



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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RISE UP YOU MIGHTY PEOPLE



Dr. Sonata Camara

Real Estate Editor

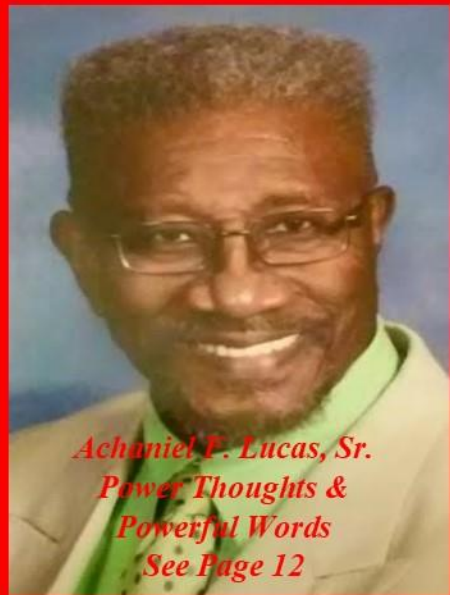
Should You Sell Your Home Yourself? See Page 5



Catherine Brown

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Power Thoughts & Powerful Words

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Pat Carter

Culture & History Editor

See Page 15

Inside:

Valuable information that will enhance your quality of Life & Much More!

Breaking Bread, Family Owned & Operated

I had a great experience at a local restaurant that some believed or is a misconception about Black/African American families. There is this propaganda that went from generation to generation that Black/African American families cannot work or own businesses together.

In certain cultures it is often family tradition to hand down family businesses from generation to generation. In, *Continued on page 25*



Writing Your Book?

Expert Author 411
Write, Publish, Monetize

Get Expert Advice From Our Editor: Linda Griffin,

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Thinking About The Original Thought *By David Murphy*

As I pen my thoughts outwardly, I am thinking inwardly from the original thought. I have been taught by a multitude of



people and many other resources such as schools, books, movies, the streets and television which formed some of my thoughts. I have gotten many concepts of my beliefs from my environment, and those whom I thought were knowledgeable about many subjects.

I now have many ways of forming my opinions about this or that! Have you ever consid-

ered why you think the way you do? Have you ever questioned yourself about why you do the things that you do and why you choose what you like?

Why I contemplate these various thoughts, I find myself often doing things subconsciously out of habits or reactionary responses! For instance, why did I just decide to get that cup of coffee or why did I pick this subject to write about?

Thinking about thoughts can be very confusing and enlightening as you venture deeply into your psychological journey as to why we are thinking *Continued on page 3*

Our Unhealthy Cancer *By Bill Goodin*

According to the medical definition of cancer, it is a disease in which certain body cells multiply without apparent control, destroying healthy tissues and organs and endangering life.

Cancer occurs in most species of animals and in many kinds of plants as well as human-beings. Cancer strikes people of all ages especially middle-aged persons and the elderly. It attacks every sex and every race.

Without proper treatment, most kind of cancers are fatal. Other words without proper treatment, most cancers are "DEADLY". There are more than 100 identifiable forms of

cancer and yet, with prayer, medicine and good doctors, there is some hope.

I am going to introduce us to another cancer, one that is not new and yet it is rarely talked about. For the sake of effort and time, we will call it Black Cancer within the African American Communities and Culture.

Because I am not a historian neither am I a medical profession,

Continued on page 29



The Downtown Cultural Art Center

Located at 401 N Howard St. is the finest Black Owned Cultural Art Center (DCAC) in Baltimore, Maryland. The



CEO/Owner

Renny Bass

CEO/Owner Renny Bass, and Sound has worked with artists such as TI, Beyonce, Jays, Kanye West, Justin Timberlake, Timberland, Sam Cooke, the late Michael Jackson to name a few. With their impressive diversity in cultural arts to Baltimore. This fine venue rents out clients in need of private parties, art shows and nonprofit functions. In late 2016 Mr. Bass partnered with Howard Sight and Sound to elevate the events in his building. Howard and Mulberry Sound has this big vision to bring a positive image though age though diversity in cultural arts to Baltimore. They brought a monthly comedy show featuring great comedians from BET, Comedy Central and HBO specials. They have had Cardi B, CEO of American Record, Kevin Liles, Platinum Winner Ruff Endz, American Idol contestant George Lovett, the Voice contestant *Continued on page 28*

Black Men Unifying Black Men

B M U B M



Growing Mightier After 3 Years Of Taking A Stand

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B.A.A.T.C * BDX * BBH TOURS



BDX live talk show airs every Thursday, 12 noon-1pm on wolb 1010am, [wolb 1010am, wolbbalti-more.com](http://wolbbalti-more.com) or wolb app.



BBH TOURS
WDC, Bmore, ATL, NYC, ATL, Caribbean, Chicago, Etc.



National Alliance of African Americans in Tourism
www.bdx443.com

More Information To Check Out

MD BLACK FACTS BOOK: 1634-2014, \$29.95.
Order at www.bdx443.com

MD/DC Black Business Network & Guide. www.bdx443.com

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The National Black Unity News

Help Needed, National, State & Local Editors

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!

Our purpose is to unite, educate and promote African American/Black businesses, organizations, services and consumers nationwide. We have the staff and a variety of media services and data basis to reach Black African Americans nationwide and beyond! Our goal is to open the communication network so that we can assist in building institutions of organizations, education, economic empowerment, entertainment, media services and our faith-based institutions.

We are seeking: National, State and Local Editors such as, (Advertisement, Arts & Entertainment, Automotive, Business, Computer/Technology, Consumer Services, Education, Employment, Events, Food/Dining, Health/Beauty, Home/Family, Networking, News/Media, Real Estate/Construction, Seminars, Shopping, Travel. Etc.) Our National Black Newspaper Seeking Experts in the fields of Health & Fitness, Finance, Youth Services, Real Estate, Fashion, Relationships Men/Women, Travel/Tourism, Organizations etc. to promote your services and educate others on the benefits you provide!

Promote & Brand Your Products, Goods or Services, Become one of the leading authorities in your field, Educate our readers and subscribers about industry, Participate and network with others in your industry, Receive over rides

Bring Your Expertise In Your Field & We Will Assist You With Our Editorial Skills

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David L. Murphy Sr.

Publisher, Entrepreneur, Organizer,
Graphic Artist, & Strategist

Thinking About Original Thoughts

Continued From Page 1

about the way we thought! I noticed that my perceptions are formed by my environment at the time of that particular thought, current events, my age, my financial situation and my relationships weighted heavily in my thought patterns.

As I grew older in age, knowledge and wisdom I began to ask these questions why did I choose the way I thought. I asked where did these thoughts come from? I am now more curious and conscious about why I thought that way in the past and why I am thinking this way now!

After careful considerations and much thought I noticed that the majority of my thinking came from outside resources. I was influenced by a multitude of persuasions from mankind, people who thought this way or that way about certain subjects. After many years of thoughts and reasoning I asked myself this; where did the original thought come from?

Some say that thoughts are an idea or opinion produced by thinking or occurring suddenly in the mind. Others say that thoughts are the action or process of thinking. One might say that thought is the formation of opinions, especially as a philosophy or system of ideas, or the opinions so formed. What do you say thought is?

Well after thinking about thoughts, I formed a great deal of my thoughts from outside resources and others' opinions. Now that I took you on this journey of thought the question I am asking myself and you, "where did the original thought come from or where was it originated?"

Now to answer my own question I decided to look within instead of outwardly, was there thought before I was aware of thinking? Did I form all of my thoughts from outside influences? Did I ever have an original thought?

Something just came to my mind about when I decided to

publish my first newspaper. I recalled meeting and talking with many entrepreneurs about how and why they started their business, I was so impressed with the tenacity and the determination that they had. Most of them had to overcome many obstacles such as lack of access to capital and just straight out discrimination! In spite of the pitfalls that would hinder the average person they pressed on. I thought to myself that someone needs to hear their stories about how they overcame anything that stood in their path to economic empowerment and self reliance!

As I was thinking these thoughts about these powerful men and women, I was inspired to do something about the battles they fought! I said to myself that others need to know who they are and what they do and why they were doing the things that they do!

As I was in deep thought about thinking of ways to let others know about the great contributions, they were making and about how my ancestors made such great inventions and discoveries! After thinking about this I had an idea or thought about mass communication. Keep in mind that this was the time before personal computers. The major form of communication was radio, T.V. and the newspapers. After researching and much deliberations

with myself I decided to publish a newspaper!

Hold that thought, after thinking about doing something to assist those that were doing something to uplift my people. I thought of something and later I held that thought/newspaper in my hands! What an amazing revelation, I thought of something and started thinking about ways of making that thought a reality and then it came to fruition!

As I look around me, I see original thoughts everywhere from the clothes we wear to cars we drive, someone started thinking original thoughts! In conclusion if someone like me gets a thought then start thinking about ways to make that thought a reality then what are you thinking?

If you acted upon your thoughts that could enhance or advance you, your family, your community or the world, what would you be thinking about? I have opinions, thoughts and the ability to act upon them! My Brothers and Sisters I hope you understand the power of thought! What you are reading and the format/newspaper that you are reading it from came from my original thought.

I hope you understand the power of reasoning, thinking and thought! It will change your way of thinking about the original thought!



National Editor & Chief
Bill Goodin

Activist, Author, Publisher & Organizer

It Is Said, The Truth Will Free Us

I am certain that as I start writing this article, I will not be speaking for everyone. In fact, those whom I will be speaking for, they will acknowledge it for themselves. However, those who may disagree with what I write, have the opportunity to respond.

There are many writings from many perspectives that talk about the truth and freedom. I have heard more times than I can count, slogans and adages where freedom is connected with truth.

I am sure that there is some-

thing about the truth and freedom though and I say this for the fact, that during the course of slavery, those who imprisoned us went to extreme means to take everything from us pertaining to who we were and what we were.

I am not trying to make light of such a horrific reality but, there is a need to use an example here and there. What if a rabbit thought it was a duck? Do you know what would happen? I tell you what would happen, the stupid rabbit would jump into

water without being able to swim.

I am sure the example I just used does not fit the reality of what I am talking about. However, it is just an example to offer thought and to provoke conversation. What

I am talking about is some truth, truth that we live every day.

Why was it so important that White People who enslaved us, saw the need and the urgency to take away our native tongue? Why was it so important that they needed to erase us from our memories of our culture? Why was it important that they branded us with another religion other than what we had? Why, was there a need for them to make sure that we were it that they needed to make sure we were not educated and literally unread.

Well, once again I will use an

example, if you are baking a cake and you leave out important ingredients, your cake will not turn out right.... well as a people when everything is striped from them depicting who they are...neither will the people turn out right.

Look at us; we are here in this country at this time period claiming ourselves to be African Americans. I am not getting ready to debate this issue because I understand the African American; we were stolen from Africa and brought to America and therefore, we are dual citizens, without benefits of neither.

I guess because I have been fortunate to live for at least sixty-five-years, I could speak as to some of the other identities, we were labeled as being. Yes, I am only speaking of my time period. It is said,

the truth will free us.

IF NOT US, THEN WHO? IF NOT NOW, THEN WHEN?

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**National Manager
Walter E. Murphy**

**Managing Director:
The National Black Unity News**

I am not saying, "Get a job", I am saying, "Go to work"!

You may have a job, be in need of a job, or have retired from a job; however, getting a job is not what is being asked of you. No, the task is not to get a job, but to go to work. So, to clear up any misconceptions, according to Merri-

am Webster's Dictionary, the word job has 2 definitions. Both definitions refer to being paid money for one's time and talents. On the other hand, the word work has seventeen (17) definitions. According to Webster's Diction-

ary, only one of those seventeen (17) definitions refer to a job.

Work in the mind of some people, is not a pleasant thought. In most cases, work is associated with the job. In some cases, the job is just not that great or fulfilling. Please understand that I am not talking about getting a job. I am talking about going to work. The goal is to work at, or to work on the things that enhance you and elevate those around you. To work on what you clearly believe is a need, or to work on giving more of your time, talent, and atten-

tion to what you are truly passionate about and will change destiny. You thought very little of the gesture at the time, but someone is sincerely thanking you for something you had previously done for them. You did something! Was it work? You saw someone perform a random act of kindness. Do you call what you saw, work? To work at or on something that is desired or needed is one of most positive emotions you can feel. Sometimes, it is those thoughts that bring a little extra moisture to the eyes.

Continued on page 29



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

If you are one of those persons out there who feels as if you have the weight of the world on your shoulders as you continue to branch out into the land of entrepreneurship, just hold on!

If you need to evaluate your level of readiness to insure your willingness to continue your walk of faith as an entrepreneur, stop reflect and continue on your journey moving forward. There will always be trials & triumphs as you commit yourself to following your dreams while developing and creating your visions, that scene or path, presented to your conscious mind in the form of a vision.

My recipe for entrepreneurs involves the following. First you must be passionate about the product or service you are

engaging in and mentally and physically prepared to begin that steadfast journey of commitment. Keep in mind that entrepreneurship is a lifestyle. One way to begin to grow your business is to look for some way to give to others rather than always looking for what you can get in every transaction or deal.

Being self-motivated is a major factor. In other words you have to begin with and maintain an Entrepreneurial Mindset with the ability to be a diligent self-starter and an aggressive marketer. That means you must begin by knowing who you are and focusing on what you do. To that end you must also be self-motivated, self-disciplined and well organized always bringing your mission statement and your value to the

table. Remember because you are unique you must be the seller of your brand.

Know that you cannot be afraid to take risk especially when under pressure. And always remember "if you fail to plan you plan to fail"

There will be times when the pressure will be insurmountable because of your being forced to work with diverse and or some opposite personalities. This is when your drive must be strong enough to plow through those differences and to overcome those challenges. You must employ your optimism coupled with your competitiveness to be the driving force while balancing your patience with decisiveness when it comes to possible setbacks.

One of the key components that is crucial to this entire process is you must have someone who believes in you. Because always know that criticism will always come knocking at the front door of your spirit. That's when you need to take that leap of faith. This will afford you the op-

portunity to do things different from what you have done previously.

Begin to allow yourself to create that "social circle" that revolves around other entrepreneurs. Seek out successful people to mentor you or try to find a group of small business owners who meet regularly to discuss problems, successes and issues. You will discover that you have a lot in common with them and that you can always learn something from them. Know that you cannot operate in a vacuum.

Most of all don't forget to put away start-up and follow-up seed money a minimum of 6-9 months of money sufficient to cover your personal living expenses, as well as your business overhead, or risk losing everything. Finally, to improve entrepreneurial outcomes be willing to step outside the box by validating your own learning, prioritizing your steps, setting up milestones and critically measuring your progress.



**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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National Real Estate Editor
Dr. Sonatta Camara

Entrepreneur, Speaker,
Trainer, Coach & Author

Should You Sell Your Home Yourself or Hire a Realtor?

Many people are making the choice to sell their homes themselves. While it is said that this method of home sales can save an owner money in commission fees, it should be noted that usually the money saved in commission is spent in other areas. Typically, an agent's commission for a home sale is approximately

5-7%. However, what many people do not realize is that it will cost them at least that to see that their home closes properly. There are many costs that the average homeowner does not know about that are covered in the sales process by a realtor.

The sale of a home is a major undertak-

ing. It is kind of like taking on a second full time job. Marketing alone is a costly and time-consuming process. A realtor has a great selection of advantages when it comes to marketing a home. Usually they will have a previously established web presence. This is vital in ensuring that your home receives proper coverage and exposure. The first time that many prospective buyers see your home will be on the internet, not only on the realtor's site but on the local MLS as well. This is one aspect that is difficult to attain when selling a home yourself. Realtors also have the advantage of being able to take out full page color ads in the local newspapers to showcase their listings.

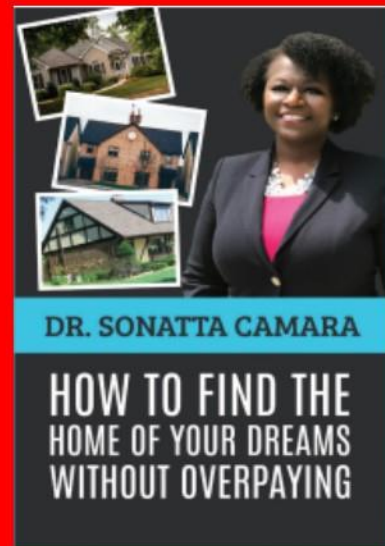
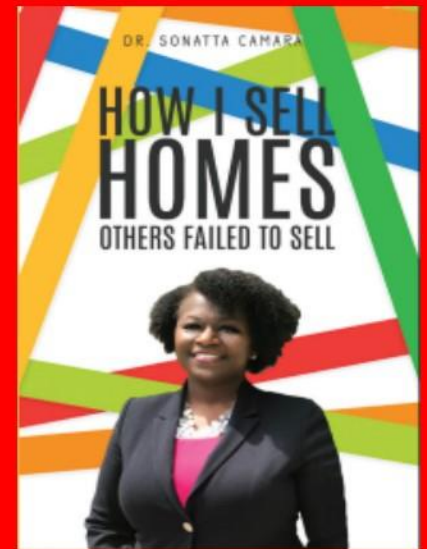
The main area where a realtor's experience comes into play is during the contract negotiations and execution. Agents are trained in the proper execution of contracts and all aspects of closing a

home. This part of the selling procedure can be extremely confusing and expensive. There are numerous lawyers and notary costs that can easily inflate some sellers cost beyond the small saving on commission. Also, take into account the fact that a large percentage of people who attempt to sell their homes on their own, eventually end up listing with an agent when their home does not draw the necessary attention to sell in a timely manner. Keep in mind, homes sold with an agent typically close for more than 20 thousand dollars more than homes sold by owners. Suddenly, selling your home with an agent becomes a fairly attractive concept. Remember, and it is likely that a professional agent will be able to dedicate more time to the sale of your home than you. After all, you have to work yourself, and for an agent, selling your house is the work.

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National Editor: Content Marketing

Linda Griffin

Content Writing, Book Writing, Keynote Speaker & Workshop Presenter

Use The Power Of Baby Steps To Write Your Book

I help clients write and publish non-fiction books. They have a message to put out into the world and a book provides a way to do get their message in front of many people. In my program, I give clients a goal to write 600 words per day. If they consistently meet the goal, they will complete the first draft of their manuscript in about two months.

Maybe your book writing goal isn't as aggressive, but you want to get published by the end of the year. How do you tackle your book project? I'm reminded of the old joke, how do you eat an elephant? The answer - one bite at a time. It seems so easy; most people discount the idea of taking baby steps toward completion of their projects.

My clients are usually super motivated. They have an urgent reason to get their book published such as an upcoming event where they want to offer the book for sale or as lead generation for their business. In fact, I encourage clients to create an event such as a launch party to give them a sense of urgency and focus.

We're conditioned to think the environment needs to be perfect before we can work on our goals. If your goal is to write a book, you naturally want a large block of time, sitting in the ideal location that's allows you to tap into your creativity. If the perfect writing set-up isn't realistic for you right now, don't

abandon your goal!

A few years ago, I signed up for an online certification course in copy writing. If I completed the course and exam in a specific time frame, I would get a rebate for a portion of the tuition cost.

At the time, I was still working a 9-5 job and had a full schedule. There was no way I could block out huge chunks of time to work on the course. I decided I could carve out fifteen minutes every morning before I left for work to devote to the course.

Fifteen minutes doesn't seem like a long time, but you would be surprised how much you can get done if you're consistent. I'm happy to say I got the rebate and I've used this technique many times since to read books and complete projects. The secret to success it to focus on the task 100% during the allocated time.

No matter how busy you are, you can surely carve fifteen minutes out of your day to apply to your book project, whether it's creating an outline, writing the content, or self-editing the manuscript. Even if you only write 100 words in those 15 minutes, it's 100 more words than you had the day before and it's 100

words closer to completing the book.

Use a writing app that allows you to save your manuscript to the cloud. That way, you can write whenever you have spare time without worrying about syncing up multiple copies.

If you're writing by hand, put your manuscript/writing journal in a tote bag or briefcase and keep it in the car. Instead of mindlessly scrolling through social media posts while waiting for an appointment, do some research for your book topic or write a couple of paragraphs.

If you complete these baby steps consistently, you'll be pleasantly surprised with what you can accomplish!

If you would like help getting your book written and published, I can help in the following ways:

Expert Author Book Writing Program

In this comprehensive program, I'll walk you through step by step to get your book from idea to print. The program can be tailored to start where you are, whether that's at the idea stage or with a partially written book.

Three ways businesses can win against competition with content marketing

When I ask prospective clients about the biggest inhibitors to growing their business, one thing that makes the list frequently is price cutting by the competition. Inc. Magazine says "The best product (or service) always wins." People buy based on price only if you don't give them a better reason to make a decision.

does, the buyer can make an informed decision.

Start by looking at the content on your website, in your brochures and catalogs, and any other marketing and sales material. Are you highlighting your company's strengths and emphasizing how you solve your clients problems? If not, go back to the drawing board and update those marketing pieces. Give your prospects and customers a reason to buy from you!

When you try to win business based on price alone, your product or service becomes a commodity but when you can clearly state the differences between what you offer and what everyone else

Use Social Media Marketing to attract leads. The Social platforms such as Facebook, Twitter or LinkedIn offer a way for you to get to know your potential customers and build a relationship with them. In order to do that, you must post frequent updates that use text, pictures, audio, and video. The key to success is to make your posts a mix of sales related topics and topics that generate interest and keep your audience current on news, events, and new products or services your company develops.

Update all of your 'About Me' Pages to reflect your unique selling position. Audit your website, blog, and social media profiles to ensure they have a consistent message and brand. Chances are your business has evolved over time and if you haven't looked at your profiles in a while, they're probably out of date.

Grass Roots Marketing Systems can help your business reflect your brand and stand out from your competitors.

Become A Published Author

I Will Help You Write, Publish And Launch Your Book



Have you hit a roadblock in your book writing project? I will help you get unstuck and become a published author in 90 days. I specialize in non-fiction books that teach or inspire. Visit expertauthor411.com/gift for a free book planning guide.

IF YOU'RE LOOKING FOR A TRAINED COPYWRITER WHO CAN HELP YOU REACH BUYERS, YOU'VE COME TO

THE RIGHT PLACE!

Linda Griffin, Copywriter linda@expertauthor411.com 703-957-9862

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National Editor
Mental Health
Theresa Harris
Publisher Mental Health Review

Dealing With Mental Health

Sometimes, things are exactly what they should be even if they seem not to be going your way.

Life is full of ups and downs. The only constant is change. Change can also be a challenge whether it is a good change or bad change. For example, you win the lottery which is a good change but the outcome is met with challenges. You have friends and family members trying to cash in and they even come back for

more. Challenges both good and bad both arise daily, weekly, monthly and yearly.

Time is so important and it's all we truly have and how to spend it is very crucial. Worrying about the things that we can not change is a waste of time. I remember an occasion when I found out some bad news and as always, I jumped into action mode try to fix it because I was worried. I interfered with fate by doing

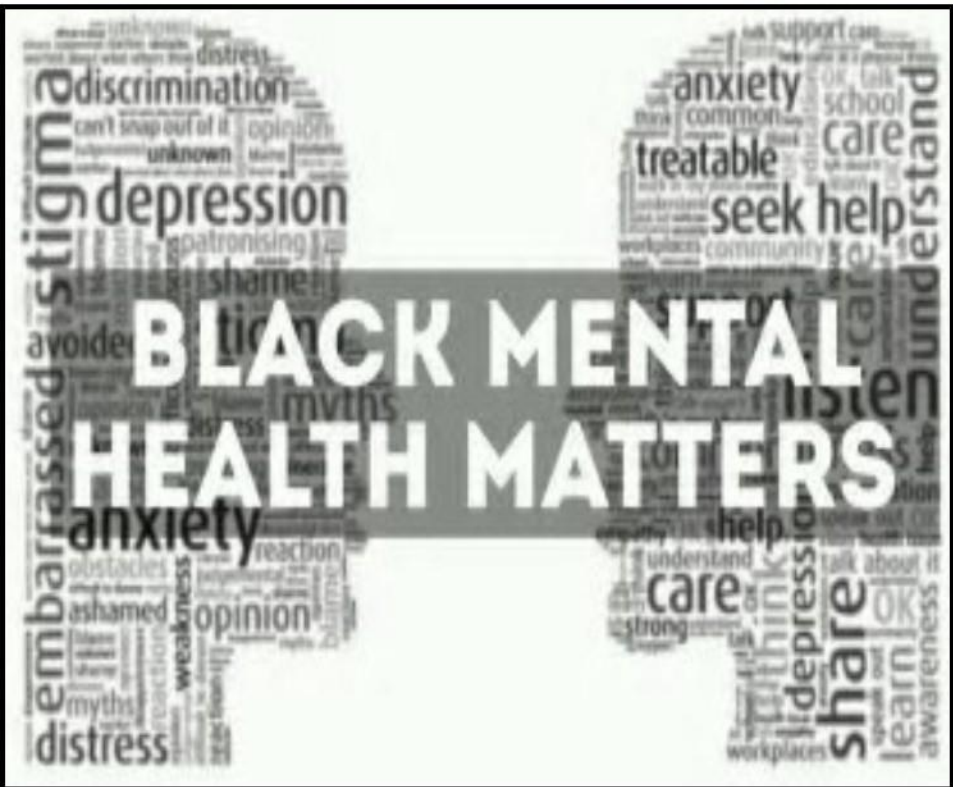
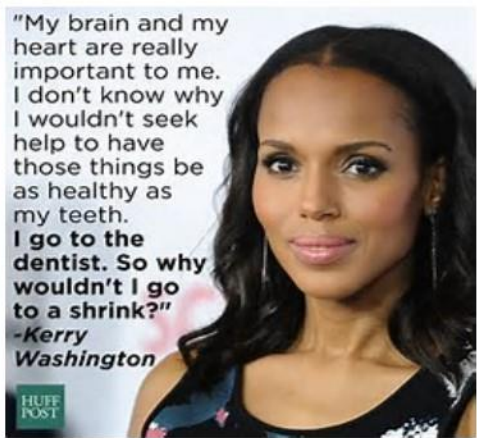
more things to counteract this issue and actually made matters much worse; and the suffering was extended more by my interference.

So here are some steps to consider when things are going wrong. Ask yourself, is this something that I can fix? If yes, then fix it, instead of worrying, prepare by gathering information, find alternatives, weigh the evidence, make a choice, form the alternatives, take action and review outcomes.

Yet, if this is something that you cannot resolve, then take a moment to do some deep breathing for a minute or two, then rationalize and move toward acceptance. The worst things that we contemplate actually do not materialize. Negative thoughts drain your mind. Physically negative thoughts can lead to high blood pressure, headaches, loss of appetite and sleep, and unnecessary frustration just to mention a few symptoms. Psychologically, it causes, stress, depression, anxiety, lack of concentration, memory loss,

etc.
At IFLP, we see counseling as a collaborative process. Therapist and client work together to understand patterns from their past and present so that the client can overcome obstacles and successfully move forward into their future. We promise to treat you with respect, compassion and genuine concern. Our practice target population includes: children, youth, adults' & their families. We believe in an empathetic, non judgmental approach to helping clients understand their behaviors. We use various treatment modalities tailored to meet each client's individual needs. We provide a safe, confidential environment whereby clients can openly share their thoughts and feelings. Our slogan is . . . "Tearing down walls, Rebuilding lives."

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dōTERRA
Wellness Advocate

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

Who is Fran Allen? I'll tell you who I am. I am a Child of God, woman, mother, grandmother, sister, friend, manager, business owner, mentor, motivational speaker, workshop facilitator, author, veteran, business professional, philanthropist and student of life, some by choice and others, by obedience, when called.

I am blessed and highly favored. I am the author of four self-published books, How To Get An "A" In Life, Been Through... Going Through... The Journey, Words To Live By, and From Creativity To Creating Income: Turn What You Know Into Dough.

After many years of trying to do things my way, I finally surrendered and submitted to what God was directing me to do. As a result, I am able to take the life lessons I have learned and use them to

help others to overcome some of the life challenges they face. No matter where you are in your life, you are either going into, in the middle of, or coming out of a storm. My work is intended to help you come out on the other side better than you were when you started.

I hold a bachelors degree in Business Management with a concentration in Management Leadership from Johns Hopkins University. I served nearly 8 years in the United States Marine Corps and managed a Congressional District in the State of Maryland for 13 years just prior to my retirement. I have more than 20 years of experience working with federal and local governments, and private industry.

I mentor professionals and young people, and I work to make my community better. I am an ordinary woman who has

an extraordinary calling to do whatever I can to raise the quality of life for others, just because I can. We don't need a reason to do the right thing.

As the National Editor of Self Development for The National Black Unity News my contribution will be simple. I intend to raise the quality of life for Black people, wherever they are exposed to the information I will share. I will use motivation, inspiration and encouragement as my main tools. I will also offer an intellectual kick in the behind when it will be necessary to snatch or slap your mind and spirit back to life and into action.

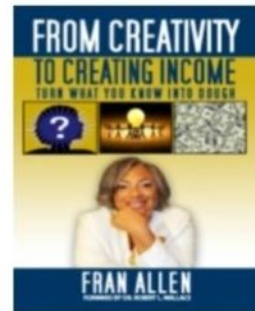
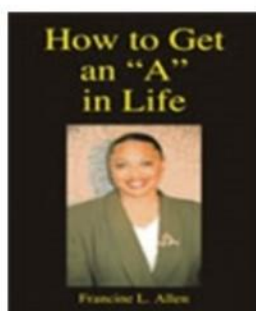
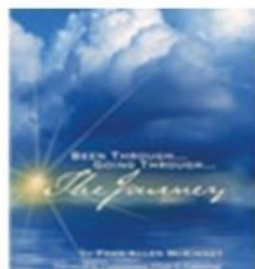
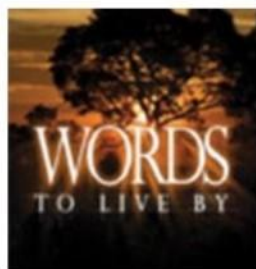
We are in tough times and it takes courage, commitment and consistency to continue the struggle. I believe we already have what it takes to overcome the challenges we are facing, but not in a singular effort. My goal is to be a help and support. I am grateful for the opportunity and looking forward to offering fuel to keep your hope alive. See you on the journey!

Fran Allen, CEO, Self Development Success (SDS)

Like each of you, Fran Allen is a leader, a motivator, a teacher and a confidant. She is a personal and professional devel-

opment expert who reaches out to individuals and groups wanting to unleash new and innovative approaches to personal growth by increasing their personal effectiveness and efficiency. Is it charisma or positive thinking? Is it decisiveness or self discipline? Or is it simply high energy that makes Ms. Allen's engaging and approachable style meet people where they are. Her genuine spirit and no nonsense delivery express her sincerity and make her the speaker of choice in any setting. For more than 20 years, Fran has trained and coached in the military, corporate, government and academic sectors, various aspects of personal development. She has accomplished a Bachelor's Degree in Business Management from Johns Hopkins University, served honorably in the United States Marine Corps for nearly eight years, enjoyed a career of public service in the federal government for over 20 years, and been the Owner and CEO of Self Development Success for the past 14 years. Ms. Allen is a keynote and motivational speaker, 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.

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



Ms. Allen is the Owner and CEO of Self Development Success (SDS). SDS uses the books and workshop presentations she develops to generate discretionary funding streams for non-profit organizations, community-based and individual programs. She automatically donates a percentage of the gross sales realized, to these program partners in support of the work they are doing for the many needy citizens of our communities. Fran has held fundraising events and promotes online marketing campaigns that have generated contributions to LIGHT, Health and Wellness Comprehensive Services, the Salvation Army, Bon Secours Spiritual Center, Spirit Feet, Inc., Pink Wishes, Sisters Network Baltimore Metropolitan, Coppin State University School of Nursing, Sojourner Douglass College Foundation and Woodstock Job Corps Student Government Association. Contact SDS to see how she can raise funds for your program. To learn more about Fran Allen and Self Development Success, please visit the Self Development Success website at www.selfdevelopmentssuccess.com and get started today.

Fran Allen, CEO, Self Development Success
"Raising the Quality of Life for Humanity!"
Selfdevelopment.success@gmail.com
 443-602-6194

African-American Cyber Report

About the African American Cyber Report - The AACR is the emerging leader providing vital news, information and analysis about the Internet, electronic communications and e-commerce to black people. We believe in our tag line, Less Tech-More Knowledge. AACR content is easily read and understood. We provide information that enhances the level of knowledge and security for black people who access the Internet. It is our intention to alert people of color about the numerous hazards and dangers of the Internet includes viruses, malware, changes in the law, scams, hoaxes information thefts and opportunities of all kinds. We sincerely believe that black people are under served when it comes to information security and we are working to change that equation. But we, as black people, should be aware of what the Internet can do for us, and to us if we are not careful. The African-American Cyber Report is the primary source of information for black people seeking awareness of cyber space without being staggered by technical jargon.

African-American Cyber Report



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National Editor: Faith Based & Religion Rev. Theresa Mercer

Founder of The Prayer Line Chapel

Having Faith In God

For so long we, African Americans, have not been wholly given truth about who we are and how we have greatly impacted our nation and the world. As we, each of us looks around, we realize that we are in a most challenging and dangerous place. Within us, as people of Faith, we know that we have not fulfilled our Life's Mission. We realize that Faith in God has kept us and has brought us this far, and yet, we know within us, there is much more we have to do.

We cannot deny that we need God as never before. Yes, we have come a long way but for our children and families to continue to do well, We, God's people must come together and pray for forgiveness, strength and the ability to walk as God intends. We need to be around strong people, people who know what is

right and are not afraid to speak truth to us. That's why I am delighted to be a part of this, The National Black Unity News Paper.

When I look over my life, I see God's hands in every step. I see Him when I was disobedient, I see Him when I tried to be obedient and missed, and, I see Him in my obedience. I thank God for loving us through it all. And yet, there comes a time in our lives, through growth, that we begin to understand the severity of disobedience and desire to make a difference.

I once served for five years as the Director of Chaplaincy for what was then, Liberty Medical Center. In that position, I witnessed over and over again persons on their death beds confess to the things that they knew in their hearts were wrong.

These were people who were of all Faiths and even some who said they did not believe in God, yet they sent for me, a woman, a black woman, to confess their sins to, and through me, to ask God for forgiveness. I am so very glad that our God is forgiving and compassionate, aren't you?

We always hear the bad about us, this portion of The National Black Unity News will bring you God's side of us, our best side, and how God continues to keep us in the midst of it all. As we encourage you, and me of course, to do and to continue to do exceedingly great things to please our God, our families and our community, will be strengthened and as a people we will be greater than ever before.

We want to share your testimonies with our readership. God has helped all of us, through healing, through reuniting of families, through providing in what seemed impossible times, through keeping our minds, through saving our children and ways not mentioned. Let us hear from you.

I will share with you my story. How I started as a meat wrapper for what was Pantry Pride, an well known food chain, then to becoming the first African American Stockbroker of Towson Maryland's Atlantic Security, to Church Editor for

the Afro American News Paper, to Founder of From "My Heart to Yours" publication, to Director of Chaplaincy for what was, Liberty Medical Center to Chaplain then Director of Chaplaincy for the Baltimore City Police Department and more.

Our God is no "respect of persons." What He will do for one, He'll do for anyone who TRIES to follow His command. It's not about us, It's All About Him!

We are looking for testimonies to strengthen our families and to communicate what has happened and happens to each of us, each in different ways, "When God Moves!"

In the midst of it all, we are also calling for people of prayer to serve on our 24 hour prayer line for callers who need support in their time of hurt and disappointment.

Each of us has a testimony that can free, save or help someone else. We want to hear from you. We want you to share your story.

Contact me, Rev. Theresa Mercer, National Faith Editor of the Black News Portal. temercer1105@gmail.com

Or: text or call me at: 410-365-7101

Please let us hear from you.

Wellness Through Essential Oils

Founded in 2008, doTERRA was built on the mission of sharing therapeutic-grade essential oils with the world. Having seen for themselves the incredible benefits that can be had from using these precious resources, a group of healthcare and business professionals set out to make this mission a reality. They formed a company and named it doTERRA, a Latin derivative meaning "Gift of the Earth."

The first hurdle to overcome, however, was to establish a standard of quality in an industry that had never had one. It wasn't enough to simply provide essential oils to homes around the world; the doTERRA founders were committed to providing only the highest quality and purest essential oils so that families could know with surety that they were

using only the best to promote health and wellness for their loved ones. This commitment lead to the creation of a new standard of therapeutic quality: CPTG Certified Pure Therapeutic Grade®.

To achieve such a grand vision as bringing essential oils to the world required a team of dedicated people. This team would need to be made up of people dedicated to hard work, commitment, passion, and vision. That team has grown since its initial inception, but the mission remains the same—to provide essential oils that appeal to everyone from the novice to the expert, and that can be used safely on your loved ones.

Sharing essential oils is a unique experience, and the founders of doTERRA

recognized that a sales model just as unique would be needed. In order to best facilitate personal essential oil experiences, doTERRA utilizes a direct selling model that allows distributors to work

themselves the incredible power of essential oils while also developing relationships of trust. This model also created the opportunity for individuals and families to achieve their dreams of finan-



with customers as opposed to mass marketing. This more individual approach allows individuals to experience for

cial independence. Over 2 million Wellness Advocates, now use and sell doTERRA products around the world.

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The Prayer Line Chapel Rev. Teresa Mercer 410-365-7101

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prayer warriors NEEDED





**National Editor:
Imam Bilal Omar
One Who Submits**

To The People Of Faith

With the name of God the evolver, and the sustainer of all the systems of knowledge, that ever existed; I greet you in the beautiful Arabic language AS-Saleem-Alikum. After reading about the people who are behind the scenes of our paper, I felt very humbled and impressed to see how assiduously this press has joined together. To cap it off, I was asked for my input toward writing this article; after seeing and reading the material of most of the writers I'm highly impressed with the level of expertise that we have. I believe this is the right time and place to soar in our cosmic galaxy, the human side of the African American Family.

My heart is telling me that this is the right time to do what we need to do. The heart of our people has struggled for so very long, that the soul knows intuitively how to correct our own situation. We

don't want those political side bolsters, and culture specialists who are supposed to be our contemporary thinkers, to move in and take what little crumbs they can get for themselves. We have stood the test of time, and our heart and all of its facilities that you can't see with your physical eye are fully aware and evolved, and capable of managing our society without the knowledge of your universities and political institutions. Many of us have been bought out became visible to the human eye and just like a plant we have been growing with balance, and deep roots that's in the residue of our own community life.

My mind's eye is telling me that this growth is in accord with the natural growth of human life. All human life, from the first man all the way up to now, need to pull ourselves up by our own boot straps like all other societies have

done. My introduction into the struggle movement came in 1970 under the philosophy of due for self, know yourself, and be yourself let this world go and pick up your world. Yes words make people, but Man is mind, woman=womb of mind. We have to establish our own learning institutions and write our own bylaws and establish a code of ethics. Did you know that ethics is like iron unbreakable, and human morality can grow into strong ethics? That's what our communities used to have.

We have to change our perspective; all the resources that we need to rebuild our societies are right under our feet. We only have to engage our environment like the first man Adam, and dig deep in-order to discover the secrets that's hidden in' matter. Look what urban renewal did to our communities, all over America, they totally destroyed what little culture these areas had. They built high-rises that became dope dens, and drug cultures for many generations to come. We are going to have to build our own culture, and finances. No one will ever establish your' own so let's wake -up. This paper is a down payment on our future as a human social in Baltimore. My dear family life is short and our time is running out, it's our time to fulfill our obligation to our own communities, and race. Your brother in service to humanity.

Baltimore, home grown represented is-

lam as a delicate from the United States of America to the Organization of ISLAMIC Conference, Jakarta Indonesia, OCT. 16, 1996, and the opening of the 14 th Islamic Chamber of Commerce, and Industry [ICCI] General Assembly. After the opening ceremonies by H.E. Hajjie Mohammed Soeharto, President of Republic of Indonesia, Imam Bilal Omar, Resident Imam of Masjid Walter Omar, and delicate, of [IICC] PRESENTED A Gift from The City of Baltimore, and the Mayor of Baltimore City, to H.E. DR. Habibe. In 1994 Elected Resident Imam of MASJID WALTER OMAR now the Baltimore CULTURE CENTER 3401 W. North Ave. Baltimore Md. The first Islamic Leader from Baltimore MD. Selected to do Dedicational prayer for the Mayor's Inaugural Concert & Ceremony, Thursday, December 7, 1995 at the Baltimore Arena. In 1987 was the first full time Islamic CHAPLAIN for the Department of Corrections in the state of M.D., Also performed the invocation for the opening ceremony for The Boot Camp program at the Brockbridge Correctional Facility in Jessup, M.D. from 1976 to 1983 owner of Shabazz Carry Out 2000 block of Edmondson Ave. Was a close friend, and student of Imam W. Deen Mohammed, and may Allah grant him the best place in Paradise.

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National Editor:
Powerful Thoughts & Powerful Words
Achaniel F. Lucas, Sr.

Founder of: The Power Of Positive Words

THE ULTIMATE DIFFERENCE MAKER

John 3:16

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.

What is a difference maker? A difference maker is someone who does something that is of use and value to someone else. This deed is done unselfishly, even at one's own risk.

Each day we read of individuals who make a difference in the lives of people they meet. We can even recall some we know personally. Following are a few examples: Our parents, teachers, ministers, mayors, governors, presidents, publishers and national editors.

We read of the accomplishments of great men and women such as Martin Luther King, Jr., George Washington Carver, Booker T. Washington, Joe Louis, Barack O'bama, Harriet Tubman, Mahalia Jackson, David Murphy and many, many more. Many have risked much in order to make a difference in the lives of others. We call these individuals, difference makers.

NOW! Go back with me over 2000 years ago where we first met THE ULTIMATE DIFFERENCE MAKER: He was born in a small village. His mother was a poor peasant woman. He wasn't born in a sanitary hospital like Johns Hopkins Hospital, but in an unsanitary stable and placed in a manger. No tele-

vision or newspapers announced His birth. But, wise men of God told the news. He grew in knowledge and wisdom; yet, He never attended any college or university. He never earned a degree. Nevertheless, The God of Heaven conferred upon Him the degrees of PROPHET, PRIEST and KING.

THE ULTIMATE DIFFERENCE MAKER became a Teacher. As He taught, He said, "Go ye therefore, teach all nations, baptizing them in the name of the Father and of the Son and of the Holy Ghost".

Because He was The Ultimate Difference Maker, His enemies hated Him, falsely accused Him, had Him arrested, whipped Him, spat on Him, and hung Him on an Old Rugged Cross, where He died for you and for me. He was taken down and was buried.

But, ON THE THIRD DAY, HE AROSE, declaring "ALL POWER has been given unto ME". HE IS COMING BACK to take those who are ready, back to heaven with Him. Don't you want to go back with Him? You can, only if you are willing to become a disciple of and follow THE ULTIMATE DIFFERENCE MAKER, and live faithfully until death - Revelation 2:10. Jesus has done His part. He is now waiting for you and me to do our part. Make up your mind to be a difference maker, because YOU CAN!

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THE VALUE OF A BLACK WOMAN

THE VALUE OF A BLACK WOMAN
 WHAT DO YOU THINK IT IS
 IS IT ONLY HER AWESOME BEAUTY
 OR IS IT TOO, HER MAGNIFICANT SKILLS

THE VALUE OF A BLACK WOMAN
 MOST MEN CAN HARDLY SEE
 SO MEN IF YOU ARE BLIND, TO WELL KNOWN FACTS
 YOU SHOULD SIT QUIETLY, AND LISTEN TO ME

FIRST, A BLACK WOMAN IS WEAKER THAN WE
 BUT, NOT IN SPIRIT, WILL OR MIND
 SHE IS HEAD AND SHOULDERS ABOVE ANY WOMAN
 YES, A BLACK WOMAN IS ONE OF A KIND

A BLACK WOMAN STANDS, BY A REAL BLACK MAN
 AND HELP HIM BECOME ALL THAT HE CAN
 SINCE YOU WANT A BLACK WOMAN TO BE ALL OF THAT
 WHY DON'T YOU BE A REAL BLACK MAN

SO I NOW APOLOGIZE, BEAUTIFUL BLACK WOMAN
 SOME MEN DON'T REALLY UNDERSTAND
 THAT YOU NEED STANDING BY YOUR SIDE
 THE PRESENCE OF A REAL BLACK MAN

SO, I THANK YOU BLACK WOMAN, FOR ALL THAT YOU DO
 FORGIVE ME, FOR UNDERESTIMATING YOUR WORTH
 MY EYES ARE NOW OPEN, AND I CAN CLEARLY SEE
 YOU ARE TRULY, THE SALT OF THE EARTH

Achaniel F. Lucas, Sr.

THE VALUE OF A MOTHER

"This poem is dedicated to all mothers, you are appreciated"

THE VALUE OF A MOTHER
 OH! WHAT DO YOU THINK IT IS
 IS IT TEACHING YOU RIGHT FROM WRONG
 OR, JUST TELLING YOU TO CHILL

OH! THE VALUE OF A MOTHER
 I THANK GOD FOR HER GRACE
 FOR TEACHING ME HOW TO LOVE
 HOW TO RUN THIS CHRISTIAN RACE

A MOTHERS' JOB ISN'T EASY
 SHE PUTS US TO THE TEST
 SHE HELPS US WITH OUR HOMEWORK
 PUT US TO BED FOR REST

I THANK GOD FOR YOU MOTHER
 YOU TEACH ME HOW TO LIVE
 YOU TEACH ME HOW TO SERVE MY GOD
 BOW TO HIS HOLY WILL

MOTHER YOU BRING ME, TO BIBLE SCHOOL
 YOU TEACH ME HOW TO PRAY
 I THANK MY GOD SO MUCH FOR YOU
 TEACHING ME THE NARROW WAY

YOU HAVE ALWAYS BEEN BY MY SIDE
 TEACHING ME RIGHT FROM WRONG
 YOU'VE TAUGHT ME ALL OF YOUR SKILLS
 HOW TO HAVE A HAPPY HOME

Happy Mothers Day!!!

Achaniel F. Lucas, Sr.



National Editor: Media Services
Steven Turner

**Entrepreneur, Musician, Author,
Motivational Speaker**

**Greetings to All Minority Entrepreneurs
& Business Owners:**

Since we're in Black History month and our time is short, we need to make the most of it. It never surprises me that the idea of business is not religiously followed by the consistency of marketing & promotions. Many a business owner but especially micro-enterprise owners do not put the effort into marketing their services as much as they do developing the service. I have often said that: "Folks can't bless what they can't see!"

If you wonder why there are not enough customers, clients or sales prospects? It is because not enough attention has been

spent in establishing a market presence, which helps to develop market awareness, then depending on how you service your clients . . . market reputation. We can become frightened when thinking about the "Maze of Marketing." What should I do? Do I need a Marketing Plan? I have met many talented people who don't have a website, no flyers and absolutely no business cards. The excuse? I ran out. " I left them in the car." Or the classic: " I need to reorder them." How; long have you been without them? Several months. Your life, your business

life and ranking among your competitors depends on your business name and services staying in front of potential clients, in businesses that people frequent and in the media if your budget allows.

After working for many corporate entities such as: Optimum Choice HMO, MCI, Downtown Partnerships of Baltimore, Oren Music, MOED, MCEA, Sam's Club, Inc. & BJ's Wholesale Club, predominantly in: sales, marketing & promotions, I have learned the importance of exposing your business, and doing it on a budget.

Additionally, I have formed several micro-enterprises that can be a blessing to you based upon your willingness to **ELEVATE. PRAISE UNLIMITED MINISTRIES, INC.**> Gospel Music for New Artists:

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As I close, be on the look out for a Brand New Internet Radio Program . . . entitled: "ELEVATION"> highlighting minority business owners, musicians of color, and discussing national events that affect our culture. If you're really BOLD! Think about being a guest or a Sponsor. Remember YOUR Future success is up to . . . YOU! Take advantage of the opportunities on this page and connect with us.

Min. Steven Turner
praisepower88@aol.com
www.aworldofpraise.com
1-888-315-4468



Dear Prospective Client:

Allow me to introduce myself. My name is Steve Turner, CEO of Net Results, LLC, your media marketing expert, experienced in all aspects of media to assist you in branding your company. I am a media marketing expert, seasoned media consultant, public relations specialist, and broker of Net Results, LLC. in Baltimore, MD. I take pride in helping start-ups and other types of businesses develop and reflect a positive image through various media marketing techniques.

Do you need help in promoting your business? Would you like to make your brand stand out? As a marketing professional, I understand the challenges and complications that arise when utilizing various marketing efforts. Whether you need customized strategies for better "netting results" or are looking to develop a more engaging radio advertisement for your business, Net Results, LLC is the company to turn to. Rely Net Results to help you and your business succeed, and rest easy knowing that your marketing requirements are handled by the best. Some of these techniques include promotions, events, sales, business makeovers, and much more.

Why Choose Net Results, LLC.? Net Results LLC will provide several benefits to your company:

- 10% Off New Business Referrals That Sign-Up
- Locally Owned and Registered With DLLR
- Over 23 Years' Experience in Entertainment and Concert Promotions
- Over 30 Years' Experience in Sales and Management
- Over 40 Years' Experience in Marketing
- Over 50 Years' Experience in Artist/Music Performance

Net Results LLC has several Media Plans to choose from that will fit your budget and your stage in the branding process. Complete an Inquiry Form to tell us about your company and get a free evaluation and proposal to help you Release The Dream In You! We are happy to serve you!

Sincerely,
Steve Turner, CEO

THE OTHER PULPIT

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Psalms: 66 vs. 4

All the Earth shall worship thee, and shall sing unto thee, they shall sing unto thy name. Selah



Pastor Steve L. Turner



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If you have had it with the snow, freezing rain, ice, and strong winds then Jamaica is the place for you! Ahhh Jamaica, visit Ocho Rios the birthplace of legendary Reggae Musician, Bob Marley. It is the garden of Jamaica, a place where Jamaicans say "Heaven spills into the sea!"

There are so many choices of exotic and beautiful places to go in Jamaica. Montego Bay may be calling your name like it has called the name of many travelers just like you.

Imagine your choice of places to stay from cozy apartment accommodations to

villas, comfy small hotels, all-inclusive resorts, to the grandest of hotels on one of the most popular islands in the Caribbean surrounded by white sandy beaches!

Or perhaps Negril, The Capital of Casual with its stunning beautiful ribbon of white sandy beach shored up against the most eye-pleasing blue water. Imagine honeycombed cliffs and crystal clear waters. Imagine sunny carefree days and fun-filled nights. Imagine Negril.

Negril Jamaica is calling your name if you love water sports! Welcome to the water sports center where you can dive,

snorkel, sail, parasail, kayak, water ski, or windsurf. Leisurely drink, eat, kick off your shoes, be mesmerized by the sunrises and sweet sunsets. Just be HAPPY!

There are so many places in Jamaica to explore: South Coast - off the beaten path, Kingston, Jamaica, and Port Antonio. Scenically, all are exquisitely beautiful, colorful and diverse. In South Coast be prepared for adventure by exploring a jungle river in the wild wetlands. Pick and enjoy the taste of pink mangoes while exploring high on a hilltop. Catch and cook your own red snapper for dinner. There are places for golfers too at the Manchester Golf Club, the oldest in the Caribbean! There is Lover's Leap from up high and secret bathing places around Treasure Beach!

If Kingston, Jamaica is calling your name you will be comfortable in this English speaking city. Go and see the majestic Blue Mountains, a city of museums, theatres and art galleries. Dance the night away in this metropolitan area of nightclubs, dancehalls, restaurants, and bars that make up the sizzling nightlife

of this city. Now if you love to be in a Picture Perfect panorama of nature's finest work - Port Antonio is the place to visit. Imagine palm trees swaying in the breeze, flowers of every color and shape including orchids that are found nowhere else on earth. Here you can explore the majestic Blue Mountains, swim or dive in the calm Blue Lagoon, raft down the swirling Rio Grande or visit the majestic forested Somerset Falls! Did we speak about the food? Make sure you sample their world famous jerk chicken or jerk pork in its original home.

Your visit, vacation, escape or adventure will be mouth watering from the delicious drinks and delicious foods. The memories of the clear and beautiful ocean water, clean and breezy beaches and the lusciousness and exquisite beauty of any place you choose to visit in Jamaica will last forever! So go ahead and book that trip at www.myvortex365.com/mugroup or ask us for even better deals! Simply contact us at cynthiahittravel@gmail.com

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KIM WILLIAMS++++

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National Editor Of Culture & History
Pat Carter

**The Seeker Of Truth
Each One Teach One**

Who Came To The New World First

I remember when I was in elementary school, and my teacher taught us about the discovery of America. Not once did I hear her mention anything about Africans? She spoke of how Christopher Columbus, an explorer and navigator, discovered America. We learned about his ships and where they landed in the year 1492. She even taught us a poem, "Columbus sailed the ocean blue in fourteen hundred ninety-two." But, he landed in the Caribbean, thinking he was in India, he named the island, Great Indies.

Indigenous people, most likely Intuits, occupied this land prior to the arrival of the Viking Leif Eriksson around 985 CE. Certainly before the infamous Christo-

pher Columbus, in 1492. They were greeted by black and copper-skinned people, and these were Arawak people (American Indians of the Greater Antilles and South America)

It has been recognized that Africans were skilled navigators long before Europeans, contrary to popular beliefs.

So we were here before the Europeans although that information has been hidden until recently. In 1920, An American Linguist and Historian, Leo Weiner, wrote that Columbus noted in his journal, that Native Americans, confirmed that black-skinned people had traveled the seas from the southeast, trading gold

tip spears. He also pinned:

Saturday, 13th October 1492...They brought us sticks of the cotton candy thread and parrots and other little things which it would be too tedious to list. They exchanged everything for whatever we offered them. I kept my eyes opened and tried to find out if there was any gold. I saw that some of them had a little piece hanging from a hole in their noses. I gathered from their signs that if one goes south or around the south side of the island, there is a king with great jars filled with it in enormous amounts. I tried to persuade them to go there, but I saw that the idea was not of their liking. Sunday, 14th October 1492... These people have little knowledge of fighting as your Majesties will see from the seven I have captured to take away with us, to teach them our language and return them. Unless your Majesties orders are that they all be taken to Spain or held captives on the island itself. With fifty men, one could keep the whole population in subjection and make them do whatever one wants.

Africans arrived on this continent starting in 445 B.C. and again in 1292 along with Moroccans and Asians across the

Bering Strait Bridge, which was a land mass located between Siberia and Alaska. The Bering Strait Bridge disappeared long ago when the Ice Age ended. Starting in the 1500s, explorers arrived from Spain. Amerigo Vespucci, traveled the oceans and arrived in the new world. His map maker was so excited that he named this new world America in Vespucci's honor in 1507, so the story goes. Upon their arrival, Europeans began to kidnap, rape, maim or kill some of the indigenous people and placed others on ships and took them to Europe, through Spain and back to the Americas in servitude.

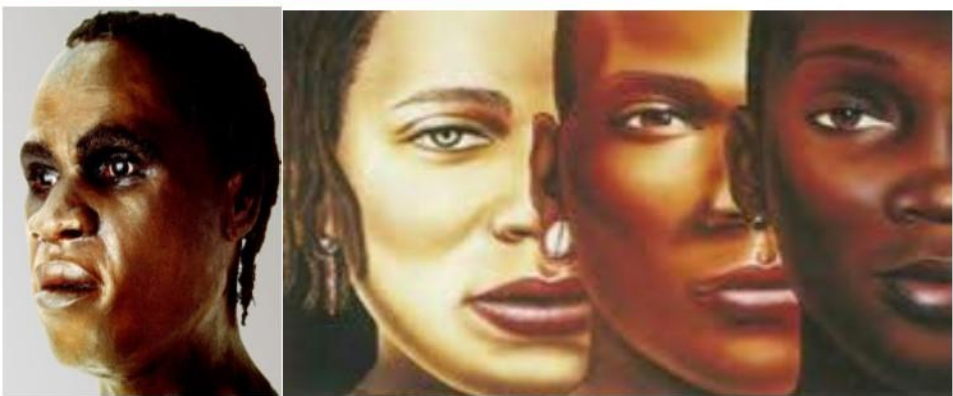
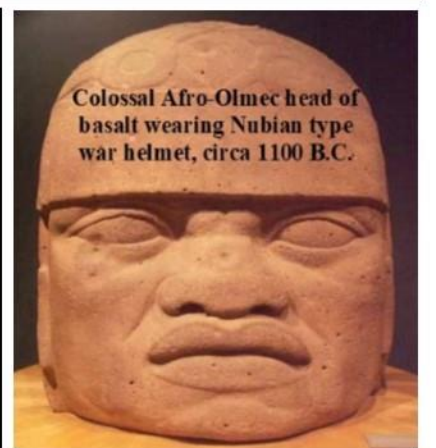
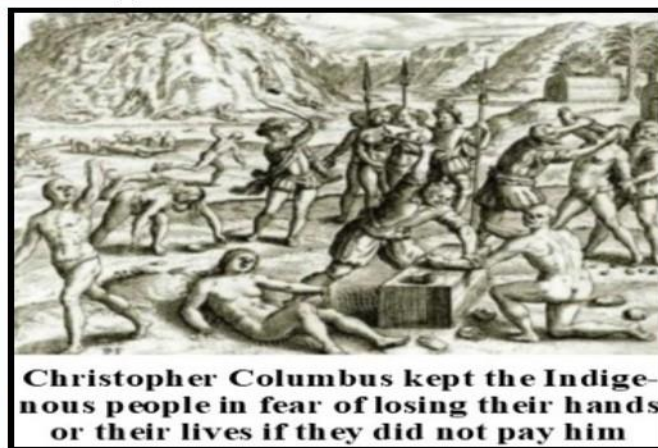
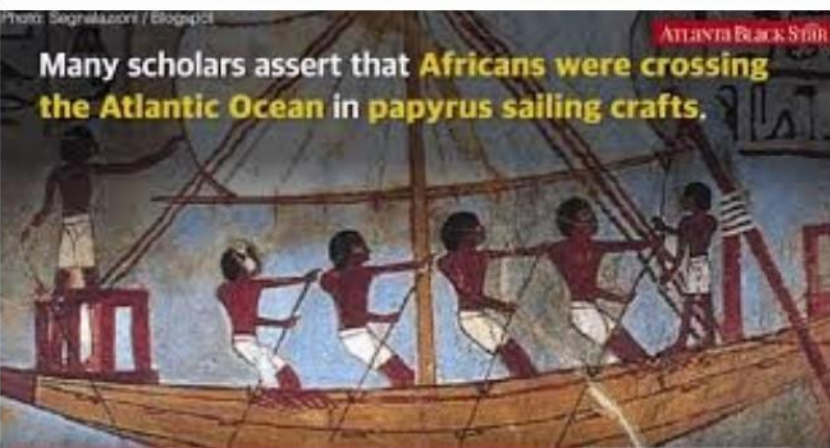
As recent as 2013, an article was written telling of a new find in Paisley Oregon. Archeologists uncovered excrement from a cave that was found to be 14,000 years old which predates the Clovis People whose spearheads were found in Clovis Mexico, which were 13,000 years old. They were thought to be the earliest humans in America. But the Paisley site predates them by 1,000 years. These findings discovered that the people from this time were of Asian/African descent proving that the first people in these lands were Not Europeans, but of African descent. Believe it or not!



16th century depiction of Christopher Columbus landing in America. Theodore de Bry, *Reisen in Occidentalischen Indien* (Frankfurt, ca. 1590-1630). Copper plate engraving.



Arawak people where on the continent before any European explorers



Scientifically, the BLACK woman is the only organism that possesses the Mitochondrial DNA that has all the variations possible for every different kind of human being on this earth. When the DNA of a black woman mutates, all other types of human beings come about. You can research this topic and it is true. This is called the "Eve Gene" and is only found in black women

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

A MESSAGE TO THE AFRICAN-AMERICAN FEMALE

It is time to make a much-needed change within us, as the people we are, and for the future of the children who will come from the young adults of today. Once upon a time, the African-American adults of today, were the children of yesterday, whose minds were inadvertently corrupted and destroyed consciously and unconsciously. All they knew was what they were told, and they were not told

anything good to benefit them at that time and for the future they were about to embark upon. The now generation will be the bearers of the children who will truly bring forth our future for the next ten millenniums. We need a change. We need to stop our people from bleeding and dying just because they are who they are. Thus, therefore, notwithstanding, and nevertheless of that which must come to be... We, as the people we are (the African-American Female), must open our holistic actualities and come together and move in one direction. We must realize there can only be one answer, to the one truth, in all we do as the unstoppable African-American Female force we will create, in the one direction that will build our future. If you truly care about our people and our future, I beseech thee my sisters to contact me, so together, we can build a future and make history. We have much to talk about and much to do. For us as the people we are, there can only be one answer, one truth, and one direction to travel to obtain our rightful position of humanistic egalitarians. Although we are calling for the African-American Female assistance at this time, we will not exclude and gladly accept the equal assistance from the African-American males. We are all in this together and need help from everyone our efforts will help.

WE SEEK CONSCIOUS WOMEN WITH A DESIRE TO HELP SAVE THE FUTURE

Today, in these words, I will have a face-to-face, with a one-on-one group of one, that is you as the individual you are and the individual you will become after hearing what I have to say. The words you will hear could and should inspire you to embrace hope for yourself, your gender, your family, friends, and everyone else in the world because we are all in this together. You as an individual could help others to get what they need to cause their lives to be better. As a Deliverer, you, like all females possess a power. Collectively with this power, we could figure out what causes people to fight for a cause that will not help them as an individual and at the same time, destroy the lives of other individuals because someone else said this is the thing to do. As a member of the female gender, you must understand the power of coming together as a single moving force and move that force together with a purpose. You must feel the feelings of another, as they live the life they are forced to live because of the color of their skin or the gender

they just happen to be. You must be re-educated, so you can understand the power of an education acquired by nature and the natural order is greater than any formal education manifested and taught by the blind accepted intellectual-ignorance of humanity. As a deliverer, you must open your eyes as you look and see and understand, what you have been taught have gotten you exactly where you are and where you are is not necessarily where you want to be.

You as a member of the feminine gender are the backbone of everything human and possess a special power that is attached to every word you speak. You are a prize that cannot be won or physically possessed. So, you must project the primitive endowment of your existence, that is as it is, and has caused humanity to live and breathe life into an uncertain future. You must open your holistic-self to the totality of life and learn to listen to the truth in the meanings of the thoughts you think you are thinking, beyond the meanings some-

one else want you to think. You must realize the thoughts they have thought for you to think are purposefully misleading. As a Deliverer, my words are not meant to lead you anywhere. They are words of inspiration to cause you to embrace who and what you are and live the life you have to it fullest, beyond the falsehoods of they who desire to control you. You must realize you were the past and you are the present and only because of you there will be a future. The female gender must realize a change has got to come and then realize, they are the change that is needed. It must be taught, the only truth that exist in humanity, taciturnly says, the fact of femininity is the future we must accept to cause the perpetuity of the clouded speciation we blindly accept as our way of life and living.

The female gender must make an emotional decision to open their eyes and speak authoritatively as she listens to what she sees. The females in this world must speak the words "Only We" and

understand exactly what those words mean. The existence of the female gender must be spelled out in her row as a woman, a mother, a lover, a companion, and a friend. She must allow the world to know she is a total passionate person, a woman supreme with a need to be fulfilled sensuously. She must also inform the man in humankind, her sensitive need is not a weakness because she, in the personage of herself and all female are Atlasia. She, with every fiber of her being, quietly carries the world on her feministical shoulders. And as the woman she is, she must allow the man in mankind to know, she is also Herculesia and Hercules was not her brother, he was her offspring. So, the world must hear me and you coming. They must hear our footsteps coming, tapping out the sound of the change that must come. For the good and perpetuity of the world as it pertains to humanity, the soul of the female gender must be embraced. Only then, can the future we all look forward to being, be earned.

52 Weeks
Words of Inspiration
A Book For
The Female Gender
A product of
Alice W. Williams

Afunemuda Manifest Manifesto
A People Born into Themselves
As African-Americans
Learn who and what you truly are...
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.

SOMETIMES THE STRONGEST WOMEN ARE THE ONES WHO LOVE BEYOND ALL FAULTS, CRY BEHIND CLOSED DOORS, AND FIGHTS BATTLES THAT NOBODY KNOWS ABOUT.

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Us Helping Us = Unity

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

Black Men Taking A Stand & Speaking Out



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National Youth Editor Kathleen Murphy

A member of various local, national & international organizations

Greetings to our Youth Readers: Your blue print to success. Are you aware of the world around you?

What is your world? Is it the subdivision on your side of town or the distance from your home to your school? Outside of your neighborhood is a universe of miraculous things. Let's take a virtual step outside of your environment. Do you desire to travel and connect with other cultures? Some may say, "I want to go to the Amusement Park, visit New York City or go to The Mall of America in Bloomington, Minnesota which is near the twin cities of Minneapolis-Saint Paul. Do you think about places outside of the United States? As you read this article, reflect on other youth your age. Youth who live in Niger, Norway, Jordan, Argentina, South Korea, British Columbia, Portugal, Mongolia, New Zealand and other countries have desires, dreams and goals, some just like yours. Perhaps a high school student from Guatemala is thinking about life in

the United States. How different is your day from a student in Georgia? Not the state of Georgia in the United States but the country Georgia whose capital, Tbilisi, has a population of 3.7 million.

Have you ever heard of Carlos Slim? Mr. Slim, a Mexican business magnate, was ranked one of the richest people in the world from 2010-to now. He and his family control America Movil, Latin America's biggest mobile telecom firm. Mr. Slim has a sizable stake in Saks Fifth Avenue, and even bought 17% of The New York Times. During a buying opportunity, Mr. Slim bought many companies at depressed valuations. In 1980, Mr. Slim bought Cigatam, the second largest tobacco company in Mexico, which he partnered with portions of Reynolds Aluminum and Philip Morris International. Unable to be attacked, questioned or defeated, Mr. Slim is not

flamboyant. An entrepreneur since the age of twelve years old, by the age of twenty-six, Mr. Slim was already worth forty million dollars. He started investing the Cigatam profits in the Mexican divisions of American businesses such as Reynolds Aluminum and The Hershey Corporation. Of course, we know about The Hershey Corporation. Based in Hershey, Pennsylvania, The Hershey Company produces chocolates and other snacks such as Reese's Cup, Kit Kat, Jolly Ranchers, Kisses chocolate, Mr. Goodbar, Hershey Milk chocolate, Almond Joy, York Peppermint Patties and even Bubble Yum Bubble Gum. In the nineteen nineties, Mr. Slim bought the Mexican division of Sears Roebuck and set up a portal with Microsoft called Prodigy MSN.

Do you have goals? Yes, you do have goals. There is something you want accomplished or improved. It is time for you to set goals and think big. Reach for the stars. Be informed and read about the world. You will never stop learning so absorb as much as possible. Reading about successful people can be uplifting, informative, motivational and inspiring. Youth that are your age all around the world are studying and working toward a life of self-sufficiency. While establishing your goals and your vision, plan what you want for your life. Actually, you control your destiny! Start to visualize your desires, speak it and meditate

on it. Start to act on it, Now! You are in the driver's seat. Learn about other cultures. It is exuberating and refreshing. As Dr. Seuss said, "Oh, the places you'll go"! You do not have to physically take a trip. Read a book about life in the eyes of a child in Halifax, Nova Scotia.

What will your millionaire story be? It starts with a desire, good grades, discipline, determination and resilience. Nelson Mandela was quoted as saying, "Education is the most powerful weapon which you can use to change the world". As time goes on and you mature, you will develop organizational skills and a zest to excel. Why did I select Mr. Slim to be the inspirational person for this article? Think about it. He was not from a rich country. It does not matter where you are from but where you are headed. I believe I am speaking to a certain type of reader. A young person who wants to be successful, self-sufficient and strong in character. Is that you? A goal does not necessarily have to include financial riches. Riches come in many forms. Being mentally and physically healthy, being happy, feeling comfortable within yourself, and achieving what's important to you is the definition of success. Therefore, stimulate your brain by keeping abreast of the world around you. What is your world? You navigate the course and create the design. Choose wisely.

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- Ella Fitzgerald




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

UMBC Strikes Again!

We all witnessed the Cinderella story of Maryland Baltimore County, including their founder & CEO, committee chairperson of the Roots of Scouting INC., and recent editor of the National Black Unity News- Mélaughn Butler.

These four UMBC graduates have recently come together to respond to what gets referred to as *Social Injustice*- establishing for themselves a unique niche in the advocacy industry, by placing work under their slogan statement: "Be The Resolution, Not The Revolution!"

Right before their remarkable victory, this same institution had become responsible for influencing two other momentous contributions, in history as well. The university was officially recognized for having produced more black M.D., PhD graduates than any other, present establishment; and in that same spirit of supporting "the underdog(s)," a youth advocacy group named The Association of College Pro-Activists, released one of their most recent projects- The Indigenous Business Association.

Their business league of reference, [Indigenous Business Association] which gets shortened to IBA for efficiency, creates an innovative way for progressive business interests within the diaspora, to collaborate on an interdependent platform.

This advocacy group happens to involve four different graduates of the University

IBA at first glance is simply a "community rewards program," which allows consumers to accumulate loyalty points for shopping within the league

itself, when ventured further however, inquiring applicants will find that this league does more to open & create job opportunities, internships, and support systems than any other of its class. These are the components of the league which actively respond to the various expressions of injustice, per the influence of Grassroots goals, agendas, and resources.

tion are to promote awareness of self, historical events, and current societal issues within our communities; our goal is to promote independent thinkers through Lectures, Video Analyses, Group Discussions, and Reinforcement Activities- in order to encourage the utilization of our unique talents for self-improvement, and forward progression of this nation.

By establishing a cause-based form of compensation, both the league and its founding company – The Association of College Pro-Activists, place a special focus on revamping the living conditions of the lowest socioeconomic class. Individuals will find that projects similar to IBA, get released by the advocacy group frequently- most of which, as a direct result to its unique approach of requiring initiates to produce at least one independent campaign upon graduation, as a result of something their curriculum programs have inspired them to do.

IBA:
The Indigenous Business Association exists 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.

Campaign:
To properly introduce the company, in connection to it's most recent project [IBA], national editor Mélaughn Butler would like for any viewing audiences to read over the following two mission statements. The first comes from the advocacy group itself, and the latter from the actual business league:

Contact:
It is a great respect and honor to be presented with this opportunity to blog inside of The National Black Unity News. On behalf of my company, the Association of College Pro-Activists, we do intend to frequent this Newspaper Line- popularizing it with constant updates to our various causes, outreaches, and agendas, as explored through our incoming junior and executive writers. To get in contact with us, the following information is available to the public. Thank you for your time in reading this material, we hope that it encourages you to contact us to learn more! Remember, "Be the Resolution, Not the Revolution" – Bro. Mélaughn Butler!

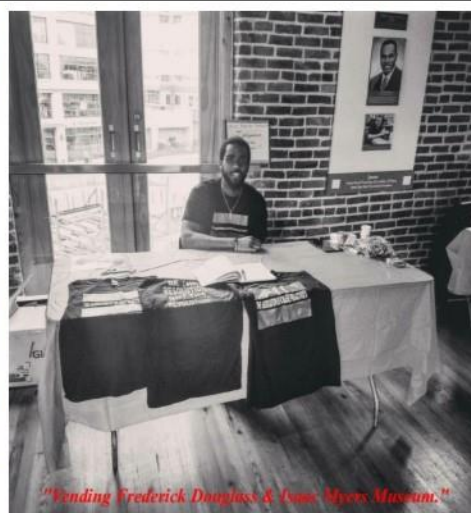
The ACPLLC:
The purpose and intent of this organiza-



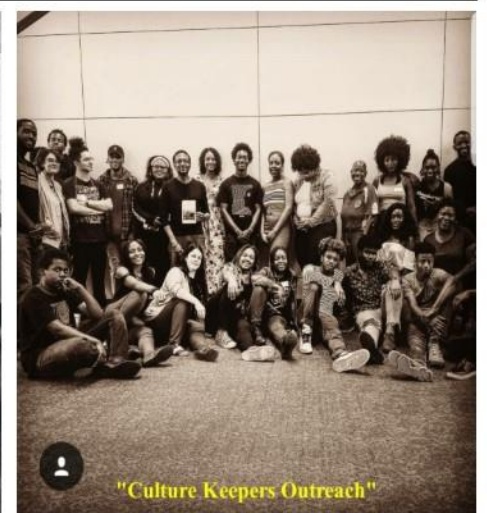
"2017 Involvement Fest at UMBC"



"2017 Team Photo in Raleigh, North Carolina" (Our Second offline chapter.)



"Vending Frederick Douglass & Isaac Myers Museum."



"Culture Keepers Outreach"



"2016 Outdoor Basketball Tournament"



"Faces Going Places Radio Outreach. (2017)(Ft. Partner Dr. Melvin Butler & Co.)"



"Lets Talk Baltimore Radio Outreach"

The Association of College Pro-Activists
Mélaughn Butler
Mbutler.acp@gmail.com
410-446-9083

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.



National Editor
Fitness/Nutrition
Catherine Brown
F.I.T Nutrition

What You Eat And Your Health

“Mother never told us that over a course of time what we ate will have impact on our health.”
We live in a time of celebrating with food for any and all occasions, not knowing that over a period of time development and function of our inner anatomy may be suppressed to the onset of some type of disease.
Over time we have become inactive, adapt poor dietary habits, socially influence by our peers, and living a sedentary lifestyle. It’s time as an individual, family, culture, and community to become more fascist to our health and identify that your health is important and does

matter.
Now is the time to change the direction of an epidemic of poor eating habits, and rapid increases of obesity and the onset of chronic disease among our children and adults. Some prevalent lifestyle changes we have lost are the days were we once cooked at home and ate as a family, a new norm is eating out and enjoying high calorie fast food, purchasing refined process food, and decrease the consumption and purchasing of fresh fruits and vegetables.
Statistics have shown that we are number one in Obesity, Cancer, and Heart disease. Some diseases can be prevented, postpone, or decrease the onset with two types of lifestyle intervention, exercise and healthier eating habits.
Our food intake should be increased with, nutrient rich food, incorporate plant base meals, meals that are balanced with lean sources of protein, vegetables, and grains, consume antioxidants, drink plenty of water, be cautious of portion control, and adapt to healthier cooking techniques.
In closing, remember our ancestors had a very different food supply than most of us today. Their diet consists of whole nutrient dense foods; they were subject to more physical activities that promoted better health. So my question to you is why are we not doing more to improve our current state of being and continuing to toxify our body with excessive amounts of food, intakes high fat and sugar and decreasing our physical activities? Are we moving in the direction self-induced health genocide?

In The Kitchen with F.I.T. Nutrition
enhancing your dishes with unique flavors of natural exotic herbs, seasoning spices, and preservative free. Our spices can be used in sauces, dressing, soups, and stews as a flavor enhancer.

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

FITNUTRITION FOOD ESSENTIALS

- Truffle Salt
- Island Jerk
- Cilantro
- Turkey Rub
- Lemongrass
- Garlic Roast
- Raz El Hanout
- Smoked Paprika

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Areas Expertise:

- Personal Wellness Chef
- Personal Food Assistants
- Nutrition Specialist

Catherine Brown

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Commit, Get Fit, & Healthy!
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**National Editor: Sleep Hygiene
Donata D. Mooring**

Certified Sleep Science Coach

“How sleep affects many areas of our daily lives and the solutions to solve this epidemic”

Does Sugar Affect Your Sleep?

Of course, it does...sugar is a natural stimulant but artificial sugars are more dangerous because of their side effects. We all need to know the different types of sugar to avoid all of them.

Below is a list of natural, organic, and refined sugars

Agave, Nectar Barley Malt, Blackstrap Molasses, Buttered Syrup, Cane Sugar, Carob Syrup, Confectioner's Sugar, Corn Syrup Sol-

ids, Date Sugar, Dextran, Diastasis Malt, Ethyl Maltol,

Florida Crystals, Fruit Juice, Galactose, Glucose Solids, Golden Syrup, High-Fructose

Corn Syrup, Icing Sugar, Lactose, Maltodextrin, Maple Syrup, Muscovado, Panocha,

Refiner's Syrup, Sorghum Syrup, Sugar, Turbinado Sugar, Barbados Sugar, Beet Sugar,

Brown Sugar, Cane Juice Crystals, Caramel, Castor Sugar, Corn Syrup, Crystalline Fructose,

Demerara Sugar, Dextrose, Diatase, Evaporated Cane Juice, Fructose, Fruit Juice Concentrate,

Glucose, Golden Sugar, Grape Sugar, Honey, Invert Sugar, Malt Syrup, Maltose, Molasses,

Organic Raw Sugar, Raw Sugar, Rice Syrup, Sucrose, Treacle, yellow Sugar

(Source: Women's Health)

There is approximately 76% of hidden sugar in our packaged foods including so-called healthy foods and snacks. The best way to know if you are consuming too much sugar is to read ingredients including how much total sugar.

Most of all the sodas, desserts, juices, canned fruit, breakfast cereals, spaghetti sauce, barbecues sauce, ketchup, white bread, white rice, and pasta in refined sugar can affect your blood sugar and can interfere with your sleep. If you are

wondering why there is so much sugar added to our food and drink the reasons are: to keep baked goods fresh longer, keep foods from spoiling, help fermentation in bread, and to improve the color, flavor, and texture of drinks in foods. In addition, consuming too many sugary drinks or foods can lead to heart disease, obesity, type2 diabetes and tooth decay among other things. What makes it worse there is little to no nutritional value...that is why it is called "empty calories."

The best way to avoid sugary drinks and foods are to consume whole grain, unprocessed foods, natural fruits, vegetables, dairy. Try to consume at least two hours before bedtime. This is a process, so take baby steps and become aware of how much sugar you are consuming on a daily basis.

You don't want to go to sleep like this... For more information complete my Sleep Survey on donatadmooring.com and Receive select "SUGAR Is It The New Enemy?"

10 Reasons How Lack Of Sleep Can Affect You!

1. Sleepiness Causes Accidents

Sleep deprivation was a factor in some of the biggest disasters in recent history:

2. Sleep Loss Dumbs You Down

Sleep plays a critical role in thinking and learning. Lack of sleep hurts these cognitive processes in many ways.

3. Sleep Deprivation Can Lead to Serious Health Problems

Sleep disorders and chronic sleep loss can put you at risk for: Heart disease, Heart attack, Heart failure, Irregular heartbeat, High blood pressure, Stroke and Diabetes.

4. Lack of Sleep Kills Sex Drive

Sleep specialists say that sleep-deprived men and women report lower libidos and less interest in sex

5. Sleepiness Is Depressing

Over time, lack of sleep and sleep disorders can contribute to the symptoms of depression. In a 2005 Sleep in America poll, people who were diagnosed with depression or anxiety were more likely to sleep less than six hours at night.

6. Lack of Sleep Ages Your Skin

Most people have experienced sallow skin and puffy eyes after a few nights of missed sleep

7. Sleepiness Makes You Forgetful

Trying to keep your memory sharp? Try getting plenty of sleep.

8. Losing Sleep Can Make You Gain Weight

When it comes to body weight, it may be that if you snooze, you lose. Lack of sleep seems to be related to an increase in hunger and appetite, and possibly to obesity.

9. Lack of Sleep May Increase Risk of Death

A study showed that those who had cut their sleep from seven to five hours or fewer a night nearly doubled their risk of death from all causes. In particular, lack of sleep doubled the risk of death from cardiovascular disease.

10. Sleep Loss Impairs Judgment, Especially About Sleep

Lack of sleep can affect our interpretation of events. This hurts our ability to make sound judgments.

For More Information Contact:

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ENTERTAINMENT NEWS

Artists, artisans and Social Transformers, stay hip to the heart beat of Arts & Culture in Rhythm Nation News.

Search here for the latest in Rhythm People Entertainment, Gigs, Bigwigs & Shindigs, and International Rhyme & Reason to connect with upcoming events, travel, investment/trade opportunities on the continent/diaspora and the inside scoop on how Rhythm People around the world are reclaiming our global cultural economy.

Culture is the New Currency!



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 32 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.

New Gambia Invites the "Art of Possibility" by Kim Poole

Nestled along the Atlantic coast and bound by Senegal is the next frontier of creativity and innovation. On March 3rd 2018, The "New Gambia", as coined by the current Adama Barrow administration, officially adopted the Teaching Artist Institute (TAI) as lead partner in development and implementation of a 5-year master plan in Art for Social Transformation for the country. The 5-year master planning tool will use the core tenets of civic engagement, governmental transparency, cultural diplomacy, and symbolic landscape study to stimulate sustainable development in areas collectively identified by Gambian stakeholders as major developmental priorities.

According to His Excellency President Adama Barrow, the [emerging economy] is "fertile ground for sustainable development and surrounded by fresh water from the river. ... With 87% of our food imported and so many of our youth unemployed, with the proper infrastructure we could grow our own rice and employ our youth too. We need to change the culture of agriculture." This represents a very different development approach from that of former President Yaya Jammeh, who ruled the country for 22 years as a dictatorship until voted out of office in December of 2016.

As the conversation continues, it is apparent that President Barrow understands both art and culture beyond the aesthetic value.

The Teaching Artist Institute (TAI), an organization dedicated to utilizing art culture as an approach to innovative com-



Above - Gambian President Adama Barrow Pictured with Kim Poole, founder Teaching Artist Institute

munity development, acknowledges that society is improved as a result of its ability to creatively process conflict and is preparing to address the "culture of agriculture" mentioned by President Barrow and many potential areas of growth in The Gambia. The Washington D.C. based organization, under the fiscal sponsorship of *Continue on page 28*

Hello from the Other Side: Rhythm People Coalition Represents the African Diaspora at the African Union's 1st Pan African Writer's Conference

ACCRA, Ghana - The first of its kind, African Union's Pan African Writers Conference themed "Promoting African Literature and Reading: The Role of the African Writer in Em-

bracing African Identity, Shared Values and Integration," was held on March 7th - 9th 2018 under the auspices of the AU's organ on Social Affairs. With writers, professors, publishing houses and governmental bodies present from each member state across the continent in overwhelming numbers, only organizations of the Rhythm People Coalition (RPC) served as much needed representation from the African Diaspora. Under the Leadership of Professor Anita M. Diop, Founder of the African Roots and Heritage Foundation based in Detroit, Michigan USA, the Sixth Region Diaspora Caucus founded by Dr. David Horne of Los Angeles California USA, Institution of Financial Unity founded by Angela Sayles of Cleveland, Ohio USA, and the Teaching Artist Institute based in Washington D.C. USA, the Rhythm People Coalition served the Diaspora well.



Figure 1 from right Anita M. Diop, Kim Poole, Andy Dusty, Atukwei Okai, Kelley Settles, Bice Osei Kuffour, Ibrahim Yasir, Ibrahim Moomin, Abu, James Ansong

Continued on page 29

GIGS, BIGWIGS AND SHINDIGS

African's Rising is Hiring

<https://www.africans-rising.org/www/2017/09/30/job-communications-coordinator/>

The Festival Academy is Training August 23rd-29th 2018 Gothenburg, Sweden

<https://www.thefestivalacademy.eu/en/training/atelier-gothenburg-2018/>

J.M. Kaplan Fund is Offering Grants for Book Publishing

www.jmkfund.org

Big Wigs

Rufus T. Stevenson Curator Tiefing Collection

www.jahkente.org

Marielle Franco

www.hrg.org

Shindigs

Natural Hair Car Expo April 7th & 8th 2018 Baltimore, MD USA

www.naturalhaircareexpo.com

Input Media Conference April 30th - May 4th 2018 Brooklyn, New York USA

<http://input-tv.org/home>

The Africa Trade and Investment Global Summit June 24th-26th 2018 Washington D.C. USA

www.atigs2018.com/

Afro Punk Fest July 14th & 15th 2018 Paris, France

<http://afropunkfest.com/paris/>

2nd International Conference on Art for Social Transformation, ARTIZEN July 14th & 15th 2018 Banjul, Gambia

www.TAITOURS.org



Lynee Michelle

Born in Monterey California and raised

in Baltimore Maryland. This dynamic singer/songwriter is blessed with a mastery of many melodious octaves, as well as writing capabilities to warm the masses. Her playful chic jazzy style with urban appeal has lead her to be diverse and unique. Lynee' Michelle has a presence with Universal appeal. She brings culture, creativity, and passion to the music world. Since age Five she could always remember wanting to be a helper and had the gift of a voice, knowing this her struggle begins. Since age nine her environment inspired her to author her own music, to use music as an out let. Music to evoke peoples mind sets to question

the very things that one would do to help bring forth positive change. As well as music to lighten up peoples spirits, love songs, and party songs. "Were would the world be with out all of that ?...LOST!" Multi-talented and versatile, Lynee' has received many awards and accolades for singing, acting Nominated best female R&B singer in Maryland 2011 2010. Lynee' Michelle is one who does not sit still with her visions nor goals, being the CEO of Nu Dawn Publishing and the wheels behind "A Love Affair Show" Which created a movement in Baltimore City, creating not only for herself but also to open doors for up and coming

artist to network, perform and earn cash for there hard work. Socially conscious she is adamant about being positive and she continues to cultivate young minds to strive despite life's hardships. This trend setter will ultimately fill the void that exist in the music industry transcending race, color, creed, culture, and religion. Lynee' Michelle will diversify Hip hop, Jazz and R/B as we know it today. Her motto is... "Be true to you!..... Nobody else can live 4 you,..... so do you! To Sample her music go to: <https://store.cdbaby.com/cd/lyneemichelle>

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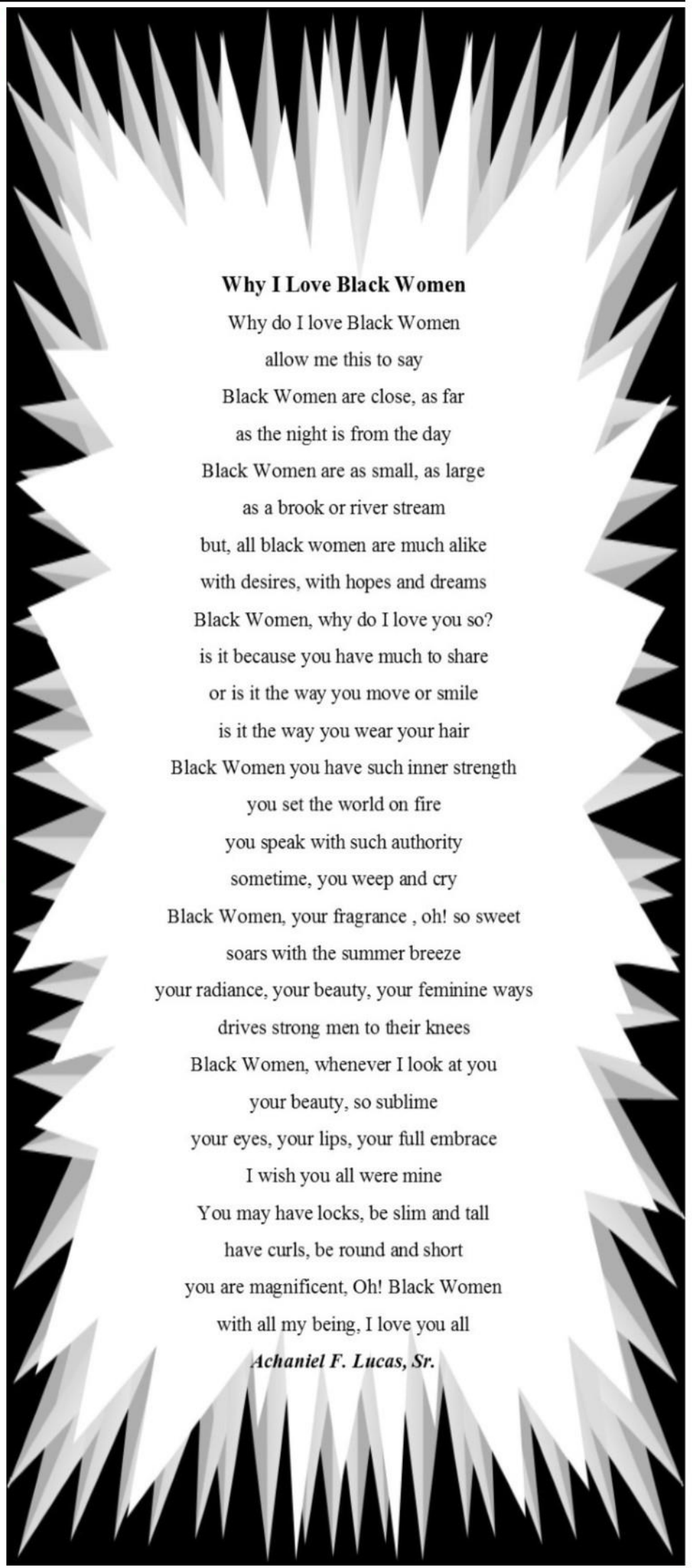
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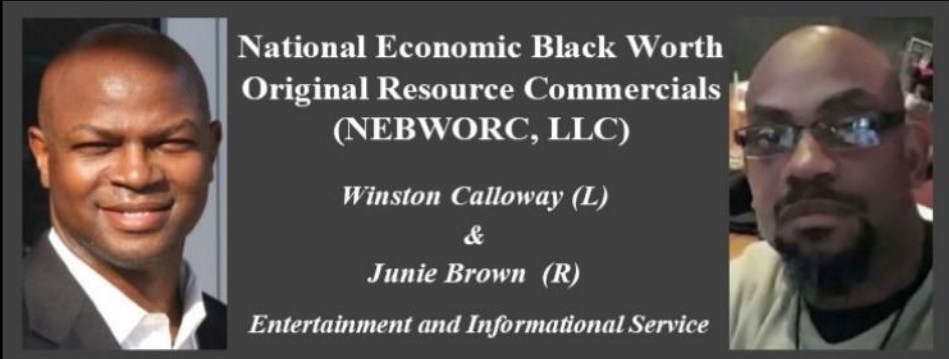
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Why I Love Black Women

Why do I love Black Women
 allow me this to say
 Black Women are close, as far
 as the night is from the day
 Black Women are as small, as large
 as a brook or river stream
 but, all black women are much alike
 with desires, with hopes and dreams
 Black Women, why do I love you so?
 is it because you have much to share
 or is it the way you move or smile
 is it the way you wear your hair
 Black Women you have such inner strength
 you set the world on fire
 you speak with such authority
 sometime, you weep and cry
 Black Women, your fragrance , oh! so sweet
 soars with the summer breeze
 your radiance, your beauty, your feminine ways
 drives strong men to their knees
 Black Women, whenever I look at you
 your beauty, so sublime
 your eyes, your lips, your full embrace
 I wish you all were mine
 You may have locks, be slim and tall
 have curls, be round and short
 you are magnificent, Oh! Black Women
 with all my being, I love you all

Achaniel F. Lucas, Sr.



**National Economic Black Worth
Original Resource Commercials
(NEBWORC, LLC)**

Winston Calloway (L)

&

Junie Brown (R)

Entertainment and Informational Service

and money makers may need to consider not giving up our strategies to our opponents once they know the plays.

Maybe we should consider not giving them major dollars for their brands. We keep putting them on the field thinking they are going to make big plays for us. We have external challenges and internal destructive behaviors both of which will not get us to that first down. We must not concede any more positions. 4th & 400 it's their game we play! It's a first down but it's their rules so the first down is called back. Official says too many Black boys lined up to receive a diploma and ultimately becoming men. This results in 120 years of penalty; backing us up still 4th down = "First Black President of the United States

touchdowns *** Yes, but there are two flags on the play in the in zone result: official says for history being made without our authority and Excessive celebration for a Black President; 200 yrs of back up= still 4th down. Internal stuff: too many black men not being responsible for themselves, their children, stepping out on committed relationships=STI injury 50yrs. The penalty: pants down below the waist line OFFICIAL say embarrassment to your own people in public=penalty: no job hire, dependent on system, feeling less than a man in a male demented society=320 years penalty Still 4th down. The game is on the line . . . your feelings! What are our chances this season?

4th Down & 400 Years Of Oppression

Fourth down and 400 years of oppression but we' still got the ball. Nonetheless we still need a better strategy on the field! Opposition has been running the same play, each down, but we have a weak offense and no defense so they continue to score. If this were an actual team, we would have fired the coach and demanded better players. We do have some of the best highly skilled educated; but they decide to play for their own interest. To be sure these guys need to be reunited with the strategy where we can all win. Our best trained highly educated

NEBWORC, LLC.: Original Resource Commercials

NEBWORC LLC, is an Entertainment and Informational Service that will integrate timely Local, National, International Events to, include but not limited to, News Events. NEBWORC, LLC, Entertainment Resource Commercial will provide information to the Urban/Suburban markets, Barbershops and Salons, Hotels, and General Public Advertisement Outlets throughout the United States. The National Economic Black Worth Original Resource Commercial Organization (NEBWORC) is designed to establish a network for marketing and advertising services from products to prospective urban clients. Customers, who will help balance owners; merchants; and salesman, while providing a con-

trolled venue for major corporations to participate. Engaging the Urban Market through a smart, selective character imagery (developed with the African/Latino audience in the planning of product distribution; placement), this will promote Latino/African Americans to address positive self images.

Mission

To provide a marketing avenue for African American businesses owners to sell their goods and services in the community in which the business is located. These services will also provide positive entertainment, technologies innovative

customer products to the African American minority communities, to include the Latino population as well. Placing our brand is to ensure greater economic prosperity in these difficult times in and throughout the United States. Examples of concepts such as; buy America, Sustainability, Green Technology, etc. We will grow our Baltimore based market, thereafter, reaching markets in Atlanta, Chicago, Philadelphia, Texas, New York, etc.

Mission strategic outlook, the salon owners and business owners will be identified through popular surveys of the industry in that location of the market.

Through the targeted Urban Cities/Suburban cross developments, the Local; National; an International. NEBWORC, LLC, has developed regions that will target the minority groups in those areas with respect to information; news; and multi-media productions. NEBWORC, LLC, will act as a media hub to dispense; distribute; disseminate through the NEBWORC Loop System of direct information to the network of Salons/ Barber Shops/Churches/Hotels and general areas of distribution center for Black Salons/Barber Shops/Churches and the general public advertising distribution to the general public as well as to these audiences.



The Internet is a great mechanism for business; and social networking. Yet, there are billions of website's, so if you have a website, who knows of your business, simply where is it?

Apps	Churches	Lounges
Barbershops	Entertainment	Music
Book Stores	Hair Salons	Restaurants
Business	Hotels	Sports/Events
Cafe	IT Business	Universities

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Breaking Bread, Family Owned & Operated *Continued From Page 1*

the United States, Black/African Americans families were separated and sold through slavery and created this culture of every man for himself. Also, certain cultures are career oriented!

Recently a group I am associated with (Black Men Unifying Black Men) hosts a monthly breakfast at a local Black owned restaurant or facility. In February 2018 we hosted our breakfast at a local restaurant called Breaking Bread.

I had a great experience there, first the hostess was very gracious toward the Black men in attendance. As the Black Men poured in, I notice a couple of young men bringing in more chairs from down stairs to accommodate the massive crowd. There was no gruntle's, no disrespect, no laziness. I witnessed hard working young men who took pride in what they were doing, and I suspect they knew why they were doing it.

Traditionally we acknowledge the owners or the representatives of the host res-

taurant or facility. We Introduced Mr. & Mrs. Ellis. Mrs. Ellis spoke first, I was blown away about how she acknowledged her husband. The way she uplifted him in front of all those men was amazing. It reminded me of Michelle



Kimberly Ellis & Edward Ellis

Obama's speech when she acknowledged her husband. I gave her as well as the others in attendance an arousing applause.

Later I had the opportunity to speak with Mr. Ellis who is a powerful Brother. We talked about a variety of subjects and this Brother/Soldier have been on the front lines of our battle against discrimination and economic empowerment the

majority of his life. Note: A Soldier recognizes a Soldier!
The bottom line is this! I had a great

experience visiting Breaking Bread, I witnessed a family that respected each other and themselves! I tasted the food they shared with me, (my critique: They put their foot in it, make you want to smack your mother, in other words the food was extremely good!). What I truly witnessed was a Black/African American family working, respecting and loving each other! I believe if you took the time to support our Black/African American businesses and services you will find many black families, businesses and organizations doing a great work throughout our communities. Thank Breaking Bread for reminding me that the truth will make you free!

They also told me about their accomplishments and they also told me about the struggles they are having with the community organization, city and local utilities. Breaking Bread I hear you and I thank you! I want you to know you will not be fighting alone!!!

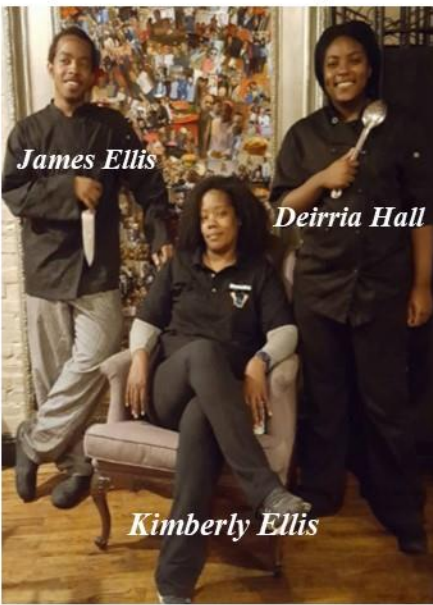
By David Murphy

Breaking Bread, The Story

Breaking Bread is a family-owned restaurant that looks to operate from a crazy business model of Mission over Money. Our motto of "Great Food for All Chewmanity" is about the humanity that is involved with food and what can happen when you sit and "Break Bread" with someone. We are all connected and responsible for not just our families but all families. We offer fresh food from locally sourced urban farms that is made from scratch in-house. We always joke that we started on a "Wing and a Prayer" I guess this will be funnier once we tell you the whole

story. So here it is. It started with a sauce. One day I made a sauce and gave it to my husband and my best friend to try. They both ate the crab sticks with the sauce and looked at each other and said; "We are gonna be rich" we all laughed and ate the rest of our meal.

Fast forward about 10 years and I am giving my husband my last will and testament in the bathroom of my hospital room. I told him he was



James Ellis

Deirria Hall

Kimberly Ellis

and farmer markets throughout the city selling our "Sticky Wings" Our Sticky Sauce was a huge success. Once we started the restaurant, we realized that we had the ability to create change in our community. We designed a model where all are accepted and included. We offer free classes on everything from Financial literacy for kids and families, first time home buyer classes, cooking classes as well as classes on branding for kids to create something that they can be proud of. We sponsor and host other non-profits that want to be a positive change in our community.

We have had the Democratic National Convention come through as well as acclaimed actor Danny Glover and Sonja Song, but our favorite guest are the people who come in and feel like they are home. We have conversations that opens up to further dialogue. We have had people have their first date and have come back married with children all in three years. My husband is an industrial electrician by trade and I have a dual

Master's degree with more than 20 years of working with people who are marginalized and disenfranchised most of which looked like me. We just want to serve great food that is healthy, encourage families to connect with one another and to build a community and a sense of family where it is needed. We want to feed more than just the stomachs of our guest but their spirits as well. It's important that we are there for each other, to support each other and encourage each other. Imagine the world where we can say we are our brothers keepers and mean it, and actually live it.

Breaking Bread

"Great Food For All Chewmanity"



771 Washington Blvd. Baltimore, MD 21230 443-708-1903



National Editor: Books/Authors
Haki Ammi

The Success Scholar: Entrepreneur,
Author, Radio Host & Speaker

How To Rise Like The Success Scholar. Being Your Best You

If you are what you eat than the same thing can be said... that you take on the characteristics and behavior of your five closest friends. This is one of the critical lessons learned on my way to becoming the world's Success Scholar. In Life and in Business you will have those who support your vision while others try to impede it. Those who are wise get connected to, in front of and align with the best and brightest. Growing up in Baltimore, MD, I realized that I didn't know what I didn't know. It took me years and years of networking and expanding my circle into several areas of study to realize that I could transform my condition and so can you.

As the best-selling Author of Mission Unstoppable, Extraordinary Story of "Failures Blessings" some may and have asked what or how has the book benefited me? One thing I have learned about history is that there was a time when Black people, inventors, entrepreneurs and business persons were cheated out of their wealth and ownership. It is unfortunate that many of us spend much of our time listening to persons who have not picked up a single financial book, attended a workshop and have not pre-

pared themselves economically to ensure their own longevity in this world.

So, when I have people asking me about why I would write a book with Les Brown a renowned motivational speaker and Dr. George C. Fraser who is connected to some of the wealthiest people in the world, who are two Black men that travel all around the world and speak; the answer is simple. If you want to be successful, you must do what regular people won't do. I made up my mind years ago to stand out from the Sea of Sameness and the Ocean of Mediocrity. For those who ask those questions you should share with them the Story of Tupac Shakur. He started his musical career with Digital Underground. Of course, he could have tried to do "his own thing." But there are many people out here "doing their own thing" and they are not going anywhere fast.

To be a part of a book with Speakers who command speaking engagements of 10, 20, 30 and up to 50 and 100 thousand dollars is something I don't take lightly; understanding that they had to start somewhere. Success did not come overnight. We can all be better. It shouldn't be hard to see and believe that

one who has a set of skills can increase their earning capacity substantially. This has been my mission for years to know and reach my full potential. By being in this best-selling book tremendous opportunities have opened for me. One such opportunity is appearing in the Film Black Friday Part 2. Black Friday features many greats like Black Billionaire Mike Roberts, Dr. Boyce Watkins, David Banner and many more. This film is being shown all over the United States, Europe and Africa. Not bad for a brother from Baltimore. One could continue to list the increasing accolades though the most important aspect of growth needs to be centered on our health, healing and our positive relationships. Poverty tends to spoil relationships. Take for instance Baltimore, persons suffering from poverty generally have poor health and as well may suffer from emotional abuse from some interactions and feedback from peers. This destruction of people must change. Many have questioned the strategy of networking with more em-

powered African Americans that want the same things we do. Therefore, me being truly conscious, had to understand what is real or imagined? What do I mean? Many people feel as though they are middle class; but are still doing things calling themselves enjoying life like smoking cigars, partying and drinking. On the other end of that many who somehow told themselves they are poor refuse to go to conferences and workshops that may actually be free. Because the content is unfamiliar or the speakers are not familiar many are intimidated. Although much of the work I have done is for the total betterment of the full community. Some suggest that doing things like taking pictures with celebri-

ties does nothing; although much of the time, we need to make our presence known in educational learning environments. Some pictures are like a thousand words and documentation beats conversation. Although this, happened to me; it's not specifically about me. It's about learning. This is about versatility and growth and recognizing that we are the obstacle. My goal as a qualified Scholar is to shed light on this situation and provide realistic solutions.

It's important to note that much progress is being made. Had a great time as a Sponsor of the Film Black Panther in Laurel, MD. Along with that I was pleased many people saw the interviews on the Dr. Renee Allen Show on Listen Vision in Washington, D.C. and the interview on the Sister's for Sister's Talk Live on VOXX Wave along with Dr. George C. Fraser in Clinton Maryland. Both are available on YouTube. One thing about Black Panther is I'm wondering how much tangible benefit is coming back to our community? I am wondering if the films I have been promoting by independent directors and producers like -- Before I Do, 1804, Black Friday 2 and Gentrified are being supported by the community. We must support our independent black film producers as well as support independent authors. Team up with the Success Scholar my team is winning. I'm gaining momentum all over the Washington, D.C. Metropolitan area. Stay connected. Next stop The Power Networking Conference 2018 in Prince Georges County. For more information please visit my website to get a copy of my best-selling book "Mission Unstoppable" and some enlightening DVDs 1804, Black Friday 2 and Gentrified. Be on the right side of History.

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“Go to work!” *Continued From Page 29*

those gifts and talents and putting them to some good use. Be patient. Which is sometimes tough to do! Be persistent. Persistence will amaze you. The third thing is to practice. We may never become perfect, but practice, practice, and more practice are the only way to get anywhere near perfection.

My team members and I, are diligently looking for people who have been patient, persistent, and is still practicing. We are looking to assist these remarkable people in expanding their brand, engaging and informing their audience, and sharing their message. Contacting me, the Publisher, or the Editor in Chief (at info@thenationblackunity.com) to discuss our potential partnership would be a great step for many of you. This newspaper is looking for some unique, in-depth, and insightful people to cover the many topics plaguing our community and undermining our unity. The need

is great, and the cause is worthy. I personally want to thank the Publishers, the Advertisers, and The Core Team (my team), for their contribution in helping make The National Black Unity News possible. The products, services, and solution-oriented information you share with the people in our community is immeasurable. I also Thank You, the Reader, for you are the reason this paper was conceived. Because we have a different business model than any other newspaper on the planet, I invite you to share your comments about The National Black Unity News. Especially what you liked best about our paper and how we can make it better. We here at The National Black Unity News is laser focused on providing valuable information to the black community. In fact, it is our purpose...the reason this paper exists. So, for you who can contribute to this single cause...*go to work!*

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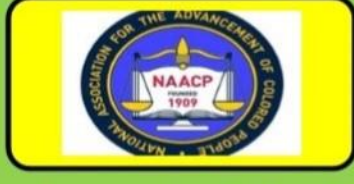
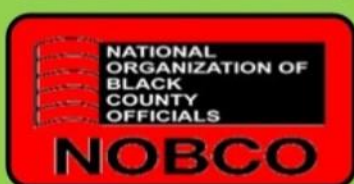
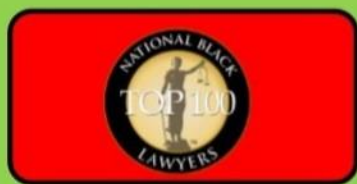


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Lost it All *By Bill Goodin*



there is a whisper in your head and spirit, that commands you to go forward to make the world a better place.

How would you handle that? Would you just shake it off as it is your conscious bothering you or would you pray harder, asking the "CREATOR" to reveal something to you? The reason I ask this question is because as a race of people, we have lost it all.

We have lost our native land, we have lost our culture and our identity and we have lost our birth language. I would say, this is losing it all and yet, despite our plight and our journey that has landed us here in America, the "CREATOR" has kept us from being totally wiped from the earth.

Is there a reason as to why we are still here despite the harsh circumstances of what we have faced? Yes, when we look at the murder rate of us killing one another and hurting one another, do we not at least look at our past and make a connection to the present and the future.

How can we save those who are coming behind us if we do not face the truth? What truth?, the truth that our journey to AMERICA has destroyed us and that is why the "CREATOR" is whispering to us.

Other than the "CREATOR", there is no other group of people anywhere who could save us and rebuild us, other than

us. Sadly, we may never get back to our original culture nor have any idea about our true identity. and yet, without searching from where we started to where we have ended, it will be critical, if we are to rise.

The reason why some of us murder and hurt one another is because of the effects that slavery has caused. Yes, we were taught to not love one another and to love the slave owner more than to love your children and family.

Yet, I am one to believe that there is purpose and reason for everything. I have not the idea nor the reasoning as to why we were stolen from Africa and brought into this country known as America, other than for profit.

It is written somewhere, that from the ashes of the earth will come those who will heal the earth. Could we be the ashes that are talked about? It is written that those who will take advantage of those who are defenseless, will merit there justice in time.

Ops!, let me get back on point, the truth is that there are so many points to be made but the main point is this: what is your purpose to this life and are you one of the few whom the "CREATOR" will whisper to?

Because I am not a huge "BIBLE" reader, I will not try to quote where what is written, but somewhere in the "BIBLE" it is stated by "JESUS" according to the "BIBLE" these words. The work that I do, so can you and even greater!

What does that mean to you? See, according to the "BIBLE" and what we have been taught, it is that "JESUS" is the son of the "CREATOR" and "JESUS" had powers to heal the sick and to lift the dead and bring them back to life.

How would we ever do greater work than that?, without having the powers that "JESUS" had. Well, I will give another example, The Honorable Elijah Muhammad has determined that the dead are those who are on drugs and causing havoc; and when we can save them and turn them around, it is giving new life to the dead.

This is a valid way to look at it, but because all of us will not look at things the same way, I must ask you...where do you stand? How do you look at your role of helping to heal the land so that we may save our people? If the land is sick, the people cannot be healed.

Often, people are searching for substance in many places, including when reading one's writing, one is looking for substance. It is my prayer that the substance to this, is to help provoke some critical thinking.

As writer of this article, I challenge you to find the best of you. If we find the best of who we are, we will seek to answer the call to what "JESUS" stated. Our mission will become to lift others, because in lifting others, we will save ourselves.

Life is a strange thing sometimes, especially the twist and turns that could happen in one life span. One could live to be a hundred and one may live for only one day. The point comes to this, those of us who live long enough, have to make every day count.

Just suppose for some reason, you lost everything, money, home, job and your entire family. The burden and the misery that you would be under would be more than tragic. Yet, as you pray for healing,

The Downtown Cultural Art Center *Continued from page 1*

Davon Fleming and many others. DCAC has high end plays, fashion shows, live entertainment of all genres of music throughout their weekdays and weekends and music and art summer camps. Some of the things that DCAC are especially proud of are their community events. Mr. Bass heads an organization called Black Men Leading Black Men. This organization teaches black men how they can better impact their

community. DCAC offers financial literacy educational classes to youth from ages 12 to 19 years old twice per month. They bring in successful business owners and mentors the youth on how to start their own businesses and understanding the importance of good credit. DCAC would love sponsorship to increase their work in the community through these services. To book DCAC contact 410-837-2787

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New Gambia Invites the "Art of Possibility" *Cont. from page 22*

Jah Kente International, is currently in operation in Ghana, South Africa, Cameroon, Nigeria, Jamaica and throughout the USA, where founder Kim Poole resides. Poole says "the Imagineering team is stocked with stakeholders from every sector who are prepared to give artists a seat at decision making tables for the sake of The Gambia and future countries. This is an opportunity for our young organization to make a real difference and prove ourselves." Slated to begin work on July 1, 2018, the 5-year plan will ultimately produce an entire arts and cultural district focused on innovation, mixed use facilities and preservation.

ing itself as one of the hallmarks of what The New Gambia will represent, celebrating a diverse buy-in from both grassroots and grass tops communities. The first phase of the 5-year master plan's implementation will be announced by President Barrow himself at the opening ceremony of the 2nd International Conference on Art for Social Transformation entitled ARTIZEN, taking place July 14th and 15th 2018 in the capital city of Banjul.

It is apparent that this bite size country has a huge appetite for progress and is setting a new standard for the role of artists in community development on the world stage.

This future "no drive zone" is position-

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Our Unhealthy Cancer *Continued From Page 1*

I will not give date as to when this cancer started, but I am certain it started on the Atlantic Ocean with the brutal kidnapping as the children of Africa were stolen from the Continent of Africa.

I am saying that it started on the ships because as we were kidnapped and brutally crammed into ships like packaged sardines, the journey of many miles cross ocean and the mistreatment that we endured was the fostering of something.

Once upon the shores of America, we were less than animals as we were shackled and beaten and tortured and forced into slavery by the Caucasians. The cancer that was fostering in our bodies and our minds had spread throughout. Our soul and our spirit were raped.

Our humanity was nothing to those noble folks who enslaved us. They considered themselves to be noble and above us as we were only chattel slaves, who were brought, sold and traded for the pleasures of another race.

We were forced to work the land of this country without pay nor respect and our hours of work without pay was from anytime to anytime the slave holders decided. As we endured this tragic reality, there were many methods that the slave holders used to spread the cancer.

I will offer up just a few of the many examples of how the disease was spread.

Example 1. A Blackman trying to escape the harsh conditions and trying to escape and find a way to be free is punished. He would become an escapee and he would be hunted down by dozens of White Men and dogs and once caught, there were several ways to administer punishment.

Sometimes the punishment would be

getting tied to a tree, and his shirt ripped from his body. He would be brutally lashed repeatedly in front of other Black Men, Women and Children. The purpose would be to impose fear into others as a warning to discourage them from trying such an attempt to flee.

Example 2. If a Black person got caught trying to read that could also become cause for a harsh penalty. It could be as bad as having Whites to gather to witness a lynching. Yes, crowds would gather to cheer as they would witness a Black Person getting hung for something such as attempting to educate themselves.

Example 3. You could have a Black Man, without permission, sneaking to see his wife and if caught another punishment could be administered. There have been times when one would be tied to two horses the horses would then be pulled in opposite directions so as to split the person in half. This was another part of putting fear into the slaves as means to stop them from rebelling.

Example 4. Once again, as I stated, there were many ways in which this cancer spread throughout the Black Population. White Slave Owners would sometimes gather their slaves and they would read "select" passages and sermons from the "Holy Bible". What they would read would be passages such as what "GOD" would do to them if they tried to escape and if they did not obey.

I know it is hard to fathom but I am making a point. The cancer that was forced onto us during the course of slavery has impacted us today. The tactics that were used to make us not like one another has infiltrated our homes and our communities. Therefore, some of us

will kill, not out of hate, but because we see no value in one another.

Moving forward, we too need a cure Just as those who have cancer go to the hospitals searching and wishing and filled with much hope as they try to get cured. What is our cure, do we have to be admitted to hospitals and administered a drug to get the hate out of us that has been instilled?

Our cure has to be within us and within our "CREATOR". How on earth could we go to those who have destroyed us and ask them to give us the medicine for a cure? Our cure has to be asking the "CREATOR" to give us the ability to unite so that we can educate one another and spread love, rather than spreading hate.

Cancer is a very deadly disease and the sooner it is caught, the better one has for the chance for a cure. Our cancer is deep, it is hundreds of years old and yet, we still have a chance for recovery.

As part of the cure, I will introduce a dose of medicine that some of us are offering. Black Men Unifying Black Men is a group of Black Men who offers Black Men and Black Boys an opportunity to share a meal and share conversation as an attempt to unite and work out some of the issues that are killing us.

The importance to this is because if we do not talk to one another and get to know one another, it is a possibility that we may become a victim of one another by means of murder or robbery. Our cancer has taught us to hate one another and to show no regard for one another's life.

As a way to share our skills and talents with one another, this is just one of many out reaches as a way to help reclaim us from destructive to glory. Instead of witnessing punishment, we are

giving praise to those of us who are trying to do better and for those of us who have the rebellion nature of many of our ancestors.

As we witness the cancer that lives within so many of our beautiful Black Women and the cancer that has claimed the lives of so many of our precious children, we understand that waiting for a cure is only helps to spread the disease. We are the cure, the wait is over; the time is now or never.

As we lay out the truth to the children of the slave holders, they who have benefited greatly off of our labor will have to be faced with the truth. They too will have to decide as to what they will give to help us cure the disease they are responsible for.

This Newspaper, "NATIONAL BLACK UNITY NEWS" is just another vehicle that is needed as we seek cure. If we do not educate one another and offer truth to one another, we are left with the children of the slave masters, offering truth. How can they offer truth, when they have only benefited from our pain and misery?

As we continue attempting to rid this horrible disease, we must always keep our faith in what created the heavens and the earth. We must always know that despite what has happened and what is happening, that the "CREATOR" has never abandoned us and that we are still the blessed people that will inherit righteousness.

I close with this, pray to be part of the cure and seek those who are fighting to cure us rather than running to those who are badly inflicted and

spreading the cancer.

By Bill Goodin

Go To Work *Continued From Page 4*

Our issues are not always complex. We do not always require massive personnel and large amounts of capital to solve our issues or to fix our problems. Oh no...In most cases, it is the small changes and slight adjustments, and someone to step up and make sense of the situation. Be forewarned. For those who step up and get up close and personal with the issue or problem, you unwittingly take part ownership of that issue or problem. For at that point, it becomes quite clear what needs to be addressed, and who needs to

address it. So, stay in your lane, and don't miss an opportunity to share what you know that can make a difference. There is truth in this old statement, "You are responsible for what you know". Regardless, if it is only you, or you are a member of a team, or you are just the observer...you know that feeling of satisfaction when a task has been completed, and the work is done. It is even more satisfying when you can reflect on what was done, and smile. Yes, usually there are residual benefits for the work that

has already been done and done well. Ask people who are near the top of their game, or people who demonstrated having great skills and talents, and who are in high demand. Those people in those positions and others who are in positive situations will tell you to do this one thing...go to work.

Of course, most of us have some project, idea, concept, or vision that is still lingering around. "Obstacles, opposition, priorities, procrastination, and these types of issues hinder us from finishing, or even starting", is what we say. But, we also know who is ultimately respon-

sible to see that undone project, idea, concept, and vision is fulfilled and fully completed. I know that feels like more pressure being put on you. But you are well equipped for the task. And what seems like a very heavy load for you to bear was light. It is a generally excepted that all of us have gifts and talents. Some of us may have just one, while others have multiple gifts and loads of talent. It is unfortunate that our gifts and talents have not all been fully developed or reached its maximum potential. With patience, persistence, and practice, we have a very good chance of enhancing *Continued on page 27*

Hello from the Other Side *Continued From Page*

Professor Diop began her presentation with a ground-breaking exposition on the role of African women writers and the importance of promoting narratives depicting African women such as art activist Katherine Dunham, who she vividly describes in her book *Katherine Dunham: An African American Cultural Icon*. Ending her address with an ode to

the cultural impact of the recent film entitled *Black Panther*, she continued by asking participants to pledge to the ideals of the mystical African Country portrayed therein with the declaration "Wakanda forever."

On day two of the conference a special presentation was offered by sister organization and leader of the Rhythm People Coalition, Teaching Artist Institute entitled "We Are the Rhythm People." Embodying the "We Are the Rhythm Peo-

ple" Campaign, Soul-Fusion Performer and Teaching Artist Kim Poole sang a proud rendition of "Hello" by Adele with words that in many ways outline the seldom-seen communication between Global Africans. This much needed break in the conference agenda included a video of the Rhythm Resolution description highlighting an urgent need to establish cultural exchange programs, global observation days and funding streams to support such efforts. Using Rhythm as a symbol of the universal

connection of Pan Africans, Poole ended by chanting out to the crowd with a roaring declaration and oath of the Rhythm People campaign saying "beyond geographic location, language, class, tribe, in the beginning was heart drum, with this vibration we gave rhythm to the world, on this beat we sing life, We Are the Rhythm People." Indeed, the Rhythm People Coalition's impact has demonstrated the necessity for Diaspora based organizations and perspectives in African centered initiatives.

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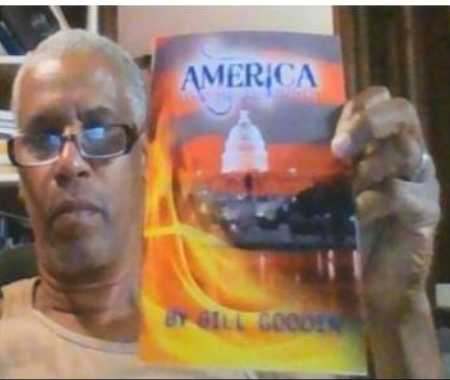
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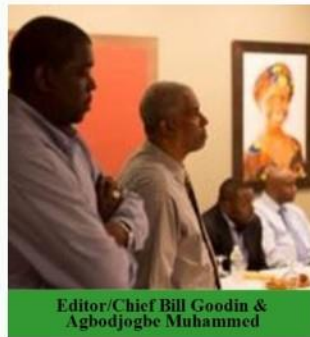
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