



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.tnbun.com/>

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Style To Empower
With Dr Bert
Page 27



Mayoral Candidate
Rikki Vaughn
Page 15



Business Consultant
Lila Arthur
Page 7



Business Man
Candidate
Zachery Dingle
Page 16



How To
M.O.V.E.
Mountains
Dr Charles Pender
Page 23

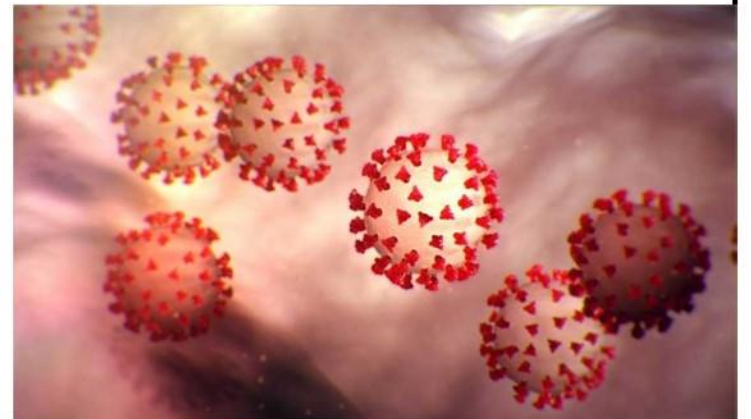
The National Black Unity News A Solution-Oriented Periodical

A proposed *solution* to impact COVID-19. What if *light* can make a difference?



The world is facing a crisis. In fact, we are experiencing a global pandemic. As this COVID-19 outbreak continues to grow and kill, people are in fear. Segments of our government offers little help, no comfort, and no confidence during this uncertain time and the world is looking a solution.

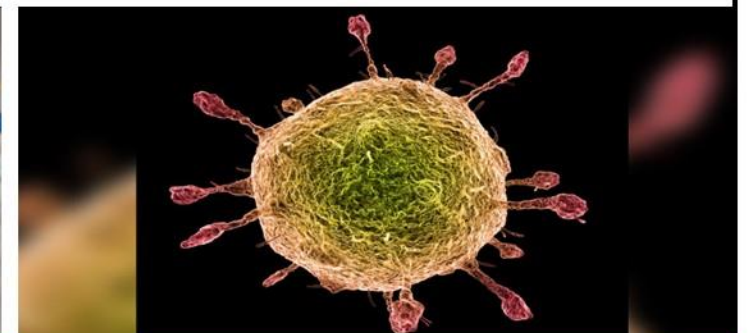
Faces going Places, is a service and as a non-profit organization, we're closely monitoring the impact of COVID-19. We are observing directly and indirectly how this virus has changed our lives. How it has altered our home, our work, our schools, our habits, and how we interact with our family, our neighbors, and our friends. The one action that stood out in our observation was the need for *prevention*! Preventing someone for acquiring and passing on COVID-19 is the goal. Like the rest of the world, we would love having a cure, but preventing being contaminated is best.



Most people of the world are now responding to better safety measures, because they are witnessing what this virus has done. Most people of the world are also crying out to whom-ever to find a cure, or at least a way to prevent COVID-19 from spreading.

During this difficult time, in most stores across America, disinfectants, hand sanitizers, and antiseptics have sold out! The reason these items are scarce and in high demand (mask and gloves included) is they seem help *prevent* the spread of this highly contagious virus. These products have been used in immense dosages every single day to help halt the spread of viruses and harmful bacteria for years. But now with the COVID-19 so prevalent, some medical supply companies and medical equipment companies, *Continued on page 30*

The Life You Save Maybe You & Yours



Read Articles Related To This Subject: Pages 3, 5, 6, 7, 10, 12, 14, 20,



David Murphy
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Tough Times For A
Tough People!
See Page 3

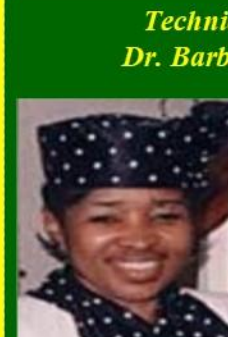


Bill Goodin
Editor & Chief
"SOMETIMES"
See Page 3



Managing Director
Walter Eugene Dempsy Murphy

Where is your
money?
See Page 3



Technical Editor
Dr. Barbara Watties

ANYONE SEEN
"INTEGRITY
LATELY?"
See Page 4



Black Men Unifying Black Men

Us Helping Us = Unity

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


Thank You to All You Black Men Standing! Page 17

What's Inside


Economics/Finance.....Page 6	Travel.....Page 14
Self Development.....Page 9	Youth.....Page 18
Lyfeworks.....Page 8	Health/Fitness.....Page 20
When God Moves.....Page 10	Rhythm People.....Page 22
Positive Words.....Page 12	Classifieds.....Page 33

Plus More!

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

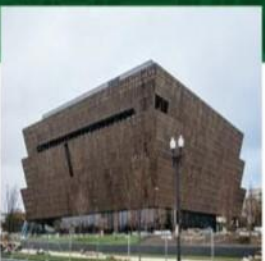


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Tough Times For A Tough People

My people, Black, Negroes, Melinated, are the original people! Since being here in the United States of America we have had it tough! The United States and the world is in *crisis mode* with the Coronavirus Pandemic. There has never been a reaction to a pandemic such as what we are witnessing today where just about all areas of our lives have been interrupted and they are saying that this reaction is our new norm!

To date, March 25, 2020, The United States claims that 64,675 people have diagnosed with the Coronavirus and 910 people died and theses numbers are growing daily. In comparison, 7,039 Black people were murdered last year, could

this be considered a pandemic?

You see, when all people are affected with a crisis, it is all of us, it's we and us, but when the crisis is proportionately Black people, it is them and they! Since most people in this country do not take our problems too seriously, maybe we should!

Since most of us are taking precautions and are homebound. I am suggesting that we "as a people" take time to reflect as to how we are going to proceed as individuals and on a collective basis. There are a lot of uncertainties that we all will have to contemplate! Such as employment, education for children, and the new norm! How will you plan or prepare for this new norm! Some things we sincerely have to consider. Will we ever recover from this economic loss? Will those who own and operate businesses ever recover from the shut-down? Will the Stock Market ever recover? Plus, how much longer will this situation last and will we survive this crisis?

There are a lot of questions that we all have to consider, and one thing for sure, you must think about the reality and the history we lived here in the United States of America! It is a fact that we **Continued on page 31**



National Editor & Chief
Bill Goodin

Activist, Author, Publisher & Organizer

"SOMETIMES"

Oh let me stop and give thanks to the "MOST-HIGH". Sometimes we just have to stop no matter what we have going on and what we are doing to just give pause and say "Thank You". To give thanks to "GOD" for life, for health, for housing, for our jobs, for family and on and on.

I am far from a preacher nor a religious fanatic, however, I am indeed a believer in the "MOST-HIGH" and I will die believing, despite my intimate sufferings. To be able to lay down at night in a bed secure from danger is a blessing within itself. To be able to lay down and think about ways to improve the world and the communities one resides is awesome.

"The National Black Unity News" is another example of how thankful I am personally to be part of such a collaboration. Yes, other people who look like me, and people who have the same desire as I do. And what is that desire? It is the desire to

make the world a better place.

Early in life, I realized that it was something special about television, radio, and books, etc. I wasn't sure if I understood the impact at that point, but I knew it was something powerful.

Today, I understand the value of media, and everything that I just mentioned is in some regard or related to media. See, when there is a vehicle that could impact how one thinks and how one lives, life it becomes powerful.

I remember as a little boy, and please, this is just to give an example of how powerful the media was then, and how powerful the media is now. When I was a little Black Boy trying to survive in the poverty of my existence and when I looked at the television, I had no idea that I rooted for Tarzan. Did I root because of influence and not because of what was right? Why would I root for a "White Man" living in Africa to be able to single handily beat up hundreds of Africans? I did it because television made me think that "Tarzan" was the *good guy*. Same with the Cowboys and Indians!

I remember going to school as a little boy and one of the things taught was that a white man by the name of Christopher Columbus discovered America in 1492. This was taught through our history books. Once again it is the power of the media to have me and us to believe in what was not true, but what others wanted us **Continued on page 31**



National Manager
Walter E. Murphy

Managing Director:
The National Black Unity News

Where is your money?

There are many people in the Black/Melinated/African American Community that can handle a dollar...and handle it well. It is also true that the majority of people in the our community just don't understand how money works.

We often talk about money and how to get it. Job hunting comes up in conversations. A business opportunity or a good money-making idea may be the topic occasionally. We fantasize as to what we intend to do with the money after we get it, and yes, there will be people waiting in line to help sway you as to how you should spend it. What is rare is that discussion on how and where you are keep your money. And we rarely discuss making sure your pennies have so many babies that you, your children, and your children's children will never be penny-less.


Yeah...some of you dabble in investments and have a pretty impressive portfolio...Your 401K is included. However, we seldom know how to effectively deal with our money. Yet...with all our buying power and our high level of participation

in Corporate America, our community still has many unfilled needs. Not wants! Needs!!! For the record, I am not just referring to the community where you live...gated...guarded...or not. I am also referring to the community that dictates *who you are*...the community you inherited at birth...and as you know...it suffers.

There is lots of blame and finger-pointing to go around as to why so many members of our community live in food deserts, our children attending inadequate or substandard schools, and having limited or no access to certain segments of our society. Not all...but most of these conditions in our community...money has seemed to solve. Yeah...go to any neighborhood in America where the median household income is around \$200,000 a year, and you will notice their private and public neighborhood schools have all its needs met. These neighborhoods have access to a wide variety of wholesome and fresh foods. These neighborhoods also have many of life's finer amenities and facilities. These neighborhoods understand how to use the number tool on this planet...Money. These neighborhoods get major support from many philanthropic foundations and organizations. And these neighborhoods have lots of **banks!**

Banks...a commerce necessity. And the banks in the United States are insured by the Federal Deposit Insurance Corporation (FDIC). The FDIC is an independent agency insuring *deposits* in U.S. banks and thrifts up to \$250,000 per account, in the event of bank failures. Like banks, all Federal Credit Unions and many State-chartered Credit Unions are federally insured, but by the National Credit Union

Continued on page 32



Editor:
Dr. Barbara Watties
The National Unity News

ANYONE SEEN “INTEGRITY” LATELY?

Integrity is a word, where the practice, is not used much today. However, when it is used, it's referring to a particular person. Trust me, there aren't too many persons referred to, in this manner, today. And it's not understood, by a host of people, especially a multitude of politicians and Christian practitioners. This *disturbing fact*, indeed, is a very sad commentary, to say the least. Did you know that a person with integrity is a giant from within? A person with integrity is a living breathing jewel that has been mounted on earth. Let's examine the true definition of integrity. Then try to count, on your one finger, *how many people, whom you know, or know of, fit this mold.* A person whose graced with **integrity** is one who:

>discerns what's right or wrong, *then steps to it*

>is honest and forthright

>host moral standards and values

>functions, by faith, daily, is reliable and loyal

>takes authority over the darkness of the devil

>fights fears, fans fires, forgives and forgets

>doesn't play the fool and allow the flesh to rule

>is honest with themselves

>denies jealousy a front seat

>exposes strife, is whole in spirit

>doesn't have an independent spirit

ANYONE FOR INTEGRITY?

One thing I've learned about integrity is

that you either have it or you don't. Did you know that **acts of integrity** can only be done by the power of the *Holy Spirit* inside of someone? Did you know that **integrity's assignments** include:

> using the Lord's assistance while never offering any internal resistance?

> never basking in the sun unless the warmth that's generated comes from the Holy Spirit?

> never benefiting from someone else's honest mistake?

> never doing the right things for the wrong reasons?

> learning to distinguish between the voice calling from heaven and the wrath calling from hell

> allowing the Word to flow through you to bless someone else

> acknowledging the Lordship of Jesus

> giving according to peoples spiritual needs and not their wants

> learning to relate to your fellow man

> being disciplined, without an independent spirit

> seeking the will of God and then doing it

> having wealth in your soul

> staying focused on Jesus

BUILT WITH INTEGRITY


Yes, a person with integrity doesn't have to worry about having skeleton's in their closet because their soul has been constructed with closets filled with the Holy Spirit hanging securely inside.

Their walls of morals, values, and scruples are painted with bright colors of *principle and pride*. Their hearts are tendered with *mercy and loving spirits* that help them to nurture and care deeply. Their belief in God is unwavering.

Their endurance is beyond compare. Their tongue is only used to taste the sweet things and spit out the evil that happens to come their way. They never use it to create chaos or confusion or destroy anyone by something they might say or do. Self-aggrandizing never comes from their lips to boast or brag is just not their style. They're eagerly willing to give God all the *glory, with praise, prayer and a smile*. They never act like they're' god when it comes time to say or do.

They don't look down their nose like, they're a better, saved Christian than me or you. The scripture says about them: "Yea, I know that thou didst this in the integrity of thy heart; for I also withheld thee from sinning against me: Genesis 20:6 KJV

The Messenger,
Dr. Barbara J. Watties



National Director Of Sales
Dr. Mel Butler
Chief Executive Officer at Maker 2 Markets
President at Faces Going Places

Mel "Rock" Butler, born in Baltimore, Maryland the 5th child of 12, and educated in Baltimore, Maryland at Carver Vocational Technical High School. Mel attended Morgan State University and received his BS degree in Marketing. Since 1976 it is believed that he was the first student to pursue and sufficiently complete a double MBA in Marketing and Management simultaneously.

He later attended Union Graduate School Center for Minority Studies where he completed his Project of Demonstrated excellence creating the Country's first Technology Commercialization Center which he directed at the Booker T. Washington Institute. He directed the country's exploration in such projects as Gasohol, Solar Energy with pilots placed in the Social Security Administration and other city buildings. Mel directed projects such as Lightweight cement, Hot Pockets, now found in supermarkets nationally, the HOMV which later became the World-renowned HUMMER, and Lunar Sound which was the first African American product to be accepted in the Chicago Consumer Electronics Show. He did Maryland's first in-depth study on Technology Commercialization as an alternative to minority business failure. Mel has always been an innovator and trailblazer. Mel has been the consultant to numerous successful business pioneers including Dr. Ophelia D' Vore of Grace Del Marco Modeling studio publicist of Richard Roundtree, Cicely Tyson, Susan Taylor, and Michael Jackson. He was a member of the National Black Business Round Table. His energy, creativity, and unstoppable drive led him to become a consultant to all of Baltimore's Model Cities Councils where he developed and implemented Board and Staff training in house for all six of Baltimore's councils as well as all other city community organizations. Mel partnered with Tim and Ervin Conway to implement Baltimore's largest ethnic festival 'Salute to Soul Festival' the mother of all current African American festivals. The business partnership went on to develop Baltimore's first African American Dance Show (Soul of the City) which became #1 locally over Soul Train and went on to become a nationally syndicated show.

Mel consulted Roosevelt Giles the Author of The Cissco Study Guide to Certification. He developed international Programs for Jeunique International in Canada, Bermuda, South Africa, England and the Bahamas. Mel has worked with Disney to produce shows that included Rosa Parks, Larissa Lockett, Jimmy Hill and a host of other celebrities. Mel's company MBA was the first Minority firm to be given a contract by the United States Army to oversee and serve as a development consultant to the Professors of Military Science (PMS) of all colleges and Universities in the 3rd Army command.

Currently, Dr. Mel Rock Butler has developed a program that guarantees successful Golf Tournaments. His passion is to enable non-profits to raise funds. He has held over 10 successful golf tournaments in the last eight years, (Golfers for Obama).

Dr. Butler is currently a Master Consultant, a Certified Diamond Appraiser and Partner with his son Anthony of e3 Business Group in Marketing the World Famous Harlem Globetrotters in 46 States.

His style is Unique.
His motto is "No Excuses"



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

Lyfe Wurks Editorial

I've been called a few things in my life, but this name..."*The Business Whisperer*" I think I'll keep! People always ask what is "Lyfe Wurks?" I think our foundation can best be explained through statistics. 26% of entrepreneurs say their biggest motivation for starting their own business was the idea of being their very own boss. (Guidant Financial); 23% wanted to pursue their passion; 19% the opportunity presented itself; 12% corporate America was the biggest problem; 6% started after being laid off; according to entrepreneur data, 6% weren't ready to retire; and 3% were inspired by various life events. (Source: Small Biz Genius 39 Entrepreneur Statistics You Need to Know in 2020, By Dragomir Simovic, August 5, 2019)

So simply put, Lyfe Wurks is in the Business of helping others start & sustain their business! We are a **B2B Marketing and Business Development Firm** focusing on 3 business structures: 1) **Entrepreneurs** in the **Start-Up Phase** with the goal of **setting a foundation** #Belief2Birth 2) **Small Businesses** in *Continued on page 8*

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**National Editor
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James Sweeting III
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James Sweeting III, LLC**

Chickens Coming Home To Roost

Malcom X famously spoke of Chickens coming home to roost. Looking at the disarray in this country and of its leadership, one cannot help but believe that Malcoms' prophecy is coming to fruition. The reference coming to home to roost speaks of Karma of reaping what one sows, the inevitability of justice in a spiritual universe. American exceptionalism is not guaranteed. Civilizations even empires come and go, they rise and fall. I am at this moment not concerned with the United States or the America's, I am addressing the diaspora of African peoples and their descendants who were brought to this hemisphere

I am not a separatist by nature, however, American separatism was imposed on me and my community. As a communi-

ty it is past time for us to put aside thoughts of inclusion and acceptance by the larger society which surrounds us. The time has come and has always been that we need to develop, grow and mature strategies that will ensure our survival as a people.

We have a history of survival and endurance, however we cannot relax as the struggles of the past will continue, although in new and dynamic methods.

Unfortunately, relax is just what we have done. There have always been voices in our community that preached and embraced accommodation. Accommodationist suggest, that if we mimic the larger society, if we are nice, polite, quiet, patient that one day we will get to fully

participate in this society and the riches that we created by our toil. We have been forever caught in a cycle in an effort to integrate merge and become part of a society that has relegated us a status of 3/5 of a human being. We have brought into the idea of American exceptionalism and desire to be welcomed in a community that refuses to welcome us.

At some point we must realize that American exceptionalism, is a fiction and that the path of our people is not through accommodation but must be built on independence and self-reliance. The dominate population in this country will never see beyond their tribe and ethnicity. Our community will never be welcome and never be accepted by them into the current status quo of this country. It should be self-evident after all these years and effort that one cannot escape their blackness. It matters not how much money you make, how talented or you are or what your contribution to the overall society is you are still relegated to the modern version of the constitutional 3/5 of a human being.

What is the solution, I am not suggesting as Marcus Garvey that we return to the Continent of Africa, I am suggesting that we make a new America here in the

western hemisphere. This requires that the peoples of African ancestry throughout the Americas throw off the mental shackles that restrain us to greater degree than the physical shackles and 400 years of servitude ever could. We must shed the slave mentality and colorism and lead this Continent into a new future a new reality. We must reject the values the customs of this current society and refuse to further mimic, embrace and prescribe to that which they cherish. To become even more like them is to destroy ourselves and will condemn us and the peoples of this continent to destruction.

To do this one must look inward both individually and collectively and we must love ourselves and our community. We must set the standard and the example. Our money must stay in the community. We must reject outside forces and influences, the media and dominant culture which suggests how we are to behave, look, act and respond to one another.

Liberation is coming to the America's one way or the other, the question for us a people is whether we are going to lead it, be seep up in it or ultimately destroyed by it?



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.

The Firm consists of Attorney James Sweeting III, and support staff. The staff of the Law Firm are fully trained and

competent and are able to meet the necessary requirements for providing high quality service in the modern legal environment.

This high degree of service is provided through the leveraging of modern office management technology with the experience garnered as a result of twenty-six years in the legal profession.

Clients are encouraged to interact with and utilize the firms technological resources to enhance their experience with the firm and their awareness of the legal

issues they face. For example, clients are provided the means to schedule their own appointments through the utilization of the setmore application by simply clicking on the following link or pasting it to their browser <http://sweetinglaw.setmore.com>. Similarly, the Firm employs the leading legal research engine which grants access to Court Decisions and Statutes of all Fifty States as well as the Federal Government and HIPPA compliant document storage and sharing through the utilization of Drop-box Enterprise.

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National Editor
Wayne Randall
Financial Consultant

The State of our Nation

As we enter Q2 the U.S. economy surprisingly it's been robust the numbers speak for themselves employers added **225,000** jobs in January, comfortably more than analysts had expected. That alone suggests that economic growth is steady at a minimum, and maybe accelerating as the year begins. The share of adults either working or looking for work rose to **63.4** percent, its highest level since mid **2013**. And the share of adults between ages **25** and **54** who were employed reached **80.6** percent, its highest level since mid **2001**.

It will be interesting to see if Americans will be swayed by the numbers or will they seek another direction for the country. Much is at stake to sit at the table, but the future of our country and the re-

lations have been severed over the last **3.5** years because of bad foreign policy. However, this is a band-aid in comparison to the concerns of the Coronavirus scare! Stocks drop sharply on Wall Street a **1,000** points due to the sell off February **24, 2020**. Stocks plunged the most in two years amid Coronavirus fears. At the moment there's no antidote available. Will keep you up to date with any breakthroughs. Click the link to see project Corona Awareness <https://www.youtube.com/watch?v=WZCaJdmTpJg>

Let shift our focus from the federal front to the state. Lately, there's been much talk and debate about the Kirwan Commission an initiative that will disperse

state revenues to school systems, giving more money to less wealthy school systems and less to wealthier ones. Here's the back story the commission was created by the legislature in **2016** and is led by and named after William "Brit" Kirwan, the former chancellor of the University of Maryland. The **26**-member panel made up of legislators, educators, businesspeople and county leaders have been working since the fall of **2019** to rewrite the current funding formula that has been used for about two decades.

Rumor has it that the commission recommended a **\$3.8** billion increase in spending to be phased in over a decade. About half of the increase would come from county and city governments and the remainder from the state. Let's think about this for a second State meaning the Governor or the people? You decide. The real question is who will decide

on how the money for schools will be divided up? By the time you read this article a series of recommendations from the commission will have been proposed many of which suggest that spending will take into account county's tax base, the percentage of students living in poverty and a host of other factors. Leaving the Maryland General Assembly grabbing over what to do and how to implement spending that will affect the gen-

eral public for sure. Keep your eyes and ears open!

In these last four paragraphs I've covered the federal front on the economy and dilemma facing the Maryland General Assembly in Annapolis. Not to mention, the latest scare of the Coronavirus it's in God's hands he's the only one who knows how it's going to play out. There are only a few things in life that you really have control over one is your own actions. So, whatever you do please make it count for something. This brings me to my next point due to the uncertainty that were living in as a society on the federal and local government it's crucial that you have your money management strategies are in place. I say that, because Marylander's moreover will probably see the largest tax hikes due to the Kirwan Commission. I only wish the news was more promising

For more money strategies visit my website at <http://www.yourfinance-info.com/> click the services tab to find out more information on retirement funds for W2 workers and independent contractors that qualify for SEP-IRA. I'm actively involved in helping individuals and business owners promote their products and services. Call me I look forward talking to you soon. Continue to be safe out there!



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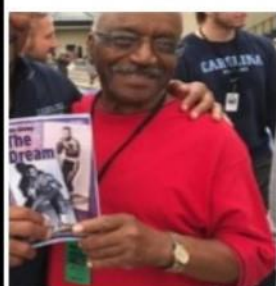
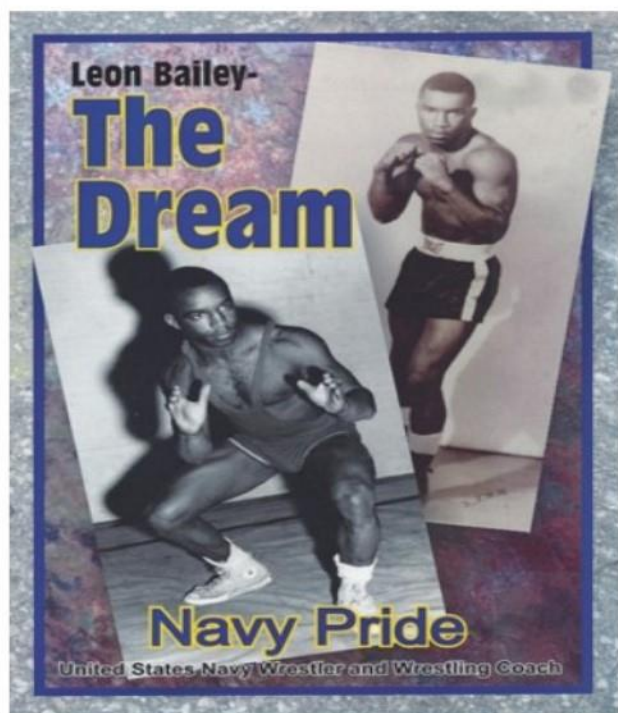
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Leon Bailey's book "The Dream"



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Business Consultant

Lila Arthur

Primerica Financial

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

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

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

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

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

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

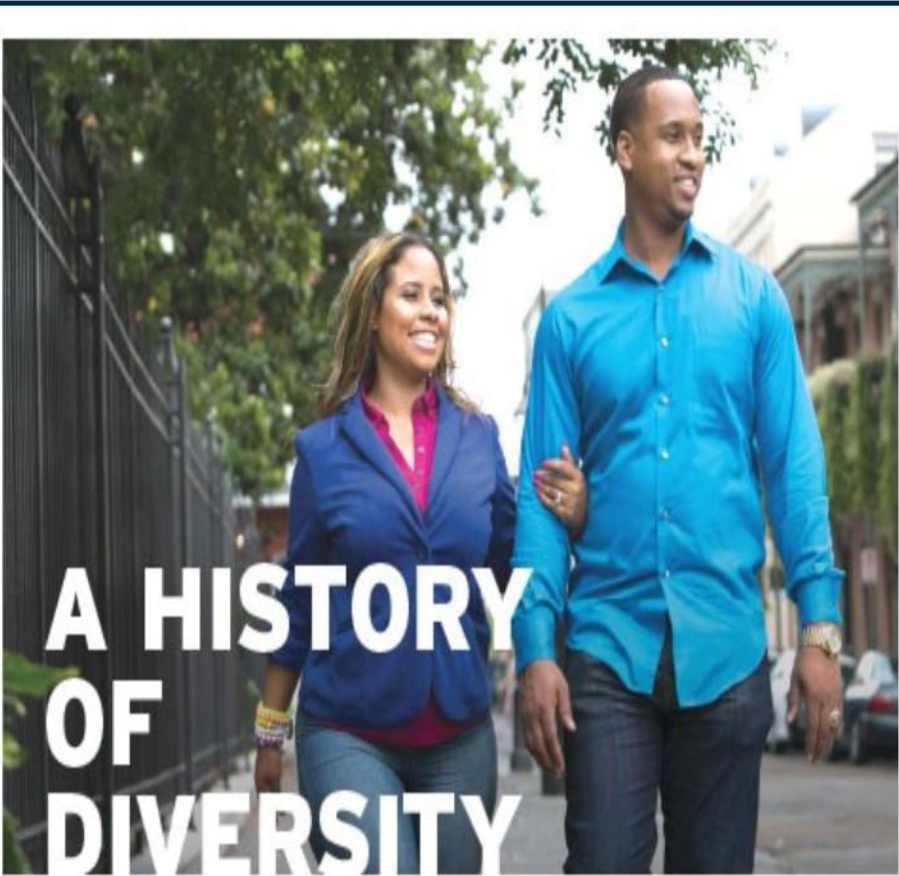
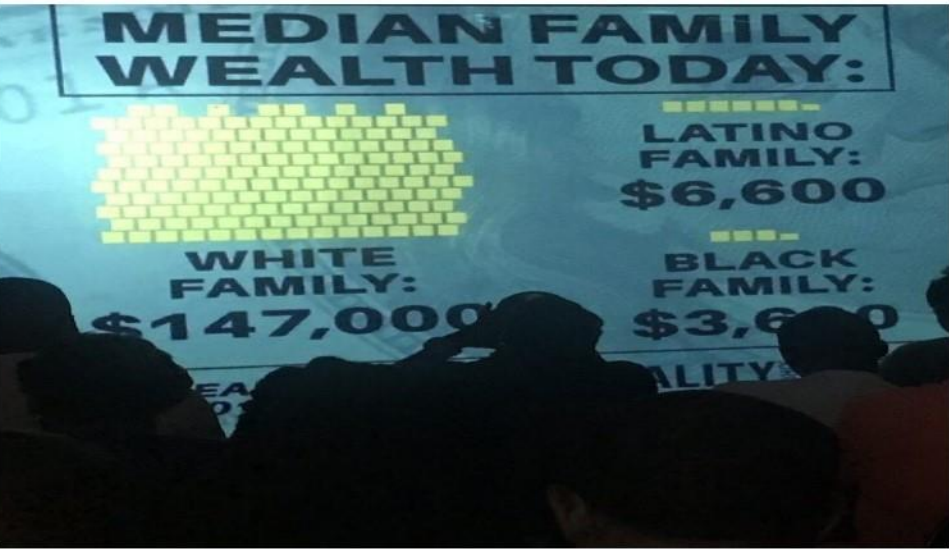
Did you know you that having valid insurance can be considered as a financial asset? That can improve your credit rating, assist in getting health insurance, a home loan or business loan. So go and find out more about life insurance. You'll be glad you did.

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

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

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

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



A HISTORY
OF
DIVERSITY



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

Lila Arthur
667-231-0819

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

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Lila Arthur
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National Marketing Director Jacinta "Jaye" Walker

Continued From Page 4



the **Growth Phase** with the goal of **scaling their business** (#Bootstrapping2Billing3) **Corporations** in the **Evolution Phase** with the goal to **locate & secure new business**

revenue streams#Blockage2Boundryless

Although, most of those statistics describe me, I am definitely part of the 6% after experiencing four layoffs in 16 years. With almost 2 decades of experience, building networks, results and earning expensive degrees, it was hard to concede, especially as a single mama, that generational wealth and job security from Corporate America was not my reality. But thanks to God for my experience operating a family-owned Mortgage Broker Firm 16 years earlier, I knew and fully understood the **POWER OF ENTREPRENEURSHIP**.

Around 50% of Lyfe Wurks clients consist of newbie entrepreneurs...Those that have a passion project and desire to move past the thought and dream to reality. They are ready to start a business! Lyfe Wurks' team of Marketing Specialist, Social & Digital Strategist, Project Managers, Graphic Designers and Business Developers share that same passion.

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“
The secret
of getting ahead
Is **GETTING STARTED**
”
- MARK TWAIN

owners feel when things become overwhelming. *While you focus on your passion, we build your promotions & profits!* Plus, over 30% in discounts when you book your spot today! Limited Spots and Limited Time. Reserve your Quick Start Package, read FAQ's & get started at

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Yours Truly, Jacinta "The Business Whisperer" Walker

Johnny Don't Quit!

Did you know? **40%** of salespeople say prospecting is the most challenging for them & **72%** of companies with less than 50 new monthly contacts did not achieve their revenue goals. (Hubspot.com)

Why Use **JOHNNY DON'T QUIT!**

As an organization, sales manager and sales team you need a Blockage-Breaker! **Johnny Don't Quit sales training is the Business Boost you need!** Backed with the benefit of **40+ years** of "Top Sales Person" for various product lines, Real Estate, Insurance,

Cemetery, and as a Mortgage Broker, Johnny Don't Quit program teaches proven formulas to enhance prospecting, revenue streams and even greater, mastery of mindset. Every workshop, training, and seminar is custom fit to meet your sales team's specific areas of need. Creating an atmosphere of careful comradery and a successful mind shift. Training topics including:

"Straight to the Bank" Sales Formulas, Building Your Dream Team, Live Off Referral Streams, Learning to Love Objections, Maximizing Sales Volume

About JDQ: Johnny Walker is the master sales trainer behind the "Johnny Don't Quit" brand and "Don't Quit" documentary. Learning the secrets to success while growing up on Capitol Hill in Washington D.C., his environ-

ment with movers and shakers intrigued him. He sought to understand and master a personal challenge of how to complete any job quicker, better and more proficient than anyone else.

Always seeking greater opportunities, he went into **Sales** as it had the **biggest** potential for **greater** earnings to support his **growing** family.

He tapped into his earlier lessons and was able to climb the corporate ladder, even though he did not possess the degrees like his counterparts. Rather, he studied the early sales and psychology gurus. It manifested a passion for teaching, he speaks on a proven system of how he went from Sales to Management to Ownership. He credits successes like this to what he teaches today: **The Three P's: Patience | Persistence | Prayer**

Today through various blocks of training, motivational speaking, workshops, and unbelievable stories of failures and triumphs, Walker challenges sales groups and managers to try, sometimes old-school or non-traditional, but proven methods that can instantly increase sales and meet revenue goals. After managing and mentoring over **3,000+ people** around the country; serving as United Methodist Men's President for 64 churches; and performing in USO World Tour acting in motivational plays, it is clear to him that **Sales People Need Managers; Managers Need Coaches; Coaches Need Johnny Don't Quit**

Contact: Johnny Walker
(301) 424-3094

|JohnnyDontQuit@gmail.com|

John E. Walker
COACH
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Managers Need Coaches;
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National Editor: Self Development

Fran Allen

**Author, Motivational Speaker, Workshop
Facilitator and Non-profit Fundraiser**

Don't Settle!

How often have you accepted something in your life at the request of someone who wasn't giving up anything or making any changes? Why do people think that you are not supposed to have the things you want in your life? I believe this situation calls for some very serious self-reflection. I had to ask myself, "Why would I even consider such a request?" Is it because I don't honestly believe that I deserve nice things and good people in my life? Is it because I don't conceivably believe I can do any better? Is it because I would rather be unhappy than to be lonely? Is it because my value and worth are tied to having someone, anyone in my life?

I have often searched my head and heart to figure this out. What I came to is this, "I will only have what I allow into my life." If I allow misery into my life, that is what I get. If I allow disappointment into my life, that

is what I get. If I allow irresponsibility into my life, that is what I get. If I allow bullying into my life, that is what I get. If I allow opposite values and morals into my life, that is what I get. Each of us are responsible for the development of our lives through the choices that we make. In the past, I have chosen to have someone in my life to make things easier for my finances. The lesson I learned from this poor choice is money doesn't always give you peace of mind.

Yes, my bills were paid but the price I eventually paid for that "ease" was far more challenging than paying the late fee would have been. I discovered through the years that I had developed higher morals and standards for myself that I am not willing to compromise. For instance, I do not drink alcohol and I don't want to become involved with anyone who does not know their limit and

who can't control their behavior while they are under the influence of alcohol. Yet, my heart had fallen for someone who indulged regularly. As tough as this decision was, I had a choice to make. Would I spend the rest of my life waking to a person I didn't really know because they were nearly always under the influence? Or would I decide to choose myself and walk away for the last time? I value truth and honesty highly as well. In a past encounter, I allowed my heart to get attached to someone who, in the end, just didn't care about me the same way I cared for them.

Again, I settled for this person because I was lonely and thought they would come around. That was a complete waste of my time, effort, energy and feelings. No one changes for anyone else. They change for themselves because they want more for their own life. Not because they want more for you. These choices aren't just present in love, they are present in business as well. I have a very broad skill set which others are often trying to put to work on projects that they feel I would be excellent. While I recognize their appreciation of my intellect and ability, I have made my choice where my career is concerned. I write for The National Black Unity News because writing feeds my soul.

I love the opportunity to share my heart and my mind that is possible through this media outlet. I don't want to do administrative work for another company.

I don't want to act as a representative of another organization. I don't want to be a strategist or a project manager. If I do any of those things, for anyone, it will be my choice to help them. My choice to put my talents to work for another. My decision to commit my time.

I have learned that when I do things that go against the grain of my values; when I sacrifice what I know I earnestly believe in to help someone else who isn't making any sacrifices for me; when I commit more time to work on a project than the one who thought up the bright idea in the first place... I have to accept that I settled. I settled for what someone else wanted from me instead of requesting what I want in return for my sacrifice. Don't keep going through life just giving and thinking that the more you give; the more will come to you. It doesn't work that way. If you want something, you have to communicate it. If the other person isn't willing to give you what you need, why should you consider giving them what they want?

R-E-C-I-P-R-O-C-I-T-Y. Give and take, you give, and you take, not you give, and they take!!!! There is always a way to work things out, so everyone gets something that they want or need. If a deal feels one-sided, you have just settled and not in your favor! You are better than that. You are worth more, and you deserve to have what you want and need. **No matter what, don't settle!**

YOU GOTTA START SOMEWHERE

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

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

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

Doreen Fitzpatrick,
Educator and Motivational Speaker

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

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

Fran's summary bio
Ms. Allen is an author, keynote and motivational speaker, change agent, seminar and workshop facilitator and motivational decision goals leader who delivers powerful and practical ideas to inspire others to take their thinking outside the box and bring it home.

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CEO, SELF DEVELOPMENT SUCCESS

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

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

When God Moves!

Whenever we have had some kind of a catastrophe in this country, there has been a call for prayer. Why not now? Where are those leaders who believe that God hears us when we pray?

We are made strong when we hold onto our faith in God. It's times like these that we can see for ourselves how strong our faith really is. It's times like these that show us how much we need God. It is God's strength that keeps us. Knowing that we could go to God in prayer has sustained us. It's times like these we must have faith in God that we might be comforted and not be full of fear. Fear keeps us from walking in wisdom.

We are told how to protect ourselves. We must follow those guidelines. We should never forget to follow the Word of God and remember all of God's benefits. When everything else fails, God's Word is sure.

We can follow all of the medical guidelines and inside of us be ripped with fear.

There is fear all over! How sad! It is time for the believers of God to stand up for all to hear, what we say we believe. I have been waiting patiently for our faith leadership to stand up for God. Is not our God stronger than any destructive force? Is not our God still the saving God? The God who protects us in time of trouble? Is not our God our hope?

My heart goes out for our children. What are they seeing? Fear? Can they see us demonstrating our faith in God?

Are they growing, seeing God in a way that they can trust Him?

Where are those who say there is nothing impossible for our God? Where are those who openly declare as they quote from Psalm 91 "a thousand will fall at our side and ten thousand at thy right hand but it shall not come near you! Is it not time to bellow the encouraging, fear destroying, hope building words for those who need strength at this time?

Whenever the people of God prayed together as one, God delivered His people. Do you want to be kept by God? God is still God!

For unity, please speak this daily: One Man Prayer that is dedicated to the hurts of people and communities!!

I urge you to cover your homes, your churches and your lives with this prayer.

The Unity Prayer

Father God, we thank you for being our Father and our God. We thank you that no man can pluck us out of your hands.

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

Your Word in 11 Chronicles 7:14 tells us "If my people which are called by My Name shall humble themselves, and pray and seek My Face, and turn from their wicked ways, then will I hear from heaven, and will forgive their sins, and will heal their land."

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

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

Forgive us for our sins.

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

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

our way.

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

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

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

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

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

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

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

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

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

We always win "When God Moves!"





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John 10:10

JESUS DID NOT COULD LIVE!

Rev. Theresa Mercer
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Beverly A. Williams

Sue-Ann's
OFFICE SUPPLY, INC.



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

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

location.

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

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

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

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

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

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

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

THE DEADLIEST VIRUS IN THE WORLD, YET THERE IS A CURE

Much has been said about viruses lately. Much has been said about viruses that have killed millions of people in the past. Now a new and deadly virus has come upon us that is wreaking havoc all over the world. It is called the CORONAVIRUS. This virus has many afraid to go places. Many are saying there is no cure, but if there was a cure I would take it. WOULD YOU? **GOD HAS THE CURE FOR THIS, TOO. TRUST HIM!**

Let me tell you about a virus that has been running wild all over the world with little notice. This virus has a cure, but few people are willing to use it. This virus started thousands of years ago in a beautiful garden called EDEN. A man

was given this beautiful place to live and tend this garden, but he was not content to follow simple instructions. He disobeyed and brought a terrible virus upon mankind. The deadliest virus of all is a virus called SIN.

Through many generations, mankind continued to visit and bring this virus upon us, causing death and destruction to befall the world. The God of Heaven saw that man needed a cure because man could not cure himself. So, God sent the best that He had into the world in the form of Baby Jesus, who was born in the city of Bethlehem. He grew up and was treated dastardly by mankind who needed a cure. Man spat on Him, whipped Him, and accused Him unfairly. They

took Him before an unjust court and judge where He was convicted and condemned to die. They marched Him up Calvary's Hill where they nailed Him to an Old Rugged Cross. They put a crown of thorns on His head, pierced him in the side with a spear causing blood and water to gush out. THE CURE FOR THE DEADLIEST VIRUS IN THE WORLD is being prepared. Jesus was ridiculed while on the cross. He became thirsty and needed water, but they gave Him vinegar mingled with gall. While on the cross Jesus said, "MY GOD, MY GOD, WHY HAST THOU FORSAKEN ME?", "FATHER, FORGIVE THEM FOR THEY KNOW NOT WHAT THEY DOETH", and "IT IS FINISHED". "Jesus, what are You doing?", you might ask. He was preparing the CURE FOR THE DEADLIEST VIRUS IN THE WORLD. Jesus died, was buried in a borrowed tomb, and was resurrected on Sunday morning, declaring: **THIS IS THE CURE: Jesus said, "ALL POWER IS GIVEN UNTO ME IN HEAVEN AND IN EARTH. GO YE THEREFORE, TEACH ALL NATIONS, BAPTIZING THEM IN THE NAME OF THE FATHER, AND OF THE SON, AND OF THE HOLY GHOST: TEACHING THEM TO OBSERVE ALL THINGS WHATSOEVER I HAVE COMMANDED YOU: AND, LO, I AM WITH YOU AL-**

WAYS, EVEN UNTO THE END OF THE WORLD". Matthew 28:18-20.

THE LORD SAID, "IF MY PEOPLE, WHICH ARE CALLED BY MY NAME, SHALL HUMBLE THEMSELVES, AND PRAY, AND SEEK MY FACE, AND TURN FROM THEIR WICKED WAYS, THEN WILL I HEAR FROM HEAVEN, AND WILL FORGIVE THEIR SINS, AND WILL HEAL THEIR LAND". II CHRONICALS 7:14. Jesus is coming back for those who have taken advantage of the cure.

Why not take the cure of the GREAT PHYSICIAN?

Now that you know **THE CURE FOR THE DEADLIEST VIRUS IN THE WORLD**, what are you going to do with it? Let Us Help You At: *The Church With A Heart – With The People At Heart – Aiming For The Heart With The Gospel.*

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Bro. Kevin Bethea, Minister**

**Achaniel F. Lucas
443-272-6167
powerfulwordsandgifts@gmail.com**

THE VALUE OF A FATHER

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

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

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

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

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

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

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

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

**HAPPY FATHERS DAY!!!
ACHANIEL F. LUCAS, SR.
(443)272-6167**

THE VALUE OF A MOTHER

"This Poem Is Dedicated To All Mothers, You Are Appreciated"

THE VALUE OF A MOTHER
OH! WHAT DO YOU THINK IT IS
IS IT TEACHING YOU RIGHT FROM WRONG
OR, JUST TELLING YOU TO CHILL

OH! THE VALUE OF A MOTHER
I THANK GOD FOR HIS GRACE
FOR TEACHING ME HOW TO LOVE
HOW TO RUN THIS CHRISTIAN RACE

A MOTHERS' JOB ISN'T EASY
SHE PUTS US TO THE TEST
SHE HELPS US WITH OUR HOMEWORK
PUT US TO BED FOR REST

I THANK GOD FOR YOU MOTHER
YOU TEACH ME HOW TO LIVE
YOU TEACH ME TO SERVE MY GOD
BOW TO HIS HOLY WILL

MOTHER, YOU BRING ME TO BIBLE SCHOOL
YOU TEACH ME HOW TO PRAY
I THANK MY GOD SO MUCH FOR YOU
TEACHING ME, THE NARROW WAY

YOU HAVE ALWAYS BEEN BY MY SIDE
TEACHING ME RIGHT FROM WRONG
YOU HAVE TAUGHT ME, ALL OF YOUR SKILLS
HOW TO HAVE A HAPPY HOME

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



God's Giving Hands

Showing God Appreciation By Giving Back

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

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

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

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

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

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

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

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

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

David Murphy

God Ain't Done With Me

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



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

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

Thank you all for your support; it is greatly appreciated.
Sherria D Young
(443) 865-3513
Uniquelyblessed1@outlook.com



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



THE JOY OF GIVING





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

First, we at Movements Unlimited Travel Group would like to take this time to thank all of the people who have used our services in the past for your travel pleasures and travel needs. Some of you have used our services to rent a car to travel to visit friends and family. Some of you have used our services to stay at a hotel or a resort enjoying interesting sights and sounds across America as well as abroad. Some of you have used our services to go on exciting cruises too! Again we thank you and just like you, we can't wait to be able to travel again.

(www.myvortex365.commugroup)

Imagine a Brighter Tomorrow!

However right now during this Corona Virus Pandemic, we know that no one is traveling! But now is a good time to start a new vision board and imagine where you or your family or friends would like to go once we come out of this Pandemic. This is a great time to research with your children and other love ones and friends the places you always wanted to visit. This can be educational for you as an individual and for those with families. It also allows you to learn more interesting, exciting and specialty facts that can come in handy once you resume travel. Imagine taking the time now to learn how to speak the language a little better so that when you get to your favorite destination you can easily order off of the menu or tell someone where you want to go.

The Education component of travel: This is a great time to review places you and your family have already visited and use it to help children in your family with vocabulary, by being able to spell the cities, states or countries you visited

and to use those words in sentences. It can be used for storytelling. We bet you have some exciting stories to tell or for those of you who are really creative, (you may have a few stories to invent)! Use travel to teach your children how to read a map. You could start from your home and have them find on the map the route taken when driving, or traveling by train, by plane or even when on a ship. For those who love math, you can have them count the number of towns or cities you ride through just to go from Baltimore City to get to Kings Dominion in Virginia or Myrtle Beach, South Carolina or Disney World, Florida, or maybe north to New York or even as far as Canada! One thing is for sure by the time we get back to the world of travel everyone will appreciate travel even more and will know a ton of facts about the places you will be going!

Home Base Business Ideas: It's not just travel

Speaking of creating a "vision board" for travel, now is a great time to start a home base business and creating a "vision board for your business too". We know that everyone has a different interest. We at Movements Unlimited Travel Group encourage you to find that special thing that you have a passion for and that you are really good at too! Perhaps you are like Cynthia Jahi and you love tutoring children. Well, she will be launching her Tutoring program and Youtube channel soon! Just text her at 252-406-0774 for more information. Or maybe you have a book you need to write. Ladies this is a great time to write an exciting story about all of your exciting and maybe romantic trips. Whether it be fact or fiction is up to you (What goes on in Vegas Stays in Vegas) or maybe

NOT! Or perhaps you know what you love doing and you know what you are good at but because of working a regular job you just did not have the time to get started. Well, this may be the best time for you to use the internet and research your business idea or perhaps you are ready to launch your new future. Whatever it is we encourage you to take this time to take this "lemon and turn it into lemon aide!"

Here are a few more things that we do! Baba Jahi can help you establish your Non-profit or business entity, whatever it is. He also does taxes!

Guess What? We do taxes too!

For anyone who hasn't filed taxes in 2018 or 2019 or years prior, the IRS urges quick action. **So you can get your stimulus check!**

Essentially, if you were out of the workforce, incarcerated or didn't earn enough to meet the IRS's required minimum income to file taxes — \$12,200 if you're under 65 — you are still eligible for a check and can still file your tax return for 2019 by the **IRS's extended deadline of July 15 to ensure you receive a refund and stimulus check**

Your Tax Help Is Here!

Discover how to legally, morally and ethically reduce your taxes. When was the last time someone sat down with you and gave you some tax planning tips or sat down with you about tax and estate planning? What would it be worth to you to save from \$5,000 to \$10,000 or more each year? Would it be valuable knowing that your returns would be able to withstand an IRS audit and that you would have peace of mind in not having to worry about an IRS audit! Go to the www.taxhelper.weebly.com

Baba Jahi is a tax consultant and a REGIONAL BUILDER IN SURGE 365, Mr Jahi has been assisting persons with tax issues since 1990 (over 30 years of service). Over the years, he has helped thousands of families save thousands of dollars. You can listen to him on his Internet Radio Station

www.blogtalkradio.com/homebasebusiness101

LOVE TRUTH MINISTRIES - KIM WILLIAMS

PRAISE THE LORD! Jesus still reigns! Keep your faith in him and yourself in his hands during this difficult time and always! Here is my prayer I would like to speak over you.

MY PRAYER FOR YOU!

In your name JESUS and the power of THE HOLY GHOST we enter your heavenly courts, approach your throne and we lay at your altar.

This prayer request and petition for your people, who will read this paper and those who are connected to it, FATHER GOD we ask? We ask that you heal this land as well as the lands around the GLOBE from the virus or plague that has been sent to this earthly realm. We believe in your mercy and grace and the power of the blood of your precious lamb JESUS! As people across the world doing your will by praying: "My people that are called by my name will humble themselves and pray, you will heal the land."

Psalms 91:1-2

1. He that dwelleth in the secret place of the Most High shall abide under the shadow of the Almighty.
2. I will say of the Lord, He is my refuge and my fortress; my GOD; in him will I trust.

(Say your name) I confess with my mouth, believe with my heart that you rose Jesus from the dead and Jesus is my Lord and Savior and by His stripes, he is my healer and my GOD! IN JESUS NAME AMEN!

FIND Kim Williams on Facebook under Love truth Ministry and BlogTalkRadio - love truth.williams645

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Rikki Vaughn For Mayor



Meet Rikki, I am a proud Baltimore native, who understands the struggles and challenges in our communities. As a young man growing up in Baltimore, I served as a Baltimore City Police Explorer Cadet and the Baltimore City Youth Council for 2 terms. At the age of 14, I began working at a local McDonald's franchise in my neighborhood. Through hard work and a personal commitment to better my opportunities, I was promoted to a General Manager position at 18. Seeking to constantly push myself for greater, I rose through the ranks of McDonald's and became an Area Supervisor, then Training Manager, and ultimately, Vice President of Operations. Using my platform in the company to help develop organizational leaders and increase profitability, my team became one of the highest-grossing leaders in McDonald's.

While I was able to secure success at an early stage in my life, I knew that education was the key to opening more doors. As a result, I received my GED at the age of 25, and attended Hampton University, a treasured HBCU in Virginia. While at Hampton, I earned my Bachelor of Science in Criminal Justice and graduated Magna Cum Laude. For my MBA, I attended the University of Southwest. Currently, I am a candidate for my PHD in Public Policy and Administration at Walden University.

After my studies, I returned to my entrepreneurial roots and entered into several partnership agreements to operate, manage, and own restaurants. These include Vaughn's Taste of Soul, Vaughn's Soul Café, Arby's, Huddle House, KFC, Checkers, Subway, Dunkin Donuts, and



Rikki Vaughn speaking at the Black Men Unifying Black Men Breakfast

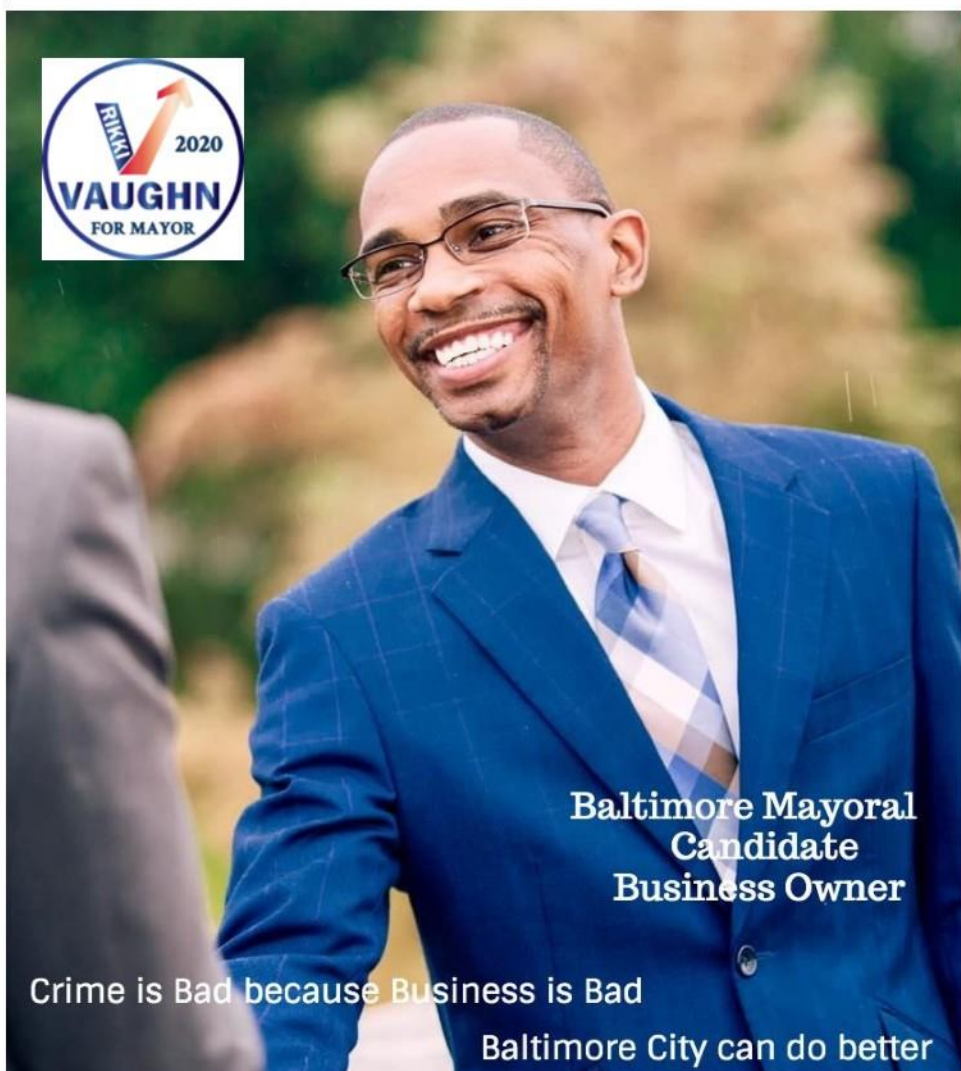
Ellen's Café. These accomplishments propelled me to establish my own company brand, Vaughn's Restaurant Group and the Vaughn Corporation. My business ethics and success allowed me to serve as the CEO of Burgerim, a national burger chain. In this capacity, I managed sites in the US, Dubai, Russia, Japan, South Korea, Israel, and Italy.

My passion has always been to serve. I am now taking those skills and entering into the public sector. In 2018, I ran for

US Senate in Maryland. Today, I am proudly announcing my candidacy for Baltimore City Mayor. Being a business executive, I understand the importance of putting people first. I want to take my acquired knowledge and experience and help uplift the city of Baltimore. It will be my honor to serve the residents of this beautiful city and bring positive change. I want to help create an environment for everyone to thrive and succeed. I did not let how I started life determine where I ended up in life. I want to share

my story with our youth to encourage them and help them aspire to a greater future. If I can do it, there is absolutely no limit to what our future generations can accomplish. Together, we will thrive. Together, we will foster a community in the City of Baltimore that puts everyone's success as a priority. My goal is to serve, and now, I seek to serve you.

To Support Rikki Vaughn go to:
<https://rikkivaughn.com/>



Baltimore Mayoral
Candidate
Business Owner

Crime is Bad because Business is Bad

Baltimore City can do better



**Zac
DINGLE**

BALTIMORE CITY COUNCIL 4th Dist.

Baltimore City is one of the great American urban centers on the eastern seaboard. Established in 1729 by several wealthy Marylanders, this port city became a bustling locale for tobacco and grain. It's history is rich in events, people, and places that have shaped the course of this country: The War of 1812, The Star Spangled Banner, The B&O Railroad, the great fire of 1904, civil rights and Cab Calloway and Billie Holiday, baseball and Babe Ruth, the NAACP, the Baltimore Ravens, and Freddy Gray. Equally rich is its political landscape with such names as D'Alesandro, Agnew, Rawlings, and Mitchell. Baltimore has consistently demonstrated its political commitment to "native" elected officials. In Baltimore, being from Baltimore, a lover of all things Baltimore, and possessing a willingness to defend and protect the grit and passion of its residents, is a recipe for political success. There don't appear to be many new faces to the political landscape that fit the criteria, until now. Meet Zachery "Zac" Dingle, candidate for 4th district city council in the city of Baltimore.

He was born at Union Memorial Hospital on 33rd Street in Baltimore on January 5, 1971. The son of Darcel West and the late Gary Dingle, Zac is a third generation Baltimorean. He attended Barclay Elementary School, Winston Middle School, Cardinal Gibbons High School, and Northern High School.

As an energetic eight-year-old, Zac Dingle began his baseball career on the Dewees Little League baseball field. The Loch Raven football field would be his gridiron home just three years later. Like many Baltimore City residents, Zac's house was full of love, limited on finances and strong on dreams and aspirations.

Zac's commitment, dedication, and passion to civic service was inspired by his late father, Gary Dingle. Gary Dingle served four decades as a juvenile probation officer in Baltimore. Young Zac would accompany his father as they drove and walked the streets of East Baltimore. Zac Dingle admired the respect and love that Baltimore youth had for his

dad, which was earned by the respect and love that his father showed them. The time Zac Dingle spent with his father also gave him a front row seat into the redeemable nature that all people have. These observations solidified that Zac would devote his life to helping people in as many ways as he could.



Zachery Steven Dingle

Zac's high school athletic prowess earned him an athletic scholarship to attend Norfolk State University. Immediately following his freshman year, Zac joined the United States Army Reserve. During that same summer, Zac transferred to Delaware State University to be closer to his ailing grandmother in Baltimore. While at Delaware State University, Zac began to develop the necessary skills and strategies to follow in his father's footsteps in the continued service

of the city of Baltimore. As part of Zac's senior capstone, he developed a youth-focused social work program that eventually would serve as the foundation for the creation of his agency. Immediately upon completing his undergraduate studies in 1994, he returned to his pride and



joy---Baltimore ---the only place he had ever called home--- to do the work that is his life's calling. In 2002, Zac Dingle earned his Master of Social Work degree with a specialization in child and families and community organizing from the University of Maryland at Baltimore.

Immediately upon returning to Baltimore after graduating from DSU, Zac Dingle commenced work as a social worker, servicing Baltimore's at-risk youth and their families. In 1999, Zac formed what has become among the

leading human services agencies in Maryland, Jumoke, Inc. For the past twenty years, Jumoke, Inc. has been deliberate in working with children and families who have been underserved, cast aside, and literally forgotten. During the same time, Zac's company negotiated tens of millions of dollars in contracts with the state of Maryland. More importantly, he employed hundreds of Baltimoreans, ensuring them a livable wage and the ability to purchase homes right here in Baltimore City and to live full lives.

For the past two and a half decades, Zac Dingle has committed his entire adult life to the service of Baltimore City's at-risk youth and their families. Even Zac's peers and competitors in the human services industry recognize his leadership and commitment to Baltimore City by electing him Chairman of the Provider Advisory Council for multiple terms (2012-2017). Jumoke, Inc. is one the longest standing minority-owned human services agency in the city of Baltimore and in the state of Maryland. Beyond debate and without equivocation, for the past twenty-five years, Zac Dingle has been on the frontline knee deep in working to improve the lives of Baltimoreans and in helping to ensure Baltimore's youth and families have a brighter tomorrow.

Zac Dingle is married to Liset Collazo-Dingle, a Baltimore City immigration attorney. Their daughter, Kamaria Dingle, is a graduate of West Virginia University and recently earned her Master of Business Administration degree from St. Mary's University and is an executive at Jumoke, Inc. Their son, Kojo Dingle, is a Morgan State University student and an offensive lineman for the MSU Bears football team.

Zac is poised and ready for the privilege to represent his fellow 4th district residents at city hall. He believes in safe communities, equitable education for all, sustainable employment, economic development, sensible taxes, and positive youth development. He believes he is the right person, at the right time, for the right job.

ZAC DINGLE
FOR BALTIMORE CITY COUNCIL 4TH DISTRICT
 A third generation Baltimorean with a
 Plan of ACTION for the 4th district
<https://zacdingle.com>
 443-475-0854



Black Men Unifying Black Men

Us Helping Us = Unity

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

Thank You to All You Black Men Standing!

Thank "GOD" for all the Black Women who have stood and continue to stand at protecting Black Males and raising Black Males. Let's face it, Black Women have stood at the forefront of the storms during what it took to make sure that many of us survived the storms.

Let's face it without calling names and pointing fingers the bottom line is that our communities are falling apart. There are many reasons that we could point to as well as many people. Yet, what is important is not to point fingers but to lift fingers to create proper change and needed change.

For years many years well before I was born there stood strong and brave Black Males who fought to liberate us despite slavery and racism and all that has come with it. Today the media focus on "crisis in the city" as it relates to our troubled communities. However, that same mainstream media rarely points out the good our Black Males are doing or have done. Even today when we look at our troubled communities and the mainstream media barely points out the good of what Black Males are doing and have done, it becomes our responsibility.

The National Black Unity News Paper

would like to lift and honor all those Black Males that are currently standing and fighting for proper change. Many of us are coming together and concluding that our need to unify is of the utmost importance.

If we are to save the many Black Males who have fallen victim to the streets despite reason and reasons, it will be the will and the path of other Black Males who will rescue them. Yes, we rescue them from not facing death and not facing prison and not facing addiction. We Black Males have to save Black Males! Too often mainstream media would rather not acknowledge the good of Black Men and Black Males. If the media only shines a light on our negative it will help

the larger communities to see us as negative and not see us as positive.

However, The National Black Unity News Paper will be one of the vehicles that will shine our bright light on the good that so many are presently doing. It will continue to thank those who are standing and fighting and to let others know, that we will become the healers to our communities and not the destroyers.

Yes, despite the ruling class and despite mainstream media who is trying to downplay our greatness, we Black Males will rise. Defiantly, we will save us from those who are attacking us!

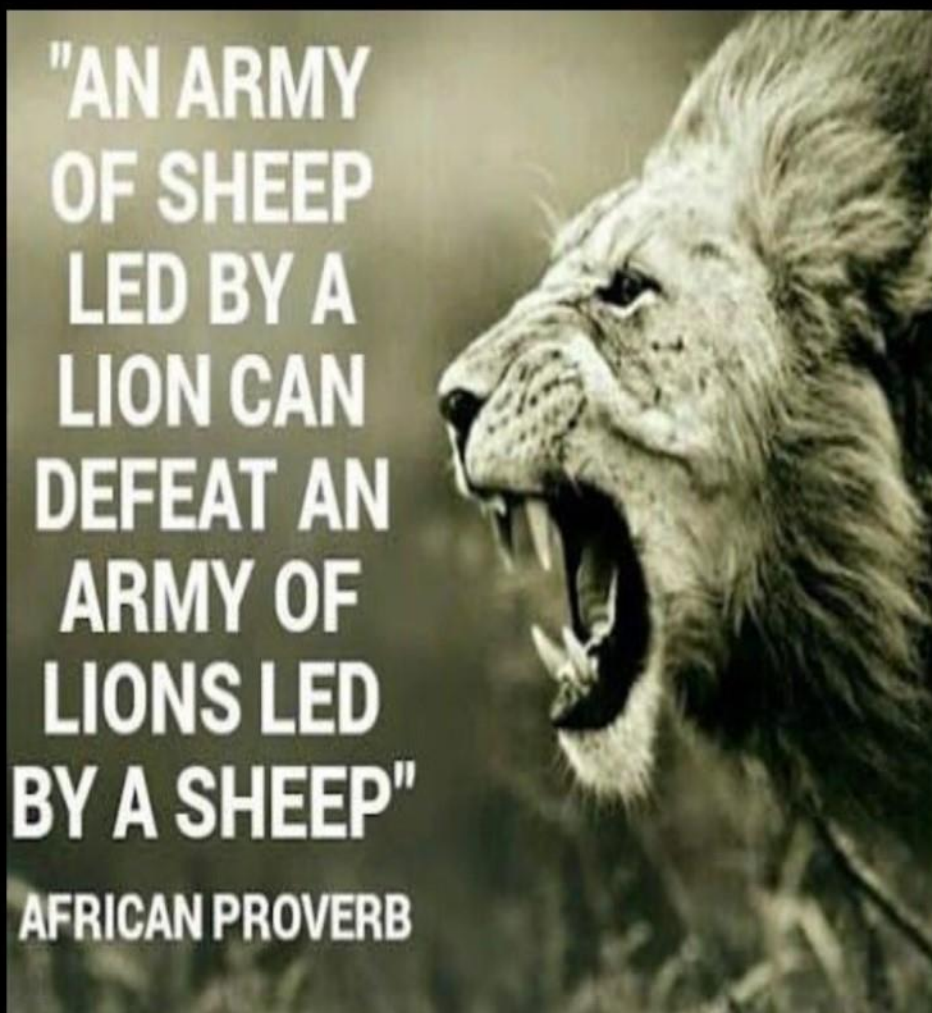
Bill Goodin



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God's Giving Hands

Black Men Unifying Black Men

Serving On Another Frontline



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

HELP THEM TO HELP OTHERS, DONATE!



Rico C. Crawley



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National Youth Editor
Kathleen Murphy

A member of various local, national & international organizations

OBSERVANT ENVIRONMENTAL REFLECTIONS FOR THE YOUTH

Hello to our Youth Readers. I often write about activities, events, people who inspire, and those who we commemorate that relate to you the youth reader. I have written about Earth Day and Arbor Day before. However, it's so important, that I must reiterate a few points.

It is an ecstatic time to appreciate our environment. There are two ways to celebrate the earth in April. Earth Day is always celebrated on **April 22** and closely followed by [Arbor Day](#). Earth Day has become a popular day for many communities to clean up litter, plant trees, appreciate nature and conserve water. Suggest your local government become involved in planting more trees and garden beds in public spaces. Consider planting your home garden on your property. Cut back on plastic containers and recycle plastics. Reduce dependency on bottled water and drinks. Know the ingredients in your bottled drinks. Recycle in the garden and [reuse in the kitchen](#) and [reuse in the home](#) and [re-purpose](#) everyday household items.

Arbor Day is to encourage people to plant trees and have litter-collecting events on or around the holiday. Arbor Day started with a man named Julius Sterling Morton. The first Arbor Day occurred on April 10, 1872, in Nebraska City, Nebraska. Today, Arbor Day is celebrated on the **last Friday in April**. Hawaii celebrates Arbor Day on the first Friday of November, and Alaskans celebrate it on the third Monday in May because of the local planting times. Across the country, Arbor Day is celebrated by dedicating the trees they plant to special people or in memory of a loved one.

Have you ever thought about planting a tree? Why are these trees so important? Arbor Day is about planting trees and their care and conservation. Trees bring

beauty to our world and are important to our very survival. They provide shelter for many species of birds, animals, and insects. Trees help the planet breathe by turning carbon dioxide into clean, pure oxygen. Plants are considered the lungs of the earth because plants produce oxygen, which is necessary for all life. Remember Arbor Day, plant a tree.

Did you know that During June, African American Music Appreciation Month is celebrated? It is an annual celebration of [African-American](#) music in the [United States](#). Initiated as Black Music Month by President [Jimmy Carter](#) on June 7, 1979, it was decreed that June would be the month of black music. In 2009, the commemoration was given its current name by President [Barack Obama](#). Obama noted that in his 2016 proclamation, African-American music and [musicians](#) have helped the country "to dance, to express our faith through song, to march against injustice, and to defend our country's enduring promise of freedom and opportunity for all."

School is usually out for most public schools in June. June celebrates National Top of Form Safety Month. Celebrate safety by learning tips about [fire safety](#), how to avoid strangers or other safety topics. It is also Zoo and Aquarium Month. Visit the zoo and learn all about the aquarium by making an ecosystem. Other interesting June Holidays and events:

JUNE 1STcelebrates**Stand for Children Day**. Honor Stand for Children Day by making sure you are preparing and will be "college-ready."

On **June 3rd**, the **First U.S. Spacewalk** was conducted. Celebrate [Ed White's spacewalk](#) by participating

in [space-related activities](#).

JUNE 4THis celebrated as the **First Ford Made** - In 1896 [Henry Ford](#) made his first operational car. Think about what life would be like if we didn't have cars.

JUNE 5THis**World Environment Day**. Celebrate World Environment Day by learning unique ways of [reusing and recycling items](#).

JUNE 6THis**National Yo-Yo Day**. Purchase a Yo-Yo (\$1.00 in most Dollar Tree Stores) and have a contest. The first person to keep it going the longest wins.

JUNE 7THis**National Chocolate Ice Cream Day**. Celebrate this fun day by eating ice cream with your friends and family.

JUNE 8THis**World Oceans Day**. Take a field trip to your local Aquarium to celebrate this day.

JUNE 12THis **Anne Frank's Birthday**. Born in 1929 in Germany, [Anne Frank](#) was a true inspiration to all. Honor her by reading the book "Anne Frank's Story: Her Life Retold for Children." **The Baseball Was Invented**. Celebrate the day the baseball was invented by participating in or watching a baseball game.

JUNE 15TH. Fly a Kite Day - This is a special day to celebrate because it is the anniversary of [Ben Franklin's Kite Experiment](#) in 1752. Celebrate this day by making a kite with your friends or family.

JUNE 19TH. Juneteenth - A day to celebrate the commemoration of the ending of slavery in the United States. **United Nations Public Service Day** - Recognize the importance of giving back by taking a field trip to your local food shelter or hospital.

JUNE 26TH. Bicycle Patented - Where would our world be if we didn't have the bicycle? Have you ever thought about inventing something?

June is an active month for celebrations. Of importance, and deserving to be recognized is Juneteenth, also known as Juneteenth Independence Day or Freedom Day. It is an American holiday that

commemorates the June 19, 1865, announcement of the *abolition of slavery* in Texas, and more generally the emancipation of enslaved African Americans throughout the former Confederate States of America, outside Native American lands.

Abraham Lincoln issued the preliminary Emancipation Proclamation on Sept. 22, 1862, declaring "on the first day of January . . . all persons held as slaves within any State or designated part of a State, the people whereof shall then be in rebellion against the United States shall be then, thenceforward, and forever free." The proclamation went only to states that had seceded from the United States, leaving slavery to remain unchallenged in the border states, according to archives.gov. It would take nearly two-and-half years for Lincoln's proclamation to be relayed to Texas. On June 19, 1865, Major Gen. Gordon Granger came to Galveston, Texas, to inform a reluctant community that President Abraham Lincoln two years earlier had freed the slaves and to press locals to comply with his directive. On this day, Granger announced "General Order No. 3. "Prior to Granger's declaration, there was an estimated 250,000 slaves residing in Texas. Some have noted that Texas' geographic isolation may have played a role in the delay. According to [Juneteenth.com](#), some accounts place the delay on a messenger who was murdered on his way to Texas with the news, while others say the news was deliberately withheld. Even with the order, slavery did not end in Texas overnight. Many slave owners traveled to Texas with their slaves to escape regulations enforced by the Union Army in other states for some time. Juneteenth is a combination of "June" and "nineteenth," in honor of the day that Granger announced the abolition of slavery in Texas. We honor Juneteenth with parades, concerts, and festivals across the country to keep the history of Juneteenth alive. Juneteenth is a reminder that while our nation has made tremendous progress, we must continue to work to ensure freedom, equality, and justice for all.

You have just read about important contributions that you could make to your environment during April. Hopefully, you will embrace African American Music Appreciation Month in June. Have fun and continue to learn during the summer holiday.

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Kathleen Murphy

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National Editor Mélaughn Butler

The Association of College Pro-Activists

Featured Story: As community organizers, our people spend an enormous amount of time debating which crises to address “For the Culture” overlooking what potentially might be the most toxic of them all: the “School-to-Prison Pipeline!” This ‘pipeline’ metaphorically explains how school systems can feed our youth, with direct access, straight into reform institutions, prisons, jails, and other divisive methods of control or regulation. The fact of the matter is that these crises create a cyclical nature, where students do not learn information that helps them to become better people, defend themselves, understand financial literacy, how to build wealth, take care of sick relatives, or even learn to pick up a trade, etc... so that a person never has to go without food! Whereas students who do not learn these lessons create a leak in the success rate of the Indigenous community. Studies show that (Black)

high-school dropout rates are increasing, due to the decrease in the job economy; this prevents single-parent homes from operating without a dual source of employment! High school Indigenous men, who often seek such new employment from within the underground economy, only show a success rate of less than 7 percent once there! 93% of projected outcomes favor death, homelessness, and/or incarceration within the first three years of students dropping out. Once/if institutionalized, especially in any instance regarding a felony charge, the student has now embarked on a journey of public ridicule- where their every venture, such as gaining meaningful employment, can only come to them through immense struggle. This cycle completely perpetuates once these students have become parents, and their mentality is shared with the next generation. This creates an automatic disability

in the younger generations to come, fully explaining how our people have suffered from multi-generational dysfunctions for the last 400 years.

This cannot be the narrative of the Indigenous youth, and IBA takes a stand on that. Informing our newest alliance partner Myspeedyx, IBA will be looking to adopt a handful of schools in the inner-city community. We target all ages because it is our education system that will mend the leak we currently experience. Our goal is to reach 20 schools by the end of 2020, and with your help, we can. Look for the **Get Involved** section.

What's New: Who remembers the IBA Card? IBAs group-economics system, where individuals can get rewards back on their dollar spent with (Partnering) Black Owned Locations. This card system creates a recirculation method for the Indigenous dollar, it increases revenue for Indigenous Business Owners, it creates branding opportunities and marketing for Indigenous promotion, and it uses an online software so that “Black Wall Street Online” cannot be bombed. These cards have now been given a new demand, which is a resource that came straight from the source [National Black Unity News] itself. Our fearless leader, Brother David Murphy premiered and piloted the IBA card system years ago,

indirectly, when he gathered over 200k (Black) Businesses into “The Directory,” which at the time was called the National Black Action Portal. This Directory, in 2020, will connect with the IBA Card’s technological system, creating a potent, nationwide platform of Indigenous resources; IBA can now reach its Black Business Owners- Nationwide!

Get Involved: Join Us!? IBA has opened its doors to new individuals who would like to help us reach more schools in 2020. We ask our community to help by making suggestions to target certain schools; help IBA Adopt-a-School near you or in your neighborhood, with one phone call. Not invited on school grounds or savvy with school lingo? Learn how to recruit Indigenous *Businesses* into IBA, in a way that will still Adopt-a-School. There are so many ways to influence a community, we just ask you to pick one. By purchasing your IBA card you will help us to build and expand your community resources!

Contact:
Name: Mélaughn Butler
Email: Mbutler.acp@gmail.com
Facebook: TheACP19
Instagram: Theacp_2019
Website:
www.ibaleague.wixsite.com/2019



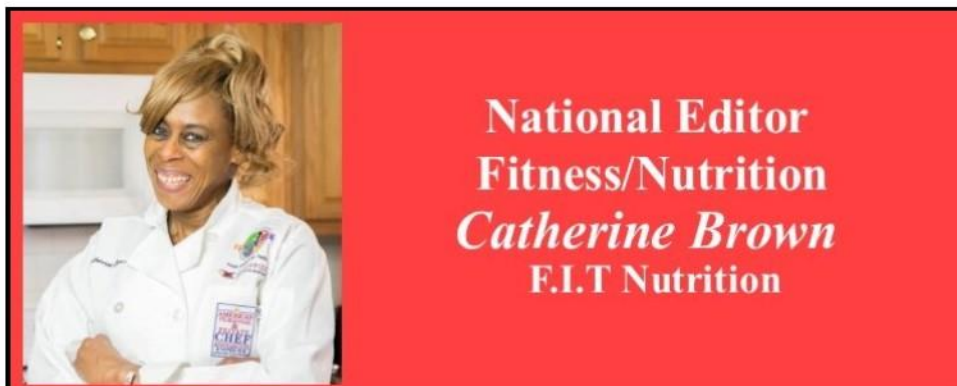
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The Indigenous Business Association
Exist as a direct response to the economic plights of the indigenous person. Our goal is to revamp the commerce experience of the lowest socioeconomic class, as we steadily converge from a state of consumerism to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

The Association of College Pro-Activists
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**National Editor
Fitness/Nutrition
Catherine Brown
F.I.T Nutrition**

Now is not the time to panic about the Covid-19 pandemic, the time is now to be cautious and safe.

My question is what actions have you been taking for a healthy immune system to prepare your body for first defense of any disease or virus? An analysis from the Centers for Disease and Preventions (CDC) finds that people with chronic conditions including diabetes, pulmonary disease and heart disease appear to be at a higher risk of acquiring a severe illness from Covid-19.

My take on Wellness, and recommendation for the Covid-19 Pandemic is to avoid chronic health conditions. To safely guard your body with more fruits and vegetables, lean source of meat, and minimize your intake of sugar. Consume more water and focus on building a higher immune system with a healthy gut.

Now is the perfect time to focus on better eating habits, losing weight and fixing your health problems.

The one prescription to better health is to stay active and eat foods that are prepared in a way to feed and nurture your body. No, everything we eat isn't beneficial for your health. It may taste good, but overall, is it good for you?

An unhealthy body and a suppressed immune system are at a higher risk for the onset of chronic diseases, and a host for the flu or viruses.

Healthy people are vulnerable as well. They are just at a lower risk of having chronic diseases or contracting a flu or a virus.

Momma always said "Eat your veggies for pretty eyes." Well, that statement still remains true, but during Momma's time, most veggies were local or home grown.

I can't express the urgency on how important it is to improve your dietary habits that builds a strong body and a healthy immune system.

Covid-19 is a sign of things that are possible to come and a health reality check. The stronger the immune system the stronger the resistance and battle to overcome.

We may be prevalent to some disease due to genetics, we also have control over the onset by *building a healthy immune system*:

Getting plenty of sunlight and absorbing vitamin D, consuming viable supplements and natural herbs all aide in a healthy immune system and offer helpful antiviral properties.

Vitamin C, Bone Broth, Sea Moss, Quercetin, Elderberry, Zinc, Garlic, Echinacea, Olive leaf, and Astragalus are just a few immune-boosting nutrients that have proven anti-viral properties. These anti-viral do not kill viruses by consuming them, but do aide in preventing the virus from replicating, reduces your risk of contracting and boost your immune system. Sea Moss and Bone broth are my two favorites

Catherine Brown
Wellness Strategist
Fit Chef
Master Physical Trainer

Happiness and a Meaningful Life

A healthy body and a state of well-being is created with a meaningful life."

A fulfilled life is pertinent in having a healthy relationship with yourself and your circle of life. A complete circle of life constitute career, finances, family, friends, exercise, nutrition, and self esteem. For one to live a meaningful life you must be in a positive emotional state within yourself mentally, physically, and spiritually.

An exhausted environment limits our life expectancy, stress and negativity breaks the body down and produces an unhealthy body filled with toxins, mental distress, and unhappiness.

Learn to let go of fear, infuse joy, and happiness into your life. Balance your

time with energy and positive surroundings while moving into a meaningful state of being. Moving toward a new direction may be intimidating, expect to encounter some discomfort, sadness, or stress in letting go of what no longer has a place in your life.

However, you are taking the next step to bringing yourself fulfillment that will complete your mental, emotional, spiritual, and physical satisfaction. Paint Your Life with Meaning!

"Our fears differ – the only constant is that we must face them in order to evolve."

90 Day Take Care of Your Body, Mind and Spirit

Every Monday for 90 days evaluate your present state of being and set 3 new goals. Start the week off by developing a plan on how to feed your body, mind, and spirit with positive fuel. Think about how you will eliminate road blocks, overcome obstacles and become the driving vehicle to a more meliorate You. Focus on 2019 Being a Better You and Better Year!!

Focusing on Areas of Your Circle of Life to focus:

Healthier relationships

Happiness

Meditation


"Follow Your Dreams and make You a Better and Healthier You"

Catherine Brown

Certified Wellness Strategist

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Health Benefits: One of the most impressive free radical scavengers, it also supports brain health, protects cell integrity, & aids in mood balance.	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.	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.	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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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”

Sleep Deprivation and Domestic Violence

Victims of domestic violence who are sleep deprived may struggle to effectively regulate their emotions. They may be overly sensitive to stressors and react in impulsive and aggressive ways to their children. This aggression is not intentional but it is a reaction to the abusive relationship the parent is in.

Victims of violence who suffer from anxiety, posttraumatic stress, and depression often have difficulty falling asleep or staying asleep. For example, Sleep isn't a void of consciousness. Rather, it involves a different form of consciousness — or being — with different brain activity (I'm talking about dreams here). The main states of sleep consciousness are REM sleep and non-REM, or NREM, sleep. Each has patterns of brain activity that are distinct from one another and distinct from waking consciousness. (This is how we classify sleep stages, based on the different brain waves.)

Another condition brought on by terror is a parasomnia known as sleep paralysis. When you experience sleep paralysis, you wake up from sleep and cannot move or speak. It's a frightening and disorienting episode that can last for a few seconds, and even up to a few minutes. In a state of sleep paralysis, you're actually in a combination of waking consciousness and REM sleep. REM includes a temporary paralysis of major muscle groups, known as REM atonia, which is thought to keep you immobilized during an active [dreaming](#) stage. People who experience sleep paralysis wake with aspects of REM sleep still active in the brain. For example, a victim of sleep paralysis with REM sleep still active in the brain can become sleepy during driving and other activities that can endanger the children or the community at large. Domestic Violence and Sleep can affect a victim's Skeletal and Muscular System. Without being able to stand, bend, or use muscles for support is another example of paralysis. When

different characteristics of different states of consciousness occur in the brain at once, it creates the terrain for unusual, odd, disruptive, and even violent behavior to occur.

Victims and Sleep Violence: Sleepwalking and other arousal disorders are a known cause of sleep-related criminal violence such as “sleepwalking defense.” Sleepwalking is considered a NREM parasomnia, meaning it typically occurs during the deeper stages of NREM sleep. There's a broad range of behaviors that can take place in a sleepwalking episode, ranging from wandering around the bedroom to having conversations, driving, and executing other complex tasks — all while still in a state of sleep.

In addition to sleepwalking, other sleep-related arousal disorders linked to violence include:

Confusional arousals. This form of parasomnia is sometimes referred to as “sleep drunkenness.” During confusional arousal, the sleeper “wakes” into a disoriented state, and may exhibit strange behavior that they'll have no memory of later.

Sleep terrors- Sleep terrors are intensely frightening episodes during which a sleeper often screams and sometimes physically lashes out. Sleep terrors can put the sleeper and others at risk for accident, injury, and assault.

Sexomnia- This NREM parasomnia involves a person engaging in sexual be-

havior while in a sleep state. Sexomnia can result in instances of [sexual assault](#), rape, and other [sex](#)-related crimes.

Sleep deprivation- Sleep deprivation compromises reaction time, reduces focus and [attention](#), and interferes with good judgment. Insufficient sleep makes us more emotionally reactive and more inclined to engage in risky behavior. The hazards of sleep deprivation are widespread and can result in behavior that's both dangerous and criminal in nature.

Sleep and fatigue are common causes of motor vehicle accidents. Drowsy driving is as dangerous as drunk driving to your safety and the safety of others.

Overall, sleep and domestic violence can cause a victim or child to develop sleep disorders that are dangerous to themselves and people at large. For any victim in a domestic violence relationship please seek help at the following:

www.thehotline.org or call the National Domestic Violence Hotline 1-800-799-SAFE (7233)


Editor: Donata Mooring
 Contributor: Christy Johnson: Domestic Violence Expert
 Executive Director- Finding Your Destiny, Inc.

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WeAreTheRhythmPEOPLE

National Entertainment Editor

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

Sistahood on the Frontlines, 100 Years Later

In 1987 US Congress officially declared March Women's history month for all women. This mere mockery meant to acknowledge the accomplishments of US women folk once again attempted to disconnect Black women from their Blackness and ignore the sad narrative of Tupac's "Brenda's Got a baby;" two

on the human rights of Global African women, the Wikipedia recognition given by this group of "the Black women's march" didn't include funding, media coverage, or logistical support of human rights advocacy efforts.

Though given a Black card community



1997 Million Woman March, Philadelphia

years shy of the crack epidemic ravaging most Black Communities at the time. Still, this poor state of affairs never stopped the world from enjoying breast milk of "Mamie's" globally; an invisible majority as consumers and working poor in service industries that keep our global market afloat.

Ten years later the will to survive inspires the largest gathering of African women globally, shocking the world with an overwhelmingly successful 1997 Million Woman March in Black Mecca of Philadelphia. Under the leadership of Empress Chi (pictured below), African women from across the United States and around Pan Africa joined in Sisterhood to advocate for the Human rights of Black girls everywhere. Notables like Winnie Mandela of South Africa and activist Jada Pinkett-Smith of Baltimore worked across industry, class, and geographic locations to serve as a collective voice reminiscent of *Nina Simone's* "I did it my way." Significant, this gathering realigned the Black women's plight for upward mobility as a focus on human rights, rectifying the civil right focus of formative years.

Unfortunately, today leaders and participants of the MWM 1997 movement are continually reminded of the failed attempt to fully acknowledge the MWM 20-year reunion, overshadowed by the Trump Card played by the 500 companies funded Women's march in Washington D.C. on January 21st, 2017. Only the lowest Blues could express the melancholy of watching images taken during the 1997 March used to promote the White women's agenda to gain the attention and Black girl magic needed to fuel such movements. Surely an attack

pass in large part, the likes of Tamika Mallory and Black women supporters of the Donald Trump march were overtly reprimanded when they attempted to use their new public status to advocate for



Global African people.

As according to world-renowned scholar Cheikh Anta Diop, "all history is current events," and 100 years later Black women are still reminded of the "roaring 20's" which ratified the 19th Amendment to the U.S. Constitution: Women's Right to Vote in 1920 and subsequently betrayed notable Black women suffrage who did not vote until 1965 voters rights act. Just as Pro Palestinian statements alienated Mallory from the conveners of the Donald Trump March in 2017, White women suffragist leadership such as Susan B. Anthony and Elizabeth Cady Stanton had no problem attacking Frederick Douglass and all Black men for receiving the right to vote before they did after the Emancipation proclamation. As history would depict, Ida B. Wells, Sojourner Douglas other Black Suffragist was re asked to support a movement that openly denied their husbands, sons, and brothers the right to vote during active lynching and constant oppression of their Black communities.

From this, premise of this Herstory lessons organizations such as the Global

African SHEROES (GASU) united to ensure African women are intentionally included in international Human rights discussion to ensure that Blacks recognize injustice to their people everywhere as a power block. GASU, Drammeh Institute, and other Black women-led entities serve in intergovernmental spaces advocating that the United Nations Women's effort to realize gender equity under the action plan Beijing 25, fully recognize African woman and their communities. Nonetheless, all UNCSW64 events were canceled due to the coronavirus without discussion of refund or postponement. African women events seem to be caught in the crossfire between former colonial powers and the seven Asian tigers who are determined to manifest a new world order.

Whether as collateral damage, casualties of war or direct assault, on the frontlines it is clear that African women have been hurt externally, internally and often through active self-loathing. No longer can Black women cry in the dark and nurse their battle scars alone. It is im-

perative then that Sisterhoods for Global African women do not wallow, but rather build institutions that advocate freedom from abuse, poverty eradication, and inclusivity that promotes mental/physical health and financial wellness of



Center Empress Chi, Founder 1997 Million Woman March pictured with Angela Sayles MWM 20 & Kim Poole

Black Women globally. Our methodology for continual healing must begin with protecting our womb, sisters and ultimately nations. This is holistic healing at its finest.

Gigs, Bigwigs, & Shindigs

GIGS

One World is Offering Paid Journalist & Film Maker Fellowships - Deadline April 2nd 2020 www.oneworldmedia.org.uk

Cameroonian American Council is Seeking Advocates for Women <http://grassrootsleadership.org/blog/2020/03/cry-help-letter-cameroonian-women-detained-t-don-hutto>

Young Champions of the Earth is Funding Deadline April 10, 2020 <https://www.unenvironment.org/youngchampions/apply/what-were-looking>

International Decade for People of African Descent is Training Deadline March 22nd 2020

<https://www.ohchr.org/EN/Issues/Racism/WGAfricanDescent/Pages/FellowshipProgramme.aspx>

African Women Intercultural Dialogue is Accepting submissions of Letters for upcoming Girl Child Guide www.africanmedia.org

Big Wigs

Beatrice Feliu-Espada Dixon, Owner the Honey Pot www.thehoneypot.com

Shindigs

Global African Women's Day - MARCH 16th EVERY YEAR!!!
SUPERLASHES Summit Online "Our Virtual Reality" - March 16th 2020 - Worldwide globalafricanwomen@gmail.com

Commonwealth Youth Forum Rwanda June 20th -23rd register by March 20th, 2020 Kigali, Rwanda cyf.commonwealth.int

17th Annual City Lit Festival March 21st, 2020 Baltimore, Maryland USA <https://www.facebook.com/events/1070704506647914/>

12th Annual Empowering Women in Leadership Luncheon March 21st 2020 Baltimore, Maryland USA <http://www.linksincbaltimore.org/12th-annual-empowering-women-in-leadership-luncheon-2020/>

AFRAA Conference March 24th-28th 2020 Kampala, Uganda East Africa www.africaartsassociation.com

Sierra Leone National Youth Leadership Summit July 27th -28th 2020 Freetown, Sierra Leone Register by May 29th 2020 nylsummit.sierraleone@gmail.com





Contributing Editor Charles E. Pender PH.D.

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

How to M.O.V.E. Mountains

"I tell you the truth, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible to you" (Matthews 17:20).

M-otivation is needed: The Bible says in (Mark 11:24) "What things so ever ye desire, when ye pray, believe that you receive them, and you shall have them." Some facts in life prove that many Christians lack motivation and they can

barely live from day to another. The truth of the matter is some do not live a victorious life. Many Christians don't have that inner drive, to achieve goals nor the ability to strive for them. When you and I were born one of the greatest things that we had is that we came fully equipped to move mountains. Through the love of God when we lift his promise we see his love. You see mountain moving is only achieved through God's love. There should be no doubt that you alone

cannot move anything or any obstacles. Remember faith without works is dead. **O-bedience** is needed 1 Corinthians 15:58 "Therefore, my dear brothers, sisters, stand firm, positive. Always give yourself fully to the work of the Lord, because you know that your labor in the Lord is not in vain" Jesus brought victory to the lost through his obedience. He died for our sins, thus removing the mountain of hopelessness for all mankind. Therefore, believers who are obedient by applying faith will bring victory. One can move the mountains of trials, and trouble by standing on God's principles. **V-is-ion** is needed: the Bible says in Prov. 29:18). "Where there is no vision, the people perish" this also increases our faith. Faith is the substance of things hoped for, the evidence of things not seen." (Hebrews 11:1) Your faith is your vision.

Through Faith, the Christian can visualize a coming victory. Believers can win over sin, they can win within themselves, they can win over obstacles...

even move mountains! **E-ndurance** is Needed: in moving mountains The Bible says in 2 Corinthians 4: 8 ("We are troubled on every side, yet not distressed; we are perplexed, but not in despair; Persecuted, but not forsaken; cast down, but not destroyed"). As you endure those remembered, know that Believers can do all things through Christ who strengthens them. And remember AS you M.O.V.E. mountains Romans 8: 38- 39 tells us that "For I am persuaded, that neither death, nor life, nor angels, nor principalities, or powers, or things present, nor things to come, nor height, not depth, or any other creature, shall be able to separate us from the love of God, which is in Christ Jesus our Lord." Think of these things as you...M.O.V.E. Mountains.

Biblical References: King James Version (KJV)

*By: Charles E. Pender, Ph.D., FMT
2 /27/20*

The Edge of Gladness, Charles E. Pender, PhD, FMT

The Psychology of positive humor in the face of projection and extreme adversities. The TIME..... and PLACE... at your disposal!



Charles E Pender PhD is a board Certified Christian Counselor with a broad field of expertise. Dr Pender is President Emeritus of the American Society of Christian therapists as well as the International Association of Christian Counseling Professionals. Dr Pender with of speaking experiences in civil rights and Christian Counseling. He comes to the point that the emancipation of the enslavement of the mind is

normally done through humor. One of the best medicines from this experience as a chaplain at John Randolph Hospital, Hopewell, VA and Harim Davis Hospital Petersburg VA. Thus, The Edge of Gladness has been in his spirit, it features some lightheartedness of humor and tickling antidotes, intended to bring smiles and laughter to many. Humor is a stress reliever.

Dr. Pender often referred to the pain and the overwhelming stress our forefathers bore and even in that stress and strain, they had humor. This seminar comes with a working manual, a requirement for all humans, for we all need humor.

Participants will have an overview of some of the Psychological defenses that will be discussed. A selected Five Psychological Defenses are ALTRUISM, ANTICIPATION, SUPPRESSION, SUBLIMATION, and HUMOR. Other concepts would include some exercise to overcome fear of contentment and projection and humiliation. This program is fun filled and most feel better. The fact is, some have said they feel as happy as a runaway slave during and after the program. This is truly The Edge of Gladness. Yes, this mature defenses and wellness program is designed for all humans.

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Pastor E.E. Mitchell, Jr.

New Branch Baptist Church, Ivor, VA;
Pastor Frank Aikens

Little Zion Baptist Church, Blackstone:
Pastor Damion T. Batts

Ferguson Grove Baptist Church, Surry:
Pastor James D. Charity

Tri-County Interdenominational Ministers
Conference

Mount Nebo Baptist Church,
Pastor, Dr Daniel Baltimore

Lebanon Baptist Church,
Pastor Dr Douglas Adams

Popular lawn Baptist Church,
Pastor Bruce Childs

Unity Tabernacle AFCCOG,
Pastor Pollard

Hope Chapel deliverance
Bishop Spencer

True Apostolic Church, Denver:
Pastor Lawrence Jones

First Baptist Church, Denver:
Pastor Thomas

First Baptist Church, Clermont
Pastor's Anthony & Saratha Washington

Church of all Nations:
Pastor Shaw

Cypress Baptist Church,
interim Pastor, Lucy Robinson

Saint Paul Holiness church, Dendron,
Pastor Blunt

Saints of Runnymede Holiness Church,
Pastor Dr. Andrew Cypress

Mars Hill AM EZ Church, Wakefield:
Pastor Dixon

Pocahontas Temple Baptist Church,

Wakefield:
Pastor Allen

Triumph & Victory Church, Wakefield:
Pastor Perry

Saint marks AFCCOG Dendron:
Pastor Ellis

Mount Moriah AMC Surry

First Baptist Church, Clermont:
Pastor Thompson

Wakefield Christian Outreach Church:
Pastor Charles Cypress

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BUILDING YOUNG ENTREPRENEURS

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



ADDRESSING THE UNEMPLOYMENT CHALLENGES IN NIGERIA

Our life on this earth is limited, therefore, we must live a life that pleases God”..... I could barely hear the preacher because of the crying and wailing of those around me.

I was standing at the graveside of Tunji, a very close friend of mine, someone I could call a brother. We grew up together and attended the same schools (primary, secondary and university). We lived close to each other and our parents were friends, which further strengthened our friendship. We were age mates, though I was a year older.

Tunji was very intelligent but also very frail. He ran from any form of confrontation and in most cases, I was his defender. He was the brain while I was the brawn.

I loved having him around because he was jovial and knew how to make everyone around him happy. He was rarely sad, often had a smile on his face and made fun of every situation in life.

After graduation, we were posted to dif-



ferent states for the compulsory one year service (National Youth Service Corp) program. We kept in touch and he even took the long trip from Benue state to

Oyo state just to see me.

I was posted to a medium-sized compa-



ny for the one-year service program and was privileged to be retained by them after the service, but he was posted to a government secondary school as a teacher and wasn't retained considering he wasn't a trained teacher.

Tunji graduated with a first-class standing and ought to have been the toast of most brands, but several years after service he still couldn't secure a job. We were constantly in touch and I assisted him financially whenever I could, but we gradually grew apart due to distance and the fact that he wasn't willing to accept assistance from me anymore. He preferred undertaking menial jobs and working for what he needed rather than seeking assistance from others.

I still remember the last time we saw each other. He relocated to Lagos and I had gone to see him. He was squatting

with a friend and was riding a tricycle to survive but he was his jovial self and still had his sense of humor. I felt bad and told him how I felt, but he smiled and said: “cheer up bro, better days are coming”. I couldn't help but admire his positive personality, he was one of kind.

A few months later he applied for a job at the Nigerian immigration service along with one hundred and twenty-five thousand (125,000) other applicants all jostling for four thousand five hundred (4500) openings. He was killed in a stampede during the poorly organized interview. Sadly, he never saw the better days he spoke of.

As they lowered his remains into the grave, I couldn't believe he was gone, he

was barely 31years old and so hopeful. I looked at his mother and siblings wailing uncontrollably and I burst into tears.

Nigeria has presently rated the country with the highest number of poor persons in the world, a total of 55.4% of Nigerian youths are either underemployed or unemployed. Over 60% of graduating students are unable to find jobs making this a rescue mission.

We urge you to support the Building Young Entrepreneurs (BYE) campaign designed to steer undergraduate youths in Nigeria towards entrepreneurship, aimed at transforming their mindset from job seekers to job creators.

To know more about the campaign, please visit: www.bye.com.ng



To support: visit www.bye.com.ng/ donation to purchase an SDS e-book or call, Fran Allen - +1 (443) 602 6194 to donate
Collectively we can inspire change and make the world a better place.
PLEASE SUPPORT AND ASK OTHERS TO DO THE SAME
Thanks
Bright Oloyo
Convener

WE NEED YOUR HELP!!!

PARTNERSHIP BETWEEN SELF DEVELOPMENT SUCCESS AND BUILDING YOUNG ENTREPRENEURS CAMPAIGN 2019



BUILDING YOUNG
ENTREPRENEURS

HOW TO DONATE Please lend your support by going to the Building Young Entrepreneurs' website www.bye.com.ng and open the donation page. Click on the “SDS E-Book Fundraising Program” link. You will be redirected to the fundraising page where you will be able to purchase an e-book copy of “From Creativity to Creating Income: Turn What You Know Into Dough” and the link to download your e-book will be active for 3 days from the date of purchase. An unprecedented 50% of the sales will be donated directly to the BYE Campaign for the direct support of the participating youth. Following your purchase, please share this information widely and often with your entire network and social media platforms and ask them to do what you just did.. Your support is crucial to continuing this life changing connection for these deserving young students.

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



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Reaching The Unreachable Outreach Ministries, Dr. Andre H. Humphrey



Dr. Andre H. Humphrey is extremely passionate about his ministry and the services his ministry provides to help people. I met this inspiring gentleman many years ago. Then and now, he is still on the frontlines providing services to those in need.

In our first meeting I asked him why he chose to do the work he was doing? He pointed to a picture on the wall of his office and said to me, "That is a picture of my son who was murdered". I noticed the pain and agony on his face and he spoke very passionately about the trauma he suffered about the death of his son.

He said the death of his son was one of many reasons why he does the things that he does! This Brother has many accolades I could write about, but I want to thank him personally and publicly for putting in so much work over the years. Thank You Soldier!

Here are a few of his accomplishments. In 1988 after doing many revivals at the

Charles H. Hickey School, the Holy Spirit placed on Rev. Humphrey's heart that there was a serious need for an Out Reach Ministry for young men. Many had given their lives to Christ, but there was no follow up available to them. After speaking with Bishop Robinson, along with the secretary of the youth facility, his name was given to Ms. Mary Slector who was in charge of volunteers. At this point he was ask to take charge of the mentoring program where he gave of his time for many years working strictly as a volunteer. Rev. Humphrey was then asked ten years later to be the Director of the Youth Ministry Outreach Program. Still many youth were being released with no where to go and no follow up. Out of concern for humanity, Rev. Humphrey organized another ministry entitled Unity in the Spirit. This ministry, which was the combination of many churches in East Baltimore (Barclay Midway Corridor), participated in a thirty hour tent revival. During this revival, many issues were addressed such as: alcohol abuse, substance abuse, homeless children with incarcerated parents and the rejected and down trodden. Those individuals were given assistance on site without delay.

Out of this great coalition was the birth of a never ending relationship between the board members of Reaching the Unreachable Outreach Ministries and the Missionaries of the Fountain Baptist Church. In 2000, the former pastor, the late Rev. Herman A. Ford, appointed Rev. Humphrey to work with the Missionaries, shortly afterwards, he was elected as their spiritual advisor, under their past president, the late Sis. Gwendolyn Douglass. With hard work and

determination from both organizations they were afforded the opportunity of ministering to nursing homes, and prisons, etc. Under the leadership of the Holy Spirit, they are going out into the highways and byways taking the Word of God to God's people. His latest achievement is that of Baltimore Trauma Response Team.

In 2004, the Elizabeth Colbert House was established. This dwelling opened its' doors to homeless single mothers between the ages of 18 and 40. It was named after the Missionaries lifetime Past President, Ms. Elizabeth Colbert, who remains a faithful supporter. In addition to the Willing Workers, Many other members of Fountain Baptist Church (many of whom would like to remain anonymous) supported the project In June of this year,

Reaching the Unreachable Outreach Ministries was awarded a grant from the Family League of Baltimore City for the purpose of developing an after school program. Reaching the Unreachable Outreach Ministries is associated with many other programs such as; Men Supporting Men, Child Developing Policing Program, and the Prison Ministry. These organizations are supported by the new Chief of Operations (Dr. Pisha) and all other dedicated board members of this great organization. After eight years, God is still smiling down on this church, and allowing the ministries to continue on this journey.

Community Involvement

Baltimore City Policing Program, Partnership and Baltimore Child Development Community Program, Partnership

Survivors Against Violence Everywhere, Partnership

Men Supporting Men Bereavement Unit, Support Counselor

Department of Parks and Recreation, Program Coordinator

Helping Those Who Witness Violence

Those who witness violence or are exposed to trauma can reach in many different ways. Violence can have a negative effect on a child's sense of confidence and self-esteem. Seeing frightening or distressing events can take away a person's basic sense of security. This can change the way children and adults feel about themselves and the world around them. Understanding what your feelings are is the first step in helping you and other members of your community to recover from the harmful effects of violence.

Book

The purpose is to lay the foundation for making ourselves aware of the needs and concerns of these individuals. As Christians we must face the fact that aside from seeing and hearing about these individuals, we must do whatever we can to aide them in turning their lives around. We must be willing to meet these individuals in all the areas of their lives. For instance, emotional, intellectual, physical and most importantly spiritually. There are many obstacles that are presented to these troubled individuals on a daily basis. We as Christian soldiers must be willing to step in and fill the void. In addition to God, we must inform them that there is someone and somewhere else they can go to gain the support and strength needed to survive.



Baltimore Trauma Response Team

The healing process starts with the **Baltimore Trauma Response Team** comprised of

A Police Officer

A Mental Health Clinician

A trained Community Worker (such as a Social Worker)

Because of direct or indirect involvement with drugs, alcohol, substance abuse, and crime, many are looked upon as hopeless, helpless, doomed no good, and any other negatives that may come to mind.

It is the mission of this ministry to bridge the gap with the family and provide services and solutions, which will improve their quality of life.

Our purpose is to let the youth know and assure them that there is a better way of life, and we are here to help them find it.

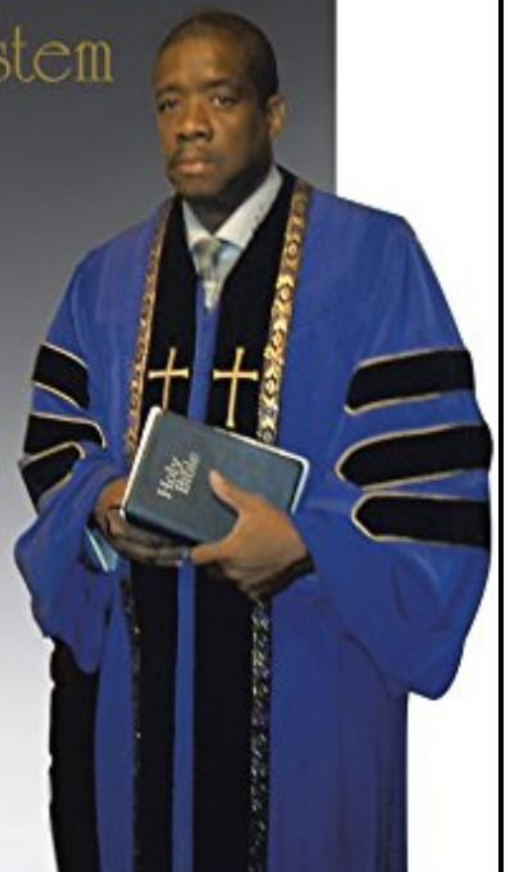
443-418-8898

rev.dr.andrehumphrey09556@gmail.com

www.thebaltimoretraumaresponseteam.org/

Rev. Dr. Andre H. Humphrey

Black Youth and The Juvenile Justice System



Podcast Coming Soon!

LANGSTON HUGHES COMMUNITY, BUSINESS & RESOURCE CENTER

Langston Hughes Community, Business and Resource Center is a nonprofit 501 c-3 located in the Langston Hughes Community of Park Heights, Baltimore. Opened on July 3, 2017 by George Mitchell, President and CEO, with the goal of having an accessible library for residents of Park Heights. The LHCBC successfully opened three libraries within the facility. Since then, the building has grown tremendously. There are several different businesses and organizations which offer many resources to the community. Equipped with programs for seniors, substance and mental health organizations, childcare

services which provide before and after care, computer lab which is open to the community and one of the largest WIFI facilities in the state, LHRBC focus is being a safe haven for all members of the community by changing the culture of Park Heights one person at a time.

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 physi-

cal, 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 required 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 facilitate 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 meetings, 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.

Our mission is to enrich the lives of residents in the Park Heights community, by being a safe place where families can connect to organizations, resources, and other individuals

ANNOUNCING A FOOD PANTRY AT THE CENTER

We Cordially Invite You & Your Family

WHERE:

Langston Hughes Community Business Resource Center
5011 Arbutus Avenue
Baltimore, MD 21215

Off of Nelson & Reisterstown Road

DATE:

Monday January 7, 2019

TIME:

Doors Open at 1:30 PM

Food will be distributed from 2:00 PM to 5:00 P.M. or until food runs out



Free Food For All!
First Come, first served. Bring bags or boxes

For more information, call (443) 759-8954
Or (443) 416-1443

LEYENDALE-SUNSET NEIGHBORHOOD ASSOCIATION

Langston Hughes CBR



"The Heights" Radio show

WOLB 1010 AM 3:30-4:30

Monday To Friday

"The Heights" Radio show Powerful stuff Call in

410 481 1010

George E. Mitchell-Host

Help Us To Help Our Communities! Donate!

Langston Hughes Community Business Resource Center History

Opened July 2017

Houses 3 libraries

Offer several classes such as Cyber Security, Phlebotomy, C.N.A/G.N.A, CPR, CMT, Medical Billing and Coding, Foreign Language, Cooking classes for children

Smart Steps Daycare

T.I.M.E. Organization mental health resources

Youth Mentoring Groups

1st PAL office to open in Baltimore City in 15 years

GED Classes

Home of the Charm City Steel Drum Band

Full size Gym

Food Pantry twice a month

2 Ballroom Dance classes

Banquet Hall Space for rent

Conference room space for rent

Office Space for rent

Two Year Anniversary In August, Week Long Activities

5011 Arbutus Ave
Baltimore, Maryland 21215
(443) 759-8921

WEEKLY COMMUNITY LUNCHEON AT THE CENTER



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

LANGSTON HUGHES COMMUNITY BUSINESS RESOURCE CENTER
5011 ARBUTUS AVENUE,
BALTIMORE, MD 21215
443-759-8921

Each Monday

Time: 1:30PM TO 4:30

Please contact Mr. Rico Crawley of God's Giving Hands at 410-236-0942 if you would like to donate. Or visit God's Giving Hands GoFundMe.com/287dv67h





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

STYLED to Empower with Dr. Bert

It is very important for me to immediately establish our kinship, as I begin to share my article with you, in each upcoming edition of *The National Black Unity News*. Information regarding emerging talents and various seasoned artists will be crafted to enlighten your awareness of the richness of the entertainment industry. Also, messages that begin in my heart will be designed and scripted to enhance the manifestation of our consciousness and ability to Empower ourselves. My primary goal is to affirm a version of the "Golden Rule" where power is rooted by our willingness to Empower others. I am also a firm believer that entertainment is good for the soul!

I have been overjoyed about this opportunity! Ironically, it came at the same time I began writing for the digital magazine, *BITTY Mag*. What a Blessing to now present "yours truly" as a journalist for two publications! The ability to spotlight individuals in the entertainment industry and stage my thoughts, in addition to what experts have deemed as the "Best Practices" of Empowerment, in these professional journalism brands is incredible. Family, you might be wondering why me, why would the publishers of *The National Black Unity News* and *BITTY Mag* allow this vessel to provide the latest in entertainment news as well as attempt to engage your intellect with hopes of contributing to the better you? My answer is, why not?!

As a young girl, at the age of twelve, I was extremely blessed to have discovered the unique gift of empowering people, while equally matched with the ability to deliver information with an engaging appeal. I am a native of Hartford, CT and moved south to matriculate at Virginia State University, earning a BS. Degree in Special Education, M. Ed. Degree in Guidance and Counseling and Ed. D. Degree in Educational Leadership. My professional career spanning from 1983 to the present, represents the wealth of experiences with individuals from childhood through adulthood. The richness of my career has been my work in, counseling, educating and mentoring people who represent vast backgrounds and cultures. In 2015, I began acting in the theater to raise money for students at VSU. This experience ultimately provided the birth of a hidden passion that has led to my present efforts of performing in and producing projects to Empower and Provide for others. My acting and production work ranging from spoken word to theater to film has been staged to render education, inspiration and emotional and medical health awareness. As a result of these experiences, I have been studying various components of the entertainment industry and am fascinated by the outstanding contributions of many artists. My most recent project, *STYLE to Empower with Dr. Bert*, merges alliance, education and the arts to Empower others.

With all that said, now, I must confess!

It is not the, providing of my instinct, ability or spirit to inform and lift others to the realm of Empowerment: although the framework has been established by my family, education, career, a genuine love for others and the arts, it has been the experiences that occurred in dark places, where I had to find Light. The Light that was needed to put on my three to four-inch heels or sneakers and march myself to living each day as I want it to feel as an educator and performer and most importantly as one of GOD'S Daughters. Styled to Empower with Dr. Bert derived from my personal experi-

ences and those of others that I will be sharing with you, as we embark upon this Empowerment Journey together. Family, I already cherish the time we will fellowship with one another through *The National Black Unity News*, and please, keep in mind, until we meet again, all of us are Styled to Empower... Be Well...Peace...

Dr. Bert
804-943-8589



THE BLACK WALNUT

A COMPELLING, CREATIVE PORTRAIT OF THE AFRICAN-AMERICAN PROSTATE CANCER DISPARITY
A TERRANCE AFER-ANDERSON FILM

The prostate gland is only about the size of a walnut. However, if cancerous and left untreated, it can kill you! Black men are diagnosed with prostate cancer at a rate more than 1.7 times that of any other ethnic group and die from the disease at a rate 2 times more than white men.

The Black Walnut is a compelling, innovative film project designed to increase awareness of the alarming prostate cancer disparity impacting African-American men. Featuring 9 actual prostate cancer survivors and a urologist and a medical oncologist in dramatic roles, the film explores the myriad barriers black men encounter in securing healthcare, to include:

- Misinformation and a lack of information,
- A reluctance to be screened,
- Mistrust of medical institutions,
- Socioeconomic factors, e.g., low income, no insurance, unemployment/underemployment, etc.,
- Cultural insensitivity and cultural incompetency in some providers,
- Fear of treatment symptoms such as incontinence and erectile dysfunction.



The Black Walnut assails these barriers on multiple fronts:

- Recruiting prostate cancer survivors, those at greatest risk, and community, faith and social service leaders as ambassadors promoting screening and early detection,
- Dramatizing the important role wives, girlfriends and significant others play in motivating the men in their lives to practice more routine health maintenance,
- Encouraging and assisting in the staging of free screening and health education events nationwide.



The African-American prostate cancer disparity reaches far beyond black communities and creates a distinctive burden on the nation's overall healthcare system and economy. *The Black Walnut* ushers forth a unique voice and a clarion call for equity, diversity and inclusion, by summoning an "army of ambassadors" advocating for the early detection of a disease that needlessly ravages too many African-American lives. Join us.

Become a Black Walnut Ambassador!

To reserve *The Black Walnut* or for more information, please contact:
Terrance Afer-Anderson 757-839-7963, terrance.aferanderson@gmail.com or
Dr. Robertha Pope-Matthews, Ed.D., 804-943-8589, style2empower@gmail.com





THE NATIONAL BLACK UNITY NEWS



The Community Is In Your Hands

What Is The Goal Of VISION 2020

Our goal with Vision 2020 Kickoff is to reignite a passion within our loyal readers and introduce TNBUN to millions of others. We look to connect all our communities of men and women from our passionate and insightful Millennials to our wise and experienced Baby Boomers and everyone and everything in between that unites us all. TNBUN will continue to be the leading resource guide and directory of local and National black businesses for our consumer base.

What is the TNBUN Strategy?

Our key strategy is the aggressive pursuit of providing the business community with the most effective and diverse means of connecting to their target customer. The National Black Unity News present's information from a variety of sources in a unified way. We focus our attention on the national, state, counties, city, and local communities. In addition to our national and state search engines, we offer newsletters, business/ members directories, online radio, live networking events, social and business networking sites, local news, and other vital features. Our ultimate goal is to furnish businesses with a convenient way to market and advertise their products and services with an affordable yet effective results. We also will provide a multitude of services that will educate and inform our consumer base so that they can enhance their quality of life!

What are some industry and company challenges?

Most publications have gone 100% online. We live in an On-Demand society where we are accustomed to retrieving information right now and at our fingertips. We will meet this challenge by upgrading all our platforms, rebranding all digital assets and hiring the best in the business to ensure the most efficient outcome. Our subscription option still allows persons to get a physical paper. Remember, it is 4 issues per year.

Another objection is our quarterly output. Some may see this as a missed opportunity to reach the public. However, this is done by design. It keeps the cost for our advertisers extremely low. This alleviates one of the top reasons Black Businesses are unable to mass market their products and services: lack of marketing funds. Even still, TNBUN will provide a biweekly newsletter and social media platforms to capture the latest news, resources and current events.

How will we accomplish this? / How do we plan to get the Black America on board with our vision?

The reality is, there is a huge movement going on right now. Many of us have been

"on board" for a very long time. We've all seen social campaigns like

**#SupportBlackBusiness or
#BlackOwnedBusiness**

Often we see this as a reactive position. Our vision at TNBUN is to have #SupportBlackBusiness as your 1st option and not a reactive one. What main methods will VISION 2020 implement now?

• TNBUN Ambassadors - We are embarking on a MASSIVE National expansion

businesses at home or while traveling. Introductory rates will end soon. Portal enrollment opens December 2019! Reserve your spot now by December 31, 2019

These platforms allow individuals, businesses and communities around the country to promote, educate, inform, and connect with one another. TNBUN offers a wide array of methods to reach your target audiences such as articles, sponsored social media posts, website display ads, pre-

another with more than words, but by putting our money behind it. TNBUN provides the platforms for us to make this happen even easier.

In Baltimore, MD, February 1, 2017, The National Black Unity News (TNBUN), became a leading resource guide, and directories of local and national black businesses, and resources for our consumer base. We will cover local and national sectors of the United States.

We were extremely pleased to introduce The National Black Unity News to the United States in March 2017. We have continued to provide local black businesses and organizations with powerful solutions to connect with their customers and grow their business through Articles, advertising, sales/marketing and solution oriented information.

Our key strategy is the aggressive pursuit of providing the business community with the most effective and diverse means of connecting to their target customer. The National Black Unity News present's information from a variety of sources in a unified way. We focus our attention on the national, state, counties, city, and local communities. In addition to our national and state search engines, we offer newsletters, business/members directories, online radio, live networking events, social and business networking sites, local news, and other vital features. Our ultimate goal is to furnish businesses with a convenient way to market and advertise their products and services with an affordable yet effective results. We also will provide a multitude of services that will educate and inform our consumer base so that they can enhance their quality of life!

The National Black Unity News strives to become a leading resource guide, and directories of local and national black businesses, and resources for our consumer base. We will cover local and national sectors of the United States.

Our mission is to highlight professionals from every field that will cover topics of great interest to African Americans from the latest trends in business and black lifestyles. You can rely The National Black Unity News for insightful and useful information.

1. The National Black Unity Newspaper distribution (for those that still want a physical paper) 2. The advertiser can give value by offering a written editorial 3. Serve the Community and connect us around the country 4. Affordable Pricing 5. Three-month exposure with quarterly distribution

By: Jacinta Walker

Become a
Ambassador,
Advertiser, Editor,
State Manager, and/or
Regional Director with
The National Black Unity News!

443-455-2373

Join our team!

THE NATIONAL BLACK UNITY NEWS.COM 410.455.2373/410.746.2607 TNBUN2020@GMAIL.COM #TNBUN2020

plan. The only way we will accomplish this is through people like you reading this now. We need those passionate, in entrepreneurship, small business, community outreach, and connecting and strengthening our black community, to join our growing teams. Every State will consist of a State Director, State Manager and many State Ambassadors. As Ambassadors, you are enthusiastic and always share and promote the various TNBUN platforms. You are able to locate and reach our target audience. You are a great motivator and align with our mission. Commissions range from 20%-30% on Advertisements, Directory Enrollments & Sponsorship. Join Today! Support Black Unity and Earn by emailing your resume and cover letter. Let us know what state you prefer.

• TNBUN Directory Locate, Connect, Support is the solution to one of the biggest complaints we hear: Inability to locate your local black-owned business for product and service needs. Black business owners, community organization and corporations will have the opportunity to enroll. This online platform will make it super easy and fun to find and support these

ferred vendor list, corporate sponsorships, newsletter inserts and more.

Why will our campaign be successful? VISION 2020 will lead with our Ambassador Program, Business Directory, and the Total Re-Branding of TNBUN We are totally relying on the excited voices and overcoming the frustrations our communities face every day. "The community is in your hands" is our 2020 Theme. This means that we are the ones that will bring about success in our own communities and across the country. Just like we have seen in our rich past, when we support one another, there is nothing we cannot do. When we back that support with our dollars, we ensure this success.

Potential Reach • 50 States • 16,000+ Cities • 3,000+ Counties • 2,000,000 Blacked Owned Businesses (source United States Census Bureau)

Black Buying Power

The Black Community has major POWER! Nielsen places the Black Buying Power at 1.2 trillion dollars! We have seen an incredible movement for supporting one-

I Will Vote For A Drowning Rock Before I Vote For Donald Trump

Right now America is in the deep part of an election cycle. Before I start my rant let me be clear on one thing, I will be voting on the local level and certainly the National level.

I have no idea as to how to create a poll through an article but I am more than certain that there are many Americans who would vote for the Drowning Rock instead of voting for Donald Trump.

Before I start talking about some of the things this man has done while in office, I want to address the obvious blatancies I cannot understand. The position of President is the job that is over and above any other job as it relates to power and making decisions for an entire country and beyond.

What I can't understand is the no rules and no procedures, that are currently displayed, for such a job. Should one be drug tested? Should one have a mental and physical test? Should one have an intensive background check as to how they see race and poverty? I would think so but it is obviously not the case.

Why is it that the media or those who are responsible for having these televised debates have no demonstrated procedures or real rules? Oops, when I say procedures and real rules I mean rules such as if a candidate can't debate the issues, he/she is disqualified from partic-

ipating?

What standard and what example does a presidential candidate offer when instead of debating issues and concerns that are important to the American People, he/she stands before the podium and call their opponents names.

I remember and reflect when I was in grade school where we were taught that "name-calling is not nice" and that "it is hurtful." If this is something that we were taught as very young children, how does it's uses become justified for the President of this country?

Listening and watching Donald Trump it's beyond obvious that this man has no idea as to how to debate the real issues. That's why as a retaliatory tactic he will assault someone's appearance, attack their speech impediment or verbally assault them with some other degrading antic verbiage.

I could only speak for myself and the many others who feel as I feel. It is easier watching a drowning rock than it is to watch and listen to this man speak and offer up lies and hateful rhetoric.

It has been proven that this man is guilty of sexual abuse and assault. It has been proven that this man violates not filing taxes. It is proven that this man is guilty of preaching and promoting hate and yet,

we stand on the verge of having this scum to run for re-election, why?

Is it that this man has special privileges other than being white and wealthy? I have never seen nor heard any other President or candidate use such profanity on television as he is allowed to do. I remember when he wanted to rebuke Black NFL Players who decided to take a knee during the National Anthem and right on television he said "the son-of-a-bitches need to be fired!" Is that becoming of a President?

This man constantly touts a slogan of "make America great again" and yet he is not pressed with what does that mean? When was America great and at what point did it's greatness die? The truth is that he, as well as the rest of us, understand what he is trying to say and to promote. He is simply saying that White People are losing power and that a way must be reestablished to secure the loss of that white power.

I am okay with voting for the Drowning Rock before I vote for this scum of the earth. At least the Drowning Rock will not promote the gravity of hate and division that is constantly promulgated by the "President of the United States of America.

Sadly but true, it is not just him but it is his entire party that he has assigned; not

that the Democratic Party is above reproach. My argument is not to defend any party. My point is that this man has brought a new element to politics that many of us have never witnessed or been subjected to listening to. He attempts to kick us back a hundred years to when Blacks and others had very little rights.

Donald Trump is fleecing America not only of its money. He is also fleecing America from needed allies across the world. Believe it or not, Donald is subscribing to the same script that Hitler subscribed to. Hitler thought within his twisted mind that Germany had become powerful enough to overtake the world. Likewise, Donald Trump is thinking that America is now in that same position. But just like Hitler met his fate so will Donald Trump.

The sad thing is that Donald has the power to put us all in such perils of destruction and harm. At this point, our last effort has to be able to assure that voters will turn out as never before. However, if for some reason he is allowed to serve again, I suggest we have an ultimate plan and a secondary plan. This man and his leadership will cripple this country in a way that many have no ware with idea to be able to prepare for.

Yes, I will be voting and as I said, I will vote for the Drowning Rock before I vote for the foolishness of Donald Trump.

By Bill Goodin



The National Black Action Portal

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Nation Largest Network Of Black Businesses & Organizations

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

A proposed solution to impact COVID-19. What if *light* can make a difference?

Continued from page 1

and some non-medical companies (like General Motors) are now being mandated to mass produce curtain items at an accelerated rate of speed.

However what you probably don't know is that these products (most of them) have very little or no impact on this virus. There are a good number of products promising to be effective, but most of these products do not alter the course of COVID-19 whatsoever and in some cases worsens or destroys your health. **Triclosan** the major ingredient found in many disinfectants (for example) destroys your immune and hormone system. It destroys your healthy gut bacteria, causing leaky gut and can make you and your family more vulnerable to any viral attack.

There is no known source to date which is available to the public to prevent you from acquiring this virus or curing it. This virus is like many other viruses... you can *just* treat the symptoms, and pray you survive.

Viruses and bacterial infections have always been a major concern for people. We have been at war and trying to control viruses and bad bacteria since our beginning. According to the Centers for Disease Control and Prevention, 6515 people died from influenza and 49,157 people died from pneumonia in 2017 alone. For many of those who passed... had they been prevented from catching a Flu and pneumonia, those people could have added meaning years to their lives.

The axiom "An ounce of prevention is worth a pound of cure" is by Benjamin Franklin

Social distancing, washing your hands well, and cleaning and sanitizing your space works wonders for prevention, only if everyone does it. But everyone is not on board with these practices. But **what if** there is a solution, a product or a

way to truly help prevent spreading COVID-19? **What if** this same product helps eliminate other harmful and deadly bacteria and viruses? **What if** our research found a solution that requires no cleaning, no testing, and no vaccinations? **What if** this solution is a *Light*?

Pure-Light coats a light bulb with an ultra-thin, transparent coating of Titanium Dioxide formula that reacts with light to produce super oxygen molecules that work against viruses, bacteria, mold and breaks down toxic organic compounds

This coating **filters the air** and has the technology to make any air that comes within 10ft of it cleansed of bacteria, viruses, mold, and pollutants. Titanium Dioxide (TiO₂) is one of the more common elements in the world and is non-toxic as rated by the Material Safety Data Sheets, (MSDS).

There is also a secondary benefit for surfaces and items near this light. Your kitchen and bathroom counters, dishes, stoves, cutting boards, doorknobs, and basements are cleansed and bad germ

shines is germ free, bacteria free and virus free for up to 9 years.

When used, Pure-Light produce two special super oxygen molecules called Superoxide (O₂⁻) and Hydroxyl (OH⁻). These two super oxygen molecules act against viruses and bacteria. Within the first 45 minutes of use, Pure Light Technology has been proven to eliminate harmful and deadly bacteria and viruses (including Flu & Cold viruses, MRSA, E-Coli, Salmonella and many, many more...). It also helps eliminate dangerous and deadly chemicals from the air including Carbon Monoxide, Formaldehyde, and some Pesticides.

Pure-Light Technology has been proven to work effectively and has been presented to members of the national and local Center for Disease Control (CDC), and other government officials. This new strain of the Corona Virus has caused the CDC and other government agencies to take closer look at Pure-Light Technology and its *short- and long-term value* to our health and to our country.

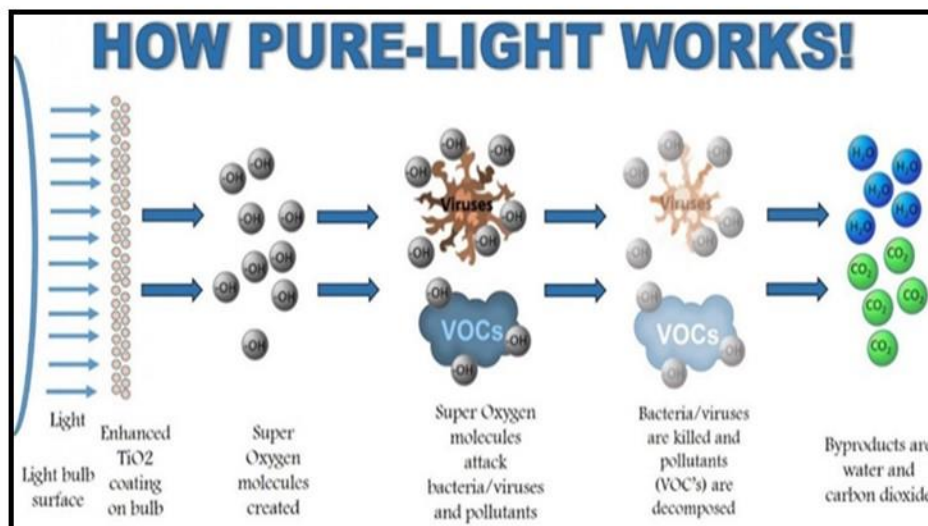
is being purchased are items designed to aid the sick and their care givers. Under our current circumstances, it makes sense to aid the ill. But like any problem, you must resolve its source...solve the root of the problem. Hospital ICU's, ventilators and respirators cost a ton of money to operate and maintain. They are very effective in helping COVID-19 patients breathe and stay alive. According to the World Health Organization a pandemic goes thru Phase 1 to Phase 6, then a Post Peak Period and finally the Post Pandemic Period. It is discussed internationally in detail the need to share lessons learned, but absolutely nothing was discussed about *prevention*. As a *preventative*, even a Dentist, after pulling your Wisdom Tooth...gives you a toothbrush, some toothpaste, and some floss. Life after COVID-19, your guess is as good as mine. But what is so apparent, *preventive care is our personal responsibility*.

This information about Pure-Light Technology was truly intended to be FYI, to make you aware that this type of technology exist and not be an infomercial. There might be something similar in the marketplace. If so, check it out, but this Pure-Light Technology has a record of providing healthy environments across the nation consistently for years.

When you have a Pure-Light® turned on in your home or business you're providing an *invisible filter* and another *line of defense* against a host of undesirable pathogens such as deadly bacteria and mold, viruses, chemicals and deadly gases.

So we invite you to do your research. When you do, like many of us, you may want to share this knowledge too. So, for updated information or to purchase your Pure-Light bulbs, feel free to reach us at 443 650-2142 and please use your reference number 0008. Thank You and Stay Safe.

By Dr. Eugene Butler
and Cynthia Charles



Proven Results!
Help **SAFEGUARD & PROTECT YOUR FAMILY!**

PURE-LIGHT
Revolutionary New Super-Oxygen Technology
The GREATEST ENVIRONMENTAL GREEN Product
the World Has Seen In 100 Years...Perhaps Ever!

As Seen On TV

The Future Of Light Is Here!
Based on International Space Station Technology

A new way to Purify your Environment...
and help **SAFEGUARD & PROTECT YOUR FAMILY, EMPLOYEES, CUSTOMERS, FRIENDS...**

Proven results, 20+ years research, 140+ lab & field studies... Join the thousands of Satisfied "Amazed" Customers in 5 different countries.

When installed in your house or business, after 45 min of being turned on, these Revolutionary LED Pure-Light® Super-Oxygen Technology® bulbs produce Super-Oxygen® (O₂⁻) into the surrounding air which does 7 things:

1. **Helps Eliminate Odors** (pet odors, chemical smells, cooking odors, even skunk odors)
2. **Helps Eliminate Mold and Fungus** (musty mold smell and the actual mold itself)
3. **Helps Eliminate Harmful and Deadly bacteria and viruses** (including Flu & Cold viruses, SARS (which Coronavirus is a type of), MRSA, E-Coli, Salmonella and many, many more...see lab studies)
4. **Helps Eliminate Smoke**, (including Cigarette and Cigar Smoke, 2nd hand Smoke, tobacco odors, burnt food smoke)
5. **Helps Eliminate Dangerous and Deadly chemicals from the Air** including Carbon Monoxide, Formaldehyde, and Pesticides)
6. **Helps Eliminate indoor and outdoor air pollution** (such as Smog and heavy hydrocarbons)
7. **Helps Plants Grow Faster And Healthier.** (Even helps cut flowers last longer)

DOCTOR RECOMMENDED, ALREADY BEING USED IN SCHOOLS, ASSISTED LIVING FACILITIES, & GOVERNMENT BUILDINGS... JOIN THE THOUSANDS WHO ARE RAVING ABOUT THESE "AMAZING" PURE-LIGHT® SUPER-OXYGEN® TECHNOLOGY PRODUCTS.

Read the testimonials, see the hundreds of lab reports and studies, watch the videos...
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Super Oxygen Light Technology!

PURE-LIGHT is NOT a simple light bulb...it acts like a Miniaturized AIR PURIFICATION SYSTEM...that Shines!!
CLEANER-FRESHER-HAPPIER-FAFER!

Safe for Humans, Pets, Plants. Does not produce Ozone or produce harmful UV. 20+ Years of Research, Proprietary Patent. Pending technology, Manufactured in the USA

Not a Medical Device
Pure Light bulbs and coatings help clean and purify the environment only. Pure Light bulbs and coatings are not medical devices, and do not treat or cure any health related issues. *These statements have not been reviewed by the FDA.

CORONAVIRUS & PURE-LIGHT

PROTECTING YOUR FAMILY, EMPLOYEES, & BUSINESS CUSTOMERS...

CAN PURE-LIGHT® HELP PREVENT THE SPREAD OF CORONAVIRUS?

The Pure-Light® Super-Oxygen- light bulbs and surface coating technology... have repeatedly shown the ability to kill all harmful viruses and bacteria that it has been tested against within hours on surfaces and in the air within 8-10 ft of the bulb and a coated surface when exposed to a light source, with the PLT bulbs actually being the light source (see lab reports and research). The Super-Oxygen- technology has been shown to kill SARS viruses, which Coronavirus is a type of. And so the answer is a very probable YES, though it has not been specifically tested against the Coronavirus Covid-19.

WHAT MAKES PURE-LIGHT® SUPER OXYGEN- TECHNOLOGY SO IMPORTANT FOR THE FUTURE?

Every year there are seasonal cold, flu and disease outbreaks. This year, it is Coronavirus, next year it might be a different version of the Swine flu, the following year it might be a type of Avian flu. And of course there is the ever present problems with Toxic Mold, E-Coli, Salmonella, MRSA, and a dozen other deadly and harmful pathogens.

Because of the way that the Pure-Light® Super-Oxygen- technology works, these negative super oxygen molecules are attracted to these pathogens and literally dissolves them... no matter what new version of pathogen it is. This is a naturally occurring process that nature has been using for millions of years outdoors and in our own bodies that Pure-Light has harnessed and made affordable to help protect our families and the planet from many of the deadly contaminants there are in the world. See our website www.pure-light.com and the extensive explanation about the science behind Pure-Light and the hundreds of lab studies. Also, The many, many testimonials by "Amazed" customers.

Frequently Asked Questions

- 1 - **Must the light be on for the bulb to work?**
YES, the light must be on for the bulb to work. The process begins immediately however it can take approximately 45-60 minutes for its effects to be noticed.
- 2 - **Can the 9 watt bulbs be used with a 3-Way or Dimmer switch?**
No. The 9 watt bulbs should not be used with a 3 Way socket or dimmer switch socket. Dimmable bulbs and 3 way bulbs are available however.
- 3 - **Will an air fan help the photocatalytic action?**
The air naturally circulates near and around the bulb. The super-oxygen molecules spread out from the light bulb to a distance of approximately 8-10 feet. The closer problem areas are to the light the better the photocatalytic action. A fan is not necessary in order for the photocatalytic process to work however it certainly will assist the process.
- 4 - **Can the bulbs be used inside lamp shades?**
Yes. The air does need to be able to circulate around the bulb, which at the same time, allows the Super-Oxygen molecules to circulate out also.
- 5 - **Will more bulbs increase the effectiveness of the photocatalytic process in an area?**
Yes. The more bulbs, the faster and more effective the photocatalytic process.
- 6 - **Must the light bulb be in the open air to work?**
Putting bulbs in a sealed cover will only be effective for the air inside that cover. They must be open to the air of the room they are in for the photo-catalytic process to have its greatest effect.
- 7 - **Does Pure-Light use ultraviolet light or Ozone?**
Pure-Light bulbs and technology do not produce, use, or need to use harmful ultraviolet light. They also do not produce ozone (O₃). PLT is (O₂⁻).
- 8 - **Are LED lights bad for my health?**
Long exposure to any high frequency lights (such as UV, or high energy Blue light) is not healthy for people, pets or plants. Pure-Light Technologies use a natural full spectrum daylight LED light, the kind of light that is recommended in S.A.D. Light Box therapy with a very low RF signature. Our simple quest is to provide the best and healthiest lights we can to utilize with our Super-Oxygen technology.
- 9 - **Why do plants grow so well with Pure-Light Technology?**
It is primarily because of the extra oxygen that the technology produces along with the discouragement of harmful bacteria and mold. Plants need oxygen to actually grow and survive.

PURE-LIGHT
Super-Oxygen Lights

443 650-2142 and please use your reference number 0008.

Tough Times For A Tough People, *Continued from page 3*

"as a people" are systematically the last to hire and the first to fire! When America feels the economic pinch, they usually punch us! We must face the fact that this will not be a new norm, throughout history, this is a normal mode of operation! Most feel privileged and cannot perceive you having more than they! Trust in God but you better prepare to protect you and yours!

We are a tough and resilient people but we must be smart and know that we cannot stand against a system that does not

respect us in good times. Keeping things real is the reality each of us individually and every one of us collectively must face. Because that nature of evil and unfairness has been a norm in this country since the inception of the United States!

We are all we got, and we are all we need. With God on our side, we *will not* perish! We have overcome so many atrocities in this country and we will overcome future endeavors as well! I say these things to you because I love my people and I cannot sit back and say

nothing when I know an impending danger is coming upon you!

I am a soldier for God and my people and I will not cower in the face of battle! I am calling on all soldiers. This is not a drill! The alarm is sounding and we must take our position! Keep in mind that our strongest and most potent weapon is LOVE! We are simply protecting our own from anyone who wishes them harm.

I thank God for this opportunity to share with you. Tomorrow is not promised to any one of us, but as a man, I must stand

for something! I chose or was chosen to stand in the gap for my people! I even dared to say those powerful words: "Also I heard the voice of the Lord, saying, "Whom shall I **send**, and who will go for us?" Then said I, "**Here am I; send me.**" [Isaiah 6 KJV](#)

If I don't live to serve another day, it has been one of my greatest joys to be a servant to God and to serve you!

Be vigilant, be on guard, stand tall, and stand in the gap! Soldiers always remember, next man up!

Much Love and Respect,
David Murphy

"SOMETIMES" *Continued from page 3*

to believe. See, how did Columbus discover a country when others were there when he got there?

Please forgive me, I have gotten a little off of the path but, it was of importance to be able to use examples so that I could validate my point and points.

Today many years after my birth the media is just as powerful now as it was then. When we look at the news and when we read the paper and when we listen to the radio, etc., our majority opinion is formulated by what others have given to us .

I am not trying to bad mouth the media because it has such a powerful impact, but what I am bad-mouthing is those who control the media and what they offer up to us to digest. See, when the

media is working against you and not in the better interest of you. It will show you in ways that you will despise yourself. Since that I am a resident of Baltimore Maryland, I will use examples of where I am living and as I use this example just know that it is the same way all across this country and in some cases the world. Why is that? It is like that because the main media is controlled by only a handful of people. Yes, sad but true, people who have not our best interest as Black People.

It is because of this reason as to why The National Black Unity News (TNBUN) was birthed. Yes, even though we do not compete with the huge corporations, etc., we can give voice and another face to our greatness and now show our negatives.

TNBUN have survived for three years and as we continue to grow. It is of importance that you the reader do all within your power to promote us and to share TNBUN with others who may not know of us. If we do not have our media and other forums to give an account of who we are and what we are, others will continue to portray us in ways that are not complimentary

Let's look at the music industry, it is a part of media that is attached to entertainment and one of the many reasons you hear such degrading music about us, is because those who control it want us to portray ourselves as they promote us.

That is why I say we have to sometimes stop and give praise and honor to "THE MOST-HIGH for those who could see the evil and who could offer and suggest


attempts to fight against the evil.

"The Black National Unity News" is one of the vehicles that is fighting to give another perspective and for that, I stop to pause and say thank you "MOST-HIGH" for allowing myself to be part of such a worthy cause.

If there is to be a future and if there is to be a future that is of solid goodness and humanity, it is only in the hands of two sources. The power of "THE MOST-HIGH " will never be defeated nor disputed, but other than that, we are the saviors of our future.

I will close as I started; the power of the media is huge. Help us to empower one another.

Bill Goodin



The Power & The Benefits Of A Event Planner

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

somebody who takes care of everything they need.

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

What do you get from a Event Planner?

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

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

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

Vernon Streater, The Master Planner & Events Coordinator



Events Planner

Bus Trips

Workshops

Shopping Spree

Poetry

Social Events

Gym Workouts

Book Clubs

Seminars

Dinners

Food & Fun

Outdoor Games

Plays

TNBUN Event Manager 443-473-7912

The National Black Unity News:

Page 31

<http://www.tnbun.com>

Where is your money? Continued from page 3

Administration (NCUA). The insurance coverage the NCUA provides through the National Credit Union Share Insurance Fund (NCUSIF) is practically the same as the FDIC. Credit unions are like banks where individual accounts are protected up to \$250,000. One difference between with the FDIC and the NCUA insurance is that NCUA covers regular shares and share draft accounts, which are specific to credit unions and do not exist at banks.

Both...banks and credit unions are very good at processing your money and giving what you are due...(normally) on demand. These days...because of innovations and new technologies...most of us never see our actual check. And now...you hardly ever carry a wad of cash anymore because most products and services we purchased with a computer, cell phone or a card.

The question I asked myself (not being a bank owner), and now I ask you, "Where do I keep my money and how is it spent?" I don't expect an answer. But, my bank statement...answered most of my questions. Except for cash withdrawals, an FDIC or NCUA insured bank or credit union itemizes your account and it explained where the money went. A valid reason more of us Melinated/Black/African Americans should make the effort to learn...then earn...and then teach how to put money to work. Our community has been labeled as being major consumers. Consumerism is what drives our economy. But put your money in a position where it is working for you...

instead of you perpetually working for money. You may start by banking with a Melinated/Black/African Americans owned bank or credit union. Why...because banks and credit unions are the cornerstone and the financial lifeline of any community.

Not so much for credit unions, but a few banks are consolidating or merging, but there are around 6799 FDIC insured banks. As of May 31, 2019, there were 5,335 CUNA insured credit unions. Of the 12,134 banks and credits unions in America... Melinated/Black/African American own 38 (thirty-eight). The ratio is 319.3 to 1. The implication of these numbers speaks for themselves. The main group of people affected by these numbers is us and the main group of people who should change these numbers is us.

What if...more of our hard-earned money went through a Black-Owned FDIC or NCUA insured bank or credit union? How would that change anything? And for those black-owned businesses banking in institutions where they cannot get a loan...or being a Depositor and cannot get a mortgage...does it make sense to transfer your funds? What dynamics would that have on our community if we all opened an account or fattened our current account with a bank owner of our persuasion?

Well...there is a movie recently released called "The Banker 2020". This movie is based on the true story of Bernard Garrett (played by Anthony Mackie)

and his business partner Joe Morris (played by Samuel L. Jackson), who bought real estate first, and then banks in Texas. Their banking motivation was to give lending opportunities to Melinated/Black/African Americans to own homes and start businesses. And there are countless numbers of entertainers, clergy, civic and community leaders, and others who publicly promote this idea of banking amongst us enabling us to keep more of our money under our control.

Unfortunately...far too many in our community are not supporters. Twenty years ago, as a people, we could not reasonably bank black because of the banks' location and limited online services were inhibitors. With today's technology...offsite banking or online banking is a breeze. Another reason is that some of us are very comfortable with our non-black owned banks and credit unions. And then there are the very...very few who have stated "I will not put my money in a bank that is black-owned...I don't trust them!" Raw...but the reality is that a small segment of our community thinks this way. And then...there may be a situation where it may be too inconvenient to earnestly participate.

There are consequences for not supporting our ethnic financial institutions. That list is long. Just know that when an individual or a business needs additional capital in our community for whatever venture, some have turned to the alternative forms of financing and credit because they don't have the same access to money in their community.

You will, or you will not...only you can make that call. But if you have the

will...you will find a way to support one...maybe two or more of our Melinated/Black/African American Banks or Credit Unions. Our community will fare a little better when you do. So this link, <https://www.watchtheyard.com/life/black-owned-banks>, (and there are many others) has a list of our Melinated/Black/African American Banks and Credit Unions Insured by the FDIC and CUNA.

Information about supporting our ethnic financial institutions and why, can be found, if you are looking. There are thousands of references and resources on the subject. Information gathering and doing your research on this or any subject is important. But acting on this issue...is vital.

Taking care of home first is sound advice. Seemingly...when your home is taken care of...your neighborhood and the overall Melinated/Black/African American Community has one less issue to deal with. By providing capital to our banks and credit unions, we help them do what banks and credit unions do best...provide loans and invest. Something as simple as depositing most of our communities' Social Security and SSI checks alone will do wonders for our banks and credit unions. Encourage each other and explain to each other why it is so important that we support our ethnic assemblage of financial institutions... Putting our money into our banks and credit unions in a sense...is like taking care of the home. And banking black is sound advice. So after all is analyzed, said, and done...Open an account!

Dempsy Murphy

Newly Released

Special Tribute to God's Woman

Bea Gaddy

A story which chronicles the life of Baltimore's own Black history maker Bea Gaddy. This book is a result of one woman wanting to share her fears, faults, failures and yes the benevolent fruits of her labor. a one-woman army who advocated against practices and policies that marginalized the underprivileged as she faithfully and lovingly mastered the art of giving selflessly against all odds. I assure you her journey will take you on a sensory tour that will fill you with compassion and many unbelievable emotions.

For Engagements, Book Signings, Fundraising
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P.O. Box 303 - 8744 Belair Rd - Perry Hall, MD 21128

To: Mother's Everywhere From: Children Everywhere

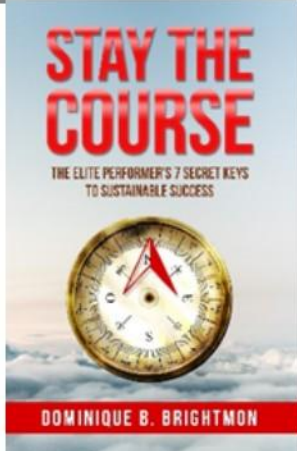
I've always Wanted to Let you know just how I feel
But I could Never find the Right Words to Say
However, Today I want to Line up All my feelings
By saying Thank you in This special Way:
You see ~ Your Love has Influenced me to Try to be
The best Gift God has Given to You
After all the Joy and Tenderness you've Given me
The Best is the Least I can Do
So let me Begin by Saying
Thank you for Birthing and Nurturing me
That was Such a Loving Unselfish Sacrifice
Thank you for Teaching me Godly Virtues
That Teaching has Inspired me to Live a productive Life
Thank you for Affirming my Uncertainties
That kind of Support has helped to Make me Strong
Thank you for Struggling with and Molding me
That always Affirmed to whom I Belonged'
Thank you for being a Loving Mother
Thank you for Pointing me in the Right Direction
That helped to Keep me On the Right Track
Thank you for Never Compromising your Beliefs
That steadfastness Kept me from being crude or slack
Thank you for the Morals and Values you Laid out Before me
That Teaching is One of many Lessons I can Always
Look back On Without any Regret
Thanks for the Pride Shining in your Eyes while Mothering me
That Unconditional Love is What I will Never Forget
Most of all I want to Thank you for the Faith I Now Own
Because I know it Came from Your Prayful Faith Alone
By Dr Barbara Wattise



National Book Editor
Leroy Mckenzie, Jr.
Authorpreneur/Speaker/Consultant

Authors Showcase

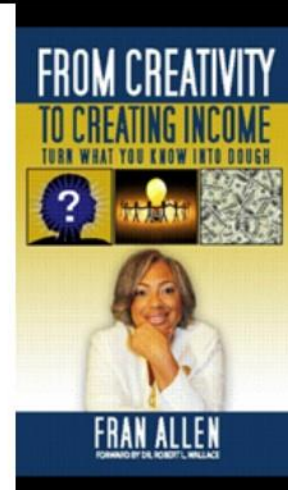
*Featuring Black Book Authors
Nationwide & Beyond!*



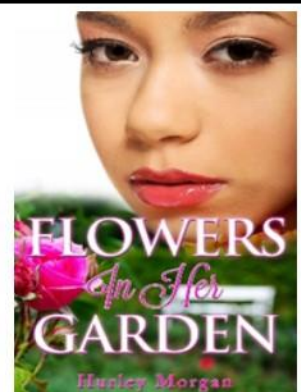
Stay The Course
Dominique B. Brightmon, DTM
Email: dom@dombrightmon.com
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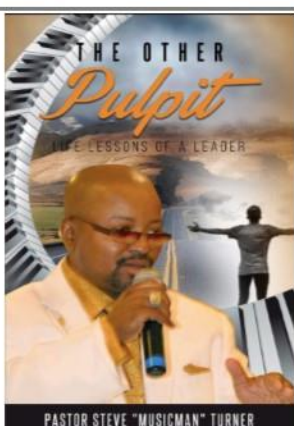
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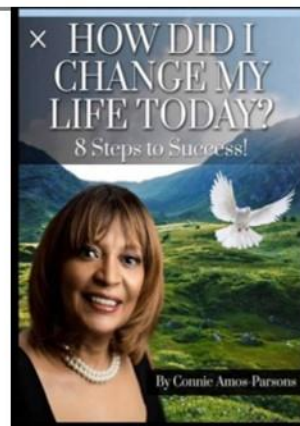
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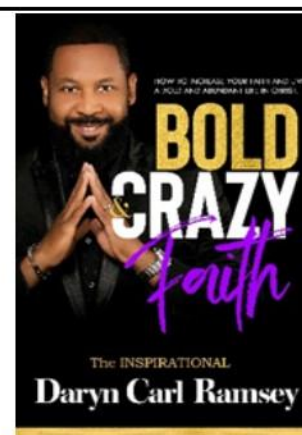
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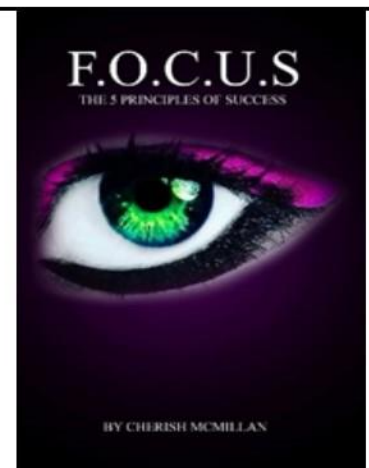
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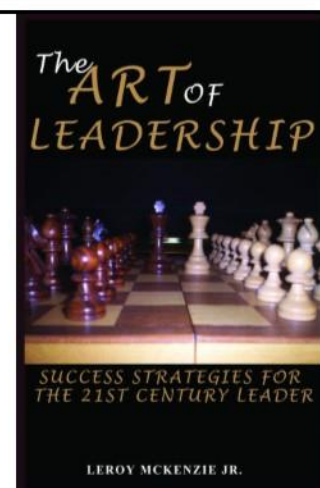
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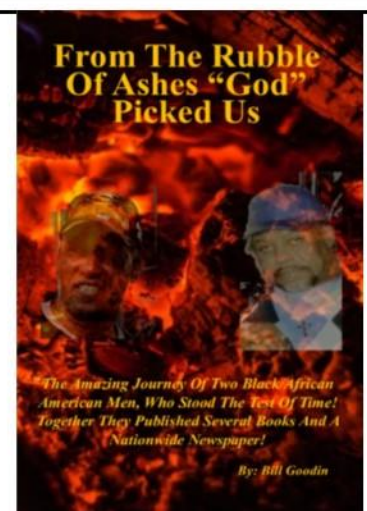
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THE NATIONAL BLACK UNITY NEWS



The Community Is In Your Hands

ABOUT TNBUN

The National Black Unity News highlights professionals from every field that will cover topics of great interest to African Americans from the latest trends in business and black lifestyles. You can rely on The National Black Unity News for insightful and useful information.

HOW WE'RE REACHING THE COMMUNITY

In-Person

- Special Events
- Corporate Sponsorships
- Community Rewards Program

Print Assets

- Quarterly Newspaper
- Editorials

Online Assets

- Website
- Online Business Directory
- Social Media Platforms
- Newsletter

Our goal with Vision 2020 Kickoff is to reignite a passion within our loyal readers and introduce TNBUN to millions of others.

We look to connect all our communities of men and women from our passionate and insightful Millennial's to our wise and experienced Baby Boomers and everyone in between that unites us all. TNBUN will continue to be the leading resource guide and directory of local and National black businesses for our consumer base.

POTENTIAL IMPACT

1. 50 States
2. 16,000+ Cities
3. 3,000+ Counties
4. over 2 million Blacked Owned Businesses
5. Black Buying Power at 1.2 trillion dollars!

TWO WAYS TO TAKE ACTION

TNBUN AMBASSADOR

Our Ambassador have the best jobs! Do what you do everyday - connect with black-owned businesses in your City & State. If you are an experience community leader, you can interview for the State Manager or State Director Ambassador positions.

Commissions range from 20%-30% on Advertisements, Directory Enrollments & Sponsorship

BUSINESS DIRECTORY

Trying to locate your local Black-Owned Business?

You want to support, but you have no idea where to go? The frustration stops here! If you are looking for a Black-Owned product or service or seeking to list your business on a large community platform, simply enroll your business and check the Business Directory where we Locate, Connect, Support

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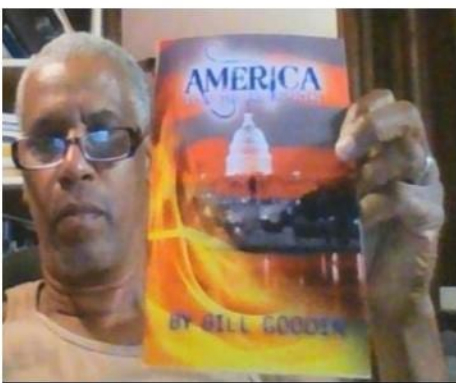
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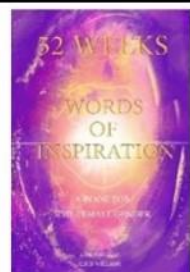


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