, which have significantly altered my perspective on life and my college career.

The most meaningful and helpful aspect of The 3:20 scholarship was the monthly mentor meetings. My mentor, Nick Tibbets, provided wisdom, guidance, reassurance, and unwavering support throughout my entire first year at Averett University. He was very knowledgeable about the career field I am going into, and assisted me in any way during my flight training. I loved being able to communicate with someone who has been in the same shoes as me, especially since flight training can be difficult at times. He understood my needs and provided support in any way he could, for which I am eternally grateful.



Carley Venable, Mentor-Coach

I wish you confidence and resilience to overcome any setbacks or hardships you may endure, and the courage to always help others.

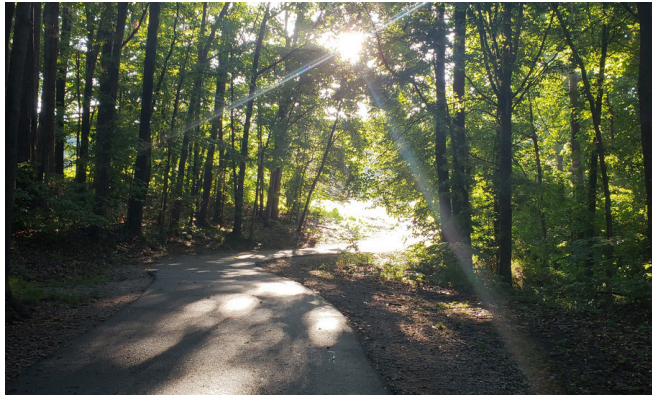
I wish you. . .



Jacob Biggs, Mentor-Coach

I wish you the tenacity to pursue your passions, the courage to ask hard questions, and the grace to be patient with your progress.

"Leave this place better than you found it."



“Harmony” by Mallory Willis, Secretary of The 3:20 Scholarship

What does “harmony” mean to you, personally and in your role on the Executive Board of The 3:20 Scholarship?

To me, harmony is that magical feeling of alignment when people, purpose, and energy come together in a way that just feels right. You can see it all around us in music, nature, and ecosystems, when everything flows together.

In my role on the Board, it's about bringing our different strengths and perspectives to the table, knowing that each of us has something valuable to contribute. That's what The 3:20 Scholarship is all about, a reminder that we can do immeasurably more when we help each other and move forward together.

In a world that can feel so divided, how can we as individuals and as a community strive toward harmony, especially across differences?

We can start by being kind and finding ways to connect to those who are different than us. Using curiosity instead of judgement. Finding the strengths and power within those differences and bringing them together to create something that can't be created alone. That's where the beauty and magic lies.

Harmony isn't something that just happens. It's something we create together with intention, relationships, and a shared belief or purpose. When we remember we're part of something bigger, that's where harmony lies.



*“Follow your
wishing
heart.”
-Lisa Loeb*



Ms. LaCourtney Burdock, Nandua High School Guidance Counselor

As a guidance counselor working closely with students, how do you see the value of community partnerships creating harmony in the lives of young people?

The community partnership plays a significant role in shaping the future for high school students. The community partnerships provides opportunities for students beyond the classroom. Having high school students involved with the community allows them to interact with professionals and encourages the students to become active in the community. When students are connected with local businesses or organizations it allows them to enhance their workforce readiness skills.

“I believe when school leaders, role models, community partners are working together to communicate, connect, and problem solve this will best support the students so they can thrive in school and in the community.”

3 Things You Can Do For the World & The 3:20 Scholarship



Things You Can Do by Eduardo Garcia

I keep this book on my kitchen table. It's not one I've read cover to cover, but it's a beautiful book to graze on — the kind you can open at random and always find something nourishing.

Each time I flip through, I discover a fresh reminder of how I can lean into doing my part. About three years ago, I began experiencing what I later learned is called *environmental anxiety*. Instead of letting those worries run wild, I realized I could channel them into action. No matter how small, every effort mattered. Taking small steps gave me a greater sense of agency and softened the anxiety I carry about our environment and the impacts of global warming.

All this to say: I highly recommend this book!

✦ This week's invitation:

Consider picking up this book — or simply choose one small action for the environment. Even the tiniest step is a step forward.



SparkGood with Walmart

Do you or someone you know shop at Walmart? This is a great, easy, and effective way to support us, by rounding up each time you shop at Walmart, **either online or via the app**. See below how you can help make a difference.

To get started on Walmart.com, follow these steps:

- **STEP 1:** Visit walmart.com/sparkgood and sign in to your Walmart.com account
- **STEP 2:** Search for a favorite charity: 320 SCHOLARSHIP
- **STEP 3:** Once you choose a charity, go to the Round Up box and click "Select this Charity"
- **STEP 4:** Review the FAQs and the Terms of Use
- **STEP 5:** Start rounding up to this charity every time you shop.
- **STEP 6:** Tell others about Round Up.

To get started on the Walmart app, follow these steps:

- **STEP 1:** Click "Account" on the lower right-hand corner.
- **STEP 2:** Under manage account, click "Giving & Impact". It will direct you to a web browser where you can continue to select your charity to round up to.
- **STEP 3:** Click "Select local charity". Search for a favorite charity: 320 SCHOLARSHIP
- **STEP 4:** Once you choose a charity, click "Select".
- **STEP 5:** Review the Terms of Use. Click "Done! Start making an impact" to confirm your charity selection. When you refresh the browser, your charity selection will be updated.



Give Yourself "Flowers"

All of this — change, harmony, doing good in the world — begins with us. It begins with how we care for ourselves: the words we speak to ourselves, the grace we extend, the compassion we allow. It is impossible to sustainably give to others what we have not first given to ourselves.

For me, that practice began in 2018 with something simple: buying myself flowers. Each week, while shopping, I would pick up a bouquet just for me. Despite the heaviness I was navigating at the time, those flowers became a symbol of hope — my little night light in the dark.

Have the courage to start where you are, and simply begin. Your wholeness matters. The best version of you is needed — by you, by your community, and by the world.

✦ This week's invitation:

What small act of love can you offer yourself right now? Maybe it's flowers, maybe it's rest, maybe it's simply speaking kindly to yourself. Whatever it is — start there.

Garmalyne M. Boyer, 3:20 Alum (2024-25), Eastern Shore Community College

What part of The 3:20 Scholarship experience was most meaningful or helpful to you this year?

The most meaningful experience for me was the group call where we took time to reflect on our school year and meditate together. It was a beautiful and grounding moment, guided by Dr. Darrien, and I truly enjoyed sharing that space with the other scholars. It felt very intentional, peaceful, and deeply encouraging.

"Do something today that your future self will thank you for."



On a scale of 1 to 5, how likely are you to recommend The 3:20 Scholarship to another student?

5!!! I would absolutely recommend The 3:20 Scholarship to other students. The experience has been both uplifting and transformative. I hope anyone who joins gets to feel the same genuine support and personal growth that I did.

The Two Wolves

Some of you may have heard the Cherokee story of the Two Wolves. An old Cherokee is teaching his grandson about life, and says, 'A terrible fight is going on inside of me between two wolves.

'One is evil - he is anger, envy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority, and ego. The other is good - he is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.

'The same fight is going on with you too, and everyone else.'

The elder's grandson thought about this for a while, then asked, 'Which wolf will win?'

His grandfather replied: **'The one you feed.'**

*Stay
Present*



Martin Luther King, Jr.

"Power properly understood is nothing but the ability to achieve purpose...one of the great problems of history is that the concepts of love and power have usually been contrasted as opposites --- polar opposites --- so that love is identified with a resignation of power, and power with a denial of love... What is needed is a realization that power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love."



One World, One Song

When I was a kid, I went to what felt like extreme lengths to decorate during the holidays. For Valentine's Day, the arts and crafts that began in the classroom inevitably spilled into our trailer on Royal Tartan Road. Misshaped red and pink hearts hung delicately from the ceiling. Halloween was just as serious. My aunt loves to remind me of the signs I eagerly posted along the hallway: "Happy Hal-eeen to all the Kliderns."

But Christmas — Christmas was where my efforts shined the most. I had my own Christmas tree. It was a mini tree, but mighty in spirit. Lights looped through its branches, ornaments from Dollar Tree hung at the tips. Extra strands traced the edges of my bedroom ceiling. At night, I would lay in bed in awe and wonder at the works of my little hands.

Recently, I reached back for my Harry Potter journal — my very first one, purchased, according to the opening entry, in February of 2002. As I gently turned its pages, I noticed a striking mismatch between what I portrayed outwardly to the world and what I was navigating inwardly. Tears began to trickle from an old, familiar place. As I traced those words and memories once forgotten, an outline appeared.

We never know who or what situation might be used to open us up to a hidden truth. There was — and still is — a deep sadness that lives inside me. I once "thought" that years of healing, years of painting my world with as much beauty as possible, would have changed that.

Instead, I realize it has only grown stronger, taking on a life of its own. Sadness, despair — all of our deeper, darker emotions — have their rightful place in our lives.

As I step back and follow their lead, I see more clearly what weighs on me:

- The state of our environment, with reports of rising ocean temperatures and more extreme bouts of weather.
- The wars still being fought, and the innocent lives lost to gun violence.
- The discriminatory treatment and malice directed toward the trans and nonbinary community.
- The overwhelming concern I carry for our youth, and the impact of social media on their mental and spiritual health.

And yet, I am equally hopeful. *Equally expectant that the reality of today is not the inheritance of tomorrow.* I know there is an unyielding fire within me that refuses to stop short of giving this life my all.

That fire has kept me committed to The 3:20 Scholarship for seven years. I am grateful for what we have accomplished, but I know there is still so much more to be done. It has kept me committed to providing holistic care to individuals and families in Washington, D.C. — not because I am paid to do so, but because I was called to do so.

I know that the works of my hands are under the guidance of greater hands and the will of God. I know I am not alone. I know there are others called to show up in their own arenas with purity of heart and intention.

I was wrong as a child: I wasn't living in two worlds back then. There wasn't the private world of my journal and the outward world of decorations. It was always one world. I was exercising the greatest power we have — **choice**. Despite less-than-ideal environments and seasons, I was choosing, even then, to make my world beautiful. And I am still choosing it. The only difference is that today, I have also learned to embrace the melodies of despair and sadness. Because they, too, touch the heart. They, too, are part of harmony. And I believe they have the power to propel us forward — to do more, to give more, to love more, and to create a world that sings in its fullness.

May we learn to honor every
note of the song within us --
joy, sorrow, hope, and
longing -- until together, we
create a harmony that heals
the world.

THE 3:20 SCHOLARSHIP

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