



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?

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The National Black Unity News is a Solution-Oriented Periodical

Yes, I Can! Yes, You Can, Yes, We Can!



Contributing Editor
Danielle Harris
Fashions
See page 10



Contributing Editor
Haleem Abdul-Rahman
Men's Health
See page 36



Contributing Editor
Joi Ford
Children's Books
See page 27



Contributing Editor
Walter Carr
Cartoonist
See page 16



National Editor
Fran Allen
Motivation
See page 9 & 24



Featuring Charles Ballou, Cedrick Walker & David Murphy

Reunited Since 1962! Neighbors, Friends Now providing services to our communities, See page 3



See page 48



National Marketing Director
Jacinta Walker
2022 Kick-Off
See page 4



National Events Coordinator
Vernon Streater
See page 4



National Youth Editor
Kathleen Murphy
Tuesday Podcast Host
See page 18



Contributing Editor
Michael Thomas
Monday Podcast Co-Host
See page 27



National Travel Editor
Sitawi Jahi
Monday Podcast Co-Host
See page 14



David Murphy
Publisher
Yes, I Can! Yes, You Can, Yes, We Can!
See Page 3



Bill Goodin
Editor & Chief
The Outbreak Of The Pandemic
See Page 3



Managing Director
Walter Eugene Dempsy Murphy

TNBUN is not an Ordinary Newspaper!
See Page 3



Technical Editor
Dr. Barbara Watties

Peace of Mind = Giving Up Some: People ~Places ~Things
See Page 4



Black Men Unifying Black Men

Us Helping Us = Unity

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

Baltimore School Board Election

See page 17

What's Inside

- Economics/Finance.....Page 6
- Self Development.....Page 9
- Lyfewurks.....Page 8
- Fashions.....Page 10
- Positive Words.....Page 12
- Travel.....Page 14
- Youth.....Page 18
- Sleep Hygiene.....Page 21
- Rhythm People.....Page 22
- Classifieds.....Page 54

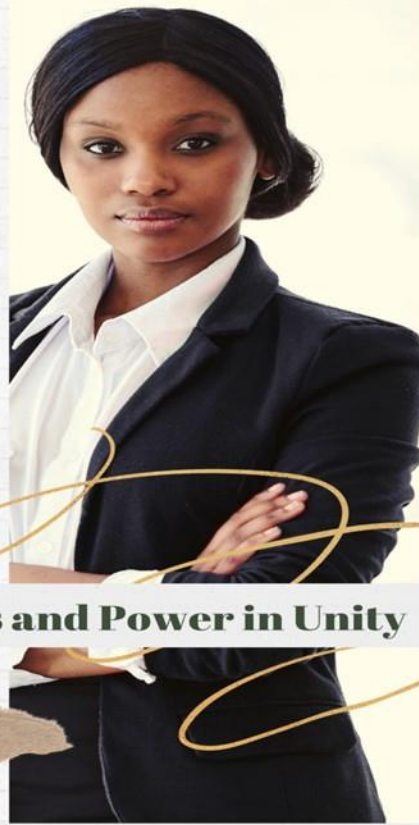
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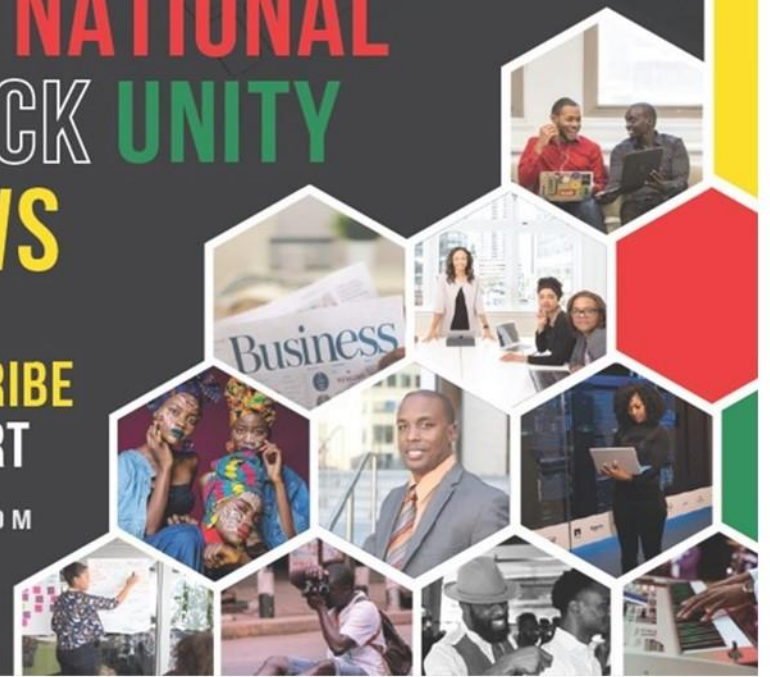


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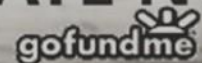
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Yes, I Can! Yes, You Can, Yes, We Can!

Featuring: Charles Ballou, Cedrick Walker & David Murphy

If you keep living, there will be many obstacles, hurts, pain, joy, happiness, and amazement! Most likely, you will interact with many people from all levels of society! People will judge you, and you will judge others! You will indeed have days that seem unbearable and days of bliss! You will have to make many choices in life. Just remember that all the options in life will have consequences.

I want to take you on a journey that started about 1961: the five hundred Block of North Denison Street, in a section of Baltimore, MD called Edmondson Village! At this particular time, the community was in transition. Black people were moving in, and White people were moving out! During that decade of the sixties, Black people became the overwhelming majority in the Edmondson Village community! In those days, the average small family was about five members. My family consisted of ten members. And by the way, I recalled that about all the families consist of Man and a Woman plus children. Yes, this was normal! I remembered every household; there were about sixty-six children on this block: yes,

indeed we ranged all age groups. There were no cell phones, computers, or text messages and emails. We did have a Phone booth, landlines, and real social networks, people to people!

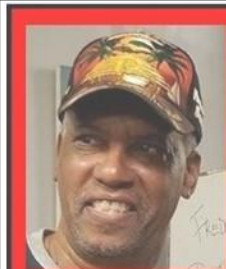
Loyally, we formed a lot of bonding (Chat Rooms) amongst ourselves and other surrounding neighbors, classmates, and family members! The boys on Denison Street played sports during the day, such as Baseball, Football, and Basketball. At night, we began to bond with the girls (smile). But some of us began to venture into drugs, alcohol, etc.

I painted this picture because, in the sixties, some of us were drafted into the military, while some went into juvenile and prison institutions. Several girls became mothers, some of us went to college, some were murdered, and some overdosed-on narcotics.

The sixties were a challenging time in the United States; civil unrest, Dr. Martin Luther King, Jr. was murdered, college campuses were often protesting about this or that, Women rights movement, Gay Rights Movement, and the Viet Nam War was in full effect. The Hippie movement and drugs had heavily penetrated the Black communities! All types of Black organizations were very active during this time, and the country feared our organizing!

I really appreciated all my neighbors. Now looking backward, I cherish them for all the golden memories. I want to highlight a few Brothers that survived that era: Charles Ballou, Cedrick (Ricky) Walker, and yours truly David Murphy.

Charles (Charlie Horse) Ballou went into the military, which did not work out for him. **Continued on page 45**



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

The Outbreak Of The Pandemic

The outbreak of the pandemic has caused the world to move in many mysterious ways. The changes that are constantly happening as it relates to how we the people must conduct our affairs. The closings of many institutions and businesses have collapsed and will not reopen. Many of us will continue to wear face masks in an attempt to protect ourselves.

Why is this important? It is important on every level because it means that we the people must re-adjust how we live. How we have come accustomed to living is changing and has changed. Yes, we see technology and we embrace it as if it is just part of the times and to an extent, it is. Yet do we not have to question the reach and the damage that technology

will cause?

Let us pay attention to the loss of jobs. Let us pay attention to the crushing of the poor because of the inflation of the economy that has caused a ripple effect on the daily lives of the common person. The common person who is making just a minimum income and yet every commodity has increased and, in some cases, have doubled.

All of us see the robotic machines if it is in stores, gas stations, malls, restaurants, factories, and any place where we conduct any of our affairs. How do we not see when a machine could replace fifty workers in one Swope, how does this benefit the world? If technology becomes part of helping to reduce the labor force, who becomes responsible for the newly unemployed?

See, this pandemic I am going to use no such assumption that it could have been purposely. Yet at the same time, I will state with truth as I see it that at this time, the pandemic is used to reshape the future. Again, if we pay no attention to what is happening, we will wake up and we will find ourselves living in a virtual world.

Again, this is for thought and if we pay no attention, we will pay a price that many of us are not willing to pay. Thanks....Pay Attention!



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

TNBUN is not an Ordinary Newspaper!

While going through the pages of this newspaper (especially for the first time) you will notice that The National Black Unity News (TNBUN) *is not a normal newspaper*. TNBUN was created to serve The Black-Melanated- African-American Community, which it is doing, and doing well.

Thankfully, TNBUN is not the only publication serving our community. And our community has room for more. To those unique publications that are true community servants, know that TNBUN supports your cause of informing and uplifting our people. Before our inception as a newspaper, the owners saw the need to support black media. So do not hesitate and let us know if we can be of some assistance.

Again, TNBUN is not normal. The different is the business model TNBUN use which makes it function like no other newspaper on the planet. With so many local and regional

newspapers being reduced to skeletons or becoming a ghost and completely disappearing, we could not follow their path. We kept much of the basic format and traditions of a newspaper. But we knew we could not operate using the standard newspaper business model. With print media steadily falling behind other media platforms we knew the standard newspaper business model had to be altered. So, we altered it. The business model created turned out to be somewhat of a pleasant surprise. TNBUN has been online and in-print for 5 consecutive years. However, as a business and an entity, TNBUN is still in its infancy. When it comes to the demographics of our target market...there is massive room for exponential growth. Another good thing is the residual or side effects of our strategy is a stronger, well-informed community, accomplished by *leaving no one uninformed*.

TNBUN is not a normal newspaper

As a newspaper, what makes TNBUN not normal? To answer that, let us start with the most important part of any media... *the content...the message*. The Authors of the Editorials featured in TNBUN are all true servants in their perspective community. TNBUN being a Solution-Oriented Periodical, our goal is to provide our readers with information that could have used yesterday, used today, or tomorrow. Information that can help improve your quality of life. What most newsrooms use to offer is *if it bleeds* **Continued on page 52**



National Editor
Dr Barbara Watties
The National Black Unity News

Peace of Mind = Giving Up Some: People ~Places ~Things

Peace of mind is one of the greatest treasures *you can give yourself*. Through spiritual powers and the spirit of self-control you can learn to obtain and enjoy this most *Precious Treasure*. Yes, there *Will Be* those moments when you'll be forced to ask yourself, why do I keep allowing who, what, where or when to trigger and take control of my *Inner Spirit*?

However, don't place all the blame on your inner spirit. Because the problem is, peace of mind is controlled by your emotions and your feelings. When you allow yourself to get caught up on an

emotional roller coaster, sometimes, yielding to your state of mind from being subjected to a toxic environment, you become over-whelmed.

Did you ever stop to think that your thoughts can greatly be affected and or triggered by the people whom you constantly interact or simply associate with? Yes, interacting with people who are constantly gossiping, degrading, lying, or cheating unknowingly takes a toll on your inner being. *By demanding* your attention, taking control of and managing your feelings those old demonic spirits called stress, anxiety, and depres-

sion will begin to take possession of those aggravated feelings and emotions.

Sad to say but, once you lose site of the ability to cope with those demonic spirits the battle with the self is lost. The one thing you can't do is *change the people whom you allow to cross over into your world.* However, you can establish and set boundaries. You have to become one of those Strong-minded people who don't waste their energy trying to change "toxic people." However, to protect yourself: You must always establish healthy, emotional and physical boundaries.

With boundaries set to gain contentment you must use your strength to practice how to put in the hard work it takes to nurture self control. Refuse to allow yourself to be tempted by "instant gratification or temporary indulgences." Focus on becoming intentional in all you do by building mental muscle: self-creation is motivating; self-expectation is demanding.

Befriend Yourself: a) Become your own cheerleader by rooting for yourself. b) Gift yourself with permission to rest. c) Set new goals for yourself. d) For ulti-

mate tranquility Create your Personnel Oasis. e) Reconnect with yourself by recharging your thoughts. f) Stay focused on the here and now *AND WHAT YOU KNOW YOU CAN CONTROL!*

Finally, your mind and body will benefit greatly when you combine rejuvenating Relaxation which reduces the uneasy arousal of stress and anxiety with Rest which occurs when we are asleep.

Therefore, what I am encouraging you to do, now that you are aware of the difference, is to practice combine mind and body so that your health benefits more.

According to PsychCentral "Finding peace of mind isn't as challenging as it seems. You can find peace of mind by:

- Accepting what can't be controlled
- Learning and adopting meaningful coping skills will prepare you for whatever might come your way. Although it's natural to want to try to dismiss your pain, try to take a little time to get in the habit of acceptance which will probably reward you with feelings of peace.

Forgiving yourself and others

Continued on page 52



National Marketing Director
Jacinta Walker
Marketing Consultant,
Founder of Lyfe Wurks

How Start-Ups Can Set-Up for Success

The pandemic has changed a lot of what we do and how we do it. It is yet to be seen if these are permanent or temporary changes. With the world shutting down and everyone asked to stay home, many people opted not to go back to their jobs when asked to do so.

There are various reasons for the great employment exit, but one of the reoccurring themes were people deciding to try their hand as an entrepreneur. The U.S. Census Bureau reported 5.4 million new business applications were filed in 2021, exceeding 2020 of 4.4 million. Compare those figures to 3.5 million, in 2019,

right before the pandemic hit.

I have written several articles and done webinars where we discuss the main reasons people go from employee to entrepreneur. Some of the top reasons include frustration and feeling unappreciated on the job, underpaid, and over worked, desire to be your own boss, capable and knowledgeable to launch a business, seeking new challenges and possibilities, possess a strong entrepreneurial spirit, or an opportunity presented itself. Do any of these reasons resonate with you?

No matter the reason you are embarking on entrepreneurship, congratulations! It is a big decision that requires a lot of passion and dedication. Now let's strengthen your footing as you step into your start-up. There is no way we could cover everything in one article, but here are five basic areas: Planning, Budgeting, Investments, Outsourcing, and Measuring Performance.

Planning:

Make a Plan, or MAP as I like to call it, should take into consideration your position today and where you hope to be in the near future. When you MAP, you are envisioning a clear pathway for the success of your business. Compare where you currently stand today and where you want to be in the future. Start your MAP with company identity covering areas like core values, mission, who you are, who you serve, what you provide, and what problems you solve.

Business Plans - A traditional written business plan is always a good idea. You take a deep dive into market analysis, marketing and sales plan, competitive analysis, management and organization description, products and services de-

scription, operating plan, and financials. Growthink.com says the top three purposes for a business plan are 1) to create an effective strategy for growth, 2) to determine your future financial needs, and 3) to attract investors and lenders.

So why don't businesses complete a business plan these days? The reality is many businesses have minimal barriers to entry and low start-up costs. Depending on the business type, an entrepreneur can easily set up shop, conduct operations and market online through a website (free), social media (free), in their homes (also free), collecting payments online (small transaction fees). Start-ups will find their cash on hand invested into areas like product development, online marketing, software, advertising, and outsourcing.

Other businesses that require brick and mortar, insurance, license, permits and staff cannot fully operate on a start-up budget. A full business plan is usually a requirement to secure a lease and funding. It is also critical in developing and managing the business throughout the months and years ahead. Be sure to assess what type *Continued on page 8*



National Event Coordinator
Vernon Streater
Events, Sales, Videos & Podcasting

People who have an event planner such as politicians, business tycoons, entertainment moguls, company executives and celebrities are literally free from doing daily tasks and can fully concentrate on

their jobs and routine because there is somebody who takes care of everything they need.

But, aside from having somebody who

can do all the errands, there is more to having an event planner. This is having the peace of mind that everything that you need to do and everything that should be done is taken care of without you doing a single thing except giving out specific instructions.

What do you get from an Event Planner?

Depending on the description of their job, a personal assistant can be considered as the most reliable person around an employer or a boss. This is because he or she does everything in order to make the employer feel less stressed and can concentrate more on the task ahead. The personal assistant does this by ensuring that every-

thing—from office works and other menial tasks—are properly taken cared of.

An event planner is expected to maintain the business and the social calendar of his or her employer. The event planner is expected to do all the scheduling and all appointments for the individuals, whether in their business or personal life. He or she is also in-charge of making all travel arrangements in local and international destinations while handling all the events and functions of the employer. Since the event planner is one of the closest persons for the host, he or she takes charge in various social planning and meetings.

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The State of Black Youth in America "The Squeegee Kids"

As a former hotelier who opened a workforce development training entity several years ago at the request of the then mayor at the time and for CVB CEO to ready Baltimoreans for jobs with the casino industry. We have fought unsuccessfully to enact a program which we feel would be a win-win for the city of Baltimore and the young people of the city known as the "Squeegee Kids". We have very successfully indoctrinated thousands of residents from Baltimore and around the state of Maryland in soft and social skills and ultimately the necessary skills to be employed in industries from hotels to hospitals. Baltimore City has the 23rd highest poverty rate in America. The public school system graduates young people at the rate of 54% who can not read above a fourth grade reading level. For decades the city of Baltimore has struggled with an effective plan to educate and employ young black people between the ages of 18-26. Many feel the lack of an effective plan is part of the systemic racism black people face in this country. It appears to be more profitable to the system to incarcerate young blacks, particularly males

than to give them a proper education and subsequently meaningful employment. This seems to be the plight of many of the youth who turn to the street corners and become "squeegee workers, trying to earn cash to support their necessities of food clothing and shelter. I know



firsthand because I have talked to many of them as to why they turn to this line of employment. The consensus is they need "cash" daily to subsist and prefer this means to selling drugs. Many do aspire of a better life and hopes and dreams but feel being black is an impediment and feel trapped and unwanted by even their own people. What have we as a community done to embrace our young

people? How do we begin to build their confidence and self-esteem which is sorely lacking? It seems like as a society we are afraid of our black children especially our young men. We shun and stereotype them as if they are from another planet. Afraid to interact with them refusing to meet or accept them for who they are. If we as a community of black people cannot shine a positive light on our young, how do we expect anyone else to advocate for them? This we MUST figure out collectively. This is not just a problem in Baltimore but in every urban city in America. We are the parents and grandparents of this generation of young people loss in despair and hopelessness where life means nothing to them, their own as well that of someone else as we see murders in our communities reaching unprecedented levels. This subgroup of young people, known as the squeegee kids, is just an example as there are many others out there. Below is a sample of a plan I created to begin to restore the trust and dignity of a child in the hopes of lifting their self esteem and value to society, gaining momentum to realize they are somebody".

classes and history of the city, state as they could then speak positively and knowledgeable of their environment.

They would go be paid or subsidized for their work periods as "ambassadors" with grants or funds from participating who could pay the city to have these young people hand out their collateral or signage advertising their businesses.



After a determined period and classroom training these young people would be developed to go to work in more formal settings such as amazon, Under Armour city government jobs and other meaningful jobs with potential benefits. They would always be a part of the program for continued training, tracking and possible remedial needs.

At strategic gateways to the city have these young people become ambassadors for the city. Uniformed, enrolled in our soft and social skills program simultaneously with the squeegee

This is just one sample of a plan. With the young people's input and our guidance, I am certain there would be more. Just think of the exciting "stuff" we could do to motivate our young. How about planning a trip to Africa to understand history and heritage? Teaching them in their own way and language to write an article for this very publication? Teaching them at a young age to be mentors and role models? Making them feel the most important person in the room. What is your plan? How can you help?

Mike Haynie
CEO
Global Training Centers

ambassador program being the initial training (they would clean window shields for free).

The kids would be taught social skills or positive human interaction and soft skills to enable them to deal with tourists and residents in a friendly nonconfrontational manner.

They would also go through way-finding

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**National Editor
Wayne Randall
Financial Consultant**

Are We Witnessing Signs of a Recession?

One indicator is how the Federal Reserve has increased interest rates during 2022. Second, two successive quarters of negative economic growth define a recession. The Great Recession, for instance, lasted from December 2007 until 2009 and resulted in a 4.3% decline in the gross domestic product (GDP). It was one of the largest and deepest recessions in modern history.

The Yield Curve

However, the Covid-19 Recession was different; it only lasted two months, much shorter than the standard measure. These actions should have never been called a recession. The National Bureau of Economic Research (NBER) firm that

officially calls recessions in the U.S. defines one as a "significant decline in economic activity that has spread across the economy and that lasts more than a few months". Recently, analysts have been watching another market indicator: the yield curve.

Comparison

This metric compares what investors can earn on short-term Treasury securities versus longer-term Treasury securities. In a normal economy, investors demand higher yields on long-term debt to compensate them for taking on longer-term risks. When the difference between these two yields shrinks as investors demand higher yields on short-term debt, tough

times are coming.

Inflation

Given the high inflation rate, especially in oil and food, it's not hard to understand why consumers will dial back their spending to compensate. While the lack of spending out of the economy is why the Federal Reserve is raising interest rates for the first time since 2018 to a range of 0.25% to 0.50%, economic growth could slow should consumers cut back too much. While keeping an eye on potential financial pitfalls ahead is a good exercise for any investor, there are benefits in believing they are inevitable.

Housing Sales

Another market indicator is that housing sales are declining as financing costs rise and there is a shortage of homes. If this trend continues and worsens, that might trigger a recession. It's no secret that interest rates are climbing fast, and thanks to soaring rates and rising home prices, monthly mortgage payments are up 30% from a year ago. I expect rates will continue to grow in the near term, so buyers who don't yet have a mortgage rate locked with a lender should factor that into their budget. As for home price growth, it's expected to slow down soon,

given rising mortgage rates.

The information provided is meant to keep you informed and aware of our economy's challenges. The areas I've listed are of paramount concern the gross domestic product (GDP), employment, consumer spending, and inflation. These are a few economic indicators that play a significant role in our nation's economy. In these uncertain times, there's never been more of a need to take charge of managing your finances. I have proven techniques that will help you succeed with your financial goals. Don't hesitate to call me or email me at w@yourfinance-info.com so I can help structure a plan for you. Visit my website at www.yourfinance-info.com to see a recent podcast on relevant topics.

You can follow me on my **UTube** channel **Wayne Randall "The Finance Hour"** and on **Intagram DIY 907**. To see my latest video podcasts:

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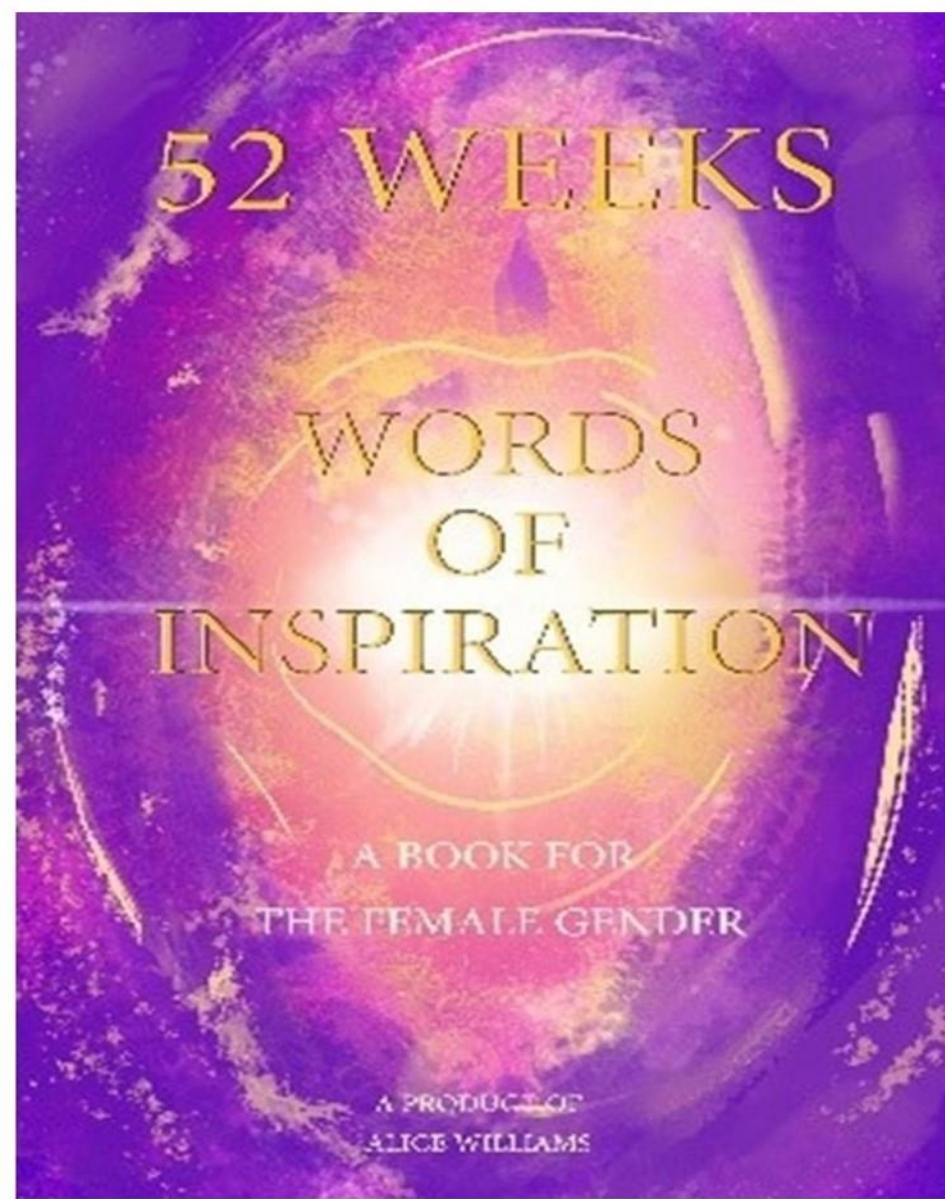
IT'S NOW OR NEVER

To see, who is not a he, and is willing to extract all forms of masculine presence from your existence, I speak these words to you. I beseech you as a member of the feminine gender, to reject the weight of the weight that has been perpetrated upon your feminist actualities for too long. I say to the femons of the world, "it's now or never." As whom and what you are, you must come together and show the world the truth in the indomitable, unconquerable, and irresistible force you possess, as an individual and you possess as a collective. It is time to place your existence on the greatest stage of life and act out your actions. Too long have you spoken words to men, in control of the choice to hear or not to hear the sounds and/or the truths as they also possessed the power to act or not to act on the meaningful words you imparted to them. Thus, notwithstanding, and be so as it maybe, these words are for the wemon reading this passage. These words are for you to take in, digest, and past on. Femininity is not just a word, though it is written with letters, to be transmitted taciturnly and possess phonic representations. Femininity is truly an action that is perpetually actuated. So, I say to the femons of the world once again, "It's now or never."

It is time for you to open your eyes, as the one ubiquitous person you are, that represents the totality of one half of one whole of a species. And you, as that representative, possess an unwritten magnanimous duty. You are the femon, infused with all hur endowed, immaculate, virtuous, uncorrupted facts, that exist in mankind existence, which cannot continue to be. You stand above the man in mankind, though you stand at his side. You are the intellectual femon animal existence, transformed into a humon being by the man, in mankind, and has been forced fed false manmade truths, after he falsely created himself. The time is now. The time for us to do something to save ourselves as a species is here, looking us in our face and speaking these words with a specific meaning: "It's now or never." Thus, they know, and if they don't know, they should know and should be saying it, as the words unspoken need to be heard and come from one place embodied with a conglomeratic amalgamation. There are words born of, into, and because of the existence of the femon gender, and these words must be delivered to their person.

The Umojakhwest is not a business, it is the only meaningful answer to the statement, "It's now or never." The Umojakhwest is a living breathing entity, which will exist to bring forth a better

life for the children of the children of today, and the children their children will bring forth for many generations to come. A change has got to come and right now, it seems no one is trying to cause this change. Society is seeming trying to hold on to the status they call quo and find and personally secure their own place, spot, hole they can dig and claim, to look out of at others, as if they are greater or better than those they are looking at. They don't look and see the



facts of God's law of nature and the natural order of life, which dictates one man, plus one man, plus one man, multiple one thousand, thousand times will still equal a single individual man, because they all equal a count of one, no more, no less, when the counting comes to its end.

The Umojakhwest is a femon organization, born out of and into a multitude of femons because of their self-aware realization, causing many of them to open their eyes and look at the past, as they are looking at the present, and know if a

change does not come; the future, controlled by men, as were the past and the present is heading for ruination. The wemon of the Umojakhwest have looked into the light of darkness and realize there is a pathway through the vortex, created by the fear, which controls the minds of men. They have listened to the songs being song on the wings of the wind, which had no words, but does possess a lot of meaning in the silent actions of their lyrics. The ideology of the Umojakhwest is for all femons to come together, beyond the idiosyncratic ideas of the men in mankind.

The femon gender must realize "It's now or never" to make better, what have been destroyed in so many ways, for so long. The fear in the hearts, minds, and emotional existence of the man in mankind, must be stopped. What he has created inadvertently in himself for himself is so overwhelming unreal, there must be a change. Thus, he has forced the true adulterated power of the woman to rise to a visual, conscious, and socially aware

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.

the ignorant fears in the minds of men, who could not see or explain a thing, so they manifested a thing they didn't have to explain. And, for this thing they could not explain, they gave a name, a power, and a destination.

The women of the Umojakhwest, in their unification must rebuke the historical efforts of the men in mankind, to spread his false truth, that all things are created good and to exist harmoniously. Men, because of being fixated on an unknown fear, have created over 4,000 religions to follow and cause people to willingly to give up their will to them. All these religions speak about goodness, righteousness, and being virtuous, as all of them are blindly preparing you for a death they know nothing about. This preparation is based on negation or a refusal to see what's in front of you. The global femon looks and see what is in front of hur, and it is hur children and they are called the future. The wemon of the world know, "it's now or never" because he, who has been trying to kill himself to death, since he picked up the first rock, tree branch, or pushed someone down from a high place and stopped them from breathing is getting close to abolishing himself, for a reason he knows not why.

Listen to these words my sisters, please, "It's now or never" because when you open you eye, you will see, the man in mankind is like the tv show, The Walking Dead. They have no human feelings. The feel inanimate objects such as money, power, land, cars, and many other material things that possess no humon feelings. The femon gender feels for hur children and their future. They feel for the well being of their parents, their relative, the community around them, and even the men that seem to have little feelings for them. Think about this... The Umojakhwest is not a business, it is the only meaningful answer to the statement "It's now or never." The wemon reading these words need to contact the Umojakhwest so we can start doing what must be done.

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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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How Start-Ups Can Set-Up for Success

Continued from page 4

of plan works best for you. The bottom line is to MAP.

Budgeting:

A budget is an essential tool in understanding the business's strengths and areas of weakness. It allows you to make informed decisions on how the business can move forward with operations, investments, short-term and long-term planning. Initially, your budget is rarely accurate to the penny because the unexpected will always come. However, as you begin to factor in previous year's data and conduct market analysis, while cushioning for unforeseen situations, a budget can be more accurate. You can do a quick google search to find a Business Budget Template that meets your needs. Be sure to research and include these four areas 1) **Expenses:** Fixed, Variable and One-Time expenses 2) **Capital:** anything used to make your business money like tools, machines, buildings, and money 3) **Revenues:** the income you expect to earn 4) **Break-even:** the point where income (revenue) and costs (expenses) are equal. No profit or loss

Evaluate Your Investments:

Running a business is a huge investment. Many start-ups invest their own money into the business. Some businesses can obtain loans, grants, or start-up funds from external sources like investors and banks. Fundera.com says "According to a poll run by Gallup, 77% of small businesses rely on the personal savings of

their founders for initial capital needs. This equals more than three-quarters of new businesses." Be sure to keep proper accounting. When the business starts making money, you can reinvest back into the business, and at some point, start to pay yourself back for the start-up investments.

Another investment, worth more than money, is our TIME. "The average entrepreneur spends 68.1% of the time working "in" their business—tackling day-to-day tasks, putting out fires, etc.—and only 31.9% of the time working "on" their business—i.e., long-term goals, strategic planning—according to new research from The Alternative Board (TAB)."

A start-up business requires a lot of, well everything. You are building from the ground up and that requires a lot of time and dedication. Are you full-time in your business or is this a side-hustle for you? Time-blocking is an effective way to ensure the priority projects get tackled first.

Outsourcing:

Since it seems there is never enough time in the day, consider outsourcing small tasks and specialty projects. If you consider a business has a CEO, CFO, CMO, HR, IT, R&D, marketing, sales, customer service, and other administrative and operational departments, then you know how much work it takes for a solopreneur to run a start-up. Try outlining your day-to-day task and goals. Utilize

the help of independent contractors or freelancers. They work on an as-needed basis. This is a great way to remove tasks from your list allowing you the freedom to focus on the more important aspects of building the business. When the time and budget is right, start hiring.

Measure Performance:

Measuring your business's performance is a critical step in success. If you don't know where you are, it is impossible to know where you are going and how you will get there. Choose a measurement of performance that works best for your business structure. You can focus on areas like customer metrics, financials, procedural, personnel, market conditions and much more. Be sure to measure the good as well as the bad. Our failures are where we can learn the most.

Research terms like Key Performance Indicators (KPI's) and SWOT analysis (strength, weakness, opportunity, threats). These are great tools to measure individual project and product launches. Talk to your team and gather information on a monthly, quarterly, and yearly basis. This will allow you to review and compare different periods over the years and clearly see your successes, areas to improve or areas to eliminate.

In conclusion: Start-ups are not easy. Keep yourself motivated by remembering why you got started in the first place. Build on the excitement that your product or service could be a game changer in your community, country or even around the world! There will be plenty of days you will want to quit but stay the course! Keep pushing towards your goals. Find a good business consultant, mentor or advisor who can help guide

and strengthen those first steps. Once you start to implement these basic methods of MAP, Budgets, Investments, Outsourcing, and Measuring Performance, it becomes a daily exercise of success for your business. Start Today.

By Jacinta Walker "Business Whisperer"
Lyfe Wurks President

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Lyfe Wurks is a small business consultant and marketing firm. Are you start-up? Lyfe Wurks is here to help you with the next steps of building a successful foundation for your new business. Contact us at Hello@LyfeWurks.com and visit www.LyfeWurks.com for more information.

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National Editor: Self Development
Fran Allen
Author, Motivational Speaker,
Facilitator & Non-Profit Fundraiser

I've Had Enough!

I moved from MD to NC to create a more financially comfortable, peaceful existence to live out my later years. I've been blessed with a new home with all the creature comforts I require, a new vehicle that checked all my necessary boxes, and a community that has been wholly inclusive and welcoming.

About a year after I had become comfortable in my new home, my community began to feel different. While it was still welcoming to me, I sensed a change. More traffic is too close for comfort. People were driving into the community with their music playing so loud they could be heard before they were seen.

They would come, make a quick stop and leave: different vehicles, on different days, any time of day or night. Bumping loud music without regard for the homes they were passing. Several nights of Bright headlights flashed in windows at all hours, without consideration for the sleep cycles they were interrupting. It sounds like a scene from an urban movie, doesn't it? Not so much. It describes the environment around my home in a brand-new development.

I tried to adjust. I minded my own business and tried not to be judgmental. I did as much as I could to get used to all the disruptive behaviors. Until I simply couldn't any longer. On a cloudy day, one morning around 6:00 am, I heard loud music playing with a strong bass line. The closer the vehicle got, the harder the bass was thumping in my room. With every bump of the bass and beat of

the drum, I got irritated. Then I got aggravated. Then I got frustrated and finally, I was plain angry. The last thing anyone wants is to be snatched out of a comfortable, deep sleep. No one wants to wake up to the disrespectful noise made by people who don't even live in your community.

I got up to look out of my window and parked right next to my back yard across from my bedroom window was a vehicle. All the doors were open, and the music was blasting. Two people were over at the house behind me, beating on the door. By now, I have become overwhelmed with rage. I put on my slippers, grabbed my big sweater to put over my pj's, and headed for the garage door. I grabbed my keys as I exited the door to get in my car. I rolled out of the garage and drove around to the back of my home. The people were so focused on finding the person they came to find; that they didn't even notice that I had pulled up. I rolled down my window and yelled, "MUSIC?" The man turned and started coming toward my car. Again, I yelled, "MUSIC?" and when he looked at me, I hollered, "TURN IT DOWN OR OFF! I CAN HEAR YOUR MUSIC LIKE YOU ARE PLAYING IT INSIDE MY HOUSE! IT'S 6:00 O'CLOCK IN THE MORNING! WHO DO YOU THINK WANTS TO HEAR THIS NOISE?" The guy was very surprised to see this gray-haired lady putting him in check like he was her child! He immediately began to apologize and turned the music way down. Then the woman asks me, "Do you know Mike? Does he live

here? He drives a Benz."

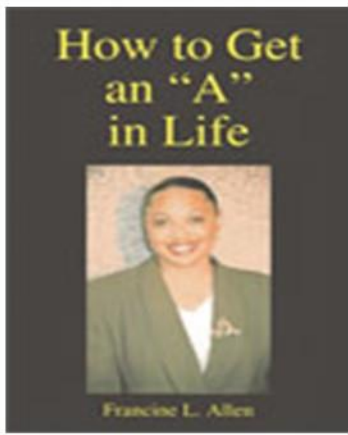
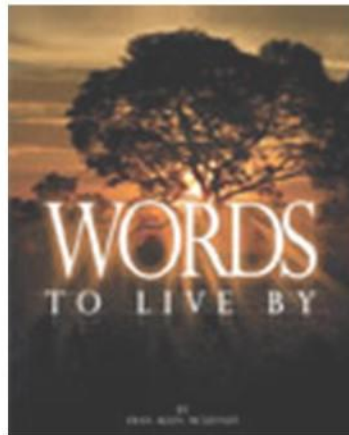
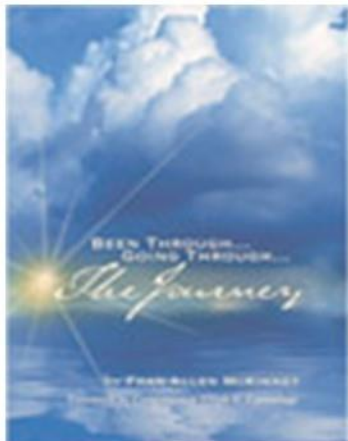
Turns out they were at the wrong house looking for someone who doesn't even live there. Go figure! What I did was dangerous; make no mistake. This article could have had a completely different ending, but I'm tired of talking. I am anxious about calling the police because that doesn't work out too well for Black people, whether we are the perpetrator or the victim. I am weary of putting up with other people's lack of consideration for the inconvenience and interruption they cause other people. So, I stopped talking and started acting.

I am a child of the King. By His blood, I am protected. If the unspeakable should happen, I rest in the TRUTH that no one leaves this life unless the Father has called them home. I was not given a spirit of fear. If you have one, it's time for you to learn where it came from. Nothing changes if we don't make some changes. The buck stops with the ones who are brave enough to stand up, in faith.

By the way, it's pretty quiet around these parts these days. But God! This is what happened when I had enough! What happens when you have had enough?

Fran Allen is a dynamic motivational speaker and self-help author. She is available for speaking engagements and book signings. If you have comments regarding this article or want to contact her, send an email to selfdevelopment.success@gmail.com.

Fran Allen. Author, Motivational Speaker and non-profit fundraiser



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YOU GOTTA START SOMEWHERE

Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development her contributions to The National Black Unity News are top notch and thought provoking.

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

Fran Allen uses the pages of her life to motivate, inspire and encourage audiences of all ages and economic backgrounds. She is a dynamic speaker who captivates a room and evokes energy from her listeners.

Dawn Fitzpatrick, Educator and Motivational Speaker

Fran Allen is an intuitive, thought provoking, humorous writer with a gift for story telling. She has a passion for being in service of others and shares her life stories to show people they are not alone in their struggles.

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



Fran's summary bio

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

Advertisement for 'YOU GOTTA START SOMEWHERE' seminar workbook by Fran Allen. Features a runner on a track and a portrait of Fran Allen. Text includes: 'YOU GOTTA START SOMEWHERE', 'SEMINAR WORKBOOK BY FRAN ALLEN CEO, SELF DEVELOPMENT SUCCESS', and 'FOR THE EXCLUSIVE USE OF: BUILDING YOUNG ENTREPRENEURS CAMPAIGN'.

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Sustainable Fashion

Educating Individuals on how to be fashionably sustainable.

In an ever-changing fast-fashion world, the way clothing has been made has transformed into both a humanitarian and environmental crisis. The bitter truth behind how garments are made and the spaces they're made in has gone unresolved for far too long. With the rise of technology and social media, it has curated astronomical pressures to have the latest styles of clothing. Even if it's only for a limited time. This desensitized throwaway culture is what led me to create D7ETTA Corporation.

As a designer and entrepreneur, I have separated myself from the standards of fashion production. Using my talents to promote systemic changes in the industry, I redesign garments to create fashion with intention and spread awareness. This shift for demanding fair treatment and sustainable clothing is one that will make a significant impact on future gen-

erations. D7ETTA Corporation is not



concerned with following trends but instead following truth. The need for a clean and healthy environment for all humans and animals is immediate and can only be accomplished with education, widespread awareness, and accessibility.

Based in Baltimore City, D7ETTA Corporation is on a mission to change the narrative for fashion. In an effort to

bring awareness to the human and environmental injustices plaguing the global fashion industry, our 501 c3 nonprofit business offers an exceptional level of passion and transparency to make a difference. Using informational webinars and redesigning existing clothing, we not only educate but take actionable steps in Sustainable Fashions.

D7ETTA Corporation works diligently to set the new standard for what fashion can become for future generations. We are determined to eliminate hazardous working conditions as well as the harmful treatment of animals. It is no longer a secret how wasteful, corrupt, and unjust fast fashion has been over the years. Using mountains of empirical facts, we unveil the impacts this has on not only our planet but our society. While this continues to be a disconcerting topic, it is our hope that D7ETTA Corporation reveals the gravity of long-term damage and presents attainable ways towards social and environmental justice.

Website: www.d7ettacorp.org
 Facebook: [D7ETTA Corporation](https://www.facebook.com/D7ETTA_Corporation)
 Instagram: [@d7etta/corp](https://www.instagram.com/d7etta/corp)



Flashback, Below are pictures of us serving in the Baltimore City public high schools, where we hosted a prom charity event. First three photos with Forest Park High School. Last three photos at Patterson High school. Last photo are a few of my supporters, from Left to right cream suit Aaron Hernandez with Sharp Dressed Man (non-profit organization), green shirt Dorlene Ricks (Forest Park Community Coordinator- The Y in Central Maryland), red shirt Laura Harrison (JMLP Community Resource Supporting Baltimore City (non-profit organization). Wearing the hat Cierra Smothers (Your Virtual Clone-Virtual assistant), and the two women far right in black are our event decorator team (Signature Designs by T&Y). One other non-profit organization MCWEN- Minority Christian Women Network



Reviews

"I was so happy when the D7etta came. The first dress I found, I knew it was my dress! The color was totally for me; my family adored it and so did my peers. I am very grateful and thankful for this experience." ❤️
 Ma'at S.



Danielle Harris 202-642-9877 www.d7ettacorp.org





Contributing Editor *Kendrick R. Tilghman*

Entrepreneur, DJ, Educator, Outreach Specialist, Science Technology, Engineering, Arts, and Mathematics (S.T.E.A.M.) advocate.

Kendrick R. Tilghman is a Baltimore entrepreneur, DJ, educator, outreach specialist, and top Science Technology, Engineering, Arts, and Mathematics (S.T.E.A.M.) advocate. The vision of his company, 5 Starr Enterprise, is to become the premier resource for S.T.E.M. workforce diversity in the United States. His company educates and empowers

M.O.R.E. S.T.E.M. (Bringing Everyone More Opportunities and Relevant Experiences in S.T.E.M) is a National network that engages and excites communities about S.T.E.M. careers. B.E. M.O.R.E. S.T.E.M hypothesis is that increasing creative thinking in students' leads to increased academic performance. Mr. Tilghman has been praised for putting the "WOW" in S.T.E.M. education. A decade of work landed a strategic partnership to provide a scalable product (software and hardware), teaching the art of Djing using Mathematical Principles.



Mr. Tilghman has a Bachelor of Science Degree in Computer and Electrical Engineering, a Master of Business Administration and is looking to pursue his Doctorate in Engineering Research Education. He is a loving, devoted husband to Carole L. Tilghman, who has been instrumental in much of his recent accomplishments.

communities to play more active roles in S.T.E.M. related curriculum and fields. He believes this foundation will create greater opportunities in advanced education training and contribute to a more diverse workforce.

He founded a nonprofit the BEMORESTEM Foundation INC. B.E.




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

GET OUT AND VOTE!

If you are a baseball fan, be the best as if you were JACKIE ROBINSON, WIL-LIE MAYS, HENRY AARON, or whoever your favorite player might be. Bunt if you must. Run the bases if you can. Be the coach or manager and strategize. But whatever position you play, do not be a bench warmer. DO NOT LET YOUR TEAMMATES DIE ON THIRD BASE. Get up to the plate and HIT A GRAND SLAMMER! VOTE! VOTE! VOTE!

Dear God, please bless the family of Congressman JOHN ROBERT LEWIS who marched and was almost killed so that we could have the right to vote. REST IN PEACE, JOHN!

In Jesus' Name, Amen.

THIS PAGE IS WRITTEN IN HONOR OF AND RESPECT FOR MY BEST FRIEND IN HIGH SCHOOL, CONGRESSMAN JOHN ROBERT LEWIS, STATE OF GEORGIA, AND ALL MY CLASSMATES AT THE PIKE COUNTY TRAINING SCHOOL in BRUNDIDGE, ALABAMA. THANKS TO EACH OF YOU AND YOUR FAMILIES. GOD BLESS YOU ALL!

THANK YOU, MY FRIENDS AND GOD BLESS! YOU FOR ALL THAT YOU HAVE DONE THROUGHOUT THE YEARS, AND ALL THAT YOU ARE DOING NOW!

EAST BALTIMORE CHURCH OF CHRIST 9420 BELAIR ROAD BALTIMORE, MD. 21236 Bro. Kevin Bethea, Minister

A CHURCH WITH A HEART - WITH THE PEOPLE AT HEART - AIMING FOR THE HEART WITH THE GOSPEL

WE LOVE YOU AND OUR PRAYER IS: "DEAR LORD, PLEASE TEACH US WHAT TO DO, THAT WE MAY SERVE YOU MIGHTILY IN 2022"

GOD BLESS YOU ALL!!! Achaniel F. Lucas, Sr. (443)272-6167

You may say, "For whom should I vote?" I say that you should just put your ears to the ground and listen to what people are saying. Do they have your best interest at heart? Do they think that one race of people is better than another? Then, DON'T vote for them. Read and listen to God's word and let it guide you.

During these trying times when you are seeking peace and solace, I recommend The East Baltimore Church Of Christ Website (eastbaltimorecoc.com) where you will find a wealth of information that will lift you up and encourage you to hold on. On this website, you can sign up for free Bible correspondence courses and various conference calls. Call me if you have questions, or just want to talk or pray. I am here for you. You are more than welcome to visit the EAST BALTIMORE CHURCH OF CHRIST at 9420 Belair Road, Baltimore, Md. 21236. Bro. Kevin Bethea is the minister.

May God bless us all as we face various challenges of life. As we go to the voting booth in our individual primaries and on November 8, 2022. NOW, ENJOY the experience of "THE VALUE AND POWER OF ONE VOTE"! YOUR VOTE!

THE VALUE AND POWER OF ONE VOTE

Much has been said of the process of voting. Much has been said of one vote. Oftentimes, when I discuss the need to vote with individuals, they ask me, "What is the sense of voting if my vote doesn't count?" "Oh, but it does" is my reply.

one has only one vote. Please, do NOT waste your vote by not voting. We can CHANGE history by VOTING and encouraging our friends and family members to VOTE!

Stay with me now. In an election, one vote can make the difference between winning and losing. If you were running for an office, let's say, mayor of your city. Would you rather get 100,000 votes or 99,999 votes? What if you were in a beauty contest where there were five judges? Three voted for you and two voted for your competitor. Since some say their one vote doesn't count, would you mind switching votes with your competitor? Give them the three and you take the two. I think not! I know you see the point that I am making.

If you are a football fan, I know you wish that you were the quarterback. In the voting booth, YOU ARE THE QUARTERBACK! You could be MICHAEL VICK; you could be LAMAR JACKSON or whoever your favorite quarterback might be. YOU CALL THE PLAYS. So, on November 8, 2022, TAKE THE BALL AND RUN FOR A TOUCHDOWN and VOTE!

You could be a tennis fan, a basketball fan, a soccer fan, a wrestling fan, a race car fan, or a boxing fan. Maybe I did not call your favorite sport at all or maybe you don't even like sports. Nevertheless, whatever your profession or your hobby on NOVEMBER 8, 2022, in HONOR of those who made it possible for us to have this opportunity, GET OUT and VOTE! VOTE AS IF YOUR LIFE DEPENDS ON IT, BECAUSE IT DOES! AS I SAID BEFORE, AND I'LL SAY IT AGAIN! VOTE! VOTE! VOTE! MAY GOD HELP YOU TO

Now, this November 8th, will be one of the most important, if not the most important elections of our lifetime. We can get out and vote or sit at home and complain about the results. If you vote, and your candidate still loses, you can hold your head high. However, if you don't vote and your candidate loses by one vote, how will you feel? In the voting

VOTE

LET US HONOR CONGRESSMAN JOHN ROBERT LEWIS BY VOTING

V

IS FOR THE VICTORY WHEN YOU GET OUT AND VOTE KNOWING YOU HAVE THE CHOICE IN YOUR HAND SEEING YOU ARE AN EQUAL, WHEN YOU MAKE A CHOICE WHEATHER YOU ARE A WOMAN OR A MAN

O

IS FOR THE OMINOUS TASK, FOUND DEEP IN YOUR SOUL BELIEVING YOU CAN MAKE A DIFFERENCE, TOO GET UP ON ELECTION DAY, GO DOWN TO THE POLLS CAST YOUR VOTE, KNOWING IT'S UP TO YOU

T

IS FOR THE TIME YOU SPEND, STANDING IN A VOTING LINE GETTING CLOSER AND CLOSER TO YOUR GOAL NOV. 8th. IS NOW HERE, LORD YOU GOT THIS, I WON'T FEAR FOR I FEEL VICTORY, DEEP DOWN IN MY SOUL

E

IS FOR THE ENERGY I HAVE, POURING OUT ALL OVER ME A FEW MORE STEPS, SEEMS LIKE A MILLION MILES BUT THIS ONE THING I KNOW, AS I ONWARD GO THIS NIGHT ON MY FACE, GOD HAS PUT A THOUSAND SMILES

ACHANIEL F. LUCAS, SR. (443)272-6167

ELIJAH & JOHN

HONORING

CONGRESSMAN ELIJAH CUMMINGS & CONGRESSMAN JOHN ROBERT LEWIS

ELIJAH SAID TO JOHN, WELCOME HOME, MY FRIEND IT IS GOOD TO SEE YOU, BUT DON'T BE IN A HASTE IT IS GOOD TO SEE YOU TOO, ELIJAH BUT, LIKE YOU, I HAVE FINISHED MY RACE

YOU HAVE DONE A MAGNIFICANT JOB, JOHN I HAVE BEEN WATCHING YOU DOWN BELOW BUT, ELIJAH I LEFT SO MUCH UNDONE BUT, IT WAS TIME FOR ME TO GO

SOMEONE WILL PICK UP THE BATON YOU LEFT THE SAME WAY THEY DID FOR ME BUT, WILL THEY VALUE GOOD TROUBLE THE WAY YOU AND I COULD SEE

JOHN, I PRAY SO MUCH FOR MY CITY, BALTIMORE THAT THEY WILL STOP THE KILLING ELIJAH, BALTIMORE CAN DO ANYTHING BUT, ONLY IF THEY ARE WILLING

JOHN, MANY OF OUR CITIES ARE STILL IN TROUBLE WITH ILLEGAL GUNS, DRUGS AND DOPE ELIJAH, THE PEOPLE MUST RETURN TO GOD TRUST AND OBEY HIM, AND THEY'LL FIND HOPE

ACHANIEL F. LUCAS, SR. (443)272-6167



God's Giving Hands

Showing God Appreciation By Giving Back

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

Rico told me about the wonderful works this organization did and is doing. He and others are working diligently to feed

those who are having some challenges in life, and they also provide them many other services. As we continued to talk, he explained some of the difficulties the organizations are dealing with.

The needs are great but the workers are few as well as the supplies. It takes money, time and people to undertake this high calling of service, as Mr. Crawley explained.

I personally think giving is a gift to mankind and an expression of God's love. I also believe that certain people have a calling or a gift of giving on their lives.

As I listened to Rico Crawley share his gift of giving and his commitment to God's Giving Hands, I really understood this phrase, "The true Art in Giving is to give from the heart without any expectation of a return".

Rico sent me some pictures and videos of the work that they do. I was moved to compassion. I mentioned that giving can be contagious. Yes, they need money, supplies, and people to help those who need help! Because of this Brother's compassion, I was moved to give. I asked if the organization has a website?

Mr. Crawley replied that they did not. So I offered my services to build a website for them as a contribution or donation.

The bottom line is that giving is the gift that keeps on giving! To Rico Crawley and God's Giving Hands, I salute you for the great gift of giving. I encourage you to support this organization. Help them so that they can continue to help others and help them because you may be helping yourself or the someone you care about!

David Murphy

God Ain't Done With Me

I am the phenomenal, Uniquely Blessed author of God Ain't Done With Me Yet. This is the story of



nificent organization is founded by my wonderful uncle Rico.

I Decided to Make Jesus My Choice: This Praise and Devotions book renders prayer, daily devotions to enrich spiritual growth before going to work, uplifts family/friends in need, bedtime, bible study, and scripture. Topics include An Example Similar to Christ, God Has a Plan for You, Praise, and more. This magnificent devotion will give you strength, wisdom while shedding light on the good news of Jesus Christ that will bless you immensely. All scripture is God-breathed and is useful for teaching, rebuking, correcting, and training in righteousness. (2 Timothy 3: 16) Amazon.com

Thank you all for your support; it is greatly appreciated.

Sherria D Young
(443) 865-3513

Uniquelyblessed1@outlook.com

the amazing blind miracle weighing 1 pound and 11 ounces, at birth, overcoming various challenges. The amazing memoir is filled with laughter, tears, encouragement, motivation as well as words of inspiration. My testimony will not only bless and encourage others but it is a reminder that you are created for a purpose. I have a passion for the homeless. That's why a part of my proceeds goes towards God's Giving Hands. This organization believes in feeding the hungry and providing drinks to the thirsty while serving the low income who are in need. This mag-



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God's Giving Hands
Showing God Appreciation By Giving Back

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God's Giving Hands touches the lives of children, teens, families, men, women and veterans in our community through your monetary donations, contributions of goods & services. Showing "God" appreciation by giving back. Serving in the Baltimore area.

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**National Editors:
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SMART WAYS TO CARRY MONEY WHILE TRAVEL-

Carrying money on vacation is a balancing act between safety and utility. We want to keep our cash carefully tucked away and safe from potential thieves while simultaneously avoiding the need to strip off clothes and rifle through a dozen hidden pockets with each purchase we make. This quarterly Travel Tip brings you nine intelligent ways to help you carry your money securely and intelligently while traveling.

Divide Money

Even if you disregard all other advice about carrying money, take this tip to heart: Whenever possible, divvy up your travel cash and credit cards into multiple safe spots. If you have all your money in one place, it only takes one time for a thief to wipe you out completely. Keep some money attached to your person and some in a bag/wallet that you carry. If your bag gets lost or stolen, you'll still have enough to get to a police station or back to your hotel.

Favor on-Body Storage

Under-clothing storage accessories have come a long way since neck pouches and money belts came onto the scene. Though those classics are still in favor, newer options include bra stashes, as well as pants, underwear, and undershirts with built-in pockets for safe Storage. On-body storage accessories are particularly useful if you're sleeping somewhere that doesn't have a secure place

Keep Small Bills Handy

Changing, or withdrawing large amounts of money minimizes the fees you'll pay to get local currency, but it also means you'll be traveling with far more cash – and larger bills – than you'd have on you at home. Make money preparation part of your morning routine: As you're packing your bag, make sure you have a variety of small bills and coins at the

ready for purchases such as food, souvenirs, and attraction entry fees.

Carry an Anti-Theft Bag

Bags made specifically for traveling are an excellent investment. They often include features such as cut-proof, steel-cable-reinforced shoulder straps, slash-proof fabric, and locking zippers. Since elements such as these slow down thieves, they can do a good job of deterring opportunistic pickpockets.

Trim Your Wallet

Are you going to need your library card when you're halfway around the world? Unlikely. Before you leave, take the time to go through your wallet and take out everything except the necessities (a universal credit card such as Visa or MasterCard, a backup credit card, a government-issued identification card, etc.). Not only will it help you travel lighter, but you'll have less to replace if your wallet is lost or stolen

Use a Dummy Wallet

if you're traveling to a place known for pickpockets, consider getting a cheap wallet to keep in your pocket or bag. Pad the wallet with some small bills and make it look more real by slipping in one or two of those sample credit cards you get with offers in the mail. A dummy wallet can stop pickpockets before they get to your real wallet.

Buy a Travel Wallet

In addition to a dummy version, you might also consider a wallet that you reserve specifically for travel. If your day-to-day wallet is constantly stuffed with cards for gym memberships, gift cards, frequent-buyer punch cards, etc., then the pockets are likely to be stretched out when you minimize the contents for travel. By having a travel-only wallet, your cards will have snug

pockets that they can't slip out of accidentally

Use Money Alternatives

In high-traffic settings such as metro stations and bus stops, it's nice to be able to forgo cash or credit-card transactions and rely instead on a multi-use ticket or other cash alternative. If you're in a city where the public-transportation system offers multi-use cards (for instance, London's Oyster card or San Francisco's Clipper card) or where you can buy a bunch of tickets at once (such as a "carnet" on the Paris metro, which gets you 10 single-ride tickets for one discounted price), then take advantage of those options. You'll reduce your chances of losing your wallet simply by retrieving and stowing it fewer times.

Stow Valuables Securely

sometimes the best way to carry money is to not carry it at all. Many hotels offer an in-room safe to store your valuables, and if you have an item (or a wad of cash) that you're particularly nervous about, see if the hotel also has a safe-deposit box behind the desk. If you do use a hotel lockbox of any sort though, remember to retrieve your items when you leave. In the rush to pack up and depart, out of sight can easily mean out of mind – until you're on your way to the airport. Leave a colorful note on top of your suitcase as a reminder.

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Contributing Editor
Joshua Moore
Sports, & Youth Issues

Father & Son Team

Pernell & Joshua Moore



It's really weird being twenty-two. It's even weirder saying it out loud. I am twenty-two years old. I have spent the last 17 years of my life in some kind of education. I have vivid memories of kindergarten, remembering my first crush, my first bully, and my first friend.

At Morgan State, I seemed to go through an entire transformation from where I was in high school. The way I speak and the way I interact with others is totally different. It took me this past year to realize that it's okay not to have everything figured out. No matter how much parents or friends expect me to have it all together.

Now that I am twenty-two, I know that I don't have that much life experience. However, I want to use the little I have to talk to the younger folks. I want to speak to the younger generation, whether you are in elementary, middle, or high school.

First things first, keep striving and keep moving. There will be time and time again that you fail, and you lose. The important thing is to keep going. Take it from someone who has failed a few classes and almost failed more than I can count.



Joshua Moore

Pernell Moore

It's going to be hard in that Math or English class. It will be hard losing your loved one. It really sucks when you get rejected by that girl you like, or that boy you want to get to know better. But you've survived worse.

Think about the first time you experienced something hard: A bad grade in school. Perhaps a school bully that makes fun of you. You persevered and you came out on top. Keep that mindset

throughout your education and even through life.

The second and final thing I want to leave with the younger generation is to put God first in your life. We all fail in this area at some point in our life. So, to your best ability, praise God for your good times and your bad times. Jesus knows exactly where you are in life, and He knows what you need and when you need it.

In all my moments of pain and despair, Jesus came through just in time. Sometimes with comfort, sometimes with a new opportunity, and sometimes, with a friend to just hear me out and give advice. Cling to Him.

I know that it's not much to hear from a young twenty-two-year-old. But I figured I could use these words God put on my heart to encourage young students in school. I am graduating this May, and I am still figuring out life. So, the final thought I want to leave off is: Don't put too much pressure on yourself, give that to Jesus.

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Contributing Editor
Walter Carr

Cartoonist, Graphics, Author
"Strictly For Laughs' Featured in many
Black Newspapers & Magazines

Ebony magazine's "Strictly For Laughs" page may be gone but cartoonist Walt Carr is still around. My self-published paperback book is entitled "JUST US!", a play on the word "justice".

The book is a collection of previously printed editorial cartoons; I had over 1,200 to select from. I have been a freelance cartoonist for over six decades and didn't start drawing political cartoons for Black newspapers across the country until 1993. Aside from being a long-time contributor to Ebony, my cartoons have appeared in Playboy, Negro Digest, Metropolitan, Homecoming, Jet, Black World, the ribald Players magazine and numerous Black newspapers across the country, i.e., Washington Informer, New Pittsburgh Courier, Pasadena Journal, Sacramento Observer, Norfolk Journal & Guide, Philadelphia Tribune, Michigan Chronicle, Wilmington Journal, Cleveland Call & Post, Baltimore Afro-American and the Tennessee Tribune, to name a few.

Over the years I observed that you rarely saw people of color in cartoons on the editorial pages of mainstream press unless it was something catastrophic or negative. You never saw the Black spin, the Black perspective, if you will,

on global and national issues that impact the Black condition in America as we live and breathe it every day, I determined that was a glaring omission and should be addressed. I retired from the Social Security Administration in 1990 where I was chief of the Visual Graphics section; in '93 I decided to switch from straight-up gag cartoons to political cartoons.

The book, 193 pages, is broken down into nine categories, i.e., Obama, GOP, racism, sports, cops, youth/education, transition, crime and entertainment. There is a brief narrative before each category that helps define who I am and how my life experiences over the past eighty-five plus years have shaped me, my concepts and my beliefs. In other words, the forces that fortify my will and commitment, through images, to be an actual combatant in the struggle against racism and injustice. I am a firm believer in the effectiveness of visual commentary and, of course, the all-important relevancy of the Black press. I believe my drawing style and aged wit captures, highlights and exposes the underbelly of the hypocrisy and deeply embedded racism that has engulfed this seemingly rudderless and divided nation for decades.

My motivation was simple--I thought I had something that was worthy of sharing and not just with a Black audience. Black female film director Kasi Lemmons said it perfectly in a great 2020 Washington Post article, "White Americans, Your Lack of Imagination is Killing Us". She said, "You don't care to put yourself in our shoes" and much more. A White associate, fellow gym member and retired college professor, bought my book. A couple of days later in the locker room, he says that there was cartoon in the book that made him think about something he had never thought about before. That immediately brought a smile to my face. I had educated him--made him think. Page 73 is the cartoon. The direful conditions and issues the Black community faces on a daily basis sometimes makes it difficult to provoke a belly laugh, a chuckle or a smile but, perhaps, the cartoon will inform, educate or, hopefully, inspire the viewer.

My source of inspiration has to be my parents, my dad in particular. He planted the activist seed in me. You could not piss on Pop and tell him it was raining. We were leaving the Gilmor projects where we lived one day, and he told me that when I grow up that I was going to have to be ten times better than the White man to make it in this world. He taught a welding class at a plant during WWII, teaching Whites and "negroes". Found out a few weeks later that Whites he had taught had a higher hourly wage than he did. I was 11 years old. He and my mother were arrested for protesting police brutality in Baltimore in 1941--almost 20 years before the civil rights movement.

Pop's activism never died; from 1960 until 1993, he published a weekly newsletter called "The Nitelifer"---read it at

the bar or roll it up and put it in your pocket. It carried ads for all the Black nightclubs, bars, joints, Black barber-shops & beauty shops, Black car salesmen, dances, concerts, etc. in Baltimore. His biggest goal and highlight were writing that weekly editorial--staying on Black folks' case about what we needed to do to improve our lot. I could pull out some issues from the '60's, '70's, 80's and '90's and the editorial content could still apply today on a lot of issues. I am sure most Black liquor salesman in the Baltimore area are not aware of the successful boycott he headed with the Nitelifer back in the sixties to hire Black salesmen.

Without question, my ideas are largely a reflection of my long and eventful life's journey and experiences, my observance of the ever-changing world we live in, my personality (love a good joke--love to make people laugh) and my awesome family and circle of friends--largely a group of broken-down ex-jocks. One group is called the Baltimore Oldtimers. I eat lunch with two separate groups every week--we call it "laffin', lyin' an' signifyin'". Trust me, good for the soul.

Born in Baltimore in 1932, moved to Philadelphia when I was in the seventh grade and graduated from West Philadelphia High school in 1950. I am a 1955 Morgan State College (now university) graduate with a B.S. degree in Art Education. Lettered in football as walk-on and ran rack my freshman year. I am a member of Kappa Alpha Psi, Inc. fraternity, a founding member of the 100 Black Men of MD chapter and a charter member of the Morgan State Alumni Chapter of Howard County.

Pretty sure you will dig the book. \$19.95 and available on Amazon.

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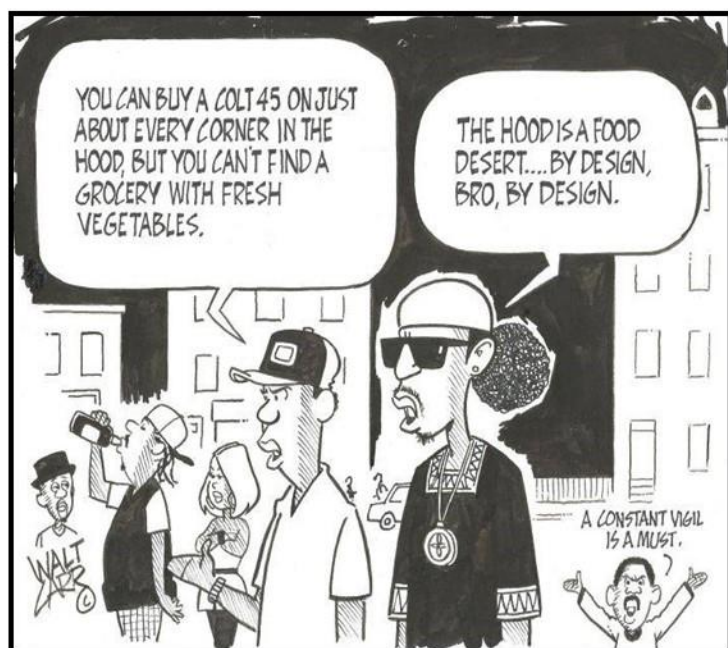


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Baltimore School Board Election

For the first time in history, as it relates to the Baltimore Public School system, the citizens will have an opportunity to vote for two Board Members. This action is essential for many levels and concerns. First and foremost, it has been a hundred years, and the citizens never had an opportunity to vote for School Board Commissioners; the members who have permanently been appointed.

Of course, come this November, we will have two additional board members that we, the citizens, will elect. This election is and should be of significant concern to all of us, and if not all of us, indeed the majority of us. It should concern us all because board members vote on policy and direction regarding how the educational institution operates. These members vote on contracts that are awarded where millions of our tax-payers dollars are spent.

Let's face the cold heart truth: when positions are appointed, they are controlled to a large degree because you become beholding to the one who appoints you. The appointment of these positions has always been an issue, and it is still an issue, but again, with two members being added and being voted on by the citizens, it will break the stranglehold to

an extent. For years many citizens, including myself, have fought and demanded that we needed to have an elected School Board. I think in the year of 2016, legislation was finally passed that granted us this opportunity for a partially elected school board. Of course, the fight will continue for a fully elected school board. However, for right now though a partly elected school board is better than what we presently have.

As of now, there are close to a dozen candidates running for these two seats. I wish them all well because regardless of who wins, we will have change that will become a benefit for us all. Even if the difference is not how we expect nor desire, we will at least have elected citizens sitting there with those who are appointed. Prayerfully the elected citizens will be beholding to the voters.

Of course, for my personal selection of these candidates running for two seats, I like Michael Eugene Johnson and Corley C.D. Witherspoon. Remember, this is my personal choice; it is not the choice of any organization I am a member of, nor is it any such endorsement from this

great paper. It is an endorsement by Bill Goodin.

See, I have known both of these men for over twenty years, and when I met them, it was because they were active and fighting for causes and for children already. I know this because I was fighting for many of the same issues and the same causes. These two men are still pounding the pavement and fighting those holding us hostage, too bad education, and poorly developed communities. These two men are fighting on many fronts to assure that our children will inherit a better tomorrow and that we as people will live better lives.

However, I am asking those of you who will read this article to join me in supporting these two men? I am asking those of you who do not know these men to goggle or ask others about these two. Both of these men will serve our students well the same as they will serve the citizens well. Both of these men will not become rubber stamps for those who conceive to be the power brokers; they will become disrupters of wrong as they fight to establish a better way and a better tomorrow.

Both of these men are well known not only in the communities they live in, but

they are well known throughout Baltimore and the State. They are known because they have and continue to do the people's work. Please do not misunderstand me; when I say the work of the people, they are fighting on issues throughout the city and State that impact us all.

If we, the voters, could get both of these men elected simultaneously, we would witness a historic moment in our time that we, the voters, made historic. It will become historic not just because we have a partisan election for the first time but because we have two activists getting elected at the same time.

An old adage states that if we continue to do what we have always done, we will continue to get what we have always gotten. Well, we have a chance to change that adage and create another narrative that we, the voters will determine. Again, I ask that you join me and others as we cast our votes and offer our support to these two warriors.

Yes, the general election in November will determine the outcome. Please stand with us as we make history!

By Bill Goodin



Black Men Unifying Black Men

Us Helping Us = Unity

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

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**National Youth Editor
Kathleen Murphy**

A member of various local, national & International Organizations

What is the status of your Mental Well Being?

As you grow and develop, you will experience a mixture of emotions, some are positive, and some are negative. Listed are a few of your feelings. They are admiration, adoration, aesthetic appreciation, amusement, anger, anxiety, awe, awkwardness, boredom, calmness, confusion, craving, disgust, empathic pain, entrancement, excitement, fear, horror, interest, joy, nostalgia, relief, romance, sadness, satisfaction, and surprise.

Anxiety, fear, and depression are typical but should not be continuous or persistent. Mental health or mental wellness is a phrase that is not spoken of personally in conversations or addressed openly in public. A stigma is associated with mental health conditions, and mental wellness has not been the priority. However, I will firmly state that in our environment today, mental health and mental wellness should be a top priority. If not you, someone you know needs to examine their mental wellness. Examine how you handle stress, interact with relationships, and make good decisions.

It is time to be open-minded and assess your mental wellness. Many of our negative emotional issues can be treated. Why go through life with social exclusions, being discriminated against, having difficulty learning, and exhibiting unsafe behavior? Again, why? As you review your mental wellness and have continuous or increased behavior or symptoms you do not like about yourself, you should seek help. Suppose you are unable to develop healthy relationships, and I am talking about simple school friendship relations or even family friendships. In that case, you should get help to evaluate the causes and find answers.

Are you able to adapt to the many changes that cross your path daily? Do you cope with the challenges? Your emotions can be overwhelming. The pressures of life are accurate and will present you with challenging and demanding decisions. How you react to these emotions is the difference between coping and managing the stresses of your environment, reacting negatively,

acting irrational, or being irresponsible.

Let us think about a few emotions and determine how we usually manage ourselves. How about love, joy, and happiness. Many positive examples should come to mind as you have experienced many of these pleasures in your life. Birthdays, graduations, concerts and sporting events, school, family ties, and gatherings. What about excitement, peace, or passion? You have been excited, and I am sure you have been at peace with your inner self or had a fascination or desire for something you enjoy. You do sometimes feel indifferent about situations in your life. Sadness, despair, and grief are emotions that we all have experienced, such as losing a loved one and the emptiness you experienced. Having feelings of rage, anger, and hate continually should be checked out, and your coping skills or conflict resolution skills should be adjusted. Let us face it, sometimes we all need to say, I may need a little help working through a few of my emotions.

Do you know someone at school, at home, or in your community or circle of friends, who is unhappy at school, is frequently absent and has many suspensions or expulsions? They may have difficulty concentrating, aggressive behavior, memory problem, and challenges with friends, relationships, or family. These are all issues associated with mental health disorders. All these challenges can lead to medical problems such as depression. Sometimes, these youth feel a lack of self-esteem and have been bullied or become bullies. They have difficulty making friends, struggle with schoolwork, have a poor diet or an eating disorder, and change their sleep habits. All of which tie into how we think, feel, and act. Again, it is about how we manage situations.

Do you have an optimistic attitude? Do you make wise choices? What are we so worried about? Test-taking is stressful, SOLs at an early age, family issues, conflicts with friends, and poverty (lack of resources such as food and clothes), to name a few, are all factors in the underlying causes of mental disorders. Some-

times substance abuse is a factor. As difficult as it is to think about, people are abused. Abuse can be emotional, sexual, or physical abuse.

These mental health challenges should not be ignored. Many of these challenges are not permanent and can be treated. Talk to someone about any concerns you may have about your mental health with a friend, family member, spiritual counselor, family doctor, school counselor, or a professional.

Do you have warning signs or know someone with some of these behaviors? If not treated, your mental health condition can follow you into adulthood. Many of our youth in need of mental health assistance will not receive help, partly due to the stigma and negative attitudes associated with mental health issues. There are also cultural beliefs, limited access to services, and not knowing where to start or who to see.

Parents or Guardians should be directly involved in the treatment process. When getting professional help for mental issues, know the experience level of the service provider and what philosophy will be used. Find out what were the results of other children with similar conditions, how long will the treatment take, and what can be done at home? The family sometimes becomes stressed because they do not know how or what to do to manage the youth's mental condition.

Children in the child welfare system are less likely to be placed in permanent homes and are more likely to be placed in the Foster Care System or juvenile detention, or residential treatment. These youth are more likely to be members of racially/ethnic groups that live at or below the poverty line, have little or no family connections, and have a negative educational experience and results. These young people who go through the child welfare system have many reasons to have major mental health challenges. Especially the children who are not placed in *forever homes* have a higher rate of drug and alcohol dependency, homelessness, unemployment, and incarceration as adults.

Help is available. You can deal with stress and improve your mental wellness. Self-help first.

Be active and have regular exercise routines, which can help your self-esteem. Therefore, you can concentrate, sleep, and feel better, keeping the brain and other vital organs healthy.

Get plenty of sleep and rest. Excellent quality sleep is essential for your mental health. Without proper sleep, depression and substance abuse problems can occur,

and you need 8-10 hours of sleep a night.

It is essential to have healthy relations with others. Being connected is key to establishing healthy relations. Be sociable and talk it out. Be around people who are positive and uplifting. Make that phone call or text your friend.

Maintaining a brain-healthy diet is significant. Foods with lots of sugar and fat are not suitable for your body, and these unhealthy foods can affect your mood and lead to eating disorders such as bulimia or even becoming obese. Limit the amount of caffeine. Eat fruits, nuts, dark leafy greens, and drink water.

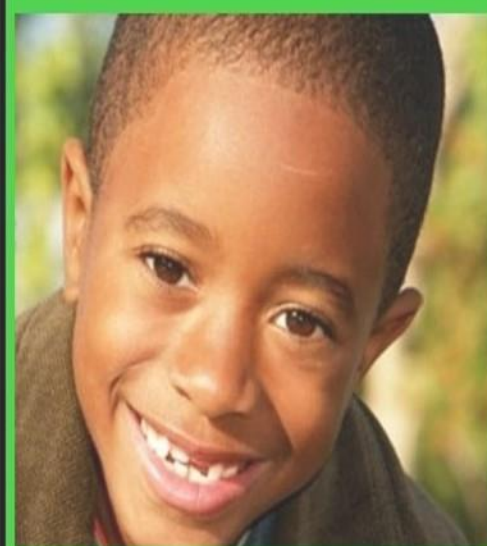
Try to relax, breathe and meditate. Take time for yourself. Consider relaxation exercises. Try listening to calming and soothing music—schedule leisure in your day.

Please avoid alcohol and illegal/unprescribed drugs.

Adolescents are more likely to talk to their friends than adults about issues or conflicts in their lives. Challenges such as anger and frustration are typical and a part of the growing-up process. However, persistent issues may be a warning sign, and you may need help. Remember, you can get treatment and feel better. The type of mental health service depends on your problem. Services could include psychotherapy, peer mentoring, care coordination, medication, and sometimes various treatments

Sometimes friends and family cannot help, so you may need professional advice from a child psychologist. This treatment is conducted with the parents/guardians so that a plan can be developed for treating your condition. As I stated before, we start with self-help. You can do it. Start with talking about your feelings and ask for help. I suggest you start with your family or friends. Try to decrease the stress. Walk away from the complicated math problem or the conflict. Check out a good movie, visit a friend, take a walk, or just get some rest. You have a passion for something. Go back to that particular project you were working on. You know, the one that gave you satisfaction and zest. This will be good for your self-esteem. Be you. Love you. You will get through this and much more. Remember, someone was there for you. Be there for that friend also.

Do what I always suggest you do. Read an enjoyable book and get a hobby! Help someone by providing a service to those that have needs. Take a deep breath and relax!

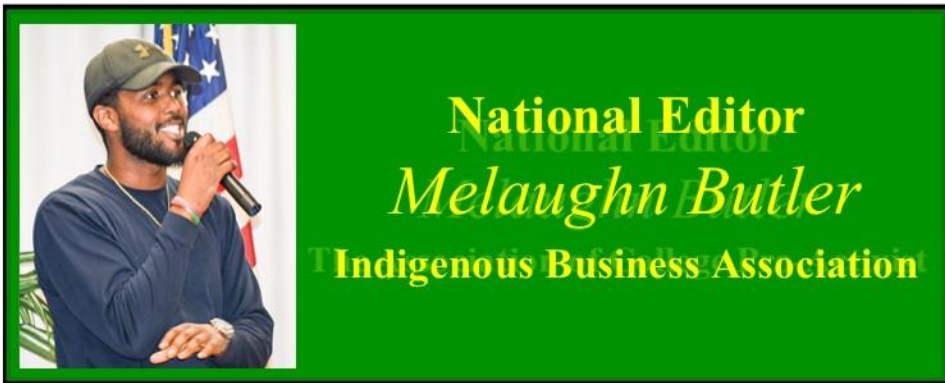


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National Editor
Melaughn Butler
Indigenous Business Association

Featured Story: Are you short on cash? Looking for a summertime job, funding opportunities, or a chance to build residual wealth with/for your family? IBA has the perfect platform for you! No-vatech! Introduced to us by Daryl Mooney, descendant of Revered Comedian Paul Mooney (Rest in Power), D. Mooney + Tight Knit Radio introduced Baltimore to a new method of develop-

ing financial stability. Imagine building a weekly payout system, which uses last deposit, to pay you for life!? The system is very simple too, Get Involved for as little as \$99, and watch the system trade and earn based on your interest and not your principal. In layman's terms, GET PAID OFF YOUR OWN MONEY- at a rate of 12-15% per month! Contact us about the Wealth Portal Tour (Starts July

29th) to create your account!

What's New: Next Level Gaming (Mobile Truck) & MAP Technology Center will be hosting a City-Wide game tournament with IBA, for youngsters all over the city. For too long our residents have sat home and watched our organizing plans, savings resources, funding methods, & unique sources of entertainment be brought to everyone else, but them! Now! IBA would like to change that! Coming to YOUR local neighborhood this Summer, will be IBAs Neighborhood Enrichment Sweeps. We are creating champions from each district and leaving resources where we go. Contact us for Details.

Get Involved: Have Youth, Know Youth, Or Love Youth? Join our Home-learning initiative Different Kinda Smart, as it collaborates with Temple X this summer to create Fun-camp, Sum-

mer Camp, AND a brand-new Forestry School. This Summer, collaborative programs, such as The Roots of Scouting Inc. will join us to administer programming. Do not miss the opportunity to become a part of this summer's magic!

Please enjoy IBA's NEW Coupon Page, sponsored by the National Black Unity News. Below are cut-out coupons from select BOBO Businesses, listed in our discount directory. 1) Bring the Coupon to one of our Brick & Mortar locations. (Address displayed at bottom of coupon, if available.) 2) Place an Order Online, through the IBA App, and Submit a Photo of Your Coupon at Checkout. (Offers Available during Current Publishing.)

Contact: Name: Melaughn Butler
Email: Mbutler.acp@gmail.com **Facebook: Indigenous Business Association**
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Contributing Editor
Aaron Gray

Entrepreneur, Business Consultant,
Opportunity Marketer, Minister

Aaron Gray, A Man Who Loves Helping People

Hello TNBUN family, I am Aaron Gray, very interesting, informative and in business, retired, and living in Arizona. I wish to share something that has been impactful throughout my life.

After being honorably discharged from the US Marines I joined the Maryland State Police. As a trooper, I met people from all walks of life. At one point I met a young self-made Millionaire that could probably detect my looks of curiosity and he asked me would I like to know how he got to where he was financially. Of course, I said yes. He told me to read a book called "MILLIONAIRE MIND-SET" so I did. He later told me to read the book "THINK AND GROW RICH." So, I read that also. He then came with the book called "FAILING MY WAY TO SUCCESS." These three books were

very interesting, informative and in some places funny. However, they all were expressing a particular theme. It was this... DON'T QUIT- DON'T GIVE UP AND NEVER STOP DOING WHAT YOU'RE HERE TO DO!!

As a Policeman I was in what most people would say is a "secure" job. (as long as people were committing crimes, I had a job). After two "lines of duty" Killings of fellow officers the term "secure job" totally lost its meaning.

Then my ears were primed and ready to hear the next thing my rich friend would say. He said, "Aaron ONCE YOU GIVE UP YOUR FREEDOM FOR SECURITY, YOU'VE LOST BOTH!" During this pandemic many folks are feeling

that in a very painful way. Since that day even if I had a "secure job" I always did something independently and searched for ways to have my money work for me. While policing I learned to reupholster furniture. I started the business and did very well and with the success of that business, I purchased two limousines and started a limo service. Even with that I always did MLM or network marketing opportunities.

As in anything profitable, there were

many highs and lows, but those books kept reminding me DON'T QUIT- DON'T GIVE UP AND NEVER STOP DOING WHAT YOU CAME TO DO"! So not quitting is a positive I believe however with every positive also comes a negative. I have made many friends along the way so there are several of even my long-term friends that either hesitate or no longer answer my calls anymore but no worries my mission stays the same.

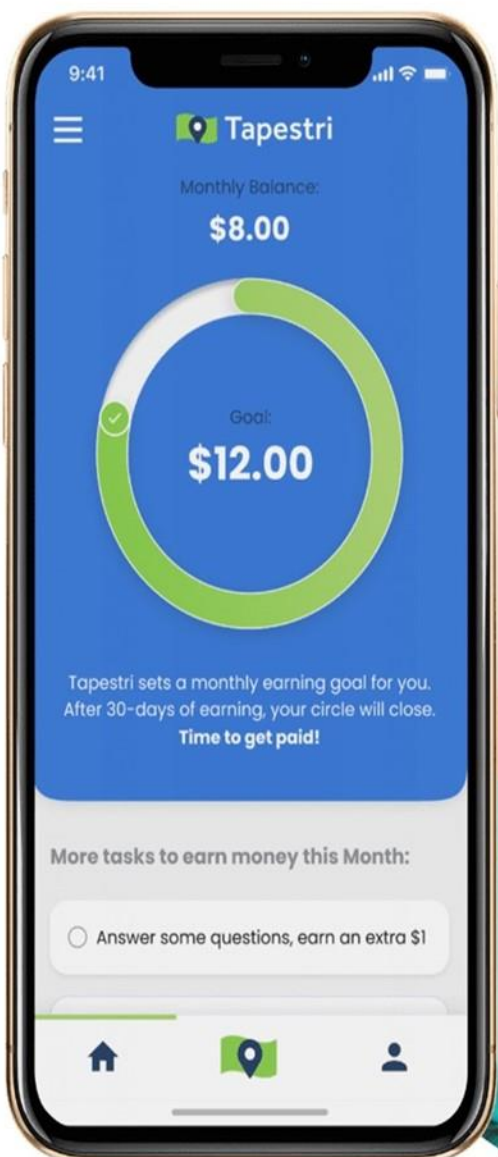
Even though I am currently retired I am still drawn to an attractive opportunity. These opportunities offer financial freedom. Though I am in a secure position not in need of the money I still hear my friends' words ringing in my ears. So, I hope repeating those words has the same impact on whoever took the time to read this. ONCE YOU GIVE UP YOUR FREEDOM FOR SECURITY, YOU'VE LOST BOTH!

Making money and helping others make money has been very fulfilling in my life. Keep in mind that there will always be failures on the road to success. I always pray for continued success for TNBUN and the entire TNBUN family across the world.

GOD BLESS YOU ALL!!



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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”

Tracking Your Sleep for Better Tomorrows

Creating a foundation to measure your sleep improves, maintaining and staying consistent each and every night. There are several options, but which one is the most convenient and cost-effective? We all know that getting good quality sleep is the cornerstone for your health, wellness, and wealth.

the time you invest in using a sleep tracker that will make a difference in your health and life quality.

Take a look at some options and see if this works for you. I will share my recommendation at the end, and you will see why.

But we need to measure our sleep as we weigh ourselves when we are on that weight loss journey. Sleep Trackers are a guide for improving and measuring your sleep. If at any time you need to seek professional help, please take the time to see your doctor. Your sleep tracker is not an official diagnostic for any type of sleeping disorder but using a sleep tracker nightly will measure your sleep quality, snoring, sleep apnea, and so much more.

- Non-wearable sleep trackers
- smartphone apps
- smart mattress pads
- bedside monitors
- smart beds

Wearable sleep trackers

Fitbit - You wear on your wrist that measures your sleep

Oura Ring

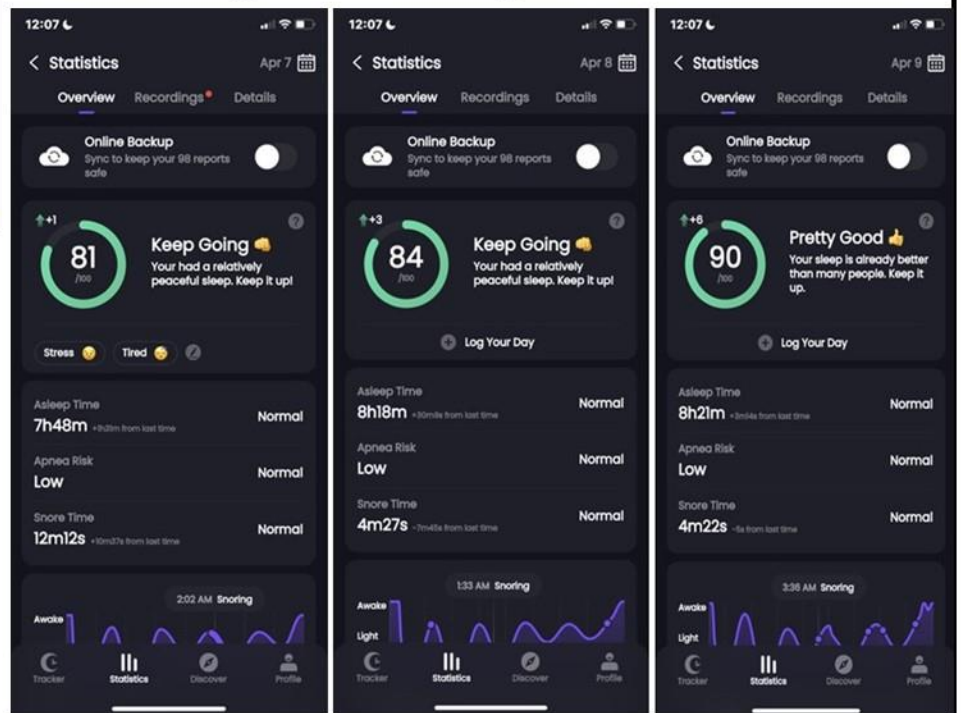
Amazfit Equator

Briefly see the various non-wearable and wearable sleep devices.

Sleep trackers

How much are you willing to pay to measure your sleep? It is not the cost but

The bottom line is finding a sleep tracker that works for you, but I highly recommend Mintal Tracker. I have tried practically all the sleep apps, and Mintal Tracker is the best app I have found. Just look at the 3-nights of my sleep overview. I am showing you my sleep journey not to show off but to show you it is possible when you work on your sleep hygiene.



So take a few moments to take a picture of the QR Code, download to your phone, and start using it every night for a better tomorrow!


Is Sleep a Necessity or a Luxury?



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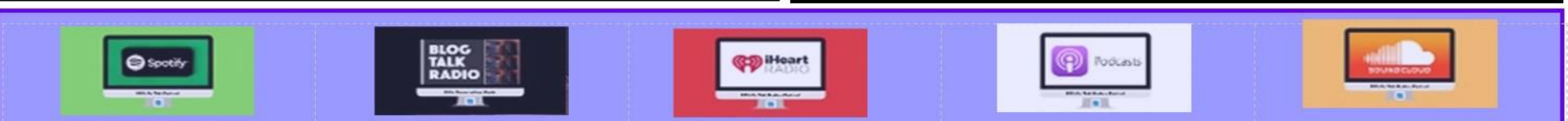


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Artists, artisans and Social Transformers, stay hip to the heart beat of Arts & Culture in Rhythm Nation News.

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 36 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.

Taking History off the Page *by Kim Poole*

Student Government President, Ms. Barbara Rose Johns of Farmville, Vir-



ginia, was only 16 years old in 1951 when she decided her high school was not an adequate facility. The Robert Russa Moton High School was dilapidated and overpopulated on April 23rd, 1951 when she organized her student body to leave school until repairs were made. At the same time attorneys of The NAACP were on a journey of integration in all its forms across the United States. When the NAACP learned of Ms. John's young plight, they rushed to include her in their nationwide search for court cases that could eventually strengthen the Supreme Court Brown vs. Board of Education case.

On June 19th, 2022, thirty-two high school students between the ages of 11yrs – 19yrs old, departed Baltimore city and were taken to this stop on what is now known as Civil Rights Trail at Robert Russa Moton High School. This effort Turned into a museum and learning facility; the youth sat inside the same auditorium/ cafeteria where Ms. Johns gave a speech to her fellow students, encouraging them to leave school. After hearing the questions and fears from the student body audience and watching the teachers burst into the room on 3D projector screens, the students were asked a crucial question. What was the goal of Barbara John's school strike? The resounded response: "to fix her school."

Our Juneteenth Day was filled with visits to the National Museum of African American History and Culture. Many students stated that this was not only their first time at the Museum but also



their first time in Washington D.C.

According to name tags, this "Freedom Fighters in Training" group of students continued from Washington D.C. to Virginia, North Carolina, South Carolina, Georgia, Alabama, Mississippi, Louisiana, and Arkansas. It ended in Topeka, Kansas, where the Supreme court case was ultimately won.

While in Selma, Alabama, the group listened to the story of JoAnn Bland, a survivor of the Bloody Sunday walk across the Edmund Pettus Bridge, who was only 11 years old on March 7th, 1965, when she walked across. Introduced by young Kayce Warren, the youngest member of the Freedom Ride Tour delegation at 11 years old, she spoke of the disregard and disrespect that her White male social studies teacher expressed when telling jokes about awaiting an invitation to join the KKK. According to Kayce, at her school, the students "don't know about the KKK," and she thought it was "unfair that her



teacher made jokes about what they did to us."

Shy and at a loss for words during the introduction, Ms. Bland touched Kayce's shoulder and told her she understood how it felt to be nervous.

She continued by saying at 11 years old, freedom for her meant being able to "eat ice cream at the local pharmacy and swing around on the stool at the counter." Prior to the group walking across the Edmund Pettus Bridge, union leader Kimberly S. Mitchell spoke about the role of unions in organizing and the benefits of unions today.

While in New Orleans at the end of the Mississippi River, youth created a circle and learned about the sacred practice of Libation. Mama AdeOlomo, aka Yvette Eley, led the exercise and spoke about the life of 14year old Emmett Till and how he was mutilated and thrown into the River. Many expressed the eerie

feeling of going into the Emmett Till Memorial while in Washington D.C. and how it made them fear lynching. Loud music played from the River docked ship as we walked to a shady tree along the River.

Just before the Libation began, the blaring carnival music stopped. Youth lit candles for Emmett Till and tossed sea-shells into the River.

Several spoke about their loved ones lost to hate and violence. Others acknowledged family members that in-



fluenced their lives and needed to be remembered and celebrated.

On a journey coined the Freedom Rides, the curriculum focused on the connection between the Civil Rights movement and its modern-day relevance as a tool for advocating Human Rights. Youth were encouraged to advocate for themselves by building institutions that serve their communities.

In partnership with the International Civil Rights Museum and Center of Greensboro, North Carolina, and the Y of Central Maryland, TAI Tours offered uniquely curated excursions with Living History Re-enactors, Service-Learning Experts, Culture Keepers, and creators. Special thanks to our Lead TAI Tour curator Dr. Selima Marriott for being the advocate example; she continually



spoke from personal experience at each tour stop.

Contact us for interest in the Freedom Rides Journey for 2023 and take history off the page. Freedom Rides Tour is Teaching Global Citizenship to the Human Polity.

Gigs, Bigwigs, & Shindigs

Gigs

The Boston University African Language Program is Seeking Akan Twi Lecturer www.bu.edu/africa/forstudents/alp/ascinfo@bu.edu. DC Commission for the Arts and Humanities is Accepting Applications Arts and Humanities Fellowship Deadline July 8th, 2022, www.dcarts.dc.gov/node/1480281 BMore Beautiful is Offering Grants 500 -1500usd

www.ecb.baltimorecity.gov/bmore-beautiful.com

Big Wigs

Jediah "Jedi" Lim Shindigs 14th Street Graffiti Museum INDIependents Washington D.C. Day July 3rd, 2022 <http://www.eventbrite.com/e/independents-day-tickets-364399196807> Summer Learning Institute Tukuyu, Tanzania July 20th – August 4th, 2022 www.facebook.com/teachingartist Maryland Black Caucus Unity Breakfast Greenbelt, Maryland July 23rd, 2022

<http://tinyurl.com/2022UnityBreakfast> Mugariri Community Winter Arts Festival Harare, Zimbabwe August 1st – 6th 2022

<http://www.heard.co.zw/arts-festival-to-promote-township-tourism/> +263-77-232-9137 Underground Railroad Excursion Maryland, USA August 12th -14th 2022 www.facebook.com/teachingartist inbox us today Sixth Region Diaspora Caucus Annual International Conference Panama City, Panama September 22nd – 25th 2022 <https://srcinternational.org>

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JULY 8TH GAMBIA

Kim Poole www.Facebook.com/teachingartist 443-739-0941



Contributing Editor
Donald L. Dowridge, Jr.
Author, Actor, Activist
Radio & Motivational Speaker

"ENOUGH IS ENOUGH"

Society in the eighties developed a scheme to remove the black male from the home as a Husband and Father / Dad. Today a portion of black boys are growing up in a home minus the Black Father / Dad. Our young boys are growing with anger and hate towards their Sperm Donors who unfortunately find pleasure in being a baby maker and NOT a baby raiser!

It is noted, many low income and poverty-stricken black moms who fall for the ill of birthing four and five babies, from four or five different black men are left to tend, raise, feed, house those babies with maybe, one of the father's present (and he is taking care of his child (ren) "ONLY!")

Now add on the Supreme Court reversing Wade vs. Roe and the effects that will have in our neighborhoods. Our young black women seeking to elevate themselves to a successful and prosperous life only to be stopped by unseen issues of being denied because of what they can't afford like Daycare. Now hold on before anybody decides to clapback as to what is being said here. No, I am NOT pointing fingers at our sisters or for the fact, our brothers. I am pointing NOT a finger; however, I am pointing out the fact that too many of our sisters are taking on the role of Mother / Mom which is commendable however having the father present makes a huge difference, especially if that father is bringing valid assistance where needed.

Please don't take this as bashing because I can speak from first-hand experience of what I committed in my hey days as a young black father. Fortunately, I woke up before it got too late for the relationship between my son and me.

For the last twenty-three years and counting, as a Motivational Youth Liaison and vendor with the Hillsborough County Public Schools System, I have engaged thousands of young black, & Hispanic male students (for the most part) who have spoken harsh, threatening, fatal words with true meaning of what harm they would bring to their so call father when they see them!

As I listen to them, we discuss alternatives to endangering their sperm donor (he is referred to) and losing their livelihood to an act that would cause at least thirty years to life in jail. Trust me if you know like I know that is time definitely Not worth it!!!

Gasoline (High), Food (High), Child Care (High), Electricity (High), Children Clothing (High), somebody get the drift here? It is horrendous under these circumstances that young families are left to live through. I thought the Reagan era was terrible for us in the hood, oh me oh my, that was a cake walk compared to 2022!

With Covid somewhat behind us, we who are blessed to make it through that storm are here seeing every major company definitely taking us all to the cleaners! Yes, the C-L-E-A-N-E-R-S! Look, those two years caused a major shakeup and lost due to the "Lock-Down." Major companies are reaping their losses from us all, but those who are less fortunate are left to suffer through every single niche! Big Brother want their money, and they want it "NOW!"

Guess who is paying, Yep, your right, "We Are!"

So, with the situation as discombobulated as it is, who is taking a financial loss? Government says Stimulus Checks will assist in breaking poverty, raising hourly

wages will sooth the pain, sure it won't! When the bare essentials needed to survive are too expensive to afford, it leaves a portion of my sisters and brothers close to the brink!

My plead currently is to my young "BLACK KINGS" who are the sperm donors. I put out a plead, if your seed created that beautiful child (ren), Please, Please be that stand-up brother. Please, Please be the Man you profess to be and stand in the gap and assist in raising

such as murder or being murdered, incarceration and lastly an early death may be avoided for the large part. We can prevent forest fires in our own community. We can avert from self-destruction of us.

In my daily travels of coming across a young brother with his child(ren), I Salute Them, Fist Bump and Yes Commend them on being that Present Dad! I even Salute all the organizations here in Tampa such as B.U.B.A. whose Founder is Mr. Jalem Robinson, Men of Vision whose founder is Mr. Ross Anderson & 100 Black Men of Tampa Bay (a national accredited organization), who work diligently with young brothers and assist them to stay focus and accomplish their educational endeavors and beyond. Surely whatever city you may be reading this article from, maybe you are aware of similar organizations putting in the work to save as many of our black boys and girls. Trust, it is a Worthy Rewarding cause!

Let it be known, We are descendants of Great Kings and Queens! If we listen and read what society want us to, definitely we will fall for the okie doke and be bamboozled and miss the red carpet of total success, health and prosperity. The sad thing of this deal is as stated, "From The Cradle to The Grave with not one positive aspiration to show for it except casket closed and dropped six feet down with dirt on top!!! What!! We as a people is Much Better Than They Portray Us To Be!

So, in conclusion, we are seven months into 2022, Let us Black Fathers / Dads retake the baton and stand tall and Yes Proudly Protect Our Black Children from being Fatherless. Let's protect them from unnecessary harm that may come from wherever. Let's protect them from bullies, gangs, drugs, pedophilia and any other device that can harm our precious children. Like us, our children deserve a chance to grow and choice their life! Let us further understand if the mother of your children and you don't get along, then get along about your way. But understand get along your way, but Please don't forget your children! GOD, Know they need "U!"

ENOUGH IS DEFINITELY ENOUGH!

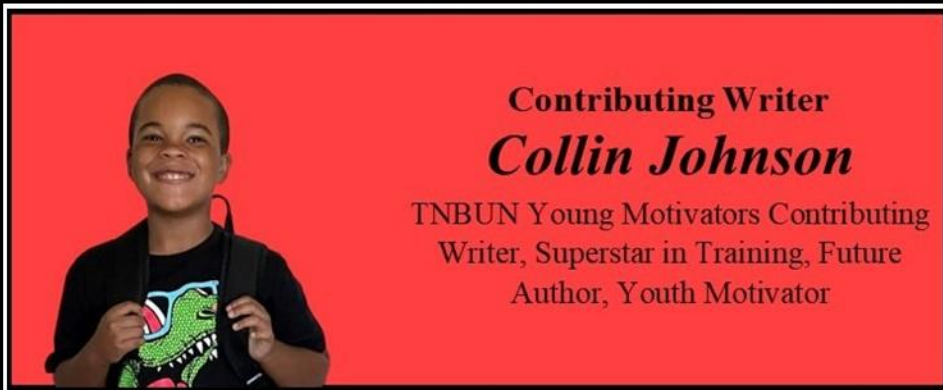


your handsome black son and your beautiful black daughter. Survey says with a father and mother present the chances of a child dropping out of school, committing a crime, committing a heinous crime

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**Contributing Writer
Collin Johnson**

TNBUN Young Motivators Contributing Writer, Superstar in Training, Future Author, Youth Motivator



Top, left to right: Celestine Chaney, Roberta Drury, Andre Mackniel, Katherine Massey, Margus Morrison. Bottom, left to right: Heyward Patterson, Aaron Salter,

How I feel about mass shootings

Hi! I'm here to talk about mass shootings! How do they make me feel? They make me feel sad and that the world is in danger! So here are some ways I think we can prevent mass shootings. Number 1: increase the age to buy a gun to at least 25. Number 2: ask questions of the person to get more background information (I suggest using a lie detector on

Finally, Number 4: Put metal/gun detectors in schools even though some schools probably already have them. Please put them in more schools so that children can feel safe. We still don't know why mass shootings happen. I think people who choose to shoot strangers are upset about something, and we just don't know what. Personally, I

school shooting in a Texas school. Nothing should make you so upset to shoot 21 people (19 children and 2 teachers.) I think what happened that day was sad and should not ever happen again. That is why I'm writing about this and you're reading my thoughts. The more this happens the sadder it makes me feel because I don't think it's right. No, it's not right to kill innocent people for no reason whatsoever. All those people getting shot in the world makes me feel just very sad and mad at the person shooting those innocent people.

thing of all is the government is not trying to change gun laws. We probably have serial killers all around the country and the government still will not change gun laws. If the government is reading this, I really hope they change gun laws.

What happens in mass shootings is very sad because it brings so much anger and sadness for people that have to witness this and see these things. It makes me just so angry and hurt because I think mass shootings happen because people do drugs or lose a family member and want to take their anger out by shooting hundreds maybe sometimes even thousands! I'm writing this whole article because I hope that one day, we can prevent mass shootings and eventually make them never happen again. Thank you for reading **How I feel about mass shootings**.

I just shared my feelings, but there is more. A few weeks ago, there was a person in a grocery store in Buffalo, New York, shooting people but guess what... it was only black people. That happening is racism, sad and completely wrong! Laws have to change that protect black people because imagine if your family got killed in a mass shooting, that would also be very sad, and you wouldn't want that to happen. This stuff is so sad, and it is very wrong. If I know it, why don't the adults know it too? And the worse

To share your thoughts about Collin Johnson's published articles, send a message to selfdevelopment.success@gmail.com Your encouragement is welcome!

TEXAS SCHOOL SHOOTING VICTIMS



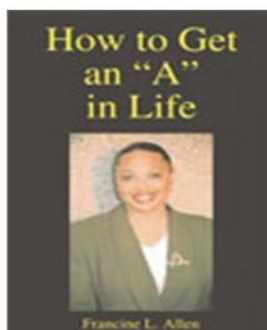
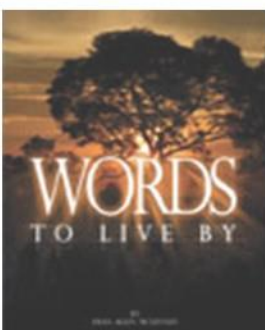
ELEMENTARY

people trying to buy a gun under the age of 25.) Number 3: make gun laws stricter to support the increase in age and use of lie detectors and background information.

don't think anything should make anyone that upset to make you shoot all these people out here in the world.

On Tuesday May 2nd, 2022, there was a

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

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

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Fran's summary bio

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

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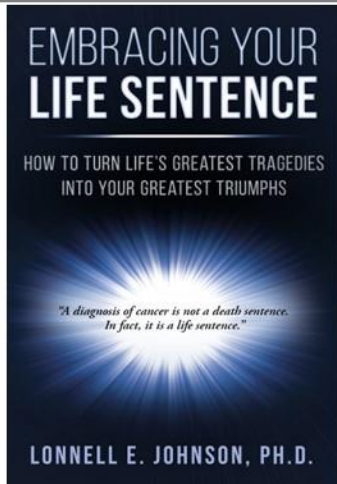
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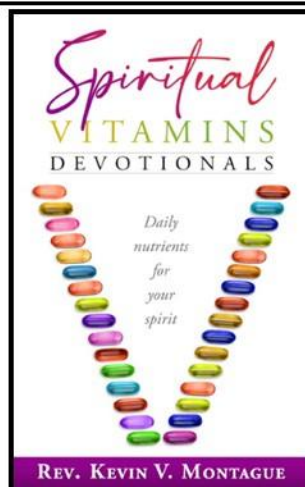
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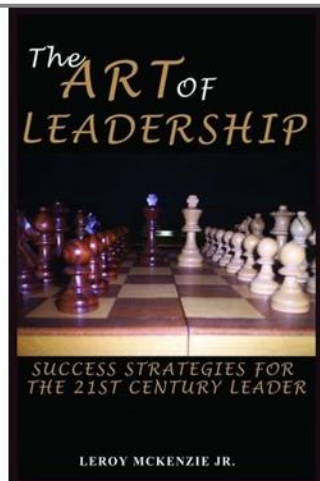
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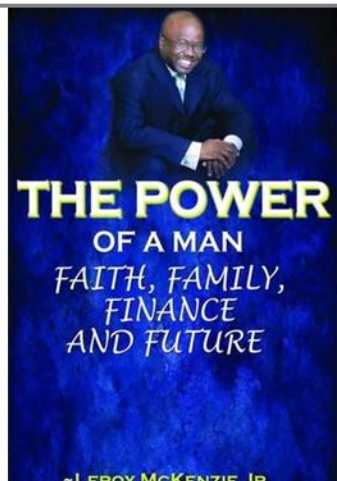
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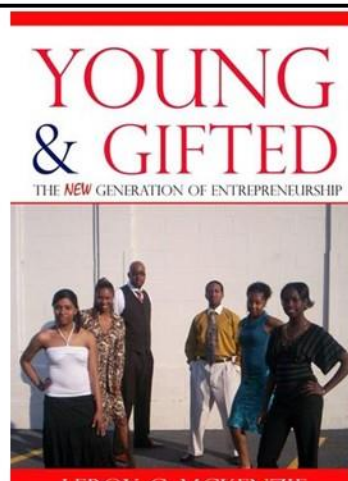
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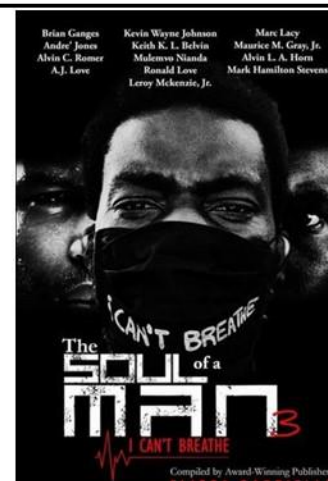
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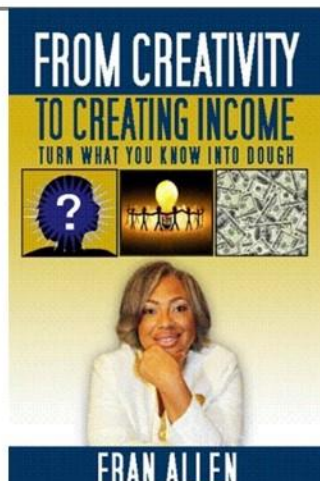
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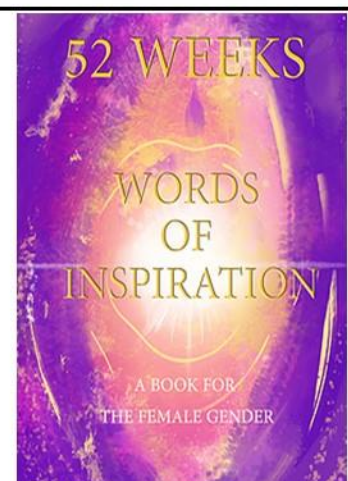
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Harness the Power from Within

Reverse Engineering encompasses your faith and belief in yourself. You probably want to know what that has to do with the Business Showcase. I'm glad you asked. This is my 90 Day Challenge for this quarterly issue. You know how I feel about a Call To Action. This is my lane for June, July, and August. The National Black Unity News is a platform for building community. My challenge to you all is to "Spread the Word" and bring in at least two organizations for advertising or four subscriptions each month and receive a Free Quarter Page Advertisement. If you already pay for advertising, you will get that cost of the quarter page as a reduction in price for the next quarterly issue starting with September. **One Winner Only** (highest statistics). We will keep count. Use your roster numbers so we can keep track of the Winner.

And if not us, then who? If not now, then when?

The power from within means you already have everything you need to succeed. Wherever your expertise, gifts, talents, and abilities take you. Your gifts create your passion, and your passion ignites the momentum, and the momentum with discipline and Focus will guide you to the path of success. That may sound easier said than done. However, when we start looking for help, we always look outside of ourselves instead of from within. The power to create you

is already available to you.

Ecclesiastes 9:10 KJV

10 Whatsoever thy hand findeth to do, do it with thy might; for there is no work, nor device, nor knowledge, nor wisdom, in the grave, whither thou goest.

So, to be transparent, I thought that education was the answer to becoming successful in my life. Wrong. And I followed the recipe for success. "The American Dream", get an education, get married, and have a family. But, it has been one of the hardest things I have ever had to do. Because what I was searching for, I already possessed.

I was meant to be an Entrepreneur, which I did not understand back in my twenties. I possessed the discipline to be able to stay the course and complete the task. But I did not realize that my Greatness was always there. And let me explain "Greatness" not as the World explains it but in the Kingdom. I just didn't know how to tap into it. So, I spent a lot of time wasted. And in the words of Myles Monroe, "THE GREATEST TRAGEDY IN LIFE IS NOT DEATH, BUT A LIFE WITHOUT PURPOSE." (2022) But in the Kingdom, nothing is ever wasted. It is just another dot to connect or a piece of the puzzle that will eventually fit together at the "Appointed Time." I found out that all those things that we think we need to

be successful and find our joy come from within. I am here to testify to that because that is the truth. True joy is found no other place than from within: where the Holy Spirit resides. No. I'm not going to go down the "Spiritual Rabbit Hole" even though this is how I got to where I am today is God. So, when I talk about reverse engineering your faith, we all have a measure of faith that is a gift from our Creator. It could be as small as a mustard seed. It is like anything else. When you're training to become an athlete, you have to be disciplined. You have got to be intentional and extraordinary; you have got to do what average people don't want to do.

Getting up early and staying up late, training like Michael Jordan, LeBron James, or Tiger Woods. All of these people had Focus. Harriet Tubman and Frederick Douglas and the pioneers of our history, FOCUS was the one key "common denominator" they all had. They stayed focused. They stayed true to the cause even unto death. They were willing and available, tired, tireless, and selfless. That is because they wanted to include all black people in the vision they were given.

We are saying that The National Black Unity News is our vehicle to arrive at a destination of community. The community we have to understand is all of us; it's one voice in solidarity and support, each one teaching one. It is bringing us all up to the same standard and we have to be no respecter of persons. So if that means it doesn't matter how you start, it

matters how you finish; that being said, the Business Showcase has taken on the responsibility to build our community networks, collaborate, and partner with black businesses in all 50 states. That is a very tall order to fill or shoes to wear, but they always say how do you eat an elephant, one bite at a time. In this step-by-step process, we will all be asked for our ideas, participation, contribution, and even our criticism and prayers. Anything that you want to add to help our team grow and create a successful project that can be profitable, productive, and useful to this platform, The National Black Unity News. We are not trying to create another black Wall Street but leave a thriving legacy for our family. To build a community of self-sufficiency, solidarity, moralistic integrity, and no contempt. We are only as strong as our weakest link. So, if there be any shade, let effective communication and brotherly love abound in every heart. This is my Call to Action. Will you choose to stand with me and get on the Bus or get left behind? Like Harriet Tubman worked tirelessly to Free her People, let's do the same. Support is the key. And I will end with that.

(Myles Munroe Quote: "The greatest tragedy in life is not death, but a life without a purpose.", 2022

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**Contributing Editor
Joi Ford**

**Author, Motivational Speaker, Singer,
song writer, Education advocate**

The Joy of Writing

As a child music was extremely instrumental in my life. I did many things through that venture such as, singing and directing the youth choir, playing the flute and the piano. All of these activities served to build my confidence and to feed my passion for music. Although I loved music, I found myself gravitating toward my love of books. At the time living on a dead end street in the country, lack of friends and playmates provided me with the opportunity to seek out places and faces that heightened my interest to keep reading books.

Whenever, my father would share stories of his childhood days, his creativity and his ease with his story telling ability commemorating his childhood stories which gave us feelings of inclusion like we were back in the past. We could listen for hours.

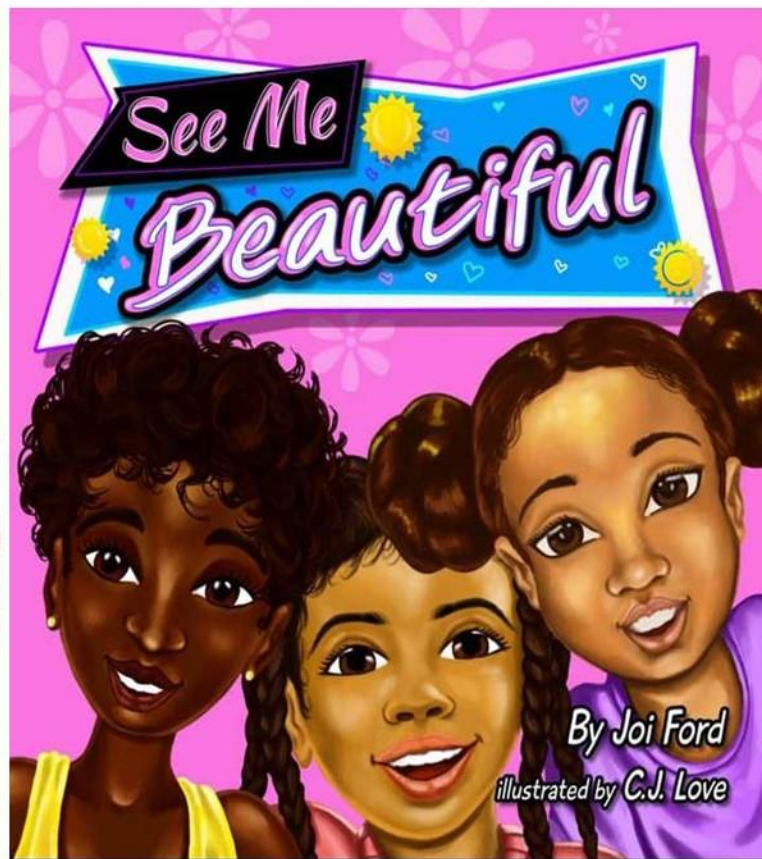
In school teachers often shared stories about history, morals and rhymes were like music to my ears. It was in the fourth grade when learning to write poetry, I began to enjoy the creative process that goes into writing. My fifth grade teacher Mrs. DeWitt would often interject the actual sounds and the voices of the characters which seemed to make the story come alive. So I decided that I could write my own stories, I began writing story after story. Sometimes I would create a story so outstanding Mrs. DeWitt, would ask if she could share it with the class. I felt proud that she recognized my creative writing ability and so I continued to write.

One never knows the moment in one's life when something you love to do will come to a screeching halt. As a young person I allowed myself to succumb to a decision which negated my writing for

forty years. I was very young impressionable and sensitive student attempting to develop my abilities and interest in writing as I mentioned I stopped writing stories for forty years.

I remember the early morning God woke me up and I heard him say get up and write these words down and I did. Subsequently while I was on sabbatical leave from school I was terminated for lack of a reading credit which I was unaware. After I wrote these poetic words I decided to forgive, forget and resume my love of writing.

I enjoy creating all types of stories and I have rekindled that passion to share them with children all over the world. Growing up as a black child, books about black children and blacks in general were not readily available in my school. I seek to create stories that help to empower black children and children of color. A book will take you anywhere in the world, and it will expose one to lives and lifestyles and cultures one may never even imagine. I plan to continue pursuing topics that will expose children to what an amazing world they live in through pursuing their love of reading books.

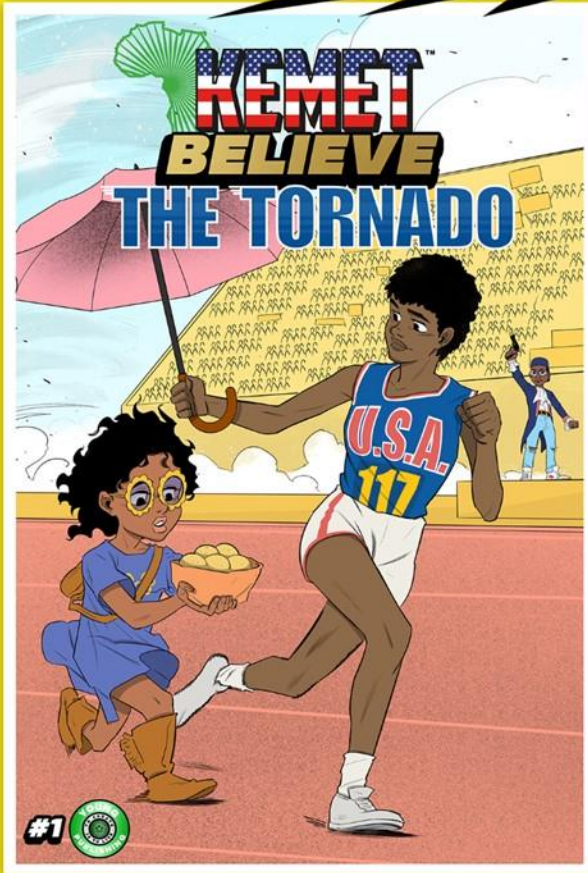


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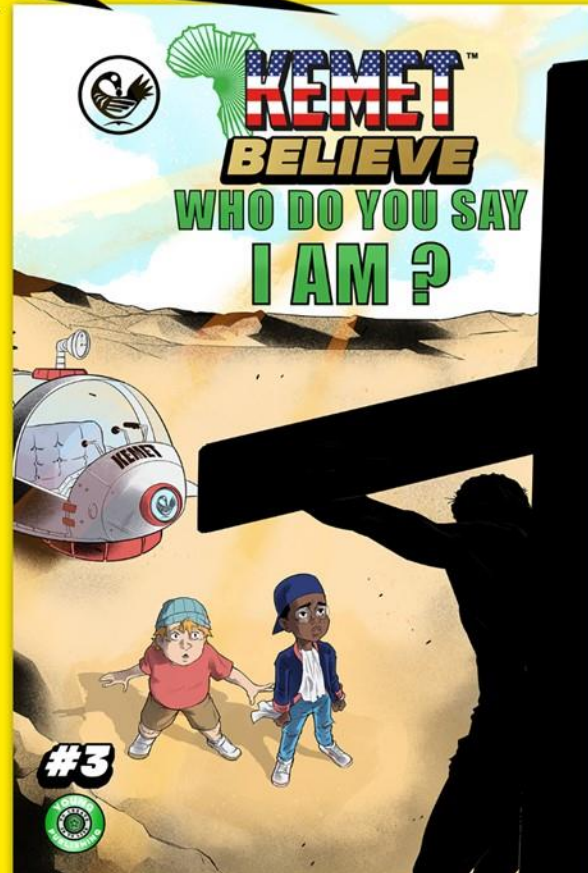
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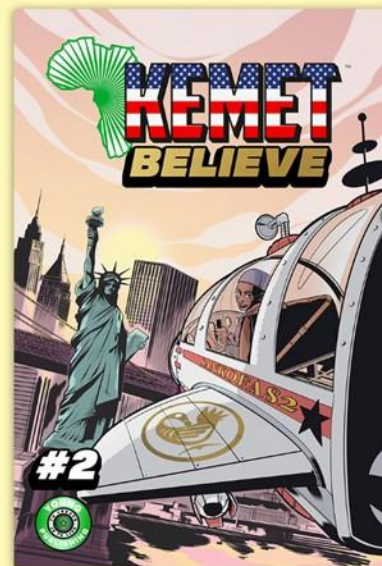


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correction. For instructions in righteousness.;17 That the man of God may be perfect, Thoroughly Finishing unto all good works". We are here and chosen by God himself. Ephesians 1:4 kjv According as he hath chosen us in him before This Foundation of world, that we should be holy and without blame before him in love: The mission statement mankind's only assignment is found in Ecclesiastes 12:13 JKV

"Let us hear the conclusion of the whole matter; Fear God, and keep his commandments: for this is the whole duty of man.

From creation, we are created to succeed, designed to win, equipped to overcome, anointed to prosper, and blessed to become a blessing. However, most interest you and I are born into this world of sin, yes, we were born in a war zone ", Psalm 51:5" Behold, I was

shaped in iniquity; and in sin did my mother conceive me. Quote on the quote, we all are tainted. But Jesus came and paid for our sins, and he is the perfect example for the believer, and those who study and trust in the owner's manual and follow its directions can survive death! Hebrews 9:27-28 KJV "And as it is appointed unto men once to die, but after this the judgment: So, Christ was once offered to bear the sins of many; and unto them that look for him shall he appear the second time without sin unto salvation." The Bible instructs its reader and those who study it daily on how to be saved; it teaches the Golden rule; how to get an answer to prayer; This Owner's Manual is your KJV Bible which has the mind of God; its doctrines are Holy; its precepts are binding; its histories are accurate, and its decisions are immutable.

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Read it slowly, prayerfully; read it often; for it's a mine of wealth; let it be known as you will note that all humans on earth were planned by God our Father before the creation of This world. Isaiah 42:5 as each person has different gifts and talents. Therefore, This Owner's Manual owner's (Bible) holds the paradise of glory and a river of pleasure. It is given to you in life; it will be open at the judg-

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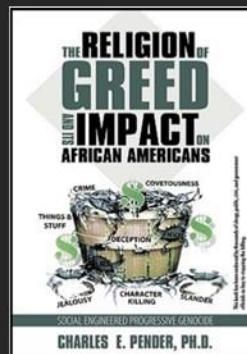
**IF NOT US, THEN WHO?
IF NOT NOW, THEN WHEN?**

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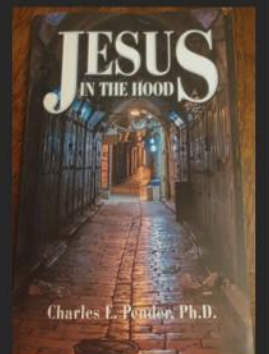
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The Urban LEVITE

“For the Good”/ A Story of a Baltimore Businessman

A recent article in the Baltimore Business Journal focused on the profile Of Baltimore Businessman, Trevor White. He was the co-owner of RYMKS, a new soul food restaurant in Little Italy. The very idea was bold & innovative. Having dined at “Velleggia’s” the previous restaurant that inhabited that location, I can only

day hours later, he would be found dead with multiple gunshots outside of his home.

It should behoove us to remember life is more than economic success, more than European cars, more than higher education and more than ownership of property. It is what we do for God and how we better the lives of man. Trevor White, a Black businessman gave of himself to the end, gave his time, money, expertise, and encouragement to anyone that would listen. He believed in a Baltimore that could change. Change through his love, belief, and vision for success.

What is your vision as a pastor? Businessman? Artist? Journalist? Engineer? Recording Artist? Producer? Promoter? Author? or Politician? Are you actually making life better for society? Are you using your life and talents to serve God? Cause in the end that is all that matters. What will your obituary say about you? What is your purpose? What is your goal? How many lives will you touch for the good?



imagine the elegance and vibrancy this new restaurant may have brought.

According to the news segment on Fox 45 showing Mr. White as a guest on a local podcast while at the AFRAM sharing positive information and a message of encouragement, he was a role model to many. He had everything to live for, he was successful, he was living the American dream. However, on the same

*In a city of brokenness, we have to be a
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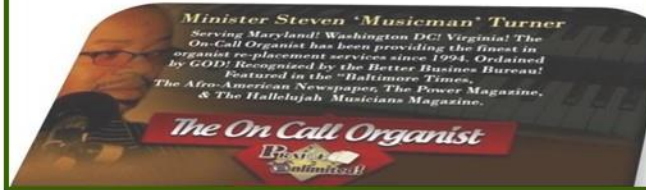
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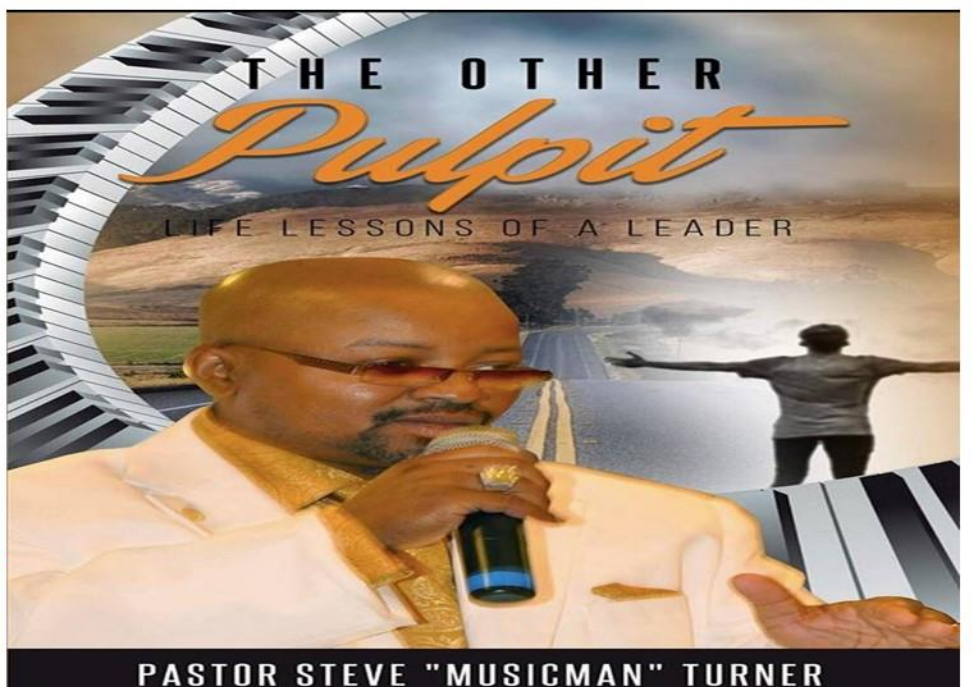
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Entertainment Editor
Dr. Rebertha Pope-Matthews, Ed.D
 Actor, Educator, Performer, Speaker
STYLED to Empower with Dr. Bert

For All Ages
A History Lesson Of Empowerment
“WE REMEMBER 1619”

My Spoken Word Release “We Remember 1619” provides an electrifying account of the contributions of Black Americans from the landing of Africans in The British Colony of Virginia near Port Comfort (Fort Monroe, Hampton, Virginia) to the contributions of Congressman John Roberts Lewis is now debited by the “We Remember 1619” short film. It is my aspiration for the creation of this film to provide a captivating lesson along with its musical experience to encourage learners of all ages to acquire knowledge about the culture, history, and contributions of African (Black) Americans to the United States of America and its global impact. I encourage you to listen to my Spoken Word Audio Track as well as view the film; both pay a modest tribute to an extraordinary people. **The first 75 individuals who listen to the audio track or watch the film, answer the questions below and email your responses to Style2empower@gmail.com will receive my cd with the audio version of “We Remember 1619” and certificate for becoming a “Style2Empower” Ambassador.** The goal of the “Style2Empower” Ambassador associated with this lesson is to educate your family, friends, and neighbors by providing accurate knowledge of the landing of Africans in The British Colony of Virginia near Point Comfort in 1619 and dispel the arrival at Jamestown Myth. Unfortunately, for centuries, the

African American History that led to slavery provided the account of the African (Black) American contributions in enormous ways to build and provide massive wealth for the United States of America. It is only constitutional that the truth regarding the history of all cultures that formed our country and continue to cultivate it be told and respected. Join me, Bill McGee (trumpet player, studio owner, and sound engineer), Verrandall Tucker (percussionist and descendant of William Tucker, the first African baby born on this soil in 1624), April Marcel (film director and film producer), Rahni Song (musical composer, arranger, and producer) and an amazing “We Remember 1619” film cast in doing so. **In addition, individuals who submit their responses and a picture that captures a group sharing my “We Remember 1619” lesson will be presented on this Style to Empower With Dr. Bert page in the next edition of the TNBUN.** The brief history of the African Landing is at the beginning of my audio track and film. Please be sure to share this information and the remaining content with others to be a true “Style2Empower” Ambassador!

“We Remember 1619” Audio Version –
<https://youtu.be/wHFg6MsyDTA?list=RDwHFg6MsyDTA>
“We Remember 1619”- The Film –
<https://youtu.be/9RpBzfuGloE>



How Much Of This History Lesson Do You Remember?

1. In late August 1619, 20-30 enslaved Africans landed _____
2. _____, a fugitive from slavery, fought to defend 13 colonies in the Revolutionary War and was the first to die to form the USA.
3. _____, was sold into slavery by the age of 10 and was granted emancipation as the result of her amazing literary style.
4. _____ proclaimed in Hollywood, she would only speak King James English in her role as a maid. She later appeared in over 50 motion pictures
5. _____, a member of The Student Nonviolent Committee, participated in silent sit-ins, and her leadership and fearless demeanor, caused segregated restaurant practices to end. When committed to the Freedom Riders, she responded to news from The White House that many of them could be killed. She replied by stating, “The Freedom Riders have already prepared their wills.”
6. In one year _____ fed tens of thousands of children breakfast. Their deed obligated the Government to take care of the rest, by federally funding the breakfast program that today, feeds 14.5 million children
7. _____, began sending a message about police brutality and social injustice by refusing to stand for the national anthem before NFL games.
8. _____, produced his own records and with his unique voice and style often addressed social injustices and controversial themes.
9. _____, provide a lifelong support system to children and young people of color to help mentor them about the opportunities education makes available and provide financial support to reach their goals.
10. _____, rendered priceless collaboration during this adventure and shot and edited the film for my “We Remember 1619” Project.
11. _____ is the 44th President of the United States, serving two terms with intellect, class, and style.
12. _____ was a Congressman and foot soldier fit to be a King. He committed a lifetime to his family and the movement of civil rights. For this Congressman there was never a “bubble” as he instilled the importance of getting into “Good Trouble.”
13. _____ was the first African child born on this soil, in 1624.

ANSWERS

A, near Point Comfort, the territory we recognize today as Fort Monroe in Hampton Virginia. B. Diane Nash C. The Black Panther Party D. Crispus Attucks E. William Tucker F. Phyllis Wheatley G. Marvin Gaye H. April Marcel I. Marietta Canty J. Barack Hussein Obama K. Michelle Hord- White & The Hord Foundation L. Collin Kaepernick M. John Robert Lewis



Bert Pope
 Actor, Educator, Performer, Speaker
 Rebertha Pope-Matthews, Ed. D.
 804-943-8589

STYLE2Empower@gmail.com
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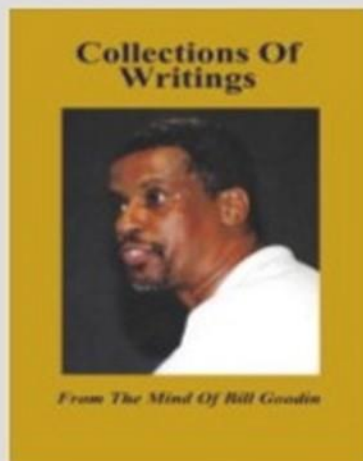
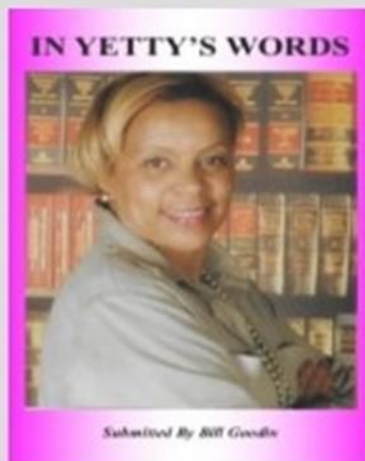
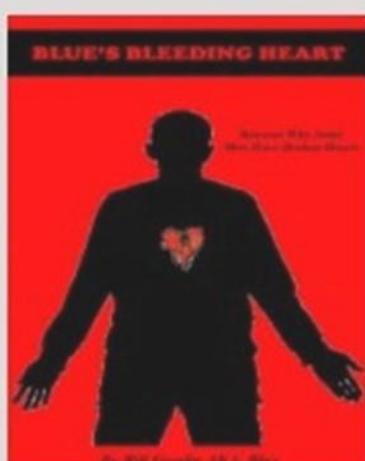
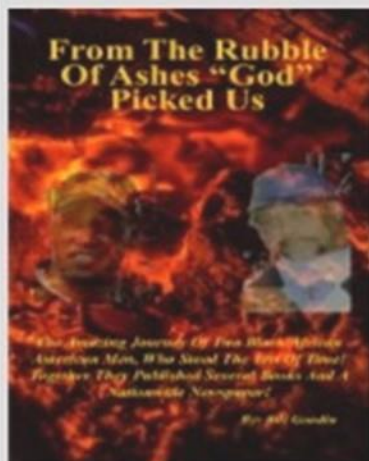
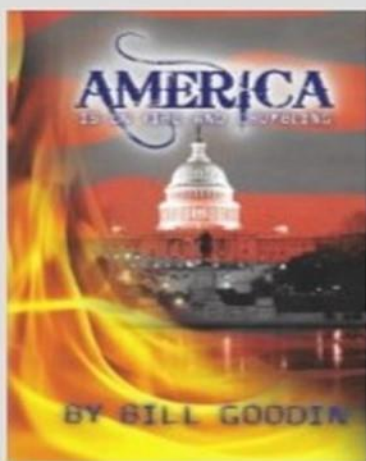


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Contributing Editor
Haki S. Ammi

Success Scholar, Author, Organizes, Networker

Raising Consciousness and Capital

Ethiopia was the only African Nation never Colonized. With this in my TAI CEO, Haki Ammi had the honor to participate in the Global Pan African Roots Synergy Round Table.

The Addis Conference was held May 23rd to 27th, organized by Dr. David Home, Dr. Barry Biekman, Grace Abena James. Haki Ammi hosted a Panel on STEAM, Special emphasis was placed on Connectivity and stopping the African Brain Drain. Many Africans in Africa desire to come to America. We need to stop the Brain Drain and educate Africans living in America how African Americans and Africans should work together while in America to assist Africa.

About the Pan African Roots-Synergy Roundtable

This Roundtable was organized by four main organizations: the Sixth Region Diaspora Caucus (SRDC) which primarily operates in the United States and the Americas in general; the African Union African Diaspora Sixth Region Facilitators Working Group (AUADSWG) which operates in Europe and has its nerve center in The Netherlands; the African Diaspora Right To Return Alliance (RTRA), which represents African Diasporans who have repatriated back to Africa and are fighting for full citizenship in the Motherland; and the African Diaspora Union (AFRIDU), an organization of primarily Continental Africans who have moved from their home countries to other countries in the African Continent with perhaps some who have left the Continent altogether. Other organizations that were affiliated with them, such as the Teaching Artist Institute (TAI) and the Sheroes Sisterhood, provided invaluable input to the process and worked throughout the Roundtable to help ensure that it was conducted smoothly, from moderating working groups and discussions to handling audio-video issues, attending to the needs of special guests and doing behind-the-scenes work that too often goes unappreciated. These and other attending organizations and activists deserve much credit for what, on balance, was a successful conference.

The Roundtable, as I understand it, had three primary objectives:

A Ten-Year Review of the May 2012 AU Diaspora Summit and Declaration that as held in Sandton, South Africa. The African Union (AU) had convened a major African Diaspora Summit in Sandton, South Africa in late May of 2012, which drew many Pan-African activists around the world and resulted in the African Diaspora Declaration, which enumerated a number of objectives that the AU would pursue on behalf of establishing the Diaspora's voice in the AU as well as ways in which the Diaspora could become contributors to the AU's overall mission. Ten years later, it was anticipated that the AU would conduct a review of that Summit, including an assessment of what parts of the Declaration had been successfully implemented, which had not, and what would be the way forward from here. When asked about their plans for this Ten-Year Review, however, the AU replied that there were no plans for such a Review. At this point, the primary organizations decided to conduct the Review ourselves. The primary purpose of the Roundtable was to look at the Diaspora Declaration from 2012 and conduct that Review and assessment.

A challenge and an opportunity for the African Union. Since 2006, SRDC and AUADSWG have been following the process proposed by the AU to establish the African Diaspora's voice first in the AU's Economic, Social and Cultural Council (ECOSOCC), then in the Pan African Parliament (PAP). This process had been announced by the African Union Commission (AUC) as far back as 2006, and the AU's Citizens and Diaspora Directorate (CIDO) had been designated as the management organ in the AU that would administer the process of establishing the Diaspora in 20 elected seats in ECOSOCC according to a set of Statutes of ECOSOCC. For 16-plus years now, we have been consulting, cajoling, pushing and lobbying the AU, CIDO, AUC and ECOSOCC to conduct certain specific steps toward the review and approval of the procedures we have proposed and to facilitate the final process of our incorporation into

ECOSOCC. This Roundtable was held in Addis Ababa, Ethiopia, the main headquarters of the African Union, to let them know we are and remain serious about our effort to achieve this goal, as well as to provide representatives of these AU organs a convenient opportunity to meet with us and address our concerns. CIDO and ECOSOCC did indeed send representatives to the Roundtable, though they were not able to answer all of our concerns or officially restart the process that we have been pushing for since 2006. We remain hopeful, however, that this Roundtable will spark a renewed effort not only from Diaspora organizations but also from the African Union and its organs.

An opportunity to bring a wide variety of Pan-African organizations together. Groups that had not consulted together before, such as the Ethiopian World Federation (EWF), Africans for Reparation and Repatriation (A4RR) and the State of the African Diaspora (SOAD), which had heretofore conducted their business without consulting each other, were brought into the same space, perhaps for the first time.

Did the Roundtable Succeed?

The Roundtable has produced a Review Document that includes a 2022 Resolution and Declaration, which will be available on the Roundtable's Web site. The current site, <https://addisroundtable2022.org>, will be updated to include the Declaration and Resolution as the document is publicly released. Among the expected results of the Roundtable is the formation of a civil society governing and management structure that will allow us to be recognized by the AU as an organized global entity, one that is directed by the concerns of grassroots communities from around the Pan-African Diaspora, from the Americas (North, South, Central and the Caribbean), Europe, Asia, Australia, the Middle East and the Pacific, as well as African Diasporans who have repatriated back to Mother Africa but have not been granted citizenship in their ancestral home.

A number of organizations came together in Addis who had little to no knowledge of each other's missions, some of whom had ignored or even competed against each other in the past. While some of the attending organizations had reputations as seeing themselves as the primary or only representatives of the Diaspora, their coming together in this space not only allowed them to see that theirs were not the only voices for the Diaspora, but also allowed others to see them in a setting where they were at least willing to discuss working with each other in a cooperative, and not competitive, manner. Thus, the possibility for greater cooperation and unity between different African Di-

aspora organizations became possible, which should earn the Diaspora at least somewhat greater respect from international bodies such as the African Union and United Nations. The success of the Roundtable will ultimately be determined by the will of the grassroots community, activists and organizations of the African Diaspora, if we are able to overcome that which has divided us and work together to establish our voice in the African Union and to re-establish our connection to the Motherland. Further updates, as they become available, will be shared on the following Web sites:

Addis Roundtable,
<https://addisroundtable2022.org>

Sixth Region Diaspora Caucus,
<https://srdcinternational.org>

Other Pan-African organizations will also feature information on their Web sites after it is released through the Addis Roundtable and SRDC sites.

There were discussions on the role of ECOSOCC, The Economic Social and Cultural Council. ECOSOCC is the Civil Society Committee for the AU. It serves as an advisory committee for AU's Secretariat, Pan African Parliament, Heads of State and other Council. As of today, recently the ECOSOCC had to remove some of its members for unethical behavior which was recently posted on its official website.

As a part of the Delegation touring the African Union was a once in a Lifetime opportunity. Knowing the History of the struggle of all independence movements beginning with Kwame Nkrumah in Ghana and moving into the Southern Regions of Africa.

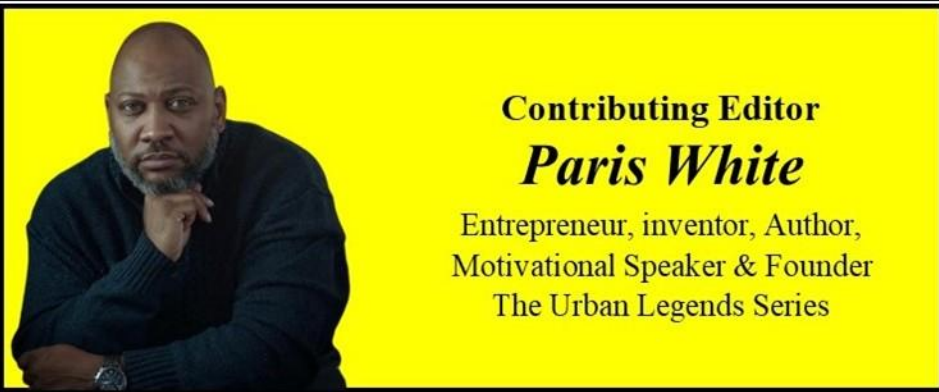
One of the operations that was birthed from this Conference was the Freedom Rides. The goal of the Freedom Rides here in the US is to target African Immigrants to learn more about the Civil Rights Struggle. The Civil Rights movement was instrumental in the International Movements.

This year's Ethiopian trip will lead into the movements for the Summer Learning Institute in Tanzania where a Delegation of 15 will travel July 20th to August 2nd. Teaching Artist Institute would like to continue to organize on the African Continent.

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Contributing Editor Paris White

Entrepreneur, inventor, Author, Motivational Speaker & Founder The Urban Legends Series

The Urban Legend Series

As an African American author and educational board game designer, born and raised in Washington D.C. I understand the educational struggles and hardships plaguing our communities. I am working diligently to build a company that represents, educates, and gives back to the African American family.

I attended Morgan St. University, The University of the District of Columbia, and The Maryland Drafting Institute for Architectural Design where I crafted and developed my art and writing skills. My management career in retail, hospitality, security, purchasing, inventory, warehousing, and logistics has given me the tools needed to run a successful business.

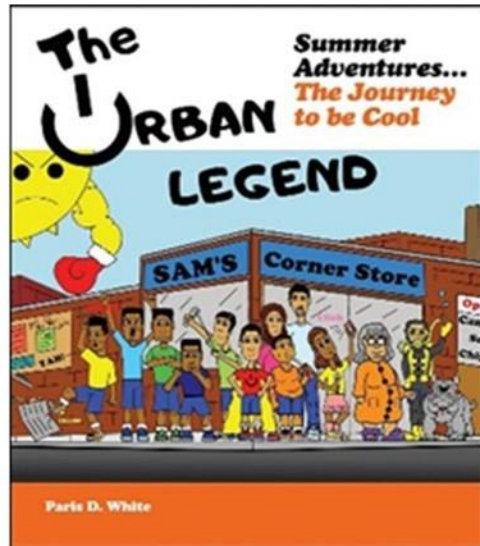
Our company's vision is to bring families back together with games and books that encourage family bonding, social activities, and learning. THE URBAN LEGEND SERIES intelligently ties the books, board games and trivia cards all together for one enjoyable experience.

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Dr. Lonnie Johnson INVENTOR Born October 6, 1949 Mobile, Alabama Inventor, Aerospace Engineer and Entrepreneur While working at NASA in 1990 as an Engineer, he invented the Super Soaker Water Gun, which has been among the worlds bestselling toys ever since. He also invented the Nerf Gun when he patented the "a Pneumatic launcher for a toy projectile" which revolutionized toy blasters. 3 pts/blast another player back home to dry off

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Contributing Editor
Haleem Abdul-Rahman

Radio Host, Men Health, Podcaster,
Health Advocate, Community Activist

Introducing, Haleem Abdul-Rahman: Men Health

Hi! I'm Haleem Abdul-Rahman, creator of the life-changing course: Men's Health: The Art & Science of Sensual Healing. I became interested in issues that affect men's health because I experienced a series of major health challenges that left me completely unable to per-

form sexually. The resulting distress and shame impelled me to find a solution because I absolutely knew I was not willing to suffer in that way for the rest of my life.

I conducted extensive research into various natural methods that restore hormo-

nal balance and put the information to the test myself. The results have been "gratifying", to say the least! I am so pleased that you are here, and you are interested to improve your current sexual health condition, whatever it may be. My program works if you work it!

I have worked in the field of healing both men and women for 21 years. I came into this knowledge as a result of being diagnosed with HIV and HEP C. The allopathic doctors said at that time I had possibly 3 years to live. I happened to meet holistic doctors Dr. John Chissell and Dr. Patricia Newton respectfully triumphant. The two of them helped me destroy the prediction of the doctors of the traditional way. I claim not to have any cures. Nor do I claim to be a doctor. Nevertheless, I have helped many men and women overcome major health challenges such as cirrhosis of the

liver, cancer, HIV, HEP C, high blood pressure and more. I teach what I was taught. Making lifestyle changes.

Today my emphasis is PROSTATE HEALTH. Far too many men have that because of elevated PSA levels or because they have developed prostate cancer, they need to have their prostates removed. Like many unnecessary hysterectomies, many prostate removers are totally unnecessary. I advocate creating a culture for male virility. Within this culture is a whole section on the care of prostate health. Go to [Positivemanhood.com](https://positivemanhood.com). Take the course MEN'S HEALTH THE ART AND SCIENCE OF SENSUAL HEALING. For those needing more advanced consultation book a free discovery call <https://calendly.com/positivemanhoodllc/30min>

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MASCULINE IMPERATIVES

With Haleem Abdul-Rahman

I so love the progression of The Masculine Imperatives Broadcast. We are consistently bringing forth broadcast design for the empowerment of men. As we know our broadcast often times feature women as guests. This Saturday, July 9 at 9 am. Masculine Imperatives will highlight the insightfully gifted Julie Ayla . She will be on to discuss Polarity In Relationships. She emphasize how Radiant Women are essential in inspiring the growth of the masculine. Go to [wolbbaltimore.com](https://www.wolbbaltimore.com). Tap the listen now button to join this powerfully insightful broadcast.



Contributing Editors
Kim Williams
Cynthia Jahi
Faith Based, Entrepreneurs,
Home Support For Families

Introducing, Kim Williams & Cynthia Jahi

GOD BLESS YOU! Welcome to Love Truth Ministries and Movements Unlimited Performing Arts Co. INC. We are sisters Kim Williams and Cynthia Jahi, daughters of Raymond & Edith Williams! Both were born & raised in Baltimore, Maryland.

Our parents laid the foundation down for us. The Artist Raymond & the gracious homemaker Edith were husband and wife, romantic lovers for 43 years until the day Dad passed in 1987. Their love produced 6 wonderful children (we would know because we are the only 2 females). So we have four energized brothers that our parents succeeded in raising through the GRACE OF GOD!

A lot of what we do and express is from our loving relationship with our family and being raised "TO LOVE AND OBEY GOD!" The art part comes from GOD blessing our Dad who painted the most beautiful murals on the ceilings, cabinets, and walls of the various homes where we lived. GOD blessed Our Mom who brought art to us through her crochet, painting, and home décor. They both brought "THE DANCE!"

Oh yeah, we got our homework done and checked by Dad, but we also enjoy beautiful music and dancing. Mom and

Dad could do it all: Cha Cha, swing, hand dancing, and just "Cut the Rug!" All in clean family fun!

GOD, GOD, GOD, was a part of everything because we were taught to kneel and pray before going to bed at night; to do a prayer of thanks in the morning, to say Grace over our meals, and extra Prayers for GOD'S love and Mercy as Dad left to work at Esskay Meat Packing Company known as "The Quality Meat"

He worked there 5 days a week, for 43 years minus vacations. He really did "bring home the bacon, eggs, cheese, pork chops, steak, veal, roast and ground beef" back then.

LOVE TRUTH MINISTRIES- is the mission of Kim Williams. If prayer is what you need? Consider it already done! I truly believe in the power and need for prayer on an hourly basis, on a per-event basis, a daily basis, he woke me up today, he protected me through the night basis, and before I go to do anything, basis!

When I see someone struggling with something I know my first way of helping is to pray for them. Or to pray for a positive outcome for their situation.

So, to start this off correctly email me at lovetruth.Williams88@gmail.com so we may pray for you or whoever or whatever you need prayer for. There is Power in Prayer! Find out more about my sister Kim Williams on her website http://lovetruthministries.com. To get to her YouTube page type in exactly like this "LOVETRUTH MINISTRIES". Make sure you include the parenthesis before and after so it will appear for you.

MAMA JAH! Jambo, I am Cynthia W. Jahi, just call me Mama Jahi. Through Movements Unlimited Performing Arts Company Inc. I am working with children via the ZOOM and my YouTube Videos; just type in Fun Time With Mama Jahi. I am available to help your child with reading, math and I have Umoja Time with Mama Jahi that celebrates our Cul-



ture. I have been working with children since I was 12 years old (yes really). I started off babysitting for my neighbors.

My background in dance and theater was inspired by Bill Robinson (BoJangles), Sammy Davis Jr. Lola Falana, and Debbie Allen. My personal favorite dance instructors were and still are Maria Broom and (The Late, Great and Wonderful) John Taylor (The Kinder Man) "he always says "Don't call the Police" as he popped a dance move! I will tell you about others who inspire me in the next article.

I am also inspired by the fun-loving, creative, bold, and beautiful Mama Kibibi Of Sankofa Dance and Theater of Maryland, Mama Olu (back in the day), and graceful and dynamic Eva Anderson Dancers out of Columbia, Maryland.

To contact me to help your child: email me at MamaJahLove@gmail.com or text me at 252-406-0774 and type interested in tutoring for my child.

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https://metro-pa.com/res/32747/241230?source=web Kim William contact information for Metro PA is lovetruth.williams88@gmail.com and for Mama Jahi use cynthiajahi@gmail.com

In closing we are here to serve you and to help you through prayer, working with your child or children, and as an advocate concerning your home. We are dedicated to helping you.

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You are welcome to join me in prayer. Do you know if you are "Rapture Ready"? Contact me Kim Williams at lovetruth.williams88@gmail.com GOD BLESS!



Contributing Editor
Rev. Dr. Andre H. Humphrey
 Pastor, Author, Community Activist
 Baltimore Trauma Response

Baltimore Trauma Response Team

Dr. Humphrey is the Chief of the BTRT with over 30 years of experience working with youth, incarcerated adults, caregivers, and clergy. Over the years he has dedicated his resources to community members concerning trauma. Diligently throughout these years, Dr. Humphrey has trained and counseled professionals and community members while supporting victims and families at crime scenes for the trauma they experience. Dr. Humphrey has a broad reach with his work and has partnered with the Baltimore Police Department in efforts to lend support to the citizens of Baltimore to recognize trauma and especially childhood trauma.

Sabrina Martin is the Founder of Determine Your Destiny, Inc. (DYD), a community-based organization that focuses

on Family Wholeness, Wellness, and Healing. She is the Assistant to the Chief of the Baltimore Trauma Re-

sponse Team (BTRT). Mrs. Martin's background is in Addiction Counseling and Mental Health, and she has over 20 years of experience in these fields. Mrs. Martin's passion comes from her personal journey as a mom of two specific needs children and the care provider of her mother. She has first-hand knowledge of the obstacles, stigma, and red tape policies that can cause stress or be a deterrent while trying to be a support for loved ones which has fueled her mission to serve. Mrs. Martin has helped numerous families to get their critical services and supports in Baltimore city and surrounding counties.

BTRT and DYD have formed a unique partnership in Baltimore city that focuses on Hope and Healing. We are meeting people where they are and are helping to eliminate the barriers big and small that have been preventing these caregivers and families from moving forward with reaching their individual and family goals. Our partnership is unique because we combine their trauma and healing with a wraparound approach providing not just resources but peer support. Helping caregivers and family members connect the pieces and navigate the systems to better benefit and support their loved ones is our mission. Providing the assistance and support of a peer is an invaluable link that has been missing for these individuals. We will continue to train and support individuals to empower and equip them to better serve their families and communities with the partnership and utilization of other committed organizations. BTRT is currently looking for volunteers that are passionate about Baltimore city and its residents; to learn more about the work or volunteer opportunities please contact Dr. Humphrey at 443-418-8898 or Sabrina Martin at 443-850-8218. BTRT also offers a 4-hour trauma training to individuals for \$125 which includes training information, completion certificate, lunch, and a discounted rate for groups or organizations.



Baltimore Trauma Response Team

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

A Police Officer

A Mental Health Clinician

A trained Community Worker (such as a Social Worker)

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

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

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

443-418-8898

rev.dr.andrehumphrey09556@gmail.com

www.thebaltimoretraumaresponseteam.org/

Rev. Dr. Andre H. Humphrey

Black Youth and The Juvenile Justice System



Coming Soon!

Baltimore Trauma Response Podcast





STEPHANIE POPLAR

Stephanie Poplar has well over 24 years of establishing nonprofit. She is known as a sista by her diverse clientele.

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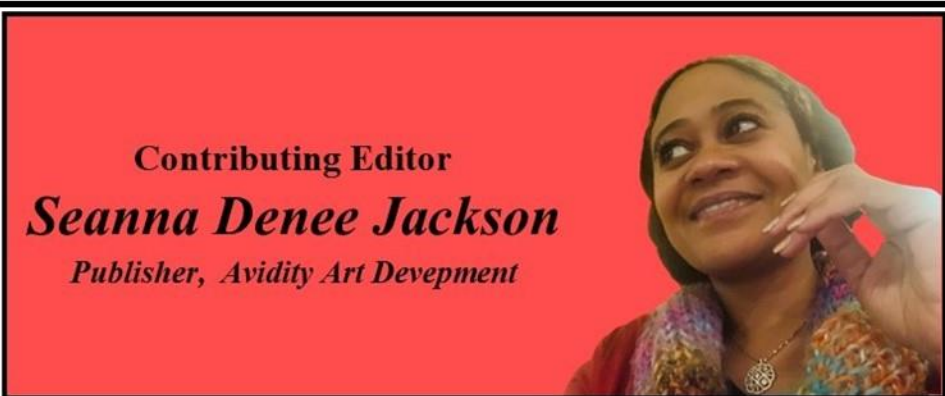
DO YOU HAVE A PASSION TO SERVE DISADVANTAGED YOUTH AND FAMILIES? DO YOU WANT TO START A HOUSING PROGRAM FOR VETERANS? DO YOU WANT TO START A YOUTH PROGRAM? IF THE ANSWER IS YES, LET STEPHANIE POPLAR AND TEAM WORK FOR YOU.

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CONTACT STEPHANIE POPLAR, NONPROFIT SPECIALIST AT 240-492-9559.



Keep your site up to date and relevant to right now; you can categorize old information.

Do not choose a website builder which is beyond your skill level.

If you are starting from scratch, choose an option that allows quick updates from your phone.

Ensure that your site is mobile responsive, meaning that it looks good and is functional from a mobile phone, without your user having to make any adjustments to their screen. Mobile users now account for more than 1/2 of users compared to the days of using a desktop computer.

Google search your name and business name; if you are not pleased, begin to do the work of adjusting the results. Your site should be found on Google. And please note, if you're using Google My Business (Freebie), research to discover the 2022 changes to the platform.

Social media algorithms no longer share one post to "all" friends on your account. If you choose to use social media as your primary web presence, be aware that there is "more to it" than posting.

Size and image sources can require additional steps to ensure image quality. For

example, a logo copied from a letterhead and "placed anywhere" will be distorted and show low quality.

Basic business writing is mandatory. Your text does not have to be thesis-level writing, but it does need to be clear and free of the error to your user. For example, do not capitalize each word in a sentence of a paragraph; traditionally this is okay for use in a header.

Take the time to ensure that your site is free of typos and broken links. Your source links can change at any time, so you want to ensure your website visitors are getting the user experience you intended.

Last but not least, if this all sounds overwhelming and you don't have the time because you are too busy operating your business, hire a web administrator. There are many people who can design, maintain or update your website. Doing it yourself can help lower costs, but the impression you make on your potential customers is priceless. Think about getting it done and then being taught to maintain it yourself. www.avidityart.org

PUBLISHER
AVIDITY ART DEVELOPMENT
Cleveland, Ohio 44121
sd@avidityart.org
216-571-1164

Many black small businesses choose to keep the cost down. And some owners still believe that a website is not essential to their business. But web presence is everything. Black business marketing 101 is by word of mouth. This means that, in the referral process, an online representation is almost mandatory to enforce credibility. Banks, vendor applications, and just about every step to advance a business require a website to support your business profile, and you are being judged at a first impression. You can hire a website designer, who may or may not be a graphic designer, or a web administrator who keeps it all going. The cost involved is sometimes separate from what you pay for the platform that your website sits on. And somewhere in those transactions is where a business decides to do it themselves. As

of late, many businesses choose to utilize social media as a primary tool to serve their businesses to keep the cost down, but professionally, people don't use social media in comparison to "google" when looking for service. Although fairly easy enough to set up, DIY websites require you to create from a user perspective, not your own. The following are a few recommendations for people who decide not to hire a professional:

Mark the date your domain address expires to avoid up to \$100 or more in re-connecting fees. Visiting a website address that is no longer available is a turn-off to potential business. The domain address is valuable for most of its profiles, business cards, and brochures. Please don't lose it.

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BALTIMORE COUNTY
AFRICAN AMERICAN Cultural FESTIVAL

BALTIMORE COUNTY AFRICAN AMERICAN CULTURAL FESTIVAL



Would you like to perform at the 2022 Baltimore County African American Cultural Festival? Celebrating our 26th year in 2022, we are proud to showcase performing artists from various disciplines (music, dance, spoken word / poetry, comedy & more) to add to the experience for our festival attendees and to shine the light on the creativity of performers.

The Baltimore County African American Cultural Festival (BCAACF) is offering its annual scholarships, which are awarded to high school seniors attending a Baltimore County Public High School. The scholarship awards are granted in various amounts, Scholarship awards will be made directly to the post-secondary school that the student decides to attend. Scholarship monies can not be carried over from year to year; therefore, it is critical that you advise us of the college, university or trade school you plan to attend, your acceptance to the institution, and when you have enrolled in classes for Fall 2022.

**NOTE: You must include a link to a video of you performing or link to a 45 second audition video as part of the online application process. Please complete the online interest form by the deadline of (July 31).*



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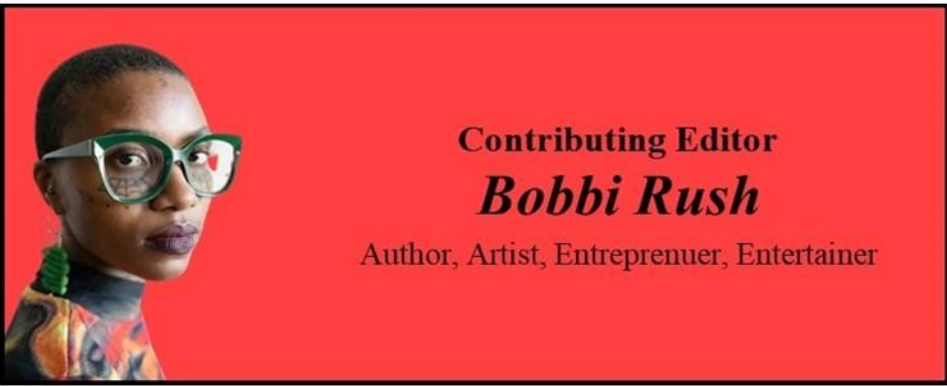
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Contributing Editor
Bobbi Rush
 Author, Artist, Entrepreneur, Entertainer

Strange Newness

I am stuck on what to write and share. There's been so much going on, that processing hasn't been the easiest. I'm here though. I suppose I'd speak on unknown travel and what it's like to be in places where you can't see, and you have to completely trust yourself. I am not speaking from the perspective of one who has mastered, but of one who is presently here. Traveling. I never thought "home" and I would part ways. Ever. So, I think it's more than trusting

that's taking place here. It's grieving and letting go. Letting go enough to move. Staying light enough to be present and grateful. All this, done in the dark. Places unfamiliar. It's something to witness your unseen materialize. Proving everything, you've felt, dreamt... so real. Your power is real. There!!

Deal with that! Carry that understanding. Deal with the fact that you have power. Ok, now what?

What to do with this power - as feelings take form? I'm not here to give answers. Like I said, this is the perspective of someone still in it. In the figuring out, the maturing. I am witnessing myself. I'm watching my self-grow. Feeling my self be uncomfortable- I stay there. I don't want to, but I am. What does this unfamiliar, uncomfortable, but growing place truly offer me?

ME. All I will get out of this is me. Shaky on solid ground is what I feel. And I don't want to be anything except a greater I Am.



www.TheBlueFaceProject.com



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Purchase Our Book:
Language Of The Crow



A digital download of Bobbi's 3rd self published book

TheBlueFaceProject is for all expressions labeled Art. We communicate creative wellness. Creative wellness sustains us all. It works as a spiritual practice in our daily living. That which we can not always say, we express through writing, craft, design, attire, thought, movement, sound, and vision.

Thought In Plays.
Bee.Rush

Ah Be Longin
 (I Belongin)

- (n) An affinity for a place or situation.
- (n) A spontaneous or natural liking or sympathy for someone or something.

Two. WHAT DO YOU THINK YOU WANT _ BASED ON WHAT YOU KNOW IS TRUE?

TOOR.

The day you'd gone, it left me here
 Broken a new.
 Like a virgin and a first place
 Im all whole and without you.
 What kind of mind would chip you away?

Four. BASED ON WHAT THEY WERE TAUGHT, A SLAVE'S HIGHEST ASPIRATION WAS TO LIVE AND BE- LIKE HIS MASTER.

To my Mother and Father,
 To carrying me.
 Known and unknown
 Righteous and right
 You're in my : Guest Book Of The Dead Who All To Send Thank You's To.

End.

Wonder about belonging.
 Search, be sought.
 Grow a love for people, places and feelings.
 A deep understanding.
 Re-search your mind. A lovely conclusion.
 Who comes? Who attracts?
 Open your eyes to yourself.



Bobbi Rush www.TheBlueFaceProject.com 443-629-7726





**Business Consultant
Lila Arthur
Primerica Financial**

What is your vision for your family? Do you have something in place that will replace your income in the event of an untimely death? This amazing company Primerica has taught me how to set families up to leave a financial legacy for the next generation. It has showed me how to make income when I was unfairly terminated from a job, I gave my time and energy to.... Time, I took from my children, time that I cannot get back.

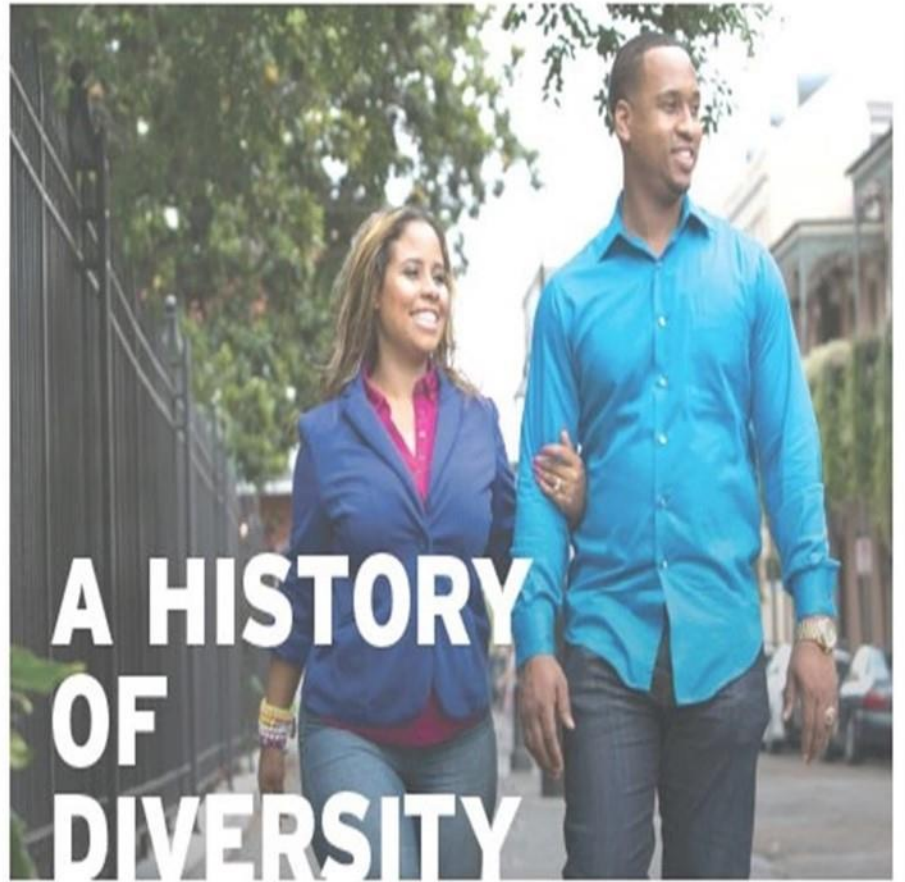
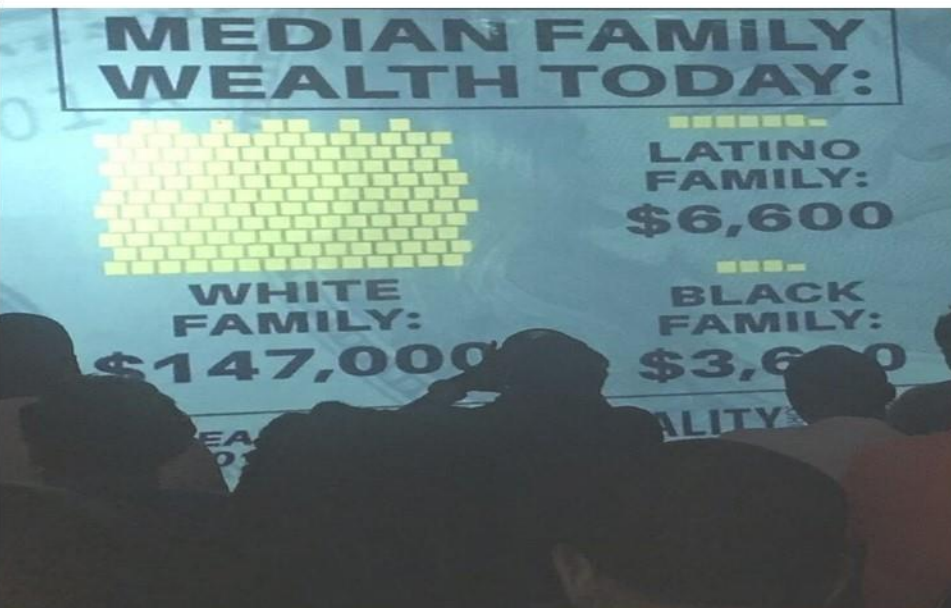


do not, you think life would be a lot better for your future loved ones. Now here is a chance to get that knowledge and understanding that was perverted by our competition. This week I have brought the young and the seasoned together and we will share that knowledge. will you? Come and join me and my team and let us make a change in this world.

I listen to people kick dirt on Primerica, people who do not have a clue about who we are and what we do. It is time to stop listening to the gossip and get great understanding of the gospel the truth in financial services. Do you want wealth or just insurance? We provide family wealth something you can continue for generations to come. I have sat down with many families and showed them how to pay off their mortgage, send their children to college and have the right type of income protection in place. Vision is what you see for your loved ones, vision is knowing that it will not be easy, but it is what need to be done. How much are you willing to sacrifice to make your vision a reality. How much educating are you willing to go through to teach to others, your loved ones. The Bible says that our people perish for a lack of knowledge. If you or your parents already knew what you do not know



*HELP the multitudes ...
Thank you for taking time to read this article
Lila Arthur
Lilaarthur.la@gmail.com
667-231-0819
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Forty years ago, Primerica was founded on the commitment to help Main Street North Americans live extraordinary lives by providing both the financial education and solutions they need. Helping these families is who we are.

**Lila Arthur
667-231-0819**

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

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- Build savings for education expenses
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**Lila Arthur
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Contributing Editor
Carltaise Ransom
 Actor, Singer, Screenwriter, Songwriter, Playwright, Award winning Independent Filmmaker., Director and Podcast Host of The C Note.

The Artist Showcase

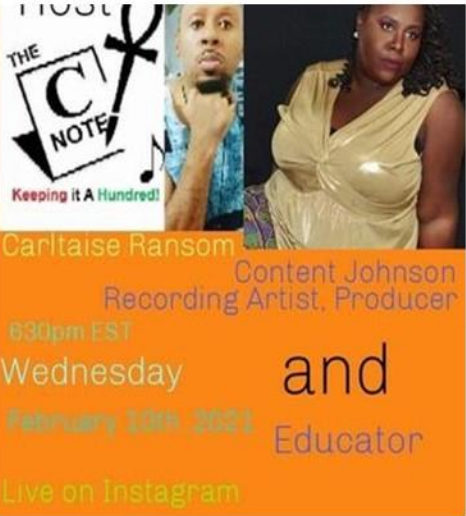
To all of you gifted and talented artist out there, The National Black Unity News is providing a platform to showcase your talents! You will get featured in our nationwide publication and a interview by yours truly or one of associates! We have limited spacing so take advantage of this nrare opportunity!

Only \$100.00 to be featured and interviewed!

I believe in the powerful medium of the arts and their powerful ability to influence in addition to having a great passion for the arts. I am a Baltimore Native Son/Sun. The arts have been an important part of me all my life. I'm an Actor, Singer, Screenwriter, Songwriter, Playwright, Award winning Independent Filmmaker and Director and Podcast Host of TheCNote and I am dedicated to using my Artistry to Empower, Enlighten, Heal and Unify The African



Diaspora across the board. Everything I do is out of Love and the respect and honor I have for The Ancestors, and for our upcoming and future generations of Black people. My life Is in tuned to the spirit of The Creator God and The Ancestors that live within me. I'm looking forward to meeting and highlighting my fellow Black Artists and Entrepreneurs of different occupations that genuinely care about the survival of our people /Community.



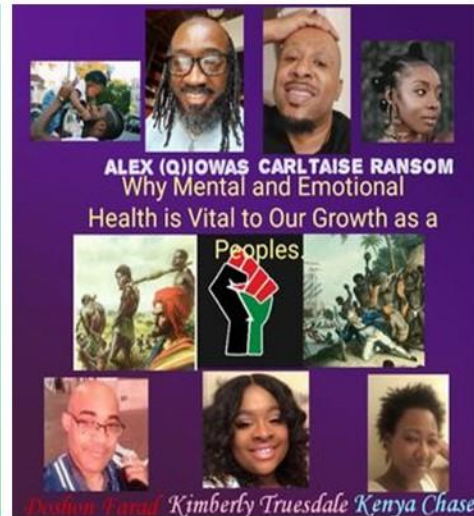
Carltaise Ransom
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ALEX (Q)IOWAS CARLTAISE RANSOM
THE DIVIDED MENTAL MAN
 ADDRESSING THE MANIPULATION AND
 ATTACKS ON THE BLACK MALE BEING
 Tracie Jiggett Kenya Chase



Carltaise Ransom Episode 18
 Host Monday
 April 5th 2021
 630pm EST
 Actor
Adam Huff
 Live on Instagram
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ALEX (Q)IOWAS CARLTAISE RANSOM
 Why Mental and Emotional
 Health is Vital to Our Growth as a
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Yes, I Can! Yes, You Can, Yes, We Can!

Featuring: Charles Ballou, Cedrick Walker & David Murphy

Continued from page 3

He became militant and paid a heavy price for being in the military and being militant! Charlie was a good basketball player and could sing Base/Baritone. Charlie, a few members from Denison Street, and a few other friends from the area started a group called The Villagers. Charlie and my youngest brother Prentiss Prentice Robert (June Bug) Murphy are the only surviving members.

me, it was a DeJa'Vu (a feeling of having already experienced the present situation) the moment! Remembering Charlie from back in the day until now was a full-circle moment! I helped him sell tickets to this event. I had sitting at my *two tables* friends I grew up with, business associates from The Arch Social Club, The National Black Unity News team and family, and a few other guests! We enjoyed ourselves, as we danced and listened to good music. This



Some of the crew that grew up on and around the 500 Blk. of Denison Street
Left to right: Dianna, Linda (B) Earnestine, Andrea, Marsha, Charles (B), Mary Ann, David (B), Ricky (B), Sherita, Lenora

Charlie went on to sing with many groups and Choirs. Today, he sings with a group called The Swingsations. I just went to a Cabaret (an event back in the day, people would bring their food and drinks plus dance and be entertained).

event was an excellent opportunity to socialize with one another. For several hours we could let go of the world's cares and enjoy life with good people!

Charlie's passion for singing inspires me, and it gives him pleasure and so many people joy by his gift of singing! I am very passionate about music. For me, it is therapeutic and reminds me of my yesterdays and the people I met along the way in my life!

Earlier that week, my friend Cedrick (Ricky) Walker was in town with The UniverSoul Circus. Ricky, who was raised up in the five hundred block of N. Denison Street, is the founder of the circus. Ricky started shining shoes to earn money when he was a child. Unfortunately, he graduated to other ventures that were not safe and were very risky! He made some bad choices that could have endangered his life! Thank God he had a father that loved him enough to remove him from that environment!

Thank God for families, because they loved us unconditionally; sometimes it takes tough love! Like most of us, he tried his hand at *many opportunities*, but all of them helped mold him into the man he is today!

Today he travels all over the United States and many other countries finding great talents. Ricky brings so much joy, laughter, and love to so many people! If you have not been to The UniverSoul Circus I strongly suggest you go! It is *culturally interactive* and *highly entertaining*!

This is a circus where the entire family can come together to enjoy themselves and each other! The UniverSoul Circus will leave a positive impression on your life! I am so impressed just knowing that a *brother from the hood* made this possible! My son, who is in his thirties, said, "The UniverSoul Circus is one of his fondest memories of his childhood." I recall that the circus is the event my Baltimore family has ever gone to together



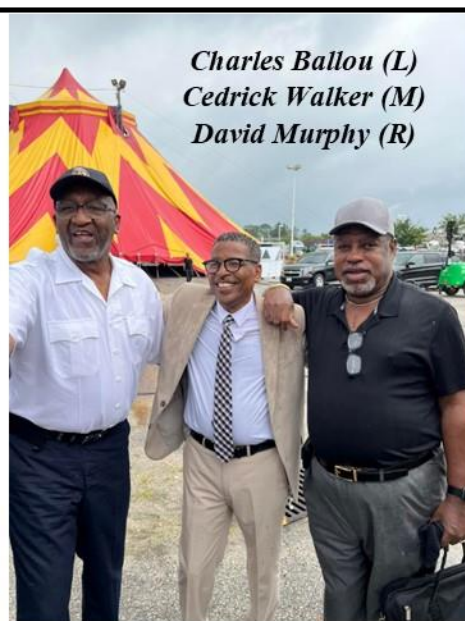
Charles Performing At The Cabaret

Back then, it was an organized party). Showcasing this Cabaret, my childhood friends who organized this event was the singing group that performed.

The Swingsations
Stanley Kidd, Carvel Smith, Bernard White & Charles Ballou



I am a connoisseur (expert) of music, especially Old School Soul Music. For



Charles Ballou (L)
Cedrick Walker (M)
David Murphy (R)

outside our personal family outings!

Through many trials and tribulations, Ricky still works diligently to keep The UniverSoul Circus together. At a price that only God and Ricky know. I constantly think about the hard work and faith, it took to keep this large operation going so that you and I can have several hours of great entertainment! When I am at the circus, I look at the faces of the little children and the *older children* (smile). I see joy and happiness! I could never ever thank my friend

will go through many more! I highlighted these brothers because they inspired me this week. The National Black Unity News is full of individuals who have overcome many obstacles despite life challenges. They are sharing their stories with you so that you can be inspired to press on no matter what you are up against!

Take the time and read their information and research them. Because this information is here to inspire, motivate, inform, educate, and to bring you hope!

I want to thank my friends for a memorable week and a lifetime of friendship! I, too, have been through the mill, but I lived long enough to know that tough times do not always last, but your commitment to your family and community can last from generation to generation!

I publish The National Black Unity News. My gift is to serve those that are positively serving our people! What an honor and a privilege to still be able to do what I do! Having the capability to highlight people who are helping people!

If you know that you can help others to help themselves, then give me a call so we can share your talents and gifts! (443



Publisher David Murphy, being inducted as the Honorary Ring Master

Ring Masters with David Murphy & Cedrick (Ricky) Walker

Ricky enough for the love that he has brought to me and so many others!

-455-2373) I am more than willing to speak with you so we can help each other!

Both of my childhood friends performed this week on Sunday, June 12, 2022. One performed at the Cabaret and the other at the circus. I had such a momentous week. First seeing my two friends whom the three of us had not been together in more than fifty-five years! To see that both are operating in their God-given gifts that brings happiness to so many!

Some may look at their service and appreciate their gifts, but you will never know what it took to continue in those gifts! The Cabaret and the Circus ran smoothly, but do you realize the blood, sweat, and tears it took my friends to endure over the years to bring us so much joy?

Life is not always a marathon; it is often a relay race. One must come and pass the baton from one crisis to another! We must learn how to overcome obstacles that life will bring to us! Charlie, Ricky, and I are just three brothers who grew up on the same block, but we choose different paths to tread! If we had told you our individual stories, you would be amazed at what we had to go through!

Yes, you too have been through many things, and if you keep on living, you



I made a choice, Charlie made a choice, and so did Ricky. Now, all three of us are operating in our zone. And yes, we are making a difference for the betterment of humankind!

Charlie, Ricky, and I believed that we could and have done it; yes, you can, because you can do it, and yes, we can because we can do it! Believe in yourself. Believe in the talents and gifts that God has blessed you with. If you can believe in yourself, then you can achieve the goals that you want to reach. **Yes, You Can!**



Contributing Editor
Cheryle T. Ricks

Evangelist/Author
President, Founder & CEO
The Women Empowerment Circle, LLC

Life Is A Bud Waiting To Blossom

Like a bud on a bare tree waiting anxiously for the awakening of spring. Counting the time, it will be with each day closer to spring.

Anticipating its true self and what life will be. Time is here, for it is spring. It blooms into a flower. Beautiful to See, Beautiful to Be!

- By Cheryle T. Ricks

Have you ever asked yourself, why you don't get along with other women or why you are always getting hurt and feeling so badly about yourself? Have you ever tried to figure out why being a woman is so hard and it doesn't matter what you do; you keep coming back to the same place with the same pain? Have

you ever wondered why some women seem to have it all together when your life seems to be getting more and more miserable? Well, you are not alone. This article and future articles will answer these questions and a whole lot more. It will help you find yourself and teach you how to love the you that you find. It will help you process all of those things that brought you so much pain by identifying what the womanhood process is and how to complete it. It will allow you to see that the very thing we need as women is the very thing we avoid, each other.

The key to our well-being is in the hands of the women in our circle. Over the years, women have distanced themselves from one another and some women now

view each other as enemies. However, our strength and wholeness come from interacting with other women. We have a great deal in common because of the process of womanhood. It is the same for all women. It plays out in different ways, but the pits we all fall into bring the same pain and devaluation to each of us. When women mature enough to recognize that other women are allies and not enemies; we gain the true secret of womanhood, oneness. God created the world, but women nurture it. God has entrusted women with this awesome job because He has connected us to the universe. Women have the ability to identify what is going on and what is needed. Therefore, we have our hand on the pulse of everything. What an honor and privilege to be chosen as the keepers of the world. But this job is too great for any of us to do on our own. We need each other! Together we stand,

divided we all fall, along with everyone who is depending on us! You can have a life that you enjoy waking up to even if you are facing a problem or difficult situation by allowing God to love you right where you are, the way you are. Also, by learning that receiving forgiveness and giving forgiveness frees us from the prison that many of us find ourselves in. We must give ourselves per-

mission to be human and imperfect while still having a right relationship with ourselves, which is the key to having a right relationship with others. A sister circle will do just that, because it is a group of women who come together for the purpose of sharing their frustrations, challenges and fears; to gain the knowledge, assistance, help and support that equip them to become better mothers, grandmothers, daughters, sisters, aunts, friends, and wives to their families and community. A sister circle can help women to understand their value, worth and their importance to the betterment of our world.

After many years ministering and talking to women from different stages of life, I have discovered that many of them are facing some of the same issues that hinder them from enjoying their lives. In the upcoming articles, I hope to identify some of those issues and provide solutions that will enable each woman to see the realities that are not so evident in their busy lives and allow them to finally process the hurt that many women and girls are currently dealing with. Until the next article, remember that everything you need is inside of You!

We at The Women Empowerment Circle, LLC is a company that believes in giving back and supporting organizations committed to making a great difference in the lives of others.

Therefore, each month, starting on July 1, 2022, we will be selecting a non-profit organization in the community making a positive impact on Baltimore, Maryland residents and we will donate 50% of our monthly book sales (sold via website below only) each month.

Support the great work that Baltimore nonprofits are doing to enhance the lives of Baltimore City and Maryland residents by ordering your copies of my books today on the website below on the tab marked Store. You may also read the excerpts of all three books on the same website under the tabs marked Excerpt.

For every 5 books purchased via the website, www.sisters-circle.com you will receive one free copy of one of my books below.

For The Month Of July, The Nonprofit We Will Contribute 50% To Is Baltimore Economic Leadership League (BELL).

BELL is a non-profit Community Development Financial Institution (CDFI) committed to providing small minority, women-owned, and rural business owners the training and support they need to access capital, increase revenue, add jobs, and have a positive impact on the Maryland economy. BELL serves the entire Maryland business community, including Baltimore, and your participation as a Member, Sponsor, or Donor contributes to their mission and pro-

motes smart growth.

Check out their great work on their website below:

https://joinbell.wildapricot.org/

For The Month Of August The Nonprofit Will Be Emerge Like An Eagle, Inc

Emerge Like An Eagle, Inc mission is to empower, motivate, educate, and inspire the youth of all ages and backgrounds through mentoring and various other resources. We will challenge them to be positive decision-makers and ultimately help facilitate the process that will shape them into successful and responsible young adults.

Check out their great work on their website below:

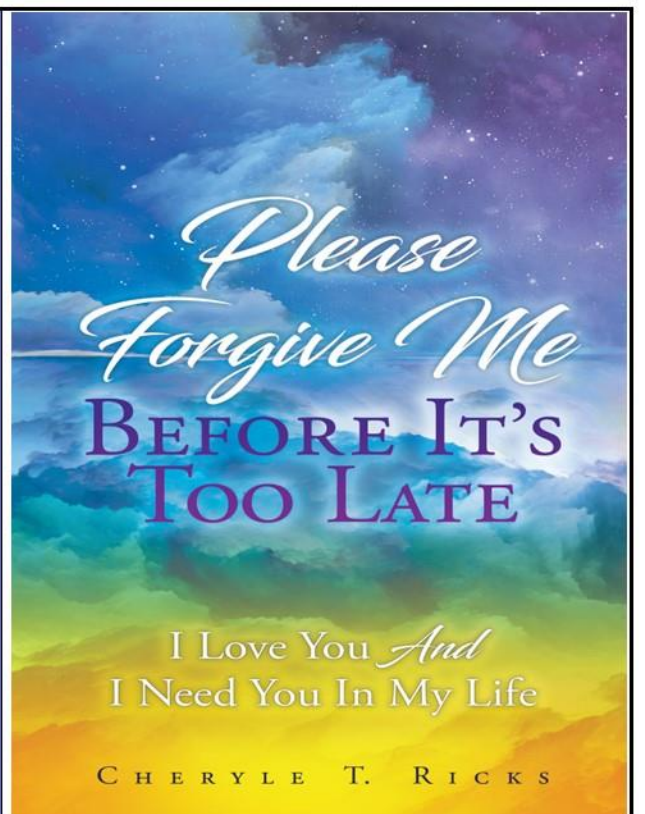
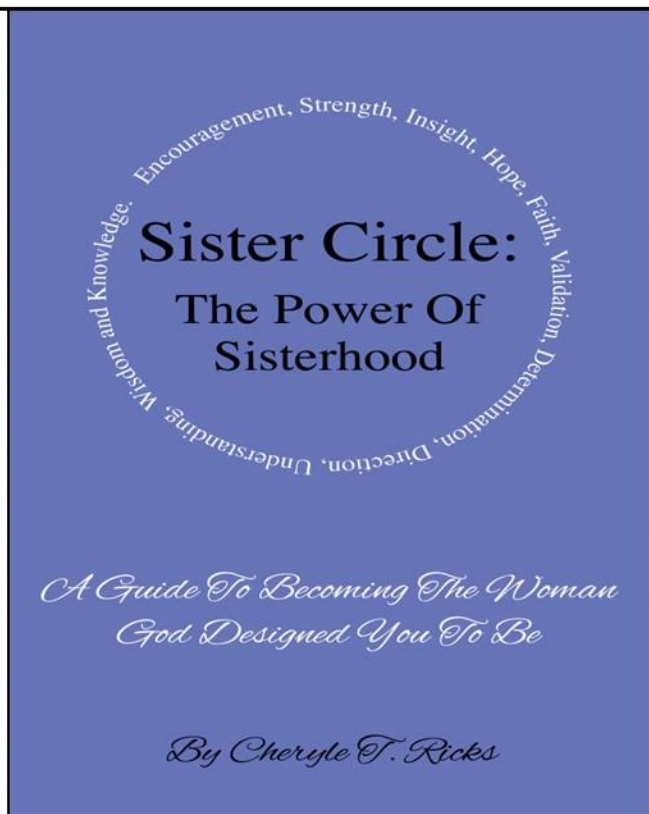
www.emergelikeaneagle.com

For The Month Of September, The Non-profit Will Be The McKenzie Pantry Foundation, Inc.

The McKenzie Pantry Foundation, Inc. is a 501(c)(3), non-profit organization based out of Baltimore Maryland and formed to eliminate hunger in underserved communities. We provide access to nutritious food and other community-based needs to over 50 families every single week. We have 1 Goal: To Feed Souls!

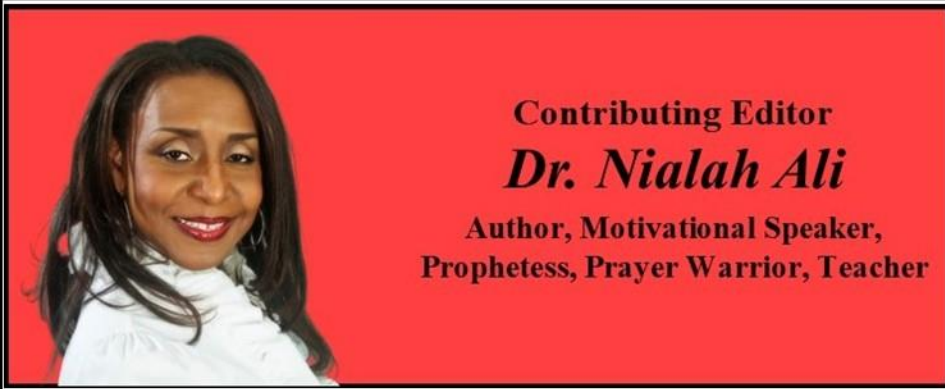
Check out their great work on their website below:

https://jadartistry.wixsite.com/mkpantryfoundation



Evangelist/Author Cheryle T. Ricks President, Founder & CEO The Women Empowerment Circle, LLC.
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Contributing Editor
Dr. Nialah Ali
 Author, Motivational Speaker,
 Prophetess, Prayer Warrior, Teacher

LET FOOD BE YOUR MEDICINE

Given the correct ammunition, your body will thrive again day by day. I want us to live long and strong, so we can accomplish all the things our hearts desire. No matter what our age is.

To be honest, it is our responsibility to be informed about our own bodies. We should at least know what the signs are when the body begins to fail. We should equip ourselves with the tools needed to help the body begin to feel better. We shouldn't run to the doctor for every little ache and pain when what we need could be right at our disposal.

Surrounding yourself with people who are more knowledgeable than you can sometimes change the trajectory of your outcome when it comes to health. Most of us don't believe that a small bottle of essential oil (The missing link to medicine) or herbs can heal your body. There are so many alternatives to health and wellness. I believe that the body was birthed to heal itself if given what is needed to survive. So many people think they have to rely on westernized medications to live a healthy lifestyle when they are faced with health issues. I am not saying you don't go to the doctor. I suggest you get checked out and then find an alternative first before taking drugs that can destroy the body.

Your body is like a machine, and it can run for years if well-oiled. Like we take care of cars, we must take care of our bodies and not wait until they break down to get them fixed. Neglect can cause so many problems with our health. So many people's health problems can be avoided if they choose to be proactive and not reactive when sickness comes. I'm excited about sharing the benefits of healing arsenals you should always keep in your kitchen: "LET FOOD BE YOUR MEDICINE."

GARLIC: Garlic contains compounds with potent medicinal properties. Garlic is a plant in the Allium (onion) family, and it is closely related to onions, shallots, and leeks. Throughout ancient history, the main use of garlic was for its health benefits. Its use was well documented by many significant civilizations, including the Egyptians, Babylonians, Greeks, Romans, and Chinese.

Garlic is highly nutritious but has very few calories. A single clove of raw garlic contains Manganese, Vitamin B6, Vitamin C, Selenium, and Fiber. Garlic can

help protect against illness, including the common cold. The active compounds in garlic can reduce blood pressure. 4 cloves a day can be the same effective drug Atenolol, without side effects. Garlic improves cholesterol levels, which may lower the risk of heart disease. Garlic contains antioxidants that may help prevent Alzheimer's disease and dementia. Garlic contains antioxidants that can help protect against cell damage and aging. Eating garlic may help detoxify heavy metals in the body. Garlic may improve bone health. Downside of taking garlic: If you have a bleeding disorder or taking blood-thinning medications, talk to your doctor before increasing your garlic intake. Garlic is highly recommended to boost the immune system. Promotes longevity and improves physical performance. It was considered one of the ancient Greeks' earliest forms of performance-enhancing substances during the Olympics. It has been linked with the reducing of fatigue caused by exercise in people with heart disease, and it showed that garlic helped improve their training ability by reducing their peak heart rate. Fights fungal infections which can range from athlete's foot and jock itch to ringworm and candida. Garlic has anti-fungal properties that can combat diseases. You have to apply garlic oil or gel onto the affected area. If you have oral thrush, you can use garlic paste. Even after the infection clears, you should try to eat raw garlic and fresh garlic even more to prevent reoccurring problems in the future. Combats allergies; garlic is excellent for anti-viral and anti-inflammatory uses. Different allergies can cause respiratory issues, but garlic can reduce airway inflammation resulting from allergic rhinitis. Minced garlic might provide quick relief if you have a rash, bug bite, or some other itchy problem. During allergy season, you can take a garlic supplement every day to keep your allergies at bay.

GINGER: Ginger is loaded with antioxidants, compounds that prevent stress and damage to your body's DNA. They may help your body fight chronic diseases like high blood pressure, heart disease, and diseases of the lungs, plus promote healthy aging. Gingerol is the main bioactive compound in ginger. It's responsible for much of ginger's medicinal properties. It can treat many forms of nausea, especially morning sickness. It May help with weight loss. It can help with osteoarthritis. Literature review that people who used ginger to treat OA saw

significant reductions in pain and disability. Studies have shown that ginger especially helps with osteoarthritis of the knee. It is stated that ginger may drastically lower blood sugars and improve heart disease risk factors. It can help chronic indigestion. Interestingly, ginger has been shown to speed up the emptying of the stomach. May significantly reduce menstrual pain. Help lower cholesterol levels. In both humans and animals, there's some evidence that ginger can lead to significant reductions in LDL (bad) cholesterol, total cholesterol, and blood triglyceride levels. It contains a substance that may help prevent cancer. Ginger has been studied as an alternative remedy for several forms of cancer. It may be effective against breast cancer and ovarian cancer as well. In general, more research is being done. It may improve brain function and protect against Alzheimer's disease. Oxidative stress and chronic inflammation can accelerate the aging process. There is evidence that ginger can help enhance brain function directly. Can fight infections. In fact, ginger extract can inhibit the growth of many different types of bacteria. Ginger is very effective against the oral bacteria linked to gingivitis and periodontitis. Both are inflammatory gum diseases. Fresh ginger may also be effective against respiratory syncytial virus a common cause of respiratory infections.

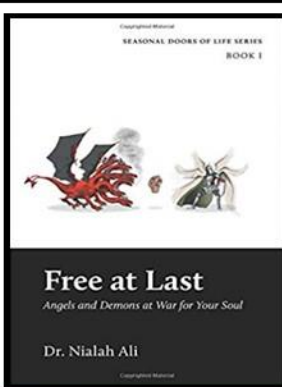
TUMERIC: Like many spices, turmeric has a long history of use in traditional medicine. This flavor-filled spice is primarily cultivated from the rhizomes, or roots, of a flowering plant that grows in India and other parts of Southeast Asia, and aside from giving curry its vibrant yellow color, turmeric is also known for having potent anti-inflammatory and antioxidant properties, according to past reviews. Curcumin is the primary active component of turmeric and the one that gives the spice its characteristic yellow color. You can credit curcumin with most of turmeric's potential health benefits. According to past reviews, because chronic inflammation contributes to too many chronic diseases, curcumin may help treat conditions like inflammatory bowel disease, pancreatitis, and arthritis. Curcumin may help protect against heart disease. Curcumin may help prevent (and possibly treat) certain types of cancer. As inflammation is linked to tumor growth, anti-inflammatory compounds such as curcumin may play a role in the treatment and prevention of various cancer types, including colorectal, pancreatic, prostate, breast, and gastric cancers. Some research also suggests that turmeric

or curcumin can help with specific cancer symptoms. Curcumin may help treat or prevent diabetes. It can also treat associated disorders like diabetic nephropathy. Curcumin may help prevent diabetes through its anti-inflammatory and antioxidant properties and improve many factors that contribute to diabetes, including insulin resistance, high blood sugar levels, and hyperlipidemia levels of fat in the blood. Curcumin may play a role in depression treatment. Depression is associated with lower levels of BDNF. Thanks to turmeric's ability to boost levels of BDNF, the spice shows promise as an effective antidepressant. Curcumin may play a role in treating rheumatoid arthritis. Turmeric protects your body from free radicals. Too much exposure to free radicals can mess with the fats, proteins, and even DNA in your body, leading to several common diseases and health conditions, including cancer, arthritis, heart disease, and Alzheimer's. Therefore, antioxidant-rich spices like turmeric may play a role in protecting you from free radical damage. Curcumin may prevent eye degeneration. Glaucoma, a group of eye conditions, is one of the leading cause of blindness in people over age 60.

"The Food and Drug Administration has not evaluated these statements. The statement is not intended to diagnose, treat, cure or prevent any disease."

The Power of the Word: Know this one thing; your Faith is what makes you whole. As a Wellness Consultant, it is my responsibility to make people aware of all possibilities that can bring wholeness to the human body. With all said, the healing power of God's word is the most important. Christ states thy Faith has made thee whole. The term applied with your Faith has the power to strengthen your body inside and out. Trust in the Lord with all your heart and know that it is the Lord's desire that you be healed. Christ stated all things are possible if only you believe.

If in need of someone to speak, teach, educate I can be reached via:
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 Cell: 336-769-7715
 To learn more about Dr. Nialah Ali
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imagewithinministries.com
 Youtube: [drnialahali](https://www.youtube.com/channel/UCnialahali)
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The Original and Historic Million Woman March & Universal Movement



The National Black Unity News is
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 The Black Whirlwind News Network and The Global AFCOM Village

The Original and Historic
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MWM "25" REUNION

THE MILLION WOMAN MARCH "25" YEAR ANNIVERSARY IS COMING
 MWM "WEEK" 2022 October 21-31, 2022 in Philadelphia, PA
 National Black (African Diasporic)

The National "A Million Black Women Rising" Convention October 23-30, 2022
 National Million Woman March ((MWM) "DAY OF SERVICE" October 25, 2022

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**AUGUST IS
 NATIONAL BLACK
 BUSINESS & SELF**



The history of National Black Business Month can be traced back to the year 2004, when engineering entrepreneur Frederick E. Jordan partnered with the president and executive editor of the scholarly publishing company eAccess Corp, John William Templeton, to start this annual event. The intention of the pair was to "drive the policy agenda affecting the 2.6 million African-American businesses," in order to highlight and empower Black business owners all over, especially given the unique challenges faced by minority business owners. This stemmed from Jordan's own personal experience of the struggle to gain financial backing and funding when he began own firm in San Francisco in 1969. To meet the needs and agenda of the National MWM's "BlacXPrint" Agenda "25" SELF-DETERMINATION has been added

SUPPORT THESE GREAT PROGRAMS & EVENTS and BE PART OF THE MWM Universal Movements
 Make Your Donation TODAY: CashApp: \$HOT11111 or PayPal nbhrproject@gmail.com
MARK YOUR CALENDAR



EVERY THURSDAY NIGHT @ 8:00 PM EST ON YOUTUBE

National MWM Universal Movements- Movement For Black Justice & Human Rights P.O. Box 53668 Phila. PA 19105

400+ YEARS OF "CRIME AGAINST HUMANITY" INFLICTED UPON BLACK(FRICAN) PEOPLE MUST IN NORTH AMERICA MUST NOW BE ADEQUATELY ADDRESSED AND HOLISTICALLY RESOLVED & REMEDIED; BY ANY AND ALL MEANS NECESSARY!

WE CHARGE GENOCIDE "21"

REPARATIONS NOW!

"ACTION" March & Rally
 sat September 3, 2022
 12:00 NOON
 Washington, DC

To Volunteer, Be An Endorser, A Presenter, To Make A Donation, Vending, or For Other Information Email: nationalmwm@aol.com, nbhrproject@gmail.com or Text: 267-636-3802



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"The community is in your hands"

TNBUN BUSINESS DIRECTORY



The Men and Families Center Inc.



I met this gentleman by the name of Leon Purnell, the Executive Director of The Men and Families Center, often attends our Black Men Unifying Black Men gathering. Several of the core members speaks very highly of him. At our monthly Breakfast, Leon speaks to the men and boys about several topics that will enhance their lives, families, and community.

Many of our core members mentioned that Leon is a man of action, and he gets the job done! Some of our attendees who have had some issues with re-entry, coming out of jail, some had problems with employment and those who need to change their mind-set! Some of those Brothers that I just mentioned was sent to Leon Purnell, now some of them are working, some are getting what they need to be a productive Man!

I met with Leon, and he told me his story! As I say often Many are called, some are chosen, some are sent but few will answer and even fewer will do! Leon Purnell is a doer, I recognized this about him, he is committed to the task of helping Men and families our communities!

We need to recognize and support Brothers like Leon Purnell because he may be the last chance many men and families will have to be productive fathers, Husbands, Brothers, Uncles etc.

I salute you Brother for the work you have done and doing, March on Soldier Until The Victory is Won!

*By David Murphy
Publisher
The National Black Unity news*



A Positive Source of Inspiration for Men, Boys, and their Families in East Baltimore.
Social expectations about men's involvement in the care of children and especially raising boys to adulthood are changing slowly thanks to non-profits like the Men and Families Center in East Baltimore.

PLEASE SUPPORT US BY CLICKING THE LINK IN THE CAPTION

Foundation Reaching Innocent Children Hearts

LEON'S CIRCLE

Women Wine & Wisdom Inc.

CEAL

JOHNS HOPKINS UNIVERSITY

The Baltimore Homeless Project

MEN & FAMILIES CENTER

The R.I.C.H. Foundation, which stands for Reaching Innocent Children's Hearts, is a mobile outreach program connecting youth to numerous resources around Baltimore City.

The Baltimore Homeless Project has been established since 2019 to provide food and clothing to the less fortunate citizens within the Baltimore community. It has been under the leadership of a college student by the name of Wanye who has been working diligently to provide services around the city. Now through the collaboration with Leon's Circle the TBHP can extend his reach throughout the community.

Under the leadership of Leon Purnell, The Men and Families Center, has been a staple in the community for over 20 years. During the pandemic, the center has provided educational literature on COVID 19 testing, distributed 900 test kits to partners and individuals throughout the community, provided 100 referrals to the BCHD site, provide over 100 referrals for housing and employment, provided vaccination to over 200 individuals via the vaccination clinics hosted at the center in collaboration with the GoVax team, distributed over 11,000 food and produce boxes and mask to the community.

Women Wine and Wisdom Inc. is a 501(C)(3) non profit organization that's sisterhood based to help communities and families, who are underprivileged and face daily trauma and/or inequalities. We specialize in self love and coping mechanisms with a boots on the ground approach. From resources to food, shelter, clothing and trauma training.

Through JHU CEAL's collaboration with the Men's & Families Center by way of Baltimore Connect. We have been able to disseminate over 8,500 pieces of vetted COVID-19 materials to urban communities around Baltimore City. To find out the latest in COVID-19 information stay on the lookout for The Mic-Drop with Donnie Dissemination Tour @ a community resource event in your area. To invite us to your event reach out to Donnie Young @ Dyoung49@jhu.edu.

LEON'S CIRCLE

Leon's Circle is comprised of five urban community-based organizations/foundations [501(c)(3)] in and around Baltimore City. The mentioned outreach organizations confront the health disparities faced by marginalized communities/people around Baltimore. As a community activist we recognize that there are needs for the considerably basic things such as food, clothing, employment opportunities, healthcare, and shelter. Since January of 2022, the organizations have fed over one thousand homeless or hungry citizens throughout the city. We have provided employment and educational opportunities to over one hundred men and women giving them an opportunity to become productive members of society. Leon's Circle hosted COVID-19 vaccination Pop-up clinics prompting over one thousand people from hard-to-reach populations to become fully vaccinated/boosted. Since the pandemic, our organizations have provided toys,

health kits, COVID test kits, food, clothing, shoes, and resources to thousands of people around Baltimore. we have provided Leon's Circle mission is to strengthen and educate our communities that are polarized by poverty, trauma, and violence to make informed decisions about the mental and physical health. The great work that is being conducted by these organizations can continue with the help of your funding and support. The donations will provide career and life counseling services in the form of social determinants, resume writing, and job preparation. Leon's Circle host seminars, webinars, resource fairs and summits throughout the year to empower all family members in any way that we can. We have been pillars in the community for over 25 years. Through collaboration with your company/agency we would be honored to share the quality of your goods and/or services. The generosity of your company/agency will be appreciated. The services have been provided with VERY LITTLE FUNDS...Please imagine what we could do with additional FUNDING and SUPPORT. WE CAN USE YOUR FUNDING AND SUPPORT!!

Men and Families Center Capital Campaign menandfamiliescenter.org #Blackfamilies #Fathers #Blackcharities #Nonprofits

Peace of Mind = Giving Up Some: People ~Places ~Things

Continued from page 4

It's quite natural to be hurt, disappointed, even bitterly angry when you've been hurt by a friend or a loved one. But holding on to those negative feelings or grudges will destroy your inner peace. Although it's easier said than done "LET GO AND LET GOD."

Staying focused on the here and now

To reconnect with yourself start by treating yourself to taking the time to get away from the same old people, places and things. Find a place where you can enjoy and entertain times of silence and solitude by letting go of the past and focusing on your future.

Going within According to Potiker WHO SAYS:

A) You need to recognize what's happening, label the emotion because simply naming it calms down your over arousal. B) **Allow** your situation to be there. "You're not resisting it or trying to numb it and run away from it," "You're allowing it to be there long enough to *Work With It!*" C) **Investigate:** ask yourself, "What most wants my attention? Where am I experiencing these feelings in my body—can I put my hands on where I'm feeling it? All of this inquiry is done with self-love, not self-judgment. D). **Nourish yourself**

with natural loving awareness. You've observed yourself, and it's time to treat yourself with loving kindness. "Ask yourself, 'what do I need to hear right now?'"

BOUNDARIES=PRAYERFUL=PEACEFUL=POWERFUL

Don't let Everything in your past define Your Future

Don't let Satan steal your peace Don't become his easy prey

Be determine not to give in or give up Don't let him lead you astray

The reason why he wants to take your peace Is to keep you from ever finding joy

So, he plays around with your emotions it's your will power he seeks to destroy

He knows if you have joy, you'll find Salvation, but he wants you filled with strife

This way he can keep you under his thumb stressed out with a miserable life

He ushers out his demon spirits to pour oils of disagreement into your soul

Love for ourselves, seems impossible, bitterness towards others blows out of control

You've got to be a bold peace seeker If you want to keep Satan off your track

You've got to boldly turn around and face him

YELL LOUDLY: SATAN>> GOD'S IN CONTROL>>GET BACK!

TNBUN is not an Ordinary Newspaper! *Continued from page 3*

...it leads, or what is trending now. And as quite as it is kept, our current newspapers cannot produce *Breaking News* fast enough to keep up with the speed and variety the internet platforms provide.

Question...how do I get to read a copy of TNBUN? Well...The latest copy TNBUN can found online at TNBUN.com, and the cost is totally free. As a service to our community, TNBUN (for the foreseeable future) will remain online for free.

This newspaper is designed to serve the entire African Diaspora and its descendants. The distribution of TNBUN starting in the Baltimore Maryland, has spread across the Continual United States and beyond. For those of you who are internet savvy are fortunate. You have no problem getting to the information found on the pages of TNBUN. However, it is a fact that many family influencers who are 50 years of age or

older and being internet savvy...they are not! Many of these same family influencers rarely use their cell phones to seek information. They use their smartphone as just a phone. Considering the socio-economic status that hampers some of these people, and those who just outright refuse to embrace what is in cyberspace. Regardless of what these new technologies do, or how well they work. Then, there are those who can navigate the internet like a *Geek* but prefer reading the paper instead of a screen.

So, one of our major motivating factors to accommodate the non-savvy internet user, and the savvy internet user who prefers ink and paper was to provide them with a full color hard copy newspaper. And what a wonderful newspaper it is.

First and foremost, TNBUN use a thicker, better quality of paper than the industry standard. We know there is a lot of

material to read and reading this paper cover-to-cover in one setting is not likely. So, for you who aren't speed readers, you may go thru this paper multiple times before you have read it all. That is why we spend extra money for a better grade of paper. The *higher quality news-print* we use has been proven to look better, feel better in your hands, and last longer than what a normal newspaper would.

Newspapers has always been left deliberately for other to read, sections like the sports, or comic shared, or the newspaper is passed down thru the family pecking order. The hard copy of TNBUN is not the newspapers of old, we believe that the hard copy...the ink and paper version of TNBUN is also a keepsake. Something you treasure. And treasure TNBUN not just for its life altering content, or the high-quality paper it is printed on, but its effect on our society. The Editors writing articles in TNBUN has historical value. To date...it is difficult to find this many people of color writing in a continuous publication, at one time, anywhere. TNBUN online is great and

very accessible. TNBUN hard copy is very limited. Very few un-presold copies are available. To secure a personal hard copy, go online to TNBUN.com and subscribe. TNBUN is a quarterly published periodical, costing eighteen dollars and fifty cents (\$18.50) for an entire year. Your copy will be shipped directly to you, or you may subscribe for someone you care about.

We have this belief that *when one person becomes stronger, the stronger that person's community becomes*

As a reader of and subscriber to TNBUN you will benefit from the exposure. As one using TNBUN for advertising you will realize how much of a **Boom** and a **Bang** you get for your **Buck**. As one who has something to share with our community that uplifts life, contact me at admin@TNBUN.com.

Remember: 'Leaving no one uninformed.'

By, Walter (Dempsy) Murphy



The **Air Purification System** is based on a NASA technology currently used to *clean and purify the air* on the **International Space Station** is now improved and made affordable for families and business.



A technology that helps your home and business to be **Cleaner, Fresher, Happier, Safer!**

Proven results, over 20 years of research, more than 140 Lab & Field Studies, Doctor recommended...and already being used in schools--Assisted Living Facilities--Government buildings—Health Facilities.

Join the thousands who are raving about these "amazing" Pure-Light® Super-Oxygen® Technology

For information on how this technology are applied, how long lasting protection saves you a lot of your money, and how to purchase your Pure-Light Technology Products, go to:

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Language Editing Services Components: Manuscripts—Articles —Essays & Other...



When your words don't say what U want them 2 Let me pen your thoughts 4 U

Language Editing Services Components:

- Eliminate Redundancies/repeated words/phrases
- Presentation Check: Clarity – Logic - and Flow
- Spelling, Punctuation, Grammar and Word Choice
- Reduce Word Count to maintain clarity
- Respect Maintain author's personal & Style
- Reconstruct Run-On Sentences & Terminology Check
- Reference Notation Check Up

Interactive/Motivational Workshop Facilitator

Presenting: **A Choice- A Challenge - A Change –A Chance To: Enable - Enthuse - Empower - Enlighten - Encourage!**

Educator- Author-Editor



Dr. Barbara J. Watties:

Technical Editor:

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Also on LinkedIn

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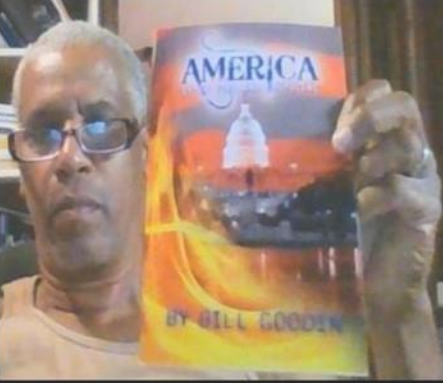
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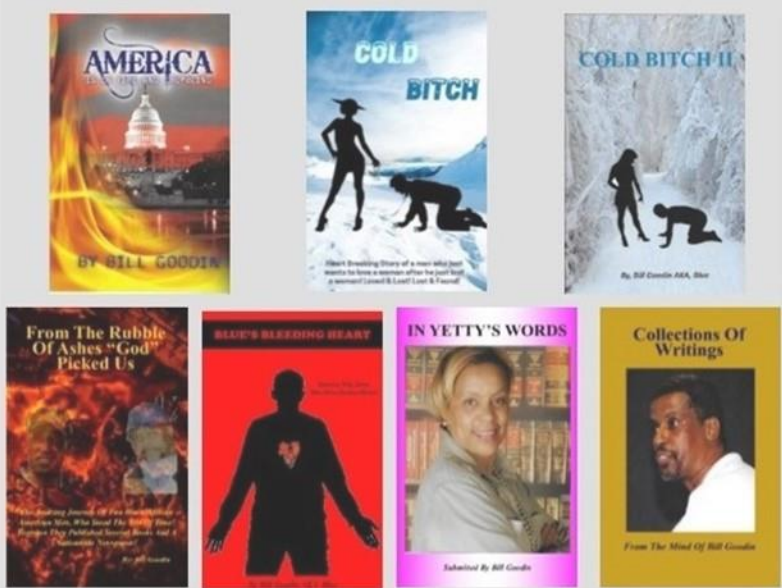
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