



# The National Black Unity News

Promoting Unity In Our Communities, We Are Keeping The Dream Alive!

If Not Us, Then Who? If Not Now, Then When?

<http://www.thenationalblackunitynews.com/>

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April/May/June 2019



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## The Importance of Having a Will in the 21<sup>st</sup> Century

### Last Will & Testament



*Belinda K. Conaway*

In 2017, Georgia Lee Edwards had accumulated quite a bit of personal wealth within a short period of time. Having received national acclaim through an unlikely venue, the internet, her once fledgling music career had suddenly become more lucrative than she could have ever dreamed.

The new internet sensation had amassed over three and a half million followers on a popular video site allowing for the newly created business, GLE Entertainment, to garner over \$10,000 a day. The 27-year old self-made millionaire quickly began purchasing homes, cars and

other assets. These purchases made her asset portfolio quite lucrative. She hadn't reached the age of thirty, so a Will was not a priority.

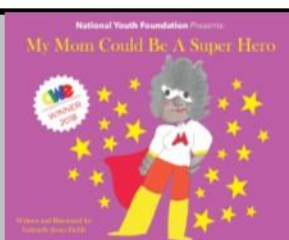
Unfortunately, Mrs. Edwards lost her life one cold and rainy March evening, having far exceeded the maximum speed limit in one of her newly acquired assets – a Porsche 911. This sudden tragedy left the Edwards family reeling, distraught with grief and unaware of where to begin when it came to identifying all of their daughters assets. To make matters worse, Georgia had once been married to a struggling actor, who aban-

doned their marriage years ago, seeking fame and success in the City of Angels. While the two remained separated for almost five years (not having even spoken to one another since the night he left her heartbroken and homeless), legally they were still bound by the certificate of marriage they signed years prior.

When Georgia's mother went to open her daughter's estate, seeking to change the name on her house's deed and transfer the cars over to her brother; she was surprised *Continued On Page 32*



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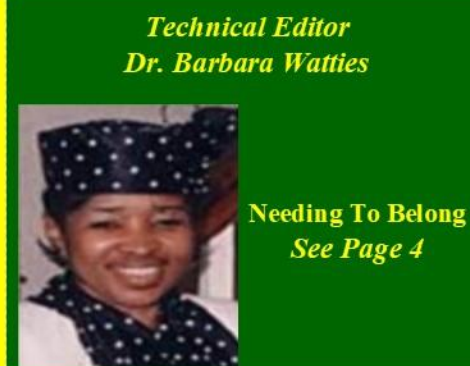


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Us Helping Us = Unity

If Not Us, Then Who? If Not Now Then When?

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Lou Fields, CEO, BAATC/BDX/BBH TOURS ::  
Tel: 443.983.7974 Email: [loufields@gmail.com](mailto:loufields@gmail.com)  
Website: [www.bdx443.com](http://www.bdx443.com) Social: [www.facebook.com/lou.fields.75](http://www.facebook.com/lou.fields.75)




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Bill Goodin

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**Accounts Executive**  
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**Contributors**  
**B.M.U.B.M.**  
**BDX**  
Lou Fields

**In God's Hands**  
Rico Crawley

**Nailah's Kitchen**  
Mohammed Agbodjogbe

**Sharecropper's Life**  
Jim McKnight  
Sahara Bowser

**Universal Hair Spa**  
Brother J

**Contributors**  
All Credit Clean  
Rev. Dr. Andre H. Humphrey  
Dr. Dallas dance  
George Mitchell  
Kevie Russell  
Larone Dyson  
Lila Arthur  
Maryland Council Of Elders  
Mosaiah Fit  
Rita Church  
Stephanie Poplar



**The National Black Unity News**  
P.O. Box 68255  
Baltimore Maryland 21215  
443-455-2373 or 410-746-3607  
thenationalblackunitynews@gmail.com



**National Publisher**  
**David L. Murphy Sr.**  
Publisher, Entrepreneur, Organizer,  
Graphic Artist, & Strategist

**WHY MOST OF OUR BUSINESSES FAIL!**

One of the reasons I strongly encourage business owners to understand their own businesses and who they are marketing to! Often we rely on outside sources or professional marketers to help us to take our businesses to where we want our businesses to grow! As an example would you give your newborn baby to someone who really does not understand you or your culture? Would they prepare your child to face the world from their culture or from the reality of the child's culture?

The truth of the matter is when you put your blood, sweat, and tears into your businesses or services and you want to reach the next level of branding! Branding consist of marketing, sales, advertisement etc., you want your business to grow!

Unfortunately, some things change and some stay the same! There are major institutions that teach marketing! Most teach from the culture of the dominant society in which one size fits all. The truth is that train of thought works for their culture and not the Black, African Americans, indigenous people or whatever you may identify yourself as.

The truth will make you free! In the United States of America, it is reported that Black people have spent one point two trillion dollars annually. It is also reported that money stays in our position for less than six hours while some cultures money transfers thirteen times before money goes out to anyone else!

The point I am making is this when you own a business and you want that business to grow and prosper you have to consider location! If your business is here in the United States

and you know the culture of the United States. Then you will know that Asian supports Asians, Jews supports Jews, etc., this is the culture of this country and the times we are living in.

Most professional marketers are trained or taught to market to the dominant society when the dominant society do not support Black/African American businesses and services! So why would you put your money into a system that does not support you?

Here is a very important fact that I want you to remember, people, come from all over the world and set up businesses in the hood, ghetto, and black communities because they know and have studied the spending trends of our people!

Not only do they set up their businesses in close proximity to Black/African Americans, but they also profit greatly from us because of the money we spend!

As an advocate for our people, The National Black Unity News is here to inform, educate and bring a better quality of life for Black/African Americans. Our purpose is to be solution oriented.

The bottom line is this, why do you think in most commercials when they are targeting us you often see singing, dancing, and wearing loud clothes? There was a time when we were forced to sing, dance and wear whatever they gave us for their amusement! (Somethings change Some Remain The Same)

Who really understand you, your culture, your history and what we really like? It is our responsibility to educate our people, our spending habits and why it is crucial to support us! If we are a spending people then it is up to us to market to us, everybody else is profiting from us why not you!

Why are still looking for outside resources to do for us, what we can do for ourselves! Seek those who have your best interest and those who know that when we invest in each other we are investing in our future and our future generations!

**Help Us, To Help You, So That We Can Help Ourselves!**



**National Editor & Chief**  
**Bill Goodin**  
Activist, Author, Publisher & Organizer

**There Are Many Of Us**

There are many of us African Americans who have visions as to where we see the future going. Far too many of our organizations talk about the need for unity and the strength that unity would provide towards salvaging our independence.

The good thing is that neither of us will debate the need for unity. However, the reality comes for us all calling it and determined to make our word our bond. There are too many pockets of who one will support and who one will not support. There are too many pockets of turmoil with one organization despising another organization.

Of course, if we had proper mediation, it could be a start to the healing. Who would be the responsible party - either party for the mediation process? How would it work and how could it work, would become a question.

The biggest challenge would be our willingness to accept mediation because if enough of our organizations and our conscious community would agree, it could easily be obtainable. In truth, our media would have to be the one and the ones to bring the healing as well as unity.

Of course, our media would have to be non-bias as well as independent enough of those who have money and what we consider power. So independent that they would not influence the thoughts nor the direction from our media. It is al-

ways better when one can use an example.

For almost two years now a new newspaper has hit, The National Black Unity News. Taking the opportunity to read it one will clearly see it is not in line with any other publication. The writers and editors contributing to this paper are not writing about the gloom and doom of our people nor our communities. Each of them basically writes about what they are doing or what some organization is doing to uplift us rather than to crush us.

Of course, by now, some of you who happen to be reading this article are asking, what is the point? The point is this, if our media would concentrate on what is relatively good about our people and our communities, we would start to bend the minds of those who we need to reach.

Despite social media and all the other ways that we now get information, it would be nothing like Black Media agreeing and promoting the same concepts. That would lead to an entirely different type of discussion that many of us would hold. To that end and simultaneously it would create the atmosphere for a revolution without guns.

Of course, I could touch on many points as to the benefits of this entire process, but the most important thing is step one. What is step one? Step one is to pick up a copy of The National Black Unity News Paper and read for yourself the articles and the idea of us promoting the good concerning us rather than the negative/corrupt/violence.

It may not seem as if it is but trust! Because it is much better to see the good in one another rather than the bad in one another. All of us have good as well as bad, in us. And they like anything else, i.e., the negative and the positive have to work together. That is what you will discover when you read:

**The National Black Unity News.**



**National Manager**  
**Walter E. Murphy**  
 Managing Director:  
 The National Black Unity News

**The Power of Passion**

It is good to be passionate about something. Passion is one of life's more powerful motivators. Ask any artist, athlete, or entrepreneur what got them started. The very core of the answer they give will be associated with some sort of feeling: an emotional attachment to why they do what they do. Some are motivated from a place of lack of, hurt, and fear. While others are driven by their need to know, or their need to feel. (This next sentence is not grammatically correct nor is it written in proper English... but I like saying it this way.) There are times when all of us do something that we cannot not do. We can't seem to let it go. This thing must happen. It is something that we cannot not do. Yeah, passion is a powerful motivator!!!

Mark Twain is quoted for saying "If you find a job that you love, you will never work another day in your life." Someone updated Twain's version to, "Do what you love, and you will never have to work another day in your life." These two sayings have some value. They allude to love, passion, and the lack of work. Both statements mean well, but both statements are far from the truth. Work is involved in all aspects of any action or reaction. It is the personal emotional attachment to the task or the action that makes the difference. Everything you love and are passionate about involves some work. What you do may come effortlessly, and you may love doing it...still...there is an element of work involved in your passion.

The reality is that regardless of what you are passionate about, obstacles will appear. The artist...acceptance. The athlete...injuries. The entrepreneur... regulatory nightmares. And we are no different. Bad news does show up. Most of us find it very difficult to stay in the zone, even stay in our lane due to distractions and obstacles. We find ourselves struggling just to stay even...and find it difficult to stay afloat due to what we are confronting.

Good news. There is help for us all. Your passion and what you do with it can change your life, the life of someone else, or the lives of billions. One person can do that. Any person can do that. You can overcome any circumstance. There is no one way to obtain or to fulfill your passion. Our paths start from different places. And end up in different places. But we can end up in the same condition...fulfilled. We all have that capability. And you already have what you need. What you currently do not possess, will be provided. Just know that, "the most powerful weapon on the planet and the most awesome entity in the universe is the Human Spirit...On Fire!" The good news... You have a Spirit.

The heart and soul of TNBUN have this

passionate pursuit to serve and enlighten the individual members in our community. We only want to share information, products, goods, and services that are beneficial. Our desire is to be that "Solution-Oriented Periodical" for our community.

We here at TNBUN have various means (media platforms and connections) to assist you in exposing your brand and spreading your message. For the record: We are not in the business of competing with other outlets of information. In fact, we prefer inclusivity...and unity: Promotion instead of divisiveness. We believe information that is good for our readers and good for humankind is good for TNBUN.

Editorial contributors and writers of all kind who have a message with a solution are welcomed here at TNBUN. Your knowledge and skill sets are needed. For you who are committed to share what you have and to help enlighten others with what you are passionate about...

contact me at  
 info@thenationalblackunitynews.com  
 or TNBUNLLC@gmail.com. I guess you can tell that I am passionate about this newspaper!



**Editor:**  
**Dr. Barbara Watties**  
 The National Unity News

**NEEDING TO BELONG**

Are you a person who craves approval, struggle with the feelings of insignificance and/or fear of rejection? Does what other people think about you affect your feelings of self-worth? Have you ever asked yourself "who am I? Why don't people like me? What do I have to

offer the world? What talents do I have to share? Why do I always feel so depressed and alone?

In the workplace and/or in gatherings do you feel connected to others around you? In other words, do you feel accepted or more like you just don't fit in? If

you've saddled yourself with this kind of negative baggage, it's time for you to rise above your own storms of self-sabotage of feeling like you don't belong. It's time for you to Rescue your inner being, your sense of insecurity--- Recharge your emotions --- Refocus your spirit - Put your life into perspective rather than relying on other people to satisfy your lack of self-worth and emotional needs.

However try to marinate on this first, your sense of belonging, just like your need for food and shelter, is a human need we are all born with. However, the problems arise when your sense of belonging and your need to be accepted, coupled with your need for love and approval from every significant and/or other persons in your life becomes more

important to you than recognizing the value in your own life. Sometimes coping with this overbearing need creates levels of intense layers of painful emotions which escalate into the fear of not being liked and/or accepted by others.

These needs with their many layers cause some of us to need more and others less during our lifespan. For some this need creates a level of personal and "social pain:" which sometimes creates a yearning, a starving and/or searching for love and acceptance in all the wrong places.

You see, like a puzzle, we are all scattered pieces waiting and needing for someone to help us to just "fit in" and or be accepted in the hearts of someone: our family, *Continued On Page 30*



**National Sales Director**  
**Aaron Gray**  
 Professional Sales & Marketing

I have been in sales for over 30 years with a score of successes. I believe that the most successful sales person is one that is truly an expert of the product or service and the benefits being offered. Every offer is not for today, so persistence pays. True affirmations and tools

that maintain a high level of motivation are necessary.

I am excited and truly looking forward to working with future sales associates in this great endeavor. Every individual has sales potential, it will be my job and my pleasure to help bring it out of

whomever has a desire.

We are seeking companies, organizations and individuals that are seeking to reach Black/African Americans nationwide and beyond. If you want a national audience so that you can inspire, teach, inform or you may have a service or products that can enhance Black African Americans' quality of life then we are seeking you!

Also we are seeking high-flying self starting individuals who can build and lead a team of sales and marketing eagles. We are looking for enthusiastic, organized, self starting individuals who enjoys flexible work hours. Can work with maximum support and minimum

supervision! Work closely with production, sales and marketing staffs to create exceptional programs that get results for our clients!

Do you or anyone you know who maybe interested in partnering with us on a venture that will expose/highlight, network and keep black dollars (1.2 Trillion Spending Power) circulating throughout the Black Community, Businesses and Organizations! In addition, this joint venture will give massive exposure to Black/African Americans nationwide!

Thank you and together we will make a difference for the better.

**Aaron Gray**  
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**The National Black Unity News**  
 P.O. Box 68255  
 Baltimore Maryland 21215  
 443-455-2373 or 410-746-3607



**National Editor  
Legal Services**  
*James Sweeting III*  
**The Law Offices Of  
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**Care to Know**

You have to care to know! I am not an immigration attorney. In my thirty-year career, I have never been drawn to that area of the Law. I did not find practicing before immigration Courts attractive, or appealing.

You see, immigration and immigration courts are established under Article II of the Constitution, which created the Administrative Branch of our Government. Article III established the judicial branch. I have devoted my professional life to Article III Courts.

The administrative branch of our government, the presidency, the cabinet secretaries, agencies, and all are regulated and authorized in Article II of the Constitution. Immigration and immigration law has been determined to be an executive function and has been so treated constitutionally.

From my perspective, the difference is stark and profound. Article III "Judicial Branch" Courts; are more creative, open

and dynamic. In Article III Courts you have the potential to argue the interpretation of the Law and not just the application. The difference between how a law or a rule is interpreted and how it is applied is stunning. In regular "Article III Court's you are allowed to argue both interpretation and application. The adversarial nature of argument in Article III Courts, the prospect of juries and the inherent openness, all increased the attractiveness of these Courts to me.

This was fine when I started practicing law during the Regan Administration, there was some balance in the Federal Government's application of immigration law. It wasn't fair nor in my opinion optimal, but it did not seem to me to be outrageous in its inequities and less than antithetical to my sense of justice. As an attorney devoted to civil rights and justice on behalf of my community, I saw bigger fish to fry.

This has all changed under the current administration. The policies of the

Trump Administration have created a crisis both politically and morally.

Family separation, indeterminant detention, night raids, and other totalitarian behaviors have been employed all in the name of keeping white America safe. Our nation is once again faced with anti-democratic, unjust and unprincipled policies directed at a vulnerable population. For a nation that has never fully addressed or accounted for its past sins of bullying, prejudice, and inequity aimed at targeted and vulnerable populations this is especially dangerous.

This current climate of oppression was both unforeseen and unanticipated. After the apparent promise of the Obama Administration all Americans should be shocked and motivated into action, less the marginal progress that has been made toward a fairer, inclusive and more representative society, in the last seventy years, be lost. We cannot allow this to be the end of the second reconstruction and we must fight not to lose ground, in our continuing efforts to fully participate in American society and the American dream.

So, yes, painfully and reluctantly the old dog is learning new tricks. I am learning to speak Spanish. I am training to become competent at immigration law, attending seminars, symposiums, reading and otherwise educating myself.

Why, do this at this point in my career, because immigration is the front line of injustice in our country today, and because I am fighting for my community. Know, what they can get away with do-

ing to the undocumented, the disenfranchised, they will soon try to get away with doing to other communities and peoples, disfavored by their white nationalist ilk. The inequities the political violence, the oppression being foisted upon this population will not end with my immigrant brothers and sisters. These people are the beginning, the canary in the coal mine the test case for what the elements of fascism and intolerance amongst us and within our government want to carry out and impose on a wider scale. Make no mistake, further marginalizing and oppressing the aspirations of the African American community is in their crosshairs. All in the name of making white America feel safe.

What troubles me most in this endeavor, is the complacency that I see around me. I do not see heavy involvement in the fight against this evil, by my colleagues, in the clergy, in the professions or in the leadership of our community. It is not enough to simply talk about the conduct of this administration we must move into massive action as a people. Too many of us appear to have our heads in the sand, unknowing and unaware of the suffering being imposed on those around us. This attack on our fellow community is happening before our eyes, yet too many of us act as if we are unaware as if we do not know or recognize what is going on. My message is, you better wake up before the knock is at your door, before your rights are challenged and jeopardized. Care to know and Know to care, our collective future depends on both.



Founded in Orlando in 1989, the Law Firm currently has offices in Central Florida at 37 N. Orange Avenue, Suite 500, Orlando Florida 32801 and in Northern Maryland at 17 W. Courtland Street, Suite 110, Bel Air Maryland 21014.

The Law Offices of James Sweeting III, LLC is a proven dedicated full service Law Firm that has been providing essential legal services to clients for over twenty-six years. Conveniently located, the firm services both Central Florida and through its affiliates the entire State of Maryland. From these locations the Firm addresses a wide variety of it's clients legal needs.

The Firm consists of Attorney James Sweeting III, and support staff. The staff of the Law Firm are fully trained and

competent and are able to meet the necessary requirements for providing high quality service in the modern legal environment.

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Clients are encouraged to interact with and utilize the firms technological resources to enhance their experience with the firm and their awareness of the legal issues they face. For example, clients are provided the means to schedule their own appointments through the utilization of the setmore application by simply clicking on the following link or pasting it to their browser <http://sweetinglaw.setmore.com>. Similarly, the Firm employs the leading legal research engine which grants access to Court Decisions and Statutes of all Fifty States as well as the Federal Government and HIPPA compliant document storage and sharing through the utilization of Dropbox Enterprise.

**The Law Offices  
of  
James Sweeting III, LLC**

The Law Offices of James Sweeting III, LLC  
Orlando Office:  
505 W. South Street, Suite 100  
Orlando Florida 32805  
(407) 900 3591  
Maryland Offices:  
Baltimore City  
218 E. Lexington Street, Suite 505  
Baltimore Maryland 21202  
(443) 708 1969  
Harford County  
17 W. Courtland Street, Suite 110  
Bel Air Maryland 21014  
(443) 267 7534

**"It may be true that the law cannot make a man love me, but it can stop him from lynching me, and I think that's pretty important."  
— Martin Luther King Jr.**

**Law Offices Of  
James Sweeting LLC**

**443-267-7534**

17 W. Courtland St.  
Bel Air, MD 21014  
James@sweetinglaw.com

218 E. Lexington Ave.  
Suite 505  
Baltimore, MD 21202

[www.sweetinglaw.com](http://www.sweetinglaw.com)



**National Editor  
Wayne Randall  
Financial Consultant**

**STOP THE PRESS!**

What I'm about to say we all have experienced and watched it play out on the BIG screen in our lives like a Sunday sporting event. It's been disturbing, to say the least, that's why I didn't greet you the way I usually do. Forgive me. Recently, our country has demonstrated on the largest stage in the World what a blatant misuse of power can do. Let me take a step back to assess the economic ramifications of the government shutdown. To put it into perspective not only were 800,000 federal employees furloughed, but the entire country was held hostage by the trickle-down effect in one way or another. If it didn't directly affect you, I'm sure you knew someone it did.

A report released by the Congressional Budget Office found that, "the economy took an \$11 billion hit, including \$3 billion that's gone forever, and in the 35 days that parts of the federal government went unfunded". What we witnessed as a country was the cause and effect when revenue is not generated by the masses and their tax dollars cannot return into the system. That tax revenue fuels our economy by stimulating the core of our nation by helping businesses supply goods and services that many of us depend on.

**Analysis**

Local news anchors were reporting daily the effects felt by various government agencies such as Transportation Security Administration (TSA) and how security measures were not being carried out to

secure passengers safety on airlines. Think for a moment, if you have not already, about the danger we as a Nation we are in. Countless agencies were working with inefficient staff. The Internal Revenue Service (IRS) was/is another agency strained. Less than half, 43.5%, of the agency's roughly 80,000 workers were expected to work at the beginning of this year under the "IRS's contingency plan". With this in mind, taxpayers that are due returns will surely have to wait on them.

If there was ever a time you took a close look at your finances, it is NOW. Many Americans had to experience this ordeal, not just government workers. Besides, this was a national crisis that has affected every facet of Americans lifestyles. Government and non-government workers experienced what it was like not being able to make a mortgage payment or pay their rent. If that was not bad enough making a car payment, credit cards, and just having basic necessities such as food to eat created a crisis. Congress and Senate members came out unscathed. However, the majority of middle class and lower class felt the real brunt of it.

**Action**

Who could have been prepared for such an ordeal? Well, there are always those who have planned for the unseen and you have also. We live in uncertain times. We all have witnessed that! Need I say, "don't put your faith in government". You'll be sadly mistaken. Our

past and present has taught us that much. These are not mere words; it's the TRUTH! That's why I'm happy to be a part of this Solution Oriented Periodical, The National Black Unity News (TNBUN). In every article I've written thus far, I've stressed the need for YOU to structure a plan for your financial future. As an Accountant, Defense Contractor, and Finance Editor, I see things from a different perspective. From the private sector to the use of federal funds in government contracts, this alone gives me the insight to help you determine what plan is right for you.

term goal you can achieve.

Keep in mind these types of investments affect what your net pay will be. So, start with a lower percentage and work your way up. For instance, after receiving a raise or salary increase that may take place annually, then and only then should you increase your percentage points to your contribution to 6% or more. Ultimately, the idea here is to continue to increase your contribution while you benefit from your employer's MATCH.

**Annual Strategy**

On the other hand, I believe one should also put aside 20% of their salary if not biweekly then monthly. Whatever works for your budget. I touched on this concept in my video along with staggering paying your expenses from one pay period to another. For example, you want to save \$2,664 for the year once we determine your target savings for the month, then we target what you need to reach every quarter. That's what my plan will help you do. Notice I demonstrate it by using the calendar year. I suggest working in the quarters of the year to reach your target goal annually. You'll be able to track your progress.

Let's take a look at the numbers if you save \$20.83 a month or \$10.41 each pay period; for 4 months you'll save \$333. If you stick to this plan, you'll save \$2,664 for the year. What's interesting about this is it's less than 10% of someone earning a minimum wage of \$10.10 in some states. I said that to say, no matter what you make, there's always potential to save something. Obviously, as your earnings increase, so will your potential to save more. By this time you'll have the discipline and the confidence to reach higher goals. I deliberately used this pay scale to show you that even at minimum wage, a person with the right plan can still save money. Don't hesitate to call me (443) 726-6693 or send an email to [w@yourfinance-info.com](mailto:w@yourfinance-info.com). The first plan of action is to ACT!

**Investment**

If you haven't started, there's no time like the present. Think of retiring for a moment: it might be near or it may be 10 to 15 years away. Whatever your situation, I'm sure the thought has crossed your mind. The next paragraph is an illustration of someone on W2 or a salary worker in a company. For those individuals running their own businesses, visit my website for information on Independent Retirement Accounts IRA.

Generally, it's a good rule of thumb to enroll in the company's investment program where you work especially if they're going to match a percentage of your earnings; more importantly, because it's tax-deferred money. In other words, it's not taxed until you take it out or when it reaches maturity. Now you might be asking yourself how much should I invest? To answer this question, there are a few factors to consider. For example; salary, expenses, mortgage, rent, car payment to name a few. Keep in mind these are fix costs that cannot be adjusted in most cases. A safe place to start if you're going to enroll in your employer's 401k, 403b or IRA is 5% of your gross earnings. I reiterate, you have to take into account your debt to income ratio. In other words, the percentage of your gross monthly income that goes to paying your monthly debt payments. Once you've determined what leverage or leeway you have, then you can invest with confidence. The key is to set a short

**Wayne Randall  
Financial Service**

Enlightening The Black Community:  
Financial Food For Thought

The Importance Of A Month To  
Month Budget

- \* Cash Flow & Making Sense Of It All
- \* Not Spending Above Your Means
- \* Financial Discipline

Participating In Your company's  
Retirement Plan

- \* Am I Too Young? Am I Too Old?
- \* Why Should I Invest?
- \* How Much Should I Invest?

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**Business Consultant  
Lila Arthur  
Primerica Financial**

**Hello; this Quarter topic is Income Protection/Life Insurance.**

Many cities in America, like Detroit, New York, Los Angeles, and Baltimore have some of the highest murder rates in the US. The coinage continues unabated in our cities and our children are victims of gun violence.

Which is why this topic is so very important. We must have a higher awareness of Life Insurance; especially when

it comes to our children.

When I sit down with a family, I stress the importance of coverage for everyone. In the world we live in today, nobody can afford the luxury of not being covered. Insurance is a necessity!

There are two types of life insurance.

Whole life and Term Life. There are a lot of people that believe whole life is better because it suppose to last for a lifetime. So, I pose a question: Is it more important when tragedy strike to have enough coverage to lay your loved one to rest properly (and also have money left over to grieve without having to worry about impending bills), or is it more important to have a \$10,000 policy that lasts until you are 100? Which will likely leave you struggling because you were not able to pay the bills that your loved one left behind?

I inform my clients on their option to buy Term Life insurance and invest the difference which is the extra money they would have paid to get a whole life policy.

The concept is like renting an apartment while saving for a house. Once you get the house, would you still rent the apart-

ment? No. Well, that is the same concept of renting wealth through life insurance. Once you have obtained the wealth through your investment, why would you continue to pay for life insurance?

Protect your family's future in case of your untimely demise as well as secure your future if you live a long life.

I'm always looking for capable and compassionate people who have a genuine desire for helping others and believe in doing the right thing 100% of the time. If you are looking to earn additional income and can pass a background check.

*email me at [lilaarthur.la@gmail.com](mailto:lilaarthur.la@gmail.com)*

Education is key to saving our children and Income is key to Providing our Families with options.

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In honor of Black History Month, Primerica salutes the African American Leadership Council (AALC), which empowers the African American community by delivering the resources they need in order to reach their dreams. For more than 16 years, they have sat across the kitchen table, providing the solutions families need - and we are proud of their efforts that help people from all walks of life reach for financial independence.

**Lila Arthur**  
**667-231-0819**

**A HISTORY OF DIVERSITY**

**PRIMERICA**

Forty years ago, Primerica was founded on the commitment to help Main Street North Americans live extraordinary lives by providing both the financial education and solutions they need. Helping these families is who we are.

Primerica is proud to celebrate Black History Month by honoring the strength of our diverse sales force and celebrating their hard work in making a difference. Our representatives come from all walks of life, each empowered to meet the unique needs of families within their communities.

To find out how Primerica can help you create a better life for your family, visit us at [primerica.com](http://primerica.com).

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# ALL CREDIT CLEAN

## What Type of Loan Do You Need?

There are many types of loans available to consumers. There is no shortage of people willing to lend money to qualified individuals. It is a matter of knowing what you need and what is available to you. Student loans, personal loans, auto loans- all types to offer to you. In order to get the best loan that fits your needs, You can find this information by contacting lenders or researching online.

If you are in the market to purchase a home, finding the right home loan is crucial to investing wisely. There are many lenders who want your business. Many of them have different rates they can offer or added incentives for purchasing your mortgage through them. Personal loans are similar in that you can shop around for the best fit for your needs. Many times with auto loans, car dealerships can offer you a better rate if you get your loan through them instead of your bank. Military loans, just as they sound, are issued for military personnel and may offer a lower rate. Whatever you are looking for, check out your possibilities completely.

ple of this is a payday loan. While a great way to get money in a hurry for an emergency, they have added fees that can make your loan very costly. These loans let you borrow money from your future paycheck. Once you get your paycheck, they then deduct the money you borrowed plus interest and fees from your checking account. Unless you need money quickly and can afford the added expenses, they should be avoided.

In order to find the best loan for your needs, research your options. You can find information online by using a major search engine. Just type in the type of loan you are looking for and you will find many choices. Look into as many as you can. Ask questions. Negotiate the interest rates and the fees. Several companies will offer to approve your loan online. If you have questions, call our customer service number. Get all your information together and compare your notes. Finding the right loan isn't too difficult if you take the time to research your options.

### Owning a Home

There are also loan traps. A good exam- We're here to help you with buying and

financing your home. Learn what to expect and what questions to ask, and get tools and resources to help you make decisions.

### Know the process

Buying a home is exciting, but the process can feel overwhelming at times. Our guide lets you know what to expect and what to do next. Our tools and resources will help you every step of the way.

### Prepare to shop

Not sure how to get started, how much you can afford, or what to expect when buying and financing a home? Set yourself up for success with a little bit of preparation.

### Explore loan choices

You've got a pretty good idea of your priorities and budget, and you're ready to start home shopping in earnest. Now is the time to start exploring loan choices and meeting with lenders.

### Compare loan offers

Percentage rates for loans are different from company to company. Check out the loan that best suits you. Shop wisely.

### Get ready to close

You've chosen a loan offer and are ready to move forward to closing. There will be lots of paperwork to submit and things to keep track of. We lay it out for you step by step.

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**National Editor: Self Development**  
**Fran Allen**  
 Author, Motivational Speaker, Workshop  
 Facilitator and Non-profit Fundraiser

**Did You Know...**

Gandhi once said, "Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become you values, your values become your destiny." Did you know this?

I bet you didn't know that a 29 year old BLACK woman named Sherrexcia "Rexy" Rolle is one of the youngest Vice Presidents of Western Air Bahamas, a privately owned airline worth a cool \$90 Million;

Or that a BLACK woman-owned construction management and services firm (WT Stevens Construction) was one of four (4) and the only BLACK company awarded a contract to replace water pipes in Flint, Michigan;

Or that three (3) BLACK students at Hillside High School in Durham, NC helped to open an actual bank branch on their school campus in an effort to improve financial literacy among youth at their school;

Or that there are currently 2,175 BLACK male students enrolled in school at Morehouse College and Morehouse College is a top producer of BLACK male Rhodes Scholars, top producer of BLACK men receiving doctorate degrees in STEM fields, and a top

feeder school for BLACK males entering Harvard Business and Law Schools;

Or that Deborah Owens, a BLACK woman is arguably one of the most sought-after financial educators/advisors in the country?

Who is First Lieutenant Andrea Lewis? She is the first Black female pilot in the history of the Georgia Air National Guard. She wanted it, she went after it, and she got it. Who is Ms. Alice Parker? She is the Black woman who invented the first furnace that provided central heating for entire homes and buildings. She wanted it, she went after it, and she got it. Who is Mr. Jennaire Lewars? He is a Black man who was homeless and slept in underground parking garages while he worked to become a cardiologist in medical school. He is so much more than his circumstances. He wanted it, he went after it, and he got it. Who is Ms. Zandra Cunningham? She was a teenage entrepreneur, who at 18, signed a major deal with Target Stores to sell her award winning, artisan plant-based skincare product line, nationwide. She educates and empowers girls and women across the Globe. She wanted it, she went after it, and she got it. Who is Mr. Amari Ruff, Mr. Kevin and Mrs. Lisa Alexander, Mr. Elijah Precciely and countless other Black people, doing and

achieving amazing things, who are actually the norm and not the exception in the Black community?

Do you know who is telling their stories? I can tell you who is not! Mainstream media is not talking about these extraordinary people. Why am I not surprised? No sagging pants, no tattoos or piercings, no alcohol or drugs or guns, no cursing. Where are the cameras? Where are the news reporters? Where are these stories being broadcast? If they wanted it, they could come after it, and they would get it. They simply don't because it does not serve them. It does not raise ratings, it does not increase listeners or viewers, and it does not increase the bottom line... for them to tell our whole story. So they don't.

The National Black Unity News is where you will hear about what we are doing to effect change and raise the quality of life for people of color in the United States of America and beyond. I think it is about time for BLACK people to take the reins and begin to control our own narrative. Don't you think it's about time for us to tell our own story from our own perspective? None of the above information is current news. The problem is, it wasn't ever news to the larger community, when it actually happened. If BLACK people don't demand to hear about the people in our community who are doing amazing positive things that we can all be proud of, I'm afraid we may not ever hear of all the game-changing, life altering and mind re-setting things that are happening, whether the other guys talk about it or not.

Don't wait for the 5:00 p.m. news to tell you. Don't look for the stories about us that are uplifting, inspiring and encouraging to be on the mainstream media

6:00 p.m. news. Very simply, if we aren't in hand-cuffs, or looking unkept and crazy, we won't be there as the late breaking main story.

The Black students who are working their tails off to improve test scores so they can secure scholarships and college entrance, won't be shown. They only show the students who they harass and try to discredit their hard work and efforts to achieve. The Black fathers working 2 or 3 jobs to make sure their family is safe, supported and secure, won't be there. They only want to show the violent offenders, especially if they are BLACK.

Do some research, check the facts, require people to show you proof before you just take what they say and repeat the mess without ever knowing if it is true. We do have some unspeakable things going on in our communities, but there are some over-the-top positive things going on as well. The positive has to begin to outweigh the negative before we can turn the tide. We have to demand that the academic achievement of our young people has to be highlighted. We must demand that the achievement of our young business leaders is showcased. We must spotlight the life-changing impact our non-profit organizations are making in the lives of poor people, who are overlooked by so many, providing safe havens for people who have been battered and broken. "Your beliefs become your thoughts, your thoughts become your words, your words become your actions, your actions become your habits, your habits become you values, your values become your destiny." If not now, then when? If not us, then who? Did you know... that you can make a difference? But not without action. I hope you will choose to act. Only you can make that decision, and the world must wait until you do, for the amazing contribution that has been planted in you. It's your destiny!

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**What have you done to raise the quality of your life lately?  
 If the answer is "nothing" don't you think it's time to start?  
 DREAM HUGE, WORK HARD AND NEVER EVER QUIT!**

**Fran Allen, author, motivational speaker and non-profit fundraiser.**

**YOU GOTTA START SOMEWHERE**

Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development her contributions to The National Black Unity News are top-notch and thought provoking. She is straight forward and authentic, sharing her life experiences creating a sense of trustworthiness and commonality. Fran is dynamic, high energy and has a great sense of humor.

David Murphy, Founder and Publisher, The National Black Unity News

Fran Allen uses the pages of her life to motivate, inspire and encourage audiences of all ages and economic backgrounds. She is a dynamic speaker who captivates a room and evokes energy from her listeners. Her engaging style gives people something to relate to and renders her unforgettable. Fran is a motivating force!

Dawn Fitzpatrick, Educator and Motivational Speaker

Fran Allen is an intuitive, thought provoking, humorous writer with a gift for story telling. She has a passion for being in service of others and shares her life stories to show people they are not alone in their struggles. She is real and honest and thoughtfully direct. Fran is a rising star in the motivational arena, and one to watch!

Jocelyn Whitfield, Author and Founder of The Center for Creative Life and Learning

Fran's summary bio

Ms. Allen is an author, keynote and motivational speaker, change agent, seminar and workshop facilitator and motivational discussion group leader who delivers powerful and practical ideas to inspire others to take their thinking outside the box and keep it there.

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**National Editor:  
Faith Based & Religion  
Rev. Theresa Mercer**  
Founder of The Prayer Line Chapel

### Is The Old New or is The New Old?

I am grateful for the medical community, nevertheless, I remember as a child how my grandmother and mother used natural remedies for our sicknesses. They believed God when he said in Ezekiel 47:12 "And by the river upon the bank thereof, on this side and on that side, shall grow all trees for meat, whose leaf shall not fade, neither shall the fruit thereof be consumed: it shall bring forth new fruit according to his months, because their waters they issued out of the sanctuary: and the fruit thereof shall be for meat and the leaf thereof for medicine."

We had to depend on God's remedies because as a people, the medical system would not treat us. We had to learn how to survive on our own. We were victims of slavery and had no value, except as workers and we were discarded as people. Therefore, we had to learn how to survive and God's way was our way. That's how "We still Rise."

I remember some 20 years or so a public announcement was made on television stating that herbs don't work. It was too late for many of us. We knew better. We knew that our bodies were still being supported successfully using God's method, the herbs, and oils. I have often wondered why the false propaganda and the flood of lies are disseminated to our communities.

Recently, I had an interesting conversation with a Herbalist, Ishmael. He told me how in September of 2017, he had an unexpected visit from representatives of The Maryland State Board of Medicine (MSBM). They accused Ishmael of practicing medicine without a license and confiscated 300 files of persons that have been helped through his services.

The Board questioned the people who worked for him and summoned him to an investigative hearing to determine if he was violating the law.

Mr. Murray had a hearing in October 2017, but, did not hear from the Maryland Board of Physicians for 10 months until August of 2018 when he was served with an order to cease and desist. Mr. Murray did not receive a letter saying that he was exonerated from the initial charge of practicing Medicine without a license. Instead, the board decided to go after him for practicing Naturopathic medicine without a license.

Mr. Murray has been in practice since August of 2014. The board stated that they had since passed a law in March of 2016 called the Naturopathic Medical Act which states that one has to be a Naturopathic physician in order to recommend herbs or vitamins and homeopathic medicines. Mr. Murray was unaware of this law and never received any notice from the State of Maryland about this law being passed two years after he started his practice. There was no investigation hearing. Instead, the board relied on one Naturopathic doctor to review Mr. Murray's client files to make the new charge.

An insider at the board told Mr. Ishmael Murray and his attorney, Vandy Jamison, that the board will not stop coming after Mr. Murray until he stops town. The insider said the Board doesn't want Ishmael or any other herbalist here offering people the alternative unless the board controlled that alternative. Mr. Murray said that his local State Representatives, the American Herbalist Guild and the Maryland School of Integrative Medicine has done nothing to

assist him even though the new law impacts their students and the Guild. The state representatives were pretty much cowardly and impotent to investigate on his behalf. In addition, Mr. Murray's state taxes were audited for the first time in his entire working career. In January 2019, Mr. Ishmael Murray was called before the Maryland Board of Medicine. At that hearing was Janet Brown, Assistant Attorney General, a board of physicians and some private citizens. There was no herbalist or Naturopathic physicians on the board. The board was not interested in determining if Mr. Murray was guilty. They had already decided he was guilty and was not interested in discussing the complexities of the Naturopathic Act of Maryland that was created in 2016.

The Assistant Attorney General felt bad that she had to levy a fine of \$15,000 on Mr. Murray because she felt that Mr. Murray was blindsided but her hands were tied. She had to do her duty as attorney for the State of Maryland.

In the 10 years that Mr. Murray has practiced his craft of which 5 of those years was in Maryland, he has never done any harm to any client and he had the letters and phone calls from his supporters to prove it. However, all this info fell on deaf ears. Mr. Murray said he felt like he was in a 1940s Mississippi courtroom with a jury of Klansman judging him. He said he didn't have a chance for a fair hearing.

Mr. Murray said, "The Maryland Board who is backed by Johns Hopkins and Big Pharma and the Rockefellers are not interested in Black Baltimore being healthy or having access to alternative care."

Let us not forget there are now hospitals using certain oils from the herbs for their patients.

My question is: is Hopkins so powerful that it is playing god with Gods people? My question is: if you know that Ishmael and others like him are not hurting but helping, why try to destroy their good work?

Ishmael and others like myself find it strange that only black herbalist are being hunted down and persecuted, it seems the medical system does all that it

can to stop us from supporting our bodies to stay healthy Gods way.

Mr. Murray decided to do some research on other establishments that provide Herbal support in other Maryland communities and has concluded, "that only those Herbalist associated within our communities are being targeted. This stops us from having access to holistic care. The average cost of a Naturopathic Physician visit in Maryland is \$300 to \$400 for an initial visit. Most of our people cannot nor will they be able to access alternative care. It appears that the pharmaceutical company's want to control anyone who is trying to help our people live within a healthy lifestyle. The Maryland board and big Pharma only wants the consumer to have one way to access health care and that is them. Is this leaving our community in the hands of only those who have say so over who they want to be healthy and who lives and who dies? Is this another throwback to slavery? I think so."

"The pharmaceutical companies know they look crazy advertising medicines with hundreds of side effects on television knowing they can cause heart attacks and all kinds of illnesses that lead to destroying your health and even your death. Big Pharma will even kill or slander herbalist if they begin to have influence. It doesn't matter that Herbalist, such as myself, who have studied with the most knowledgeable teachers, and with the most prestigious schools of Herbs are being sought out for using God's natural remedies, the herbs. Something is wrong with this picture," and I pray for our people: because as the bible says our people are destroyed for a lack of knowledge" says Mr. Murray.

Romans 8:31 "What shall we say to these things? If God be for us, who can be against us? Why can't the medical field and the herbalist work together? The Cancer Centers are proof that for the best life of the patient both herbs and medicines saves lives.

We need to pray on behalf of this matter. Please cover Ishmael and all of the Herbalist. When we pray on one accord as one man, we receive much. Why? Because that's "When God Moves".

**Rev. Theresa Mercer**  
410-365-7101

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Rev. Theresa Mercer  
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**National Editor**  
**Imam Bilal Omar**  
**One Who Survives**

**With The Name Of Allah The Merciful Benefactor**  
**The Merciful Redeemer**  
**“YOU CAN’T HIDE FROM G-D:”**

Allah says if it be the weight of a mustard seed, and if it was hidden in a rock, or anywhere in the heavens or earth, he will bring it forth. A mustard seed is one of the smallest seeds that can grow over thirty feet tall and produce food. So in reality whatever is being hidden, Allah will bring it out, and make it visible if he wills. In other words, regardless of how concealed or how secret your situation may be, Allah can expose you and your enablers. If G-d wants to expose some of your misjudgments all he does is say be' and it is. You can go find all the fake doctors, and knowledgeable people from all of the top schools on earth and none of them could change the will of G-d. G-d is subtle and aware, he is precise, and there's no way of concealing your most private thoughts. You can't analyze G-d, but he can analyze you. G-d is all informed about all situations, and we are less informed in some situations. sura:3 ayat:110 the Qur'an Al-Imramor the family of Imran

mankind, enjoining what is right, and forbidding what is wrong, and believing in Allah. Now his obligates us to be different from the people that have not evolved, who have not coveted with G-d to, enjoin what is right and forbid the wrong. We as the leaders, or those who have been brought out from the rest, evolved for the good of humanity. Therefore we must engage our social environment spiritually with the right logic, so that we as a community can be up lifted in the social reality, of that which has been brought out, or made known to the community's attention. If we have damage that was brought out, because it was a harmful cancer, that is destroying the heart of our community if our leaders don't step up and speak to these issues publicly, we lose. If we don't address these issues we will never change our condition until we change what's in our hearts. These leaders look at us like we are the walking dead. They are reading the articles in our paper that informs us of all of this damage, and they don't even acknowledge any of it,

You are the best people, evolved for

just like it didn't exist. I don't like to say this, but our community is a community of sheep, who are willing to let the demagogue pimp's disrespect them in their face. Allah say's that we brought out for the good of mankind.

Where are our evolved people? You must engage these leaders, and demand that they help us develop a system of accountability. Not just beautiful words that don't define the reality of the secrets that's looking us in the face. If there is a serious problem of gangs that threaten our community our leaders must speak to the truth, or be accountable to us. Or do like Mosa did and ask Allah to give some help. This article is my appeal for help, let's engage this situation, let's make a stand, look them right in their eyes with conviction, and see if they do the right thing. If not we can change and get a different representative, that will respond to the community's needs. Let's inspect our environment, and attend to its needs those of us who have visibility in our communities. Allah says you are the best brought out, or evolved for the good of humanity. This word [ma'-ru-fi] means visible, but if you dig a little deeper this same word means things well known, well established in the history of mankind, strong tradition, strong ethics, respect for woman, and children, and the elderly.

We as a community are not instructed in poetry, this is no less than a message and a book making things clear. We must focus our member on liberation of the free thinking rational mind. Our G-d says every child of Adam has nobility. Nobility means respect in character, mind and, rank.[Synonyms:]virtue,

goodness, honor, honesty, decency, integrity, generosity, selflessness.

So nobility is the account ability of your words, and the end results of your action. So flowery words are good, if they are connected in time space and reality. If your words are just floating fades that can't resolve the pending issues of accountability, and transparency. If your reality is superficial or qa-zay because it's not connected to the nobility of the common people in your community. You can't hide important crime scenes that affect and are pertaining to their reality of your community. Allah says that we are brought out for the good of all people. We forbid the wrong, or [mun-karr]. This word mun-karralso means double cross or that which is not permissible. Hidden public knowledge from your fellowman is a very serious sin in our world of nobility and religion, and we take it with a grain of salt. We hope you read this article, and mend your way, because your meeting with G-d there will be no hidden secret not even the weight of a mustard seed installed in a rock must come forth. "G-d is great" Show your community some love, repent before a day comes and it's too late. "Will you fear Allah?" Look at what's happing in our country politics, some of our top leaders have been exposed and brought out to the public for transparency, plus jail time. We should step up and demand that our local leaders do the same.

*Respectfully: Imam Hajjie Bilal Omar*  
*Your brother in service to Humanity.*

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**National Editor:**  
**Powerful Thoughts & Powerful Words**  
**Achaniel F. Lucas, Sr.**  
**Founder of: The Power Of Positive Words**

**THE MOST POWERFUL POSITION IN THE WORLD**

It is said that *The Most Powerful Position In The World* is president of the United States. I beg to differ with you and millions of people in the world. I know that many of you are saying this man must be off his rocker or has lost his sense of reality.

Let me ask you a question. If *The Most Powerful Position In The World* is president of the United States, then is this position the end all or be all? Can anyone and everyone attain this position? Shouldn't everyone aspire to attain the greatest and most powerful position in the world?

I contend that there is a greater and most powerful position than congress persons,

senators, prime ministers, kings, queens or even presidents. I know that you cannot wait to see what this position is. This is a position that I recommend to everyone. In this position, you can accomplish the greater and greatest good. OK...I feel you and sense that you are saying, "Put up or shut up". In this position, you will learn patience! You don't have to be rich. You don't even have to be a citizen of the United States or even live in the United States. You can live anywhere in the world and attain this position. In this position, you will experience wonders. You can attain this position regardless of your ethnicity and whether you are a girl, boy, woman or man. You can be short, tall, large or small. You

can attain this position even if you are from the city or the country. You can attain this position regardless of the language you speak. Name any excuse or barrier that can be thought of or not thought of and you can attain this position. I beg you to try this position at least three times a day for thirty days and you will see a change in your life that you never thought possible. I would not ask you to attain a position that I have never attained. I have tried this position and my life has never been the same. If you try this position for thirty days, you will never quit. You would even be in this position in the midnight hour.

Elisha attained this position. Elijah attained this position. Job attained this position. Daniel attained this position. Paul attained this position. Mary, Martha, and Debra attained this position. Jesus, the Son of God, attained this position and commanded us to do the same. Since this command, David, your publisher, has attained this position. How do you think The National Black Unity News came into being?

*The Most Powerful Position In The World IS A Man On His Knees!*

Now, won't you attain *The Most Power-*

*ful Position In The World* and talk to Him who can move mountains...your mountains? Talk to Him who can give you the peace that passeth all understanding. Talk to Him who can heal your broken heart and wipe away all tears from your eyes. Talk to Him who can restore the self-esteem you used to have. Talk to Him who can keep your children safe while they are away from home and in school. Talk to Him who can change your enemy into a friend. Talk to Him who can make you a better person, a better father, a better mother, a better son or daughter. Talk to Him who can change the hearts of kings and presidents. Talk to Him who can save your soul when you obey His Word. Please! Get down on your knees and TALK TO GOD!

As I close this article, Be assured that I am praying for you, not only today but every day. So, stand tall! The struggle is not yet ended; But, God controls the struggle. Whatever you are going through, trust God and attain *The Greatest Position In The World..*

**HAPPY MOTHER'S DAY and HAPPY FATHER'S DAY - God Bless You All!**  
 Achaniel F. Lucas, Sr.  
 (443)272-6167

**THE POWER OF A MAN ON HIS KNEES**

**WHAT IS THE POWER OF A MAN ON HIS KNEES IT IS GREATER THAN AN ARMY OR WAR SHIPS ON THE SEAS**

**WHAT IS THE POWER OF A MAN'S BOWED DOWN HEAD IT IS GREATER THAN RICHES OR THE THINGS, HE WISH HE HAD SAID**

**WHAT IS THE POWER OF A MAN'S OUTSTRETCHED ARMS AS HE LOOKS UP TO THE HEAVENS THANKING GOD FOR ALL HE HAS DONE**

**WHAT IS THE POWER OF A MAN WHO TRUSTS IN GOD OF A MAN WHO FOLLOWS HIS HOLY WORD WAITING FOR HIS FINAL REWARD**

**WHAT IS THE POWER OF A MAN, WHO IS STANDING TALL OF A MAN WHO LEANS UPON ALMIGHTY GOD WHEN HIS BACK IS AGAINST THE WALL**

**MAN HAS THE IMPUTED POWER THAT WAS GIVEN TO GOD'S SON WHEN WE HOLD TO GOD'S UN-CHANGING HAND VICTORY, WE WOULD HAVE WON**

Achaniel F. Lucas, Sr.  
 (443)272-6167

**WHEN MY BACK IS AGAINST THE WALL**

**WHEN MY BACK IS AGAINST THE WALL I WILL STAND STRAIGHT, I WILL STAND TALL**

**I WILL NOT WAIVER, I WILL NOT FALL FOR IN GOD'S HAND, HE HAS IT ALL**

**WHEN LIFE AND LIVING THROWS ME A CURVE I'LL BOW MY HEAD AND MUSTER UP NERVE**

**KNOWING THIS IS NOT SOMETHING FOR MORTAL WOMAN OR MAN THIS IS FOR GOD, WITH HIS MIGHTY HAND**

**WHEN NO LONGER, CAN I HOLD BACK THE TEARS I THINK OF JESUS ON CALVARY'S HILL I THINK HOW HE DIED FOR YOU AND FOR ME**

**WHO AM I STANDING, WITH ONE LITTLE TEAR YES, HE SUFFERED AND DIED, WITH OUT-STRETCHED ARMS**

**SO, WHEN TROUBLE COMES MY WAY, I WON'T BE ALARMED**

**YET, WHO... WHO AM I, BUT A DUSTY MORTAL WOMAN OR MAN I CAN'T DO EVERYTHING, BUT I'LL DO ALL THAT I CAN**

**I'LL LIFT MY HEAD, STRAIGHTEN UP MY BACK THAT IS BENT**

**STAND TALL, KNOWING THE ANGELS, WILL SOON BE SENT**

**WHEN MY BACK IS AGAINST THE WALL, LORD, WHAT AM I TO DO**

**I'LL WIPE MY EYES, BEND MY KNEES AND TALK IT OVER WITH YOU**

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# STEPHANIE POPLAR

For the past 22 years, Stephanie Poplar has established nonprofit organizations for her diverse clientele. Reaching individuals from all over this country, she has birthed 501 (c) (3), not-for-profit organizations.

A 501 (c) (3) of Title 26 of the United States Code covers religious, charitable, scientific, literary, educational purposes, amateur sports and for the prevention of cruelty to children, women or animals. The 501 (c) (3) allows these types of organizations to be tax exempt or tax deferred.

These types of organizations can obtain public support, grants, personal property and real property.

Did you know that houses can be donated to your mission to house the homeless or you can receive funding to help revitalize your neighborhood? If you are interested in receiving a two page report on nonprofit or obtaining a free 20-minute consultation, or to book Stephanie Poplar at your next business meeting, visit [www.networkingsista.net](http://www.networkingsista.net) and fill out the contact us page or call 202-618-1421 or 443-857-1549



Stephanie is dedicated to her clients "winning." From the moment Devin met Stephanie, she was motivated for #RaceToSpeakUp to set up its 501C3 and operate successfully.

Devin Moore, youngest client  
Founder

#RaceToSpeakUp Long Island, New York

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# PREACH A PRAYER

While You Are Going Through Your Storm of Life

*A book of Miracles, Prayers and Testimonies*



**National Editors:  
Travel Services  
Sitawi & Cynthia Jahi**  
Founders: Movements Unlimited  
Entrepreneurs & Consultants

**...And Then Came Jamaica**

*An Exciting Testimony from one of our Treasured Clients,*

Yes, Ms. Davia Edwards and her 2 nieces had Fun on the Sunny Beaches of Jamaica this past August. With snow outside our window and freezing temperatures in Baltimore, Maryland on this cold March 3, 2019 it is the perfect time to interview this young exciting entrepreneur, traveler, and baker. We first had the privilege of meeting Ms. Edwards at Diamondz Events Hall out Liberty Road, through an event hosted by none other than Ms. Ertha Harris and her team the *Tight Knit Group*. Fortunately, yes, Ertha is a friend and supporter of David Murphy's creation The National Black Unity News and proof that networking and supporting each others' events and businesses really does work out for everyone involved.

The lovely Ms. Edwards had a table for her *Primerica Business* located directly across from our Movements Unlimited Group Table. A simple greeting led to a very informative networking exchange. It just goes to show you how the following friendly exchange of introduction and response such as:

I -Hello, I am Cynthia Jahi: I got my start with what was once known as A.L. Williams Insurance and experienced its rise to *Primerica Business*.

R -to "Well Hello, I am Davia Edwards and I am happy to hear good reviews about the company that I represent"

That friendly exchange led to three young ladies enjoying one of the Premier Resorts in Blue sky Jamaica.

Our next meeting was what we all call "the fortune is in the follow up". Yes, Cynthia invited Ms. Edwards to an event being hosted by her sister Kim Williams of *Love Truth Ministries*. This event is called "Getting to Know You" which Kim and Cynthia host regularly on a monthly basis. It is another opportunity for African American business owners

and potential customers, to meet and greet, break bread and talk about what they do. At this event Ms. Edwards learned about Movements Unlimited' exciting travel technology called "The Vortex". So now we have a series of events that we are allowing ourselves to stretch and to get to know each other better.

We met Ms. Davia Edwards in the Fall of 2017. At which time she was enjoying Jamaica through the use of our Vortex by the Summer of 2018.

Q - Mr. Jahi "How was your trip to Jamaica Davia?" -(pronounced Day-vee-ah)

A - Davia "It was great, do you mean the plane ride or once I got to Jamaica?"

Q - Mr. Jahi "Well, yes how was the resort?"

A - Davia "The Resort was fabulous!"

Q - Mr. Jahi "What was the name of the Resort?"

A - Davia "We stayed at the *Grand Bahia Principe Resort* in Runaway, Jamaica". It really was luxurious. I was very impressed with the property. It was clean. The staff was very helpful, courteous and friendly. This was important to me because about five days before we were scheduled to go on this trip another family member called me complaining that it was a horrible resort and I was really worried about going. But we prayed about it and Mrs. Jahi went over the mixed reviews and prayed with us and our prayers were answered because everything was great." Again the staff was great, the front desk was very helpful. Everything was picture perfect.

Q - Mr. Jahi: " Who were your traveling companions?"

A - Davia: "My two nieces were my traveling companions. We have a special travel agreement to go on at least one International trip every year and in

2018 we chose Jamaica."

Q - Mrs. Jahi: Had you ever been to Jamaica before?

A - Davia: "No, this was the first time any of us had been to Jamaica and we loved it."

Q - Mrs. Jahi: How was the service of the transportation company, *Jamaica Tourist Limited*?" They transported your group from the plane to the resort."

A - Davia: "They were very accommodating. We had personalized service. We were the only passengers in this very nice van. They handled all of our luggage. They even gave us plenty of time to stop on the way to the resort to get something to eat since we were all hungry."

Q - Mr. Jahi: "How were the restaurants?"

A Davia: "I am Glad you asked. I am a finicky eater and I usually only eat American Cuisine, but I tried the Jerk Chicken and I absolutely loved it."

Q Mr. Jahi: "How about your nieces, what did they eat?"

A Davia: "My nieces are more open minded then me when it comes to food, they will try anything. They really enjoyed the Curry Goat, Jerk Chicken and other traditional Jamaican cuisine. We really had a good experience with all of the restaurants we visited."

Q Mrs. Jahi: Did you go on any tours?

A Davia: "Yes, we went on a couple of really nice excursions. One was to the *Luminous Lagoon*. It is really beautiful, the water glows as you move through the water. There are different colors and it is spectacular. We also went on a "Four Wheel Motor car ride"

Q Mrs. Jahi: What was that like?

A Davia: "Oh it was like riding a motorcycle but with four wheels, you are on a dirt bike kind of trail with tour guides and it ends with a jump off of a 20 foot cliff.

> Mrs. Jahi; Oh how brave of you.

A Davia: "Well I wasn't the brave one, I took a leap off of a 5 foot hill, but my nieces both jumped off the 20 foot cliff. Yes they are brave."

Q Mr. Jahi: "Will you use the Vortex again?"

A Davia: "Yes, I will be using the Vor-

tex for our next trip which will be to **Barbados**. I will also recommend your services and the Vortex to others because the savings was great and the service was of a high standard. I appreciate both you and Mrs. Jahi.

Q Mrs. Jahi: Can you please tell us more about your business, your pies and cakes? I ordered one and our family enjoyed the Strawberry Caramel Pie over the holidays. We want to give you a little plug for your business.

A Davia: Yes, thank you. My company is "Pie of Cheese" and you can find me on face book under "Pie of Cheese" I have been baking for the last 3 years and this year I decided to make it a real business.

>Mrs. Jahi: Well readers there you have it. Through networking with David Murphy and The National Black Unity News and Ertha Harris of the *Tight Knit Group* we have two businesses doing business with each other and promoting each other's businesses. So whether your appetite is yearning for a tasty treat of Pie of Cheese or you are in need of life insurance information look for Davia Edward to be at your service.

Check us out in the next Edition for another Happy Vortex or Surge Traveler. Until then make sure you get your own Vortex and enjoy the rest of this publication.

Get your very own Vortex by going to [www.myvortex365.com/MUGROUP](http://www.myvortex365.com/MUGROUP) and create your free account!

2)Travel tip from a vortex customer: If you don't speak the local language in the accommodations where you are staying, ask the receptionist/host to write down the address in the language on a small piece of paper and carry that around with you. Take a picture of the accommodations where you are staying. When you are out in town and need to get back to your accommodation just show the taxi driver and ask if they can take you there. This makes it easier for the driver to get you "home" without the challenge of the language barrier causing confusion on both parties.

This is especially helpful when you are staying at a place that is less well known in the area.

This was a life saver for this customer when they were in Thailand.

This article is compliments of: The Movement Unlimited Group via: Mrs. Jahi

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# Dr. Dallas Dance



<https://www.infinitesolutionsent.com/>  
[info@infinitesolutionsent.com](mailto:info@infinitesolutionsent.com)

One voice can transform lives. Internationally renowned leader, speaker, author, coach, and educator, Dr. S. Dallas Dance envisions and leads change that creates opportunities for all leaders and driven people—including young people, students of color and those living in poverty—to thrive as critical thinkers, thoughtful leaders, and lifelong learners. His calling is motivating teams of all sizes to develop, grow leaders, and be a resource for them to do greater work for all of the individuals within their community.

S. Dallas Dance is the humble recipient of numerous national awards and board appointments—from institutions including the White House, Microsoft, and ASCD—recognize his impact on organizational culture, rigorous instruction, vibrant leadership pathways, leveraging technology, and dynamic community engagement. His 2018 released book, *Deliberate Excellence: Three Fundamental Strategies that Drive Educational Leadership*, inspires leaders from all backgrounds and levels to anchor and sustain organizational shift and student improvement through leading for equity, leading the change, and leading through communication.

Prior to starting The DDance Group, Dr. Dance served as the Superintendent of Baltimore County Public Schools in Maryland with over 112,000 students, 173 schools, and over 21,000 employees. As leader of the nation's 25th largest school system, Dance pioneered equity-centered shifts in teaching and



learning to close the graduation achievement gap between black and white students, while increasing diploma rates overall.

Prior to his appointment in Baltimore County, Dr. Dance served as one of three chief school officers responsible for the administration of nearly 300 schools in the Houston Independent School District, the seventh largest school system in the nation. Before his tenure in Houston, Dr. Dance served in executive leadership positions in Virginia that leveraged his expertise in curriculum, instruction, assessment, school improvement, and strategic planning.

Dr. Dance earned a doctoral degree in educational leadership and a master's degree in administration and supervision from Virginia Commonwealth University. His bachelor's degree in English is from Virginia Union University.

Dr. Dance enjoys traveling, music, reading and all sports, especially golf. He is the proud father of one son, Myles Dallas Dance.

**The D Dance Group**  
[info@theddancegroup.com](mailto:info@theddancegroup.com)  
[www.theddancegroup.com](http://www.theddancegroup.com)

**Infinite Solutions Enterprises**  
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**S. Dallas Dance**  
 FOREWORD BY ROD PAIGE

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(804) 323-5100  
[info@infinitesolutionsent.com](mailto:info@infinitesolutionsent.com)  
[www.infinitesolutionsent.com](http://www.infinitesolutionsent.com)



**National Editor**  
**Afunemuda Manifest**  
**Faouly A. Umoja**  
**Publisher Afunemuda Manifest**  
**Manifesto A People Born Into**  
**Themselves As African Americans**

**I Object**

I Object! I object to the non-compassionate way we are forced to live here in the U.S. of A. and I want the world to hear my objection. We, the grassroots, the nobodies, the foolish majority exist in this contemptible place with very little money in our pockets and a dream that may never come true. The way we live is designed to be wickedly wretched and it will not change until we get rid of our nonsensical dreams of being one of the upper class. Most of us are born financially challenged. We are born with nothing and that's the way they want us to die. We will die as social nobodies, well fed, and possessing only broken dreams; to this I object.

We, the grassroots of this country, had better come to our senses if we want to walk up straight and tall as who we are. We are being institutionalized by a country where apathetic thinking consumes those in power and with control. Our minds are being invaded by these subhuman creatures that call themselves human beings. Stupid is their attitude, unscrupulous is their actions, and perplexing is their existence even to themselves. These strange humans like thingamajigs that somehow have the upper hand on us transmits an intoxicating knowledge that will not make you drunk, but it will turn you into a complete humanistic self-serving idiot. Unknowingly and involuntarily you will become the thing they want you to be. You will sociologically conform, and this conformity will be interpreted as something intelligent to do. They would have conveniently implanted their will and the way they want you to think and live into your body and soul. Instilled with this abnormal but normal way of being

you, you will be called an American.

This country is being run by individuals who care very little about those who cannot help his, her, or their upward political or financial mobility. They feel if you work with your hands, you are among the downtrodden and hold a just position in the lower class. People of this status can't help those who are up, they can only be used to help them get up. In fact, the only time they really think of the little people is when they need them for some mediocre endeavor. They use the little people to vote him or her into public office and/or to make them rich. We, the little people in this country, had better get some fear in our hearts and some real knowledge in our minds. Fear will cause us to open our eyes wider, allowing us to see exactly what's in front of us, and let us hear the meaning of the words spoken and unspoken. We, the little people of the U.S. of A., have been indoctrinated with a theoretical but not practical dream of success. The dream is reachable, but purposefully laid convert actions make the obtainment of this dream highly improbable. And by some strange phenomenon it happens to come true, the reality of it may destroy you as a real human being. You will be transformed into a financial robot. You will be indifferent, insensitive, and in more trouble than you ever dreamed of. You will be able to look down on people instead of looking up at them, because you will be among the plentiful. You will have an abundance of money in the bank and even more pills in the medicine cabinet to try to keep you healthy and alive. To yourself you will apologize, but the apology will not be accepted because you, thinking your thoughts were your own,

chose the monkey that's riding on your back.

In America today, our thoughts are increasingly being conditioned and controlled by a pervasive and ever-expanding mass media. Its subtle pseudo-manipulative approach preys on our inclination for suggestibility, as it diminishes our freedom to think independently. In this esoteric process, we are losing our individuality. We are continuously being entreated, enticed, and entertained by this huge communicative apparatus. Although the mass media, especially the internet, have undeniably contributed to the dissemination of knowledge, they have nonetheless profoundly affected our personal interrelationships, eroded our morals, and contradictively promoted an increase in social illiteracy. Over 2000 years ago, a great Greek philosopher, Socrates, immortalized the words "Know thy self." But the mass media with its continuous bombardment of subliminal indoctrinations has paralyzed our senses and made the words of Socrates an almost unobtainable goal. Do you understand? We are killing ourselves to death each day. We walk around on this earth unable to use our five senses to any real species perpetuating advantage. Dear God, My Lord, "I object."

Socrates say, "Know thy self" and we should know ourselves if we don't know anyone else. But we are unable to know ourselves because we are unable to form independent thoughts. It seems as if every single thought has been taken by someone else. We don't know ourselves because we don't know where our true individual feelings begin beyond society's influence. We can't know ourselves when we don't know who and what we are. We don't know ourselves as individuals and it seems as if we are unable to find ourselves, even as we are right here with ourselves. Dear God, we have been holistically manipulated and indoctrinated to be the things we are. We have been transformed from the dynamic physical bodies with the superior thinking minds you endowed us with from the beginning. We have become a nonexistent metamorphic unreal reality even to our-

selves. This is happening to us, the grassroots, the nobodies, the foolish unseeing majority because we are being guided by a pseudo-psychosomatic carnivorous subhuman society and the inanimate partner it controls and is called the mass media.

The true effect of the mass media on the world is the fact that, it has taken our true identities and has heartlessly stolen our individualities. Every day a new inhuman apparatus is being invented or improved to enhance the mass media and further diminishing the usefulness of the human body and mind. We, the little people of this country and the little people in all other countries, have better come to our senses or we will be worth less than the little we are worth now. We are human beings, but we are being replaced and out classed by machines. My God, what's happening to this world? Dr. Martin Luther King Jr. died trying to get equal right for all men and women. But the equal man and/or woman is being eliminated by an inhuman manmade superior machine.

Dr. Sigmund Freud founded the psychoanalytic theory, telling us about the ego or our other self. He is letting you realize that there is another you beyond the one you have surrendered to society and the mass media. So, it is up to you to stop, look, and listen to these great men and their messages. These men are gone, but the ideology of their holistic work is still here. Dr. Freud tells you that you are more than the individual you can see, and Dr. King tells you that you as an individual are equal to all other individuals. Tell me, where does the unscrupulous application of the machines and the miss use of their verbal-visual counterpart (mass media) come into the picture? We are human beings and we are not dead, but I feel because of our lack of true knowledge pertaining to those seeking the power to control, those possessing the power to control, and the functioning of our governments, many of us are dying consciously. If you would open your eyes wide enough, you may see, we, the grassroots, the nobodies, the foolish majority have seemingly given up our will to be individuals and to that "I object."

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 Learn to open your eyes so you can look and see...  
 As your ears hear the truth of everything around you...  
 While understanding the power of the position you hold.  
 Allow these words to become a part of you and your thoughts...  
 As you look and see and hear the future of our children coming.  
 Read these words and nourish the spirit and courage and hope we possess as a people.  
 Now absorb these words and become who and what you are as a part of the people we are.

**I AM A PRIZE**

One day I closed my eyes  
 And I looked deep into my existence  
 Where I saw myself as myself  
 And I realized I am a prize.

I realized I am worth having.  
 I am the essence of feminine passion.  
 I am a sensual extravaganza.  
 I am an extraordinary affectionate reality.  
 I am a humanistic trophy elite.

No treasure on this earth  
 is equal to the pleasure that comes from me  
 Being a part of your life  
 In a way that only a gift from a high  
 Can be presented in a splendor  
 That is only felt by a few  
 But sought by all and all and all.

One day I closed my eyes  
 And I met myself for the first time.  
 I realized I was someone very special.  
 I realized what I represent is very special.  
 I realized what I can do as an individual is very special.  
 I truly realized I am a prize as are all of my sisters.

ALICE W. WILLIAMS

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# Black Men Unifying Black Men

## Us Helping Us = Unity

### If Not Us, Then Who? If Not Now Then When?

#### Praising Ourselves

Far too little do we praise ourselves and one another. However, as the writer of this article, I want to thank all the Black Men as well as Black Boys who have participated in the monthly breakfast that we have held for now over four years.

Yes, for over four years a small group of Black Men came together and decided to have monthly breakfast as well as discussions as a way to bring Black Males to the same room, with a specific purpose. Yes, the purpose of networking and getting to know one another.

There have been times when we have had over a hundred Black Men and Black Boys in the same spot for two hours at a time and never have there been disrespect but it has always been peaceful with harmony in the place. Each month we have always used a

Black Business as to spend our dollars and to help promote an establishment.

Of course, we as Black Men Unifying Black Men have not been perfect and neither have we had all the solutions to the issues within our communities. The truth is that we did not start off to be perfect and neither did we start off thinking we would have all the answers. But what I am thanking these Black Males for is this.

We have done and we are continuing to do what we set out to do and that is to bring us together on a consistent basis, giving us an opportunity to work together and to know one another. It is much easier working and building with one another once we truly know each other. It is harder to bring harm to one another if we know one another.

Our efforts have been a good display for the younger Black Males to see and witness so many Black Males coming together and not to party, neither to fight but to build bridges and to have discussions about our present plight and the future.

Through our efforts, so many other organizations have started and so many ideas have blossomed with Black Men working with one another who hadn't even known one another. We have displayed a unity of strength that many Black Women have been proud off, knowing that their husbands and sons are part of this effort.

Our intent was to never be about us making money from one another and that is why every breakfast is always free of charge. Yes, we take donations up as a way to pay for the food as well as the facility that may cost us, but we

didn't want this to be about making money, we wanted this to be a genuine effort of us unifying us.

One of our core beliefs is simple, through unity all things become possible and therefore, our effort, as well as our mission, is to continue building bridges that other Black Males could cross. Of course, we have to give a shout out to one another, because it is imperative that each one of us realizes how vital one another has been to this effort.

I have heard many Black Males say a lot of things but one of our members always remind us that on the first Saturday of the month from 10 till 12 is the most dangerous two hours within the city and not because of harm but because of Black Males unifying.

Bill Goodin



## Black Men Unifying Black Men

### Us Helping Us = Unity

#### If Not Us, Then Who? If Not Now Then When?

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### National Youth Editor Kathleen Murphy

A member of various local, national & international organizations

#### Hello Youth Readers: Reflections on our past, our present, and our future

During February, Black History Month is celebrated to commemorate our African American heroes such as Booker T. Washington, Harriet Tubman, George Washington Carver, Benjamin Banneker, Martin Luther King, Jr., and others who contributed to our nation. To reflect on another of our African American heroes, I recently went to a Black History Program and book signing at a local library presented by Jim McKnight and Sahara Bowser. They co-authored "My Story of a Sharecropper's Life". The sharecropper, Willie Holliday, Sr., lived in three centuries and lived to be one hundred and eleven years old. As I read the book, I noticed a common denominator. To succeed in life, one must

be responsible, be diligent, have drive and determination, have goals, make wise decisions and contribute to society. Willie Holliday's everyday goal was to treat others as you would have them do unto you. Living in an era where no matter how hard you worked, Willie Holiday beat many obstacles but could not beat poverty. Providing food and basic shelter for his family was a daily challenge and his number one priority. We study history to learn the good and bad from the past. History helps us to understand what changed and it provides cultural awareness of our heritage and legacy. In 1926, Carter G. Woodson proclaimed the second week of February

as "Negro History Week", which was chosen because it coincided with the birthday of Abraham Lincoln and Frederick Douglass. In 1970, Black History Month was first celebrated at Kent State University. Did you know that Black History Month is also observed in Canada, Ireland, the Netherlands, and the United Kingdom? It is celebrated annually in the United States and Canada in February and annually in October in the United Kingdom, the Netherlands and the Republic of Ireland. Years ago, I made a few trips to the Netherlands. I will always love that country for its friendly people and its beautiful country. The one thing that stood out for me was that black people were citizens of the Netherlands. I saw people who looked just like me with the same hair and same skin colors. I was so amazed and delighted. Then there is Idris Elba, the actor, born in London, looks like he may have been born in any city in the United States but speaks the Queen's English and does have that accent. Again, Black History Month is a way to remember important people and events in the history of our African heritage. In 1987, Congress declared March as National Women's History Month. A

special Presidential Proclamation is issued every year which honors the extraordinary achievements of American women. When I think of brave women, I think of Shirley Anita Chisholm who was an American politician, educator, and author. In 1968, she became the first black woman elected to the United States Congress, and she represented New York's 12th congressional district for seven terms from 1969 to 1983. There is Ellen Johnson Sirleaf who is a politician and economist. She is the first female head of the state of Africa serving as the 24th President of Liberia from 2006-2018. "Choose people who lift you up", is a quote from Michelle Obama who is a lawyer and writer and was the first lady of the United States of America from 2009-2017. Now that we have reflected on some of our past and present history; hopefully we are using that rich history to benefit our future. How does your past history involve your future role in society? Remember, Willie Holliday Sr., went from a sharecropper to a community and civic leader. What is your civic responsibility? You already know where you can help. You do not have to be rich, famous or a hero to contribute your individual act of greatness to your community.

#### Earth Day and Your Responsibility

Earth Day is celebrated around the world on April 22nd each year. It is the world's largest movement in support of environmental protection and marks the anniversary of the birth of the modern environmental movement. Since 1970, Earth Day has included events in more than 193 countries. A Climate Protection Treaty was adopted by a consensus of 195 nations present at the 2015 United Nations Climate Change Conference in Paris. Earth Day raises awareness about the importance of protecting our planet. Included are laws for the Environmental Protection Agency, Clean Air Act, the Water Quality Improvement Act, and the Endangered Species Act.

E-waste is a popular, informal name for electronic products nearing the end of their "useful life." Computers, televisions, VCRs, stereos, copiers, and fax machines are common electronic products. Many of these products can be reused, refurbished, or recycled. E-waste represents more than 70% of toxic waste in landfills. It is time for you to reflect on your future and what better approach than by protecting your environment. What a contribution you will make by just taking a few steps. Make a pledge and a plan to act on your gift to protect your world. First Reduce, reuse, and recycle. Cut down on what you throw away, es-



pecially on our streets, highways, and byways. Do not litter. Volunteer for cleanups in your community and pick up trash around your school and community. Conserve water. Do not run the water unnecessarily. Use long-lasting light bulbs. Plant a tree or protect a tree. Col-

lect e-waste and recycle. Help with ocean pollution and recycling activities. You can make a difference. When you first started reading this article, you may have thought, how can I contribute? One way is to be a part of Earth Day each day. Kathleen Murphy

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**National Editor  
Mélaughn Butler**  
The Association of College Pro-Activists

Our people have gone hungry for far too long. It's time, "Let's Eat!" The Indigenous Business Association (IBA) introduces its first Group Economics Event this Juneteenth Weekend. The "Let's Eat Tour" will feature local IBA businesses and restaurants, which register into the League by May. The three-day event will feature one day of homecoming, where all residents will be asked to join us at a headquartered facility; and two days full of city-wide touring, where participants will visit local store-fronts, businesses, and pop-up shops listed in IBA's pre-scheduled tour destinations. The theme of "Let's Eat" is to implement group economic methods that help to recycle our resources. During this entire weekend, participants will earn rewards points for shopping at their favorite IBA shop. This event will officially launch the Loyalty Program for the

League. IBA will also look to engage key, highlighted sponsors to speak and spread economic resources throughout this event; participants will be discussing how we can improve Indigenous situations over IBA's signature \$5.00 plates.

What's New: The Indigenous Business Association, a proud project of the Association of Collegiate Pro-Activists LLC, has recently been addressed as a Business-Coop full of local organizations, economic, residential, & educational resources. The goal here is to provide Coop members and local residents with enough resources to reach and execute upon our two said goals: Sustainability and Reciprocity. Steadily, this league has been gaining a huge local and humble international appeal; the goal is to recognize that the sun will never set on the Indigenous kind. The League has

been organized, through the combined efforts of its membership, to actively construct the Community Building Initiative, which represents us all. In theory, the whole of the Indigenous Business Association will always be greater than the sum of its parts. That being said, here are some highlighted, incoming parts that are adding incredible value to our Coop's set of Resources. Joshua Empowers Foundation represents incoming mental health support that will be implemented in all youth programs. The first example of this will be found within IBA's Educational Programs which are Different Kinda Smart and Joyriffinic Band. The Youth Media Communication Program is a newly formed program that will involve The National Black Unity News and IBA Mentorship Organizations', Tight Knit Radio and African Youth Alchemy. This program teaches STEM, interview & professionalism classes, Creative Writing, and much more. Learn, aLanguage4Funrepresents, an online resource that all rites-of-passage educators will also share. The goal is to introduce our young scholars to different languages, while their minds are still receptive to them. Highlighted ages for this program are between the ages of 7-11.

Get Involved. Join Our Coop! Register Your Business! Register Your Organization! The IBA Coop effectively responds to all forms of partnership by primarily targeting four main areas of focus: Small Business, Large Business, Retail Partners, and Non-Profits. Each member gains a customized profile with the League, filled with partnership agreements, set goals, and unique collaborative ideas. We ask that you submit your crazy idea(s), ambitions, and programs; we will look to serve as an agent that helps to realize and support these same dreams & ambitions! Engagement starts with those looking to become active members of the inner-city. IBA partners, Big Blue Hauling facilitate Monthly Cleanups that we ask all local residents to join and support! We plan to visit all districts of the city, one neighborhood block at a time. Until we take ownership of our own community, nothing else will change!

**Contact:**  
**Name: Mélaughn Butler**  
**Email: Mbutler.acp@gmail.com**  
**Facebook: TheACP18**  
**Instagram: Theacp\_2018**  
**Website:**  
[www.ibaleague.wixsite.com/2019](http://www.ibaleague.wixsite.com/2019)



**The Indigenous Business Association**  
Exist as a direct response to the economic plights of the indigenous person. Our goal is to revamp the commerce experience of the lowest socioeconomic class, as we steadily converge from a state of consumerism to commercialism.

**The Association of College Pro-Activists**  
**Mélaughn Butler**  
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**National Editor  
Fitness/Nutrition  
Catherine Brown  
F.I.T Nutrition**

**Diabetes,** Today, the population is increasing in terms of people affected by diabetes, is so prevalently rising at a velocious rate. Diabetes applies to every one of us who is overweight, obese, carries the gene and inactive, it appears a number of factors compounding contribute to the onset such as ageing, lifestyle

and society.

I like to elaborate on type two diabetes. Type two diabetes impacts the ageing population, pregnancy onset, obese youth, overweight and obese individuals. Yes, thin people can have diabetes.

Diabetes is a complete chronic metabolic disease and has an impact on the func-

tion of our organs. Is there a solution for diabetes? Yes, we must first change an unhealthy lifestyle, second understand that the problem with diabetes is not the disease it's the elevated blood glucose that impacts our lives and impacts the function our of organs, Exercise, nutrition, change and balance in lifestyle is important.

Type two diabetes can affect kidney function; impair vision, nerve disease, heart disease, the onset of stroke, lower testosterone levels. The earlier you're tested for diabetes and pre-diabetes can prevent, delay onset or lessen the complication.

Changing your lifestyle with nutrition

and exercising can throw a curve ball in blood glucose management. Each individual physical fitness and nutrition is bio-individual, although there are some general guidelines to follow understanding how to exercise and adapt to a healthier eating habit can be complex or simple. It is undeniable the many health benefits in improving the longevity to your life.

Contact Catherine Brown your Wellness Strategist on how to make a Change in Your Lifestyle.

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**Happiness and a Meaningful Life**  
**A healthy body and a state of well-being is created with a meaningful life."**

A fulfilled life is pertinent in having a healthy relationship with yourself and your circle of life. A complete circle of life constitute career, finances, family, friends, exercise, nutrition, and self esteem. For one to live a meaningful life you must be in a positive emotional state within yourself mentally, physical, and spiritually.

An exhausted environment limits our life expectancy, stress and negativity breaks the body down and produces an unhealthy body filled with toxins, mental distress, and unhappiness.

Learn to let go of fear, infuse joy, and happiness into your life. Balance your time with energy and positive surroundings while moving into

a meaningful state of being. Moving toward a new direction may be intimidating, expect to encounter some discomfort, sadness, or stress in letting go of what no longer has a place in your life.

However, you are taking the next step to bringing yourself fulfillment that will complete your mental, emotional, spiritual, and physical satisfaction. Paint Your Life with Meaning!

**"Our fears differ – the only constant is that we must face them in order to evolve."**

**Catherine Brown  
Certified Health and  
Wellness Strategist**

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<p><b>Turmeric</b> Usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Health Benefits: One of the most impressive free radical scavengers, it also supports brain health, protects cell integrity, &amp; aids in mood balance.</p>	<p><b>Himalayan Salt</b> Usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Health Benefits: Properties aid in sinus relief, the ability to increase the body's natural ability to breathe deeply &amp; breathe better at night. It may also reduce or eliminate night coughs, snoring, &amp; breath-related sleeping conditions.</p>	<p><b>Cilantro</b> Usage: Great for soups, salsa, &amp; guacamole. Health Benefits: Considered a super-food with an incredible source of antioxidants, it is a powerful cleansing agent for removing toxic from the body. It is loaded with vitamins &amp; minerals, &amp; it has a long history therapeutic use.</p>	<p><b>Lemongrass</b> Usage: works well in sweet and savory dishes &amp; drinks. Health Benefits: A source of beneficial phytochemicals that support the body's response to harmful organisms, boost the immune system, &amp; promote overall wellness.</p>
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**Bon Appetit!**  
*Femmelle Chef*

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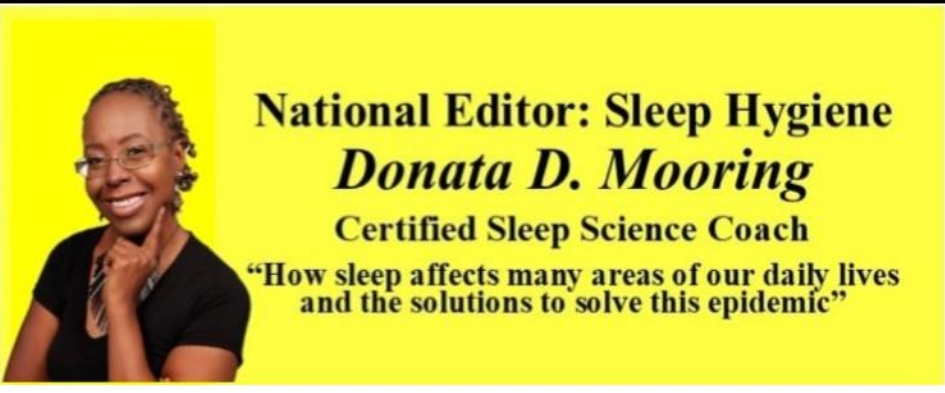
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### Sleep Deprivation & You

I use to think of sleep deprivation referenced to driving only. I was farther from the truth. Sleep deprivation affects your brain, body, heart, and life.

The hidden signs of sleep deprivation can be deadly. The main symptoms of sleep deprivation are fatigue, forgetfulness, moodiness, yawning, depressed

mood, difficulty learning new concepts and more. When there is a lack of or no sleep your brain is unable to function or reason with your body. Most of us, take sleep for granted as an extra curriculum activity. On the other hand, if we do not feed our brain the proper sleep that our body needs it will shut down when you least expect. Sleep deprivation can hap-

pen while driving, making a critical decision for your health, finances, career, business, family, and much more. There is more than one way to relax your brain and prepare it for sleep or at least rest.

These are a few things you can do to relax before going to bed: pray, meditate, yoga, listening to soothing music, reading, journaling, and making passionate love. Yes, I said it "Making Passionate Love" not having sex they are two different things.

*Based on the National Sleep Foundation*

"Sleep is essential for a healthy heart. People who don't sleep enough are at higher risk for cardiovascular disease and coronary heart disease—regardless of age, weight, smoking and exercise habits. Getting enough good quality sleep is important if you want to lower

your risk of these conditions.

It's not completely clear why less sleep is detrimental to heart health, but researchers understand that sleeping too little causes disruptions in underlying health conditions and biological processes like glucose metabolism, blood pressure, and inflammation. The same may be true for "oversleeping."

There are several devices to use to measure sleep quality to possibly avoid sleep deprivation. There are several free apps on your cell phone to use. I personally use Sleep Cycle which measures the quality of deep sleep and more.

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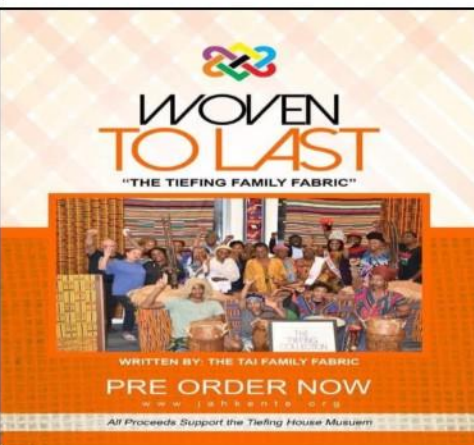
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**WeAreTheRhythmPEOPLE**

**National Entertainment Editor**

Ms. Kim Poole is a Soul-Fusion Teaching Artist and Founding Fellow of the Teaching Artist Institute (TAI), providing an opportunity for artists and artisans to learn techniques for social transformation while fostering outlets for socially engaged art. Through TAI, Kim and her team of Teaching Artists are originating the Art for Social Transformation, Teaching Artistry in Action curriculum & workbook for change agents and universities interested in exploring the "Art of Possibility" around the world. She has a passion for encouraging the "Rhythm People" as she refers to them, to reclaim their global cultural economy and a knack for celebrating the beauty and resilience of women with SUPERLASHES through her music and the Sheroes Sisterhood. At 33 years old, Ms. Kim Poole has over ten years experience in International Art Cultural Diplomacy and the world has only begun to learn how this Soul-Fusion Teaching Artist will redefine our understanding of artistic expression in social transformation.



**A Global African SHEROES Union: Black Women's Agenda at the United Nations CSW63 by Kim Poole**

This year, the 63rd session of the United Nations Commission on the Status of Women (CSW63) took place at the United Nations Headquarters in New York March 11-22<sup>nd</sup> 2019. Focused on the theme, "Social protection systems, access to public services and sustainable infrastructure for gender equality and the empowerment of women and girls," historically each year brings a new aspect of global women's right to thrive. Unfortunately, in large part the platform is convened as it has been since inception of the United Nation in 1942 by women who do not identify as being African. Still, this year added to deliberations a newly formed caucus for Women and Girls of African descent; co-chaired by Ms. Jackie Weatherspoon and Ms. Patricia Bradley. Though logistically and fundamentally separate from the caucus on African Women in general, this session was in addition to negotiations for a new declaration and a positive development.

Success of the caucus session are hopeful but is yet to be determined. Nonetheless, major strides were made by civil society organizations focused on Global African Women in official UNCSW63 Parallel events hosted by experts from around the African Woman's world.

Under the leadership of Iman Drammeh, on March 16<sup>th</sup> the Drammeh Institute fought against road blocks of green accompanied by the country's largest Saint Patrick's Day parade on New York city streets to bring awareness to the "Invisibility of African women" at the Nigeria house. Complementary this same evening, 1000 Shades of Women and a healthy delegation of Malian



women recognized the community Mayor of Harlem, Dr. Queen Mother Blakely.

Later in the week a three-day series of events was convened by The ECOWAS Women and Global African SHEROES

Union offering "Protection Strategies for Global African Women in Economic Wellness and Mental Health." From intimate sister circle sessions on leadership development and entrepreneurship bootcamps at the 1<sup>st</sup> International SU-



PERlash Summit to the LASHED-out series: exploring the definition of the womb, aired clips from the LASHED-out documentary, solutions to dangerous trends in the beauty and health industry, and policy-driven answers to image abuse of Global African women, the UNCSW63 closed on a high note.

The leading tone of safe convening spaces for the socio-political will of Global African women was held on March 20<sup>th</sup> 2019 at the African Union Mission with event entitled "YEAR OF RETURN: African Union African Diaspora 6th Region Declaration in Gender Perspective." Serving as a road map to integration of African women and their families beyond geographic location, language and other potential barriers, this event provided an opportunity for community stakeholders across sector to participate with in-depth analysis of emerging trends effecting Global Africans and the development of resolutions to these issues. Focused on drafting concrete solutions to bridging the divide

between Global Africans, the event began with the an official "State of Global African Women" address, given by Ms. Angela Sayles MBA, Executive Director of the Institution of Financial Unity and a panel to follow that covered topics including: *The Year of Return (2019) in perspective of the 7th Year of African Union African Diaspora 6th Region Declaration (2012), 5th year UN Decade of People of African Descent, the 20th year Anniversary Durban Declaration and Program of Action 2021 and the final year of the African Woman Decade (2020) presented by Dr. Barryl A. Biekman, representing Tiye International, Sophiedela, AUADS and African Diaspora Union.*

*"Engaging Policy Makers in Creating a Safe Environment for Returnees" presented by Mrs. Mouna Moriah Ahmed-Berry, President of ECOWAS Women Organization; "The Year of Return in Gender Perspective" presented by Ms. Kim Poole, Global African SHEROES Union Founder and International Host; "Benefits of Engaging the Diaspora to Increase Capacity Building in General" presented by Ms. Flora Edemode-Oyakhilome MNIM, Executive Director EDO SACA, this event laid a foundation for a strong working group dedicated to implementation. Moderated by Ms. Veola Green, delegations of Global African SHEROES Union host from 16 countries were in attendance including notables such as Ms. Hilda Twongveirwe and Agnes Kyarissma of Uganda, Edem Attipo and Queen Mother Nana Amina of Ghana and Ms. Juliet Ngoua of Gabon, and Ms. Marsha M. Hall of The Gambia by way of Jamaica.*

*Media tag lines around "Black girl magic" are theoretical masturbation that ultimately prove toothless tigress in the pursuit of Global African unity. Still, the Juju of ancient African feminine energy was at an all-time high with the preceding events and confirmation of the Decade of Return 2020-2030, ten years facilitating Global African Repatriation. The unity of Global African Women on the UN CSW63 platform has proved most effective as a tool to the homeward bound journey to Mother Africa. The African centered organizations leading this work were Lioness of the Pride. The final communique of this sessions available at [GlobalAfricanSHEROESunion@gmail.com](mailto:GlobalAfricanSHEROESunion@gmail.com)*

**Gigs, Bigwigs, & Shindigs**

**Gigs**  
African's Rising is Hiring  
<https://www.africans-rising.org/www/2017/09/30/job-communications-coordinator/>  
Pan African Federalist Movement is coordinating  
[Unitedafrica2020@aol.com](mailto:Unitedafrica2020@aol.com)  
**Knight Foundation is Funding Arts Challenge**  
[www.knightfoundation.org](http://www.knightfoundation.org)  
**Global African SHEROES Union is Interviewing for International leadership**  
[www.SHEROESshop.org](http://www.SHEROESshop.org)  
**Big Wigs**

**Victims of Ethiopian Airlines Crash 409 RIP Shindigs**  
World Bank – "Gaming for Development to Achieve Sustainable Goals"  
April 9<sup>th</sup> -12<sup>th</sup> 2019 Washington, DC USA  
[www.worldbank.org/en/events/2019/04/12/civil-society-policy-forum](http://www.worldbank.org/en/events/2019/04/12/civil-society-policy-forum)  
**Mobilizing the 6<sup>th</sup> Region of Africa Conference April 10<sup>th</sup> – 12<sup>th</sup> 2019**  
[dsuaprminfo@desu.edu](mailto:dsuaprminfo@desu.edu)  
**Wilhelm Street (Berlin) Sit-In April 23<sup>rd</sup> 2019 Berlin, Germany**  
+221 77 661 09 08 (Whatsapp)  
**Year of Return Launch Europe April 25<sup>th</sup> 2019 The Netherlands EU**

[YearOfReturnEurope@gmail.nl](mailto:YearOfReturnEurope@gmail.nl)  
**Brothers Who Can Cook May 11<sup>th</sup> 2019 Baltimore, Maryland USA**  
[www.brotherswhocancook.com/](http://www.brotherswhocancook.com/)  
**Black Women's Roundtable – State of Black Women in the United States – June 15<sup>th</sup> 2019 Washington, DC USA**  
<https://www.ncbcp.org>  
**Youth Poetry Festival April 5th & 6th 2019 Baltimore Maryland USA**  
[www.DewmoreBaltimore.org](http://www.DewmoreBaltimore.org)  
**6th Annual Women's Conference June 29th 2019 Baltimore, Maryland USA**  
[www.wursumovement.com](http://www.wursumovement.com)  
**Contact Kim Poole: 443-739-0941**



**Contributing Editor  
Charles E. Pender PH.D.**

**Author & Community Activist  
President Emeritus Hopewell Action Council /  
Southern Christian Leadership Conference**

**Where do we go from here or where do you go from here?**

This question has been heard and uttered around the world and remains unanswered. This very question must have a conclusion. Many decades have passed, and many ideas have been given for an answer to this age-old question. Today we shall discover the only answer anywhere. Historically you recall, a people of yesteryear, who were used, abused, misused by a cruel establishment. The inhuman torture by whips on their backs and with their own sweat and tears did these abused souls were forced to build the basic structure of a nation. Now come I am ordained minister of the gospel of Christ Jesus the Messiah, with the following suggestion submitted in your consideration with a singleness of real freedom and liberation at stake. Where do you want to go? Consider this, with continual fears of violence sometimes looming at all tentacles of society, which is commonplace in these new generations and an imploding nation. May I come down your street and enter your house and whisper in your ears. "look toward the hills from which cometh your help, yours, mind and, everybody's help comes from the Lord, which made the heavens and the earth. As I stand back and look you in the eyes, I'm reminding

you to "Keep your eyes on the prize. For years many have been putting our trust in mammon. That's a problem. so, our father has given us the Owner's Manual which contains 66 books. The manual gives us all a warning in Isaiah 2:22. "Put your trust in no man who has only breath in his nostrils. Why hold them in esteem. The owner's manual gives the only path for his children who are obedient to his word with wisdom. proverb 3:5-6 " trust in the Lord with all thine heart and lean not into your own understanding and all your ways acknowledge him and he will direct your path".

The very question of where I go from here arrived out of a cruel situation, we are all in a disingenuous and cruel Society which is saturated in every aspect with witchcraft on steroids. This witchcraft (the true name of racism ) is relentless. Day by day, month by month year by year, decade by decade .this evil was Amalgamated into the very fibers of the formation of this society. This practice by witches and warlocks are relentless with evil intents. Case and point it is said, the most segregated hour in American is 11 o'clock Sunday morning. This

my friend alone is why we should consider the owner's manual and be prepared for the soon coming of Yahushua Jesus. My mind reflects upon all the contributions and inventions that made this country great. \_Certainly,\_under the movement, all the contributing factors that African Americans have made to America. The talents, all the invention, that really got this nation to its greatness. This doesn't mean anything unless we keep our eyes on the real prize. but where you go from here depends on one's relationship with our Heavenly Father.

The first question that is to be answered as to" who you are that's going somewhere, and the answer comes from the owner's manual (the Bible) which the greatest black history book on the planet.

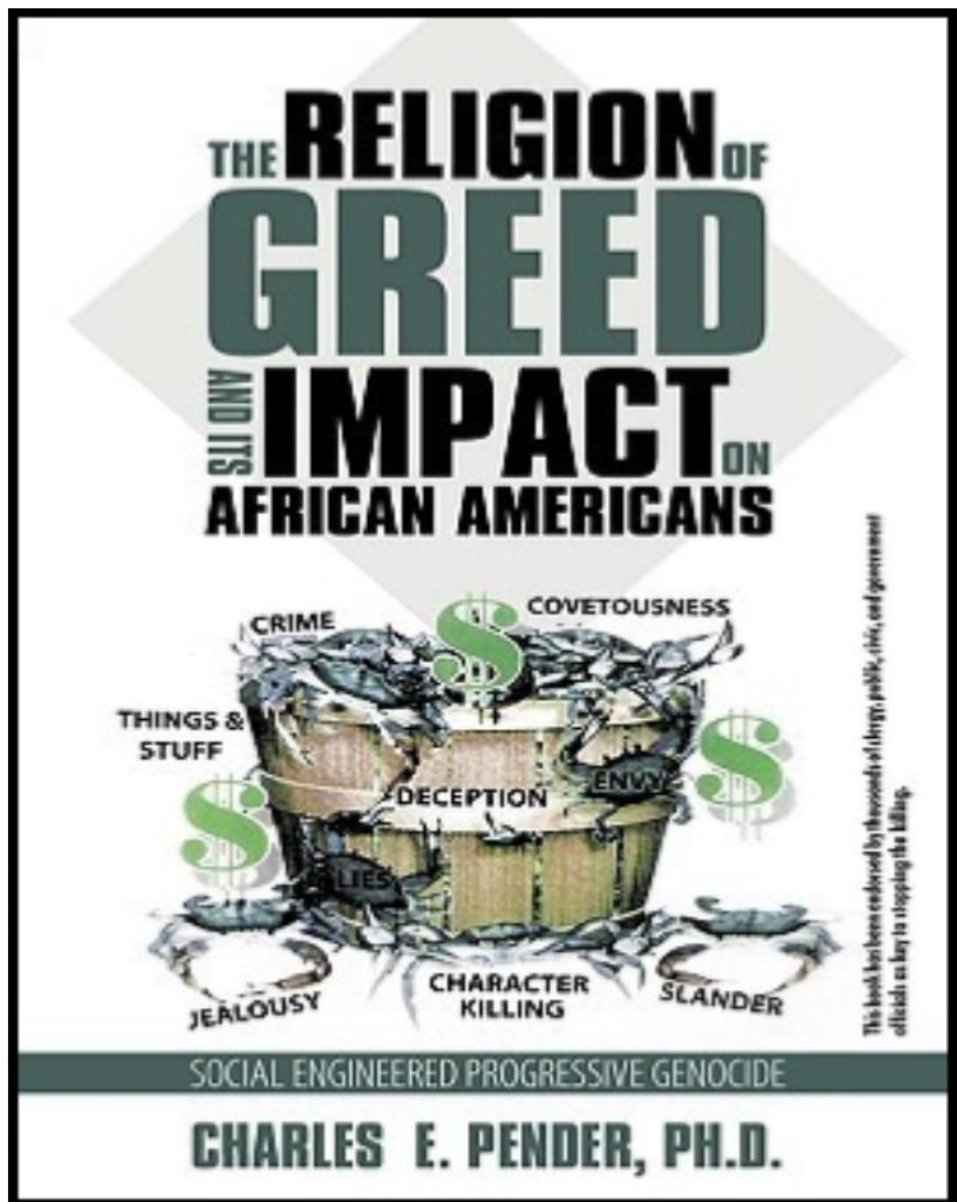
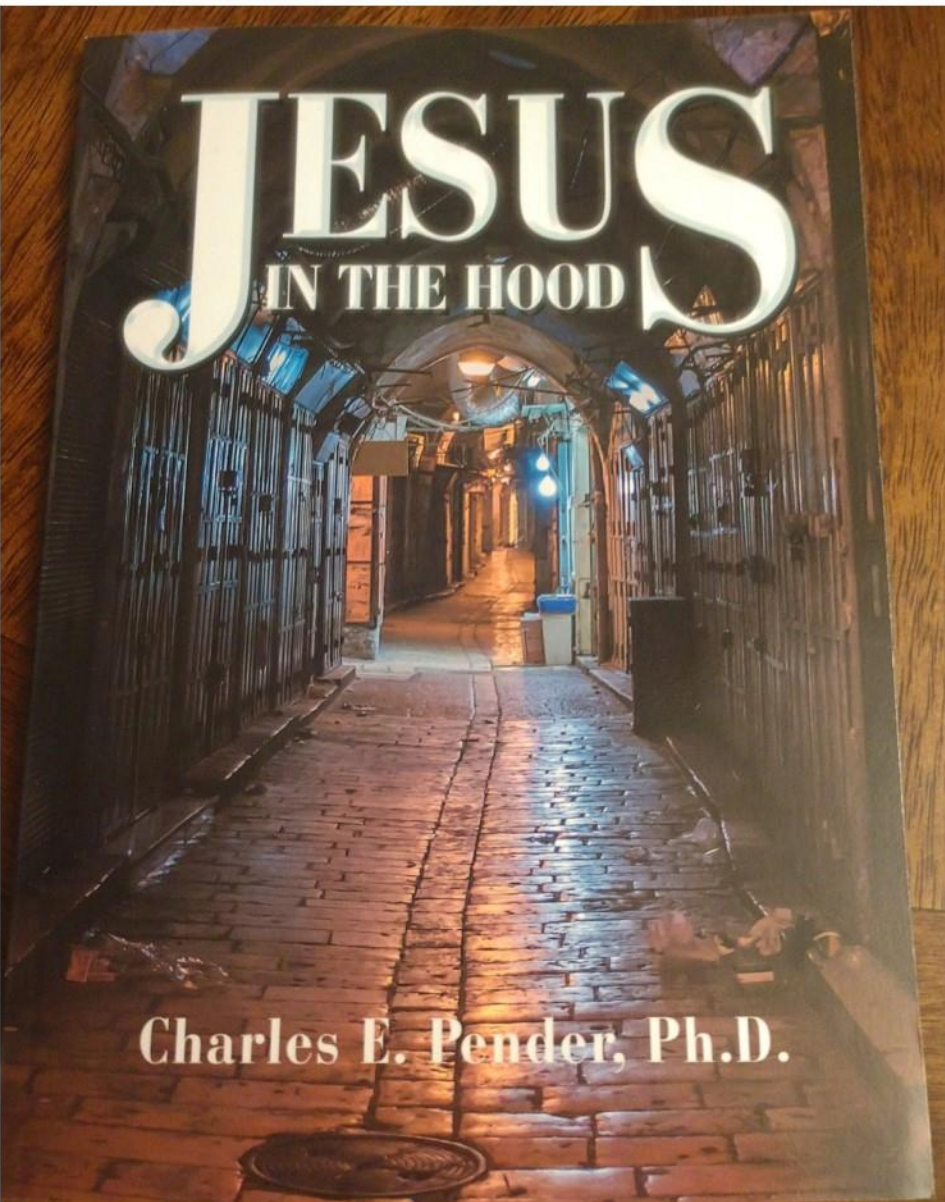
Close your eyes for a second and imagining nothing, no stars, no planets nothing no trees no ocean just a blank ... If only then imagine All humans begun as a concept in the mind of the Living God, the owner's manual attesting to this fact ...Ephesians 1 and 4 states long before he laid down Earth Foundation, he had us in mind has settled on us as the focus of his **LOVE**. Therefore, only excellence is found in our father. He even had you in his care before you were born: says Lord Isaiah 42:2 so when you were in mind of God, for everything absolutely everything above and below visible and invisible everything got started in him and finds its purpose in him Colossians 1:16.

he imputed into you his wisdom his superlatives just to name a few, as you were before the creation of this world. Superlatives such as adventurous, per-

sistent, boldness, musical, optimistic, positive, refreshing, friendly, deep, Lively, thoughtful, and hundreds of other superlatives are your strengths, faithfulness, orderly, planner, convincing, but full, listener and much more, as you who are reading this paper are an unrepeatable historical event. more can be listed but there is not enough paper on earth to describe the incredible you and your gifts, the question has been answered as to who you are, the next question is why you are here at

When you entered the mind of the Living God you were then the Apex of his creations, in the vast cosmos and beyond. Furthermore, this world was created for your pleasure, to enjoy his creations, flowers, the sea the animals and the privilege of having a personal relationship with him in prayer, our father wants a personal relationship with you daily. This was installed into you before you were born. Humans greatest need is to have our father in a relationship with everyday prayer. The prayer is to consist of praise and confession of transgressions and intercessory prayer for others and direction for the task in front of you daily, believe me, this will make your life complete.

Our father created you so unique as a grain of Sand among the beaches of the universe too countless to be numbered. you are as unique as each star in the sky, each leaf on a tree, as unique as each drop of rain, each snowflake. You were fearfully made and wonderfully made in the minds of God. You have the **A** team on your side, so you can use all those wonderful talents that exist to glorify our father. The **A** team consisting of the Father *Continued On Page 27*





# BUILDING YOUNG ENTREPRENEURS

By Bright Oloyo, Founder and Convener, Building Young Entrepreneurs Campaign



## THE SAD REALITY - TALE OF A NIGERIAN GRADUATE

I arrived in Lagos seven (7) years after graduation in search of greener pastures, and I found the pastures though not very green. Barely a year after my arrival, I applied for a banking job along with several others and I was among the few fortunate ones who got the job.

I lived at Alagbado on the outskirts of Lagos mainland and worked at Lekki which is on Lagos Island. It is a forty-four (44km) journey but could last several hours due to traffic congestions. I had to leave home at 4:30 am each morning to ensure my arrival at the office before 7:30 am, the beginning of my hours.

The journey to the office was nothing compared to my return journey. The traffic back was usually hectic and I arrived home between 10 pm and 11 pm most nights. I had roughly three (3) to four (4) hours sleep on weekdays. Life was hard, but with time I got used to it. I was fortunate to have a job and would do whatever it took to keep it.

It was a Friday and I was sleep deprived, facing my weekly performance account. I was a marketer and on Fridays, we gave our weekly activity report in a marketing meeting headed by our branch manager. These meetings were a place to shine if you were meeting your targets but dreaded if you weren't.

I had been falling short lately, and dreaded Fridays. Today was going to be worse because the week had been extremely poor, I couldn't even open a single account the entire week. The country was going through a recession and it was increasingly difficult to open accounts lately. However, the bosses didn't care, you had to meet your targets or be shown the way out. No exceptions. "You will certainly not be with us at the end of this year, the way you are going". Those were the final words of the branch manager directed at me. As predicted, I

was torn apart at the meeting, thoroughly tongue lashed. I got back to my desk and discovered I had been issued a warning, two more and I would be sent packing.

I looked at my watch, it was 7:15 pm, the branch manager had just left for home. I bade him farewell, just to make sure he noticed I was still around when he left. I had completed my activities for the day as early as 5:00 pm, but there was no way I was going to leave the office before him on a day like this.

I switched off my system, grabbed my bag and commenced the hectic journey home. By the time I got to Oshodi bus stop, where I was to take a final bus home, it was already 9:25 pm. I was tired and angry with myself and the world. I was holding my suit coat on one hand and my office bag on the other, my tie was folded and tucked in my pants pocket as I stood in the overcrowded bus stop waiting for a bus to take me home.

The crowd at this bus stop every Friday was massive. I struggled unsuccessfully on three (3) occasions to board a bus heading to my destination. Suddenly I felt some funny movement behind me and I turned instinctively and saw two roughly dressed boys running. The woman behind me said "Oga, dem don carry your wallet" meaning "Sir, they have stolen your wallet".

I quickly transferred my office bag to my other hand with the suit coat and frisked my pockets. Sure enough, my wallet was gone. For a few minutes I was confused, and thou I knew the pocket I had placed my wallet, I had to check every other pocket to be sure. Then it hit me, my wallet was gone, and I was standing in a crowded bus stop at 9:45 pm without a dime.

At that moment, my sorry life flashed through my mind and I felt like crying. I felt life had dealt me a wrong hand, I felt

cursed. My spirit was sinking to a new low.

I have always been a brilliant student, top of my class all through my secondary/high school days. I had big dreams of working in a multinational oil firm, even though I had the chance to study medicine at the university. I opted for mechanical engineering, and as expected I graduated with very good grades from a prestigious university ten (10) years ago.

The chaos of people scampering for a bus brought me back to reality. How was I going to get home? My ATM cards were in the wallet that was stolen. I couldn't make any withdrawal, at least not immediately. I had only one option "UBER".

I had the app on my phone but never used it. I remembered someone saying in the office, you could link your account to it and you didn't have to pay with cash. I tried it and it was quite simple and straightforward. Within minutes I had added my account details and booked a ride. The fare was two thousand nairas (#2000) approximately five dollars (\$5), which was five per cent (5%) of my monthly take home..... for a single ride. I really could not afford this, and I really had no other option. Then I remembered who was talking about the Uber service at the office, it was my boss. Certainly, no staff on my pay grade would dare consider this. I wished there was an alternative, but sadly, there wasn't.

As I waited for my ride, I went down memory lane. Ten (10) years had passed since I graduated from school with high hopes, and here I was, no oil job, not even practicing what I studied. I was working as a contract staff for a new generation bank as a marketer with a monthly take-home of forty thousand nairas (#40,000) approximately one hun-

dred dollars (\$100), which came along with insults and threats from my bosses for failure to meet targets. I was squatting with a friend and could barely feed myself.

I thought about my ever loving and understanding parents back home who had made so many sacrifices to see me through school. Not once in the last ten (10) years had I sent a dime to assist them. They even sent me ten thousand nairas (#10,000) approximately twenty-five dollars (\$25) last month to support me. It was clear that life had certainly not been fair to me.

It was the salty taste in my mouth that made me realize I was crying. At that instant, my phone rang, which once again brought me back to reality. It was the Uber driver. He had called me earlier to confirm my location, and now he was calling to tell me he had arrived at the bus stop with his hazard lights on. I saw him and quickly wiped my tears and moved towards him. I opened the back door and got in. The driver turned and said good evening sir are you Mr Bright?. I looked at him and we both froze .....to be continued

**In Nigeria, six (6) out of every ten (10) graduating students are unemployed, and the country's National Bureau of Statistics (NBS) states that over twenty-three per cent (23%) of working-age youths are without jobs or under-employed.**

**Please support the Building Young Entrepreneurs Campaign designed to steer young minds in Nigeria towards entrepreneurship.**

**To support: visit [www.bye.com.ng/donation](http://www.bye.com.ng/donation) to purchase an SDS e-book or make a donation.**

**Together, we can build a brighter future for the Nigerian child.**

### WE NEED YOUR HELP!!!

#### PARTNERSHIP BETWEEN SELF DEVELOPMENT SUCCESS AND BUILDING YOUNG ENTREPRENEURS CAMPAIGN 2019



BUILDING YOUNG ENTREPRENEURS

**HOW TO DONATE** Please lend your support by going to the Building Young Entrepreneurs' website [www.bye.com.ng](http://www.bye.com.ng) and open the donation page. Click on the "SDS E-Book Fundraising Program" link. You will be redirected to the fundraising page where you will be able to purchase an e-book copy of "From Creativity to Creating Income: Turn What You Know Into Dough" and the link to download your e-book will be active for 3 days from the date of purchase. An unprecedented 50% of the sales will be donated directly to the BYE

Campaign for the direct support of the BYE Campaign and the education of the participating youth. Following your purchase, please share this information widely and often with your entire network and social media platforms and ask them to do what you just did.. Your support is crucial to continuing this life changing connection for these deserving young students.

*There is no time like the present to show your support! Thank you!*



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SDS Personal and Professional Development Training  
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## Reaching The Unreachable Outreach Ministries, Dr. Andre H. Humphrey



Dr. Andre H. Humphrey is extremely passionate about his ministry and the services his ministry provides to help people. I met this inspiring gentleman many years ago. Then and now, he is still on the frontlines providing services to those in need.

In our first meeting I asked him why he chose to do the work he was doing? He pointed to a picture on the wall of his office and said to me, "That is a picture of my son who was murdered". I noticed the pain and agony on his face and he spoke very passionately about the trauma he suffered about the death of his son.

He said the death of his son was one of many reasons why he does the things that he does! This Brother has many accolades I could write about, but I want to thank him personally and publicly for putting in so much work over the years. Thank You Soldier!

Here are a few of his accomplishments. In 1988 after doing many revivals at the

Charles H. Hickey School, the Holy Spirit placed on Rev. Humphrey's heart that there was a serious need for an Outreach Ministry for young men. Many had given their lives to Christ, but there was no follow up available to them. After speaking with Bishop Robinson, along with the secretary of the youth facility, his name was given to Ms. Mary Slector who was in charge of volunteers. At this point he was asked to take charge of the mentoring program where he gave of his time for many years working strictly as a volunteer. Rev. Humphrey was then asked ten years later to be the Director of the Youth Ministry Outreach Program. Still many youth were being released with no where to go and no follow up. Out of concern for humanity, Rev. Humphrey organized another ministry entitled Unity in the Spirit. This ministry, which was the combination of many churches in East Baltimore (Barclay Midway Corridor), participated in a thirty hour tent revival. During this revival, many issues were addressed such as: alcohol abuse, substance abuse, homeless children with incarcerated parents and the rejected and down trodden. Those individuals were given assistance on site without delay.

Out of this great coalition was the birth of a never ending relationship between the board members of Reaching the Unreachable Outreach Ministries and the Missionaries of the Fountain Baptist Church. In 2000, the former pastor, the late Rev. Herman A. Ford, appointed Rev. Humphrey to work with the Missionaries, shortly afterwards, he was elected as their spiritual advisor, under their past president, the late Sis. Gwendolyn Douglass. With hard work and

determination from both organizations they were afforded the opportunity of ministering to nursing homes, and prisons, etc. Under the leadership of the Holy Spirit, they are going out into the highways and byways taking the Word of God to God's people. His latest achievement is that of Baltimore Trauma Response Team.

In 2004, the Elizabeth Colbert House was established. This dwelling opened its doors to homeless single mothers between the ages of 18 and 40. It was named after the Missionaries lifetime Past President, Ms. Elizabeth Colbert, who remains a faithful supporter. In addition to the Willing Workers, Many other members of Fountain Baptist Church (many of whom would like to remain anonymous) supported the project. In June of this year,

Reaching the Unreachable Outreach Ministries was awarded a grant from the Family League of Baltimore City for the purpose of developing an after school program. Reaching the Unreachable Outreach Ministries is associated with many other programs such as; Men Supporting Men, Child Developing Policing Program, and the Prison Ministry. These organizations are supported by the new Chief of Operations (Dr. Pisha) and all other dedicated board members of this great organization. After eight years, God is still smiling down on this church, and allowing the ministries to continue on this journey.

### Community Involvement

Baltimore City Policing Program, Partnership and Baltimore Child Development Community Program, Partnership

Survivors Against Violence Everywhere, Partnership

Men Supporting Men Bereavement Unit, Support Counselor

Department of Parks and Recreation, Program Coordinator

### Helping Those Who Witness Violence

Those who witness violence or are exposed to trauma can reach in many different ways. Violence can have a negative effect on a child's sense of confidence and self-esteem. Seeing frightening or distressing events can take away a person's basic sense of security. This can change the way children and adults feel about themselves and the world around them. Understanding what your feelings are is the first step in helping you and other members of your community to recover from the harmful effects of violence.

### Book

The purpose is to lay the foundation for making ourselves aware of the needs and concerns of these individuals. As Christians we must face the fact that aside from seeing and hearing about these individuals, we must do whatever we can to aid them in turning their lives around. We must be willing to meet these individuals in all the areas of their lives. For instance, emotional, intellectual, physical and most importantly spiritually. There are many obstacles that are presented to these troubled individuals on a daily basis. We as Christian soldiers must be willing to step in and fill the void. In addition to God, we must inform them that there is someone and somewhere else they can go to gain the support and strength needed to survive.



### Baltimore Trauma Response Team

The healing process starts with the **Baltimore Trauma Response Team** comprised of

*A Police Officer*

*A Mental Health Clinician*

*A trained Community Worker (such as a Social Worker)*

Because of direct or indirect involvement with drugs, alcohol, substance abuse, and crime, many are looked upon as hopeless, helpless, doomed no good, and any other negatives that may come to mind.

It is the mission of this ministry to bridge the gap with the family and provide services and solutions, which will improve their quality of life.

Our purpose is to let the youth know and assure them that there is a better way of life, and we are here to help them find it.

**443-418-8898**

[rev.dr.andrehumphrey09556@gmail.com](mailto:rev.dr.andrehumphrey09556@gmail.com)

[www.thebaltimoretraumaresponseteam.org/](http://www.thebaltimoretraumaresponseteam.org/)

Rev. Dr. Andre H. Humphrey

## Black Youth and The Juvenile Justice System



**Podcast Coming Soon!**

# LANGSTON HUGHES COMMUNITY, BUSINESS & RESOURCE CENTER

**Langston Hughes Community, Business and Resource Center** is a nonprofit 501 c-3 located in the Langston Hughes Community of Park Heights, Baltimore. Opened on July 3, 2017 by George Mitchell, President and CEO, with the goal of having an accessible library for residents of Park Heights. The LHCBC successfully opened three libraries within the facility. Since then, the building has grown tremendously. There are several different businesses and organizations which offer many resources to the community. Equipped with programs for seniors, substance and mental health organizations, childcare

services which provide before and after care, computer lab which is open to the community and one of the largest WIFI facilities in the state, LHRBC focus is being a safe haven for all members of the community by changing the culture of Park Heights one person at a time.

**Neighborhoods United** is a structured Association founded on the principle that Unity of Effort is the Key to Success. The organization by-laws states "Our purpose shall be to build a unified group of Neighborhood Associations which act as one body with definitive objectives for the achievement of physi-

cal, social, financial and health improvements in Park Heights".

The guiding concept for Neighborhoods United is to bring Pride back to our neighborhoods through the revitalization and renovations required in each neighborhood. Neighborhoods United's goals and objectives for the past year were predicated on the need for safe, clean and progressive living areas. Our efforts are designed to facilitate the implementation of the Master Plan.

Neighborhoods United has a foundation which makes it unique in that it is composed of people who live in the area and

have a vested interest in making the changes needed for a comfortable lifestyle. This is evidenced by the active commitment at our monthly meetings, our weekly Board meetings, our Focus Group meetings and our "How to Build a Neighborhood Association" workshops. In addition, listed below are the joint achievements of Neighborhoods United and other Neighborhood Associations.



Our mission is to enrich the lives of residents in the Park Heights community, by being a safe place where families can connect to organizations, resources, and other individuals

**ANNOUNCING A FOOD PANTRY AT THE CENTER**  
*We Cordially Invite You & Your Family*

**WHERE:**  
 Langston Hughes Community Business Resource Center  
 5011 Arbutus Avenue  
 Baltimore, MD 21215  
 Off of Nelson & Reisterstown Road

**DATE:**  
 Monday January 7, 2019

**TIME:**  
 Doors Open at 1:30 PM  
 Food will be distributed from 2:00 PM to 5:00 P.M. or until food runs out

**Free Food For All!**  
 First Come, first served. Bring bags or boxes

For more information, call (443) 759-8954  
 Or (443) 416-1443

LEYENDALE-SUNSET NEIGHBORHOOD ASSOCIATION | Langston Hughes CBRC  
 Neighborhoods United | Hilltop 4100 | Building a Safe Community | Youth Educational Services, Inc 301c3 | MARYLAND FOOD BANK

**"The Heights" Radio show**



**WOLB 1010 AM 2:30-3:30**  
 on Fridays  
**"The Heights" Radio show Powerful stuff Call in**  
**410 481 1010**  
**George E. Mitchell-Host**



**Help Us To Help Our Communities! Donate!**

**Langston Hughes Community Business Resource Center History**

Opened July 2017  
 Houses 3 libraries  
 Offer several classes such as Cyber Security, Phlebotomy, C.N.A/G.N.A, CPR, CMT, Medical Billing and Coding, Foreign Language, Cooking classes for children  
 Smart Steps Daycare  
 T.I.M.E. Organization mental health resources  
 Youth Mentoring Groups  
 1st PAL office to open in Baltimore City in 15 years  
 GED Classes

Home of the Charm City Steel Drum Band  
 Full size Gym  
 Food Pantry twice a month  
 2 Ballroom Dance classes  
 Banquet Hall Space for rent  
 Conference room space for rent  
 Office Space for rent

**5011 Arbutus Ave**  
**Baltimore, Maryland 21215**  
**(443) 759-8921**

**WEEKLY COMMUNITY LUNCHEON AT THE CENTER**



Each Monday you are invited to a program of fellowship & conversation at the Center. We will meet at 1:30 PM, participate in a prayer of thanksgiving and sit down to a free hot lunch. All are welcome. Jobs, job training, GED Classes, health, voter registration and other information is always available.  
 Free clothing and toiletries will be provided.

**LASNGSTON HUGHES COMMUNITY BUSINESS RESOURCE CENTER**  
**5011 ARBUTUS AVENUE, BALTIMORE, MD 21215**  
**443-759-8921**

Each Monday  
**Time: 1:30PM TO 4:30**

Please contact Mr. Rico Crawley of God's Giving Hands at 410-236-0942 if you would like to donate. Or visit God's Giving Hands  
 GoFundMe.com/287dv67h




God's Giving Hands  
 Feeding the Homeless & those in need

Youth Educational Services, Inc 301c3

Where do we go from here or where do you go from here?

Continued From Page 23

creator of all, the son Jesus who was at the creation and made the supreme sacrifice for all our sins on Calvary, and the Holy Ghost "Ruach Hakodesh" who will lead you and guide you into all truth. This and most of life's questions may be found in the owner's manual. So just before you got here this was written about your purpose on this planet. The owner's manual tells us in simple language Jeremiah 1:5 "Before I formed you in the womb, I knew you, I set you apart; I appointed you a prophet to the nations" from others for his special service. This command will be your reinforcement, Micah 6:8 he has shown you, o mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and walk humbly with thy God

You have been equipped with survival skills that would last throughout all of eternity, however, it's cut short because of our grandfather's Adam mistake by distrusted our Heavenly Father thus ushering sin into this world. This took place in the Garden of Eden somewhere in the continent of Africa thousands of years ago.

Just before you were born in human form our father chose your parents for you, they are under the guidance of our father to only ensuring that you got here. But your dependency after a few hours of weaning is on our Heavenly Father. So, appreciate your parents and forgive

them for any mishaps, remember our Father got the whole world in his hands. Wow the living God gave you strength to be the strongest swimmer among the other 50 million eggs. You were selected before the world begins. At that point of human conception, we shall deal with two courses of actions you then were born into sin and shaped in iniquity

Now in the world some of us are catching are now catching pure hell .so check out your owner's manual for strength "2 Corinthians 4:8-9 " We are hard pressed on every side, but not crushed; perplexed, but not despair; persecuted, but not abandoned; struck down, but not destroyed. The owner's manual is your blueprint for achieving your goal daily and now you have an idea as to where do you go for here. somewhat into the inferno for purification. Job 23:10 But he knoweth the way that I take: when he hath tried me, I shall come forth as gold. WOW, so the hell you are accounting shall bring out your best! .wow at the hands of hellish people! Being one of Gods people you are going to catch pure hell! you as a child of God facing this major bushwhacker, but you are prepared. You are too legit to Quit you are born a natural survivor. Beware there are some people who work for satan who do not use the natural talents and gifts that been provided for them. They are the bushwhacked and most of the time very jealous of your God-given gifts. By the

way, all of us humans Being are a free moral agent . we have a choice of accepting our God Our father will or the will of satin. Henceforth, you are their target of the enemy which is pure evil. Those whom have evil intentions just for you .first of all some folk go to church yet practice this religion of hate daily . and the devil and his witches and warlocks will first try to get one to curse the living God. this is how it is done . Fact is the most devious satanic plan on earth is to get another to curse the living God . Some oppressed people even wish that they have been born, and others whom do not know their purpose do this without thinking of the consequences. the process and the impact of hate on the human psyche is devastating and if it is consistent will Carrie a generational curse. If one is Constantly being disappointed and beat down with discouragement coupled with the threat of deadly fear of being lynched not only physical but psychological. At some point, the brain click in for self-survival also this turns the victim to identify with his /her accusers and thus the bible is correct proverb 3;31 envy not the oppression and chose none of his ways. some call this the Stockholm syndrome thus now. Now the surviving victim assumes the identity of his oppressor and become the new oppression. on a given people like oneself. This new oppressor does to the job of the first oppressor without a question. it is the victim who looks normal and acts normal but given a given situation they will snap into killer mode, with a vengeance without fear. Self-hate

which causes a parley of a confused mind thus the Post Traumatic Slave Disorder Cognitive Retrogressions Affecting Black society is born. The C.R.A.B.S run ramped it produces the perfect scenario of genocide for population control. CONTEMP is a major issue which most bushwhackers use . Contemptuous behavior is learned thus there is a great deal of distrust and inner conflict too much for this paper, all can be boiled down to a few words. The major factor is called Psychological projection which one can wipe out a whole community. Psychological Projection points the point fingers at the victim as the actual villain. The challenge of assumptions on your character assumable of intolerance, contempt, impatience, insolence, argumentized contriving all targeted at you. Remember that some folks have been beaten down so low that getting up haven't even entered their mind. So, this is the action that can save your life and the life of the bushwhackers the witches and warlocks you will encounter in these how to reverse this minor hesitation while you are on your way .the remainder of this information is found in the following books " The Religion Of Greed and its impact on African Americans" also a Perfect example in" Jesus In the Hood " and our Seminars and workshops for the sake of our humanity... these are great places to go from here.

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Contributing Editor
Kevie Russell
Founder: SK Business Services
Consulting & Internet Marketing

Professional Guidance and Advice

We are the trusted experts in planning the future for you and your business. Our team is highly experienced to help with your needs.

When planning your start-up business or seeking ideas for an existing business, we can assist you in a variety of ways. Our team will take the time to discuss all of your options with you to ensure you receive the right product that fits your needs. We know what it takes to make a difference.

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Internet Marketing And Promotion Made Very Easy

Just like there are no magic weight loss cures or ways to earn money from home without a great deal of effort, there is no one simple solution to guarantee Internet Marketing success. However, Internet Marketing is not overly complicated and many business owners can enjoy at least some degree of Internet Marketing success, and income, with only limited knowledge about the industry. This article will discuss some of the simplest Internet Marketing strategies business owners can implement to promote their business online.

Participation in industry or niche related message boards is one of the easiest, and quickest ways a business owner can use the Internet as a promotional tool. Message boards are websites which provide a forum for Internet users who share a common interest, to share information related to their subject or to just socialize. Business owners may decide to join message boards which closely relate to their niche or the products or services they offer. This is important because doing this gives the business owners access to a group of Internet users that fall into the target audience for their products or services. It also gives the business owner the opportunity to promote his own website. Most message boards allow registered users to place a link to their own website in their e-signature. Business owners who do this and also contribute useful commentary on the message boards may attract potential customers via the link they place in their e-signature.

Additionally, some message boards may even allow users to post links in the body of the message. This gives the business owner the opportunity to offer his link in response to questions and comments when doing so is relevant and offers something of value to the online conversation. However, care should be taken to carefully review the terms of service and all guidelines on the message board before posting links to ensure this is not a violation of the policies of the message board. Failure to adhere to message board policies may result in removal from the message board, or the posts being viewed as spam by other users.

Another simple, but effective, Internet Marketing strategy is to hire a consulting

firm with search engine optimization (SEO) experience to assist you in achieving high search engine rankings. While the concept of SEO can be rather complex and understanding the most effective strategies and how to properly implement them may take years of experience as well as continual education, the ability to hire a qualified SEO firm is as simple as knowing how to interview candidates and select the most qualified one. Handling your own SEO efforts can be rather difficult but hiring another firm to take care of this for you is not only easy but it can have a significant impact on your website traffic. High search engine rankings typically translate to improved web traffic. This is because Internet users trust search engines to serve the most relevant websites first and typically only visit the best-ranking websites when they search for a particular term.

Similarly, another simple way to enjoy Internet Marketing success is to hire a consulting firm to plan and execute your Internet Marketing strategy. Just like SEO, Internet Marketing is essentially a full-time job. Business owners may have a great deal of difficulty trying to run their business and organize their Internet Marketing. Outsourcing this work eases the burden on the business owner or manager and will likely produce more favorable and consistent results.

Kevie Russell
443-489-6013
klrussell@skbizsvcs.com
http://sk-business-services.com/



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Providing Quality Service is Our Business!
Kevie Russell
443-489-6013
klrussell@skbizsvcs.com
http://sk-business-services.com/



# God's Giving Hands

## Showing God Appreciation By Giving Back

Giving is a powerful and priceless concept. The power of giving has healing properties and can add days to your life. Giving can be contagious. It is also written that when you give it will be given to you. I am writing this article because I met a gentleman by the name of Rico Crawley. He and I talked about the concept of giving. He also shared with me about a charitable organization called God's Giving Hands. Rico told me about the wonderful works this organization d and is doing. He and others are working diligently to feed

those who are having some challenges in life, and they also provide them many other services. As we continued to talk, he explained some of the difficulties the organizations are dealing with. The needs are great but the workers are few as well as the supplies. It takes money, time and people to undertake this high calling of service, as Mr. Crawley explained. I personally think giving is a gift to mankind and an expression of God's love. I also believe that certain people have a calling or a gift of giving on their lives.

As I listened to Rico Crawley share his gift of giving and his commitment to God's Giving Hands, I really understood this phrase, "The true Art in Giving is to give from the heart without any expectation of a return". Rico sent me some pictures and videos of the work that they do. I was moved to compassion. I mentioned that giving can be contagious. Yes, they need money, supplies, and people to help those who need help! Because of this Brother's compassion, I was moved to give. I asked if the organization has a website?

Mr. Crawley replied that they did not. So I offered my services to build a website for them as a contribution or donation. The bottom line is that giving is the gift that keeps on giving! To Rico Crawley and God's Giving Hands, I salute you for the great gift of giving. I encourage you to support this organization. Help them so that they can continue to help others and help them because you may be helping yourself or the someone you care about!

*David Murphy*



**GIVE & YOU WILL RECEIVE! SUPPORT GOD'S GIVING HANDS! DONATIONS NEEDED : 410-236-0942**

**NEEDING TO BELONG** *Continued from page 4*

significant other, children, friends our church home, etc. Because of that, we give of ourselves unconditionally simply because we all need to feel that sense of belonging. To some of us belonging is that passport that gives us the privilege to state who we are and whose we are. Joyce Meyer, in her book, calls that need, "Approval Addiction" which creates irrational beliefs which leads to feelings of worthlessness.

If this article describes you in any way, the first thing you need to do for yourself is "not to confuse receiving love and approval with having personal worth." Stop telling yourself that your value as a human is based on others' approval of you. Self-worth and value is not a characteristic that has to be earned. Nor is it an intrinsic value that anyone can give you. One of the worst things you can do to yourself is to rely on others to fulfill your emotional needs. This is a journey you will have to sphere-head for yourself by deciding to accept yourself for who you are and what you want for yourself. Once you take off the mask

and decide to stop playing the role others want or expect from you, you will have taken the first step to self-love, self-gratification and most of all self-acceptance.

So what if you make a few mistakes along the way as you begin to "wing it" on your own. Surviving from your mistakes will increase your self-awareness. Trust me your best teachers will be those bread crumbs of mistakes you drop as you mark your own path. You will soon learn that "people's love for you and approval of you is not based on what you had perceived to be your necessary perfection." That is when you will soon make the determination that it really doesn't matter what other people think about you. Once you make that clear determination "the real you" will begin to surface as you begin to "rock the boat." I mean when you "stop trying so hard to get others to like you, and start loving yourself." Once you begin to own that privilege of being the "real you" you will begin to see what a difference it will make in your life as your

need for approval begins to decrease over time. You will have learned that there is no one better or greater than the "real you." Then you will begin to participate in life rather than just observing it. If you practice the following 7 Steps you will meet yourself face to face.

**7 Steps Back To Self**

1. Form a relationship with a higher power within your spirit, mind, and body.
2. Cultivate an awareness that will align your heart and soul with positive values to live by.
3. Stop apologizing for being YOU'
4. Remind yourself that the giving of yourself is more about them Not You!
5. Create a life worth living by overcoming your need to please others.
6. Promise yourself the impossible --- Then set yourself up to do it!
7. Remember its' your life - Take charge of it! - Because Practice Makes Perfect!

-You are altogether beautiful, my love; there is no flaw in you

*Song of Solomon 4: 7*

-And he will love thee, and bless thee, and multiply thee:

Whoever gets sense loves his own soul; who keeps understanding will discover good.

*Proverbs 29: 8*

-To acquire wisdom is to love ones-self: people who cherish understanding will prosper.

*Proverbs 19:8*

-Even the hairs of your head are all numbered. Fear not; you are of more value than many sparrows.

*Luke 12: 7*



*Dr. Barbara Watties*

**12 Years Old Baltimore Author Win's Book Writing Contest: Featured At Smithsonian**



*Gabrielle Sara Jones Fields*

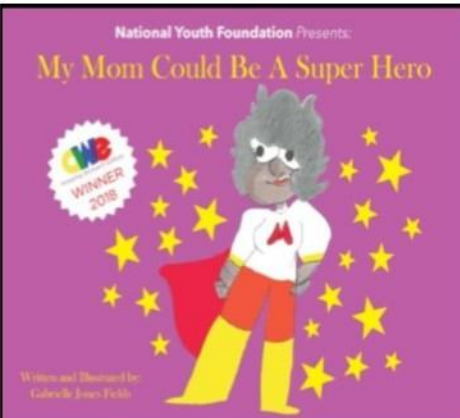
read about. The writers had to create the artwork and the story and it could be a team effort or individual effort. Gabrielle took the challenge on her own. Halfway into the project, it began to get difficult and she wanted to stop and not complete the book for the contest. As her dad, I said we have to finish this and win writing this book could change your life forever. With determination and hard work, Gabrielle completed the Book My Mom Could Be A Super Hero and won first prize getting her book published and winning five hundred dollars

Currently, the book is in ten states. On May 4, 2019, her book will be inducted into the worlds' largest museum Smithsonian Postal Museum at 10:30 am. The event is free to the public in Washington D.C.

What a tremendous blessing first for having a wonderful daughter and secondly for her winning the book writing contest. Her family is grateful and happy for her!

*By Willie Fields*

Against the Odds, eleven-year-old Gabrielle Sara Jones Fields in 2018 was introduced to a book writing contest for the National Youth Foundation in Philadelphia, Pennsylvania. The contest guidelines require participants to write about women hero's they may know or



**Amazing Women's Edition Contest**

To honor the vast accomplishments of women in the United States, the National Youth Foundation is pleased to announce the Amazing Women's Edition (AWE) competition. This writing contest is open to students in grades K to 8 residing in the United States. Click here to get started.

<http://www.nationalyouthfoundation.org/>

Smithsonian National Postal Museum NYF

Saturday MAY 4 10:30 AM

**Amazing Women Mothers Day EVENT**

Featuring **Gabby Jones Fields**  
THE 2018 AMAZING WOMAN EDITION COMPETITION WINNER

Reading Her Book: MY MOM COULD BE A SUPER HERO about her mom a USPS worker!

Join Us For: BOOK READING WITH THE AUTHOR, BOOK SIGNING AND MOTHER'S DAY CARD WORKSHOP AT THE NATIONAL POSTAL MUSEUM

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TEACH EDUCATE ASSIST MENTOR INC

### Client Training pamphlet

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- Provide participants with a variety of training and employment opportunities
- Participants must always show good work ethic and self determination
- Participants must build relationships with employment specialist and employers
- Participants must show integrity and respect
- Participants must demonstrate a high levels of professionalism



### As I Search My Soul

(Rita) I am an Intelligent person who is a critical thinker I don't smoke nor am I a drinker


Law is my passion not parties men guns or fashion; I am the relative of a politicians who showed great ambition under adverse and almost impossible conditions. Politicians are all talk and no show stated in the poem by eager Allan Poe, as I begin to learn and live my life, I found that the world is full of strife.

Life will offer many different phases of love, but the love that really matters is that love from haven above. As I begin my journey through life I would like to know if I ever want to become some mans wife, as the wheel of life tosses and turn I yield my soul to God and not Gold.

Living each day knowing that I am blessed does not leave me much time for stress. As I look at myself, as the person who needs to embrace life fears that when I think I don't care. We all have fears about the unknown, but that does not mean that God would leave us all alone. As I understanding what purpose I am here to serve it gives me life without concern. Who would like to see me become a better person without all of life cures? Just ask yourself am I perfect.







by Rita church

# Teach Educate Assist Mentor


 **TEACH EDUCATE ASSIST MENTOR Inc.** exists to bring opportunity to the community through education and outreach services; and to improve the quality of life for families and individuals living in Baltimore City and throughout the state.

## To Serve and Advance:

-  Young Children
-  Adults
-  Immigrants
-  Health and Wellness
-  Work Ethics
-  Resume Building
-  Mock Interviews

-  Youth and Teens
-  Veterans Homeless
-  Educational Literacy
-  Life Enrichment
-  Career Planning
-  Job Readiness

 **TEACH EDUCATE ASSIST MENTOR Inc. Organization Development:** shall show the relevant technical specification for services being offered to youth adults and seniors. The application will discuss how the product or services can be used to reduce youth violence and improve neighborhoods and communities.

 **TEACH EDUCATE ASSIST MENTOR Inc. Strategic Planning:** is to contribute value to the corporations by managing and responding to change, and internal response to new educational youth programs aimed to ensure a reduction in youth delinquency? The corporation shall implement strategies through project service and resources for families.

For More Information Please Visit Our Website: <http://www.ritachurchfoundation.org>

### The Importance of Having a Will in the 21<sup>st</sup> Century

*Continued From Page 1* to find out that her daughter's estranged husband had already taken the steps to begin acquiring Georgia's assets – despite the fact that her new boyfriend was living in the house the husband was now looking to occupy. Based on Maryland law, he had every right to do just that, **which is one example of why having a Will is so vitally important, regardless of your age** or the belief that it will all work itself out when you're gone. This scenario is fictitious but plays out regularly in real life. Think about how heartbreaking it was when music legend Prince suddenly passed. Then it was discovered that he had no Will. Aretha Franklin was another music legend to pass without a Will. Situations like this can devastate a family.

When a loved one passes away, the family is often left dealing with the fallout of that person's actions, or lack thereof. They must first figure out if the decedent had a will, and if so, did they file the original will with the Register of Wills Office for safekeeping. If not, the family scrambles to ascertain if a will was prepared and then locate the original. With technology being the dominant force in many of our lives, family members may have to search through various computer devices, first trying to figure out the person's passwords, in order to obtain important information and documents.

This is one of the many reasons why, as your Register of Wills for Baltimore City, I have made it my mission to inform, educate and empower citizens with the necessary information to help prevent this often frustrating "search and rescue mission". Citizens are always encouraged to seek legal advice when writing a Will or establishing a Trust. There is a suggested pre-passing preparation paper that is included in all of our newsletters, which enables individuals to list the assets they have acquired, while also spelling out detailed information such as banking institutions and funeral service preferences to better assist loved ones when trying to put the pieces of their lives together and prepare for the funeral service.

Wills are important documents that everyone who has acquired assets should have in order to prevent the chaos that can ensue once someone passes without having a Will. In the example given of Georgia Lee Edwards, the family and her ex-husband would likely turn to the Orphan's Court to ascertain who is entitled to what, instead of being able to simply follow the instructions given in the decedent's will.

The advantages to writing your will, and filing it for safekeeping in the offices of the Register of Wills: the cost is only \$5.00 – not to mention that no one can access your Will other than you while

you're alive, and only your designated personal representative will have access to it upon your death. (Please note that once an estate is opened, it is public record.) This prevents loved ones or family members who come across your Will from destroying it if they're not satisfied with your wishes, or the possibility of it never being found and becoming obsolete.

Your will is a simple document that designates who you want to acquire your assets upon passing. It requires your signature, along with Witness Attestation (the signature of two witnesses attesting to the fact that you signed the Will). You must simply designate an executor of your estate, otherwise known as the personal representative; who is responsible for carrying out your wishes by overseeing your estate. You may designate assets such as your house, car and any personal financial wealth such as monies in bank accounts, stocks, bonds, etc.

The Will is this document that governs the distribution of your assets upon death, leaving no doubt as to who you want to be the beneficiary of the assets you worked so hard to obtain. If you die without a will (known as intestate) the distribution of your assets may be distributed by either the first legal heir to bring proper documentation to open the estate and/or the Orphan's Court – who will intervene once an heir has disputed the allocation of assets.

In Maryland, the legal spouse – whether they are separated or not – is entitled to a \$15,000 spousal allowance and their fair share of the remainder of the estate. Children under the age of eighteen can receive a \$5,000 child allowance and are also entitled to their share of the estate. Anyone who pays the funeral bill is entitled to reimbursement of that expense first before any assets are distributed. Once an heir - starting first with a spouse or child, then proceeding to parents, siblings and extended family – opens an estate, all the heirs are to be informed of the opening of this estate.

In our example, Mrs. Edwards' estate was valued at \$1.9 million, and the mother paid \$10,000 for her funeral expense. She will be reimbursed for the funeral first, while her estranged husband would receive \$15,000 for a spousal allowance before the remainder of the estate was divided up. Since Mr. & Mrs. Edwards had no children, that likely leaves the remainder of the estate to Mr. Edwards. However, had Mrs. Edwards written a Will, established a Trust, or gotten a divorce prior to her passing, her family could have legal rights to parts of, or the entirety of her estate. But since having a Will or Trust wasn't a priority before that fateful night, her estate is left to the man that she refused to even speak to on the phone. While the story of Georgia Lee Edwards is fictitious, the reality of similar situations is REAL! Write your Will today!



## REGISTER OF WILLS for BALTIMORE CITY



For more information, contact our offices at: 410-752-5131 or [www.registers.maryland.gov/main/baltimorecity.html](http://www.registers.maryland.gov/main/baltimorecity.html)



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We are seeking high-flying self starting individuals' who can build and lead a team of sales and marketing eagles. We are looking for enthusiastic, organized, self starting individuals' who enjoys flexible work hours. Can work with maximum support and minimum supervision. Work closely with production, sales and marketing teams!



## "YOU ARE THE CREATOR"

Dear Creator, I am sure this prayer may be another foolish one of many I have made. I have prayed often and for much and many times, it may seem as if my prayers have not been answered and yet, I am certain that I am blessed more than I will ever understand.

However, I come to you today with a problem. First and foremost, to say what is on my heart and what is on my mind seems foolish because you know what is there before it even gets there. Recently, my father as you know, you called my wife home. I say this in honour that we are taught, that once we die we return to dust and from dust is where life began.

It is difficult explaining everything because there is so much about life and death that we cannot explain. I guess I could understand some as to once we die, our bodies return to dust because once they decay, there is nothing left but dust from a corpse.

On the other hand, we have also been taught that even though our bodies become absent from living, our soul lives on. There is much talk about the soul and about our spirits. Again, to not be a hypocrite, I have not the slightest idea as to what is true and what is not true.

One thing that I do know and that is that much of what we believe in is based on what we are taught in our homes as well as institutions. I am not sure if the total truth could be taught to any of us humans and the reason as to why I think that is this.

If we were able to digest the entire truth about life and about death, would we not be as equal as you, the "CREATOR"? I do not doubt that there is much truth, but my doubt is that who and what institution has that truth?

However, I am a believer in you! Yes, I believe that there is a "CREATOR" a something that is responsible for everything. Of course, the age old question would become this, from where did you come and how did you come about?

I am sure that question I will never have the answer to and if so, it could only be answered by you who has all power. See, if I had to attempt answering the question it would be this. The "CREATOR" was created from nothing. There was no dirt or dust, there was no heaven neither was their earth...there were no oceans...there was nothing and

yet out of nothing comes everything.

I am a broken man in many ways. My body, my mind, and my spirit all have been broken and because I am broken I have sinned and not just because I am a sinner, but because I am broken and because I am not perfect.

Actually, when I started to write this, there was only one prayer that I wanted to request. But in asking for one thing, there are so many other things, that stand at mist. For instance, the book that is tilted the "BIBLE" and promoted as being the living word of "GOD" who is referred to as the "CREATOR".

Personally, I like using the word "CREATOR", it seems to give more clarity for myself as to such mighty and awesome power. To create all that is, how could the one who is responsible not be acknowledged as the "CREATOR".

### YOU ARE THE CREATOR

Once again, as I have already acknowledged, I am not big on reading the "Bible". Yes, I have read some of it from time to time and yes I have searched certain passages for myself. Yet, to bare truth that this is the truth, I can't speak to.

For instance in the "Bible" Matthew 19:16-30 it talks about the rich man who asked "Jesus" as to what he would have to do to follow him and when "Jesus" replied that he would have to give up his richness and monies to the poor, it was something the rich man was unable to do.

Of course, I am far from rich but that is not my point, my point is this. We live in a society where many of us strive to have some of what the rich have. It seems as though the crime and the sin are on the poor since they are the ones who suffer the brunt of injustices.

On the other hand, there have been many who have become rich from becoming ministers and teaching from the "BIBLE" yet justifying behaviour that is not in line with the "Bible". Of course, I am not condemning one who is rich neither am I condemning one who is poor, I am only raising questions and seeking answers.

In the "Bible" there are clear indications and passages where prosperity is spoken about. Especially when Jesus gave the

"Sermon On The Mount" and talked about where one has his treasures is also where one has his heart. It seems as if we are using this book of the "BIBLE" to give directions for living. However, we must first address those who are teaching and preaching from the "Bible".

As I stated from the very beginning of this prayer, I had one specific prayer. However, for those who will choose to believe me neither, my heart nor mind was moved to write something totally different than what I started off to write.

Let's talk about leadership and not just from the spiritual perspective but just in general. It is understandable that many are leaders to make money? People who own businesses and sale items are usually trying to make as much as they could make. Those who are Political Leaders have an obligation as well as an oath that they swear by which is to benefit and to protect the citizens as they create laws and pass laws.

Then we have the religious leaders who live under the doctrine and promise to feed and educate the parishioners who are under their tutelage. From this, these are the people who are supposed to be leading us to righteous lives. People who are teaching the principals of life and the spiritual journey as a means to help us to escape the traps of sin are not true to form.

Yet, if we are to use the "Bible" as the instrument of truth and we talk about the story of Sodom and Gomorrah and then we look at our leadership, would not we have to question everything. What is the punishment of sin? Of course, we are taught that the punishment of sin is death and since that we all are going to die anyway, does that make sense?

On the other hand, we are also taught that there is a judgment, one that comes from the "CREATOR" once we have died and that our judgment is based upon how we lived and behaved. That makes more sense since we as humans cannot determine who enters into the Kingdom Of Heaven that we speak of.

### YOU ARE THE CREATOR

Of course, on the other hand, it seems as though we as humans have what is declared as free will. Meaning we have the right to decide what we want to believe as well as the right to follow who we chose.

If this is true and I admit, I have to accept that it is true, since I have made so

many choices and so many decisions and many of them were bad. Yet it was the choices that I made because of the reality of free will and thought.

Maybe my biggest question becomes this, how will the world get righteousness if there is no real intervention from "YOU". Is it not obvious that we as humans are not capable at this point to restoring peace and harmony? Is it not true that greed, lust, power, and racism are the main ingredient of corruption and hate?

Of course, I have not the truth as to the divine plan as it relates to what will happen. Yes, I have my speculations but to know for sure, I don't. I can say this though; I have noticed that it seems that every generation becomes weaker and more corrupt. Every generation is compromised more with items rather than with knowledge and compassion.

How long can the world continue on this path? I have not the truth but it would seem that it cannot continue down this path of destruction filled with hate and corruption. Yet, the struggle for those without means to live a decent and fulfilled life seems impossible to an extent.

So what is my prayer, I am praying for much and not just that I am praying for myself, but I am praying that the world will be saved and turned around. Yes, I am praying for my children and yes I am praying that I become a better person. Yes, I am praying that the "CREATOR" will bless me with another woman as a helpmate.

It is my prayer that people will become seekers of truth rather than just accepting what one is being taught by others. It is my prayer that the "CREATOR" will have mercy to save the generations to come and if not, I pray that the "CREATOR" will bring intervention.

Lastly, it is my prayer that those who will read this paper will share it with others. I pray that this paper will be part of the solution that brings healing and peace, rather than division and hate. I pray that the "CREATOR" will hear my prayers and give me an answer in a way that I will understand.

Yes, I am thankful that I am able to pray. I am thankful that I am still standing. I end with this I know that you will be done.

Bill Goodin

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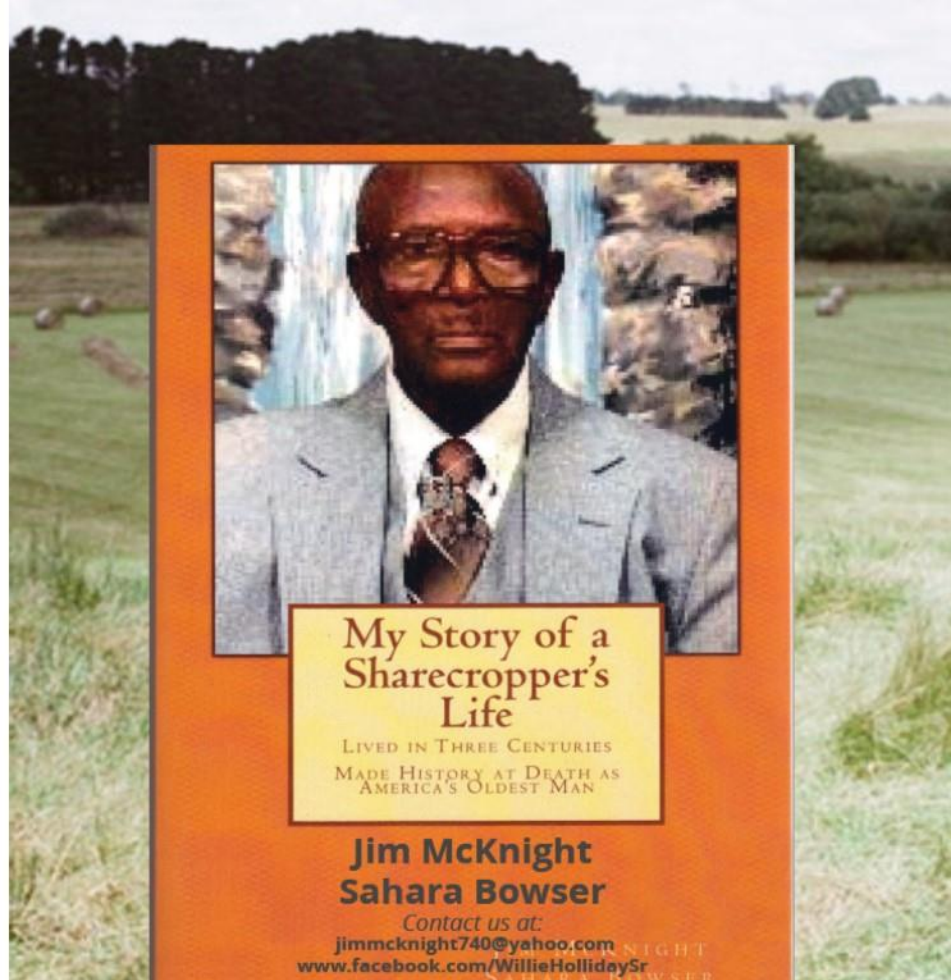
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THE RIDE II "Final Resolution" By Larone Dyson



ness Administration from Strayer University.

I am the author of the novel THE RIDE II "Final Resolution". In addition Writer and Director of an up coming movie "THE FINAL RESOLUTION" based from the novel due to set shoot Spring 2019. Auditions for the movie will be held on October 28, 2018 1:30pm-4:00pm at the Randallstown Library Conference Room, 8604 Liberty Rd, Randallstown Maryland 21133. I would like to add my success and achievements were through the strength of The Lord and the support from Family and Friends.

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Greetings National Black Unity News readers. My name is LaRone Dyson, I am a Baltimore Native, joined the Navy at the age of 18 and retired with full honors of 24 yrs. I must tell I would do it all over again and wouldn't change a thing. The Navy has trained and taught me valued skills needed for life survival. I earned my Associates Degree in Busi-

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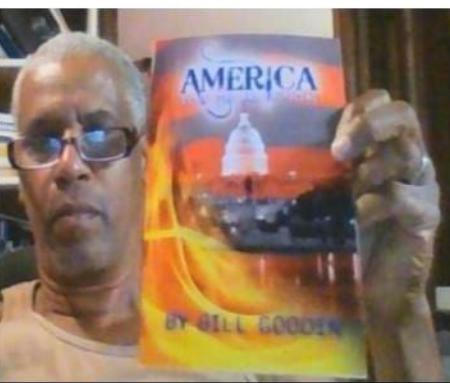
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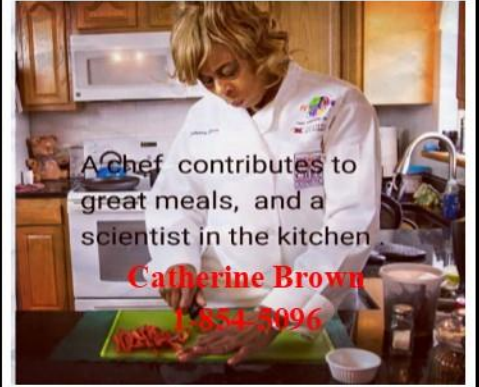
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