



# The National Black Unity News

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

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

<https://tnbun.com/>

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July/August/September 2021

The National Black Unity News is a Solution-Oriented Periodical

## We Are Reaching America & Beyond! By Us, For Us & About Us!



Indian Ocean Tanzania Flag Raising ceremony. Summer Learning Institute to Honor the Ancestors in Bagamoyo. See pages 22, 34



On the beach paying homage to Ancestors

### Bringing Health, Food & Employment To Black Communities



Dr. Larry Gaston & Renny Bass

About **23.5 million** people live in food deserts. Nearly half of them are also low-income. Approximately 2.3 million people (2.2% of all US households) live in low-income, rural areas that are more than 10 miles from a supermarket. Helping to solve the food desert

Dr. Larry Gaston, M.D. and Renwick "Renny" Bass two Black men also pillars of the Baltimore community has joined forces to bring much needed services, jobs and an upgrade to some of the blight to a Baltimore community! When so many other people take resources out of our community, we now have an opportunity to bring resources back into our community that is needed. There is always opposition when Black men come together to better ourselves! If you want to see healthy food services, healthy pharmaceutical services, jobs plus owned and operated by us then please sign this petition so that we can better ourselves! See page 35



Contributing Editor  
**Joe Young**  
Cartoon: Kemet  
Page 28



Contributing Editor  
**Beverly Williams**  
Page 5



Contributing Editor  
**Dr Charles Pender**  
Page 29



Contributing Editor  
**Dr Rebertha Pope-Matthews**  
Page 31



Contributing Editor  
**Troy Mobley**  
Page 32



**David Murphy**  
Publisher  
**To Be Or Not To Be, That Is The Question?**  
See Page 3



**Bill Goodin**  
Editor & Chief  
**Thank You "CREATOR"**  
See Page 3



Managing Director  
**Walter Eugene Dempsy Murphy**  
**A Clear and Unwavering Message**  
See Page 3



Technical Editor  
**Dr. Barbara Watties**  
**Special Tribute to Black Fathers**  
See Page 4



## Black Men Unifying Black Men

Us Helping Us = Unity

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

A Salute To Black Men See Page 17

### What's Inside

|                              |                            |
|------------------------------|----------------------------|
| Economics/Finance.....Page 6 | Travel.....Page 14         |
| Self Development.....Page 9  | Youth.....Page 18          |
| Lyfeworks.....Page 8         | Health/Fitness.....Page 20 |
| When God Moves.....Page 10   | Rhythm People.....Page 22  |
| Positive Words.....Page 12   | Classifieds.....Page 45    |

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KENDRICK "DJ5STARR" TILGHMAN

# THE CONSULTANT

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IF NOT NOW, THEN WHEN?**

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

**To Be Or Not To Be, That Is The Question?**

What a powerful question to ask. Especially if you're asking that question of yourself.

I often ponder that statement because I sometimes seem to forget who I am! The Question, To be me then who am I? How do you see me? Or how do I define myself?

Some see me as a publisher, friend, brother, father, son, Uncle, Cousin, mentor, activist, and soldier. Then some others see me as crazy LOL sometimes I do too! Come on I know some of you question your sanity too!

We all have many roles to take on in life, but the question is who are you? Who defines you, is it those on the outside or is it how you see yourself? Could it be you were already defined by a Superior Being?

Well, whoever you are, since you are here what are you going to do with yourself? One more question do you believe you have a choice or are you chosen to be something?

Some say if it is to be it is up to me! Some say many are called and few are chosen! What do you say? (Habit) I like to ask questions because it gives me more options when I have to choose something!

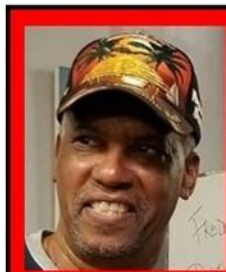
To Be Or Not To Be, That Is The Question? Well, my answer is I Am! I am all that I could be! I am not all that I can be! I am not all that you think you see! And yes, I am a publisher, friend, brother, father, son, Uncle, Cousin, mentor, activist, soldier, and much more. I am made of energy and energy is made of everything you see and do not see.

I have the abilities to create, Love, and bring forth life! I have the ability to hate, destroy, and to kill! Amazingly I have all these things inside of me!

What a great power to have, choice! *To Be Or Not To Be!* I just want to make a few suggestions: choose wisely! Energy always changes form and we as people will not always Be!

Since I Am, and I AM choosing to Be a Giver! Giving love, hope, inspiration, time, and support to those that need it. Giving is one of the most powerful forces, principles on earth and beyond! Giving is a gift that keeps on giving and it is reciprocal.

To Be and I Am, and You Are: Those visions or dreams that you have within you! Nurture them, work them believe you can achieve them! If you want to reach or achieve your dreams, you first must wake up and Be!



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

**Thank You "CREATOR"**

It is with the utmost thanks that I offer to the "CREATOR". It is because of the "CREATOR" that I am part of this living universe. I am thankful to constantly strive and seek true purpose and intent.

During January of this year during the height of the pandemic, I was blessed to be a part of something much greater than I had ever been part of. I was blessed to work with a small group of unselfish people who had come together to raise money for select grass-root organizations, etc.

In all honesty, as I write this, I think I am weeping in my soul as to the value of such a reality. To have Black People coming together to think of ways to organize and to raise money for others is indeed a "GODLY" reality.

Let me give special thanks to Beverly Williams, Rico Crawley, and Vernon Streeter as I witnessed their commitment to the concept that was put forth. See, the concept is simple and it is rewarding to us all.

Many organizations and individuals work tirelessly for the benefit of the community. However, most of these organizations and individuals remain unfunded and systematically unappreciated. However, this concept will not only raise money to help the organizations, but it will also showcase and shine a light on the organizations and the work they put forth.

The more I looked at this concept and gave study to it, I reflect over all the organizations and all the other things I have done during my sixty-eight-year life cycle and in all honesty, I have done nothing nearly as great as this.

When this idea started, it was decided that for the first year we would take four organizations and for three months we would raise money for them by all avenues available and mainly by social media. Our goal would always be at least to raise \$10,000 as a way to say thank you and at the same time, empower the community by empowering an organization.

Our first organization was "the Men and Family Center" where we were able to raise *Continued on page 36*



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

**A Clear and Unwavering Message**

The National Black Unity News (TNBUN) is a collection of civic-minded people, business owners, entrepreneurs, and philanthropist who uplift life. And it is the life of the Black – Melanated – African American Community that these gifted talented people seeks to uplift the most.

Our Editors share their gifts and wares with *their readers* by providing information that is of value, practical, and useable. Unfortunately, legally, socially, and economically, information from all sources has its misgivings, shortcomings, omissions, and biases. This leads to certain segments of our nation's population to not get all the facts, not be told the truth, or be told nothing at all. TNBUN gives you the facts and the plain truth as it is. TNBUN is not claiming to be the newspaper that cures all our community's ills, but TNBUN is

a Solution-Oriented Periodical that was designed to provide our community with information that could have been used yesterday and can be used today and tomorrow.

For those reasons and that the business model for TNBUN is like no other newspaper business model on the planet before it, sets TNBUN apart and makes it unique. Since March 2017, this publication has helped a countless number of people to promote and enhance their lives. From information on health to wealth and other subjects found written in the articles continue to help our community have more choices or options and have better outcomes.

Anyone can always go online to TNBUN.com and read the current issue for free (for now). However, the surefire way of getting your hands on a rare hard copy of TNBUN requires a subscription. To get a hard copy to your home or business costs \$18.50 a year. You get four (4) printed copies of TNBUN, our Newsletters, and access to all the past issues stored in our Archives.

Originally, the printed version of TNBUN was to be geared to those who are *not plugged-in to cyberspace* and *not tech-savvy*. This group of people are usually older and are influencers in their family and in their community. Having a printed newspaper for them was our *Continued on page 36*



**National Editor**  
**Dr Barbara Watties**  
**The National Black Unity News**

**Special Tribute to Black Fathers**

At such a time as this, I am honored to have the privilege to publicly celebrate the lives of black men who *dare to be fathers* through this venue. You are worth celebrating because of the many crosses you have to shoulder daily. The undisguised fact that you are constantly being labeled for your worthlessness as oppose to your worth unapologetically affects the essence of who you are and the hatred you feel while being physically and emotionally emasculated for being a black man. The blatant racial prej-

udice that is no longer disguised by a hood is now showcased with a badge that automatically sentences you to death. Nonetheless even with a target on your back, facing and enduring danger, pain, and possibly death, while being harassed by white supremacist, you strive to provide for your family. As if those issues aren't enough to deal with as black men, society has made you their poster child as you suffer from an overdose of negative publicity. The cries

of your many alleged dysfunctions and irresponsible "dead beat dads" actions, i.e.: hostility, brutality, criminality, dishonesty, infidelity, and disloyalty are exploited expeditiously by all forms of the media. But what about the headlines publicizing *You Overlooked Unsung Heroes* who perform your daily "dad duties" without any drum beats or overtures? Those of you whose blood stream of pride, integrity, and resilience flows onto the river of sacrifice for your family, friends, and community.

True, there are a few males, *Not Men*, who boast and beat their chest because they have fete-sized children out of lust instead of producing children out of love. However, in my opinion, these creatures of habit have never earned the right to be called men or throned or crowned with the noble title of "dad or father."

But for those of you who religiously and holistically represent the title of: Father

That man who has begotten a child – while forming a loving – bonding rela-

tionship  
Father  
That caliber of man who seals and cements paternity with love, affection & commitment.  
Father  
That man of integrity, of grandeur - of notability – of discipline - of authority & trust...  
Father  
That protector of – founder of – benefactor of – teacher of - leader of – king of...  
Father  
That one who prunes –cultivates – nurtures- and spoils gingerly yet lovingly.

**Father: That one who knows that fatherhood involves:**

Trial and error - pride and pain - love and loyalty- honesty & humility-coupled with praise and prayer

For these acts of unselfishness – you indeed are worth celebrating. That's why I've chosen this time to publicly salute those of you whom I've personally observed, over the **Continued on page 36**



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

**Scaling Mt. Everest, the Black Woman's Version of the Corporate Ladder**

As I get older, I begin to look back over my life and reflect: I remember, at age 13, I began to understand how life worked and how hard my parents worked to provide for my siblings and I. I promised myself I would live smart, go to school, be a good person, have a successful career, take care of my family, and retire by the time I turned 50 years old. I never forgot my promise and worked hard to accelerate and reach my goals. What I did not understand was how much the scales were tipped against me...a black woman in America.

In my previous article, I mentioned how President Joe Biden's historic decision to choose a black woman as Vice President "has created the visual and example many needed to see. Decision-makers, especially white men, may be more open-minded and see black women as assets and equal contributors." But this idea was more aligned with white men, majority leaders and CEOs of corporations, who could begin to change the company culture from the top down. A change that would be more inclusive of black women in pivotal and executive posi-

tions. What I did not discuss was the Gate Keepers to the CEOs.

**Who is the Gate Keeper?** Someone who serves as a buffer to the top people. Typically, one must first engage with the gate keeper before moving to the next steps or meeting the final decision-maker. *Bi-Women the Business Journals* contributing writer Anne Stych, talks about this in her February 27, 2019, article stating "the person who oversees recruiting, interviewing, and hiring of new staffers is overwhelmingly likely to be white and female. 65 percent, identified as white, followed by Asian at 12 percent and Hispanic at 10 percent." There was no information given for black women. Stych summarized that more women in these positions would create greater diversity for industries, as women are more likely to hire other women. But when I use the term "diversity" I want to know the percentage of black females among those hired. Again, no statistics on that question.

When we consider that 65% of white women are gate keepers, we can see how this imbalance can have a negative trickle-down effect on black women's wealth

accumulation, employment, and equal pay. Personal feelings, biases, and beliefs about the black woman can easily penetrate their decision-making abilities and consequently, create and shape the company culture they want to see. The gate keeper can have greater power of aligning their personal values and influence the organization if certain benchmarks are not considered like new hire race, gender, pay scale, and promotion opportunities.

My personal experience of seeking management-level and higher-paying positions has shown the unfortunate effects the gatekeeper can have. My dreams of climbing the corporate ladder were unrealized and I experienced long bouts of unemployment due to layoffs and closures.

This reality I could accept as companies come and go. However, when searching for new positions, I observed key areas that caused me to stay in unemployment longer than my white counterparts. **Observation 1: A name is not just a name.** I love my name "Jacinta", but it seemed to have a negative connotation on resume **Continued on page 8**



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

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

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

But, aside from having somebody who

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

**What do you get from an Event Planner?**

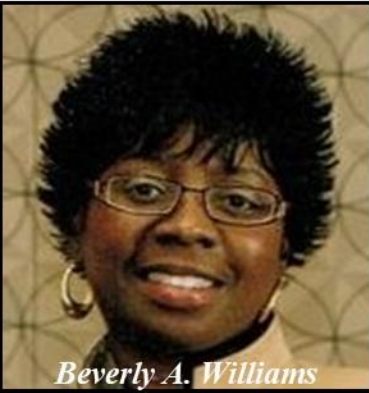
Depending on the description of their job, a personal assistant can be considered as the most reliable person around an employer or a boss. This is because he or she does everything in order to make the employer feel less stressed and can concentrate more on the task ahead. The personal assistant does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

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

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

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Beverly A. Williams

*Sue-Ann's*  
**OFFICE SUPPLY, INC.**



**Greetings National Black Unity News Readers,**

It was my pleasure and honor to join the family of Editors in the last issue. I have spent many hours trying to come up with ideas for this issue that will peak thought in its readers. With the issues and problems of this world, office supplies are not on the top of the list for discussion in importance and neither is it one of those hot topics that you can just roll ideas and thoughts off to make interesting. However, since this is a big portion of my world, I will share with you some history on the industry and how the creation of large companies have phased out many small office supply companies through their exploitation of supply and demand.

Many would consider office supplies mundane; yet the commodity itself plays an important part in the operation of all business environments. Decades ago office supplies were sold as part of the inventory of your local bookstore. It wasn't until the late 1980's that popular supply stores were established. Staples opened its first retail store in Brighton, Massachusetts in 1986. Soon to follow was Office Depot who debuted in Florida the same year. Office Max, which later merged with Office Depot, was

established 2 years later in Ohio. For years these were the three major players in the Office Supply industry. My company, Sue-Ann's Office Supply, Inc. was incorporated in 1986 in the State of Maryland. So you see, I have been in existence almost as long as your big box stores. In fact, when I began the big box stores had yet to arrive in Maryland. The market for product consumption was equitably distributive and competitive among companies. However with the establishment of Amazon, the capitalism edge was unevenly tilted in favor of their business model, leaving many smaller companies unable to compete with product demand.

Now let's start with a few facts about the giant, Amazon, which small companies are up against. The founder of Amazon, Jeff Bezos, started his company in his garage around 1994. What you may not know is that he started with an investment of \$250,000.00 from his parents. How many entrepreneurs do you know began their business with that kind of funding? Another obscure fact is that he started his company by selling books on the internet? In 1999 the owner of Amazon started an affiliate program where he sold other companies' products on his website. Through the creation of one

hub for many companies to promote and sell items, Jeff Bezos catapulted Amazon into the biggest internet based business in the world.

Why is this important? You have to look at how this one company has impacted the office supply industry, as well as many others. Since its conception, Amazon's presence contributed to putting small, local dealers out of business. When the pandemic hit, small businesses were further impacted as most offices were encouraged to order online due to office closures and minimal person to person contact mandates by local and federal governments. I have seen big corporations turn away from assisting small local companies and instructing procurement staff to order from Amazon because of its competitive nature of companies' price cutting to stay relevant. When companies sell on Amazon, the small company is getting pennies on the dollar while Amazon gets a portion of their profit. Although a proposal has been presented for Sue-Ann's Office Supply, Inc. to also join the rally, I have refused as a personal commitment to not enhance one company's advancement in continuing as a monopoly. Companies like an Amazon do not leave room for free and open competition in the busi-

ness world.

With this being said, I am seeking your support. The pandemic has had a great impact on my business. I am thankful to my loyal customers who have helped to keep Sue-Ann's Office Supply, Inc. in operation. However many individuals are working from home, creating a large decline in sales revenue.

This is where you come in. If you see something we offer that you can purchase, please do so. We sell paper, pens, computer supplies, toner and office furniture. Let's not forget janitorial products which include PPE supplies. We now also offer restaurant products for carryout food. If you need to advertise your company with promotional products, there is a link on our website to our promotional products catalog. We are competitive in price and offer a huge inventory of products on our website.

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**National Editor  
Wayne Randall  
Financial Consultant**

**What Will It Cost, To Reopen?**

Look at what we have seen throughout the country so far. In April Georgia and Alaska became the first states to begin easing the stay-at-home guidelines. Many businesses have had to close or cut hours and jobs leading to a substantial increase in unemployment claims—over 26.4 million. Massive layoffs have required an expanded unemployment system, not only to support laid-off workers, but also to incentivize workers to stay home to reduce the spread of the virus. The Coronavirus Aid, Relief, and Economic Security (CARES) Act increased the unemployment benefit amount that the maximum unemployment benefit is greater than median wage in most states.

In lieu of this fact many Americans have been faced with the reality to continue receiving their unemployment benefits or return to work for the same wages. While the expanded unemployment benefit is only in effect until July 31st, it could pose an incentive problem for those states that are planning to reopen parts of their economy before then and need to bring back workers. Estimates show, 92.8 million workers typically make below the maximum weekly unemployment benefit; nearly 3 million workers in 10 states could have return to work. Georgia has issued an emergency rule that allows workers who make \$300 a week or less to continue receiving unemployment benefits.

This rule would affect less than 10 percent of the state labor force but enables low wage employees to return to work without seeing a drastic drop in their earnings. There's evidence of this in Maryland where countless businesses are seeking workers that are reluctant to return to their previous means of employment for one reason or another. Obviously, the incentive to remain home is greater than that to return to work. Areas most affected by the lack of workers is hospitality, restaurants, and the retail sector. With July 4<sup>th</sup> around the corner there is an ever pressing need to fill that void for workers in those sectors.

According to the new rule, workers returning to work can earn up to \$300 a week and continue to retain their state unemployment benefits, including the \$600 bump. Anything above the \$300 a week will be deducted from the unemployment benefits. Structuring reopening in a way that allows individuals to gradually reattach to the labor force, while not immediately cutting off benefits, will make individuals more likely to seek employment during the time that expanded unemployment benefits are in effect.

This emergency rule will cover mostly low wage earners working part time. According to 2019 wage data, less than 10 percent of Georgia's workforce or fewer than 447,000 workers would likely qualify to continue receiving benefits. There is no way of knowing exactly how employers will behave given the current situation, however; employers may choose to hire back many of their formerly full-time workers on a part time basis, allowing more individuals to make use of the state's emergency rule. Other states may emulate Georgia's gradual approach to returning to work, especially those states that have a larger gap between weekly wage and weekly unemployment benefits. This is a reality seen throughout most of the country.

The goal is to structure what you do have until you are self-sufficient and gain stable employment. I know these are challenging times for many people.

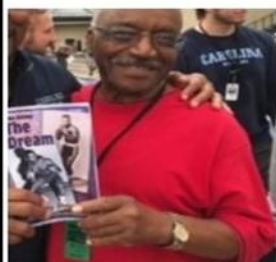
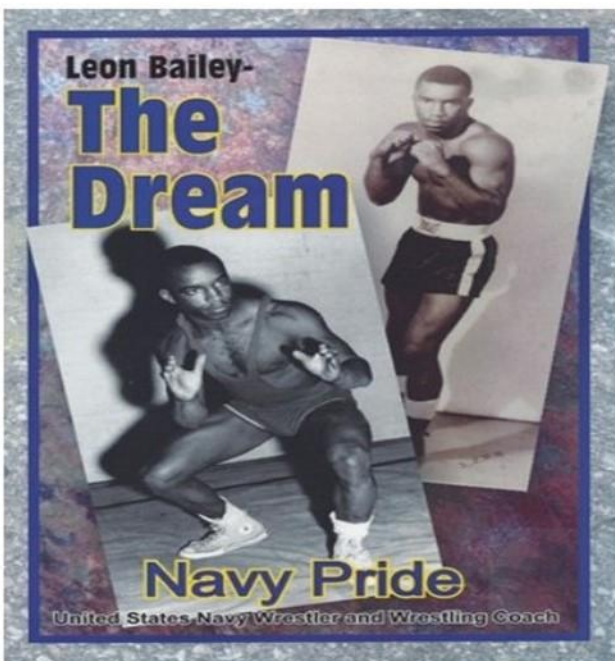
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**Leon Bailey's book "The Dream"**



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

A Message To My People

What we do must be about our people and not about ourselves as individuals, because we are nothing or no one without those who are like us.

pidity, the diplomats of blindness, and the emissaries of racial disunity. We are what we are because we have allowed ourselves to be consciously and unconsciously sculptured from the undesirable clay of other people.

WE HAVE NO CULTURE

A culture is a thing that is separate and distinct and causes others to recognize at a glance, those physical objects, and sociological activities as things belonging to a specific group of people.

We must open our eyes as a people and take a good look at ourselves, before all that we could be is no more. We must develop a language, a form of writing that is exclusive to us as a people.

We Have been Taught to Move Slow

For many years we have been taught to erroneously move slow to get to where we want to go, if we wanted to get there at all. But, something is very wrong with that picture. The world moves so fast, what we are doing today will become old and obsolete in one or two years.

The only thing that is exclusively our people, up until this point in our lives, with no exceptions, is our ability to create music such as jazz, gospel, rap, and hip-hop.

We, as a people, do not have the luxury of being able to move slow to get to the place someone does not want us to be.

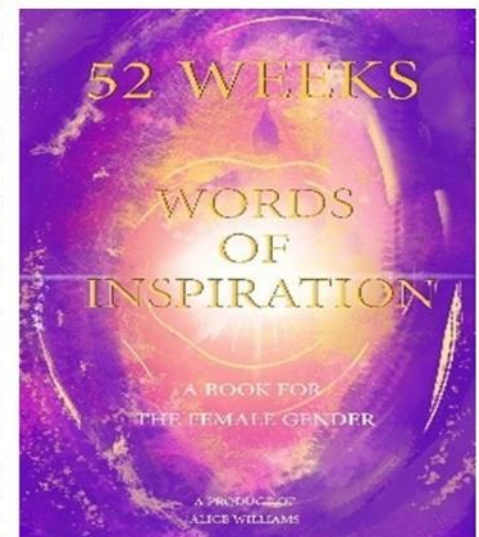
We lie down before all others and allow them to use us as steppingstones to a higher level. Unacceptably, we are culture-less, we have no power to negotiate our position.

goal. If we continue to crawl as we have been taught to do when we start anything. Those who want to stop us will stand in our way to slow us down, to hinder us in their taciturn pseudo-systematic way.

NOW... Stop; Look, and Listen to these words... The biggest problem our people face today, daily, is an unintelligent sense of self-satisfaction that is causing us to feel a false reality or peace of mind.

Addressing the Problems

We, as a people are in trouble and we all know this to be true... We need a change and we need to know why the change hasn't come thus far...

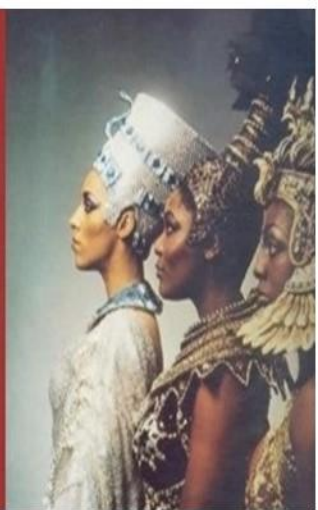


The existence of the Umojakhwest is a lifeline for all the females of the world and it will welcome all organizations. We look forward to being contacted by groups and organizations, that will start willingly walking around the world with us.

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Includes images of '52 Weeks Words of Inspiration', 'Afunemuda Manifest', 'Our Future Must Be Earned', and 'I Am Not For Sale' books, along with contact information for Umojakhwest.

## Scaling Mt. Everest, the Black Woman's Version of the Corporate Ladder

Continued from page 4

paper. I received minimum responses to job submissions for months. On paper, Jacinta came highly recommended, with an MBA, and 10-20 years of experience. One day my mother reluctantly suggested I use only my initials after reading a story about name discrimination. I could not imagine what recruiters thought when they saw my name, but I did not have the luxury of ignoring the idea. That night I became "J. Marie" on paper (my first initial and middle name). The next day I received more interview requests and phone calls than I did the previous 3 months. I was so excited until I realized my resume was good enough, my name was not. **Observation 2: Expecting someone different.** Many interviews required prescreening. This initial interview would be done over the phone. The excitement and connection in the voice of the recruiter was undeniable. I would be called back for the next round which would be an on-site in-person interview. Over time, it became very evident to me, that they were not expecting someone that looked like me. I was received with surprised expressions and even a few, "oh you're J. Marie," which is a very weird thing to say when you are meeting someone for the first time. The interviews, again, would go very well, but yield no job offers.

About 90% of the time, my gatekeeper was a white female. How could I ever prove that something wrong was happening? How could I avoid the responses of "you are not qualified for the position" "we really liked you but think you would be bored here" or "you are over-qualified." Just to see, I would check the company websites, the woman they hired never looked like me.

My anxiety about the job search increased, how with more experience, education, and references, was I still unable to accomplish my dream of climbing the corporate ladder or even entering the arena? My best line of defense was to do what most black people do: overcome discrimination and biases by not becoming a victim and becoming even better, faster, stronger... Super Black Woman.

My superwoman included going back to school to earn my MBA. That was a very expensive way to show I was qualified. I had professionals redo my resume and I attended interview classes. I con-

ducted my own post-interview breakdowns. Analyzing each question and my responses. Reviewing the pages of research I did on the organization, key players, and job description. Was it enough? Did I sell myself? How well did I match my attributes with the company goals?

It was very disheartening for me to accept that I was not good enough for any of these companies, rather any of the gatekeepers I interviewed with. After an accumulation of unemployed years and job search failures, the emotional and financial toll began to hit me. Dealing with the stress of how to financially stay afloat as a single mother trying to maintain the lifestyle, I created for us. Day-care, extracurricular activities and tutoring costs were like making life or death decisions. I was forced to tap into savings accounts incurring thousands of dollars in penalties and fees; ensuring my mortgage and car note was paid first so my credit score would not be affected, leaving little for everyday expenses, I was forced to use credit cards to make up the difference. Multiple part-time positions and freelance work were a must, but the pay never added up to the time commitment, especially the time away from my child.

**Culture Fit:** One of my last efforts to understand what was happening was speaking to a black male recruiter. I asked him to tweak my resume and explain the disconnect from my interviews to job offers. He said my resume was very impressive and offered minor changes then talked about "culture fit." He explained how people will ultimately hire the person they could see themselves working with, eating lunch with every day, and chit-chat about current events, eight hours a day five days a week. Although what he was saying sounded simple, how would this ever allow for diversity in the workplace? Was this just human nature or discrimination?

I decided to apply the gatekeeper test on my own resume. I was pleasantly surprised.

**Mortgage Broker Vice President** – hired by black male (family), 8 years, company closed due to recession. **Shopping Mall Marketing Manager** – hired by

black male, let go by his boss, a white male, my first day of work due to "budget cuts." **Fleet Management Supplier Business Developer** – Brazilian male, 10+ years. **German Biotechnology Company Accountant** – hired by black female; promoted by white male, department downsized after 6 years. **Funeral Home Administrator** – hired by black females 10+ years. **National Football Team Media Director of Marketing** – hired by black female, promoted by white male, 3 years department later sold.

**So which observation was correct?** I had so many questions. Was there discrimination at the hands of the white female gate keepers? Do black gate keepers provide the foot in the door the white gate keeper will not? Do we have to prove ourselves longer for promotion opportunities compared to our female counterparts? In the end, I always say **the statistics do not lie.** *Black women earn 62 cents for every \$1 earned by white males, but black women also earn 20 cents less than all women.* How can this be when black women match white women in the workforce around 72%. And 24% of black women are below the poverty level vs 14% all women. How can the black woman ever expect to reach those pinnacle positions when the playing field is not leveled? If we truly are not qualified, is that because we do not get the entry-level opportunities to learn and grow? We become stagnant which eliminates most promotion opportunities to the intermediate levels and management positions. We are to just rely on luck? It is not a myth, I was not imagining an issue, the gate keepers are a big part of the problem. Many black people have lucked up into their high positions while others have seen our worth and rightfully elevated us. But at the slowest pace among all races of women.

### Solutions

**Entrepreneurship** - It is not a coincidence that the fastest group of entrepreneurs are black women. As we have been disenfranchised for generations, we become more resourceful and have gone out into the world of small businesses to provide for ourselves. This is a tough road to take but provides the validation that many black women seek that we are good enough. I created my company **Lyfe Wurks** from my passion of entrepreneurship and to help others achieve their dreams.

**Representation Matters:** There has been a visible shift in the representation

of black women in media. Leading roles are regularly doctors, lawyers, entrepreneurs, wealthy happy and thriving families. Black actresses proudly display natural hair styles like afros, locks, and twist outs. Beauty commercials flaunt our brown and darker skin tones. And we see representative headlines like Viola Davis, Lupita Nyong'o, Kerry Washington, Angela Bassett, Octavia Spencer, Issa Rae and the young Marsai Martin from *Blackish*. Major media has finally caught on that inclusion is good for their bottom line. The benefits are two-fold. Black women are positively reinforced in the stories told. We see the beauty in our different skin tones, hair texture and body types. That gives us the confidence that we too can achieve. Representation also provides a fringe benefit in normalizing how non-blacks view us. They begin to see black means beauty, strength, and success. It is easier for them to fathom hiring or working alongside a black woman because they have seen it on tv. They see positive images and can begin to see us as equals. We have families, lives, triumphs, and dreams just like them.

I remember the promise I made to myself to always work smart, go to school, be a good person and have a successful career so I could take care of my family and retire at 50. At 13 years old, I understood the power of connections, entrepreneurship, and generational wealth. But growing up in a very diverse county, I did not understand how black people would be disenfranchised in everyday situations despite how much of a super woman I would become. My roadblocks are not unique to me, but many times we are suffering in silence as we try to manage a household and multiple jobs to make up for the one. As black women, we are resourceful and find ways to still triumph over our adversities. We must share our stories and hold companies accountable for not meeting diversity goals and allowing gate keepers to drive their own agenda. My dream is to ensure our children (who are smarter, faster, and stronger) have every opportunity to take a step on the corporate ladder if they choose. And their name, hair or skin color will not be feared but revered.

### Sources:

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Jacinta M. Walker

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

**I Apologize!**

Something that many people have never learned is the value of a sincere apology. I could never understand why it is so difficult for some people to say "I Am Sorry For..." I believe that our world is in the terrible shape it is, in part because we, as the human race, do not fully embrace the need to accept responsibility for the things we do and say – or don't do or say. Words are extremely powerful and can cut deeply. If you are "grown enough" to say the words that hurt someone, you are also "grown enough" to say the words that heal – and mean them. So, for all the people whose healing has been hampered because you could not get past the hurt created by

thoughtless people, knowing I will probably catch it for sharing this, today I offer the following anyway:

For the Brothers - I apologize for all the times you extended yourself to a lady who did not recognize the value and worth you represented. I apologize for all the times you offered help, concern, love, support, guidance, direction, good intentions, and respect and it was interpreted to mean something that it was not intended to mean. I apologize for all the times you sacrificed your time, effort, money, and feelings for a woman who was not worthy of you in the first place. I apologize for all the ignorance, disrespect, minimizing, devaluing, short-

sighted, mediocre ladies who represented themselves to be more than they actually were and wasted your time.

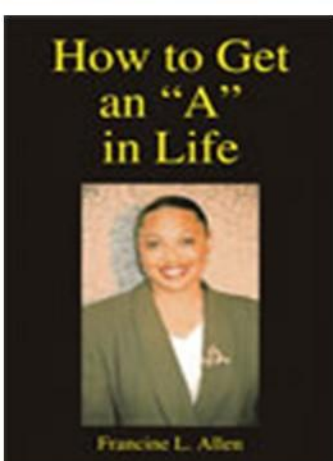
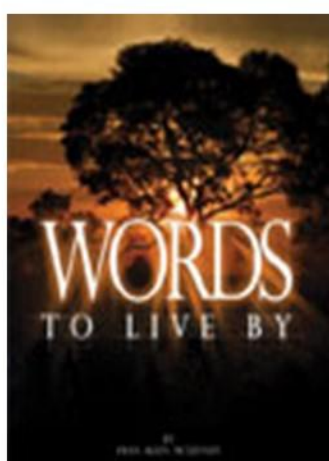
Many Sisters are none of these. Thank God. We are deeply sorry that you had to experience this. Let me also be clear to share that lots of women have had many of the same kind of experiences with men. While physical abuse is the most obvious kind, it is not the only kind of abuse. Sista's are so much more than just what is between our legs, or our backside, or our well-endowed front. It is our minds and hearts where love actually resides. That is what the man we will share the rest of our life with should be focused on. It is the love we have in our heart for people, the concern and commitment we have in our heart for family, the willingness we wake up with to care for and take care of our partner, and the desire we live with to love and be loved by the person deserving of us since we have done so much work on ourselves to be deserving of them. And ladies, through it all, we are still shiny dimes waiting for our "Man From God" to find us.

I am encouraged and inspired by the

couples who have stood the tests of time and survived the storms that life has brought to them over the years. They continue to stand fast, side by side, resolved that they will overcome every obstacle – together. They have willingly shared some life advice with me that I believe bears repeating to you. Never go to bed angry. Say "I love you" daily. Keep doing the little things that bring joy and evoke smiles. Laugh loud and long – together. Pray often together. Make each other your priority. Be quick to listen to each other, slow to respond so you can think things through, and slow to anger to avoid unnecessary outbursts.

It has been said that people spend more time buying a pair of shoes than they do choosing a partner to share their life with. Don't be a fool. Put in the work and see the return increase by leaps and bounds. If you are already sliding down the slippery slope to failure, what do you have to lose? If you have a comment or feedback please feel free to leave it at the contact tab on my website – [www.selfdevelopmentssuccess.com](http://www.selfdevelopmentssuccess.com). God's favor over you and yours – now and forevermore!

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



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**YOU GOTTA START SOMEWHERE**

Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development her contributions to The National Black Unity News are top notch and thought provoking. She is straight forward and authentic, sharing her life experiences creating a sense of trustworthiness and commonality. Fran is dynamic, high energy and has a great sense of humor.

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

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

Dawn Fitzpatrick,  
 Educator and Motivational Speaker

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

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



Fran's summary bio

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

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

### Keeping the Family Together

Keeping our families together has always been a challenge but, today we have situations that seem insurmountable.

When a death occurs in our families, all kinds of stuff, feelings come out. People who have been hiding their hurts, their disappointments, and their shames all come out.

We talk about each other and say such hurtful things about one another. The things we say pierce the person that we are aiming at causing more corrosion of the family. Most of the words we say are

out of our own insecurity and really has nothing to do with the person we are talking about. It's about us craving for a place of value within the life of the deceased loved one. Everyone wants it said that they are most valued in the life of the deceased.

As I sat back and observed my family going through such a trial recently, I realized how petty we can be when death happens in families. The littlest of things we hold against each other becomes a stronghold when we grieve. Those "Little foxes spoil the vine" as told in the Bible. A family that

seemed so loving and close to outsiders become vicious through petty words.

Sitting on the sidelines, holding my peace, I was able to see and understand better how unforgiveness plays an important role in the deterioration of our families.

As we go along on this journey, a lot happens to, by us and for us. As much love and support that we give, without realizing at the time or meaning to, we hurt people along the way. Often, those closest to us get hurt the most. We often curry the hurt of the littlest things. That is how the devil us in bondage. We work with him as we let the hurts fester in our hearts and minds.

There is so much turmoil going on in the world. We need each other, we need God and His way of looking at us. We need to be quick to ask each other to forgive us when we know that we have offended or when someone says that we have offended them. And on the other hand, we must realize that none of is perfect, search our hearts and release

anger and be willing to quickly FORGIVE.

We need to stop giving authority to the evil that tries to separate us from loving each other We all want to be loved and respected. How do we do that without a fight? Let love and respect be our guide. "Love covers a multitude of faults." You are a lover, aren't YOU?

**GOD IS LOVE. WHEN WE LOVE,  
FORGIVENESS IS EASY.**

*Written By: Rev. Theresa Mercer  
The Black National Unity Faith Based  
Editor*



### The 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.

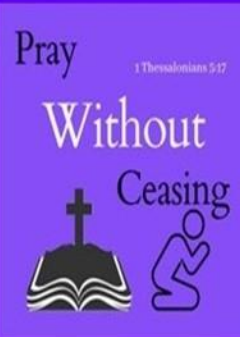
Deliver us from the evil that we have allowed in our hearts, our minds and our lives. Please show us how to return to you Our God, the Holy one of Israel that we might find favor in Your site and be delivered.

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!"*



### "Pray Without Ceasing"

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"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.**

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

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### The Unity Prayer



**Contributing Editor**  
**Kendrick R. Tilghman**

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

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



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

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

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

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



KENDRICK TILGHMAN

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To find the mission driven people, you must serve. - Kendrick Tilghman



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- BCAACFEST - 3rd Sat in Sept

E.G.O. is an acronym for Edging God Out. In order to find mission Driven People I went to volunteer my time to organizations I found myself an advocate for. Find something you love in everything you do. Connect your Life's Work to friends family and organizations! - Mr. Tilghman



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

**THE ULTIMATE DIFFERENCE MAKER John 3:16**

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life.

What is a "difference maker"? A difference maker is someone who does something that is of use and value to someone else. This deed is done unselfishly, even at one's own risk.

Each day we read of individuals who make a difference in the lives of people they meet. We can even recall some we know, personally. For example: Our parents, teachers, ministers, mayor, governor and even the president of the United States.

We read of the accomplishments of great men and women, such as Congressman John Robert Lewis, President Barack

Obama, Bro. Humphrey Foutz, Evangelist, Bro. Kevin Bethea, Evangelist, Joe Louis, Jackie Robinson, Frederick Douglass, Thurgood Marshall, Batsell Barrett Baxter, Harriett Tubman, Mahalia Jackson, Rosa Parks, David Murphy, Gail S. Harrison, Eleanor Holt, Charlie F. Caffey, Elora Richards-Jones, James Calhoun and many more. All have risked much in order to make a difference in the lives of others. Some have finished their work and others are still on the battle field, fighting the good fight of Faith in various ways. *We thank you and appreciate all that you do.* We call these individuals, "difference makers".

NOW! Go back with me over 2000 years ago where we first meet "THE ULTIMATE DIFFERENCE MAKER": He was born in a small *village*, of a peasant

woman; not in Johns Hopkins Hospital, not in Sinai Hospital, not in Good Samaritan Hospital, not in University Hospital or any of the other great medical centers of the world. However, He was born in a stable. UPI, AP, CNN, WJZ, WBAL, The Baltimore Sun, The Washington Post or USA Today did not carry the news of His birth. Rather, wise men heralded the news. He grew in knowledge and wisdom; yet, He never attended Harvard University, Stanford University, The University of Maryland, Johns Hopkins University, Oxford University or any of the great universities of the world. So, he never earned a degree. Nevertheless, The God of Heaven conferred upon Him the degrees of *PROPHET, PRIEST and KING.*

This "THE ULTIMATE DIFFERENCE MAKER" became a Teacher, and as He taught, He said, "Go ye therefore, teach all nations, baptizing them in the name of the Father and of the Son and of the Holy Ghost".

Because He was "The Ultimate Difference Maker", His enemies hated Him, falsely accused Him, had Him arrested, whipped Him, spat on Him, and hung Him on an Old Rugged Cross, where He died for you and for me. He was taken down and was buried.

**BUT, ON THE THIRD DAY, HE AROSE**, declaring "ALL POWER has

been given unto ME". But, that is not the end of the story; Because, **HE IS COMING BACK:** (*covid-19 can't stop Him, politicians can't block Him*) from coming back to take you to heaven with Him. Don't you want to go back with Him? You can, if you are willing to obey His commands which follows: (1) HEAR His word - Mk. 12:29; (2) BELIEVE His word - John 8:24; (3) REPENT of your sins - Lk. 13:3 & 5 (4) CONFESS that Jesus is the Son of God - Mt. 10:32 (5) Be BAPTIZED for the remission of your sins - Acts 2:38, 22:16. Then live faithful until death - Rev. 2:10.

Come and worship "THE ULTIMATE DIFFERENCE MAKER", JESUS CHRIST, with us at: The East Baltimore Church of Christ, 9420 Belair Road, Baltimore, Md. 21236. Telephone us at: (410)248-9080 or check our web site at: eastbaltimorecoc.com.

We are "THE CHURCH WITH A HEART, WITH THE PEOPLE AT HEART, AIMING FOR THE HEART WITH THE GOSPEL". Bro. Kevin Bethea, Minister. God Bless You!! We Love You!! Wear your mask and stay safe.

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

**WHEN I THINK**

**WHEN I THINK OF MY GOD  
 AND WHAT HE MEANS TO ME  
 WHEN I THINK OF HIS MERCY  
 IN HIS SON, I HAVE VICTORY**

**WHEN I THINK OF HOW HE CLOTHED ME  
 HOW HE GAVE ME FOOD TO EAT  
 HOW HE HEALED ME, AND HE SEALED ME  
 HOW HE LIFTED MY FEEBLE FEET**

**HOW HE TOLD ME THAT HE LOVED ME  
 AND WOULD NEVER LEAVE ME ALONE  
 HOW HE SENT HIS ONLY SON  
 TO PREPARE FOR ME A HOME**

**OH! WHEN I THINK OF GOD'S GOODNESS  
 AND WHAT HE DID FOR ME  
 YES! HE SENT HIS ONLY SON  
 TO DIE ON MT. CALVARY**

**YES! HE'S COMING BACK AGAIN  
 TO TAKE ME TO THE HOME HE PREPARED  
 I WILL HAVE JOY, I WILL HAVE PEACE  
 NO, I WILL NOT BE AFRAID**

**OH! TO LIVE FOREVER WITH HIM  
 IN MY HOME UP IN THE SKY  
 I WILL NOT FRET, I WILL NOT SHUDDER  
 FOR HE WILL NEVER, SAY GOODBYE**

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

**IT TAKES A VILLAGE**

**"IN ORDER FOR ANY GROUP, OR ANY PEOPLE TO THRIVE,  
 THE WHOLE VILLAGE MUST BE ENGAGED. THEREFORE,  
 IT TAKES A VILLAGE"**

**IT TAKES A VILLAGE  
 TO MAKE A HOUSE A HOME  
 WE MUST ALL WORK TOGETHER  
 WE CANNOT DO IT ALONE**

**IT TAKES A VILLAGE  
 TO SAY, I KNOW I CAN  
 THIS STATEMENT HOLDS SO TRUE  
 BE WE A CHILD, A WOMAN OR A MAN**

**NONE OF US ARE SELF MADE  
 SOMETIME THE ROAD GETS HARD  
 IF YOU WANT TO SUCCEED IN ANY WORD OR DEED  
 YOU MUST CALL ON ALMIGHTY GOD**

**YES, IT TAKES A VILLAGE  
 TO CONVERSE AND GIVE ADVISE  
 TO LIFT ONE UP AND ENCOURAGE  
 TO EMBRACE AND BUILD UP LIVES**

**A VILLAGE COMES IN MANY FORMS  
 A VILLAGE IS ALWAYS TRUE  
 A VILLAGE IS DOWN THE ROAD, OR ACROSS TOWN  
 A VILLAGE IS ME AND YOU**

**I THANK MY GOD FOR A VILLAGE  
 A VILLAGE THAT WILL ALWAYS SHOW LOVE  
 A VILLAGE OF INTEGRITY, OF STRENGTH AND HOPE  
 A VILLAGE, LED BY GOD ABOVE**

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



# God's Giving Hands

## Showing God Appreciation By Giving Back

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

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

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

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

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

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

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

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

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

David Murphy

### God Ain't Done With Me

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



nificent organization is founded by my wonderful uncle Rico.

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

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

**Sherria D Young**  
(443) 865-3513

[Uniquelyblessed1@outlook.com](mailto:Uniquelyblessed1@outlook.com)

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



*The Gift That's Keep On Giving! Members of a giving concept that supports black organizations and individuals! Presenting Leon Purnell from the Men & Families Center with a check!*

**God's Giving Hands**  
Showing God Appreciation By Giving Back

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**Business Consultant  
Lila Arthur  
Primerica Financial**

**Opportunity**, I got involved with Primerica for two reasons, I was living paycheck to paycheck and I was working hard building someone else's dream: I now get to build a business that I can leave behind to my children, I get to get up every day with unlimited income, I get to help others make their dream a reality. People hear the name Primerica and think instantly oh no it's a scam... what scam do you know that help families have the right type of income protection, show families a plan if they die too soon or if they live a long life. Help families invest and not only help them but teach them how to put a plan in place for others we are licensed by the state we live in and able to get our license in any other states. Primerica is a gold mine... we have had 4 African American women in the last year of the pandemic go over a million dollars in income... tell me can you go on your job and achieve that in 12 months? The financial service industry is one of highest paid industries... we all need to learn how money work; we work for it every day why not get it working for us.

This past weekend I witnessed a coworker signing his contract for Regional Vice President. When you rejoice in the happiness for others, and you do what's right for people God will always make sure you are blessed... this company have been a blessing for so many people I know... One of the ways I help families is through life insurance. I was blessed to help a family with life insurance a few years back... two months after I wrote the policy the son past from an asthma attack... he was 10 years old... the mother had only made one payment at that point. My Primerica company paid that claim of 15,000 to the mother... The mother called me and said I cannot believe they are paying the claim... I told her we had on the policy

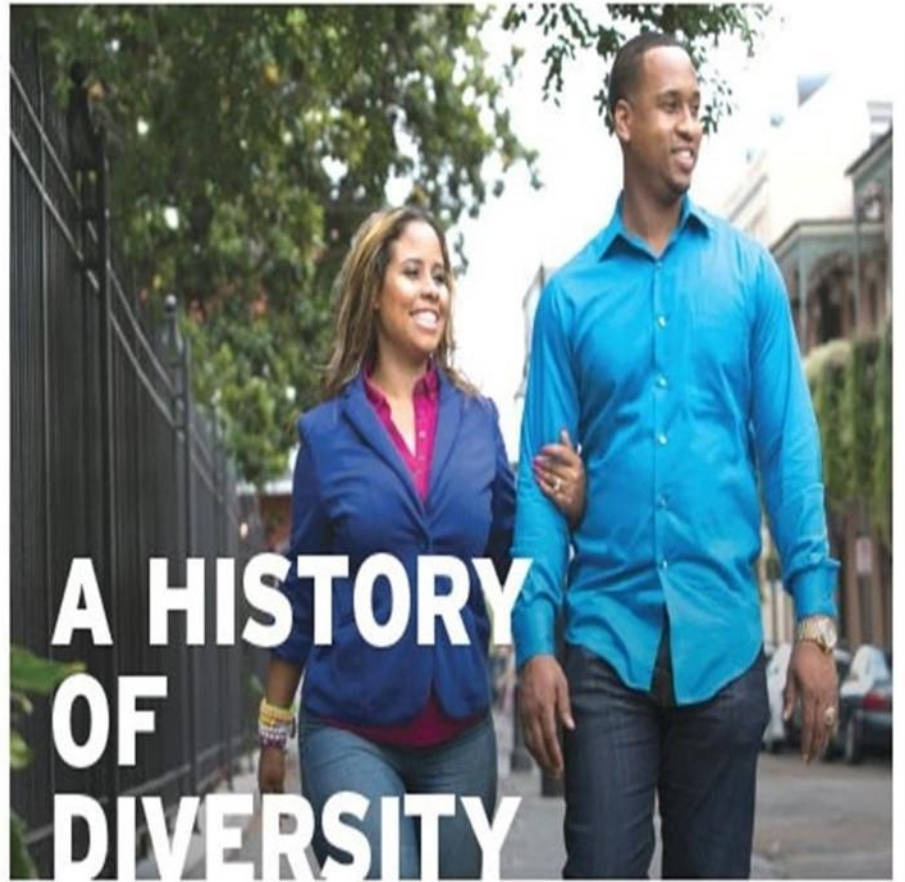
that he had asthma so they are doing what is right... as long as the client tells the truth we will pay out the claim... I don't know any other company that would have done that for a policy that was only enforce for two months. We have a young lady in my office who work for the federal government full time and with Primerica part time... because of her Primerica income she was able to pay off her mother's home and send her daughter to college paid in full without any student loans.

Personally, Primerica has given me the freedom to go where I want to go and do what I want to do without having a boss over my head. Right now, as I write this article, I am in New Jersey taking care of my mother for the weekend. I am the baby of 8 children, but I have the most flexibility. That I owe to God and my Primerica business.

People come join us for different reasons, and all of them are a blessing. So please come and sit down with us and see what we are really about. Understand why we really recruit... is it to build a huge team... is it to reach the masses ... is it for security, is it so that a person like you could have an opportunity to leave a legacy for your family?

Why did Sam Walton open Walmart ... why are there so many Best Buy's... why are there so many cleaning businesses... GOD gave each of us a talent and we are to multiply it... not bury it in the sand...

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

**Lila Arthur  
667-231-0819**

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

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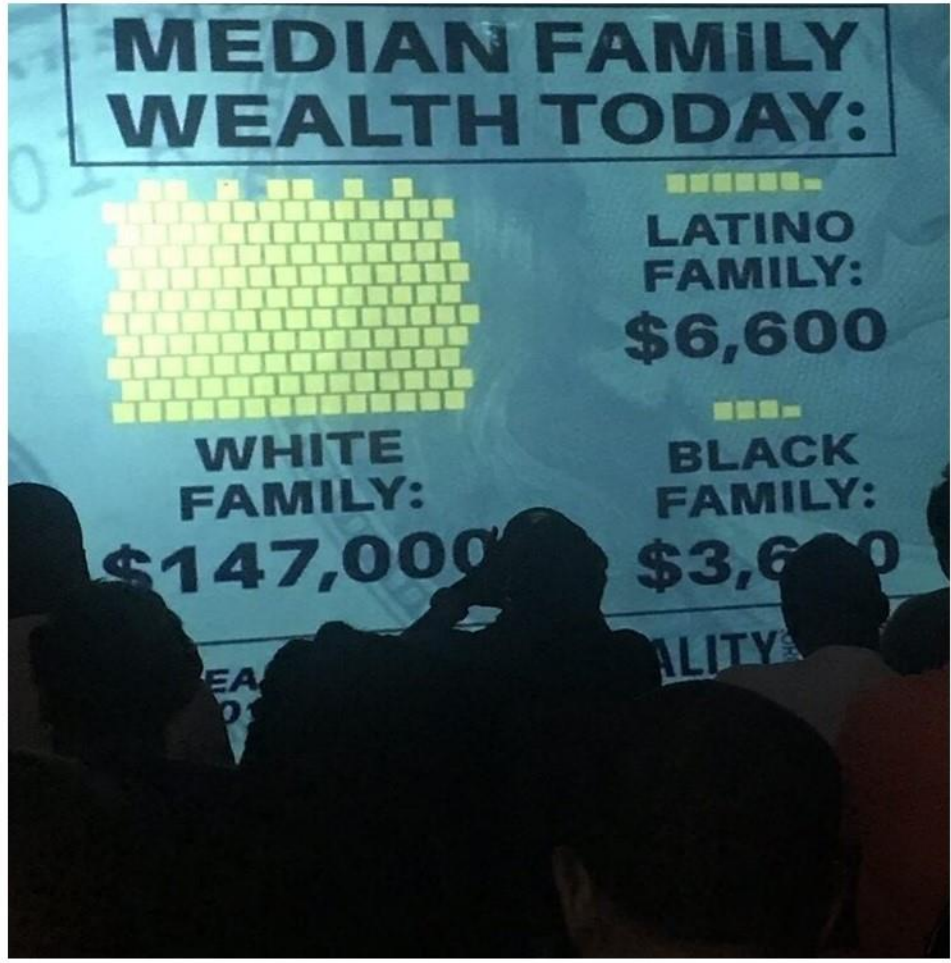
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**Contributing Editor**  
**Daniel Whyte**  
 Former Professional Athlete, Youth Advocate, Community Activist, Minister

**“GRACE THROUGH THE STRUGGLE”**

Welcome to the world of Daniel Whyte Jr. My initial journey here in Baltimore began in 1955 after the death of my father. Sadly, his death left me, at the age of four along with my brothers, eating out of dumpsters. This was also the year that led us to what was termed as “Grace.”

It was about dignity not the pride within my grandfather George Whyte, that orchestrated, and coordinated the family to be removed out of Baltimore Maryland, and transported back to Pennsylvania, where my father lived and died. It was my grandfather who said, “My grandchildren will not continue to eat out of a

dumpster filled with trash.” It was my grandfather who coined those actions into one word and called it “Grace.” 1Corinthian’s 2:9 “(KJV) But as it is written, Eye hath not seen, nor ear heard, neither have entered into the heart of man, the things which God hath prepared for them that love him.”

At the age of six, once I was back in Pennsylvania, it was time for me to start in elementary school. By the third grade I wasn’t doing too good academically, I was asked by my teacher, as a child of eight years old, “Daniel you are not doing too good, don’t you think you should

stay back in the third grade and continue to get some help?” Of course, as a child and not really knowing I agreed: thinking it was the right answer. Nothing was ever said, nor was there ever a request to meet with my mother, to discuss this change. My report card was sent home a symbol of shame, telling my mother, that I failed. How disappointing that must have been to for her to have to mention it to me. We moved on with the summer vacation not a thought of this late decision, only later in life at 60 years old plus, to realize that all the years of academic struggle and during this time of my life, I was discovering “Dyslexia” something that wasn’t recognized or diagnosed, but it was something that I was questioned about, and finally discovered while working on a “Master’s Degree.” from a comment made by my tutor, “You covered it up well!” “Grace.”

*Purpose for sharing This Editorial.*

Helping or trying to understand other up and coming student athletes, can become an extra burden to carry. To that end this editorial reveals a child suffering with remembering a situation in life, anxious

to get it out of him or her to maybe help others, who have stories of humiliation, pain, sorrow, hurt and fear. Stories stored deep within, which once shared could help contribute to a better life of encouragement, strength, and possible support to others who just might be carrying the same or similar burdens on their backs:

*A portion of “God’s Grace.”*

Reflections of life’s turmoil’ can contribute to multiple issues and may develop into undiagnosed and diagnosed “Post Traumatic Stress Disorder” known as (PTSD). As trials and tribulations mount up while struggles continue along with the pains of growing up.

Now, in Baltimore Md., I am writing on a platform for “The National Black Unity News.” 1 Corinthian’s 2:7 (KJV) “But we speak the wisdom of God in a mystery, even the hidden wisdom, which God ordained before the world unto our glory.”

*Daniel Whyte*  
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# Black Men Unifying Black Men

Us Helping Us = Unity

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

## Celebrating 88 Consecutive Monthly Breakfast Conversations, Est. 2015 Founding Members Advancing The Cause!



Dr. Andre Bundley



Bill Goodin



David Murphy



Michael Johnson



Renny Bass



Thomas Hardnett

The founding members of Black Men Unifying Black Men are still on the frontline working diligently advancing the cause of liberation for Black Men, Women, and children! Collectively and individually each of them is doing serious works.

Dr. Andre Bundley has work with the city of Baltimore initiative to support black men. He and an army of Black Men travel throughout the city to bring support and vital services!

Bill Goodin who called the brothers together to form Black Men Unifying Black Men, He also sparked the interest in starting The National Black Unity News. Bill currently is helping Black

Organizations, and individual's raise money so they can continue to support our communities.

David Murphy is the publisher of The National Black Unity News, plus he assists many individuals and organizations with support and consultation!

Michael Johnson who facilitates most of the events that Black Men Unifying Black Men Host! He also consults many in a variety services from politics to business! Michael is also a co-host of a major radio show!

Renny Bass is a man that organize men! He initiated many men groups for social & economic change! Currently He

helped started a group Kioba, a powerful group of brothers that demonstrates collective economics! He is also working on bringing health and wealth into black communities!

Thomas Hardnett is an elite businessman, one of his major functions is to bring, educational programs, employment opportunities and training and skill enhancement programs around the state of Maryland and beyond!

Over the years a multitude of brothers have met, organized, formed businesses, and supported each other with a variety of services! Many have found employment, community services and mental plus social services!

I just mentioned some surface activities these brothers are involved with! All of the above are long time activist for change in the black communities!

It is truly an honor and a privilege to have worked with each of these strong Black Men. I am always amazed at the wisdom and knowledge these brothers share when we meet. Plus, the love and concerns that they have individually and collectively for Black People!

I have much love and respect for each one of the them because they have been and still committed to serving our people! March on my soldiers until the victory is won!

David Murphy



### Black Men Unifying Black Men

Us Helping Us = Unity

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

"AN ARMY OF SHEEP LED BY A LION CAN DEFEAT AN ARMY OF LIONS LED BY A SHEEP"  
AFRICAN PROVERB



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### God's Giving Hands

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Serving On Another Frontline



David Murphy (L) & Dr. Andre Bundley a few of the founding core group members of B.M.U.B.M., serving those in need! Support God's Giving Hands because they are truly serving on the frontlines!

HELP THEM TO HELP OTHERS, DONATE!



Rico C. Crawley



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**National Youth Editor  
Kathleen Murphy**  
A member of various local, national & International Organizations

**Summertime, Summertime  
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Empower Your Life in Two Months**

Here is a three-part system devised to refresh your whole being. Are you interested? Take a deep breath and begin. Develop the pleasures of your youthful heart by relaxing. Find a summer activity that appeals to you. Here are a few examples: Hiking, exploring wildlife, whitewater rafting, visiting a local art and history museum, volunteering, have a backyard camping extravaganza, sign up for a sports camp, grow vegetables and flowers (and sell your harvest), take an online course for credit, or go swimming. Learn a new hobby Pick one, I challenge you.

If you selected swimming and you cannot swim, please read these important facts. Swimming is a great recreational activity. About two years ago, I wrote about swimming, drowning statistics, and preventable measures to protect you and your family while in the water. I asked the question in the article, "Can you swim? More importantly, can you save yourself in a body of water? Can you survive? If your answer was no two years ago, what have you done to learn to swim? Recall, I mentioned that approximately ten people die from unintentional drowning each day with two of those being children aged 14 or younger. Each year, an average of over 3,000 unintentional drownings occurs in the United States according to the Centers for Disease Control and Prevention.

African Americans have a higher fatal unintentional drowning rate than Caucasians of all ages. Drownings occur in swimming pools 5.5 times higher for African American children ages 5-19 than for Caucasian children. At age 11-12, according to the Home and Recreational Water Safety and Injuries, African Americans drown in swimming pools at a rate of 10 times higher than Caucasians.

So here are a few quick tips for the prevention of drowning. Formal swimming

lessons can reduce the risk of drowning among children. Prevent young children from gaining access to the pool area or any size body of water. Even in a bathtub or a bucket, drowning can happen quickly and quietly. Most children ages 1-4 drown in home swimming pools, and too many people fail to wear a life jacket.

A responsible adult should watch young children in the swimming pool, tub, and even in an apartment community area where a lifeguard may be present because a threat of drowning still exists. Therefore, do not be distracted by read-



ing, talking on the cell phone, or conducting a chore. Always swim with a buddy and where there is a lifeguard when possible. Cardiopulmonary Resuscitation (CPR) performed by bystanders has been shown to save lives and improve outcomes of drowning victims. The more quickly CPR is started, the better the outcome. Air-filled or foam toys, such as "water wings," "noodles," or inner-tubes" are not life jackets and are not designed to keep swimmers safe. At home swimming pools should be installed with four-sided pool fencing that completely separates the pool area from the house. Alarms prevent access or

alert you if someone enters the pool area. Remove floats, balls, and other toys from the pool and surrounding area immediately after use so children are not tempted to enter the pool area unsupervised. The American Red Cross recommends 9 feet as a minimum depth for diving or jumping. Always check the water depth. Pay attention to local weather conditions. Stop swimming at the first indication of bad weather.

Swimming is so much fun. It is good exercise and feels good on a hot day. What can you do? Seek an opportunity to learn to swim. Many swimming facilities including the YMCAs are providing swimming lessons. The dangers of not knowing how to swim outweigh your negative thoughts. According to the World Health Organization, swimming is a vital life-saving skill. Drowning is preventable and swimming is fun.

Now that you are swimming or have selected an interesting hobby, you are ready to move to the next step. It is time to regroup. You must first let go of some things, stuff such as bad habits like being untidy, unorganized, not obedient, spending money haphazardly, being rude, or maybe not eating healthy or lit-

tle or no exercise. Once you have released the bad habits, you will have space to let some good stuff in such as new ideas.

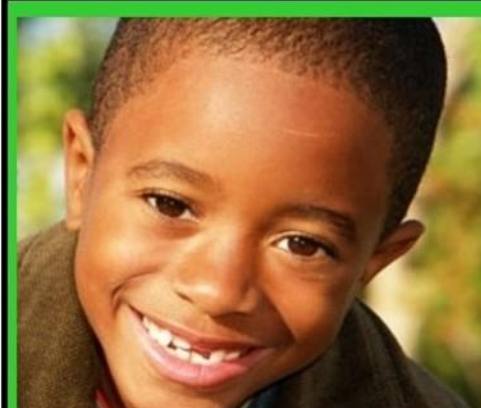
Reflections are number 3 and are like history. You can learn from your past mistakes, bad choices, and poor decisions, etc., and your good decisions as well. The three r's, Relaxing, Regrouping, and Reflections are necessary for Rediscovery.

Rediscovery is enlighting, but how do you rediscover yourself? You start by acquiring knowledge. Be in pursue of new things, and study to learn something

new every day. Be a sponge, absorb and retain all that you can gain. Read to be well informed and the creative juices will start to lubricate your brain.

Planning and being prepared is critical to your success. Charge ahead and do not backtrack. Set goals and be accountable. It is never too early to plan for higher education or to learn something new. Planning includes funding, grades, and discipline. According to the Bureau of Labor Statistics, the average salary weekly earnings for those with less than a high school degree are \$493.00 or \$25,636 per year. With a high school diploma, the weekly earnings are \$678.00 or \$35,256 a year. With some college credits, the earnings are \$738.00 per week and \$38,376 per year. An associate degree is \$798.00 or \$41,496.00. A degree's weekly earnings are \$1,137.00 and \$59,124 per year and a master's degree weekly earnings are \$1,241.00 or 69,732 per year. There are three types of federal student aid which include grants, work study, and loans for higher education. Grants and Scholarships are called "gift aid" because they are free money and do not have to be repaid. Grants are often need-based while scholarships are usually merit-based. Financial Aid Programs include the Federal Pell Grant which does not have to be repaid and the Federal Supplemental Educational Opportunity Grant. Federal loans include the Federal Perkins Loan which is a student loan offered by the U.S. Department of Education. Other loans are the Federal Direct Subsidized Loan and the Federal Direct Unsubsidized Loan. Sallie Mae offers loans to students and parents. College Work-Study programs offer students an opportunity to work at the college and take courses. To apply for financial aid, you should complete a Free Application for Federal Student Aid (FAFSA). This includes grants, work-study, federal student loans, and state and school financial aid. Information on Parent Plus Loans can be found at [www.ecmc.org](http://www.ecmc.org). Military ROTC Scholarships are recommended. For a more complete list of available scholarships, go to [www.collegescholarships.org](http://www.collegescholarships.org), and the Federal Student Aid and at U.S. Department of Education at [www.usa.gov](http://www.usa.gov).

My conversation to you has been about summertime and how to effectively use your time to develop the life you desire and how to empower yourself in 2 months. Time is always of the essence. How many books will you read in 2 months? Starting with the challenge of getting a hobby and developing the three r's (Relaxing, Regrouping, and Rediscovery), you are on your way to victory. Last, but not least, invest in your future by building a career that enables you to be self-dependent. Rediscovery will lead to confidence, making wise decisions, integrity, values, and financial independence. Do not let a day go by without adding something new to your portfolio.



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**National Editor  
Melaughn Butler  
Indigenous Business Association**

**Featured Story:** The year 2020 was like your first time falling off a bicycle. It had all of us in the house stuck, wondering if it's safe to get back up, get back on our rides, and try again. Its 2021 now! We have learned from our mistakes in the past, mastered our balance, and are

ready to try again. IBA, in partnership with the Black Professional Men Inc., will be hosting a NATIONWIDE Vendors Conference, featuring virtual reality software, made available online, inside of our app! [Google Play: "IBA App"] We are Inviting Thousands of BOBO

Vendors, to offer their product to you at a discount. Join our covid safe, online conference this June, for the Juneteenth Holiday! "You can't kill Black Wall Street Online"; Get Your Ticket Today. [Available "IBA App" on Google Play Store.]

**What's New:** "THE IBA APP AVAILABLE ON THE GOOGLE PLAYSTORE!" Android Phones, please download our app, and follow the prompts. (Apple Play: Coming Soon!)

**Get Involved:** Here's how to use IBA's NEW Coupon Page, sponsored by the *National Black Unity News*. Below are cut-out coupons from select BOBO Businesses, listed in our discount directory. They want you to know that

they've missed you, and are opening their doors to you, at discount. Patrons, you have two options: 1) Bring the Coupon to one of our Brick & Mortar locations physically. (Address displayed at bottom of coupon, if available.) 2) Place an Order Online, through the IBA App, and Submit a Photo of Your Coupon at Checkout. (Offers Available during Current Publishing.)

**Contact:**

**Name:** Melaughn Butler  
**Email:** Mbutler.acp@gmail.com  
**Facebook:** Indigenous Business Association  
**Instagram:** IBA Biz  
**Website:** https://webapp.mobileappco.org/m/iba/

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Scan Twice in One Visit. Show Coupon @ 1700 Edmondson Ave

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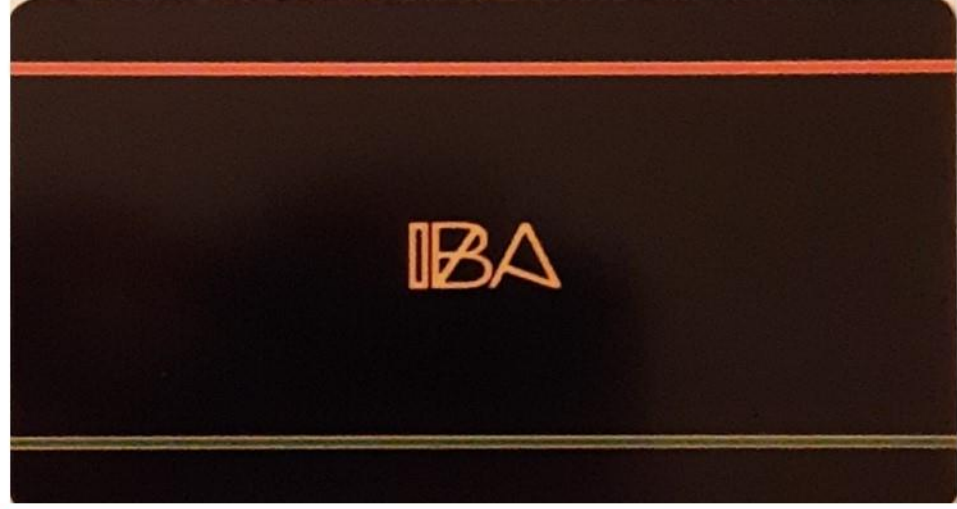
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**National Editor  
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James Sweeting III  
The Law Office Of  
James Sweeting III, LLC**

**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](http://www.sweetinglaw.com) for additional information.

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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"

### What's Your Sleep Color?

Is your favorite color the same as your sleep color? How do colors affect your rest and sleep? Do colors change your mood and personality? Just a few things to think about when you are creating your sleep color bedroom to unwind, relax and sleep.

My favorite colors are purple and sky blue but my sleep colors are sky blue and lavender with a hint of orange and a little bit of red. I love the vision and image of a cool morning sunrise and a relaxing evening sunset bursting together. Oh, I got carried away...I was just thinking about getting my quality rest and sleep tonight.

Well back to you...there is a correlation between sleep and colors.

First, our bedroom is our safe haven to relax, unwind and recharge for the next day. Second, we need to make sure you are sleeping on a comfortable mattress, mattress cover, or pillows which will

improve your sleep quality. Third, the colors of your walls, blankets, and bedroom accessories play a big part in creating your sleep color bedroom. If by chance, you are unable to paint your walls, upgrade your bedroom to soothing colors use décor and bedding to build your dream paradise. Scientists state that light blue, soft purple, soft peach, soft green, pink is creative and create tranquility. Using beige, brown, and taupe can work as well.

There are some colors that help you relax while other colors are a stimulate. We want to transition from bold and bright colors in your bedroom to light and cooling colors.

I know we prefer to select colors for our home we like or love but we need to connect color for our wellness. So the next time you are shopping for your bedroom think about your sleep colors that relax you for ultimate health and wellness.



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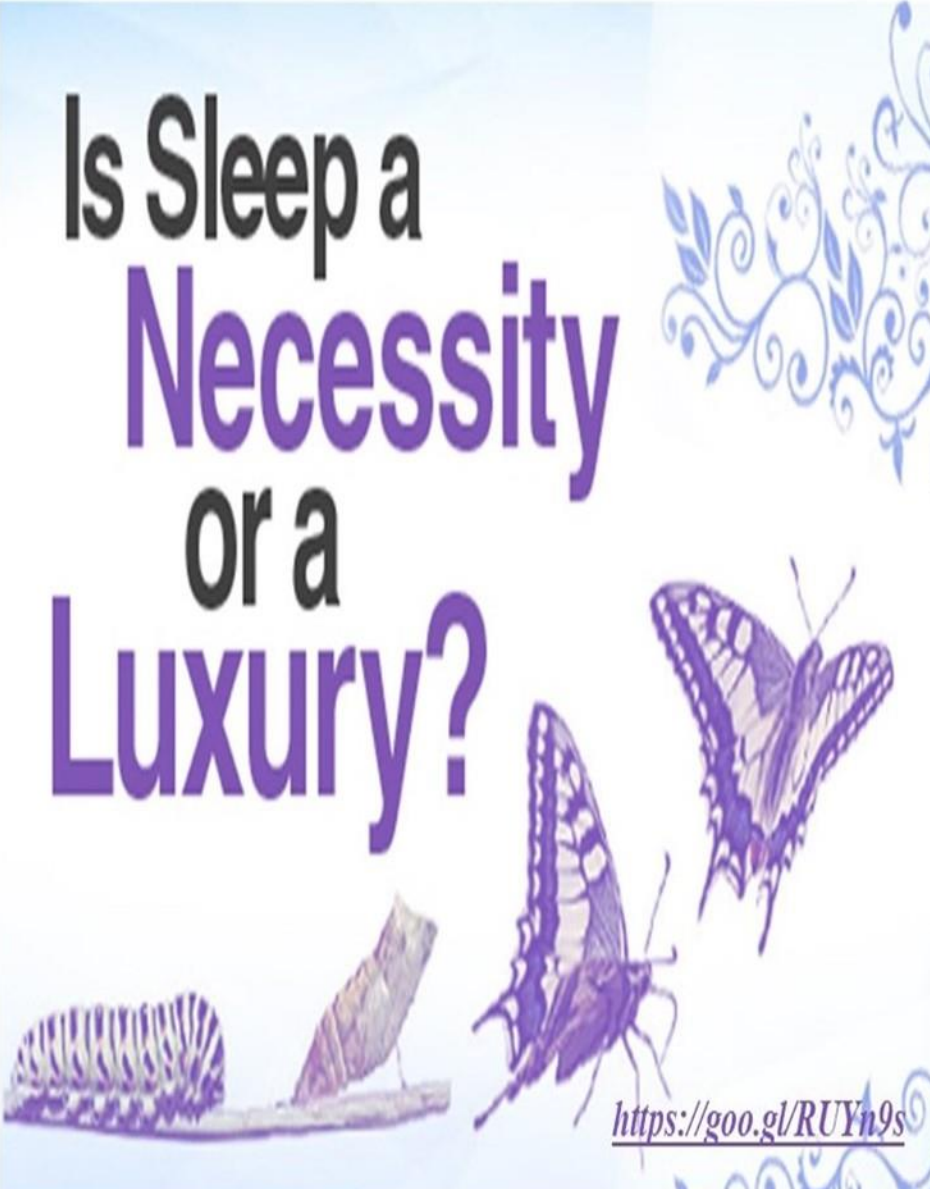
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### Donata's Sleep Resource Guide

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**WeAreTheRhythmPEOPLE**

**National Entertainment Editor**

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

**Fertile Ground Tanzania**  
July 11 - 23, 2021

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**Juneteenth in Tanzania - Global Learning on African Soil by Kim Poole**

Just in time for closing activities of the TAI Studies & Cultural Exchange summer programming in Arusha, Tanzania, on June 15<sup>th</sup> 2021 the U.S. Senate passed the Juneteenth National Independence Day Act, which recognizes the day that enslaved African people in Galveston, Texas USA discovered that they were legally emancipated from slave labor. Though only recognized as a federal holiday in the USA this year, communities of African Americans have celebrated the occasion since 1865. For the first time in history, on June 18<sup>th</sup> 2021, Juneteenth was celebrated on African soil.



Above - Mama Yvetta Eley, Mama Charlotte O'Neil, Kim Poole, Iya Mari, Sista Angela Sayles, Mama Rashida, Haki Ammi and Teaching Artist Institute Global Learners posed at Juneteenth Celebration Arusha, Tanzania 2021

The two-week Summer learning program, which focused on teaching art for social transformation was operated under the leadership of ten historically grounded African American artists from Washington D.C., Ohio, Kansas, Baltimore, and New York City. In addition to providing deep roots knowledge around the utility of art in community function, each instructor was committed to facilitating cultural exchange with Tanzanian participants and agreed the Juneteenth celebration was timely. One such Instructor Mama Yvetta Eley officially connected the opening of this African Juneteenth virtually to the Juneteenth Celebration taking place at the Rock and Roll Hall of Fame in her hometown of Cleveland, Ohio. Joined by spiritual leader Iya Mari of Ille Imole, Mama Charlotte O'Neil, and Mama Rashida of Womb Works, the event began with a spirited libation paying homage to ancestors. Mama Rashida, who served as the production manager stated "we have to find a way to share our story with these young people all year long, this is powerful." Mama Rashida was joined by two members of the Womb Work staff Stevanie Williams

and her son Omari Bey.

After traditional African dance stood tall next to hip hop and ballroom salsa, the event continued by premiering the film trailer debut of producer Haki Ammi entitled "Friend or Foe, Kings of the East African Slave Trade." Ammi walked onto to stage and said "This event is historical for many reasons. African Americans have been traveling to Africa since they were bought and sold to the Americas. However, most have traveled to West Africa and not East. But we are here, tonight." Arts in Business instructor Angela Sayles presented the welcome address for the importance of artist sustainability. The event was closed by a presentation of tablets sponsored by outstanding Baltimore citizens, which were gifted to program participants.

Tanzania's acknowledgment of the Historic emancipation of Africans in Amer-

ica was celebrated in partnership with the Bagamoyo College of Arts and Culture (TaSuba) Makumira University Cultural Arts Center, and Nelson Mandela Science and Technology as partnering organizations with the TAI Summer Learning Institute. This occasion has been featured in the Black Enterprise Magazine and Tanzania's Daily News-culture column.

As a result of this successful TAI Studies & Cultural Exchange event, this October 11<sup>th</sup> - 23<sup>rd</sup> 2021 Teaching Artist Institute will return to Tanzania by invitation of the Ministry of Information, Sports, Culture and Arts to officially launch the Decade of Return for Africans living in the Diaspora who are interested in repatriation and investment across Tanzania. Inbox Teaching Artist Institute on Facebook at

[www.facebook.com/teachingartist](https://www.facebook.com/teachingartist) for more information

**Gigs, Bigwigs, & Shindigs**

**Gigs**

**All Africa Music Awards** is Accepting Applications starting June 28<sup>th</sup> 2021  
<http://www.afrima.org/>

**The Festival Academy** is Training August 7<sup>th</sup> - 13<sup>th</sup> 2021 Kampala, Uganda  
<https://www.thefestivalacademy.eu/en/training/atelier-gothenburg-2018/>

**J.M. Kaplan Fund** is Offering Grants for Book Publishing  
[www.jmknfund.org](http://www.jmknfund.org)

**Big Wigs**

Dr. Michael Miller, Real Estate Invest-

tor, Author, Philanthropist.

Dr. Miller has rehabbed hundreds of houses in the Baltimore area and is committed to giving back to the community he serves. He is the founder of Morehouse Homes.

**Shindigs**

**Natural black Hair Car Expo/Poets in the Park**- July 11<sup>th</sup>, August 1<sup>st</sup> & 8<sup>th</sup> 2021 Baltimore, MD USA  
[www.Eventbrite.com](http://www.Eventbrite.com)

**Michael Blackson, DC Improv Comedy Club** Washington, DC August 26<sup>th</sup> to 29<sup>th</sup> 2021  
[www.Dcimprov.com](http://www.Dcimprov.com)

**Capital Jazz Fest**, September 5<sup>th</sup> 2021. Merriweather Post Pavilion.  
[www.capitaljazz.com](http://www.capitaljazz.com)

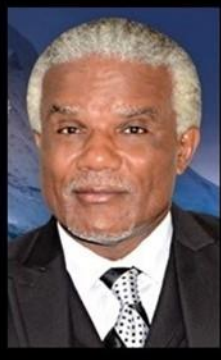
**International African Arts Conference** September 24<sup>th</sup> - 28<sup>th</sup> 2021 Kampala, Uganda  
[www.internationalafricaartsconference.com](http://www.internationalafricaartsconference.com)

**Fertile Ground Tour** October 11<sup>th</sup> - 23<sup>rd</sup> Tanzania, East Africa  
[www.facebook.com/teachingartist](http://www.facebook.com/teachingartist)

**5<sup>th</sup> International Conference on Art for Social Transformation, ARTIZEN** November 5<sup>th</sup> - 8<sup>th</sup> 2021 Johannesburg, South Africa  
[www.TAITOURS.org](http://www.TAITOURS.org)

**Maryland Legislative Black Caucus 50<sup>th</sup> Year Anniversary**, Maryland Live Anne Arundel County, MD. Regina Belle confirmed singer November 12<sup>th</sup> and 13<sup>th</sup>. 2021  
[www.mdblackcaucusfoundation.org](http://www.mdblackcaucusfoundation.org)

**Kim Poole** [www.facebook.com/teachingartist](https://www.facebook.com/teachingartist) 443-739-0941



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

### “DLDEWEAR”

The Dream began with “why can’t I” in 1995 when the Original “DLDEWEAR” T-SHIRTS made its debut in Tampa from the mind & soul of Donald L. Dowridge, Jr. Founder of DLD (Determined to Learn and Develop) Enterprises, Established in 1992.

When asked the reasoning and purpose prompting the creation of the line of “DLDEWEAR,” Dowridge states it was important to assure a Realistic Positive Word was Traveling throughout and delivering Hope, Inspiring & Enhancement to many. Dowridge further states he is Thankful for the company who saw the 1996 vision and brought his dream to fruition. Lastly about 1995-97 the shirts were a Smash Hit with all who invested in “DLDEWEAR!”

That was then and here we are 25 years later and the Rebirth of “DLDEWEAR!” Dowridge who was stricken with Covid in December 2020 states, while in recovery mode in the hospital, he once again had the “DLDEWEAR” Dream. 2021 is credited to his Son who indirectly introduced him to Build-A-Shirt, T-Shirt Emporium located in Tampa, Florida. Upon meeting with the Owner and conversing on the past creation of “DLDEWEAR,” Dowridge was told to leave the past in the past and let’s step into 2021 with the Candy of Desire with “DLDEWEAR.” He obliged her request, and the finish

product is definitely full of Positive messages for many.

The resurgence of “DLDEWEAR” is garnering not just likes, but request for orders. The T – Shirts Boast messages for LADIES & GENTLEMEN and have messages of Motivation & Our Current Signs of The Times as shown in the Image.

This 2021 version comes in many colors and represent where we are today as a society. Purchasing one or the complete collection will bring Pride and Joy to consumers flexing the “DLDEWEAR” Gear. The colors mix and rhyme with any wear of the day. Yes, guarantee as you wear, many will read you and give you fist bumps of approval.

The remaining question, how much and where can “DLDEWEAR” be purchased? “DLDEWEAR” Gear can be purchased for \$25.00 plus Shipping & Handling. They are available through the NEW DLD Website, [www.dldenterprises.org](http://www.dldenterprises.org).

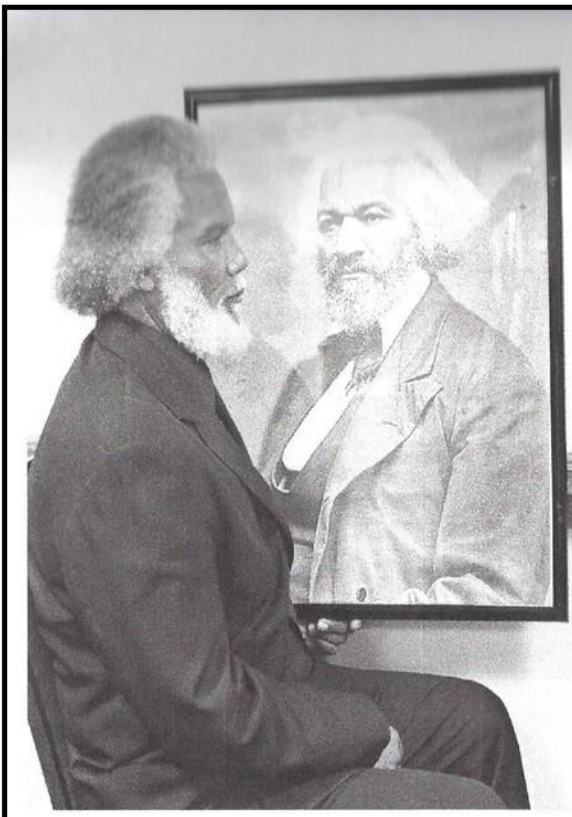
Other ways to invest in your “DLDEWEAR” T-shirts are:  
Cash App: DLDENTr, PayPal, Square & [dld282002@yahoo.com](mailto:dld282002@yahoo.com).  
If your purchase is Local “DLD Will Deliver!”

**DLD ENTERPRISES PRESENTS FOR 2021 "DLDEWEAR T-SHIRTS"**

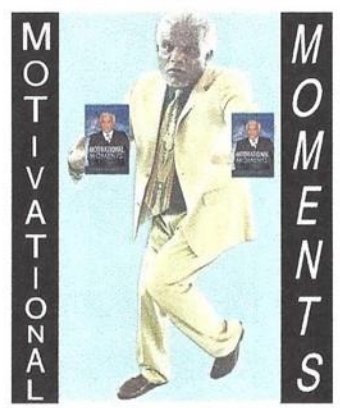
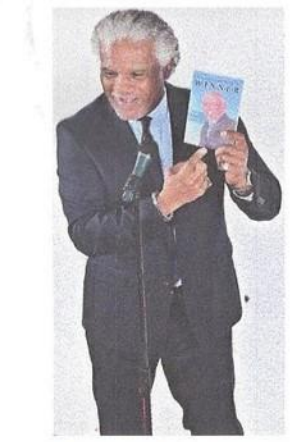
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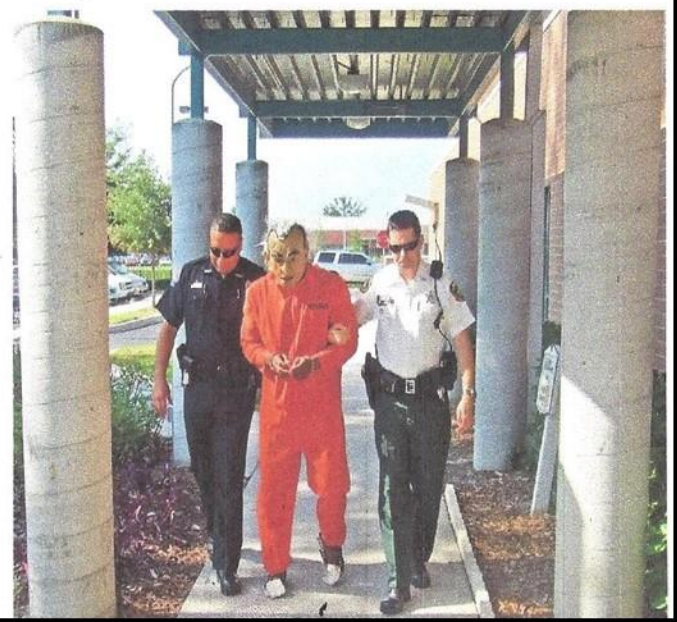
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### Who is Fran Allen?

I'll tell you who I am. I am a Child of God, woman, mother, grandmother, sister, friend, manager, business owner, mentor, motivational speaker, workshop facilitator, author, veteran, business professional, philanthropist, and student of life, some by choice and others, by obedience, when called.

I am blessed and highly favored. I am the author of four self-published books, How To Get An "A" In Life, Been Through... Going Through... The Journey, Words To Live By, and From Creativity To Creating Income: Turn What You Know Into Dough.

After many years of trying to do things

my way, I finally surrendered and submitted to what God was directing me to do. As a result, I am able to take the life lessons I have learned and use them to help others to overcome some of the life challenges they face. No matter where you are in your life, you are either going into, in the middle of or coming out of a storm. My work is intended to help you come out on the other side better than you were when you started.

I hold a bachelor's degree in Business Management with a concentration

in Management Leadership from Johns Hopkins University. I served nearly 8 years in the United States Marine Corps and managed a Congressional District in

the State of Maryland for 13 years just before my retirement. I have more than 20 years of experience working with federal and local governments, and private industry.

I mentor professionals and young people, and I work to make my community better. I am an ordinary woman who has an extraordinary calling to do whatever I can to raise the quality of life for others, just because I can. We don't need a reason to do the right thing.

As the National Editor of Self Development for The National Black Unity News my contribution will be simple. I intend to raise the quality of life for Black people, wherever they are exposed to the information I will share. I will use motivation, inspiration, and encourage-

ment as my main tools. I will also offer an intellectual kick in the behind when it will be necessary to snatch or slap your mind and spirit back to life and into action.

We are in tough times and it takes courage, commitment, and consistency to continue the struggle. I believe we already have what it takes to overcome the challenges we are facing, but not in a singular effort. My goal is to be a help and support. I am grateful for the opportunity and looking forward to offering fuel to keep your hope alive. See you on the journey!

*Fran Allen*  
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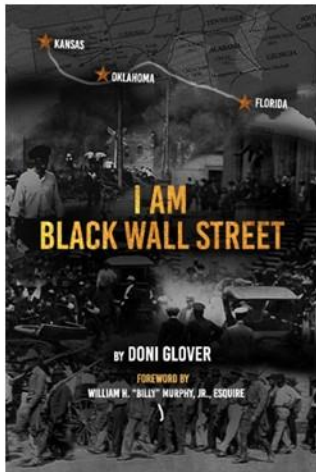




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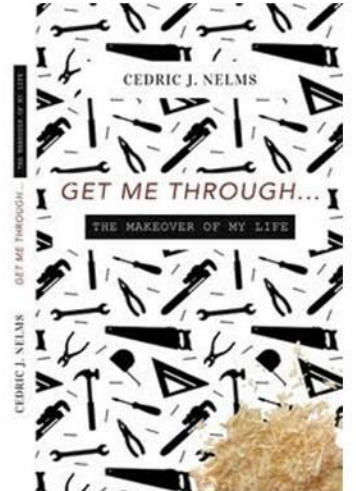
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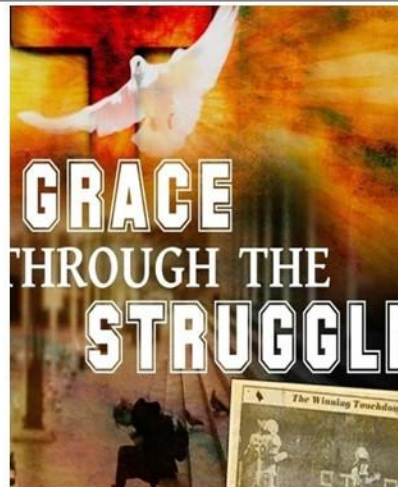
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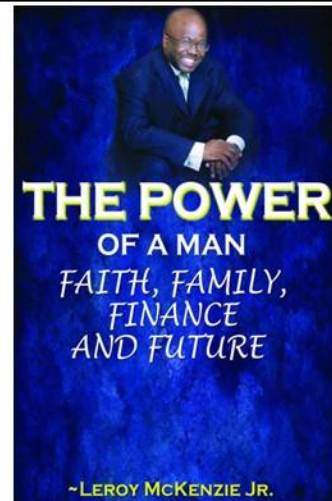
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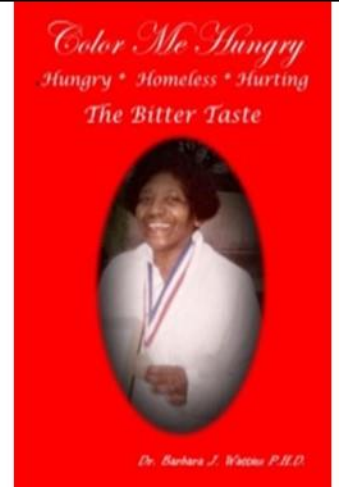
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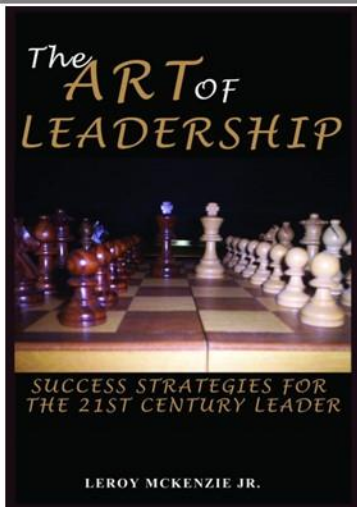
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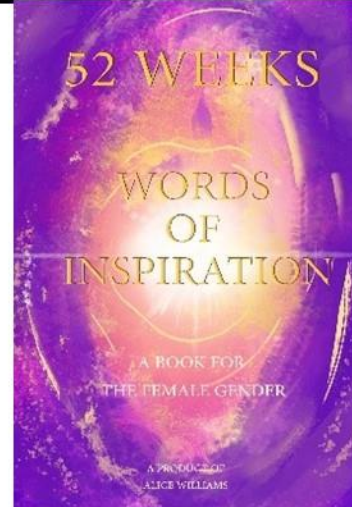
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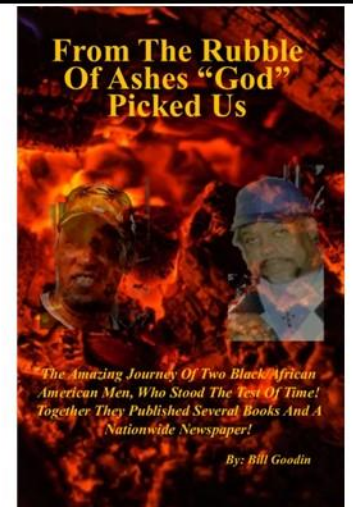
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**Contributing Editor**  
***Evens Israel***  
**Skinsational Scents**

Cleanser: Wash your face gently with a product designed for your face. If you have dry skin, you'll want to choose a cleanser that doesn't have alcohol, such as the Skinsational Scents Hydrating Cleanser Face Bar. Afterward, rinse with warm water

Toner: Toner is used after washing your face, and it helps smooth and calm skin while restoring nutrients. Try Skinsational Scents Natural Cucumber Tea tree Toner.

maximum of once or twice a week.

**What benefits do quality skin care products provide?**

The following are some of the benefits of quality skin care products:  
Quality ingredients: Similar to the benefits that healthy food provides for your body, quality skin-care ingredients can improve your skin.

Protection from environmental damage: such as pollution. Help fighting the effects of aging: such as wrinkles and sunspots

Results for the money: Even if quality products cost more in some cases, they're worth the money. If you use ineffective products, you're wasting money.

Exceeding standards: Quality skin care products are more refined, with fewer bacteria and impurities.

**Why should you avoid poor quality skin care products?**

Poor quality skin care products are more likely to cause the following negative effects: Ineffective results

**Infections**

Allergic reactions such as rashes Worsening problems by clogging pores, causing breakouts, etc.

*To learn more about the importance of a good quality skin care line as well as what products would benefit you, visit us at 8600 Foundry Street Savage, MD 20763 for all you skin care needs or call us at (443) 626-7373. Also, find us on IG at Skinsational\_ScentsMd, FB at SkinsationalscentsMd or email us at skinsationalscents@gmail.com.*

**How is your routine Facials and Skin Care working out?**

A good skin care routine is only as good as the products you use. While good quality products can help your skin look better now as well as in the future, poor quality products can be ineffective and even cause harm. In this article, the skin care experts at Skinsational Scents explain more about the importance of quality skin care and facial products.

**Why is good skin care important?**

Good skin care is important for the following reasons:

It helps your skin stay in good condition: You're peeling skin cells throughout the day, so it's imperative to keep your skin glowing and in good condition. An effective routine can help prevent acne, treat wrinkles, and help keep your skin looking its optimal

Your skin will look more youthful: As you age, your skin's cells turn over more slowly, make it look duller and less radiant. Using a quality skin care line can help remove dead skin cells so your body will replace them with newer, more youthful cells.

Prevention is easier than correction: Preventing skin problems should be your goal – and less costly – than trying to fix them in the future.

Your self-confidence will get a boost: When your skin looks better, you'll feel



*Luxe Moisturizing Facial Oils*

better about yourself and have more self-confidence.

**What are some good skin care methods?**

The following components can create a decent, effective skin care routine:

every time you wash your face, even if you have oily skin. If you have this type of skin, try Skinsational Scents Moringa or Black Seed Facial Cream.

Exfoliator: Exfoliators are optional and can be used after a cleanser but before a moisturizer. They should only be used a



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# 1000 Great Minds Podcast Coming Soon!

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Hello, my name is **Joe Young**, I'm a digital content creator. I am excited to join the The National Black Unity News family. I will be sharing content from my agency Joe Young Media (JYM) based in Hartford, CT. JYM creates digital content for streaming and publishing networks. My latest project is **Kemet**. Kemet is an animated, 10 year old boy comic character who travels in time to inspire and motivate people about Black excellence through stories in Black History. The Kemet youth activity sheets appear in Black newspapers across the country with a readership of over one million.

To learn about Kemet comics visit:

[www.kemetcomic.com](http://www.kemetcomic.com)

**ACTIVITY SHEET**  
Hi everyone! I hope you enjoyed last week's activity sheet and discovered something you didn't know before!

**WHO WAS PHILLIS WHEATLEY?**  
Phyllis Wheatley Peters, also spelled Phyllis and Wheatly was the first African American author of a published book of poetry. She was born in West Africa and sold into slavery at a young age. She was enslaved by the Wheatley family of Boston. Phillis learned how to read and write and began to express her gift for poetry through her writing.

**MATCH THE UNSUNG HEROES With How They Changed The World**

|                                 |                     |
|---------------------------------|---------------------|
| ___ Bill Pickett                | ___ Sojourner Truth |
| ___ "Featured Phillis Wheatley" |                     |
| ___ Jackie Robinson             | ___ Ida B. Wells    |
| ___ Shirley Chisholm            |                     |

A. African American journalist who led an anti-lynching crusade in the 1890's.  
B. First African-American author to publish a book of poetry.  
C. Cowboy, rodeo, Wild West Show performer/actor.  
D. American abolitionist and women's right activist.  
E. First African American professional baseball player to play in Major League Baseball.  
F. Politician, educator & author, first Black woman elected to US congress.

**WHODUNNIT?**  
Someone invented these things. But who? Can you match them?

|                              |                      |
|------------------------------|----------------------|
| ___ M. A. Cherry             | A. Traffic Light     |
| ___ G. T. Sampson            | B. Guitar            |
| ___ Robert F. Fleming        | C. Fire Extinguisher |
| ___ George Washington Carver | D. Clothes Dryer     |
| ___ Garrett Morgan           | E. Peanut Butter     |
| ___ T. J. Marshall           | F. Tricycle          |

**ONE MINUTE MADNESS**  
Name seven African American quarterbacks in one minute.

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**PICTURE THEMES**  
Can you name out these pictures?

**OVER 1 MILLION READERS!**

**KEMET**  
WEEK OF JULY 11TH, 2021

**Joe Young**, a Connecticut native, is an award winning cartoonist, filmmaker, producer, writer, and teaching artist. He is the Chair of the City of Hartford Film and Media Commission. He is the Vice Chair of the Board of Trustees for the University of Bridgeport, and other boards. He is the creator of the socially engaged Scruples comic characters and the writer and executive producer of Hartford's first major homegrown book-to-film project, **Diamond Ruff**. The Diamond Ruff novel became an Amazon Bestseller. In early 2015, **Cinedigm Entertainment**, the largest independent content provider in the United States, nationally distributed Diamond Ruff. The film can be seen on TubiTV. In 2015 his youth anti-bullying comic book "BELIEVE" became a #1 Amazon Bestseller. He is a **Guinness World Record** Holder for creating the **World's Longest Comic Strip**, which included the participation of thousands of Greater Hartford-based youth. In 1999 he received the prestigious Daily Point of Light Award from the White House for volunteering his time in bringing the arts to disadvantaged inner-city youth. He has also received recognition from the CT/ branch of **NAACP** as one of the 100 Most Influential Blacks in Connecticut. He and his work have appeared in **People, Ebony, GQ, Rolling Stone** and **Jet Magazine, The Boston Globe, The New York Times, C-Span, CNN, Black Family Channel, Ripley's Believe It or Not,** and other national media outlets.



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**Contributing Editor**  
**Charles E. Pender PH.D.**  
 Author & Community Activist  
 President Emeritus Hopewell Action Council /  
 Southern Christian Leadership Conference

### The Truth Options

The psychological impact of positive information in the face of adversity is to reduce anger, fear, depression, mistrust, and low self-esteem.

COMING SOON TO THIS AREA, THE NATION, AND THE WORLD: an extension of printed news by way of an earth-shaking podcast. Listeners who absorb simple gathered facts can be expected to experience insights and will certainly feel an array of emotions. Some will be shocked, surprised, and undoubtedly joyful and relieved. Some will argue that the absolute truth has been revealed—finally, the truth is out in the open.

The coming podcast will encourage and enrich its listeners by the revelation of vocal truth. How will this be done? We're glad you asked: it will be done with specific, qualified and selected elementary questions. In this way, the answers will profoundly engage everyone who is committed to simplifying the structure of the education system that was designed by the ruling class. The

exciting first goal is for us all to be simply a part of the process!

That said, let's continue on to how the podcast and its investigators will reveal things to the audience that are hidden in plain sight. The truth is, a lot of history has been hidden. This podcast will search case-by-case through topics such as *Who are you?* and *Why are you here?* *And why are you catching so much hell?* The reason is obvious but hidden in plain sight. The podcast will discuss the implosion factor—that is, why there is so much self-hatred, and its general connection to approval seeking.

The broadcast will investigate the following small list of names and subjects that have strong impacts on the lives of all its listeners.

**Caesar Borja.** The audience will be asked, Have you seen this person before? Where? And what impact does he have on your everyday life? Have you seen him recently, in January 2021?

How do he and his family affect you in America today?

The question will come up of who **Alfred Thayer Mahan** is, what he is famous for, and why he did what he did.

The third question is who were the **Barbary Pirates?** Where did they come from, and what did they do to revolutionize the world? What impact did they have on the United States of America?

In this season, which never seems to end, the podcast will present racism



“race,” and the word “white”: What is a Caucasian? Where did the Caucasian have his beginning before he was a Caucasian, where did he come from? Who were the fathers of racism?

The answers to both may blow some people's minds because they aren't prepared for the truth. By the way, most information comes from the Bible and some other historical documents from archaeologists around the world. In our podcast, we use certain criteria which are readily at hand, and the answers aren't their answers, but they're the answers that are found in public libraries, in universities, and on the internet. Everything must be researched deeply before we can come to a conclusion of absolute truth.

It has been estimated that more than 70% of the population of America were raised in what we commonly call dysfunctional families. The education system ensures that we stay askew. The church is often called upon to assist in hurting people who are suffering because of sin. Some of this sin and hurt is because of misinformation. The response of the church is to administer with knowledge, and compassion must come from a relationship with the Lord. Our podcast provides knowledge of effective counseling to hurting families and individuals through the unique services of the government of heaven, who strongly suggest to all that the owner's manual should provide life-changing resources that are distributed by the author at his discretion. At the end of each podcast, this will be acknowledged.

down-and-dirty, which is a stench in the nostrils of the living God—racism is witchcraft on steroids, practiced by warlocks and witches. It will discuss how religion (not Christianity) is one of its catalysts, the first use of the word

**Charles E. Pender, Ph. D, L.M.F.T. is a board-certified Psychotherapist with broad expertise. Dr. Pender is the past President of the American Society of Christian Therapists and the International Association of Christian counseling professionals. Doctor Pender has many years of experience in civil rights as President emeritus of an S.C.L.C. chapter. His approach to wholeness in psychotherapy comes from wisdom obtained in the owner's manual( The Bible. He gets right to the point for the emancipation and release of tensions. Thus, the defenses of Altruism, Anticipation, suppression sublimation, and, yes, humor will be comforted.**

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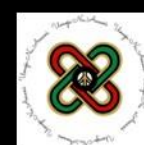
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# Dallas Collective Seeking Support for New Black Wall Street



Umoja Na Amani, which means "Unity and Peace" in Swahili, is a Dallas-based collective that is on a mission to create a safe haven for people of African descent. After two years of planning and organizing, we have realized the first phase of our dream. We have identified a parcel of land in the Dallas area where we hope to develop a community that is self-sufficient, safe and secure. The land is 40 acres, and it has two mules, which felt like a divine sign. What a great way to start this journey- getting what the federal government never gave us.

Our focus in acquiring this land is to provide a community that supports the needs of black people in America. The structure of this country has always been fear-based and one that's void of safety, access, or equality for its black citizens. Given the current climate of the world, we cannot ignore major themes like police brutality, sub par education and the dismal concern for our health in this system. Well, the tides are changing. Umoja Na Amani has taken responsibility for our own healing and ascension. We challenge you to do the same and focus on "self-reparations" for us and by us to create a strong structure by which we can all live. Our ancestors built this country and we, black people, have little to show for it. With your help, we can change that.

Our goal is to raise \$1 million to fund the first phase of our project. We need to raise at least \$500,000 to secure the land and the rest would support development



of the property. We have already verified with local officials that we will be able to use the land for residential, educational, recreational and agricultural purposes. We also have a commitment from the Texas A&M University Landscape, Architectural and Urban Planning Department to support our development. Now, Umoja Na Amani is turning to the community for help to secure the deed

and build on the land. We envision having one million melanated people sow into this community by contributing at least \$1 per person to have us reach our goal.

We do not have to wait for reparations because we have the means as a black community. According to the University of Georgia, minorities represent the larg-

est consumers with a collective buying power of over \$3.9 trillion. Blacks alone represent over \$1.3 trillion of those funds. As the original architects of America's foundation, there's no question that we possess the blueprint of how to build. Now we can pool our collective wealth to fuel this and future black developments.

Marcus Garvey was able to crowd fund at the turn of the century by providing an outlet for black people of all economic standings to see the power of their pennies in action. This practice of cooperative economics (Umoja) is a demonstration of the trust necessary for our healing. Our revered leaders have already given us our marching orders. Dr. King, Malcolm X, Dr. Sebi, and many others have given us the charge to create our own health, wealth, and safety.

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## How much is your freedom worth?

In support of black-owned businesses and to promote reciprocity, we have formed partnerships with black proprietors that are contributing to this cause. Yes, we are already building our Wall Street! Below are some of the members of this black chamber that have committed to practicing reciprocity through their contributions to Umoja Na Amani. Visit our website to find out more

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**Entertainment Editor**  
**Dr. Rebertha Pope-Matthews, Ed.D**  
 Actor, Educator, Performer, Speaker  
**STYLED to Empower with Dr. Bert**

**THE EMPOWERMENT THROUGH A MOTHER'S LOVE.**

*Greetings, Family*

*In this edition I share the Blessings of Empowerment In a very personal manner... And My Mother's Legacy Of Empowerment*

On March 10, 2021, in the still of the night, the closest and dearest human being, to my creation, received Her Heavenly Reward. **Evelyn Stephenson Pope Warren, My Mother.** My First Mentor, My Teacher, My Queen, My Confidant, My Best Friend, My Ride or Die, My Number One Ancestor, My Vessel of GOD'S Unconditional Love, had now transitioned HOME in the Illumination of Her Spiritual Realm. A Heavenly Reward, I continue to push daily to embrace.

**MY Mother's Legacy of EMPOWERMENT:**

To have known my **Mother** was to experience the Blessing of GOD'S Shining Light. Throughout her entire earthly season, **Mother's** Infectious Love **Empowered** every life she encountered. The importance of education and the mandate for academic excellence were instilled consistently in the home of **Mother's** parents. **Mother** attended Willis Hare High School in Pendleton, N.C., and graduated as the salutatorian and proud member of the class of 1949. While in elementary and high school, **Mother** was a member of the Drama Club and was afforded the opportunity of participating in theatrical events held at Fayetteville State University. **Mother's** first college selection was Hampton Institute, Hampton, VA. She was granted acceptance to Hampton Institute; however, she attended Shaw University in Raleigh, N.C. to reduce the cost of college tuition for her parents. While at Shaw Universi-

ty, **Mother** pledged Sigma Gamma Rho Sorority, Inc.; through this affiliation, she volunteered by supporting the campus and surrounding community. **Mother** loved Shaw University and expressed her gratitude for receiving her Bachelor's Degree in Education from Shaw in 1953. After relocating to Hartford, Connecticut, **Mother** earned a Master's Degree in Education from the University of Connecticut in 1967.

**Mother's** career began as a teacher in a one-room schoolhouse in Garysburg,



North Carolina. Before leaving the state, she proudly returned to her alma mater, Willis Hare High School, to teach students from her community. Unbeknownst to **Mother**, GOD'S Plans for her journey in Connecticut would uplift her as an amazing vessel to motivate and inspire people of multiracial ethnicities. In two school districts, Colchester and South Windsor, Connecticut, **Mother** trailblazed as one of the first Persons of Color to teach in their schools. For eighteen years, **Mother** was the only Black American to teach at Pleasant Valley Elementary School in South Windsor. In 1978, **Mother** moved to Baltimore, MD. In Baltimore City Public Schools, she continued to shine as an educator. **Mother's** tenure in Baltimore's schools, to include working at Malcolm X Elementary School, seg-

wayed into her retirement as a Reading Specialist from the district. Throughout the years, the evidence of the impact of **Mother's** intellect, graceful style, and compassionate heart has been validated that she will live forever in many of her students' hearts.

**Mother** was committed to serving others, and with a humble spirit and never-ending pleasant demeanor, she did. In her youth, she assisted at Macedonia AME Church and eventually became a delegate in the AME Sunday School Convention for many years. Shortly after moving to Hartford, Connecticut, in 1959, **Mother** joined Hopewell Baptist Church, led by the Reverend William McKissick. In this Branch of Zion, she worked with the Pastor's Aide, Youth Programs, and on the Usher Board. **Mother** was also a very active member of the American Businesswomen's Association, working on various committees to include the planning of their annual Cotillon for ten years. After leaving Connecticut, **Mother** resided in Baltimore County, MD. She joined New Shiloh Baptist Church under the leader-

Church, under the leadership of Jeffrey L. Reaves, Sr., Petersburg, VA. **Mother** was a member of the Pastor's Partners and continued to extend her ministry of Infectious Love.

**Mother EMPOWERED** her family! **Mother** was a faithful daughter and a proud big sister. She significantly impacted the lives of her loved ones. Many of the family conversations often included how **Mother** paved the way for each of her brothers and sisters to experience various opportunities as the result of her sacrifices. **Mother** remained very close to all her family members. Her incredible memory and wisdom afforded family the ability to know about extended family connections. **Mother's** time with family was priceless, creating memories that will forever be cherished. With family, this included: extensive travel, attending the annual CIAA Basketball tournaments, Jazz Festivals, Stephenson Family Homecomings, Willis Hare High School Reunions, and trips to Connecticut to attend the dance recital of her granddaughters. **Mother's** faith and love for GOD are unquestionable; she consistently reflected on HIS Goodness. Gospel classics, knitting, fried fish, cooked especially for her, scratching lottery tickets, daily telephone circle calls, reading newspapers and Danielle Steel novels and the sounds of Al Green, and many Momentous Times with me, are things that made her smile. Once **Mother's** friend, you could not let her go. Her friendship circle until her passing continued to be composed of people from every community she lived in. **Mother's** ability to maintain a never dimming light, through various valleys provides a deeper passion for me to act, create, produce, write, and most importantly, **Empower**. The life, laughter, and love of **My Mother, Evelyn Stephenson Pope Warren**, will continuously be an **EMPOWERING** force in my life and many others.

**My TNBUN Family, Thank You for taking this journey with me...**  
 Prayers of Empowerment through Peace, Wellness and Love



**Dr. Bert**  
 Writer - The National Black Unity News and BITTY Mag



**"We Remember 1619," My Spoken Word Release, Available Where All Music Is Sold**

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**Troy Mobley**  
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**MATRIX**  
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**WHY MATRIX CONNECT GROUP, LLC (MCG) STARTED AND DEVELOPED**

Over 25 in business working for several (Dex Imaging), Business Process Analyst (MaximusFederal). During these years I identified that small businesses were not being serviced properly and not getting the same level of Business Productivity Consulting as larger enterprises. Most times these were Disadvan-

taged and/or Minority Owned Businesses (MBE). Most times, small businesses did not have a marketing and printing strategy as well. Vendors are focusing on larger companies with big budgets.

In addition, we identified (SMB's), Entrepreneurs, and Solopreneurs were not providing any Healthcare Services for their employees, and many did not have coverage for themselves. The businesses that did provide health care were paying very High deductibles and/or Copays. This resulted in people not going to the Doctor. We partnered with a telemedicine company, one that MCG has utilized for 5 yrs. "MyTeleMedicine" is a HIPPA Complaint TeleMedicine Health Care Service (with prescriptions) (24/7) via video conference or phone, no matter where the patient is in the country. This service covers the Employee and their

entire family for only \$10 per month with UNLIMITED appointments. Having this Service is a great benefit to employees and is a retention tool as well. Call or email us for more information.

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# Just Think About It! *By Bill Goodin*

Dear Reader.

This letter, this article is personal. I am writing directly to you and for a very serious reason. As an activist for fifty years of my life, I have seen a lot, and I have done a lot. I have finally come to the open-minded conclusion as to why many of our struggles seem to never change: they never change



I am sure you have witnessed many people and grassroots organizations doing countless good deeds without rewards. I am sure you most likely know people who have given much and have gotten little if anything in return. When I say return, I am speaking in the terms of monetary, if nothing else, or other forms of recognition.

It seems as if those who are working tirelessly trying to make things better for others will always go unnoticed. They are never rewarded if they don't have a title attached to their names. Therefore, they are not in the status quo league. Why is that?

Let's look at the long history of activism and let's examine why so few rise and so many others fall. See, those who are with power and those who we perceive to be the ones on top have no intention

of empowering the bottom. Yes, a few of them will but that is because they have to.

It is the interest of the top to keep as many of us unpowered rather than empowered. See, the truth is that if enough of those who are truly working for proper change were empowered, then true change would happen.

Have you ever just gave true thought as to what would happen if the average citizen would start to empower grassroots organizations and individuals who are on the front line. If the citizens would start to see the benefit of empowering one another and stop waiting for those at the top to lift us up and pull us up.

When we attach capitalism to the system in which we live, it only works by keeping the masses without power. What happens when we empower ourselves and when we no longer have to beg those who are in power to hand something to others? I'll tell you what will

happen. We will see the true change that is for the betterment of us all.

Have you ever asked yourself the basic question and questions as to why is it that those with means will give more to those who have more than those who are without? It is the way to keep the powerful with power and at the same time to keep those on the bottom without power.

You as well and I and others could change this narrative. We do not have to wait and beg those at the top to empower us who are on the bottom, we could empower ourselves by simply giving to those who are working in our interest.

Yes, we have many years of reflection to witness that what I am speaking to you about as truth. Look at the conditions of our communities and the conditions of our people. Look at many who are working in our interest but are without resources. If we give them the resources, think about what they could do. I ask you to please give thought to this request so that we can empower ourselves.

## Value Of True Friendship

On February 28, 2017, my father passed away. He had reached the ripe age of eighty-nine. However, this article is not about my father, but it is reflections on some of the things he told me and taught me.

ryone does not see things the same neither do they respond the same. My father would always say, there are always lessons to learn and we never get too old to learn.

My father would always say, there are billions of people in the world, and even

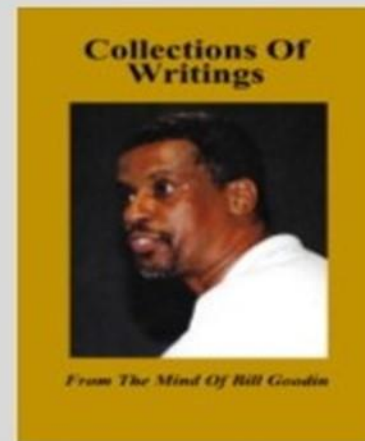
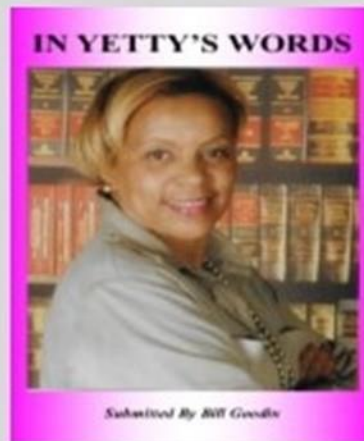
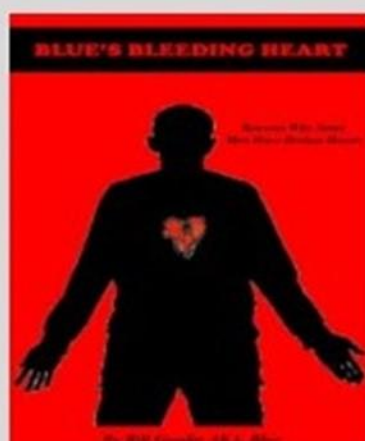
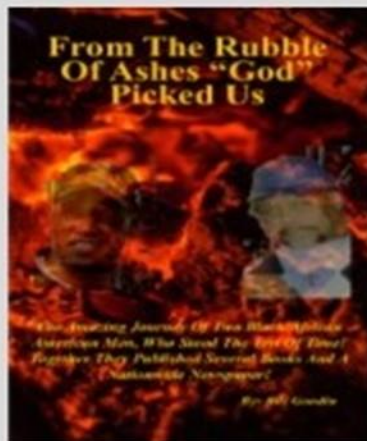
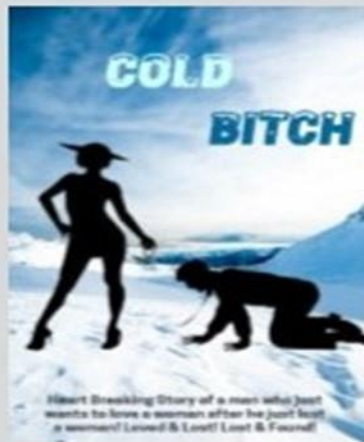
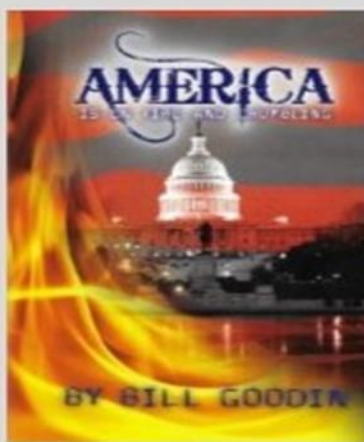
Of course, at the ripe age of sixty-eight myself, I have learned many of the lessons and yet I am realizing that I am still

learning. Just recently I have had to take a seat and reflect on the true meaning of true friendship. What is true friendship?

Again, it brings me back to the reflections of my father. Because everyone will not see things the same way and because people do not define things the same way, true friendship means something different to different people. Personally, for myself, it is an unconditional bond created.

I do not think true friendship comes with a price tag. When I say a price tag, I am speaking in terms of what I do for you, this is what you owe me. Anyway, this is just a short article to give thought to true friendship.

Bill Goodin



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# Slave Song – Uhuru on the Swahili Coast” By Haki Ammi



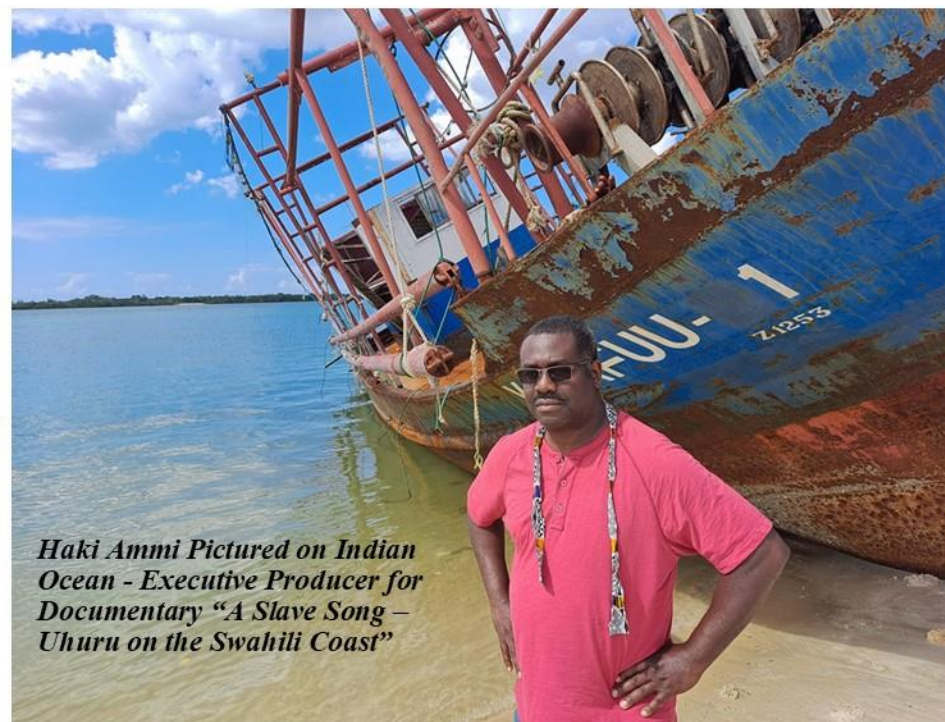
*Contributing Editor*  
**Haki S. Ammi**

*Success Scholar, Author, Organizes, Networker*

Bagamoyo, Tanzania On June 10<sup>th</sup>, 2021, I stood in the historic city of Bagamoyo, on the shores of an Indian Ocean that once watched as my people were forcibly taken to the East African Slave Trade capital in Zanzibar, Tanzania. In the same wave, my film crew; student leaders of the Bagamoyo College of Arts & College, were also visibly torn between capturing the scene and participating in the prayer being offered to pay homage to ancestors who died in the transaction. Still, an uncomfortable conversation for most or ancient history for others, today our “beach party” was not about the human cargo trade directly. On this day we captured the celebration of Africans in the diaspora who returned to delve into the story of Bagamoyo and its rich history in resistance, by planting a Red, Black and Green Flag to represent our freedom.

Under the leadership of spiritual guide Iya Mari of Ille Imole, the participants of the Teaching Artist Institute’s inaugural global learning initiative shouted praise songs and cheers as they waited for mother earth to give permission to be opened. Iya Mari, a Yoruba high priest based in Washington, D.C. announced to learners that she “had to communicate with the earth before a hole was dug,” before mother earth was what she called “opened.” Our crew captured this opening scene for my documentary “A Slave Song- Uhuru on the Swahili Coast,” that seemed to bring a new awareness of the significance in old relics decorating the streets as this young group of local Tanzania college students walk to class each day. Bagamoyo once the premiere port city of Tanzania’s economic activity and

most of East African was now a unnerving ghost of its form self. Founded at the end of the 18th century, though it is an extension of a much older (8th century) settlement, Kaole. During colonization, the trading post served as the capital of German East Africa and was instrumental in the Swahili language influence. Our documentary coming soon will feature stories from Bagamoyo, Zanzibar and the many African slave trade merchant decedents who led village raids deep into the interior of Africa; feed the beast.



*Haki Ammi Pictured on Indian Ocean - Executive Producer for Documentary “A Slave Song – Uhuru on the Swahili Coast”*

Back on the beach, the Red, Black and Green flag was covered in honey and gin, by African women wearing all white. These women I learned also served as global learning instructors for the TAI Summer Learning Institute hosting the ceremony. Iya Mari closed her

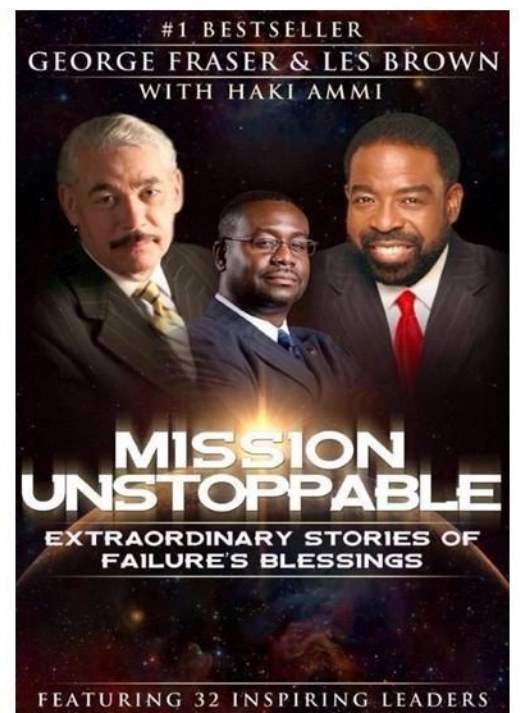
eyes and held her hands to the sky. She paused and requested a male. She called me from across the hole in Mother Earth and asked that I “hold the pole.” She instructed me to place the pole into the opened mother earth. “This pole is our flagpole and as our flag waves our prayer travels on the wind” she said.

In the current world some African Americans wonder what preserving this history has to do with our lives now? Many African Americans only know about the Transatlantic slave trade history and now must be told. In 2019 hundreds of thousands traveled to Ghana for the Year of Return. As we look around online Africans in the Diaspora are now more curious than ever to explore the Eastern Part of Africa. Tourist and researchers alike are coming to discover both the early origins of Humanity as well as the Islamic and the Arab Slave trade in East Africa.

era of their community history made me proud.

After the ceremony, our film team followed the group back to the Bagamoyo campus to hear a discussion with Mr. Khamis Mwinyimbegu, a descendant of an African Slave merchant Family. As a Former Diplomat to the Netherlands, he shared unique stories of growing up in Bagamoyo and traveling and living in Europe. As he beamed with smiles and grins, one of the Womb Work staff members Stevanie Williams asked from the audience “Are you proud of your family and their history.” Mr. Mwinyimbegu replied and said “It happened; we have to face that. That’s why we have to celebrate your return to Tanzania. We only took the best.” Other TAI Summer Learning Instructors did interviews with us after the presentation. Mama C “Charlotte Oneal, Iya Mari, Mama Rashida Forman Bey of Womb Works, Mama Ade Olomo, Angela Sayles, John Gambula, Omari Bey and Kim Poole. All shared stories from the Indian Ocean of feeling our Ancestors spirit and energy. The Red, Black and Green Flag which was founded by the Honorable Marcus Mosiah Garvey to represent all African people that were dispersed around the world was with us on this day.

Our next trip we will continue filming during the Fertile Ground tour October 11<sup>th</sup> – 23<sup>rd</sup> 2021. We will be featuring a scene from the Bagamoyo Arts Festival in which the Decade of Return will be launched inviting the historic Diaspora home to Tanzania for repatriation and investment across the country. We are pleased that our 2021 Maguful and Mandela East and South African World tour was featured on several media platforms including Black Enterprise Magazine. October in Tanzania and November for South Africa. Shooting this Documentary and working with more than 80 Students at 3 Universities was the highlight of my Summer on the Indian Ocean experience.



**Haki S. Ammi, Investor, Author and Networker. New Book is here Mission Unstoppable, Extraordinary Stories of Failures Blessings; Featuring Dr. George C. Fraser, Les Brown and Haki Ammi. Site will be up where we shall have all Investing Seminars, Classes, Workshops and Events. [www.successscholarhaki.com](http://www.successscholarhaki.com) Call 410-209-9687.**

# Healthy Village Coming Soon to Gwynns Falls and Garrison



(BALTIMORE – June 22, 2021) – Gas & Bass Enterprises, owned and operated by Dr. Larry Gaston, M.D. and Renwick “Renny” Bass, is demolishing two properties that have been a blight for years in this community and replacing it with a new, state-of-the-art “Healthy Village”.

Healthy Village is a collective of business entities housed under one roof, to include doctors’ offices, a holistic pharmacy (one of a few in the City of Baltimore), a standard pharmacy, a health-conscious café, a health-oriented, 60-seat restaurant, and nutrition outlets that provide fresh fruits and vegetables to the

community.

“We have been working on this for the past five years,” said Renny Bass. “Being a resident of Windsor Hills, I see the need. Also, being Dr. Gaston’s partner and understanding that he will be leaving Garwynn Medical Center after 38 years of public service, I did not want to see him leave.”

A dermatologist by profession, Dr. Gaston is one of the best in the city. He keeps his prices fair and his clients have been coming to him for generations.

Gas & Bass has already developed the

Shops at North & Charles and the Downtown Cultural Arts Center at 401 North Howard Street. Additionally, they have done renovation projects in multiples states, including Illinois and Pennsylvania.

“In our opinion, Healthy Village is a greatly needed attraction that will be a useful resource for the community,” said Bass.

**Donald Morton "Doni" Glover, CEO  
DMGlobal Marketing & Public Relations, LLC**

**Sign The Petition, Go To: <https://www.ipetitions.com/petition/healthy-village-coming-soon-to-gwynns-falls>**

## Healthy Village Coming Soon to Gwynns Falls and Garrison



Dr. Larry Gaston, M.D. and Renwick “Renny” Bass two Black men also pillars of our community has joined forces to bring much needed services, jobs and an upgrade to some of the blight to our beloved community! When so many other people take resources out of our community, we now have an opportunity to bring resources back into our community that is needed. There is always opposition when Black men come together to better ourselves! If you want to see healthy food services, healthy pharmaceutical services, jobs plus owned and operated by us then please sign this partition so that we can better ourselves!

**Thank You "CREATOR"** *Continued from page 3*

\$11,000. After those three months, we removed directly to another small organization, "The National Black Unity Newspaper".

As we, those of us who started this concept we knew the importance of those whom we help and those whom we lift, we knew it would be equally as important that they too would work with us to lift those who come after them. This is unselfish love and this is truly a pathway to lifting our communities and our people.

There is no way in this particular article that I could give thanks to all those who

have donated and those who have supported and encouraged us to go forward. Yes, us helping one another to gain some economic power. Us helping one another to give recognition to one another. For us to promote one another. For us to create a better pathway for those behind us.

Yes, I am asking each of you who read this article to be part of us lifting one another. Us not waiting on leadership to hand us anything. But us waving the flag just for us lifting ourselves.

*By Bill Goodin*

**A Clear and Unwavering Message** *Continued from page 3*

motivation. However, we found the appeal was not just with the older set and those disconnected from the net, but lots of young folks like the hardcopy just as well.

Again, only \$18.50 a year to subscribe to TNBUN and if not for yourself, get a subscription for someone you treasure.

It is way too many of you to individually name, but to those of you who have participated in making TNBUN a nationally and internationally circulated newspaper, Thank You. You guys have also developed a *kind and nurturing culture* among yourselves. And as an observer, I must tell you that the way

you interact is a beautiful thing to witness.

And to our readers, Thank You for your patronage and support. You also need to know that your feedback has been extremely helpful, highly informative, but mostly inspiring us to do more and be better.

In parting, it is an honor to be a part of this newspaper. For TNBUN has a clear and unwavering message and is one pathway to UNITY in the Black – Melanated – African American Community.

*Walter Eugene Dempsy Murphy  
Managing Director*

**Special Tribute to Black Fathers** *Continued from page 4*

years, beginning with my late husband, my children's father, and their stepfather, who were both men of honor and integrity when it came to our children. They shared their love through their wisdom, courage, knowledge, skill set, dedication, and commitment to being the best fathers to our children.

Unfortunately, there are multiple black men out there who will never get the recognition you deserve. That is why I have chosen this venue to publically salute each of you because: over the years I have admired how I have observed many of you, in the communities, who have toiled and struggled during your darkest days after surviving a long day's journey on a possible degrading job, how you have still managed to be looked upon as that shining light of purpose because of your participation as an involved caring father when you walk through that door of your home.

I appreciate your acts of guidance and your willingness to take a stand. I appreciate your moments of firmness – even when it is not quite understood. I appreciate your wisdom and your compassion that savors through.

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

I believe your goals and clear objectives have always been closely intertwined. By just observing many of you, as I commute, from time to time. Your actions demonstrate how the sharing of life as a real family, not only benefits them but also benefits society as a whole. Because your role-modeling actions shout volumes as it relates to sharing love unconditionally.

In closing, I would like to recognize an honorable corps of men, Black Men Unifying Black Men, who embody a Community-based organization dedicated to unifying black men coming together making positive changes for the betterment of our community and families. To you black dads, fathers, grandfathers, sons, brothers, and elders, I say: Thank you. Thank you for not allowing society to taint your vision of manhood. Thank you for caring more about our young soldiers by demonstrating that *you'* are more than just a good dad or

father. Thank you for showing these young soldiers the power of unconditional love. Thank you for showing how honest leadership leads to love. Thank you for being a blessing leaving a legacy of love for generations of young black soldiers who are yet to walk into their season of manhood.

Because of witnessing and observing your walk as masterful men of integrity, dignity, and nobility while representing as kings, I know now how God holds and molds each of you in the palm of His hands.

Your unyielding faithfulness and positive attitudes have been a blessing that has challenged and channeled other's motives and manners. Thereby, helping to transform the actions of many men, of all ages, around you. You have molded and exemplified the character we all need going forward - planting everlasting – liberating – spirit-filled seeds as you fulfill your journey. To that end, I celebrate all of you. Doing so, I am personally challenging all women who believe your companion represents the men who exemplify all the character traits described in this article, by honoring him accordingly:

- Accept him without shame.
- Compliment him, without reservations.
- Desire him without inhibitions.
- Encourage him without effort.
- Have faith in him without reproach.
- Love him without conditions.
- Need him without being demanding.
- Respect him unconditionally.
- Stand beside him with confidence.
- Support him without showing doubt.
- Trust him without questioning.
- Want him without restrictions.

Because to enable him to be what he ought to be without ever looking back to what he was – We' as the women in their lives also need to learn to celebrate them.

**Ladies, Allow Me To Leave You With This Thought:**

It takes a blind woman or man not to see the truth.  
It takes a fool to try to hide it.  
It takes a wise woman or man to face the truth.  
But it takes a real woman or man to provide it!!!!!!

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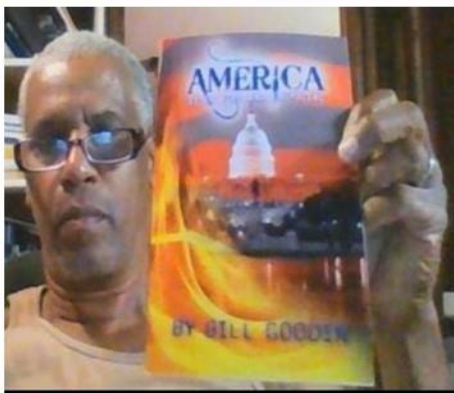
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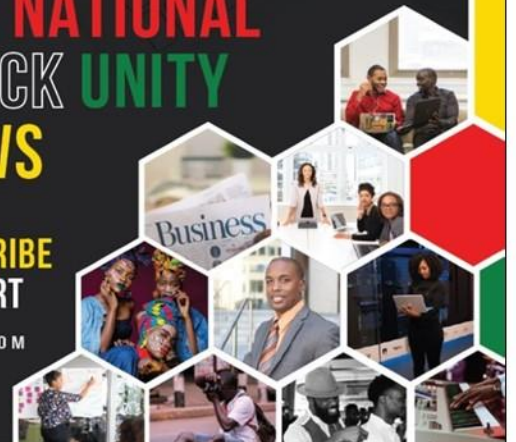


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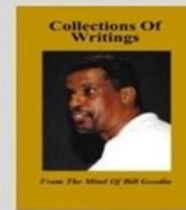
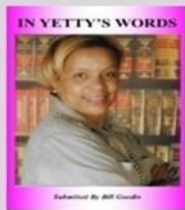
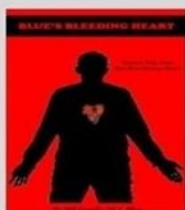
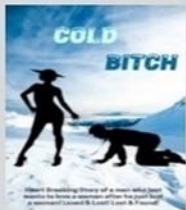
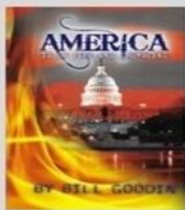
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