



# The National Black Unity News

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

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

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

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## The Activations Of An Activist: Featuring George E. Mitchell



Occasionally, you come across an individual who has the tenacity and the capacity to get things done! I met and watched a gentleman with the ability to innovate and initiate ideas that have benefited our community for the better. The person I am speaking about is **Mr. George E. Mitchell**. I have firsthand knowledge and I am a witness to the work this brother has put in! I am deeply encouraged that when a person makes up his mind to do something and they do it in spite of the obstacles! I am also encouraged by those who believe they can do it...that all things are possible!

When I first had the privilege of working with George E. Mitchell, a few community activists came together to start a program called "No More Excuses". George mentioned that there were no libraries in the Park Heights area of Baltimore, Maryland. George E. Mitchell spearheaded the charge and less than a year later, there were several libraries in Park Heights.

When speaking with George about all the accomplishments...he always gave honor to the teams of people who assisted him. "Without them there is no me," is the attitude George has when others pay homage to him. Here is a little more information about him.

George Mitchell's mother, Ms. Earles Mitchell, taught him the importance of helping young people. She maintained a

library in the basement of her home, so that kids would have a safe place to read and expend their minds. Volunteerism runs in his family.

Mr. Mitchell has served as Associate Eastern Regional Director for PHI Beta Sigma involved with project SADD - Sigma's Against Drugs and Defects. He started a very successful reading program in St Mary's County Greenview Knolls Elementary School. He started an after-school program at Langston Hughes Elementary School. With the help of a very dedicated staff of volunteers, he helped many of these children learn to be more self-sufficient and instilled in them hope for the future. He currently serves as President of both the Langston Hughes Community Action Association and Neighborhoods United.

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## Death Is Hard On The Living By Bill Goodin

Death is hard on those of us who have lost loved ones and yet because dying is a part of living, those of us who have not yet died must continue to live. In 3 months I have lost my wife and I have lost my sister.

The pain of losing people is one that can

not be explained, because how we each deal with grief will not be the same. I am only assured of one thing and that is despite the losses we have no choice other than to stand up and keep moving.

Witnessing people on their death beds is one ugly reality and yet, it is also an

interesting reality. Watching one prepare to die and how one embrace dying is lessons within itself for those who witness. My

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## Living History: Meet Matilda V. Gwynn (Mama Tillie)



The year is 1908, a mere one hundred and ten years ago. What a difference a century plus makes. Just think, more than 95% of all births took place at home. The average life expectancy was 47 years of age.

Only 14 percent of homes had a bathtub. Only 8 percent of homes had a telephone, which were all party lines, some shared by at least 5 families. There were only about 8000 cars in the entire United States. The maximum speed limit, in most cities, was 10mph. Gasoline was seven gallons for a dollar, stamps were two cents, a basket of peaches was fifty

cents, sugar cost 4 cents a pound, eggs were 14 cents a dozen, coffee was 15 cents a pound. The average wage in 1908 was 22 cents per hour making the worker's yearly salary between \$200 to \$400.

In the midst of all of these history making statistics came the birth of one Matilda V. Allen, *Continued on page 3*



## Black Men Unifying Black Men

Us Helping Us = Unity

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

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Plus More!

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**National Publisher**  
**David L. Murphy Sr.**

**Publisher, Entrepreneur, Organizer,  
Graphic Artist, & Strategist**

**The Glue That Binds & Unites Us!**

Have you ever asked the question, what is in the African Culture that makes us survivors of so much hatred and discrimination? We survived such harsh conditions that other cultures could not even imagine enduring! Even with the voyage of Africans to the Americas, our people have endured so much-poverty, discrimination, racism and numerous other attacks.

Throughout history other cultures have waged war against our race but we were resilient. Look at how we survived slavery and intolerance against us. In America and other African Cultures our traditions have been taken, rewritten and hidden from us and yet as Africans we survived and thrived!

Even though throughout history people hated on the original man. They tried to take our culture, history and self worth. Yet we stand, we survived, we even overcame the harsh conditions that no man should be in!

Have you ever asked yourself what is in the African Culture that gives us this certain type of swag, rhythm and nonverbal communication? There are all types of scientific studies that trace man history or origin. People have researched plants, insects, animals and humans on the variety of ways communication is used among life! People are learning how to use the airwaves for mass communication and other sources! Could it be in our DNA? Could it be a divine connection that the original man has?

Well just maybe the glue that binds us is Love that God put in The Original Man! That love is so deeply rooted in the original people that nothing can defeat it! Today we are confused, been lied to, and scattered all over the world. But when we hear, feel and see certain triggers like drum beats, swagger, and our mother's love we can identify with each other!

**The Glue That Binds us Is The Original Love That God Put In The Original Man!**



**National Editor & Chief**  
**Bill Goodin**

**Activist, Author, Publisher & Organizer**

**Just Offering My Perspective**

I am of the opinion that every living being should know how to read and write. I still think it is the most useful skill ever. There are many ways one could get these skills and it is not always just from the educational system.

Of course, let's be clear, I am in no way not stating that education is not important. It is indeed important and something that I think every parent should stress and push. It is not the end of the means without acquiring a high level though.

I am not going to discuss education too much because I do not want to take away from the perspective I am trying to convey and share. Reading and writing is the basis of a quality education. If one cannot read nor write, one will always have to have someone else to do this for them.

I have been very blessed to have written in several newspapers. Years ago I wrote a weekly article in the Baltimore Times, titled the "PAUSE OF THE CITY". I wrote this column for maybe a couple of years at most,

I have also have had articles submitted in many papers as well as journals throughout the country. Mainly St. Louis and Baltimore since most of my time has been spent between these two places. However, I have had some writings published in California as well as Chicago.

This may not mean much to many of you reading this but it is a reason as to why I am mentioning this. I was always honored and thankful to have vehicles to share my views and my perspectives. The feeling of being published has and always will be an awesome feeling and truly a reward.

Yet, there has never been a better feeling of writing and getting published in this paper. "The National Black Unity News." Since I have a close view of how many of these publications work and what has to happen in order to make them work.

This paper is different for so many reasons. One the content of the writings come from so many broad areas of expertise as well as perspectives.

If it was one way to describe the writings of this paper and the people who write these articles, probably battle tested

would be the best way. Some of the writers in this paper are doing fairly well while yet some of us are still street soldiers and in the trenches.

Of course, when it comes down to the bottom line, this paper like other papers, is still a business and to continue growing we, like any other paper, need readership and sponsorship.

Most of us have heard the old adage "if you do not believe me then see for yourself." I say if you do not believe me, then read for yourself and I promise, the wide range of information and perspectives will indeed reflect our communities and the issues of our communities.

It is great being a part of something that is totally about us. Yes, we are not writing to highlight the bad in our communities. Most of what is written is highlighting the good and trying to motivate, inspire and encourage.

Often the question is raised about where is our media and who controls it? This is part of our media and we control it. Yes, you, the reader, as well as those of us who are writing and supporting it, are in control.

I have heard and have often said it myself, get in where you fit in. You could be a part this publication. As a reader, as an advertiser, as an outreach source, making sure that others have the paper...and yes, even as a writer.

Constantly we are going to meetings and there are vigils and protest concerning the violence and as we look and search for solutions, right in our mist is a vehicle to help spread the solutions that we have embedded deep inside.

We as a people have to determine our value in what we have and what we do not have. From my perspective, this newspaper is much too valuable for us as a people not to take advantage of it.

This newspaper disproves the old saying "there is nothing but bad news in the media and in the papers," because that is not true. That's why we will continue to offer good news and worthy news. We will always try to motivate, promote, and inspire.

Years ago when I went into the Army they had commercials and etc. everywhere, saying "Uncle Sam wants you." Well, we at "The National Black Unity News" needs you. We need you to help us to save us and to rescue our future.

Again, there are a thousand ways you could fit in but it is always better for you to get in where you fit in best. Can you help us to help you? Can you help us to grow so that we could help others? Lastly, will you stand with us so that we can try to save us?



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

Vote...do it...or don't do it

Under normal circumstances, at the end of whatever topic I was sharing in my article, there would be a pitch to recruit new talent to partner with us.

Not so today. The subject I want to linger on in your spirit is your duty as a American Citizen.

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

You would think that the term "Freedom of Speech" means that a person can write or say whatever they want, to who-

ever they want, and whenever they want. Writing or speaking freely the words that comes from your head and your heart are to be shared and it is (as a citizen) a right. Say what you want, but you must be very cautious about what is called "unprotected speech".

Voting is the one true voice a U S citizen has in their local, state, and federal government. The individual vote speaks louder and clearer than any words she or he ever said on subject. Casting a vote in any organization is an honored ability.

Voting for the Laws, Rules, Regulations, and Customs that governs a community effects that community in lasting ways. If you are U S Citizen, 18 years of age, a current resident of a state or U S Territory, and not in prison or on parole for a felony conviction, you are illegible to vote.

You owe it to yourself and your community to be heard. And here is just one reason why. Our Supreme Court decided in 2013 to take away one of the main provisions in the Voting Rights Act of 1965, which required federal approval on any state election law.

As important and personal as voting is, many Continued on page 27



Editor:
Dr. Barbara Watties
The National Unity News

Living History: Meet Matilda V. Gwynn (Mama Tillie)
Continued from page 1

born September 18, 1908 in a small town called Hudgins Mathews County Virginia. In November 1908, Prosser Allen and his wife Fannie Jacobs Allen moved their 7 children (Edith, Mary, Sarah, Edward, Peter, Rosa and baby Matilda) into a 6 room farmhouse on one acre of land he had purchased for \$50.00 from Mary Winder and her husband E.B. Winder earlier on March 12, 1907.

After the family settled in the home, the old county post office was moved to the property, added to be used as the family kitchen and dining room. Later on the bedrooms and sitting rooms were built by Prosser Allen with the help of his two sons Peter and Edward. Today, still standing, the family home is also 106 years old. Being the youngest of seven children did not take the spark out of this vivacious

baby girl. In fact, she quickly took over the reins of life with her insatiable appetite for learning. In those days school was not available for colored people, so Matilda spent hours teaching herself how to read and write. Because of her strong will, self-discipline and self-confidence, at an very age, not only was she astute but she was also poised and well spoken.

Although she loved all of her siblings, there was an especially strong bond between her and her sister Rosa. In spite of the fact that Rosa was older, by four years, Matilda became the dominate force between the two of them. Nonetheless as the years progressed so did the strengthened nature of their bond.

The years rolled by quickly and Matilda was now 17. It was then she met and married "Pop Gwynn". For many reasons the young bride was not content in the marriage so she decided to follow her sister Rosa to Philadelphia. Once there, after finding an apartment, the two sisters became inseparable.

Matilda came to Baltimore in the late twenties where she became one of the founding members of Gethsemane Baptist Church which is now located at 2520 Francis Street. Having previously sung with a gospel group called the Treble Clefs where she was well known for her high 1st soprano voice range her union with the church led her to join and serve as a member of the Senior Choir for more than 50 years. Her years of service also included helping to prepare and sell dinners, to help with the maintenance of the church, for more than 20 years. By example, she has also taught the younger generation of women the art of being a good mother. Understanding that every aspect of the work of the church needed prayer, Matilda found the need to also serve as a prayer warrior, like the prophetess Anna, "which departed not from the temple, but served God with fasting and prayers night and day (Luke 2:37)" during the time of the birth of Christ.

Even in the earlier years Matilda had an impeccable Continued on page 25



National Sales Director
Aaron Gray
Professional Sales & Marketing

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

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

whomever has a desire.

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

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

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

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

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

Aaron Gray
443-996-8245

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LAW AND JUSTICE

One of the classic tenants of faith, is that it is an environment, where a vacuum cannot exist. In studying theology, I learned that there is no such thing as an absence of belief. We all believe in something. By definition even the belief in nothing, or the belief in the absence of anything, is a belief in something; its absence.

There is no escape from belief. One can deny and not recognize their belief, but denial is poor camouflage for the belief for which it attempts to obscure.

Like faith all actions and inactions have consequences, the failure to act can be as beneficial or detrimental as any action that may be undertaken. The failure to serve on a jury, to report a crime, to comfort a victim can be as damaging or

as helpful to a community as any affirmative undertaking to participate in a jury pool, speak out against criminal activity or comfort those who have been injured.

I have always asserted, that the law and the justice system is nothing more than an exercise in politics; a manifestation of the current political and societal values of the ruling elite.

For the benefit of this analysis, I will separate the law and the justice system into two separate concepts. First the Law, as written. The Law as written is aspirational. We revere it. Biblically, it is manifested as Moses coming down from the mountain top, with tablets of stone. The justice system is the law as applied, it is fallible and corrupt, subject to petty prejudices, bias and manipula-

tion. The law as written says that there should be no difference between the fate of Bill Cosby and Harvey Weinstein, or for that matter Donald Trump, they should all be doing at least three to ten years in prison. The law as applied has Cosby in prison, Weinstein at Home and Trump, in the White House.

Now as a community, we have two choices, we can deny, obfuscate, avoid and dismiss this reality or we can confront it. Either option action or inaction has consequences, for our community our children and ourselves. What we cannot do is escape it. No matter how successful, wealthy, creative, industrious, ambitious; no matter how closely you adopt the mannerisms, ideals, values and culture of the dominant society; our community remains ostracized on the outside. Black is still Black in America.

Denial is acceptance, if we accept second class status, if we accept less than the bounty that the good Lord has put on this earth for our benefit to share with all people and all races, then we deserve the justice system as it is. This is our reality and by inaction we cannot escape the consequences of poor schools, poor services and second-class citizenship and the hands of those who kept our ances-

tors oppressed and would keep us and our children in a perpetual state of servitude.

The good news is this, we have a second choice, that of action. Each one of us can make a positive change. No system, no society no human endeavor is static. To live is to change and too grow. The law and the justice system by nature are growing and evolving everyday. We must capture this grown channel this change and direct it for the benefit of our community.

How is this accomplished, step one is to get up and vote. We cannot as a community or as individuals avoid voting. All our actions are casting a ballot. Not voting is as much of a vote as going to the pools and pulling the lever for a particular candidate. Let me repeat this there is no act of not voting, if you fail to act by definition that failure is a vote and in our circumstance it is a vote for our oppressor. Secondly, get out, join a community organization, get involved ask questions and seek answers.

Two simple steps, by engaging in these two acts we begin to throw off our shackles and liberate ourselves by asserting control of our destiny our community and our children. This we must do!

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



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

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

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**National Editor  
Wayne Randall  
Financial Consultant**

**'Tis the Season**

Greeting's to you all. Let's keep our forecast bright. Much has changed now that the children are back to school and the holidays are right around the corner. There's that ever pressing need to start managing your monthly cash flow. The thought of the season coming can be frightening to some and overwhelming to others. Many of us have seen our share of holidays. We know it's coming like it does every year.

So, depending on your approach and if you implement a plan you, won't be over overwhelmed. As you will see in my video I've applied a straight forward approach that can be very cost effective. The first of the month can be a dreaded time for most of us. Just the thought of having to pay your major expenses can be stressful. That's why I addressed this issue because it's something that we all deal with 12 times a year. With that said, we must master a concept when it comes to how we are going to handle cash flow.

Not only do businesses deal with this on a regular basis, but regular everyday people like you and me have to deal with it. The principle is the same though the concept is different from a business perspective because the entity trying to make a profit. When in turn, you're just trying to manage your funds, so you can set some target savings goals. Which can be very rewarding even as you set short term goals that turn into long goals. Whatever, your objective is and if you equip yourself with the right tools, you can achieve it.

One of the keys to your success is having financial discipline. Everybody wants things, but is it the right time for it? Ask yourself the question do I have it in the budget? Especially, big ticket items such as buying a house, buying an investment property or new car. Obviously, it would be advantageous to make the investment over buying a car. Since, we know that certain investments will

appreciate unlike the car that will depreciate the moment it leaves the lot. At least with the right investment you will see a Return on Investment (ROI). Here's where planning, timing, and using the right approach can yield great dividends/results.

**Tip**

So, at all cost try to avoid the pitfalls of excessive credit card use. Don't get me wrong I'm not saying you shouldn't use it. Here's a few tips when flashing your plastic. For example, making a reservation's, buying plane tickets, online purchases, planning a vacation to name a few. These are few places unlike using it like your bank card that would be helpful to keep in mind, so you don't max it out. That's where the slippery slope begins that can be very difficult to recover from. Sometimes, well into the New Year. Which you want to avoid at all cost! Well, of course you want to enjoy the spontaneity it's the holiday's. It's the most wonderful time of the year! Especially, with all the commercialism, advertisements, and festivities going on, anyone can be distracted and caught up in all the hoopla. Since, were only human, we tend to be attracted by our senses with the help of subliminal seduction by the media and large chains stores making their selling points. From everything under the sun certainly somethings going to be on your street.

As we all know things are design to

appeal to our desires intentionally. It's a lot to compete with specially from a psychological point of view. That's how they get the message across and it's been working year after year. "If it isn't broke don't fix it". As the adage goes that's why more than ever you must remain calm and keep your wits about yourself. The design is one of perfection it never veers off course and always hits its mark. Well, that's what it's forecast to do by the Q1 of the year analyst will be making comparisons to the prior year's sales. From a consumer's perspective we need to set spending limits. For the most part start early and use the miscellaneous category I spoke of in the video to help you track your holiday spending alongside your regular expenses. By using this approach your target savings goals may lower during the holiday season, but you can resume where you left off after season the is over.

As always, I greet your enthusiasm in partnering with me in this section of The National Black Unity News in helping people reach their financial goals. If you want to contribute some information or promote your services contact me, I welcome you. In the coming months I'll be adding some more useful video content to better assist you in your financial journey. Make your voice heard and take a stand...use your right to vote in this upcoming election. Change can only happen when we act!

**Wayne Randall  
Financial Service**

Enlightening The Black Community:  
Financial Food For Thought

The Importance Of A Month To  
Month Budget

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

Participating In Your company's  
Retirement Plan

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

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**Business Consultant  
Lila Arthur  
Financial Analyst**

My name is Lila Arthur born and raised in South Jersey. I am the baby of 8 children and the mother of two.

I am an Entrepreneur and have been self employed since August 2006. My first love is Finance, I am a licensed life Insurance agent and certified in debt elimination. I also help families with fixed annuities and soon will be licensed to invest funds for children college plans and retirement.

I have a goal to help 25 families a month either earn additional income, save money and become property protected.

Too many of our loved ones are passing without the right type of protection, either they don't have any at all and leaving final expenses and children to be cared for as a burden to someone else. We can never replace the person but we can replace the income they brought into our lives. My second baby is Arthur Cleaning Service.

This was started by helping someone else with their business. When you put your time in with serving others God will turn round and bless you abundant-

ly.

I do residential and commercial cleaning, I love to see a finish project. The goal for this business is to build it and leave it to my son and leave the finance business to my daughter. I do what I do for my children I work hard so that they have a legacy to pass down to their children. My heart is to help others, in providing for their families via the knowledge and the income.. Freedom is possible if you keep learning and fighting for your deserved portion.

If you're like many people, you're in the dark about your finances. You pay your bills each month and do your best to prepare for the future. But the truth is, there's only so much money to go around and preparing for the future can be overwhelming.

One of the most important building blocks in establishing a firm financial foundation is determining the difference

between "wants" and "needs." Sounds simple, doesn't it? A "want" is something you don't require for basic survival and a "need" is something you must have to live. Yet, sometimes it can be hard to tell where a "want" begins and a "need" ends - especially where immediate family is concerned. Financial health is all about the choices you make over the long term.

I like to help families better understand their personal finances, I offer the Financial Needs Analysis (FNA). The FNA gives a detailed overview of your current financial situation and suggests a personalized strategy for your financial security. The FNA is complimentary, confidential and customized for every family.

Give me a call and let's talk! I believe I can help you and your family. I am willing to take the time, the question is are you ready?

667-231-0819

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**YOUR JOB**  
AT THE BOTTOM FOR MORE THAN 25 YEARS OF YOUR LIFE  
**"No Thanks!!! Looks Like A Pyramid Schemell!"**

*"If you don't build your dream someone will hire you to help build theirs."*

Over the years, Primerica has worked to help families from different backgrounds take control of their financial future. This commitment has allowed our diverse representatives to earn the trust of countless families - just like yours. Wherever you come from and whatever your background, Primerica gives you the chance to start your own business and build an extraordinary life.

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

**Lila Arthur**  
667-231-0819

**A HISTORY OF DIVERSITY**

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.

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.

**Lila Arthur**  
667-231-0819

To find out how Primerica can help you create a better life for your family, visit us at [primerica.com](http://primerica.com).

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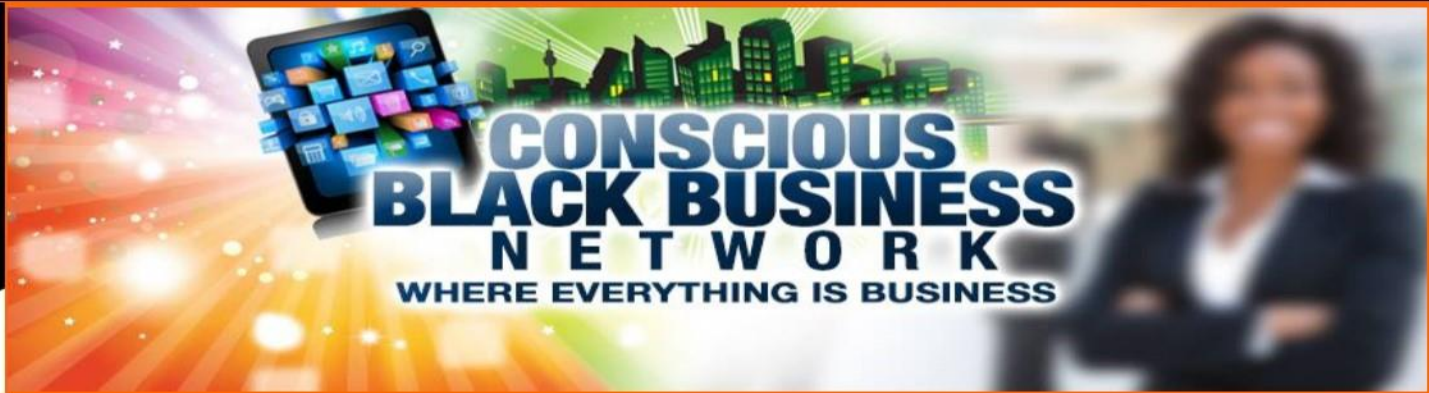
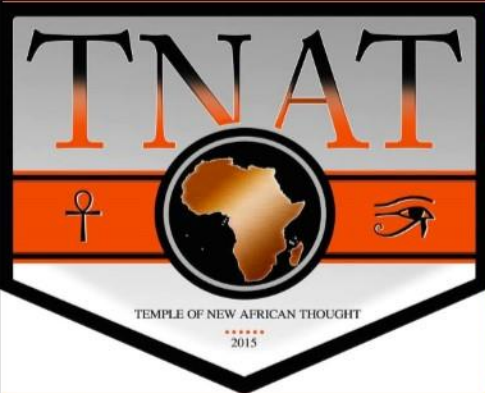
You work hard, pay your bills, and save when you can. The difference between just getting by and getting ahead could be in the palm of your hand! With a Primerica Financial Needs Analysis (FNA), you'll have the information you need to examine your financial situation up close. By working together with one of our representatives, you'll learn time-tested strategies for helping you achieve your financial goals. With your personalized FNA, you'll discover how to:

- Pay off credit cards and loans efficiently
- Build savings for retirement
- Build savings for education expenses
- Provide for your family's financial security

Contact a Primerica Financial Services representative for a complimentary FNA and start living a better future today!

**Lila Arthur**  
(667)231- 0819

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<https://www.facebook.com/lila.arthur>



Mr. Dennis "Ausar" Winkler, Jr., MS, LGPC, NCC is a Psychotherapist, business consultant, entrepreneur, minister, spiritual consultant and success coach; who has served his community since he was a youth. He has lectured at countless seminars, and workshops. He has been a servant to many individuals, groups, couples, families, and organizations in the progressive development of the traditionally overlooked and disenfranchised, namely of African descent. Mr. Winkler's mission is to equip individuals with the tools necessary for self-actualization, building stronger families, communities and businesses.

As a therapist and consultant, Mr. Winkler's ideal clients are those who are seeking to know themselves better, live a

more fulfilling life, better deal with professional and personal relationship issues and those who are in pursuit of starting, maintaining, or elevating a business. Mr. Winkler is passionate in working with individuals, couples, and families who are or have been anxious, stressed, depressed, and/or having had experienced trauma. Mr. Winkler approaches counseling holistically. He utilizes talk, drumming, meditation, tai chi, chi gong, music, cinema, and different forms of literature, as mechanisms to engage clients in the healing process.

Mr. Winkler is the founder of the Temple of New African Thought (TNAT), which is an African-centered ministry that provides a comfortable and accepting atmosphere where individuals can

commune, heal, explore, and self-actualize individually and collectively. TNAT ministers in the following areas: social-emotional, educational, financial, psycho-spiritual and cultural.

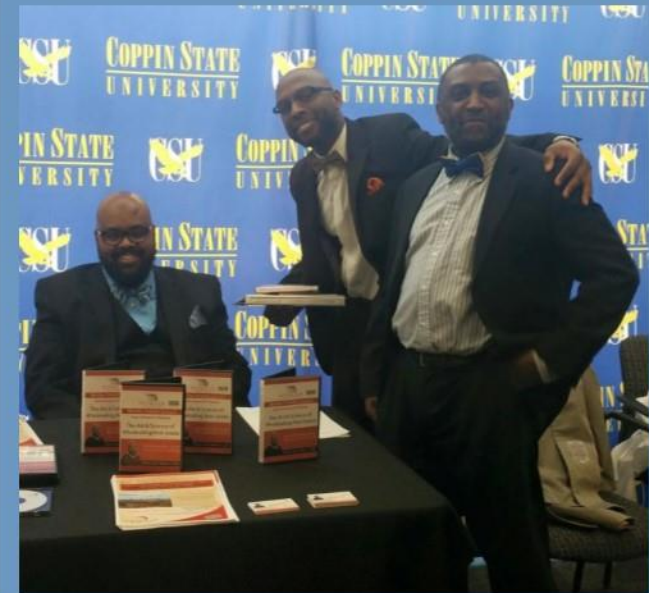
TNAT's vision is the realization of a politically strong African community wherein healthy, financially stable, and knowledgeable African families reside.

For more info on the TNAT, please visit our website at [templeofnat.org](http://templeofnat.org)

If you would like to consult with Dennis "Ausar" Winkler or have him speak at your next event, please contact him at [DennisWinkler@icloud.com](mailto:DennisWinkler@icloud.com) or call

443-333-2970.

## The Journey Has Just Begun!





# DENNIS WINKLER

M.S., LGPC, NCC, PSYCHOTHERAPIST, PASTORAL COUNSELOR

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

**What If...You consciously choose POSITIVE?**

How does your life change? CHANGE. There's that word that so many people are afraid of. That word represents possibility, potential, difference, unknown, fear, uncertainty, work and a host of emotions that fuel the energy generated by the thought of change.

So what! You are worth the work you will have to do and will be the primary beneficiary of the reward you will receive if you just take the leap of faith and jump into changing the things about you, you already know you need to change. The possibilities for you and the raising of the quality of your life are only restricted by your own limited thinking. Imagine that! Are you the reason you can't or won't change your mind? **Put your mind out!** Out of the box it lives in. Force your brain to engage just one percent more of its capacity today than it did yesterday. Who the heck is in charge here anyway? Make each moment a "yes moment" and choose your smile over a frown. Choose to listen instead of arguing. Choose to

begin your day with a kiss on the lips instead of a slap in the face. Choose kindness over indifference. Your potential is immeasurable and not realized because you choose not to recognize it! Wake up! **You are AMAZING!** God has given you a contribution to the world that only you can give, however, there is no need for someone else to tell you this if you refuse to acknowledge it in yourself! It all starts with what you think of yourself and your own talents and gifts. We are all talented or gifted in some way. Embrace the idea that you are so much more, because you are!

It's okay to start small. Do something different today. Do not despise the day of small beginnings. Today, ladies, get your wig right, put on some lipstick and wear some perfume. Take off the sweatpants and the tennis shoes and replace them with a sundress and some sandals. The twinkle in your eye will grow with every compliment you receive. People will notice and the atten-

tion you get will fuel your desire to do it again. Men, trim your beard, and put the Billy-goat to bed. Trade in your T-shirt for a button-down shirt and pull up your pants. Mist on a **LITTLE** cologne (notice I did not say bathe in cologne) and watch the heads of the ladies turn and the smiles that appear on the faces of your boys as they take notice of these subtle changes in you. Your confidence will receive an unexpected boost and your spirit will rise with the tide of the positive energy you're feeling too. Surprised? I don't know why. It has been there the whole time, just waiting for you to show up!

Somehow when we don't choose positive, things get in line to go wrong. Oh, but when we do choose positive, the things that bother us begin to shrink. The more we choose positive, the more the negative begins to fade. It will rebel at first, the negative will, because it has been in charge for a long time. **BUT** then CHANGE showed up and put **POSITIVE** in charge! Napoleon Hill once said, "If you do not conquer self, you will be conquered by self." We can either **feel** our way to imprisoned thinking or **think** our way to unfathomable freedom. You **must** get out of your feelings and take control of your mind. Stop talking about the Lord will make a way if you have no faith! Faith is what the Lord uses to build the road you will travel along. No faith, no road, and that is a choice, not fate. So what, you are uncertain of the

plan for your life. Who comes to this life with a play book?

Barack H. Obama did not have a play book. Nor did Spike Lee, or Oprah, or Reginald F. Lewis, or W.E.B. DuBois, or Maya Angelou, or Harriett Tubman, or Sean Combs, or Maxine Waters, or Shirley Chisholm, or Coretta Scott King, or countless other ordinary people who accomplished extraordinary things with their lives. **They all did manage to do one thing.** They accepted the challenge of change and all chose positive, possibility, potential, work, fear, unknown, and difference. And look where they all landed, giving us role models and examples to follow to achieve our own extraordinary things. They were all babies born without a play book and were ordinary people who did the work to develop into world renowned sought-after leaders because they believed in the positive and embraced the change. You already know what you need to know to get to the next level. You know you are smart enough and you know you are strong enough. What else do you need to get started? Don't worry, whatever else you do need will reveal itself along the path! I say let's get out of our own way and embrace change too! The longer you procrastinate and waste time, the longer it will take to achieve the success that has **YOUR** name on it. So, what you gonna do? I pray you choose positive, and I'll see you on the journey!

**One Good Reason To Vote**

This information has been floating around the internet for quite some time. I do not know the author, but now that the time for me to apply for my Social Security retirement payment has come, this really got my attention. The Social Security check is now (or soon will be) referred to as a "**Federal Benefit Payment?**" What the hell? I was asked by a good friend to share this information with as many people as possible. Honoring that request I am sharing with you in The National Black Unity News paper. I am sharing it because it strikes a nerve in me, and I hope it will in you as well. Please keep passing it on until everyone in our country has read it. It's election season and time for our elected officials to pay attention. Most seniors, these politicians represent, depend on Social Security as their sole source of income or a significant contribution to their household income that they cannot live well without. Understand that as a member of the American workforce in the United

States, they are stealing from you every pay period!!!

The federal government is now referring to our Social Security checks as a "Federal Benefit Payment." **This isn't a benefit.** It is our money paid out of our earned income! Not only did we all contribute to Social Security (whether we wanted to or not) but our employers did too. It totals about 15% of our income before taxes. If you averaged \$30K per year over your working life, that's close to \$180,000 invested in Social Security.

If you calculate the future value of your monthly investment in social security (\$375/month, including both you and your employers' contributions) at a meager 1% interest rate compounded monthly, after 40 years of working you'd have more than \$1.3+ million dollars saved! This is your personal investment. Upon retirement, if you took out only 3% per year, you'd receive \$39,318 per year, or

\$3,277 per month. That's almost three times more than today's average Social Security benefit of \$1,230 per month, according to the Social Security Administration. (Google it – it's a fact).

And your retirement fund would last more than 33 years (until you're 98 if you retire at age 65)! I can only imagine how much better most average-income people could live in retirement if our government had just invested our money in low-risk interest-earning accounts.

Instead, the folks in Washington pulled off a bigger "Ponzi scheme" than Bernie Madoff ever did. They took our money and used it elsewhere. They forgot (oh yes, they knew) that it was **OUR** money they were taking. They didn't have a referendum to ask us if we wanted to lend the money to them. And they didn't pay interest on the debt they assumed. And recently they've told us that the money won't support us for very much longer. Well, I have a solution. Put **OUR** money back where you got it from!

Taking things without permission is a chargeable offense. It's called stealing! And now, to add insult to injury, they're calling it a "benefit", **as if we never worked to earn every penny of it.** Just because they borrowed the money doesn't mean that our investments were a charity!

**We must take a stand. We have earned our right to and paid for Social Security and Medicare. Demand that our legislators bring some sense into our government. This is a critical time to make your voice heard!**

Find a way to keep Social Security and Medicare going for the sake of the millions of Americans in our country who need it. **Then call it what it is: Our Earned Retirement Income. If you are still looking for a reason to vote, I'd say that this is a pretty good one!!!**

Let me know what you think.

Fran



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

WHEN GOD MOVES!!!

Recently, I had an awesome opportunity to meet Monique Smith, the author of "I am the Ancestor". Monique's book tells us of her life as a living, unidentifiable person. When Monique was at the assumed age of 29 years old, she discovered that the woman who reared her, is not her biological mother.

Monique shares how under this woman's care, she as a child had been molested, raped and brutally beaten, which caused her on several occasions to be hospitalized. At one point she almost died.

It was only as a young adult when Monique attempted to become an entrepreneur did she find out that her entire life was a lie. Because of the states law, she was required to submit certain pertinent information needed to start her business. When she asked her mother for information, such as her a birth certificate, her mother could not provide it.

No matter what Monique suffered, there was something in her that caused her to fight for her identity. Monique then requested documentation from every municipality known, such as Board of Edu-

cation, Department of Social Service, and even her Baptism Certificate. The results that came back was confusing because there was inconsistencies in all three documents. Monique's name, birthdate and place of birth was different on each document. It was then discovered that the woman who reared her gave information that was on all the same three documents.

These inconsistencies through Monique into another world wind. Through all of her suffering, it was her belief in God, that caused her to become determine to use her life to help others. Monique believes that we each, have a responsibility to make a positive difference in the lives of others. She said, "Social awareness is one thing but, to act on it is Lifesaving." Practicing what she believes has led her to reach and support others who have been adducted, exploited, and those in human traffic. Her advocacy work is noted and supported by the National Center for Missing and Exploited Children (her case number is1281290), as well as, the Maryland State Human Traf-

ficking Task Force and (NAMUS) The National Missing And Unidentified Persons System.

This work is so great that Monique is asking all of us to support in someway. We can join her efforts by placing her link, (known as: Monique) on any of our social media platforms: such as, our Face Book, Instagram, or Tweeter pages. This would support and help recovery efforts of any child or person missing.

I have only told you a part of Monique's story.

Please don't forget to purchase Monique Smith's book, "I am the Ancestor".

This is what happens "WHEN GOD MOVES".

God has done something special, remarkable, in your life. We need each other. Please share your story with us.

Rev. Theresa Mercer: 410-365-7101

Your Health, Your Business

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

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

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

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

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

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

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

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

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

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

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

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

The Prayer Line Chapel





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

**With G'ds name the merciful benefactor the merciful redeemer  
"A rose is still a rose"**

We began by asking G'ds help. "Highly glorified is he the most high, and we seek refuge in him from the rejected one, the enemy to mankind. We ask G'd Allah to bless Muhammad, and the followers of Muhammad, as you bless Abraham and the followers of Abraham, highly glorified are you.

Shura is a term that people around the globe need to be familiar with, because it's been very successful on the world scene for over fourteen hundred years. I was in Medina, Saudi Arabia, in November 2017, and what a great city. Jews, Christians, and Muslim all operating businesses and competing against each other in good faith. Crime is not tolerated, no fear, just strong respect for each other's cultures. Many of our communities need something similar so that we can began to change our community. Shura is a process of government that guaranties every person present in, "good standing" has the right to give their opinion and their logic. Where the

majority rules. There is no theocracy, or board, or dictatorship controlling your life's boundaries or aspirations. Any person or group that represent are accountable to the members of that community or society. All matters of state, or community are decided by mutual Consultation. When you go to these big citywide meetings as one person, you are not representing in good faith your community. Let's be real. If you would work in good faith, Allah would help you with good citizens, well prepared to stand for what's good.

Prophet Muhammad who lived in Meccah, Saudi Arabia over 1400 years ago and was being persecuted by his fellow Meccans, refused to give him rights as a citizen of Meccah. Yet that was his home for many years, and he was well known and respected for his great character. Muhammad never followed their G'd, he never practiced paganism or idolatry. Muhammad received revelation from G'd that declared that he was a free

man in this land and he had right's that was guaranteed by G'd. All men and woman have rights that were guaranteed by the creator of everything. So why do we give up so easy? Maybe it is because we as a people will not dig our community foundations deep enough and strong enough to withstand blows from the acidulous nature of the blockers, who have institutions and strong fake culture behind them. It is in some of us, our families, and all the way the highest level of industry and governments.

We have first to establish some models of civic community life that wants to take the high road. What is the high road? First we need law & order. Security to patrol our neighborhoods. Serious minded, well trained people who are accountable for their responsibilities. This kind of thinking is not for playful minded people or fad chasers. Independent societies have always had to get rid of the criminal elements before they could grow. We are no different from any other people on G'd earth. We need our own dollars to begin with. If you are serious, you have to begin in infest in your community, with real people, who are ethical and truthful people. We are going to teach our young people what it is to be civic minded before the dealer of corruption gets to them. Our communities are feeding grounds for floating fad's, drugs, pornography, any forbidden or illegal merchandise from everywhere.

Surah 3 Ali Imram verse:104...let there arise out of you a band of people inviting to all that is good, enjoining

what is right and forbidding what is wrong. They are the ones to attain facility.

This word Khay-ree's strongest meaning is excellent even though it is translated as good, and it says all that is good or all that is excellent and forbidding all that is wrong. There should be no shaky characters in this community or its leadership. If you are shaky, then you should move to the rear, out of site. You can still help your community, G'd blessed you. There is another special word here that is translated as right mo'ar'u fe ". In Arabic the root word is 'a ra fa , in English this word could come very close to sounding like Aretha, as in Aretha Franklin, the queen of soul. When the Muslim go for Hajj during the ninth day of hajj, they go to Mt. Arafat, to meet and greet all the different peoples of the earth. This is soul touching. So deep that when I realize that Aretha had passed during this sacred time. There are over 1.5 billion Muslims. That is one out of every five human beings that live on this earth. I left this earth, I was for in a short time in paradise with the Queen of Soul, and many Hajjie's. "G'd is great!" When listening to the spirit of the music that came from the soul of Aretha Franklin, from what I know only G'd could make a thing like this happen. She made me feel so good. All we need is "the do right men, and the do right woman". "Come baby girl, a rose is still arose, Baby Girl you're still a flower".

**Imam Bilal Omar, Your Brother in service to humanity**

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

**MERRY CHRISTMAS**

*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 John 3:16*

December 25<sup>th</sup> is the day that most of the people in the world celebrate Christmas. Christmas was originally the designated day to celebrate the birth of Jesus. Now, it has become a commercial selling and buying tradition when we buy expensive gifts, wrap them in decorative coverings, and give them to special people. Then, we are viewed as special and are honored. Allow me to go back to the original meaning of Christmas and the significance it holds when I

say to you *Merry Christmas*. What do I want you to visualize in your mind's eye when I say to you *Merry Christmas*?

When I say to you *Merry Christmas*, I want your mind to go back to over 2000 years ago when a baby was born in Bethlehem, not in medical facilities such as Johns Hopkins Hospital, University Hospital or other birthing centers; but, He was born in a stable in unsanitary conditions. His name was JESUS! He was

not covered in beautiful silk and placed in a nursery; but, He was wrapped in swaddling clothes and placed in a manger.

When I say to you *Merry Christmas*, I want you to visualize another hardship Baby Jesus endured, prior to His becoming 2 years old, such as when the king wanted to kill Him. Baby Jesus grew in stature and at the age of 12, He was about His Father's business.

When I say to you *Merry Christmas*, I want you to picture Baby Jesus' growth into manhood. During this time, He chose 12 men who had no idea what to do or what He wanted them to do until He taught them. However, they learned and taught others.

When I say to you *Merry Christmas*, I want you to see in your mind's eye and feel in your heart the agony that Jesus endured. He suffered, not because of anything He had done. He suffered because of our sins. I want you to visualize Jesus being unjustly accused and tried. When I say to you *Merry Christmas*, I want you to visualize Jesus as a crown of thorns was pressed upon His

head. When I say *Merry Christmas* to you, I want you to visualize Jesus as He struggled to carry His own cross up Calvary's Hill where His hands and feet were nailed to the Old Rugged Cross. He was stretched wide and hung high. Jesus was thirsty and asked for water; but, He was given vinegar mingled with gall. My precious Savior was pierced with a spear in His side. Blood and water gushed out as my Lord cried, "Father, forgive them, for they know not what they doeth". "It is finished". Then, He died and was buried in a borrowed tomb. On the third day, He arose and went back to Heaven. He is coming back to meet us in the air and take us back to Heaven to live with Him forever, if we live faithfully.

When I say to you *Merry Christmas*, and as Christmas Day approaches and you receive your gifts, recall the above statements. Also, remember! **The Greatest Gift is Jesus! and The Greatest Gift Giver is God!**

**TO EACH OF YOU I SAY: MERRY CHRISTMAS!!!**  
 Achaniel F. Lucas, Sr.

**THE MOST POWERFUL WORDS AND GIFTS**

Welcome to each of you who reads my page this quarter. I want you to know that I consider the articles, especially this quarter, one of the most powerful words and gifts that I HAVE TO offer.

I am the NATIONAL EDITOR OF POWERFUL WORDS AND GIFTS. I OFFER THESE WORDS AND GIFTS TO YOU, with the hope and prayer that they will make a difference in your lives. THIS IS THE BEST THAT I HAVE. WE ARE ENTERING, FROM MY POINT OF VIEW, three of THE GREATEST MONTHS OF THE YEAR. October is the month of harvest

where we are gathering and appreciating all the things that god has blessed us with. The month of November is the month of thanksgiving for the previous ten months that god has kept us and blessed us. The month of December: we celebrate the crown jewel, the icing on the cake, **god's amazing grace! The birth of his son, Jesus. The sweetest name on mortal tongue.** THESE ARE Powerful words!

The gifts I have to offer are the best that I have: an invitation to attend "the 7<sup>th</sup> annual Seniors' Summit" at the East Baltimore Church of Christ at 9420

Belair Road, Baltimore, Md. On Saturday, October 27<sup>th</sup>. from 12 noon until 3:30 p.m. There will be praying, singing and food, "both Spiritual and Physical". The cost is a little of the time that god has gifted you with. I OFFER THE MOST POWERFUL GIFTS I HAVE, TO SOME OF THE GREATEST PEOPLE I KNOW, YOU! THE EDITORS AND STAFF OF THIS GREAT NEWSPAPER.

On Sunday, October 28<sup>th</sup>, you are ALSO, invited to worship with us at 11:00 a.m. we will be honored TO HAVE YOU, and you will BE BLESSED. SO,

COME AND meet my "super hero". Come and worship with us, "the church with a heart, with the people at heart, aiming for the heart, with the gospel".

Call me if you can come either day at (443)272-6167. THANK YOU AND god bless you all!

Achaniel f. Lucas, sr.

Remember

*Don't forget to vote this November...let your voice be heard! If you do not vote, do not complain.*

**JESUS IS MY SUPER HERO**

JESUS IS MY SUPER HERO  
 JESUS MAKES ME SING  
 JESUS IS MY KING OF KINGS  
 Jesus IS MY EVERYTHING  
 Jesus is my super hero  
 Jesus is my friend  
 With king jesus on my side  
 I know! I'll surely win  
 Jesus is my super hero  
 He is my all in all  
 Jesus is my savior and protector  
 Without him, I would fall  
 Jesus is my super hero  
 There cannot be another  
 Jesus is my super hero  
 Jesus is my elder brother  
 Jesus is my super hero  
 When the enemy tries to attack  
 I call on my super hero  
 For, he always has my back  
 I rely on my super hero  
 He has everything I need  
 When I get weak and cannot stand  
 I fall down on my knees

Achaniel f. lucas, sr.

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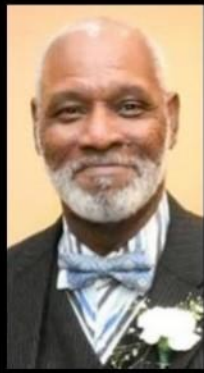
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Corner Rock Ministries
Pastor James McEachin
Founder of My Father's House
Baltimore Communities

A Church without Walls

The book of Matthew 25:35-40 refers to a servant who goes into the streets to meet the needs of those who are hungry, thirsty, homeless, sick, in prison and need clothing. While many of us have read this scripture in Sunday School, Rev. James McEachin, a native of Baltimore has lived this scripture for over 27 years and has served as a pastor for 11 years.

African American men as they return back to school. At 10am he can be making calls and setting up housing for a family that has recently been evicted from their home. At 12 noon he's at a Nursing home conducting Bible Study for the elderly who cannot make it to a church service due to their medical condition.

At the age of 68 years old Rev. James McEachin has no plans of allowing his age to slow him down as he actively wears his many hats while serving the community at large. His favorite Motto is, "Do What Jesus Did instead of asking, What Would Jesus Do, but make sure that you do it beyond the walls of the church".

When Rev. James began working in the Ministry he believed that God wanted him to take the message beyond the walls of the church. He stated, "I am like Nicodemus who had to find the Lord in dark places. That is why I go into the streets and allies to draw men out and introduce them to a relationship with Christ. I find my peace on the streets because the Lord wants me to be spiritual and not religious".

On a typical day, Rev. McEachin can be found attending a meet and greet back to school session at 7:30am greeting young

Being spiritual and going beyond the walls of the church and into the streets

has proved to be an exhilarating and joyful experience for the Rev. James. He has helped and seen people come out of bad situations, and people have found the Lord. Helped lost loved ones reunited with family members that were looking for them. He has fed countless of children that would otherwise go to school hungry. While visiting inmates in prison, he has boldly asked drug dealers to take their business elsewhere. Completing the Chaplin Program for the Baltimore City Police Dept. has held four homeless summits in the Baltimore Metropolitan Area at Perkins Square, and sat as a panelist on proposition 186 dealing with African American males and now working with a former prison inmate who is transitioning back into society.

New England Missionary Baptist Convention of Maryland, Wellness Director of DAB Inc., Co-chair of Black Men Unifying Black Men member of Phi Beta Sigma or just simply as a friend, father or brother.

Although, he has done so much for the community, he still finds that people are often resistant or hesitant when help is offered and nothing is asked for in return. Rev. James, states, "It takes time to build up trust with a stranger but when you come with love, patience and understanding people see that you are genuine about wanting to help without expecting anything in return". On the flip side, Rev. James admits that sometimes people are resistance because he practices tough love. He states, " I am honest, to the point and I don't hold anything back. Sometimes people don't like to hear the truth but it's the truth that will set you free. Because of this, I am sometime misunderstood by many which causes me to live consciously and unconsciously bond to the will of the Lord.

It's no surprise to many that noteworthy, Rev. James McEachin has been honored by State Senator Nathaniel McFadden and will be honored, on October 27, 2018 at the Langston Hughes Community Center for his relentless contribution as a visionary to communities across Maryland.

Rev. James McEachin states that he has no plans of slowing down and will continue to actively assist individuals that are sometimes forgotten, overlooked or may not have the resources to resolve issues such as hunger, housing or safety. He will continue to exemplify the scripture of Matthew 25:35-40 beyond the walls of the church.

Rev James McEachin will continue to serve beyond the walls of the church as a Pastor of Corner Rock Ministries, Pastor of Branch of Zion without Walls, Prison Director of United Missionary Baptist Convention of Missionary Baptist Convention of USA, Founder of My Father's House of Baltimore, Coordinator of the

STANDING ON THE WORDS OF GOD
Corner Rock Ministries
Pastor James McEachin

My focus is not on the flood that surrounds me. Rather, my focus is on the God who surrounds the flood
Matthew 28:19-20 19Go ye therefore, and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost: 20Teaching them to observe all things whatsoever I have commanded you: and, lo, I am with you always, even unto the end of the world.
Rev. James W. McEachin, Jr.
Pastor Of Corner Rock Ministries
New Life Regeneration Holistic Living Ministries
Addiction Ministry
Family Counselor
(CDCP)
Driver's Education
410-240-3877
revjas17@gmail.com



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

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Our 501©3 Non-Profit Youth and Family Development Corporation Movements Unlimited, we are raising money to assist with the work to help with the problem of Delinquency Prevention and Gang Prevention Nationwide. We have a special program Travel Intern To Travel Agent in 90 Days. The Goal of the internship program is to help you earn enough money to become a Licensed Travel Agent in 90 days and be able to purchase your very own Travel Agency

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2. The second goal is to encourage people who don't want to work for someone else that it is possible for college and non-college educated persons, even one who may have a criminal record, to make a comfortable livelihood working for themselves.
3. The third major goal is to have a positive effect on the culture of Young Adults so that more people of the younger generation will focus on owning more businesses, commercial property and larger scale enterprises.

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Duties of a Travel Intern - set up an entry interview and complete enrollment package

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Weekly Stays - Cash Rewards are available. The amount earned for Cash Rewards varies based on the weekly stay that your Vortex Customer books.

Cars - Cash Rewards are available. Your customer's savings equals your Cash Reward earnings.

Activities - Cash Rewards are available. Your customer's savings equals your Cash Reward earnings.

Flights - Not eligible for Cash Rewards. Will not be able to earn Cash Rewards at any time.

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Next Task

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Again the Goal of the internship program is to help you earn enough money to become a Licensed Travel Agent in 90 days and be able to purchase your very own Travel Agency

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**Business Consultant  
Angela Scruggs  
Mary Kay Consultant**

### Motivator and Daughter of the Highest God

Who Am I? My name is Angela Marie Scruggs. Currently I am the CEO and Founder of Helping Hands Outreach & Resource Ministries; the Vice presiding pastor of Christ Kingdom International Fellowship of Churches; a member of the Apostles and Bishops Council and finally an Independent Mary Kay Consultant in Sapphire status; an Uber and Lyft driver when necessary.

I am a domestic violence, sexual assaults, and a psychological abuse survivor. I have chosen to become completely transparent with my life to all of the men and women that preach the gospel each week that there is a background story within each of our lives. For me, it has been a journey from merely existing into living a life filled with both promise and purpose. The promise that I wish to make is that no matter how far trouble has taken us down, faith in God and hope for a better tomorrow will lift you up out of the pit of darkness into the light of a life worth living. I also wish to speak to our readers that success is not just monetary but the ability to overcome any obstacle big or small.

Another facet is my life that I wish to share dear reader is that my God released me from the slavery of a twenty-five year drug and alcohol death sentence. I began to use drugs at the age of thirteen just to "fit in" and to suppress the pain of being molested beginning at the age of six. What even sadder is when revealed this information to my mother; she told me that it was my fault and she did not believe me. The sexual assaults continued throughout my teenage years, until finally the worst of all was my mothers' boyfriend molesting me and holding a Remington .223 to my head. Telling this to my mother was a difficult enough task, but the result was a "beating with her fists" coupled with additional verbal abuse. Yes, I am one of the people that entered into the slave market of the 80's crack epidemic. I lost everything including my husband, and children. Feeling that I had nothing else to loose, became a prostitute, and did what it took to support my \$200.00 per day drug habit. The horrible cycle of psychological abuse lead to the banks of the Delaware River to sleep at night. Many nights I contemplated suicide, but

something within me spirit said, "There's greatness within you!" At that time, I could hear it but looking in the mirror, I could not see it. The only thing that I could see was the hollowness of my soul in the mirror.

July 1<sup>st</sup>, 1997 was the turning point of my life. I had looked death in the face as a man by the name of "Big Twelve" held me hostage for nine hours with a hammer in his hand making me beg for my life. When I escaped, I called my dearest from here in Baltimore, MD and I ran for my life with two suitcases of dirty clothes and hope. July 10<sup>th</sup> 1997, I reaffirmed my faith in the Lord and began my transition from just merely existing as a "crackhead" into the Woman of God that I am today. The changes did not come overnight. Hard work and perseverance put this broken vessel back together.

The organization that I founded, "Helping Hands Outreach & Resource Ministries Inc." came to fruition, as I knew the pangs of hunger, and the emptiness of homelessness. We serve that community by feeding the homeless and providing gently used clothing. This is my passion and watching others transition from helplessness and homelessness into viable members of the community. There are many additional facets to this journey, but this one holds near and dear to my heart that is my MK life.

#### Why Mary Kay

Mary Kay founded her company to empower women with a sense of "self" and to bolster their self-worth. She, too, came from a situation of domestic vio-

lence and in that; alone my heart began to lean towards this business. Additionally, I remembered Mary Kay Products from the 1970's in my mother's beauty salon and began to use the "night cream" myself. Yes, the extra money helps with the bills, but the sense of wholeness that this organizational provides is nothing short of phenomenal. Its provided sisterhood, and many monetary and "princess rewards" such as jewelry, etc. just for reaching your monthly benchmarks. The Mary Kay business ties you into a network of likeminded people that will never let you walk alone. If there is a benchmark that you have in your sights, your sisters will empower you to make it to the finish line.

In addition, the skin care products transformed my sunburned skin back into a smooth even toned skin. I feel awesome at the age of 55 and many people do not believe me. I also allow them to feel my skin, so that they know that it's not all talk, but actually works on all skin types including our sensitive African-American skin. Skin care is the foundation of both looking good and feeling even better. I feel awesome when that initial facial is completed and the client feels their skin for the first time and really does not believe that their skin could feel that clean and smooth. That in turn is one of the "real" reasons for my MK business is to make the client feel better about their skin than they have ever felt in their lifetime.

"Are you ready to come and join me in these empowering and life changing journeys?" I'll meet you there shining among the stars!"



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

**The Truth in the Female Existence, The Breaking of the Code**

For many years, the man in mankind has walked upon the face of this earth as a reality called humanity. In the beginning he was said to be unrefined, unsophisticated, crude and primitive. Then man's mind began to grow into that which he finally became, modern man. During his journey from primitive man to modern man, the man in mankind developed many ways to kill himself. If it had been totally up to the man in mankind, humanity would not be. We are here today as we are because of the taciturn efforts of the female gender. The female, as she gathered visual and emotional knowledge began to holistically understand it and used it wisely. Only because of her feminine prowess, unmistakable power to hold on to the instinct to survive, conscious and unconscious practicalities are we still here today.

So, I present these words to you to let you know, though I am not a woman, I

have broken the feminine code of silence. I am a man, but God has given me the ability to live in the heart, the mind, the emotions, and the souls of a thousand-thousand women. Now I know what we as a species must do to continue this journey we call life. We must go back to the beginning. We must revisit the holistic actuality and strength of the feminine gender who possesses the power of "instinctlignence" (instinct and intelligence) combined. It is a sixth sense only possessed by the female gender. This sixth sense stopped the primitive men in the caves and on the planes and in the jungles from killing all their enemies. As of this day, no one knows how the female gender cause the men in mankind not to kill all the women and children of their enemies, we just know we are here. We are here and if we want to build a future to stay here, it will only be because of the wisdom that rest within

the female gender.

Thus, it is totally necessary for us to get the book "52 Weeks, Words of Inspiration, a Book for the Female Gender" to the female population of this country and the world. We must inform the global female population that they must get together. Right now, there are thousands of groups fighting for the same thing "feminine self-awareness and personal empowerment," but this fight is being fought on many fronts. We will not dismiss any of these efforts, but we know if these movements are not moving as one, in one direction, with one uncompromising goal, many of these groups will turn on one another. Think about this...

There is nothing that can't be done as a collective feminine force in 52 weeks or one year, moving as one, as a single unit.

Moving in one direction, consciously and collectively chosen, is truly needed to reach the desired goal. There must be an accepted understanding within the female gender, spoken aloud or in silent actions, saying, that which is wanted will be done.

The title 52 weeks can be used as an anchor, considering the realization of its actualization is an accepted measure of time and we know, in time, the truth will reveal itself.

We, as a gender, are the truth that was

once held back, in a time that has come and gone.

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

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

You must take these words to the hearts and minds of she, who deserve to be free to think for themselves beyond the manifest ignorance created by the male of our species.

So, you must pull yourselves together as a meaningful idea whose time has come and allow the freedom of your voices to be heard. You must move forward with all you stand for, as you allow the words in this book ebbing from your hearts, minds, and mortal spirits as they affect your holistic existence as if this book was a "Female Bible" guiding you to the light within your lives that must shine to show you the only way you can travel.

To truly make these words a reality the Umojakhwest needs 3 or 4 volunteers to man the phones and computer for about 60 days. Call 443-994-5609

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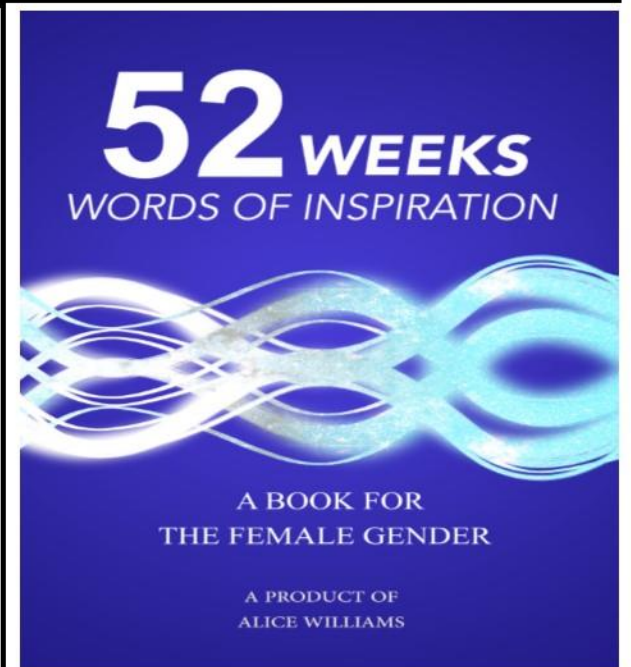
Today, in these words, I will have a face-to-face, with a one-on-one group of one, that is you as the individual you are and the individual you will become after hearing what I have to say. The words you will hear could and should inspire you to embrace hope for yourself, your gender, your family, friends,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

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

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

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

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



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

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

**Umojakhwest 443-994-5609**  
**faouly@umojakhwest.com**





# Black Men Unifying Black Men

## Us Helping Us = Unity

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

For almost four years now I have been one of the proud members of Black Men Unifying Black Men. I think within that four year span I have shifted many of my opinions and beliefs as to what need to be done.

Yes, for those of you who will read this, it is my hope that it will at least create some debate between you and others as well as give you reason to do self reflection.

I am more than certain that as you read this article that there may be some thing we are totally not in agreement with. However, if we are not in agreement of creating unity, than once again, we are helping to create division. All of us will never see life the same. Our motivation as well as our interest will not be the same, but if our interest collectively is about unity. Regardless as to our dreams and aspirations, we will help one another to rise rather than to fall.

Let me speak about adulthood first. Those of us who are adults and is in any way half way in our right frame of mind, understand that we need money just for the basic stuff of living. I am positive that most of us who are with very little money because of bad choices and not knowing how to manage money, have paid and still paying a heavy consequence.

Speaking honestly, I am one of the many who has not benefited from learning how to manage money properly. Of course once one reaches adulthood there is no excuse nor excuses as to what we were not taught. Yet, it is valid because if we were taught the value and the meaning early, most of us would have

done better.

However, please know that I am not complaining, I am just using me as an example. If we look at the conditions of our community and our people, and we had to offer up solutions we would be totally divided.

I have been active basically all of my adult life and I have had the opportunity to mingle with many people from all walks of life. I have attended many healthy forums and debates, and yet, many of them in the end, we are still divided.

By right we are idealist constantly seeking ways to become free from a captivity many of us do not understand.

#### I Only Offer Observation

Please trust when I say many of us do not understand, it is no let down nor a put down but it is the truth. We are a people stolen from our Native Land, brought into another land and stripped from all that was us.

In offering observation and observations it is a journey because there are many. When one does not understand that not having a culture belonging to him nor her is devastating, and within itself becomes part of a division money could never repair.

When we have no Native Language and no True Identity as to who we are, other than what those who brought us into captivity has given us, we are forced to become idealist, and always seeking means to escape.

This is why at many forums and debates and you listen to well studied people who are members of our race and as they debate, their method of escape is often not of the same philosophy.

During discussions of course money and resources will be mentioned. Of course some will invoke religion, politics, the need to armed revolution, the need for this and that and even the need for unity. However, at the end of the day and all the discussion is over and the people who have gathered to listen goes home, nothing has changed. Many opinions and ideas have been tossed around but there was no effort to bring unity into each perspective.

I am indeed a believer of a "HIGHER POWER" and I am clear that we are still here and living because of the mercy and the love that the "MOST HIGH" has given and shown to us. I am also clear that in time and whenever the "MOST HIGH" decides to cast this corrupt and ugly system to the trash of hell, it will not require our help. Yet, I am certain that we have been giving all the tools that we need as to turn this wicked system into some manner of greatness that our future children could live in harmony with the people of the world as well as the animals and other manner of living things.

#### I Only Offer Observation

Our challenge to escaping the oppression and the bondage that we live is the path to unity. Our first promise to unity will have to come from the perspective that we as Black Men will have to unify ourselves in order to save our families.

If we are challenged by ideas and ideals and that challenge create a barrier that exploits unity it must be broken. All of us do not have to have money. All of us do not have to have the same faith. All of us do not have to participate in the political process but for the benefit of

freedom and escape, all of us must see the need for unity. From my very own observations, I am certain that unity will repair much of what is broken within us. For example, since that I am writing for this paper, let me use this paper as a vehicle to make a point. Let's say that we would make sure that the majority of us had this paper delivered to your homes. In this paper would be a list of Black Businesses from all professions and the services they offered.

Now, let's say that our people were truly reading the paper and checking out who is who for what they need. It simply mean that all our Black Businesses will do much better and guaranteed to survive, because our monies will be spent with them.

Of course through this process they will grow so if they have ten people working then through our patronage they could increase the numbers and at the same time, they could give more back to the community by way of organizations. It is true that the conditions of slavery and the effects of what it has done has put us in intensive care and on life support. However, it is not the doctors nor the hospitals nor the medicine that could heal us, our healing is us understanding the need for unity.

I will conclude with this. I think our best path to freedom and healing is through unity....I think our best path to unity is to pray that the "CREATOR" will help each of us to see the value and the need for unity, and that we each must work towards unity and for unity.

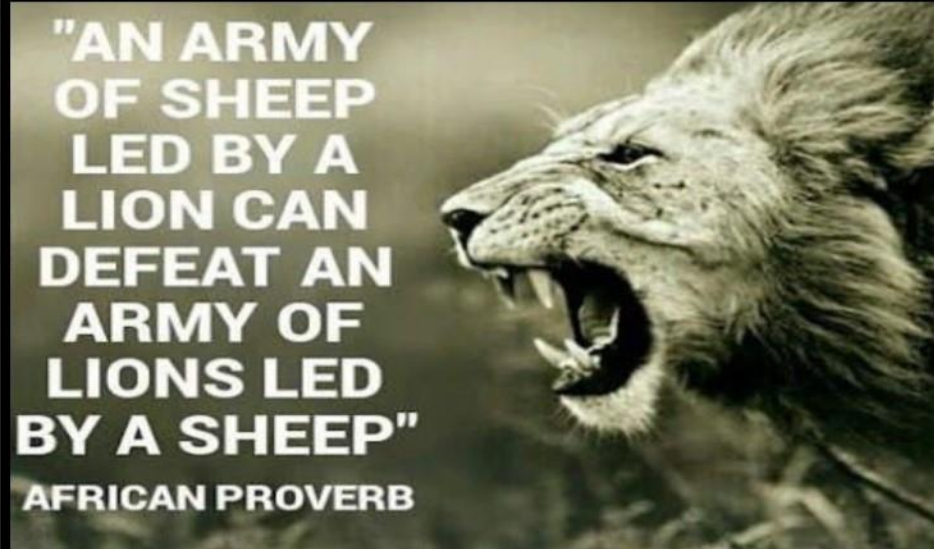
*This is my perspective, what is yours?*



## Black Men Unifying Black Men

### Us Helping Us = Unity

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



443-455-2373

<http://blackmenunifyingblackmen.com/>

## God's Giving Hands

### Black Men Unifying Black Men

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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!

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**National Youth Editor  
Kathleen Murphy**

**A member of various local, national & international organizations**

**Back to Learning and developing, not just “Back to School”.**

In the summer issue of the National Black Unity publication, I focused on summer activities and self-improvement suggestions. Since school is back in session for most of my youth readers, and the purpose of schools are for learning and developing, I decided to write about bullying, stress and resolutions. There is no time for bullying, conflicts and stress. Are you tired of hearing about bullying? Why? Is it because you have heard many thoughts on bullying but see no solutions that hold through the real day to day conflicts? Perhaps it sounds like too much talk about bullying and not enough substance. Why do people bully? Those who bully others are looking to gain a feeling of power, purpose and control over you. The easiest way of doing this is to focus on something that is unique about you such as targeting on or creating a new insecurity with an intent to hurt you. We want to understand the reasons why we are being targeted and we start to blame ourselves. It starts to affect our behavior and the ways in which we see ourselves. Studies show that those who bully are far more likely than average to have experienced a stressful or traumatic situation in the past 5 years. They use negative behaviors such as bullying which temporarily mask the issues but usually make them worse in the long-term. Research shows that some people simply do not know how to positively respond to stress and so default to bullying others as a coping mechanism. Sixty-six percent of the people who had admitted to bullying somebody else were male. The moment a male starts to show any sign of emotion, he’s told to man up and to stop being a girl. Boys are more likely than girls to physically attack somebody or to commit crimes. It isn’t something they are born with, it’s a learn thing that is actively taught by society using dysfunctional gender norms and roles. Low Self-Esteem is often a reason for bullying. Some people who bully focus attention on someone else to hide how they feel about themselves. They try to avoid any negative attention directed at them by deflecting. They might hate the way they

look. There is so much pressure to live up to beauty and fitness standards. We are taught to compare ourselves to others, instead of embracing our own beauty. Research shows that those who have experienced bullying are twice as likely to go on and bully others. Bullies believe that by bullying others, they will become immune to being bullied themselves. They are also much more likely to come from violent households with lots of arguments and hostility. Without access to education, hate-based conversation directed at others may be the norm. They may not understand what hate speech is and why speaking about people in a derogatory way is not appropriate. Those who bully are more likely to feel like their friendships and family relationships aren’t very secure. To keep friendships, they might be pressured by their peers to behave a certain way. Options, Options, Options. It is all about options. That means you oversee your decisions and your actions. When a person tries to hurt someone else on purpose that is considered bullying. Bullying is hurtful for the children being bullied and the children who see others being bullied. There are four types of bullying. When someone is hit, kicked, shoved, tripped, belongings stolen or have things thrown at them, that is physical bullying. Calling someone names or saying mean things to someone is verbal bullying. Social bullying is telling lies about someone, trying to embarrass someone, or keeping someone out of a group of friends. Cyberbullying is when bullies use cell phone and computers to hurt others. Often mean or embarrassing messages, pictures or videos of someone is posted. Verbal, social and cyber bullying is as hurtful as physical bullying. How do we know if it is really bullying? If everyone is joking, having fun, everyone is participating equally, and no one is getting hurt, then it is not bullying. How about a one-time situation? If someone is being mean on purpose but it happens once and doesn’t happen again, then it is not bullying. If you have a fight, argument or disagreement but can

usually find a solution, it is not bullying. Bullying is repeated, unwanted aggressive behavior towards someone. Someone is being hurt on purpose. Showing confidence, staying away from the bullies and making a few good friends are ways to avoid being bullied. Unfortunately, bullies are everywhere. If you find yourself in a situation where you are bullied, don’t look upset, do not fight back or do anything mean, try to ignore the bully and walk away. Please report the bullying to an adult at your school and at home. If you are not the bully but see someone else being bullied, you can stand up to the bully or help the person out being bullied to get away. Say comforting words to the person who was bullied. Do not join in, laugh or encourage a bully. You have options as to how you handle the situation whether you were being bullied or watching the bully. Remember the golden rule. Treat others the way you want to be treated.

Violence is something that hurts or frightens people. Violence can be words or actions. You can help prevent violence by being a peacebuilder. Again, you have options. We all become angry or upset occasionally. Controlling your anger is important so you do not do something violent. There is no turning back once you have committed an act of violence. Regrets are so painful. Stop and think about your actions. Do whatever it takes to resolve the situation or conflict. Breathe deeply, tell someone how you feel, get some exercise or leave the situation. Try counting to ten. Walking away does not always show a sign of weakness but a sign of strong character, integrity and strength. There is no need to become loud. Use a calm voice and explain your concerns. Do not use bad language or call names or fight. Listen to the other person’s side. Some situations are out of your control. Get help from someone who will listen such as an adult at school or at home. If you find yourself in a violent situation, keep safe and get away from that conflict as fast as possible. Stay alert.

Schools are intended for learning. To learn, you need a safe and comforting environment. The pressures of bullying, violence and not to mention studying and tests can create an environment that is not comforting. Stress is our body’s way of telling us that we’re struggling to cope with our demands. Stress can affect the body from head to toe. Stress can be both emotional and physical. Common symptoms include feeling nervous or anxious, feeling tired, irritable, depressed, procrastinating or neglecting responsibilities, feeling overwhelmed, having negative thoughts and experienc-

ing changes in sleeping habits. Stress affects our ability to think, concentrate and react. Eating habits (eating too much or too little) are also linked to stress. Some stress isn’t a bad thing. Everyone feels stress from time to time. We can’t always control the things that cause stress, but we can control how we cope with stress. The following are a few suggestions for coping with stress. Exercise and eat regularly. Healthy eating is quite important. Get plenty of sleep. Avoid excess caffeine intake which can increase feelings of anxiety and agitation. Avoid illegal drugs, alcohol and tobacco. Learn relaxation exercises (breathing and muscle relaxation techniques). Develop assertiveness training skills. For example, state feelings in a polite and firm manner and not be overly aggressive or show passive ways. Consider a speech class if talking in front of a class makes you anxious. Learn practical coping skills. For example, break a large task into smaller, more attainable tasks. Learn to feel good about doing a competent or “good enough” job rather than demanding perfection from yourself and others. Take a break from stressful situations. Relax when possible with activities such as listening to music, talking to a friend, drawing, starting a hobby, watching a movie, writing, or spending time with a pet can reduce stress. Build a network of friends who help you cope in a positive way.

The world needs ways to prevent violence. Youth all over the world experience violence. Hillary Briffa, from Malta, is a youth ambassador to the Organization for Security and Co-operation in Europe (OSCE), where she helped lead a campaign against violent extremist at an OSCE human rights conference. She has played a big role in raising the profile of young people in international affairs. Ms. Briffa developed and received a grant for a summer school on Peacebuilding in Eastern Europe. She has designed and implemented educational projects and led after school courses on conflict resolution. Ms. Briffa is from one of the world’s smallest and most densely populated countries. Malta is in the center of the Mediterranean. It is a Southern European Island country. Malta is only 50 miles south of Italy and 176 miles east of Tunisia and 207 miles north of Libya. Read about Malta which is a popular tourist destination. Tunisia and Libya are countries in the continent of Africa. Reading about Tunisia and Libya would be quite interesting also. Whether from a world perspective or the classroom in your school, conflict resolution is key to a better relationship at school, home or in the world. Be the next Hillary Briffa and make a difference. You can start right where you are at this time. Have a safe and productive school year.

**To Support Our Youth Section**  
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**National Editor  
Mélaughn Butler**  
The Association of College Pro-Activists

**Featured Story:** Black families have never been taught effective means of creating *generational wealth*. On average, statistics show that it would take the Indigenous Family a surplus of two hundred years to reach sustainable wealth and accurate earning potential. We take offense to this, but most importantly, we take action! September 2018, the ACP LLC traveled half way across the country, sending two of its top graduates to a conference in Cleveland, Ohio to learn more about a platform named ACN. Our company thoroughly studied the ACN platform, and from it were able to develop some new, but exciting changes to our business league: The Indigenous Business Association. [IBA]

Now, businesses who participate in the Indigenous Business Association will save on overhead expenses and be able to support the local community by paying their bills through our service! This creates a simple process where businesses may remain in support of our youth's development, without having to incur any additional expenses. In fact, for IBA the first step of activity, is *savings!* The business league now offers a barrage of home & business services, some of the most important being the *BGE* bill that helps restaurant kitchens remain cool, *Credit Card Processors* that help retail & service businesses stay afloat, *business Security Systems, Wireless Phones* and many others.

Since our leadership felt like the community must depend on the economic supports of local businesses too often,

our response was to develop unique ways that business owners may further their **own** financial potential. Now, in addition to becoming independent members of ACN, business owners can purchase an order of *IBA Rewards Cards*, and sell them in-store to their customer bases. This becomes a great way for businesses to make additional revenue, noting that loyalty programs are known to increase business potential by over forty percent.

We have taken the luxury of finding a rewards program software that is compatible with the credit card processing software of ACN, to make an easy transition from IBA into business savings & earnings. Through Valutec, IBA leaguers may engage in our community rewards program, after having signed into this great opportunity. We encourage more to join us!

**What's New:** Some exciting new partners, and recent activity has happened in the land of ACP. Every day we connect with leaders who are looking to create sustainable influences in the community. We encourage many more to come join us, but would like to highlight those who already have.

**Simon Says Shoot Hoops Not Guns:** This organization, in partnership with the junior NBA, has opened some great many opportunities for inner city youth. The program comes equipped with Junior NBA equivalent skills training, an online podcast for youth to develop interview skills, a sports blog for creative writing, coach & parent program for

multi-generational participation, etc. The ACP has partnered with them to help bridge the gap between sport and cultural enrichment, encouraging students to master discipline through our athletic department; we offer free skills training to interested primary and middle schools, who would like a sample the opportunity.

**Teaching Artist Institute:** Soul Fusion Performers, cultural art expressions, extravaganzas, and international exposure is what you can count on from Teaching Artist Institute [TAI.] Recently, this organization has become partners of the ACP LLC, allowing our primary educators to offer students international exposure. We create group trips for our middle/high school age prospects, and allow the younger generations to interact international, via online communication. Our goal is to broaden the range and scope of their humble understandings.

**Saafenet:** When we speak to economics and to community development necessities, we recognize the need to spark a huge entrepreneurial push. Here at the ACP, we encourage community residents to come to us with their dreams, visions, and aspirations, as we connect them with specialists who know how to materialize those same dreams, visions, and aspirations. Through our IBA partnership with the Saafenet corporation, we offer start-up company consultation to those looking to get their Dun & Bradd's, business models, LLC or non-profit status, etc. The corporation covers a wide array of services and offers a twenty percent discount to all IBA Leaguers.

**Different Kinda Smart:** The Different Kinda Smart program, an independent project of Sister Corinne Griffith [ACP Generation One], is an upcoming force that has caught fire quickly. Since the early portion of the summer, this program has primarily served inner-city youth around the east Baltimore area, facilitating a handful of organic life-

lessons, wholistic mentorship, and exciting reinforcement activities. This program serves as the first educational example of how ACP is using the ACN platform. This primary educator [Griffith] comes equipped with ACN registration, allowing parents of her program to support the campaign by paying their bills through her network. Here, we encourage the most simplistic gestures of support.

**ROS Executive Meeting:** The Roots of Scouting INC has continued in its partnership with the Association of College Pro-Activists. Together, we offer a wide array of services to the community, such as grant writing, start-up company consultation, fiscal agency, camping and grassroots skills training, fundraising, and much more. Our most recent venture within this partnership has been the inclusion of a topic-based discussion *every third Monday of the month, at 3301 Windsor Avenue, 7-9pm*, which has recently allowed many Grassroots partners to find a hub to promote their community activities and events. We encourage many to join into this growing coalition.

**Get Involved:** The Association of College Pro-Activists is hosting a Leadership Dinner at the Arch Social Club *October 19<sup>th</sup>, 2018 from 5:30-8:00pm*. We join the Arch during a time when they are seeking fundraising, to speak on how our platform(s) can positively influence those around it. We encourage individuals to join us here with incentives of food, soliciting catering services from local Grassroots businesses. Inquire about ticket registration, join us on social media, find us on EventBrite, and most importantly do not forget to show out on the third Friday of the month.

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**Facebook:** TheACPI8

**Instagram:** Theacp\_2018



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

**The Association of College Pro-Activists**  
**Mélaughn Butler**  
[Mbutler.acp@gmail.com](mailto:Mbutler.acp@gmail.com)  
410-446-9083



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

## Cancer

Cancer is like a worm that continues to grow in our body if the environment is viable.

Statistics is continuing to indicate the increase in cancer cases. Current statistics indicate that one in two people will be diagnosis with cancer at some point in their lifetime. Our genetics play a small role, but, diet, lifestyle and emo-

tions play a key role in prevention.

We have heard for years that food can prevent and treat cancer. Many studies have identified association between potential risk factors and increased risk factors. The list below will help in building dietary risk factors that allows cancer to sneak past our defense system.

\* Sugar- Cancer cells thrive on glucose, one of many reasons to follow a low sugar diet.

\* Reduce refine carbs

\* Inflammation - Inflammation in the body can trigger the growth of cancer cells and continue to cause tumors to spread. Limit foods that contribute to inflammation.

\* Obesity- people who are obese have an increase risk- due to high calorie intake.

\* High consumption of Alcohol

\* High consumption of fast foods and process foods

\* High consumption of red and process meats

In addition, to name a few foods are great additives for an anti-cancer diet

\* Fruits- berries, oranges

\* Ground Flax seeds

\* Herbs and spices – parsley, turmeric, ginger, garlic

\* High Fiber diet- grains- oats,

Cruciferous vegetables ( super foods)- Bok choy, kale, collard greens, broccoli, cabbage, cauliflower, and turnips

Vitamins and minerals- vitamin D, Calcium,

In conclusion, Avoiding Cancer is a complex undertaking, what works for some may not work for others. A healthy lifestyle is easy to think of doing but challenging to begin. What is essential is adapting a new relationship with food and your social behavior. These two factors can do so much for healing the body and preventing Cancer.

## What do you know about Diabetes:

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

True or False

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

True or False

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

True or False

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



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



**Turmeric**

usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Health Benefits: One of the most impressive free radical scavengers, it also supports brain health, protects cell integrity, & aids in mood balance.



**Himalayan Salt**

usage: Lorem ipsum dolor sit amet, consectetur adipiscing elit. Health Benefits: Properties aid in sinus relief, the ability to increase the body's natural ability to breathe deeply, & breathe better at night. It may also reduce or eliminate night coughs, snoring, & breath-related sleeping conditions.



**Cilantro**

usage: Great for soups, salsa, & guacamole. Health Benefits: Considered a superfood with an incredible source of antioxidants, it is a powerful cleansing agent for removing toxic from the body. It is loaded with vitamins & minerals, & it has a long history therapeutic use.



**Lemongrass**

usage: Works well in sweet and savory dishes & drinks. Health Benefits: A source of beneficial phytochemicals that support the body's response to harmful organisms, boost the immune system, & promote overall wellness.

*Bon Appetit!*  
*Femmelle Chef*

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## Poach Salmon

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

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



**Catherine Brown**

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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”

### Do you get Healthy & Quality Sleep?

Do you think lack of sleep or no sleep affect your health? Of course, it does... We all need to understand how sleep can benefit or destroy our health. For instance, lack of sleep is like a drug sometimes you think you can control until it destroys your health and life over the years. We all have had times, where we were unable to get quality sleep because of children, school, job, business which causes stress and anxiety. The most important thing is to avoid getting lack of sleep as a habit on a regular basis. That is one of the reasons why I wrote my book “21 Days to Improve Your Sleep

*Hygiene & Lose Weight”* coming out December 2018 or January 2019. It takes 21 days to break a bad habit and create a new habit. Sleep will impact your whole body from the bottom of your feet to the top of your head and all inside of your body. There is no compromising, no controlling, no I will get to it when I can attitude...sleep is a necessity not a luxury. We must get sleep to heal from the inside out.

#### Below is a list of 3 Health issues Lack of Sleep can cause

1. One of the most contributing factors is obesity...lack of sleep is definitely

linked to weight gain...like hormone imbalance that affect appetite

2. Knowing how much quality sleep you need as a person...not as a society. I know you are wondering what I am talking about. How many hours of quality sleep you need to gain energy to function every day?

3. A weakened **immune system** can cause more sickness and could last longer than expected to get better.

#### Below is a list of 3 Health Benefits of Sleep

1. Quality sleep heals the body...Sleep is a time to relax and unwind. For example, if you allow a car to run all night... What do you think would happen in the morning? It would stop working among other things. Our body is no different, we need to get quality sleep so our mind and body can repair itself and feel rejuvenated in the morning.

2. **Sleep Reduces Stress and Anxiety...**

relaxation and breathing are two techniques to reduce stress before going to bed. As the sayings goes “try it you’ll like it” The next time you feel stressed or anxiety make sure you get quality sleep and see how you feel the next morning.

3. Quality Sleep gives you Alertness...feeling energized and refreshed is what you want to strive for in the morning and all throughout the day. Lack of quality sleep can affect your driving, mood, and productivity.

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**CALLING ALL RHYTHM PEOPLE**

**RHYTHM PEOPLE WANTED!!!**

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**ENTERTAINMENT NEWS**

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

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

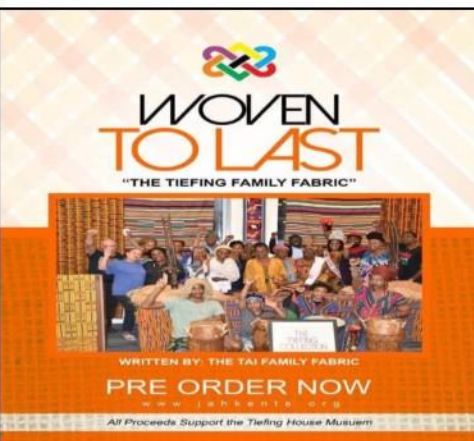
*Culture is the New Currency!*



**We Are The Rhythm PEOPLE**

**National Entertainment Editor**

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



**A Dancing Idea "The United States of Africa" by Kim Poole**

In December 1958, Kwame Nkrumah hosted the First All African People Congress in Accra, Ghana with the goal of politically unifying Global Africans. Invoking the Pan African spirit realized during the Pan African Congress held in London (1945), just thirteen years prior, he understood the importance of a colonial free "Africa for Africans, at home and abroad."

60 years later, on Saturday May 26<sup>th</sup> – 27<sup>th</sup> 2018, the grandchild of this Pan African Federalist movement was convened in Washington D.C. under the leadership of the North American Regional Invitational Committee (RIC) leader, Mwalimu Kwasi Quayaja Amsata. From Canada to California, delegations came from across North America, anxious to pick up the blood-stained banner of their predecessors and continue the plight of Pan African unity.



Figure 1 From Right Rehema Nkisi, Shaleena Capers Zongo Dance Company

on May 26<sup>th</sup> and ending on Sunday May 27<sup>th</sup> with intense discussions concerning the way forward, it seemed as if some delegates had impatiently waited 60 years to share what was finally, "off their chest." Founder of the Sixth Region Diaspora Caucus, Dr. David



RIC North America Delegates

Beginning with libation and ancestral dances of the Zongo Dance Company

Home, stated that he was, "in support of the Pan African Federalist Movement and looked forward to officially announcing to the public a pledge of [our support] at the upcoming SRDC National Conference in Baltimore, Maryland November 16<sup>th</sup> and 17<sup>th</sup> 2018."

Dr. Home and other members of the

SRDC flew from California to attend the occasion and warned to "work diligently and not belabor the points." Local Activist, Imhotep Fatiu, Pan African Liberation movement and Sam Collins, All Eyes on DC, entered the lively group discussion by echoing this mantra to advise on how to best move the socio-political agenda forward by studying the lessons our past teach us. Fatiu stated, "I think that it's an impossibility to heal an ill or solve a problem without understanding what caused the ill. I attend a lot of meetings and I've lost a lot of patience. We have to allow the best amongst us to do what needs to be done," Kim Poole, Teaching Artist Institute, referred to the "Rhythm People Campaign" and the "We Are the Rhythm People" oath stating that "in all we do, our cultural best practices should lead because "how" we build matters."

This momentous Pan African Unity at



Imhotep Fatiu, Pan African Liberation Movement

its 60th celebration will continue under the leadership of international leaders Joomaye Faye, Samia Nkrumah, the daughter of Kwame Nkrumah and delegations from across the Pan African world in its birth place of Accra, Ghana December 8<sup>th</sup> – 13<sup>th</sup> 2018. For more information on the conference con-

**Gigs, Bigwigs, & Shindigs**

**African's Rising is Hiring**

<https://www.africans-rising.org/www/2017/09/30/job-communications-coordinator/>

Longwood Gardens Horticultural Leadership Fellows Program is Training Kennett, Pennsylvania

[www.longwoodgardens.org](http://www.longwoodgardens.org)

**Arts Wave** is Funding Cultural Heritage Projects

[www.artswave.org](http://www.artswave.org)

**Ucross Foundation** is Accepting Application for their residency program

[www.ucrossfoundation.org](http://www.ucrossfoundation.org)

**Big Wigs**

Queen of Soul Aretha Franklin & The King of Peace Kofi Annan

**Shindigs**

**Congo In Netherlands** October 15th - 20th, 2018 Hauge, Netherlands EU

**Congo In Harlem** October 20th, 2018 Harlem, New York USA

[www.congoinharlem.org](http://www.congoinharlem.org)

**United Nation's Security Council Open Debate on Women Peace & Security** October 25th 2018 New York, New York USA

[www.un.org](http://www.un.org)

**FYJIO Week USA** October 30th, 31st & November 1st 2018 Washington D.C. USA

[www.fyjio.org](http://www.fyjio.org)

**Sixth Region Diaspora National Conference** November 16th&17th 2018

Baltimore, Maryland USA

[www.SRDCinternational.org](http://www.SRDCinternational.org)

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**Contributing Editor  
Charles E. Pender PH.D.**

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

**“The Letter of Necessity for Those in the Hood”**

People of color, I greet you in the year of Our Lord, 2018, in the desert of America and the Oasis of the presence. We are in deep appreciation for you and your nation, kindred, clan, tribe and tongue; indeed, you are the survivors of the world’s greatest holocaust, which is presently ongoing. Just standing in your presence and numbered with you humbles me and other God-fearing saints as we are continuing in this struggle. In the struggle, we must always remember that the “Promised Land” is not this land, but in Yonder Kingdom to come. Daily, we are to give our heavenly Father the glory and the honor, for He is truly good. He is giving us the ability to endure the hardships and the blessings of life, and hath brought us this far by faith.

I am here to help you solve one of the most complex problems which slavery and oppression has severely imposed upon many people of color in America. This devastating problem has reached a huge portion of our society, nearly wiping out whole generations until it has become the Enemy Within. Tearfully, some of us know it as PTSD, or Post-Traumatic Slave Disorder, which has activated the C.R.A.B.S: Cognitive Retrogressions Affecting the Black Society. As a people, we are seeing an implosion-factor of choreographed murder at such an enormous rate that it is officially internal genocide.

How did this happen? It’s calculated! The process is found in the book the religion of greed and its impacts on African Americans. Read this book for content only. Years ago, Carter G. Woodson wrote *The Mis-Education of the Negro*, which is still profoundly true today. You’d be surprised to know who is really in control of our society. think for one moment do you think that those who whom have been in control all these years. (If I treat you bad, why would I teach you right?) Think about it: A bachelor’s degree, a master’s degree and a Ph.D. Your dependence is still on those who are in control. I call it “the educated fool syndrome” because many people of color have a vocabulary which is for greater separation in the secular world. Now, one can have a vocabulary bigger than a freight train, but mentally, you are still internally dependent upon the system for one’s substance. In short, one can be JUST AS happy as a runaway slave. You can run away, but you still must go back to “Massa” to survive. How cruel!

NOTE: The biggest slave master in the

United States is student loans.

NOTE: The highest education one can obtain is a study of God’s word daily. Amen!

The intention of this letter is to give you an opportunity to STOP THE KILLING IN THE HOOD! At some point in our lives, you and I have both experienced the impact of death in the hood. You must realize that this is a learned behavior ushered in by slavery and cruel assimilation, which made it so gruesome. The very process of assimilation has caused so many of our people to lose their cultural identity. In the HOOD, the process of assimilation promotes character killed, social degradation, physical and mental abuse and, of course, fighting among ourselves, which leads to murder. These types of genocides are encouraged and sanctioned by the court system for continual dominance and control.

Many people of color continent with constantly fear and depend on the social system which does not teach real success. Real success begins with having a relationship with the Lord, thanking Him daily. While you pray and wait, you may have some problems.

Just ask Jesus who had a black family in the Bible (Matthew 1:3); you may have some problems also like those witnessed at Simon’s house; they’re going to talk about you also.

People of color, you have been set up and prepared daily to be America’s renewable cash crop and cash cows. For years, you have suffered from low personal self-esteem, self-expectancy, self-motivation, self-control, self-discipline and disdain by one another. I suggest you read and study your own history and how we were rulers of the world at one time; this is paramount to your understanding. Open your Bible to the Book of Genesis and study your history that is your “Missing Link.” Study World History and Bible History. Eureka! Your eyes will be opened.

Let me give you a case in point: today’s

secular media - ABC, NBC and CBS - that is, the American Broadcasting Caucasian, the National Broadcasting Caucasian and the Caucasian Broadcasting Station. Remember President Barack Obama, President of the United States? Ninety-nine percent of the time, the media referred to him as Obama or Mr. Obama. I even heard some black preachers also refer to him as such from the pulpit: Obama, instead of President Obama. And some of our people practiced this same type of slave mentality by referring to President Obama as just Obama. Isn’t this amazing? It is an example of the disdain, belittling and wickedness by the press and many of our own people.

America now misses this good-natured person and his great family, but most importantly, his superior leadership skills, his common courtesy, his decency and respect, which they will never be able to be erase from the history books. With this new administration, every word that comes out in the media is ???, president think of yourself this is bad.

The sad part is that we, as a people, tend to mimic the act of enslaving each other by endeavoring to and ending the oppressor and choosing his ways (Proverbs 3:31). Don’t get me wrong; do not do anything to damn Donald Trump. God put him there for a reason, and it’s all in the Bible.

The United States was built with the blood, sweat and tears of our forefathers. was mine was feared by the scorching Sun that backslash with masses whip. The fact is, the whole economy of the United States was built on the backs of slaves; many banks and institutions today are still thriving from the

economic and social impact of slavery. The historical fact that many inventions and achievements by our people were and are still being raped and stolen for the sake of greed is appalling and disheartening. Let me not continue to elaborate on our problems, but rather, let’s develop the God-given gifts inside of us so that we can be true emancipators; thus, the process begins now. God has not brought us this far to leave us, for He is the God of the oppressed.

I have found a simple and foolproof method of getting rid of the cognitive retrogression affecting the black society - the C.R.A.B.S. and Post-Traumatic Slave Disorder, which has been in instilled into people of color for over 400 years. I guarantee that the method is simple and can be used by any member of your family. These methods are found

in the Bible; according to Psalms 139:14, we are fearfully and wonderfully made, and although we have distinct differences and similarities, in many ways, the most important step for this process to begin is to simply apply a simple act of appreciation. When God made each individual, he made us differently and we should appreciate all of God’s creation.

NOTE: The oppressor, the enemy of your very soul, uses fear, stress, envy and dependency as a whip. To the contrary, we must put our dependency in and on God Alone. It will then be easy to forgive and to trust others. Have respect for God by not killing, but by word or through deed.

Practice adulation by esteeming others more so than yourself (Philippians 2 & 3). It is of the up most importance to the survivability of our people. Once this act is in motion, the clutches of the C.R.A.B.S and Post-Traumatic Slave Disorder will dissipate; yes, we can rid ourselves of these two curses which have caused so much Killing In The Hood....

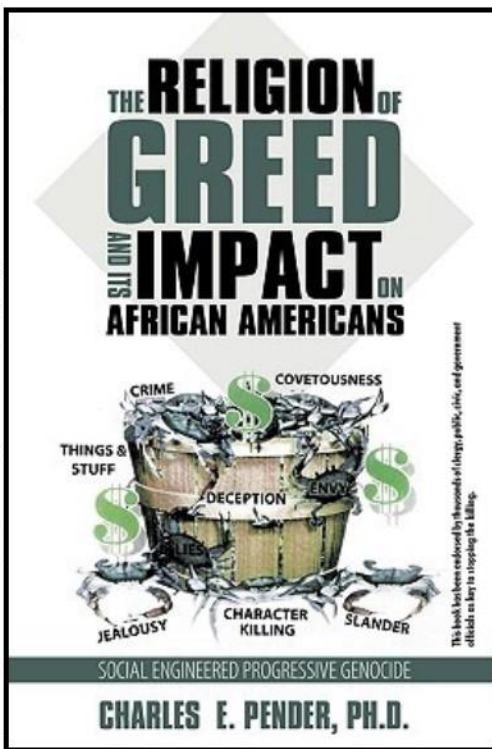
Thus, upon reading this book, we the descendants of slaves, once action is in place, will become self-refueling and self-regenerating for hundreds, maybe thousands of years as the destructive forces of killing others and self dissipates. Remember, “I can do all things through Christ who strengthens me” (Philippians 4:13).

Always remember to appreciate and love others, and to hold onto God’s unchanging hand; young soul-brothers must respect the older soul brothers, and older soul-brothers must appreciate the younger soul-brothers. The light-skinned brothers are to appreciate the dark-skinned brothers; the lovely soul-sisters are to love one another. Daily practice of appreciation as well as putting our full dependency in and upon God is required. In this relationship, love, trust and respect Him; then, and only then, will it be easy for us to get rid of the C.R.A.B.S. lain and the PTSD in the hood.

People of color, this plan is guaranteed by the Living God; once we intentionally practice this method for one year, the slave mentality will dissipate. We must never miss an opportunity to appreciate others, encourage one another, see the good in people - even unkind people; smile and do all the good you can. Then, we, as a people, will emerge as professionally trustworthy and obedient to the Living God and we shall Excel!

For more Studies and Enlightenment of how to” STOP THE KILLING series” purchase my new book “Jesus in the Hood” or audio book coming soon worldwide .

**Thank you.**  
**Charles E. Pender, Ph.D. (retired)**  
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**Beating the odds: challenges facing Black entrepreneurs**

Some would say Booker T. Washington was a fool. Yet his legacy of hard work, thrift and a step-by-step approach to success lives on at Tuskegee Institute. The National Business League is a living testament to the work of a man too many have called a fool. Booker T. Washington serves as one example of the entrepreneurial spirit of Black America.

Such publications as *Inc. Magazine* and the *Washington Post* report the most dismal side of Blacks in business. To believe these publications is to believe the Black entrepreneur is destined to remain stuck at the bottom of the business ladder. Not so. The Black entrepreneur is in the greatest position to serve the marketplace, improve his own life and the life of his community, and ignite the economy of this country.

Tony Brown is on target as he asserts that the color of freedom is green. He points out that, "we have to do something to shore up our economic institutions, to generate jobs within the community. When we take care of that, the other stuff— the family problems, crime, our political needs—will start taking care of itself".

Comparatively, the conditions which prevented northern European barbarians from developing a civilization is similar to the situation facing Black entrepreneurs today. The conditions of crime,

social paranoia, negative self-image and a deterioration of (internal) community relations inhibits the economic development of a people.

Into this arena the Black entrepreneur, like his white counterpart of 500 years ago, attempts to chip a niche in the market, build a business and thereby improve the political-economy of his household, his neighborhood, his city, his country, and the world. Economic strength is the springboard of political power, not vice-versa.

After conducting studies of both Black and Cuban businesses in the Greater Miami area, Tim Mescon, a University of Miami business school professor said, "The Black leadership sees success not in an entrepreneurial context. It's like their whole development is missing a chapter, the one on achieving equality through their own business development".

Ironically, political progress from the human rights advances of the 1950-1968 period inadvertently derailed leadership from economics to politics, from business enhancement to career advancement. Political tolerance opened the doors of society and without looking both ways Black leadership ran blindly into the street (or blindly like children into a candy store). The grass looked greener on the other side.

Consequently, as the pendulum of political intolerance swung against the political gains of the human rights period, Black political leadership was exposed as lacking the economic muscle to defend its political position(s) from attack.

Other great ethnic groups, and the diaspora of other significant civilizations, serve as living examples of how the Black entrepreneur can succeed in the American economy. It's like the saying, "The harder I work, the luckier I get".

In the American economy, self-determination does not begin in the collective, but in the individual. Black entrepreneurs can succeed within this political-economy, and/but the resolve to succeed must be unshakable.

Booker T. Washington makes the point clear. "I have begun everything with the idea that I could succeed, and I never had much patience with the multitudes of people who are always ready to explain why one cannot succeed. I have always had a high regard for the man (or woman) who could tell me how to succeed".

Negative thinking breeds a high regard for an inability to achieve. Inversely, the Black entrepreneur embodies the characteristics of America's greatest industrialist. He has faith the business will fly, that despite the political conditions he can achieve, and that nothing can stop an idea whose time has come.

It is interesting to note that when education was denied to Black people in general, faith in the future and hard work (and Black owned businesses) were prevalent throughout Black communities. Apparently, the more education Blacks are privy to, the greater the social ills. That's ironic because it is logical to assume that the better equipped one is to operation in a society, positive changes

and improvements should be evident for that people.

The current generation of Black entrepreneurs will significantly improve the economic plight of America by improving the economy of Black America, and ultimately beating all odds.

Jesus Christ said, "The harvest truly is great, but the laborers are few; pray ye, therefore the Lord of the harvest, that he would send forth laborers into this harvest". More people will go into business for themselves as a way to improve the economy of their household in the coming years.

As entrepreneurship rises, Blacks will have to expand the base of doing business with other Blacks. Many successful established Black businesses of today experienced their growth when the political climate was permissive. The challenge facing Black entrepreneurs today is to achieve in the marketplace without the social-psychological encouragement of the political structure.

This is an exciting challenge because its outcome determines whether or not the Black consumer will continue simply as the footstool of the American economy or will that community become an interdependent component of the political-economy of this country.

Success breeds success. Success gathers attention and emulation. Contrary to media reports, Black are not destined to forever remain at the bottom of the economic ladder. Sure, a dismal condition exists. However, history demonstrates that the best solutions rise to defeat the worst conditions.

Bill Curtis is a writer, businessman, concerned Citizen and raised by his father, Mr. John Lee Curtis. Email Bill C at: [NowThisIdea@gmail.com](mailto:NowThisIdea@gmail.com)



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**Living History: Meet Matilda V. Gwynn (Mama Tillie)**

*Continued from page 1*



fashion sense and the confidence to match. She's introduced us to a world of ladies so irreverent and stylish, Her irreverent stylish demeanor coupled with her Godly manner demanded respect from everyone she met. However, because she has been able to radiate Jesus above all else, her life in Christ has been and continues to be a blessing to many that come across her path. Her many years of mountain top experiences have spread multiple seeds of wisdom over the valleys of time.

Because of her pleasant demeanor, strong work ethic, excellent organizational skills and a confident attitude Matilda, gained employment, for a number of years in the upscale Guilford/Homeland area of Baltimore as a domestic household manager. Her flexibility enabled her to meet any and all the needs of the families she served. Her duties or responsibilities required her to use the knowledge she had acquired concerning different styles of formal entertaining protocol, purchasing high-quality items for the family's use, and other vast resources to fit any occasion. She also provided some hands-on services such as

cooking, cleaning and running errands.

Using her home made remedies for the sick, she has been a doctor. A dentist pulling out all the children's baby teeth. With her carpentry skills she has swung a mean hammer fixing and repairing anything that was broken. Because she loved animals, she became the family veterinarian for all the pets. However her love for horses gave her the confidence to outrace any man with her horse and buggy.

If you have never had heavenly cooking, you have not eaten Mama Tillie's divine savory dishes. According to family, friends and even some of the neighbors, there was and never will be anyone who can stir up pots of excellence to "die for" like Mama Tillie.

However her family all agrees that Mama Tillie's greatest accomplishment was being the family disciplinarian. As the saying goes, back in the day, 'she did not take no back talk or sassiness from anyone'. As the old folks say "no tea for the fever." Because "the warden" as she was lovingly called would "stand toe to toe" with anybody.

With an aire of sophistication Mama Tillie shows that fashion is not just for the young. At the age of 100, while being honored, at the Sandtown Center Senior on Gilmore and Baker Streets, she still served as a style icon. This manner of graceful dressing, adorned by this very stylish woman of God, who still wears her hats truly expresses a sense of style of her own. She strikingly represents a fashionable segment of society — one that should pay homage to this grand-

mothers' style and spirit. Her aire of sophistication offers proof that this wise, silver-haired queen has personal style which advances with age."

These days her ability to capitalize on her memory affords her the opportunity to witness to have seen more changes in one life-time, than any past generation has ever seen. Because of this with the advantage of prospective on her side, Mama Tillie's shared wisdom has become a stabilizing influence in the lives of many.

Today at 110 years old, and the matriarch of six generations looking up to her, Mama Tillie, has truly witnessed many amazing changes.

She has seen the evolution of the automobile and witnessed the flight of an open cockpit plane to the modern space ships flying to the moon. She lived in the days before the TV, the fax machine, computers, the invention of neon lighting, the parachute, the radio receiver, stainless steel, radar, nylon, the jet engine, the helicopter, the microwave, the long playing record, the hard drive, the video cassette recorder, the laser, the computer mouse, video games, pocket calculators, the personal computer, the digital camera, the compact disk, the world wide web, satellite TV and the I-Phone. Oh yes, and the inauguration of the first black president. Believe it or not, she was 4 years old when the Wright brothers flew their first plane and although she wasn't a passenger she was 8 years old when the Titanic sank. Talk about living during interesting times!

Having crossed many bridges and made numerous decisions at life's crossroads, her beautiful gray hair

marks her with honor. Not only has Mama Tillie been through the hard knocks of experience but she has also experienced that part of history not learned in books.

Now standing on life's mountain top, she is privilege to experience breathing the rareness of a long life filled with memories far beyond what any imagination can envision. Mama Tillie has truly arrived at the apex of life.

Currently 2 million Americans live in nursing homes. Fifty million Americans alive now are expected to spend their last days in a nursing home. But praise be to God Miss Matilda V. Gwynn lives in her very own fashionably decorated 2 bedroom apartment. Her long abiding faith in our Lord and Savior continues to be her sustaining force. Proverbs 31:10 "Who can find a vir-



tuous woman? For her price is far above rubies." Her prayer to God continues to be "Now also when I am old and grey headed, O God, forsake me not; until I have shewed thy strength unto this generation, and thy power to everyone that is to come." Psalms 71:18



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# The Activations Of An Activist

Continued From page 1

Featuring: George E. Mitchell

Mr. Mitchell believes that it is everyone's responsibility to give back. He says, "my focus in life is the education of our kids and the improvement of their social skills and everyday living conditions".

Mr. Mitchell is also the President and CEO of the Langston Hughes Community Business and Resource Center. This business houses three libraries, a computer lab, several other businesses and program to help the children in the Park Heights community.

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

The guiding concept for Neighborhoods United is to bring Pride back to our neighborhoods through the revitalization and renovations re-



George E. Mitchell

Dr. A. Bundley

Derrick Chase

quired in each neighborhood. Neighborhoods United's goals and objectives for the past year were predicated on the need for safe, clean and progressive living areas. Our efforts are designed to facili-

tate the implementation of the Master Plan.

Neighborhoods United has a foundation which makes it unique in

that it is composed of people who live in the area and have a vested interest in making the changes needed for a comfortable lifestyle. This is evidenced by the active commitment at our monthly meet-

ings, our weekly Board meetings, our Focus Group meetings and our "How to Build a Neighborhood Association" workshops. In addition, listed below are the joint achievements of Neighborhoods United and other Neighborhood Associations.

Mr. George Mitchell has put in the time energy and effort improving the quality of life in his community. Contact Mr. Mitchell or his staff for any level of interest or support you may have for any of the fore mentioned organizations. Mr. Mitchell or his staff can be contacted @ 443-759-8921

Mr. George Mitchell, your community thanks you, and The National Black Unity is proud to share with the nation some of what you have done. As your mother taught you the importance of helping young people, you and your example may inspire others.

Thanks Soldier, David Murphy

## Langston Hughes Community Business Resource Center History

Opened July 2017  
Houses 3 libraries

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Vote...do it...or don't do it, Continued from page 4

as voting is, many people and some groups of people do not choose to vote. Many researchers found people do not vote due to feeling our main two political parties may not be sufficient or effective. There are dozens of political parties that exist in America and most get little or no recognition. Why? U.S. elections only reward what is known as "first past the post" (FPTP). The one who gets the most votes...wins. Most of our nation's other political parties are hardly ever mentioned.

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

Not so in the good old U. S. of A.

Recent data from various sources show that the single biggest predictor of whether someone will or will not vote is whether they have a college degree. Individual and group apathy is a major problem. Some people just don't care about politics. Getting their butt in the booth is quite a task and should be a major concern...especially in our community. If a social group or age group think or deem politics is not very important, its members may not, and in many cases will not bother to vote.

The staff here at The National Black Unity News is not telling you or asking you who or how to cast your vote. We are a national periodical and your vote for a specific candidate or referendum is not our main concern. What we are con-

cerned about is that you understand the power that you have. The power of your vote. Many of our ancestors fought with those in power to remove the barriers from us using the ballot box. Understanding the vote has changed many lives, and for the better. Again, there are many people, organizations, and institutions that are still working very hard to restrict certain groups of peoples' voting privileges right now. Nothing (No-Thing) last forever and nothing stays the same. Just think about this one question...If it can be voted in...Can it voted out? Nothing (No-Thing) last forever and nothing stays the same. Dynasties and governments have proven to collapse, and normally from within. America is an awesome country based on a great idea. But we have already seen parts of this country (physically and spiritually) decline into chaos and despair. So many of our communities are

feeling what underrepresentation and nonparticipation leads to. As a non-voter, you are virtually letting someone else make the conditions for you to live by without any of your input.

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

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

Death Is Hard On The Living, Continued from 1

sister showed so much courage as she faced death. She had an opportunity to maybe save her life and all she would say is that "if it is Jehovah's Will, I am ready." See, my sister had leukemia and if she had taken a blood transfusion, it could have extended her life.

However, she held on to her faith as a Jehovah Witness and they do not take blood. I never saw my sister cry as she

knew of what was happening and the choices she made regarding her health. It was her wishes that if anything would happen she did not want any procedures done trying to save her life.

Really just two months before she passed, she would drive from Harford County twice a week and sometimes three times a week to assist me in caring for my wife, who was dying from can-

cer.

Watching and witnessing people die really put something on our minds, those of us who are living. In dying as I have witnessed it, all the things that we worry and fret about while alive becomes meaningless as we prepare to die.

Yes, our money, our home, our car and everything else means nothing as we prepare ourselves to meet the eternal kingdom. As sad as it is witnessing loved ones die, the thought of how we

should live becomes more important.

If only we could have the attitude while living and while healthy that the most important thing ever is the "CREATOR" and life. However, the world has corrupted us all as we fight and strive to have items and money.

As sad as I was to witness my sister pass away, I was also proud of her courage and her dignity and grace at such a moment.



The National Black Action Portal
We Are Keeping The Dream Alive



Nation Largest Network Of Black Businesses & Organizations

Grid of logos for various Black organizations including National Black Top 100 Lawyers, National Black MBA Association, Black Contractors Association, Black Health Matters.com, National Black Police Association, AABE, bsc, Association of Black Social Workers, National Organization of Black County Officials (NOBCO), National Black Nurses Association (NBNA), BlackNews.com, National Urban League, Black Career Network, NSBE (National Society of Black Engineers), NBBC.org, NABOS Power Urban Radio, NAACP, and AMISTAD Research Center.

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

# THE RIDE II "Final Resolution" By Larone Dyson



ness Administration from Strayer University.

I am the author of the novel THE RIDE II "Final Resolution". In addition Writer and Director of an up coming movie "THE FINAL RESOLUTION" based from the novel due to set shoot Spring 2019. Auditions for the movie will be held on October 28, 2018 1:30pm-4:00pm at the Randallstown Library Conference Room, 8604 Liberty Rd, Randallstown Maryland 21133. I would like to add my success and achievements were through the strength of The Lord and the support from Family and Friends.

Now getting down to THE RIDE II "Final Resolution". There three sides to every story: your side their side and the truth. Many times we want the outcome to fall in our favor for benefits or profit; sometimes that sacrifice will cost a hefty price. This story takes place in Baltimore and will deliver three elements "LOVE, LOYALTY and GREED. I hope you enjoy the read and be prepared to go on "THE RIDE" of your life.

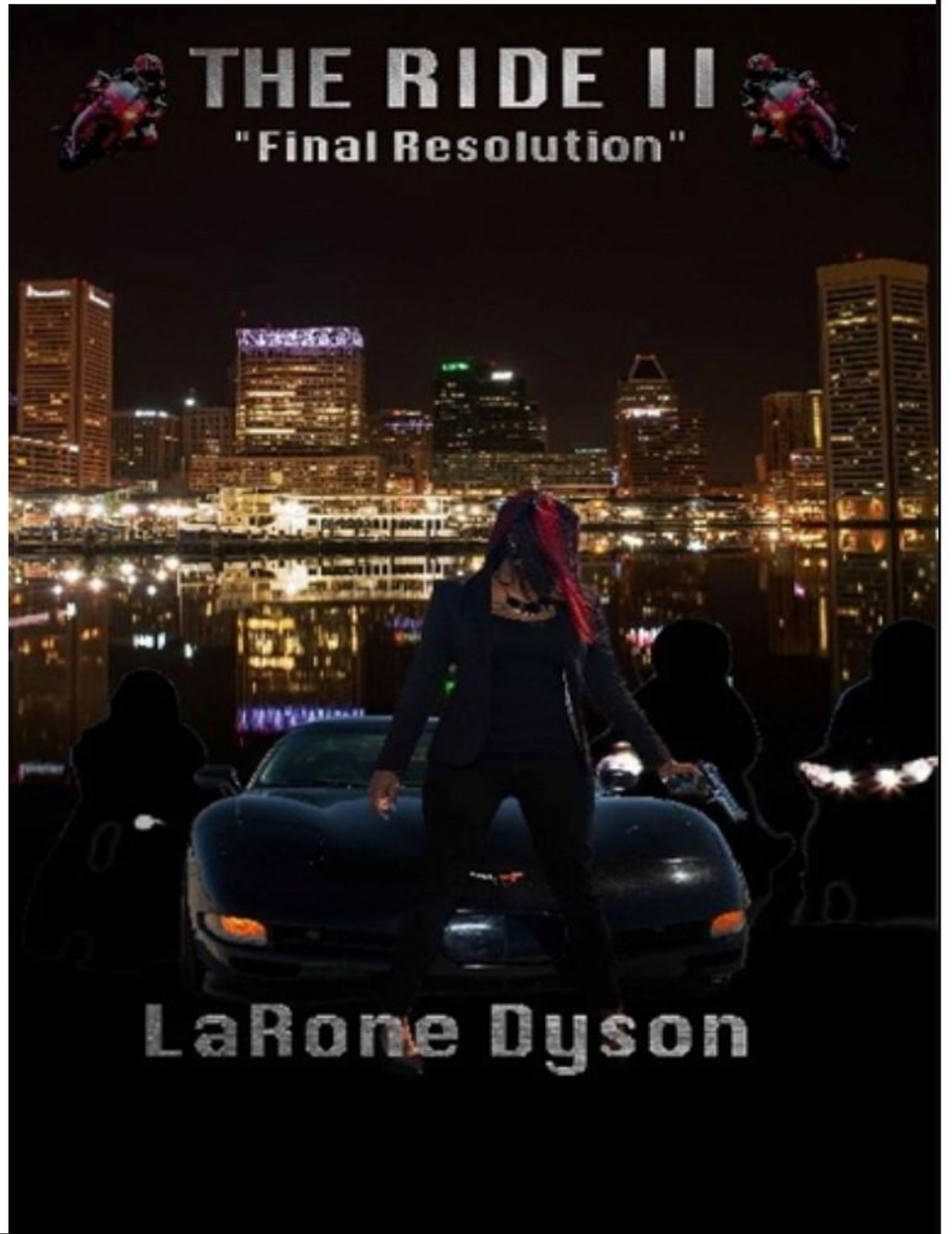
Greetings National Black Unity News readers. My name is LaRone Dyson, I am a Baltimore Native, joined the Navy at the age of 18 and retired with full honors of 24 yrs. I must tell I would do it all over again and wouldn't change a thing. The Navy has trained and taught me valued skills needed for life survival. I earned my Associates Degree in Busi-

Contact Us:

**Larone Dyson**

**410-736-0028**

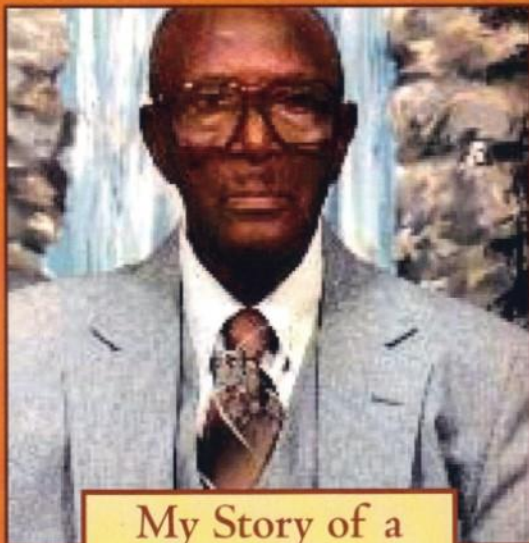
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## Willie Holliday Sr.

### Lived in three centuries, he made history at death as America's oldest man

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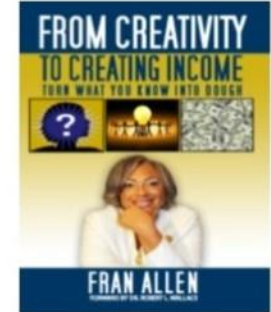
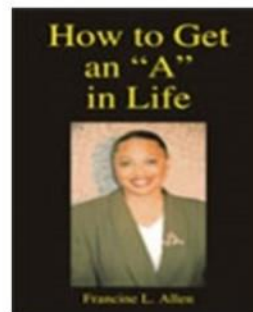
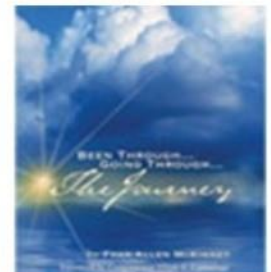
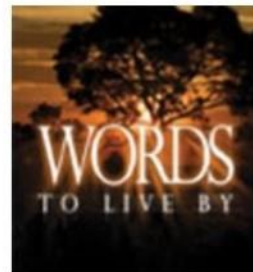
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## Fran Allen, author, motivational speaker and non-profit fundraiser.



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

**Fran Allen, CEO, Self Development Success**  
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*Life Lessons of a Leader!*

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Pastor Steve L. Turner

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Wilson HealthCare Services provide non-medical care to clients in their homes. Our goal is to provide warmth, compassion, trustworthiness and most importantly patience.



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**We can provide the following services:**

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



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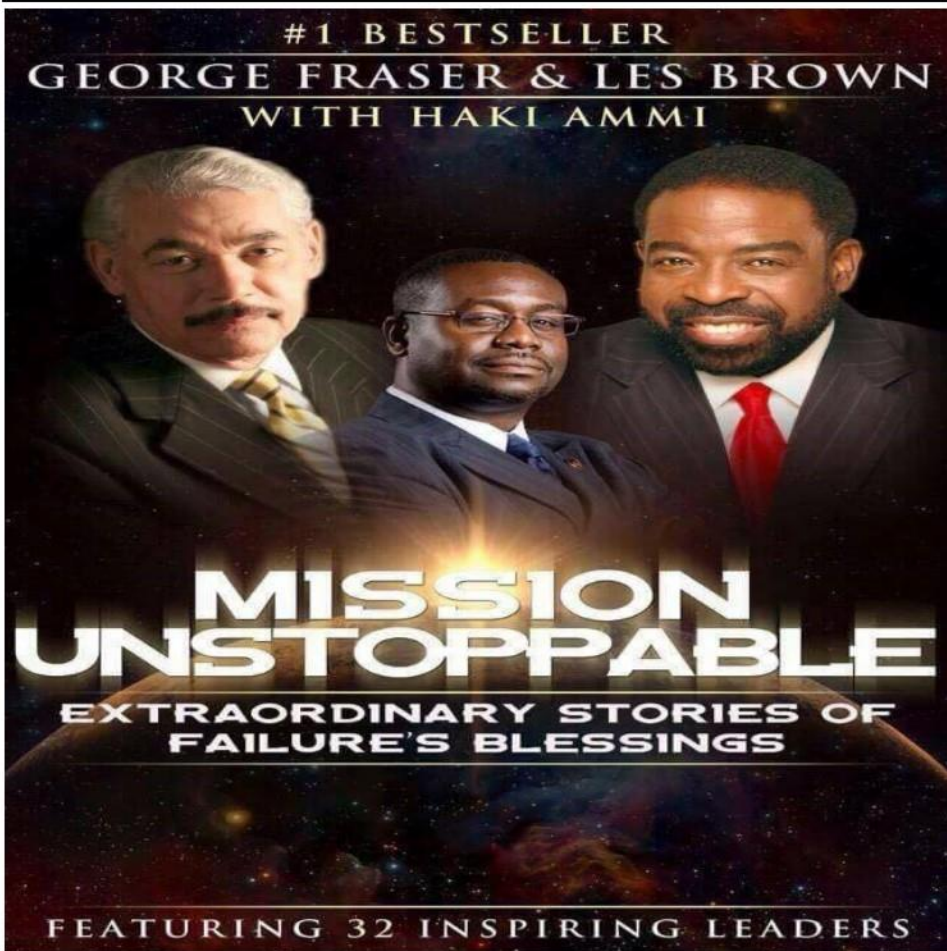
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Join Us **October 16, 2018**  
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Untold Stories from the March  
THE ARCH SOCIAL CLUB @7pm

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KUUMBAREport and the Sixth Region Diaspora Caucus Invite Organizers, Activists & Concerned Members of the Afrikan Diaspora to the First

# COOPERATIVE COALITION CONFERENCE

Preparatory Conference for the November 2018 National Summit of the Sixth Region Diaspora Caucus  
How can we bring Pan-Afrikan organizations together to move our ENTIRE COMMUNITY forward?

Building a COOPERATIVE, COMPREHENSIVE STRATEGY for Afrikan People

ORGANIZATIONS & ACTIVISTS: Come Share Your Mission! COMMUNITY: Come Get Involved!

SPOKES OF THE WHEEL: Our Unity & Independence comes from our Interdependence!

## SATURDAY, NOVEMBER 3, 3:00PM ARCH SOCIAL CLUB

2426 Pennsylvania Avenue, Baltimore, Maryland  
(Penn-North Community)

For More Information or to Participate on a Panel, Contact:  
Bro. Cliff | (443) 865-2723 | [cliff@kuumbareport.com](mailto:cliff@kuumbareport.com)



"Let's Go Together: Taking Global Afrikans to the World Stage"

## SIXTH REGION DIASPORA CAUCUS (SRDC) 2018 NATIONAL SUMMIT

A Cooperative Effort of the Sixth Region Diaspora Caucus, Maryland Council of Elders, Teaching Artist Institute, the Pan African Diaspora Union and Our Victorious City

- Panel Discussions on Confronting the Issues of Our Community  
Guest Speakers from the African Union, Diaspora Delegations & Pan
- African Federalist Movement (PAFM)
- Historical Displays, Cultural Presentations and Social Events
- Meet the SRDC National Secretariat and the Maryland Council of Elders
- Discuss SRDC's Efforts to Organize the Diaspora
- Create a Pan - Afrikan Agenda
- Establish a Pan - Afrikan United Front for Positive Action
- Take Our Voice to the World Stage
- Build the Pan African Diaspora Union

The National Great Blacks In Wax Museum  
1601 E. North Avenue, Baltimore, Maryland  
November 16 - 17, 2018; 9am - 6pm Each Day

More Information: (443) 865 - 2723 | email: [cliff@kuumbareport.com](mailto:cliff@kuumbareport.com);  
Website: [www.srdcinternational.org](http://www.srdcinternational.org)



the **PARTY WITH A PURPOSE** Returns!

Live Performances by Local Pan-Afrikan Artists  
A Journey Through Black Music with KUUMBASound  
Blues • R&B • Classic Hip Hop • Caribbean • African • House • AfroHouse

**SATURDAY, NOVEMBER 3**  
7 pm - 12 midnight

**ARCH SOCIAL CLUB**  
2426 Pennsylvania Avenue, Baltimore  
**\$15 Cover**  
No Cover before 8 PM

Maryland Council of Elders [marylandcouncilofelders@gmail.com](mailto:marylandcouncilofelders@gmail.com) KUUMBASOUND [cliff@kuumbasound.com](mailto:cliff@kuumbasound.com)

**BALTIMORE JAZZ MUSIC FESTIVAL**  
PLANNING MEETING  
"A PARTY WITH A REAL PURPOSE"

**THURSDAY, OCTOBER 25, 2018, 6:30pm-8:30pm**  
MARY E. RODMAN RECREATION CENTER  
3600 W. MULBERRY ST., BALTIMORE, MD 21229

**HOSTED BY:**  
David Murphy, CEO The National Black Unity News (443) 455-2373 (Mobile)  
Anita Cathcart, President, Allendale Community Association (443) 827-1693 (Mobile)

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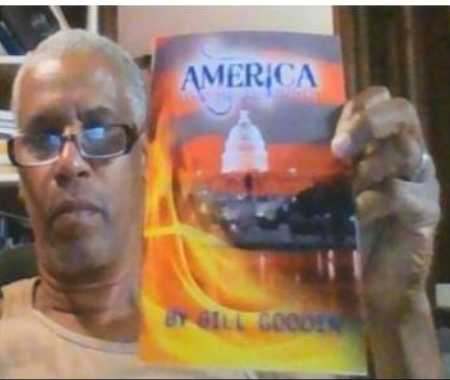
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**The National Black Unity News**

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**tw** @WomanBizConnect - Millionaire/Billionaire Masterminds  
@BettyJHines - Chief Collaboration Officer/Sounding Board for CEOs

**f** "Building Better Business, One Collaboration At A Time"  
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If Not Us, Then Who? If Not Now, Then When?

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

Vol. 2 No.4 \$2.00

October/November/December



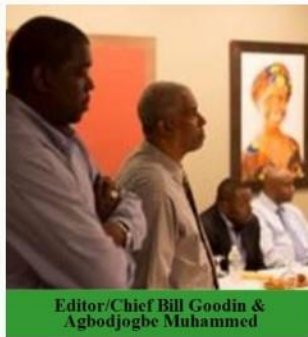
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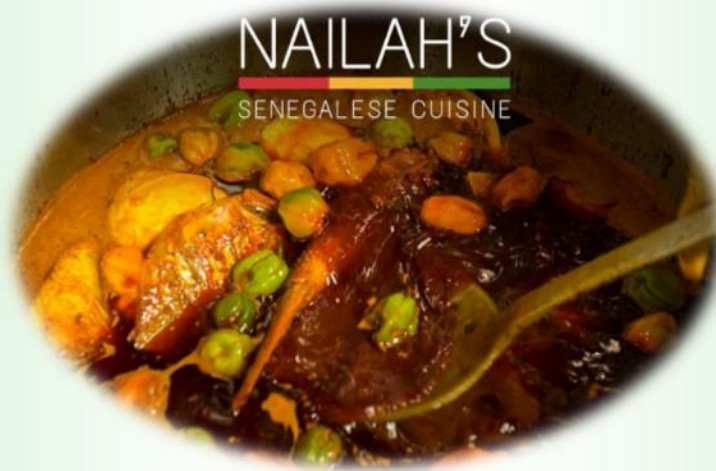
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