

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?

https://tnbun.com/

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The National Black Unity News is a Solution-Oriented Periodical

As The Seasons Changes, So Do We!

TNBUN Original Editors (May, 2017)



Welcome To Our Promotional Issue: Us Helping Us = Unity

The National Black Unity News: Staff & Editors









Some Have Come & Some Have Gone! But TNBUN Has Grown From National To International! Our Mission Is Change!

We Support Us! Page 41



for Men, Boys, and their Families in East Baltimore.

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

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Plus More!







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National Publisher David L. Murphy Sr. Publisher, Entrepreneur, Organizer, Graphics & Strategist

The Power Of Us!

ed States.

have achieved success in various fields, such as technology, in the U.S. labor market. entertainment, finance, and energy.

American millionaires in the country, Black spending power capital. Also, with the spending power we have in this Counin the United States is measured by the economic- influence try have you ever asked questions such as: and potential of Black consumers and estimated by calculating the total income earned by Black households and the pro- Why are there no major Black-owned convention centers

portion of that income spent on goods and services. According to various sources, Black spending power in the United States has been growing steadily yearly. It is estimated to reach \$1.8 trillion by 2024. Thereby, making the Black consumers one of the largest and most influential market segments in the Country.

According to the U.S. Bureau of Labor Statistics, about 19.6 million employed Black or African American people in the United States in 2018. The number represents about "12.3 percent" of the total employed population in the country However, Black professionals are underrepresented in many Here is some data about the power of us. According to the fields and occupations, especially in senior leadership roles. 2021 Forbes Ranking of World Billionaires, there are only 14 For example, only "3.2 percent" of executive or senior-level Black Billionaires worldwide. Seven of them are in the Unit- officials and managers in large companies were Black, and only 0.8 percent of Fortune 500 CEOs were Black in 2019 There are also significant disparities in earnings, unemploy-However, the Black billionaires on this list are self-made and ment, and education among various racial and ethnic groups

With our successful people in business, entertainment, sports, According to Statistics there are about 1.79 million African- and professional services, we generate exorbitant sums of

in our large cities? Continued on page 62



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

MENTAL ILLNESS Part Two

First and foremost: I give honor and praise to the "MOST HIGH" that I am alive and still fighting at the age of 70 years what they were saying was the truth as it related to living and

publisher of this newspaper, who has allowed me and so the movies, we watched and cheered for characters who many others to have a voice.

firmly that I am not an expert and I have not done research think, the White People were the good People. concerning this subject.

just being born allows one to have mental illness.

I think personally, for the most part most of us have some sought of mental illness. How can we not be mentally affected when one grows into a world full of lies, deceit, and yes, ignorance! Just think of growing up in some of our households. Just think about starting school and being taught untruths rather than truths.

Just reflect back on your early days and your parents: either or parent took you to church or whatever religion institution you were taught to worship. Once again we were taught lies rather than being taught the truth. The institutions that we went to where we were taught to listen to the preachers as if dying.

I also want to acknowledge and thank David Murphy, the Of course, even when we watched television and we went to would be projected to be the good people as well as the hero's. I mean on a personal note, I remember as a little Black In the last edition of the newspaper, I wrote about mental Boy cheering for White People to crush Black People as well illness and some of the causes of mental illness. Of course, on as Indians. I had no idea that I was cheering against me and this subject, as well as many other subjects, I have expressed my race. Because the image and the projection led me to

Of course, I could go on and on speaking about things that However, since I am a victim of depression and have been for have affected us and infected us. Yet, far too many of us do years, I think I am highly qualified to speak on the issue as it not even acknowledge it, as if it didn't happen. I remember as relates to me. In the last issue I touched on some of the caus- a little boy, when my Father worked as a parking lot ates that may be attributed to one's mental illness. Sometimes, tendant and sometimes, he would take me with him. I would see nothing but White People pulling Continued on page 62



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

What does it take to know yourself?

What does it take to know yourself is a question poets, psychologists, theologians, and philosophers have been trying to answer for centuries. What does it take to really know yourself is a question most of us reading this want to know and Open your smartphone, laptop, or tablet and start searching want to know now.

Well, out of the multitude of ideas, mind tricks, and beliefs *Mirror gazing* is self-explanatory. It is when you make eye about how to get to know oneself, here are two simple and contact (gaze) with your reflection (mirror) and do not immepractical solutions. One way is to type in your name and goggle it. Yes, search for yourself online. When someone searchthat image in the mirror.

These days, one of the best ways to research oneself is to type your name in a search engine and see what comes up. The information you find about yourself may be surprising. You may find some very flattering things and some things that may embarrass you and make you feel ashamed. Regard-

less...it is to your advantage to know what's out there in cyberspace about you. The information you on the internet may help you narrow the number of ideas and concepts you have about yourself.

Egosurfing will not provide you with enough information to know yourself fully. You also need to reflect on your values, your goals, your strengths, and your weaknesses. You can also use Google or other search engines to find a multitude of online personality tests, self-help books, and other games and tools that can help you find who you are. Just be incredibly careful not to trust everything you see, hear, or read on the Internet. Warning... Everything on the Internet is not true. Remember to be curious and know that you are the ultimate authority on who you are now, and what you are to become.

for yourself. You may be shocked and awed at what you find.

diately turn away. The power of mirror gazing is amazing. There is not a lot of hard scientific data on mirror gazing, and es their name or links to their website, it is technically called all of the data so far collected is not good. So please, do not 'egosurfing'. The other simple and practical way is formally confuse mirror gazing with Psychomenteum. Psychomenknown as "mirror gazing". Which is to gaze into the eyes of teum comes with a 7-minute mirror-gazing test (MGT) and has some outcomes like seeing dead people, and other frightening images. Mirror gazing is a style or form of meditation that involves maintaining a deep and direct gaze at your reflection in front of a mirror, but for a much shorter time than Psychomenteum. While mirror gazing, you may want to ask Continued on page 62 yourself some deep,



National Editor Dr Barbara Watties The National Black Unity News

In Memory of Matilda V. Gwynn (Mama Tillie) 1908 - 2019

home. The average life expectancy was yearly salary between \$200 to \$400. homes had a telephone, which were all making statistics came the birth of one strengthened nature of their bond. party lines, some shared by at least 5 Matilda V. Allen. Born September 18, families. There were only about 8,000 1908, in a small town called Mathews maximum speed limit, in most cities, Allen and his wife Fannie Jacobs Allen was 10mph. Gasoline was seven gallons moved their 7 children (Edith, Mary, for a dollar, stamps were two cents, a Sarah, Edward, Peter, Rosa, and baby basket of peaches was fifty cents, sugar Matilda) into a 6-room farmhouse on

The year is 1908, a mere one hundred cost 4 cents a pound, eggs were 14 cents Although she loved all of her siblings the prophetess, "which departed not and fourteen years ago. What a differ- a dozen, and coffee was 15 cents a there was an especially strong bond be- from the temple, but served God with ence a century-plus makes. Just think, pound. The average wage in 1908 was tween her and her sister Rosa. In spite fasting and prayers night and day" (Luke more than 95% of all births took place at 22 cents per hour, making the worker's of the fact that Rosa was older by four 2:37) during the time of the birth of

cars in the entire United States. The Virginia. In November 1908 Prosser

from their old house, in the woods, into inseparable.\ their new home.

Being the youngest of seven children did twenties where she became one of the not take the spark out of this vivacious founding members of Gethsemane Bapbaby girl. In fact, she quickly took over tist Church. Her union with this church the reins of life with her insatiable appe- led her to join and serve as a member of tite for learning. In those days school the Senior Choir for more than 50 years. was not available for colored people, so For more than 20 years her service also Matilda spent hours teaching herself included helping to prepare and sell dinhow to read and write. Because of her ners, to help with the maintenance of the strong will, self-discipline and self- church. As a living example, she also confidence, at a very early age, not only taught the younger generation of women was she astute but she was also poised the art of being a good mother. Underand well spoken.

years, Matilda became the dominant Christ, Matilda found the need to also 47 years of age. Only 14 percent of force between the two of them. Nonethehomes had a bathtub. Only 8 percent of In the midst of all of these history-less as the years progressed so did the force between the two of them. Nonethe- serve as a prayer warrior.



one acre of land he had purchased for so she decided to follow her sister Rosa \$50.00. Matilda was just a baby when to Philadelphia. Once there, after finding her brother Peter carried her in his arms an apartment, the two sisters became

> Matilda came to Baltimore in the late standing that every aspect of the work of the church needed prayer, Like Anna,

Even in the earlier years Matilda had an impeccable fashion sense and the confi-Mature, at the age of 17 dence to match, he's introduced us to a Matilda met and mar- world of ladies so irreverent and stylish, ried "Pop Gwynn". For he's introduced us to a world of ladies so reasons the irreverent and stylish, Her irreverent young bride was not stylish demeanor coupled with her Godcontent in the marriage, ly manner Continued on page 63



National Marketing Director Jacinta Walker

Chief Marketing Strategist Lyfe Wurks - Marketing Solutions

Lyfe Wurks - Marketing Solutions: Celebrating 2023 Empowering Business Success & **Manifesting Greater Breakthroughs in 2024**

A Year of Triumphs:

stories and a collaborator with emerging developments: organizations & advisors sharing similar

Lyfe Wurks - Marketing Solutions, a true aspirations. Through our expert guid- learning experiences. catalyst for business success, has had a ance, transformative workshops, visionremarkable journey in 2023. As 2024 ary marketing strategies, and willingness Brand New Website: After our initial ment to even greater heights. unfolds, we are all set to continue the to connect, 2023 has truly been a re- launch in August of 2018, we are excited mission of empowering clients and find- markable year of feats. What were once to unveil our new website! Now with With fresh training programs and cutting ing ingenious solutions to marketing and business challenges, we transformed into enhanced user experiences and accessi--edge marketing strategies in the wurks', business development challenges. avenues for growth. We're thrilled about bility, clean bright design, and clearer our clients can anticipate even greater In 2023, Lyfe Wurks - Marketing Solu- Business Center, Digital Brilliance Hour Training for Organizations tions wasn't just a service provider; we and so many others. Here are some of were a witness to our client's success our other amazing personal business Lyfe Wurks Planners: Our 2024 Plan- keting Studio!

ters from Maryland to the thriving busi- day. ness landscape of RDU Triangle of North Carolina. This relocation has not MBE Designation: Lyfe Wurks - Maronly fortified Lyfe Wurks' presence but keting Solutions is in the process of behas also bridged gaps in the North, Mid, ing designated Minority Business Enterand South Atlantic regions. North Caro- prise (MBE) certified, opening doors for lina has warmly embraced Lyfe Wurks, local, state, and federal government conoffering a dynamic business environ- tracting opportunities. Are you seeking ment and accelerated growth opportuni- sub-contractors in 2024? Send a request

In-Person Workshops: Post-pandemic, we delivered impactful in-person small business training and personal develop- 2024 Year of Expansion and a Path to ment workshops, fostering hands-on Prosperity! As the new year unfolds,

our new and ongoing partnerships with navigation of who we serve: 1) New opportunities to prosper and achieve TNBUN, XTT Life, Infinity Bridges, Entrepreneurs & Business Ventures 2) business freedom in 2024. HBCU Travels, Durham Tech Small Established Businesses 3) Education &

> ners are in the works and returning after For ambitious entrepreneurs with grand a brief hiatus. Our uniquely designed visions and Continued on page 8

> Headquarters Relocation: Lyfe Wurks planner aims to empower and inspire - Marketing Solutions made a strategic you with efficient time management move in 2023, relocating its headquar- tools and visuals to get you through each

> > for our capability statement.

A Look Ahead:

Lyfe Wurks - Marketing Solutions is committed to taking client empower-

Get ready for our exciting debut in 2024: Introducing the DIY Lyfe Wurks Mar-



National Event Coordinator Vernon Streater

Events, Sales, Videos & Podcasting

politicians, business tycoons, entertain- they need. ment moguls, company executives and celebrities are literally free from doing can do all the errands, there is more to daily tasks and can fully concentrate on having an event planner. This is having the their jobs and routine because there is

People who have an event planner such as somebody who takes care of everything

But, aside from having somebody who

need to do and everything that should be the business and the social calendar of his done is taken cared of without you doing a or her employer. The event planner is exsingle thing except giving out specific in- pected to do all the scheduling and all apstructions.

What do you get from an Event Planner?

Depending on the description of their job, rangements in local and international destia personal assistant can be considered as nations while handling all the events and the most reliable person around an employer or a boss. This is because he or she does everything in order to make the em- the host, he or she takes charge in various ployer feel less stressed and can concentrate more on the task ahead. The personal assistant does this by ensuring that everything-from office works and other menial tasks-are properly taken cared of.

peace of mind that everything that you An event planner is expected to maintain pointments for the individuals, whether in their business or personal life. He or she is also in-charge of making all travel arfunctions of the employer. Since the event planner is one of the closest persons for social planning and meetings.

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Michael E. Haynie, Sr. **Entrepreneur & Broadcaster**

voted his entire professional career to Charlotte, Hartford, Boston and Washthe lodging and hospitality industry. Af- ington, DC. ter attending Northeastern University in Boston, MA. He took on various posi- In 2012, he founded the Maryland Centions before rising through the ranks to the executive level positions he has held for more than 40 years. Mr. Haynie has experience in every facet of hotel opera-skills, and technical training for successtion and has served in leadership capaciluxury

Mr. Haynie has also served as a General Manager with Hilton and Intercontinental Hotels in Baltimore, Boston, and MCHT is one of the leading work force

DENT & CEO Michael Haynie has de- with independent and branded hotels in

ter for Hospitality Training (MCHT), which prepares Marylanders with customer service, safety, soft and social ful transition into the workplace. In ties in hotels ranging from economy to 2020, a COVID-19 protocol training and Diversity, Equity & Inclusion consultation and training was added to assist their clients to reopen and operate their business in a safe environment. The

in the region. For more information, visit

www.marylandcenterforhospitalitytrain ing.com

dent of Global Training Center LLC, a town, around town and out of town. Florida company devoted to training MICHAEL E. HAYNIE, SR. - PRESI- Hartford, as well as a General Manager to various companies look for qualified guest are sincere. employees.

> trail blazers Michael E Haynie, Sr. is a Monday Mornings at 7:30 am to watch trailblazer He traveled where very few Wake Up Baltimore Black people have ventured. also, he opened many doors of opportunity for a If you don't know now you know Mimultitude of people

> focus on just a few. In my industry me- see for yourself thank you Michael for dia, Michael ventured into broadcasting supporting The National Black Unity he hosts two podcast one is called 60 News, and helping people so that they Minutes In Black America and the oth- can help themselves er is Wake Up Baltimore

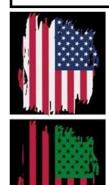
> and COVID-19 safety training providers This is what make Michael so unique in our industry he truly cares about people and their situations he cares about uplifting people not just Black people but all people. He provides a format where people can share, what they are doing they Currently, Mr. Haynie serves as Presi- can share about what is going down in

> initiatives and workforce development It is rare these days when people like serving all industries. Global has subsid- Michael Haynie, Sr. use their own reiaries in Maryland, North Carolina, and sources to benefit others And expose Nairobi, Kenya. For more information people on both sides of the tracks about visit: https://globaltrainingcentersllc.com what is happening and what can be done Recently, two weeks ago, Mr. Haynie to change situations. I personally have added another subsidiary to Global, vied many of his broadcasts and I can called Staffing Solutions which allows tell you they are uplifting, informative, resumes to get uploaded and accessible insightful and most of all he and his

> Tune-in on Sundays at 6:00 pm to watch Everyone goes on a journey, but few are 60 Minutes In Black America and

> chael Haney is a servant a visionary and a man that loves people a man that wants Michael wears many hats, but I want to to help people listen to his podcast and

> > By David Murphy





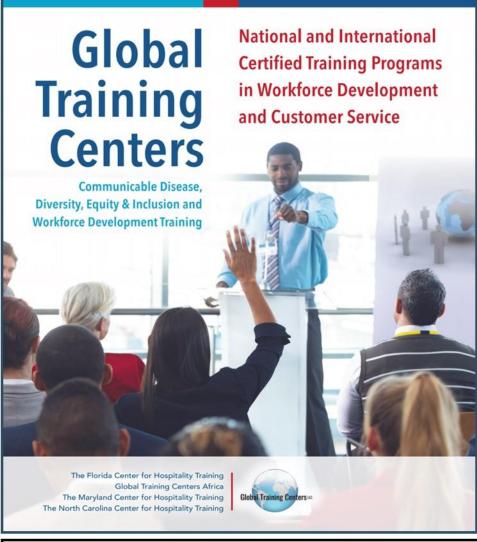


"Sixty Minutes in Black America", airing every Sunday at 6:00pm ET

Honest, thought-provoking conversations focusing on the issues facing BLACK USA.

Let's create a "BLACK PRINT" for positive change in our country.







Michael E. Haynie, CTA, Founder The Maryland Center For Hospitality Training 6755 Business Parkway Suite 200 Elkridge, Maryland 21075 800-719-4190-Office 443-604-3835-Cell 410-741-3786-Fax https://marylandcenterforhospitalitytraining.com



National Editor Wayne Randall **Financial Consultant**

Pre-Election Year 2023

stances. From the Federal Reserve rais- current debt ceiling of \$31.4 trillion even cases to tell their stories and write their For more information and content, visit ing interest rates 10 times since 2022 and continue to do so. On the other hand, we have seen widespread climate changes observed, including damage to coral reefs and mangroves that support ocean life, and migration of species to higher latitudes and altitudes where the water could be cooler.

On a political note, the Biden Administration planned to cut student loan debt by \$10 - \$20k depending on which type of loans you had fallen through. It was a gallant effort on the part of the Administration, but personally I think it did not happen because of our involvement supplying Ukraine with millions in aid. An higher. It was a deal breaker causing personal narratives, as to why they got adage that's very true is: you must take millions of students to completely lose involved with the publication. While care of home first if anything.

Besides, Congress was dead set against mentality. With the Republican front what it is they do.

continues, we have been bombarded and Democrats could not come to terms. front the people that make up TNBUN. propriate. with a plethora of issues and circum- The idea was it was going to push the Having them participate in these show-



out! The Presidential election for 2024 interviewing these individuals they has taken on the appearance of a circus shared their passions for why they do

runner under more federal indictments Judge.

justice, even slow as they are, will pre-tion. This was a unique opportunity for vail in the end to stop this madness.

Who makes up, The National Black Unity News

and recently, was granted bail during his Their heartfelt passion is why they felt hearing with a District of Columbia they had something to contribute to the overall success of the paper. So, it was at that point when many of the people I One might believe that the wheels of interviewed decided to join the publicame also. Because I gained a deeper sense of who each person was. The first 3 showcases were in a class of their own: Travel, Women Authors, and Museums and Historical Places. The fourth show-Over the past several months I have been case is unique, it takes a different apspearheading a showcase campaign that proach. Since there are about fifty or David and I have now seen come to frui- more editors in the paper, doing a, who's What a year we have had thus far. As it the idea from the start, both Republicans tion. The idea was to bring to the fore- who showcase, appears to be quite ap-

my website.

https://www.yourfinance-info.com/ Until next time, see you on the Finance

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National Editor Afunemuda Manifest Faouly A. Umoja

Manifesto A People Born Into Themselves As African Americans

52 Weeks, Words of Inspiration A Book for the Female Gender

unquestionable gravitational female pull, and the strength of the global woman. Many strong ideas, that became movements or anything meaningful to the conscious world, had something physical to be recognized by. The Umojakhwest has created the only book in existence, "52 Weeks, Words of Inspiration a Book for the Female Gender," that has eradicated the existence of masculinity, from femininity. This book does not allow the man in humankind, to take by his intellectual ignorance and occupy the dominant position of human existence. In the book "52 Weeks," women (wemon) are a part of the human "humono race", as "mono" meaning one; one humon race. The word "human" gives the man half, the dominant or more powerful and noticeable pose. The book "52 Weeks, Words of Inspiration a Book for the Female Gender," will truly change that narrative. This book is an iconic representation of the global womon. Its image will indicate unity and direction. The mental symbol it will produce and transmit from its mere presence, will speak of a womon, as it asks the question... to be or not to be a copy of what she (sse) was, looking into signs of what is, and what could be.

Publisher: Afunemuda Manifest

"52 Weeks, Words of Inspiration a Book when that face is looking right at you, being fought on too many fronts. We for the Female Gender," is a life changing book. It is truly, the backbone, the

wemon with inspirational voices. Read- a counselor to those who need advice, turn on one another. Think about this... ing words and hearing them from a and to those who didn't know they need-speaker is different. When you hear ed it. See will give you inspiration, There is nothing that can't be done, as a them, you can also feel them, as they when you think all is lost, sse will be collective feminine force in 52 Weeks or come from the animated actions of the your spiritual leader, and someone to one year, moving as one single unit. speaker. The look on a speaker's face, look up to and want to follow. See will

The book "52 Weeks" is a great stand- causes those words to be your personal will not dismiss any of these efforts, but alone book, but to reach its full potential, message. There will also be many we know if these movements are not it will need skill "Deliverers." These wemon who cannot read, and they need moving as one, in one direction, with words must be taken to the conscious- to receive the message as well. The de- one uncompromising synergetic goal, ness of all wemon in this world, by liverer will play many roles. Sse will be many of these groups will traditionally

be, as sse must be, when you are in need Moving in one direction, consciously of any kind; a deliverer of words you and collectively chosen, is truly needed to reach the desired goal. wanted to hear.

Choosing a deliverer

The Deliverers as a Movement

book "52 Weeks, Words of Inspiration, a

sands of groups fighting for the same

There must be an accepted understanding within the femon gender, spoken aloud or in silent actions, saying, that It is totally necessary for us to get the which is wanted will be done.

Book for the Female Gender" to the The title 52 Weeks can be used as an femon population of this country and the anchor, considering the realization of its world. We must inform the global fem- actualization is an accepted measure of on population that they must get togeth- time and we know, in time, the truth will er. Right now, there are tens of thou- reveal itself.

thing, "feminine self-awareness and per- We are the truth, that was once held sonal empowerment," but this fight is back, in a time that has come and gone.

> It is said, "there is no greater power, than an idea whose time has come." My dear sisters, we are the truth, in this time that must be told, and it can only be truly told in actions, we, as femons, must bring about.

> It is our duty to take 52 Weeks to the femon population of the world, to give them a specific platform upon which they can stand, as an indomitable collective spiritual actuality.

> We must take these words to the hearts and minds of sse, who deserve to be free, to think for themselves, beyond the manifest ignorance created by the males of our species.





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



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Lyfe Wurks - Marketing Solutions: Celebrating 2023 Empowering Business Success & **Manifesting Greater Breakthroughs in 2024**

Continued from page 4

ing to a full-service marketing firm like treasure trove of DIY marketing re- latest updates!

budget constraints, we've got an exciting Lyfe Wurks can be challenging. That's Be sure not to miss our product launch results. Book your FREE 30-minute dissolution! We understand that, especially why we're thrilled to unveil our monthly in 2024 for promo pricing. Stay connect- covery session to see how we can best when you're just starting out, outsourc- subscription that grants you access to a ed by joining our newsletter for all the support your emerging or new business

sources. From scripts to blueprints, fill-

in-the-blank copy to powerful tools, en- We have expanded and are ready to deriching articles, interactive Q&A ses- ploy our team of qualified marketing and sions, enlightening webinars, and a branding contractors, business consultthriving community, it's all yours! Wel- ants, graphic designers, and website & come to your 'Personal Marketing Suite,' software professionals, ensuring clients available through monthly subscription! receive the best possible support and in 2024!

Empowerment: Education & Training for Organizations

Lyfe Wurks - Marketing Solutions has had the opportunity to resume delivery of in-person small business training and personal development workshops to a diverse clientele. Our clients include private organizations, non-profits, educational institutions, and government

Our workshops cover a broad spectrum dedicated to a common mission - engag-

of topics, ranging from lead procurement, sales strategies, and personal development to crafting effective marketing plans, digital marketing strategies, and how to identify your ideal paying clients.

Our clients are primarily small business centers and non-profit organizations, all

ing and empowering the ever-growing community of entrepreneurs, from those At Lyfe Wurks - Marketing Solutions, taking their first steps in business to those in the midst of scaling their enter-

Our participants come from a variety of industries, including technology, health & wellness, entertainment, education. business services, software development, research & development, deathcare, janitorial services, fleet management, construction, art, and travel.

we spark inspiration and foster the growth of individuals and organizations on their journey of skill development. By equipping you with valuable tools for both business success and personal growth, we help you to create the processes that will sustain your life works. Let's empower your financial success and chart your unique path to freedom. Connect at LyfeWurks.com to explore in -person or virtual training and workshops for your organization.

Scaling Our Business: Overcoming the Biggest Challenge in 2023

words, manifesting greatness and experi- cards. encing freedom in our life and work. So, which we describe as an entity actively Word - LEADS. growing and expanding its operations to increase Value, Impact, and Profitabil- Leads represent potential customers or energy while boosting profits. ity. We consider you, our VIP!

getting bigger by serving more custom- with the business through various mar- uct or service apart from competitors, and reduce financial pressures. ers with greater impact and expanding keting channels, like your website visits, Highlighting your USP in marketing into new areas. It's finding ways to make social media engagement, email sign- materials across email, social media, and Book your FREE 30-minute discovery more money.

In the article published July 10, 2023 service. "The Biggest Challenges Facing Small by the Chamber."

Inflation for businesses affects areas of customers. Our process includes: operation such as higher operating costs that reduce profit margins, fear of pric- 1) Identifying and defining your pervendor supply prices and delays, and points helps us tailor marketing efforts to reach potential leads. Crafting cohe-

Lyfe Wurks believes in the power of our rate increases for loans and credit offerings that resonate most with your

individuals who have demonstrated incuriosity or need for your product or what makes your offering superior.

across multiple channels.

- 2) Recognizing your best-selling products or services is crucial. These are the sales.
- ups, or inquiries, indicating a level of events can attract leads by showcasing session to see how we can best support
- 4) Content and Copy Marketing is emerging business! Businesses Right Now" by Thaddeus To procure these valuable leads, we em- creating content and copy that resonates Swanek. U.S. Chamber of Commerce ploy our Multi-Channel Marketing with potential leads. We clearly address identified "Inflation remains the top con- Campaigns. Also called Omni-Channel the pain points, challenges, and aspiracern for a majority of small business or Integrative Marketing Campaigns, it tions through compelling storytelling, owners (54%) according to a recent poll is a strategic 5-Point approach to clarify informative articles, and persuasive mesyour business offering and attributes to saging. Demonstrating how your prodattract, identify, and engage potential ucts and services can solve their problems is key to nurturing leads toward conversion.
- ing products according to current market fect target audience or ideal customer 5) Multi-Channel Marketing Camconditions, reduced customer demand profile. Understanding your audience's paigns use a mix of marketing channels, and spending, adjusting to increased demographics, preferences, and pain such as email, social media, and events,

sive and synchronized campaigns across these platforms helps put more leads into your pipeline, resulting in qualified

audience and often lead to higher con- While the challenges of inflation are version rates when marketed effectively something we do not have control over, we love working with our "Scaling So how does a Marketing Solutions firm across various channels. As business scaling businesses can control their lead Business" and "Emerging Busi- like Lyfe Wurks help businesses over- owners, it is sometimes difficult for us to procurement. Try our 5-point Multiness" (since we don't claim "small") come all these areas of concern? One choose what to do first because we are Channel Marketing Campaigns at Lyfe so emotionally involved, but choosing Wurks. Connecting businesses with a strategically will save time, money, and steady stream of potential customers and equipping them with the tools to thrive, we can begin to manage those higher terest in your business's products or ser- 3) Unique Selling Proposition (USP) is operating costs, pricing uncertainties, In other words - We are growing and vices. These individuals typically engage a feature or benefit that sets your prod- supply disruptions, increase demand,

> your new business launch or strategize a lead generating campaign for your

Source:

https://www.uschamber.com/smallbusiness/the-biggest-challenges-smallbusinesses-are-facing-right-now-2

By: Jacinta Walker "Business Whisperer" Lyfe Wurks - Marketing Solutions Chief Marketing Strategist www.LyfeWurks.com

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- 2) Discovering High Converting Product/Service
- 3) Unveiling Unique Selling Proposition (USP)
- 4) Compelling Content & Copy
- 5) Use of Multi-Channel Marketing

When Leads Surge, Sales Emerge

LYFE WURKS MARKETING SOLUTIONS





National Editor: Self Development Fran Allen

Author, Motivational Speaker, Facilitator & Non-Profit Fundraiser

My Friend

of things to do. You see, I lost my best was truly in need? friend recently and my heart is swollen

even when he needed help himself.

with pain. My days are blessings that So I left my home in another state and equipment, as needed. God carries me through because the traveled up 195 to see my friend. Five thought the chemo was really helping, better than service, but when obedience journey I have been on with my friend hours later I arrived at his house. He He started to have more energy. He was calls you to service my soul gets fed. has finally come to a peaceful end. wasn't in great shape but he was still eating and holding it down. He even That: this, by far, is the hardest thing I Forty years of friendship has eclipsed. active. He told me that he wanted to see functions were returning to a normal am changed and grateful for that change What used to be a given has now been the ocean. He loved the water, and if it range. Little did we know that the leuke- because I have grown and come closer to given back to the Creator. While I am would make him feel better, I would mia demon was just getting started. certainly celebrating his life, I am also have taken him to the moon! I loaded up missing his presence. That warm, beau- all the medicine, antacids, and medical At this point, it became necessary to in- closer to the Lord and ushered away his tiful smile came so easily for him. His paraphernalia; packed him a suitcase, crease the days of the personal caregiver fear of the moment of his crossing over. spirit was such a bright light that he nev- and hit the road for Delaware. Destina- from 5 to 7 days a week. His personal I learned that this earthly end is our er met a stranger or made an enemy. His tion? Rehoboth Beach! I had never caregiver was an answered prayer. He heavenly beginning. I am grateful that life purpose was to serve. He offered his been, but he had and he loved it. So, worked 7 days a week for nearly three God used me. hand and friendship in service of others Rehoboth it was! Even though the ride and a half months. He accompanied my 2022 would be a very challenging year the hotel, got him to his room, and un- every week), primary care doc, neurolo- my children. Rest in perfect peace; Clarfor my friend. He was a hard-working loaded the car. The aroma of the salt air gist, urologist, nephrologists, cardiolo- ence Reginald Allen II. Sunset August single Dad with busy children, some of and the ocean breeze soothed him. He gist and podiatrist. He cared for my 18, 2023. Gone but never forgotten. whom lived in other states and all work- slept like a baby. For the next 5 days, friend with commitment, dedication and ing and living life. He nor they under- we hung out at the beach on the board- loyalty. He also grew to love and respect stood that he was about to begin the walk. We had most of our meals in him like a father. On top of that, he fight of his life. For several weeks he beautiful surroundings with amazing showed me a level of support that I did began to feel like he had no energy. He ocean views. When he could manage it not expect but came to depend on. couldn't eat, had trouble sleeping, and we would walk along the boardwalk,

him, he began to get more and more ill. slipped away to be with God. Multiple trips to the hospital and visits to Leukemia: The demon had a name.

Today I am willing myself to remain want to go. But I knew I had to. How chemotherapy and his sister, and I never tolerance, kindness, and love to care befocused and get through my laundry list could I ignore my friend when I knew he left his side. We cooked, cleaned, made youd myself. And they kept me protectmoving independently, coherently, and started sleeping better and his body have ever had to do in my life. That: I

> was just over 2 hours, he was wiped out friend to every doctor's appointment and This article is dedicated to the memory by the time we arrived. I checked into there were many. The oncologist (twice of my friend and the amazing father of

just couldn't figure out what was wrong, resting whenever he needed. We even Living in another state, I was grateful I knew eventually I would have to go see purchased matching sweatshirts and that my friend's sister came to help for about him. To be honest, at first, I didn't wore them when it was too cool. At the several months before the personal care

conclusion of the trip, I loaded up the car giver was hired. After she returned and we headed home. During this trip, home, I continued to come to ensure my he had no idea that his body was under a friend's comfort and emotional support brutal attack and just 10 short months for the months to come. In 2023, I have later it would shut down on him. Fol- only spent 9 weeks in my home from lowing this spiritual trip to the ocean for January to August 18th when my friend

the emergency room did little or nothing What did I learn through this experito reveal the demon developing. Only ence? I learned that when God calls you after insisting, that he be moved to Johns to do something, you drop what you are Hopkins' Weinberg Cancer Center was doing and go. That when you feel like the problem identified. Acute Myeloid you can't do another thing, God will pick you up and carry you. That: my prayer warriors stood in the gap and prayed my Shortly thereafter my friend began spirit full of strength, peace, patience, doctor's appointments and took him to ed with prayers of traveling grace and each one, ordered his supplies and mercy as I made so many trips up and At first, we down 195. I learned that obedience is God. That: praying every morning and evening with my friend brought us both

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



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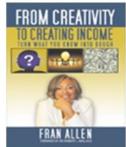
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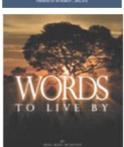
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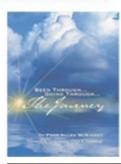
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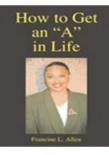


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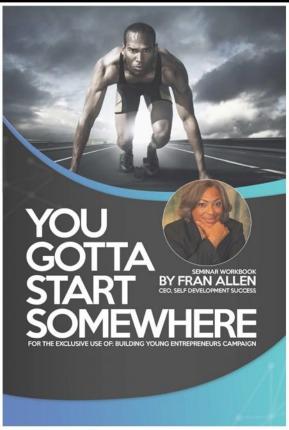






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Contributing Editor Cheryle T. Ricks

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

A WOMAN'S THRESHOLD OF PAIN

day, we relive the things that others have one that has ever hurt you, and give your

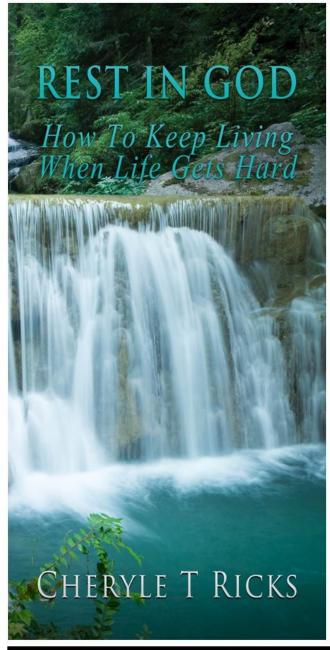
The pain that women can endure can done to us. We refuse to let them off the only be compared to labor pains. Wom- hook. We never plan to forgive them. en give birth to lots of things. Our vision We think that we are punishing them. for others is so sharp and on point that We do not realize that they have gone on we can plan a course to bring it to life. with their lives and the only person However, we cannot see the vision for that's suffering is ourselves. Unforhurts, it hinders us from seeing that the tinue to do so until it eats us alive. going through some of the same things finally have with each other. future can be full of happiness. Every Therefore, take this time to forgive any- that you are. If you are a mother, your

pain to God.

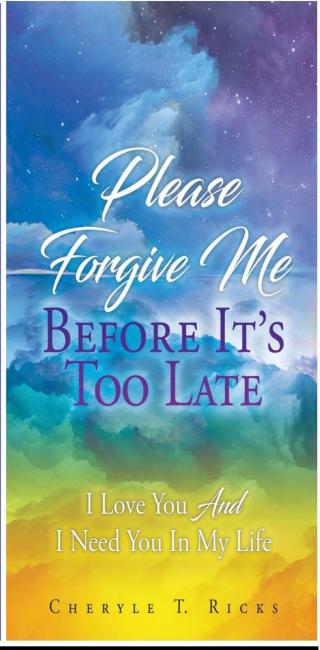
Take this time to also forgive yourself. I repeat, none of us is perfect and all of us are doing the best we know to do. So, stop punishing yourself for what you didn't do. We cannot go back in time and change the past. Wherever you are in life, you can only do what you know to do at that time. The best thing we can do is to learn as we go and do what we know, and by seeking knowledge and wisdom from God to help guide us. For everything that did not go the way you wished it had, give it to God and let Him heal it and fill it with His love. Again, making God the most important person in your life brings you everything you need to fill the emptiness in your soul. Let God's love heal you and restore you to wholeness so that you are ready to receive the love God has just for you!

children are likely lacking some of the things they need from you too. Life can be hard and the weight of our pain can take our minds away from the people we love the most. Forgive your sisters. As young women, we were all in desperate need of approval and acceptance. Most of us had a poor self-image that made us feel inadequate. Many of us were secretly abused and mistreated, therefore we hurt one another. The pain that we are dealing with can only be healed when we forgive the women that have caused the pain. That pain has put us in a prison and we have served our sentence many times over. Therefore, I am asking that each of you allow the women that have hurt you to be given parole because none of us can go back and do anything over, but we can resolve those things that keep causing the pain. Let us agree to start over and go forward, leaving the past in our own lives. We often disqualify our- giveness is a prison we put ourselves in. As women, we need to release one an- the past by redefining the relationship selves from a life that we can readily see The funny thing is that we have the only other. Many of our mothers and sisters we want today. Ask each other for the for others. Many of us live our lives in key to our prison door. The pain we feel have not gone through the womanhood forgiveness you both desperately need. the past. The pain from the past keeps us has convinced us that the person who process successfully and because of this. Then identify the needs you both have from moving forward. We are unable to hurt us, is hurting too. When the truth is, they were not able to help us with our today. Let each other know how you break free. We are full of shame for the moment we forgive someone is the journey. This explains why we have want the other to relate as the relationwhat others have done to us. We also same moment the healing starts in our gone through so much pain. As a daugh- ship moves forward. Give each other a blame ourselves for those things that we hearts. Unforgiveness poisons our heart ter; forgive your mother for what she did hug and let the love flow again! Then have done or for things that were not in and stops the flow of love which means not give you, whether she had it to give learn to appreciate the growth in one our power to do. When we relive pass that our lives begin to decay. It will con- or not. Just like you, your mother was another and enjoy the relationship you

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Sister Circle: The Power Of Sisterhood Direction, Understand A Guide To Becoming The Woman God Designed You To Be By Cheryle V. Ricks



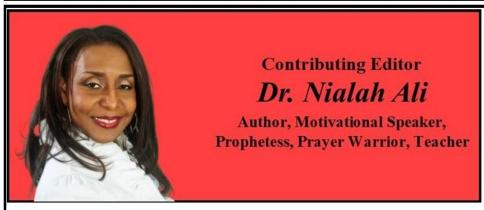


Evangelist/Author Cheryle T. Ricks President, Founder & CEO The Women Empowerment Circle, LLC. thewomenempowermentcircle@gmail.com www.sisters-circle.com 443-447-7267



+reduces stress and anxiety.

Cordyceps:



Master Spiritual Esthetician

"Earth" it sometimes gives me goose mushrooms in supplement, powder and known to boost longevity. Because of its tion and memory, + helps with depresbumps knowing how the earth provides us with so many healing foods. Our Creator knew that our bodies may experience sickness or difficulties in our bodies, so the earth springs forth with all sorts of buds, flowers, herbs, trees and the like for our Medicine.

The Power of Healing Mushrooms

Medicinal mushrooms have been used in traditional and folk medicine since before recorded history. You can see from Egyptian hieroglyphics that their society saw mushrooms as a plant of immortality. Mushrooms were typically only eaten by pharaohs and other nobles and were given the name "sons of the gods" and depicted in artwork as being sent to earth on lightning bolts. Of course, we know our Creator deemed them necessary for our health. Mushrooms are non-toxic plants that help the body adapt to multiple stressors, protecting the mind and the

I encourage each reader to add mush- form. I've listed some of these powerful crease ATP, it can also have a great im- and polysaccharide peptide both are a rooms to your meals, not only are they mushrooms: delicious but good for your health. You can add them to your soups or just cook them in a pan with some onions and fresh garlic, your pallet will be satisfied, So much research has been done conand your body will thank you. I encour- firming the borderline miraculous meage you to do your due diligence to learn dicinal makeup of Reishi, that many



Reishi:

unique ability to boost oxygen and inmance (vitality) + alleviates asthma + bronchitis + immune protector.

Chaga

more about the amazing facts about Asian doctors use it alongside of estab- A fungus that grows primarily on birch tion, + helps heal infections.

lished pharmaceutical medicines as first trees and has been used medicinally for line treatment battling difficult auto- centuries in Siberia and other parts of immune diseases. These days it is well- Asia as medicine to boost immunity and known for its ant-tumor, ant-cancer anti- improve overall health. + reduces free bacterial, and anti-viral and immune pro-radical damage. + fights inflammation tective properties. +Chemo-protector, + and infection, + immune protector, + improves energy and mental sharpness protects against stress and anxiety.

Lion's Mane

Lion's Mane has also become well Cordyceps is a medicinal mushroom known to do its ability stimulates the valued primarily for its extraordinary production of NGF (nerve growth factor) ability to increase energy and reduce an important compound involved in the fatigue. It's been a centerpiece of tradi- growth, maintenance and protection of tional Chinese medicine for more than brain neurons. Simultaneously playing a When I think about the "Creator" of this mushrooms. You can also purchase the 1,300 years and used as a supertonic key role in immunity. + supports cognision and anxiety.

Shiitake

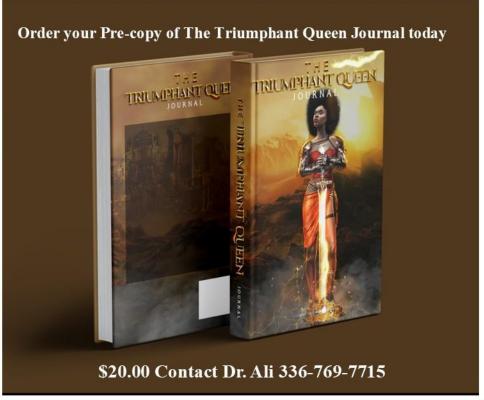
One of the most widely cultivated mushrooms in the world, second only to button mushrooms, makes it the most easily accessible medicinal mushroom on the list. Medicinal use of shiitake dates to as far as AD 100 in China, when it was used to treat and prevent upper respiratory diseases, and boost circulation, increase energy, decrease fatigue, and as a general chi-enhancing elixir. And it is used to prevent signs of aging. + nourishes the skin, + supports the liver, + lowers cholesterol, + immune protector.

Turkey Tail

Turkey tail extracts is full of polysaccharides and triterpenes that give it its wellknown immunomodulating properties. What sets it apart from the rest of the mushrooms are two of its unique betaglucans: polysaccharide krestin (PSK) pact on respiratory issues. + energizer, + protein-bound extracted from the edible increases athletic and sexual perfor- mushroom Coriolus veraicolor. (PSP). PSK has received global attention for its anticancer properties, which sparked a significant link between medicinal mushrooms and cancer. + treats cold and flu, + aids digestion, + wards off infec-









Contact Dr. Nialah Ali Phone: 877-785-5586 Cell: 336-769-7715 www.Drnialahali.com, www.imagewithinministries.com #prophetess #drnialahali #counselor #coach #licensedesthetician





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

Founder of: The Power Of Positive Words

VALUE, WORK AND POWER OF UNITY

Behold, how good and how pleasant it is for brethren to dwell together in unity! Psalms 133:1

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

ther than berate you. When I pray for he died. you that we may be one as Jesus did in

rest until everything was good.

Power of Unity: Do you remember when What do we see in each other? you had an assignment that needed more debt that we could not pay.... the debt of sion, whatever it may be. I SEE YOU!

Jesus became the Power of Unity when what I preach and be a Difference Mak- ty. Immediately! Unity walked into the He came down from Glory, walked er". So, I say to all preachers, ministers house. Behind Unity, Joy walked into Attributes of Unity: When I think more among men, performed miracles so that and all those who have the responsibility the house. After Joy, Peace walked into highly of you than I do of myself. When we may believe. He was accused of of preaching and teaching to others, God the house. After Peace, Wealth walked I see something that need to be done in crimes that He did not commit. He was will hold you (us) responsible for what into the house. our church building, I do it without hav- whipped and spat upon and made to you (we) teach and your (our) phoning to be asked. When you see my chil- walk up the hill called Calvary where He ness, if that is the case. One soul is more The father was perplexed and said:" dren running in the building and you say was stretched wide and hung high, on important than your (our) pride. Don't Why didn't the others enter the house something to them, and I thank you ra- the old rugged cross. For you and me, be guilty of foolish pride or any pride of when I called their names?". "You see,

Everyone has a job to do. Like the hu- Unity Story: Allow me to share a story all! REMEMBER THIS:

rial or your life.

life. Apostle Paul said, "Preach the said Unity, when you attempt to have word, be instant in season and out of Joy, Peace or Wealth in your home with-John 17 and when I love you with He died and was buried in a borrowed season". That means, preach/teach the out Unity first, it will not last. But, when "agape" love, that's unity.

That means, preach/teach the out Unity first, it will not last. But, when tomb. Jesus got up on Sunday morning truth when people like it or don't like it. you have Unity in your home first, Joy, and went back to Glory, declaring that The world need to be unified! You have Peace, and Wealth will always fol-Value of Unity: When God spoke in all power was in His hands. But we still the microphone. How will you use it? If low.". The same will happen anywhere Genesis, the book of origin, after com- have a unity problem. God did not leave you do not use it right, God will hold you go. So, choose Unity in your home.

Unity At Work: Everything falls into its man body, every part must work togeth- with you about Four Travelers. Their begin to build and want it to last, make proper place because God placed it there er to accomplish a unified goal. The feet names were JOY, PEACE, WEALTH, sure you choose a Firm Foundation. by HHHHHHHHis Word. If you want cannot do the work of the hands. The and UNITY. They traveled until the sun CHOOSE UNITY! good, If you want pleasant, choose UNI- eyes cannot do the work of the was almost down and they were very TY. Every day we choose God's Word, ears. What part are you? What will you tired because they had walked all day.

REMEMBER T. we have value because we choose unity. do? Every part of the body work togeth- The travelers reasoned among themer to beautify and enhance each other. selves that they must find shelter for the night. They came to a little old farmhouse. The Traveler's Leader knocked strength than you had alone? You need- I see a group of people who are experts on the door and asked, "Is the man of ed help! Perhaps, you needed help to in what they do. I see a group of people the house home?". The answer was, carry a trunk, move a desk, or who enhances the work of each other. I "Yes". The leader of the group exeven remove sin. God spoke again and see a group of people who are like lions plained that they had traveled all day dispertitled. The following relief dispatched His Son from Glory to earth. (known as Editors and Staff of the and needed shelter. The father asked, He knew we had a unity problem. So, NBUN) and who are led by lions (The "What are your names?". The leader God bless you and please stay safe and God allowed His Son to take on a debt King Lion called David Murphy). I see replied that their names are Joy, Peace, that He did not owe because we owed a a group of people who rises to the occa- Wealth, and my name is Unity. The father said that because we are poor and in desperate need ourselves, I will allow

I have written this article just for you. my family to choose which of you will When you read it, consider it a personal come in. The leader said, "Choose wiseletter from me to you. There is so much ly". The father went back into the house greatness in you. Whatever your occupa- and talked with his family. The mother tion in life, be the best! You have an said that she would choose Jov. The awesome responsibility to those whom daughter said that she would choose you serve and those who read your mate- Peace. The son said that he would choose Wealth. The father said that he would choose Unity. The father told the I often take public transportation and travelers that their first choice was Joy every now and then I converse with fel- and he may come in. Joy did not move low passengers. I often ask them where but stayed outside. The father said, my do you worship? Some of their answers daughter chose Peace and oh!... How we often grieve my spirit. Some of them need peace. Peace did not move but said that I used to go to church but, stayed outside. My son chose Wealth church people are phony. Then, I pray, because we can barely survive. Wealth "Lord, help me not to be phony in my did not move but stayed outside. Finalwalk with you but, help me to practice ly, the father said that I chose Uni-

pleting His work the first through the us without an answer. Therefore, He you responsible! God bless you! For Choose Unity at your job. Choose Unity sixth day, God said, "It is good". On the commanded us to obey His word that we There Is: "Value, Work And Power In in your community. Choose Unity in seventh day, God rested. God did not may be saved.

Unity". your church and you will be blessed above measure. God bless you When you

> REMEMBER THIS: UNITY WILL **DWELL IN YOUR LIFE, IF YOU** OBEY GOD'S WORD.

You are invited to worship with us at the: EAST BALTIMORE CHURCH OF CHRIST, 9420 Belair Road, Baltimore, Md. 21236. -Bro. Kevin Bethea, Minister.

wear your mask. You are in our prayers. Achaniel F. Lucas, Sr. (443)272-6167

UNITY

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

N -IS FOR THE NECESSITY TO GRASP EACH OTHERS HANDS TO EMBRACE AND ENCOURAGE BE WE A WOMAN OR A MAN

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

T -IS FOR OUR MAGNIFICANT TEAM THE EAST BALTIMORE CHURCH OF CHRIST STRETCHING THROUGHOUT OUR COMMUNITY BECAUSE THE LORD IS ON OUR SIDE

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

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

JESUS

JESUS IS MY GREATEST FRIEND WHEN THERE IS NO OTHER JESUS STICKS CLOSER TO ME EVEN CLOSER, THAN A BROTHER

JESUS, WHO DIED FOR ME WHEN I NEEDED AMAZING GRACE HE LIFTED ME UP WHEN I WAS DOWN TAUGHT ME TO RUN THIS RACE

JESUS, HE SAVED MY SOUL AFTER I OBEYED HIS WORD I RECOMMEND MY JESUS TO YOU WHY NOT GIVE HIM A WHIRL

WE OFTEN GO TO JESUS AFTER TRYING EVERYONE ELSE IF WE GO TO JESUS FIRST JOY AND PEACE, IN OUR LIFE WILL DWELL

OH! TO HAVE JESUS IN YOUR LIFE AFTER FRIENDS HAVE LET YOU DOWN YOU WILL FEEL NO GREATER REFUGE THAN WHEN JESUS IS AROUND

TRY JESUS TODAY - CALL ME - LET'S PRAY TOGETHER ACHANIEL F. LUCAS, SR. (443)272-6167



God's Giving Hands

Showing God Appreciation By Giving Back

BY THE GRACE OF GOD THERE GO I

I hope you or your love ones will never have to use service like this!

cept. 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

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

God's Giving Hands.

The needs are great but the workers are explained. ey, time and people to undertake this I personally think giving is a gift to man-God's Giving Hands, I really understood few as well as the supplies. It takes mon-

Giving is a powerful and priceless con- high calling of service, as Mr. Crawley



gift of giving and his commitment to

kind and an expression of God's love. I this phrase, "The true Art in Giving is to also believe that certain people have a give from the heart without any expectacalling or a gift of giving on their lives. tion of a return".

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

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

> > David Murphy

Our Soldier Is Down! Help Him To Get Up!

Support God's Giving Hands Because They Supports Us

https://gofund.me/b453eec5

God Ain't Done With Me





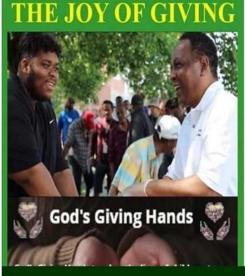
Thank you all for your support; it is greatly appreciated.

Sherria D Young (443) 865-3513 Uniquelyblessed1@outlook.com Raising Funds For A True Servant & Soldier! Rico Crawley, Gods Giving Hands



HELP US, TO HELP HIM! Our Brother, Rico Crawley Had A Stroke And He Is Recovering He Will Be Facing Many Challenges! Rico Have Blessed Many, Now Let's Bless Him!







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National Editors: Travel Services Sitawi & Cynthia Jahi

Founders: Movements Unlimited **Entrepreneurs & Consultants**

The Reason I Am In The Travel Business

able normally be able to write off! There and continue growth of small businesses. are two tax systems in this country: one for business owners and entrepreneurs, and one for people with regular jobs. In this article I will explain why owning your own business, even if you run it part time, can be the best single financial decision you can ever make! So why does the government give you these tax breaks for running your own business? Simple! America is the land of opportunity and small business is responsible for 70% of the growth of our economy. It also drives innovation.

hustle! Times have changed and having you must run the operation in a business a good job doesn't cut it these days if -like manner and have a reasonable exyou want to retire. Smart people always pectation of making a profit. If your thing bigger. Hopefully by the time you that you're in business to make a profit. finish reading this article you will realize If you do not report a profit in 3 out of 5 that, even if you have a day job, you can years, that does not necessarily mean your paycheck to grow a business. Espe- ever, be prepared to answer questions cially under the new tax laws!

Small businesses owners get lots of big

The reason I am in the travel business is bone of the American economy. Conbecause it allows you to write off a lot of gress has provided a windfall of tax savcommon expenses that you wouldn't ings deductions to encourage the startup

come and expenses And (3) Clearly es- course that begs to question tablish that the intent of your business is to produce a profit! The key word in (3) Everyone needs a side business or a side is intent. To be eligible to deduct a loss, invest their time and money in building business activity generates a profit three something that they can grow into some- out of every five years, the law presumes invest some of the taxes withheld from that you do not have profit intent. Howand be sure to have supporting documents for all expenses.

some of the biggest ones in this article.

Home-based business this term applies to a small business that is based in the business owner's own home. This means your home address will also become the address of your Principal Business Location, which in turn will qualify you for even more tax deductions. Every small Then you must (one time only) compute

What are the primary administrative functions? The term includes such functions as appointment scheduling, recording results of business meetings, documenting business tax deductions, processing payroll, reconciling financial records, generating financial reports such as profit and loss statements, depositing business income, conducting planning related activities, processing In the next edition I will explain some new orders, responding to customer re- more reasons why you should own your quests; if the business owner performs the majority of the business administrative functions at his/her residence, the to learn more or set an appointment or principal business location would be the tax advantages! Small and Home-Based What does Small-Business tax deduction same as the address of the residence itbusinesses owners are more tax advan- mean? The term applies to the many tax self. Even if your home does qualify as taged than any other category of taxpay- deductions approved for any small busi- your principal business location you still ers in America bar none! Small busi- ness, which includes, one-person, part- need to qualify in order to legally claim nesses are often referred to as the back- time, sole proprietorship businesses and tax deductions for business use of your

that describes the vast majority of all home, to claim this deduction, there small businesses, especially startups must be one or more area(s) of the home There are numerous tax advantages that you use regularly and exclusively available to small and home-based busi- for business purposes. Note: The excluness owners and I will attempt to cover sive-use areas mean those areas may never be used for anything other than business purposes or you will lose this major deduction. The exclusive-use area (s) could be a spare room a designated portion of a room, or even multiple areas of the home, as long as each area is used only for business.

business should attempt to qualify as a the business use percentage (BUP) of home-based business in order to maxim- your home i.e., what percentage of the ize your tax deductions. What does Prin- total square footage of your home is cipal Business Location mean? You can used exclusively for business! Benefits establish that your home is your Princi- of this deduction are huge. If you qualify pal Business Location by meeting any for business use of your home deducone of the following three requirements: tions, you will be able to deduct a por-This article will introduce the tax ad- (1) It is the place where you regularly tion of your rent or mortgage, utilities, vantages at the Federal (IRS) level. Most and frequently meet with customers, repairs, maintenance, appliance replacestates follow federal tax deductions clients, patients, prospects or others (2) ment, home security systems, and most rules! Qualifying for these tax breaks is The location where the primary value of other overhead expenses. This, you can not automatic, but there are only three, your business is delivered (one on one convert some of your presently nondevery easy steps to qualify (1) Actively consulting for example) (3) Where the ductible personal expenses into 100%, work your business on a regular and primary administrative functions of your fuily tax deductible business expenses. consistent basis (minimum of 4 to 5 business are performed. (This is the de- In order to be able to write off a portion hours a week (2) Maintain records that fault setting because almost any small of your rent or mortgage and utilities accurately document your business in- business can qualify using option #3 Of and other items you will have to keep track of how much each actual expenses are for each expenses category. That's not difficult but if you hate record keeping, you have the safe harbor method, the IRS allows you \$5 per square foot for exclusive use area(s) capped off at \$1,500 a year. The safe harbor method will give you a smaller deduction, but you will not have to keep track of your actual expenses.

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Contributing Editor Charles E. Pender Ph.D.

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

Jesus in the Hood "To Set At Liberty" Kingdom Solutions Beyond Psychotherapy

qualified to even do that. Therefore, sec- the real solution to human problems. ularism began to take over these responsibilities. The outcome was, and is, very lucrative to this day. This, is not to knock the great work in this field, even though at the end of the day, many a therapist reaches the end of their rope and cries: "Where do I go from here this is all I know.?" It is the end of psychotherapy, and according to the Diagnostic and Statistical Manual of Mental Disorders or the DSM-5, most stressors can be

Some counselors are calling for help. to address life's stressors. Many psychotherapists and others in this field need therapists themselves. It has stated that: "one-third or 31.6% out of a

ses confronting society. At one time, Sometimes, they even need the FIRO-B/ robin?" Christianity and religious establishments BC assessment. At hand, some therapists counseled their people. Then, secular are running into a dead end. Therefore, humanism and the laws of the land con- with this growing problem generated by vinced society that religious and so- man's greed, many are overtly convinced called Christian communities were not that Christian communities do not have

How did we get here? How did we happen to nullify the Christian community, which now uses the therapeutic approach

Therapy by Carl Rogers applied them to the Hood, Now Beyond Psychotherapy' the Biblical approach. We already know is centered on the practice of Jesus. tors are introduced to client centered brews 4:15 in the Amplified Bible states: cause that is where they can do the least unable to sympathize with and underthat the more productive and most posi- who have been tempted (knowing exactand then refocusing and redirecting what ting any sin. they said. Case in point: The counselor may say something similar to "How do An explanation of this induced madness group of 4,000 psychiatrists are said to you feel about that?" Or "Do you feel is mental issues, the overwhelming cri- have a mental illness and need a shrink. angry or frustrated with the usual round

> other techniques, including analytic the- through these emotions. ology, are all based on one assumption: that men have evolved, and that man is his own God. Therefore, a person has God within himself. This solution is to Today's rise of mental confusion, de- heal the problems. Many feel it is impospression, anxiety, and other stresses, sible to take therapy based on this asalong with an imploding lifestyle, has sumption and have switched to Christian caused a worldwide crisis. In reality, no counseling. Therefore, we must go back one is better qualified to realize the place to the question: Who are we? And why that God has for man and eternity than are we here? And how did our Father those sitting in the catbird seat—those prepare a manual called the Scriptures, who know and understand man's unique inspired by Him for these times (2 Timo- (The date of this worldwide publication what God intended for us. However, the dom Solutions Beyond Psychotherapy.

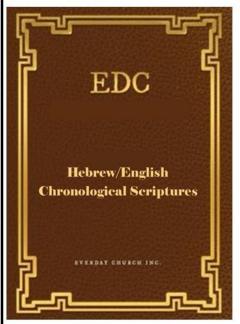
developed by a secular community? one-of-a-kind publication titled "Jesus in that most seminaries, preachers, and pas- Emotions are sensitive. Remember, Hetherapeutic counseling techniques be- For we do not have a high priest who is amount of damage. Carl Rogers believed stand the wicked, the temptations, or one tive change in the Counselee, was ly how it feels to be human) in every brought about by allowing them to talk respect as we are, yet without commit-

So, if we follow the example of Jesus and his actions in what we see, feel, or experience, we are in for the liberation of a lifetime. So, please begin to focus on Jesus (YahShua), who gives us the Furthermore, client-centered therapy and only example of how to navigate

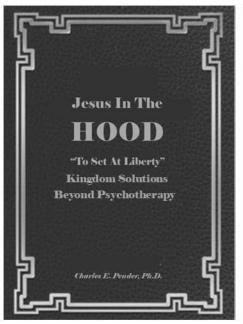
> Of course, note that Jesus was parthuman for our sake! He showed us how to navigate through the traps set for Him and us. How to focus-one of the keys, is discussed in this amazing one-of-akind workbook. The Fathers Will is the key, the major focus for stability. Focusing is the key. However, one can focus if one is confused between television, radio, and media on the cell phone.

position and the plan of creation. We thy 3:16)? Before the creation of the is set for September 27th 2023. You were created by our Father. All of hu- world, it addressed loneliness, abandon- must get a copy. If you never read any manity has at our disposal the owner's ment, fear, resentment, insults, and de- other book or never attend another semimanual—the scriptures, if you please— pression. These are emotional tides that nar, again this is the publication to have. could flip one's script. Let it be known It would do your heart and your family that creation therapy has an 80% success good. From now through eternity... Jerate because it goes back to the basics of sus in the Hood. To set at liberty. King-

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THE BOOK COVER SAYS IT ALL!



Charles E Pender, PhD., FMT, Retired boardcertified Psychotherapist with a broad field of ability. Dr. Pender a President Emeritus of the American Society of Christian Therapists VA And the International Association of Christian Counseling Professionals.

With his rich background in Civil rights and human concerns, Dr. Pender has a deeper dedication to creation therapy a kingdom readjustment, for overcoming

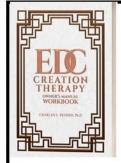
and emancipation of the stressors due to emotional adversities. Dr. Pender uses the tools of the five adjustable, Altruism, Anticipation, Suppression, and Sublimation, Humor. His deeper spiritual study into the life of Yeshua only greatly overcomes the stressors Of life it and has arrived in this new and one-of-a*ind publication.

Depression /Anxiety {Oppression (loneliness/Rejection/Contempt/Slander / and any Other stressor are addressed and how to get over in the face of devastating adversity. the one who will give the only direct course of action, that perfect example ...is lodged in this one-of-a-kind publication.

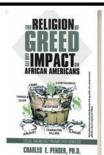
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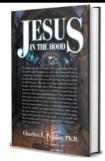
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Contributing Editor Haki S. Ammi

Success Scholar, Author, Organizes, Networker

President of Teaching Artist Institute, Haki Ammi receives the Arikana Excellence Award.

lence Award. At Howard University, its Zimbabwe Artizen Conference. ADDI launched its First Arikana Excel-Union Ambassador to the United States. Taifa and many others. Its mission is to recognize many Global est Season ever is currently navigating ward to building Alliances. and organizing Makare University Pro-

Haki Ammi receives the Arikana Excel- Africa Tour, Two Tanzanian Tours, and

kana Chihombori-Quao, former African C "Charlotte Oneal, Iya Mari, Nkeichi ence happening in Uganda July 2024.

African Leaders from all over the World This is the beginning of our push to-ference was the Executive Director for that are making a difference in the Glob- wards our Blue Nile and White Nile Maryland Legislative Black Caucus and al African Community. Teaching Artist Tour. July 2024 for Uganda and Ethiopia during the week of the CBC. Maryland Institute in the middle of one of its busi- November 2024. We are looking for- Black Caucus, Black Caucus Foundation

In other TAI News, we were pleased to work with Prisca N Da from The Ivory Coast as a part of the Mandela Fellows program. Many amazing Mandela Fellows were present with Owners of Sankofa Children's Museum at the TAI Air Housing program in Park Heights. Next year we plan to work with the Mandela Fellows for big Pan African Festival in Park Heights area.

TAI was pleased to have Professor Maxine Ankrah with us for a Tour of the US. She met with many powerful Pan African Leaders in New York, Nebraska, DC, and California. One key meeting was with Roots of Scouting Leaders un-President of Teaching Artist Institute, fessor Maxine Ankrah of Uganda's US der the Leadership of Leo Burroughs. They promised support for the Freedom Rides, Underground Railroad and Africa Reclaimed conference. This is a great lence award. Named after HE Dr. s Ari- We were pleased to be joined by Mama launch for the Reclaim Africa Confer-

> One of the Attendees at the ADDI Conand the Culture Caucus organized one of

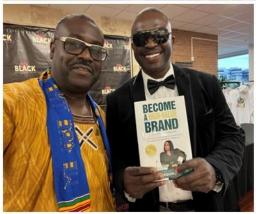


For More Information reach out to Haki Ammi 410-209-9687. Hakiammi@gmail.com



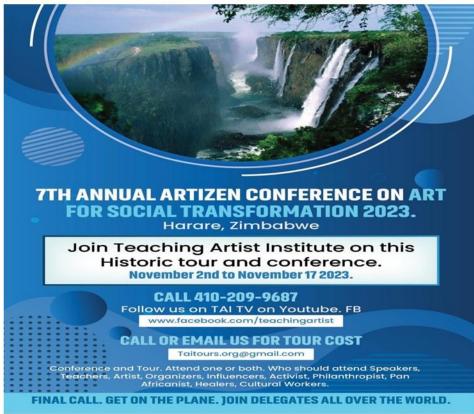












Haki S. Ammi, Investor, Author and Networker. New Book is here Mission Unstoppable, Extraordinary Stories of Failures Blessings; Featuring Dr. George C. Fraser, Les Brown and Haki Ammi. Site will be up where we shall have all Investing Seminars, Classes, Workshops and Events.

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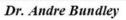
Black Men Unifying Black Men

Us Helping Us = Unity

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

Celebrating111th Consecutive Monthly Breakfast Conversations, Est. 2014







Bill Goodin



David Murphy



Michael Johnson



Renny Bass



Thomas Hardnett

Black Men Unifying Black Men is a group of Black Men who bring Black Males together for unity and bonding. The concept is simple but it is a concept that if we stay connected, one phone call could get a thousand Black Men to show up. We constantly encourage others to start a chapter in their perspective cities. It is simple and we are here to help you start that chapter.

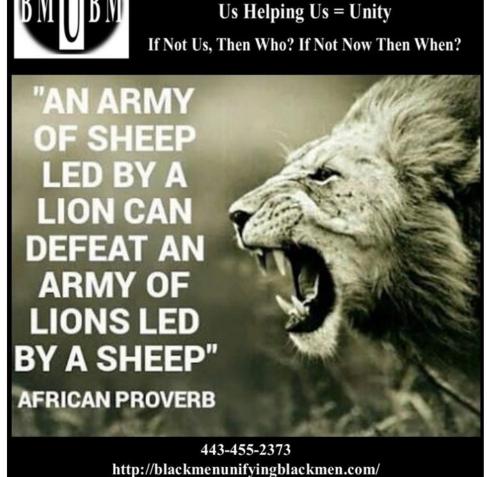






God's Giving Hands

Black Men Unifying Black Men







National Youth Editor Kathleen Murphy

A member of various local, national & **International Organizations**

The Good Life, What Does That Mean to You?

and your options. Why an institution of would reduce arrest rates by 11%. Now, be educated. **higher learning?** What are the benefits? In January 2019, I wrote an article in TNBUN about the advantages of obtaining a four-year college degree. The following two paragraphs are a reprint of that information.

Revenue loss estimates from every male between 25-34 years old who did not complete high school would be approximately \$944 billion, with cost increases to public welfare and crime at \$24 billion. According to the National Center for Education Statistics (NCES), students from low-income families have a Education (AFEE).

Foundation, High School students earn als with a high school diploma earned conference, preparing a report, or editing \$9,245.00 more per year than high \$899.00 a week. school dropouts: The unemployment rate of blacks aged 20-24 with no high There are several advantages that come school diploma was 32% compared to with higher earnings. However, better Start early, get good grades, take re-6% for those with a bachelor's degree or paying jobs are more competitive. Ob- quired entrance exams, and talk to your

Some of you will be graduates soon, so ica's state prison inmates are high school what are your plans after high school? dropouts, and 59% of American's Feder-To get a job, obtain a degree in Career al prison inmates are high school drop- not always about money. Helping peo- made a difference in the world of tennis and Technical Education (CTE), or a outs. High School dropouts are 3-5 times ple, changing the world, building a fami- and was a positive role model and legfour-year degree from a college or uni- more likely than high school graduates by business, or serving the community is end to many. Mr. Ashe won three Grand versity? Formal education changes your to be arrested in their lifetime. A one- as important to some as money. There- Slam titles. He was the only Black man life, the commas in your bank account, year increase in average education levels fore, earnings are not the only reason to to win the singles title at Wimbledon.



dropout rate of 10%; middle income we are beginning to see the importance According to the Employment Policy reau of Labor Statistics. Those individu- portant! Speaking during a meeting or a Jackson, they passed the torch

families at 5.2% and 1.6% from high- of higher education. According to the Employers seek educated people because a life of freedom, giving, helping, caring income families. Black and White drop- Bureau of Labor Statistics, in 2019, the they specialize in a particular field. They and being a community volunteer? out rates decreased by 6.9% and 1.7% average salary weekly earnings for those are trained for leadership positions, surespectively. The Digest of Education with less than a high school degree were pervisor, or a lead on a project. They Did you know that studies show Black Statistics 2017 stated that the high \$493.00 or \$25,636 per year. With a handle complex problems, make critical school graduation rate for American In- high school diploma, the weekly earn- decisions that affect resources and perdian/Alaska Native is 72%; for Blacks it ings were \$678.00 or \$35,256 a year. sonnel. Most of these jobs are fast paced. is 76%; for Hispanics it is 79%. The na- With some college credits the earnings An employee must be fast on his feet, be tional average is 84%. Increasing minor- were \$738.00 per week and \$38,376 per flexible, adapt to all types of situations, American principal named Fanny Jackity student participation in college to the year. An associate degree was \$798.00 and be able to multitask. CTE and col- son Coppin? Did you know that Coppin same percentage as the white students or \$41,496.00 a year. With a degree, lege graduates have an abundance of State University in Baltimore, Maryland, would create an additional \$231 billion weekly earnings were \$1,137.00 and contacts that can be quite helpful in the was named in honor of Fanny Jackson in Gross Domestic Product (GDP) and at \$59,124 per year and a master's degree workplace. Sometimes, graduates have Coppin? Whether sports, education, or least \$80 billion in new tax revenues, weekly earnings were \$1,241.00 or been assigned as interns or apprentices according to the Alliance for Excellent 69,732 per year. In 2021, the weekly while in school, which gives them the earnings for someone with a bachelor's advantage of working with the same ing the torch? From Harriet Tubman to degree was \$1,334 according to the Bu- company. Communicative skills are im- Supreme Court Justice Ketanji Brown

working in a safe and comfortable envi-

ences and being able to adapt to other

higher education (AFEE). 75% of Amer-taining a college degree gives you op-guidance counselor. Should you decide

a contract, your communicative skills

tions. We all need options (more than to finance your education with financial one choice). Job satisfaction is so im- aid, you must complete a Free Applicaportant. Doing something meaningful, tion for Federal Student Aid (FAFSA).

ronment, and having a job with good A list of scholarships is available health benefits. With a higher education, at Minnie Stevens Piper Compendium you acquire new skills, learn about the (alphabetical index to scholarships world, gain life experiences, meet people and other financial from a broader spectrum than from the more complete list of scholarships; can environment where you lived. Experi- be located at college scholarships.org. encing other cultures will heighten your More detailed information can be found awareness of the world and allow you to at Federal Student Aid, May 2023, and better understand the differences. In the at the U.S. Department of Education at workplace, being familiar with differ- www.usa.gov.

ideas and cultures will be an asset to Here are some tidbits of information. In you. Most importantly, you will learn the last publication, I wrote about Arthur about yourself. Some career goals are Ashe, the tennis icon. Truly, Mr. Ashe Venus and Serena Williams also earned worldwide recognition in tennis. From Authur Ashe to Venus and Serena Williams, today the torch is being carried by Coco Gauff who made history as the youngest to qualify for Wimbledon at 15 years old, and recently won the 2023 US Open. Coco was inspired by Serena Williams when she was about 4 or 5 years old while watching Serena play in the Australian Open on TV. What an inspiration. Michael Jordan passed the torch to LeBron James in the world of professional basketball. Will you carry the torch, acquiring career success so that you can have security to take care of you and a family and one day be able to live

> Women are among the most educated group in the United States? Did you know that a slave was the first African politics, will you be on the bridge, carry-

> > Kathleen Murphy 804-721-7985

These Great Women Passed The Torch!

must be exact.













So Harriet Led

So Rosa Could Sit

So Ruby Could Walk

So Michelle Could Inspire So Kamala Could Run

So Ketanji Could Rule

It is your time to prepare to carry the torch. Passing the torch on a job, project, or during community service, you must plan, use your vision board, prepare yourself, and be ready to accept the torch.

Did you know that you are a champion, a winner, and victorious? Please find a hobby, free time, a balance of experiences, learn something new every day, and always read for enjoyment. You can do it. October is Bullying Prevention Month. Be kind, respectful of each other, and do the right thing. Be the best citizen you can be. On November the 11th we celebrate Veterans Day. If you meet a Veteran, please thank him or her for their service. You have greatness in you. Exhale, let go, and transcend into your amazing future. Interpreting your good life will depend on you.

Support Our Youth, Because Our Youth Are Our Future!



National Editor Melaughn Butler **Indigenous Business Association**

THREE NEW REVENUE STREAMS (2) Graduating & Learning how to Pro-MISS OUT! That's not even the best least 5 People from our Warm Leads part yet! Did you know? You can now List, on Weekdays or Weekends! Proregister with the Indigenous Business mote Black Owned Toiletries on your Association Inc, and get paid to Resell Time & Schedule, Sell Nubian Royalty our Products and Services? Earn Your Cookies to help impact Youth & Com-Commission Earning Link by (1) joining munity; OR, NEWEST to the Table, Sell

Featured Story: IBA LAUNCHES our Bi-weekly Online Training Sessions,

our IBA Dinner Subscriptions, where Get Involved: Please enjoy IBA's NEW Ship Oven-Ready Meals, Straight to the Black Unity News. Below are cut-out mer, to Replace our people's Expensive the Coupon to one of our Brick & Mor-Meal Costs & Grocery Bills, while giv- tar locations. (Address displayed at boting back to local youth in the area!

ing between six (6) and thirteen (13) Checkout. (Offers Available during Curyouth positions, this summer, to youth rent Publishing.) who can get their Safe Serve Certification, to Legally Manage & Process Sellable Food Items. Youth will spend parttime hours inside of Bakeries and Comin YOUR NEIGHBORHOOD, DO NOT mote our Company, (3) Informing at mercial Kitchens, preparing all orders which the model receives. Helping Non-Profits get on their feet with the fundraising, will sustain our local, inner-city youth. Know any who should be in- https://webapp.mobileappco.org/m/iba/ volved? Contact Us IMMEDIATELY!

Black-Owned Chefs Prep, Cook, and Coupon Page, sponsored by the National Consumer's Doorstep, "a la Hello Fresh coupons from select BOBO Businesses, or Lean Cuisine!" Help IBA this Sum- listed in our discount directory. 1) Bring tom of coupon, if available.) 2) Place an Order Online, through the IBA App, and What's New: The Jr. IBA will be offer- Submit a Photo of Your Coupon at

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Contributing Editor Shannon Butler

Founder of All Smiles Home Décor, Unique Designs, Reefs, Center Pieces and Home Decorations plus more!

Letting Go!

Let go the people who are not prepared time to, you don't do yourself a favor by ignored by the people you give your want.

to love you. This is the hardest thing you continuing to offer your energy and your will have to do in your life and it will life. The truth is that you are not for evealso be the most important thing. Stop ryone and not everyone is for you. That's having hard conversations with people what makes it so special when you meet steals your time, energy, mental and of the possibility of this connection to physical health. When you begin to fight someone else. There are billions of peofor a life with joy, interest and commit- ple on this planet and many of them will ment, not everyone will be ready to fol- meet with you at your level of interest low you in this place. This doesn't mean and commitment. The more you stay

Maybe if you stop showing up, you won't the root of all your problems, fearing that be wanted. Maybe if you stop trying, the they will not return the favours you have relationship will end. Maybe if you stop granted. It's your only obligation to realize texting your phone will stay dark for that you are the love of your destiny and weeks. That doesn't mean you ruined the accept the love you deserve. Decide that relationship; it means the only thing hold- you deserve true friendship, commitment, ing it back was the energy that only you true and complete love with healthy and gave to keep it. This is not love, it's attach- prosperous people. Then wait and see ment. It's wanting to give a chance to how much everything begins to change. those who don't deserve it. You deserve Don't waste time with people who are not so much, there are people who should not worth it. Change will give you the love, be in your life. The most valuable thing the esteem, happiness and the protection you have in your life is your time and en- you deserve." ergy, and both are limited. When you give your time and energy, it will define your existence. When you realize this, you begin to understand why you are so anxwho don't want change. Stop showing up people who reciprocate love. You will ious when you spend time with people, in for people who have no interest in your know how precious you are. The more activities, places or situations that don't presence. I know your instinct is to do time you spend trying to make yourself suit you and shouldn't be around you, everything to earn the appreciation of loved by someone who is unable to, the your energy is stolen. You will begin to those around you, but it's a boost that more time you waste depriving yourself realize that the most important thing you can do for yourself and for everyone around you is to protect your energy more fiercely than anything else. Make your life a safe haven, in which only " you need to change what you are; it involved with people who use you as a compatible" people are allowed. You are means you should let go of the people pillow, a background option or a thera- not responsible for saving anyone. You who aren't ready to accompany you. If pist for emotional healing, the longer are not responsible for convincing them you are excluded, insulted, forgotten or you stay away from the community you to improve. It's not your work to exist for people and give your life to them! If you

feel bad, if you feel compelled, you will be



Words Of Inspiration

through the Journey or coming out of the journey and are now in the healing process. I served me and there was a fear that in order for me to move I was going to be in isola- your wings because you are about to soar.

tion and isolation was a part of the journey I didn't see the outcome and I didn't understand what I was going through there were many moments of Tears there were many moments of regret there are many moments of self-awareness when I came out of that Here are some words of inspiration and encouragement to those that are either going Journey the healing process when I came out I realize that it was for my good so when people speak of healing and growing nurturing yourself and showing up they are talkremember the moment in which I knew I was growing people placing things no longer ing about something beautiful it is the journey from a caterpillar to a butterfly so spread



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National Editor: Sleep Hygiene Donata D. Mooring

Certified Sleep Science Coach

"How sleep affects many areas of our daily lives and the solution to solve this epidemic'

Are you Craving Sweets? . . . Need More Sleep

lot more energy, our metabolism was to fall asleep. high, and weight gain did not happen as quickly. If you are wondering why you tion of more sweets and calories, espeare struggling to sleep, maybe eating too much sweets or late at night could be the

I must admit eating sweets reminds me Eating sweets can cause your blood sugof my childhood but as adults, we need ar to rise, making you feel good. On the to cut back. Are you wondering how we other hand, eating sugar will trigger the ate all those sweets and went to bed with release of insulin and boost your energy Eating sugar activates the brain's reward no problem? Well, as children we had a temporarily, which can make it difficult

> cially at night. This can become a vicious cycle for years to come and you system, studies show.) In response to the subject line put SUGAR and I will are not even aware of it.

I would suggest that if you feel the need to eat sweets, make that first thing in the morning with some caffeine-free herbal tea with no sugar or early afternoon with salad.

Select specific days to treat yourself to some sweets just because.

Learn and practice portion control.

Read labels with the intent of how much sugar you are consuming.

We all know what too much sugar can cause to our health. In Psychology Today Sugar stimulates appetite and crav- Do you really know all the complicated

circuitry and a complex web of hormones related to hunger and metabolism. (Sugar is such a powerful trigger that even catching sight of a sugary treat The other option is to send me an email sugar, the brain releases dopamine—a send it to you.

This is how I cut back on eating sweets: hormone that delivers powerful feelings of pleasure and satisfaction. The more sugar we consume, the less sensitive our brains become to that dopamine rush. We need to produce more dopamine to experience the same feelings of pleasure and satisfaction. And that translates into a need to eat more sugar. (If this all sounds a lot like drug addiction, you're right: The dopamine-activated reward pathways in the brain that are affected by sugar are the same ones affected by alcohol, drugs, and other potentially addictive behaviors like gambling and

> words for sugar? You do not have to figure it out...Click on the link below to request your FREE eBook "Sugar...Is It the New Enemy". Sugar - Is It The New Enemy?

is enough to stimulate the brain's reward to donata.d.mooring@gmail.com and in

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WeAreTheRhythmPEOPLE

National Entertainment Editor

Ms. Kim Poole is a Soul-Fusion Teaching Artist and Founding Fellow of the Teaching Artist Institute (TAI), providing an opportunity for artists and artisans to learn techniques for social transformation while fostering outlets for socially engaged art. Through TAI, Kim and her team of Teaching Artists are originating the Art for Social Transformation, Teaching Artistry in Action curriculum & workbook for change agents and universities interested in exploring the "Art of Possibility" around the world. She has a passion for encouraging the "Rhythm People" as she refers to them, to reclaim their global cultural economy and a knack for celebrating the beauty and resilience of women with SUPERLASH-ES through her music and the Sheroes Sisterhood. At 36 years old, Ms. Kim Poole has over ten years experience in International Art Cultural Diplomacy and the world has only begun to learn how this Soul-Fusion Teaching Artist will redefine our understanding of artistic expression in social transformation.



Africa Reclaimed Promotional Tour by Kim Poole

African Reclaimed Promotional Tour What began as a missionary's voyage in USA was a transformative experience 1962 has evolved into a lifelong mission for those seeking to explore the rich of love and empowerment, spanning nounce her partnership with the Makcultural heritage and the future potential over 62 years on the African continent. of the African continent and relation to Today, she stands as a beacon of hope, the historic Diaspora. This tour aimed to focusing on reclaiming Africa's rich



foster grassroots and grass-tops engage- land, on September 18th, brought Afriment, encouraging collaboration and can heritage to the forefront in a grasspartnership for the Africa Reclaimed roots setting. This was followed by a Africa Diaspora Conference taking visit to the Africana Institute at Essex place in Kampala, Uganda in July 2024. College in Newark, New Jersey, on The promotional tour featured Professor September 20th, where Professor Maxine Ankrah, Ugandan based 89-year Ankrah will connect with grass tops -old Professor of African Studies and influencers. founder of the Ankrah Think Tank. Professor Ankrah's life journey has been a testament to her dedication to Africa.

cultural heritage and fostering empowerment across all generations. The tour, titled "Africa Reclaimed," will feature a dynamic series of events designed to engage both grassroots and grass tops Africa race connection, education, and audiences, celebrating African identity and promoting cultural exchange. Professor Ankrah's tour kicked off on September 10, 2023, with the Sacred Heal- partners to join this global initiative in ing Conference in Maryland, an event focused on grassroots engagement and healing within the African diaspora. For more information on the African This sets the stage for a tour that seamlessly blends grassroots and grass tops interactions. One of the tour's notable highlights was the September 11th event journey, please reach out to at the Cuban Embassy in Washington D.C., with Melvin Foote Constituency Africa where Professor Ankrah engaged with grass tops leaders in discussions surrounding African heritage and its global impact. The Roots of Scouting event in Baltimore, Mary-

The tour concludes with Professor Ankrah's arrival at the ADDI Award

Dinner at Howard University. . Professor Ankrah is thrilled to anerere University, Teaching Artist Institute (TAI) and Ankrah Think Tank to host the International Conference of "African Reclaimed: Africa Diaspora Connection". This event will provide a platform for cultural exchange, empowerment. Professor Ankrah and the partners invite presenters and sponsors, and more reclaiming and celebrating African heritage.

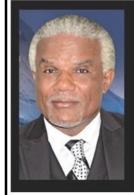
Reclaimed Promotional Tour USA, partnership opportunities, and to stay updated on Professor Maxine Ankrah's

taitours.org@gmail.com





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



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

"POSITIVE RESULT"

SULT!"

Time after time we hear or even blabber Author and orator John Maxwell says, was "shut the world out forever!" mean it has to be accepted, may be ex- and be proud at the end of your day with at your desired destination of faith and

tive road and becoming sturdy with af- assistance to help us through. That help firmed belief, achieving that goal will should be temporary especially when seem easy for shizzle! Having the gust of serious and sincere about seeking a life finding everything miserable and living totaling a "POSITIVE RESULT!" in disagreement will surely dampen any inkling of advancement to the projected As the end nears, keep in mind this life next rung of growth. Be leery of those is all about you and your personal deciand yes, self as well attempting to im- sions. As we go through, it's a toll to pay pede from sustaining you to the level of in whatever undertaking you feel the a comfortable "POSITIVE RESULT!"

call, there should not be any dissent in life is free except the air we breathe. the manner of boosting to another cali- Who knows, before long scientists may What a year it's been thus far. Many can pected but NOT ACCEPTED!! Not to ber of life. In my Number 1 book, "The discover a way for us to start paying for agree we have zoomed through 282 days point fingers at anyone or snitch on any- Power of Being a WINNER," it was the air we breathe. Until than, seek to of 2023 like lighting a match. As quick one, we all know a few people who may written about the times of my falsifying use every breath to explore the promias it is lit, that's how quick it goes out. be in our own circle thriving on vibes of life to seem as if getting ahead, only to nent extractions of internal self. Discov-The old saying nothing lasts forever is being a defeatist. They see everything have it all catch up with me and leave ering the giving stored within and devitrue! With that out the way, it very im- through rejected sight, and they believe me in a state of incompetence and belit- ating from those with misgiving and portant to treasure the valued moments there is nothing, not a darn thing to smile tlement. Trust me if you ever been in trivial clamming will definitely add up we have. Attempt at the most to savor about. Those are the exact people that that position, you know personally it's a in the column of "WINNING" as said by the moments with a "POSITIVE RE- can and will demolish your "POSITIVE very intolerable situation to be in. Talk actor Charlie Sheen in 2011. about being in your feelings, maaaaan I's been all in my feelings so deep that it Lastly, Live the remainder of this 2023 about the incidents, emergencies, fatalities, flare-ups, mass annihilations and by your daily agenda." Basically, saying one might have to fake it until one make the pulling down of another who has each day, each twenty-four-hour blessed it. But in the end crossing the bridge to gained success. These are unfortunate with, pour into you the knack to achieve safe ground doesn't mean you must take issues that, should it be said, come with knowledge that will detour you from the the bridge with you to survive living life! It's also true that though road of gloom-ridden aspirations. Put (somebody will get this). The bridge these may be a part of life, it doesn't you in a state of desiring to accomplish serves as the assistance needed to arrive

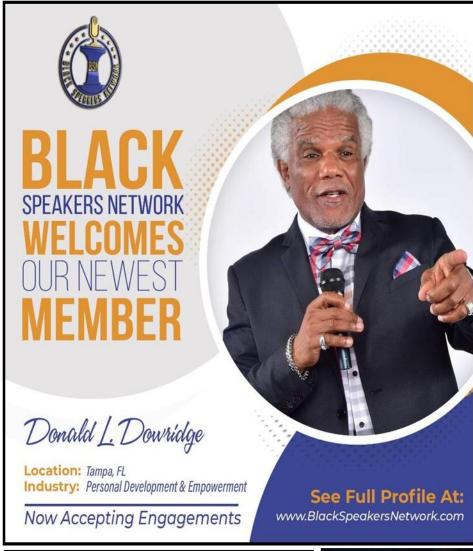
a smile. Once arriving on the construc- belief. We all are subject to some type of

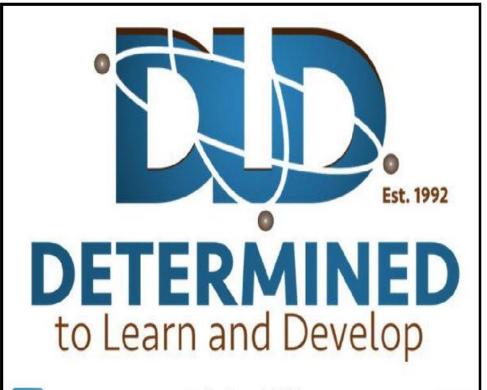
need or better yet is destined to undertake. Through it all a price will have to 2023 and everything at our beckoning be paid. As the saying goes, nothing in

In seeking a

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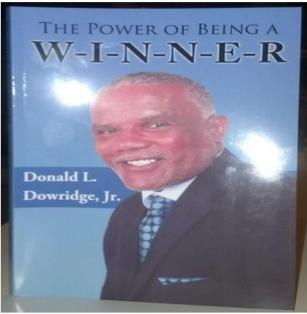
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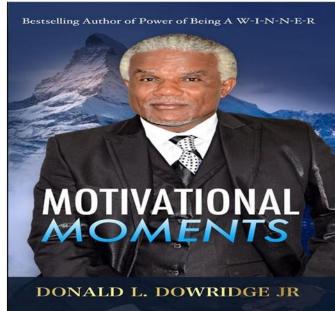














Contributing Writer Collin Johnson

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

My thoughts on the new law about Black history in Florida

about the new law in Florida that limits el. the amount of Black history taught in of view on Black history making it a big we don't go through it again. History is an end to this. deal not only in Florida but for the rest meant to be uncomfortable, yet informa-

tive and interesting. History can be over- Well, I haven't told you the law yet so if whelming and scary for younger chil- you've made it, this far thanks for readdren, but we need to know this stuff so ing. The law is that the Governor wants the saying "history repeats itself" doesn't to change the way Black history is happen. While it is happening right now taught in school because it could be unwith police shootings and racially moti- comfortable for a particular race or genvated shootings, American citizens still der. That might not sound like much but have the power to stop this! The new trust me that's only the beginning. More law in Florida is just in our way. We and more laws will be made and over have the power to protest and stop this time black history in school could be from happening to other states.

documented that people who were native was meant to be uncomfortable whether to America looked more like today's you like it or not. And we need to de-"minorities" than the European settlers. stroy this law or not listen to it. Slavery Basically, black people and Native was not beneficial in any way to the en-Americans are the real founders of slaved. It was a racist treatment of Black Have you ever thought that Black histo- of the US as well. It could also change America. It is true that European settlers people! ry should be taught in school? Well, the information kids learn in younger came and took over all the land. Rethat's what the governor of Florida didn't grades and promote the teaching of inac- searchers say that before America the Ok guys this is finally the end. I hope think, well kind of. Today we are talking curate information at a higher grade lev- continent of North and South America you enjoyed the article. Please read my we once named Turtle Island before Eu- other articles! Thanks for reading and I ropean settlers came. I don't know if that hope this article was informative and public schools of Florida. The law could In Florida, teachers could quit or lose is entirely true, but it could be. Black interesting! affect quite a bit of Black people and their jobs due to this new law. This is a people have been pushed around for white people. It could affect what people bad law. Because the reason for history Thousands of years. Now in modern think of the state and change their point is so that we know what happened, so times we finally have the power to put

completely erased from the school curriculum and maybe even the world! Peo-Black history shapes America! It is well ple may feel uncomfortable, but history

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



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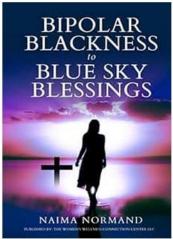




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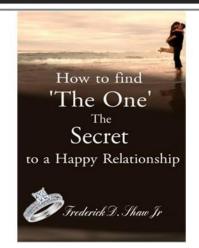
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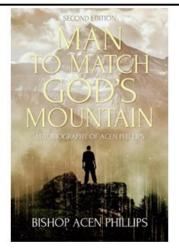
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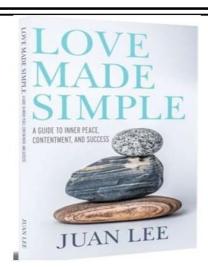


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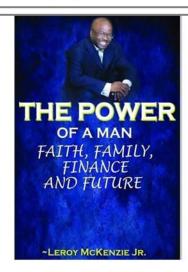


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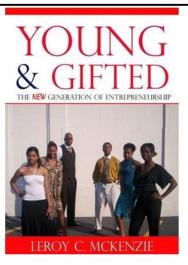
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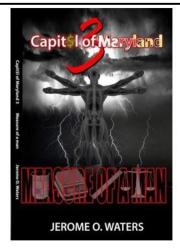
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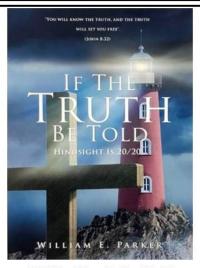
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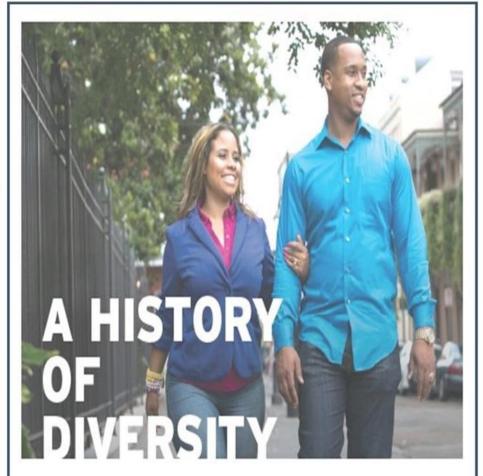


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Contributing Editor Joi Ford

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

Mama, Can I Hold a Cloud

wrote, "Mama Can I Hold a Cloud?" weather. came about one sunny afternoon while I was driving. My granddaughter, Neveah, who was about five years old, asked me, "Mama can I hold a cloud?"

children's story.

As a child raised up in the country; I have a special love for different types of trees and clouds. I can still remember sitting in my classroom daydreaming out

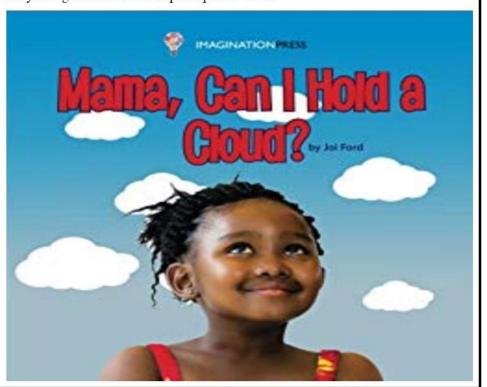
Whenever I talk about my children's the window. And from time to time, I books, people often ask me how I would look at the clouds drifting by. choose the titles for my stories. I find Now that I am a teacher, I find children by creating the title first it makes it easi- enjoy discovering information about the er for my creativity to flow. The story I various types of clouds that affect

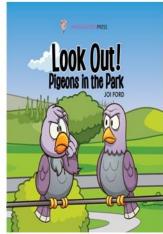
My group, The Joyriffic Band, has also written a song, "The Three Sister Clouds," for my students. It helps their retention and recall about different types She began to explain all the different of clouds: cumulus, cirrus and stratus. shapes of animals and other things she Teaching them through songs makes thought clouds resembled. But, at that learning engaging and memorable. The moment, while stuck in traffic, it seemed book: along with singing, helps encourlike such a silly question. Later that day, age creativity and self-expression. Chilthe more I thought about it, it became dren can create their own tunes, which apparent this was the perfect title for a fosters a deeper connection with cloud names and characteristics. They enjoy singing and seeing the different types of clouds in the pictures I display for them. My songs keep the children dancing and happy as they move to the rhythm of the

tune. It also sparks discussion about bilities. weather patterns and scientific concepts, making learning more interactive and enjoyable.

Children enjoy using their imagination and fascination for clouds. When I share when looking at clouds because the my story, "Mama, Can I Hold a Cloud?" shapes and patterns are open to interpre- children love to tell me about the differtation. Clouds don't have a fixed form. ent things they have seen in the clouds. I Kids often describe seeing objects like look forward to sharing my newest triangles, butterflies or even fantastical books. I know children will enjoy readcreatures. This type of imaginative play ing my stories about nature and so many stimulates their creativity, encourages other topics as much as I enjoy writing storytelling and lets them explore possi- them!

I wanted to create a story for children that would use rhymes to help them capture and celebrate this sense of wonder

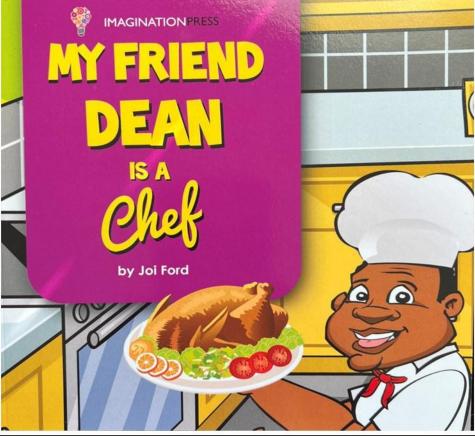
















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JESUS LOVE YOU! ROMAN 10:9-10 "that if you confess with your mouth the LORD Jesus and believe in your heart that God has raised Him from the dead, you will be saved. For with the heart, one believes unto righteousness, and with the mouth confession is made unto salvation."

KIM WILLIAMS†††† Educational package with bonus Pre-IPO's Shares https://swigroup.org/9Rvm PURPOSE DRIVEN TRAVEL 1 I point you to JESUS and I point you to the best travel deals! www.purposedriventravel1.us www.lovetruthministries.com 410-240-8039 / 252-406-0774 lovetruth.williams88@gmail.com https://youfindithereshopping.com



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



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

Baltimore Trauma Response Team

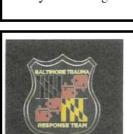
ing with youth, incarcerated adults, care- Chief of the Baltimore Trauma Re- and surrounding counties. givers, and clergy. Over the years he has dedicated his resources to community members concerning trauma. Diligently throughout these years, Dr. Humphrey has trained and counseled professionals and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

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

background is in Addiction Counseling partnership in Baltimore city that focusand Mental Health, and she has over 20 es on Hope and Healing. We are meeting years of experience in these fields. Mrs. people where they are and are helping to Martin's passion comes from her per- eliminate the barriers big and small that sonal journey as a mom of two specific have been preventing these caregivers needs children and the care provider of and families from moving forward with her mother. She has first-hand reaching their individual and family' knowledge of the obstacles, stigma, and goals. Our partnership is unique because red tape policies that can cause stress or be a deterrent while trying to be a support for loved ones which has fueled her not just resources but peer support. mission to serve. Mrs. Martin has helped Dr. Humphrey is the Chief of the BTRT on Family Wholeness, Wellness, and numerous families to get their critical with over 30 years of experience work- Healing. She is the Assistant to the services and supports in Baltimore city



sponse Team (BTRT). Mrs. Martin's BTRT and DYD have formed a unique we combine their trauma and healing with a wraparound approach providing Helping caregivers and family members connect the pieces and navigate the systems to better benefit and support their loved ones is our mission. Providing the assistance and support of a peer is an invaluable link that has been missing for these individuals. We will continue to train and support individuals to empower and equip them to better serve their families and communities with the partnership and utilization of other committed organizations. BTRT is currently looking for volunteers that are passionate about Baltimore city and its residents; to learn more about the work or volunteer opportunities please contact Dr. Humphrey at 443-418-8898 or Sabrina Martin at 443-850-8218. BTRT also offers a 4-hour trauma training to individuals for \$125 which includes training information, completion certificate, lunch, and a discounted rate for groups or organizations.





BALTIMORE TRAUMA RESPONSE COMMUNITY TRAINING INITIATIVE

UNDERSTANDING & HEALING TRAUMA"

Trauma has the ability to hinder an individual from living a "normal life". We understand that the lack of knowledge on this subject has the power to affect our communities and our relationships in our communities. The Baltimore Trauma Response Team & IAGL Ujamaa Services LLC has been working with families and individuals affected by trauma bringing help, hope and healing to the Baltimore Area for over 20 years. We teaming up to bring are hosting Trauma Aid & Responders Trainings and more to the community with this new education initiative to help inform and transform the way we look at trauma and individuals affected by trauma.

*Certificate/Work Packet/Snacks/Lunch (included)

443-418-8898

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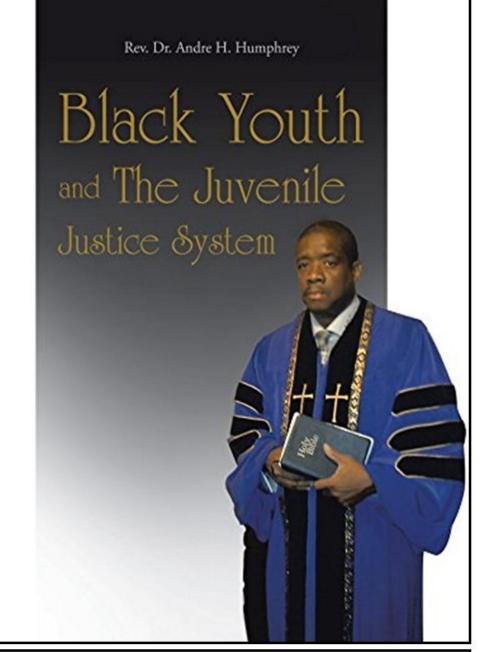
1600 N Chester St.

Baltimore, MD 21213

For more information call or email us!

443-418-8898

btrtcommunty@gmail.com





The Baltimore Trauma Response Team





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

This walking resource Queen is reachand or relief of the poor.

This business entity can obtain public support, grants, personal property and

Did you know that houses can be donated to your mission to house the homeless? Did you know you could receive ing individuals from all the country who funding to help revitalize your neighwant to birth a 501 C3. not-for-profit borhood? Did you know your for-profit organization. The purpose of a not-for- organization co If you are interested in profit organization is to design for, char- receiving a two page report on nonprofitable, scientific, religious, educational it or obtaining free 20 minute consultation, or to book Stephanie Poplar at next business meeting, can book at www.getyour501c3now.com











utired of not knowing or miscarrying your purpose? Do you ne mation on God's blueprint for your business success? Would y how to network with other business owners and faith-based leaders? art a for-profit business? If your answer is the yes to any of the questions, you are invit I to attend this special empowerment brunch.

SUNDAY, NOVEMBER 19, 2023 FROM 11:00 AM TO 2:00 PM

RANDALLSTOWN COMMUNITY CENTER 3505 RESOURCE DRIVE RANDALLSTOWN, MD 21133 (INSIDE OF BRENBOOK PLAZA SHOPPING CENTER)

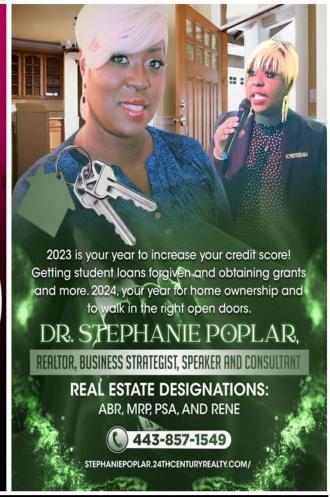
ATTENDEES WILL RECEIVE:

- √ Fitness Tips & Fitness Demonstration

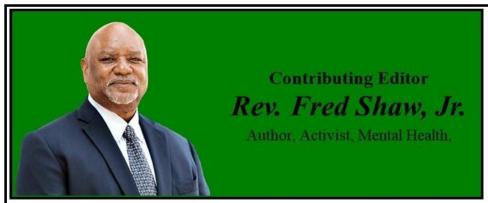
TO RSVP, CALL 240-346-3899, 443-857-1549 OR 443-493-7270

organization & House of Fannie Foundation, Inc. Men are welcome

LET STEPHANIE POPLAR BUSINESS SOLUTIONS, LLC. Assist you with forming your for-profit business this year. We help you legally set-up, structure, and start your business in all 50 states and in the District of Columbia WE COMPLETE THE FOLLOWING: Incorporation documents for C Corp & S Corp **Employer Identification Number** Trade-name √ CBE filing **Articles of Amendment** Nonprofit business development "Creating women-led charities, 501 C3" © CONTACT STEPHANIE POPLAR AT 443-857-1549



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Introducing Rev. Frederick Shaw, Jr.

drug addiction.

Los Angeles County Sheriff's Depart- dren as a provision for attending school. ment Angeles County from 1980 - 1993.

and Co-founder of the World Literacy with the purpose of eradicating poverty MEN WHO CARE AWARD, along and hopelessness in the inner cities and with actor Jaime Fox. Fred received this been an international spokesman for around the world.

Rev. Frederick Shaw, Jr (Fred Shaw Jr). Rev Shaw is a past-President of the Over the last 25 years the Rev. Shaw has is a native of Compton, CA and has Compton Branch of the NAACP, and the worked in Compton for most of his life first President from Compton to be apas a fierce advocate for issues including pointed to a California State Chair oversafe community centers, youth and fami-seeing "The Children's Taskforce". As ly activities, the importance of educa- the President of the NAACP, he lobbied tion, and the reduction of poverty and the US Congress alongside the Citizens Commission on Human Rights to get passed into law the Child Medication After attending Pepperdine University, Safety Act, which gives parents the right Rev. Shaw worked as a sheriff with the to refuse psychiatric drugs for their chil-

In 2005, The State of the African Ameri-In 1992, Rev Shaw became the President can Male and the Congressional Black Caucus Foundation honored Rev Shaw Crusade, an international organization as one of their 2005 recipients of the award for his demonstrated NAACP leadership skills and dedicated persis-

Rev Shaw co-founded the Basic Life Institute, an organization contracted with the State of California and County of Los Angeles serving at-risk youth from fense of children around the world and ages 12 – 18 years old. He was awarded by the LA County Board of Supervisors for his work with foster care children and youth on probation. Rev Shaw was also the Executive Director of the televi-Hands" that promotes racial harmony tional attention to the Electroshocking of and religious tolerance.

tence to eliminating the drugging of chil- ca and the US delivering seminars, speeches and radio shows to a variety of community, church, and civic groups, reaching over 1 million people. Rev Shaw lends his powerful voice in decontinues to lead CCHR psych marches against the American Psychiatric Association, (including the recent march against the APA's convention in 2016 in sion program, "All Nations with United Atlanta, Georgia - which drew interna-Children). He continues his work as a passionate advocate against the psychiat-



CCHR, traveling throughout South Afri-

ric drugging of children and youth, including hosting key public through CCHR's Industry of Death Museum.

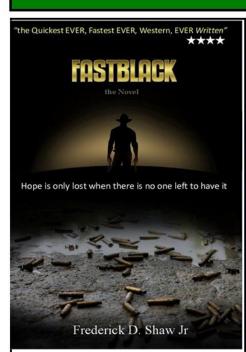








Purchase Your Books, By Rev. Frederick Shaw, Jr.



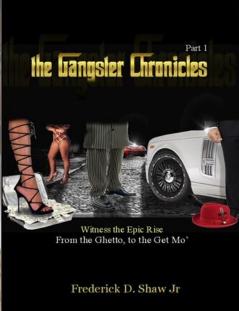
Fast Black:

This is an Old West story about a young Black man, Johnny Irons, who while seeking an identity as a fast gun, reinvents himself in the image of his legendary father, Gunner Irons. Gunner is a feared fast-gun, who is the best of an elite group of African-American gunslingers

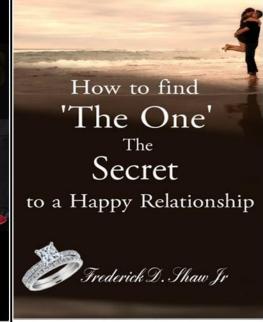


The Gangster Chronicles:

(Crime Drama) A teenager, Kevin Shaw, full of hope and faith wants to be a true solider in God's army, a minister of the gospel. His faith is shattered when he witnesses the cold bloodied murder of his pastor and his mother is forced into world of prostitution



Rights of Passage: The Mentor Code



How to find the One: The Secret to a Happy Relation.(Relationship)

This is the how to book that can help a woman to select the right man. It explores ways to eliminate the continuous heartbreaks and ups and downs of relationships.

Contact: Rev. Frederick Shaw, Jr. fshawjr@yahoo.com (310) 714-5093



HISTORY, OF THE ARCH SOCIAL CLUB

The Arch Social Club is now an uptown schools, churches, private clubs, frater- may be practiced in a Christian-like spir- ard Mason relocated the clubhouse and and Pennsylvania Avenue which is the vices of African American physicians, promoted and maintained." gateway entrance into the Pennsylvania lawyers, and funeral directors. Black Arts & Entertainment District. It is the only building on the Historic Pennsylvania Avenue that is designed as a Historic Baltimore Landmark. The Club has been a resident in the community at this location for more than 50 years; having eight presidents with seven of which were military veterans. The Arch Social Club is not a secret organization. It is not a night club, a political club, nor a protest organization. The Arch Social Club is a private club. It is a social civic organization of Black men who came together in brotherhood; some forty years after slavery to socialize, to build relationships, and to discuss the urgent issues of their day. These men were the descendants whose fathers and grandfathers were both runaway African slaves and so-called "free" Africans who had answered the call to volunteer and joined the United States Army to fight for the liberation and the freedom of their people during the Civil War. They were the descendants of the 209,145 African men who fought and the 40,000 that died in an armed struggle to end slavery; and whose heroic contributions and sacrifices saved the Northern Union Army from Southern Confederate defeat. In the spirit of our ancestors the Arch Social Club was founded in 1905, which was during the 40th year anniversary celebration commemorating June 19, 1865 (Juneteenth), the date of freedom for the last surviving enslaves Africans held in Galveston, Texas. Standing on the shoulders of our ancestors the Club's founding fathers created an organization that had evolved from an independent movement of churchmen, musicians, poets, artists, doctors, lawyers, businessmen, street vendors, military veterans, community organizers, union and labor organizer and longshoremen during the

the city, which resulted in a more unified pose in community working and surviving together without regard to skin tone or any mind, the founders Raymond Coates, class distinctions. African Americans Jeremiah S. Hill, and Sam L Barney offimen and women begin to engage in ac- cially incorporated the Arch Social Club tivities, to create, to unite and build their on March 15, 1912. It was about the enable them to fashion a new future for the social, moral, and intellectual uplift their people. They created their own of its members and in order that charity

era of Jim Crow and Segregation to what

it is today. The Arch Social Club's mis-

sion towards promoting a spirit of unity

brotherly love and having an inclusive

membership policy made it unique when

comparing it to other social clubs. We

believed that our agreed upon common

goals promoting unity, charity, brother-

hood, and community service is the

"blueprint" and has been the key to why

Arch Social Club has survived while

others have died.

Arch Social Club was started by a group

club that is located at the corner of North nal groups, businesses, and used the ser- it, true friendship and brotherly love be its 300-membership organization to its

In 1916, the membership moved the clubhouse into a building at 655 Jose- The Arch Social Club is the oldest



corner of Arch and Josephine Street located near Stokes Restaurant. After being harass and threatened by the police, they begin meeting inside the Restaurant. They were chased away by the law, and according to oral history, they begin holding meetings at a member's house on Saratoga Court. The Club was called Cosmopolitan; but around 1911 President Raymond Coates, had a meeting to discuss making re-organizational changes. Some members came with a vision, but without a plan while others had a short-term plan with no vision. They decided the first phase would be establishing a headquarters, changing the or-Baltimore, Maryland in 1905 was a ra-ganization name, defining their common cially segregated city with little personal interest, their principles, plan of action interaction between the races where Jim and who they were and who they would crow, white supremacy, and racial segre- be in the future. They rented a two-story gation, state right doctrines were the row house on a one-lane street at 233 Constitutional laws of the land. As a Arch Street for \$1.50 a week. The organresult, of those mandatory racial segre- ization was to be called the Arch Social gated restricted laws the African Ameri- Club named after the street of its new cans upper class, middle class and the residence. With this deep-seated feeling lower class was economically and so- of love, harmony, community service, cially confined to live in certain areas of respect for our people and common pur-

own social, economic and culture insti- same year that the N.A.A.C.P. was gettutions in their communities that would ting started. The Club was founded "for

coal, wood, and kept the clubhouse ment. We are a diverse group of men clean. In 1922, when Koester's Bakery that have more things in common that purchased all the buildings on Josephine unites us; than would divide us. There-Street, the Arch Social Club received an fore, we refuse to discriminate by nareviction notice of Koester's Bakery in- rowing down our membership base on tent to expand their business. Forced to class, religious beliefs, and political move, the 122-membership organization views. To become a member, you can be obtained a building at 676 W. Saratoga a teacher, preacher, democrat, republi-Street, which was purchase for \$500.00 can, independent, socialist, capitalist, September 6, 1934, the Arch Social Club Muslim, or an atheist. You can join and became the first private club in the State become a member of the Arch Social of Maryland to receive its liquor license Club, no matter your political persuaafter Prohibition, also becoming the first sion, your religious belief, or who you African American Private club in the may love. United States to obtain a liquor license after Prohibition. On Wednesday, December 29, 1948, a fire at the 676 W. Saratoga Street Clubhouse destroys all previous history of club member records and photographers. Around 1969, the club received a condemnation ordinance notice from the city ordering the Club to move to another location to make way for urban renewal which is a code word for Black removal. This city ordinance resulted in the displacement of over eleven hundred Black families, demolition of 971 homes, sixty-two businesses, and a school to make way for the East-West Expressway or what became known among Black city residents as the Highway to No-Where. In 1971, the Arch Social Club purchased the former Wilson's Restaurant building for \$55,000. In 1972, then President; How-

new home at 2426 Pennsylvania Ave-

2023

known existing and continuously operating African American men civic social private club in the United States. For over one hundred years, the Arch Social Club has worked quietly and been consistent in its mission of family unity, community building and networking with Black men, and Black organizations in supporting Baltimore's Black civil society. Our strength came from having a kindred spirit, a diverse membership, with common interests and goals which has allowed the Arch Social Club to operate as a community organization and as a cultural center. The Club has long history as being a safe gathering place where political, civil rights and community leaders could come together to host their private or public events. Historically the Club has been the venture for promoting community meetings, educational programs, cultural art, live entertainment, and night life. It is in our tradition, to support all organizations that are committed to the social transformation, economic advancement and the safety of our children, our people, and our communities. The Club continues to provide space and a platform for Black businesses, politicians, musicians, activist, artists, academics, thinkers, and organizations to come together to host their public events, to build relationships and to share their vision for the future.

Bridging the gap between yesterday and today; the men of the Historical Arch Social Club continue to adhere to the principles of unity, brotherhood, love, phine Street. They paid rent, bought charity, service, and community engagewith an annual ground rent of \$5.00. On nationalist, communist, Christian, a

> We are looking for mature, strong, dependable, trustworthy men who love and respect our women, love our children, and who want to play a role in the continuous development of our community and our people. We look forward to many more years of community service, charity, preservation of our institutions, and our culture; and always promoting friendship, unity, and brotherly love. We encourage you to become a member of the club or become a friendship supporting membership organization. With your support and your donations, we can preserve our rich history, our culture, our traditions, our goals, and our vision; so that the future work of the Arch Social Club, and our ancestors work can continue to be passed down from one generation to another.

2426 Pennsylvania Ave. Baltimore, MD 21217 410-669-9856 https://www.archsocialclub.com



From March To Movement, We Forever Rise!







And We Are Now Raising HER Up Universally..



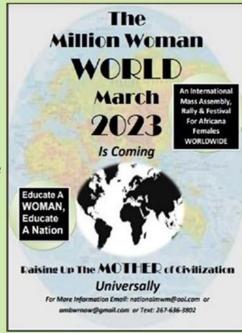


"From March To Movements" "WE FOREVER RISE"

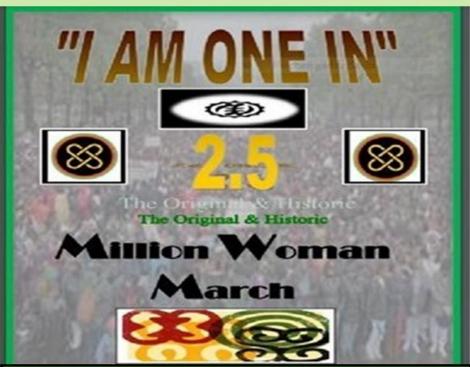
Introducing The First Global Movement For Women and Girls of Afri-

can Descent, worldwide, the
Universal Movements of the
Million Woman March
(UM~MWM) its National "A
Million Black Women Rising
"(ABWR) Federation and International "AMAMA" (A Million
African Mothers Ascending)
Evolution Society AND Now, We
Invite YOU To Join Us For The
FIRST "Million Woman WORLD
March" and The "Global Africana Women's POWER Leadership" Summit It will take place in three continents beginning.

October 2023.



Volunteers Wanted

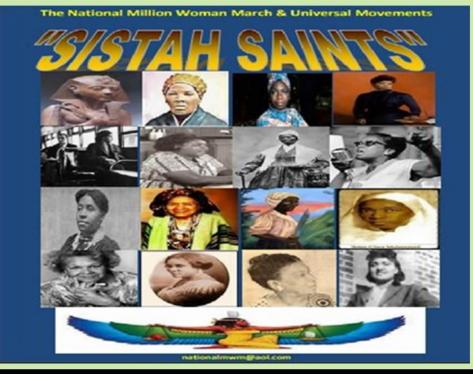


The "I AM A" Membership Drive Is Now Underway To obtain Our First Million "SIStars" Members

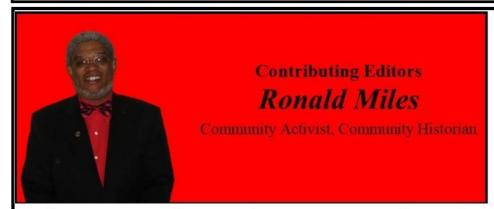
Be A Part of HISTORY In The Making TODAY! BECOME A "ONE IN A MILLION" Active or Support Member Starting With As Little As ONE Dollar. Help Build This "One Of A Kind" Incredible Global Movement that will Connect and Unify Millions of Our People throughout the US and the African Diaspora. For membership and/or volunteer info. Email nationalmwm@aol.com or ambwr@gmail.com

WE ARE THE ONES WE HAVE BEEN WAITING FOR!

If ONE Black Woman such as Annie Malone could make the achievements in business ingenuity or Madam C.J Walker in entrepreneurship like none other. Or like Nanny Helen Burroughs who took her own money to start a groundbreaking school for Black women and girls, or Queen Mother Moore whose lone activism in the 1950's made the mission & Movements for African REPARATIONS a major social justice issue and Call of The Day for REAL Black RPARATORY Justice THEN, can you imagine what A MILLION (plus) BLACK WOMEN CAN DO! AND: Isn't it time for a NATIONAL HOLIDAY FOR A BLACK WOMAN? WELL, WE SAY, ABSOLUTELY! Soon, MWM SIStarhood Members will select from Our "Sister Saints" Enstoolment honor-ees, who w shall proceed with the National Black Women's Holiday Campaign



MWM ~ UM SIStar Chapters & Task Force Committees Are Now Being Formed Worldwide For More Information Email: nationalmwm@aol.com or Text 267-636-3802



Did You Know? Facts About East Baltimore!

Carrolton School, and the Paul Laurence nectivity. Dunbar Junior Senior High School, our neighborhoods related to each other Loosened segregation and economic cleaners, waterfront, and factory work- occurs. ers. I remember not recognizing poor, but also recognizing friends who could In modern times, we have neighborhood and milk money.

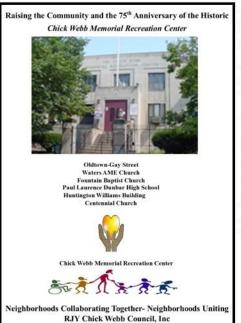
Years passed that affected our neighbor- View and Fells Point and easternly, the the transformational residents, stake-

I am pleased to celebrate the 75th Anni- hoods. Privileged programs for homeversary of the iconic and historic Chick ownership, primarily for Whites (the Webb Memorial Recreation Center; and, different immigrant groups) moved in to work towards connecting our neigh- new neighborhoods and afforded Blacks borhood residents, institutions, business- to rent and to purchase homes with ines, and stakeholders to the neighbor- stallment contracts. On the other hand, hoods' assets in culture and people. As I Urban Renewal designed to remove grew up in the neighborhoods of Somer-slums and blight such as the Old Town set Homes, Oldtown and Oliver and as I neighborhood removed human lives afattended PS#139 (Charles Carroll of feeting families and neighborhood con-

through kinship: German, Italian, Bohe- growth afforded mobility of Blacks to mian, Irish, Jewish, and Black. We rec- "move up and out" to neighborhoods ognized each other and worked towards from the Baltimore's core (East Balticommon goals. I remember teachers, more) to Northeast, Northwest and West. doctors and lawyers residing near (next Once these neighborhoods are occupied door) to lower income: hustlers, house- by our move up Blacks, white flight re-

East Baltimore Development Initiative.

The Perkins/Somerset/Oldtown Transof Baltimore and others to recreate a people and place. balanced community of low, low-



purchase a \$.35 cent plate lunch where I transformation. A new era now is the Black community, the northern part of toted a bag lunch with two sandwiches revival of the Old town along with the the P/S/O is Oldtown, rich in historic bordering neighborhoods of the south, and cultural heritage. The RJY Chick Harbor East, Perkins Homes, Pleasant Webb Council, Inc. is dedicated to assist

holders and legendary residents to learn of the historic significance of the neighborhood that may led to retention of legformation Project sponsored by the Bal- endary residents and stakeholders, and to timore City Housing Authority, Balti- allow for the new residents and stakemore Development Corporation, the City holders to embrace their location with

moderate housing, social and economic This souvenir booklet celebrating the development. The southern end of the P/ community and the 75th Anniversary of S/O is a composition of higher income the Chick Webb Memorial Recreation and the northern end with less economic Center may help as it includes information of history and culture of the neighborhood. Old town is rising from As one of the first settlements of the Phoenix. This will require community engagement to oversee the development of the historic Chick Webb Memorial Recreation Center, the Dunbar Annex, the Huntington Williams Building, and of course, any new proposal for the National Academy Foundation High and Middle schools (the former Dunbar High School and the Thomas Hayes Elementary schools}, respectively.

> This booklet will share a brief and nonscholarly writeup of several community cultural and historical assets. I hope the cursory information led to the unification of neighbors and stakeholders to prepare and to coalesce in future decisions for the neighborhoods.

Ronald Miles, Miles Family Public Servant East Baltimore, Dunbar High School, Morgan State University, Baruch College Omega Psi Fraternity, Inc.

Here is just one of the articles inside our Booklet! The Two Paul Laurence Dunbar High Schools

high. It is the second high school in Bal- 2009. played a critical role for the children who attended that school for junior and senior high between 1932 and 1974. It also served the larger community in a variety of ways. Dunbar was one of the few recreational facilities in East Baltimore open to African Americans during segregation, used by children and adults alike. It was the site of professional concerts and plays open to the community dances for service members in World

The original Paul Laurence Dunbar Jun- ing and the need for a new state of the Council and becoming the city's first ior Senior High School, PS#133, is cur- art facility. The original Dunbar Senior African American Mayor of Baltimore rently serving as the National Academy High School closed its doors in 1974. City. Foundation High School. It is a Balti- The new Dunbar High School opened its more City historic landmark. The school doors. The original school then became



ator. Enolia McMillen served as the na- Topac Shakur attended Dunbar in the 9th tional President of the NAACP, and grade before graduating from the Balti-Mayor Clarence "Du" Burns worked at more School of the Arts. the school for 22 years as a locker room attendant before he was elected to City

Notable graduates of Dunbar include first served as an elementary school, PS Dunbar Middle School until the National Ester McCready, Class 48 opened the # 101 until it added grades for senior Academy Foundation High School in doors for African Americans to attend professional schools of the segregated timore City established for Negroes in
1932 and had its first graduating class in The Original Paul Laurence Dunbar the Nursing School. Lois Young-1938. Dunbar has long associated and High School herald in notable persons in Thomas, Class 50, (Daughter of Dr. In athletics, Dunbar dominated in bas-Ralph Jonathan Young) attended the ketball, football, and baseball in the seg-Johns Hopkins School of Optometry. Dr. regated athletic arena. In the Maryland Young graduated magna cum laude from Scholastic Association established in Howard University and was the first 1957, primarily all Black school mem-Black female graduate of the University bership, Dunbar was triumphant under of Maryland's School of Medicine. Dr. the leadership of William "Sugar" Cain. Young is memorialized at Johns Hop- Mr. Cain, a former Globetrotter basketkins School Office of Student Affairs. ball player headed the athletic depart-Judge Robert M. Bell, Class 61 (Chief ment for more than 30 years. He guided Judge, Maryland Court of Appeals- re- basketball teams to national recognition tired), Reginald Lewis, Class 61, estab- that produced players as Joe Pulliam, War II, women's teas, statewide educa- politics, scholarship, and athletics. Dr. lished a billion-dollar business- Beatrice Charlie Moore, Jimmy Files, Nat Engtional meetings, evening study centers Carrington L. Davis, the principal of the Food and others). Clarence "Tiger land, Tony Brown, Billy Snowden, Larfor students and more. The school pro- school from 1933 - 1949 was president "Davis served in the Maryland House of ry Gibson and Skip Wise. All these playvided free public baths to children in the of the Maryland State Teachers Associa- Delegates and is formidable with the ers led to Reggie Williams, Muggsy tion. Former State Senator Clarence National Association of Black Veterans. Bogues, Keith Booth, Sam Cassell and Blount was a vice-principal at Dunbar in Audrey Cyrus McCallum, Dunbar Class others in later years under the guidance Overcrowding of Dunbar where portable the 1960s and was instrumental as the of 1956 became the first to enter Pea- of Robert Wade a standout of Sugar classrooms were used along with the coordinator of the New Dunbar Devel- body Preparatory and earned a Bachelor Cain teams. The latter graduates attendbuildings, the community joined to pro- opment Program for the current Dunbar of Music Degree in 1960. Nathan Irby, ed the new Dunbar, PS#414. test for the retention of the school build- High School before becoming State Sen- class 51, Councilman and State Senator,



Support Our Efforts

If Not Us Then Who? **Donations Needed!** Volunteers Needed! **Historians Needed!**

Contact Us Ronald Miles 443-413-0768

FOR CONTRIBUTIONS: Cash App: \$RJYChickwebb,

VENMO www.venmo.com/RJYChickwebb Pay Pal paypalme/RJYChickwebb Also web site: RJYChickWebbCouncil.com





The National Black Council of Elders

Introducing The National Black Council of Elders!

The National Black Council of Elders will officially launch in December 2022 as part of the annual Kwanzaa celebration. Conceptualized initially by the Forming a National Black Council of aspirations. Congress for African People and Elders is necessary and will serve as the a National Movement and Network, through the establishment of a National Council of Elders (NBCOE). The NBCOE's role and function will be to provide an intergenerational collaborative working space for communities working on social justice. That work will be grounded in Africentric principles, spiritual guidance, technical assistance in the formulation of policy, and the development of programs, services, and various projects which will contribute to the growth, self-governance, and economic empowerment of the African American communities nationwide.

The purpose of the NBCOE is to build Councils of Elders in localities wherever blacks are in this country, around foundational Principles of Unity and Principles of Cooperation. These principles will provide an over-arching and unifying ideology for the collective mission versity of interests within its midst. Fre- such areas as Naturalistic Health Care, of building a National Community and quently, the dominant society has usual- African Centered Education, Sustainable unifying our Global Family in Africa ly selected and created our "leaders" by Employment, Industry Building, Techand her Diaspora.

RATIONALE

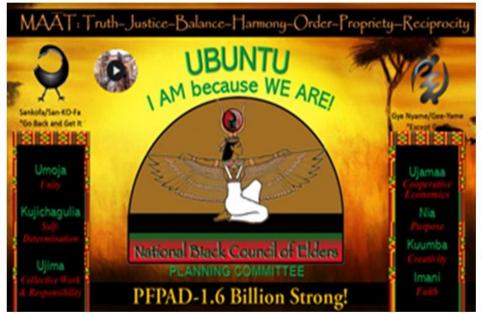
thus shaping public opinion. The African Communications Systems and NBCOE is a policymaking, program- Networks. formulating, and project-initiating institution which bases its mandate on a core In the African American context, our

charged to the Friends of the African hub of a National Rites of Passage struc- The NBCOE seeks to form alliances and tional Community represented in all of Union's Chief of Staff, Mwalimu Wes- ture and institution, from birth to ances- communication networks with other its diversity. NBCOE promotes Instituley Kabaila, to plan and structure the torhood. The question of leadership in Council of Elders, national and globally, tion Building as a key to community and organization, the NBCOE is intended to the National Black Community contin- to promote policy agendas in favor of nation building. Key among these is the

set of negotiated and agreed-upon Afri- social reality dictates that our approach can values, principles, views, vision, and to forming a National Council of Elders takes on the character of a United Front Structure to have each sector of our Naengage, aid, and assist in the building of ues to present challenges around the di- the interests of African descendants in establishment and formation of a standardized Rites of Passage Program for our youth to give positive focus and direction as agents of their liberation, spiritual growth and development, training as first responders, linguists of the 3000 African languages, creative producers in the Arts and Sciences, and as agriculturalists of non-GMO foods.

> The National Black Council of Elders will be open to black people from all over the diaspora who are committed to working intergenerationally and collaboratively to improve the lives of black people both nationally and international-

> If you are interested in becoming a part of the National Black Council of Elders, please visit our website https://nationalblackcouncilofelders.org/ or contact us at nbcoelders@gmail.com. We look forward to working together to build a better future for all black people.



controlling and manipulating the media, nological Advancement and Global Pan

CALLING THE ELDERS!

much from the Elders as possible.

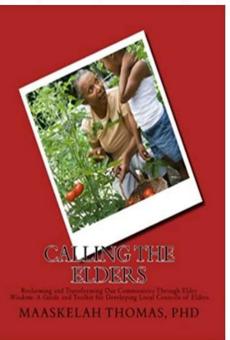
Reclaiming and Transforming Our Com- African American communities. munities through Elder Wisdom: A ested in developing an essential avenue community for capturing and enlisting the resources Dr. Thomas, Councils of Elders in communities engagement, organizational develop-

With Baby Boomers coming of retire- throughout the country and beyond. ment age yet retaining good health and Based on a successful model currently physical prowess to accompany acquired operating in the Wichita community and portantly, as the guardians and purvey- on through the transition into esteemed wisdom, many are searching for things modeled in part from the earlier estabto do and places to go in this next phase lished Maryland Council of Elders, it of their lives. Some call this stage Elder- includes an overview of the historical hood, and traditional African societies importance of Councils of Elders, as embrace it, respect it and try to garner as well as the building blocks of this functional model for institution building. Most importantly, it provides practical It was with this in mind that Dr. Maas- steps and processes for ways to engage kelah K. Thomas created an easy-to-read the entire community in reconnecting the guide and toolkit: Calling the Elders - links that have historically strengthened

Guide and Toolkit for Developing Local In addition, the evidence-based tools Councils of Elders (available through throughout the book can be adapted and Amazon.com), designed for those inter- used for various other organizational and development of African-American seniors for ongoing practitioner, consultant, and 35-year vetcommunity strengthening and develop- eran of community and organizational ment. Envisioned as a rite of passage development and social justice advocaprocess, the Guide provides both ra- cy, brings together "tools of the trade" tionale and method for implementing and valuable guidance for community

ment, and institution building.

Councils of Elders have their roots in indigenous African communities, which Elderhood represents a critical stage viewed the Elders as repositories of along the rites of passage continuum knowledge and wisdom, and, more im- from birth through the senior years and



ors of a community's values, traditions, norms, and interests.

ancestorhood. The Council of Elders has traditionally been the organizing institution that honors, embodies, and unleashes an indispensable group's ongoing wisdom and potential. The goal is that communities will be able to utilize this institution to help rebuild and reconnect communities - locally, nationally, and internationally - based on common ground, as exemplified through the wisdom of our Elders.

"For communities interested in starting their own local Council of Elders, a limited number of Council Starter Kits are available at no cost to community planning committees via support from the 400 Years of African American History Commission, the Wichita Council of Elders, and the NBCOE. For more information, contact aaelders.wichita@gmail.com or nbcoelders@gmail.com."

The National Black Council of Elders



If you are interested in becoming a part of the National Black Council of Elders, please visit our website

> https://nationalblackcouncilofelders.org/ or contact us at nbcoelders@gmail.com.





The National Great Blacks In Wax Museum

A TOUCHING AND EMOTIONAL TEMPORARY EXHIBIT INSTALLATION CONTINUES THE NATIONAL GREAT BLACKS IN WAX MUSEUM'S 40 YEAR TRADITION OF UNAPOLEGETICALLY COMPELLING AND THOUGHT- PROVOKING DISPLAYS.



BALTIMORE, MARYLAND, OCTO- ture works. Cash Crop has toured for Horse, Flying W, and Fancy Legs, etcd Black Rock Senegal Residency compelling depiction of the dark belly of a 19th century slave ship hold, and its powerful expose on the raw reality of lynching, The National Great Blacks In Wax Museum will continue the legacy with Cash Crop, an installation by renowned artist and creator Stephen Hayes.

Featuring fifteen life-size sculptures of human figures cast in concrete and bound in chains and metal of the Atlantic slave trade, Cash Crop strives to create a connection between human rights violations of the past and present. The 15 life-sized casts of the artist's friends and family represent the 15 million African people forcefully brought to the Americas between 1540 and 1850.

An Invitation – Only opening reception and artist gallery talk will be held on Friday, November 10, 2023. The exhibit will open to the public on Saturday, November 11, 2023. The Museum hours are Thursdays through Saturdays from 10 am to 5 pm, Sundays 12 noon 5 pm. Cash Crop will remain on view through April 30, 2024.

About Stephen Hayes

Hayes earned his MFA from Savannah College of Art and Design in 2010 with this tour de force exhibition. Cash Crop launched Hayes onto the international stage and laid the foundation for his fu-

life size wax figures, its moving and um of Philadelphia and the Harvey B. manner one would "break" or dominate, morializing the lives of ancestors lost to

BER 2, 2023 - Having earned a reputa- over a decade at prestigious museums which refer to the white slaveowner con- founded by Kehinde Wiley, and has cretion over forty years for its well-crafted including the African American Muse- cept of "breaking" a slave in the same ated monumental public artworks me-

> Stephen Hayes Exhibits Human Cargo with Cash Crop

Gantt Center. Other works in this exhi- a horse. bition have been exhibited in museums

including the Nasher Museum of Art, Stephen Hayes is Professor of the Prac-North Carolina Museum of Art, Camer- tice of Art, Art History, and Visual Studon Art Museum, Rosa Parks Museum, ies at Duke University. He is the 2020 African American Museum of Philadel- winner of the 1858 Prize for Contempophia, Harvey B. Gantt Center, and Na- rary Southern Art for work that contribtional Cathedral. Some of these works utes to a new understanding of art in the are gut-wrenching, such as To Break A South. He is a 2023 recipient of the cov-

slavery in the American South. Another project incorporates earth from various mass graves containing remains of enslaved human beings in Charleston, South Carolina.

About The National Great Blacks In Wax Museum

The National Great Blacks In Wax Museum was founded in 1983 by two Baltimore educators, Drs. Elmer and Joanne Martin. In 1988 their philosophy that "community development and cultural development go hand in hand" prompted them to relocate the Museum from their downtown storefront to the fragile, low income Oliver community in East Baltimore. The aim was to spur cultural tourism as a catalyst for community revitalization.

Since its opening in1983, the Museum has become a prominent, nationally recognized institution. It has also evolved into a powerful compendium of wax figures. The Museum houses about 150 figures of people from the past- like Dr Martin Luther King Jr. and Rosa Parks and from the present-like President Barack Obama.

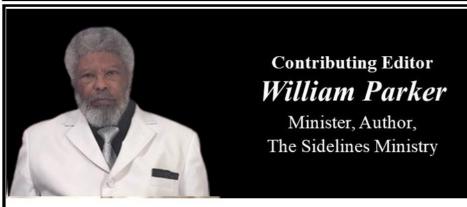
A slave ship replica stands first and foremost in the Museum. Within it, a lifesize re-creation of the dark belly of a 19th century slave ship shows figures in the dank ship's hold, their bodies crushed, but not their spirits.

Dr. Joanne M. Martin, President The National Great Blacks In Wax Museum (410) 563-3404, ext. 16 jmartin@greatblacksinwax.org

Museum Hours

Thursday through Saturday: 10 am to 5 pm Sunday: 12 noon to 5 pm Opening Date - November 11, 2023, Closing Date - April 30, 2024





God and The Bible Smoke and Mirrors Part 2

Smoke and mirrors are a phrase use to Bibles have been sold. emphasize that you have been made to believe something is true when it is not.

smoke and mirrors.

"the pen is mightier than the sword".

This seems to indicate that what is written has more influence on people and events than the use of force and vio- But many have seen the light and There is no historical evidence that exist But most of them wanted you to have

Since people are spiritual in nature, it has been found that you can control them better by controlling what they

Religion is the tool of choice because it's based on faith.

Faith can be explained in many ways because it can't be proven.

Hebrews 11:1 says, "Now faith is the dence of things not seen."

This is in the Bible which most people consider to be the Word of God but less than a third of the world population acin it, don't live by it.

So, why is the world controlled by it.

This is a long story which actually took root with the Roman Catholic Church in 312 AD or CE as it is now referred to.

But it actually began to flourish in 1454 with the invention of the Gutenberg Press.

Remember the Phrase, "the pen is mightier than the sword".

Johannes Gutenberg, a German goldsmith, a Christian invented the printing press in Mainz, Germany and the first book he printed was the Latin Language

He printed so many that it caused a Protestant reformation that split the Catholic Church.

The German and European Jews saw the power of the press and eventually flooded the world with Bibles and other Christian materials.

That's why today more than 5 billion

That's 4 billion more books than the I said, historically the first time Israel me. next book on the best sellers list which is became a nation is in 1948 when the Life therefore is made up of a lot of Quotations from Chairman Mao Tse- State of Israel was formed three years tung.

this day.

they are silenced, die mysteriously, or ever existed. ridiculed for being crazy.

and we have to take that on faith because have settle after leaving Egypt. they can only prove it with a book they wrote, and they are not the Jews of their own book.

about the European Jews not being real committing suicide.

tually believe in it and those that believe I believe I said something like Hitler leave Russia when he had the victory in was only trying to right a wrong.

ites tried to kill all the Canaanites.

the press at their disposal and use it to paint Hitler a mad man.

The German Jews are called Ashkenazim, descendants of a grandson of Jaer of Babel.

The Jews of the Bible are descendants of Now I'm reading that 99% of the world Judah, a descendant of Israel, a descend- is controlled by 1% of the people. That ant of Abraham, a descendant of Shem. 1% is comprise mostly of Jewish people.

God told the Israelites to take the land trolled by Jews. The largest media platmore. and kill everyone because he had given forms, new papers, TV, radio, publish- Today's leaders ask for more and do them the land, Hitler was a dictator led ing houses, and social media are all con- less.

murder people but not anyone else.

He said, God can do whatever He wants

to kill someone it's okay. So, how do we tion, politics, and economics. know when a person is acting on a word from God when he open fire on a crowd of people.

This is my problem with the Bible. If the Jews said it, it's God ordained. If a non-Jew says it, it's of the devil.

Normally, I don't discuss my research until I have verified it with three indeholocaust, I began to share some of my diligent research. findings that I felt were not just coinci-

after World War II.

walked away from the church. But when that I am aware of that prove the Kingthey start to make an impact on society dom of Israel and the Kingdom of Judah

You see my brothers and sisters; the it's based on letters, names, and places changes. But you are still on the bottom. Bible is the history of the Jews. The cho-tied mostly with the Land of Canaan sen people of God according to the Jews where the Israelites were supposed to

But after the Russian Jews, the German sults. Jews, the Poland Jews, and other European countries made a deal with the substance of things hoped for, the evi- I was discussing this with a friend, and United States, the tide of the war Him. But instead, we choose to follow we got on the subject of Hitler and the changed for the Germans and the war holocaust because I said something came to and end with Hitler reportedly What I'm trying to say in the simplest

> Also, General Patton was ordered to hand.

Hitler was trying to kill all the non-Jews A lot of things happened in and after claiming to be Jews just like the Israel- World War II that don't make sense to me, but to be fair I'm not through with men are claiming to be hearing from But the German Jews had the power of my research, and I might be reading things that are not there.

> the world was controlled by 20% of the people.

pheth that migrated north after the Tow- In the 90's, I read that 90% of the world was control by 10% of the People.

My friend interrupted me to say that It is said that the largest banks are controlled by Jews.

> White Pope that controlled the Catholic and rewarding. Church and a Black Pope that controlled the Jesuit.

The Jesuit is said to control the four hid-

I said, so when God commands someone den dynasties which are religion, educa-

Now I'm told that there is a Grey Pope over them all and he is head of the Jewish family.

So, to make a long story short. All we have are smoke and mirrors.

We have been programmed by the media to believe a lie.

pendent trustworthy sources, but since We don't know anything but what was we were on the subject of Hitler and the pass down to us because we refuse to do

> We claim it was good enough for our parents therefore it's good enough for

Well, I hate to be the one to tell you. It was not good enough for you parents. They learned to live with it because I'm sure you have also heard the phrase, The Bible has been propagandized by The first time the Jews or the people of that's all they had to hold on to after Jews and modern-day Christians to in- Israel are mentioned in history outside being stripped from their home. Forced fluence the minds and hearts of men to the Bible is around 200 years before to change their birth language and reli-

> better. But each generation began to adapt to the new way of life.

Times changed and you think they got To be fair, there are a lot of claims, but better. You just fell in line with the new

> We should learn from the past to improve the future. Instead, we continue to repeat the past expecting different re-

> God gave each of us a mind to follow each other.

> way as possible is to look to God not to man. The person beside you only knows what he has learned from another person unless he's been in touch with God.

> That's the hard part since we have been programmed to listen to man. A lot of God these days. But what are they doing but making more money for themselves.

However, in the 80's, I read that 80% of Look at Jesus and the apostles if you want to know how people should act when they hear from God.

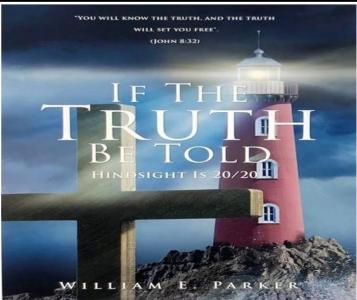
> Brothers and sisters, I know we live in a different time but the difference in ministry should be the same.

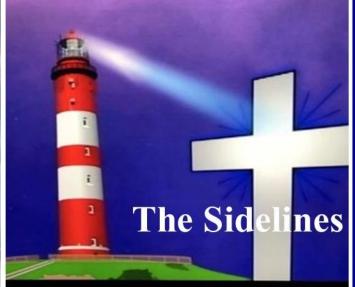
God is the same yesterday, today and

The apostles asked for less and did

If you can't see through the smoke and I said, so it's all right for God to mass Also, in the 80's, I read there was a mirrors, I pray your life on earth be rich

> You can find me on YouTube. Just Search: William Earl Parker





Visit Us On YouTube The Sidelines Ministry For More Information Call

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To Purchase Book

Contact: Amazon, Barnes & Nobles, Apple I Books



Contributing Editor Neal Spencer

Entrepreneur, Community activist Podcaster & Organizer

Neal Spencer Have a Dream & A Vision

available great services to the state of can recognize each other.

consumer to business also the vision Spencer includes podcasting where he will invite businesses from all over the state of There are several reasons why there is a

When I met Neal Spencer, he was very passionate about that vision my observa- I personally want to thank Neal Spencer sion it's very similar

organizing Black/African American businesses and services to unite and recognize one another also he knows that there are small groups of businesses that has formed and operate in small patches

Neal Spencer a native of Texas believe of the state of Texas. He is not in comthat one day the Black/African Ameri- petition with those groups but he wants can businesses will come together form to support and bring more exposure to a union support one another and make those various groups so the other groups

If you are in the state of Texas and you He named this vision the Ebony Busi- own and operate a Black/African Amerness Network the vision is to have a ican business or service, or you may directory where people can find one know a business or service that can benanother from business to business to efit from this vision contact Mr. Neal

Texas to come to the podcast to share need for an organization like this he their information about who they are believes that we must equal the playing what they do and why they do it. Also, field when it comes to economic emto provide live events networking events powerment this is a way that could build business Expos think tanks and much Black/African American businesses also this vision can build our communities and most importantly our families.

tion is that the passion he has is because because he inspires me to continue to do he is a visionary I recognize that vision what I do and that is to support recogbecause I too is a visionary and my pas- nize uplift black businesses and services also for such a time as this I personally believe that God always raises up indi-Mr. Neal Spencer not only did he dream viduals that would take a stand for jusabout it he did something about it he is tice for all and economic freedom for all. Thank you, Sir, for your vision!

David Murphy, Publisher



Calling All Black Busineeses In The State Of Texas

Now Formulating The Ebony Business Network For More Information:

ebony-small-business-network.com

Contact: **Neal Spencer** (972) 587-6922



booking@spiffyspa.com 200 N Tone Ave. Denison, Texas spiffyspa.com (972) 587-6922

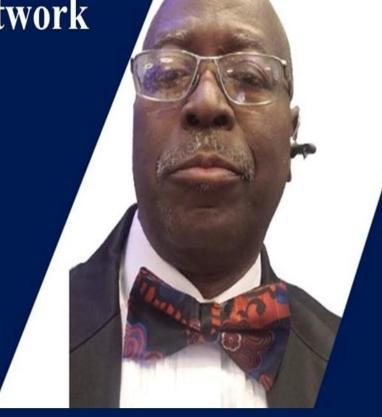
Coming Soon! Ebony Small Business Network The Neal Spencer Podcast

Featuring: Local & National Businesses, Networking,

The Ebony Small Business Network



Organizing Black Businesses Podcasting Services Live Networking Events Print Media



Connecting Black Businesses In The State Of Texas & Beyond Join Our Free Black Business Directory (Small registration Fee)

> We Are In Our Pre-Launch Stage, Take Advantage Of Our Special Offer! Https://ebony-small-business-network.com



Contributing Editor Mary Miller

The Insurance Lady, Financial Educator, Wealth Strategist

Introducing, Mary Miller

strategies.

has built a strong reputation by placing their concerns.

"The Insurance Lady." She holds licens- maintaining an unwavering commitment ment in various organizations, where she es as an insurance and annuity broker to professionalism. Her dedication and serves on the board of directors for a "The Insurance Lady" team invites you and is a seasoned financial educator and vast knowledge, coupled with exception- local domestic violence organization and to explore their video library and discovwealth strategist, catering to clients al listening skills and a deep sense of conducts financial literacy workshops to er why families nationwide turn to Mary across multiple states, including the client care, have paved the way for her promote financial security, wealth crea- for their financial needs. Don't hesitate DMV region. With close to two decades remarkable success. Mary's focus lies in tion and protection. Additionally, she to get in touch with her today and take of experience in the financial services helping her clients identify coverage actively supports people in registering to advantage of the opportunity to work sector, Mary's expertise primarily re- gaps and analyze their needs, working vote and exercising their right to vote. volves around cash value life insurance diligently alongside them to implement effective protection, savings, debt elimi- With her extensive experience, unwavernation and retirement plans, often utiliz- ing dedication to her clients and commu-Throughout her flourishing career, Mary ing cash value life insurance to address nity, Mary B Miller is an insurance

with whom she shares a beautiful 30year journey. Their loving family includes four adult children, three grand- Mary and her team offer a comprehen-

commitments, Mary nurtures her person- coverage, college funding, mortgage al passions, which include reading, re- protection, and more. Their primary goal laxing with friends, traveling, and ex- is to tailor solutions that fit within cliploring museums. Her sense of commu- ents' budgets while effectively address-Meet Mary B Miller, better known as her clients' interests at the forefront and nity and compassion drives her involve- ing their unique needs.

agent who can be trusted to deliver relia-

bility and peace of mind. Whether it's Described by her clients as passionate, safeguarding family, businesses, or honest, helpful, and hard-working, Mary wealth, exploring alternative financial not only excels in her professional life solutions, planning for retirement or colbut also cherishes her personal role as a lege funding, Mary is here to provide a dedicated wife to her husband, Herbert, path to financial security and wealth accumulation.

children, and seven great-grandchildren. sive range of solutions, including strategies for debt elimination, life insurance Beyond her professional and personal solutions, retirement planning, disability

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Contributing Editor Troy Richardson

Owner and Founder at RCG Richardson Consulting Group

Introducing Troy Richardson

Troy Richardson is a man of God and and individuals. He serves veterans and friendship of the legendary acting ardson (Black Mother Teresa).

He serves the undeserved and becomes community. the voice for the voiceless.

temptations and challenges he was able keting leadership to help businesses He also sits on the executive board of monthly): to navigate through the bad to be en- grow and capture market share. riched and goodness. Aspirations of besinging and she was a gospel singer.

Today as a successful businessman and

the son of the late Dorothy Gray Rich- homeless, maternal health and suicide, director Mr Bill Duke we are planning domestic violence and human traffick- victory at the 2024 Emmy awards. ing and transplant and the donor organ

RCG Richardson Consulting Group https://canvasrebel.com/meet-troy-Growing up in New York with many LLC utilizes 25 years of sales and mar-richardson/

ing a professional athlete early on gave By clicking any of the links below you www.tinytownca.org him a competitive mindset in which he will become familiar with who this man www.goalfe.org still utilizes to this day. He inherited the of God is while also having the oppor- www.rcghome.net spiritual fortitude of giving from his late tunity to get engaged and get involved www.rcgglobalty.com mother and even was given the gift of while locking arms with him and many www.inoj.org others such as the Godfather of Speak- https://canvasrebel.com/meet-troying Mr Les Brown Dr Stacee Lang.

entrepreneur he continues to serve others A proud editor of the award-winning by aligning and partnering with like- national black Unity news is one of the minded and like spirited organizations proudest accomplishments in his life.

Honoring his late mother by creating all https://www.change.org/ natural vegan skin care line INOJ Inspir- StopVeteransSuicide ing the Name of Jesus is another lifelong dream realized.

https://canvasrebel.com/meet-troyrichardson-2/

The pride and joy is the RCG Media Forex and Crypto Currency Group which is developing film, televi- Tax Strategy sion and Stage plays. NICU DC will be Insurance Planning the first television drama series with Grant Writing and Revenue Strategy preparation to shoot the pilot episode early 2023. Blessed with the mentorship Protect Against Recessions

NICU DC TEAM:

three incredible nonprofits: www.fozainc.org richardson-2/

www.bhni.org

Stop Suicide Amongst military and vet- Chanel Dickerson.

erans by signing the petition:

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https://Breatkthrough.novatechfx.com/ enroll

> Contact: Troy Richardson troy@rcghome.net 202-517-4922

I am proud and pleased to introduce our featured partner, Author and Coach Ms.

PREVENTIVE CARE MANAGEMENT (SIMERP)

Our Black and Brown Business Owners and our Schools and Non-profits have call that you will bring your team which normally includes the CFO and HR direcbeen overlooked for decades.

NOW we have an opportunity for inclusion and impact. The IRS program This information should be shared with executive with employees in your circle. (SIMERP) was designed in 2013 with Obamacare to offer a decrease in tax liability and provide preventative Wellness benefits for employees all at no cost. This program has been the lifeline for those businesses who were aware and who were able to enroll and take advantage of the benefits.

The enrollment is simple because there are no Financial documents needed. Eligibility depends on a minimum of two W-2 30-hour per week employees. The average tax savings is \$500 per employee annually. Every time the payroll is run those savings are realized.

To enroll in this program simply watch this short video and email me. Once I get your email I will respond with available dates and times for 20-minute overview

SIMERP Video https://vimeo.com/862214864

Referral Program 10% Referral Bonus Click the link below to Join Today! https://form.jotform.com/231191460092045

> Message me for details: trichardson@aygfinancial.com

Ready to start saving money by offering a wellness benefit for your employees at no cost.

Preventative Care Management



SELF-INSURED MEDICAL EXPENSE REIMBURSEMENT PROGRAM IS A PARTICIPATORY PREVENTATIVE CARE MANAGEMENT PROGRAM THAT IS IRS, HIPAA, AND ERISA COMPLIANT, AND AVAILABLE AT NO NET COST.

WHY SIMERP?

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22,000 employees X average \$10,000 reduced gross pay = \$220,000,000 in gross payrell reduction. The work comp is based on that number so that would go away (it would be safe to assume that based on a few states that this wouldn't apply to that 75% of this number is a conservative estimate).



22,000 employees X \$500 per employee in potential payroll tax relief = \$11,000,000 per ear potential payroll tax relief



22,000 employees X \$1,000 on average a year in benefits = \$22,000,000 in extra benefits with no health questions at no net cost to the employer.



 Reduce Worker's Comp by up to 30% while keeping your broker and policy in place.
 Mittigate Monday morning Work Comp claims (70% of Work Comp claims happen on ay marning). se payroll taxes on average of \$500 annually per employee

EMPLOYEE FEATURES

- adanboara.

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 5. They have access, coverage, and resources with no effect on their tak

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Troy Richardson 202-517-4922



The Men and Families Center Inc.



Mission Statement

The Men and Families Center, Inc. improves the quality of relationships be-East Baltimore and their families that increases the accessibility of services and community awareness. We address their specific needs through a holistic array of services that are designed to meet men, women, seniors and families where they are and move them towards self-empowerment and sufficiency.

Background

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

Pandemic

During the Covid pandemic we concentrated more on the following Food and help with protecting our seniors and kids. We did this by providing pop ups throughout the City. We provided food boxes and bags to over 26,000 families over this three-year span. We provided Mask, hand sanitizer and wipes, Covid test kits to the community at large, three schools and a number of community organizations. We intentionally targeted the hard-to-reach populations because we saw that as a resistance to kids and

our seniors.

MFC Capital Campaign.

tween fathers and their children, thus We are trying to get our three buildings keep your eye open for the new Rites of bills and criminal records / expungeenhancing the preservation of families, renovated. We feel that our clients de- Passage Program, it will be the Urban ments etc. We have been providing ser-

social determinants that often keep them Donation can be made out to the Men form even thinking about their health or and Families Center Inc.2222 E. Jeffer- anything else. Like past due rent, emson St. Baltimore Md, 21205. Please ployment, housing, child support, BG&E The Center is a coordinating place for serve to have a descent building to come Rites of Passage for kids 12 to 19 years vices to these populations throughout the city and surrounding counties.

Re-Entry

We provide holistic services that focus strongly on life skills and connecting this population to resources and opportunities to prevent recidivism. We also refer to and work with them to secure housing, and employment, while also connecting them to healthcare services.

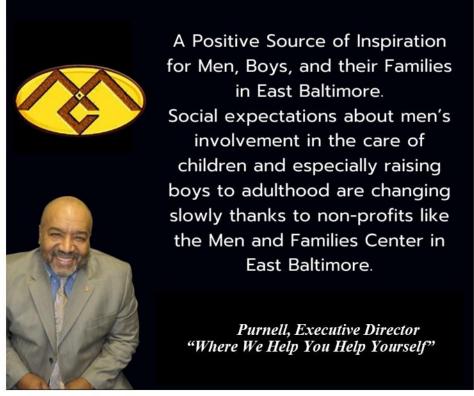
Rites Of Passage

This program was established to help youth be more respectful of elders, women, their communities and themselves. The Rites of Passage program draws in strength from an Afrocentric value system that brings young men through a series of prescribed developmental stages towards manhood. It is offered to males ages 8-18 as an 8-week long program. To date, over 100 young men have completed this program.

The major discussion topics covered in this program are:

Mind and Manhood, Drug Abuse Prevention, Abstinence, School Retention, A Clean Record: No Arrests

Young men are encouraged and mentored to focus and create realistic goals that will assist them into becoming strong, accountable, responsible, and productive individuals, in their families, schools, and communities.



to for the many problems they might old. Coming soon that focused on adbe hard to find a family that has not ben-respond to this community's vision. efitted from our hard work in and around Baltimore. We need you to talk to the The Men and Families Center formerly greatly appreciated.

have. This would allow us to serve more dressing real life issues confronting urpeople in a state-of-the-art facility. If ban men and their families Subsequentyou ask your family members it would ly, The Men's Center was created to

politicians, friends and family to help known as the Men's center has been in with this worthwhile project. All dona- existence for 28 years this November. tions are tax deductible and will be We provide support and guidance for those people that are weighed down with



Programs & Services

Life Skills

Presentation Budgeting

Being prepared for work

Managing Pre-Employment

How to create a resume How to complete an application online

How to search for jobs online How to prepare for an interview

Proper dress for the interview

Referrals to Employment Connections directly to jobs

Training Opportunities

Referrals to Housing

Programs

Housing Connections

Advocating for Housing

Health and Insurances

Linkages to Supportive Services

Men and Families Center, Inc.

2222 Jefferson Street Baltimore, Maryland 21205 www.menandfamiliescenter.org

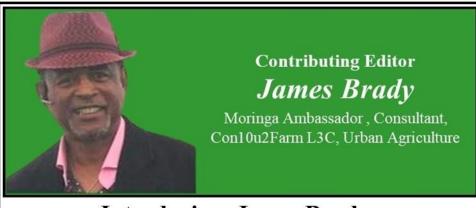
(410) 614-5353

tury farming labs for our soldiers.

food production.

Our Mission

Our Vision



Introducing, James Brady

amazed at the gifts and talents this kets, vacant lots, general plans, code Our vision is to educate the most vulner- many unidentified ways to describe urbrother possesses. He is involved with abatement, urban agriculture, farm safe- able citizens about healthy eating habits ban agriculture and the various activities health and Wellness; James Brady pro- ty planning, vermaculture, hydroponics and transfer our growing knowledge to that involves growing food on public duces health products and agricultural and aquaculture. products.

Most importantly he really cares about us, and our well-being, and he has solutions to some of our most serious problems. Please read the information below, this can change your life and your quality of life. Thank you, Mr. Brady, for your participation and what you bring to our table, welcome aboard Sir.

Con10u2farm, L3C, is a veteran led 21st century urban agtech consulting firm that specializes in recirculating water gardening systems such as hydroponics, aquaponics and adaptive growing modules. We custom make learning labs for the next generation of urban farmers in local schools via partnerships with Sacramento County Health Department and other community-based organizations. We view urban agriculture as the fastest growing market for economic development in underserved communities around the nation.

Our services cover community support- Con10u2farm

I would like to introduce you to our new site selection, greenhouse design, condieditor Mr. James Brady! I am truly tional use permits, co-op farmers mar-



the larger communities.

awarded was ed agriculture, food hubs, USDA spe- 'Homegrown By Heroes' label by Farm- Urban Ag starts with a strong desire and cialty crop block grant evaluations, farm ers Veteran Coalition for the purpose of passion to bring about real change in all education.

recognizing the impact veterans are hav- distressed communities or food deserts ing growing foods and creating 21st cen- across America. Over twenty-seven cities have adopted Urban Ag ordinances to support and encourage residents to grow food for themselves and families for profit. Urban farming and economic Con10u2farm, L3C, is a low profit so- development should include creating cial enterprise that will grow better than community gardens, farmers markets, organic foods for healthier communities food hubs along with after school proall over the world, by utilizing our regrams, for the next generation of Vegturning war veterans. Growing organic gielantes to thrive. food and creating local jobs for our vet-

erans that are socially beneficial, helps Urban agriculture is a term that deto rebuild communities based on local scribes a range of food-growing practices in urbanized areas. We promote indoor farming using 21st century technology to grow more food utilizing smaller spaces and 90% less water. There are children who in turn engage parents and land in 'urbanized' environments, including cities, suburbs or small towns.

> Urban farms are larger-scale, more intensive sites and may include entrepreneurial opportunities such as growing food in container gardens, indoors, outdoors, on rooftops, patios as well as through other tech innovations. Worm farming, bee keeping and aquaponic systems are more suitable for 21st century growing in cities.

> Leasing city property is a good way for a public agency to evaluate whether the proposed use will be sustainable over time. If, after a successful term, the community partner wishes to buy the property, the public agency will be much more likely to enter negotiations if it has a favorable opinion of both the project and the partnering organization. Some cities have created tax incentive zones for property owners to lease to members of the community for a tax credit. Urban agriculture promotes healthy food, civic participation, public safety, and job skills for 21st century Agriprenuers to engage in without obtaining a formal

MORINGA*TANG*



Congressional Recognition

connection with nature, and the quest for the boundaries of conventional wisdom. sustainable solutions to some of our world's most pressing problems, we of-



ten find ourselves drawn to the treasures that the Earth so generously offers.

In the pursuit of better health, a deeper array of benefits that extend far beyond their lives to unlocking its secrets.

Welcome to the fascinating world of Moringa oleifera, a plant that has captured the hearts and minds of researchers, health enthusiasts, and environmentalists alike. In this book, we embark on a journey through its rich history, extraordinary nutritional profile, and its role in transforming lives and landscapes around the globe.

Moringa oleifera, often referred to as the "Tree of Life," is no ordinary plant. Its leaves, seeds, and pods have been used for centuries as a source of nourishment, healing, and vitality in various cultures across the world. From ancient Ayurvedic traditions to modern scientific exploration, Moringa has continued to astound us with its remarkable properties. As you delve into the pages of this book, you'll discover how this unassuming tree lenges.

We will delve into its role in alleviating our own health. nutritional deficiencies, explore its po-

tential in sustainable agriculture, and As you turn the pages of this book, I uncover its contributions to global health invite you to open your heart and mind and well-being. Along the way, we'll to the possibilities that Moringa oleifera encounter the stories of individuals presents. Whether you are a curious whose lives have been transformed by reader, a health enthusiast, a conservathe humble Moringa, and we'll meet the tionist, or a student of nature's wonders, visionary pioneers who have dedicated there is something here for you. Moringa is more than just a plant; it is a testament to the incredible gifts that nature pro-



has become a powerful symbol of hope But this book is not just a celebration of vides when we nurture and respect it. and renewal for many communities fac- Moringa oleifera's wonders; it is a call to ing malnutrition and environmental chal- action. As we navigate the challenges of a rapidly changing world, Moringa offers us a lesson in resilience, adaptabil-Among these treasures, Moringa oleifera Our journey into the world of Moringa ity, and the potential for positive change. stands as a shining example of nature's oleifera will take us on a captivating It challenges us to reevaluate our relabenevolence, a botanical marvel with an exploration of its diverse applications, tionship with food, the environment, and

James Brady

James.brady59@gmail.com https://www.moringatang.com/ 443-225-2932



Contributing Editor Dr. Rhonda L. Hamilton An Advocate For, and Of the People

"Life's most persistent and urgent question is: What are you doing for others?" - Martin Luther King, Jr.

A Washington D.C. native, Mental "labeled" different, or damaged. Health Advocate, Insurance Broker, and

ther's mother, whom she affectionately called "Granny". Rhonda excelled in da was college educated at the Universischool thanks to a network of ty of the District of Columbia, as a Busi- "endearing" public school teachers, dediness and Accounting major, and later later and accountable case management sersisched the nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities to "failing" families of the District. The nation at risk of death, racial disparities, discriminatory health, housing, and economic injustices, while they continue to profit off from deceptive, and vided Rhonda with an escape from the Broker of Real Estate under the reach, programs, and workshops for chiling to "protected" systemic practices that must reach programs, and families in end!

With mental health, and from the hurt of Banker Household Realty, in Prince "underserved" communities, trying to survive low standards in their living. In Present day the Coalition, and M.I.

feeling like a "victim" always remained community-based clinics. Rhonda's the community. with Rhonda throughout her academic, mom had lived independently until her and early adult years.

recalled the "veil of shame" and expres- generational homeowners, and investors, in Southeast DC, to deliver the commu-

Elizabeth mental health institution, ing resources were "subpar" and lacking the Capital City Emergency "Level II" stroke. Prior to that Rhonda's mom expe- The Healthy DC Coalition of community rienced disingenuous "case workers" "stakeholders" and mental health profes-As an "overachiever" Rhonda tried to who preyed on her illness circumstances. sionals, help to raise awareness and chalput distance between the realities of her mom's daily, and visible voices along from Rhonda's mom, fail to deliver rou- not properly consider or address the ecowith hallucinations, and her father's tinely scheduled medicine, and also nomic, educational, and health care overdosing drug realities, to help escape lacked the appropriate oversight when it needs of DC's underserved populations. the "shame", and "scrutiny" of being came to helping Rhonda's mom to sus- When there is a need for action, Healthy

care. These occurrences threatened her dren and youth who remain victims of mom's ability to survive as a mental Washington, DC's failed governing and health "outpatient" and viable citizen in program oversights.

"being raised by "extended" family members who were not her parents.

Helping everyday families to succeed at Throughout her childhood Rhonda often their wishes of becoming 1st, and 2nd the "yeil of shame" and expressional homeowners and investors in Southeast DC to deliver the communities, trying to survive low standards in their living. In Present day the Coalition, and M.I. 2019, M.I. Mother's Keeper summoned Mother's Keeper's work in the Nation's Capital continues to be funded by a wontreast least portional homeowners and investors in Southeast DC to deliver the communities, trying to survive low standards in their living. In Present day the Coalition, and M.I. 2019, M.I. Mother's Keeper summoned Mother's Keeper's work in the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the coalition of the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to be funded by a wontreast least possible to the Nation's Capital continues to the Nation's Capital continues to the Nation's Capital continues to the Nation'

approximately 28 years, motivated in 2014, Rhonda's mother had a stroke the Fishers of Men University, for exRhonda to learn more about the conditions that had separated her from her own parents for so many years.

Rhonda had previously been able to visit her mother at the formerly known, Saint tions, as well as her choice of senior livering resources were "subpar" and lacking the Capital City Emergency "Level II"

tain her housing, and other city services, DC Coalition, and M.I. Mother's Keeper which she depended on daily for stability are not in the shadows but is front and while living on the community level, center to advocate for the underserved, prior to Rhonda taking over her daily for mental health wellness, and for chil-

Black citizens in Washington, DC, much Rhonda refused to stand by and to see like many across the nation are suffering her mom re-institutionalized due to failures of the system. She refused to coninvolving asthmatic, diabetic, cardiovastinue to watch her mom "trade her digni- cular, maternal mortality, PTSD, anxiety" for service standards that kept her ty, depression, drug addiction, food insespiraling in unhealthy states of being curities, slumlord, and homelessness Having lost her father, who passed at 51 realities. Currently, Washington, DC years of age and, soon after, stepping in exceeds the national average for citizens to purchase a condo for her Granny to who are suffering with "End Stage Renal live in while battling, at that time, a rare Disease", or kidney failure, by approxiand unfamiliar form of cancer, Rhonda mately 44%. The existent wealth divide began to examine, the inner workings of in the Nation's Capital is represented by Washington, DC's systemic social ser- Caucasian families having 81 times the former D.C. Mayoral candidate, Dr. Historically Washington DC, the nation's vice programming models and commu- wealth of Black families. The Healthy Rhonda L. Hamilton is the daughter of capital, and the seat of governance, has nity focused outreach. Matters involving DC Coalition, and M.I. Mother's Keeper 2nd generation Washingtonians, raised been divided by race, income, jobs, and mental health, housing oversights, and have continued to the length of the insurmountable presence of the so- and senior officials regarding their inadughter of Schizophrenia, and drug perpetuated by institutionalized racism cial determinants that keep so many fam- bility to be accountable for the failure of addiction. Dr. Hamilton's mother Regina and economic corporate enslavement ilies suffering in silence, with little or no DC's public safety, social service, economic institutionalized for most of practices that to detail the practices that the addiction. Dr. Hamilton's mother Regina and economic corporate enslavement flies suffering in silence, with little or no practices that to date have contributed to resolve, while local children in marginal-nomic, and health care systems to citized communities commit crimes relative to violence, use drugs, and sleep ly, on June 19th, 2023, "Juneteenth Day", early 2022, after over 20 years of being discharged from the mental health institution and successfully reuniting with a tution and successfully reuniting with den of poverty and social distress have began to shape Rhonda's focus and call freedom Plaza in downtown Washing-Rhonda and her family. Rhonda's dad, been the highest among families like to action surrounding her advocacy of ton, DC along with the DC Chapter of Ronald, was an Army veteran who struggled with undiagnosed PTSD and a herough with matters of mental health, and drug in addiction that spanned for over twenty. years, off and on until his death in 2002.

Rhonda was raised primarily by her father's mother, whom she affectionately called "Granny". Rhonda excelled in school thanks to a network of "endearing" public school teachers dedianged in the state agent in the school teachers dedianged in the state agent in the school teachers dedianged in the school teachers dedia

recalled the "veil of shame" and expressions of "pity" that surrounded her early memories, while also trying to survive to D.C.'s inner city temptations, such as the drug epidemic, and violence that plagued neighborhoods like the one where Rhondal ived.

As the dependent, wife of an army soldier, Rhondal lived in Budingen, Germany at the young age of 18, where she witnessed the fall of the Berlin Wall in communist East Germany. The cruel separation, and then reuniting of the families in East Germany to their families in East Germany to their families in East Germany to their families in West Germany to their survive as well as helping many to become nity's demand for transparent and accountable governing for low-income ountable governing for lo work of contributors, and their sponsor, tionately impact Black lives, as well as families of "Dialysis" and other dimin-ishing health concerns across the nation.

Add your voice to the "movement" to "save lives"! Additional information, volunteer sign-up, and donations can further be explored on our websites which had a lasting impact on her as a higher standard for someone such as Trauma and Wellness Center in Southchild, while also having opportunities to "granny" who had reared 2 generations east DC, to help deliver comprehensive live with her father during his on, and of her family in the ghetto, on modest care and attention to the true mental "grhondahamilton4dc or Facebook" off again, drug use years. The reality of means with social service resources, and health, trauma, and emergency needs of Healthy DC & ME Coalition or Rhonda Hamilton. Email your inquiries to advocates4mi@gmail.com.

> www.healthydcandme.org www.mimotherskeeper.com www.waterfrontinsurancenetwork.com www.capitalcityemergency.org www.mitv.fyi/dialysis www.rhondahamilton4dc.com











Introducing Our International Editor:

Bobby Wright (Ras Bukie)

Honorary President of Good Music Pro®Rastafari Cultural Embassy of Reggae Music of Panama



The National Black Unity News is expanding its territory, we are proud to introduce to our readers our new international editor, Mr. Ras Bukie. He and his queen Empress Yesury Nurse lives in Panama. Ras Bukie will be bringing us information from the diaspora.

We are looking forward to a long and lasting relationship both of our goals are to unite our people uplift our people and bring information they can enlighten our people!

He is very passionate about an variety of issues that concerns our people! He is a musician and activists and a dedicated brother for the cause! Support him because he supports us!

welcome soldier to our publication, Together we will make a more powerful impact on our mission to serve our peo-

Here is a little more about Ras Bukie and some of his activities! The Honora-



ble Bobby Wright Ras Bukie | Rastafari- Global Reasoning Zoom. Honorary Pres- ma. Honorable Empress Yesury Nurse •

an Cultural Ambassador for Jamaican ident of Good Music Pro®Rastafari Cul- Black Queen Selassie | Rastafari Cultur- Epsy Campbell Barr moderator of this Reggae Music. President of Rastafari tural Embassy of Reggae Music of Pana- al Ambassador of Reggae Music of Pan- great activity.

Leader of Generational Change of the Afro-Panamanian Social Movement. Executive Secretary of the Rastafari Alliance of Panama. Founder of Good Mu-

ama

sic Pro® Rastafari Cultural Embassy of Reggae Music of Panama. The United Nations High Commissioner

for Human Rights called on all active actors from civil society, NGOs, and official representatives of United Nations member states to participate in the first session of the permanent forum for Afro-descendants to be held at the United Nations headquarters in Geneva, Switzerland from December 5-8, 2022.

This event presented to the registered participants the option of a Scholarship for Participants of the first session of the permanent forum of Afro-descendants (financial support) to cover the expenses of the plane, lodging and food, having a great demand that reached more than 300 people, according to the Honorable









run to you, beaming with delight.

Contributing Editors Unisa Kamara Cheryl Minnette Speak Globally & Impact Lives Around The World

Your Voice Is A Power Tool

solutely correct. Your voice is definitely a power tool. Your voice is also a key element in your self-expression and identity.

It is your voice which plays a critical part when someone is forming their initial impression of you. It's at this point they are trying to determine if they like you and are willing to build a trusting relationship with you. This definitely qualifies your voice as a power tool. Now, let's go a little deeper.

Your voice showcases your unique identity, your undeniable flavor. This includes the sounds, such as: tone, pitch, linguistics, and accent. In some instances, these can offer insights into cultural and personal traits. Some of the personality traits may include confidence, empathy, and assertiveness, which speaks to your personal style of communication. Again, first impressions are huge, as they set the stage for what's to come next. If all goes well, at this initial meeting of someone new, the door will then be opened for further communication, and possibly opportunities to network. This is exactly why I go by...

Your first impression can be your last, but you have the power to choose which it will be.

There is so much more to speaking than hearing the words that are being spoken,

tools you were born with, which do you It involves skill and technique, that is consider your power tools? If one of why training and preparation are key your answers is your voice, you are ab- components to a speaker's process.

When you think of yourself and the simply grabbing a mic and letting it rip.



Speaking is not just about your audience On the other hand, speaking with a low, soft volume can communicate sensitivity. Have you ever had an experience

but it involves your tone. With the where you're speaking with someone proper use of your tone, you can add and during that process, you realize layers of depth to your words. Under- they're looking at you kind of strangely? standing your tone can totally change They are probably going through the the impact of your words and the energy process and trying to figure out which in the room. You can change the temper- category to place you into. Remember, ature from cold to hot within a matter of there is always processing going on seconds. Communication is key and throughout every speaking engagement, when you get it right, your audience will and every conversation. Your goal is to leave a positive impression.

Pitch and volume tie in with your tone. Now let's talk a bit about accent and When you are trying to convey certain linguistics. These two can become a bit feelings and emotions, your pitch helps intertwined, because of the way in to find them. You can range from ener- which people categorize their thoughts. getic and enthusiastic, to cheerful and Many people perceive someone to be a optimistic, to serious and authoritative. certain way, because of the way their When it comes to the use of your vol- voice sounds. If you speak a certain ume, by speaking loudly, this can give way, due to your culture or region, listhe impression that you are confident, teners may begin to draw conclusions about you. Such conclusions can be related to your background and upbringing, Usually this is based on your diction and word choice. From your vocabulary usage, they may be predetermining your level of education. When it comes to how someone identifies you, a significant part of their equation is linguistics. In addition, getting rid of the 'ummm', 'uhhh', and many other unnecessary verbal choices in your vocabulary, can elevate you and your brand. You are your brand's best representative, so do it proud.

> Speaking is a skill that should be practiced everywhere you go. Every time your voice is heard, you should be making a memorable impact. Whether you are speaking to 1, 100 or 10,000 people, they should walk away with a positive mindset engaging with you.

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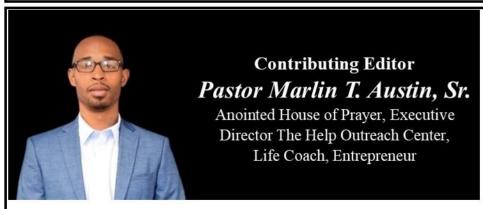






GLOBAL SPEAKERS PLATFORM globalspeakersplatform@gmail.com www.globalspeakersplatform.com





Introducing, Pastor Marlin T. Austin

ful and energetic young man on fire for be a lifelong student of the word of God. God. He is a young man being used daily as a Pastor in the marketplace and God placed on his heart the vision to members, the center provides access to health wellness and substance use. To know Jesus as Lord and Savior.

challenges of what many of our youth Kingdom of God.

Pastor Marlin T. Austin Sr., most affect today are facing. But God brought him change in the community through educationately known as Pastor Marlin or Pas- through it all. Pastor Austin accepted tor Austin, is a testimony of Philippians mitted to the up building of the Kingdom tion that builds confidence and improves local entrepreneurs are invited to display 1:6 which reads, "Being confident of this of God. Understanding the importance of quality of life. very thing, that he which hath begun a education, he graduated from Baltimore good work in you will perform it until City Community College for Allied Hu- THOC serves people in need from the are charged a nominal fee. the day of Jesus Christ." He is a power- man Services in 2018. But will always southwest districts of Baltimore City and

countless lives are being transformed plant a church and in September 2015 he much needed services such as job readi- learn more about Pastor Austin, the and he truly has a passion to help others was ordained to the office of Pastor and ness, community outreach, financial lit- Anointed House of Prayer, or The Help officially launched The Anointed House eracy, resume building, and counseling. of Prayer Ministries, often referred to as A native of Baltimore, Maryland, there AHOP. He is determined to make a Under the umbrella of Job Readiness, he faced many of the same issues and change in the community and edify the THOC has the Sterile Technology Exam

children, Taylor, Marlin Jr., and Mason. nology. He is a loving husband, dedicated father and most of all a Holy Ghost filled THOC's certified resume writers work preacher and a saved man of God.

Pastor Austin is the Co-Founder and Director of The Help Outreach Center industries. Participants in the organizalocated in Maryland. The Help Outreach tion's Financial Literacy program re-Center (THOC) is a community-based ceive essential information and tools to nonprofit organization whose mission is help them build positive money mindto ensure positive and transformative sets. tion, training, partnership, and collabora- During THOC's Annual Business Expo,

Baltimore County. Through servant Through a unique impact partnership, leadership and the help of community THOC provides referrals for mental

Preparatory Program which is the organ-

ization's premiere career training pro-Married to his middle school sweetheart gram that provides participants with inand best friend Tiffany Austin for fifteen dustry knowledge, concepts, and skills years, Pastor and Leading Lady Tiffany needed to gain entry level employment are the proud parents of three awesome in the fast-growing field of Sterile Tech-

> closely with constituents to provide customized resumes and cover letters that will resonate with target employers or

> and sell their products/ services. This event is free for attendees and vendors

> Outreach Center, please visit:

www.marlinaustin.com www.ahopministries.org www.helpoutreachcenter.org







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Contributing Editor Martin O Atta

Psychiatric Nurse Practitioner, CRNP, PMH

Introducing Martin O Atta

counseling, and addiction treatment.

expertise, you can trust that you'll be multicultural psychology1. provided with the treatment that works best for you.

At Compassion Behavioral health, We Black psychology is a scientific field havior7. offer customized treatment services for that primarily focuses on how people of each of our clients. With this, we can the African Diaspora experience the ensure that our services are focused on world. It emerged in the U.S. as a direct addressing their unique needs and are result of the conceptualization of Black encouraging their strengths. We have people under Westernized notions in extensive experience treating clients psychology⁵. The struggle of Black psywith various psychiatric conditions in- chology is very much the struggle of cluding but not limited to Depression, Black people, as their lived experiences Anxiety, ADHD, Bipolar, Schizophrenia, are reflected in songs, cultural and social and neurocognitive disorders. Medica- movements1. Black psychologists have Management, Psychotherapy/ had an unwavering belief in the humanity and potentiality of Black people, especially in their ability to transcend and not Our staff members are licensed profes- be defined by racial oppression¹. In fact, sionals that are experienced in working Black psychology should be viewed as a with different types of clients. With their precursor to positive psychology and

> Psychology is a field that attempts to understand human nature and help trou-

bled individuals resolve their dilemmas by gauging the relative influence of in- If you're dealing with a behavioral ternal forces and outside forces in shap- health issue, you don't have to deal with ing every act of behavior. It encom- the symptoms alone. We are here for passes various subfields such as human you. We are dedicated to offering serdevelopment, sports, health, clinical, vices that are suitable for each client. social behavior, and cognitive process- And this translates to what we do. We es7. The internal influences that come provide our clients with a safe, nonjudgunder consideration range from genes mental environment that focuses on selfand temperament to beliefs, memories, understanding, acceptance, and improvevalues, and feelings. Relationships, ex- ment. perience, and the nature of one's surroundings are some external factors known to influence us from the outside in and shape individual and group be-

Call or email Martin O Atta now for a free 15 minute consultation (410) 632-6918





GET IN TOUCH

CONTACT INFORMATION

Should you have further questions about us and the services we offer, you may also reach us using the contact details provided below.

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Fax Number: 443-438-5264

info@Compassionbh.com

Location:

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Baltimore, MD 21216



Contributing Editor Archie D. Lee, Sr. Author, Counselor, Man of God!

My Book Of Empowerment

book in their path.

destruction, selling and using drugs, opened my eyes to see whatever the dev-

My name is Archie D. Lee Sr. I have led pulling armed robberies overdosing off a life of self-destruction: a life which of drugs and dodging the bullets that compelled me to embark upon writing somehow were always just missing me. I this inspiring book. In hope that it might was always putting myself In harm's empower and bring a holistic mentoring Way. There were so many close brush view to someone. Also, that it might calls with death. I am so grateful for deliver any individual whom God made God's grace, His never allowing the by putting this message of Deliverance death angels to take me. I was spiritually dead. But God's continuation of his grace and mercy brought me to a level of Yes, I was living a life of self- awareness and realization that finally

il's intentions were.

unto me. God has been using me as a church pews. To God be the glory!!!!!! strong tool of Deliverance to deliver oth-

ers from the negative strongholds. He delivered me from a fisherman of men, He bestowed his grace and mercy to use living a life of self-destruction! For God it for his divine intervention. I thank God knew I was loss, so He directed me from for his Deliverance. (John 12:32 KJV) if the street drug corners to the cross. Then I shall be lifted up, I will draw all men He delivered me from the prison to the



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NO SILVER SPOON BUT BLESSED



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Contributing Editor Dr. Dennis Rogers

Educator, Organize College Students for advancement, educationally, economically, politically, socially and spiritually

Back To School Suggestion: Become an Influencer

up online. The ubiquitous phone has construct? replaced human interaction. What are man contact?

healthy human contact. Now children listen to, and what to reject or ignore. is literally impossible to keep students active ways.

The 2023 - 2024 Academic Year has get likes and views every morning, coverage of events as they are unfolding. (mooc). All of these tools and more are begun. Roughly speaking, there are 50.7 noon, and night instead of hugs. Stu- Therefore, the lines are blurred and blur- helpful to provide students with accurate million K -12 students and 18.66 million dents look into the camera before they ring further everyday between the real information, referenced materials and college students in the United States of look into the eyes of their parents or time unfolding of events and the report- reliable frames of reference. More edu-America. A new generation is growing teachers. Who benefits from this social ing/interpretation of events by influenc- cators should enter the fray of online

The healthy psychological development basis of others' decision making. of humans calls for human touch. Chil- Through the influencers usually brief With so many students in school, over side the classroom (with people like you dren embraced, in a healthy manner, comments and bite size chunks of infor- 69 million in America, it is imperative the reader) provides opportunities for consistently have stronger self-images mation others are influenced on how to that educators become active in the in- parents, churches, and real people to than those who have not had regular view the world, what to wear, what to fluencer space. As a college professor, it influence our youth in more positive and

lies in the eyes of the beholder.

Vol. 7 No.4

The internet is ubiquitous, and online of knowledge that they can count on to influence is occurring 24 hours a day, bring the facts in addition to a nuanced Simultaneously the real world is happen- way to interpret said facts. Live interacing all around us. To what degree are we tion with living people are also primary and our student's embracing life in real sources. time? This is a sticky question because

The influencer, for the most part, is not off of social media for a 50-minute class. necessarily a critical thinker or a person Whether the subject is political science who empowers others. There are influ- or physics, students are looking up inforencers who do, yet the majority of influ- mation for short cuts to understanding encers are full of fluff, in my opinion. complex situations. In the short run they Like beauty, the value of an influencer locate sources that are not necessarily credible. In the long run it is to the student's advantage to have reliable sources

2023

Instagram live, Facebook Live and twit- College professors have web pages, ter (X) has features that allow real time blogs, and mass online open courses ers. People can produce avatars, which influencing. In addition, students should represent them in a virtual world. Artifi- get off the phone and social media more the 20-year implications of reduced hu- The "influencer" is a term being used to cial intelligence is accelerating the rate often. Students could and should raise define the person to whom others listen. of machine learning and influence as questions and stay fully engaged throughout the 50 - 120-minute classes they have. More importantly, time out-

Leaders Study To Show Thyself Approved A Workman Who Is Worthy of Hire

Each academic semester is roughly 20 be of service to their fellow students. gree, county commissioners earn a medi- DC. of a Doctor of Philosophy degree has States of America. engaged in 1020 weeks of study, home-19.4 years in study.

high school and college are socialized to 467; and Mississippi, 530.

weeks. This means that the academic These student leaders, if they continue to an annual income of \$97,474 compared year (AY) is roughly 40 weeks. In other pursue service as a calling, become to \$88,212 for county commissioners According to the National Conference of words, in 1st grade through 12th grade is elected officials. They become county with an bachelor's degree. 480 weeks of education. In order to ob- commissioners, city council members, Black or African Americans make up now more than 640 black mayors repregree takes 120 weeks, and a PhD takes leaders become governors, and Vice \$39,839 on average. roughly 200 weeks. So roughly a holder President and Presidents of the United

\$97,491 annually. With a Doctorate de- September 20 -24, 2023 in Washington,

tain 4-year degree students go to school mayors, state representatives, state sena- 3.7% of City Council Members in Amer- senting 48 million citizens across the for another 160 weeks, A master's de- tors, members of the U.S. House of Rep- ica. Men on average make \$47,320 and nation. The nation has had three African gree takes roughly 80 weeks, a law de- resentatives and the U.S. Senate. Student women make .84 cents on the dollar or American Governors, The Honorable

legislators serving in America's state land. work and test. That is a lot of time. Out There are over 10,000 black elected offi- houses are Black, and only 13 of those ment. Student leaders in junior high, local offices; Georgia, 452; Louisiana, and the Virgin Islands. There are 62 vice. Black members of the current U.S. Con-

gress, the most ever. The Congressional County commissioners with a master's Black Caucus holds an Annual Legisladegree earn more than those without, at tive Weekend. This year it will be held

Black Mayors, for example, there are Douglass Wilder of Virginia, Governor Patrick Duvall of Massachusetts and Just under 10 percent of the nearly 7,500 Governor Wes Montgomery of Mary-

of 23 years of life, they have invested cials in the United States of America. are Republicans. The National Black U.S. President Barack H. Obama and According to Politifact as far back as the Caucus of State Legislators (NBCSL) is Vice President Kamala Harris have year 2000 four southern states collec- a membership association representing served at the highest levels of leadership While pursuing education there are those tively had elected nearly 2,000 Black more than 700 black state legislators in the nation. Let's us continue to groom who decide to serve in student govern- officials: Alabama had 498 in state and from 47 states, the District of Columbia our student leaders for a lifetime of ser-

Welcome To The Class of 2027: Tips for Academic **Year 2023 - 2024**

to earn a 4.) your first semester. Then of Black Engineers brings 10,000 Black year. There are a total of approximately apply for every scholarship you can find. engineers together every spring. I 17 million college students, and 4 million college students, and 4 million college graduates every year. There are a total of approximately bid you know that Spelman College is the only HBCU that requires students to association under the student members statewide, and national student leaders fore, it is critical that you have excellent have a study abroad experience as a restriction of Black Engineers brings 10,000 Black year. There are a total of approximately Did you know that Spelman College is the only HBCU that requires students to association under the student members. ship rate which is usually \$25. Want to ship summits. be a doctor and then join the Student National Medical Association. Want to dent leadership conferences to meet your According to the latest data from the

Visit us at www.NAASA.online.

be a corporate executive then join the Remember you are competing with other Executive Leadership Council as a stu-students from other campuses, always. dent member. My next advice would be How many colleges are there in the US? your time in college wisely. There are graduation (www.HBCUgradtrips.com). to understand that you will compete and Of the 4,414 higher education institucollaborate with students at other colleg- tions in the U.S., 2,832 are four-year es. Therefore, I suggest you attend stu- colleges and 1,582 are two-year colleges

Welcome to college. My advice to you is peers. For example, the National Society dents and 56,000 graduates each degrees. experiences, internships and great quirement for graduating? I suggest you

> well over a thousand options people I offer the options to travel to Africa, have when choosing an undergraduate 1,800 majors, from agriculture to visual the United States.

> American Association of Community arts. These post-secondary degrees, as-Colleges (AACC). 100 of these are His-sociate and bachelor's, are the step after torically Black Colleges and Universi- high school diplomas and before a masties, with approximately 300,000 stu- ter's degree, doctorate or professional

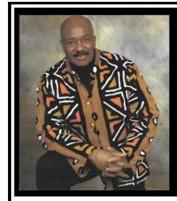
> travel abroad while in school. Upon Choose your field wisely and consider graduation you can join us for opportuchanging your major early so you use nities for students to travel abroad upon degree. One online site list more than Europe, the Caribbean or select cities in



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Dr. Dennis Rogers is a political scientist, political organizer, and political theorist. He works to develop the highest potential in students, particularly African American student leaders. You can locate him through www.NAASA.today, and across social media platforms.



Contributing Editor John L. Smith

Entrepreneur, Skin Care Products, **Fund Raising**

Introducing John L. Smith

day out after recently retiring, having did I realize that those kiosks cost thou-seller. enjoyed a fruitful career of 47 yrs. of full sands of dollars per month. If you cannot uninterrupted employment, not even one sell you are out, and the next person is day. I was invited over to a kiosk to par- waiting to replace you. Left without any ticipate in a hand washing demonstra- means to contact the former person, and tion. While feeling somewhat pressured, after brainstorming, it became apparent I reluctantly submitted. Much to my sur- to me that the eight hundred number prise, the results were nothing like I had may provide some info or means to ever seen in my life. Not only were my reach someone in the corporation. Fortu-

vice president and CEO. who had just unnoticed. I referred their concerns to arrived in the USA weeks before. After a the President & CEO, who said we will brief introduction and discussion, I was take it under consideration. Following invited to visit their warehouse which three years of no answer, I found myself was less than eighty miles from Newark, at the warehouse picking up needed sup-N.J, my home. Needless to say, I dressed plies, when the CEO & President spotted appropriately and was warmly received. me in the warehouse, he rushed out leav-Following a three-hour interview, I was ing a client waiting in his office to eminvited to lunch, lasting more than two brace and escorted me to a separate ofhours, we returned to the warehouse. fice where he popped open his lap-top Following another three hours of discus- and there it was, my idea before me. His sion, I was offered the opportunity to quote, we did not ignore anything you become an independent reseller of the said. Following three years of research Obey Your Body Dead Sea Minerals and approval to formulate a composition JLS Enterprises, LLC: I am the founder hands undeniably clean, but they were skin line throughout New Jersey with the to address issues applicable to people of and sole proprietor: It has been said that also baby soft. Months later, I had ex- exception of Malls. Without any prior all shades of: life is filled with numerous unexpected hausted my supply. Upon returning to sale knowledge or experience, I consequences, some good, some bad the same mall hoping to find the same launched an all-out assault on the skin One day while walking through one of person or someone else who sold the care market resulting in being elevated New Jersey upscale malls, enjoying a same products. it was not to be. Little to the level of regional independent re-

> .Following more than seven years of financial success crisscrossing the country and appearing before numerous organizations of hue and color, I was constantly asked why my company did not have a skin care line for "Blacks." My answer was simple, I don't own the com-

nately, my first call went directly to the pany. However, their question did not go

"DARK SKIN", WELCOME TO AF-RIDERM WHOSE TIME HAS FI-NALLY COME"

This testing occurred in the country of South Africa where the products are manufactured and now sold throughout the country. Today, I am the sole national distributor/seller of the Afriderm skin line in the US.

John L. Smith, National Distributor

ENTERPRISES: FUND RAISING MADE EASY

It's time to move into the new millennium of fund raising. Here's how.

hours forming committees, having all the products which will assist them in more in most cases. countless meetings, overworking the their selection of desired items Adverfaithful few and thereafter, confronting tise your fund-raising event and let the At the end of the FUND RAISER deador pursuing potential customers. It's all process run its course. done for you.

You will be provided with a product the total sold. selection sheet which will be given to each customer to shop,

Live demonstrations will be held at an JLS Enterprises, LLC will reduce the accounting are reconciled. agreed date and time to allow all inter- retail price of all products listed on the e Eliminate the need to spend countless ested persons the opportunity to sample lajoncosmetics.com website by 50% or

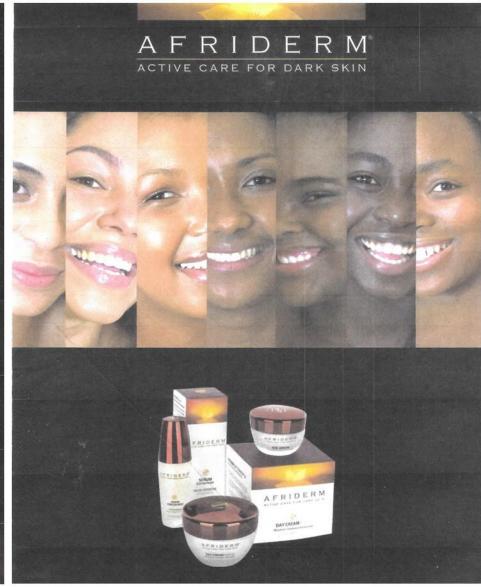
> line, all purchases will be reconciled and (your organization) will receive 30% of

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Contributing Editor Donna Walton

Media Services, Publisher, Singer, Entertinment, Producer & Promoter

Amplifying Faith Through Harmonious Melodies

Empowering Voices of Talent

At its core, The Donna Walton Gospel Network is a testament to the power of unity within the gospel music communi-

In a world where music can bridge ty. The network profoundly commits to hearts and spirits, The Donna Walton nurturing independent artists, offering Gospel Network emerges as a symphony fertile ground for talents to flourish and of faith and melody, weaving together voices to resonate. Guided by a resolute Being an established 501(c)(3) nonprof- less synergy between faith and melody

> https://www.youtube.com/watch? v=528e-uPv3j8&t=153s.

A Multifaceted Showcase of Faith and Music

The network's influence resonates through a spectrum of mediums, each an instrument playing its part in creating an immersive experience for its audience. From the resonant notes of radio broadcasts to the captivating visuals of televi-Community Magazine. Sign up to receive monthly publications.

An Inclusive Platform for Gospel Music Excellence

the vibrant tapestry of gospel music with mission, this platform extends its em- it, The Donna Walton Gospel Network in a world where gospel music transa resounding purpose. This network, brace to artists seeking a stage to share encourages artistic expression and nur- cends boundaries and uplifts spirits. It's founded by the visionary Donna Walton, their stories, emotions, and faith-infused tures unity among devotees. Along with a reminder that music, at its core, has the is a beacon of support for independent melodies with the world. We provide promoting the Indie Artists through mu- power to unite, inspire, and touch hearts gospel artists. The harmonious connec- booking events for Independent Artists sic, we allow Independent Artists to host in ways that words alone cannot. tion between faith and music resonates to showcase their enormous talents to their own TV and Radio shows. With a like an unforgettable refrain on this plat- Venues across the US. Watch our Tour spotlight on independent artists, the net- Visit our website at https://dwgntv.info/. Bus Campaign Series 1-9, on YouTube work offers a space where melodies flow freely, and each voice contributes to collective harmony. Gospel music workshops, seminars, and community events allow artists and fans to engage, learn, and connect. Watch our concerts on YouTube, Subscribe, like, and leave a

comment on our YouTube page.

https://www.youtube.com/ @donnawalton1416/featured

Legacy of Faith and Melody

sion programming, the soul-stirring pag- The impact of The Donna Walton Goses of their magazine to the powerful im- pel Network echoes far beyond its virtupact of touring experiences, The Donna al reach. It's a journey of unity, a melody Walton Gospel Network is a symphony of empowerment, and a celebration of that harmoniously blends faith and mu- faith. Through its initiatives, collaborasic. Visit our website for the DWGN tions, and unwavering commitment to gospel music excellence, the network carries forward a legacy that resonates with future generations.

> The Donna Walton Gospel Network stands tall as a testament to the bound-

Follow us on social media, https://www.facebook.com/ thedonnawaltongospelnetwork/. If you are encouraged to give a donation and/or to participate in this ministry, you may contact Donna Walton at dwalton39212@gmail.com.

Urgent Appeal: Sustaining Our Ministry through Faith and Community Support

Dear Beloved Community, I hope this \$1,000 tow truck bill, purchased three wrenching prospect. wavering faith and a plea for your kind ed to our financial burden. support in a time of need. It is with the deepest conviction that I share my perfrom Galatians https:// biblehub.com: "I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me." My life belongs to Jesus; this is my In the midst of these trials, we diligently real-time testimony to reveal the scriptures to many others.

Last year, through the support of our generous community, we raised funds and acquired a tour bus. This bus was meant to serve as essential transportation for our recording artists, allowing them Presently, I find myself in a challenging to participate in concerts, festivals, and situation where I lack the funds to cover community events across various states. With great hope and anticipation, we for the bus, spanning the last three purchased the bus for the agreed-upon price of \$9,000.

However, our journey took an unexpected turn as we faced numerous challenges. The bus broke down on the side of the road, and the financial responsibilities associated with our mission betion in Ohio, driving the bus from Baltimore, paying the bus driver, fueling with diesel, wrapping the bus, and covering Compounding our challenges, our bus storage costs depleted our resources. In storage landlord, who had been patient

message reaches you in excellent health batteries, paid for mechanic services, and with a positive outlook. I come be- and replaced the alternator—the need for fore you today with a testimony of un- copious amounts of antifreeze fluid add-

Despite our earnest efforts, the individusonal journey, grounded in the words of al who sold us the bus did not offer any

> sought grants to sustain our mission, but approval has eluded us for the past year. We turn to you now with a strong faith in God, trusting that He will bless us Over the past four years, with God's with the necessary funding to continue strength and guidance, we have worked

both my room rent and the storage bill months. My house landlord has graciously extended my stay while I await a means of income, and some individuals have kindly contributed to cover two of the three months' room rent. Regrettably, when I approached my sisters for assistance with room rent, the one who initially helped expressed her inability to don't ask me no more."

addition to these costs, we incurred a and understanding, has now given us a

mere two days to pay the three months' days to pay the three months' rent owed, worth of storage fees, amounting to amounting to \$225, at a rate of \$75 per \$225. Losing the bus after all the fund- month. ing we worked hard to raise is a heart-

The Donna Walton Gospel Network which stands at \$200 per month, your operates as a 501(c)(3) nonprofit entity, assistance would be deeply appreciated. and our mission's fulfillment hinges on Your support is a lifeline, not only for the kind-hearted support of donors like our organization but also for the many yourself. Regrettably, I do not have per- artists we aim to uplift and empower. sonal income due to health issues that assistance, leaving us in a state of strain limit my mobility, leading me to underand stress. We also undertook the finan- go bi-weekly injection treatments to aid cial responsibility of paying for storage in mobility. Although I have applied for in Aberdeen, MD, from the time of pur- disability on two occasions, both applichase until we exhausted all available cations were denied, despite the doctor's declaration of my health condition, including arthritis in my back and knees, referred to as lumbar spondylosis. A previous application for SSI also resulted in denial.

> tirelessly to build a company that empass Radio, TV, Bookings, and Editorial receipt for your contribution. promotions through our Magazines and Newspaper articles. Visit our website for the BEST in Indie Gospel,

www.dwgntv.info.

In our time of need, we launched an online fundraiser, but the funds raised were only a fraction of what was needed to address our financial obligations.

Today, I lay bare my personal circumstances and humbly ask for your support to prevent the loss of our cherished tour bus. We are giving ourselves a mere two

If you are in a position to help with either the bus storage or my room rent,

I maintain a bold faith in God for an imminent breakthrough, and your kindness and generosity are integral to that divine plan. Thank you for your benevolence and your willingness to extend a helping hand during this trying time.

Donation Options: Cash App: \$gospelmusic PayPal, www.paypal.com/paypalme/dwgntv Zelle: Donna Walton, dwalton39212@gmail.com

powers independent recording artists and Please ensure that you identify your dooffers a platform for their music to be nation and provide your email address so heard worldwide. Our services encom- that we may send you a tax-deductible

> May God bless you abundantly for your compassion and your commitment to this ministry. If you have any questions or require further information, please do not hesitate to contact me via email at or through a Facebook message.

> > dwalton39212@gmail.com

With profound gratitude and unwavering faith, Donna Walton, CEO The Donna Walton Gospel Network EIN #85-2310112









Donna Walton https://dwgntv.info/ dwalton39212@gmail.com 769-232-4901



Contributing Editor Kendrick R. Tilghman

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

come the premier resource for S.T.E.M. increasing creative thinking in students'



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

He founded a nonprofit the BE-MORESTEM Foundation INC. B.E.

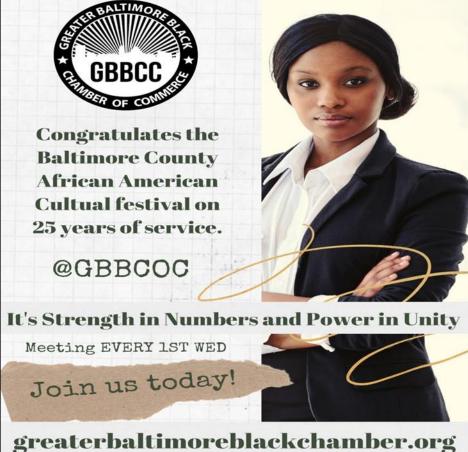
Kendrick R. Tilghman is a Baltimore M.O.R.E. S.T.E.M. (Bringing Everyone entrepreneur, DJ, educator, outreach More Opportunities and Relevant Expespecialist, and top Science Technology, riences in S.T.E.M) is a National net-Engineering, Arts, and Mathematics work that engages and excites communi-(S.T.E.A.M.) advocate. The vision of his ties about S.T.E.M. careers. B.E. company, 5 Starr Enterprise, is to be- M.O.R.E. S.T.E.M hypothesis is that workforce diversity in the United States. leads to increased academic perfor-His company educates and empowers mance. Mr. Tilghman has been praised for putting the "WOW" in S.T.E.M. education. A decade of work landed a strategic partnership to provide a scalable product (software and hardware), teaching the art of Djing using Mathematical Principles.

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













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Contributing Editor Dr. Louise Johnson

President, and CEO., Maryland Beverage **Association Community Development** Corporation. (MBACDC)

Black Owned & Operated!

for so many in her lifetime! It would Jump, slide, and swim through the resocial plus communities' activities!

fun with the type of memories that will tour start with a moderately hike where sweeping views from top the city and beautiful and friendly squirrel monkeys. last a lifetime! Dr Louise Johnson has the real fun begins as you jump, slide the majestic statue, Christ the Redeemer. now made it possible to enjoy a vacation down, swing under, and jump off on or just a getaway! Black People spend your way back down, you 'll head up Zip N Splash Adventure plus Horse- ful village, where you visit a typical billions on travel and vacations, very with a tour guide who will make sure back Riding: Explore the North Coast home to sample fresh organic coffee, little of that profits goes to us! Now she you jumping off of safe spots these gor- of the Dominican Republic during this cacao, and tropical fruits. This is an unhas made it possible for us to enjoy a geous falls, some of which have ancient full-day adventure tour including water- forgettable experience for all ages. first-class vacation at a first-class resort! legends from Taino Indians, this monu-falls and zip lines. Lunch, refreshments, exclusive vacation resort!

Watch the video, go to https://yourtimegetaway.com

7 Waterfalls of Damajagua: Active,

Dr. Louise Johnson has done so much forest until you reach the waterfalls. -making factory. experiences, business ventures and her along the way while having a laugh with your friends.

I am talking about a top notch, top shelf ment is part of the system of protected and hotel or cruise port pickup and dropareas of the Dominican Republic. You off included. will have a delicious lunch with Dominican rum include when you finish the Amber Cove & Taino Bay Shore Ex-

food and drink you'll hike through the ing on one outdoor activity you'll get the Puerto Plata Province. Small-group tours

chance to ride an ATV, zipline into a include a stop at Playa Bergantin with an pool and along forest trails, take a relax- optional swim. ing horseback ride, and slide and swim home-cooked Dominican meal.

Puerto Plata. Travel between dispersed two snorkeling spots to explore the unsites in an air-conditioned vehicle and derwater world using the provided snor-Puerto Plata. Highlights of the trip in- off and dig into the buffet lunch, accomclude a visit to a rum factory, ocean panied by drinks from the open bar. views at San Felipe Fortress, a chocolate

tour in the waterfall. When you book, we will give you the time.

Cursion: 2-person Buggy Tour: Immerse yourself in the Dominican Republic's stunning natural scenery during this gers or pairs. Other highlights include adventurous travelers will love this ac- XDream Adventure: Adventure-loving rugged, half-day dune buggy tour. Ideal tion-packed three-hour tour to the 27 travelers who are short on time in the for all levels, a pre-departure orientation Waterfalls of Damajagua. After energiz- Dominican Republic can do it all on this is included. Drive off-road through muding with some traditional Dominican action-packed day trip. Instead of focus- dy paths and picturesque coastlines in

into the beautiful, refreshing Damajagua Catamaran Day Trip, Snorkeling & Falls. Refuel after all this fun with a Sailing Excursion: Experience the peaceful environment of the Caribbean Sea aboard a catamaran on a sailing Puerto Plata City Tours: This is a journey from Sosua to the Ocean World great choice for first-time visitors to Marina. Along the way, you'll stop at learn about the history and culture of keling equipment. Back on board, dry

Monkeyland Half Day Safari from Punta Cana: This tour offers a chance take a book to talk about her educational freshing waterfalls. Enjoy the views Puerto Plata City Tour & Cable Car: to interact and observe monkeys in their Experience the highlights of Puerto natural environment. Meanwhile you're Plata's cityscape and its landmarks. Tour enjoying spectacular views of the counthe Rum Factory, admire the local archi- tryside. Begin your tour entering the Currently she has a great opportunity for Taino Bay & Amber Cove: You should tecture, and take a smooth cable car ride lovely botanical garden. Guided tour that us to calm down, relax and have some do this tour until waterfall number 7, the up Mount Isabel de Torres, which offers allows you to interact in proximity with Continue your tour through the eastern mountain range until you reach a color-

> ATV Adventure: Enjoy a half-day visit to Country World Adventure Park during this small-group excursion, which includes a four-wheeler tour. Explore an on-site swimming pool, zip lines, and a tropical botanical garden.

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Travel With Zik & Jerri Stewart Destination Everywhere!

Vol. 7 No.4

https://zikandjerri.com



2023

Diamonds On The Street!

Well, it is now official that one-half of been my philosophy that "the best way Zik & Jerri's Fashions has arrived and is to prosper and learn about anything, a As fate would have it I was fortunate ence in a trade that she enjoys and is currently residing in Ghana, that would new continent, a new culture and its peo- enough to hire both Benjamin and his very, very good at! be me, I'm Zik and my wife Jerri will be ple, is to give support and invest in the sister to assist me in some home up-keep here shortly. First, I would like to thank same. all the people of Ghana who have and continue to extend their heart felt wel- With that in mind, I spent my first few What I learned was that she can do al- the happy ending to her story. So, I



time of my personal celebration of our ment! new beginning in the motherland, that I found a diamond on the street!

ture! Rosina is a 16-year-old young girl my head! who grew up in the Kumasi Region, where her real-life circumstances forced When I heard that I put on my philan-7th grade.

the way to move forward. It has always because this remarkable young lady's an apprentice in a seamstress shop, with-

better than some men, but she also gar- create her own future. I can only imagine That's right, I found a real black dia- dens, washes clothes, cleans house, how far someone with a start like this mond, her name is Rosina and meeting cooks and her maid serves are the talk of could go with a little help, I am inviting her showed me just how rich Africa real- anyone who has experienced her serves! you to join me to find out! ly is! Rosina reconfirmed my convic- To say the least I was impressed but tions that we need to collect and polish when Benjamin told me that his goal is up these diamonds so they can show to work his coconut business so he could their brilliance without exploitation, af- save enough money to enroll his sister in ter all they are our children and our fu- a seamstress school, a light came on in

her to have to drop out of school in the thropic hat immediately, I had not even heard the rest of the story yet, all I knew was that this very talented young lady Currently Rosina is living in Oyarifa, deserved a break. I find out that she is Rosina and her brother Benjamin, who is also a seamstress, an experienced seam-36 years old, together they sell coconuts stress, I was in before I even saw the Zik & Jerri's Fashion is one leg of a for a living. They net about \$10 dollars a quality of her work because, I meet her multifaceted business structure all aimed day for a 12-hour day, and they do this 7 character first, so I already knew what to at fueling the vision that Ghana has for a days a week to live. Their living consists expect. Of course, I was curious as to healthy and prosperous future for Gha- of renting a room in a garage with no how this 16-year-old multitalented naians and ALL of Africa. One of our water that costs them 200 cedis per young lady is a seamstress already! Well business entities is our philanthropic month. However, if you met her, you as the story goes, after dropping out of I found a diamond on the street; will component, I believe that giving back is would never know that this was her story school Rosina worked for six months as

smile does not reflect her journey or bur- out pay of course. However, being a quick learner and a hard worker paid off for Rosina because it gave her experi-

and gardening where I was able to learn I don't have enough time to tell you the more about this remarkable young lady. whole story, but together we can write come to me since I've arrival here to days being present in the land, walking most everything, and she does every- would like to invite you and everyone make Ghana my home.

days being present in the land, walking most everything, and she does every- would like to invite you and everyone and talking to neighbors, greeting and thing with comprehension and a profi- who reads this article to help us realize being greeted by the locals and being ciency far beyond her years. Now here is Benjamin's goal of enrolling his sister in totally overtaken by the sheer beauty and the part where I knew that this was not a the Anthonette Fashion school to receive peace that is Africa. It was during this chance meeting but a divine appoint- her government approval certification. After which Rosina will have a career with options, she will have the certifica-Not only could Rosina use a pickaxe tion of her talent that will free her to



you help us polish it! Papa Zik Stewart











Travel With Us! Destination Everywhere

Anthonette Fashion and Training Centre

Oyarifa, Accra, Ghana.

leaders to create for every occasion. Ghana.

creativity, and hard work.

ly for the past 5 years but with in- lies. creased capacity in the last 4 years. By

Anthonette Fashion and Training Cen- dint of hard work and dedication on the tre is women empowerment initiative, part of Anthonette, the school has witset up to provide skills training for the nessed significant patronage from teaming unemployed youth, most espe- young women and a few gentlemen cially women. The center is located at from across the length and breadth of Ghana. The school also received government recognition which resulted in Our Vision is: To inspire future fashion the accreditation of the center to by the National Vocational Training Institute Our Mission is: To become a leading (NVTI). This accreditation offers the competitor in the fashion industry in center the opportunity to offer NVTI Proficiency I and II certification courses. Within the last 4 years, the center Our Values is: Honesty, dedication, has trained a three hundred and eighty (380) women who have set up their businesses and earning decent living The center has been operating effective- wages for themselves and their fami-



Contact Person.

John AYANABA Co-Director of Anthonette Fashion and Training Centre +233242556078 anthonette1981@gmail.com staffindersgh@yahoo.com info@staffindersgh.com Website: https

For Information Visit Our Website: https://zikandjerri.com, Or call: 310-920-5103



Contributing Editor Kaleb Tshamba Historian, Arch Social Club, Activist

THE AMERICAN CIVIL WAR & JUNETEENTH HOLIDAY

chains as captured prisoners of war not the Emancipation Proclamation on Janu- African descent into the Union Army bor force that we see in today's modern as slaves. and let us not forget the words ary 1, 1863, freeing all slaves in the and arming them to fight and kill white day prison system. Freedom came with and battlefield cries heard echoing from southern states who refuse to lay down men. Two and a half years later after the three Civil War Amendments, the sons of African descent who volun- their arms and rejoin the Union. He also President Abraham Lincoln's had issued (Thirteenth, Fourteenth and Fifteenth) teered and joined the northern union understood that his Emancipation Proc- the Emancipation Proclamation which being ratified and added to the United army to fight for the liberation of their lamation was only a wartime executive freed all African slaves in the south but States Constitution. Now almost 160

But negroes, like other people, act upon motives. Why should they do any thing for us, if we will do nothing for them? If they stake their lives for us, they must be prompted by the strongest motive — even the promise of freedom. And the promise being made, must be kept. 99

~ Abraham Lincoln

than to be a slave and remember the President, Congress or by court order massacre at fort pillow".

On November 6, 1860, Abraham Lin- amendment. coln was elected President of the United States of America. By the time Abraham Lincoln was inaugurated President on every major battle against the Southern States. Confederacy, the Northern abolitionist "Free Soil's Movement continued to On April 9, 1865, the eleven Southern

and rejoin the Union by January 1, 1863, gressional Medal of Honor. this decree would free all African slaves within the boundary of those treasonous In an April 11, 1865, Speech, President slaved Africans wandering around un-

and the only way to permanently end slavery would be to pass a constitutional

August 26, 1863

March 4, 1861, seven southern states In 1864, Abraham Lincoln took com- en-slavers and Confederate renegades. that is inclusive representing all the peohad already seceded or withdraw from mand over the movement towards add- Freedom Day June 19th, 1865 became ple. All political decisions must be based the United States and formed their ing the 13th Amendment to the United known as "Juneteenth," the oldest on majority rule vote and all votes owned government called the Confeder- States Constitution forbidding slavery known celebration commemorating free- counted for election of the United States ate States of America or the Confedera- throughout the United States and freeing dom of the last surviving African slaves President be elected directly by the peocy. The American Civil War started on all African slaves. On January 31, 1865, April 12, 1861, when the Confederate the U.S. House of Representatives and Freedom came on December 6, 1865, battlefields during the American's Revotroops fired on Fort Sumter in South the Senate passed a joint resolution prowhen the 13th Amendment was finally lutionary War for Independence from troops fired on Fort Sumter in South the Senate passed a joint resolution pro-Carolina's Charleston Harbor. The un-posing a 13th Constitutional Amend-derlying causes of the war were that the ment abolishing slavery throughout the pro-slavery southern states wanted to United States. On February 1, 1865, protect their property, expand slavery Abraham Lincoln approved and signed into the northern states and into any new the Joint resolution of Congress to perfree territories. After two years of losing manently end slavery in the United

echo the Revolutionary War theme of Confederated States of America surrenliberty for all. With Fredrick Douglass der ending the American Civil War. The still in the President Lincoln's ear ex- war ended with the South blaming Presiplaining what a better way to end slav- dent Abraham Lincoln for allowing men ery then to allow free African and run- of African descent to fight in a white away African slaves to fight for their man war and runaway African slaves for freedom. Lincoln was now forced to their defeat. During the Civil War, the face the facts that this war to preserved Northern Union Army had a total of the Union couldn't be won until it be- 209,145 men of African descent who comes a war that focal on the liberation had volunteer as soldiers and joined the of African people. Abraham Lincoln fight for freedom and the liberation of decided on July 17, 1862, to enlist Afri- their people. Over 40,000 men of African freemen and African runaway slaves can descent died fighting in the 449 Civ-ratified in the United States Constitution England; and as noted in the American into the Northern Union Army. On Sep- il War battles and skirmishes that ulti- abolishing slavery thought-out the Unit- Civil War the promise of freedom for tember 22, 1862, Abraham Lincoln is- mate led to the Union's Army military ed States of America; except the word- our African ancestors came from the sued the preliminary Emancipation Proc- victory and defeat over the white south- ing in the Constitution didn't really end barrel of a gun. lamation which took effect on January 1, ern slaveholders and rebellious insurrec- slavery. It changed the terms and how it tionists traitors, within the racist South- could still be applied. Freedom came ern Confederate Slave States of Ameri- with betrayal of the Republican Party The wording within the Emancipation ca. Sixteenth men of African descent removing all the remaining Union troops Proclamation made it clear that if those received the Military Medal of Honor from the southern states and allowing states in rebellion did not stop fighting; and Twenty-five were awarded the Con- remnants of slavery to exist under a new

Abraham Lincoln acknowledged the protected and without shelter in the de-

South could not had been won.'

can slaves.

don Granger arrived in Galveston, Texas dent. with his more than 2,000 Union troop regiment. He insured General Order No. The struggles for freedom, human rights than 250,000 African slaves still held in mass movement of people rising up with state bondage. General Granger had an a united voice calling on U.S. House of additional 5,0000 to 10,000 Union sol- Representatives and the Senate to pass a diers to help enforce the law. Among his joint resolution proposal on having an troops were several regiments from the Constitutional Convention. We the Peo-United States Colored Troops that cou- ple; in order to form a more perfect Unrageously went from plantation to plan-ion will not be a easy one. tation reuniting with family and free their enslaved African brothers and sis- Therefore, the platform for this Conventers; and at times engaging in hand-to- tion must be about creating a muti-racial hand arm struggle against their southern Constitutional Democratic Democracy in Galveston, Texas.

heroic military role; that the African feated Confederate southern slave-"Black" freemen and the newly free Af- holding states, with no employment, no rican runaway slaves of the United benefits and no reparations for the 250 States 175 African American Regiments some years of force slavery. Freedom played in winning the war of liberation came with the newly passed states right that ended slavery and restored the Un- laws called the "Black Codes" which was very similar to the old "Slave Codes. Freedom came with the 13th Lincoln said, "Without the military help Amendment to the Constitution making of the Black freemen, the war against the "Voluntary Servitude' as a punishment for crimes and violations that included being a loafer, trespassing, drunkenness, With the ending of the war President homelessness and gambling. Now under Lincoln now had a target on his back as the states right law a former enslaved being the most hated and despised white African could be arrested, convicted and man in America. On April 14, 1865, later leasing out. Therefore, the practice As we celebrate Juneteenth each year, rebellious Confederated Southern states three days later President Abraham Lin- of leasing out convicted former slaved let us never forget that African families that had seceded from the Union of the coln was assassinated for his betrayal of Africans helped former slaveholders were brought to America in shackles and United States. President Lincoln signs white people, by him enlisting men of towards creating an exploitable low lapeople. "we would rather go to the grave order that could be reversed by the next not everyone in the southern territory years later the same written language, was immediately free. In the most west- legal loopholes and laws still remains ern state of Galveston, Texas the en- intact in the U.S. Constitution supportslaved people had heard news that they ing and maintaining the dominant, ruling were free, and the Civil War had ended; class of citizens based on white male but the white rebellious southern slave- supremacy. Which legally gives the owner in Texas refuses to free their Afri- Electoral College the power of checkmate that can overrides and installed the loser who didn't win the majority popu-On June 19, 1865, Major General Gor- lar vote as the next United States Presi-

3, announcing the liberation of more and voting rights can only come from a

ple. And let us never forget that on the

13th Amendment

Section 1. Neither slavery nor involuntary servitude, except as a punishment for crime whereof the party shall have been duly convicted, shall exist within the United States, or any place subject to their

Section 2. Congress shall have power to enforce this article by appropriate legislation.

system called sharecropping. Freedom came leaving 3 1/2 million former en-

For More Information Contact: Kaleb Tshamba 410-728-6808 Website Coming Soon!

Researched and written by Brother Kaleb Tshamba



Introducing, A Father & Daughter Team

Willie Fields is an international singer, in Catonsville Maryland. songwriter, arranger, producer, and comer, producer and keyboardist. However, The Strong Emotions (New Age) 2006 Titled (Jazz) Barkley Street he did get Classical vocal training at Coppin State University and was on the Coppin State Choir singing in the voice of tenor from 2000 to 2002. Willie has also attended numerous conferences and taken numerous courses on music production, vocal training songwriting, composition and the business of music.

He attended the Berklee School for Music online courses for songwriting (2016) and music for healing courses (2019). He composes music in a variety of genres Jazz, Latin, Pop, Dance, Neo soul, Rock, Blues, and Country. Internationally, he has performed in Frankfort, and K -Town Germany, Paris and Cannes France, Copenhagen, Denmark, Jamaica Negril, and The Bahamas. He has performed in several states in the USA including but not limited to Maryland, Virginia, North Carolina, Florida, and Washington. DC, Washington State, Oregon, and California. He has performed several times in California at Taxi Road Rally songwriting music conference in Los Angles and The Playhouse Theatre, in Sana Monica, California Coppin State University Graduate in Management Science 1990 In 1999, he won an \$800 dollars prize taking second place for Mars Music piano competition

tune titled "Maria" to be performed by author and illustrator. one of its Drum artist for its 2018 website. In 2021 to present Willie became a The book 2018 titled "My Mom Could Baltimore, Maryland Chapter Coordina- Be A Superhero." Gabrielle won \$500 tor for the Nashville Songwriters Associ- for winning the book-publishing contest. ation International in Jan of 2023 he was The book was inducted in to the Smithelected to Regional Coordinator for the sonian Postal Museum in Washington poser. He performs as a solo act or with He currently has six CD Heart of Stone Nashville Songwriters International ser- DC 2018 May. The contest criteria were a band. He is a native of Baltimore, Mar- 2001 (Pop) Paradise Island 2002 (Jazz) vicing eight chapters and four states. He based on finding amazing women to yland. He is self- taught as a piano play- By The Cross Road (Jazz) 2005 Calming is currently working on his latest CD write about and draw. Gabrielle chose

Gabrielle's Choice 2017 (Jazz) Nights

Over Rio 2023 (Latin Jazz) He served in Gabrielle Sara Jones-Fields is an authe US Army Reserves as an Officer for thor, illustrator, visual artist animator, 18 years (Veteran) 1986 to 2004 Honible film director and musician. Gabrielle discharge, rank Captain, with numerous started drawing at the tender age of three awards 2015 elected to College Hall of and creating music at the age of ten. She Fame in Baseball at Coppin State Uni- is currently in eleventh grade and sixteen versity He was a political Aide for 20 years old. She attends the Baltimore years (1994to 2016) in Baltimore Coun- School for Arts studying film and anity, Maryland 2018 Odery Drum compa- mation. She had her first book published ny in Brazil selected one of his original at the age of twelve where she was the

her mom.

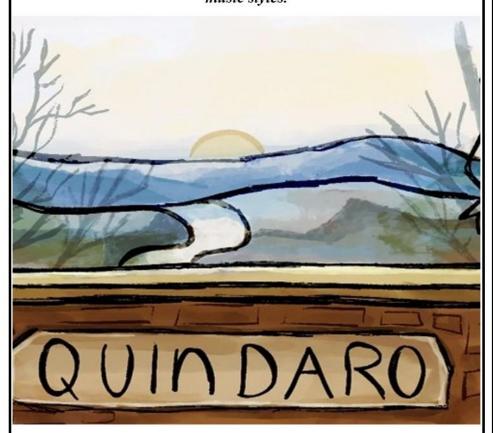
The Amazing Women Contest held in Philadelphia Pennsylvania., The book was distributed in libraries' around the United States. The contest was sponsored by the National Youth Foundation in Philadelphia, PA.

Gabrielle's art has made the cover of four books. The Baltimore Raves former professional football player, Jammine Lewis book 2017. My Mom Could Be A Superhero 2018. The I Matter book in 2019. She has had an appearance on the Nickelodeon show 2020 and I artwork on the Matter Book 2023.

Gabrielle has created artwork for Nights Over Rio CD January 2023. Most recently she won a \$300 prize for the Zaul Zaentz Film Festival held in Baltimore, Maryland in June 2023. The film festival had 28 entries of high school filmmakers around the state of Maryland. She received one of six awards given. In the fall of 2023 Gabrielle will enter the twelfth grade at the Baltimore School for Arts high school. She plans to attend college and continue studying film, music, and art. September 30, sold her art at her first art Comic-Con in Waldorf, MD in sold \$400 art.



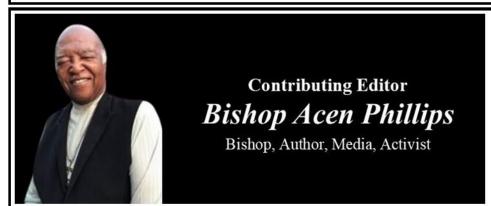
" Quindaro Song" © June 12, 2023
An action track taking place in the 1800's With the help of the Under Ground Railroad slaves could be free in Quindaro Kansas The track has influences of Native American Afro American and European of music styles.



Willie Fields Jr. Baltimore, Maryland 21215 443-629-5088 wfields2810@gmail.com You tube: @williefields1882 tay-music.com Gabrielle Sara Jones-Fields makes a Big Splash at Comic-Con Waldorf MD with her first ever vendor table as an entrepreneur to sell her art and the first Picture sold was Quindaro art



Gabrielle Sara Jones-Fields Baltimore, Maryland 21215 Frostyflakes127@gmail.com



Introducing, Bishop Acen Phillips

SECOND EDITION

Bishop Phillips shares, "Man to Match
God's Mountain is a written self-portrait The feature thesis in the book declares mines destiny. The Sun is the source of Please subscribe to our new letter to that takes an inside look into the chal- that God always gives us the Strength to light and provides reflections of light keep updated about our Ministry. We lenges and emotions of a man who was determined to follow a structure-bound destiny to reach the height of God's potential in his life. We are privileged to share the vision God has deposited in his predestined path. We are created with a design to live on level plains, but the fall of Adam invokes a disruption in the cosmos, and we are challenged to live in the ebb and flow of mountains and valleys. On each side of our valley is a mountain. Our earthbound journey leads us from mountain (Calvary) to mountain (Zion) through the valley of the shadow of death. Our blessing is always wrapped inside our burden (2 Cor. 4:7). The more intense the darkness of the burden, the more excellent the bright propensity of the light. When we surrender our will to the will of God and allow Him to own our life and give us as ambassador's to become co-laborers together with Him in His ministry of reconciliation, we all become men to match God's mountain."

Climb our Mountain before he allows through Moon and Stars light housers. Vessel.

Major Topics Covered

Everything You Need To Know

Light is housed inside the container of darkness and uses darkness to increase its propensity. The enter change of light

the Mountain to confront and challenge The perpendicular relationship of the us. The book will prepare you to receive light-houser to the position of the Sun an understanding of how to overcome determines what measure of light it will adversity. Inside 0f every Burden, God reflect. The Moon trails the Sun throughhas deposited a Blessing. There is al- out the day and rays of Sun-Light during ways a Treasure inside of our Earthen the night season. The perpendicular angle and distance the Moon positions itself to determine the ratio of light to be a Quarter-Moon or Full-Moon. The perpendicular relationship we position ourselves to Christ. The Son (Sun) of God, determines the propensity of "Our Light-Witness" In the World



will keep you informed of what's happening Nationwide in the Social and Political news where our Ministry is involved. Please tell your friends and associates about our website. Anytime you have any questions,

Coming Soon! Miss Black America

We are planning a Miss Black America pageant; we want to celebrate the achievements of black women in America. Our pageant goal is to empower young black women and provide them with a platform to showcase their talents and accomplishments. The pageant also serves as a means to promote diversity and inclusion in the beauty industry.

It is important to note that our Miss Black America pageant is not just about physical beauty, but also about intellect, talent, and community involvement.



Bishop Acen Phillips's newly released "Man to Match God's Mountain: Autobiography of Acen Phillips" is a powerful memoir that takes readers back to a troubled time.

Summary of the release

"Man to Match God's Mountain: Autobiography of Acen Phillips" from Christian Faith Publishing author Bishop Acen Phillips is an impactful autobiography that explores spiritual growth through the challenges of growing up in the years not long after the abolishment of slavery through to the author's determined pursuit of God via the ministry.

Full release text

"Man to Match God's Mountain: Autobiography of Acen Phillips": a powerful story of overcoming the odds and keeping the faith. "Man to Match God's Mountain: Autobiography of Acen Phillips" is the creation of published author Bishop Acen Phillips.

Bishop Phillips shares, "Man to Match God's Mountain is a written self-portrait that takes an inside look into the challenges and emotions of a man who was determined to follow a structure-bound destiny to reach the height of God's potential in his life. We are privileged to share the vision God has deposited in his predestined path. We are created with a design to live on level plains but the fall of Adam invokes a disruption in the cosmos and we are challenged to live in the ebb and flow of mountains and valleys. On each side of our valley is a mountain. Our earthbound journey lead us from mountain (Calvary) to mountain (Zion) through the valley of the shadow of death. Our blessing is always wrapped inside of our burden (2 Cor. 4:7). The more intense the darkness of the burden, the more excellent the bright propensity of the light. When we surrender our will to the will of God and allow Him to own our life and give us as ambassadors to become colaborers together with Him in His ministry of reconciliation, we all become men to match God's mountain."

Published by Christian Faith Publishing, Bishop Acen Phillips's new book is an enjoyable refreshed second edition.

Bishop Phillips is known for his determined spirit and dedication to helping those in need of spiritual guidance and healing.

Consumers can purchase "Man to Match God's Mountain: Autobiography of Acen Phillips" at traditional brick & mortar bookstores, or online at Amazon.com, Apple iTunes store, or Barnes and Noble.

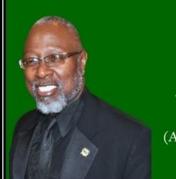
For additional information or inquiries about "Man to Match God's Mountain: Autobiography of Acen Phillips," contact the Christian Faith Publishing media department at 866-554-0919.



AUTOBIOGRAPHY OF ACEN PHILLIPS

Contact: Bishop Acen Phillips, Bishopacenphillipsministries.com 720-422-7054

BISHOP ACEN



Contributing Editor KING A. TEASDELL

The Independent Investigative Observer of Life Author, Activist, (AKA) KING (OBADELE' ANDRE) TEASDELL

Introducing, King A. Teasdell

"The "King" You'd Never Thought You Would See!"

Vessel, Founder, And Conduit Of "The Souls Of Life Society"

Empirical Philosopher of Life/Love Power, Certified Spiritual Life Coach, Speaker, Author and Host in "The Divine Inspiration Network" with Blog- I am the author of "The Power Of talk's Kingology.

I come with 20 plus years of real time Advanced Life Support Emergency Experience, transmuted into my becoming a Modern-day SAGE of the Esoteric Divine Study of Spiritual Evolution & Emotional Wellness, focusing upon Mental Stabilization Of A Kingdom.

Now my beingness has brought me to the "Ready" of embracing others to achieve their Royal Authority in...

Attaining Mastery Of Living Awareness" (A.M.O.L.A.)

AMOLA is an online course that teaches the basis of the 50 primary Universal Laws of the Divine Manifestation of our presence in this dimension of the time space continuum.

My purpose is to awaken the potential and the wisdom of Our Soul Force on Planet Earth as Kingdom Citizens in a Conscious Collective of "Like-Minded

Individuals in Harmony" purposed for the Continuation of Creation through the Power of Love and Truth.

My mission is to add value to "Conscious Thought" by helping remove the obstacles that hinder "Our Collective Spiritual Evolution".

Choice" ...Path of Divine Royalty to Conquer Darkness, and "Extraordinary Epiphanies Of A King" a collection of Divinely inspired poetry and prose... And co-author in a collaboration titled "Who Wouldn't Serve A God Like This."

My next releases are:

"Letter To The Living Body"

A Tribute of Life and Love and the memory of Dr. Martin Luther King Jr.

... And my up-and-coming books entitled...

"The Power Of Choice (part II)"

Path of Divine Authority Already Acquired...and..."I WAS BORN KING"

www.kingsphilosophy.org

(IG: @kingsphilosophy15) (FB: King Teasdell) (IG: @kingteasdell) (LinkedIn: King Teasdell)

EXTRAORDINARY EPIPHANIES OF A KING

Inspired Poetry & Prose Messages of Life

By King Andre' Teasdell



THE POWER OF CHOICE



PATH OF DIVINE ROYALTY TO CONQUER DARKNESS

KING ANDRE' TEASDELL



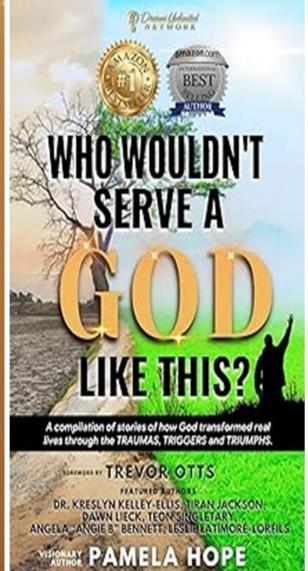
Author King Teasdell presents Extraordinary Epiphanies of a King," a spiritual transmission of Living Thought messages that came through him to help

during some of his darkest, and brightest moments of feeling and hearing... something

Activated by his life experiences, the expression of words contained in this collection of poetry and prose were found years ago, lying abandoned in the basement of his past. The author has resurrected and compiled them as a gift for you to read and gain insight through spiritual peace, awareness and quidance.



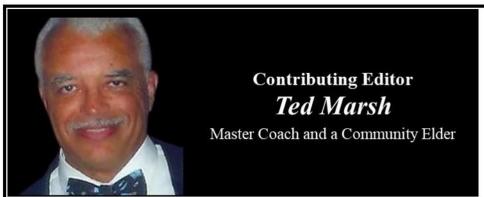




King A. Teasdell

www.kingsphilosophy.org

410-419-1226



Introducing, Ted Marsh

rapidly changing social climate.

After a successful corporate career in AT&T and Procter & Gamble, Mr. Marsh has elected to step up to the challenge of promoting the development of Manhood. modern organic systems, drawing out He was selected to be on the Board of the best of human attributes.

A decorated Navy veteran, Mr. Marsh served as a contract officer with Naval

Baba Ted Marsh is a Community Elder Construction Forces and Naval Facilities and a master coach committed to trans- Engineering, Washington, D.C. He is a forming the narrative of the peoples of co-founder of the Northern California African descent. For over 30 years, he Black Employee Association and the has operated a communications consult- African American Human Resource Foing firm, Two Win Communications, rum. As co-founder of the East Bay's which specialized in intensifying and men's support group Gathering of Black expanding winning relationships in a Men, he continues to coach selective, high potential males to facilitate advancing their growth into responsible manhood, applying the principles of his comprehensive guide, The Journey of

> Directors for the Mentoring Center, the executive board of the International Computers & Communications World

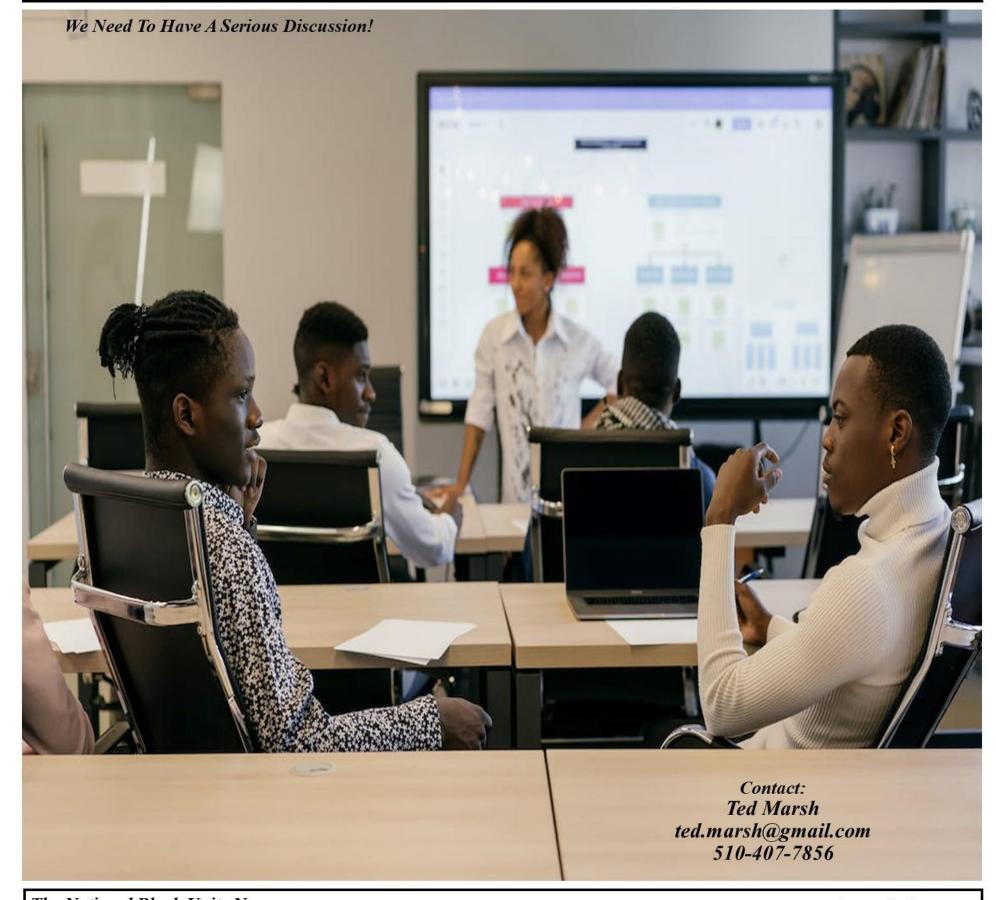
From the publisher, I personally want to thank and welcome Mr. Ted Marsh to our family of Editors! It is truly an honor potential and the power of self!

I have had several conversations with Mr. Ted Marsh, and this seasoned gen-

Leaders Council. He also served as a tleman truly is concerned about us senior counselor for Lee Hecht Harrison, (Black/African People). He is very a national employment transition firm aware about the God in each of us and and as Chief Coach for the CIE Institute. he is available for conversations with organizations. He has hosted retreats, seminars on healing and the power of Elders etc.

meeting this gentleman because he in- Wisdom plus knowledge is what he posspired me and enlightened me about the sesses, and he is more than willing to share these gifts with us! Thank You Mr. Ted Marsh for supporting us and The National Black Unity News!







October/November/December

The Safe Reentry Pilot Program

The light that saves lives

2023

The Safe Reentry Pilot Program (TSRPP) is designed to allow brick-and-mortar facilities such as office buildings, schools, businesses, your home, and places of worship to open or reopen to people and they be in an energy efficient and biologically safe environment.

TSRPP is the brainchild of **Dr. Melvin Eugene Butler**. In partnership with **BITH Energy**, "The future of renewable energy", and collaborating with **DnD Media One**, **Faces Going Places**, and others, Dr. Butler has formed a way to do three major tasks in the same amount of time.





Cleaning the air and surfaces is paramount for a safe reentry to any home or business. There are plenty of bad bugs out there. Many of these bad bugs are in, on, and around you. Dr. Butler and his team of experts can free your space of harmful germs, bacteria, fungus. mold, and viruses scientifically.

Concerning clean energy technologies, Dr, Butler saw what was required, and acquired the expertise of BITH Energy to help solve our energy needs with solar, wind, and other energy innovations.

Dr. Butler has also found a way to *create jobs* nationwide. He has a business model which provides technical

training, and a tremendous business opportunity for some to create wealth.

For more details, go to TSRPP.com or DB@TSRPP.com







Stop the spread of germ bacteria and viruses without filters or sprays.



ROBERT "BOB" for Mayor of Baltimore

Get to Know Bob Wallace

Bob Wallace is a Baltimore business owner, entrepreneur, and community leader. Growing up in the Cherry Hill neighborhood of South Baltimore amid poverty and racial segregation, Bob overcame social and economic obstacles through his own rags-to-riches story to become a successful business leader.

With over 30 years of business experience and a proven track record of success, Bob is running for mayor to bring real change to Baltimore.

As a native Baltimorean, who grew up and lives in Baltimore, and as a business leader with offices headquartered in Baltimore, Bob wants what is best for this city and for his fellow residents.

Serving Maryland

Additionally, Bob Wallace has served as chair for the State of Maryland Information Technology Board, the Governor's Advanced Technology Commission, Small Business Task Force, Minority Business Task Force, the City of Baltimore Mayor's Coalition of Supplier Diversity and Inclusion, and Chair of The President's Roundtable, a resultsdriven organization made of 20 companies that strive to improve the community through small, medium and large businesses working together.



Bob is a graduate of the Baltimore Polytechnic Institute. He earned his Bachelor of Science degree in Mechanical Engi- He resides in the Mount Vernon neighneering and Applied Mechanics at the borhood of Baltimore City. University of Pennsylvania and his MBA

from the Amos Tuck School of Business at Dartmouth College.

Experience and Impact

Bob Wallace is not a career politician. His experience working with industry leaders like IBM, DuPont and Procter & Gamble has made him an expert on economic development, strategic partnerships, emerging markets and entrepreneurship. He has published several books addressing the challenges faced by small, disadvantaged businesses and entrepreneurs.

Bob founded and leads three companies: BITHGROUP Technologies Inc., an IT service provider; Bithenergy Inc., an energy services company; and Entre-Teach Learning Systems LLC, which offers web-based training for women and minority business owners.

When he's not researching, mentoring or presenting to other business leaders, Bob Wallace enjoys spending time with his wife of 40 years and their five children. He frequently takes his family on mission trips to Africa where he has started orphanages and schools. Avid about education, especially STEM programs, he regularly mentors' high school and college students. Bob is a passionate community leader and devoted church elder who believes in the intersection of spirituality and business. He has built global relationships that have translated into profitable connections - an example of his motto to "do good while doing well."







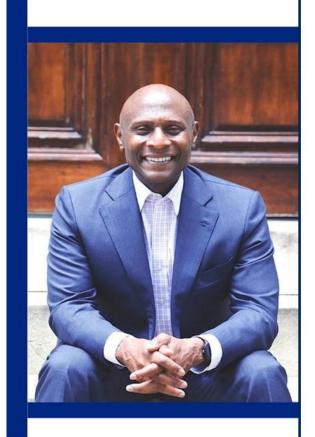


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BY AUTHORITY OF LINDA G. MORRIS, TREASURER



The Power Of Us! Continued from page 3

tional organizations hosting conventions COVID-19 than white people. every year. It seems logical that this will keep money in their pockets, thereby circulating our spending power amongst institution that will cater to our needs?

Why aren't there any Major Health Facilities that will address our health needs?

Black people in the United States.

than white people.

United States

white people.

ethnic group.

are three times more likely to die from education are: pregnancy-related causes than white women.

Especially, with all the entertainers COVID-19 Black people are more likely It enhances the academic achievement ers, educators, entrepreneurs, young headlining musical events; and our na- to contract, be hospitalized, and die from and motivation of Black students, who people as well as elders, and everything

Why is there not a national financial

well-being. According to some sources, paradigms. Black people face considerable challeng-Health disparities are differences in the es in accessing banking services, such as It cultivates the awareness and apprecia- and we are supported by us! health outcomes or access to health care higher interest rates on business loans, tion of the diversity and richness of the that exist among diverse groups of peo- lower bank branch density, less local African diaspora, as well as the connec- We must use our physical attributes, we ple. Black people in the United States banking concentration in the residential tions and contributions of Black people have each other but our strength comes experience many health disparities com- mortgage market, and slower growth of to the world. pared to other racial and ethnic groups. local businesses in majority Black
Some of the reasons for these disparities neighborhoods¹. These disparities are It prepares Black students to become We are not against anyone, group, race, are related to social, economic, and envi- partly caused by historical factors, such active and responsible citizens, leaders, or religion, we are here to strengthen our ronmental factors, as well as systemic as slavery, segregation, redlining, and and agents of change in their communi- own! racism and discrimination. Here are discrimination, as well as by current barties and beyond. some of the health disparities that affect riers, such as lack of financial education, stream banks. These factors contribute to my point! Heart disease Black people are 30% the racial wealth gap, which is the differmore likely to die from heart disease ence in net worth between white and Now is the time to address these topics education, and a powerful positive future HIV and AIDS Black people accounted net worth of a typical white household cause we are depending on others to do come! for 42% of the new HIV diagnoses in the was 7.8 times greater than that of a typi- what we can do for ourselves. cal Black household. This gap limits the Sexually transmitted diseases (STDs) ability of Black people to invest in edu- I mentioned that the seven Billionaires of us is unique! We must change our Black people have higher rates of chla- cation, entrepreneurship, homeowner- were self-made and were not generation- mindsets we must change our thoughts mydia, gonorrhea, and syphilis than ship, and other wealth-building activi- al wealth! If they could do, why not the about us! When we use our power of us,

Cancer Black people have the highest Why are there not many national Black start with our families, communities, and and together change will take place! death rate and the lowest survival rate -owned and operated vocational educa- throughout the Diaspora. for most cancers than any other racial or tion institutions in this country that are owned and operated by us?

Maternal and infant health Black women Some of the benefits of African-centered all things are possible!

who often face negative stereotypes and

discrimination in the mainstream educa- (TNBUN) come from diverse backtion system.

are exposed to positive role models, rel- in between! evant content, and high expectations.

rest of us? We do not have to be billion- it starts with the power of you! When aires, but we can build legacies. We can you change and I change then we change

I do believe that if we communicate with making a difference and with God on each other and support each other then our side, all things are possible!

Case and point, The National Black Uni- Help Ourselves! It fosters a sense of pride, self-esteem, ty News (TNBUN) is an example of and belonging among Black students, how this can work! The participants in

grounds, some are from the faith-based community, activists, authors, entertain-

The (TNBUN) family supports the pub-It promotes the development of critical lication with their ideas, products thinking, creativity, and critical thinking goods, and services! We support each Disparities in financial institutions for skills among Black students, who are other's projects as we talk to one another Black people are a serious issue that af- encouraged to question, analyze, and and most importantly we support fects their economic opportunities and challenge the dominant narratives and (TNBUN) financially! We do not ask, seek nor need outside influences, finances, or endorsements! We are self-reliant,

from GOD! TNBUN comes from Divine

We have everything and everyone that is income volatility, and distrust of main- This list can go on and on, but you get needed to sustain ourselves and our people. We must communicate, support, and create our own systems of economics, Black households. In 2019, the median because many of us are perishing be- for this generation and the generations to

The Power of Us is powerful, the power

You can make a difference, and I am

Help Me, To Help You, So That We Can

By, David Murphy

MENTAL ILLNESS Continued from page 3

up going into this fancy restaurant and

ever, as I grew older, it became Crystal point in my life, I didn't know any. Clear I was born into a world of racism and White Supremacy.

as I grew and witnessed movements and as if we have no idea as to why! My father would open the car doors for Black People fighting for just the right to them and park the vehicles: whatever tip decency and fairness, I started to shape As I bring this article to conclusion, I am the reader, feel free to give your comthank them with gratitude. I couldn't as on White People. Of course, let me ness and my continued depression. understand as a child, why it was only make it perfectly clear, I know there are

If I was to ask one question, it would be will never accept it nor acknowledge it.

when we have grown into a world full of us, but we are buried too deep in the lies, corruption and deceit? I mean even untruths. today; we continue to pass the same lies on to our children. As we witness the My conclusion is to keep fighting and to In many ways, I started to hate life and world coming to its own destruction, it is keep praying because at this point, only

they would give him he would grin and my views of hatred on the world as well not going to speak about my mental ill- ments and your opinions, this is mine

Whites going into this fancy place. How- some good White People but at this However, I will say that our cure will not be found because even though it is before us, there are far too many who

this: how can we not be mentally sick It is the truth, the truth is what will free

intervention from the "CREATOR" will rescue this cold corrupt world. Please as and you, you will have yours.

By Bill Goodin

What does it take to know yourself? Continued from page 3

profound, and meaningful questions. admiring themselves. We are not protrue identity.

I know...I know... Most of us associate long gazes in the mirror with people who have excessive interest in

Questions such as "What makes me hap- moting being a narcissist. While mirpy, what makes me sad, and what makes rors may seem an ideal tool for monitorme afraid? What do I want to achieve ing appearance and other physical traits, and what are my regrets? What do I love mirrors can actually reveal what the eyes and who do I love? What best serves me, cannot see. Learning from your reflecand who loves me? When answered, tion can increase your self-compassion, these questions will assuredly bring help your stress management, improve some clarity and get you closer to your your personal relationships, and much more. People practicing this meditation type find themselves calmly in front of the mirror to erase fear or self-judgment and gain self-acceptance. And self-

acceptance is a major step in getting to min@TNBUN.com to discuss the possiknowing yourself.

(TNBUN) many of our Editors are high- cal designed to provide our diaspora ly educated people in curtain subjects with information that is viable for today, and they all are gifted people. They have and usable tomorrow. The online version a clue as to who they are and are why of TNBUN is free, but it should behoove they are here...why they exist. These you to get a subscription to this newspa-Editors feel comfortable about them- per for those who are not internet savvy selves enough to share with you who or who just enjoy the ink on paper. they are and what they know. This eclectic group of people set out to inform the Black-Melinated-African Community with their knowledge, expertise, and servant spirit has already changed the lives of many. To become an Editor in TNBUN, contact me at ad-

Here at The National Black Unity News TNBUN is a Solution-Oriented Periodi-

Remember...with egosurfing and mirror gazing you get to know a little better who you are and why you are here.

Walter Eugene Dempsy Murphy



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



In Memory of Matilda V. Gwynn (Mama Tillie) 1908 - 2019 Continued from page 4

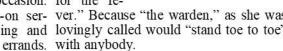


ladies tinued to be gy. blessing to

Because of her pleasant demeanor, However, her family all agrees that Ma-Matilda gained employment, for a num- saying ber of years, in the upscale Guilford/ goes, back Homeland area of Baltimore as a domes- in the day, tic household manager. Her flexibility she did not enabled her to meet any and all the take needs of the families she served. Her back talk or duties or responsibilities required her to sassiness use the knowledge she had acquired con- from anycerning different styles of formal enter- one. As the taining, protocol, purchasing high-old folks quality items for the family's use, and say "no tea other vast resources to fit any occasion. for the fe-She also provided some hands-on ser- ver." Because "the warden," as she was vices, such as cooking, cleaning and lovingly called would "stand toe to toe" running

met. he's introduced us to a world of Mama Tillie over the years, wore strikingly represented a fashionable seg- her beautiful gray hair marked her with so many hats in her lifetime. Using her ment of society- one that should pay honor. Not only had Mama Tillie been home-made remedies for the sick she homage to this grandmothers' style and through the hard knocks of experience and stylish, became a doctor, a dentist pulling out all spirit. Her aire of sophistication offered but she had also experienced that part of the children's baby teeth, and with her proof from this wise, silver-haired queen history NOT learned in books. because she carpentry skills she swung a mean ham-that personal style advanced with age." was able to mer fixing and repairing anything that radiate Je- was broken. Because she loved animals, Her ability to capitalize on her memory life's mountain top, she was privileged above she became the family veterinarian for afforded her the opportunity to witness to have exall else, her all the family pets. However, her love to having seen more changes in one life- perienced in for horses gave her the confidence to time than any past generation had ever breathing Christ con- outrace any man with her horse and bug- seen. Because of this, with the advantage the rareness

many If you never had heavenly cooking, then fluence in the lives of many. who came you never ate Mama Tillie's divine saacross her vory dishes. According to family, At 106 years old when this picture was what path. Her many years of mountain top friends and even some of the neighbors, taken, Mama Tillie was the matriarch of imagination experiences graciously spread multiple there was and never will be anyone who six generations looking up to her, and can seeds of wisdom over the valleys of could stir up pots of excellence to "die referring to her as blessed, and a bless- sion. Mama Tillie truly arrived and emfor" like Mama Tillie.



icon. This manner of graceful dressing; amazing times! adorned by this very stylish woman of

of prospective on her side Mama Tillie's of a long life shared wisdom became a stabilizing in- filled with

ing, as she testified to having witnessed braced the apex of life. many amazing changes.

strong work ethic, excellent organiza- ma Tillie's greatest accomplishment was She had seen the evolution of the auto- nursing homes. Fifty million Americans tional skills, and a confident attitude being the family disciplinarian. As the mobile and witnessed the flight of an alive now are expected to spend their open cockpit plane to the modern space- last days in a nursing home. But praise ships flying to the moon. She had lived be to God Miss Matilda V. Gwynn at in the days before the: TV, Fax ma- age 106 yrs. still proudly lived in her chines, Computers, The Invention of: very own fashionably decorated 2-Neon lighting, the Parachute, the Radio bedroom apartment. Her long abiding Receiver, Stainless Steel, Sonar, Radar, faith in our Lord and Savior continues to Nylon, the Jet engine, the Helicopter, the be her sustaining force. Proverbs. 31:10 Microwave, the Long playing record, "Who can find a virtuous woman? For the Hard drive, the Video cassette re- her price is far above rubies." Her prayer corder, the Laser, the Computer mouse, to God continues to be "Now also when I Video games, Pocket calculators, the am old and grey headed, O God, forsake Personal computer, the Digital camera, me not; until I have shewed thy strength the Compact disk, the World wide web, unto this generation, and thy power to Satellite TV and the iPhone. Oh yes, and everyone that is to come." Psalms 71:18 the Inauguration of the 1st Black President. Believe it or not she was 4 years

With an aire of sophistication Mama old when the Wright brothers flew their Tillie showed that fashion was not just first plane and although she wasn't a for the young. At the age of 100, while passenger, she was 8 years old when the being honored she still served as a style Titanic sank. Talk about living during

God, who still wore her hats truly ex- Having crossed many bridges and made demanded respect from everyone she Yes, Matilda, who earned the title of pressed a sense of style of her own. She numerous decisions at life's crossroads

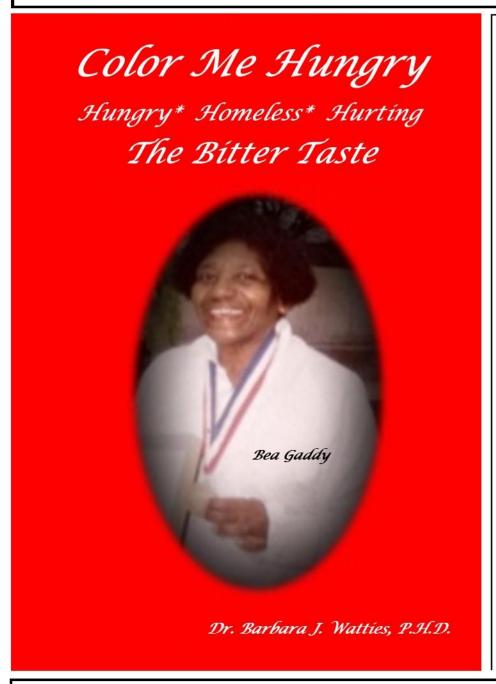
Still captivating at the age of 106 at

memories far beyond any



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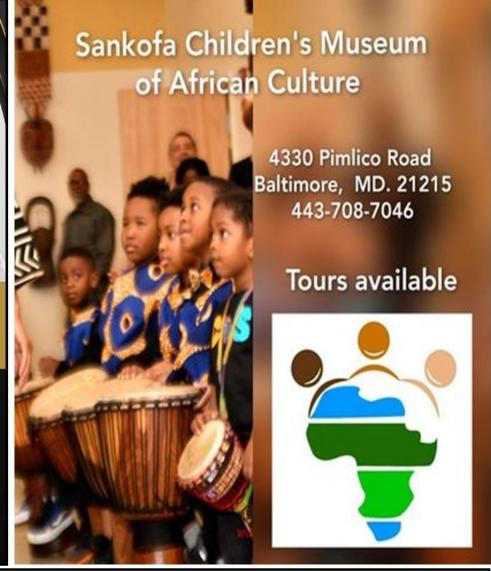
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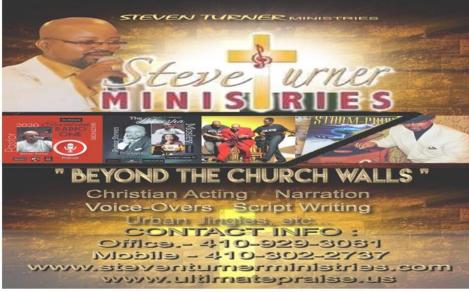


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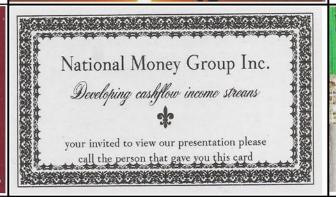


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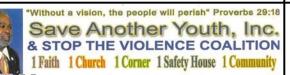
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Why is a song asking just that? Why?

Why are we doing all this killing?

Not loving one another.

Why are we settling for the way life is?

Why are we keeping our mouths shut when necessary to speak?

Why are we not out being the change we want to see?

All of the senseless killings

The decreasing of our existence/our future. Being out of sync with the laws of the universe yes divine order.

Tao_ Used in this song relates to

noun

(in Chinese philosophy) the absolute principle underlying the universe, combining within itself the principles of <u>vin</u> and yang and <u>signifying</u> the way, or code of behavior, that is in harmony with the natural order.





Classified Section



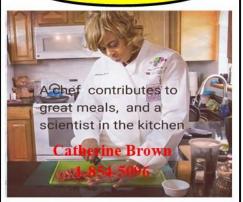


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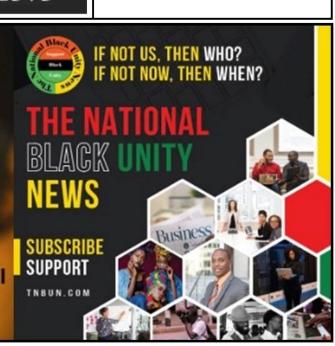
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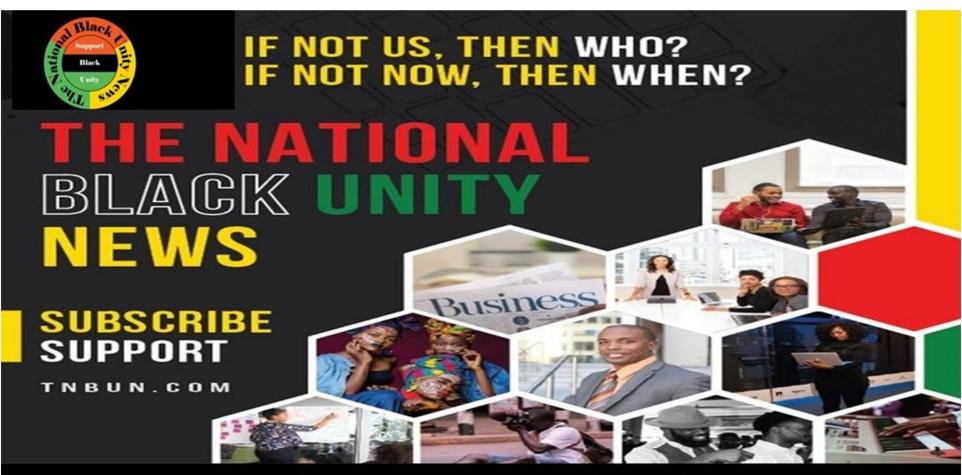
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