



The National Black Unity News

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

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

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

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Dr. Charles Pender
Encouraging people
will cause HELL to
TREMBLE!
See Page 23



Donata Mooring
Sleep & Time
Management
See Page 21



**Attorney
James Sweeting III**
The Year 1250
See Page 5



Fran Allen
Don't You Think
It's About Time?
See Page 9



**Authors Show
Case
Featuring Black
Book Authors**
See Page 24

Have You ever thought about The Purpose Of Family?



Do you ever think why God created families? Have you ever thought about the members of your immediate family members as well as extended family members? Why did God put so many different characters with different personalities into the same family?

Recently I loss a sibling my sister Linda Murphy Mackel

where Doctor Walter S. Thomas eulogized her funeral services. He gave such an accurate description of my sister's lifestyle that it triggered a thought about my family attributes!

As I began to reflect on my siblings, parents, and relatives I started focusing on the variety of characters, lifestyles, and personalities of my own

Continued on page 3



The RBG Human Flag
August 17, 2019
For more details See Page 29

The RBG HUMAN FLAG

Time
12pm!



**10,000
STRONG!**

August 17th, 2019 at Harlem Park
Baltimore City, MD



David Murphy
Publisher
Why Family?
See Page 3



Bill Goodin
Editor & Chief
When Your Time
Come
See Page 3

**Managing Director
Walter Eugene Dempsey Murphy**



TNBUN and You
See Page 4

**Technical Editor
Dr. Barbara Watties**



**SPECIAL TRIBUTE
TO FATHERS**
See Page 4



Black Men Unifying Black Men

Us Helping Us = Unity

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

Join Us For Breakfast, See Page 17




What's Inside

Economics/Finance.....Page 6	Travel.....Page 14
Self Development.....Page 9	Youth.....Page 18
Credit Clean.....Page 8	Health/Fitness.....Page 20
When God Moves.....Page 10	Rhythm People.....Page 22
Positive Words.....Page 12	Classifieds.....Page 33

Plus More!

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

Have You Ever Thought About The Purpose Of Family?

Continued From Page 1 Brothers and Sisters. We share the same parents, D N A and yet we are all different in so many ways.

I find it amazing, life-altering and extremely beneficial when you look at those in your immediate and extended families. As examples there were nine of us one brother died in infancy, my Brother James (JC) Murphy died in 1999, my Sister Linda Murphy/Mackel Died in June of this year.

JC and Linda both were unique when they were alive and to my family and to many others they still are! I will explain the impact they both had on me and others!

In this unique day and time, we as people often look to outside resources, historical figures, exceptional people to seek or emulate as role models. We examine their lives and the contributions they made to societies. I admired people like John Johnson (Ebony/Jet Magazines), Earl Graves (Black Enterprise Magazine) Reginald Lewis (Business Man/ Author: Why Should White Guys Have All The Fun) and Susan Taylor (Essence Magazine). There are many others like Marcus Garvey, Malcolm X Etc... whom I have a great deal of respect and admiration for as people!

This recent attending of my sister Linda Murphy/Mackel's Funeral, where I sat on the third row of the church as Bishop Walter S. Thomas spoke about her and the way she lived her life which I proudly confirmed everything he was saying, but it also made me realize how I never really looked at my own sister as a truly amazing woman..

My Sister Linda battled cancer for a long time she had been through many operations, treatments, mastectomy etc. If you were around her on in her presence you would never know she was that sick! She always dressed well and kept up her appearance! She actually would light up a room with her radiant smile and demeanor! You would never hear her complain or talk about her physical challenges unless you asked her to talk about it; even then she would let you know "it's under control!"

With grace and courage, she conducted her life as if nothing was wrong. While she was facing so many internal battles she was still always serving and caring for others. Bishop Thomas graciously spoke about the courage she demonstrated and how she was an example of humility, gracefulness and how she demonstrated the Christian Faith!

My Brother James Carl Murphy A.K.A. JC was another example of uniqueness. My father use to say he was very manish others use to say he was a tough guy and could hold his own. I always classified him as a man's man the warrior of the family. JC was the type of guy who demanded and earned respect from those who knew him or even heard about him!

I also knew the other side of him, he was very sensitive, protective and if he cared about you he would go all out for you. JC was very street knowledgeable. I witness him becoming what some might say a gangster/OG to a drug addict. I also watched him sponsor a multitude of people into Narcotics/Alcoholics Anonymous programs! He was helping some of the most hardcore people get their lives back in order. You see he lived a hard life, But in the end, his life work was helping people live a better life, as demonstrated by his own life, which showed that there is always hope!

Linda and JC had a lot in common: yes they were brother and sister, both of them were extremely sharp dressers, both of them led exemplary lives, but most importantly they were my siblings cut from the same mold yet different in their characteristics.

Continued on page 30



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

When Your Time Comes

It has always been said that in politics, there are strangers who act as friends and yet, there are friends who act like strangers. Why do I say this?

I would say that it all started to fall apart for our ex-mayor, Catherine Pugh in the early part of April. Well, this is when it all started to become public and spread all over the news anyway. She had made money through selling her books with companies that had gotten contracts from the city.

Okay, I am not going to get into the right and wrongs from one being in a position that enables them to use that position to make things happen. I guess one of my questions to any of you reading this article is this? What is the real reason why most people are in political office?

I can say that most people claim that they are there to help people. I am not going to deny that. Everyone would have to answer for themselves. However, how many of those who are in office have not personally benefitted because of the position? To that end yes, I acknowledge that I too have run for office several times.

Before those of you who are against Ms. Pugh start to jump on me, let me at least clear some things up. Was it right that she benefitted from her books because of her position? NO, it wasn't. But, has she done anything that others have not done?

No! I think the question we the people need to be asking is why is it that when we as Blacks get the position of "Mayor" it's always scandal?

Okay, Kurt Schmoke was able to do several terms and made it out of office without enduring what Cathy or Sheila endured. He was only one. How many White Mayors have we had? There have been many; have any of them ever been thrown out of office? Just a question!

Look let me state my position. I supported Ms. Pugh when she ran for "Mayor" and I have supported her since she has been under attack. Those vicious people who control the media have not been satisfied with just taking her down. They act as if they are out to destroy her and to kill her.

One thing about this country despite how evil and corrupt it is, it gives each of us the right to support and stand with whom we chose. I choose to stand with Ms. Pugh and it was my choice to be a friend and not just in good times. I am a friend for all times.

It is one thing that I have learned about life that is sure. None of us know when our time will come to hurt and to suffer? There are many ways to hurt and there are many things and many reasons that could bring us to tears and damn near death.

Usually, when we talk about Vultures, it is always in regards to the birds that will swoop down on dead prey or either on damn near dead prey. What do we call human-beings that have the same concept? People, that get thrills from attacking those of us who are wounded and suffering?

Emotions are something that are in all of us; even, those who seem to be emotionless. What may hurt some of us is not what will hurt all of us. Still, each one of us has the ability to hurt and to suffer especially from our personal hurts and sufferings; trust me it's not a damn *Continued on page 30*



**National Manager
Walter E. Murphy**

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

TNBUN and You

The National Black Unity News (TNBUN) was never designed to give you the *Breaking News or the latest scope*. With so many information platforms and media outlets, newspapers (TNBUN included) simply cannot compete with the speed information is acquired and shared. Adding the ink, paper, shipping, payroll and other cost raising, many of the newspapers that are still around are struggling. Struggling not only to stay in print but to stay in business.

Not so for TNBUN. It is not based on any conventional newspaper business model. We figured we had to be different to be successful. There are some things traditional about TNBUN, but our business model and mission are not tra-

ditional. This newspaper is designed to fulfil some of the needs and to provide some services to our multi-dimensional community, and share *solution-oriented* information with our readers.

There are a lot of smart people and some brilliant people associated with TNBUN. Most of these people are at the top of their social and professional careers, and just want to pass on some of those Golden Nuggets of Wisdom and Knowledge to our community.

Now...we are not that naive in thinking we have answers to all the questions and concerns of our readers. However, we can address them...and in some cases publish the issue or concern with a response. We are here to inform and assist

our community. We are looking for people to help us get even better results and better outcomes.

It has been written that "a *talent* or a *spiritual gift* is possessed by us all". It may be that you only have one talent or one gift while others are multi-talented and has many gifts. For the record...it does not matter...we are all equal, and this is where some of you come into the picture.

TNBUN is very interested in providing a means for you or someone you know who need to share their gift and talent with our community. Especially if what is shared is solution-oriented in nature. Some of you know things that affect us locally and nationally that you may know how to fix. That bit of information could conceivably change the quality of life...even save the lives of many.

Then there are those of you who are seeking to expose your business to a broader market or expand your brand. We can help you with that. We provide local and regional exposure and can run those campaigns. Just know that National is in our name and the entire nation is our market.

It is my intent to *not sound needy* or

coming from a position of weakness. Because we are not. This newspaper was built on a firm foundation. It has shown consistent growth and broad appeal and is financially *in the black*. Weakness is not our condition.

It is also my intent *not to sound boastful or braggadocios*. This mission (for me) is only temporary. This newspaper is designed to last long after all of the Executives of TNBUN are gone. And we collectively feel that it is a privilege and a true honor to be a servant to our community thru this newspaper.

The only reason I am The Managing Director of TNBUN is because it was offered to me. I was not looking for this position, or any other position like it. It was my talent...my gift that made this position open for me. And I must tell you that I am truly honored by being associated with and having met so many awesome people thru this newspaper. For so many reasons, TNBUN is something you should seriously consider.

If any of this makes any sense at all to you, or you have questions, contact me by email at dempsey53863@gmail.com or call me at 804 721-7515. Your contribution to our community does make a difference.



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

SPECIAL TRIBUTE TO FATHERS

At a time such as this I am honored to have the privilege to publicly celebrate the lives of men who dare to be fathers. You Are Worth Celebrating Because... You as men, especially black men, suffer from an overdose of negative publicity. The cries of infidelity, brutality, criminality, dishonesty, and disloyalty

are exploited expeditiously through all forms of the media.

You Are Worth Celebrating Because... The obstacles you as black men have overcome from slavery to freedom have demonstrated a very prostituting history. You Are Worth Celebrating Be-

cause...As fathers you have been chosen to savor the fruits of your vines as they take root and sprout into life's many shapes, sizes, colors and disciplines. You Are Worth Celebrating Because... There are so many males, *NOT MEN* who boast and beat their chest because they have fete-sized children out of lust as opposed to producing children out of love and - to me - these creatures of habit have never earned the right to be called "men" or to be kingdomized or crowned with the title of "father."

But *YOU* - who have stepped up to the plate, so to speak, You Are Worth Celebrating Because... You holistically represent the title of...Father...That melodious position of grandeur- of notability - of disciplined authority and trust. Father...That producer of - protector of -

founder of - benefactor of - teacher of - that man who has begotten a child - a future ancestor -while forming a loving bonding relationship Father...That one who seals and cements life's paternity with love and affection. That one who prunes, cultivates, nurtures and spoils. That one who knows that Fatherhood Involves...Trial and error - Pride and Pain - Love and Loyalty, Praise and Prayer - for these acts of unselfishness - You are Worth Celebrating -That is why I have chosen this time to publicly salute those of you whom I have observed over the years months and days by saying:

I admire how I believe you who have toiled and struggled during your darkest days. I appreciate your acts of guidance and your willingness to take a stand. I appreciate your moments of firmness even
Continued On Page 30



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

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

that maintain a high level of motivation are necessary.

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

whomever has a desire.

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

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

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

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

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

**Aaron Gray
443-996-8245**

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National Editor
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The Year 1250

There are many things that I find appalling that is occurring in our community and more broadly in our nation these days. As I sit to write these columns, I am generally filled with indignation. My writing leans toward the provocative and I find it easy to call out people and institutions for what I perceive they may or may not be doing.

Pointing fingers at others however are intellectually lazy, unconstructive and usually counter-productive. My ultimate purpose is to enlighten and provoke thought - not emotions.

That being said, I cannot help but think of the failings of the institutions that I see all around me. Now, this may offend some, but we in our community must get a handle on that which is presently occurring. I look at the Black Church, I Look at our Schools, our poli-

ticians, and political influence, our neighborhoods and most importantly our neighborliness and I see a profound erosion.

Now I am not one to wax nostalgic, for in the experience of our community in the Americas, there really were no good old days. I, however, must warn the reader that what was once and always bad is making a turn for the worse.

I have embraced the term second reconstruction to describe the period in my lifetime from the 1954 Brown v. Board of Education Supreme Court decision which dismantled American apartheid until the election of President Obama. That fifty-four year period represented, if not a renaissance, a period of partial enlightenment and embrace of the democratic ideals upon which the United States was purportedly based.

However, like pendulums, humanity swings in two directions, there exists both good and evil. The reactionary forces that have conspired to deny us our freedom and our right to fully participate in the bounty of the Americas' have returned unabated. You see in this country there is anti-democratic under-current, an oligarchy of those who are not supportive of advancement not only of people of color but of all working people. The mistake that is being made is in the belief that the forces that have fostered upon us and empowered Donald Trump to have a desire to return our culture to the 1950's when in reality it is not the 1950's that they seek to reestablish but the 1250's. They seek not a democratic solution with a limited franchise but a full-blown return to feudalism.

The destruction of the initial period of reconstruction which lasted just twelve years from 1865 through 1877 was rooted in the belief in our community and others that progress was linear and inevitable. Our allies would remain our allies and as such the sacrifice and pain that the nation went through in eliminating slavery would not be in vain, but that that good and glorious morning of freedom had finally arrived and was shining upon the former bondsman would remain unabated and we would move forward as one nation. This dream would soon fall victim to the long shadow of Jim Crow, returning the majority of the

community into a condition of semi-servitude one step above chattel slavery somewhere above the original constitutional designation of 3/5 a human being of slavery but far short of the promise of equality. Understand our ancestors fought long, hard and fearlessly for the rights for which they were entitled to share in the fruits of the American experience, they just could not overcome the forces in the nature, sole and essence of this Country that refused to embrace them.

We hold a similar unfounded belief today. Once again, we see the rise of the demons of our nation, the bitter fruit of nullification is spread across the land and the only progress that we are experiencing is in reverse. The thing is we can learn from the past and we can overcome. To do so we must not underestimate the forces that seek to re-enslave us and prepare for the battle that is to come.

This is where the institutions in our community must arise. The Black Church, Historically Black Colleges and Universities as well as all of the schools in our community, our politicians, and political influence, our neighborhoods and most importantly our neighborliness must find and redefine their purpose and ministry to meet today's challenges before the shadow of our oppressor falls upon our children.



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

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

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

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**National Editor
Wayne Randall
Financial Consultant**

Choice vs. Chance

It's said that life is worth living! That's why we have to embark on the unknown at times in our lives and not let fear hold you back from your desires or passions to succeed. Whatever you're currently doing it might not be your true calling *however* only you know that. At the end of the day do you feel a sense of self-gratification, or that you made a difference and you impacted the lives of others? Do you feel you have a calling to do something else, but you haven't put a plan of action into place to pursue it? Well, many people find themselves working in vocations that might NOT be suitable for them though it pays the bills. Is that enough; do you see yourself do-

ing this until you retire? This is a question that we all have to answer at one time or another in our lives. If you desire to do something else then step out and stake your claim if you want it. Don't leave your life to chance because only you have the power to make the decisions that are right for you! This strategy can be applied to any area of your life from your family, your career, and your educational pursuits. With that said, I'm celebrating my one year Anniversary with TNBUN as National Finance Editor. It has been quite an experience one I'm happy to say I've been a rewarded participant. During my

well received tender period, I've met public officials, from the Mayor, Senators, City Delegates, and Councilmen, Author's, Editor's, Publisher's, businessmen and women.

This was not left up to chance this was a conscious decision I made when the offer was presented to me to be a part of this dynamic platform that's impacting our community here and abroad. On the heels of that success; my publisher presented me with another opportunity. He suggested I do a Podcast centered on finance and the many areas that flow from it. I pondered the idea could I make an impact and transition from what I was doing to another level? So, the question was am I going to leave this to chance? Absolutely, not! Some things you just don't leave to chance and this is one of them. The decision was made I started writing for the promo for the Podcast to be aired; making plans to go forward with my new project that will be an extension of the TNBUN media.

Here I'll be showcasing businessmen and women discussing relevant topics about our economy and issues that affect our lives every day. More importantly,

I'll tap into the thoughts and views of the individuals on the show. Back to my original thought, this was a choice however, it had a lot to do with timing. Last year was a tumultuous time for me, I lost my Mother that affected me deeply however, I've adjusted and settled into my new reality. I don't know whose street I'm on but, you may be contemplating a major shift in your life. There are a few things you should ask yourself; one am I ready for the challenge, two am I willing to make the sacrifice? Obviously, only you hold the answers to these questions.

As I stated I was not mentally ready for the challenge much preparation is needed for such a project. Especially, when it comes to interviewing and showcasing people with various backgrounds one needs to know something about the individual to make for interesting commentary/exchange. In the meantime, you can see the promo of the Podcast hold the Ctrl key and click the link <https://youtu.be/oBOxrMk66ks> or visit Facebook. If you want to be a part of the showcase or promote your business just download the App and go to <https://www.freeconferencecall.com/> or call me at 443-726-6693 or email me w@yourfinance-info.com.

**Wayne Randall
Financial Service**

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Business Consultant
Lila Arthur
Primerica Financial

Educating My Clients

I Educate my clients to buy term insurance or Income protection as we like to call it.

Term will provide the amount of coverage needed while at an affordable rate. With a term policy, a client would be able to not only protect their income but also be able to put money

into an investment account that would allow them to save for retirement and give them options at the end of the term.

If a family with children and other people depending on their income, on your income having a strategy that will not only deliver for the family in an

untimely death, but it will also deliver for the client of the live a long life...

We make sure the client's family is taken care of if they die too soon and the client if they live a long life.

We also look at the client's entire finances to see where we can help the save, make and create wealth.

In today's world, we need coaches. Financial coaches In today's world we need a game plan

In today's world, we need education I am here to provide all the above and an awesome opportunity for a person with a great work ethic to come work with me.

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

Lila Arthur
667-231-0819

A HISTORY OF DIVERSITY

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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.

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ALL CREDIT CLEAN

What Type of Loan Do You Need?

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

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

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

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

Owning a Home

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

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

Know the process

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

Prepare to shop

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

Explore loan choices

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

Compare loan offers

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

Get ready to close

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

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

Don't You Think It's About Time?

How long have you been depending on someone else for the things you should be doing for yourself? How long have you been picking up the slack for someone you know is just using you for what they know they can get from you? How long have you accepted the excuses, untruths, disrespect, and drama from people you love and are supposed to be able to trust, but you don't? How long are you going to continue to accept less than you know you deserve? When are you going to learn how to value yourself? Why do you allow so many others to minimize your worth? Why don't you believe that you are smart or capable? What happened to you to make you believe that you are not enough? Who told you that you would never be anything? What happened to your self-esteem, self-confidence, self-awareness, self-belief? Why don't you teach yourself about yourself? What's wrong with reading books about subjects, people, places and things that interest you? Why can't you learn something new every day? Why do you allow what other people think to be more important to you than what you think of yourself? Who hurt you and why are you still stuck on it? You can't change what happened. You can only make sure it doesn't happen again. Do you know that you must forgive them, and then forgive yourself? Not for them,

but to make sure you don't block your own blessings. "Vengeance is mine saith the Lord!" There are many more questions, but it is pointless to ask them if you don't think it's about time to answer them honestly.

We can bury our irresponsibility, co-dependence, minimized self-worth, disbelief, anger, pain, desperation, loneliness and any other negative feelings we have. But, how does that benefit us in the long-run? Don't you think it's about time to step up and shoulder the responsibility that is OUR life? It's time to stop accepting that we don't have a priority in our relationships. Especially with the people who EXPECT to be a priority and do NOT reciprocate. We control the quality of our lives by and through the choices we make.

It's time to stop accepting the way others talk to us in mean-spirited, sarcastic and disrespectful ways. It's time to stop being okay with the way others waste our time, use up our energy, keep us hanging on empty promises and repeatedly break our hearts.

It's time to build some boundaries, set

some limits and draw some lines, and stick to them. Who is ultimately responsible for teaching people how to treat you? Whose JOB is it to protect yourself? Before you point the finger at others you thought you could or should trust, look at your own reflection and ask yourself, "Have I done right by me?"

So often we invite drama, craziness, hurt, disappointment and sadness into our own lives because we put the needs of others ahead of our own. Don't you think it's about time to do something different? Don't you think it's about time to recognize your own value? You may be saying YES! But talk is cheap. You have to be about the change if you really want the change to occur.

It took me a long time to stop putting myself last on my list of people and things to take care of! Don't be me. Be better than me! You owe it to yourself!

Your journey to the top begins here and now with the decision to choose you. Decide. If I don't see you along the journey, I'll see you at the top! After all, don't you think it's about time?

It took me a long time to stop putting myself last on my list of people and things to take care of! Don't be me. Be better than me! You owe it to yourself!

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

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

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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. She is straight forward and authentic, sharing her life experiences creating a sense of trustworthiness and commonality. Fran is dynamic, high energy and has a great sense of humor.

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

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

Dawn Fitzpatrick,
 Educator and Motivational Speaker

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

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

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

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What have you done to raise the quality of your life lately? If the answer is "nothing" you can start by calling me! You can make a difference RIGHT NOW by participating in an e-book fundraiser. We need your help. Please show your support.

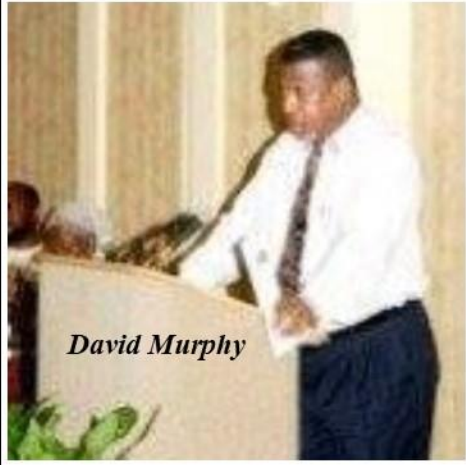
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National Editor: Faith Based & Religion Rev. Theresa Mercer Founder of The Prayer Line Chapel

When God Moves" by: Rev. Theresa Mercer

Have you ever met someone who is on a mission and yet they are always open to helping others? That's David Murphy.



David Murphy

He is a very interesting person. David's commitment and determination to become a change agent are infectious. You can't be around David Murphy and not be encouraged. When he meets someone with a mission, his passion to inform, inspire and uplift our comes out and, if help is needed, David does all that he can to assist. David wants us to see our strengths and to strive for the greatness he knows that we can achieve.

David thinks of himself as himself "The Networker of Networks". He understands that if we are going to make it, we must support each other.

David's quest is to make a difference. He

had to reach the masses and saw the media as the perfect solution. And so, he founded The Maryland Informer Newspaper. All of his newspapers were successful but none of them gave him exactly what he wanted; that's why he birthed what we know today as, The National Black Unity News Paper!

I have been inspired by David Murphy for over twenty-five years. From the very first time that we met, I knew that there was something very special about him. At that time David was the Founder and Editor of The Maryland Informer News Paper. After many dedicated years, David has come into his own and is finally experiencing great success.

Recently, David and I had a conversation about life and I asked him what drives David Murphy? What's keeping him in his vision and who is David Murphy?

David took me back to his childhood when he was in elementary school. He remembered the song "Don't Be Cruel". You see David went to what we referred to as a White School and there he felt the pain of discrimination. David left school early one day because he was teased by the students for singing a white song. You see, being innocent, David wanted

to sing and be accepted as a person equal to any; but, instead, he was made to feel less than some of his classmates.

Instead of withdrawing, David's strong imagination told him that he could make a difference in the lives of those who had no voice. From then on, David had a desire to make the world a better place for his people.

David talked about his father who, in the early '50s attended college for 2 1/2 years but, could only be hired to clean toilets.

David said, "I can say that my life was predestined. The hurt of Prejudice was just the spark thing that makes me want to do better, to make a difference and give encouragement to others in my community."

David went on to say, it hasn't been easy by any means. I could not have fulfilled my God-given gift if my loving wife and family had not given me support.

David said, "At last, I feel good about the direction we are going in."

I can say to David, that's what happens

"When God Moves!"

Your Health, Your Business

Did you know that John Hopkins Hospital and Vanderbilt Hospitals are using the natural oils to support their patients? In our next edition we will share some very interesting information about the hospitals, in this column of, Your Health, Your Business. How did I get started in this business you ask? For those who know me know that I like to help people when I can. Here goes my story with doTERRA.

I happened to overhear two ladies, Detra and Noreen talking about Detra's mother who had been having trouble with constipation. Dee was thanking Noreen for suggesting a natural oil that she just rubbed on her mother and it worked. That oil came from doTERRA. Of course, I had to butt in.

I then asked about migraine headaches. The Noreen recommended oils, I purchased

them for a family member who is being blessed by using them. Since then, I attended a meeting where I heard a lot of seniors say they have been helped with the discomfort they suffered from in their knees and hands by using the doTERRA oils.

The following presentation, the Heather Wiemer story, fully persuaded me to become a representative for doTERRA. After reading Heather's story if you have any interest in the oils or in joining me as a representative, please call me at: 410-365-7101

The Heather Wiemer Story, Mother of ten children grandmother of 1 My journey to health began about 4 yrs ago. For over 40 years I struggled with respiratory issues as well as other chronic medical problems. I spent a lot of time in the hospital as a child and the ER visits con-

tinued into adulthood. I struggled each day to even meet the basic needs of my family and had really started to lose hope for the "normal" life I longed for.

In 2014 a friend introduced me to an oil blend called Breathe since it had helped her son. After two weeks of use, I realized I hadn't reached for my rescue meds. My life was transformed.

Not only has my life been changed, but I've changed the course of my family. I've empowered my children as well as many other families. We have been so blessed by the opportunity we have been given to share with others and change lives. We have partnered with doTERRA because of their commitment to quality and their commitment to change lives. They have formed partnerships with the growers and strive to break the poverty cycle by providing jobs, building schools and clinics. This allows us to impact people around the

world as we help those around us. For more information check out the Healing Hands Foundation and Co Impact sourcing on doTERRAs website.

Plant based remedies and essential oils have been used for thousands of years. Essential oils are extracted from the plants that God gave us. They help bring our bodies back into balance and provide a natural remedy for many health concerns. Take peppermint for instance...many use peppermint tea for digestive issues. Lavender is calming and great for sleep. There is so much more that can be said about the benefits of doTERRA.

Would you like to learn more about the natural oils by doTERRA? Would you like to earn money helping others improve the quality of their lives? Let us share with you, please call...410-365-7101 "Your Health, Your Business." We are waiting!!!

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National Editor
Imam Bilal Omar
One Who Survives

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

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

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

You are the best people, evolved for

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

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

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

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

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

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

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

Founder of: The Power Of Positive Words

THE VALUE AND POWER OF UNITY

Behold, how good and how pleasant it is for brethren to dwell together in unity!

Psalms 133:1

What Is Unity: Unity is when two or more people agree on the same thing.

Attributes of Unity: When I think more highly of you than I do of myself. When I see something that needs to be done in our church building, I do it without having to be asked. When you see my children running in the building and you say something to them and I thank you rather than berate you. When I pray for you that we may be one as Jesus did in John 17 and when I love you with "agape" love, that's unity.

Value of Unity: When God spoke in Genesis, the book of origin, after completing His work the first through the sixth day, God said, "It is good". On the seventh day, God rested. God did not rest until everything was good.

Unity At Work: Everything falls into its proper place because God placed it there by His Word. If you want good... If you want pleasant, choose unity. Every day we choose God's Word, we have value because we choose unity.

Power of Unity: Do you remember when you had an assignment that needed more strength than you had alone? You needed help! Perhaps, you needed help to carry a trunk, move a desk, or even remove sin. God spoke again and dispatched His Son from Glo-

ry to earth. He knew we had a unity problem. So, God allowed His Son to take on a debt that He did not owe because we owed a debt that we could not pay.... *the debt of sin.*

Jesus became the *Power of Unity* when He came down from Glory, walked among men, performed miracles so that we may believe. He was accused of crimes that He did not commit. He was whipped and spat upon and made to walk up the hill called Calvary where He was stretched wide and hung high, on the old rugged cross for you and me. He had to die.

He died and was buried in a borrowed tomb. Jesus got up on Sunday morning and went back to Glory, declaring that all power was in His hands. But, we still have a unity problem. God did not leave us without an answer. Therefore, He commanded us to obey His word that we may be saved.

Everyone has a job to do. Like the human body, every part must work together to accomplish a unified goal. The feet cannot do the work of the hands. The eyes cannot do the work of the ears. What part are you? What will you do? Every part of the body works together to beautify and enhance each other. What do we see in each other?

I see a group of people who are experts in what they do. I see a group of people who enhances the work of each other. I see a group of people who are

like lions (known as Editors and Staff of the National Black Unity News) and who are led by lions (The King Lion called David Murphy). I see a group of people who rises to the occasion, whatever it may be. *I SEE YOU!*

I have written this article just for you. When you read it, consider it a personal letter from me to you. There is so much greatness in you. Whatever your occupation in life, be the best! You have an awesome responsibility to those whom you serve and those who read your material.

I often take public transportation and every now and then I converse with fellow passengers. I asked them where do they worship? Some of their answers often grieve my spirit. Some of them said that I used to go to church but, church people are phony. Then, I pray, "Lord, help me not to be phony in my walk with you but, help me to practice what I preach and be a Difference Maker". So I say to all preachers, ministers and all those who have the responsibility of preaching and teaching to others, *God will hold you (us) responsible for what you (we) teach and your (our) phoniness, if that is the case.* One soul is more important than your (our) pride. Don't be guilty of foolish pride. Apostle Paul said, "Preach the word, be instant in season and out of season". That means, preach/teach the truth when people like it or don't like it. The world needs to be unified! You have the microphone. How will you use it? If you do not use it right, God will hold you responsible! God bless you! For There Is:

"Value And Power In Unity".

Unity Story: Allow me to share a story with you about Four Travelers. Their names were JOY, PEACE, WEALTH, and UNITY. They traveled until the sun was almost down and they were very tired because they had walked all day. The travelers reasoned among themselves that they must find shelter

for the night. They came to a little old farmhouse. The Traveler's Leader knocked on the door and asked, "Is the man of the house home?". The answer was, "Yes". The leader of the group explained that they had traveled all day, and needed shelter. The father asked, "What are your names?". The leader replied that their names are Joy, Peace, Wealth, and my name is Unity. The father said that because we are poor and in desperate need ourselves, I will allow my family to choose which of you will come in. The leader said, "Choose wisely". The father went back into the house and talked with his family. The mother said that she would choose Joy. The daughter said that she would choose Peace. The son said that he would choose Wealth. The father said that he would choose Unity. The father told the travelers that their first choice was Joy and he may come in. Joy did not move but stayed outside. The father said, my daughter chose Peace and oh!... How we need peace. Peace did not move but stayed outside. My son chose Wealth because we can barely survive. Wealth did not move but stayed outside. Finally, the father said that I chose Unity. Immediately! Unity walked into the house. Behind Unity, Joy walked into the house. After Joy, Peace walked into the house. After Peace, Wealth walked into the house.

The father was perplexed and said: "Why didn't the others enter the house when I called their names?". "You see, said Unity, when you attempt to have Joy, Peace or Wealth in your home without Unity first, it will not last. But, when you have Unity in your home first, Joy, Peace, and Wealth will always follow." The same will happen anywhere you go. So, choose Unity in your home. Choose Unity at your job. Choose Unity in your community. Choose Unity in your church and you will be blessed above measure. God bless you all! REMEMBER THIS: When you begin to build and want it to last, make sure you choose a Firm Foundation. CHOOSE UNITY!

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

U IS FOR UNITY BETWEEN ONE AND TWO THAT BRINGS US TOGETHER AND MAKE US STICK LIKE GLUE

N IS FOR THE NECESSITY TO GRASP EACH OTHER'S HANDS TO EMBRACE AND ENCOURAGE BE WE A WOMAN OR A MAN

I IS FOR OUR INNER STRENGTH EVEN DOWN TO OUR BONES SHOWING WE ARE STRONGER TOGETHER MUCH MORE THAN WE ARE ALONE

T IS FOR OUR MAGNIFICANT TEAM THE NATIONAL BLACK UNITY NEWS STRETCHING THROUGHOUT OUR COMMUNITY AND WORLD BECAUSE WE USE ALL OF OUR UNITY TOOLS

Y IS FOR OUR AWESOME YOUTH FOR WHOM WE SET AN EXAMPLE BEING CAUTIOUS OF WHAT WE SAY AND DO YES! WE MOLD FOR THEM A GREAT SAMPLE

By: Achaniel F. Lucas, Sr.

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STEPHANIE POPLAR

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

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Devin Moore, youngest client
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Florida

A trip to the famed Disney World in Orlando, Florida can be found on almost anyone's bucket list – it truly is the happiest place on earth!

With so many options to choose from, the hardest part about booking your Disney World trip is deciding where to stay. While choosing a Disney property is convenient, there are also various luxury properties in the surrounding area that offer a lot of the same benefits as an on-site Disney hotel—and at a much lower rate. Below we have highlighted some of the people's personal favourites that are guaranteed to make your Disney world experience much more magical!

Four Seasons Resort Orlando at Walt Disney World Resort

Nestled in a secluded setting within Walt Disney World, this AAA Five Diamond Resort has something to offer for every type of traveller. Families with children enjoy splashing around Explorer Island – a five-acre water park complete with water slides, a winding lazy river and drive-in movies at the family pool.

Choose to relax with a cocktail in hand at "The Oasis", an adult's only pool. Children will have a blast at "Kids For All Seasons", a complimentary program that is offered daily. Wake up and choose from a delicious omelette bar at Ravello with a Goofy and Pals character breakfast where a photographer will capture all of the fun! You can also spend the evening learning culinary secrets from the executive chef in a private cooking class in the Ravello Demonstration Kitchen. As a guest of the Four Seasons, you also get access to Disney benefits like Extra Magic Hours, Disney Fast Passes, and complimentary transportation to the parks.

Waldorf Astoria Orlando

Nestled in a serene nature preserve just a short ride from all of the entertainment, you'll make as many magical memories here as you will in Orlando's world-famous theme parks! Soak up the Orlando sun by the pool and book a private cabana where poolside attendants will cater to your every need. Enjoy a luxurious dinner at the award-winning Bull &

Bear restaurant featuring re-imagined steakhouse classics or choose a casual dining setting at one of the many eateries the property has to offer. Travellers with children love the Waldorf Astoria Kids Club, where little ones can make new friends while enjoying activities ranging from poolside games to crafts and marshmallow roasting. Enjoy the convenience of your complimentary transportation to fun at the Disney Theme Parks and Disney Springs area.

Gaylord Palms Resort & Convention Center

Another luxury resort to add to your list – the Gaylord Palms Resort. This one-of-a-kind property is located just minutes from the Disney parks. Explore the spirit of the Everglades, the sights and sounds of Key West, and Florida's Spanish colonial past when strolling through three themed atriums that connect different areas of the resort. Enjoy an array of aquatic adventures at the on-premise water park, featuring simulated surfing and a multi-level water playground. During winter months, take a thrilling ride down Gaylord's signature ice slide. Choose from one of the seven fine dining options featuring regionally inspired foods and locally sourced ingredients. Hang your Mickey ears up at the end of the day and relax at the adult's only pool or enjoy the full-service spa to wind down. Complimentary shuttle services to the parks are included.

Hilton Orlando Bonnet Creek

The Hilton Orlando Bonnet Creek guarantees you a magical resort experience! Located on the 482-acre Bonnet Creek Nature Preserve, this breathtaking prop-

erty is just minutes away from all of the fun at the Disney Theme Parks. Enjoy breakfast where kids eat free or grab a light breakfast and coffee at Muse – the 24-hour coffee bar that features snacks and gourmet pastries. Catch your complimentary shuttle to the park, which runs every half hour. After a long day at the parks, unwind in your spacious room with beautiful views of the lazy river pool, 18-hole championship golf course, or the Walt Disney World Resort. Choose to spend your evening at La Luce – An Italian restaurant offering Italian traditions like family-style pasta and seafood specialities, all made with the finest local ingredients.

Wyndham Grand

Located in beautiful Bonnet Creek, your dream vacation unfolds at the Wyndham Grand with an unbeatable location, upscale accommodations, and exceptional dining. No matter what you're in the mood for, you'll find something exciting just a short drive away. On-site, you can enjoy the lagoon-style pool or float on down the lazy river. Choose to dine at one of the five on-site restaurants like the Deep Blu Seafood Grille, which offers fresh seafood with a Southern twist. Once you're ready to head to the Disney parks, grab your exclusive FastPass and catch your complimentary shuttle to enjoy all of the magic Disney has to offer. Enjoy premium coffees and teas from the comfort of your own room with the in-room Keurig coffee maker, then head to the Blue Harmony Spa for a day of pampering where you will find an extensive menu of spa services including massage therapies and facials.

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Ambitiouz Minds Academy *We Are The Difference!*

The purpose of Ambitiouz Minds Academy is to achieve business and academic excellence through the knowledge and core concepts of business development, life strategies and etiquette.

Our goal is to extend career options for high school students and individuals as an alternative to military or college careers. Our focus is to further educate our young people and the citizens of our community and show them how to manifest their purpose. We teach people how to be independent role models and create entrepreneurship.

We offer Etiquette classes, Business development classes, Skill building, Social development, Community development as well as building and understanding life skill workshops.

Founder, Michelle Bailey a graduate of North Carolina Central University and has owned and operated Infinity Bail Agency for 20 years. She started the Ambitiouz Minds Program in April of 2016. Ms Bailey has been in financial services for over 25 years, she has devel-



Michelle Bailey

oped many resources over the tenure of an array of licenses. She is a very motivated and business oriented woman, her experience and work relationships has opened many doors in the communi-

ty. Through the knowledge and resources which have been developed over the years, she plans to conduct and execute the success of the Ambitiouz Minds and make a difference in the community.

Each person is responsible for what they do to help the program grow. Each one teaches one. Ambitiouz Minds is willing to go the extra mile to help our community understand own and operate their businesses more effectively. We believe in working together "teamwork makes the dream work". The Ambitiouz Minds team is growing each day and we are excited about the changes our program will make for the future of our students and community leaders. We care about our young men and women and our community. We want to see the number of small businesses grow and be in a position to provide jobs for other community members and students.

If you would like to participate with our programs please contact us, also we are open to collaborations!



Ambitiouz Minds Seminars

- Life Skills
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The seminar will be rsvp. Each seminar will be 1 to 3 hours long and notification will be sent via email or direct mail 2 weeks prior to class assembly.

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

THE UNITED STATE OF AFRICAN-

There is something we must do as African-Americans if we really want to exist as a people recognized for who and what we truly are. We must get together and create what will be a conscious **state of mind** for the people we are, as the people we have always been. We must do this to take us to the place we are right now but cannot see it because we were meticulously taught not to look and see. For too many years we have been purposefully sadistically brainwashed and indoctrinated, to get us to close our eyes to the facts of our debased conditions and view them as a falsehood. In saying that, we as a people seek not to physically separate from White Americans, as we are as just a part of the intricate whole that makes America what it is, as those who are and have disrespected our position for so long. We simply desire to be recognized as the separate entity they have been telling us we were and treating us as such since 1619 when our people first reportedly landed on the shores of North America as slaves and indentured servants.

Notwithstanding, the total effort we must put forth to become who and what we are, should be so we can form a union within a union and still be called Americans, but recognized as Afunemuda, and as members of The United **State** of African-Americans. We will not physically separate in any way from what we are at this time; we simply seek to be recognized as we are. We live in a

black and white country. Everything seems to be separated by those colors. The colors of the two people that secured and built this country are **black and white**. So, we as African-American or Afunemuda will simply acknowledge that fact to its absolute fullest. And in doing so, we must start using the 1.3 trillion dollars we generate every year towards the advancement of us as a unit within a unit (this country). We must stop spending most of our money on the white side as much as we use too. We must use it for ourselves, as they did in Black Wall Street in Tulsa Oklahoma before the jealous/envious white Americas bombed it from the air and burned it to the ground on June 1, 1921, in a period spanning fewer than 12 hours. In this country where money seems to be everything, especially power, we need to recognize the power of our money. In Black Wall Street a dollar could circulate 36 to 100 times before it left the collective Black Community. Meaning, sometimes it would take as long as a year before the currency would leave the hands of this community. That is power... That is Black Power...

If African-Americans would stop spending their money on the white side, or any side, collectively for 30 days, we would see our true power, net-worth, and self-worth. If we would do this, we would bring White American and white Wall Street to its collective knees. They need us more than they will admit and more

than they will allow our people to consciously realize. We are only 12% of the total population of this country, but that number becomes a powerful majority when the rest is split down the middle. Historically, whichever way the black vote would go in large numbers, the president of this country emerged. Think about it as the 2020 election draws ever so close. Think and you will see. We have power. We have a power that white people are truly aware of and afraid of. So, they are meticulously disguising their fear and hoping we as a people never realize it. We as a people had better open our eyes so we can see clearly who and what we are. We must be open to our holistic selves and realize the power we possess. We must become consciously aware of our political and economic strengths before we lose the opportunity to use them. We are dealing with the inveterate fear of the existence of one people (African-Americans) by the existence of another (White America). There is an ominous silent power in that unspoken reality.

Historically, there have always been a certain group of white people that knew deep down inside, that we, the African-Americans or Afunemuda, possess the innate tenacious strength of Mother Africa and the unscrupulous cunning nature unwisely bred into our conscious by the white races. They are also aware that the Black People in Africa are descendants of great warriors and those responsible for the true development of civilization and in some ways, we are their descendants. Our people must learn what our powers are and use them for the betterment of our people and the world. We as a synergetic body must become consciously aware and feel our power. Our presence strikes fear in the hearts and minds of they who possess the knowledge of who and what we really are, and of our indomitable natural poise. They who know of our true power fear us because of the disrespectful way they have treated us over the

years. They realize we would pose a serious threat to their supposedly superior position if we would elevate ourselves anywhere near egalitarianism. They know they could never defeat us mentally or spiritually if we pull ourselves together as a single moving force. And to try to defeat us physically would destroy everything they psychosomatically hold dear. It is time. It is our time.

The United **State** of African-Americans is and has been for a very long time, but we have been unwilling to recognize ourselves. The white side has always known this; that is why they didn't want our people to own land; land is power. That is also why they didn't want our people to become educated; education is power. That is why they would go far out of their way to stop us from coming together; togetherness is the ultimate power. Nevertheless, we are a unified body but refuse to accept ourselves as such. We must open our eyes, our hearts, and our minds to make us better as the people we are. We must realize we have power and be willing to use it. It is not always the bigger person that wins a battle. So, with our small stature, we must think as we walk through the streets, avenues, and boulevards of the shadows of the troubles we have allowed to be a part of our lives and fear nothing. We will fear nothing because God is our creator and through the strength and goodness of God, all things are possible. It is possible for us to be stronger than we think we are. It is possible for us, who are small in stature, too overcome the overwhelming odds of those who are so large. We may be a small seemingly insignificant stone but wield in the right direction and with the proper force behind it, we will achieve our goals. We were African-Americans who are now Afunemuda and as a people, we create "The United State of African-Americans" and we must unplug our power.

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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.

I AM A PRIZE

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

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

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

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

ALICE W. WILLIAMS

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Black Men Unifying Black Men

Us Helping Us = Unity

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

Despite all the bad that is happening within this city and across this country. Despite how many Black Males are caught up in drugs and crime. Despite how many Black Males are murdering and getting murdered, there are countless of other Black Males doing awesome things.

There are Black Males feeding and housing the homeless. There are Black Males who are mentors. There are Black Males who are giving millions of dollars away to help others. There are Black Males who are employing others. See, the point is this, regardless of how mainstream media attempts to portray us, there are thousands of Black Males across Baltimore City doing amazing work.

Black Men Unifying Black Men is just one example out of thousands. Of course what we do as Black Men Unifying Black Men do not just have a monthly breakfast and discussion, which has brought countless of us together. Our mission is simple and yet huge, it is an effort to unify us by bringing us together for networking and getting to know one another.

For the past four years, we have been fortunate enough that we have brought thousands of Black Males together.

From just this effort so many other things have happened where brothers started working with one another and other organizations have started because of our effort.

Yes, there is much work and all of us have to continue pushing as we strive on bringing positive changes. It is obvious that to a very large degree that if the culture is to change in the communities that we claim as ours, then it is only us who could change it.

Why is this challenge such a hard reality? There are many reasons. Some unseen and some seen but the biggest challenge is the apathy that has plagued us. See, the hopelessness that no one really cares. The reality of witnessing our tax dollars benefit others and not us. The reality of crumbling and failing schools. The reality of neighborhoods looking as if third world countries.

When we look into our communities and see that the majority of ownership of properties as well as everything else is owned by others and not us, it indicates that those who are leaders have no true concern for the larger majority of us.

Despite how leadership may have failed us, the urgent matter becomes us not

failing us. See, when we truly organize and unify in large numbers and unify around issues and not personalities, we will be on the course of righteous victory.

As Black Males when we could see the benefit of uplifting one another and not stepping on one another because of disagreements, we will be the example of younger males to witness our behavior and how we handle conflict without gunfire.

As Black Men Unifying Black Men we must constantly stay in front of issues and we must be the bearers of calling for unity. It is a reason as to why major efforts are put into place to make sure that many of us become failures and cling to hopelessness. See, if we rise as unified Black Men, no longer would we see failing schools and crumbling and abandoned properties as we presently witness.

As Black Men Unifying Black Men we will have to set the standard for the future. Yes, it is a challenge because millions of dollars are spent keeping us from unifying, but as the old saying goes. "GOD" will be the glory because faith will crush doubt.

See right here in this city known as Baltimore countless of Black Males are organizing. Those of us who are organizing for the benefit of our people must become a shining example for others who are headed the wrong way.

As Black Men Unifying Black Men we have to believe that "GOD" has given to us all that we need to create proper change. We have to pledge to one another that if we can't help one another we certainly will not hurt one another.

Yes, Black Men Unifying Black Men and Black Men across this city who is working trying to lift us, we must make a commitment. We must become unified with issues and not with status. Once we organize around issues we will be on our way to the glorious day we pray and look forward to.

So again, the challenge is on all of us males, we have to remove egos and we have to determine the issues that we could unify around. Once we start doing this, it is promised from "GOD" that we will start seeing positive results as never before.

But, this is the challenge! Are we up to it? I ask you, Black Man, will you stand with us? **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

SWIMMING

Hello Youth Readers. I hope you are having a great summer. The summer months offer an opportunity to enjoy many outdoor activities. One of the most popular summer recreational activities is swimming. Can you swim? More importantly, can you save yourself in a body of water? Can you survive?

The third leading cause of unintentional injury-related death is drowning. Approximately, ten people die from unintentional drowning each day with two of those being children aged 14 or younger and each year, an average of over 3,000 unintentional drownings occur in the United States according to the Centers for Disease Control and Prevention. These figures were for non-boating accidents. Boat-related fatalities contributed to about 332 people each year. With each child who dies from drowning, an additional five are treated for nonfatal submersion injuries and are cared for at the emergency room sometimes resulting in severe brain damage.

Drowning is not a problem just related to the United States. Drowning is the leading cause of unintentional injury in Australia for children ages 1-3, and 43% for children ages 1-14 in Bangladesh. The leading cause of injury related deaths in children ages 1-14 in China is drowning. It has been stated by the World Health Organization that drowning is a major health problem worldwide. Males make up about 80% of the people who die

from drowning in the United States. The highest drowning rate is ages 1-4 occurring in home swimming pools. Fatal drowning is the second leading cause of unintentional injury-related death for children 1-14 years old with motor vehicle crashes being the first cause. African Americans have a higher fatal unintentional drowning rate than Caucasians at all ages. Drownings occur in swimming pools 5.5 times higher for African American children ages 5-19 than for Caucasian children. At age 11-12, according to the Home and Recreational Water Safety and Injuries, African Americans drown in swimming pools at a rate of 10 times higher than Caucasians.

Accidents do occur, but there are many factors that influence the risk of drowning. Factors include lack of swimming ability. Studies have shown that formal swimming lessons can reduce the risk of drowning among children 1-4 years old. Prevent young children from gaining access to the pool area by installing pool fencing barriers. Even in a bathtub, or the swimming pool, or a bucket, drowning can happen quickly and quietly. Most children ages 1-4 drown in home swimming pools. More than half of fatal and non-fatal drownings among those 15 years and older occurred in natural water setting. Many people fail to wear a life jacket. In 2010, 72% of boating deaths were caused by drowning with 88% of the victims not wearing life jackets. About half of all boating deaths might be

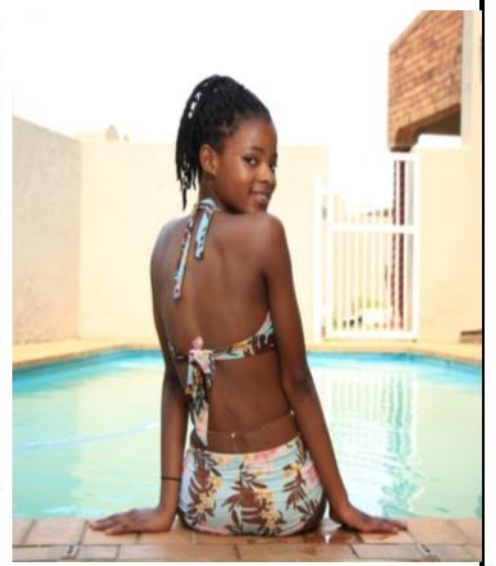
prevented with the use of life jackets. About 70% of deaths associated with water recreation involved alcohol use. This does not apply to my Youth Readers, but this is something to remember. Alcohol influences balance, coordination, and judgment, and its effects are greater with sun exposure. Drowning is the most common cause of unintentional injury for persons with seizure disorders.

Now that we know this data on drowning and the risk factors for drowning, we need to know how to stay safe in the water. A responsible adult should watch young children in the swimming pool and the tub. Just because the swimming pool is in an apartment community area and there may be a lifeguard, a threat still exists. Do not be distracted by reading, talking on the cell phone or conducting a chore. Always swim with a buddy and where there is a lifeguard when possible. Even with formal swimming lessons, supervision and barrier pool fences are vital.

Cardiopulmonary Resuscitation (CPR) performed by bystanders has been shown to save lives and improve outcomes in drowning victims. The more quickly CPR is started, the better the outcome. Remember, it takes time for the paramedics to arrive. Air-filled or foam toys, such as "water wings", "noodles", or inner-tubes" are not life jackets and not designed to keep swimmers safe. At home swimming pools should be installed with four-sided pool fencing that completely separates the pool area from the house. Alarms prevent access or alert you if someone enters the pool area. Remove floats, balls and other toys from the pool and surrounding area immediately after use so children are not tempted to enter the pool area unsupervised. If you are in a natural water setting, and get caught up in a rip current, swim parallel to shore. Once free of the current, swim diagonally forward shore. The American Red

Cross recommends 9 feet as a minimum death for diving or jumping. Always check the water depth. Pay attention to local weather conditions. Stop swimming at the first indication of bad weather.

Swimming is so much fun. It is good exercise and feels good on a hot day. For the past 10 years, an event, titled, The World's Largest Swimming Lesson took place on June 20, 2019 at hundreds of locations in more than 20 countries on five continents over the course of 24 hours, designed to build awareness about the importance of teaching children to swim to prevent drowning. What can you do? Seek an opportunity to learn to swim. Go to your local fitness center, recreational center or gym with a pool. Many swimming facilities and Y's are providing swimming lessons to elementary students. Safety in the water requires more than just swimming lessons. However learning to swim and the exposure to the water safety skills that swimming lessons offer provides a lifelong foundation for drowning prevention. Therefore, be aware of the water. Conquer your fears and anxiety. The dangers of not-knowing how to swim outweigh your negative thoughts. Suck it up, toughen up and fill up your mind with the possibilities of knowing how to swim. According to the World Health Organization, swimming is a vital life-saving skill. Drowning is preventable and swimming is fun.



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

Featured Story: For the first time in recent history, Baltimore City will be experiencing what it means for our communities to unify! The ACP LLC has established a resource umbrella, utilizing the resources from its Indigenous Business Association to actively serve under one common grounds- Inner-City Youth. Our Educational, Rites-of-Passage Team has connected some top Mentors from Baltimore City who will be participating in our Summer Camps, facilitated both on the East and West sides of Baltimore. The goal is to bring the entire city together through the means of youth camps with citywide competitions, sports leagues, and scholarships available to all who choose to participate, along the way. Through partnership with multiple organizations, The ACP LLC Summer Camps will reach over five hundred youth in this season alone! We launch our first Summer Camp with Covenant Associations (July 1st), as a

pilot to what our program will do in schools once September arrives, and encourage people to join us as volunteers now! We offer several programs currently, ranging from Computer Coding to Outdoor Camping: from Advanced Athletics to Cultural Enrichment. Our camps even offer free snack & meal programs so that our youth do not go hungry; the goal is to come equipped as a self-sustaining, all-inclusive unit. If any of you reading this article right now run a summer program, which you would like to include, or even a community association that has space to organize, please connect with The Association & consider sharing your resources with the Community Building Initiative. We look forward to making history together!

What's New: IBA Employment! Yes, Employment! Alarming research forces our Business Co-op to realize that our communities can only hire four percent

of their people, effectively. As a response, the IBA Co-op has secured partnership with the Leading Employee Assistance Program in the States, Myspeedyx. Through partnership, IBA is officially able to hire consultants that are willing to help take this brilliant opportunity to business owners, who have already been generated as warm leads. The payout offers consultants a chance to amass wealth and earn direct & residual payouts. IBA also offers a mutual benefit to Business Owners and Business Shoppers; with our platform comes a quote busters system that helps residents match or beat the prices of service quotes in their area, guaranteed! We help residents to save four thousand five hundred annual dollars this way while giving our Indigenous businesses a chance to retain business at competitive rates; the perfect win-win. We are asking service business owners to register in our Quote Busters System and ask our Retail Businesses to register into our Loyalty Program & Software. Our system is currently designed to increase business revenue and recycle the dollars several times before it effectively funds and sustains inner-city youth programs. Be on the lookout, as we recruit, we will be hosting Kickoffs with businesses that reach partnership with us. We are proud to announce that our first Kickoff will be with the Terra Café, the first upcoming members of IBA's Loyalty Program, and

want to see you all at the launch. Follow our pages and stay posted.

Get Involved: Only recently has our organization been connected with the Mayor's Office, specifically with the office of African American Male Engagement. Dr. Andre Bundley, (who alongside the like of Cameron Miles, Richard Smothers, and Andre Humphries, came to speak as a panelist to Roots of Scouting's Father Day General Meet) has offered our leadership a chance for the Indigenous Business Association (IBA) to be involved in the recruitment or fishing of men. We take this opportunity to participate and extend, as we become fishers of good leaders. For those considering joining, we are collecting Sponsorships, Donations, or Registration Funds for participating in one of our registration packages. However, way you can, we ask all residents to find at least one way to support this summer, while we feed, comfort, and educate over five hundred youth of Baltimore City. Please inquire about Sponsorships!

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Instagram: Theacp_2019
Website:
www.ibaleague.wixsite.com/2019



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

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

Eating on A Budget

The foods we eat play a significant role in our health and longevity. A nutritious diet is essential and certainly can be expensive, but it doesn't have to be! If we just learned and adapt to simple healthy shopping habits. Use the following tips to cut costs on your grocery bill and share them with clients looking for information on how to eat well on a budget

MAKE A PLAN.

Know what you plan to cook during the week and how much you'll need. Things may come up but consider nights when you know you'll be home late, you have alternative dinner plans, or you'll be traveling. Otherwise, unused produce can end up spoiling and getting thrown out – which is not only a waste of money but a waste of food.

MAKE A LIST.

Once you have planned, make a shopping list! Know what you're going to

purchase before you get to the store. Grocery stores are designed to entice customers to purchase more. Appealing displays make it more likely for shoppers to notice and put a product in their carts. Selecting foods not on the shopping list can add significant costs to your grocery bill. If you don't have a shopping list, it can increase your potential to purchase unnecessary items.

LOOK FOR COUPONS.

Coupons can add in savings on purchasing items. If there are certain products you know you purchase frequently, consider searching for coupons to save money, this can add value in the selection and decrease total expenses.

BUY IN BULK.

Dry goods in the bulk food section tend to cost less than the same amount of the same food in a package. Rather than paying for the package, opt to buy foods

like rice, quinoa, nuts, seeds, and spices from the bulk foods section.

SHOP FOR LOCAL, SEASONAL PRODUCE.

In-season food is often abundant, which means it will cost less. Support your local and sustainable farmers for fresh produce. Typically, it also must travel less distance, which makes it not only cost-effective but more energy efficient, too!

"The body wants to be healthy, inside every person is a healthy, normal person, with normal blood pressure, and normal blood sugar, but they're just encased in their bad habits and wrong choices.

Find out how I can help you shop for a more efficient and healthier budget.

Catherine Brown CEO and Founder of F.I.T. Nutrition/email: lefemmedachef@gmail.com/ lefemmedachef@gmail.com

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

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

time with energy and positive surroundings while moving into a meaningful state of being. Moving toward a new direction may be intimidating, expect to encounter some discomfort, sadness, or stress in letting go of what no longer has a place in your life.

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

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

Learn to let go of fear, infuse joy, and happiness into your life. Balance your

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

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

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Every Monday for 90 days evaluate your present state of being and set 3 new goals. Start the week off by developing a plan on how to feed your body, mind, and spirit with positive fuel. Think about how you will eliminate road blocks, overcome obstacles and become the driving vehicle to a more meliorate You. Focus on 2019 Being a Better You and Better Year!!

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- Healthier relationships
- Happiness
- Meditation

"Follow Your Dreams and make You a Better and Healthier You"
Catherine Brown
Certified Wellness Strategist
Email me at lefemmedachef@gmail.com
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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"

Sleep & Time Management

Do you manage time or does time manage you? We all have the same 24 hours in a day but why do some people get more done in a day than some people get done in a week, month or maybe even a year. Are you too busy or productive to manage your sleep? What is the difference between busy people and productive people?

My point is one is not better than the other but look to see which qualities you have or maybe there is a combination of both. Are you a productive or busy sleeper?

Well getting quality sleep is the foundation of time management. We are quick to manage other people's business, family, and friends lives but what about YOU! Using our time determines the output of what you decide to input into yourself especially the proper sleep. Whether we want to recognize it or not the addition, subtraction, multiplication, or division we decide to use in our life

affect our sleep. Are you adding or multiplying years too your life or subtracting or diving based on the time you use during the day that has an impact on your sleep at night?

Most adults sacrifice sleep for time management. It is a possibility you can accomplish all your tasks but overall your productivity will decrease simply because of lack of sleep. We all need to learn how to include sleep into our lives a vital component of living a quality life. Being busy people or productive people is a lifestyle that needs to include sleep as an element of healthy living.

Research indicates that sleep is necessary for learning. Periods of sleep allow the brain to consolidate newly learned information, not only making sense of the day's event but also making room in the mind for more information to be gathered in the future. Sleep is necessary for the brain to perform optimally. Without adequate sleep, you are more

11 DIFFERENCES BETWEEN BUSY PEOPLE AND PRODUCTIVE PEOPLE



PRODUCTIVE PEOPLE

- Productive people have a mission for their lives.
- Productive people have few priorities.
- Productive people say yes slowly.
- Productive people focus on clarity before action.
- Productive people close doors.
- Productive people let their results do the talking.
- Productive people make time for what is important.
- Productive people focus.
- Productive people take their time.
- Productive people want others to be effective.
- Productive people are making those changes.



BUSY PEOPLE

- Busy people want to look like they have a mission.
- Busy people have many priorities.
- Busy people say yes quickly.
- Busy people focus on action.
- Busy people keep all doors open.
- Busy people talk about how busy they are.
- Busy people talk about how little time they have.
- Busy people multitask.
- Busy people respond quickly to emails.
- Busy people want other people to be busy.
- Busy people talk about how they will change.

Sources: Conor Neill
 Illustrated by: Larry Kim (@larrykim)
 MobileMonkey, Inc.

prone to stress, making it more difficult to focus on important goals and tasks (source: University of Georgia Health Center). Accordingly, to the Division of Sleep Medicine at Harvard Medical School, the list of diseases that can be initiated by long-term sleep loss include obesity, diabetes, cardiovascular disease, and hypertension.

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ENTERTAINMENT NEWS

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

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

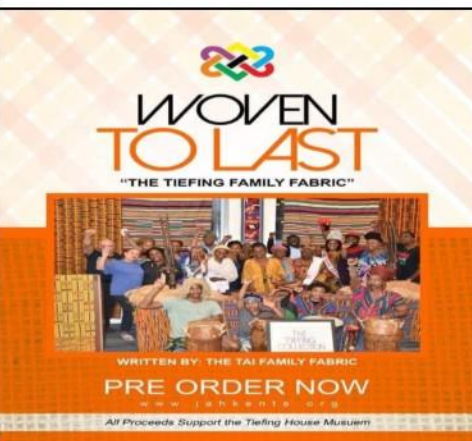
Culture is the New Currency!



We Are The Rhythm PEOPLE

National Entertainment Editor

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



Underground Railroad Excursion: A Reparation Paid to Yourself by Kim Poole

In the spirit of the June 19th 1865; Juneteenth celebrations that erupted after Texas received word that slavery in America ended, on Wednesday, June 19th, 2019 Baltimorean native Ta-Nehisi Coates once again represented the "Case for Reparations" on behalf of descendants of forced migrants



Pictured at the Harriet Tubman Cultural Center Selina Gladden and William Jarmon

from the Transatlantic Human Cargo Trade. Identified as an expert during the House Judiciary subcommittee hearing on H.R. 40 sponsored by Rep. Sheila Jackson Lee of Texas, he shed light on why appointing 13 experts to "study and consider a national apology and reparations proposal for the institution of slavery" and the systemic socio-political and economic disparity is long overdue. A refreshing addition to deliberations came from notable ARTivist Danny Glover, taking up the rear in support of such studies and much-needed debates nationally. Still, while Texas once again plays "catch up," on the home front many freedom fighters continually take up arms in the preservation, protection and transmission of their history and culture in an attempt to keep the global African family connected. One such narrative is that of the Historic Underground Railroad Excursion taking place August 13th- 17th, 2019 from Tubman City aka Baltimore, Maryland to Tubman County AKA Dorchester County, Maryland.

Four hundred years after English Joint Stock Companies entered the Transatlantic Human Cargo Trade in Jamestown Virginia 1619, a hands-on learning opportunity in outdoors survival, mariner arts and scouting education are being launched as a part of the Year of Return campaign.

As a reparation that African people must pay to themselves, local organiza-

tions partner to commemorate the unrelenting freedom fighters who served as scouting experts and conductors on the underground railroad and employ best practices of how to keep their family stories alive in the midst of missing records and effects of systemic slavery on genetic memory. As according to the curator of the Harriet Tubman Cultural Center and local Dorchester County Historian William Jarmon, "Harriet Tubman inspired me to capture my own history, I've always known about Harriet, but I didn't know my own story or get information about my own ancestry until I was 60 years old."

Representing Roots of Scouting Inc, one of the lead partners for the experience, Social Studies Teacher Selina Gladden



From Left Marcus Assante, Corrine Griffith, Melaughn Butler, Selina Gladden, Karen Auburn, Pictured in Dorchester County Planning Meeting

furthered the conversation stating that "after 16 years in my classroom of middle school students, I see daily how young people are becoming less and less engaged with their history." She continues by saying, "experiential learn-

ing helps them understand the plight and resiliency of our ancestors"

Marcus Asante, Mariner expert and drummer who will also be helping to facilitate the sailing component of the experience, continued the conversation stating "I'm a Black sailor on the water working every day on boats owned by Black sailors. Still, I guarantee you that being on the water will be a

new experience for the leading majority of participants in the Underground Railroad Excursion, young and old. Intergenerational lessons are necessary because historically our people knew the waterways in this area."

Uprising generals such as Araminta (Harriet) Ross Tubman lived to oppose oppression and forced migration in all its forms by using her very life as a road map to freedom. Still, she was only one of many narratives woven into the tapestry of debt that African Americans owe themselves. William Still, Sam Green, Jermaine Logan, your mother, my grandfather and the everyday heroes and SHEROES whose very life force is representation of the deposits we make into our collective memory, this Black August continue your intergenerational family saga and join The Roots of Scouting, Marine Arts Workshop and the Teaching Artist Institute along the historic Underground Railroad Excursion and reconnect to the land, waterways, and art of survival perfected by Africans in America only 150 years ago.

Being captured by skilled videographers, this experience will also serve as the leading narrative of a documentary being filmed as a teaching tool highlighting the historical significance of the 40 African American Youth participating in the Journey. Contact us at hisbuff@hotmail.com for interest in participation and sponsorship opportunities

Gigs, Bigwigs, & Shindigs

- Africa Agri-food** in Developing <http://theyouthargus.com/index.php/2019/06/24/africa-agri-food-development-programme-2019/>
- Benjamin Banneker Historical Park and Museum** is Training "Trace your roots and Genealogy Class" July 27th 2019 Annapolis, Maryland <https://friendsofbenjaminbanneker.com>
- 10th Batch African Union Youth Volunteer Corps** is Training July 27th 2019 Addis Ababa, Ethiopia <https://theyouthargus.com/index.php/2019/06/03/10th-batch-african>

- union**
Pkanet M is Offering Grants for Black centered Entrepreneurs www.PlanetM.com
- Big Wigs**
Marcus Mosiah Garvey RBG FLAG Assembly August 17th 2019 Kampala, Uganda & Baltimore, Maryland in Harlem Park
Contact Mosiah Fit 212-202-0107
- Shindigs**
Healing from Trauma Conference June 29th 2019 Baltimore, MD USA www.wurusmovement.com

- Happy Nappy Day** July 14th & August 11th 2019 Baltimore, MD USA www.happynappyday.com
- The Taste of Art** July 13th 2019 Cleveland, Ohio USA www.financialunity.org
- Role of the Black Church** July 14th 2019 Washington D.C. USA www.jahkente.org
- Panafest** July 24th - 26th 2019 Cape Coast, Ghana www.panafestghana.org
- Underground Railroad Excursion** August 13th - 17th 2019 Cambridge, Maryland www.rootsofscoutinginc.org



Contributing Editor
Charles E. Pender Ph.D.

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

Encouraging people will causeHELL to TREMBLE!

Hell will tremble when addressed by the most infectious of any people. This infection is the indoctrinated post traumatic slave disorder. My practical slant in my lexicon is called the C.R.A.B.S. Cognitive Retrogression Affecting Black Society. Both conditions are sustained by long-term conditioning which produces malicious gossip, backbiting, anger, and many a hurt. All which leads to murder in the hood. This is the hell that is thrust into a given people. It is a living Holocaust in America.

Therefore the human mind of the oppressed remains a constant Battle Ground for stabilization and survival. Historically Narcissistic people consistently use psychologically projects by which they almost always blame the oppressed with (their) evil intentions. This evilness once introduced into the oppressed mine and psyche create this very evil that was in the narcissist. Therefore over a series of including principles which should incline the oppressed people to reverse this curse which will give them an opportunity to flip the script; this great oppressor.

The devil and his imps are there for put on notice it is now that the oppressed can make Hell Tremble.

How? very simple as the oppressed people adhere to the owner's manual (the Bible) and have a good relationship with

our father then. BY the renewing of the Mind others will see a great change that would cause one to have less criticism and more of an encouraging nature .thus promoting less eradication and more positive communications.

The fact of the matter is the oppressed can make hell tremble simply by applying a small Act of appreciation daily.

There are many benefits of and from encouragement. Encouragement is mental flossing which encourages others to feel wanted, respected, enlightenment, enriched. Matter of fact the person who gives encouragement often feels better themselves.

Those who practice encouragement live a better life, are healthy, are bubbly, and have a better social life overall. This act reduces the loneliness and produces goodness all a part of being encouraged.

One of the greatest benefits of encouragement is that it is contagious; once the process begins it has a Rippling effect. Just think of it in your home in your neighborhood. In the hood, something so small as an appreciation could reverse the curse of the crabs and the PTSD which have been enlarged in our society for such a long time.

Since habits are formed after 24 days I do ask that the readers of this column practice an encouraging lifestyle not

only 24 days but 365 days and for the remainder of your natural life. The necessity by doing so is because the person that you are encouraging has a mission and a God-given gift. They were born with this gift so encourage everyone that you meet to seek out their purpose as they fulfil their mission.

This process my friend will make hell practically tremble.

Psychologists have concluded that when one began to encourage others it often brings joy and a spark of happiness. Encouragement will help both the encourager and those giving encouragement both to have good psychological vibes. Some psychological and physiological things happen when one encourages. Can you put that behind happy? What do you mean happy? I mean take it out, happiness, take it out to the masses. Right now readers, strut your stuff to encourage others thus allowing endorphins to be released in the brain which makes you as happy as a runaway slave as well as the recipient.

From the time a child is old enough to be cuddled he needs to be nurtured, loved, and encouraged. Adults need the same as we continue throughout our journey in life. Husbands often are desperate to hear that sound that makes them feel proud and wives often long for snugs and hugs from the husband that tells them that they are wanted and highly appreciated.

Often a constant array of words of Praise is what we all need, we are all children of our Father, and we are also children with the knowledge of God's love. Isn't it thrilling to know that God gives us such things as encouragement? Just because we are alive we may go through something called "hell and high water" but there's always encouragement.

Often I jokingly tell people that I milk

dragons for a living. What that actually means is I do those impossible things in life with my Father's strength to make it from day to day. Find out what your spiritual gifts are and use them to glorify God and also to encourage someone. It'll make someone's day even at the age of 36 1/2 twice say to themselves I've got it going on.... you see, so please use your spiritual gifts to encourage someone.

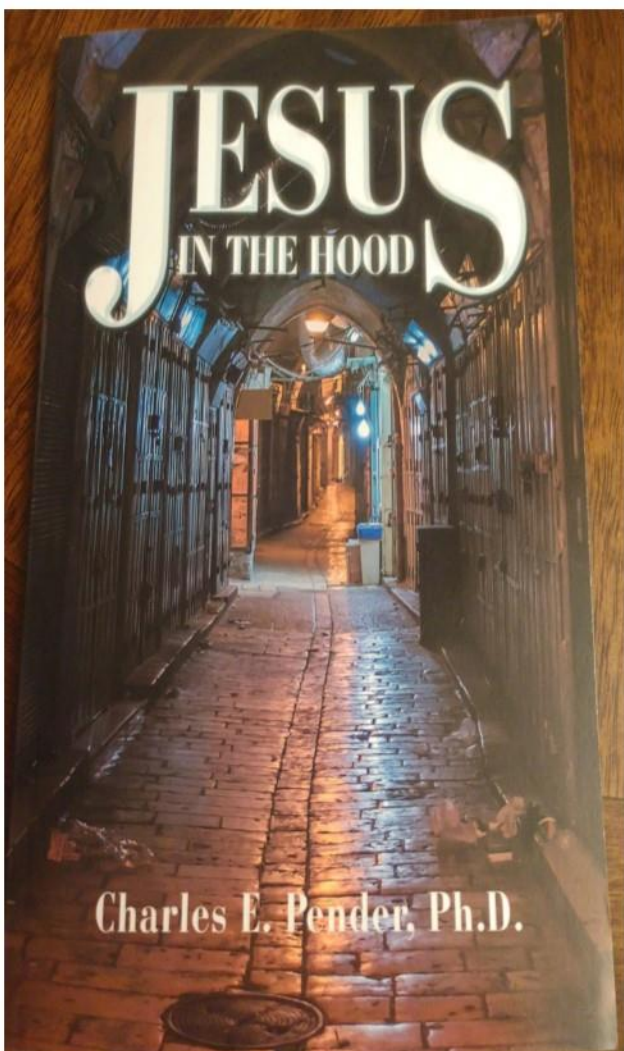
In fact, your greatest encourager is found in the owner's manual Bible "What, then, shall we say in response to these things? If God is for us, who can be against us? (King James Version, Romans 8:31) Also, we find in the Bible "Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him, and He will make straight your path." (King James Version, Proverbs 3: 5-6) That is absolute encouragement!

Our Father's word found in the owner's manual helps reduce our fears and give those who trust his word understanding, faith, and hope of having God's protection and his hands on you, and his vision for you, and his purpose for your life.

As readers of this article please use encouragement in your everyday Communications as it will affect your family; it will give you hope. It will encourage all your children and you can be a game-changer in the Hood by using encouragement.

Encouragement: hopefully it will reduce the aggressive nature and begin a better relationship and become a great promoter of Positive relationships in the hood.

So now we see the Bible as the epic centre of encouragement. As a Mover and Shaker in the lives of all mankind. Encouragement a simple word may arrest the destructive use of the Tongue and dismantle the P.T.S.D and the C.R.A.B.S. In this action "Hell will Trimble ."



THE RELIGION OF GREED AND ITS IMPACT ON AFRICAN AMERICANS
CHARLES E. PENDER, PH.D.
SOCIAL ENGINEERED PROGRESSIVE GENOCIDE

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BUILDING YOUNG ENTREPRENEURS

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



THE SAD REALITY - TALE OF A NIGERIAN GRADUATE

PART 2



I opened the back door and got in. the driver turned and said good evening sir are you, Mr Bright?. I looked at him and we both frozeSitting right there in front of me was Tony, the best graduating student in my set. I could hardly believe my eyes. I called him by his nickname uncle Thomas, been short for Thomas Edison. He called mine "Funnybone" (I always had a joke or two back then in school). We screamed, I alighted and came to sit in front with him, and we hugged.

Tony, was not just an ex course mate, we were in the same scripture union (a Christian group) and he was the president, while I was the vice back then in school. We lost contact after graduation and posting for the mandatory National Youth Service Corps (NYSC), we were posted to different states.

He called me a big man (rich man) and said he will have to end the trip so I can buy him a few drinks and we could catch up. Before I could respond, he had ended the trip. Alarmed I told him the unfortunate incidence of my wallet. He sympathized and offered to drop me off for free, but insisted we hang out a bit on his tab, and I promised to revenge (reciprocate) on our next time out.

However, I told him we needed to eat first because I didn't want to drink on an empty stomach. To reduce expenses, I

usually skipped dinner (I didn't tell him that thou). We spotted an eatery and he drove in, as I ate a lot went through my mind. What was Tony doing driving a cab, I concluded it must be an adventure for him, for Tony loved trying new things.

After eating, he took me to a lounge for drinks, and we chatted about anything and everything. He told me he now had two kids, he got married right after the one-year mandatory service to Mabel, a year two student who was also a member of the scripture union back then in school. I remembered Mabel, she was quite pretty with a face you could not forget in a hurry, thou I never knew they had anything between them. I admired him, he had a family and a car, while I was still squatting with a friend and living from hand to mouth.

He asked me where I worked, as I told him his eyes were lit with admiration and his next words startled me. "Bright, you have to help a friend. Things are very difficult for me and my family right now". He told me he had to get married to Mabel because she got pregnant and they didn't want to commit another sin by aborting. He virtually saw her through school because her parents stopped financing her education after she got pregnant. It has been one menial job to another just to make ends meet and training two kids has made it more tasking.

His eyes were teary as he narrated his ordeal, no meaningful job since graduation, his wife was working at a private primary school where the kids attended for a paltry ten thousand naira (N10,000 / \$25) monthly salary. The Uber car he drove wasn't his, it be-

longed to a mean young man who never attended a university but had a thriving electronics business. He constantly threatened to retrieve the car from him at the slightest provocation, and actually did a few months ago when he failed to meet his weekly payments due to his eldest son been hospitalized. It took the intervention of Mabel who had to visit him with the kids, kneeling and begging before he agreed to give him back the car. At this point, the tears came down his cheeks and I consoled/encouraged him while dapping my teary eyes.

He dried his eyes and smiled sadly reiterating his plea for my help, and I had to open up. Told him I was actually a contract staff on a forty thousand naira (N40,000 / \$100) monthly salary, was squatting with a friend, had no savings and was at the verge of losing my job for failure to meet targets. The thought of getting married hasn't crossed my mind because I couldn't even afford a place of my own. Life was cruel and I considered myself a failure in every sense of the word. When I was done talking, we were both quiet for a while, then he said: "education is a scam in this country". He spoke briefly about his boss, who was much younger than him, had no university education, yet was doing so well as a business owner.

The journey home was a sad and quiet one, we exchanged numbers and promised to meet up sometime. I bade him farewell as he drove off and walked inside. The power was out (a constant trend) and my friend was fast asleep. I looked at the time, it was 11:45 pm, I was too tired to undress or take a shower, I simply kicked off my shoes and lay beside my friend in the single room apartment we shared.

I was physically and emotionally exhausted, but my thoughts were running wild. I thought about my days in school and how hard we studied, determined to come out with good grades. I thought of Tony a cab driver for someone else's

car, Mabel a primary school teacher and me a contract marketer.

I thought of my clients who opened accounts with me, the really successful or rich ones were the business owners and entrepreneurs, the others were merely salary earners, who ran their savings accounts like a current account, spending everything in it before the month was over. I wished I had started a business many years ago, I wished someone has enlightened me about the future, I wish I had known better than to believe the "good grades for good job" slogan, I wished life came with a rewind button.

That night, I resolved to share my story with the world, I resolved to preach entrepreneurship to the next generation. I couldn't change the past, but I could influence the future and hopefully change the narrative of the Nigerian youth. As I faded off to sleep, I thought about Tony's words "education is a scam in this country" and wondered if they were true..... THE END

TIME TO ACT

Nigeria is plagued with security challenges and there is a massive increase in crime and criminal activities perpetrated by youths. its unemployment rate is projected to reach 33.5% in 2020, and the National Bureau of Statistics (NBS) states that 55.4% of working age youths are either unemployed or under-employed making this a rescue mission.

Your support and contributions to the "Building Young Entrepreneurs" (BYE) campaign will go a long way in transforming the lives and future of a large number of Nigerian youths.

To support: visit www.bye.com.ng/donation to purchase an SDS e-book or make a donation.

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

WE NEED YOUR HELP!!!

PARTNERSHIP BETWEEN SELF DEVELOPMENT SUCCESS AND BUILDING YOUNG ENTREPRENEURS CAMPAIGN 2019



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

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

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



Reaching The Unreachable Outreach Ministries, Dr. Andre H. Humphrey



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

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

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

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

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

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

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

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

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

Community Involvement

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

Survivors Against Violence Everywhere, Partnership

Men Supporting Men Bereavement Unit, Support Counselor

Department of Parks and Recreation, Program Coordinator

Helping Those Who Witness Violence

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

Book

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



Baltimore Trauma Response Team

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

A Police Officer

A Mental Health Clinician

A trained Community Worker (such as a Social Worker)

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

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

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

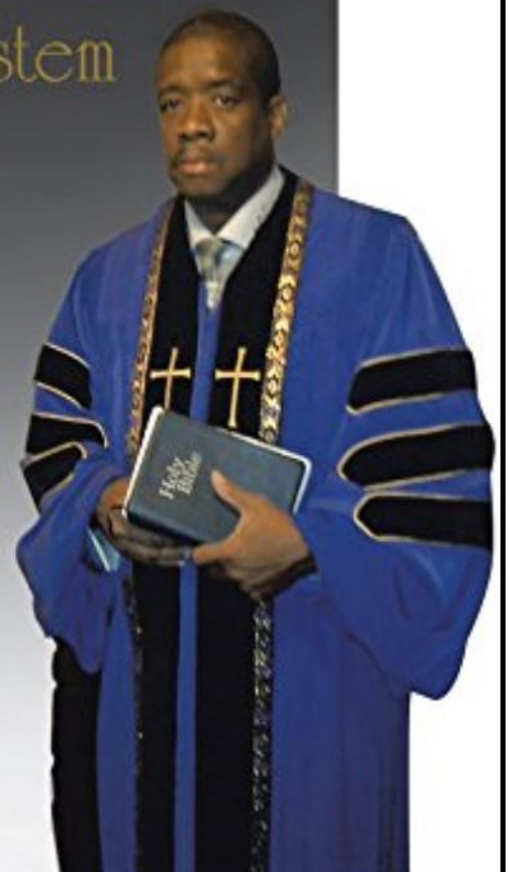
443-418-8898

rev.dr.andrehumphrey09556@gmail.com

www.thebaltimoretraumaresponseteam.org/

Rev. Dr. Andre H. Humphrey

Black Youth and The Juvenile Justice System



Podcast Coming Soon!

LANGSTON HUGHES COMMUNITY, BUSINESS & RESOURCE CENTER

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

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

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

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

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

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

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

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

ANNOUNCING A FOOD PANTRY AT THE CENTER

We Cordially Invite You & Your Family

WHERE:

Langston Hughes Community Business Resource Center
5011 Arbutus Avenue
Baltimore, MD 21215

Off of Nelson & Reisterstown Road

DATE:

Monday January 7, 2019

TIME:

Doors Open at 1:30 PM

Food will be distributed from 2:00 PM to 5:00 P.M. or until food runs out



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

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



"The Heights" Radio show



WOLB 1010 AM 2:30-3:30
on Fridays

"The Heights" Radio show Powerful stuff Call in
410 481 1010
George E. Mitchell-Host



Help Us To Help Our Communities! Donate!

Langston Hughes Community Business Resource Center History

Opened July 2017
Houses 3 libraries

Offer several classes such as Cyber Security, Phlebotomy, C.N.A/G.N.A, CPR, CMT, Medical Billing and Coding, Foreign Language, Cooking classes for children

Smart Steps Daycare

T.I.M.E. Organization mental health resources

Youth Mentoring Groups

1st PAL office to open in Baltimore City in 15 years

GED Classes

Home of the Charm City Steel Drum Band
Full size Gym

Food Pantry twice a month

2 Ballroom Dance classes

Banquet Hall Space for rent

Conference room space for rent

Office Space for rent

Two Year Anniversary In August, Week Long Activities

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

WEEKLY COMMUNITY LUNCHEON AT THE CENTER



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

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

Each Monday

Time: 1:30PM TO 4:30

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



KUUMBAReport

Information and Activism for Pan-Afrikan Truth, Justice & Righteousness

It is my pleasure and honor to have been given the opportunity to share information and analysis with you in the pages of the *National Black Unity News*. I thank **Elder David Murphy** for bringing this paper to the people and for making it possible for so many authors to share their commentaries and information with you. In this column, I will share with you about several efforts being made to organize the masses of people of African descent locally, nationally and internationally.

In this edition's column, I'd like to present information on an organization I joined in 2007, the **Sixth Region Diaspora Caucus (SRDC)**. SRDC was founded in Los Angeles, California in 2006 to answer an invitation from the **African Union (AU)** to bring the African Diaspora into the AU as voting members. The AU defines the Diaspora as "people of African descent and heritage, living outside the African Continent, irrespective of their nation of citizenship, who are willing to contribute to the development of the African Continent and the building of the African Union." The idea is to organize our communities at the grassroots level and have them determine what issues they want to emphasize and who their spokespeople will be. African people around the world were challenged to develop a plan that would allow for our communities to determine these things as opposed to government officials, wealthy corporations or people with political influence, who often act counter to the will of the

people. SRDC developed such a plan and has been pushing the African Union to accept the plan and open the door for our collective voice to be heard at the African Union Summit. The plan involves the holding of what we call **Pan-Afrikan Town Hall Meetings**, where we introduce our organization to the attendees, build a list of issues that we call a Pan-Afrikan Agenda, elect a **Council of Elders** and elect Representatives to serve as spokespeople for the community at national and international gatherings. The Elders and Representatives may even travel to the African Union Summit to bring the voice of the people there. But the African Union has not yet agreed to receive such a delegation at its annual Summit. In the meantime, we are also developing ways in which we can help ourselves and establish a voice for the people on the World Stage whether the African Union finally opens its doors wide or not.

Of course, one major obstacle is the disunity we experience and sometimes reinforce, among ourselves here in the United States and around the world. For all our claims of a desire to unify our people, we have shown little in the way of results when it comes to organizing even among those of us who claim to be "woke" and make regular public calls for Black Unity. Thus, part of our organizing effort must be to develop Cooperative Coalitions among our organizers and activists, so they can model the behaviours of Unity for the people to see and be inspired by.

This is not a description of what we *plan* to do. This is *what we are currently doing*, and have been doing since our establishment in Maryland in 2007. Eight Pan-Afrikan Town Hall Meetings have been held in Baltimore since early 2017 alone. We now have a **Maryland Council of Elders** (<https://www.facebook.com/mcoe1958/>), which was formed in December 2017 as the result of an election held during one of our Pan-Afrikan Town Hall Meetings and has hit the ground running by helping organize events such as African Liberation Day in West Baltimore. We established a Pan-Afrikan Agenda, developed and discussed by attendees at the Town Hall Meetings, earlier in 2017. SRDC members have travelled to Africa to participate in meetings with AU officials and delegations from various African nations, continuing to build bridges that we hope will lead to full representation at the AU as an African Diaspora soon. We have been working to build Cooperative Coalitions at the local, national and international levels, which one day must finally result in a fully-functioning Pan-Afrikan United Front that will stand the test of time. In November 2018, Baltimore hosted the **SRDC International Summit** at the historic **Great Blacks In Wax Museum**, where we welcomed members from SRDC organizations in California, Washington State, South Carolina, Guadeloupe, The Netherlands and Israel, as

well as special guests from New York, Ohio, Florida, Pennsylvania, Washington DC, Nigeria, Liberia and The Gambia. And for 2019, we are currently planning several Pan-Afrikan Town Hall Meetings starting this summer. **We are about to announce a Town Hall for August** (probably August 3) **at the historic Arch Social Club** in the Penn-North neighborhood of West Baltimore. Visit the SRDC and KUUMBAReport Web sites for updates and details about the upcoming Town Hall Meetings, or contact Bro. Cliff by email at cliff@kuumbareport.com.

Below is a brief description of SRDC. For more information, I invite you to visit **SRDC's Web site**, <http://www.srdcinternational.org>, or visit the **KUUMBAReport Online Web Site**, <http://kuumbareport.com>. Future columns will discuss specific issues affecting the Pan-African Diaspora, as well as announcing upcoming Town Hall Meetings or other special events.

Organizing the Pan-AfriCan Diaspora
Bro. Cliff Kuumba is the **Maryland State Facilitator of the Sixth Region Diaspora Caucus (SRDC)**. He is also the **president of KUUMBA Events and Communications and KUUMBAMusic**, and the **Editor of the Pan-Afrikan Web site KUUMBAReport Online**, at <http://kuumbareport.com>. Bro. Cliff can be reached at cliff@kuumbareport.com or cliff@kuumbaevents.com.

KUUMBAMUSIC

a division of kuumba events and communications

R&B • house • African • jazz • Caribbean • world music
 weddings • parties • lectures • cultural events



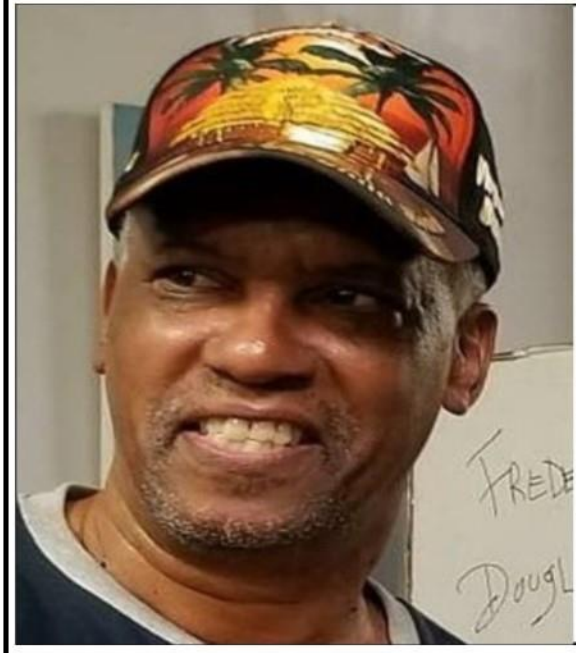
The National Black Action Portal

We Are Keeping The Dream Alive



Nation Largest Network Of Black Businesses & Organizations

<http://www.thenationalblackactionportal.com/> 443-455-2373



Hi. My Name Is William (Bill) Goodin. I am a long time community activist. I am The Editor in Cheif of The National Black Unity Newspaper. I am also a founder member of Black Men Unifying Black Men. I have a long history of engagement as it relates to fighting for our people.


Sadly, a year ago, I lost my wife due to her battle with cancer. Recently, I have published several novels which deal with relationships. Of course, if there is a victim in the novels, it would be the man character who loves a woman more than she loves him. It is a journey that proves that men hurt just as bad as women when love goes ugly.

I have recently put a collection of my wife's memoirs together as a way to acknowledge and honor her legacy. It is with great hope that those of you who will read this, will reach out and get a copy of the books.

Please, the one book that is named "COLD BITCH" is basically for marketing purposes. It is by no means trying to call women bitches, it is just a catchy name and once one read the story, it will explain itself. Thank You.

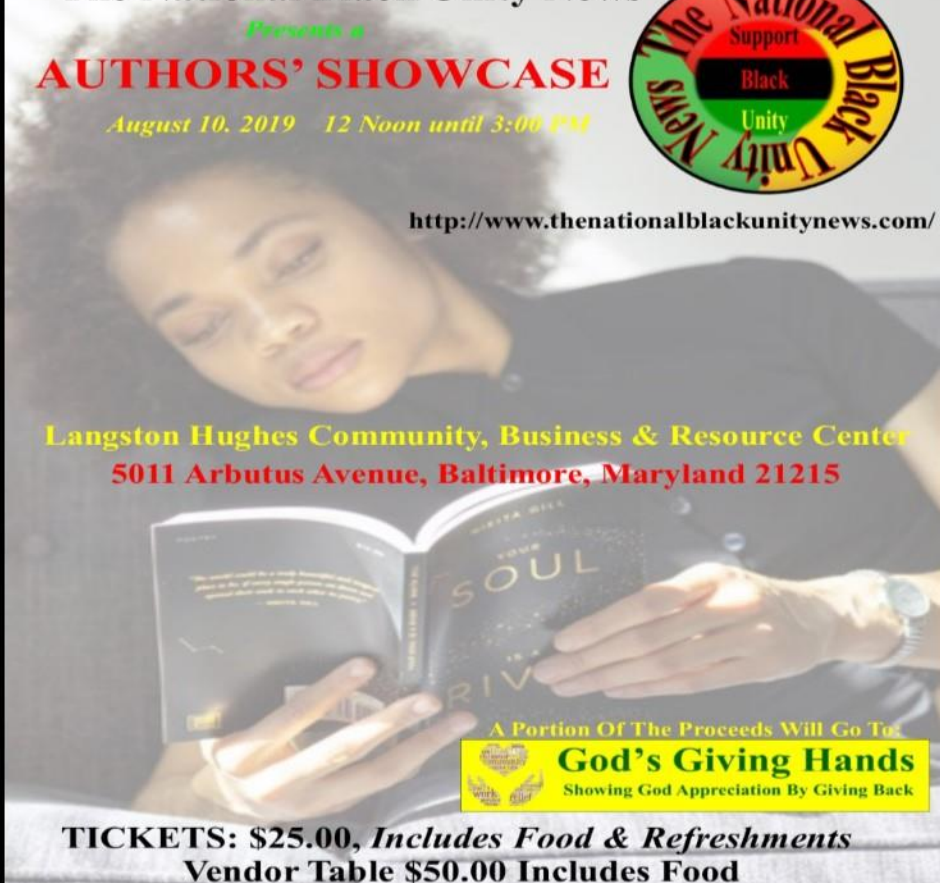
To Purchase Books Go To:
<http://www.billgoodinpublishing.com/>
 410-746-3607

The National Black Unity News
 Presents a
AUTHORS' SHOWCASE
 August 10, 2019 12 Noon until 3:00 PM



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

Langston Hughes Community, Business & Resource Center
 5011 Arbutus Avenue, Baltimore, Maryland 21215



A Portion Of The Proceeds Will Go To
God's Giving Hands
 Showing God Appreciation By Giving Back

TICKETS: \$25.00, Includes Food & Refreshments
Vendor Table \$50.00 Includes Food

David Murphy 443 455-2373 - Bill Goodin 410 746-3607 - Dempsy Murphy 804 721-7515

Coming Soon!

A Nationwide Black Business Directory


Yearly Listing in
 The National Black Unity News

Opportunity To Featured In:
 Radio Programs
 Podcasts

Participate In:
 Live Networking Events
 Online Networking Events
 Seminars
 Work Shops

Give & Receive Discounts
 From Participating Businesses
 Consumers

Contact:
 David Murphy
 443-455-2373
 Stephanie Poplar
 443-857-1549



The Greater Baltimore Black Chamber of Commerce



The Greater Baltimore Black Chamber of Commerce recently hosted a very important event. What was it? It was the 2019 Legislative Review Breakfast and Panel Discussion. It was held on June 5, 2019, at the Forum Caterers, 4210 Primrose Ave Baltimore, MD

The National Black Unity News wants to thank this organization for hosting such an important event and hosting it at an African American Owned Facility. The importance of such a discussion as this is invaluable, to say the least.

First let us give a shout out to the leadership of this organization Chairperson Debra Keller-Greene as well as the President, Kendrick Tilghman. Let us give a shout out to Beverly Williams for letting us know about this important event. It was because of communication efforts that David Murphy and Bill Goodin from the National Unity News attended.

Let us give thanks to the elected officials who were the panelist as well as the moderator. The panel moderator was Delegate Jazz Lewis from Prince George's County. The esteemed panelist was Senator Antonio Hayes. Other panelists were Delegates Darryl Barnes, Cheryl Glenn, Julian Ivey and Nick Mosby.

The room was filled with citizens from all walks of life who were afforded the opportunity to listen to the panelist as well as having the opportunity to speak with the legislators. The legislators spoke referencing to bills they introduced as well as bills that was passed.

The most impressive thing is the accountability that this organization was able to demonstrate by bringing legislators from the city as well as the county. I personally heard legislators encouraging citizens to contact them about concerns before the next session start. The reason according to the legislators is because when in session they are very busy and if they know of the concern prior, it is much better.

The importance of this request because each of those legislators claimed and made a point to say that they are available and therefore if we the citizens truly want to work with them and to have access to them we need to *Not Wait* until the legislative session starts.

The biggest issue that seemed to dominate the panel discussion was Pimlico Race Track. Listening to the discussion it seemed as though that the legislators were in favor of keeping it here in Baltimore. Nick Mosby seemed more vocal on this issue and got into some details surrounding the issue; such as the properties surrounding the race track.

Also there was a very moving tribute to one of the late former board members, Ms. Karyne E. Henry who passed away earlier this year due to cancer. She was acknowledged and a very moving presentation and video was shown concerning this awesome woman.

Again what this organization did by bringing these legislators together to discuss with African American Business Owners as well as the community was ground breaking. It was ground breaking because it displayed and showed the possibilities of what can happen if we truly work together as community and legislators.

As in most things, was this the end of all? Not at all, but what it was it was the first step to making sure that others steps are to follow. So what are the other steps, if African Americans support one another and we work with our Business Owners and our legislators, we could truly turn our communities into havens of prosperity?

So those of you who are reading this commentary and those of you who are interested in having more information about this great organization, we encourage you to reach out to them at (443) 424-2201 as well as at gbbchamber@gmail.com.

See as I listened to the panelist and took in some of the conversation by others it was apparent that if we as a community would grow this organization, then it could become a beckon to so many good things.

Remember this is an organization that is about small businesses that are owned by us. So when we work collectively supporting one another and during business with one another, it is truly the recipe to having prosperous communities.

See when this organization states, "our strength is in our numbers and our power is in our unity" it is true. It means that when we are supporting one another and working with one another then we become a force.

So in order for us to become a force and to grow, we suggest to those of you who are interested in becoming entrepreneurs. So in order for us to become a force we need to support our entrepreneurs as well as our elected officials.

Sadly but true the only thing stopping us from becoming the force that we should be and can be, is our inability to unify and this is what this organization is tempting. So we say to those of you reading this article to reach out to this organization and see what you could do for them and what they could do for you.

By, Bill Goodin

TO REGISTER! GOOGLE: RBG HUMAN FLAG (EVENTBRITE)

DID YOU KNOW?

In the USA in 1920, the only flag that still stands today as the African American or Pan African liberation flag was created by **Marcus Mosiah Garvey** and the UNIA? On February 22nd, 2019 a Garvey enthusiast - **Mosiah Fit**, of the **Black Wolves Youth Scouts**, and **Matthew A. Henson Elementary School** students, staff, and community supporters, assembled into the

1st EVER NATIONAL RBG HUMAN FLAG!

On August 17th, 2019 in Baltimore City, Maryland U.S.A. 10,000 people of African descendents will assemble into the largest RBG Human Flag ever, to "Acknowledge Our Greatness" as a people, and make a statement to the World, that the vision of Marcus Garvey, has not been forsaken.

Have You Ever Thought About The Purpose Of Family? *Continued from page 3*

that are so different and yet so significant in my life that helped me be the person I am today.

The question I asked was have you ever thought about the purpose of family? Well, I will say this: family prepares you for life challenges, some family will get on your last nerve and will take you there if you know what I mean. Yet some family members will protect you, support you, and love you no matter what!

In conclusion, there are countless times that my family members shaped my life I have so many Heroes and Sheroes too many to mention! I believe That God placed us strategically into certain families for specific reasons! It is okay to look outside of the family for role models but I strongly suggest that you take

another look at your immediate as well as your extended family for role models. In close proximity, God placed the right people around you so that you can grow, learn, share, and witness a true demonstration of pure Love!

Who else besides God will love us unconditionally? Who else will stand by you when nobody else will? Who else will give to you and ask nothing in return? Family!

Take a good look at your family, ancestors, extended, immediate and you will find that you have attributes of all of them but you will have to choose which ones to emulate and what your family members see in you!

By, David Murphy

SPECIAL TRIBUTE TO FATHERS *Continued From Page 4*

when it is not quite understood. I appreciate your wisdom and your compassion that savors through.

I admire and respect the courage you exhibit too, your morals and your values have made your family and many of those around you, so very proud. Your honesty and integrity speaks volumes that echoes over miles. I am certain, that without a doubt, your clear sense of purpose has stayed focused during the toughest of times.

I believe your goals and clear objectives have always been closely intertwined. By just observing each of you, over time, I know all about sharing life with a real family and because of your role modeling actions I know how one loves another unconditionally. Because of witnessing and observing your walk as Godly men I know how God holds and molds each of us in *his' hands*. Your unyielding faithfulness and positive attitude has been a blessing that has challenged and channeled others *Motives and Manners* thereby transforming the *Moods and Mission* of many around you.

You have modeled and exemplified the character we all need and planted everlasting – liberating – spirit filled seeds.

To that end as I celebrate each of you I am personally challenging all the women in your lives to:

- Love you without conditions
- Trust you without questioning
- Need you without demanding
- Want you without restrictions
- Accept you without shame
- Desire you without inhibitions
- Compliment you without reservations
- Encourage you without effort
- Support you without doubt
- Believe in you to help fertilize your character
- Have faith in you beyond reproach

Because to enable you to be what you ought to be without ever looking back to what you were *We as the Women* in your lives also need to learn how to celebrate you. Allow me to leave all of you with this thought: It takes a blind woman or man not to see the truth. It takes a fool to try to hide it. It takes a wise woman or man to face the truth. But it Takes a real woman or man *to own it*

When Your Time Comes *Continued From Page 3*

thing to laugh at or to exploit either.

I remember right before Ms. Pugh resigned there was a group of people, mostly African American Women who gathered in front of her house to raise prayer. I was one of the men who were present and I was thankful I was. Which one of us does not need prayer?

See, the mind is in many ways just like the body. Our body can only take so much abuse before it will break and so will our minds. We never know the breaking point for neither of us, until we are faced with what will break us.

It is easy to stand back and throw rocks. There are not many of us who may be able to think or stand up and not break under the pressure Ms. Pugh has endured. Many of us are breaking because we are unemployed and yet Ms. Pugh was trying to find ways to employ the unemployed.

There are people that I am sure I have dislikes for but to bash them while they are suffering does not bring me joy. It is true when it is stated, that neither of us knows the time nor the hour. It is not just related to death. Our time to suffer and hurt is closer than what we may think?

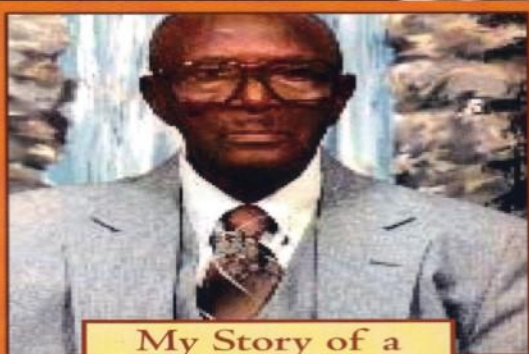
I am not changing the subject but I do want to share something. Why, is it that we think our communities and our people are hurting one another at such a rapid pace? I tell you why! Hurt people will hurt other people, so while some are laughing at Ms. Pugh, look around you.

Most of us and really I should say none of us, should be laughing at neither of us. I guess for some we would rather try laughing at someone instead of crying for someone. I will only state, what I have already stated. Your time may be next!

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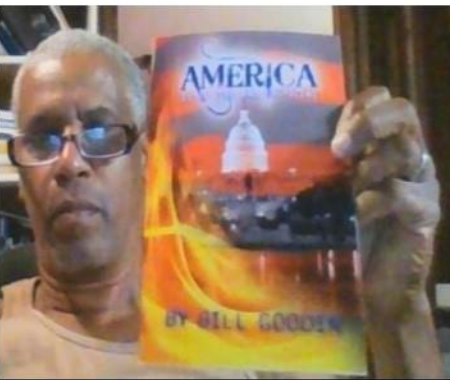
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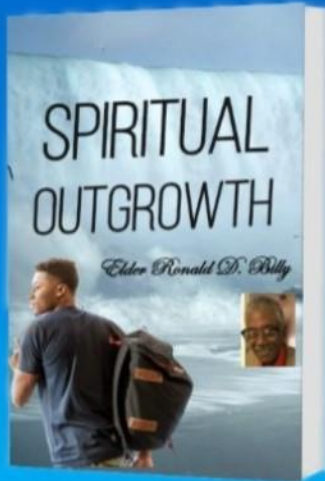
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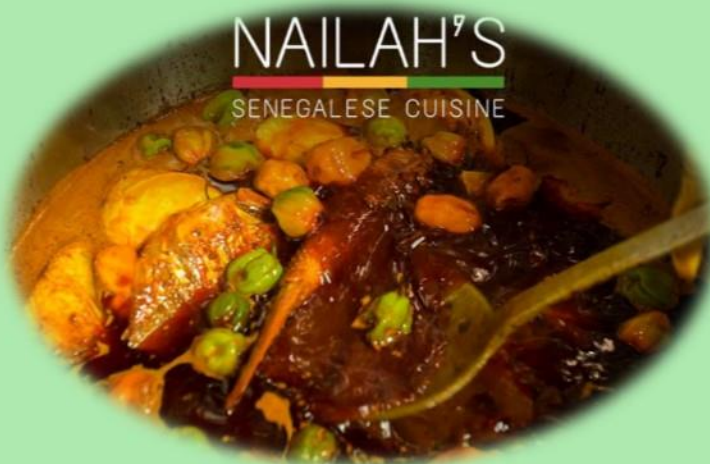
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