



# The National Black Unity News

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

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

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

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2020 TNBUN Initiative  
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**Jacinta Walker**  
Marketing Director

### 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 **Continued On Page 30**



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

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

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

**Yesterday, Today & Tomorrow  
We are Evolving!**

As time continues moving forward, so are we! However, our focus remains the same: to unite Black/African Americans with economic empowerment, which will enable blacks to recognize who and where we are in business, and to build and uplift our communities.

Yesterday, my partner, Bill Goodin and I, joined forces to publish and distribute The National Black Unity News. Our individual history and track records show that we have served many years on the battlefield of *Unity* for Black/African

Americans. We both have served more than half of our individual lives fighting to unite our people. We both have battle scars to prove it!

We have built a foundation that enables us to participate, communicate, locate and unite us on many fronts, locally, nationally and internationally. Just like the time, we too are moving on!

Today we are joining forces with individuals, businesses, and organizations with the mindset of advancing and uniting our people! We are bringing you new and improved services that will enhance your quality of life. Today, we are going to pervade upon cities, counties, and states introducing The National Black Unity News and our newly designed nationwide Black Business Directory. This directory is designed to identify our Black Businesses nationwide and provide multiple benefits to those who support our participating businesses, and services. Additionally, it will provide consumers with an economically sound way to circulate our money amongst us! One of our goals is to have no more excuses as to why we cannot keep some of those three trillion dollars we spend annually here in the United States.

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

**Activist, Author, Publisher & Organizer**

**"Celebration Of Life"**

We, the founders of "The National Black Unity News," want to publically say "thank you" to the community for supporting the very noteworthy "Celebration of life," of two of Baltimore's **assiduous, ambitious go-getters** which took place on August 18, 2019 at the Arch Social Club on Pennsylvania Avenue.

Humbly, we graciously say there are not enough proper thanks to adequately give to the leadership of the Arch Social Club for hosting such a historical event. Yes, it was the celebration of life to publicly honor Ras Marcus and Mama Lola Jenkins.

Ironically, Ras Marcus and Mama Lola Jenkins happen to be that afflatus husband and wife team who have been at the forefront of the conscious movement for years. Although they have been credited with having created several programs together, one particular program has become a staple throughout not just in Baltimore City but throughout the re-

gion.

Years ago, I am uncertain as to the actual date but I am sure it has been thirty years or longer that due to their collaborative efforts the "AFRICAN FAMILY DAY" was birthed into the City of Baltimore. Yes, these two great African Americans giants mobilized efforts birthed a program upon the city that has withstood the test of time.

At its inception, the program, with its historic African agenda, was held twice a year at a school and any other such large venues where a series of programs could take place under the same roof.

The community had an opportunity to visit vendors displaying a variety of culturally created merchandise. The community also had an opportunity to enjoy African Drummers and African Dancers while also having the opportunity to participate in the African Dance Circle. They even had the opportunity to learn African languages while sharing and enjoying the love and respect from one another.

African Family Day was a program that offered so much to the Black Community. It was the time that powerful speakers could speak and give history lessons concerning Africa and our stolen culture. It was a day that the emphasis of love was expressed and spread. Indeed the order of the day was "love and respect."

The vision that this man and his wife shared was more than awesome, it was needed. It inspired many of us to become better people.

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**National Manager**  
**Walter E. Murphy**

**Managing Director:  
The National Black Unity News**

**Master Your Moments**

On the car radio, I was listening to this group of musicians who called themselves "Booker T and the M G's" playing an upbeat organ lead instrumental tune. It is wonderful to listen to.... especially while driving. This tune gets mentioned in this article not for how it sounds, or who artistically collaborated to put it together, nor the way I feel listening to it while driving on an open road, but what startled me and got my attention was the title of this tune, "Time is Tight"!

Time is Tight, Time was Tight, and Time will be Tight for all humankind.

Of the three most important things people need to live on this planet, it is Time. The third-most important need is our tools. We can discuss in detail what tools are, and why and how we use them. Just know that as a norm...those who use their tools best win emotionally, physically and financially. The second most important commodity is information. Yes... information is that important. If you gather enough infor-

mation on any subject, you acquire knowledge, and it is true that Knowledge is Power. Information and a little wisdom, and the proper use of your tools are normally the winning combinations. But when you are completely out of time in this human form..., it is over. Yes...for us...Time is Tight.

In the grand scheme of life...there is this *tiny window ...*, *this small space in time* where we get to *exist* to do our thing and fulfill our purpose. This *window in time* does not stay open for us forever.

Most of us like to think that we are using our time wisely. Well...Some are..., some not so much. But I must remind you, ladies and gentlemen, that there are oppositional forces and high paid professionals who manipulate and divert us from internal enlightenment, and the truth of why we are here. As good as they are at manipulation..., you' should be the *master of your moments*...and no one else.

We get busy...we all do. We get too busy spending time providing necessities such as food, clothing, shelter, transportation, and communication. Along with our other desires, obligations, deadlines, work, and family, our busy schedules get us to sometime feel overwhelmed and stressed out. We are left feeling that there are not enough hours in the day to do it all. And you are right..., there will be days we cannot do it all. May I suggest instead of being *soooooo busy* doing all this stuff..., learn to use your time to be *effective*. Being *busy* is one

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Editor: Dr. Barbara Watties The National Unity News

I CHOOSE INNER PEACE AND BALANCE

Do you know how important it is to enjoy inner peace and balance in your daily life? Believe it or not inner peace and balance are civil rights of every human being. Sadly, although they are both as valuable as silver and gold, like silver and gold very few people possess them. The question is, for some, how is it possible to develop and enjoy either or both of them? Yes, it's all about the choices we make.

It has taken a great deal of work nonetheless, unlike yesterday, today when something begins to negatively ferment within my spirit I immediately suppress it by stroking and soothing the arteries and veins that feed my heart. I simply control what I can and ignore the rest.

Because of my response, no matter what negative outside events are going on around me, in my spirit I still chose to entertain peace and balance which calms my inner emotions and beliefs. In other words, whether I am right or wrong, I've learned how to choose my battles. Maybe you have forgotten that choosing inner peace is still an option. However if you can just turn off the brain washing violence and propaganda that's blasted by television, step back from family drama, tune out and/or leave your job at the work place and turn on the revitalizing creative powers of Your Own Inner Vision, Your Mind you will soon discover that traveling the road to inner peace and balance is still a very viable and rewarding option.

Of course, unless you know the source of peace it is impossible to know where and how to find it. The problem with that lack of knowledge is we sometimes go looking for peace in the wrong places instead of going within. In other words the first thing you have to do to acquire peace of mind coupled with balance is you must choose the right path. Yes, you must choose to establish a state of mental and emotional calmness. "Learn to sit back and observe, not everything needs a reaction." Unknown Then, as you begin your inward journey you will also soon discover, as I did, that you are not limited to having access to just one road. Because there are, according to my mind set, at least three primary roads that lead to peace. The first, I believe, is always the road that leads to The Holy Spirit of God Almighty. Me, I've personally discovered this is where it all begins. However, whatever form of spirituality you choose will be up to you

As you continue to travel the road on this journey of self-control and self-awareness know that "Satan Always Sets Us Up - To Get Us Upset." That is why you may not be able to change your reaction to a situation as quickly as you might desire to. But trust me

your effort is an agent that we all need to hire more often in our lives if we want to ascribe to inner peace and balance.

That is why you need to learn how to make your heart quiet and peaceful as soon as disturbing situations raise their ugly heads. Don't allow your work, the weather, family, or other people's problems and or behavior influence or trigger the way you feel or think. Don't give up your power of self-control. Try to practice refocusing your intentions and inner responses. Practice ways to achieve an action, which when accomplished, the result will foster peace, pleasure, joy and balance Always remember when you allow your heart to be bombarded with drama the mind loses its capacity to think positive thoughts. This is how you end up struggling with moments of regret concerning your actions or attitude in response to an unpleasant situation. That is why protecting your heart from stressful and difficult situations should be your life's goal. "He who lives in harmony with himself lives in harmony with the universe." Marcus Aurelius

As you begin to travel this new road use the Continued On Page 29



National Sales Director Aaron Gray Professional Sales & Marketing

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

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

whomever has a desire.

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

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

tion, sales and marketing staffs to create exceptional programs that get results for our clients!

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

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

Aaron Gray 443-996-8245



National Marketing Director Jaye Marie Walker Marketing Consultant, Founder of Lyfe Wurks

Jaye has a degree in Marketing from Towson University and a Master's in Business from The University of Maryland University College. Jaye has vast corporate work experience in Finance, Event Management, Marketing and Branding for industries like Bio Technology, Radio Broadcast, Sports Marketing for Washington DC professional sports teams as well as running a family owned Mortgage-Broker Firm. She founded Jay Marie LLC in

2011, a business consulting company and rebranded to Lyfe Wurks in 2018. She has a passion for helping others to help themselves and her prayer is to be a Transformation Agent where she operates her Lyfe Wurks in full excellence and integrity so others can see the Spirit of God in her and in the way business is conducted. She does this everyday by serving her community, employees, contractors, partners, prospects, customers, friends and family.

Lyfe Wurks' mission is to drive the advancement of entrepreneurship using a holistic concentration on an individual's life and work balance to achieve financial growth and longevity. Ultimately, we hope to help millions of individuals around the World create a thriving business. We will achieve this through the tools, resources and guidance provided for those answering their calling. Our holistic business coaching method encompasses setting a firm foundation in all major areas of an individual's life. Finding your unique Lyfe/Wurk Balance is key to longevity.

One of our Frame Wurks we teach

new businesses is our "M" Model:

Craft your targeted Messages that represent you, the company mission, & purpose of your product or service

Research the best Market for your industry

Design and optimize a Method for your Sales Funnel (cycle of taking a lead to a \$ALE)

Incorporate your Mission with everything that you do and

Maintain, Manage and Measure for growth opportunities, tweaks and longevity

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**National Editor  
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*James Sweeting III*  
**The Law Offices Of  
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*Harriet Tubman* stated famously "I freed a thousand slaves I could have freed a thousand more if only they knew they were slaves." Knowledge and perception of ones' bondage is the first step toward liberation. This is true on both the individual and communal level. Four hundred years ago, the first Africans were brought to North America and thrust into the most brutal form of enslavement, chattel slavery. The enslavement of Africans in North America triggered the diaspora that we now know as the African American experience. Slavery and its legacy left a profound impact on African Americans both individually and collectively. Individually and as a community we remain in a state of bondage, ignorance and confusion.

As a community, are we free, have we been liberated or in some fashion liberated ourselves? As individuals have, we thrown off our shackles and removed all

badges of bondage? I am afraid that any reason reflection on the condition of our community would suggest that we have not.

We remain a lost people, far from the promised land of the realization of our potential, both individually and collectively. As a lost people, our journey through the wilderness of the America's has lasted ten times that of the Israelites, four hundred years not forty years.

We should not despair, however, as in those four hundred years, a community, we have demonstrated a strength, commitment and resiliency we have adapted and adopted we have reshaped the land and literally colored the American narrative. In doing so we have laid claim to this land and its promises, yet we still find ourselves enslaved and in shackles.

It is not that we don't possess the will for liberation or the ability to liberate

ourselves we just have not seized upon the correct roadmap for self-determination. Too often we have trusted and relied on the goodwill of the dominant social structure. White allies will never free us, if indeed they even possess the ability to do so. This is because that for our community to free itself from the shackles of imposed white supremacy and subjugation that we must free ourselves. Moreover, our bonds our shackles and our restraints are both imposed by the wider society in which we operate and internally within ourselves. We do not see our enslavement for what it is and as a result we are missing the bus for true liberation.

The path to true liberation for the African American lies with first addressing that which we can most easily impact. We must rid our community of the self-doubt, the self-hate and the self-destruction, that the mindset of our oppressor has imposed upon us. It is not enough to simply pursue social justice. In this land of milk and honey, there is no justice in the absence of economic empowerment.

We will never achieve parity and reach the full potential of our community by the grace of what has been the dominant culture. Our freedom our independence will not be gifted to us, nor will it simply be bestowed upon us like mana from heaven. We have fought and we contin-

ue to fight for social justice and that fight is well worth having and pursuing. America would be locked in a dark age without the renaissance and light of our communities, cultural physical and moral input.

In the current environment, we must advance the fight for economic justice and empowerment, for not only our community but for all disaffected communities.

Economic liberation requires a focus on starting, supporting and strengthening business in our community. Black dollars must remain within the Black community. We must trust and believe in ourselves to create financial platforms for jobs, homeownership and liberation. We must become in all; facets of our dealings with the dominate society self-sufficient. For the only way to defeat and deprive our oppressors of dominance, the only path to liberation is to deprive them of the means to keep us enslaved. We possess the power to do so if we only realize it.

To this end I am working with other like-minded individuals in the development of what we refer to as the three S plan for liberation - Start, Sustain & Support entrepreneurship and business in our community. More information will be provided in future columns.



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 nec-

essary 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

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National Editor  
Wayne Randall  
Financial Consultant

Pre Cursor to 2020

If you haven't witness the recent events in our country I urge you to stay abreast to what's to come. Never like before have we seen the fall of major cities at the hands of those who want to cripple our infrastructures. As illustrated these attacks have taken on various forms. The term Ransom ware has become a household name it's used to lock up files of major cities until the ransom is paid by the administration. There's been an on slot of these cyber attacks hitting cities such as "Cleveland, Newark, Atlanta, Sarasota were hit and San Francisco's transit authority; the Colorado Department of Transportation and the Port of San Diego". "I pose the question what can be done to protect our infrastructures"? What type of contingency plan should cities have in place in the event this hits their city?

An emergency fund is a good place to start every city should have one in place in lieu of this. If not where's the money going to come from to pay the ransom? Obviously, the TAXPAYERS! These and other factors should be in the minds of legislators and administration to combat these types acts. Keep this thought in mine.

Economy

Recently, there has been a surge in our economy, but how long will it last. An election year is around the corner and if it continues at this rate it will be good for consumers. However, if there's a turn for the worst we could tank into a recession by the turn of 2020. Tariffs have become a center piece of attention for the current administration. It has been said, that fair trade has never been equal between China and U.S. "Forty-five announced Thursday that he would impose a 10% tariff on a further \$300 billion in Chinese imports, a move set to hit American consumers more directly than any other in his trade wars so far. The new import taxes, which forty-five

later said could go "well beyond" 25% will be imposed beginning Sept 1 on a long list of goods expected to include smart-phones, laptop computers and children's clothing". The bottom line as tariffs are impose on China and Mexico the American tax payers will feel the (burnt) of it. The U.S. receives and significant amount of goods from China just read the labels. This translates to higher cost at the register. Not to mention, in a few months the holidays will be here. If there was ever a major distraction this is the ONE. Stay TUNE!

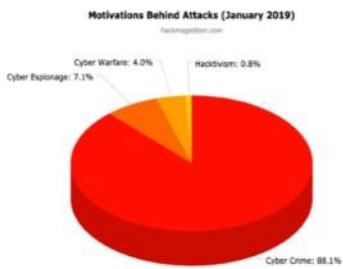
Food for Thought

Remember, what I said, last year keep your wits about yourself this is where some people hit the slippery slope and their still feeling the repercussions of last year's excessive spending. Keep in mind consumer goods will obviously be much more expensive due to new tariffs that will be imposed if the administration follows suit. Don't fall into the trap! Plan on how you're going to spend and how much. And please stay away from the plastic!!! I reiterate if you're going to use it, don't keep it on your person the temptation is too GREAT!!! Use it strategically keep it locked down until you need it for example, making reservations, buying tickets, taking a vacation, car repairs, maybe a big ticket item. Then put it away until you pay off. It's been said, that we are creatures of habit so forming good ones can be advantageous. So, continue with this as a rule of thumb when using your credit card.

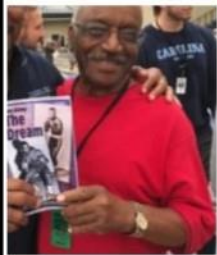
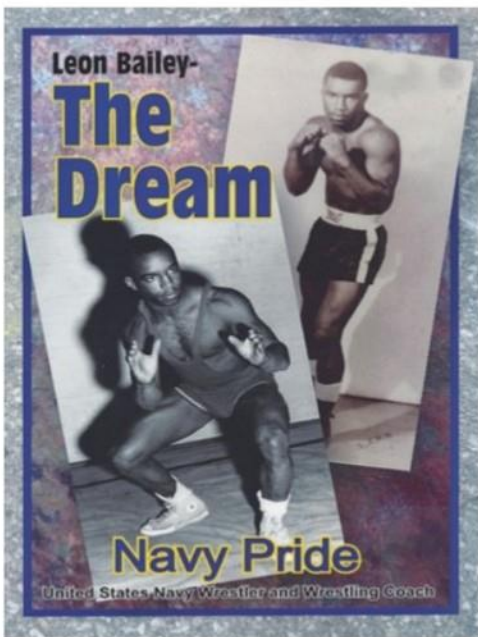
The Finance Hour

As promised a series of podcast showcases have been recorded on various topics relating to business. Many are on individuals promoting their products and services such as Authors, Editors, and Business Organizations making a difference in the community. The guest appearing in these showcases are given the opportunity to talk in depth about their products, services and affiliations. Which assist them in gaining local and national advertisement through TNBUN. After I attended a Women's Business International Event in June 2019 I decided to dedicate two showcases to "Women in Business", because I heard some great testimonies that needed to be told! I've received an overwhelming response from viewers that appreciated the content and the information provided in the interviews. This effort was to fuel our community with the likes of black entrepreneurs setting the stage to inspire those who want to do the same. So, stay tune for upcoming podcasts giving you relevant and timely information that our viewers deserve and want. If you want to take part in any of podcast showcases to promote your product, or business. Don't hesitate to call me or email for more information. I've provided a link for you to visit my website where you can see showcases co-produced by me and TNBUN. <http://www.yourfinance-info.com/>

Wayne Randall



Leon Bailey's book "The Dream"



Leon Bailey  
P.O. Box 66505  
Baltimore, MD 21239  
(410) 323- 6299  
(410) 500- 6351  
[leonbaileynavywrestling.org](http://leonbaileynavywrestling.org)



God Ain't Done with me yet: Uniquely blessed journeys the story of an amazing miracle baby weighing 1 pound and 11 ounces at birth while overcoming many challenges. The story is full of laughter, tears, encouragement, motivation and words of inspiration. My testimony will bless, encourage others, with the reminder that you too are created for a purpose. Amazon.com  
Sherria D Young thanks you all for your support; it is greatly appreciated.  
(443) 865-3513  
[Uniquelyblessed1@outlook.com](mailto:Uniquelyblessed1@outlook.com)



Wayne Randall  
[w@yourfinance-info.com](mailto:w@yourfinance-info.com)  
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443-726-6693



**Business Consultant  
Lila Arthur  
Primerica Financial**

**This Opportunity Called Primerica**

This opportunity called Primerica allows the ordinary women or man to obtain a life insurance license, an investment license, certification in fixed index annuities all to use to create wealth in our community.

Some people look at Primerica as a scam. These same people go to work every day to build someone else business at a wage that does not pay all their bills. Scams are illegal. In the business of finance getting license requires going

is corporate America. We sold our businesses to go work for someone else. Once upon a time we had ownership even in today's world of homeownership is a scam. If you are paying a mortgage payment each month you don't own the house the bank does.

In Primerica we educate, empower our clients and teammates to build and leave legacy for our children and children's children

We are always going to work for money. We are going to have to set ourselves up for retirement. Why not learn how to make money work for you and get licensed and invest your own money so that you can make money on your money.

It like Tyler Perry and Floyd Mayweather are owners. These men figured out how to do what they love to market it and own the product. It's the same on the finance world we have to work for money and we have to invest why not own it and get paid from doing what we have to do anyway.

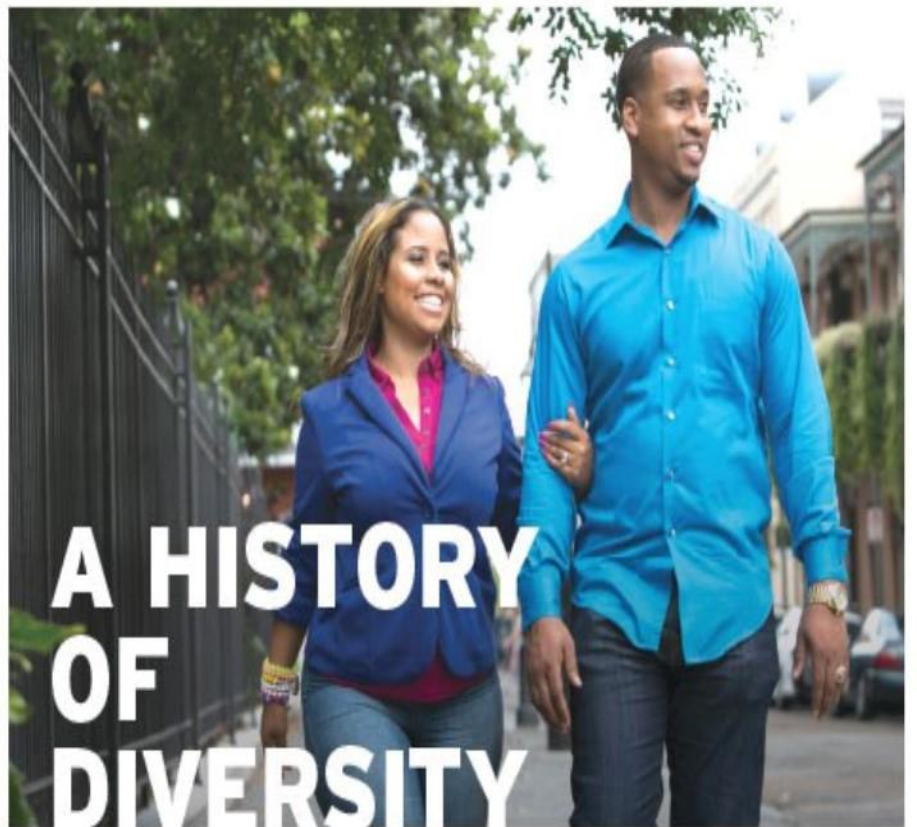
In Primerica, we compete to complete. We make each other better and the company reward you for your fight. Every day we are fighting for our families and our community to be better financially.

I love what I do. Looking for some people that want to get back what was stole from us. Generational Wealth.



to class and taking a state test. Education is the key ingredient usually when people don't understand something they are quick to call it scam. The real scam

*You can contact me at  
[lilaarthur.la@gmail.com](mailto:lilaarthur.la@gmail.com)  
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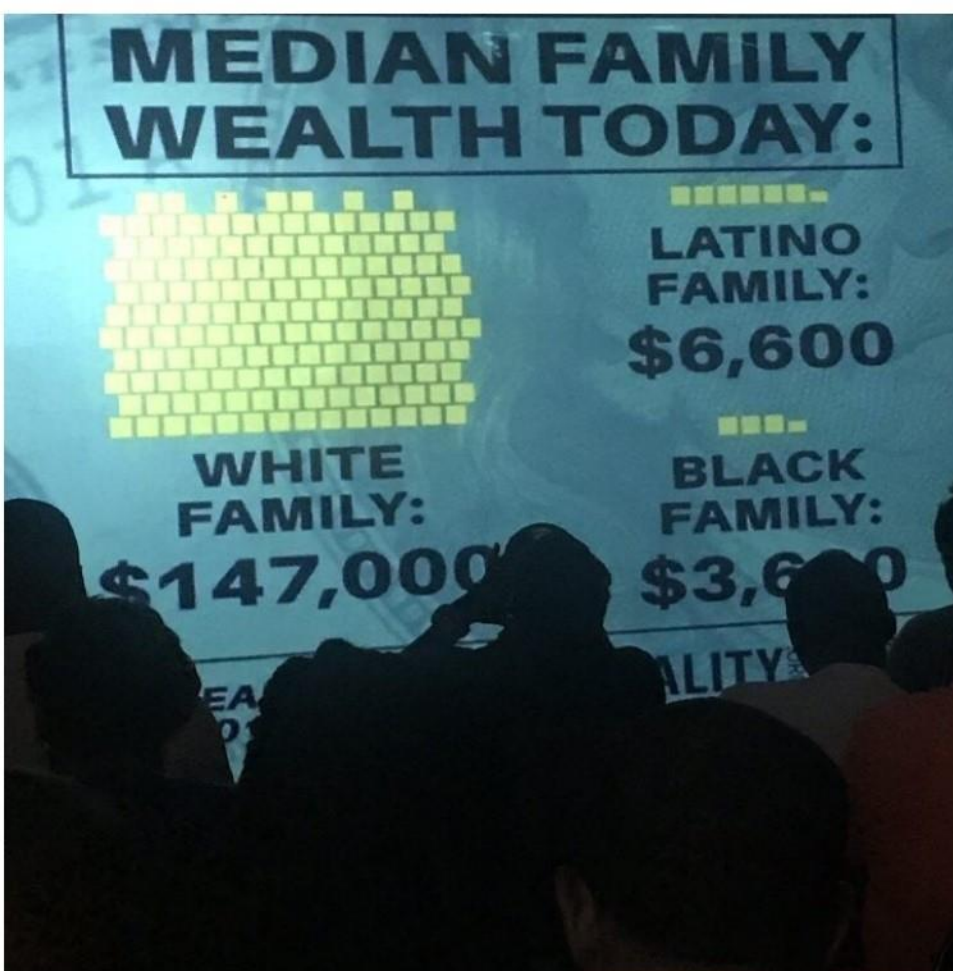


Forty years ago, Primerica was founded on the commitment to help Main Street North Americans live extraordinary lives by providing both the financial education and solutions they need. Helping these families is who we are.

**Lila Arthur  
667-231-0819**

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

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



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- Build savings for education expenses
- Provide for your family's financial security

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

**Lila Arthur**      [Lilaarthur.la@gmail.com](mailto:Lilaarthur.la@gmail.com)      **PRIMERICA**  
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**National Marketing Director Jacinta “Jaye” Walker**

Continued From Page 4



**Some of our Services:**

- Comprehensive Business Coaching |
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  - Easy To Use Technology Tools |
  - Engaging Social Media Campaign |
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  - Fresh New Marketing Materials |
  - Highly Converting Sales Pages |
  - Lead Generating Opt-In & Landing Pages |
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  - Sales Converting Email Campaigns |
  - Strategic Strategy & Easy Implementation
- Contact us at [Hello@LyfeWurks.com](mailto:Hello@LyfeWurks.com)

Lyfe Wurks very own Jacinta Walker is happy to announce her first best seller book is on the way! Look out for the EBook “7-Steps to Kick Start Your Home-Based Business” #HBB

The book will be designed for all levels of entrepreneurship. Taking experience from 20 years of Corporate Experience and Entrepreneurship, the idea is to hammer out ideas and put pen to paper. Yes, Paper! In this technological world, this is very strategic. Watch how your mind will begin to manifest your destiny and desires as you reinforce your ideas by physically writing it out. The 7 steps highlighted are designed to help you begin to formulate your ideas and take action to get started! There is no shortage of amazing innovative ideas, people are passionate & talented, but their biggest hurdles are never getting out of the starting blocks. This eBook will be a great resource whether you are at the beginning of your journey or rejuvenating a shelved idea. Let’s turn those passions into profits. Why, because statistics show almost 70% of businesses are started at home and one third of small businesses start with less than \$5,000. Imagine That! This book is thoughtfully crafted with lots of exercises to take you from deciding on and refining your ideas, choosing your lead product/service, creating a brand strategy, getting the necessary legal business formation, to making your first sales. Stay Tuned at [LyfeWurks.com](http://LyfeWurks.com)

Jacinta “Jaye” Walker

**How Your Lyfe Wurks**

Fall 1998. I finally graduated and couldn’t wait to get away from my parental units and start living a real adult life. On a plane with my mother, we make our way down south to quaint little town called New Orleans or Nawlens as the locals call it. I was accepted to Xavier

University a few months before, the only Catholic HBCU in the nation!

I make friends fast and settle into dorm/college life quickly. Just as quickly as I settle in, I start to notice a few strange things physically. First, I’m getting a ton of sleep, but it doesn’t feel like it. I’m so tired I’m nodding off in class and getting called out for it by the professor. Walking up the stairs, I was completely out of breath, so much so I must stop at each landing to catch my breath. Finally, my ankles were swollen massively with absolutely no explanation as to why!

The school nurse assured me this was just my body adjusting to campus life. I chose to believe her because I wanted more than anything for that to be true, but deep down I knew it wasn’t. It was very clear the night I was violently sick, nauseous, vomiting and experience diarrhea for hours. The RA took one look at me and said “your choice, taxi or ambulance, but we are going to the hospital.” Still thinking about how this all would look to my fellow classmates I chose a Taxi.

Charity Hospital, now closed, the pain was unbearable. The stomach muscle spasms felt like a knife stabbing me to a certain rhythm. Test results came back,

and it was determined I was spilling massive amounts of protein and that either I have Lupus or some other auto immune disorder. I thought, What the heck is Lupus!

25 years later, a wife, mother of 2 beautiful girls, and part time student. Lyfe continues along with my medical journey. I’m passing along lessons learned like patient rights, advocacy, choosing doctors, having children, support groups and trying to help people understand the difference between being lazy and having an AUTO IMMUNE DISORDER. It all Wurks because God has given me all the tools I need to exist and thrive. Along with amazing support of friends and family.

*Lupus is a long-term autoimmune disease in which the body's immune system becomes hyperactive and attacks normal, healthy tissue. Symptoms include inflammation, swelling, and damage to the joints, skin, kidneys, blood, heart, and lungs. 9 out of 10 patients are women and 3x more likely in women of color.* (Lupus.com)

Lauren wants to educate others in Living with Lupus as there is currently no cure...Not Yet. Contact Lauren [LoopuStrong1980@gmail.com](mailto:LoopuStrong1980@gmail.com)



**Get in Touch**

Here's how to reach us

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

Take One More Step!

What is your dream? Do you have a vision? Who knows your heart, your mind, what moves your soul? How important is your dream, your vision? Why haven't you moved on the dream? Is your vision still just an idea in your head? When are you going to write it down? Who believes in you? Do you believe in yourself? Why should anyone support you if you don't support yourself? What are the phases and stages of your dream? What are the necessary

steps to realize your vision? Is it written down anywhere? In a notebook, or even a scrap of paper stuck in the nightstand drawer? Why? Better yet, why not? Talk is cheap, but not even honoring the amazing idea that God planted in you - just for you - as your gift to the world, is selfish and shameful.

We all have a purpose for our lives and a reason for being here. Don't continue to ignore it. Don't close the door on it. Don't talk yourself out of it. Don't minimize the value of it. Take one more step. Write your idea down and put it where you can see it every day! Make the list of things to do that will become your plan of action. Define and describe the steps to gain clarity and create momentum. Tackle each step from beginning to

end every day. And if things go off track or get turned around - adapt, adjust and advance! Make your faith bigger than your fear! Use your fear to fuel your actions! Take one more step! Make the phone call, send the email or text. Get, read and study the autobiography of your Shero or Hero! Pattern yourself after the most successful person you know! The greatest form of flattery is asking for guidance or direction from the person you trust to tell you the truth! Take one more step toward your destiny and see your dream come true and your vision become a reality. Just one more step, every day.

DREAM HUGE, WORK YOUR BUTT OFF, and NEVER EVER QUIT!!!!

YOU GOTTA START SOMEWHERE
Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development her contributions to The National Black Unity News are top notch and thought provoking. She is straight forward and authentic, sharing her life experiences creating a sense of trustworthiness and commonality. Fran is dynamic, high energy and has a great sense of humor.
David Murphy, Founder and Publisher, The National Black Unity News
Fran Allen uses the pages of her life to motivate, inspire and encourage audiences of all ages and economic backgrounds. She is a dynamic speaker who captivates a room and evokes energy from her listeners. Her engaging style gives people something to relate to and renders her unforgettable. Fran is a motivating force!
Dawn Fitzpatrick, Educator and Motivational Speaker
Fran Allen is an intuitive, thought provoking, humorous writer with a gift for story telling. She has a passion for living 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!
Jacelyn Whitfield, Author and Founder of The Center for Creative Life and Learning
Fran's summary bio
Ms. Allen is an author, keynote and motivational speaker, change agent, seminar and workshop facilitator and motivational discussion group leader who delivers powerful and practical ideas to inspire others to take their thinking outside the box and keep it there.

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

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I'm For Second Chances

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What have you done to raise the quality of your life lately?
If the answer is "nothing" don't you think it's time to start?
DREAM HUGE, WORK HARD AND NEVER EVER QUIT!

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

**Baltimore in Search of Real Answer  
Three voices of Hope and Resolve!**

*Cherie, Community Person*

*George Mitchell, Founder The Langston Hughes Community Business Resource Center (LHCBC)*

*Rev. Geraldine Stancil James*

In looking at our Baltimore City and the negative occurrences that seem to be coming the norm, I asked Cherie, a young adult who is a Baltimore City resident her thoughts.

Cherie said, "I think a lot of negativity is happening because the "village concept" is lost. At 30 years old, I remember my neighbors looked out for us children. Now the neighbors turn a blind eye. I wonder if it's because they don't care or are they just afraid?"

We have to find our way back to each other. We need to learn how to communicate again, for our safety. We need a secure dialog with Law Enforcement. We have to break the stronghold of fear.

The more bad things happen, we are becoming more and more afraid of each other.

We are afraid to say anything because we don't know how people will receive us. We wonder if people see us as a threat and put us in harms way, or will they belittle us for our opinions. We may be intimidated because we don't have a perfect life and might be afraid of being exposed and embarrassed. We also might not feel good about our financial situation, our lack of education and social standing. Our fears run deep."

*George Mitchell, Founder*

The Langston Hughes Community Business Resource Center (LHCBC)

"I see Baltimore as a city with vast potential," says George Mitchell of LHCBC.

We have been taught not to trust each

other. As long as that continues, we will continue to self destruct. We are working at Langston Hughes to help change the tide.

We are a city of "haves and have nots." The divide is too great. We need to pull together to help the have nots strengthen their position in education, housing, jobs and safety. Only three percent (3%) of the population is committing the crime. That means ninety-seven (97%) of us are trying to do the right thing. Yet, the media is not giving us a fair representation as to who we are as a people or as a community. We have got to stop the children from killing each other. We are intelligent and should see and know that it's imperative that we come together to get the job done. We must come together for our children, women and community's sake.

Each of us needs to look in the mirror and ask ourselves, "What have I done to make a difference? Have I done all that I can do to make a difference?" Or, "have I complained and talked about the things I don't like and the things that cause me to be in fear."

We must stick together, push to take care of our children and respect black women.

We have sixty-three (63) programs here at Langston Hughes. These programs are here as a door opener for a new and improved life for anyone who wants to renew or strengthen their lives. Seven thousand (7,000 -8,000) people come through these doors weekly.

Come see and join us in our move to make a difference. The Langston Hughes Community, Business & Resource Center

I marvel and am encouraged when I see or hear someone, especially a ministry, fighting for the betterment of our community.

Over thirty years ago, Rev. Geraldine Stancil James, was led and inspired by God to begin a seven night outdoor evangelistic service on the corner of Pimlico Road and Park Heights Avenue in Baltimore City. She gathered 7 ministers, who like herself wanted healing for the city. Together they took on one of the highest drug corners in the Park Heights Community. For seven consecutive nights these courageous ministers sang, prayed and ministered the Word to those who came. They did not fear for their lives because they had strong faith. Even some whom were entangled in the drug world came out and lives were changed.

Rev. James recalls, two of the ministers were led to go into an alley where they found a man attempting to commit suicide. Since Rev. James' Ministry was founded, the ministry includes an International Work, a Community Church and an Out-Reach Center. The ministry has even expanded to Virginia, ministering to children and multi-cultural communities. It's amazing what impact we can have in a person's life

**"When God Moves!"**

**Your Health, Your Business**

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

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

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

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

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

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

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

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

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

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

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

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

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John 10:10  
**JESUS DID NOT DIE SO YOU COULD LIVE!**

Rev. Theresa Mercer  
410-365-7101

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National Editor  
**Imam Bilal Omar**  
One Who Survives

### "Man is created in the best mold"

We begin with G-d's name, who is merciful to us, the merciful benefactor, the merciful redeemer. May the prayers and the peace be on his last prophet Muhammad Abdullah of over fourteen hundred years ago, and all of the believers hear in America and though the world. I am honored to be able to address this prestigious audience from many different readers from all over the world. We begin with what G-d say's " we have created every child of Adam with honor , and nobility". This language is from the holy Qur'an the book of over a billion human beings. This means that your creation as a human being was not flawed, or deformed in some diabolical way. Honor, and nobility is the legacy of every human being born from a mother all the way back to Adam the first human species. When I say man we mean male and female. In our book, G-d says that his first creation was Adam, and from Adam came male and female, and from them they populated the whole earth. so dear people man and woman

came from the same soul and was created differently so that they could benefit one another. "G-d speaks the truth", and they have for the most part cared for each other with respect for the differences that G-d has implanted in the nature of each one of us like a parent to a child. If we study G-d's creation and the history of man's progress as a human being, we will discover that G-d is always there ready to support man in his humanitarian pursuits. We know Muhammad the prophet, before he was chosen to receive revelation, lived the best life that a human can live and he was pressed because his community was in a similar condition that we find in our community. G-d chose Muhammad to be the last prophet, the seal, and he completed and fulfilled the destiny of mankind.

#### "CONFUSING THE HUMAN IDENTITY "

This society romanizes human identity and corrupts the original meanings of

things and establishes deep corruption in his humanism. Satan has inspired them to do this thing and take it into the extremes. Humanism is one of his tricks, with no human accountability with no moral ethics. Liberalism is another scheme of Satan, Darwinism, Sigmund Freud, their ideals are well established in our society, even though proven wrong. The secular world had an aim to secularize the society, the material world, the business world, the commercial world etc. It' main aim was to secularize religious society, and for the most part, they have succeeded. Now we can see why G-d choose Muhammad, because of his ability not to give in to these scheme of Satan. G-d said in this Qur'an that Muhammad character was on the highest possible level before he receives revelation. dear people this revelation is the word of G-d untampered with, G-d has protected his word and the logic that he wants in our minds. "now" do you think that the creator of all the systems of knowledge in this world, cannot protect a small thing like a word. He taught Adam the names, and nature of all things, G-d guided man though his nature that he was created in and evolved him like a parent does a child. Never has G-d become a rolling stone, papa was a rolling stone, G-d is the evolver and sustainer for all life to its conclusion. G-d is the merciful benefactor the merciful redeemer. G-d would never leave his best creation hear with the enemy like Satan, and his host; without his protection. G-d says establish your self upon upright nature according to the pattern which he has

made mankind. Establish yourself upon what evolved man, enlighten man has achieved from living down through the time. G-d says no change in what has been established of good. That is the standard religion but most men don't understand. We as a people have established the reverence of G-d down through time or four hundred years, and during that time we got much help from G-d, many great leaders, females as well as males, because of our love of G-d and our human sensitivity, and sensibilities. We have changed as a people, and noun I believe we are being punished as a race. We have to go back and attach ourselves, again to the most important establishments. Frist \in our growth and development of the spiritual life for future life. A spiritual life from G-d will give us the insight to connect to a much better future then we will have under this material and secular world. I know we want to be like everyone else, but our institutions have to be well above the clouds of this society, and the higher you go the thinner the air becomes, and your vulgarity is not excepted in these regions. G-d didn't create mountains to ascends with vulgarity it has to be purified than when it comes back down it will be purified for human consumption. Allah is great.

your friend in service to G-d and humanity,

**Imam Bilal B. Omar**

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

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

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

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

Each day we read of individuals who make a difference in the lives of people they meet. We can even recall some we know, personally. For example: Our parents, teachers, ministers, mayors, governors, presidents and kings.

We read of the accomplishments of great men and women, such as Michael Jordan, Larry Byrd, Bill Cousy, Joe Louis, Jack Dempsey, Jackie Robinson, Hulk Hogan, Abraham Lincoln, John Wayne, Tiger Woods, Betsy Ross, Mahalia Jackson, Helen Keller and many more. Many have risked much in order to make a difference in the lives of others. We call these individuals, "difference makers". NOW! Go back with me over 2000 years ago where we first meet "THE ULTIMATE DIFFERENCE MAKER": He was born in a small village, of a peasant woman; not in Johns Hopkins Hospital, not in Sinai Hospital, not in Good Sa-

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

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

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

But, ON THE THIRD DAY, HE AROSE, declaring "ALL POWER has been given unto ME". HE IS COMING BACK to take those who are ready, back with Him. Don't you want to go back with Him? You can, only if you are willing to do the following things: (1) HEAR His word - Mk. 12:29; (2) BELIEVE His word - John 8:24; (3) REPENT of your sins - Lk. 13:3 & 5 (4) CONFESS Jesus' name - Mt. 10:32 (5) Be BAPTIZED for the remission of your sins - Acts 2:38, 22:16. Then live faithful until death - Rev. 2:10.

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

We are "THE CHURCH WITH A HEART, WITH THE PEOPLE AT HEART, AIMING FOR THE HEART WITH THE GOSPEL". Bro. Kevin Bethea, Minister. God Bless You!! We Love You!! You are always! Welcome.

**THE TRUE MEANING OF CHRISTMAS**

For God so loved the world, that He gave His only begotten Son, that whosoever believeth in Him should not perish, but have everlasting life John 3:16

December 25th is the day that many of the people in the world celebrate Christmas. Christmas was originally the designated day to celebrate the birth of Jesus. Now, it has become a commercial selling and buying tradition when we buy expensive gifts, wrap them in decorative coverings, and give them to special people. Then, we are viewed as special and are honored. Allow me to go back to the original meaning of Christmas and the significance it holds to me when I say to you Merry Christmas. What do I want you to visualize in your mind's eye when I say to you Merry Christmas?

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

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

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

When I say to you Merry Christmas, I want you to see in your mind's eye and feel in your heart the agony that Jesus endured. He suffered, not because of anything He had done. He suffered because of our sins. I want you to visualize Jesus being unjustly accused and tried. When I say to you Merry Christmas, I want you to visualize Jesus as a crown of thorns was pressed upon His head. When I say Merry Christmas to you, I want you to visualize Jesus as He struggled to carry His own cross up Calvary's Hill where His hands and feet were nailed to the Old Rugged Cross. He was stretched wide and hung high. Jesus was

thirsty and asked for water; but, He was given vinegar mingled with gall. My precious Savior was pierced with a spear in His side. Blood and water gushed out as my Lord cried, "Father, forgive them, for they know not what they doeth". "It is finished". Then, He died and was buried in a borrowed tomb. On the third day, He arose and went back to Heaven. He is coming back to meet us in the air and take us back to Heaven to live with Him forever, if we live faithfully.

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

Let us bring back the true meaning of Christmas. To each of you I say: **MERRY CHRISTMAS!!!**

**JESUS**

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

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

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

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

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

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# STEPHANIE POPLAR

For the past 22 years, Stephanie Poplar has established nonprofit organizations for her diverse clientele. Reaching individuals from all over this country, she has birthed 501 (c) (3), not-for-profit organizations.

A 501 (c) (3) of Title 26 of the United States Code covers religious, charitable, scientific, literary, educational purposes, amateur sports and for the prevention of cruelty to children, women or animals. The 501 (c) (3) allows these types of organizations to be tax exempt or tax deferred.

These types of organizations can obtain public support, grants, personal property and real property.

Did you know that houses can be donated to your mission to house the homeless or you can receive funding to help revitalize your neighborhood? If you are interested in receiving a two page report on nonprofit or obtaining a free 20-minute consultation, or to book Stephanie Poplar at your next business meeting, visit [www.networkingsista.net](http://www.networkingsista.net) and fill out the contact us page or call 202-618-1421 or 443-857-1549



Stephanie is dedicated to her clients "winning." From the moment Devin met Stephanie, she was motivated for #RaceToSpeakUp to set up its 501C3 and operate successfully.

Devin Moore, youngest client  
Founder  
#RaceToSpeakUp Long Island, New York

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- WE WILL GUIDE YOU IN THE WHOLE IRS PROCESS UNTIL YOU RECEIVE YOUR DETERMINATION LETTER.
- WE WILL COMPLETE THE NECESSARY FORMS ON YOUR BEHALF IN THE EMPLOYMENT SUCH AS NARRATIVE AND BUDGET.
- WE WILL CREATE YOUR ORGANIZATION'S FACT SHEET.
- WE WILL PROVIDE YOU WITH ADDITIONAL RESOURCES TO ASSIST YOUR NON-PROFIT BOARD OF DIRECTORS.

## 1-443-857-1549

CONTACT STEPHANIE POPLAR - CALL 1-443-857-1549 OR E-MAIL [STEPHANIEPOPLAR@GMAIL.COM](mailto:STEPHANIEPOPLAR@GMAIL.COM)

### Stephanie Poplar & Media Press Kit

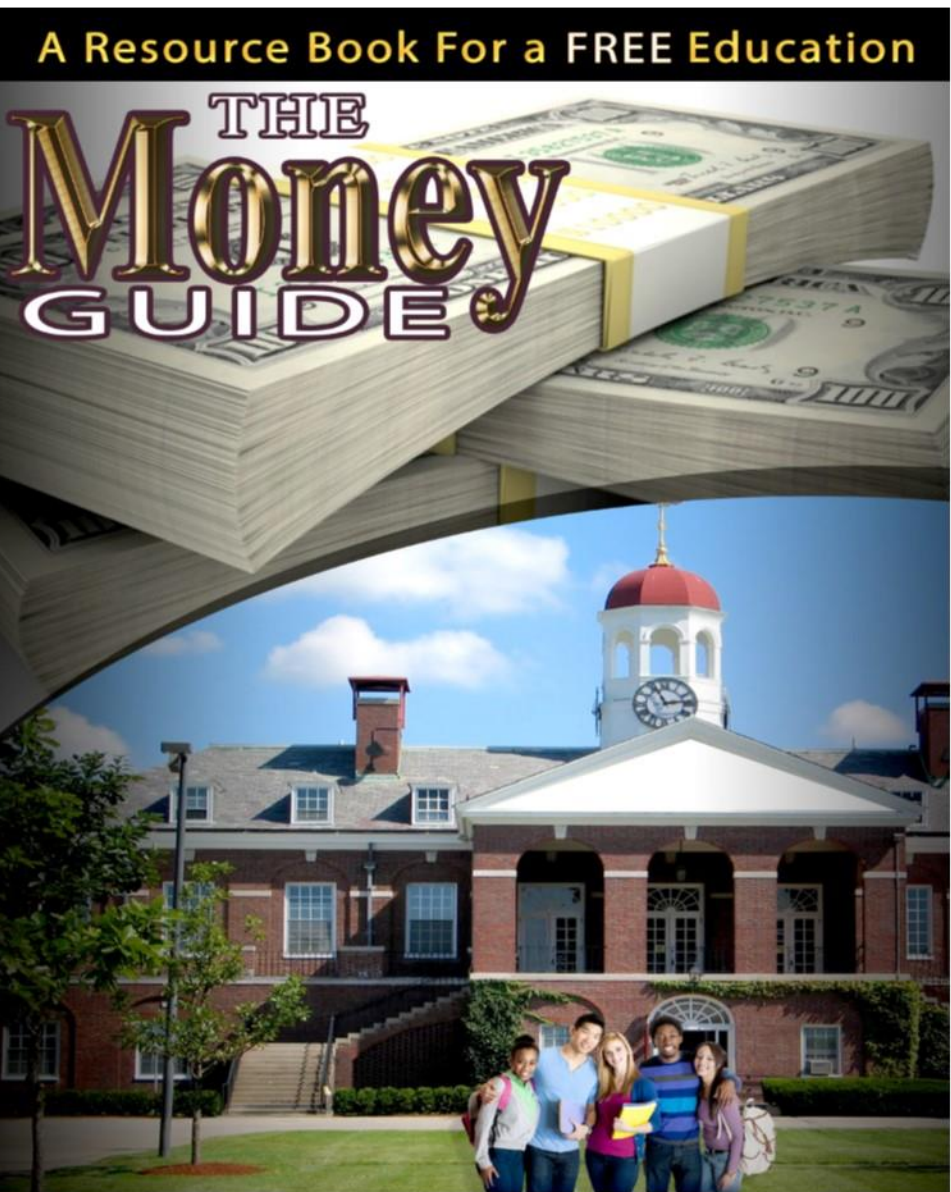
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# DREACH A PRAYER

While You Are Going Through Your Storm of Life

A book of Miracles, Prayers and Testimonies





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

What is on your bucket list for travel?

Oaxaca, Mexico

Named a UNESCO World Heritage Site in 1987, this cultural hub has so much to discover. Oaxaca is home to Mexico's most vibrant and colorful festivities...

lar, but it boasts some of the best beaches in the Caribbean. Rendezvous is amongst the best beaches on the island, displaying white-sand beaches and calm waters...

Anguilla Island Caribbean

This small island may not be very popu-

the charm and beauty that is Anguilla.

Zanzibar, Tanzania

Zanzibar is composed of the Zanzibar archipelago in the Indian Ocean just off the coast of Africa. It consists of multiple small islands and two big islands...

known for their gorgeous emerald jungles and cascading waterfalls like the Tiu Kelep Waterfall. Wind down at one of the many dining options...

Bilbao, Spain

Bilbao is the perfect destination for the modern traveler and city lover. The city of Bilbao is design-driven when it comes to architecture and is home to many boutique hotels, boutique stores, and world-class art museums...

Lombok, Indonesia

Many people traveling to Indonesia are usually headed for Bali and miss out on the beauty that is Lombok. If you are traveling to Bali and want to experience this incredible island, it is only a ferry ride away!

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Advertisement for 'The Vortex' fundraising tool. Includes text: 'New Revolutionary Product Called the Vortex "Click-n-Order" Fundraising', 'Raise Funds While You Sleep', 'For your Faith Based Organization or Non Profit Organizations EARNs what members and supporters SAVE!', 'Call 252-458-3712 to get the 411', and 'Fundraising with The Vortex What is your Market Share Online Booking \$649 Billion (2017)'.

Advertisement for Kim Williams. Includes text: 'KIM WILLIAMS++++', 'Educational package with bonus Pre-IPO's Shares', 'PURPOSE DRIVEN TRAVEL 1', 'I point you to JESUS and I point you to the best travel deals!', and contact information.

Advertisement for Purpose Driven Travel 1. Includes text: 'PURPOSE DRIVEN TRAVEL 1', 'JESUS LOVE YOU! ROMAN 10:9-10 "that if you confess with your mouth the LORD Jesus and believe in your heart that God has raised Him from the dead, you will be saved..."'

Advertisement for Movements Unlimited, Inc. Includes photo of Cynthia and Sitawi Jahl, text: 'Movements Unlimited, Inc. Performing Arts Company', 'The Vortex is so easy to use and it's amazing how much money I saved over the "big guys"', and contact information.



# Ambitiouz Minds Academy *We Are The Difference!*

### Confidence! What?

Confidence is a feeling, such as happiness, joy, love. It's a positive attitude. Confidence is an inner fire and an outer glow. No one is born confident. Confidences are learned and earned. It belongs to everyone. When you are confident in who you are, you won't want to be anyone else. The confident personal believes: "I am...I can...I will"

### Confidence vs Conceit

Confidence is the real thing. Conceit is artificial. The conceited person has to have everything his/her way and has to be complimented and praised constantly. There are imitations of everything and conceit is the imitation of confidence.

The purpose of Ambitiouz Minds Academy is to achieve business and academic excellence through the knowledge and core concepts of business development, life strategies and etiquette.

Our goal is to extend career options for high school students and individuals as an alternative to military or college careers. Our focus is to further educate our



Michelle Bailey

young people and the citizens of our community and show them how to manifest their purpose. We teach people how to be independent role models and create entrepreneurship.

We offer Etiquette classes, Business development classes, Skill building, Social development, Community development as well as building and understanding life skill workshops.

Founder, Michelle Bailey a graduate of North Carolina Central University and has owned and operated Infinity Bail Agency for 20 years. She started the Ambitiouz Minds Program in April of 2016. Ms Bailey has been in financial services for over 25 years, she has developed many resources over the tenure of her career. She is a Professional Insurance Agent for Mass Mutual Carolinas Life Insurance Agency. She holds an array of licenses. She is a very moti-

vated and business oriented woman, her experience and work relationships has opened many doors in the community. Through the knowledge and resources which have been developed over the years, she plans to conduct and execute the success of the Ambitiouz Minds and make a difference in the community.

Each person is responsible for what they do to help the program grow. Each one teaches one. Ambitiouz Minds is willing to go the extra mile to help our community understand own and operate their businesses more effectively. We believe in working together "teamwork makes the dream work". The Ambitiouz Minds team is growing each day and we are excited about the changes our program will make for the future of our students and community leaders. We care about our young men and women and our community. We want to see the number of small businesses grow and be in a position to provide jobs for other community members and students.

If you would like to participate with our programs please contact us, also we are open to collaborations!



**Ambitiouz Minds Seminars**

- Life Skills
- Health and Nutrition
- Entrepreneurship
- Healthy Living
- Health and Fitness

The seminar will be rsvp. Each seminar will be 1 to 3 hours long and notification will be sent via email or direct mail 2 weeks prior to class assembly.

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# Black Men Unifying Black Men

## Us Helping Us = Unity

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

For the past five years, Black Men Unifying Black Men has held and sponsored monthly breakfast for the sole purpose of bringing Black Males together. It was always under the intent that if we know one another we will work and build with one another.

On September 7, 2019, we had our breakfast in a church, the first church that I could personally recall where we held the breakfast. Not only did the church host the breakfast, the church provided the breakfast and drinks without taking one dollar from us.

It is with sincere thanks, that we offer thanks to The Lords Church and it's leadership for opening it's doors and sponsoring us. We had additional Black Men that had never been to any of our breakfast that was there due to the church. Again, we give thanks.

Usually, and always we host our breakfast at a Black-Owned Venue and normally what we do is take donations and give the donations to the business. This would not have been any different other than Bishop Elliott stated that the church does not accept money for good deeds. Therefore the money collected we divided between two organizations that were present.

Over the five year period, it has been a blessing to witness the organizations

that have come from our effort as well as the connections with Black Men working with one another because of the effort.

Believe it else not but the story you are presently reading is because this paper is one of the many things that has come forth due to Black Men Unifying Black Men. There are many other positive and good things that have happened because of this and for that we thank "THE MOST HIGH".

Our purpose those of us who are the founders of this great organization have never ventured away from the purpose. Yes, the purpose was to bring Black Males together monthly to break bread and to network. It was never to make money but it was simply to bring us together because our value is in our unity as a collective.

There have been Black Men from other cities who started groups, We are not sure as to how many Cities and States there are present during what we are during, but what we do know is that it is an honor knowing that Black Men is striving to unite us.

Again, we say to "GOD" be the glory and if it is the will of "GOD" this organization and the concept will live for many years.

### BLACK MEN UNIFYING BLACK MEN

BLACK MEN UNIFYING BLACK MEN  
DO YOU KNOW HOW THIS CAN BE DONE?  
WHEN WE ALL STICK TOGETHER  
AND WORK TOGETHER AS ONE

BLACK MEN UNIFYING BLACK MEN  
WHEN WE ALL KNOW WHAT TO DO  
EACH REACH OUT AND LIFT UP EACH OTHER  
WE MUST STICK TOGETHER LIKE GLUE

BLACK MEN UNIFYING BLACK MEN  
LIKE WE DID IN THE MILLION MAN MARCH  
WE MADE A COMMITMENT TO HELP EACH OTHER  
WE MADE A VOW TO NEVER PART

YES, BLACK MEN CAN UNIFY BLACK MEN  
WHEN WE ALL STAND TALL AND TRUE  
A BLACK MAN CAN UNIFY ANOTHER BLACK MAN  
WHEN I VALUE AND RESPECT YOU

"STAND TALL BLACK MEN"

Achaniel F. Lucas, Sr.



## Black Men Unifying Black Men

### Us Helping Us = Unity

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

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



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

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**National Youth Editor  
Kathleen Murphy**

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

**Can You Change the World? Reflections On You!**

Hello youth readers. For those in school, have a great school year. Past articles have been about scholarships, the importance of going to college and even bullying and resolution tactics. For this publication, I want to reflect on your inspiration to make good changes to your world. I decided to share with you, a few determined and successful youth who are making a difference in the world today. Five to ten years from now, I could possibly be reading about *your efforts* to change the world for the good in politics, science, education or business endeavors, etc. Everyone has a chance to make a difference. It has been stated that the youth can change the world.

Perhaps you have heard of Bombay, India. Well, since 1996, it has been called Mumbai. It is India's largest city, a densely populated city on India's west coast. The city's also famously known as the heart of the Bollywood film industry. Afroz Shah, a young Indian lawyer who lives in Mumbai, is the 2016 recipient of the United Nations Environment Programme (UNEP's) Young Champions of the Earth Award. Afroz Shah is behind the world's largest beach clean-up project. Seeing piles of waste that had washed up and completely overwhelmed the city's Versova beach, he started cleaning up the beach. Every weekend since, volunteers such as politicians, slum-dwellers and even Bollywood stars joined him. They removed over 4,500 tons of trash from Versova beach.

Charlie and Hannah Lucus of Georgia launched a Mobile App called Not OK, which makes it easy for youth in crisis to

ask for help. Thirteen-year-old Charlie developed an app for his older sister, Hannah, who was 15 years old at the time and suffered from Postural Orthostatic Tachycardia Syndrome (POTS), which causes increased heart rate and causes her to faint frequently. When Hannah is not feeling well, she can open the App and tap the Not OK button, which sends a message that reads, "I'm not ok. Please contact me and a link has her current GPS location with pre-selected contacts in her phone. Charlie learned coding skills at summer camp. While taking a class at Georgia Tech, Hannah partnered with a Savannah-based development company to develop the App.

George Hofstetter, from California, an APP developer, created "Connect the Dots", which is a platform to help black students at predominantly white private schools face racism. At sixteen, George's company, "George Hofstetter Technologies Inc.", was founded. George has also invented, CopStop, an educational tool for young people to stay safe while interacting with the police. With this App, there is an ability to film encounters with the police.

Inventor Jack Andraka, 15 of Crownsville, Maryland, invented a potentially lifesaving tool for detecting pancreatic, lung, and ovarian cancers. The test, using a dipstick-type sensor, filter paper, and a basic instrument for measuring electrical resistance, detects an increase of a protein early on when there is a higher likelihood of a cure. The test costs three cents and takes five minutes to run. He holds an international patent

on the device. Andraka won the grand prize at the 2012 Intel International Science and Engineering Fair.

Essynce Moore and AJ Carr, an actor, from "The Chi", has a national tour to inspire, empower, and educate thousands of elementary, middle, and high school students. The purpose of the "Youth Empowerment Tour" is to empower and inspire the youth. Discussions will be on entrepreneurship, living your dreams, bullying, and self-esteem. When Carr was 13, he started a nonprofit called Building Bosses that teaches youth the importance of leadership, entrepreneurship, and service. Moore won the 2016 Black Enterprise Teenpreneur of the Year award, and is the founder of Essynce Couture University, focusing on leadership skills and entrepreneurship. She has also written three books that are mandatory reading for school districts in New York and New Jersey. She owns Essynce Couture Spa and Boutique for children and teens to give the youth a place of their own to visit and be pampered, inspired, and educated.

Ann Makosinski is from Victoria, British Columbia. This nineteen-year-old was named in *Forbes Magazine's* 30 Under 30 list in the energy category. She is also named in *TIME Magazine's* 2013, 30 Under 30 list, where she won the 2013 Google Science Fair for her age group and was *Popular Science's* Young Inventor of the Year in 2016. Ann has been inventing since she was 7 years old. She has found ways to make energy from common sources of heat. Things like a hot cup of coffee: even the human hand. At 15, she invented the "Hollow Flashlight". It is a flashlight without batteries. To turn it on, you just hold it. On a trip to the Philippines, she learned of a friend who was failing school because she had no electricity to be able to read after dark. Ann worked on making a flashlight that you only needed to hold to turn on. It runs on the energy produced by the heat of your hand. She has also invented an e-drink mug, a travel mug that can charge your phone off the energy made by the heat in a hot drink.

Taylor Richardson, an aspiring astronaut, and STEM (Science, Technology,

Engineering, Mathematics) advocate, in 2016 launched a GoFundMe campaign to raise money for 100 girls to see "Hidden Figures." She raised more than \$20,000 to take 1,000 girls to see the untold true story about the three African American women who were behind one of NASA's first successful space missions. Taylor raised \$50,000 to send girls to see Ava DuVernay's, "A Wrinkle in Time." Oprah Winfrey committed to matching the \$50,000 that Taylor raised.

For six years, Beau Shell ran his ice cream business out of his parents' garage, but that all changed when he raised enough funds (\$20,000) to open his own ice cream shop. He also raised enough funds so 100 STEM girls in Athens, Georgia can go see, "A Wrinkle in Time." Taylor Richardson, who Beau Shell met at the American Family Insurance Summit, is coming out to support his event.

Moziyah "Mo" Bridges, 15-year-old, is the CEO of Mo's handmade bow ties out of Memphis. Moziyah started his own company at the age of nine. With the help of his mother and his retired seamstress grandmother, Moziyah began selling bow ties on his website (mosbowsmemphis.com) and in Memphis retail stores. His colorful, handmade ties made an impression on major networks, and the young fashion scene.

After two years of research, experiments, and failed trials, 16-year-old Elif Bilgin from Turkey, developed a new process for turning banana peels into a non-decaying bioplastic, an alternative to petroleum-based plastics. She is *Scientific American's* 2013 Science in Action winner and winner of the Voter's Choice Award for the Google Science Fair 2013.

Boyan Slat, a 19-year-old student at the Delft University in the Netherlands, has designed a system that can remove 7.250.000 tons of plastic waste from the world oceans. In closing, these are great examples of youth changing the world. You are capable of more than you know.

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

**Featured Story:** "God is Good, All the Time! And All the Time?" There are some statements that we just know, and could finish for another person, without ever needing to hear them complete the sentence for themselves! This is called Groupthink: (Having a collective familiarity around a particular concept or notion, without avid room to change that group thought, as an individual.) In the community, it's called Community Activism! The mobilization of a collective of individuals, around a particular topic, cause, or campaign that is looking to create communal resolution(s). It is the Co-op's goal is to get multiple Community Organizers, Mentors, Elders, Spiritual Warriors, Politicians, Parents, Children and Residents to engage in Community Activism, understanding & valuing the importance of improving our entire communal unit. This summer, the ACP LLC & Indigenous Business Association Co-op experienced, just that! We ran a summer camp with Covenant Community Association, for two months in Bocek community, on the East side of Baltimore. Multiple Grassroots leaders were able to pitch in from the Co-op, two to three hours at a time, to create an

excellent Afrocentric experience for an entire community of Watoto. (Children.) Our summer camp effectively covered Social & Emotional Learning, Reading & Song Play, Impromptu Learning, French, Spanish, & Sign Language classes, Field Trips and much more. One highlight was a Life-Sized, Human Chess Board, painted outside on the campgrounds, by one of the lead youth campers. Through this life-sized board game, we were able to teach youngsters how to discipline their minds and to develop strategies. Youth were all over the scale of talent, based on how easy or difficult it was for them to concentrate, in one sitting! One thing we noticed, excelling or improving, EVERY day the youth would ask to play this game outside! And almost EVERY day, multiple community residents would come crawling out of their houses to walk into our alleyway, where the camp is gated and ready to protect camp children, to watch and help the youngsters play one another. It is so impactful for our youth to hear advice from local residents and people outside of the positions of educator or lead mentors; for us, it was just as impactful sharing with community resi-

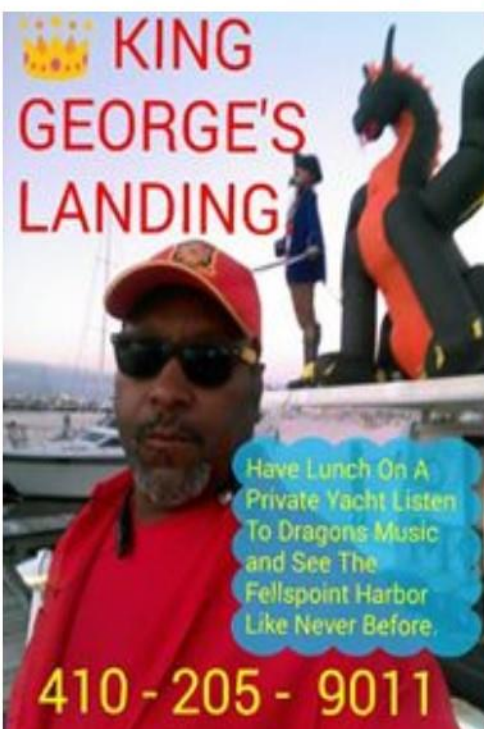
dents that they do NOT have to be professional educators or mentors just to help our children. It was a beautiful scene of participation! Everybody contributed from the level they could, and at the end, we all had a community cookout! This, we fear & believe, is the only way our community will ever successfully restore the village.

**What's New:** The IBA Co-op is always developing! Every new member offers us new talent, some service, offers a product, or has some proof of concept that can be utilized for the growth & development of our people. The IBA Co-op has most recently established a Youth Council: Top organizers, under the age of 40, who are willing to commit as professional advocates. The purpose of Youth Council functions under the Kwanzaa principle of NIA, in which our purpose is to supply the community with a steady amount of Sweat Equity. When we look at many churches or well-established non-profits; when we look at expenditures from the economy, or the recent amount of registered voters, everything shows us that life is progressing towards the leadership of the younger generations (Millennials & Younger.). It is imperative that this generation participates in Community Activism! Youth council strives when it can connect with someone who has a really great platform, and not enough manpower to execute. One of our first projects is to partner up with Teach Educate Mentor & Assist (TEAM INC), providing door-to-door support for the Rita Church Campaign. In exchange, TEAM INC has offer to fill a void in the Co-op's current services. Within the next few months,

Parental Skills Training & Mental Health lessons will be available to all parents of our Positive Parents Association, as facilitated by TEAM INC. We encourage our audience to connect with us, and learn more about the support systems available from this venture.

**Get Involved:** IBA's SUPPORT BLACK BUSINESSES CHALLENGE! Can we hashtag that? Make it go viral online? Will you tell all your friends about it? Most importantly, will you commit? We are asking 50 people to commit to the concept of support Black Businesses weekly, with a contribution of \$10 per business. Getting involved now looks like committing to being a pre-sold ticket & IBA Loyalty Cardholder, so that you may enjoy special benefits. We will be launching a three-month tour, in which every Friday IBA will look to host its Happy Hour at a brand new location. We are beginning to take pledges, and make agreements with Indigenous business owners to participate in our tour. Are you willing to help us? Contact us to become a distributor of IBA material, registration platforms, etc, so that we may grow the challenge. The support of the black community, cannot be left optional! (Percentages of All Funds will Support Black Yacht Ownership, in support of King George's Landing's recent push back from the state. [See Article])

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Facebook: TheACP19  
Instagram: Theacp\_2019  
Website:  
www.ibaleague.wixsite.com/2019



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

**The Association of College Pro-Activists**  
Mélaughn Butler  
Mbutler.acp@gmail.com  
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National Editor Fitness/Nutrition Catherine Brown F.I.T Nutrition

Diabetes Prevention

There are more than 420 million people living with type two diabetes and is continuing to be on a rising occurrence. Two-thirds of these have not yet been diagnosed. When discovered late or managed incorrectly, diabetes can damage your heart, blood vessels, eyes, kidneys, and nerves, leading to disability and premature death. In fact, more people are dying of diabetes-related diseases than any other.

Diabetes is more prevalent in those who are overweight, obese, and inactive, these individuals are at higher risk and will contribute to the diabetes burden. Thin and underweight people can be diagnosed with diabetes, which is more prevalent to genetics.

Diabetes is known longer considered an adult disease, we are now experiencing a rising curve occurring more and more in children.

This disease can begin as early in the mother's womb. Poor maternal factors that influence the fetus are living a poor lifestyle, high elevation of glucose during pregnancy, mothers' weight and weight gain during pregnancy, poor quality of nutrition are few powerful factors that contribute to the onset of diabetes. This disease is more server and early onset of complication takes a toll on young people's lives. Therefore it can lead to extremely serious health

problems.

Best time of intervention for childhood diabetes begins as early as before conception, pregnancy, and breastfeeding mothers. Children begin to show signs the first five years of life.

Mothers dietary intake should be a balanced diet with fruits, vegetables, lean meat, healthy fats., while restricting the intake of process foods, high intake of sugar, and saturated fats.

Type two diabetes impacts every age group and can be a hindrance to anyone that has the disease by the onset of health complication.

Intervention for prevention starts with a better quality of dietary habits and become physically active.

Exercise and food are a form of medicine and will help to rescue the implication of diabetes and prevent the onset of adult, children, and adolescents. Responds to different types of exercise program, Knowing the best time of the day for you to exercising, best types of exercise, and your glucose levels will help you for best results.

See your physician for before starting an exercise and nutrition program.

For assistance in cooking, exercise and nutrition planning contact

Catherine Brown 443-854-5096 or email at cbrown@cblifestylecoaching.com

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, physical, and spiritually.

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.

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.

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!

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

"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

Email me at lefemmelledechef@gmail.com

on how I can help you to live a healthier lifestyle!



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



Turmeric Usage Lorem ipsum dolor sit amet, consectetur adipiscing Health Benefits One of the most impressive free radical scavengers, it also supports brain health, protects cell integrity, & aids in mood balance. Himalayan Salt Usage Lorem ipsum dolor sit amet, consectetur adipiscing Health Benefits Properties aid in sinus relief, the ability to increase the body's natural ability to breathe deeply & breathe better at night. It may also reduce or eliminate night coughs, snoring & breath-related sleeping conditions. Cilantro Usage Great for soups, salsa, & guacamole Health Benefits Considered a superfood with an incredible source of antioxidants, it is a powerful cleansing agent for removing toxic from the body. It is loaded with vitamins & minerals, & it has a long history therapeutic use. Lemongrass Usage Works well in sweet and savory dishes & drinks. Health Benefits A source of beneficial phytochemicals that support the body's response to harmful organisms, boost the immune system, & promote overall wellness.

Bon Appetit! Femmelle Chef

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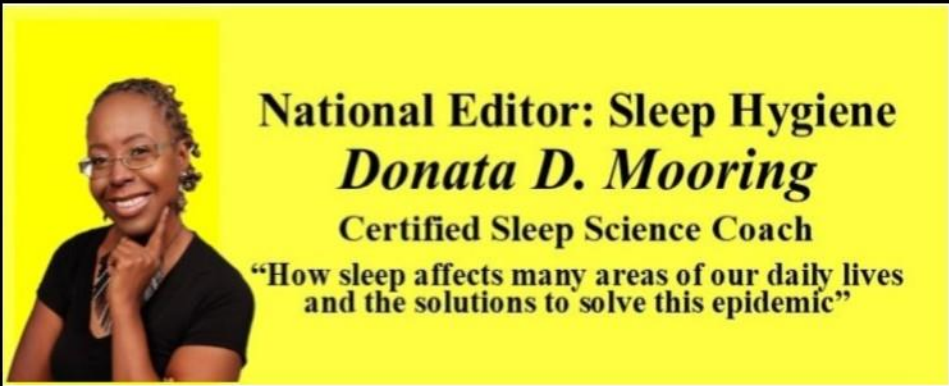
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**National Editor: Sleep Hygiene**  
**Donata D. Mooring**  
**Certified Sleep Science Coach**  
 “How sleep affects many areas of our daily lives and the solutions to solve this epidemic”

**Seasonal Affective Disorder (SAD)**

**Why are you so SAD in the Winter and how it Affects our Sleep?**

I wondered why I felt so sleepy, tired, fatigued, no energy during that time of the year. I am talking about the winter months when there is less light which affects our sleep. Your circadian rhythm which regulates your body clock is off because of the lack of sunlight. What has worked for me is to go to bed early, so I do not feel so tired. On the other hand, I notice when I continue to exercise, I feel so much better. I also discovered that exercising enables me to get the sleep I need to have the energy to make it throughout the day.

*to six percent of individuals, that' can escalate to seasonal affective disorder (SAD), a form of clinical depression that fluctuates based on the time of year. Meanwhile, as many as 20 % of the population experience a more mild form of winter blues. With both of these diagnoses can come symptoms that affect your sleep, including loss of energy and needing 1.75 to 2.5 extra hours of sleep each night (due to SAD and the winter blues respectively)."*

Below are some solutions to getting sleep in the winter without feeling so SAD:

Seasonal Affective Disorder (SAD) is a type of depression that relates to changes in the seasons. It usually starts in the fall where you might feel irritable, moody, have difficulty concentrating, and have little to no energy.

The first solution is to recognize the signs and symptoms of SAD and how to manage the feelings and energy zapper that comes with it during the winter months.

Aromatherapy can help with SAD. The essential oils can influence the area of the brain that affects mood, your body internal clock, appetite, and sleep. The best essential oils to use are based on the **Essential Lab** results. **Top 5 Essential Oils for Combating Season Affective**

*Based on the National Sleep Foundation these days, it's easy to flick on a light when the alarm goes off at 6:00 am, in January, even if it's still pitch dark outside. Also according to the Foundation, as many as 90% of people's moods and energy levels are affected by changes in the seasons. In addition, for about four*

- Disorder (SAD)**
- Sweet Orange Oil**  
· Uplifting citrus aroma boosts mood and energy.
- Lavender Oil**  
· Soothing floral aroma promotes relaxation and feelings of calm.
- Bergamot Oil**  
· Soothing citrus aroma gently stimulates and invigorates.
- Frankincense Oil**  
Warm and woody aroma promotes feelings of calm, peace and overall wellness.
- Ylang Ylang Oil**  
Cleans, yet its sweet aroma promotes positivity.

Take a vacation to someplace hot or warm, write out your thoughts, meditate, or take yoga classes.

Based on PsychEducator.org try using a **dawn simulator** app which gradually turns on in the morning bedside your bed that tricks your brain into thinking that it is August.

If you are still feeling SAD check with your doctor to see if you need Vitamin D which is one of the functions for our sleep-wake cycle.

If you work outside you might not have this problem. But if you work indoor sitting near a window can help with the light exposure for better sleep.

Cooler air helps you to sleep better even though you might want a lot of heat to prevent from being too cold. Try to sleep with temperature 60 to 70 degrees to see how you feel and or sleep.

I know you might be thinking that is what blasting the heat in the wintertime is for...to sleep better but too much heat

can prevent your body from calming down to get into a deep sleep and reaping the good hormones to release the deeper stages of sleep.

If by chance, that does not work, and you just need that heat for comfort, try adding the ceiling fan to balance out the heat. Meanwhile, you can cool your body down as well for better sleep.

If you love the sound of gentle rain against your windowsill, which as a calming effect, try using a white noise machine to help you sleep better. If you want to save money download an app on your cell phone.

Unfortunately, this is the time of year for allergies, illnesses, cold, and the flu. Taking cough medicine with alcohol can impair deep sleep cycles. Use a humidifier which can help you in your bedroom to breathe easier at night.

Eat well balance meals and do not forget to take some type of vitamins. Do not forget your body still needs water just like when it is hot in the summertime. We do not have to suffer from being SAD during the winter months just realize there are many tools to control our environment to minimize feeling SAD.

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CALLING ALL RHYTHM PEOPLE

RHYTHM PEOPLE WANTED!!! RHYTHM PEOPLE ENTERTAINMENT NEWS

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

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

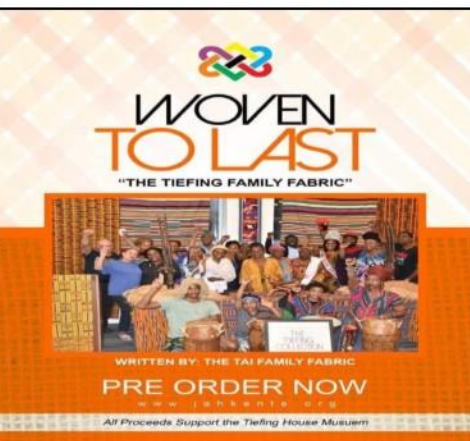
Culture is the New Currency!



WeAreTheRhythmPEOPLE

National Entertainment Editor

Ms. Kim Poole is a Soul-Fusion Teaching Artist and Founding Fellow of the Teaching Artist Institute (TAI), providing an opportunity for artists and artisans to learn techniques for social transformation while fostering outlets for socially engaged art. Through TAI, Kim and her team of Teaching Artists are originating the Art for Social Transformation, Teaching Artistry in Action curriculum & workbook for change agents and universities interested in exploring the "Art of Possibility" around the world. She has a passion for encouraging the "Rhythm People" as she refers to them, to reclaim their global cultural economy and a knack for celebrating the beauty and resilience of women with SUPERLASHES through her music and the Sheroes Sisterhood. At 33 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.



SEND US BACK: Drumming Up Support for Return Trip Legislation by Kim Poole

The Passing of the United States Congress H.R. Bill 1242, which establishes a 400 Years of African American History Commission has set in motion an opportunity for State Legislatures to institutionalize actionable programming around culturally competent education for African American Students in Maryland. On September 11th 2019 experts from across sector gathered at Morgan State University in the Jenkins Hall Behavioral & Social Sciences Center to further discuss the Reconciliation and Equity Task Force mission chaired by Rev. Kobi Little and A. Adar Ayira of Associated Black Charities. At this convening representatives from the Rhythm People Coalition presented a legislative brainstorm around the importance of achieving culturally competent education for African American students in Maryland coined the Return Trip - Commemorating 400 Year history of African Americans by Funding and Incentivizing Global Learning, Study Abroad, and Cultural Exchange. If passed, The Return Trip legislation would guarantee an opportunity for Maryland's education systems and supporting institutions to create environments for proper youth development which considers the sense of belonging and membership, connection and holistic identity needed for efficacy in African American students. Representatives of the Rhythm People Coalition assert that the Return Trip legislative is a strong example of education outcomes the Taskforce should aspire to.

The Task Force, established by Maryland Senate Bill 1032 Extension under the auspice of the Institute for Urban Research at Morgan State University would submit a final report to the Maryland General Assembly recommending "strategies, changes, and actions in institutions, policies, and laws to eliminate systemic racism and promote equity, access, and opportunity that can lead to healing and foster reconciliation" Ms Kim Poole, founder of the Teaching Artist Institute also participated in the Education Sub Committee and stated that it "...seemed to be preoccupied with quantitative data and the numbers behind inequality in the education system. But the reason we are all here today is because we all know what the numbers say."



The trauma-informed education models being developed to primarily serve the African American population ignores the greatest trauma affecting African Americans in the United States; forced migration, cultural oppression, systemic enslavement and the long-lasting effects of this perpetual trauma also known as the MAAFA.

Imhotep Fatiu, Safe Streets Sandtown-Winchester Site Director echoed this sentiment during the A.A.C.T.S. African-centered education think tank and study class stating " We must use our own language, the term Trauma is not fit to describe what is happening to us. Our condition is not an isolated event but perpetual" In light of the 400 Year commemoration, this legislation will ensure that ongoing efforts are made to acknowledge the historic and ongoing contributions of African Americans to America and the deep root connection

to our ancestral home in Africa historically and in present-day society.

Senator Shirley Nathan- Pulliam, who sponsored the Reconciliation and Equity Bill 1032 stated that the "the concept is good, but I think its goal is different from SB 1032, it must be submitted as a separate bill." Follow up conversations have been scheduled between the Senator with the Gambian Ambassador Dawda Fadera and former Minister of Tourism and Culture of Liberia Madame Louise Siaway who are interested in galvanizing support around ensuring the Return Trip Legislation moves forward. Contact ReturnTrip@gmail.com for more information

Keywords: MAAFA - a Kiswahili term for disaster, calamity or terrible occurrence. This term has been used to describe the Trans-Atlantic Slave Trade/Middle Passage

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Gigs, Bigwigs, & Shindigs

GIGS

Africa Agri-food in Developing

http://theyouthargus.com/index.php/2019/06/24/africa-agri-food-development-programme-2019/

Teaching Artist Institute is Training Open House December 14th 2019

www.TAITOURS.org

10th Batch African Union Youth Volunteer Corps is Training July 27th 2019 Addis Ababa, Ethiopia

https://theyouthargus.com/index.php/2019/06/03/10th-batch-african-union

Open Society Social Justice Soros is Funding Grants of up to \$127,500 will be

awarded to projects that advance reform, spur debate, and catalyze change on a range of issues facing the U.S. criminal justice system

https://www.opensocietyfoundations.org/grants/soros-justice-fellowships

Big Wigs

Ambassador Dr. Arikana Chihombori-quo

www.Auwashingtondc.org

Shindigs

Light, Vision and Truth Conference October 18th, 2019 Princeton, New Jersey USA

www.princeton.edu

Sixth Region Diaspora Caucus International Conference October 25th -27th 2019 Charleston, South Carolina USA

www.SRDCinternational.org

Festival Upper West/ Year of Return October 25th - 27th 2019 Wa, Ghana

www.MUSIGA.org

Caribbean Carnival October 29th - November 2nd 2019 Kumasi, Ghana

https://kumasi-carnival.com/

We Rise Gala November 2nd 2019 Annapolis, MD USA

http://bdmuseum.maryland.gov/

Pan-African Development Summit & Awards 2019 November 4-9th 2019 Ontario, Canada

info@paacati.org

ARTIZEN 2019 Uganda November 8th - 12th 2019 Kampala, Uganda

https://bit.ly/2k0oZuF

KWANZAA December 26th 2019 - January 1st 2020



Contributing Editor
Charles E. Pender PH.D.

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

ENDURANCE.....101

To God be the glory and comfort to those who are about our father's business. Today we give deep gratitude to our forefathers who were tested and due to their endurance many of us are here today. Through the most savage of times which still exist in this land, which have an expiration date only when Jesus comes again. People of color we were

then as well as now being tested. Many of us can relate to this often-cruel testing. The owner's manual provides scriptures for enduring passages such as:

Psalms 91: 1-2 "He who dwells in the shelter of the Most High shall abide in the shadow of the Almighty." "I will say to the LORD, my refuge and my for-

ress: my God, in him I trust."

Psalm 91:3 "For he will deliver you from the snare of the fowler, and from the noisome pestilence".

2 Corinthians 4:8-9 declares also "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."

The owner's manual confers that you are somebody, therefore:

Psalms 139:14 "I will praise thee; for I am fearfully and wonderfully made: marvelous are thy works: and that my soul knoweth well."

These scriptures give many a person strength to endure. We are people of incredible endurance. This amazing resilience is in essence as a locomotive with its strength which is called ki-

netic energy in motion. This is the same energy which is measured in horsepower. However, the bridge and the track on which the locomotive runs must have the endurance to withstand the heavy loads and the constant stresses of life. As a people, we have and continue to be called upon to carry many heavy loads.

Here are some of the Defense Mechanisms that are applied involuntarily and consciously in order to endure: (1) Anticipation (2) Suppression (3) Acceptance. But, (4) Humor of all the defenses is the most mature mechanism. This simple defense of Humor enables one to endure the stresses of life. The owner's manual suggests:

Proverb 17:22 "A merry heart does good, like Medicine." Have you had a light-hearted moment today?

Living with Yourself

The first manual which is recognized by many in the field of Psychology is the DSM-5. This Book maps directions on how to deal with a different type of psychological imbalances. However, the success of those who are driven by the DMS-5 has limited their capabilities from the secular human approach, but the greatest success comes from the Christian Counseling psychology and today we're dealing with self-hate in the rise of crime in the black community. This is due to the abundance of Oppression and consistent racism, which is nothing but Witchcraft on steroids. The hate and oppression causing the mind to reverse the process and begin to hate oneself which is the primary cause of so much suicide in the black community, black on black crime is a holocaust, which the solutions are found in the owner's manual. The Book of Romans chapter 12 verse 3 is going to be our text for today as to deal with self-hate it's called The Art of Living with yourself.

Know Yourself Often a person knows less of himself than one does about any of his/her friends. Many a person want to know themselves and are afraid to know themselves because of a bleak picture believe of themselves. This picture is having the person not to be happy to adjust to life. Many a person is surprised to meet themselves. Just as surprised as we sometimes are when we suddenly see ourselves in a full-length mirror. Just as Jesus Peter and others, he's also giving you guidelines in his word how you can know yourself, but you must be willing to know yourself.

Accept yourself Jesus says Just as I Am Without One Plea if you're not willing to accept yourself Just as You Are then others can also. Because a person refuses to accept himself, he goes about as posing as someone different as to who he is so, therefore we must have a split personality. this is no surprise 99 % of all humans have the trait, it is in this

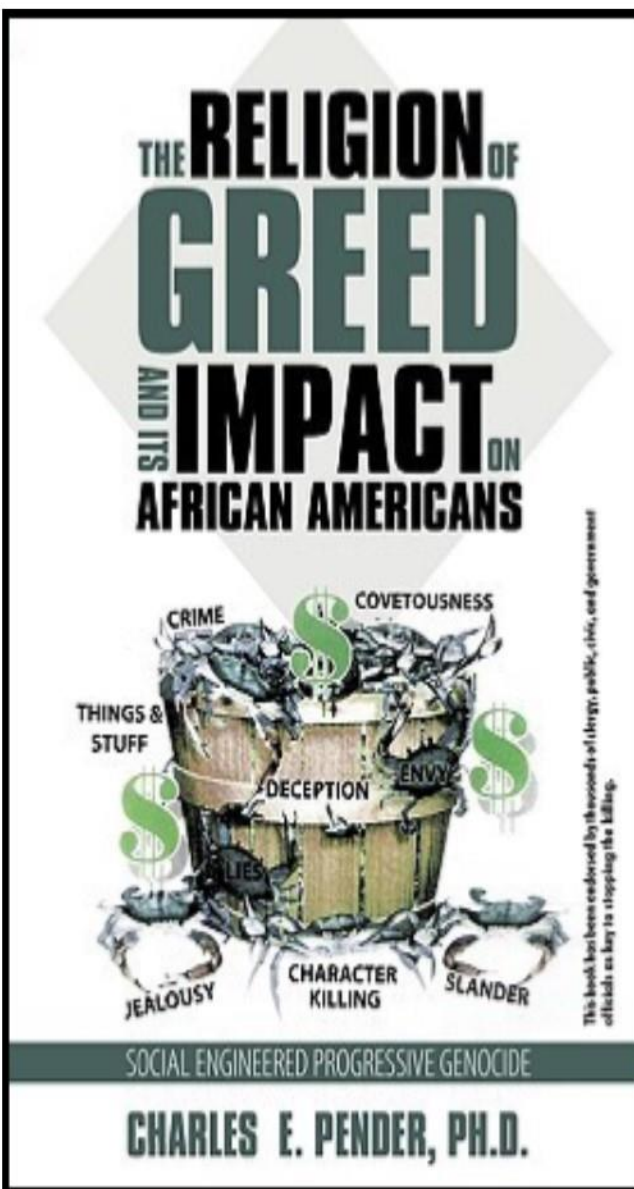
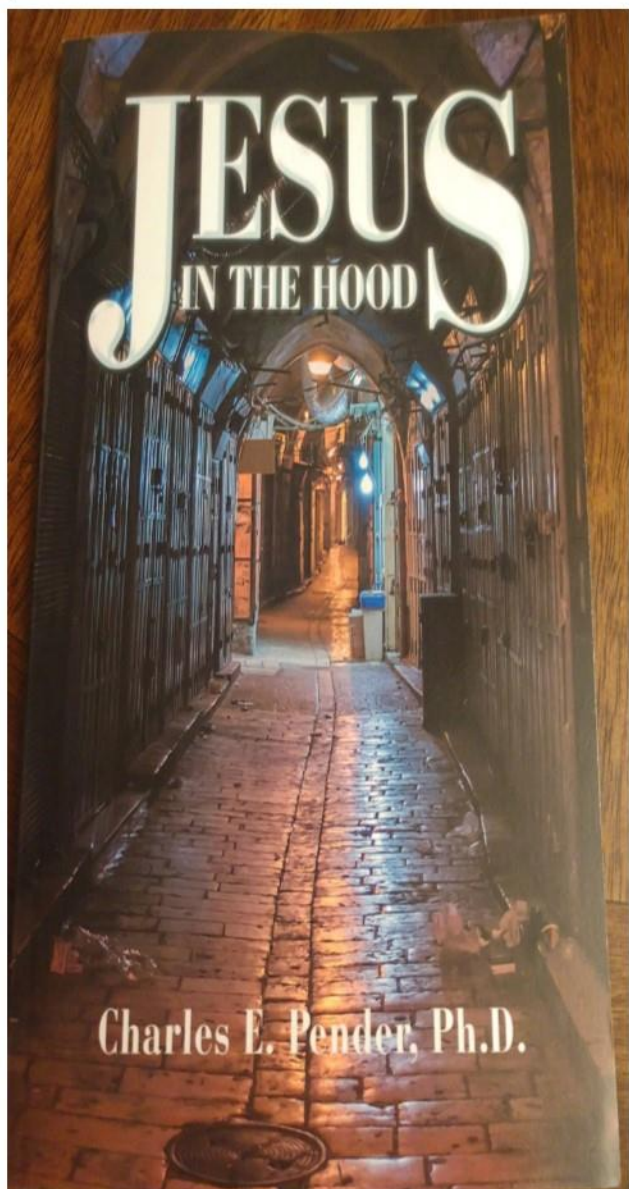
which is normal in society because we all have dual characters. But some to the extreme sometimes when is afraid of being discovered. But if you accept yourself that fear would be removed. In the Bible, there was a man named Peter with trouble accepting himself, but Jesus showed him with patients who he really was. Peter begins to understand and appreciate himself just as many readers are today.

It is very necessary for one to learn that the art of living with yourself is just being yourself. Trying to be someone else will not cut it, if a person thinks himself to be something when he is nothing, he deceives himself that's the way Paul put it, in other words, we fool ourselves trying to be someone else .....just be yourself....in the streets the word stays in your lane bro.

Forget yourself Let's not be Selfish try to forget yourself no person who constantly thinks of himself is Pleasant to live with. When one really wants to

learn how to live with oneself, One must learn to forget ourselves and concentrate on the greater purpose in life and that purpose is to serve others. There is little use of wasting your time trying to please yourself, self-gratification is good not a problem. But sometimes we go to the extreme it's all about me that is very selfish not about you it's about doing the will of our father, that sent all of us here so therefore if we can live with ourselves. Living these three people principal we will be better ,off by the way all this come with enhance prayer and enhance relationship with her father everyone is made to be happier stronger and more pleasant person when you realize who you are and why you're here you here to glorify God, that should make everyone happy as a runaway slave.

by Charles E. Pender, PhD, FMT
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# BUILDING YOUNG ENTREPRENEURS

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



## A Cruel Life! *By Bright Oloyo, Founder and Convener of the BYE Campaign*

Mary sat at the edge of the bathtub staring into oblivion, it was the only place she could be alone. Her home was filled with friends and relatives. She had just lost her first son, Emeka, a few days ago and everyone was here to console her. Tears flowed freely as she looked back on her life. She lost John, her husband, fourteen (14) years ago, they had three (3) kids (two boys and a girl). Emeka was just 11yrs old then, while Jane, the youngest was five.

She loved John dearly and vowed never to remarry, a decision she has stood by all these years. She remembered being scared for the future of their kids because John was responsible for providing virtually everything they needed. Now that he was gone, she was at a loss as to what to do.

Immediately after John's burial, her Mum who was with her had called her privately to inquire about her plans for herself and her kids. She told her she was going to get a job after all she was a graduate. She searched endlessly for a job without success, until she had to settle for a teaching job in a private school close to her home.

The pay was fifteen thousand naira (#15,000) approximately forty dollars (\$40.00) monthly, which was meager but was better than nothing. She had to move the kids to a public school and change their apartment to a smaller one to save cost.

Two years later she quit her job and started selling cooked meals in a cart. It was the most difficult decision she had ever made, a 2.1 graduate of economics from the prestigious University of Benin (UNIBEN) hawking meals. She had no choice because the previous year had been tough. She had to sell the family car to sort the rent and other household bills. She realized something had to be done fast or she and her family would be on the streets. She knew she was a good cook because John and friends who visited have always praised her meals. She remembered Ngozi, her childhood friend, had told her she would do well in the restaurant business and she had even discussed it with John. But he didn't like the idea, so she let it be. How she wished he supported it then. She couldn't afford to set up a restaurant now. But after discussing it with the food seller in her school, she realized selling food in a

cart was five times more profitable than her present teaching job and it also took care of the family meals. Just like his father, Emeka didn't like the idea when she discussed it with him. He was clearly worried of been mocked in school by his mates. She told them how important it was that she did this or they would be thrown out into the streets.



Her family members who had hardly shown any form of support also objected to it, but she could care less about their opinion. Some not only suggested she get remarried they even had a few interested men all of whom were already married. To them her only option for survival was to become a second wife, considering she was a widow with kids.

She remembered clearly the day she started hawking meals: it was on Monday, February 7th, 2005. She could never forget that day. For fear of wasting she had prepared meals in small quantities. She wheeled her cart to a nearby mechanic workshop and barely two hours later her entire meals were bought. Everyone who patronized her commended her meals. The workshop owner even told her to increase the quantity which she promised to do. She kept increasing the quantity and yet her meals were sold out each day. At the end of the month, she discovered that hawking meals were not just five times but ten times her teaching salary. The

decision to start hawking meals was one of the best decisions she had ever made and for once she was happy. Not only because she could cater for her family, but because her kids were doing very well in school. Emeka has consistently been the best student in his class.

Two years later when he was just 14

years old and a year short of his final year, he sat for the final year exams and passed. She could still remember how happy they were when the results were released. She wasn't bothered about paying for his education because her business was thriving and she now owned a small restaurant of her own.

The years went by fast and she remembered organizing a graduation party for him in 2010. He was the best graduating student from his department that year and she was over the moon. However, Emeka wasn't happy because he didn't graduate with a first class degree which was what he wanted.

After five years of searching, Emeka could still not secure a job. She watched as her once vibrant and jovial son became a shadow of himself. He started hanging out with some of the boys in the vicinity who had questionable characters. She could still remember their numerous heated arguments. She knew she had lost her son the day she found him smoking weed with his friends and he

didn't even bother to conceal it. He was constantly angry and seemed to have given up on life.

The last day she saw him was on the 18th of March 2017, it was a little after 6 am in the morning. She was supervising the cooks as they prepared meals for the day's sale when he came with his traveling bags to tell her he was heading to Port Harcourt to meet his friend who would help him find a job. She immediately had a bad feeling about it and inquired about this friend of his and all he said was that they were school mates. She knew she couldn't stop him, but she still never stopped praying for him.

Barely six months later she got a call from someone claiming to be his friend, who told her Emeka was arrested and was at a certain police station in Port Harcourt. She ran home, picked up a few things and headed for Port Harcourt. Upon locating the police station, she was told he was dead, her son, her firstborn was dead. They said he was killed in a shootout with some robbers. Emeka, a robber – oh God why? Why? She wailed uncontrollably.

She tried to collect his corpse but the police refused, claiming he was a criminal. As she sat at the edge of the bathtub, she wished John was alive. Their son would have had a father figure to guide him. She wished Emeka had found a job all these years, he would still be alive. She wished for so many things as the tears flowed.

**A total of 55.4% of Nigerian youths are either underemployed or unemployed. Over 60% of graduating students are unable to find jobs and to survive some are lured into crime and criminal activities.**

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

**To support: visit [www.bye.com.ng/](http://www.bye.com.ng/) donation to purchase an SDS e-book Or call Fran Allen - +1 (443) 602 6194 to make a donation.**

**Together, we can build a brighter future for the Nigerian child.**

### 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](http://www.bye.com.ng) and open the donation page. Click on the "SDS E-Book Fundraising Program" link. You will be redirected to the fundraising page where you will be able to purchase an e-book copy of "From Creativity to Creating Income: Turn What You Know Into Dough" and the link to download your e-book will be active for 3 days from the date of purchase. An unprecedented 50% of the sales will be donated directly to the BYE

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

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



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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. Humphreys' 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.

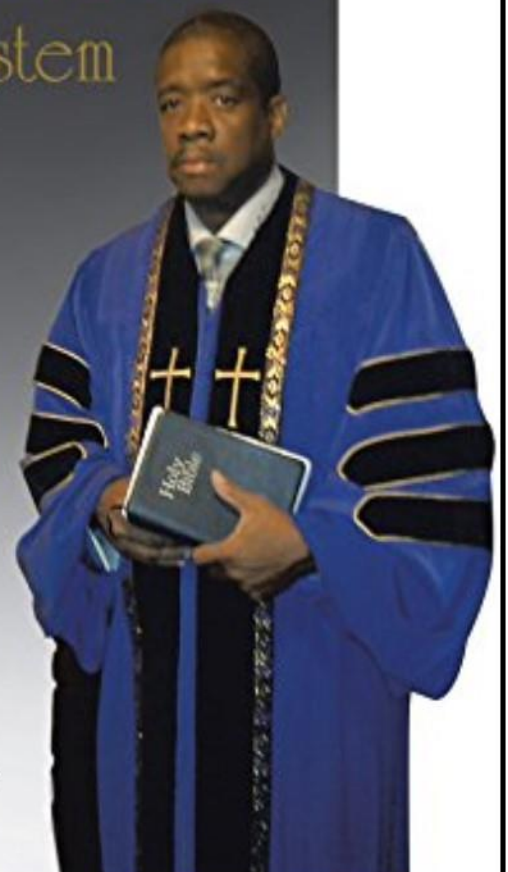
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[rev.dr.andrehumphrey09556@gmail.com](mailto:rev.dr.andrehumphrey09556@gmail.com)

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

Rev. Dr. Andre H. Humphrey

Black Youth and The Juvenile Justice System



Podcast Coming Soon!

**LANGSTON HUGES 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**  
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 Monday January 7, 2019

**TIME:**  
 Doors Open at 1:30 PM  
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**Free Food For All!**  
 First Come, first served. Bring bags or boxes

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



**"The Heights" Radio show**



**WOLB 1010 AM 2:30-3:30**  
 on Fridays  
**"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.

**LASNGSTON 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

Yesterday, Today & Tomorrow We are Evolving!

Continued from page 3 The National Black Unity News, (Newspaper) will continue to bring you information by us and for us! Currently, we are seeking ambassadors to assist us in identifying our businesses and services. To enhance your efforts we are upgrading our web-sites to allow you to experience a more productive and profitable visit.

Tomorrow we view a better outcome because of the work and effort we put in today! Our vision is to have unity in the community! Tomorrow looks brighter because of the help and support of like-minded brothers and sisters. Because of this overwhelming team effort, we believe that all things are possible. Believing is a must!

Today, to enhance and support the efforts of our participants we are launching our Black Business Directory Web Site packaged with varied features that provide a smorgasbord of information to benefit all. Today we are planning for tomorrow!

Yesterday, Today & Tomorrow, our vision is still the same. Yet we are evolving! Remember this: if not us, then who? If not now, then when? Help Us, To Help You, So That We Can Help Ourselves!

David Murphy

“Celebration Of Life” Continued From Page 3

It inspired many of us to want to learn something about ourselves and our history. This program inspired us to love one another as we unshackled the hate that had been taught to us.

these two people. Let us thank Terra Cafe, Nailah's Kitchen and Downtown Culture Arts Center for providing delicious and healthy foods. Let us thank each of you who helped to make this day a reality.

Of course, there is much that we could continue to share about this program and the impact it has made on the lives of many of us. However, let's elaborate a little on the celebratory day in question?

Let's talk about why this day had/had become so important and what brought this particular day into existence. First, let's thank the “CREATOR” that both of these people are seniors and considered cherished elders of the community.

“Celebration of Life”

First and foremost I could give many thanks to many people for making this day happen. Nonetheless please forgive me if your name is not mentioned but there are just too many to whom we owe a debt of gratitude. However, I must mention Sister Nzinga for during so much even while she was dealing with dialysis. Her love, respect and the opportunity to help to create a momentous tribute for these two people meant more to her than her health care.

We talked a little bit about “African Family Day” and the purpose of the program. But let's talk about August 18, 2019. Let's talk about the vision that brought this day into reality. Let's talk about the two people who were honored and who this day of celebration was for.

Ras Marcus has been in a rehab institution for the past three years. He has been unable to do anything for himself, because he is completely paralyzed.

Let us thank the Arch Social Club for opening their doors wide, free of charge, because of the respect that they had for

Mama Lola, as she is called, has cancer and has been given only months to live. However, despite what is happening

Continued on page 28



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RJEL Investigation, LLC provides strategic, professional and consulting security services to commercial, private, not for profit and government agencies. Our Security Agency can mobilize the right security professionals to help organizations improve their performance.

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**Master Your Moments** *Continued From Page 3*

thing...being *effective* with your time is another. *Regardless of the amount of time, we have been allotted..., it is important how we use the allotted time.*

This is where you who have acquired some knowledge and have skills or tools can assist. The National Black Unity News (TNBUN) is a *solution-oriented periodical*. It is designed to inform and uplift our people. Our community needs people like you who have a skill or talent that needs to be exposed and celebrated. To help change our image. To show our community that we already have what we need to make a way to get what we want. Consider the impact you may have in our community. You may have the answer...the fix...the solution to a serious problem, a concern, an issue.

If we are not aiming to have everyone in our community self-sufficient, and self-aware, then our aim is too low. Everyone has a talent or a gift. It has been proven that your environment and your community effects, affects, (and in some cases) infect you and your decisions, your talent, and your gift. And like everything else in the universe (with the exception of pure energy) it is subject to change, and changes do occur. With your help and your input, we can participate in that evitable change and influence it to be good. Know that your silence serves no one, but one action can affect billions.

TNBUN is here to assist in building our communities from the top-down and bottom-up. Unity within our community has been an obvious need. Many attempts have been and are being made to unify the Black community locally, regionally and nationally with limited

success. What we have found is that there is a multitude of Leaders concerned with their issues, and that is as it should be. However, TNBUN believes in the "Lighting of a Candle with a Candle Effect". Lighting a candle with another candle causes neither candle to lose energy or it's brilliance and enables that newly lit candle to light other candles. We will make room on our pages to share your candle so you can bring more light to our lives. A well informed and well-tooled community is what we are seeking. You leaders may not agree...,but most of you have your heart and your intent focused on service, and your commitment to service is needed. Your window of opportunity to share good stuff is always now.

I know that being assertive and putting yourself out there can cause a little fear. Don't feel alone...many of us have that emotion. But I am reminded of an old acronym for FEAR...False Evidence Appearing Real, which is true. Another acronym I heard is Feeling Excited And Ready. Either one of the acronyms should entice you to overcome fear and motivate you to act on your passion. And acting on your passion is exactly what our community needs. Fear not... TNBUN have much of what you need to have success. We have multiple ways of exposing your mission and expanding your brand. Contact me at [dempsey53863@gmail.com](mailto:dempsey53863@gmail.com), we may make a difference. Do not forget what Booker T and the M G's titled their tune..."Time is Tight", (nice sound), and remember to Master your Moments.

*Dempsy Murphy*

**"Celebration Of Life"** *Continued From Page 27*

to her as well as her husband, she still had the foresight to make mention to some of us that she wanted a celebration of life for the both of them before they passed.

It was at that point that several of Mama Lola's friends were called together and given the task-oriented mission that Mama Lola wanted a "Celebration of Life" for Ras Marcus and herself. Of course, as fate would have it several challenges were presented from the start because Mama Lola wanted Ras Marcus to be present. But the issue was how would he get transported from the facility to the location? As the good forces would have it, believe it or not, he ended up being transported by ambulance and brought into the Arch Social Club on a stretcher.

This was a glorious sight that was fit for a King as African Drummers rhythmically drummed sounds of praise as he was unloaded from the stretcher and carried into the facility followed by well-choreographed drummers and dancers.

**"Celebration Of Life"**

Witnessing such an act was something many of us will never in our lifetime forget. Right before the ambulance arrived with Ras Marcus, the family of Mama Lola had brought her in by wheelchair. Again the drummers welcomed her with jubilant drumming as she was followed into the facility and greeted by a standing ovation of a few hundred people.\*

The drumming, the dancing and all the cameras snapping pictures and taking videos were enough to make people think that the President and the First Lady had arrived. I mean the respect for these two people arriving was something that many of us will never see again.

Let's talk a little bit about how this came about though. Mama Lola made mention to a few of us as well as her one and only daughter that she wanted a celebra-

tion of life while she is alive and not after she dies. Even in her sickness, she was/still is elevating us to another level of consciousness.

It was because of Mama Lola that we started planning and strategizing the "African Family Day Celebration Of Life". She was so right as to what she made mention. Why do a celebration of life once one is dead? How could I tell, who would be there was one of the questions she raised?

Yes, it was because of Mama Lola that a few of her friends started to work feverishly to honor her request. However, although she was going on dialysis several times weekly, it was Sister Nzinga who worked tirelessly determined to raise the money and do what was necessary to get Ras Marcus transported to the event.

It was so good that Ras Marcus and Mama Lola had an opportunity to see so many people who they hadn't seen in years. There were many elders present who had health challenges and despite everything, they made their way to come give honor and respect.

Yes, thank you, Ras Marcus and Mama Lola Jenkins for bringing "African Family Day" to all of us. I thank you, Mama Lola, for saying that you wanted to celebrate life while you are alive and not after you have died.

See, what you have done is this: You have opened our consciousness once again and it is to make us look at life and death on another level. What sense is a celebration of life after death? Yes, let's celebrate one another while one is alive and not while in a casket.

Yes Ras Marcus and Mama Lola, we from "The National Black Unity News," with heartfelt gratitude offer our sincere love and respect for the legacy you have given us to share with the masses.

*By Bill Goodin*

**The National Black Unity News**  
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**NETWORKING EVENT & AUTHORS' SHOWCASE**

*Fund Raiser For*



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**I CHOOSE INNER PEACE AND BALANCE**

*Continued From Page 4*

following thoughts as resource guides to help you develop that inner and mental strength called joy which in essence peace and balance.

*House clean your mind by making space for only those things of value that is relevant to bringing harmony and joy into your life.*

*Reduce stress by setting limits; learning how to say NO' to the wanting and the needy by not allowing someone else to set your daily agenda or to determine your goals for you.*

*Never measure your worth by what you think you see in others. Remember the Creator equipped you with common sense and the ability to use good judgment about the people you allow to travel on your road with you.*

*Keep the old adage "Accept the things you cannot change", close to your heart. Challenge learning how to empathize with yourself.*

*Forgive! Never let your yesterday's tragedies ~ block ~ your today's Blessings. Trust me, letting go of the past is the only way you will ever be able to enjoy perfect inner peace in the present.*

*Learn to leave cursing to the cursed, Feast On This: When you curse yourself - You are really cursing God. Learn to Celebrate life to the fullest. In spite of all of its difficulties, diversities, destruction and demands.*

*Always remember the gift of spiritual peace comes from the Almighty. Therefore, "No matter how busy you are, carve out time in your day to get calm, to think, to reflect, to be present." - Maria Shriver*

If our communities were filled with more people who have learned how to acquire peace of mind coupled with balance the path to stopping violence, saving lives and avoiding any kind of dispute would be the key steps to build a peaceful community. When your inner world, your mind is peaceful, it filters into your external world where it automatically irradiates other people's lives. That is why I will continuously strive to choose peace and balance in my life.

**By:  
Dr. Barbara Watties**



**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.



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**The Last Minority Who Will It Be?**

The Last Minority is a historical analysis of the social and economic development of the United States based on the combined influence of three major factors: human instincts; immigration; and immigrant cultures. An impartial analysis, this work is absent of judgment based on human behavior and social intent. Each chapter will reflect a determined search for understanding the essence of our society absent constructed hypocrisies like prejudice, racism, white-privilege, rich vs. poor, ethnic inferiority.

The book includes the personal stories of seven immigrant groups (Japanese, Mexican, White, Black, Irish, Jewish and Chinese) who progressed based on their separate cultural strengths notwithstanding the various barriers placed before them. The author and his hero, Congressman John Lewis, faced separate and similar life-threatening experiences in

April 1961. They both reside in the Washington, DC area approaching their 80th birthdays."

Mendel D. Hill and his wife and researcher, Helen L. Zivkovic, both grew up in predominantly white, industrial towns in northern Pennsylvania and West Virginia, respectively. They bring a combined total of over 75 years of experience managing city and state development projects across the nation as well as managing significant federal programs for NASA space exploration, DOD military readiness, and FDA health research.

Hill has a BA degree from American University in Washington, DC, and an MA degree from the Claremont Graduate School in Claremont, California.

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# THE NATIONAL BLACK UNITY NEWS



*The Community Is In Your Hands*

## What is the goal of VISION 2020? *Continued From Page 1*

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 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

your target audiences such as articles, sponsored social media posts, website display ads, preferred 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

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*

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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 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

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 Black 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-another with more than



# 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

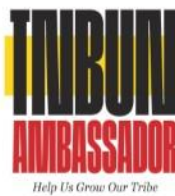
#### Online Assets

- 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 Millennials 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.

### TWO WAYS TO TAKE ACTION



Our Ambassadors 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**  
Locate | Connect | Support

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

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!

LEARN MORE CONTACT US TODAY

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### Help Needed

The National Black Unity News is seeking Sales Representatives to sale advertisement. Great Commissions for more details Call David Murphy 443-455-2373

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**The National Black Unity News**

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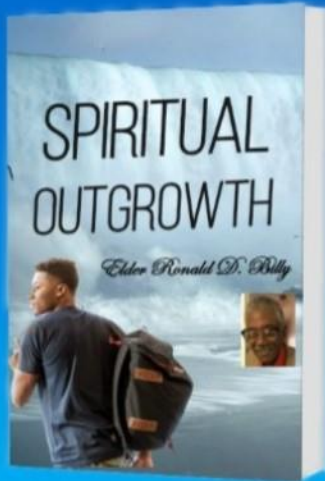
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By: Elder Ronald D. Billy



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God will be your keeper in time of trouble, through sickness, pain, ups, and downs, he is always there. I guess you ask when did all this start with Ronald? Welcome to my spiritual journey on page one in January 2020

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

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

Vol. 3 No.4 \$2.00

Oct./Nov./December 2019



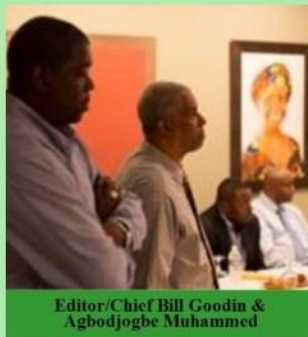
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