



The National Black Unity News

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

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

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Leon Purnell, The Men & Families Center



I met this gentleman by the name of Leon Purnell, he often attends our Black Men Unifying Black Men gathering. Several of the core members speak very highly of him. At our monthly Breakfast, Leon speaks to the men and boys about several topics that will enhance their lives, families, and community. Many of our core members mentioned that Leon is a man of action and he gets the job done! Some of our attendees, who have had some issues with re-entry, coming out of jail, had problems with employment. There were also those who needed to change their mindset! Some of those Brothers that I just mentioned was sent to Leon Purnell, now some of them are working, some are getting what *Continued On Page 26*

When God Moves



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GETTING RIGHT By Bill Goodin

Often most of us have heard the adage that we had better get to get it right. However, as I see it, it is it right before it is too late. Of course, when such a statement one thing that is more important than any is made there is a lot to think about and to think about as it other thing to get right.

As a writer of this article and as an individual, there is much I is getting our money right. Yep, for some have never gotten right and continue to work towards trying of us, our money *Continued On Page 25*



B.M.U.B.M. Travels To The City Of Brotherly Love



I want to give a shout out to our Brother Renny Bass who took the initiative and orchestrated our bus trip to Philadelphia. The Brother did a lot of behind the scenes services to make this trip possible!

I am extremely grateful for the opportunity to spend a day with my eldest Grandson Jaylin Howard. This trip will always be a cherished moment and memory in my life!

There was true unity in the community when Baltimore's Black Men Unifying Black Men traveled to Philadelphia for a cook out and fellowship with the Brothers of Black Men Unifying Black Men of Philadelphia!
A bus load of men, women *Continued On Page 17*

THE GIFT OF GIVING by Dr. Barbara J. Watties

I want to thank God this for this opportunity to bring you this gift ~ this love offering ~ this message of purpose and potential ~this message of clarity that will let each of you know that it is time for a revelation. That's why I'm calling each of you to action. I'm calling each of you to search your inner being. I'm calling each of you to explore and determine your multitude of gifts. I'm calling upon each of you to let you know that it is time to exercise those gifts. Let me begin by asking you what gifts do you share on a daily basis? Do you know what they are? Can you *Continued On Page 4*



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Black Men Unifying Black Men

Us Helping Us = Unity

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

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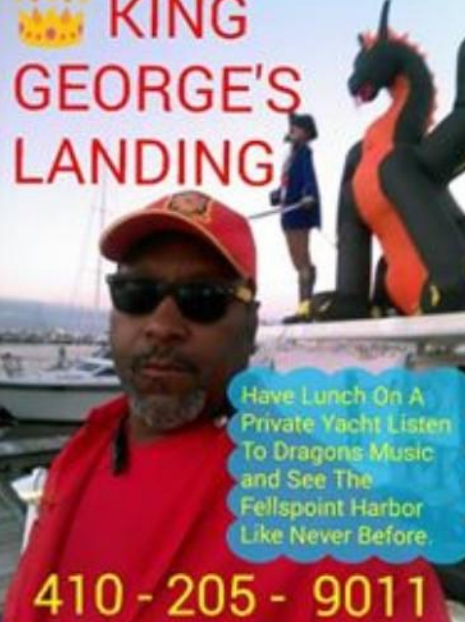
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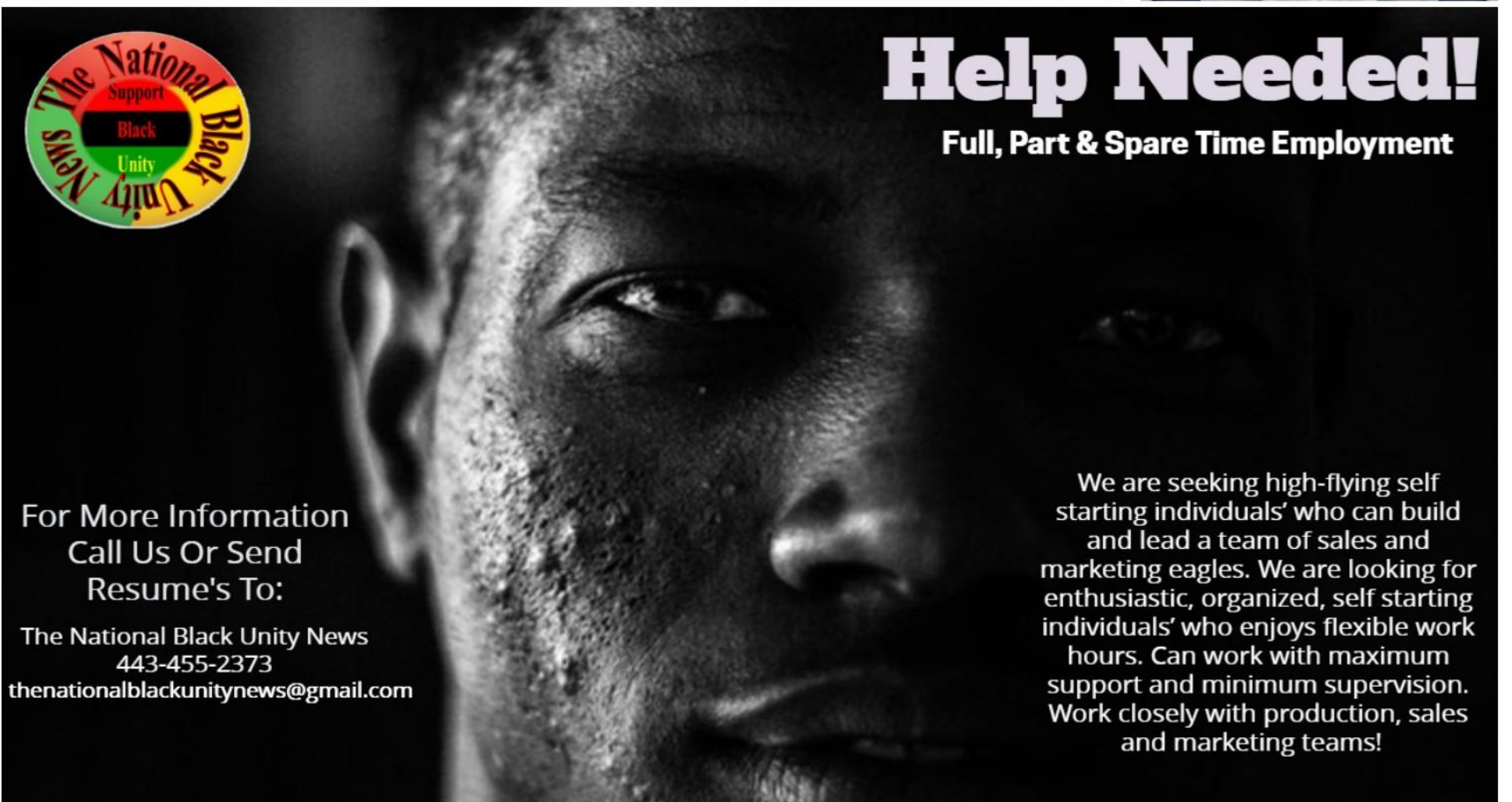
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National Publisher
David L. Murphy Sr.
Publisher, Entrepreneur, Organizer,
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The Revolution of Racism Can Be Eradicated By Evolution!

As far as history was being recorded or documented man was always territorial. Man used any excuses to keep his ground or by trying to take someone else's ground. There were family clans fighting other family clans. Also, family clans expanded into tribal clans then into country disputes. Man always seems to find the least things that separate us then the obvious things that unite us as human beings. One of the major excuses used is racism.

Racism is described as prejudice, discrimination, or antagonism directed against someone of a different race based on the belief that one's own race is superior. Someone wrote this document "we hold these Truths to be self-evident that all men are created equal." Of course someone believes the first statement and others believe the second! What do you say?

One thing is obvious racism is a major problem here in The United States of America and throughout the world! The revolution of racism has peaked and plunged throughout history. Recently in the United States it has surged greatly due to the fact of the last two Presidents of The United States. The Polarization lifestyles or believes of two Americas have deeply divided this country into the brink of social discord.

Some believe that it is a scientific fact that there is no superior race! Some say that the original man is superior! Most religious books say that all men are equal. Most men believe what they are told! There are many scenarios men use to form their opinions, since I am writing this article I am going to interject mine!

There was a time in my life I watched my father who had a bright outlook regarding his future. Then I witnessed him self destruct because of racism! As a child I was a victim of ha-

tred because I was sent to school in a predominately Caucasian community! I can recall waiting at several counters to be served only to be ignored! I almost became a mass murderer because of racism. The point I am making is that I feel very passionately about the effects of racism!

As I grew older, I responded differently to the same issue of racism, the effect is still an emotional experience but I react differently. Ask yourself this: how can a person change or eradicate this historical problem? How can one make a difference when this problem is so deeply entrenched in the hearts and mine of so many?

Well since you asked, there are many roads that can take you to the same destination! First the power of one is extremely significant in a multitude of situations. It took one to start an idea about everything! It can take one to start, organize and lead an army or to create a solution to any problem or situation!

I have now evolved in my emotional response to racism! I understand the lack of understanding in man! I now know who I am and Whose I am! I know that no one can define me unless I give them permission! I know that for every action there is a reaction!

What I am saying is this. In order to eradicate racism we must react differently and effectively. Instead of responding emotionally we must respond intelligently! Remember it is written, " There are times for this and there is a time for that"! The sting of racism is the response one gives to it. If it has no power over you, then you can defeat it! There is this African Proverb: "An army of Sheep led by a Lion will always defeat an army of Lions led be a Sheep!"

One must find that Lion within, then you can teach Sheep to have the heart of a lion! A Sheep can only teach Lions to be Sheepish!

My Brothers & Sisters find that Eagle in you and Soar, Find That Lion in you and Roar! For me I am going to Soar & Roar until the day I Die!

The revolution of racism can be eradicated by evolution, by changing your reaction to it! It can be defeated by knowing and respecting who you are! Most importantly believing God created you and all mankind as one! Take the sting of racism out by being the best you!



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

You Only Have A Second At A Time

I have enjoyed writing for many years. If truth be told, I have said several times, that if it had not been for writing, I probably would be dead. Writing was an outlet for me and it was therapy at the same time because despite how close people are to you, they never know all of you.

For the past few months, the last four months anyway, I have done very little writing for whatever reason the air has been sucked from my thoughts. It will be hard to explain this because some of my better writings were when I was going through difficult times.

I guess I have reached a time when the song, "NOTHING COMPARES TO YOU" has become a fixture within my ever-present body. Over the last few years, I have lost several family members, a sister, and even my father... but losing my wife has impacted me like never before.

Five short years ago, my wife was diagnosed with cancer, it was called endometrial and it was a form of uterus cancer. After radiation and six months of Chemo, she had reached the remission state....she was out of the woods for a while we prayed.

However in June of 2017 cancer decided to come back and

once again, she did chemo and one appointment after the next, fighting to live. Despite the odds, she was determined to fight.

I remember the day, the doctor said that they were going to take her off of Chemo because it was no longer working and there was nothing else they could do to cure her. Despite the bad news, she held her head high as we drove from Mercy Hospital not having words to say to one another.

On January 30th as fate would have it, somewhere around 5 in the evening she said she needed to go to the hospital because once again, she was having problems passing her bowels. As we drove to the hospital, we both prayed that this would not be another bowel blockage since she had had one earlier on.

Once again, I was at the hospital with her until 2 am in the morning and once again, she had a bowel blockage with other complications, that lead her to stay in the hospital for two months.

What I witnessed during those two months will forever stick with me, because instead of getting better she was just declining, with getting one procedure after another. It had gotten to the point that she had a peg in her stomach, which is a tube that is attached to a plastic bag and this was to help process whatever went into her stomach.

Of course, I am thankful that I stayed every night with her, I needed to make sure she was getting to the bathroom on time and that she was not laying in bed in human waste and etc. With all that going, they also had to put another tube into her back with another plastic bag attached because of kidney problems. My wife had *Continued On Page.28*



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

Synergy is the Goal

When you understand the essence of Synergy is not the same as being in "the what synergy means, it can enhance, zone". The zone for athletes, gamblers, even transform your entire belief system. gamers, and others is an awesome place. The word synergos is of Greek origin, to be. You are not anxious, but controlled, and in the flow. Being in "the meaning "working together". The interaction or cooperation of two or more organizations, substances, or other ingredient that makes business and personal partnerships, a relationship with a deity, and championship teams so very special. It is that added dimension that you can sense, but you cannot quite figure it out why this combination is so great, wonderful, and amazing, while similar combinations are not. I call it "A unique frequency of energy" that is transmitted and received between two or more entities. Just like a television, and the cellphones we use daily...tuned in to the proper frequency...one plus one equals more than two decimal point one (1 + 1 = >2.1), which is my formula to explain synergy.

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looked at the landowner and said "This place is amazing...Just look at what God has done. Looking him dead in the eyes, the landowner replied "Yeah, you should have seen this place when God had it all to himself."

I did smile at the story...for it was meant to be funny...but I pondered mostly on the story's moral. The lightbulb in my head recognize that mankind is one entity, and Mother Nature (God) is another. Separately, both are awesome. Together, incalculable is the outcome and infinity is the limit. Especially when that unique frequency of energy is involved.

The National Black Unity News' name is self-explanatory. We are a quarterly periodical that provides solution-oriented information to our community. We already have a synergistic relationship with those who help produce this newspaper. And yes...we are seeking to expand and add more content. Our community, Continued on Page 27



Editor:
Dr. Barbara Watties
The National Unity News

THE GIFT OF GIVING Continued From Page 1

categorize them?
When most of us think of gifts we think of something we have purchased or something that has material value. Believe it or not, some people even think that unless you can hold a gift in your hands it's not a gift. Especially at Christmas time or for birthdays and anniversary and other celebratory events. The sad part is that we have conditioned our children to the point where this is primarily their concept of a gift.

ies multiple languages that express through word deed, or action, a multitude of gifts that are more heartfelt when received or offered, than material ones. Let's examine the real importance of gift giving and how each of has been guilty, at some point in our lives, of misconstruing what gifts mean to different people. The following are the gifts I want you to think about:

Give the gift of:

1. Encouragement, become someone's "cheerleader" which to me is an action

that can build confidence and optimism in someone when they are at life's crossroads of despair. Just a few words of encouragement can serve as a full cup of inspiration. Hearten someone with a spirit-filled smile that might render a beacon of hope.

2. Support, Start with moral support the kind you give to a person without making any contribution beyond your emotions or getting directly involved. Try giving your unwavering support to someone, the kind that continues to be strong and steady and committed. Finally try giving someone emotional support the kind that offers reassurance, encouragement, hope, faith, and understanding

3. Quality Time, engage in active listening by providing someone the opportunity to be listened to, without any interruptions, providing them the opportunity to share their experiences, their thoughts, their feelings and their desires while maintaining eye contact with them, making them feel important, while they are talking, sometimes is crucial to their emotional sense of being.

4. Physical Touch, True some people

don't like to be touched. However, to some other people, a gentle squeeze of the hand or a firm handshake, a slight pat on the back, a warm hug can serve as a gift of caring or simple affection.

5. Words of Affirmation = Anxiety in a man's heart weighs him down, but a good word makes him glad. Proverbs 12:25 In my opinion, in today's society complimentary words and deeds are not expressed enough in love relationships, friendships, at work, and even in the church. However, to me, it is most important to be able to give positive affirmations to others. Compliment your loved one on something he or she has said or done, instead of asking them why didn't you do it or say this way? Try to reframe your negative criticism into positive suggestions. Also, it is important to affirm people with affirmative words like, "I love the way you did..." or "you look nice today" Just remember sharing kind words or deeds cost nothing but oft times comfort and strengthen people who have no one to ever light a candle in their Continued On Page 29



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!

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

Aaron Gray
443-996-8245

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LAW AND JUSTICE

People hold a fundamental misconception about the law. In my thirty years as an attorney, many times I have heard the refrain that something is not fair or it is not just. Consider, was the acquittal of George Zimmerman, in the Treyvon Martin case just? How about that of the Rodney King case, or the acquittal of the Officers involved in the death of Freddy Gray. These incidents too numerous to name here and all the daily micro-aggressions that we are subject to as a people are certainly not just but definitely are the law.

African Americans have been taught to conflate the concept of justice with that of the law. They are indeed two separate things. We expect too much from the systems of law and law enforcement, in this Country. We expect them to be fair, we expect them to be just, they are not and never have been.

As an oppressed population, we must embrace the concept of justice and be

prepared to fight against those who would impose laws, which are unjust upon us. This we owe our children and is both our rich heritage and eternal struggle of the African Diaspora in the Americas.

So how do we distinguish between that which is fair and just and that which is simply law? Martin Luther King Jr., in his "Letter from Birmingham Jail." Stated; "A just Law is a man-made code that squares with the moral law or the law of God." "An unjust law is a code that is out of harmony with the moral law." King prescribed that justice should be defined as follows; "Any law the uplifts human personality is just. Any law that degrades human personality is unjust."

Recognizing that all laws are not just, it is incumbent upon us to struggle against the unjust law. This struggle is played out at the ballot box. You must understand that while fairness and justice are moral codes the law is purely a political

convention. For populations under any political system, who are policed, what is policed, how they are policed and to what extent they are policed, are a function of that population's relative political power.

As a minority and historically oppressed population, this is why we must not only participate overwhelmingly in the prevailing political process but we must be both wise and shrewd about our choices and how they are undertaken.

By being shrewd we must support those who are supportive of the community and be wary of charlatans and carpetbaggers. We must be cautious of those who would come to us with promises and be bearing gifts. We must check to see whom and what interests they are really promoting. We must always understand what message our support sends, and what it says about us.

Not long ago the historically in our community the distinction was made between the House Negro and the Field Negro. Malcolm X in his famous speech defined and identified the House Negro in much greater depth than I have in my limited capacity. Malcolm defined the two types of Negro's as " The old type and the new type. Most of you know the old type... he was called "Uncle Tom." He was the house, Negro . . . The House Negro lived close to his master. He dressed like his master, he wore his second-hand clothes. He ate food that the

master left on the table. He lived in his masters' house.... So whenever he identified himself he always identified himself in the same sense that the master identified himself."

I live in a city where the struggle between these two forces within our community continues to politically play out. We have a prosecutor who bucked the system and attempted to prosecute the Officers implicated in the Freddy Gray slaying, which is what her constituency the African American Community wanted, who now finds herself embroiled in a contest with forces aligned with the Fraternal Order of Police; we have a newly appointed State Senator representing 70% African American District who has to struggle against the remnants of the old mass incarceration, broken windows, stop and frisk over policing regime, which was the O'Malley administration. But this is not exclusive to Baltimore these factors or at play across the nation, in Philadelphia, Orlando, Los Angeles, Chicago, Gary everywhere we turn.

Vote, we must; to achieve a more perfect union and secure a future for our children and as we vote we must each individually ask ourselves what message is my vote sending and how does my vote bring my community closer to attaining just laws for our community. We have everything to lose, but we also have good choices we just need to identify with liberation and make them.

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National Editor
Wayne Randall
Financial Consultant

Our Economic Forecast

Greetings, to you all I'm Wayne Randall. I am an Accountant and Defense Contractor. I have some concerns I want to address. Recently, a major piece of legislature was finalized by the General Assembly in Annapolis, MD Q2 of April 2018. The Maryland Tax Relief Plan in this commentary, I will shed some light on the recent events and how they will affect you and your family in the coming months. What's important to understand here is the [state's tax code] and [federal code] are directly linked. Anchor your thoughts around this concept for a moment. This point alone will better help you grasp a better understanding of the significant changes that were made by lawmakers. One in particular was elimination of Maryland deductions to reduce the amount of income that's subject to taxation which caused state taxes to increase.

"Those taxpayers earning less than

\$150,000 annually will generally see a higher tax Bill. However, not all classes will be affected by the change for example; relief for younger taxpayers, working poor, military veterans, and corrections officers' retirement income is exempt from taxation. The bill brought a \$250 increase in the standard deduction for single people and a \$500 increase for couples, the first increase in three decades" (Cox p 3). Changes for the remaining taxpayers can't be decided upon until an analysis has been done on the federal changes. Not to mention, what the current Administration and Congress plan to do about plans to reduce state aid.

There are times in life when we can only do so much and if there were ever a time it's now! I mean getting back to basics whatever the government plans to do or not you still have to manage your own resources. If you're not familiar with the

50, 20, 30 rule well, that's why I'm here to fast track you to a proven method that yields results. Oftentimes, it's very difficult to stick with a set budget though everyone's situation is different, said that to say, everyone's debt -to -income ratio varies. One family or individual maybe be dealing with a mortgage while another is paying rent. Obviously, these two types of scenarios play a major part in ones monthly expenses not to mention, a car payment, and insurance. Out of the 3 categories you can see where this falls into play. The 50% category that's designated for fixed expenses and essential leaves no margin for tweaking. However, you can see that the 30% category does give you the flexibility to do so.

That's why I provided this financial model that gives some clarity to the types of spending most of us have to do.

I am here to assist you and I have the tools that can be applied to help you reach your goals. Obviously, this is just a visual, but after applying the correct resources you'll better grasp the concept of how to use it to your advantage. Below is the breakout used in the various spending plans?

Once you get comfortable using the tools for the rule you'll have the confidence you need to better structure your budget plan. Below are the 3 spending categories as they apply:

50% of your income should go to living expenses and essentials. This includes your rent, mortgage, utilities, and things like groceries and transportation for work.

20% of your income should go to financial goals meaning your savings, investments, and debt-reduction payments (if you have debt, such as credit card payments).

30% of your income should be used for flexible spending. This is everything you buy that you want but don't necessarily need (like money spent on movies and travel).

Keep in mind that the percentages for essentials and flexible spending are the maximum you should spend. Working below those guidelines can leave more money for other financial goals. In other words, you don't have to stick to 50% if that doesn't work for you use 40%. Here's where things can get interesting because you can tweak the numbers that's the beauty of it. There's always a margin for variation you'll have to see what works for you.

I invite you to participate in this section of The National Black Unity News. If you would like to contribute some information or promote your services please contact me, I welcome you. I look forward assisting you in reaching your financial goals. "Knowledge is power and education is the passport to freedom"

**Wayne Randall
Financial Service**

Enlightening The Black Community:
Financial Food For Thought

The Importance Of A Month To
Month Budget

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

Participating In Your company's
Retirement Plan

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

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National Editor: Content Marketing

Linda Griffin

**Content Writing, Book Writing,
Keynote Speaker & Workshop Presenter**

Why You Should Or Should Not Write A Book?

Someone wrote “if there is a story in you it has to come out!”

Then someone else wrote “Books are like mirrors: if a fool looks in, you cannot expect a genius to look out.” Life experiences are unique tools, and the imagination is endless and the mind is a powerful weapon.

You should write a book because you can inspire others by making an impact on their lives with your experiences and personal insights. You have a wealth of knowledge, motivation and affirmations to give, you can nurture the mind, body and spirit through your new book.

You should not write a book because there are plenty of good excuses, like

“I’m not a writer” or “What would I have to say?” and so on. But deep down, you will still dream. No, not everyone will write a book, but you could. And maybe you should. Not because you can become a best-selling author or get heaps of praise and money. But so you can make something important and share it with the world. So you can say you did something hard, something that humbled you, that helped you care and become more self-aware, allowing you to share an important idea. Because while there may be too much noise in this world, we can never have too many people who care.

There are many other benefits when you

write your book such as: It’s Like Therapy!

The therapeutic value you get when you start writing your book. You will find out things about yourself like why you do things, why you think the way you do! Why you feel the, why you do! You will learn from you experiences and the people in your life. Most Important, whatever you write about you will be more knowledgeable about the subject or yourself!

It will make you more intelligent! No matter what your subject you choose to write about you most likely will have to dig a little deeper on that subject or situation. You will recall, research ask questions and document, before you may be aware of it you will gain more knowledge about your subject or yourself!

Yes, you matter and you are significant because you are the author! You are the utmost authority when it comes to your book. It is your perception about what you write. It is your imagination coming alive on those pages. It is your experience, your feelings, your ideas and it are the way you want to reflect your opinions! You are the beginning and the end

of your book!

Your Book Will Out Live You! One of the greatest thing a person does when one writes and publishes a book is that it is a document that you were here and alive! A book is a testament of you for generations to read after you are no longer in your physical body! Memories really are all that are left of us when we leave this earth. Pictures may be preserved for a couple of generations. Your book, though this technical generation can live forever and can be a gift to your future generations.

There are many reasons why you should write a book! You could write a book with just a thought! Call us and we can show you step by step and word by word as to how you can write your book! Free consultation, you are just one phone call away from writing your book!

Now you will have to come with an excuse why you should not write a book! Maybe Just Maybe that excuse can be a great subject for writing a book. As it is written a mind is a terrible thing to waste. A book is even a greater thing to waste.

Three ways businesses can win against competition with content marketing

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

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

does, the buyer can make an informed decision.

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

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

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

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

Become A Published Author

I WILL HELP YOU WRITE, PUBLISH AND LAUNCH YOUR BOOK



I can help you with your book project from idea to published book. Let’s chat to find out where you are in the process and how I can help you achieve your goals.

Linda Griffin, Copywriter

**linda@expertauthor411.com
http://www.expertauthor411.com/
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**Linda Griffin, Copywriter
linda@lggriffin.com
703-957-9862**



National Editor
Mental Health
Theresa Harris
Publisher Mental Health Review

Mental Health and its Awareness

Hear NO Evil, See no Evil! No one wants to recognize the elephant in the room known as "mental illness." We are human beings with real feelings that we sweep under the rug. We are human beings who just try to fit in. We are human beings who don't air out dirty laundry, until, unless and ultimately when we cannot HIDE any MORE.

Mental illness has just begun to get the recognition that it deserves since the recent deaths of Kate Spade and Anthony Boudain. So do the things that bother us only matter when it happens to those who achieve a certain celebrity status and level of influence?

recognition that it deserves since the recent deaths of Kate Spade and Anthony Boudain.

So do the things that bother us only matter when it happens to those who achieve a certain celebrity status and level of influence?

The ANSWER IS NO.

All lives matter. Black lives, White lives, Asian lives, ALL LIVES MATTER.

Money, stature and popularity are no good indicators as to who will or will not have mental illness. This is nothing like going to the store and being able to choose what you will pick up and pay for later. Mental illness impacts every

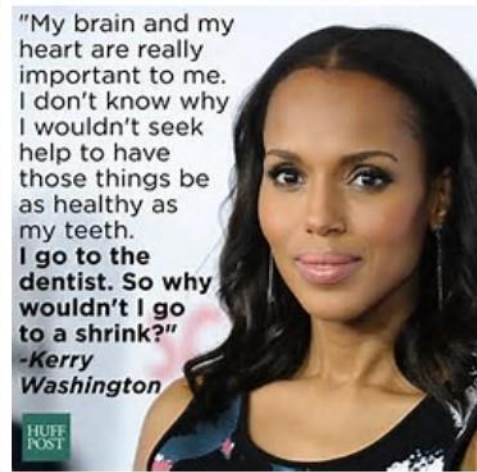
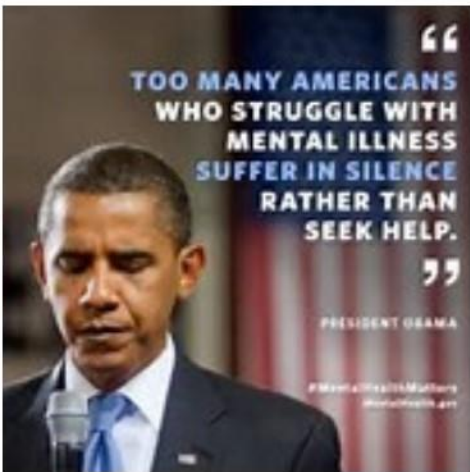
race, creed, color, economic status, educational level as well as religion.

It is about time that the shame of even being associated with the mental health field be put to rest. We must uncover the myths about mental health such as mental health is just for "crazy people."

NO. Mental Health helps people to handle life challenges, deal with the affects of crisis, bring closure, bridge gaps in relationships, sort through feelings, unburden ones conscious, move forward in one's life, etc.

Theresa

"Life is like an automobile, is driven from the inside out, not the other way around."



Advertisement for doTERRA essential oils featuring lavender flowers and several bottles. Text includes 'Fall in LOVE with doTERRA', 'CPTG Certified Pure Therapeutic Grade', and 'shop doTERRA'.

Word cloud graphic with the central text 'BLACK MENTAL HEALTH MATTERS'. Other words include 'stigma', 'depression', 'anxiety', 'discrimination', 'treatable', 'seek help', 'care', 'share', 'listen', 'understand', 'myths', 'opinion', 'distress', 'embarrassed', 'avoided', 'patronising', 'shame', 'reaction', 'strong', 'learn', 'awareness', 'workplaces', 'community', 'help', 'share', 'learn', 'awareness', 'workplaces', 'community', 'help', 'share', 'learn', 'awareness', 'workplaces', 'community', 'help', 'share', 'learn', 'awareness'.

Advertisement for doTERRA Business Opportunity featuring a lavender bottle and a lavender sprig. Text includes 'Love What You Do', 'Do What You Love', 'Learn', 'Teach', 'Grow', and 'doTERRA BUSINESS OPPORTUNITY'.

Contact Us For Help!

Mental health matters. People matter. YOU matter. I can't fight my battle alone, and you don't have to either. Reach out!

Theresa Harris: 1-410-908-0063

doTERRA Wellness Advocate logo and contact information: To Join Us Call: 1-410-908-0063



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

Are You Going To Answer Or Not?

I recently had the pleasure of speaking with an ordinary woman about her extraordinary journey and struggle to fight against a Goliath to secure resources for her community, old and young. I shared that she reminded me of David in the Bible and it seemed she had been chosen for this journey. As I listened to her intently, I couldn't help but think about all the people who had been called to do something and had not answered the call. I also wondered about all the people who had been called and answered. Did they regret it? Did they blindly accept and instinctively begin working toward their calling? Were they afraid? Or did they use their fear to fuel their courageous efforts?

With this reflection I had to face a few revelations of my own. I realized that I had, in the past, allowed myself to make excuses for why I was not answering the call that has been calling me for years. When I

finally decided to answer the call, I did so with indecision and half a heart. I am guilty of allowing anything and everything to distract me, block me and scare me away from the necessary work to achieve the goals my calling required. I made excuses for everything.

I let my job get in the way. After all, I had to work to support myself and my family. How could I possibly do my job and honor my calling, and do both well? Next, I allowed the priorities of others to become mine and my priorities became a faint memory of self-care, but also fueled a growing resentment that I couldn't put a name to or reason for. After a lengthy period of self-neglect and ignoring what I knew I was supposed to be about, I finally had my "come to Jesus" moment. In this critical moment of my life I came to own that my lot' in life, while not as bad as some, but certainly not as good as it clearly could have been, was a

complete result of my choice to be disobedient. Wow! This is when I asked for forgiveness and guidance. I already knew I was called to use my gifts to motivate, encourage, inspire and teach others. I just had to get serious about it. I began to ask myself questions about the "how" of things and writing down my thoughts. These notes in a journal became my first action plan to achieve the goals of my calling. I made a list of all the people I knew would support me and could help me. I invested in education and training that would help me sharpen my skills. I joined groups that were like-minded and built a network of people to share ideas with and support them in their efforts. While I worked to develop my action plan I realized that I had changed. I wasn't making excuses anymore. I had gone from allowing my fear to block me, to using my fear to fuel me. Instead of letting my anxiety stop me, I started using it to prove I could succeed. I am more than a conqueror. That has always been true but until I actually began to believe it, it didn't mean anything.

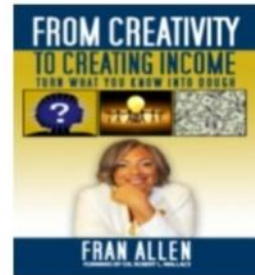
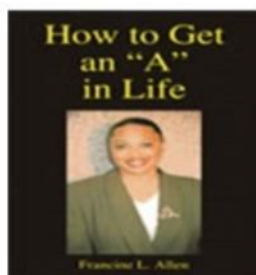
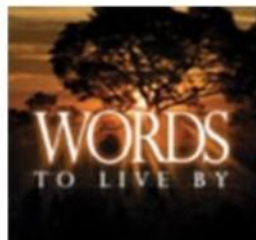
Tired of being sick and tired, I made a decision. I decided to do better and be better today than I was yesterday. Simple huh?! It really was just that simple. Taking one, just one step toward my goals

everyday has moved me miles along my journey toward my calling. This was not an expensive move. It wasn't a difficult effort. It wasn't time consuming or impossible to maintain or sustain. Just a decision to be better and do better today than yesterday.

What does that look like, you ask? Only you can answer that, because only you can define the journey you are on to the calling on your life. You may not believe there is a calling on your life, and if you believe that, then that is your reality right now. I don't believe that for a second. Side-step your fear, anxiety, self-doubt, low self-esteem, and feelings of low self-worth to be introduced to the amazing, awesome, valuable, talented, knowledgeable, deserving person who lives inside of you! When you meet that person, you will begin to hear the calling. Faint at first but the longer you search for the new you, the louder the calling will become. I'm excited for your discovery and I'm excited for the adventure you will experience with the new you who you will find. So, get ready, your life is about to change for the better. Claim it! See you on the journey!

Fran Allen, CEO, Self Development Success National Editor of Self Development

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



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

Fran Allen, CEO, Self Development Success
"Raising the Quality of Life for Humanity!"
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From Creativity to Creating Income



Turn What You Know Into Dough

The only reason you don't have what you need is because you do not value your own knowledge, skill and ability. You already have what you need to raise the quality of your life and the lives of your loved ones. What is stopping you from going to work on your dreams to make your life the life you deserve? Get out of your own way and use your fear to fuel the fire in your belly.

Decide, Act, Achieve, Repeat.

You can do this.

SDS at work.



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

WHEN GOD MOVES!!!

It appears as though 99.9 percent of the news media only reports what is wrong in society, especially when it comes to our children. I thank God that there is more good going on than is reported. Could you imagine where we would be if all of the reports were a true representation of what is really happening?

Looking at our children through media and sometimes our surroundings, one might get discouraged. We must remember that God is perfect and that each of us is made by Him. No matter our struggles, each person, being divinely made has a purpose. It's no longer about our communities, our country, we must prepare our children to face and to conquer

the world's system. We must pray and ask God to show us who our children really are.

In preparation for this Article, I called an aunt of mine, Rev. Geraldine Stancil James, of the Gospel Messengers Ministries International. Rev. James is a retired school teacher, who loves children and continues to nurture those whom God sends to her.

We talked about children and how we as parents need to observe them when they are small. We need to identify their strengths, their passions and motivate them to develop their gifts. We then need to teach them the importance of sharing their gifts with others! "Each one

teach one."

Often it has been said, if the children who sell drugs understood that they were true business people, and decided to use their gifts legally, they would realize that they have the potential to become millionaires.

Our children are intelligent, talented and extremely resourceful. Our children need us to encourage them. We have children at an early age that some might say are bossy, with direction at could be our managers, and future leaders and more. Some children demonstrate the gift of protecting others, they could be nurses, care givers, defense lawyers, judges, social workers, first responders or police. What about those that always ask questions and those who try to fix things? Are they our scientists, doctors, historians, engineers, mechanics, etc? What about those that like pencils? Are they our novelist, composers, writers, artist? What about those who like to play house? Are they our organizers, actors and actresses? What about the dreamers that like pencils? Are they our playwrights and architects? Those who sing and pretend to play instruments are they future musicians, Opera singers, com-

posers or inventors of new instruments? What about a talker? Could they be Interpreters, speech writers? Public speakers, ministers, lawyers? What about the quiet child? You might be pleasantly surprised when they share their gifts. What do see in your children?

Even if a child's gift takes him or her to the professional sports area, when that career is over, they must have a stable gift to sustain them. How has God directed you to identify, protect and encourage your child's gift's?

More and more athletes, performers and other talented people are giving God the praise and glory for their success. What about you the reader? Parenting is a challenge. Your story will encourage other parents who need what you have to offer.

God made families and we here at The National Black Unity News are lifting and honoring in God's Name FAMILIES!!!!!!

We want to hear from you so that together, we can show what happens in our lives, 'WHEN GOD MOVES!!!!!!'

410-365-7101

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. 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!!!

The Prayer Line Chapel advertisement featuring a young man in a 'JESUS DID NOT DIE SO YOU COULD LIVE!' t-shirt, with contact info for Rev. Theresa Mercer.

doTERRA: Wellness through Essential Oils advertisement showing various essential oil bottles.

doTERRA Lavender advertisement with contact info: 443-365-7101 Mydoterra.com/theresamercer

Prayer Warriors Needed advertisement featuring a young man kneeling in prayer on a field.



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

The Original Pattern That Man Was Established Upon

With the name of Allah, the merciful benefactor, the merciful redeemer; All praise is due to Allah the guarding evolver and sustainer of all the worlds of knowledge and perception. The prayers and peace be upon Muhammed ibn Abdullah, the righteous servants all of them here in America and throughout the world. I testify that theirs only one god alone without any partners, and I bear witness that Muhammed is the last prophet and the seal of the prophets. My dear beloved people God says in the Qur'an Surah 30; ayat:30 al-rum so set thou face steadily, and true to the faith. [establish] Allah's handiwork according to the pattern on which he has made mankind: no change [let there be] in the work wrought, by Allah: that is the standard religion, but most among mankind understand not. (so what is the pattern) hanif= inclined to the right opinion,

firm in faith, sound and well balanced. It says establish yourself in your religion upon hanif the upright nature. This upright nature is the nature that we inherited as a human being from the first man and woman an Adam. Every child born into this life has that nature that Allah put us in, and there is no other nature that can come close to it, because of our rational mind. God says let there be no change in this nature, because it's the original pattern that God gave us, and God is the best Creator. Here God says establish God's handiwork according to the pattern on which he made mankind.

The main culture we are missing is home life. Our culture is nothing but floating fads that has no value. One of our main values is baby nibbling on mommy's tits, and inheriting the natural love from it's original source that God put here for

mankind originally. So Allah says you will. Some of our people are let there be no change in that pattern that he created us on. So we have a Creator that created us, and put certain urges in our nature, or symmetry so that we are swayed in the culture that God wants for us, and these urges are extremely dominant, and when we respond to them they respond back to us. Allah says that this is the standard religion, but most of mankind understand Not. Ok, so what do we think standard religion means? It is the world of human beings that has established from the earliest man & woman, all through the time that builds on improvement and excellence: from raw to refinement, from non-refinement to refinement, from non-development to skyscrapers, from loving families to caring commodities, to building cities and protecting the world environment.

We always say God is the best Knower. So let's establish and set our face upon this wonderful nature (that's here like a mother) feeding us the ingredients of life. We have to build within our own circle. Let's target issues in our communities that we want to manage for the health of community. We don't need outside to help now, we need inside help. Stand up you mighty people, you can accomplish what

show boaters from the past who think that God put them over us because our minds aren't capable of managing ourselves. No every child born is a child of Adam and has certain rights guaranteed by the Creator. They use your bad situation as a former slave against you, but God uses your former situation as a slave to upgrade you to the highest position on the human scale.

Let there be no change in the standard religion but most of mankind understand Not.' In order for us to build a human society there are prerequisites that must be considered: religion, culture, political and government. You can't establish your community on the world's stage as a black man. No, that is not the pattern that God wants for mankind. God says let there be no change in the pattern he created mankind upon. So our first priority should be our Faith institution where our rational minds are developed and our spiritual concept of God should be protected, and established. Our platform should represent the Best of all humanity; positively no racism in any form; no hatred; and bigotry, just pure undiluted Love, and most of all, Respect!




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

A LOOK, THE VALUE AND A UNIFYING SPIRIT OF A BLACK MAN

A LOOK: YES, A LOOK. There is power in a look. Have you ever seen someone looking at you and you asked they why? Well, allow me to give you a few reasons why someone may be looking at you: 1. Could it be that your pants are hanging down and you are about to lose them? 2. Could it be that you are neatly groomed and the on looker is saying, I want to be like him when I grow up. 3. Could it be that you are in a hoop-dy, but it gets you back and forth to work and when you get home, you park it in your new garage, at your new house. Looks are sometimes deceiving. So, let your look be a look of ENCOURAGEMENT. Let your look be a look of RESPECT. Let your look be a look of LOVE. Let your look be a look of CARING for our young people and the elderly. Let your look be a look of setting a GOOD EXAMPLE. Let your look be a look of OBEYING GOD.

letting our sons see how a woman ought to be treated, by the way you treat their mother. Let our daughters see the type of man she ought to date and marry, by looking at YOU. WHAT would you DO and HOW would you feel if you saw a man treating your daughter the way you treat their mother? What VALUES are you teaching your children? Think about it, STRONG BLACK MAN!

A UNIFYING SPIRIT: The spirit of unification is in each of us. All we have to do is reach down deep into our God given abilities. The words: THANK YOU; I AM SORRY; FORGIVE ME and HOW MAY I HELP YOU are Powerful Words, use them. BLACK MEN: There is greatness in you. Your family and the world are waiting in anticipation for you to unleash this POSITIVE UNIFYING ENERGY. YOU CAN DO IT! THERE IS NO TIME LIKE TODAY. DO IT NOW!!! GOD WILL HELP YOU!

THE VALUE: The value of taking care of your family, (even if you have to work three (3) jobs). **THE VALUE** of

WHEN I LOOK AT MY FATHER

"In honor of all fathers"

**WHEN I LOOK AT MY FATHER
 PLEASE! TELL ME, WHAT DO I SEE
 DO I SEE A MAN OF GOD
 LOOKING STRAIGHT BACK AT ME**

**WHEN I LOOK AT MY FATHER
 DO WE BOTH THINK THE SAME
 AM I PROUD TO FOLLOW HIS EXAMPLE
 Or, DO I HANG MY HEAD IN SHAME**

**WHEN I LOOK AT MY FATHER
 DOES HE TEACH ME THE GOLDEN RULE
 DOES HE TEACH ME, TO OBEY GOD
 DOES HE TAKE ME TO BIBLE SCHOOL**

**WHEN I LOOK AT MY FATHER
 DOES MY CHEST SWELL UP WITH PRIDE
 YES, I THANK GOD FOR MY FATHER
 FOR, HE'S MY EXAMPLE AND MY GUIDE**

"What Kind Of Father Am I?"

Achaniel F. Lucas, Sr.

THE VALUE OF A FATHER

"This poem is dedicated to ALL FATHERS, YOU ARE APPRECIATED"

THE VALUE OF A FATHER
 BOWED HEAD AND LIFTED HANDS
 ALWAYS PRAYING TO ALMIGHTY GOD
 LORD, HELP ME TO BE, ALL THAT I CAN

THE VALUE OF A FATHER
 WHEN HE BECOMES, ALL THAT HE CAN
 WILL RAISE HIS DAUGHTERS AND HIS SONS
 TO BE A GODLY WOMAN, AND A GODLY MAN

THE VALUE OF A FATHER
 KNOWING, OF HIS FAMILY, HE IS THE HEAD
 WILL NOT EVER, REST AT NIGHT
 UNTIL HIS FAMILY, IS SAFE IN BED

OH! THE VALUE OF A FATHER
 WHO WILL WORK HARD, DAY AND NIGHT
 MAKING SURE HIS FAMILY, HAVE ALL THEY NEED
 SO THAT THEIR FUTURE, WILL BE BRIGHT

YES! THE VALUE OF A FATHER
 BEFORE HE EVER, STARTS HIS DAY
 WILL BOW DOWN, AND KNEEL TO GOD
 ON BENDED KNEES, HE'LL BEGIN TO PRAY

THE VALUE OF A FATHER
 WHO TAKES HIS FAMILY, TO BIBLE SCHOOL
 BY EXAMPLE, TEACH THEM TO OBEY GOD
 AND TRULY FOLLOW, THE GOLDEN RULE

THE TRUE VALUE OF A FATHER
 DOESN'T RELY, ON WHAT HE SEES
 BUT, ALWAYS KEEPS, HIS FAITH IN GOD
 BY STAYING DOWN, ON HIS KNEES

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God's Giving Hands

Showing God Appreciation By Giving Back

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

Rico told me about the wonderful works this organization does and is doing. He and others are working diligently to feed those who are having some challenges in life, and they also provide many other services. As we continued to talk, he explained some of the difficulties the organizations are dealing with.

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



Rico C. Crawley (Right) Serving & Giving!

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

As I listened to Rico Crawley share his gift of giving and his commitment to God's Giving Hands I really understood this phrase: "The true Art in Giving is to

give from the heart without any expectation of a return."

I mentioned that giving can be contagious, when Rico sent me some pictures and videos of the work they do, I was moved to compassion. Yes they need money, supplies, and people to help those who need help! Because of this Brother's compassion I was moved to give, I asked if the organization have a website, he replied they did not? So I offered my services to build one for them as a contribution or donation!

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



"Learn to light a candle in the darkest moments of someone's life. Be the light that helps others see; it is what gives life its deepest significance."



"The most truly generous persons are those who give silently without hope of praise or reward."



"Good works is giving to the poor and the helpless, but divine works is showing them their worth to the One who matters."

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God's Giving Hands

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John 6:35

Jesus said to them, "I am the bread of life; whoever comes to me shall not hunger, and whoever believes in me shall never thirst."

For More Information:
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BEACHES

Beaches, beaches everywhere! Where do I start? Beautiful sand, beautiful sunrises and beautiful sunsets to choose from in the United States.

Ask true beach lovers to name their favorite expanse of surf, and sand and the answer changes with the tides. With all its surrounding oceans, seas, and lakes, there's a beach to indulge any desire. From pearly crescents covered in shells to turquoise bays teeming with shimmering fish, none are created equal. This highlights a few of the best beaches in the United States for you to visit this summer.

Myrtle Beach - South Carolina

Myrtle Beach has sixty miles of beautiful sandy beaches, first-class live entertainment, exciting attractions for everyone, endless shopping, exquisite dining, thrilling water sports plus so much more. The fun part about visiting Myrtle Beach, South Carolina is that it is an easy drive for folks coming from North Carolina, Virginia, Maryland, Delaware,

Pennsylvania and as far north as New York and West from Tennessee or Kentucky.

Myrtle Beach, a city and vacation resort on South Carolina's Atlantic coast, is the hub of the Grand Strand, a 60-mile string of beaches. It's also known for its celebrity-designed golf courses. Along with its beachfront boardwalk are arcades, souvenir stands, and restaurants, as well as the old-fashioned Family Kingdom amusement park and the Sky-Wheel, one of the country's tallest Ferris wheels. Myrtle Beach- South Carolina, is a great place for many fun and exciting family reunion events.

Coronado Beach - California

Swimmers, body surfers, boogie boarders, sand sculptors, and wildlife enthusiasts take to Coronado Beach year round. The north side of the beach is perfect for dog lovers and offers an off-leash park. There is an unlimited amount of things to do in Coronado Beach, California. It is a hot spot for sunbathers and beach-

combers, people who love to fish, walk the broad walk. The beach is very flat, making it great for skim boarding and walking, and the sand has a silvery sheen because of the presence of mica. Families arrive in the morning, toting umbrellas, beach towels and picnic coolers for an all-day stay. A great team of lifeguards stand-watch at all times.

Virginia Beach

Virginia, Yes, Virginia Beach is for lovers and offers a beautiful Sunrise and star-lite nights. It is a favorite for college students for Spring break and for families for their summer vacations spots too!

Cannon Beach - Oregon

Far removed from the bustle of any city, Cannon Beach stretches along the cliffs of the Oregon coastline. Haystack Rock towers on the shoreline, waterfalls cascade onto the sand at Hug Point, and marine life peeks out at low tide which makes Cannon Beach one of the most beautiful places in the world.

Biloxi Beach - Mississippi

Biloxi offers 26 miles of white-sand beaches that catch a cool breeze from the Gulf Coast. The beach and surrounding area offer activities like casinos, charter-boat fishing, sailing, golfing, and parasailing. I enjoyed the warm 85-90 degree warm water temperatures of this beach. The water was therapeutic and calming. There are so many beautiful species of birds that fly through and walk on the

beach. It is also a bird lovers paradise for bird watching!

West Palm Beach - Florida

The shoreline of West Palm Beach is highlighted by swaying palms, golden-hued sand, and the shimmering blue ocean. Keep an eye out for tortoises crawling out of the water since summer is their nesting season.

Martha's Vineyard Beach - Massachusetts

Secluded from the mainland, Martha's Vineyard is an island bathed in scenic beauty. The island's delectable seafood and easy-going vibe attract day-trippers, celebrities, and city dwellers to flock to the beach. My friends that frequent this beach always return relaxed and energized!

So what beaches in the United States will you be visiting this summer? Remember they are great for a quick jump in the car and drive down or up the road, an inexpensive get-away! For great prices on hotels remember to contact us or use this site at www.myvortex365.com/mugroup. Note our rates include the full price as well as all taxes. Our goal is to help you enjoy your travel and to get you the best prices 85% of the time!

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KIM WILLIAMS++++

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National Editor Of Culture & History

Pat Carter

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

400 YEARS OF SLAVERY, WAS IT A CHOICE?

In recent news, singer/song writer Kanye West, made a controversial statement that sent rockets off in the Black community. He stated, while being interviewed on TMZ, that 400 years of slavery was a choice. My question is, was it? Let's investigate.

Africans were stolen from their lands and placed on ships shackled by their throats, wrist, waist, and feet with iron chains. They were kept in the bottom of ships, stacked together as if they were cargo, more than 3000 at a time with bunks above each other 5 rows high. When they had to urinate or defecate, it would spill down on the individuals who were chained beneath them. If they became ill, vomit would also spill down on others. A lot of the captured Africans became ill and died due to this intolerable living condition. Food was extremely scarce because the capturers tried to save as many as possible because they were thought of as a commodity. Some of the enslaved Africans would commit suicide, rather than to continue with these barbaric people. Once arriving at a market station in the "New World", there would be a slave market, where the colonizers would sell off families of Africans from one another. Husband, wives, and children were all sold to separate slave owners. This was the beginning of the 400 years of slavery.

Arriving on a plantation, the enslaved Africans would be beaten, and women were raped in front of their husbands. If they protested too much, they were whipped with leather straps across their exposed skin until flesh flew off with each stroke of the whip. This was only the first few hours of arrival at the plantation. The slave could not speak in their native tongue. If they did they would be brutally pun-

ished. Each slave was given a name and the last name of the master of the plantation. The goal was for the slave to be completely separated from his/her land and robbed of their culture, language, and identity. This was, the slave master thought that he'd have more control of them and to prevent them from trying to escape. Thousands of slaves tried to escape the gruelingly hard living conditions. Each slave had to work in the fields owned by the plantation from dusk to dark leaving no time for them to have a life of their own. The slave would pick cotton in the heat of the day, even when the women were pregnant. If the slave owner became angry with a slave for any reason, he would either burn them alive, cut their limbs off, or lynch them. A slave who tried to learn to read would be killed instantly. If, after trying to escape, and the slave was caught, they could be eviscerated in front of the whole population of slaves, to keep others from trying to escape. The slave master would have days when, for no reason, they would gather together, the townspeople and hang a slave while taking pictures, eating food and celebrating. This was called an ochlocracy or being governed by a mob. Slaves continued trying to flee from their captures, some were eventually successful.

The Underground Railroad played a major part in allowing enslaved Africans to escape to the north. Other enslaved Africans escaped to the swamps of the south and lived among the bogs, the best they could.

Even when slaves worked in the fields, they were able to communicate in such a way, the watchers were unaware of what it was they were saying. Slaves also sang to communicate with each other.

The slaves who were from West Africa and the Sea Island of Georgia began to use the Gullah (Geechee) dialect. They were able to keep some of their traditions and culture, passing them down from generation to generation. These slaves lived in the Low Country of South Carolina and Georgia.

From the very beginning, Africans captured and sold into slavery continued to flee from bondage. So, now let's proceed to some time in the future. When the enslaved Africans were freed, they were met with resistance to change from their white neighbors. Freed Africans were either killed, harassed, or taken back to plantations against their will. Once these Freed Africans began to own small parcels of land and began to read and become educated, white became jealous. They formed mobs and rode in formation as the KKK, burning houses and farms. This continued for many years. Freed Africans, (Negros) eventually decided to separate and start their own businesses. These were also burned down. In 1921, Tulsa, Ok. Greenwood Community, Blacks were extremely successful, in fact, more successful than their white counterparts

The whites were upset because they had few jobs, while the self-reliant Negro town, Black Wallstreet, proved to be flourishing. There were banks, schools, hospitals, businesses and residences, all located in this Negro-owned town. Almost everyone living there had a good job or owned their own business. I guess, they choose to be successful instead of being enslaved,

I am sure you can guess what happened next. You'd be right if you guess that they burned down the entire town. Not only was it burned down, but your government Bombed the town after there were unrest and rioting due to a white women's lies. Neighboring towns of white men came into town in truckloads, armed to take out an army. The innocent people of the town tried to escape, but most were killed. Thousands of innocent Negro people, men, women, and children lost their lives that night. A

handful escaped on foot, fleeing into the woods with nothing but the clothes on their backs. Again, I guess these people asked for it, right? Because of a white women's lie, they reacted, including your government.

It seems as if every time the African people attempted to prosper, whites took everything from them. Is today any different? We must be twice as good before or if we receive any acknowledgment for our achievements. We are constantly being harassed just because of the color of our skin.

The enslaved Africans were "freed", in 1865, but we as a people are not free. It is not a choice. If we attempt to live wherever we choose, it would be like playing Russian Roulette. Today, you could either have your property spray painted with racially hateful words, have your home set on fire, or your life threatened due to the bigotry of white supremacy. If you are pulled over by the police and you are a Black person, pray that you live to see another day. When shopping in stores, you are followed around as if you were a criminal whose there to rob them, If you choose to eat at a restaurant, you may be asked to give up your seat to a white person and if you do not comply, they call the police!! Don't go into a coffee shop and linger too long without ordering, you just might leave in handcuffs even if you've done nothing wrong. Also, don't forget to turn off your engine before leaving your car because you might be thrown down on the concrete ground by the police, without having explained to you that leaving a car running unattended is breaking the law.

400 years of slavery is a choice that no one makes!! No sane person would choose to be enslaved by anyone or anything. If Kanye meant that some people are enslaved psychologically, then that has no bearing on race because you can become so disenchanted that you have placed yourself in a situation that enslaves your mind. But, again, is that a choice or is it a mental health issue Kanye?

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

A Message to the Reader

The words you are about to read in this document are a small sample of the material possessed by our people. Many of us have a vision conceived hearts, the mind, and spirit of our people over 100 years ago, and it must be made a physical reality. The birth of this vision was a necessary need for a people and the future of those people. For many years those people of whom these words are written, have consciously spoken and regurgitated grammatical representations of the intellectual-ignorance fed to their minds to mentally mislead them; and it seems they learned their lessons very well. We, as a people, have been consciously, unconsciously, and subliminally told what to do, when to do it, and

given the reason why this thing should be done, and done the way the intellectual giving these ignorant instructions tell you to do them. A change has got to come and the change must be now. This change must be exercised by the 40 plus million people in this country called African-Americans. We must collectively move at the same time, in one direction, the approximate 10,500,000 Black Families in these United States. That number means we have power, but not necessarily enough to cause us to be a threat to anyone other than ourselves. So, we must take this first step, together, to develop into a force to be reckoned with. That step must be taken to get us off the dehumanizing road to nowhere, covertly

constructed for us a long time ago. Thus, we must move away from the title of African-American because it is a classification given to us by someone other than ourselves. We cannot be ourselves if we allow another to tell us who we are. We are Afunemuda, a people born into ourselves from and as the African-American.

We have the machine needed to bring our people together in the tens of thousands of groups and organizations that supposedly exist to help us as a people. We need to teach them, existing as an individual group or organization will only be a hindrance to the total effort needed to make us strong. We must get together and move as a single unit, in one direction, at the same time, and with one collective purpose; causing us as a people to be respected egalitarians on a global station.

NOW...Stop; Look, and Listen to these words... The biggest problem our people face today, daily, is an unintelligent sense of self-satisfaction that is causing us to feel a false reality or peace of mind. It seems, we, as a people, have embraced and accepted a debase position given to us by someone unlike ourselves. We have allowed others to name us, to

define us as a people, and erect the platform on which we stand. We have allowed them to tell us how we feel, what we feel, when to feel - what we feel, and the reason we are feeling the feelings we are feeling. We accept what they feed us with their unclean spoons, labeled as knowledge. We go to their formal schools and learn this unknowledge and unwittingly make it a part of our lives as a matter of fact. Then we look at ourselves in the mirror of life, after becoming the things they wanted us to become and see a strong person. A person so strong he or she can only stand where they are told to stand and can only sit when and if they are told to sit, as if they were trained animals. Yes, notwithstanding and be that as it may, the biggest problem we have as a people is an unconscious eyes-wide-open conscious complacency. Too many of our people are consumed and mentally subdued

by an untruthfulness called self-satisfaction and delusional contentment. They look at the fact of having a job, some wealth and the unrealistic fulfilled illusion at the thought of owning a business, although it is financially controlled by someone else, other than themselves or someone like themselves. WOW!

WE SEEK CONSCIOUS WOMEN WITH A DESIRE TO HELP

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

you look and see and understand, what you have been taught have gotten you exactly where you are and where you are is not necessarily where you want to be.

You as a member of the feminine gender are the backbone of everything human and possess a special power that is attached to every word you speak. You are a prize that cannot be won or physically possessed. So, you must project the primitive endowment of your existence, that is as it is, and has caused humanity to live and breathe life into an uncertain future. You must open your holistic-self to the totality of life and learn to listen to the truth in the meanings of the thoughts you think you are thinking, beyond the meanings someone else want you to think. You must realize the thoughts they have thought for you to think are purposefully misleading. As a Deliverer, my words are not meant to lead you anywhere. They are words of inspiration to cause you to embrace who and what you are and live the life you have to it fullest, beyond the falsehoods of they who desire to control you. You must realize you were the past and you are the present and only because of you there will be a future. The female gender must realize a change has got to come and then realize, they are the change that is needed. It must be taught, the only truth that exist in

humanity, taciturnly says, the fact of femininity is the future we must accept to cause the perpetuity of the clouded speciation we blindly accept as our way of life and living.

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

52 WEEKS WORDS OF INSPIRATION
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A PRODUCT OF ALICE WILLIAMS

Afunemuda Manifest Manifesto
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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.

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Black Men Unifying Black Men

Us Helping Us = Unity

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

Continued From Page 1

and children departed from Baltimore on Sunday, May 6, 2018 to celebrate the one year anniversary of the Black Men Unifying Black Men of Philadelphia. The bus ride was full of fellowship, networking, fun and love!

Reflecting back several years ago when a small group of Black Men came together to discuss the conditions, problems and solutions concerning Black/African Americans in Baltimore City! This group consists of Bill Goodin, Thomas Hardnett, Michael Johnson, David Murphy, Andre Buntley and Renny Bass. We decided that it would benefit us all if men had a chance to meet, talk and understand one another. We believe that it is more difficult to pull a trigger on a brother if you got to know him.

Black Men Unifying Black Men have been meeting and hosting a monthly breakfast for more than three years. Thousands of men have attended our breakfast, many partnerships, events, businesses, collaborations have taking place since we started! Even The National Black Unity News was birth from Black Men Unifying Black Men.

Once we had arrived in Philadelphia, we were welcomed with open arms and I must add they really demonstrated that they were the city of brotherly love. There were plenty of activities, food and people. There was a basketball game



between Baltimore and Philadelphia, and several moon bounces for the children. Also they had horse back riding, music, a marching band, a Michael Jackson impersonator and dancing!

The atmosphere was full of love, respect and unity! As the children played, people of different religions rejoiced together. Men of all ages embraced each other with unity and did not have to man up on each other.

I could not recall a scenery like this, as I observed the children playing, young men playing ball no fussing or fighting.

Women seem to feel secure and relaxed because men were there!!! Joy and laughter filled the air, plenty of food and drinks. Hundreds of men, women and children wearing T-Shirts with our group name Black Men Unifying Black Men!

This was like utopia, a live dream of peace and harmony! I asked my self how did I get here, then it dawned on me! I reflected back to our first meeting of Black Men Unifying Black Men, you see because of the commitment and consistency of our core group, this is what made this day possible!

As a member of this core group I will tell you this, every brother of this group has put in work on an individual basis. Each member has stood the test of time and truly cares about us as a people! I want to thank my brothers for their commitment, time and expertise.

Black Men Unifying Black Men are inspiring many other cities to start groups. I have met so many positive, powerful Brothers that came out to our Breakfast and shared information that can help us as individually, community and as a people.

Much has taken place and we are looking forward to much more! Our Monthly Breakfast will remain intact but there will be some spin off activities where business, social and collaborations will happen.

If you're a Black Male and want to attend our breakfast you are more than welcomed, Contact us by phone or visit our website. In Baltimore we meet the first Saturday of every month from 10:00 a.m. until noon. There is no cost to attend!

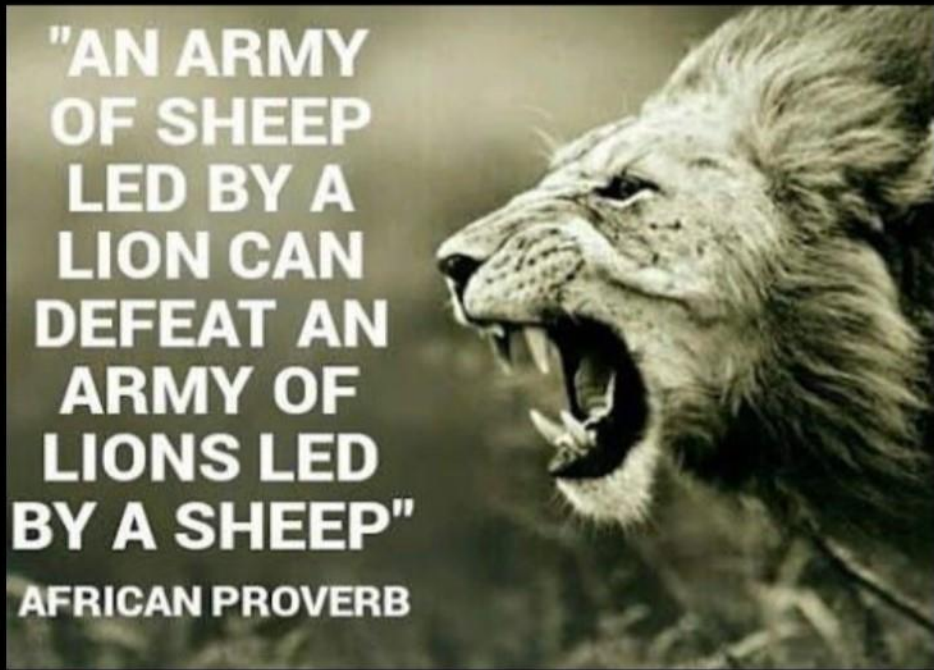
I want to thank our Brothers in Philadelphia, a job well done and thanks for the memories. I want to thank my Brothers in Baltimore for their commitment and all of their skills and talents that they bring to the table! Also all the Brothers who have continuously supported Black Men Unifying Black Men! March on Brothers Until The Victory Is Won!



Black Men Unifying Black Men

Us Helping Us = Unity

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



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BLACK MEN UNIFYING BLACK MEN
DO YOU KNOW HOW THIS CAN BE DONE?
WHEN WE ALL STICK TOGETHER
AND WORK TOGETHER AS ONE

BLACK MEN UNIFYING BLACK MEN
WHEN WE ALL KNOW WHAT TO DO
EACH REACH OUT AND LIFT UP EACH OTHER
WE MUST STICK TOGETHER LIKE GLUE

BLACK MEN UNIFYING BLACK MEN
LIKE WE DID IN THE MILLION MAN MARCH
WE MADE A COMMITMENT TO HELP EACH OTHER
WE MADE A VOW TO NEVER PART

YES, BLACK MEN CAN UNIFY BLACK MEN
WHEN WE ALL STAND TALL AND TRUE
A BLACK MAN CAN UNIFY ANOTHER BLACK MAN
WHEN I VALUE AND RESPECT YOU

"STAND TALL BLACK MEN"

Achaniel F. Lucas, Sr.



**National Youth Editor
Kathleen Murphy**

A member of various local, national & international organizations

Greetings to Our Youth Readers:

Reflecting on self-awareness and self-discovery during the summer months.

For some of you, this summer is an opportunity to exhale and reflect on self-awareness and self-discovery. First, choose your attitude. As you journey through your day to day routine this summer, I suggest that you have a plan. It is time to take inventory of yourself. Check yourself. You may think, "check me". But usually, my parents/guardians check me". Not to override the parental responsibilities, however; I must tell you that you are responsible for who you are and who you are to become. Be accountable for your actions. Use your summer time wisely. There are so many opportunities to embrace this summer. Available to you are activities, volunteering, academic classes, and employment. Many of your local communities offer free summer activities.

Free Summer Activities are available for fun, adventure and learning opportunities in your local community. Activities include; Free summer movies and free tours at your local museums. Free Sports Clinics (Recreation Departments and College Campuses). Free tours at local National Parks or National Battlefields. Free Bowling. Go to:

www.kidsbowlfree.com.

Free Youth Filmmaking Programs- Offered in many locations across the United States to include New York, California, Maryland, Colorado, Texas and Washington D.C. Go to:

www.pbs.org/pov/filmmaking

To see the entire list. Baltimore, Maryland-A program called, "Wide Angle Youth Media" has been around since 2000. They have worked with over 4,000 youth from across Baltimore City producing more than 200 films about their lives and communities. The summer program is full; however, the program offers after-school programs (The Community Voice Program, a Design Team, Video Team, The Baltimore Speaks Out Program) Oakland, California-Medial Enterprise Alliance, Durham, North Carolina-Full Frame Documentary Film Festival and The School of Doc. This program includes meals. Austin, Texas-Austin Film Society's Film Club. Washington, D.C.-Women in film and Video and Filmmakers for Tomorrow Foundation. New York, New York-Downtown Community Television Center PRO-TV Youth Filmmaking Program. Colorado Springs, Colorado and San Francisco, California-The Youth Documentary Academy. Salt Lake City, Utah-Spy Hop. Boston, Massachusetts-Transformative Culture Project.

For Free Summer Workshops: Go to www.pinterest.com For details. Technology-Apple- Go to: www.applersvp.com and Microsoft-See Microsoft Store for details or registration. Maker Camp-Go to: www.makercamp.com Crafts and Building Workshops- Home Depot-1st Saturday of each month. Lowe's-Every Saturday at 10:00 AM. Lakeshore Learning-Saturdays from 11-3 PM. LEGO-Build a select model. Check local store for details. Michaels-In-store demonstrations and projects. See store. Outdoor and Indoor Sports-Bass Pro-Workshops on Tuesdays, Thursdays, Saturdays, and Sundays. National Park Service Junior Rangers-Activities include Animal Tracking and Preserving Lighthouses. American Girl-Crafts and doll activities. Pottery Barn

For details. Technology-Apple- Go to: www.applersvp.com and Microsoft-See Microsoft Store for details or registration. Maker Camp-Go to: www.makercamp.com

Crafts and Building Workshops- Home Depot-1st Saturday of each month. Lowe's-Every Saturday at 10:00 AM. Lakeshore Learning-Saturdays from 11-3 PM. LEGO-Build a select model. Check local store for details. Michaels-In-store demonstrations and projects. See store. Outdoor and Indoor Sports-Bass Pro-Workshops on Tuesdays, Thursdays, Saturdays, and Sundays. National Park Service Junior Rangers-Activities include Animal Tracking and Preserving Lighthouses. American Girl-Crafts and doll activities. Pottery Barn

Kids-Reading challenge for a free book/ weekly story time.

Academic Free Summer Programs-Math and Science. Goddard Space Flight Center- High School Internships. Goddard Summer Institute of Robotics (SIR)- At Morgan State University in Baltimore, Maryland. Hosted with NASA. For the entire listing of available programs in your state, go to:

www.uft.org

(United Federation of Teachers)

Projects to create on your own: Publish a magazine/create a cartoon/create a travel brochure. Start a Blog/keep a journal/go to AD Biz/write a book review. Find a safe Pen Pal (postcard)/enter a writing contest.

Volunteering is an opportunity to gain experience, spend your time wisely and give back by helping someone or your community such as: Doing chores for a neighbor or for a relative. Volunteer at a local nursing home. Read/play games/walk residents/engage in conversation. Volunteer at your church or a local church. Cut the lawn/assist in the church's daycare program. Do administrative tasks/offer computer skills. Produce programs for funerals, church worship, events, etc. For a Local Day-Care-Read, play games and assist in outdoor activities. Volunteer at your local library -Read to children/conduct administrative work. Donate your old or gently used clothes to a clothes closet tasks. Donate your old games and toys to a local shelter. Go to:

www.volunteermatch.org

Find local opportunities in:/ Advocacy and Human Rights/Animals/Arts and Culture; also include Children and Youth/Community/Computers and Technology. Education and Literacy/Health and Medicine/Seniors. Homeless and Housing/Hunger/Media and Broadcasting. Politics/Sports and Recreation/Environment. A few examples include Junior Achievement USA, International Exchange Program, Community Outreach, planting a garden in a National Park, driving patients to lifesaving treatment centers or volunteering as an editor for a national campaign.

Summer Camps can be physically and academically challenging. Full of adven-

ture, these camps offer a variety of themes: To see a more detailed list go to:

www.verywellfamily.com

Other outlets include Academic Camps-Archaeology, Marine Science, and Robotics. Adventure Camps-Backpacking, Canoeing, and Rock Climbing. Art Camps-Acting, Art, Dance, Music, Theater, and Writing. Family Camps-Dance, Special Needs, Sports, and Wilderness. Religious Camps-Offer themes such as Vacation Bible Schools. Additional outlets include Service Organization Camps-4-H, Future Farmers of America (FFA) and Kiwanis Kids. Sports Camps-Baseball, BMX, Gymnastics, Rowing and Wrestling. Special Needs Camps-For Asperger's, Asthma, Autism, Diabetes, Hearing Impaired, Physical Disabilities, and Visually Impaired. Technical Camps-Animation, Digital Photography, and Video Game Design.

Youth Self-Employment Ideas for summer income: Obtain a few business cards and advertise. Assist a senior with Computer 101. Assist a senior with computer/ printer installation. Plant a flower or vegetable garden for your neighbor. Provide an animal care service for neighbors. (Animal sitting, walking, bathing, etc.) Offer Tutoring Services during the summer for a neighbor or relative's child for the upcoming school year in Math. Offer Cleaning Services to assist a neighbor in cleaning out their basement, attic or garage.

If you desire to begin a search for self-discovery and self-motivation, I strongly recommend during this summer you read, "Johnathan Livingston Seagull", by Richard Bach. Yes, a book about a bird! Johnathan is a seagull. Reading this book will catch you off guard, blow your mind, and perhaps change your thinking which in turn will check your attitude. When published, this book reached the top of the New York Times Best Seller list, where it remained for 38 weeks. There are so many pertinent thoughts that can be taken from this book. First, you can do more than you think you can. Continue to challenge yourself and learn from your mistakes. Do you have that drive to do better? If you follow your dreams and achieve your goals, like Johnathan Livingston Seagull, you too can soar.

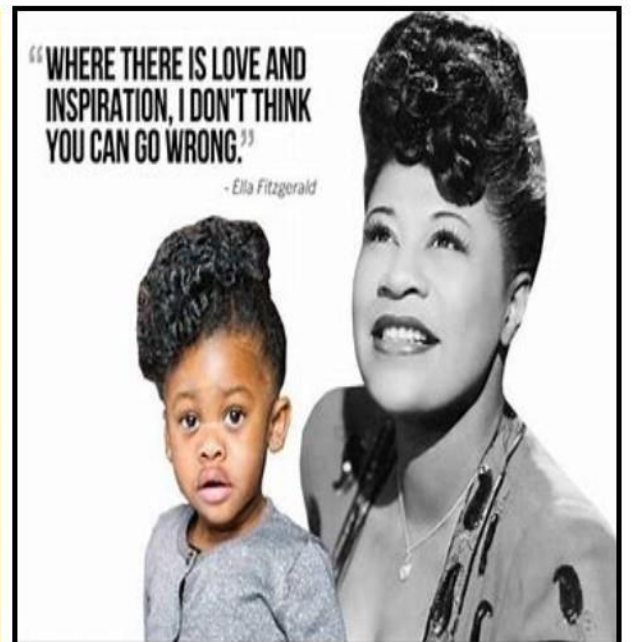


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**National Editor
Mélaughn Butler**
The Association of College Pro-Activists

This past June month marked a very important holiday for the indigenous person, one that provides our nation with the independence it needs to celebrate our own progress, history, and heritage. We know it as Juneteenth! Here in Baltimore City, ACP connected with some twenty-five other organizations to help celebrate our Juneteenth weekend. From June 15th through June 19th, we hosted unique theme events for each day, in celebration of cultural expressions, partnership, and opportunity, and received much support from the community. From Bolton Hill's to Thames Street, East to West North Ave, our leaders hosted a series of community cleanups, HBCU focused outreaches, free-vendor fund raisers, and network opportunities all designed to promote the upcoming business league, the Indigenous Business Association, as well as to actively spread word about a good cause we would like

to support, what is known as the United Nations Declaration on the Rights of Indigenous Peoples. Here we find an international support system that advocates the rights of aboriginal people for growing and developing their own nation, culture, and community. We are sure to clarify how important these support systems are, while also stating that it may only support us for as long as we agree to support it. We used our Juneteenth weekend to create history of our own, connecting with leaders such as fencer Mike Douglass & advocate Leo Burroughs of Roots of Scouting, Kendrick "Dj5Starr" Tilghman of Great Black Baltimore Chamber of Commerce, George Harris of King George's Land-ing, Darius Johnson of Big Blue Haul, Deacon Lewis Sharpe of Duncan Street Miracle Garden, Melvin Butler of Faces Going Places Radio, and so many others who collectively shared an interest in

learning about inner city youth and resources. The photos for this month show just a few highlighted moments that we captured, courtest of Sis. Virgie Williams. We appreciate all others who have supported, and were with us in thought!

What's New: The Youth Curriculum of the Association of College Pro-Activists, ACP has been able to make a few new friends this past month. Officially we welcome our newest members and graduates of the Adult program, along with some additional movers & shakers who have agreed to help us to formulate the rites-of-passage learning style. We now reach out to all parents who may be interested in our six-stage youth curriculum, that looks to engage young minds of all ages in fun and unique ways to enjoy our holistic, culturally enriching programs. Life skills and exciting field trips with local leaders, heroes, and faculties, are but among a few things your children will learn and be able to enjoy with these fun & creative outlets, involving free-expression and grounding techniques. We group the following age ranges of the youth curriculum:

Grades: (K-2)

Grades: (3-5) Summer Camp Ready

Grades: (6-8)

Get Involved: Our Adult Program is

available to anyone who takes a vested interest in their neighborhood, is looking to learn from our twelve weeks advocacy-training program(s), earn volunteer hours at service hubs, or even connect their vending, service, or retail business into the Indigenous Business Association. We welcome all viewers to reach out and inquire more to learn about our support systems, and how an interdependent league may help respond to a lot more than just the international support, but also that of our own. One page, or full page copies of this information are available upon contact, online and in-person meetings are available. Below the chart shows the special offer for each level of membership. Message us to learn more:

Silver Members-sponsored Story's in monthly ad., The National Black Unity News.

Gold Members Certificate & Endorsement, Mentors Roots of Scouting INC. *Most Active

Platinum Members Company's consulting & business directory, Saafenet & GBBCC.

Contact:

Name: Mélaughn Butler

Email: Mbutler.acp@gmail.com

Instagram: theacp_2018



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

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



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

In today society we spend little time in nurturing our health with better nutrition choices, being physically active or reducing stress. These behaviors have been a contribution to a large extent that impedes on our future health. Health conditions aren't prejudice to income, education or economic environment.

Diabetes, Heart Disease, Hypertension, Cholesterol, Obesity and Cancer to name a few are the leading cause of death in African descendants. Let's look at what is happening and how our families and

social economics are impacted.

First, our dietary habits have changed. Gone are the days when most of the cooking was done at home, eating prepared nutrient dense meals with selection of sustainable food and family settings. We are now eating outside the home, consuming more fast foods that are high in sugar, sodium, high fat and process carbohydrates. Our consumption of food and changes in food patterns is more evident. A pattern in consumption of fruits and vegetables have

decreased or are not existent

On top of the changes in dietary habits is the lack of being physical active. While I was growing up staying physically active were a norm in our communities, and a daily requirement in the school systems. Gone are the days were children played hop-scotch, double dutch, and roller skate or rode their bikes in the neighborhood. To say the least adults were more physically active.

With some lifestyle intervention we can change the prediction of our health. The longer you wait to implement a healthier lifestyle the more predispose you are to chronic health condition. Exercise and nutrition are two different principals but two essential components that can Change the direction of your health.

Steps to begin a better quality of life.

Wise up and Get Active

Begin some form of physical activities.

Example: walking, biking, take the stairs

Be active throughout the day and week

Drink more water

Practice cooking at home more frequent

Healthier Relationships

Decrease the consumption of fast foods and process food. (They offers little nutrition value.)

Consume more whole foods- colorful vegetables, healthy fats, complex carbohydrates

In closing, we constantly destroy our body by feeding it with unhealthy food, avoiding an exercise program and constantly exposing ourselves to a toxic environment. Imagine how long your organs will function before signs of malfunction start. Love yourself enough to make Changes

What do you know about Diabetes:

Individuals who have diabetes are at 2-6 times greater risk for cardiovascular disease.
True or False

Over time high blood sugar can damage the blood vessels and nerves.
True or False

Exercise, eat and take medicine at the any time of the day to prevent low blood sugar.
True or False

Answers to the trivia , true, true, false, false

Poach Salmon

½ pound salmon
wild Atlantic cups
water ½ cup
white wine Sliced
Navel orange
slices- cover the
bottom of the
pan 2-Fresh sprigs
thyme 1-sprigs
dill 3- fresh Bay
leaf Small Onion
Chicken stock

To prepare first add the cold water and wine to a 10" -inch sauce pan (approx. 3" -inches high) Cut the orange and squeeze the juice then slice into 1/8" -inch slices. Julian the onion and add everything to the liquid. Add the bay leaf, thyme, salt and bring to a simmer. Once the liquid comes to a simmer, turn off the heat. Cover with a lid and let steep for about 30 minutes. Chop dill and garnish.

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</p> <p>Usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p> <p>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</p> <p>Usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p> <p>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</p> <p>Usage: Great for soups, salsa, & guacamole.</p> <p>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</p> <p>Usage: Works well in sweet and savory dishes & drinks.</p> <p>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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- Personal Food Assistants
- Nutrition Specialist

Catherine Brown

Commit, Get Fit & Healthy

lefemmedachef@gmail.com
1-443-854-5096
www.fitnutritionmarket.com



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”

Get the sleep you deserve and get business credit TODAY!

I know, I know you are wondering what is Credit Sleep? Well, I call it sleep that you need because you are worried, or you lack, or you have no credit for your business to grow. This applies to entrepreneurs and business owners.

If you answer yes to any of these questions, you need business credit. You can stop having those sleepless nights.

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About Us

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- *Accelerate the business credit building process while maximizing personal and business credit separation
- *Establish relationships and obtain credit from multiple suppliers, creditors and lenders
- *Leverage your creditworthy business to access multiple sources of credit, funding, and financing opportunities
- *Take advantage of funding programs and unsecured lines of credit while protecting your personal credit
- *Receive personalized funding options and expert business coaching
- *Protect your personal credit and limit your personal

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10 Reasons How Lack Of Sleep Can Affect You!

1. Sleepiness Causes Accidents Sleep deprivation was a factor in some of the biggest disasters in recent history:
2. Sleep Loss Dumbs You Down Sleep plays a critical role in thinking and learning. Lack of sleep hurts these cognitive processes in many ways.
3. Sleep Deprivation Can Lead to Serious Health Problems Sleep disorders and chronic sleep loss can put you at risk for: Heart disease, Heart attack, Heart failure, Irregular heartbeat, High blood pressure, Stroke and Diabetes.
4. Lack of Sleep Kills Sex Drive Sleep specialists say that sleep-deprived men and women report lower libidos and less interest in sex
5. Sleepiness Is Depressing Over time, lack of sleep and sleep disorders can contribute to the symptoms of depression. In a 2005 Sleep in America poll, people who were diagnosed with depression or anxiety were more likely to sleep less than six hours at night.
6. Lack of Sleep Ages Your Skin Most people have experienced sallow skin and puffy eyes after a few nights of missed sleep
7. Sleepiness Makes You Forgetful Trying to keep your memory sharp? Try getting plenty of sleep.
8. Losing Sleep Can Make You Gain Weight When it comes to body weight, it may be that if you snooze, you lose. Lack of sleep seems to be related to an increase in hunger and appetite, and possibly to obesity.
9. Lack of Sleep May Increase Risk of Death A study showed that those who had cut their sleep from seven to five hours or fewer a night nearly doubled their risk of death from all causes. In particular, lack of sleep doubled the risk of death from cardiovascular disease.
10. Sleep Loss Impairs Judgment, Especially About Sleep Lack of sleep can affect our interpretation of events. This hurts our ability to make sound judgments.

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CALLING ALL RHYTHM PEOPLE

RHYTHM PEOPLE WANTED!!!
RHYTHM PEOPLE
ENTERTAINMENT NEWS

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

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

Culture is the New Currency!



WeAreTheRhythmPEOPLE

National Entertainment Editor

Ms. Kim Poole is a Soul-Fusion Teaching Artist and Founding Fellow of the Teaching Artist Institute (TAI), providing an opportunity for artists and artisans to learn techniques for social transformation while fostering outlets for socially engaged art. Through TAI, Kim and her team of Teaching Artists are originating the Art for Social Transformation, Teaching Artistry in Action curriculum & workbook for change agents and universities interested in exploring the "Art of Possibility" around the world. She has a passion for encouraging the "Rhythm People" as she refers to them, to reclaim their global cultural economy and a knack for celebrating the beauty and resilience of women with SUPERLASHES through her music and the Sheroes Sisterhood. At 32 years old, Ms. Kim Poole has over ten years experience in International Art Cultural Diplomacy and the world has only begun to learn how this Soul-Fusion Teaching Artist will redefine our understanding of artistic expression in social transformation.

HAIritage : Connecting Black Women Globally

Kumasi, Ghana – The SHEROE Sisterhood host, Ms. Fadila Osman; owner operator of the L&O Makeup Studio in Alabar-Kantudu Kumasi, Ghana invited ladies to promptly remove their shoes as they entered the shop. A widely practiced ritual in many Islamic homes like the one of her rearing, she quickly stated "I just don't want the red dust on my clean floor." Shortly thereafter she asked the nine or so men who also arrived to participate in the event and peered through the glass window to leave, stating this was a "SHEROES only" space today. The event coined *Hairtage: Connecting our Root, Combing Through our Culture*, was being facilitated by SHEROE Sisterhood Founder Kim Poole, a Soul-Fusion Performing Artist who hand-picked Osman to lead the Kumasi region of SHEROES in 2017 after accompanying her as lead makeup artist on a music tour across Ghana.



SHEROE Sisterhood Kumasi, Ghana

Poole enters the room saying "Akwaaba, I flew all the way from Baltimore, USA to see your beautiful SUPERLASHES." Accompanying Poole at the event was special guest Kelley Settles; a social photographer of Los Angeles, California whose art exhibition of 2017 "In her Truth" inspired the event. As the women gathered on the floor in a circle, Osman announced that they should "say now ooo if you not ok being filmed." As according to Poole, this event and many others throughout the summer of 2018 are being captured as a part of a documentary series entitled *LASHED OUT: SHEROES Lashed Out Against Self Hate and Dangerous*

Trends in the Beauty Industry." "We're demonstrating the connectedness of African women around the world through hair and all beauty art culture as sisterhood in rare form that isn't acknowledged but already exist."

The floor seated conversation begins with basic introductions where women are asked to say names and one thing loved about themselves. "Cape Coast and looking for work" said one, "was married and now single" said another, as their body language revealed they were becoming more comfortable. Somewhere shortly after the awkward orientation, a moment of "black girl magic" takes shape and the group of women who were strangers just an hour ago appeared to have realized how similar their personal stories were. Poole then asked the group "what does beauty look like." The lightest skinned women of the circle said "Black beautiful skin, that's beauty." The youngest of the group who stated that she was 19 years said "a pointed nose, the one the makes your highlight bronzer look nice," then the circle nodded **Continued On Page 27**

 **PROTECT YOUR WOMB | PROTECT YOUR SISTER | PROTECT YOUR NATION**
SUPER LASHES your EYE - DENTITY

JOIN the SHEROES Sisterhood

ABOUT "It's something special about knowing that somebody's got your back. That you can work with them side by side in the thick of life to celebrate your wins and failures in ways that help you grow" Kim Poole.

In spring of 2016 the SHEROES Sisterhood was founded in Accra, Ghana under the leadership of Soul Fusion Performer Kim Poole, as a safe space to celebrate the beauty and resilience of women by learning to protect "her womb, her sister, and her nation." Loosed based on her first hit single SUPERLASHES and inspired by the kinship mirrored in the organic Sisterhood found in the performer's life, since this time, the Sisterhood has grown into an international support system, woven to address the physical, psychological, financial, and spiritual needs of the women they empower and uplift.

PROJECTS

- International SHEROE Fund - a micro enterprise incubator that provides quarterly angel investments to projects developed by women apart of the Sisterhood
- Lashed-Out Series – a multi-media platform developed to promote positive imagery around Black beauty and cultivate cross cultural exchange between Black women around the globe
- SUPERLASHES Sister Circles- Host Trainings, Beauty Master Classes

2018 Agenda

- Launch LASHED OUT Series – "Lashed Out Against Dangerous Trends in the Beauty Industry" Serrekunda, Gambia - Summer
- 2018 SUPERLASHES Summit - Fall 2018 Johannesburg, South Africa
- 2019 Agenda ,UN International Women's Convention Spring 2019

BU Tea Line Launch JOIN A L NEAR YOU or START ONE! We are actively building a SHEROES Sisterhood in Ghana, Gambia, Liberia, South Africa, Jamaica, Congo, and regions throughout the USA email SUPERLASHES@gmail.com

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Accra | Banjul | Baltimore | Los Angeles | Cleveland | Paris | Kingstone | Lagos | Harare | Kigali

GIGS, BIGWIGS AND SHINDIGS

African's Rising is Hiring
https://www.africans-rising.org/
www/2017/09/30/
job-communications-coordinator/
The Festival Academy is Training August 23rd-29th 2018 Gothenburg, Sweden
https://www.thefestivalacademy.eu/en/training/atelier-gothenburg-2018/
J.M. Kaplan Fund is Offering Grants for Book

Publishing
www.jmkfund.org

Big Wigs
Baba Leo Burroughs Roots of Scouting

Shindigs
Pan African Town Hall July 28th 2018 Baltimore, Maryland
http://srdcinternational.org/
Afro Punk Fest July 14th & 15th 2018 Paris, France
http://afropunkfest.com/paris/
2nd International Conference on Art for Social Transformation, ARTIZEN July 14th & 15th 2018 Banjul, Gambia
www.TAITOURS.org
Cleveland Food-Op Festival August 1- 4th 2018 Cleveland, Ohio
www.financialunity.org
Pan African Day of Solidarity September 8 & 9th 2018 Baltimore, Maryland
http://www.plm95.org/pan-afrikan-day-of-solidarity-.html

South African Heritage Month
Essence Music Festival September (TBD) Durban, South Africa
www.essence.com
Joy of Jazz Festival September 27th -28th 2018 Johannesburg, South Africa
https://www.joburg.co.za/21st-anniversary-of-the-standard-bank-joy-of-jazz/



**National Economic Black Worth
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(NEBWORC, LLC)**

Winston Calloway (L)

&

Junie Brown (R)

Entertainment and Informational Service



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

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

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

4th Down & 400 Years Of Oppression

Fourth down and 400 years of oppression but we' still got the ball. Nonetheless we still need a better strategy on the field! Opposition has been running the same play, each down, but we have a weak offense and no defense so they can continue to score. If this were an actual

team, we would have fired the coach and demanded better players. We do have some of the best highly skilled educated; but they decide to play for their own interest. To be sure these guys need to be reunited with the strategy where we can all win. Our best trained highly educated

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

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

Mission

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

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

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

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



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

- | | | |
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Breaking Bread

“Great Food For All Chewmanity”



Kimberly Ellis & Edward Ellis



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

sticks with the sauce and looked at each other and said; "We are gonna be rich" we all laughed and ate the rest of our meal.

Fast forward about 10 years and I am giving my husband my last will and testament in the bathroom of my hospital room. I told him he was the love of my life and other things that will stay private but I also knew there were things I wanted to still do. A life I would live if "I just got one more chance." All the fears that kept me from truly doing what I knew I wanted to do left because, I mean, really what trump's death. When I awoke and recuperated I decided that I would purposely plan to live my life my way. I

knew this life would involved and evolved around food, family and community. November of 2016, I opened Breaking Bread Restaurant, my family works with me and we are building a legacy and not just a life. We started doing Food festivals and farmer markets throughout the city selling our "Sticky Wings" Our Sticky Sauce was a huge success. Once we started the restaurant, we realized that we had the ability to create change in our community. We designed a model where all are accepted and included. We offer free classes on everything from Financial literacy for kids and families, first time home buyer classes, cooking classes as well as classes on branding for kids to create something that they can be proud of. We sponsor and host other non-profits that want to be a positive change in our community.

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

ter's degree with more than 20 years of working with people who are marginalized and disenfranchised most of which looked like me. We just want to serve great food that is healthy, encourage families to connect with one another and to build a community and a sense of family where it is needed. We want to feed more than just the stomachs of our guest but their spirits as well. It's im-



James Ellis

Deirria Hall

Kimberly Ellis

portant that we are there for each other, to support each other and encourage each other. Imagine the world where we can say we are our brothers keepers and mean it, and actually live it.



Breaking Bread

Selected As Best In State

Baltimore natives Kimberly and Edward Ellis built a local following with their Stickywings, first at area farmers' markets and food festivals and now at their Pigtown brick-and-mortar joint, Breaking Bread, which reflects their philosophy of creating a place where everyone is welcome to sit down and eat. As parents and grandparents, they prioritize fostering a family-friendly atmosphere, so staff are especially friendly and well-trained, and they host family game night, which includes games like Uno, Trouble, Connect Four and Jenga, with free popcorn and Kool-Aid. The scratch-made menu features kid-approved favorites like mac and cheese and chicken tenders, plus the aptly named wings, made with Kim's top-secret Asian-inspired, honey-based sauce and available in jerk, barbecue, hot honey or Buffalo, and a roster of gourmet burgers (get the jerk turkey or lamb). The Ellises further their mission to feed others through Kim's Chewmanity project, which helps families with young children learn to make nutritious meals and gather around the table at least once a week; they also serve the community with clothing drives, fundraisers, cooking classes and mentoring.





Breaking Bread

“Great Food For All Chewmanity”






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GETTING RIGHT *Continued From Page 1*

right. Yep, for some of us, our money is more important than any other thing and that is because we have brought into the myth that money is the answer to it all.

Have not we seen enough proof of people with more money than they could spend, dying a miserable life and still are living a miserable life despite all the money, they have? The reason I point this out is simple. Money is not the answer nor the cure for all things.

If it is alright with you, the reader of this article, I would like to invite you to read "Genesis" chapter 19 as it speaks to the city of Sodom and Gomorrah. The reason I am pointing this out is that I am more than certain that in this city, there were some who had plenty of means and yet, their fate was as bad as the ones who had nothing.

As I write this article, I beg of you to stay with me as I may bounce from one point to the next point, but trying to write something of this nature is difficult. See, each one of us who have life will have to experience death, there is no way around it.

I started this article talking about getting it right and what does getting it right mean. One thing that we do know is this, life is temporary meaning that we are only a living being on this planet for just a short time...however, death is eternal, meaning that once we get there, it is forever.

I have always taken pride in honesty as it relates to what I know and what I do not know. I am not at all a scholar of anything "biblical" so I am not the one

to say what one should get right and what one is not getting right.

However, there are some questions I would like to raise as to getting it right since I have gotten so much of my personal life so wrong for so long. I raised children that I was trying to get right and they went totally wrong. I have worked for many years and have saved nothing because of my own bad habits.

One thing that I am sure about is this, once one become grown and they are mentally fit, they cannot continue to hold on and use the excuses that, someone else is at fault for their bad choices. Yes, the old excuse of, I am only part of my environment becomes dead.

There is much for us all to get right, the way we treat others is major. What we do for others and what we do to make our communities and our world better is major. Yes, I am certain that for many of us it is major as to what resources we have to live and what we have to pass on to our children, despite that it seems as if we are living in the days of "SODOM and GOMORRAH".

If death is forever and it is eternal and that our judgment for death is based upon how we live life, then our meaning to getting it right may be determined only by how we treat others rather than how much monetary value we have.

Please, I am not at all attempting to scare anyone with such thoughts nor questions, but I am trying to give the reader something to think about. Is it not true that the natural way of life is dying right before our eyes as we watch children

murdered on the streets.

If we embrace and believe that there is a "CREATOR" which I personally do, then do we not have to question, what it is that the "CREATOR" want from us. See sometimes those who are leaders, are not always pushing what is pleasing to the "CREATOR".

Trust me, I am not judging anyone. I have more problems than what I could count and more problems than what sometimes I could bear and yet, it is our right to question those who are leaders.

If the "CREATOR" made female and male for the purpose is re-birthing the world then how can leadership make laws that promote a man marrying a man and a woman marrying a woman?

If gambling and drugs and alcohol is something that will rip the moral fabric from society, then why should leadership push and promote it. So that I will not be called a hypocrite, I personally participate in gambling as well as drinking and yet, the question is how do we get it right when leadership is getting it wrong?

Is "AMERICA" the next "SODOM and GOMORRAH" and if we are judging by the warnings and the signs that we see, then the next question becomes this, how much time do we have to get it right?

Because I am one who takes not a day for granted, I could only give thanks for right now. I have lived to be sixty-five. For myself, I am still trying to get it right and not so much from a monetary point of view as it relates to money and assets, but from the point of view as what happens to me once, life is over.

If one has had a taste of living and have

had the chance to witness hardships, misery, pain, and suffering and then, they are faced with a challenge of enduring misery and pain and suffering for eternity, if they continue to mistreat others, maybe they too may have reason to try to get it right.

Getting it right with the "CREATOR" is not like getting it right with people. It is never to late to get it right if one is sincere and there is no better way of getting it right, then to be a part of helping the world to become better.

As crowded as the City of Sodom and Gomorrah was at the time, the "CREATOR" could not find just one pure person who was fit from sin to save the city. I pray that this country, this city, and this world will not have to meet the fate of the city that I have been speaking of.

However, it is not with others that we need the approval of as it relates to us getting it right...we know what is right from what is wrong and if monetary value becomes more important than human value, we are getting it wrong rather than getting it right.

Of course, I am not completely stupid and living under capitalism, I understand the need to have money but when money comes to the rule and the most needed need, we are helping to destroy what is precious...life is precious...money is only a means of using while we are alive.

So I will close as I have opened, I ask you are you trying to get it right? I pray that you are because I am still trying to get it right.

Bill Goodin



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Leon Purnell, The Men & Families Center

Continued From Page 1

they need to be a productive Man!

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

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

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

The following is some vital information about the center that Leon Purnell is the Executive Director (The Men & Families Center)

(Note the rest of this article came from their website)

The Men and Families Center improves the quality of relationships between fathers and their children, thus enhancing the preservation of families and community. The Center is a nexus of the Greater East Baltimore community, creating

greater access to services and a community awareness for residents. They address specific needs through a holistic array of services that are designed to meet men or women where they are and move them towards self empowerment.



In 1995, the Family League of Baltimore City and the Historic East Baltimore Community Action Coalition initiated an extensive community needs assessment. This process revealed significant gaps in services to Historic East Baltimore families and children.

The absence of comprehensive services

for men/fathers was determined to be one of several major concerns. As a result, a plan was developed to establish a program that focused on addressing real life issues confronting urban men and their families. Subsequently, The Men and Families Center was created to respond to this community's vision.

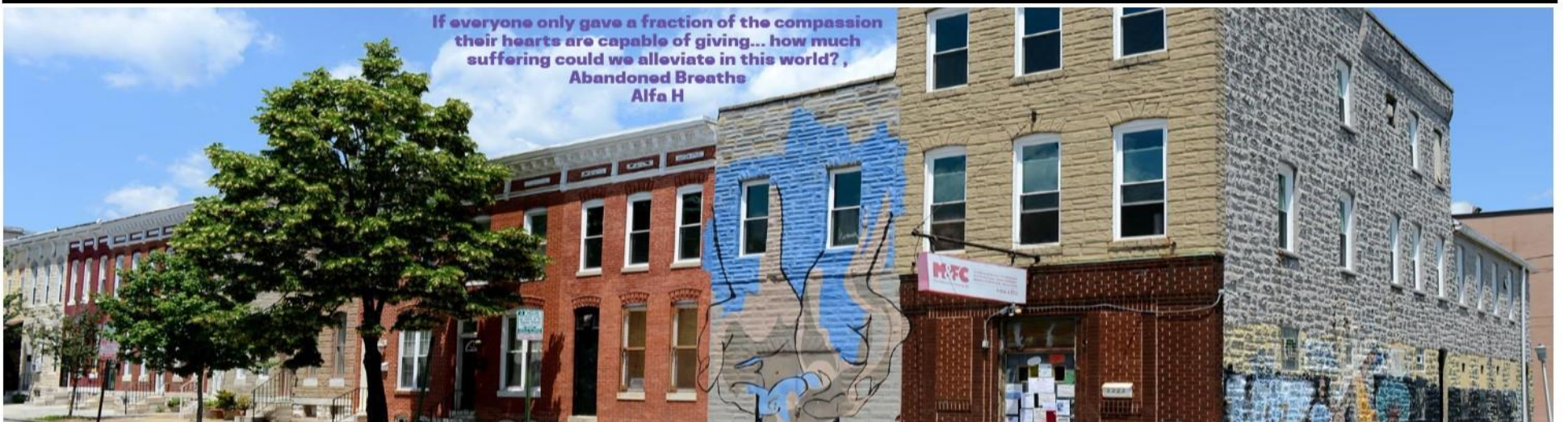
The overriding goal of The Men and

Families Center is to improve the quality of children's lives by developing and enhancing the capacity of male parents and/or caretakers. This is manifested by providing interventions services for young males who are at risk of developing poor skills in those areas that will later affect their parenting abilities.

The Center strives to accomplish this by implementing strategies that address several additional goals: establish greater participation of fathers in the lives of their children; develop a strong male support network which will enable men to provide support to their children and families; improve the growth and development of the participants' children, in their relationships to their peers, their home life, and their school performance; network to provide employment and completion of education for participating males.

The programs that we have were the direct result of three focus groups held when I came on board. The starting of a clinic being the strongest need the focus group persons had. These programs stayed in place until 2012 when, because of the increasing number of females we were seeing it became necessary to change the name to reflect everybody we serve. *By David Murphy & Information From The Men & Families Center*

For more information and donations:
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menandfamiliescenter@gmail.com
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CALLING ALL RHYTHM PEOPLE *Continued From Page 22*

and agreed.

Seemingly unsettled by responses, Poole pulls from her bag a pound of Shea Butter and several bottles of essential oils. "The lotion in the blue bottle, N I V E something, or the creams we use when we get hyper pigmentation... A mark on our faces after the bump, what are they called" Poole says. The girls quickly answer naming a host of bleaching creams "...Lighten Up, Ambi." Poole turns to Osman and asks for a simple bowl and spoon. Moments later Osman returns with a silver metal bowl and kneels to hold it in place as Poole scrape the Shea Butter into the dish. "This is the land of Shea," says Poole "back home people buy Dove soap and body wash that cost more because the label says it has just one drop of shea butter inside." The ladies' nod in agreement. Poole continues "All the creams you named contain Hydroquinone, a bleaching agent that isn't good for your body."



SHEROE Sisterhood Kumasi, Ghana

Poole passes around each oil and asked that the ladies smell and "take a dab." "Lavender, Tea tree... have you ever used these oils before" She begins to

mix drops of the oil into the Shea butter and whip with a spoon. Osman says "Oh wow, even the color is changing." Poole says to the group, "nobody in the

world should be selling shea butter accept west African SHEROES like you... I want you to find the best Shea Butter, connect with farmers, make sure its clean. Next year when I come to town, I'll buy it all. What goes on your skin goes into your body. You don't need those other creams. SHEROES of Shea, this is all you need." One lady from the circle says "it smells so nice."

After the mix was completed Poole beckoned for Settles to join the circle. Settles, who announced that this was her first time to Ghana, was happy to meet the ladies. "I want to take your pictures and include your images in my upcoming book. This book is going to highlight Hair art culture and the important sisterhood that women have in our roots." The girls stand, eagerly awaiting their close ups.

By Kim Poole

Synergy is the Goal *Continued From Page 4*

connect with me. If you know someone, or some organization that is doing great things, please, do not hesitate to contact me. The National Black Unity News can only assist when we know that you or the organization exist.

I would be remised, and short-changing you, if I did not share with you that of all the words in the English language...

by far... my favorite word is *synergy*. Infinity is second. And it is my sincere desire that the synergy created here at The National Black Unity News spreads worldwide, and we serve an infinite number of years in our community... and for our community.

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You Only Have A Second At A Time

Continued From Page 3

gotten to the point she did not want visitors, however, because she meant so much to so many, there was a handful of her very close friends that still came to see her.

My wife had gone down so fast that I fought for the hospital to keep her in there and at the same time, we had a conversation with Gilchrist Hospice. Her one wish was that she would get the chance to come home once again and thank "GOD" she was home for two months before she passed.

I am thankful for my family members and her friends that helped me to care for her, someone coming every day so that I could have a few hours out the house. As I sat here, trying to find the proper words to write, this, I am asking myself the basic question, why? Because my wife was private and fought hard for everyone to not know she was sick, I am certain that I am writing this because I need to. My wife has taught me so much and has given me so much during our twenty-year journey and even in sickness and now death, she has taught me much and has given me much.

Of course, I have witnessed others die from cancer, but this was close and personal and I will curse cancer until I leave this earth. I think when one writes, there

should always be a message for the readers and what is my message?

I want to say be careful how you treat those who love you and who take care of



you. Make sure, that when they need you, you drop everything and make them number one for real.

I thank "GOD" constantly, that I was able to do all that my wife needed in her dying days. I am thankful that she knew I was there and that I had never forsaken her. Of course, I remember the morning of May 27th, 2018 when I checked on

her and right away, I knew that "GOD" had called her on home.

I have not the slightest idea as to how to say thank you nor to repay those who stood with me and even when she passed, within a few hours, I had friends like Renny Bass bringing me water, soda

I guess, for myself, this was the proof that Yetty was not just loved but she was respected by her peers and for what they all have done, I will be thankful forever.

To those of you who will read this article, I ask you the question, will you stand and do whatever needs to be done if such a circumstance is put on you? As I said early on in this article, I owed my wife much more than I could ever repay.

For 20 years, she paid the bills, washed the clothes, brought the clothes, cooked and cleaned and planed our many trips within this country as well as out of this country. I am certain, that I will never find anyone as perfect as her if I lived another hundred years. But one thing that is certain, if I live another hundred...she will be with me every day.

I had yet to think about my own death as it relates to planning and where I would be buried, but because I know of what my wife wished, while taking care of her business affairs, I decided to take care of mine and now I know, that when my time comes, I will once again be where she is.

As I bring this to a conclusion, I am in prayer that someone will get something from this and if ever you find yourself in such a circumstance, that you will step up and do what is right.

By Bill Goodin

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THE GIFT OF GIVING *Continued From Page 4*

life.

6. Fruits of the Spirit, If you are someone who holds a position in a church then your gifts fall in the category of Ministry = church building, prophesying, discernment, Manifestation = speaking in tongues, healing, offering words of wisdom, knowledge, Motivation = encouraging people, giving to people, teaching, showing mercy and leadership, Discernment = the ability to know what is good and what is evil. If the Creator has blessed you with any of the fruits of the spirit please take every opportunity available to you to share them with the multitude.

7. Service, In Matthew 25:40 Jesus tells us "Whatever you did for the least of my

brothers and sisters, you did for me". I have found that the gift of service is one of the most meaningful experiences that the heart can render. Putting your faith in action demonstrates a level of values and generosity that reigns supreme.

8. In closing allow me to introduce you to a woman whose secret was in her spirit of giving all of the above gifts, the late Beatrice Frankie Fowler Brooks Gaddy. Who with the winnings of \$290. from a fifty cent lottery ticket, put her faith into action using this money to feed 39 of her neighbors. Soon after that, hunger being her main concern, resulted in Bea Gaddy opening, on October 1, 1981, what was to become known as the famous " Patterson Park Emergency

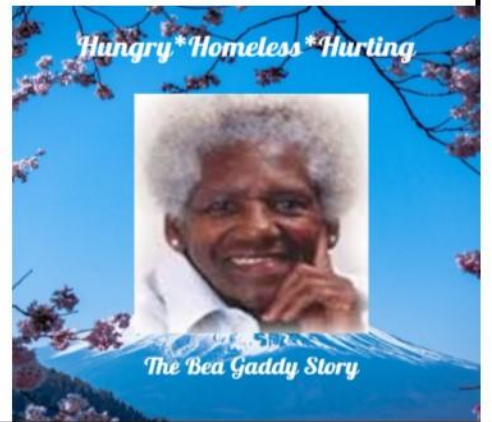
Food Center."

In her own words the true story of how one woman was able to take a few crumbs and turn them into thousands of warm dishes and millions of bags of nonperishable goods.

She took those tools of confidence, knowledge and wisdom and dug deep into the soil of her soul. Because of that Bea, who was lovingly referred to as, 'Mother Teresa of Baltimore, "St. Bea became the kind of person who was hungry for' other people. When they hurt she somehow felt their pain. She learned how to channel her deep seeds of commitment and dedication into the many pots of devastation and deprivation.

This is a well documented life of a woman who spoke the language of love through her giving.

The Creator blessed me with the opportunity to have had a sisterhood relationship with the late Bea Gaddy. Starting in 1981 she would sit with me and share the most intimate part of her life. Earlier this year I found the original copy we worked on together. So now, by the grace of the almighty, I am taking this time to share a long overdue promise, of trials and triumphant with you.



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Psalms: 66 vs. 4

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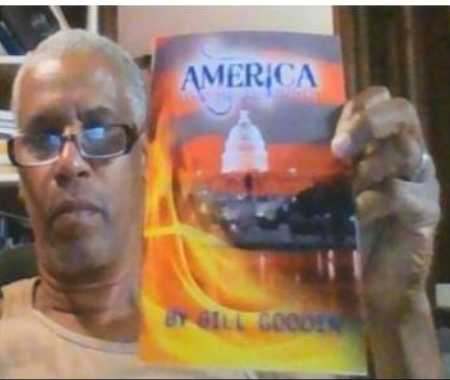
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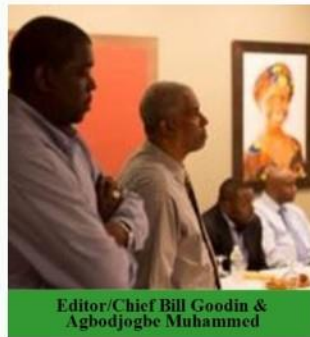
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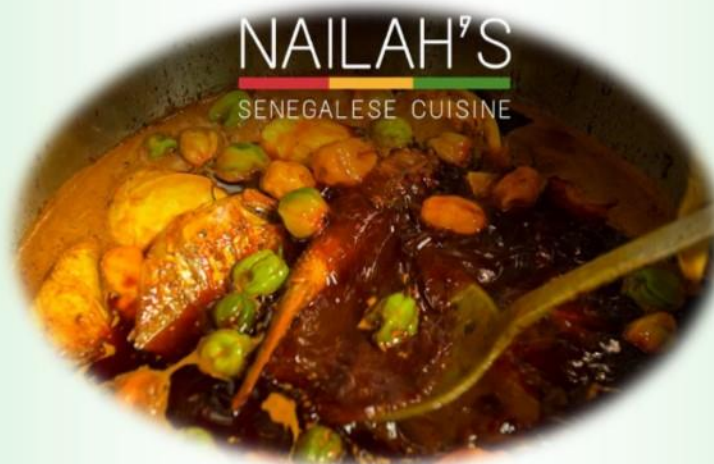
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