



The National Black Unity News

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

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

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The National Black Unity News A Solution Oriented Publication

From Middle River To The Middle East, People Are Rising Up, Change Will Come!



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Middle East

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Us Helping Us = Unity

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You Can't go back and change the beginning, but you can start where you are and change the ending!

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The Ignorance Of Racism/Separatism

The fact is that the concept of racism and separatism have been around since the inception of man! People of the same race from the same country, same town or village have found ways to divide themselves by the smallest differences. We use the dividing factors such as one lives on the east side of town versus the one who lives on the west side! We use the fact that those attending this school differs from the one who attends the other school!

What is the difference between the Bloods and the Crips or the democrats and the Republicans? For example, when I was

a young boy I lived on the 600 block of Baker Street and we played baseball against the boys in the 500 block of Baker Street! We even fought against each other and the only difference was that they lived on the other side of Pennsylvania Ave. Some of us were friends went to the same schools shopped and the same store! But even as children we found a way to separate ourselves!

When children grow into adults, they find many levels or reasons to separate! We develop a variety of ways to point out the differences than to find what unites us! Now that we learned these divisive ways of thinking, then this creates our belief system and now we are determined to the point of death and war! We are dug in steadfast we teach our children that our ways should be their ways!

It is what it is, for some reason man has never develop a tolerance for people who differs from themselves! One of the reasons is that we fear one another and that is because we do not know one another! Nor do we take the time and try to understand each other! **Continued on page 32**



National Editor & Chief
Bill Goodin

Activist, Author, Publisher & Organizer

Black Ice Vs. Other Ice

For many years there has been a slogan that other people's ice is colder than Black People's Ice. I never had any idea as to where it started from but I had an idea as to what it meant. I think now that it may have started from how we as *Black People* view our political leaders. After all, there seems to be no shame, overtly, that we will support other political candidates without regret!

As the writer of this article, I intend to be clear as I refer to the points I would like to stress. Have Black Leaders delivered for us through the political process as they should have? Indeed not! However, have others who have represented us for years and years before we were even allowed to run for a political seat, delivered for us! Indeed Not!

Elected officials have the opportunity to empower us in many ways. Not just economically but with laws that are put into place that will be of benefit to us. Yes, they help to create better conditions for education, housing, etc. I guess one point that I am asking is why would another race want that for us more than we want if for ourselves?

Let's be honest, most people support their-own before they support others. It has always been like that and most likely it will forever be like that. Oops! there is an exception. We as Blacks dare to be far more generous to others than what they are to us. This is a costly act of audacity. Look at the people who come into what is called the Black Communities to open businesses with the intent to just profit from us without giving anything back.

However, what other communities could one go to and find such behavior other than in our communities? Is it not of interest to hear Blacks from all walks of lifestyles and consciousness talk about empowering us and at the same time, we are far too comfortable with supporting others rather than one another?

Is the statement, to some of us, that our ice is the same as other people's ice but it appears it melts quicker true? Is it true that it feels better getting kicked by someone else rather than lifted by one of us? Truly have the effects of slavery overtly hindered us so badly that we still think that we live on plantations and to support one another is breaking a law?

Excuse me, but is it *not* better that we argue and fight about which one of us is the better one to support instead of fighting for someone else to reign over us? I have to ask and point this question out, what message do we send to our children when we constantly say it is better supporting others than one another?

Well, excuse me but without being racist, nor hateful towards others, I think I will continue to vote for my own when we are in the contest. Yep! I truly think our ice is just as cold. I truly believe with all my heart, that *my own*' will have more concern about me *and mine*' than others will.



National Manager
Walter E. Murphy

Managing Director:
The National Black Unity News

Free Speech and The Vote

It is vital that our community exercise the right to lawful assemble and to protest...and we do. Most of us have strong opinions and say what is on our mind...even to Power because you have the power of having freedom of Speech. Another awesome and powerful tool of the people is The Vote.

The following article is a reprint from the October-December 2018 issue of TNBUN. Yes...considering the needs and concerns of our community, there are many new, exciting, and life-changing subjects to discuss with you in this issue of TNBUN, but none more important to our very existence.

Subject: October 2018 Article
Title: Free Speech and The Vote

Under normal circumstances, at the end of whatever topic I was sharing in my previous articles, there would be a pitch to

recruit new talent to partner with us. And for good reasons. The Nation Black Unity News is constantly growing, and our future looks bright. You who have something to contribute to our readers, our community, please do not hesitate to contact me at dempsy53863@gmail.com. You who have products, goods, and services will do your brand a great favor by advertising with us. For the record...the reason the recruitment speech is at the end is for my last words you to linger like a song you cannot get out of your head. Not so today. The subjects I want to linger on in your spirit is your duty being an American Citizen, and your rights as an American Citizen, Free Speech and The Vote.

According to its Constitution and its Bill of Rights, the only true input each citizen has in the governing of The United States of America is Free speech and The Vote.

You would think that the term "Freedom of Speech" means that a person can write or say whatever they want, to whoever they want, and whenever they want. Writing or speaking freely the words that come from your head and your heart are to be shared and it is (as a citizen) a right. Say what you want, but you must be very cautious about what is called "unprotected speech". Unprotected speech is completely prohibited and is subject to governmental regulations. Such things as obscenity, advocacy of imminent lawless behavior, fighting words, fraudulent misrepresentation, and defamation are prime examples of unprotected speech. What someone can and cannot say **Continued on page 32**



Editor:
Dr. Barbara Watties
The National Unity News

FEAR=COVID-19 (coronavirus)
Yesterday, Today & Tomorrow

YESTERDAY

Since February 26, 2020, as I have watched and become acquainted with the news as it pertains to the spread of the coronavirus I have felt compelled to write this article. Why? Because of the terror that has struck into the hearts of men and women worldwide by this pandemic calamity. Yes, these are truly scary, troubled times. Just watching the daily news affirms that.

With the constant artificially colored visual illustrations of COVID-19 (coronavirus) appearing more real to some viewers it has caused some people to suffer occasional mini-anxiety attacks. Some people have even experienced mental and physical health issues, even to the extent of becoming more stressed and irritable as a result of sheltering in

place.

Some people are feeling stressed not only because they are afraid that the disease [COVID-19] could overtake their body, but also because of the fear of being ill with the virus and having to be hospitalized in the infectious disease unit, where currently there appears to be no cure for the disease.

It's no wonder depression, anxiety, frustration, and confusion, laced with overwhelming fear is casting its ugly shadow over the masses. It seems impossible to be able to escape this invisible, demonic infiltrating sickness which for so many has led to death causing multiple countries, states, counties, cities, etc., to declare restrictive measures.

Locally, the shutting down of the city

and surrounding counties, promoting (working from home), the wearing of the mask, the posting of signs regarding distance spacing, coupled with the methodology of demanded quarantining has become our daily assigned "new normal" recourse. Along with the mixed message behavior of some of the people you encounter as you commute from one destination to another. Because although supermarkets, etc, are promoting social distancing measures throughout the stores (with spaced markers, and transparent plastic screens to protect the cashiers), with the narrow marked one-way aisles, it's still almost impossible, as you follow the guidelines, to keep others respecting the same distancing guidelines.

As these horrible, traumatic conditions and reactions continue to proliferate with each new day it appears that disbelief, anger, and fear coupled with grief due to loss of thousands of loved ones abound. To date, there have been more than 1.9 million coronavirus cases in the United States, according to the Johns Hopkins University tally. Additionally, National Coronavirus Global death toll updates from COVID-19 are reported to have passed 400,000.

FEAR=COVID-19 (coronavirus)
TODAY

The words I have formulated to describe this atrocity fails to capture the true hor-

ror of this Pandemic as we are confronted with fatal systemic situations that produce the fear of the unknown. Especially since even the experts question how this virus, that amass these totals, spreads. Why?, Because world-wide we have been shaken by an invisible unknown killer, so to speak, a killer which we have no idea what strength to use to stand up to it or what weapons to use to fight it. We are all enduring a journey where it appears we have been set up to fail/die as we are simultaneously being taught to learn how to survive/live a different way a "new normal." This invisible weapon of indescribable insulin is penetrating some bodies like a monstrous axe that needs sharpening continuously, without discrimination of age, race, or gender. Its' penetrating levels of debilitation has created fear in the hearts of each of us like a demonic axe that chops away at our sense of purpose/being. According to official reports, to say that, from the United States to Italy, Spain, and France we are all under a considerable strain is an understatement.

We are all filled with multiple questions that are being responded to with varied scientific explanations, from top-notch scientific scholars leaving us with mass confusion. To some extent, around the time when this "new normal" manifested itself and the declaration was imposed, I quickly accustomed to the new lifestyle of self-isolation and physical distancing. Personally, I guess all my life, being an only child and an only grandchild I have always been practicing a form of self-isolation and physical distancing. I guess that's why I don't get stressed out being self-isolated. Continued on page 33



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

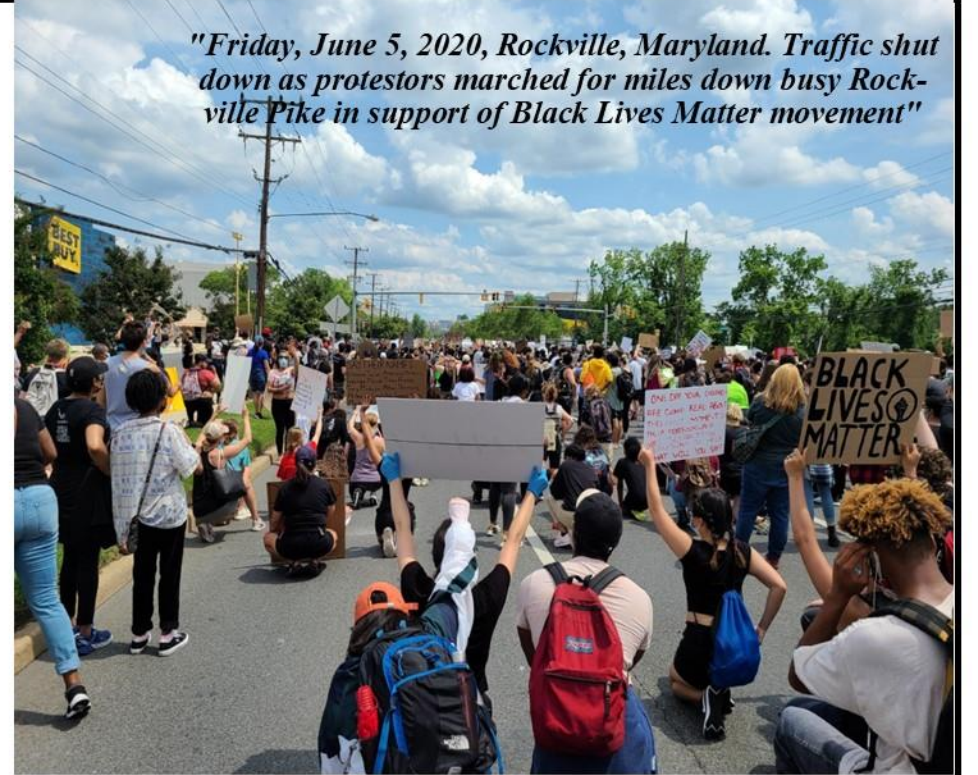
What is God Trying to Tell Us?

From the Lyfe Wurks family, we are praying for your health, peace, and happiness during these uncertain times. When we look back 10 years from now, how will we describe 2020? What will we say? What feelings will rush back?

By now COVID-19 has turned your 2020 expectations upside down. Many of us are feeling lost and struggling to find our footing again. Who could have predicted a global pandemic? We were immediately thrown into the "new normal" but there was nothing normal about turning kitchen tables into remote home-school; High-School Seniors dressed in cap and gown to celebrate living room graduation ceremonies; seniors sheltered away unable to accept visits from family. We soon discovered the hardest-hit communities were our own. Preexisting health conditions made blacks more sus-

ceptible to catching and dying from the virus. Many blacks were considered front-line "essential" workers and black business owners were forced to close their doors at higher rates. Amid all we were dealing with, global attention took shape once again to protest the treatment of black people at the hands of police. Streets were flooded with people of all nationalities protesting for reform, the dismantling of systemic racism, and the fact that Black Lives Matter!

Whew.... So many are now wondering What is God trying to tell us? What is my role? What should I be doing? Only you can answer this, but start by powering down devices, finding a quiet place and really reflect on these questions and how you can best utilize your time, talent, and other contribution to a number of causes that need YOU



"Friday, June 5, 2020, Rockville, Maryland. Traffic shut down as protestors marched for miles down busy Rockville Pike in support of Black Lives Matter movement"

right now!

So back to my original question. Ten years from now, I want to say that I used my 'shelter in place' time to catch up on sleep & Netflix binge-watching; Lyfe Wurks was launched into new lucrative contracts and lasting partnerships; the #SupportBlackBusiness movement truly worked and increased the circulation of the black dollar in our communi-

ties and homes creating generations of black wealth; Census 2020, November Elections, our marches and protests launched permanent reform and changes in our government systems. It opened the minds and hearts of all to the treatment of African Americans and the #BlackLivesMatter movement created better equality and safety for our children.

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Nothing Comes Clean Without Agitation

Nothing comes clean without agitation. My friends America is in need of a profound cleansing. I have watched over the last several weeks as the demonstrations in favor of Black Lives Matter, for equality and against police brutality have manifested themselves with admiration for the demonstrators and their message. We as a community need to support those who would agitate against a system with which we really have no stock in.

I don't condone violence, but I was raised on it. We as a people have to understand that our oppressor only understands the language of oppression whose subject-verb and predicate is force! We are not going to love our way to freedom or too even simple respect and decent treatment at the hands of our fellow Americans. Our community will only be respected when we seize the reins of power over our destiny. This we must do in the streets as well as the ballot box, courthouse, statehouse. Our advancement requires the application of a universal front and we all have a part to play.

We all have a part to play beyond just encouraging our youth. It is our responsibility to have their back to lobby for them, to empower them as they engage those who would keep us shackled.

For my part, it is essential that I support those who are protesting by providing them with seven easy points to be aware of when protesting. It is my hope this information will serve as a guideline as to how to protest and engage in protesting while minimizing the risk of getting

hurt or arrested.

The first point is that you must always be aware that there are two laws the law in the street and the law on the books. No matter what I tell you the law is you must prepare yourself to interact with Law Enforcement, paramilitary units such as the National Guard and civilian reactionaries and fascists. You can waive your constitution at them, but you will get your head busted. Any relief that you might receive in court ten to eighteen months later, will hardly compensate you for your trouble. This leads to the second point.

The second point requires you to always control your environment and those around you. Just because someone has a badge or indicia of authority does not mean that they are in control or have authority over you. To the contrary Law Enforcement is supposed to work for you. If those who are protesting around you are getting out of control, they are probably Law Enforcement masquerading as protestors. Remove your self from the situation. We need soldiers that are going to be available to fight for the long haul not short-term martyrs. Self-awareness and awareness of your surroundings is of critical importance, you are allowed to extricate yourself from an uncomfortable situation.

The third point is that citizenship means nothing if you do not assert it. You have a right and duty to your community to protest if you are physically able to do so. The easiest form of protest is to simply vote, no excuses for not taking the simple effort to register and vote - If

you don't like your choices write in someone's name or yours if you think you can do better, it's allowed. Don't let anyone tell you that you cannot protest it's a fundamental right guaranteed by the First Amendment. Law Enforcement is supposed to be there to protect your right to protest.

The fourth point if you have an interaction with law enforcement, turn on your cell phone to record the incident and ask if you are free to leave. You have the right to disengage and they are supposed to have probable cause to detain you. If they detain you, they have to be in a position to state a reason for doing so. If they indicate that you are free to leave take advantage of the opportunity and walk away. You don't have to justify what you are doing or where you are going, and you don't want to talk your way into or volunteer probable cause. Remember you have the right to remain silent.

The fifth point, The CELL PHONE; you have the right to record interactions in public spaces. Use your phone to record what is going on around you, including Law Enforcement, engaging in what is supposed to be public service. You can be sure that Law Enforcement is recording you. Law Enforcement may interpret your proximity to their activity as being threatening. They can order you to move back or worse to stop interfering. If you are accused of interfering, walk a minimum of twenty paces away while recording the incident and then continue to record from a distance. If your phone or camera does not have the ability to zoom in, you need to get a better one.

The Sixth point. If you get detained or worse, arrested, the first thing that Law Enforcement is going to try to seize is your cell phone. Once it appears that you might be detained turn your device off and lock it. Law Enforcement cannot look through it or force you to open it without a warrant. If they ask you to open your phone or for the password, ask to see the warrant. Under any circumstances, they are not allowed to delete any data from your device. Be sure

your device is encrypted and has a strong password. Avoid using biometrics like a face or fingerprint recognition to unlock your device, as you don't want someone to achieve unauthorized access by simply holding the phone up to your face while you were in custody. Your cell phone and camera are protected by the First Amendment. As an aside, please do not do anything, save anything, include anything, post anything or go anywhere on or with your cell phone, computer or other electric devices that you do not want law enforcement to see. If you have secrets or are engaging in nefarious activity or are just concerned about your privacy, laptops and cell phones are the most intrusive and incriminating devices made by man.

The seventh point if you get arrested, you have the right to remain silent, exercise it. I have practiced law for thirty-two years, I have seen many people talk their way into prison, can't remember anyone who really talked their way out, well maybe one or two, but trust me you are not that good. If Law Enforcement has made up their mind to arrest you, they are going to do so. One way to control the situation, which is critical at this point is to keep your mouth shut. Once in custody, you will have the right to contact someone, be sure that you have someone responsible to contact. This worse case contingency should be planned ahead of time. Memorize the critical phone number that you are going to call for help, which needs to be a family member or loved one, who is both capable and willing to advocate for you. You will not have the opportunity to search your phone contacts, as your phone will be locked in property or retained as evidence. I suggest that you inform this person who should remain behind and not be with you of your plans and whereabouts and when you should return, this is vitally important.

If you have additional questions, please feel free to contact me or visit our website www.sweetinglaw.com for additional information.

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National Editor
Wayne Randall
Financial Consultant

Out of Chaos Comes Opportunity

Over the past five months we have endure being on lock down as a precaution by our medical experts to lower the curve of this deadly disease. The challenges we have faced so far have been two-fold from a standpoint of sustaining life over economics. Both interwoven in such a way that is perplex. The question has always been how long our cities can stay on lockdown. Without our economy collapsing it is evident that cities around the country had to reopen, but at what cost. We have been hearing medical experts telling us to heed caution by not reopening cities and businesses all at once. It should be a gradual process, but how do you determine what type of business takes precedence over another.

Anyone that was running a business had to close their doors over the past months is eager and waiting to reopen their doors. Obviously, the new normal will not be business as usual as we know it. There will still be constraints in place to rid us from a second wave of this terrible plague. The numbers of unemployed Americans jumped to **14.7 percent** in April 2020, the highest in the history of the series and compared to market expectations of **16 percent**, as the Covid-19 crisis threw millions out of work. The number of unemployed persons rose by **15.9 million to 23.1 million**.

These numbers are not segregated by race or ethnicity this catastrophic event

hit the masses! Some people were blindsided because they had never experienced anything like it before. People who had never been unemployed felt it for the first time. If there were ever a time to believe in a higher power besides the government or yourself this was it! If you have been keeping up with the current events you can obviously see where there have been some major blunders in the decision making by our leaders. So much for things we cannot control let us concentrate on what we can do! If you have had the good fortune to be employed during this pandemic you should count yourself favored that your sector or company was not affected.

These are unprecedented times it is crucial to manage your investment risks, stay invested in a diversified portfolio. Such as savings, retirement accounts, investments and real estate. People asked me should they sell their stocks or cash out there **401k**? Obviously, these are perilous times, but you must remember why you made these investments in the first place. So, my answer to you is hold on! There has been a decline in the market, but it will rise again. The economy every **10 years** or more goes through a dive of some sorts. Generally, the winners are the ones that hold on and hold out. On that same note, if you had holdings in airline stock during this time

then I would tell you to sell.

For example, Warren Buffet sold all his airline holdings according to Securities Exchange Commission (SEC) filings¹, Berkshire Hathaway sold nearly **13 million** shares of Delta Airlines (DAL) last Wednesday for around **\$314 million** shares of Southwest (LUV) for around **\$74 million** on Thursday April 4, 2020.

For the working class individual with a wife and kids you might not have the luxury of selling on a whim however, Warren Buffett is a savvy billionaire that stays up on the market trends with Covid-19 stopping airline travel you can see why he decided to sell his holdings. With that said, be proactive when it comes to managing your assets do not make hasty decisions. Its better to consult your accountant or finance professional that is up on the current market trends. For more money matters visit my website click on service tab I address some management tips that you and your family should consider if you have not already done so. If you like to do an interview on my Podcast "The Finance Hour" contact me or visit my website.

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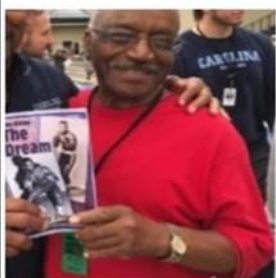
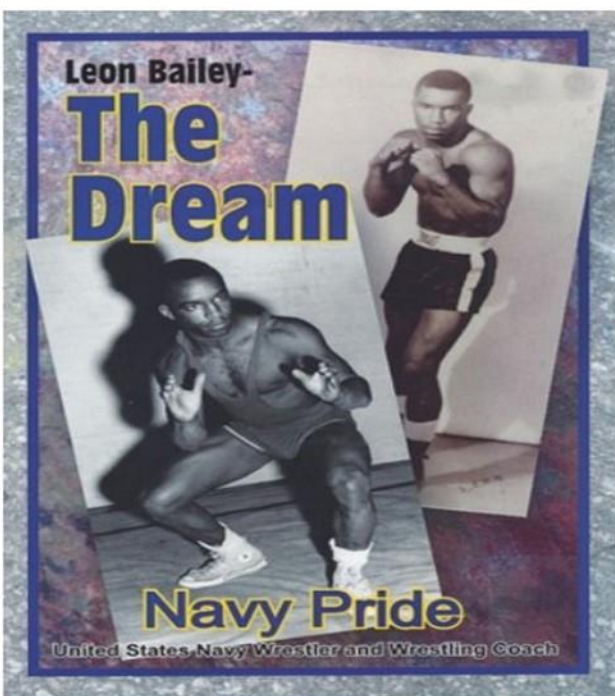


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**A Good Man Leaves An Inheritance
To His Children's Children**

As we enter this new norm, many people are not sure about their future and the future of their love ones. One thing for sure we all are going to die sooner or later! So if this is a fact of life why not protect our families who will still have to deal with life and it's challenges. Insurance is vital in many areas of our lives but a lot of people do not look at

that they will be safe and secure after your death. Some financial obligation might be funeral expenses, mortgages, medical bills, college expenses for children and so on. So it would be good to have it all planned out before anything happens and you leave your family with nothing.

How much insurance you need depends on the individual. It depends on their lifestyle, financial needs, and sources of income, debts, and the number of dependents. You will probably be advised to take insurance that amounts to about 5 to ten times your annual income. It would be a good idea to sit down with an expert to talk about why you need and want the insurance, then what insurance plan will fit your need and be the most beneficial to you. Life insurance can also have a savings or pension component that helps during your retirement.

If it's planned out correctly, life insurance on premature death can give the needed funds for bills, and living expenses. It can also prove to be a protection to your family.

Some insurance policies have to see if you are eligible first. If you have a critical illness or term insurance for your children or spouse, it can deter your eligibility.

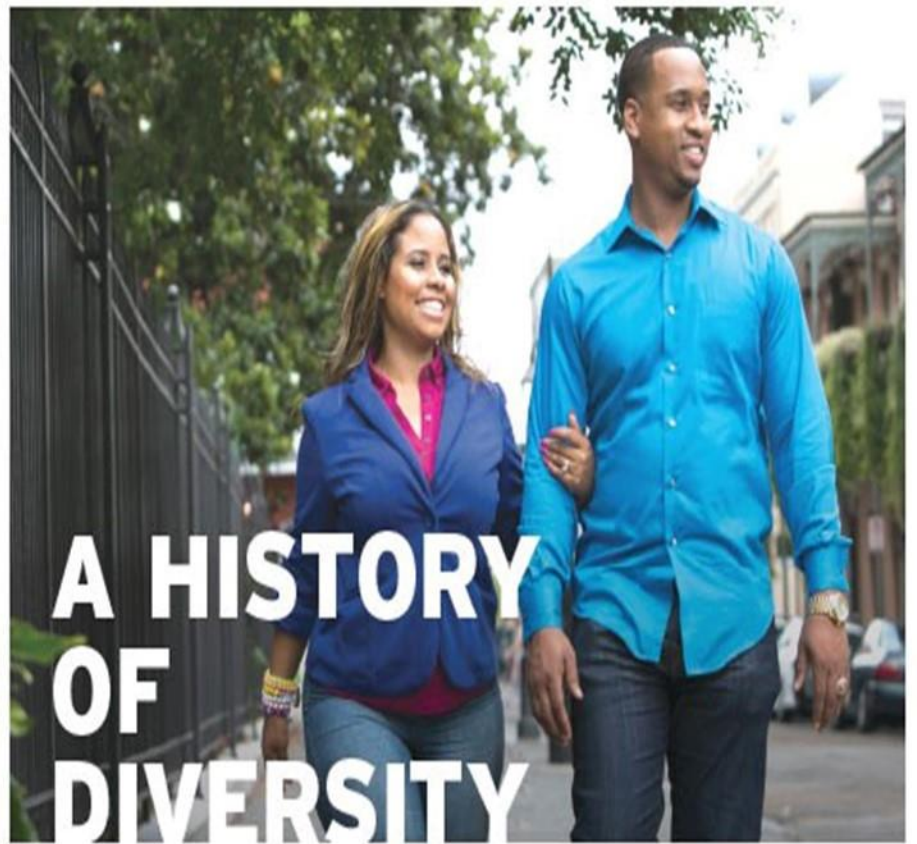
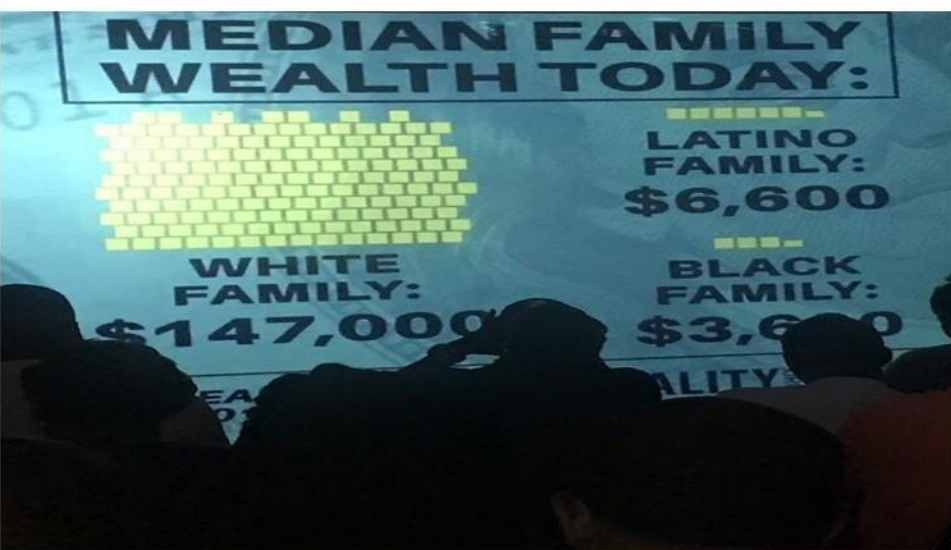
Did you know you that having valid insurance can be considered as a financial asset? That can improve your credit rating, assist in getting health insurance, a home loan or business loan. So go and find out more about life insurance. You'll be glad you did.

insurance as an inheritance! If you want to take care of your love ones while you are alive as well as after you are gone! Here are some other reasons why you need insurance.

Insurance is there to protect you from financial burdens. There are many different types of insurance. The most important would have to be life insurance. It helps your dependents after your death.

When you have built up or thinking of building a family with the one you love, you will probably sleep better knowing

Call and let me show you how I can help you with your inheritance! Remember a good man (or woman) leaves an inheritance to his children's children.



**A HISTORY
OF
DIVERSITY**



Forty years ago, Primerica was founded on the commitment to help Main Street North Americans live extraordinary lives by providing both the financial education and solutions they need. Helping these families is who we are.

Lila Arthur
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 **Lila Arthur** Lilaarthur.la@gmail.com 
 (667)231- 0819 <https://www.facebook.com/lila.arthur> © 2019 PRIMERICA

How Can Our LYFE WURKS Still Exist In 2020?

Did You Know: Small Business Administration, who defines a small business as a firm with fewer than 500 employees, says there are 30.2 million small businesses in the U.S. This accounts for 99.9% of all US businesses!

For all the website designers, business consultants and digital marketing specialists, beauty services, cleaning services, tax preparers & bookkeepers, caterers, repair technicians, tutors, personal trainers & nutritionist, legal services, movers, and many, many more, we understand the struggle.

Lyfe Wurks was birthed from the dream of *ENTREPRENEURSHIP* (and the frustration of an unsteady and unpredictable job market). Entrepreneurs and business owners understand running a business is not easy. It comes with a full plate of daily tasks, dedication, and frustration, with a side of triumph and a cool glass of pride and the feeling of accomplishment. Some have adapted to our current market conditions and others are still trying to find their way. So, what are some Lyfe Wurks lessons we learned in the first half of 2020?

7 STEPS TO KICKSTART YOUR HOME-BASED BUSINESS

by Jacinta "Jaye" Walker



1. Insulate your Lyfe and Wurks.— We were reminded again that Life is **Unpredictable**. So, **WHEN** the unexpected happens, we are better prepared. In our "Break in case of an emergency" Designate a back-up person who can take care of things if something happens to you. Designate a back-up place to find documents and increase savings on your emergency fund account.

2. Connect to industry groups through memberships, social groups, or local chapters: This is your business family that will help, guide, and advise you on

relevant issues and solutions. Seek out the resources that can help move you to the next level

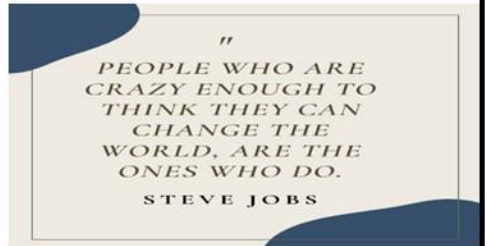
3. Online presence is important now more than ever: Traditional business practices are quickly fading away. If you cannot be researched online, it is like you do not exist. Budget for training, implementation, brand consultation and a polished look. It will pay for itself.

4. Adaptation of products, services, delivery: After connecting with industry colleagues, assess and implement the

best adjustments that can enhance what you offer. What you were not willing to do a year or two ago, maybe available option for today. Be open-minded. A successful leap of faith will help you to have greater customer focus and flexibility of meeting your clients where they are...not where you think they should be.

5. What do you represent? Where do you stand? Words matter: It is amazing the about-face we have seen over the last few weeks due to the hundreds of protests and marches across the streets of these United States. We are seeing more how people support those businesses they identify with. So, just clearly understand who you represent. Tweak your mission statement if necessary. Be the change-maker in your very own special way.

Email hello@LyfeWurks.com your Top 5 List of what you have learned in 2020 and you may be highlighted in our next newsletter



Growing up on Capitol Hill Podcast by Johnny Walker

As we continue to shelter in place, we hope you remain safe. You are invited to log in, relax, and listen to a youthful journey of building a foundation for success in the concrete jungle of **Capitol Hill**. Narrated, and lived by Johnny Walker, this podcast takes you back as if you were right there with him. Laugh out loud to humorous stories from an early age. Hear the personal accounts on the personalities, pinching, and pranks of sibling rivalry. Travel along with Johnny as he recounts valuable life-

changing lessons from his neighborhood jobs, school shenanigans, and of course, from his loving, but strict parents.

These are truly coming of age stories from a young boy growing up in the '60s. Each discovery brilliantly illustrates the growth from boy to man, understanding of life, and faith in God... Lessons we can all learn from, especially today.

In the sixth episode, "The parade is finally here. Salute JFK the President, He looked at me." is now available at **Growing up on Capitol Hill** and can be found on podcast Platforms such as Apple, Anchor, Spotify, Google, and wherever you listen to your favorite podcasts.



Growing up on Capitol Hill by Johnny Walker

<https://anchor.fm/johnny-walker326>
Did you grow up on Capitol Hill? Do you have similar stories? We would love

to hear from you! Go to JohnnyDontQuit.com or email us at JohnnyDontQuit@gmail.com



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

No Fear – All Faith!

2020 came in with a vengeance! I had a whole new plan ready to execute to move my life in the direction I believed I was supposed to go. What a joke. The world was about to change the course of my life and the lives of millions of other people. A chain reaction of infection from person to person, city to city, state to state, country to country, and continent to continent – a global pandemic – took over our everyday lives. With COVID 19, everything changed; nothing stayed the same. No way to predict what would happen, no way to prepare for what was to come. With each passing day, I became more and more anxious. Uncertainty was beginning to be the order of the day. My nerves were bad; I could not control my feelings of despair. Or so I thought.

I suspect many people felt this way. Many people gave in to the uncontrollable urge to allow their fear to grow larger than their faith. I just refused to give in to the spirit of fear. I know that those feelings were not of God. I searched my

mind and heart for what I knew to be true, that God did not give me a spirit of fear. "...Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me; thy rod and thy staff they comfort me." I know that the 23rd Psalm is a staple in my life, but during this time of tragedy, I discovered that Psalm 121 was even more strength for my spirit. "I will lift up mine eyes to the hills from whence cometh my help. My help cometh from the Lord, who hath made heaven and earth." I am used to praying but one day I woke up with a mind to pray before I even opened my eyes. Before I asked for any blessings, I gave thanks. Thank you, Lord, for giving me another day. Thank you, Lord, for protecting me and my family through the night. Thank you, Lord, for the creature comforts that so many others do not enjoy. Thank you, Lord, for the resources to provide for myself and my family that others may not have. Thank you, Lord, for giving me a heart of service to share what I have with others in

need. Thank you, Lord, for helping me to focus on selflessness and not selfishness. Thank you, Lord, for forgiving me when I behave with rebellion and disobedience. Thank you, Lord, for not turning your back and walking away from me. You see, so many people only pray in times of need and they do not show gratitude. They start out asking for blessings without thanking the Lord for the blessings they have already received. My Dad taught me many years ago, showing gratitude and appreciation and giving thanks will be the most powerful things you can do to ensure a response when you reach out for help. People always remember being treated with kindness and respect. They may not remember what you said or did to them, but they will never forget how you made them feel.

These current times have reminded me of so many things I have taken for granted over the years. I took my faith for granted. I know I believe and trust in the Lord for all things. But when things are going good for a long time, I somehow get lost in the untruth that I had something to do with it. So, that said, I began to meditate and spend some time with God and the universe every morning. My goal was to reconnect with my spiritual foundation and find calm and comfort in the process. What also happened, was a great surprise and a blessing of abundance. I allowed myself to trust the thoughts I was receiving while in meditation and they led me to think about and own the power I have. I have

received that my thoughts can be the director leading me to great abundance in my life and to resources to help others. Embracing these feelings of unlimited possibilities and untapped potential I stepped out on faith. I took on a project that I have been avoiding for many years. Investing! I let go of my previous feelings of inadequacy and a lack of intelligence about finance. I began to search out information that would educate me about money, investing and prosperity. The more I worked to increase my knowledge, the stronger my faith grew in my ability to make sound and solid financial decisions. The end result that I am beginning to experience has simply astounded me. My efforts have yielded an increase in my credit score of more than 120 points from late January to end April 2020. I have saved enough funds from retiring old debt and paying off credit cards to make 3 major investments in the NYSE that are on track to deliver a return of more than a 500% gain in the next 24 months, and this is a modest projection. I am claiming the Law of Abundance to continue working for me and to continue being strengthened by my faith. Nothing miraculous here! Just going back to and believing in what I already knew.

What you need to come through on the other side in a more prosperous, positive and successful way is, and always has been, inside of you. No fear; let it go. All faith, believe in yourself and claim by intention what you want to see manifested in your life! It's up to you.

YOU GOTTA START SOMEWHERE
Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development Success...
David Murphy, Founder and Publisher, The National Black Unity News
Fran Allen uses the pages of her life to motivate, inspire and encourage audiences of all ages and economic backgrounds. She is a dynamic speaker who captivates a room and makes people feel like winners. Her engaging style gives people something to relate to and makes her unforgettable. Fran is a motivational speaker.
Deann Fitzpatrick, Educator and Motivational Speaker
Fran Allen is an intuitive, thought provoking, humorous writer with a gift for story telling. She has a passion for being a voice of change and shows her life lessons to other people. They are not alone in their struggles. She is real and honest and thoughtfully direct. Fran is a rising star in the motivational space, and one to watch.
Jacelyn Whitfield, Author and Founder of The Center for Creative Life and Learning
Fran's summary bio:
Ms. Allen is an author, keynote and motivational speaker, change agent, seminar and workshop facilitator and motivational discussion group leader who delivers powerful and practical ideas to inspire others to take their thinking outside the box and keep it there.

YOU GOTTA START SOMEWHERE
BY FRAN ALLEN
SEMINAR WORKBOOK
CEO, SELF DEVELOPMENT SUCCESS
FOR THE EXCLUSIVE USE OF BUILDING YOUNG ENTREPRENEURS CAMPAIGN

The New Age of Criminal Record Expungements

September 11, 2001, was the catalyst that began the Age of Expungement. Prior to the events of that day, obtaining employment was simple. Meeting the requirements of the position assured your eligibility. Post 9/11, the nation implemented a new hiring process which had little or nothing to do with preventing terrorism, since all those terrorists came from abroad. Criminal background checks became an additional tool to marginalize and filter out people of color. We are about to see yet a new age catalyst for criminal record expungement.

The COVID 19 pandemic in this caused economic chaos and that of the loss of 40 MILLION jobs and counting. Will you be looking for employment whenever the job market rebounds? If you committed a criminal offense while you were previously employed or had worked for the same firm since before 9/11 you will now be impacted when a background check is performed. Do not wait. ACT NOW!! For more than 20 years, Clean Slate America, LLC has been helping people who are "Ready, Willing but Unable To Get Hired Due To A Background Check".

Fran Allen, author, motivational speaker and non-profit fundraiser.
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**National Editor:
Faith Based & Religion
Rev. Theresa Mercer
Founder of The Prayer Line Chapel**

It's A New Day, A New Time

Ecclesiastes 3:1. To every thing there is a season, and a time to every purpose under the heaven.

I have been contemplating for days how to write this article. My desire is that we all understand how important it is for us to realize the time and the season that we are in. My heart hurts for those who don't understand that we must change the way we think for necessary change to take place. We must humble ourselves and recognize that we must change to survive. No matter who we are, no matter where we think we are, change is the order of the day.

People are saying to me things will never be the same. They are absolutely right. It doesn't take much to understand that it's a new day, a new time. Major changes have already taken place and more to come. I hope and pray that you know that it is a new day, and a new time. The question is are you ready? Fear is trying to take over, but it can't. Why? If we allow Him, we have a God that is still in charge and shall always be.

Some ask in these times, where is God? Why is God allowing all of this to happen? Some of us want to continue to do

things our way and blame God for what's going on. It's a new day, a new time. Things are not going to be as we have grown accustomed. In order survive we must learn to accept reality, adapt to change. The real question is where are we? Where are you?

Every since Mr. David Murphy, was led to address our concerns thru media, he has always acknowledged that our success was in the hands of the Devine One, our God. Inside of each of us, we know that God exists. In this most challenging time, we should be seeking His protection. We can't stop what is happening all around us, but we have The God Who can keep us in these times and in the hard times that are coming. And yes, like it or not, harder times are coming. BUT, we have the Answer. It's time for us to come together and let the Real God show up.

My mother, Theresa Bailey, would say, "with hardships come lessons, and if you don't like the hardship, you must ask yourself, what have I learned, so that I can change the cycle and stop the pain?"

We have The Painful Cycle Stopper. We have The Real God who will protect us, but, we must believe that He

is God and that He can save us from the horrors of today and from the horrors to come. Here is how we start. We must be obedient to God. We must seek God through truth in prayer.

In 2016, I was inspired to write a One Man, Unity Prayer, not knowing what was coming. Won't you join with us in prayer to Our God? I assure you, protection will come as you follow the way of God. Change will come easier "When God Moves!" Let's pray.

Our One-Man Unity Prayer
Father God, we thank you for being our Father and our God. We thank you that no man can pluck us out of your hands.

We have not been what you created us to be, nevertheless, you have never left us. We have left you.

Your Word in 11 Chronicles 7:14 tells us

"If my people which are called by My Name shall humble themselves, and pray and seek My Face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sins, and will heal their land."

As did the Israelites, your people, when in times of trouble humbled themselves, submitted unto You, then came together on one accord and prayed to You, so Father God, we come.

Forgive us Father God, Creator of the heavens and earth; the father of Abraham, Isaac and Jacob; and Jesus the Christ Your only begotten Son.

Forgive us for our sins.

We thank you Jesus for giving your life on Calvary for us, for taking our sins and baring our weaknesses making it possible for us to go to the Father and repent so that our sins could be forgiven. For

that, we thank you!

Jesus, You gave us The Father's Word and showed us how to live but we became a disobedient people and have lost our way.

The violence of death has numbed and broken us. Evil has overcome us and we have become a helpless people.

Father God, we need you as never before. We realize that we must return to You Father God, our First Love.

Your word tells us in Ephesians 6:12 "We fight not against flesh and blood but against principalities, against powers, against rulers of the darkness of this world, against spiritual wickedness in high places."

Father God we can not make it without you. Unless you intervene we should all be lost.

Please forgive us Most Holy Father. Only through Your mercy have we been kept, and, for that we thank You.

Deliver us from the evil that we have allowed in our hearts, our minds and our lives. Please show us how to return to you Our God, the Holy one of Israel that we might find favor in Your sight and be delivered.

We know that you are the only true God and the only help that we have. You are the only one who can heal our land.

In The name of Jesus we humble ourselves, we surrender and pray in the matchless name of Jesus the Christ our Lord and Saviour. AMEN!!!!

When we go to God in spirit and in truth He hears us and answers us.

We always win "When God Moves!"

The Unity Prayer

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When we go to God in spirit and in truth He hears us and answers us.

We always win "When God Moves!"



"Pray Without Ceasing"
Phone Number: (909-318-7015)

"Pray Without Ceasing" is the name of our prayer 24 hour mission. "Pray Without Ceasing," was formed (April, 2020). We are a Christian faith-based phone line that is now operable.

The Mission of "Father We Pray" is to provide comfort and spiritual support through prayer. This Christian prayer line is for anyone, regardless of age, race, or religion.

Strategies are to:

1. Reach out to people and ask that they support the mission of "Father We Pray"
2. Recruit and schedule available prayer warriors
3. Get the word out about the mission to as many as we can

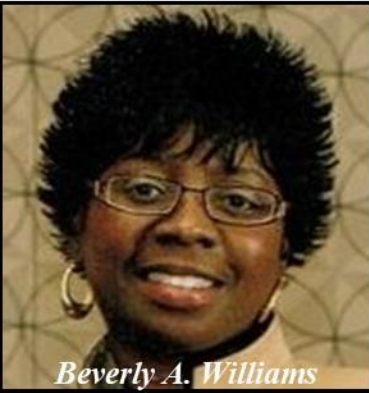
Requirements for picking a Prayer Warriors who:

1. love the Lord;
2. desire to inspire, encourage and strengthen people in their faith;
3. willing to pray for people who are in need of prayer; and,
4. pray prayers supported by the Word of God ("God honors His Word")

Money:

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WE NEED YOU!!!**

Pray Without Ceasing: (909-318-7015)



Beverly A. Williams

Sue-Ann's
OFFICE SUPPLY, INC.



Starting a business always has its risks, questions and requires patience for growth and insight. That's why celebrating a Baltimore City based business like Sue-Ann's Office Supply, Inc. is important to gain insight on how they were able to withstand the time when so many businesses fold within their first five years.

Sue-Ann's Office Supply, Inc. is a premier provider of high-quality office products and service, with over 34 years in business. Sue-Ann's Office Supply, Inc. is woman-owned, MDOT, SDB, and the City of Baltimore certified. They are proud to be your office supply experts through providing competitive pricing, as well as individualized customer service that makes your job easier and saves you time. Beverly A. Williams, owner, took a risk 34 years ago when she left her State of Maryland job to open up her business with childhood friend, Rebecca Sue, whom she grew up with in Cherry Hill, MD. Rebecca Sue had insight on the office supply industry from previous employment at a retail office supply company. Her knowledge of the industry and relationships with vendors opened doors for the friends to open accounts. While Rebecca procured vendors, Beverly worked behind the scenes on start-up funds and a business

location. Then the friends saw an opportunity to launch their own retail and business store in the Patterson Village Shopping Center near the Reisterstown Road Plaza. Through combining their middle names the business name was created, Sue- Ann's Office Supply, Inc. After some years of great success built upon consistent clientele, good customer relationships and quality services created an avenue for the company to move into a bigger office space a few doors down, still in the Patterson Village Shopping Center. Initially, the company mainly catered to the retail portion of revenue sales through offering printing, business cards, balloons, and general office supply items. However, it was discovered that commercial sales to businesses offered an avenue to exponential revenue growth. This subsequently led to offering services that included office furniture and janitorial supplies. As competitor big box companies offered retail items at such a discounted rate, Sue-Ann's Office Supply, Inc. were no longer able to keep up with the demand in their retail store. The walk-in business began to trickle off.

When speaking with Beverly, now the sole owner, she stated that as a business owner, you are constantly making deci-

sions for the betterment of your company. Sometimes you have to stop providing a service if it's not doing well and focus on the part of your business that is thriving. Therefore, "After 10 years we closed down the Retail side of Sue Ann's Office Supply, Inc. to just focus on selling office supplies to businesses." During this time, the business moved to a warehouse located on Hayward Avenue.

Beverly stated, "It's been 34yrs and our competitors are Amazon and Staples. We are reinventing ourselves and strategizing to retain our customer base. If that means going back to the basics of hitting the streets to meet customers face to face or learning how to use social media such as LinkedIn, then I am all for it. During changing times, it's not a time to get discouraged and throw in the towel. It is a time to reinvent oneself, come up with new innovative ideas, set new goals, change marketing strategies and spend money on business development plans. Sue-Ann's offers personalized services. When you call our company, you get a live person on the phone that will assist you with understanding the product, and assist you with placing orders. Customers don't have to go through the ordering process alone, our website, www.sueannsofficesupply.com,

is user-friendly and you don't have to worry about your package being left on your doorstep. We place our deliveries in your hands. We offer competitive pricing, delivery within 48 hours and free shipping in the DMV area for orders over \$75.00. Most importantly, Sue Ann's Office Supply, Inc. always gives back to the community".

Beverly attributes the success of her company not only to hard work but to God as well. She stated, "without God I would not be in business today". Our publisher David Murphy mentioned that Sue-Ann's Office Supply is an institution and a groundbreaker in their field. He said that there are only a few Black owned office supply companies in the Maryland region! He is honored to have Sue-Ann's Office Supply participate in our publication! Thus, it is important to congratulate them for their longevity and for supplying dedicated services! Finally, for those entrepreneurs starting their own business Beverly suggests getting a good lawyer and accountant, doing your research, finding a good mentor who is already in the business that you want to start, talking to a business consultant, building customer relationships and being realistic. Sue Ann's Office Supply...the company committed to personalized services.

Sue-Ann's Office Supply
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National Editor:
Powerful Thoughts & Powerful Words
Achaniel F. Lucas, Sr.
Founder of: The Power Of Positive Words

THE VALUE AND POWER OF ONE VOTE

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

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

Now, this November 3rd will be one of the most important, if not the most important elections of our lifetime. We can

get out and vote or sit at home and complain about the results. If you vote, and your candidate still loses, you can hold your head high. However, if you don't vote and your candidate loses by one vote, how will you feel? In the voting booth, everyone is equal because everyone has only one vote. Please, do NOT waste your vote by not voting. We can CHANGE history by VOTING and encouraging our friends and family to VOTE!

If you are a football fan, I know you wish that you were the quarterback. In the voting booth, YOU ARE THE QUARTERBACK! You could be MICHAEL VICK, you could be LAMAR JACKSON or whoever your favorite quarterback might be. YOU CALL THE PLAYS. So, on November 3, 2020, TAKE THE BALL AND RUN FOR A TOUCHDOWN and VOTE!

You could be a tennis fan, a basketball fan, a soccer fan, a wrestling fan, a race

car fan, or a boxing fan. Maybe I did not call your favorite sport at all or maybe you don't even like sports. Nevertheless, whatever your profession or your hobby on NOVEMBER 3, 2020, in HONOR of those who made it possible for us to have this opportunity, GET OUT and VOTE! VOTE AS IF YOUR LIFE DEPENDS ON IT, BECAUSE IT DOES! AS I SAID BEFORE, AND I'LL SAY IT AGAIN! VOTE! VOTE! VOTE! MAY GOD HELP YOU TO GET OUT AND VOTE!

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

You may say, "For whom should I vote?" I say, that you should just put your ears to the ground and listen to what people are saying. Do they have your best interest at heart? Do they think that one race of people is better than another? Then, DON'T vote for them. Read and listen to God's word and let it guide you. During these trying times when you are seeking peace and solace, I recommend The East Baltimore Church Of Christ Website (eastbaltimorecoc.com) where you will find a wealth of information that will lift

you up and encourage you to hold on. On this website, you can sign up for free Bible correspondence courses and various conference calls. Call me if you have questions, or just want to pray. I am here for you. You are more than welcome.

May God bless us all as we face various life's challenges and as we go to the voting booth on November 3, 2020, and experience THE VALUE AND POWER OF ONE VOTE!

Dear God, please bless Congressman John Lewis who marched and was almost killed so that we could have the right to vote. In Jesus' name, Amen

THIS PAGE IS WRITTEN IN HONOR AND RESPECT FOR MY BEST FRIEND IN HIGH SCHOOL, CONGRESSMAN JOHN ROBERT LEWIS, STATE OF GEORGIA

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

WE WELCOME YOU TO THE:
EAST BALTIMORE CHURCH OF CHRIST
 9420 BELAIR ROAD
 BALTIMORE, MD. 21236
 Bro. Kevin Bethea, Minister
eastbaltimorecoc.com.
 Achaniel F. Lucas Sr.
 443-272-6167
powerfulwordsandgifts@gmail.com

BIG FLOYD

THEY CALLED HIM BIG FLOYD
GEORGE PERRY FLOYD WAS HIS NAME
EVERY TIME PEOPLE SAW HIM
BIG FLOYD was ALWAYS THE SAME

BIG FLOYD LOVED HELPING PEOPLE
HE GAVE THEM ALL THAT HE HAD
THEN SA'TAN'S ANGEL PUT A KNEE ON HIS NECK
IN 8 MINUTES 46 SECONDS, BIG FLOYD WAS DEAD

BIG FLOYD WILL ALWAYS BE REMEMBERED
AS A GENTLE GIANT, QUIET AS CAN BE
SOMEDAY, WE'LL MEET BIG FLOYD AGAIN
SITTING QUIETLY, AND CALM AS he CAN BE

BIG FLOYD WAS ATTACKED, BY SATAN'S ANGELS
AS HE LAY, ON HIS NECK WERE EVIL KNEES
HE WAS PRESSED AND FELT UNBEARABLE PAIN
HE SAID TO SATANS' ANGELS, "I CAN'T BREATHE"

AS BIG FLOYD LAY THERE, HELPLESS ON THE GROUND

HE FOUND NO HELP, HE DID NOT STRUGGLE
SO, WITH HIS LAST BREATH, AND WANING STRENGTH

ALL HEARD HIM CRY OUT, FOR HIS LOVING MOTHER

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

CAN YOU HEAR ME NOW?

CAN YOU HEAR ME NOW?
I HAVE ASKED YOU BEFORE
I HAVE KNOCKED AND I'VE KNOCKED
BUT YOU NEVER OPENED YOUR DOOR

CAN YOU HEAR ME NOW?
YOU ACT LIKE YOU NEVER HEARD
I COMMANDED YOU TO SUBMIT TO ME
AND OBEY MY HOLY WORD

CAN YOU HEAR ME NOW?
NOW THAT YOUR FAMILY IS TOGETHER
HUMBLE YOURSELVES BEFORE MY FACE
AND STOP ACTING TOUGH, LIKE SHOE LEATHER

I HAVE BEEN CALLING YOU FOR CENTURIES
BUT YOU HAVEN'T GIVEN AN EAR
NOW, BENDYOUR KNEES BEFORE ME
OPEN YOUR EARS, SO YOU MIGHT HEAR

I HAVE BEEN SO PATIENT, IN PLEADING WITH YOU
I SENT YOU MY SON, TO BRING YOU BACK HOME
I NOW SEND THIS PLAGUE, A VIRUS IT IS CALLED
INCLINE YOUR EAR, OR BE LEFT ALONE

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



God's Giving Hands

Showing God Appreciation By Giving Back

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

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

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

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

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

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

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

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

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

David Murphy

God Ain't Done With Me

I am the phenomenal, Uniquely Blessed author of God Ain't Done With Me Yet. This is the story of the amazing blind miracle weighing 1 pound and 11 ounces, at



income who are in need. This magnificent organization is founded by my wonderful uncle Rico.

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

*Thank you all for your support; it is greatly appreciated.
Sherria D Young
(443) 865-3513
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birth, overcoming various challenges. The amazing memoir is filled with laughter, tears, encouragement, motivation as well as words of inspiration. My testimony will not only bless and encourage others but it is a reminder that you are created for a purpose. I have a passion for the homeless. That's why a part of my proceeds goes towards God's Giving Hands. This organization believes in feeding the hungry and providing drinks to the thirsty while serving the low



THE JOY OF GIVING

God's Giving Hands
410-236-0942



**National Editors:
Travel Services
Sitawi & Cynthia Jahi**
Founders: Movements Unlimited
Entrepreneurs & Consultants

**Let's travel through our minds and ask
have we been here before?**

We've been struggling in America for over 465 years as a people and a community!

The 8 minutes and 46 seconds that changed the world was the murder of George Floyd! Why was this, the straw that broke the camel's back? Could it be because it came weeks behind the brutal murder of Ahmaud Arbery who was out jogging when two white men murdered him or Breonna Taylor who was murdered in her own home by the police?

Here is a list of the most recent victims/people/blacks who were killed or injured by police or citizen patrol groups that made national news!

- RODNEY KING (LOS ANGELES, 1991)
- MALICE GREEN (DETROIT, 1992)
- ABNER LOULMA (NYC, 1997)
- AMADOU DIALLO (NYC, 1999)
- SEAN BELL (NYC, 2006)
- OSCAR GRANT (OAKLAND, 2009)
- TRAYVON MARTIN (SANFORD, FLORIDA, 2009)
- ERIC GARNER (NYC, 2014)
- MICHAEL BROWN (FERGUSON, MO, 2014)
- TAMIR RICE (CLEVELAND, OH, 2014)
- LAQUAN McDONALD (CHICAGO, 2014)
- WALTER SCOTT (N. CHARLESTON, SC, 2015)
- FREDDIE GRAY (BALTIMORE, 2015)
- PHILANDO CASTILE (FALCON HEIGHTS, MN, 2016)
- ANTWON ROSE Jr. (PITTSBURGH, PA, 2018)
- AHMAUD ARBERY (GLYNN COUNTY, GA, 2020)
- BREONNA TAYLOR (LOUISVILLE, KY, 2020)
- GEORGE FLOYD (MINNEAPOLIS, MN, 2020)

The whole world witnessed the murder of George Floyd because the video went viral, and once again America's Treatment of black people was brought into question! In the midst of a world-wide pandemic people took to the streets to protest, people left their stay at home orders and took to the streets. So much for social distancing as the world exploded resulting in an international outcry! The whole multicultural world came out to protest (from Beijing, China; London, England; Tehran, Iran; Monrovia, Liberia; Berlin, Germany, Sidney, Australia, New Zealand, Poland, Tokyo, Toronto, and Canada) to name a few! With over 30 major U.S. cities and several small towns saying; enough is enough, the outcry of domestic disdain has spread like wildfire.

Iran's Supreme Leader Ayatollah Ali Khamenei tweeted "if you're dark-skinned walking in the U.S., you can't be sure you'll be alive in the next few minutes. African Americans are deprived of human rights" said the Ayatollah!

Now that all eyes are on Black America what are we going to do? Will we finally unite? The Honorable Elijah Muhammad said, "our unity is more powerful than an atomic bomb!" How do we apply a concept from the 1960's Unity without Uniformity? We should heed the call of The Honorable Marcus Garvey "One God, One Aim and One Destiny" this is not a time to get caught up into one's particular outlook! We must remember that The Honorable Marcus Garvey organized over 6 million people of African descent worldwide. He had Christians, Muslims, Hebrew Israelites, and an African Orthodox Church, as a part of his movement! We must strive to be the best of what it means to be African and the best of what it means to be human! Here is a start; the seven principles of Kwanzaa!

Umoja (Unity) To strive for and maintain unity in the family, community, nation and race.

Kujichagulia (Self-Determination) To define ourselves, name ourselves, create for ourselves and speak for ourselves!

Ujima (Collective Work and Responsibility) To build and maintain our community together and make our brother's and sister's problems our problems and solve them together.

Ujamaa (Cooperative Economics) To build our own stores, shops and other businesses and to profit from them together.

Nia (Purpose) To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.

Kuumba (Creativity) To do always as much as we can in the way we can, in order to leave our community more beautiful and beneficial than we inherited it.

Imani (Faith) To believe with all our hearts in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

Dr. Maulana Karenga Creator of Kwanzaa 1965

Here is a Pledge of Allegiance we should all take to our people and our struggle.

Our unity in sisterhood, brotherhood and struggle is profound, principled and forever! Our struggle is constantly and continuously against our oppressor and all in us which is in contradiction to our values and the choice we've made. We chose the liberation of our people as our life's goals and struggle against our oppressor as the method to achieve it. Our choice is conscious, full and free and we accept all risks and welcome all rewards it brings. We have nothing better, more revolutionary or rewarding to do with our lives than to struggle against our oppressors to bring into being a new world, a world in which we, our children and our people can live, love and create freely and stand and walk in a warmer sun!

Traveling again soon

Take the necessary precautions:

1. Update your license so that it meets all federal guidelines.

a. this means you must have a valid proof of who you are such as
(1.) up dated marriage license
(2.) up dated birth certificate
(3.) if you have been divorced have a current copy of that too
(4.) a bill in your name with the address that will be the same as your driver's license or State ID. will be needed too.

When I did mine I (covered personal data) and made available the address portion. You may also use the letter from (SSA, Unemployment Office, Or Social Service Administration). Just cover or use a part that does not reveal your SSA number).

b. Federal guidelines have to do with laws that have been passed and we believe will be passed requiring all American citizens to have a federally valid driver's license or federal ID. to travel from state to state as well as out of the country. For your safety and security make sure your ID including passports are up to date and meet Federal guidelines.

c. Since the Motor Vehicle Administration is operating by appointment I strongly suggest that you either call or go online to confirm an appointment and ask specifically what documents you MUST BRING WITH YOU!

2. If traveling by car pack yourself plenty of water and other emergency supplies and toiletries since some rest areas may not be fully open. That would include snacks, fruit, sandwiches, blankets etc.
(Go ahead and fry up that chicken!)

3. Where to go - Well we suggest that you stay in contact with us on what's happening in the cruise business and hotels. Of course, do some research of your own and ask relatives and friends who are traveling to and may travel out of the country before you.

Whether you are ready to travel or not, make sure you get outside ideally for 20 minutes each day. Allow your body to receive some much-needed vitamin D, enjoy the breeze, the warmth of the sun, check out some birds, hopefully, some butterflies, and have fun and let us know what you see in the clouds. Peace!

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“We will continue to fail in solitary if we fail to stand in unity” *Rikki Vaughn*

It's sad but not surprising that in 2020 we continue to fight for equality against racism and justice for all. We have seen how some officers are sworn to protect and serve do so for somebody's but not everybody, Elected officials that serve certain Constituents but not all Constituents. Recently we have seen officers demonstrate hate that has claimed the lives of so many blacks. And here in our own Baltimore City and County, restaurant establishments mocking the Black Lives Matter movement by refusing to seat black customers that dress attire is the same as white customers. A crab house owner openly making racist statements and remarks in referring to blacks as Niggers, monkeys, apes, cockroaches and statements assaulting black ladies by saying they look like Dorcel batteries when they have blonde hair. After a month of peaceful protests, we have witnessed observed and encountered racism not only from a business establishment within our communities but racist behavior from Baltimore County police officers and some Baltimore County elected officials.



Many Have asked when will the protests stop? We have responded with the same question as to when will racism and hatred end in our communities. Vince CrabHouse has stated and a known fact, the black community makes up 75-80% of his business. He has been able to expand over the years with the black dollar. As Kellie Vaughan, organizer of the protest has said so eloquently “he loves our black dollars and hates out black skin”. We

must drive out hate and racism from our neighborhoods and communities. We must show those type of establishments and businesses how powerful the black dollar is, the black voice is, the black vote and black lives do matter! We have made it clear that we will not be going anywhere until he leaves when we see a for sale or lease sign on his business then we will leave. This is not a moment this is a

movement! We're not here to break windows or doors we're here to break his bank account. Protesters have been assaulted physically, mentally, and verbally. Customers of Vince's crab House have attacked protesters with baseball bats, Vince himself has assaulted protesters with water hoses and we have been spit on by white racist individuals that look as young as 13. Protesters homes have been Vandalize

with bricks thrown through their windows, our cars have been damaged with Sideview mirrors being pulled off and doors dented. We continue to encourage all, get involved stand in unity.

“We will continue to fail in solitary if we fail to stand in unity”
Rikki Vaughn

If We Don't Stand For Change, History Will Repeat It Self!

I am happy to join with you today in what will go down in history as the greatest demonstration for freedom in the history of our nation.

Five score years ago, a great American, in whose symbolic shadow we stand today, signed the Emancipation Proclamation. This momentous decree came as a great beacon light of hope to millions of Negro slaves who had been seared in the flames of withering injustice. It came as a joyous daybreak to end the long night of their captivity.

But one hundred years later, the Negro still is not free. One hundred years later, the life of the Negro is still sadly crippled by the manacles of segregation and the chains of discrimination. One hundred years later, the Negro lives on a lonely island of poverty in the midst of a vast ocean of material prosperity. One hundred years later, the Negro is still languished in the corners of American society and finds himself in exile in his own land. And so we've come here today to dramatize a shameful condition.

In a sense we've come to our nation's capital to cash a check. When the architects of our republic wrote the magnificent words of the Constitution and the Declaration of Independence, they were signing a promissory note to which every American was to fall heir. This note was a promise that all men, yes, black men as well as white men, would be

guaranteed the unalienable rights of life, liberty, and the pursuit of happiness. It is obvious today that America has defaulted on this promissory note insofar as her



citizens of color are concerned. Instead of honoring this sacred obligation, America has given the Negro people a bad check, a check which has come back marked insufficient funds.

But we refuse to believe that the bank of justice is bankrupt. We refuse to believe that there are insufficient funds in the great vaults of opportunity of this nation. And so we've come to cash this check, a check that will give us upon demand the riches of freedom and the security of justice.

We have also come to this hallowed spot to remind America of the fierce urgency of now. This is no time to engage in the luxury of cooling off or to take the tranquilizing drug of gradualism. Now is the

time to make real the promises of democracy. Now is the time to rise from the dark and desolate valley of segregation to the sunlit path of racial justice. Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

It would be fatal for the nation to overlook the urgency of the moment. This sweltering summer of the Negro's legitimate discontent will not pass until there

is an invigorating autumn of freedom and equality. 1963 is not an end, but a beginning. And those who hope that the Negro needed to blow off steam and will now be content will have a rude awakening if the nation returns to business as usual. There will be neither rest nor tranquility in America until the Negro is granted his citizenship rights. The whirlwinds of revolt will continue to shake the foundations of our nation until the bright day of justice emerges.

But there is something that I must say to my people, who stand on the warm threshold which leads into the palace of justice: in the process of gaining our rightful place, we must not be guilty of wrongful deeds. Let us not seek to satisfy our thirst for freedom by drinking from the cup of bitterness and hatred. We must forever conduct our struggle on the high plane of dignity and discipline. We must not allow our creative protest to degenerate into physical violence. Again and again, we must rise to the majestic heights of meeting physical force with soul force. The marvelous new militancy which has engulfed the Negro community must not lead us to a distrust of all white people, for many of our white brothers, as evidenced by their presence here today, have come to realize that their destiny is tied up with our destiny, and they have come to realize that their freedom is inextricably bound to our freedom. We cannot walk alone

This Page Is Personal Promotion Paid For By Rikki Vaughn: To Support Our Cause Send Info: rikki@rikkivaughn.com



The Gorée Project



WHAT IS THE GORÉE PROJECT?

A first-of-its-kind experience, following the journey of two African-Americans to Senegal, West Africa to swim in the Gorée Festival where they will serve as African-American cultural-leadership ambassadors via proficiency in sport.

Our swimmers will retrace the path of enslaved Africans while swimming alongside their Senegalese cousins from the shore of Dakar to the Island of Gorée. Black Kids Swim (BKS) will follow their preparation in the midst of a COVID-19 pandemic and global civil unrest. Preparation for the journey will include history and culture discussions with scholars, and motivational exercise sessions with elite Black athletes – all to prepare them for their first-ever trip to the continent of Africa.

The entire process will be documented, social media broadcasted, and ultimately edited into a weekly web-series and full-length documentary.

The project will establish an African-American leadership presence in Senegal and build a desperately needed new way forward in our people's development.

WHY IS THE GORÉE PROJECT IMPORTANT?

To continue to rise, African-Americans need lasting relationships with our past and present. BKS believes the best way to do this is by improving mutual understanding through events of unity and opportunities for action!

WHO'S ON BOARD?

- 'Cultural Ambassador' swimmers, Skylar Smith and Noah Nicholas, former HU swim team captains
- Black Kids Swim Executive Director, Ebony Rosemond
- HU competitive swim team coach Nicholas Askew
- 2 former Olympic swimmers
- Black swim historian Kevin Dawson, PhD
- 30 Confirmed project Boosters with a social reach of 50K+



Noah Nicholas and Skylar Smith

HOW CAN YOU PARTICIPATE?

You can become a *Project Backer*, *Booster* or *Sponsor* to help make this project happen.

Become a Project Backer - Donate to the project and receive one of a variety of rewards.

Become a Project Booster - Share updates and information about the project with your social media network and encourage friends to support the project.

Become a Project Sponsor - Fund a significant portion of the project and have your products or brand promoted on the web series and documentary.

To show our appreciation, ALL of our Backers, Boosters and Sponsors will be recognized on our website and promotional materials, thanked in the credits of our webisodes and given special credit in the final documentary.

NEED MORE INFO?

Edward Rosemond, Black Kids Swim - 301-910-6873 - admin@BlackKidsSwim.com
<https://BlackKidsSwim.com/goreeproject> • #BlackKidsSwim #GoreeProject • IG: @goreeproject

221 Castleton Place • Upper Marlboro, MD 20774 • BlackKidsSwim.com

BLACK KIDS SWIM PRESENTS **THE GORÉE PROJECT**





Black Men Unifying Black Men

Us Helping Us = Unity

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

Peaceful Protest vs Violent Protest

On May 25, 2020, a middle-aged African American Man was once again murdered in this country by Minneapolis Policemen. His death caught on video played out for over eight minutes for the entire world to witness as one policeman held his knee into his neck while two others held his legs and one kept the crowd back.

It was more than sickening to hear a grown man pleading that he can't breathe and as he laid dying calling out for his mother. It seemed to be some sought of a gratifying moment as the police with his knee onto his neck cutting off his oxygen with his hands in his pocket and smirking as George Floyd was dying.

This wasn't one of those deaths where there were no witnesses. People were shouting and begging the police to get off the man. Yet, the four police present refused to do anything in favor of saving this man's life. Yes even though Derek Chauvin was the police that had his knee pounded into the neck of George Floyd, the other three was just as guilty for their participation.

Since the death of George Floyd, the entire world has given notice that for too long Black People and mainly Black Males has been the victim of police powers that often includes killing us without reason nor reasons.

However, since the death of George Floyd, there has been massive protest not just throughout the United States but major protest throughout the world. Of course, there have been many peaceful protests and at the same time, there have been many violent and destructive protest with looting and property damage.

Despite as to where one stands as to what is right and what is wrong, there is a debate from every corner of this country as to the right way and the wrong way. One certain thing, there is much talk coming from leadership on every level as it relates to reforming the justice system.

Sadly but true, the same people who are now calling for immediate and proper change have known for years that it was just a matter of time and the time would come and the people would rise as never before.

It would be senseless as to start naming names of African American Males who have met death by the hands of police. It would be senseless to mention how many police have murdered African American Males without the consequence of any kind. It would be senseless as to mention all the protest that has erupted around this country concerning the killing of African American Males and despite uprisings, little has changed.

Peaceful Protest vs Violent Protest

However, the death of George Floyd being witnessed the same as we witnessed the beating of Rodney King many years ago has another flavor. The death of George Floyd the same as the death of Eric Garner who was choked to death a few years ago by police in New York was witnessed by the world and yet, what true reform has happened?

See, when the question and questions are raised as to peaceful protest vs violent protest then the question and questions should be asked as to why should we have to protest period. The issues that we are rising up and protesting about, it is not that they are unknown issues.

Why do we have to protest that we as African American People who make up 13% of this population and yet we are 50% of the prison population? Why do we have to protest that the educational institutions that the majority of Blacks attend are not funded like those of other races? Why do we have to protest about how our tax dollars are spent in the downtown area instead of uptown where we live? See, the point is that, this is widely known and yet, little to nothing is done until we rise to protest in mass numbers.

See, when Malcolm X talked about the bullet or the ballet one has to determine what it means. To myself, it meant that

you choose the one you want to use because both of them have some measure of equal power.

See, when we talk about peaceful protest vs violent protest and pretend as that we do not understand it, let me ask this? When this "government" goes to Iraq claiming that they hid weapons of mass destruction without no proof but yet they do it and the name of liberty justice and the American Way. I mean they drop bombs murdering thousands of people and destroying the way of life for millions and yet, is that peaceful protest verses violent protest?

No, see what is important is this, each of us must decide our own position of defense because those who wish to destroy us will hurt us regardless as to our position. Let's face it, when one is at war there will be casualties and if there are no casualties there is no real measurable change.

See, the question becomes this? Not to worry about the action of what someone else is willing to take to create change that will benefit us all but, the question is this, what action are you willing to take?

Yes, so the question and questions still remain, do you prefer peaceful protest verses violent protest? What side will you choose when the time comes that there is no sideline to sit on. **Bill Goodin**



Black Men Unifying Black Men

Us Helping Us = Unity

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

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National Youth Editor Kathleen Murphy

A member of various local, national & international organizations



Hello Youth Readers. Assess and Prepare Yourself

So much has occurred in the world since I wrote my last article. COVID-19virus altered normal everyday life including restricting contact with each other (the 6 feet rule), wearing face masks, closure of schools, churches, restaurants, businesses, and most nonessential stores. Just as we were seeing a decrease in the numbers of persons with the COVID-19 virus, and slowly coming back in phases to a less restricted environment, the senseless and brutal killing of a Black man in Georgia made us relook our fears, concerns, and future for Blacks in the United States. Added to the overwhelming sadness and despair brought about by this killing, a Black male in Minneapolis was killed while being arrested under the care of the police. Undue and aggressive behavior caused the Black male (Mr. George Floyd) to plead and say, "I can't breathe". As a result of the police's gross negligence, our hearts are broken for Mr. Floyd and the family that he left behind. Yes, we are mad, sick, and tired of hearing about Black males being killed by the police because of racism. This is a heavy topic for my young readers. Well, those are the facts. Hopefully, the close contact with the protesters and the police and military (many without face masks) will not cause a spike in the number of positive COVID-19 virus cases.

What is next? In my first article, I said that I would encourage you to step up, be creative, think outside of the box, organize, and lead. If I could advise you, my youth readers, I would start with truly making sure that you understand where you live. If you are a resident of the United States, you need to



understand the history of our country, a country with a deep history of racism. Good race relations are still a challenge today. Even while serving in the military, each month, I attended mandatory classes on Race Relations. On the news, I heard a young Black male say that if he heard of one more police killing, he would lose his mind. I ask the question; and that will solve what? Let us press ahead of the weak-minded thinking. Do you have a quest for knowledge? Do you try to answer questions on the internet with Trip Trivia? What does it mean to live in the United States (land of the free)? Outsmart the negative situations. Learn the laws of the land. Understand the judicial system and how the courts work. Know how representatives are elected and the electoral process. If you want change, start with those in office and understand that they work for you. You have every opportunity to be the next mayor of your city, the next lawyer

overseeing an important case on child abuse or running for the governor of your state. Not possible, you may say. Please know that it is possible. A Black female is currently running for the governor of Virginia. She came from a family of hard-working people, grew up in an average rancher, and went to public secondary schools. I knew her grandparents, mom, and dad. My son was in high school Reserved Officers Training Corps (ROTC) with her and as a group, they enjoyed camping and skiing trips and other fun things together. Next, become as financially savvy as possible and become a smart consumer and save your money. Do not be gullible. Find out the details and get the whole picture. There is a big world out there. Russia and China are happy that there is turmoil and discord in the United States. Why? It all comes back to finance and power.

How do you prepare for the world we live in and for your future? What is your plan? Will you be prepared? You need options. Be able to respond in a crisis! Will you be self-sufficient? Lack of education has an impact on our economy. Consider the cost of a government for public welfare and crime. Remember 59% of American's Federal Prison inmates are high school dropouts. High School dropouts are 3-5 times more likely than high school graduates to be arrested in their lifetime. So, you become educated. What is next? Having self-control is key. Handling being questioned or pulled over by the police or knowing how to handle road rage is pertinent. Not just the police but knowing how to have relations with others such as family, neighbors, school mates, church

members, friends, and your significant other. Knowing how to resolve a conflict or when to walk away. Bullies are everywhere, even in high places, looking to gain a feeling of power and control over you. Do we go one on one with the issue and use outburst, anger, and frustration to solve your concern? Hate brings hate. That is a vicious circle. Hate based conversations are unhealthy and provide no solutions. Instead of aggressive behavior, be assertive. Learn to control yourself and your anger.

Capitalize on your strengths. Strengthen you. Time is of the essence. How do you see yourself? Are you of strong character? What describes a successful person? Adaptability is number one on a list of what it takes to be a success and have great coping skills. Do you make wise judgment decisions? Other success traits include being responsible and civic-minded. To that end, the following three d's are the most important, *diligence*, *drive*, and *determination*. Have goals and contribute to society. Finally, utilize your power with voting. If you do not like a certain policy or lack of support in the community, your vote can change those policies. Cast your vote. Make changes. You cannot vote in jail or prison. Remember, the policy makers in the federal government, review the reading grades of third graders to determine how much money to forecast for future prisons. Be accountable. I always tell you that, "You are capable of more than you know". Respect yourself



To Support Our Youth Section

Kathleen Murphy

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

Featured Story: Imagine the day in which Black-Owned Products were Manufactured, Marketed, & Delivered Right to your doorstep! Imagine you could find excellent products that were listed on a Black-Owned, Nationwide Directory. Every time you purchased one of these products, you were providing a kickback to Mentors who were working with the youth from your neighborhood, 24-7, both online & in-person; imagine that every product you purchased, was discounted to you for being such a great supporter of the community! Now, open your eyes, and visualize the IBA Card! We have created a system that brings resources to you, instead of

forcing you to come to it! Since April, IBA has been delivering Black Owned Products through its partnership with Hood Goods. Hood Goods offers Small Business Research & Marketing Plans and will Deliver your product(s) to IBA Card Holding Patrons. This response to the community was based on the Covid-19 social distancing phase; we sought a better way to reach our residents and created a system that was both safe and offered people a new convenience. Top products that we have been delivering lately, have all been Emergency Preparedness-based Products. IBA currently delivers re-washable, cloth masks; it also delivers a Light Filtration System, which

comes in the shape of a light bulb. Our goal is for every IBA Brick & Mortar Business to carry these light-filtration systems, before re-opening to the public. Individuals can purchase these items straight from IBA, or wait for our select give-aways. Be on the lookout for the IBA Calendar, and stay tuned for our upcoming product- Black-Owned Bathroom Tissue. (Coming Soon)

What's New: The IBA App! We are mobilizing our resources now, and have taken steps towards creating a Black Business App. This app will be created by Lauryn Pryor of ATL Connect Apps, and will have three primary functions and features: 1) The App will list our Nationwide Directory, and notify Patrons every time they pass by one of our locations. 2) IBA Patrons will be able to upload their IBA Cards to the App, and shop through an Online QR Code. 3) A Newsletter will be available to help Patrons read and learn more about which causes they have helped to develop, as a result of them shopping within the network. The goal of this app is to create one central point of focus, where Busi-

ness Owners can gain customers, and Patrons can gain discounts. A system of Indigenous Excellence, from root-to-core!

Get Involved: The Different Kinda Smart Online Curriculum has been conducting weekly online sessions with grade-school aged children on the Edmodo App. Starting June, Different Kinda Smart Learning Program will begin offering classes to Middle School aged students, as well. We are encouraged by the amount of Parents who have already taken steps to enroll themselves, as well as their offspring, into such a productive program. Stimulating the mind is essential, during this social distancing phase; sign up for our Distance Learning! Visit "Different Kinda Smart" on IG or on the ACP's FB Page. The time is now!

Contact:
Name: Mélaughn Butler
Email: Mbutler.acp@gmail.com
Facebook: TheACP19
Instagram: Theacp_2020
Website: www.ibaleague.wixsite.com/2019

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

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



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

Your Health Matters

We are living in unprecedented times where the Coronavirus pandemic has impacted our community tremendously. Why are we a disadvantage population, #1 with chronic health issues such as cancer, diabetes, heart attack, obesity, and our children from the age 2-19 are overweight? Our inner-city community is a food desert lacking affordability to buying or offering good quality food. Corner stores are more accessible offering process foods such as canned goods, candy bar, a bag of chips, soda, and high

fatty foods. Leaving those who live in low-income area or deprived social-economic area feeling the repercussions of poor physical health and easier to contract Coronavirus.

The adoption of poor dietary habits "Soul Food, process food, high sugar consumption, and eating in abundance have led us to be at greater risk of chronic disease and illness. Additionally, we celebrate everything over food, overindulge by stuffing ourselves and live a

sedentary lifestyle not valuing what the outcome may be over longevity time.

Food and exercise can be thy medicine or the energy to the onset of an unhealthy body. Nutritious food should fuel you and feed the function of ever internal organ in your body and boost your immune system. Without the availability of fresh produce meats in low income, areas will force the continuation of consuming food that is available, food high in starches, poor quality of meats, process food and high sugar. Not only are we exposed, or have adopted poor dietary habits, but we are less likely to exercise, and engage in physical activities on a regular basis.

Make a difference in the direction of your health regardless of the social economics or community. Your health matters! Begin incorporating changes in your dietary habits and physical behavior.

Drink more water and less soda, and

alcohol
Change your mindset on preparing meals. Love yourself enough to cook and preparing nutritional meals.

Less frying and more baking
Buy more fresh vegetables and less can goods

Eat more fruit and less candy
Find a market or farmers market offering quality selections of fruit, vegetables, meats

Set a budget and shop smart
A Healthy Body, Mind and Spirit will build a body that works for you in living a sustainable life and maintaining good health. Build your immune system and fight any disease.

Self-Care begins with you so why not change your relationship with food and exercise!

Catherine Brown
Wellness Strategist

Healthy Food Shopping & Meal Prep During Covid-19

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Do you want or need to eat healthy during this pandemic? Let me do the grocery shopping and prepare meals for you! It's safe, easy and convenient!

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National Editor: Sleep Hygiene
Donata D. Mooring
Certified Sleep Science Coach
 “How sleep affects many areas of our daily lives and the solutions to solve this epidemic”

Are You Concerned?

This is a difficult time for all of us struggling to create a new normal in an unsettling world of uncertainty. Many things we have taken for granted are now more precious like our sleep, health, wellness, family, friends, businesses, jobs, school, and our finances. What has not changed is the inaccuracy of our credit score... there is no leniency to correct what is on our credit reports before, during, and after this ongoing crisis. We must realize, all three of the credit bureaus are not controlled by the federal government but private companies. This is the time to dig deep inside and make changes for yourself and your family. Change does not come until you take baby steps to crawl and walk towards the truth of what is correct. Your credit scores do not go away but stays with you and affect your life in so many ways. This can cause stress, anxiety, and depression and paying more than you need to, which can affect your sleep even more than normal.

If you have not been getting quality sleep in the past this is this time to start making sleep and wellness a priority. Sign up for my FREE webinar: “Rest Leads to Revenue” You can see an email donata.d.mooring@gmail.com or Visit my website <https://www.donatadmooring.com/>

I am honored to have another opportunity to revisit one of my passions before I became a Certified Sleep Science Coach and a Holistic Life Coach which is a Credit Consultant.

I found out the State I live in required a business license approximately \$950 and required \$20k in my bank account. I was so upset because I ingratiatingly wanted to educate our community on credit and the steps to improve their credit score among other things.

Well, I am happy to share, I am a Credit Consultant and I am here to educate, enlighten, and encourage so you can get some sleep tonight and tomorrow night.

I have a quick question...If you could have your credit score increased at potentially no cost and make some extra money, would you look further? If so, send me an email to donata.d.mooring@gmail.com subject sign me up for your FREE private Credit Education webinar. For more information go to my website <https://www.donatadmooring.com/> and click on Credit Consultant.

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CALLING ALL RHYTHM PEOPLE

RHYTHM PEOPLE WANTED!!!

RHYTHM PEOPLE

ENTERTAINMENT NEWS

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

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

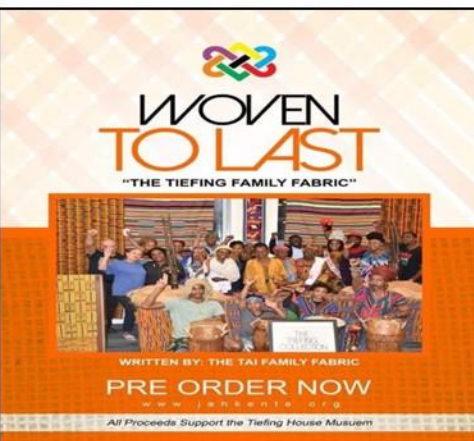
Culture is the New Currency!



WeAreTheRhythmPEOPLE

National Entertainment Editor

Ms. Kim Poole is a Soul-Fusion Teaching Artist and Founding Fellow of the Teaching Artist Institute (TAI), providing an opportunity for artists and artisans to learn techniques for social transformation while fostering outlets for socially engaged art. Through TAI, Kim and her team of Teaching Artists are originating the Art for Social Transformation, Teaching Artistry in Action curriculum & workbook for change agents and universities interested in exploring the "Art of Possibility" around the world. She has a passion for encouraging the "Rhythm People" as she refers to them, to reclaim their global cultural economy and a knack for celebrating the beauty and resilience of women with SUPERLASHES through her music and the Sheroes Sisterhood. At 34 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.



Indivisible Liberation *By Kim Poole*

Six months into a new decade and Rhythm People are reliving the past century. From the Spanish flu Pandemic of 1918-1920, which it infected over 500 million people, to the 1919-1920 Red Summer in which white terrorist burned and pillage Black communities; our newfound virtual reality doesn't seem to aide in social transformation in general, but Africans are Rising. Just as established by Marcus Garvey in August 1920 at the UNIA's First International Conference of the Negro Peoples in Harlem, the plight for Global African unity and solidarity continues.



At the speed of a Tik Tok message alert, Professor Anita M. Diop, Detroit based founder of African Heritage Festival began works in partnership with Dr. Lisa Aubrey; author *Exposing Bimbia. The Transatlantic Slave Trade and the Cameroon Historic Diaspora*, to gain the attention of youth on the front lines of Black Lives Matter protest to celebrate Juneteenth with a virtual Parade June 19th 2020. Though work, school and boarder closures globally have left most people with more time in the schedule, it seems the balance between upholding the institutions that celebrate the strides of the past are not so easily penciled in. The generation gap amongst Pan African nationalist is most transparent amid the new ranks of Black Lives Matters movers. Still, the necessity of Black pride and power for the social uplift of Global Africans remains.

Just as during the Fifth Pan African Congress, once again agonies of human rights violations of Black people in America have affected Africans globally. Somehow by our very existence, to be Black is Pan African in its truest sense. Both historically and currently, the culture of people of African Descent in the USA specifically represents the totality of most all Africans globally. As a result of the Transatlantic human trafficking of the 16th, 17th, and 18th century, even the genetic make-up of the Africans in the Americas aka Blacks in the USA, is an African union of sorts. Blacks are the composite and culminated apex of African cultural expression.

Still, to understand the Black identity holistically and properly transmit this persona to the creative generation, the artist class is essential. Rhythm People must create environments that provide opportunities for Black boys and girls to find their African identity in order to come full circle and become fully Black.

Simultaneously, the "Continental African" must also learn to be Black: socially, politically, and economically recognizing the contributions and values of Blacks in America to African culture and world development. Sensitizing this as a standard in excellence and decolonized education is to the benefit of all African people.

Unfortunately often the 2nd generation of Africans in America is African in phenotype and name only. As the highest representation of their parents Western aspirations to achieve prosperity, they are examples of European excellence. Multiculturalist at best, ironically this group integrates well into mainstream American society and often cannot relate to the woes of Black people. A blessing then, that this generation has presented an opportunity for young Africans to stand in partnership against police brutality and all forms of oppression in the name of George Floyd, Breonna Taylor, Ahmed Aubrey, Freddie Gray, Sandra Bland, Michael Brown, Erica Gardner and so many others(let's just include Rodney King Shall we.) #SayHERName

Amid the Black Lives Matters movements, the energy of Rhythm People is moving and once again making the Black African narrative a wide spread possibility. The opportunity to redirect this vibration into human rights advocacy that manifest concrete food sovereignty, economic freedom, art centered education and protection for all African people globally is in reach. Our Salvation is indivisible.

What a delight that Youth have put down there cellphones and take interest in the great outdoors to stand up for Blacks and Africans too. The elder class must be on hand to maintain and streamline the energetic vibration as



Africans globally become more in sync. Youth participation in the Virtual Juneteenth Parades is necessary, and an opportunity to increase the Pan African list of Global observation days that promote and preserve the African identity in the Diaspora and in Africa too. Happy Juneteenth, the battle for

African sovereignty continues.
#WeAreTheRhythmPeople

Gigs, Bigwigs, & Shindigs

Gigs

World Bank is Hiring

<http://www.worldbank.org/en/about/careers/programs-and-internships/young-professionals-program>

US Department of State Foreign Service Officer is Testing July 11th – 25th Registration ends July 3rd 2020
<http://careers.state.gov>

Ghana Arts and Culture Awards is Nominating
<https://www.gacagh.com/nomination>

Arts Leaders of Color Emergency Fund is Funding
<https://docs.google.com/forms/d/e/1FAIpQLSfv4A2vLFVUNAqXoxqBqfZjkrMroa-CET6Vt6Xygr-CaQ/viewform>

Council for Economic Education is Nominating Excellence in Teaching Economics Awards July 10th

2020

www.councilforeconed.org/programs-2/teacher-awards-3/

Teaching Artist Institute is Offering \$50 Virtual Gigs "Artist R Essential Workers Series" Thru Oct 2020

<http://www.facebook.com/teachingartist>

Artist Relief is Funding 5,000.00USD
<https://artistrelief.org>

Adolph & Ester Gottlieb Foundation is Funding Emergency Grants - Painters, Printmakers, and Sculptors
www.gottliebfoundation.org

Big Wigs

Breonna Taylor SAY HER NAME!
#BlackLivesMatter

Shindigs

African YOUTHIDEAS Talkathon Series June 11, 2020

<http://africanyouthcommission.org/?na=v&nk=3-91ca5ee08d&id=3>

Virtual Juneteenth Shoebox Challenge & Parade Submission Deadline June 14th 2020
atvjames@aol.com

South African F-Show "What Matters" June 16, 2020
<http://facebook.com/events/s/inugural-lauch-what-matters/689816001593666/?ti=wa>

2020 Black Media Story Summit June 23rd – 25th 2020 Baltimore, Virtual
<http://blackpublicmedia.org/events/black-media-story-summit/>

"A" is For Africa "10 Month Interactive Workshop Series that Culminates in Cultural Immersion in Africa" Inaugural Class July 1st 2020
www.TAITOURS.org 301 – 919-6959

Entrepreneur Training Program July 1st – August 19th 2020 Virtual
<https://etpsummer2020.eventbrite.com>



Bernadette Holiday Contributing Editor Opportunities

I Am Here, To Help!

Greetings, allow me to introduce myself, my name is Bernadette Holiday! I am a woman, a mother, a Grand Mother and I work a full-time job plus I am an entrepreneur! I am also a teen mentor and a Crisis Intervention Specialist.

For many years I supplemented my income by being involved with many opportunities that have afforded me to purchase a home, take vacations, help my family, while also providing security for my future and my love-ones future!

I am partnering with The National Black Unity News (TNBUN) because I want to help others as I have helped myself! TNBUN is a solution-oriented publication that helps our people live with a better quality of life. Well, this is what I am all about helping others so they can help themselves!

With the pandemic comes fear and our people dealing with the injustice that has plagued us for centuries in the United States of America and beyond! I do understand the fears about the new norms,

not knowing if our economics will ever recover, not knowing how we will survive what tomorrow will bring and uncertain about the conditions which we are accustomed to will ever return to its normalcy.

I am a resilient person, my people are resilient as well; we have always survived crises and I believe we will overcome the current situations too! There will and always have been people who raised up and met the challenges head-on. I believe that God has brought us this far and I do not believe God will abandon us now!

Again I partnered with (TNBUN) because I have a solution to our economic crises, I have always believed that we do not have to be depended upon a job, social services and other services for our economic well being! Everything is not for everybody but if you are serious about your future and your love one's future then please pay close attention to what I have to say and what I have to

offer you!

I am involved in a revolutionary financial movement that is shifting the power and profits from big business to the individual. Through the power of the network, we are able to leverage exclusive savings and drive greater income for all who wish to participate.

I am taking back full control of my life. I am saving where the masses can't; also making money where the masses don't. I am seeking those individuals who want the same! I will show you what I am doing; I will help you to do the same!

Just pick up the phone and let's talk about it! Reach out to me like I am reaching out to you! There is a reason why I am here, one of the reasons is we need each other. Secondly, I want you to know you are not by yourself; we will work this out together! Call me for further details.

Bernadette Holiday
1-857-233-1715

<https://www.rnetwork.io/37467650>

THE PARTICIPATION MARKETPLACE Products and Services

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Video Brochure

Global Mall
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Video Brochure

rMedical Market

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Video Brochure

rFinancial Market

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Video (US) Brochure
Video (CA) Brochure

rNetwork Bank
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rTravel Market

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Video Brochure

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rHome & Business Service Market is an exclusive suite of services where you are assigned an expert in the respective industry who specializes in assisting our Charter Members and FANNS with their purchases to maximize their experience and savings.

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Video Brochure

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Video Brochure

Get paid when others save

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The Participation Marketplace

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BUILDING YOUNG ENTREPRENEURS

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



CONTRIBUTING TO THE FIGHT AGAINST COVID 19 IN NIGERIA/AFRICA

The effects of COVID 19 on the African Continent is similar to most continents around the world. They are two-fold, the health challenge and the economic/financial challenge. While most African countries are grappling to contain the health challenges the economic and financial outlook on Africa are grave, and for a country like Nigeria with over 200 million persons that are solely dependent on the proceeds of oil, the situation is even more precarious.

In a bid to curb the spread of the virus the Nigerian government has implemented a lockdown that has kept its citizens at home for months without any form of palliative assistance. This has resulted in pockets of protest resulting from the vast majority of its citizens being forced to live on their daily income.

The projections for the continent and Nigeria, in particular, are bleak considering the crash in oil prices. The Nigerian unemployment rate prior to the COVID 19 pandemic stands at 23.1% one of the highest globally and it is presently projected to exceed 40% post-COVID 19.

As the government gradually eases off on the lockdown most brands have commenced laying-off the majority of their workforce in a bid to survive. The atmosphere is tense and filled with fear of what lies ahead. Mental health profes-



sionals believe that as the country slips into a depression there would be a massive increase in suicide rates.

These challenges prompted "Building Young Entrepreneurs" to launch the "Spread Hope not Fear" campaign as a voice of hope amidst all the fearful and negative projections.

knowledge to guide people through the murky waters of entrepreneurship.

Being a global community, Double H is not restricted to Nigerians or Africans alone, but it's open to successful entrepreneurs, struggling entrepreneurs, and anyone across the globe who wishes to embark on the entrepreneurial journey.

Building Young Entrepreneurs will also be visiting higher institutions across Nigeria, steering young minds towards entrepreneurship, and helping them build their entrepreneurial muscles. We believe the survival of the Nigerian state and its people requires collective efforts for which we are committed.

We urge you to join and support these initiatives aimed at building hope in people and helping them find a path to recovery.

These are dark times, but we can build a brighter future TOGETHER.



Also, the projected increase in unemployment fuelled by the current loss of jobs has resulted in a large number of persons delving into entrepreneurship as a means of survival, but without the adequate knowledge, most will get burnt. Some might even lose their entire savings making them suicidal. To assist these persons Building Young Entrepreneurs (BYE) is floating a community called the "Double H" (HH), which stands for "Helping Hands".

The Double H community is comprised of seasoned professionals in different fields and long term entrepreneurs from across the globe, who are willing to provide guidance and assistance for anyone embarking on the entrepreneurial journey. They will be leveraging on over 100 years of combined entrepreneurial



TO SUPPORT/JOIN THE "DOUBLE H (Helping Hands) community

PLEASE VISIT: www.bye.com.ng/helpinghands

OR

**SEND A WHATSAPP MESSAGE TO:
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WE NEED YOUR HELP!!!

PARTNERSHIP BETWEEN SELF DEVELOPMENT SUCCESS AND BUILDING YOUNG ENTREPRENEURS CAMPAIGN 2019



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

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

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



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Home & Home Improvement
Dawn Pollard (L)
Daniel Parson (R)



Dawn Pollard, I am the personal assistant to the managing director of TNBUN. I am a mother, grandmother. I am an entrepreneur and the owner and creator of Bubbletini Bath Bliss we make all-natural organic bath bombs. I am a certified Peer Recovery Specialist. I managed two restaurants as the lead bartender. But my passion is Real Estate. I've been licensed in Maryland since 2017 I attended Coldwell Banker for their real estate course. Once I passed my state exam, I placed my incense on

inactive status for 3 years. I activated my license during the pandemic on May 26, 2020. I am a sales agent with The Wilson Homes Group at Keller Williams Legacy in 1104 Kenilworth Dr Towson, Maryland 21204. 443-554-5480.

I decided to step out on faith and focus on buying, selling and investing in real estate. During this crisis, I realized that practicing real estate it would allow me to do what I love while practicing social distancing. Real Estate has always been

My oldest daughter Danielle Parsons owns her own tile renovation company Seviin Renovations LLC, as a mother-daughter duo, we plan on investing and rehabbing our 1st property this year.

During the covert 19 pandemic we strategized a plan to utilize both of our talents and our love for DIY projects to create Pelham Properties Management LLC.

Even during the current state of emergency with the ongoing pandemic, it's still a great time to purchase a home with interest rates as low as 2.5% according to BofA for a 15-year mortgage. According to Fannie Mae, the annual average rate for 2020 will be 3.2%, down from 2019's 3.9%. This would beat the record of 3.65% set in 2016, according to Freddie Mac data. Fannie Mae expects rates to drop to 2.9% in 2021.

The real estate industry is still thriving

with virtual listings and open houses. Everyone was still able to buy and or sell property from the safety of their own homes. Technically has allowed this industry to stay afloat with virtual closings and social media we are still able to showcase and advertise property listings.

According to Trulia, "popular neighbourhoods in Baltimore include Canton and Frankford, with average listing prices of \$349,917 and \$111,809, which indeed makes this a seller's market. The market has seen an increase in 3D tours and video-chat tours, as states placed restrictions on real estate practices while shelter-in-place order is in effect. a growing trend of home tours is happening via video chats like Zoom which has seen a huge spike during the pandemic.

FAMOUS QUOTES

The major fortunes in America have been made inland." John D. Rockefeller.

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LANGSTON HUGHES COMMUNITY, BUSINESS & RESOURCE CENTER

Langston Hughes Community, Business and Resource Center Continues to lead the way.

Doing this Corona Virus, Langston Hughes Center in Balto. Md Park Heights, and its 75 volunteers or more continue to feed an average of 400-500 people per week. The Langston Hughes Center is the #1 free food pantry in the state of Maryland. They distribute free food every Tuesday and Friday at 2 pm like a precision machine. They have been during this for years. Long before the virus. They also distribute 100 breakfast, 100 lunch and 75 dinner meals Mon-Fri. 250 hot meals every Saturday. Non-perishable boxes delivered daily to seniors and 300+ produce boxes weekly.

Langston Hughes Center has been visited by Film crews from France, others from Prince George's County, Delaware, Loyola College and more. Mayor

Young, past mayors, State Comptroller Peter and Franchot and even the Governor's office have applauded Langston Hughes for the job they do in the community. Sharon Green Middleton, city council representative for this location have been very supportive. Langston Hughes Center has received over 150 awards and accolades for its community work and feeding of people. Langston Hughes has established a continuing and ongoing partnership with Maryland Food Bank, The Church of Latter-Day Saints, Balto. City Fire dept. Balto. City Police Dept, Salvation Army, Muslim Mosque- Earl El Amin, Loyola College, Coppin State, and Morgan State Universities, United Way, Life Bridge/Sinai, Park Heights Renaissance, Edgemonte Circle Elementary and several other local non-profits and organizations. Langston Hughes also provides training programs and job opportunities for a lot of people to include nursing, child care-

George E. Mitchell: I Love These Guys!



smart steps, Time mental Health, computer science and so much more. So far, Langston Hughes has helped distribute over 1.2 million pounds of food. They are a credit to the community.

Langston Hughes Free Food Pantry is every Tuesday and Friday at 2 pm 5011 Arbutus Ave Balto. Md 21215 443 759 8921 open to all. Help Spread the word.

ANNOUNCING A FOOD PANTRY AT THE CENTER
 We Cordially Invite You & Your Family

WHERE:
 Langston Hughes Community Business Resource Center
 5011 Arbutus Avenue
 Baltimore, MD 21215
 Off of Nelson & Reisterstown Road

DATE:
 Monday January 7, 2019

TIME:
 Doors Open at 1:30 PM
 Food will be distributed from 2:00 PM to 5:00 P.M. or until food runs out

FEED THE HUNGRY

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George E. Mitchell-Host

Help Us To Help Our Communities! Donate!

Langston Hughes Community Business Resource Center History

Opened July 2017
 Houses 3 libraries
 Offer several classes such as Cyber Security, Phlebotomy, C.N.A/G.N.A, CPR, CMT, Medical Billing and Coding, Foreign Language, Cooking classes for children
 Smart Steps Daycare
 T.I.M.E. Organization mental health resources
 Youth Mentoring Groups
 1st PAL office to open in Baltimore City in 15 years
 GED Classes

Home of the Charm City Steel Drum Band
 Full size Gym
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Two Year Anniversary In August, Week Long Activities

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(443) 759-8921

WEEKLY COMMUNITY LUNCHEON AT THE CENTER

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

This is the reason we are the best in the state, maybe the country! Over 1.5 million pounds of food and still counting. If you need food or know that someone does, call us: 443-759-8921

1. FOOD PANTRY 2 DAYS PER WEEK TUESDAY AND FRIDAY 2 PM
2. FREE BREAKFAST LUNCH AND DINNER. MON THRU FRIDAY STARTS 9 AM
3. 250 HOT MEALS 1 PM EVERY SATURDAY
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5. NO ONE GOES HUNGRY OUR COMMUNITY, OUR KIDS, OUR RESPONSIBILITY GOD BLESS YOU AND OUR STAFF



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Our top-quality Bath and Body products such as organic and natural soaps will leave your skin soft. Our body and facial scrubs will remove and rejuvenate dead skin cells. Our shea and body butters exhibit excellent moisturizing properties while countering the drying effects of regular bar soaps and cleansers. Our body and hand cream will help restore and control essential moisture, hydrate dry and tight skin. Skinsational Scents body and hand lotions will soothe and soften dry irritated chapped skin. Moreo-



Evens Israel

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with the designers.

We are always been asked advice on how to best identify a good moisturizer. So, when shopping for a moisturizer, don't fall prey to colors and phrases that a clever marketing team put on the jar. Instead, look for these key natural ingredients: Shea (*Butyrospermum Parkii*) butter, Vitamin E (*Tocopheryl Acetate*) oil, Jojoba (*Simmondsia Chinensis*) oil, or Coconut (*Cocos Nucifera*) oil. When the summer is especially hot and humid, consider using natural butters such as shea to protect your skin or raw cocoa, avocado or mango butter to hydrate dry skin. Please visit our store located in Savage Mill and reach us for a complete list of our product line, tips and advice at www.skinsationalscents.com

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

The Time Is Now!

“I can’t breathe.” were not words spoken by 3,446 terrified African Americans in this country from 1882 to 1968, knowing they were about to die because a rope had been placed around their necks, too relieve them of their lives. These statistics can be found in the archives at Tuskegee Institute. During those times they took our lives by mob law, and today they take our lives by the legal law, under the banner of white-privilege. It seems racism in this country, which has never gone away, has come out of hibernation with a vengeance. We must interact with people, every day, who don’t like us as people or as a race. They can have less materially and educationally and will consider themselves better because they are not Black. They know they can walk out in the street and not worry about getting shot just because of the color of their skin. They feel no fear when the police stop them in their cars, or three police stop them on the street. This is 2020 and we, as a people, should not be afraid to be ourselves. We should not be afraid to send our children out of the house or to school. We need to open our eyes, so we can look and truly see what is in front of us. We need to listen to the meanings in the words spoken to us and not just the sound the words make. Now: STOP-LOOK and LISTEN to these words...

The Timeline of our People

1619 to 2020 = 401 years or the total time Black People have lived sociably, on the North American continent according to accepted records of their arrival.

1619 to 1776 = 157 years before the United States of America was formed, thus, there could be no classification of American slaves because there was no U.S. of A.

1776 to 1865 = 89 years or the exact number of years Black People were politically held as slaves in the U.S. of America

1776 to 2020 = 244 representing the total number of years Black People have lived in this country under the unchanging conditions of unequal rights and segregation. Whereas, 155 of those years, from 1865 until today, we were supposed to be constitutionally free citizens.

Now Think of this...

Looking at the past 244 years 1776 to 2020, if you put together the top, great-

est and/or best:
 100,000 Black Educators, past and present
 100,000 Black Politicians, past and present
 100,000 Black Wealthiest, past and present
 100,000 Black Charismatic orators, past and present
 100,000 Black with multi-Intellectual prowess past and present

Afunemuda Manifest Manifesto
A People Born into Themselves
As African-Americans

**Learn who and what you truly are...
 Learn to open your eyes so you can look and see...
 As your ears hear the truth of everything around you...
 While understanding the power of the position you hold.
 Allow these words to become a part of you and your thoughts...
 As you look and see and hear the future of our children coming.
 Read these words and nourish the spirit and courage and hope we possess as a people.
 Now absorb these words and become who and what you are as a part of the people we are.**

And throw in another 100,000 Black supposed superior all-around individuals from the past and present, **we will still be where we are right now.** We will be looking at us as a people, and at our children dying in the streets as second-class citizens for breathing while being Black. And we work in a system where we, because of the color of our skin, are systematically paid less for having an equal unequal education. You must open your eyes not as an individual, but as a people. You must look beyond today and as you realize tomorrow will come, you must prepare yourself in the personage of your progenies to live on and on and on. You, as an individual, must learn to

prepare a legacy to be walked. It may be hard as you try during the times we live in right now. Nevertheless, notwithstanding, and be there as things will be and must be as we must make them for the legacy, you and I cannot live or be there to walk; a change must come.

During our entire lives, as a people, in the United States of America, all the things we have acted out or thought, we did them and thought them according to the way someone else wanted us to do them. Believe this, if you think the thoughts you are thinking, are your thoughts, you better think again. But if you do think again, you will just think more of the thoughts they want you to think. Notwithstanding, you must be born again, but not in a religious way. You must be reborn in the way of nature and the natural order of life and living beyond the manifestations of mankind. You must learn to look and see, listen and hear, and understand the truth in the

wishing, dreaming, and chasing of Don Quixote windmills cannot do it; because you have been looking at things with blind eyes or eyes that can only see what they have been subliminally trained to see. You are looking at things using the intellectual-ignorance or unknowledge given to you by unwise individuals, who tell you to think as they say think, and do as they say do. They have created the road to no-where that so many of our people proudly walk upon. They methodologically created a set of directions to get you there, and smile, when you as an individual start on your mind-numbing Sisyphean like journey. They rejoice because they know you have willingly opened the entrance to this place, they call, their box of doom. Now, you, as the individual you think you have made yourself to be, will choke to a living death with social obedience, confusing traditions, and a perplexing corrupt sense of conformity.

Think about this...

NAACP/National Association for the Advancement of Colored People, which started in 1909 (111 years ago) and still exist but has not done anything overtly to advance us as a people. We are still dying in 2020 as we did in 1909, 111 years ago which jump-started this movement.

National Urban League founded in 1910 (110 years ago). What have they done for us as a people to make our collective lives better? They say the mission of their organization is to enable African-Americans to secure economic self-reliance, parity, power, and civil rights. It sounds nice and they talk a good game about assisting our people getting jobs, better educations, housing, and health care. But! When you open your eyes and see the truth of what is in front of you, and us as a people; you will see we are still trying to get, collectively, what we have been waiting for as who and what we are (citizens of these United States) since the “Great Migration” of our people over one hundred years ago, and before that.

The Congressional Black Caucus started in 1971 (49 years ago) when it received national recognition and presented President Richard M. Nixon a list of 60 recommendations for governmental action on domestic and foreign issues, of which, we are still trying to obtain. The members of the CBC look out for themselves. They make sure they and their families are taken care of, and if there is any effort left, they may direct it towards the people or once again use it for themselves. They represent a political body that is meaningless. They have no real say so about the laws used to hold us down as a people. They are weak as a group. As the group they are, they do not possess the strength or power to make a move to raise themselves or their position up, and they are afraid to do anything that may cause them to lose the puppet-like *Continued on page 31*

HEALTHY, WEALTHY & WISE 4 LIFE

I had the pleasure of speaking with a group of gentlemen that have a lot in common! Individually each of them has a passion for helping others to help themselves! They have joined forces to work in collaboration to assist people to become healthy, wealthy and wise!



Donald McBride

Ocean Yaraay

Miles Neal

There are many sayings about people who use a similar pattern of making things happen such as game recognize game, birds of the feather flock together! Well, we (The National Black Unity News) identifies with the concept of joining forces to help others!

This group of men are Donald McBride, Ocean Yaraay & Miles Neal. Each of them brought into a system that can help make you healthy, wealthy and wise! They are independent representatives of a company called 4Life.

4Life offers supplements that support

immune system health, body transformation, and general wellness. Achieve your healthy lifestyle goals with 4Life

Transfer Factor products to help you burn fat, build muscle mass, and more.

They are supporting and participating with (TNBUN) because they want to reach out to people who are sick and tired of living paycheck to paycheck! They understand that during this time of

uncertainty, people will have to make some changes and the choices they choose can be vital to their future.

They stand in solidarity and as individuals to assist those who want a better future for themselves, families and associates. They are willing to take the time to assure, train and guide those that want a better future and a better quality of life!

We salute these men for taking a stand

for helping others to help themselves. I personally want to thank these brothers for their initiative for recognizing opportunities and taking action!

For such a time as this, we need strong courageous brothers and sisters to take a stand and to stand in the gap for others that need help! If you are reading this article and you want to provide security for your future or you may know of someone who wants to help themselves, then I highly recommend that you call and talk to these men! One phone call can change your future and your destiny! Tell them that David Murphy, publisher of (TNBUN) suggested that you speak with them.

When opportunity knocks, answer the door, listen carefully, then make a wise decision because that decision may make you healthy, wealthy and wise!



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2 Respond. Transfer factors help speed up the immune system's response to a potential threat after it's been identified.

Lets Talk About Starting A Business Empowering & Educating How To Boost Immune Your System Miles Neal

3 Remember. Transfer factors lend a hand in remembering the specific makeup of the threats your immune system encounters, so the next time it's encountered, your body knows exactly what it is and how to combat it.*

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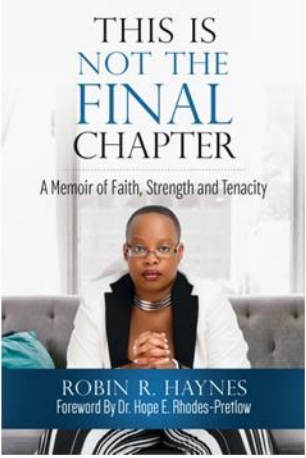
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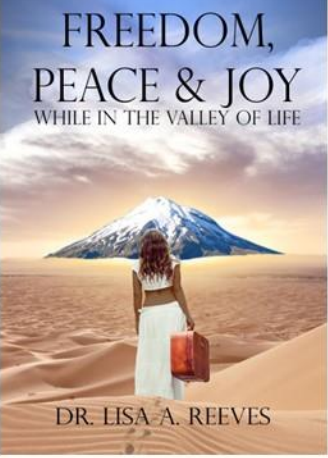
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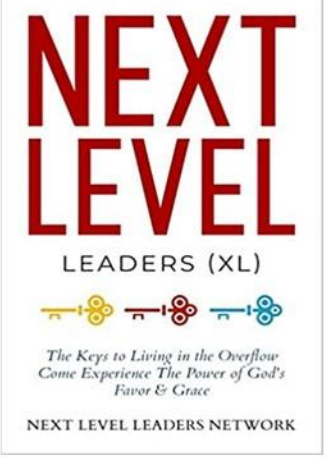
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 Foreword By Dr. Hope E. Rhodes-Pretlow

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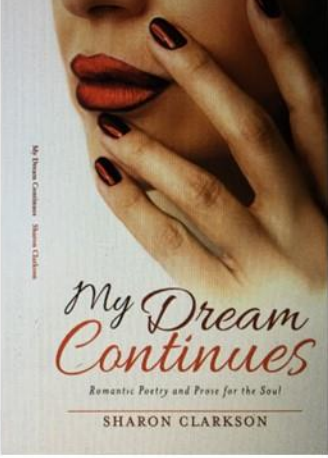
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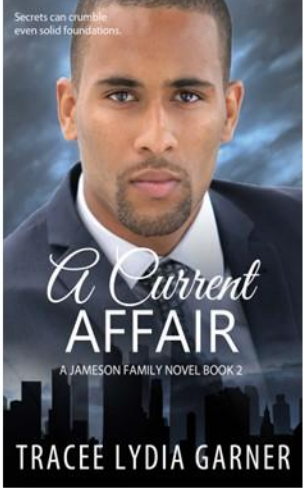
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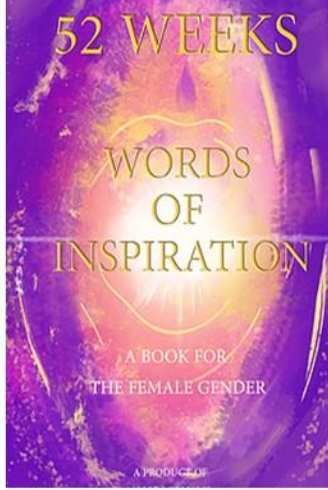
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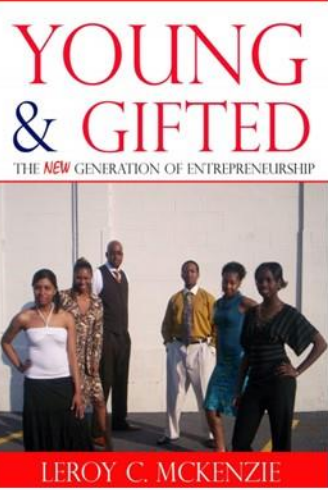
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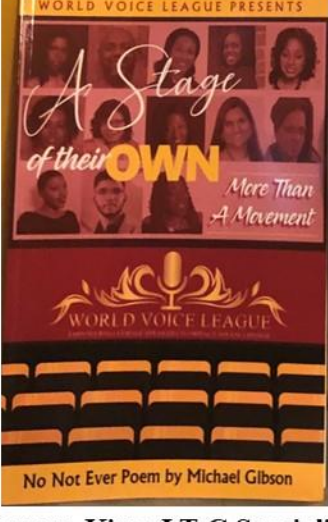
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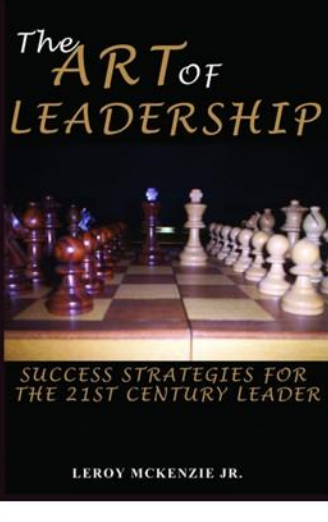
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The Time Is Now! *Continued from page 28*

string position they do hold.

Operation Push 1971 (49 years ago) is still pushing but to what end?

Rainbow Coalition started 1984 (36 years ago), a spinoff of Operation Push and is seemingly still spinning its wheels.

CBPM or "Collective Black People Movement" which embodies hundreds of black organizations, groups, and movements that advocate for our people, but what are they doing? They talk and talk and talk more and more to seemingly cause themselves to think they are doing something. Yes, they are doing something. They are talking while our people, unarmed, are being shot down in the streets by police. They seem to be talking to get themselves recognition, to cause others to look at them for what I don't know.

Painfully, there are tens of thousands of individuals, groups, and organizations fighting for us and hopelessly failing us and will continue to fail us, because they are historically and perceptually blind. I say this because everything they do, and the method used to do what they do, have been created by our nemesis to guarantee our holistic failure.

The real problem is the fact, that, nothing has changed to make things better. Things may have gotten worse, considering the sophistication used by the white higher echelon. What is happening to the African American today was first, indirectly, brought to light 250 years ago, and six years before the establishment of this country. On January 9, 1770, when William Pitt, the elder, addressing the House of Lords in London said "Where law ends, tyranny begins. Unlimited power is apt to corrupt the minds of those who possess it." This sentiment was reiterated with inveterate disdain 87 years later by Justice Roger Brook Taney March 6, 1857, in his decision in the Dred Scott case. He indicated that "African-Americans had no rights which any white man was bound to respect." So, we as a people are being holistically desecrated by people possessing unlimited power over us in this country even today. They control the money, the media, the land, and political power.

The Need for An Afunemuda Female Organization

It is uncompromisingly imperative a

Black Female Organization is created to execute and further the known and pseudo-efforts of the Umojakhwest. It will be the duty of the Black Females to command an authoritative position in every facet of the movements the Umojakhwest will be a part of. There can only be one voice and it must be spoken in many different languages. For over 240 years we have talked, and we are still talking about assembling the might of "Black Men." But, the Black Men, adhering to a psychologically planted misnomer; foolishly composed a collective mental and physical force, supposedly, according to his needs and ambitious aspirations. As such, they told themselves they were simultaneously the bread-winners, financial providers, and holistic protectors of the Black Families. They grandiosely told themselves they jointly hold these positions as Black Men and must continuously execute the unwritten duties thereof. This rhetorical talk and thoughts are two of the greatest reason we cannot truly move forward as the people and force we are. The minds of too many Black Men have been corrupted consciously and seem to be unconsciously infected with a mind-numbing delusional disease, placed there by the propaganda of those who sought to control him, and historically has controlled him. This fact is not exclusive to the Black Men in this country called America, it seems to be an accepted all present fact shared by males, among people of color worldwide. It seems to many people of color have allowed those with no color, into our lives as we looked upon them as if they were humans and just like us. However, we were wrong.

Notwithstanding, the presence of the Black Man's existence possessing an egalitarian or authoritative pose in the hearts, minds, psychic, and mortal souls of those who have no color; evokes an uncontrollable fear and anxiousness, that will cause their personal cowardice to prepare them for something that does not exist. This fearful preparation for the actions Black Men have never sought to bring upon them, is the very reason why the Black Man cannot be at the forefront of the actions we must now take as a people. When a person or a people are filled with fear, an alarm will go off in their minds and tell them to fight for their lives. This is the situation facing Black Men in this country. White people will fight the "Black Man" to the death, from the fear of being placed in the position they have forced upon them for so long. The thought of being under

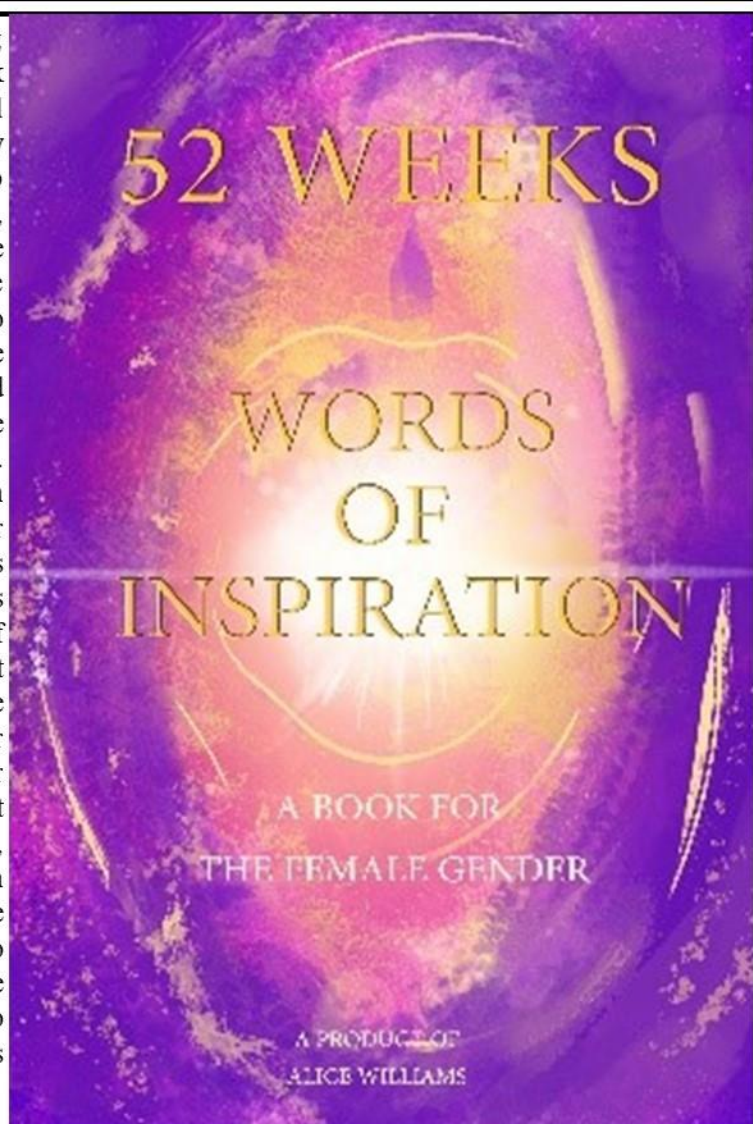
the controlling power of a Black Man is so awful and unholy frightening, to white people, they would lose their will to live and become so despondent, life to them would no longer be worth living. Black Men should open their eyes and minds and realize this as a matter of fact; and not seek to place themselves, our people and/or our future in that situation. Thus, the Black Men must defer to the Black Female, to lead us to where we want to go and need to be as a people.

There is a power in the existence of the Black Female, especially the "Afunemuda" we have unintelligently overlooked too long. She is our salvation as a people and possibly as a species. Right now, the world is tearing itself apart because of those who are in control. A change must come, and it can only come from the existence of the Black Female/Afunemuda. It is not necessary to write two, five, or ten more paragraphs or pages, explaining why we must be led by the Black Female. It is just a fact we must embrace, if we want to get out of the road to nowhere, rut, we have dug for ourselves.

From here all the females reading this article need to read the book, "52 Weeks Words of Inspiration, A Book for the Female Gender." This book is written to bring females all over the world together, to cause the change that must come, before there is nowhere for it to come too. Thus, we, as the Afunemuda people, is a psychosomatic amalgamation of time, transcendently conceived in the mind and spirit of a sociably aware individual over 40 years ago, and now we must be made a physical reality. The birth of the vision of who and what we are is a necessary need for a people and the future of those people. For many years we have written, spoken, and regurgitated grammatic representations of the intellectual-ignorance fed to our minds to mentally mislead us; and it

seems we have learned our lesson very well. We, as a people, have been consciously, unconsciously, and subliminally told what to do, when to do it, and given the reason why to do the things we were doing; manifested by intellectual ignorant conniving instructors who didn't have our personal interest in their hearts. A change has got to come and the change must be now

This change must be exercised by the 40 plus million people in this country once calling themselves African-Americans. We must collectively move at the same time, in one direction, the approximate 10,500,000 Black Families in these United States of America. That number means we have power, but currently, unless we learn how to properly use it, by becoming a unified body; our numbers will only cause us to be a threat to ourselves. So, we must take the first step of getting together, to develop into a force to be reckoned with beyond ourselves. And... that step must be taken to get us off the dehumanizing road to nowhere, covertly constructed for us a long time ago. We must move away from the title of African-American because it is a classification given to us by someone other than ourselves. We cannot be ourselves if we allow another to tell us who we are. We are Afunemuda, a people born into ourselves from they who were once called the African-American.



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The Ignorance Of Racism/Separatism Continued from page 3

So where do we go from here? It is written that all men are created equal. Those that believe in God should find this a binding factor! But Yet there have been more wars based on religion! Some say that Sunday during services is the most segregated time in America! Men of all races and religion have fought side by side in wartime but when their lives depended upon each other and they tolerated each other differences! But when the battle subsided they went back into their selected corners! They do develop a better understanding of each other on a personal note but instead of the me factor they choose to go along with the we factor! They chose the tribe rather than base their thinking on self-knowledge! Unfor-

tunately, they who do not condone racism and separatism do not stand in the gap to unite! Their silence is a major reason for this type of behavior that continues!

The power of one is powerful! One person can make a difference on the playground, schoolroom, workplace, the boardroom, city, state and government! A group is made up of individuals. Anyone can make a change, it starts with you!

I am one of many who have come together who are making changes! I publish The National Black Unity News! I am one of many who truly care about people and their well being! We believe

that we can make a difference and we have! We do not put down any group or race of people, we are attempting to equal the playing field so that all are equal!

Well since we are here and many believe, determined, and will do anything for the survival of their group, tribe or organizations! God creates all living things and beings to reproduce after its own kind! Man is the one who has the gift of reasoning and is the one who causes discrimination, greed, jealousies and other tactics based on trivial differences! I have no problem with groups or race of people who wants to support each other! Also, building better education for their youth! I do not disagree with building a strong economic founda-

tion for future generations! It is time to stand up people and assure our people and our future generations that we too can build education systems and a strong economic base! We must not just talk about it, we must be about it! The National Black Unity News has built a strong foundation with a plan to unite our businesses and services! We provide information through media services such as this publication, our Podcasts and our networking services!

In closing, we need you to help us, to help you, so that can help ourselves! If not us, then who? If not now, then when! Every journey begins with the first step if we are going to change it starts with you!

By David Murphy

Free Speech and The Vote Continued from page 3

has legal limitations and legal consequences. To that end, Free Speech is well worth exercising and protecting, but it is not exactly free.

Voting is the one true voice a citizen has in their local, state, and the federal government. The individual vote speaks louder and clearer than any words she or he ever said on a subject. Casting a vote in any organization or society is a honored ability. Voting for the Laws, Rules, Regulations, and Customs that govern a community effects that community in lasting ways. If you are a US Citizen, 18 years of age, a current resident of a state or US Territory, and not in prison or on parole for a felony conviction, you are eligible to vote. You who can and have the right to vote are not voters until you cast a ballot.

You owe it to yourself and your community to be heard. The reason, You Count.

Your vote is so powerful, and there are some who are plotting and winning in making your vote null and void. Our Supreme Court decided in 2013 to take away one of the main provisions in the Voting Rights Act of 1965, which required federal approval on any state election law. Fourteen states have recently installed new (and in some states renewed) restrictive voting laws that have historically restricted and severely hampered our community. The long-term effects of past legislation are prevalent in our families and in our most deprived neighborhoods.

As important and personal as voting is, many people and some groups of people do not choose to vote. Many researchers found people do not vote due to feeling our main two political parties may not be

efficient or effective. There are dozens of political parties that exist in America and most get little or no recognition. Why? U.S. elections only reward what is known as "first past the post" (FPTP). The one who gets the most votes...wins. Most of our nation's other political parties are hardly ever mentioned.

Some other people feel that the registration and voting process takes way too much work and time. In many other countries, being a citizen is being automatically registered to vote. In other words, if you are a citizen, and don't screw up...you are registered to vote. Not so in the good ole U. S. of A.

Recent data from various sources show that the single biggest predictor of whether someone will or will not vote is whether they have a college degree.

Individual and group apathy is a major

problem. Some people just don't care about politics. Getting their butt in the booth is quite a task and should be a major concern...especially in our community. If a social group or age group thinks or deems politics is not very important, its members may not, and in many cases will not bother to vote.

The staff here at The National Black Unity News are not telling you or asking you who to cast your vote for. We are a national periodical and your vote for a specific candidate or referendum is not our main concern. What we are concerned about is that you understand the power that you have. The power of your vote. Many of our ancestors fought with those in power to remove the barriers from us using the ballot box. Understanding the vote has changed many lives, and for the better. Again, there are many people, organizations, and institutions that Continued on page 33



The Power & The Benefits Of A Event Planner

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

somebody who takes care of everything they need.

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

What do you get from an Event Planner?

Depending on the description of their job, a personal assistant can be considered as the most reliable person around an employer or a boss. This is because he or she does everything in order to make the employer feel less stressed and can concentrate more on the task ahead. The personal assistant does this by ensuring that everything—from office works and other menial tasks—are properly taken cared of.

An event planner is expected to maintain the business and the social calendar of his

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

Vernon Streater, The Master Planner & Events Coordinator

Events Planner



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- Shopping Spree
- Poetry
- Social Events
- Gym Workouts

- Book Clubs
- Seminars
- Dinners
- Food & Fun
- Outdoor Games
- Plays

TNBUN Event Manager 443-473-7912

The Ignorance Of Racism/Separatism *Continued from page 32*

are still working very hard to restrict certain groups of peoples' voting privileges right now. Nothing (No-Thing) lasts forever and nothing stays the same. Just think about this one question...If it can be voted in...Can it be voted out? Nothing (No-Thing) last forever and nothing stays the same. Dynasties and governments have proven to collapse, and normally from within. America is an

awesome country, based on a great idea. But we have already seen parts of this country (physically and spiritually) decline into chaos and despair. So many of our communities are feeling what underrepresentation and nonparticipation lead to. As a non-voter, you are virtually letting someone else make the conditions for you to live by without any of your input.

It is being taught that when one is confronted with a different conclusion or answer than their own...many people double down. No matter how off-center they are, they are ready and willing to stand their ground and do battle. The reason...one's feeling of being personally or socially attacked. No one wants to be on the wrong side of an issue... especially in public. So be kind and thoughtful to those who feel some bliss

in avoiding voting.

A vote is very precious, extremely valuable, and is highly sought after. One can use it or forfeit it. In the days and years to come...it will be good to know that win, lose or draw...I had my say. I Voted.

At your service
Walter Eugene Dempsy Murphy
Managing Director, TNBUN

FEAR=COVID-19 (coronavirus)

Yesterday, Today & Tomorrow *Continued from page 4*

However, although, I'm not stressed I still don't highly favor the enforcement of the declaration itself, due to its ambiguity. Nonetheless, I still pray for the vaccine that will soon produce healing for the masses that are going through sickness and the loss of loved ones. Yes, this truly is a time filled with great anxiety, uncertainty, hopelessness in some cases, and a lack of or maybe even the complete loss of faith.

in understanding how to safely clean and handle cleaning products during the COVID-19 pandemic may explain why there's been a sharp increase in the number of calls to poison centers during the pandemic.

This new research, published Friday, June 19, 2020, in the CDC's weekly health report, was based on an online panel survey of 502 adults in May of this year.

Fear has caused many to put their health at risk while trying to protect it!

FEAR=COVID-19 (coronavirus)

TOMORROW

According to the Centers for Disease Control and Prevention in an attempt to prevent the spread of COVID 19 many people have been cleaning more frequently using high-risk cleaning practices that have created health problems for some who have admitted they really don't know how to clean and disinfect their homes safely.

According to my research, the "new normal" changes we have had to adapt to in our lives are here to stay for a few seasons. The old fashion personable handshake, fist bump, hug, and kiss on the cheek will only remain in the history books of our lives as we unconsciously lean towards the "touchless" or "distance" approach to greeting one another.

About a third of Americans surveyed by the Centers for Disease Control and Prevention have used some kind of risky cleaning practice to stop the spread of COVID-19, the CDC said on Friday, June 19, 2020.

According to the Scientists in Cambridge Massachusetts since the outbreak of COVID-19, social distancing has become our guiding principle toward getting to a "new normal." But now two research papers, including one done by the Harvard Chan School of Public Health, suggest the public may need to keep elements of social distancing, until 2021 or even 2022.

People have put bleach in their food. Others have gargled or inhaled it. And some have washed their bodies with household cleaning and disinfectant products.

"And in the absence of treatment or vaccine, it could take up to 12 to 18 months

None of these cleaning behaviors are recommended by the CDC. But this gap

to build enough immunity in the population to free us from that," said Dr. Stephen Kissler, a postdoctoral researcher at Harvard Chan School of Public Health. Kissler was surprised by his team, with the information, at Harvard's findings, especially by the length of time the model showed social distancing would be required to prevent hospitals from being overwhelmed.

"It won't necessarily be this widespread social disruption-social distancing, but I could imagine that people will get a lot more familiar with wearing masks, with sort of keeping their distance from each other in public especially during the winter months," Kissler said.

Nonetheless, regardless of this daunting pandemic premature forecast you can still live and have fun without fear. Just learn how to **impose a time limit to your mix and mingle gatherings**. The length of your exposure to another person heightens your risk of infection. It's best not to linger too long, so set an end time to the fun and stick to it.

Of course, being separated from friends, family, and colleagues may trigger feelings of loneliness, anxiety, anger, restlessness, stress, and even depression. Just try to remember it is equally as important to prioritize self-care along with protecting your immune system.

So during those times when fear, anxiety and or depression begin to eat away at your sense of purpose as long as you observe the routine social distancing measures that have been adopted over the last few months, Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof. (Matthew 6:34 KJV)

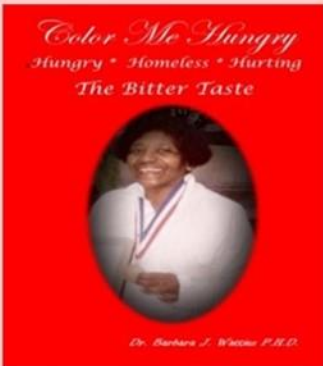
STARTING TODAY FEAR NOT:

- A. Stop Sabotaging Yourself
- B. Take possession of and *own*' your health and sanity
- C. Wear a mask in public > Better practicing being safe than trying to recover from being sorry, IF YOU DO.
- D. Practice good hygiene > Push yourself into continuing your regular self-care routine
- E. Stay Active > Exercise daily-keeping the body physically motivated
- F. Practice mindfulness > Staying at home as much as possible is showing unselfish concern for other people's health and happiness as well as your own.
- G. Eat well > focus on eating fresh, healthy, unprocessed, whole foods in order to maintain a strong immune system. (please don't nibble and pinch off everything that comes in sight or mind)
- H. Sanitize > your home, mail, and grocery packages (wipe them off or spray them with a disinfectant before you take them in....if you can)
- I. Get outside daily > Soak in some Vitamin D. If you can sit on your deck or in the yard, even sitting by a sunny window can help.
- J. Increase your productivity > Develop a routine. Make a schedule. Scheduling can increase your level of productivity.

By: Dr. Barbara J, Watties

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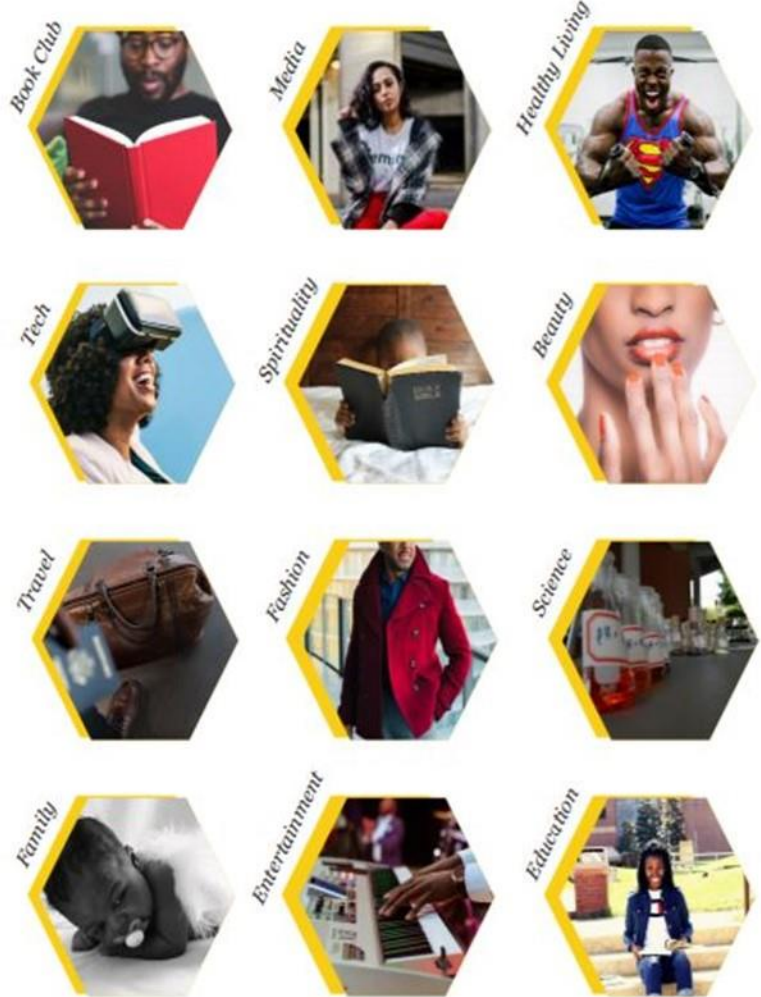
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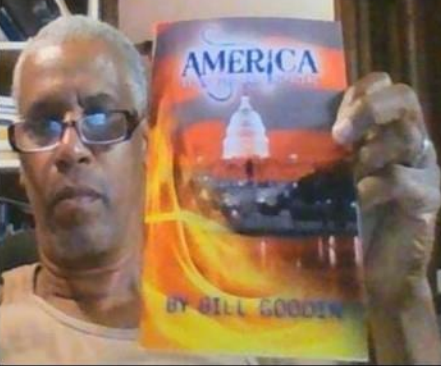
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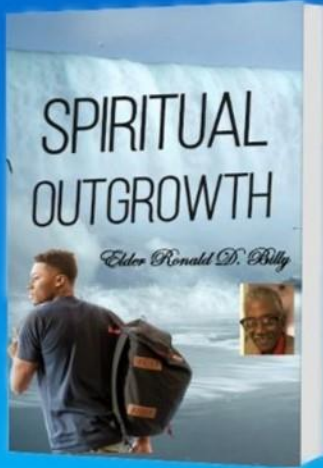


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