



# The National Black Unity News

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

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

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

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Jan./Feb./March 2020

## VISION 2020 OUR COMMUNITY IS IN OUR HANDS



### THE NATIONAL BLACK UNITY NEWS



The Community Is In Your Hands



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National Marketing Director  
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#### 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

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Us Helping Us = Unity

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

### New Year! New You! A New Us!

As we enter this year 2020, people often set new goals or resolutions! A new year symbolizes a new beginning that often start with a new start or beginning! Somethings changes and some things stay the same! But the one source you do have that can change and that is you!

Think on this, do you act or think the same way you did twenty years ago or ten years ago? The fact is that we are always changing or evolving! Since we are changing then the most logical place to change is within yourself!

A word to the wise, seek within yourself first, then you can

seek outside resources! Stop seeking approval from people. You don't need anyone's permission to fulfil your dream. Trust yourself and give yourself permission to succeed. Having support from people whose opinion you value is a wonderful thing but it should not be the criterion for whether you begin acting on fulfilling your goals or not

Start where you are and with what you have! Don't wait for perfection. Waiting for a time when everything is perfect and in place will cause you to lose your enthusiasm and abandon your goal. Conditions may never be as perfect as you desire. You may never have all the money, time, or knowledge you desire to begin working on your goals. You must take risks, learn and improve as you go along and then watch as everything begins to fall in place. If you have to wait for the perfect time to begin working on your goals you will be waiting a long time! Learn to trust yourself and embrace the journey because that is what life is a journey the goal is to reach your destination!

Plan your journey, map out the directions to reach your destination! You have to know *Continued on page 28*



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

**Activist, Author, Publisher & Organizer**

### Is Black Leadership Under Attack?

Please as I write this article, it is not meant to accuse the system of justice as being racist and prejudice, however, it is meant to raise critical questions and to shine a light on the truth.

I have lived in Baltimore Maryland for the past 30 years as a Black Man and one who has been an advocate and a participant in the Political Process. I mention this because I want to offer an observation.

First and foremost it is my personal opinion that "government" and corruption in politics are corrupt to the core. Yet, it is necessary that we have a "government" for many reasons. Without "government" chaos would be far worse than what it presently is even though it is getting totally out of control.

Baltimore City was incorporated as a city in 1797 and in 1987 for the first time after one-hundred and ninety years a

Black Man by the name of Kurt Schmoke was elected as the first Black Mayor of this City. He became the 46th mayor!

Remember I have lived in Baltimore for about thirty years and since the time I have lived here, I will give account to some of what I have witnessed politically. Since the time Kurt Schmoke left office in December of 1999, I want to attest to what I have witnessed.

I am not going to speak on behalf of administrations nor appointments but I will stay within the office of Mayor. After Kurt Schmoke stepped down a White Councilman by the name of Martin O'Malley was elected. As Politics played its political game of Russian Rolette vetting O' Malley a two-year term as Mayor the system set the stage for his election to become "Governor" of the State of Maryland.

During the time that O'Malley was in office, there were many rumors regarding his infidelity as well as his cheating with Black females. It was rumored that he was behind several incidents that resulted in injury and possibly even death. He was sued by the NAACP as well as the ACLU because the Baltimore Police Department was locking up thousands of Black Citizens without just cause.

The reason Martin O'Malley becomes important to this story is that I want to point out the corruption as well as the unfairness of power when it comes to Blacks holding office as opposed to Whites.

In the year 2007 Sheila Dixon a Black Woman who was at the time President of City *Continued on page 28*



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

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

### The Goals For Your Business

The goals you have for your business is understood, doable, and well-received. Productivity is somewhat meeting your expectations. You believe if more people had what you offer, everyone involved would have a better quality of life. Your creativity, resources, and time spent bringing your goods, products, or service to the public is a worthwhile effort. You may feel that your goods, products, and service should saturate the market and become a household name. You, feeling that way is good, but as a business, the score is kept by the monetary return of your investment found on your Balance Sheet.

Many wise Black-Owned-Businesses (B-O-B) advertise. Like any Fortune 500 Company, B-O-B sees that marketing is essential to growth and advertising is in their annual budget. Most of the CEO's of B-O-B know that advertising is extremely valuable, but even with Mainstream and Black Media, most ad campaigns are not that productive. The size and platform of the ad, the number of days the ad will run, the ad being sent to the target market, and the overall cost of the ad,

are all key elements in the decision-making process. With TNBUN, the size and the two platforms (digital and print) run for ninety (90) days, instead of one day or one week. Our market is the Black Community, and the price points for an ad in TNBUN are more than reasonable and helps make your advertising decision easier.

Knowing that if you can affect one person...the possibility is that you can affect billions...and so can your business. The key to your business affecting billions of people is exposure. More exposure means more product visibility, more patrons, more money, and greater satisfaction

I know everyone reading this is not an entrepreneur or running a business. Stay tuned anyway...there is even some important information to be shared with you. There is also a vital role for you to play!

The question to any and all of you who are in business...Do you advertise? If your answer is "NO", this article may not convince you to start. But for those of you who do, you know that it is advertising that keeps the boat afloat. From word-of-mouth to a state-of-the-art marketing campaign, it is what gets people to know that your business exists.

TNBUN is now sponsoring a nationwide business directory. TNBUN Directory is likened to the Yellow Pages (a business telephone listing), and the Green Book (a traveler's guide).

Those of you over thirty may have used the Yellow Pages. It still exists online as The Real Yellow Pages. What is similar is that we both list businesses and *Continued on page 27*



Editor:
Dr. Barbara Watties
The National Unity News

THE GIFT OF GREATNESS

As we step over into the year 2020 I want to thank God for this opportunity to bring you this gift ~ this love offering ~ this message of purpose and potential ~this message of clarity that will let each of you know that it is time for a declaration. That's why I'm calling each of you to action. I'm calling each of you to explore and determine your gift of greatness.

Start this new year off knowing that, if you prepare and equip yourself you can achieve greatness. But remember your achievement cannot be accomplished by what you say. Words alone don't fill a void or open a path. You will have to clear your calendar, loose some vices and prepare to make a lot of sacrifices. Become your own invincible host by choosing to encourage and motivating yourself. Be confident and set your standards high. Become an example that other's are eager to emulate by demonstrating continuous self-improvement.

Trust me, greatness is the gift only you can give yourself. "Remember that in difficult times, we don't give up. We don't discard our highest ideals. No! We rise up to meet them." Michelle Obama

Don't allow yourself to become adapted to what society tries to program into your spirit. If you have dreams act upon them by developing and creating your own world of success. Put your dreams to work. Use your strengths to learn about and practice whatever business, art, craft or other vision that intrigues you. Focus on your strengths. Don't allow others to block your success by their promotional discouragement.

Here is how to begin to lay your ground work to achieve your greatness:

Begin by asking yourself, am I doing what I want to do for the rest of my life? If the answer is no then begin to

>Create several goals charts and post

and post them throughout your house. However place the largest one on your refrigerator. List at least 4 goals that you feel strongly about; things you enjoy doing. After briefly attempting to work through each goal cross out the ones that you discover you don't feel as strongly about. Then focus on that remaining goal; the one you enjoy; the one that strengthens and nurtures your self esteem; the one that every time you accomplish any part of it you feel good about the end result. But most of all you feel good inside for the way you successfully accomplished the task/goal.

>As you focus get a good grip on your internal self. Begin to take each step towards accomplishing that goal with defiance. Don't allow the darkness of fear to blind you. Fill your mind with an aire of "supreme confidence." With a made-up mind see the vision that shows you achieving that goal with greatness. Believe that you are capable beyond measure to create and accomplish that goal.

Stay focused on that vision by giving your mind a daily workout. Believe me just like your body needs to be engaged in a daily workout so does your mind. Shut those demons of negativity out by constantly pushing yourself. Yes, because you are human and not divine, you will make some mistakes. You may even fail but don't give in, don't give up. But most of all do not allow adversity to stop you from achieving and sharing your greatest.

Don't allow your past failed use of your energy drain you of your ability to build your present or future success. Practice keeping your "beginner's mind in reserve. Reflect on that old adage "if at first you don't succeed try, try again." Remember that perfection does not always come with the initial progress " the first time out the gate" so to speak. However, always continue to enthusiastically embrace every new opportunity and learn from it. Because "it is a rough road that leads to greatness."-Seneca

Focus on becoming goal-oriented as you continuously see yourself achieving that goal. Plan, and work hard to achieve your best results performing the task/goal you've given yourself to accomplish. Then, to add to your creative "build a skill" goals, constantly challenge yourself to take every opportunity to learn everything you can with enthusiasm.

Believe me, if you passionately stand tall in your own power as you invest in your dreams and goals you will attain greatness. However, remember this: the one thing that greatness demands of you is that you stump out the anquish, once you overcome your fear of your own shortcomings. Because in the end the only person you are in competition with is yourself. Then and now," true greatness is defined not by a single moment, but by the ability to build a record of extraordinary achievement."David Porter



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

We at Faces Going Places will develop a international Platform that will take The National Black Unity News into the 21st century as a premium source of information and opportunity. The Partnership can help bring our community and businesses together in a manner to lift many to a level of prosperity that will demand respect and acknowledgement, for those that want to see real change. Together we all win. The opportunity of your Vision if taken seriously can change the lives of thousands seeking a better way to grow and embrace a brand new lifestyle. I have been blessed to create

something (Genesis Marketing)that will benefit all who Dare to Dream and are willing to go that extra mile. The National Black Unity News is a super-charged tool, that can yield knowledge and wealth that few are ready to embrace.

For the benefit of those who really want to taste and feel real change and "Dream fulfillment by helping others) "it,s your turn". The following is a portion of my blessings.

Graduate of Morgan State, First Student to pursue and receive "Double MBA"

Simultaneously (1976)Marketing and Management

First Company MBA to Train Staff and Board of all 6 councils, Teen Centers and Cultural Arts Center

Consultant for the community Purchase of all Arundel Ice cream Plant and stores

Consultant to Model Cities Council E for Salute to Soul Festival (AFRAM)

Producer and Owner/Partner of Baltimore/Washington 1st Minority dance show "Soul of the City"

1st Minority company to receive Contract for US Army to develop Officers in ROTC in 3rd Army

Developed the country's TCC (Technology Commercialization Center for Marketing) successful products are;

Dr. Butler was featured on the cover of Schenley's 1981 "Black History Calendar"

The HOMV (Hummer's Hot Pockets, Bad News all Purpose Sauce, FR-4 (Flame Retardant) Zenedge Energy

1st Community Unity Golf Tournament, Luma Sound (First minority inventor in CES (Consumer Electronics Show)

Consultant to Mayor Schaeffer and BEDCO for Park Heights Business Center.

Currently Consultant to the World Famous Harlem Wizards

Member of Who's Who in Marketing

Dr. Butler has been a Personal Consultant to many Celebrity Leaders ie: Dr. O'phillia DeVore, Grace Del Marco Modeling, Rosevelt Giles, Larry Gibson, Henry Parks, Willie Adams, Ray Haysbert, Dorothy Height, Larrissa Lockett., Boyz to Men, Dennis Chambers, Rosa Parks

We are honored to be a Partner to a true Legendary Gaint Founder and Owner of Faces Going Places and Maker2 Markets Dr. Mel Butler

Professor at Morgan State University, Coppin State University and Bowie State University.



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

Recently, I had the pleasure of speaking at the Generational Wealth Symposium at Morgan State University in Baltimore, MD. Several dynamic speakers who shared some actionable information on real estate, investing, marketing and trading. I was excited to speak about entrepreneurship.

First, we examined what type of people start a business? So besides the fact, you have to be pretty crazy...crazy bold, special, confident, faithful. At Lyfe Wurks, most entrepreneurs we come across fall into these four categories.

Which can you identify with? Then we examined what "wealth" means to us. All agreed wealth are your assets, cash in the bank, investments and making money while you sleep. Others added wealth of mind, body and spirit, meaningful connections and knowledge. How do you define wealth?

Next, I referenced Robert Kiyosaki's "Cash Flow Quadrant". Not familiar? Take a moment and google the image so you can follow along. He focuses Continued on page 8

2020 Entrepreneurship Goals

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

I discussed liberation in my last column for this publication. Liberation at its essence starts with the self. We cannot liberate our community or our families, without first liberating ourselves. Chattel slavery and servitude placed a tremendous burden on our community one that has not been addressed to date. The institution of slavery has affected the minds of the enslaved and the mindset of their offspring.

Today we find ourselves shackled to a vision of ourselves and our community that is stronger than any chains that ever bound our ancestors. We believe the worst in and, of ourselves and in and of each other. We buy into and acquiesce in the mistreatment of ourselves and our people. Far too often we are the instrument of our self-destruction and disenfranchisement.

We are often disappointed because we see little if any collective progress. We give up too easily without realizing that the change needed is on an individual

level. We have been taught that the pathology of one black person is representative of all black people. But that the black success if recognized at all, is an individual accomplishment.

Too many of us look at our current circumstance and worry that there is no way out of the dilemma which effects our community. Too many of us point to all the pathologies that our enslavers attribute to us but ignore in themselves and purchase and traffic in the myths of the weakness of the spirit, community, and soul, that is African Americanism. We embrace beliefs that are demeaning and destructive to our community.

This pattern is enhanced by the power of modern technology, social media, and communications that depict African American life, people and businesses, as an ongoing minstrel show. We remain enslaved and we have given our minds to our enslavers. We have completely bought into the negative image of ourselves both mentally and physically. We

identify with our oppressors. We worship their image, whether it is in the physical realm by the false things we put on our body that we believe enhances our beauty by making us look like them. Also, mentally by looking down on one another and attaching their values to our lives and well-being.

The mental chain that binds us is self-hatred. I know that foundation is everything in life and that nothing can stand without a solid foundation. I have been taught that one cannot love others until one first loves oneself. You have to have a perspective, a basis, a foundation from which to build upon, from which to liberate oneself. You must liberate your thinking before you can truly have a positive impact on the thinking perception and thus the behaviors that afflict our community.

Thinking and behaviors are habits and habits, with belief, discipline, skill, and commitment they can be modified. We cannot collectively improve our communities until we improve ourselves. This can be accomplished one African American at a time if we exercise our pride and our strength as a people. First to believe, really believe not just sloganeer that we are a great resilient and strong people. Our mere survival here in America should suffice. Secondly, we must discipline ourselves on the individual level to embrace ourselves and our culture and to truly be proud of ourselves. Third, we

must train ourselves and develop the skill to recognize not only our value but to guard against self-diminishment and allowing others to define us. Fourth we must maintain a commitment to our community and not just to ourselves.

Self-hate is a destructive phenomenon, that is not limited or solely attributable to our community, however, our community has historically been subjected to a relentless campaign by our oppressors over hundreds of years the result of which is unsurprisingly the diminishment of our self-image and our nation. To liberate ourselves we must reject the image notions and propaganda that has defined our community. The application of these principals these disciplines will move the reader in a positive direction and more importantly move our community forward.

My call to the reader is to apply these disciplines to their daily lives and their interactions with others both inside and outside of our community. The next time you interact with a business that is of our community support them, look at them lovingly and not pathologically. The next time you interact with your brother, sister or children of the community of the street look at them lovingly and supportively. You will find that people often live up to your expectations of them. Expect love of yourself and your community, the worst that can happen is you become a better person the best is that you will create a stronger community.



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

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

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**iii) Debt & Collection Agency Defense:**  
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**National Editor**  
*Wayne Randall*  
**Financial Consultant**

### Paradigm Shift 2020

November 2019 posed a different kinda threat to our Government. We witnessed the 45th President of the U.S. undergo an impeachment inquiry by the Democratic Party. These hearings were scheduled to conduct testimonies from credible witnesses that alleged they had information vital to the proceedings. Persons subpoenaed Former U.S. Ambassador to Ukraine testified another official from the Office of Management and Budget (OMB) testified in the inquiry. The whistleblower's complaint initially prompted the inquiry of the \$400 million in aid being held. The testimony shed light on the withholdings of military aid to Ukraine for several months, a process in which OMB played a critical role.

#### Shift

With an election year, insight uncertainty of who is going to be President is lingering in the minds of most Americans. Distrust in our elected officials has become commonplace. In nine months the elections proceedings will start with little or no faith in our political system. We as a people must elect another President. The last four years have played out like a theatrical performance. Despite, all the hoopla over the outcome of the impeachment hearings most people were/are carrying on with their everyday lives. However, this did not interrupt the anticipated spending frenzy that started well before Black Friday. Retail giants were

gearing up with their subliminal advertising as they do so well every year in anticipation of retail sales exceeding last year's expectations.

#### Caution

In my last year's editorial "Tis the Season", I cautioned people about the temptation of carrying their plastic/credit cards with them as though it were a bank card. The holiday season can be very tempting even for the frugal-minded. It's imminent you will hit the slippery slope if you're not mindful of the danger! For those of you who are reading this and did heed caution, I congratulate you! There's enough to deal with, need I say anymore? That's why I'm here. I run a financial management service that helps people reach their savings goals. If there's ever a time to start it's at the beginning of the year. Realistically, my approach is to assist you with quarterly targets that you can realize as short term goals that will help you with your savings. This is one place to start. The second should be your employer/company and you're investing in the profit-sharing if it's available.

#### Investments

The idea is to have several buckets that serve the purpose of increasing your holdings during the calendar year.

401Ks, and IRAs, are perfect options for individuals working in companies that offer them. For the self-employed a Simplified Employee Pension (SEP-IRA) is a good place to start a low administrative cost tax-deductible plan which comes with several advantages for self-employed workers and where you decide the annual contribution amount which can change from year to year.

If you have a low-income year, you can decide not to make contributions at all. You can contribute up to **25%** or up to **\$55,000.00** for 2018 (the lesser of the two) of your annual earnings not to exceed **\$275,000**. Tax credits of up to **\$500** per year for each of the first three years for the cost of starting the plan are available to eligible plan participants. Contact me for more information on these plans. If you like to promote your business or service call me. If you like to be featured on my podcast "The Finance Hour", I've had the pleasure of helping many people with their businesses and political campaigns. Visit my website at

<http://www.yourfinance-info.com> for more information on these plans and services click the service tab.

**Have a prosperous New Year!**



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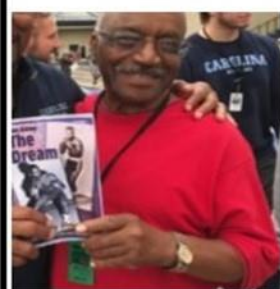
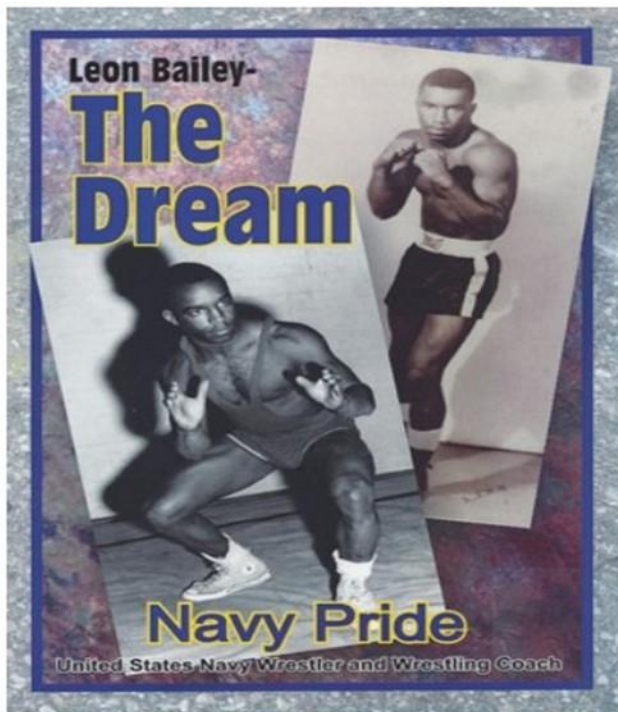
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### Leon Bailey's book "The Dream"



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**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

nesses 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.

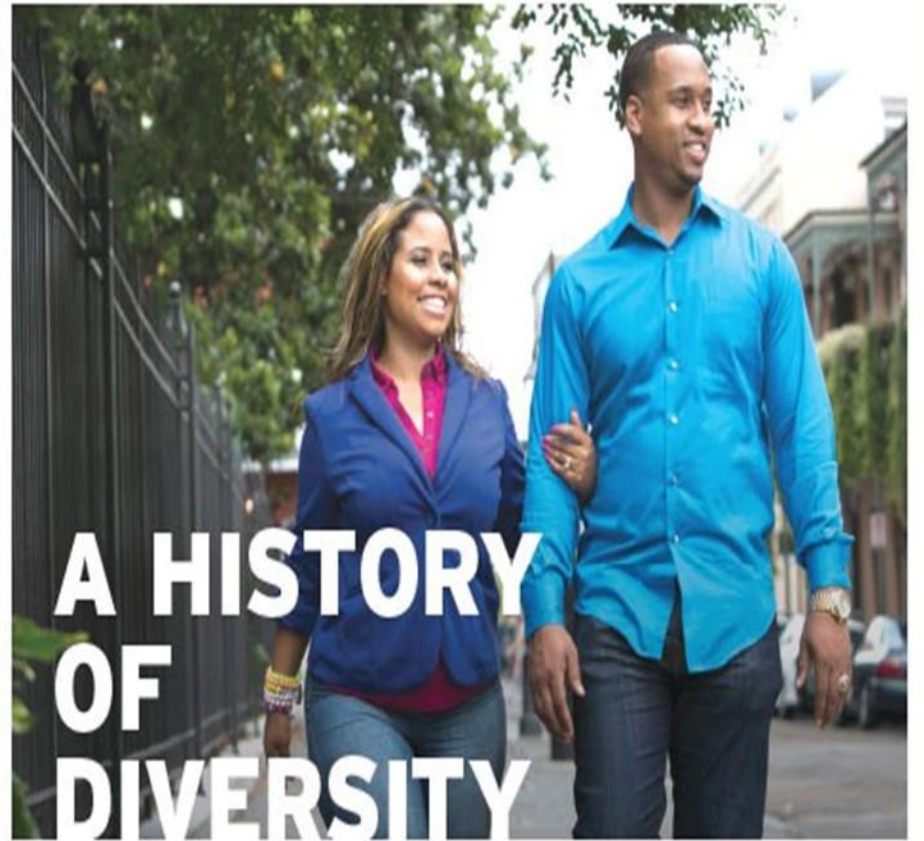
It like Tyler Perry and Floyd Mayweather are owners. These men figured out how to do what they love to market it and own the product. It's the same on the finance world we have to work for money and we have to invest why not own it and get paid from doing what we have to do anyway.

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.

bills. Scams are illegal. In the business of finance getting license requires going 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 is corporate America. We sold our busi-

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

*You can contact me at  
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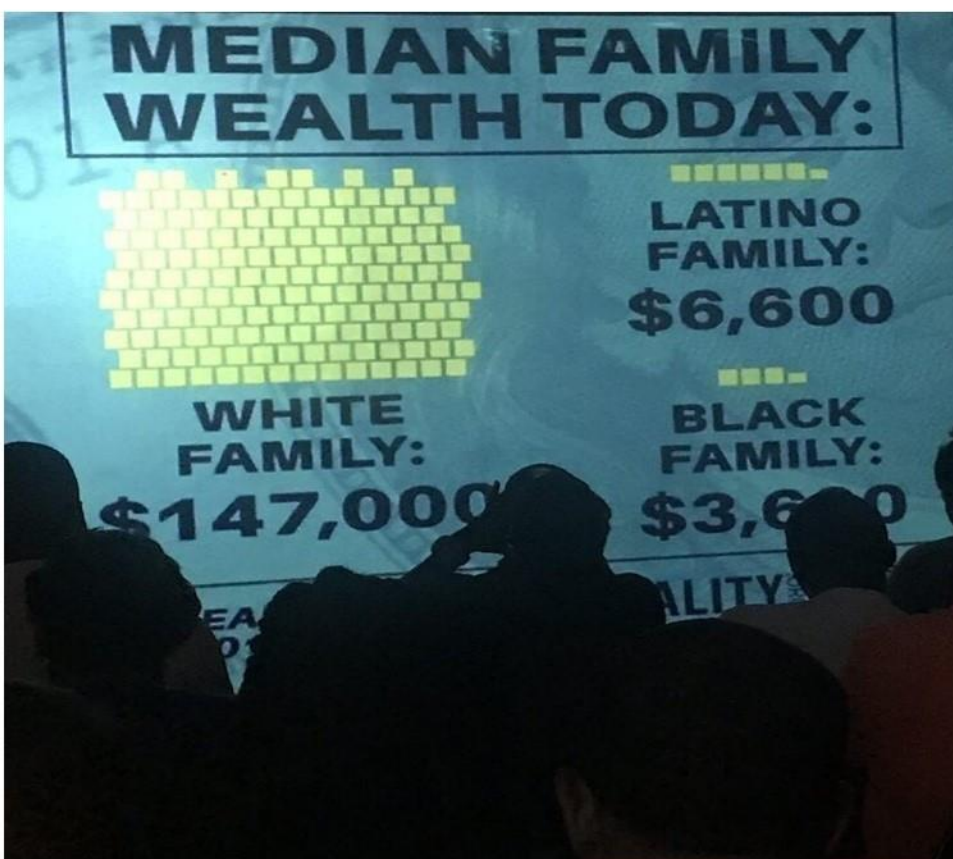


Forty years ago, Primerica was founded on the commitment to help Main Street North Americans live extraordinary lives by providing both the financial education and solutions they need. Helping these families is who we are.

**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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- Pay off credit cards and loans efficiently
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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**  
(667)231-0819      <https://www.facebook.com/lila.arthur>

**National Marketing Director  
Jacinta "Jaye" Walker**

Continued From Page 4



on a major factor in wealth-building: the **ability to leverage time for money**. When we are employees, we have the least amount of leverage. Time on a job = Income. Self-employment creates a similar predicament because we invest

**"I would rather earn 1% off a 100 people's efforts than 100% of my own efforts"**  
*John D. Rockefeller*

even more time. Typically, we are solo as we oversee or do everything ourselves. The challenge is finding reliable consistent employees. Income potential is greater but totally dependent on even more time we dedicate to running the business, oversight and our ability to sell.

## WHO STARTS A HOME-BASED BUSINESS?

JOB FRUSTRATION	MONEY MAKING IDEA	TRAINED / SKILLED	FREEDOM LYFE STYLE
Undervalued Underpaid Dissatisfied Lay Offs	Solves a community or worldwide problem Ability to generate \$\$\$ Opportunity opened up	Certified or Licensed Trained in subject Ability to teach Considerably talented	Work From Anywhere Seek flexibility Entrepreneur Spirit Be their own boss Ready to pursue passion

True passive income is realized when we can leverage the time, expertise, and efforts of others. When you move from self-employed to business owner, the infrastructure of your business is so systematic, you could leave for extended periods and the business continues to produce efficiently because of capable and knowledgeable individuals working for you. Of the 3 examples: employee, self-employed, and business ownership, the latter affords the greatest use of our time to create significant amounts of money. With greater amounts of time and money, individuals can easily move into the final quadrant of becoming an Investor. This is where true generational wealth is achieved. Now my money is working for me! That's a Boss!

So in 2020, let's move from entrepreneurship and side hustling to business ownership! Now that we are reminded of the difference, start today by planning a **scalable business model of growth** for your company. Remember, the efforts and knowledge we attain today are only going to create generational wealth for our families and our community. Something we greatly lack compared to other communities. So here are a few actionable things to implement today:

1) **Get clear on what you have to offer**, who your target customer is and why

they need your product or services. The more articulate you are, the better your closing ratio will be. **2) Clearly identify and master your sales funnel process.** Know exactly what happens from the moment a lead is procured to closing a deal and gaining repeat business. **3) Be strategic!** Produce your sales forecast, timelines and goals. Develop a trusted team around you, and continue to understand your industry's trends and unmet needs **4) Develop your "Y U Effect"** a Lyfe Wurks' exercise that helps determine what sets you apart from your competition. This now becomes your core marketing and branding message. And lastly **5) Have Faith, Work Smart!** The fact that you stepped out into unknown waters to create a path for yourself and others is amazing! You will be

tested time and time again. But your goals and dreams are within reach. Maintain that confidence in yourself, your visionary ability to lead and surround yourself with people that challenge you to be better.

Lyfe Wurks is offering FREE introductory Business Consultation to help implement methods and strategies for your new startup and for companies that need a jolt going into 2020. Visit us at [LyfeWurks.com](http://LyfeWurks.com) click "Services" tab, scroll down to "Book an Appointment."

*Jacinta Walker, Lyfe Wurks President & Chief Strategist*



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

Why I Support Congressman Kweisi Mfume

Congressman Kweisi Mfume comes back to the Congress of the United States with seniority. No other candidate can do that. Congressman Mfume currently enjoys connections and political relationships with current and former members of Congress that serve to automatically boost his effectiveness and efficiency in the U.S. House, on day one. No other candidate can do this. Congressman Mfume is intimately familiar with the process of creating, negotiating and successfully completing the journey of taking an idea/issue from a bill to a

law on the federal level. No other candidate can bring that to bear on day one. Congressman Mfume understands and believes in partnerships with his local government colleagues for the express purpose of raising the quality of life for his constituents no matter the level of government. Congressman Mfume is a staunch believer and has unshakable faith. He leans on his spirituality to keep his moral compass. Congressman Mfume is a man who has experienced many of the challenges in life that have served to create a real and true under-

standing of the human condition and changes that people are going through daily. He is committed to finding, creating and supporting the solutions and resolutions that bring positive and lasting change. Congressman Mfume is experienced, committed, concerned and ready to hit the ground running in service of the constituents of the 7th Congressional District of Maryland.

achieves this seat must have and will not have the time required to develop. Congressman Mfume, wise and seasoned, will bring his political maturity to bear for the constituents he will return to, with a few added areas he has inherited.

There are some who would argue that the good Congressman won't be able to pass the vetting. All I can say is, the current President of the United States of America has admitted to grabbing women by their vagina's and reported to an attending news reporter that women liked it. Who vetted him? I would also suggest that those among us without issue and living in glass houses should hurl the first stone. I don't care about his past. He has acknowledged that he has made some poor decisions and suffered the resulting consequences. Enough about the past. What about the future? Poised and ready to begin, I am going to work with Congressman Mfume to raise the quality of life for the constituents of the 7th district. I don't have to, but I am. What are you going to do? Complain about it, or be about it?

I believe he is the best choice to hold on to the progress made by the late Congressman Elijah E. Cummings, who in fact was carrying on the progress of the Congressional District he swore to represent following Mr Mfume's departure in 1996. Mr Mfume has already run and won this race five times. It is a historical necessity that this seat continues to be filled by someone born and raised in Baltimore. Mr Mfume is the only person running who can adeptly assume the title of Congressman prior to the election's completion. Knowing what to do, when to do and why to do, is a critically necessary skill-set that Congressman Mfume also possesses. Wisdom is another necessary trait that the candidate who

https://mfumeforcongress.com

YOU GOTTA START SOMEWHERE
Fran Allen is a very insightful, talented and sought after communicator. As the National Editor of Self Development her contributions to The National Black Unity News are top notch and thought provoking. She is straight forward and authentic, sharing her life experiences creating a sense of trustworthiness and commonality. Fran is dynamic, high energy and has a great sense of humor.
David Murphy, Founder and Publisher, The National Black Unity News
Fran Allen uses the pages of her life to motivate, inspire and encourage audiences of all ages and economic backgrounds. She is a dynamic speaker who captivates a room and evokes energy from her listeners. Her engaging style gives people something to relate to and renders her unforgettable. Fran is a motivating force!
Dawn Fitzpatrick, Educator and Motivational Speaker
Fran Allen is an intuitive, thought provoking, humorous writer with a gift for story telling. She has a passion for being in service of others and shares her life stories to show people they are not alone in their struggles. She is real and honest and thoughtfully direct. Fran is a rising star in the motivational arena, and one to watch!
Jacelyn Whitfield, Author and Founder of The Center for Creative Life and Learning
Fran's summary bio
Ms. Allen is an author, keynote and motivational speaker, change agent, seminar and workshop facilitator and motivational discussion group leader who delivers powerful and practical ideas to inspire others to take their thinking outside the box and keep it there.

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

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

**The year 2020 Calling on All Pastors,  
Ministers and Houses of Worship.**

Many life-changing events and inventions have been predicted to occur in the next decade starting with the year 2020.

It seems that the most noted predictions for 2020, our new decade, are set to address the needs and concerns of those that have the most.

I wonder where are predictions that improve life for those who need help? We have a president under scrutiny who talked about cutting food stamps which could possibly affect babies and children. We have families falling apart due to failing school systems, drugs, gambling, and other ills purposely designed by the enemy to destroy families and ultimately our society.

We hear nothing from the institution that has always been a reliable source of strength for us in times of struggles.

Where is the institution that supported us in our past trying times? The institution that encouraged strong families and strong belief in The God of our Salvation that has brought us thus far? What happened to us? What has happened to our leaders? Have they forgotten their One and True God?

We have a lot of preachers but where are our leaders of Faith? There has always been someone with strong faith, who believed in our royal heritage as a people. This leader helped us see who we are and led us to walk therein. We have always been a God-fearing people. We have always been a strong people rich with intelligence. No matter what the struggles we have overcome the great challenges put on us, or put in front of us. We are an amazing people. We are so Amazing that the devil has tried to develop ways to destroy our greatness.

When I say devil I am not referring to a color or any particular group of people. I am talking about the evil spiritual one who uses people to do bad because he hates good. How many times have people that are close to us or loved ones backstabbed us, or threw us under the bus? So then, we are talking about any person or thing the enemy uses or tries to use to destroy us.

No matter what we have gone through as a people, even when it was a secret among us, we have had a moral leader that Fought, Marched or Stood for what is right on our behalf. This leader encouraged us to love God, love family and to be the best that we could be. This leader held a moral standard before us that helped strengthen ourselves and our families.

Where is or are our leader/leaders today? Who is willing to say, I have made my mistakes, I am not perfect, I now know better. I now have a burning desire to make a difference for our children and community. I desire to help someone do and be better. I want to see my people do better because I know that we are better than what the enemy tries to show. I know that if one-fifth of us were as confused and being destructive as the few that are struggling we could not exist.

As we go into 2020 where and who are our leaders/leader? Who is stepping out and up? Who is fighting for the children, for us as a people? Who is reaching out

beyond their own doors? Where are you? Share with us. We will tell your story.

*Dr. Martin Luther King Jr. once said:*

"If the church does not recapture its prophetic zeal, It will become an irrelevant social club without any moral or Spiritual Authority!"

Prophetic as in guiding us, giving us Godly direction. Over 20 years ago a congressman knew that we as a nation were in trouble and his question was widely published by media. He asked, "Where Is The Church?" We are still asking the same question as our moral fiber is being torn into shreds.

Our children are being challenged in their desire and efforts to do good. Satan is laughing at us who sit by the sidelines pretending to be something that we are not. Not doing serves him. Who are the keepers of our children? Each of us has a responsibility to be our brothers and especially our children's keepers. God's word tells us to look after the children and widows. Should we wait for a leader? Should we do what we know in our hearts to do right now until one appears?

Can God move without us? Tell us what you think. Remember, when we turn our hearts towards God, and follow His lead, miracles happen

*"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!!!

**The Prayer Line Chapel**

Rev. Theresa Mercer  
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National Editor  
**Imam Bilal Omar**  
One Who Survives

**RACISM & DIVERSITY IN AL-ISLAM**

Praise be to G-d the evolver and the sustainer of all worlds of knowledge. We thank him for Muhammed Abdullah the last Prophet and the seal of the Prophets the model man for Humanity and the last day. Diversity is such a broad subject to address because every sign from G-d is revealing differences that have to be evaluated and understood. So I'll begin with myself, and my experience with Racism & Diversity growing up in a world where white supremacy was the ruling factor in the whole society. Those of us who wanted change, Replicated the same injustice that was imposed on us, only reversed we became the superior. We established a black G-d. So that unequivocally made the whites inferior to the blacks, who was G-d in the flesh. They taught us that we were the black G-d's who was a great scientist who devel-

oped the white race, that was not fully human. I never fully understood that, but we excepted it and believed it for the most part. I think I can understand the way white people are having a race and racist trouble the same as we have. Because if the only son of G-d is white that is strange logic in religion that teaches and uplifts special races, and special people excepted by the Creator. A lot of white supremacists have been converted away from that misinterpretation of scripture. As well as many of us who were members of the Nation of Islam made that transition from being black racist to following our father, prophet Abraham, and his Monotheistic concept of the oneness of G-d, G-d not being a man in no shape or form, man is created, and G-d is the creator.

Racial Diversity its purpose is to ac-

quaint one with another. If you study the leaders of the so-called whites and the world they have shaped, you could not like what you see unless something is wrong with your mind or you just don't know enough.

*Victims become the Victimizers:*

We have so-called black victims, and they make us their victims. If the victim is not rightly situated in his heart, the victim most likely will become a victimizer. Racism is not a natural development in the human make-up that G-d put in the original nature of mankind. [male & female]. Its something from misread scripture. [scripture is not an easy course]. It establishes the superiority of one people over another; The blacks were cursed, because of their black skin. Rama [the sun G-d] in Asia, and Jesus Christ, may G-D have peace upon him, is the sun too. One of his symbols is the sun, not just the s.o.n. but, s.u.n. he said as long as I'm in the world I am the light of the world. In Africa, Osiris is the sun. So this is nothing new. Racists want you pre-occupied with your identity as a black person. Africans. think of themselves as tribes, their excellence as a tribal society, and tribal identity, tribal culture, tribal excellence. That is what they are more conscious of. a black can give birth to an albino, [white] love it take care of it, and if a white gave birth

to a black child what do you think they would do. Every child and every race wants to know its origin. Al-Islam wants man to think like a philosopher, Jesus Christ, peace be upon him, and all the righteous servants of G-d, the Gospel, New Testament, That Jesus Christ too wanted people to think; Above all get an understanding. Human Identity is what makes a man successful, not racial identity. The body is the clothing of the true abstract person. Our strongest prerequisite is for the unity of all mankind, and to get to know people from different races. Many of the southern so call white people were victims of white supremacy because they were uneducated in world culture, and if you integrate with them you will find them, [the southern white man], more kind, and respectful toward you as a so-called black man. The Abstract Person; Your body is not the real person, the real person is the abstract person. One main point that did not sit well with me was that G-d was black, and when I looked in the mirror I saw a brown man, which disqualified me who was not 100% black, this was the worst form of slavery that man ever created.

*Your friend in service to G-d, and humanity Imam Bilal Omar. My resources are, Holy Qur'an, Muhammed's Uswah And Imam W.D. Muhammed*



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

**FLIGHT: VISION 20/20 IN 2020**

Welcome to FLIGHT: VISION 20/20 IN 2020. Allow me to give you some important information regarding this flight so that you can be assured that you have reserved passage on the correct flight.

First: All on this flight must be a visionary, laser-focused and have a positive attitude. They must be void of hatred, jealousy and envy. They must have a heart full of *agape love*. They must have the comfort and welfare of others foremost in mind.

Second: All must have been bestowed upon them at least three de-

grees: (a.) Degree of RESPECT (b.) Degree of LOVE (c.) Degree of HUMILITY. Without these three degrees, you cannot board this flight. With these degrees you will listen to the Captain: You will Hear what He says: You will Believe what He says: You will Repent of all your mistakes and sins committed in the past: You will Confess the name of the Captain and be Baptized for the remission of your sins.

THIRD: All on this flight must be FORGETFUL: You must forget the wrong done to you in the past and the mistakes that you have made in past years with

20/20 VISION IN 2020. You must have a FORGIVING heart in order to be on this flight.

If you have all of the above minimum requirements, you are ready to board.

QUALIFICATIONS OF THE CAPTAIN: The Captain has degrees in GRACE and MERCY. He knows the route because He has travelled it before. His Father has conferred upon Him the titles of PROPHET, PRIEST, and KING. His name is JESUS!

He knows all about you. He knows your hopes, dreams, desires, and pains. He knows your failures and your successes. He knows how many times you wanted to give up and declared life was not worth the struggle. He knows the times that you have been betrayed and used. He knows every tear that you have shed because he dried them. He knows every time that you were down and thought that you were out because He lifted you up. He knows your concerns for your children who are leaving home for the first time and now are away at school. He has them in the cradle of His arms. That is why He commanded you to train up your children in the way they

should go so, when they are old, they will not depart from it. You have trained them well. Now, TRUST GOD!

Now, ALL ABOARD FLIGHT: VISION 20/20 IN 2020. There will be many bumps and tempting resorts on the way to this flight, but don't stop and don't give up. Have a passionate faith and as you travel toward your flight, add to your faith VIRTUE, KNOWLEDGE, TEMPERANCE, PATIENCE, GODLINESS, BROTHERLY KINDNESS AND CHARITY.

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*"Have A 20/20 Vision In 2020"*  
*God Bless You All!*  
**Achaniel F. Lucas, Sr.**  
**(443)272-6167**

**VISION 20/20 IN 2020**

**LORD! LET OUR VISION BE 20/20**

**In 2020 LORD, PLEASE LET IT BE**

**LET OUR ACTIONS BE 20/20**

**SO THAT YOUR WORD, THE WORLD MAY SEE**

**GRANT, WHEN THE PREACHER MOUNTS THE PULPIT**

**WITH THE BIBLE IN HIS HAND**

**HIS ONLY VISION WILL BE OF THEE**

**THAT HE IS, YOUR HOLY MAN**

**GRANT LORD! AS THE ELDERS, SHEPHERD YOUR FLOCK**

**AND TEACH THEM RIGHT FROM WRONG**

**SO THAT THEY MAY LEARN, YOUR MIGHTY WORD**

**AND STRIVE TO MAKE, HEAVEN THEIR HOME**

**LORD! GRANT THAT THE DEACONS, SERVE YOUR PEOPLE**

**WITH LOVE AND HONOR, ON BENDED KNEES**

**KEEPING THEM IN MIND, WITH 20/20 VISION KIND**

**SUPPLYING THEIR NEEDS, AS THE MASTER SEES**

**OH LORD! GIVE YOUR PEOPLE 20/20 VISION**

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# God's Giving Hands

## Showing God Appreciation By Giving Back

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

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

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

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

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

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

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

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

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

*David Murphy*

### God Ain't Done With Me

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



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

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

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

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





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

**Vacations Are Good For You**

Annual Vacations reduce Heart Disease Risk By 32% (Journal of the American Medical Association.) For all the dedicated workers who bypassed taking time off for a summer getaway, a recent *Psychology & Health* study offers a bit of advice: "using vacation time instead of forfeiting it could lessen the chances of developing metabolic syndrome, which raises the risk of heart disease, stroke, and diabetes." Overall, vacations are experienced as positive events. This positive subjective experience may translate into physical health benefits given that vacation frequency may protect against metabolic syndrome and symptoms. Lost 768 million unused vacation days that's 153 million 1 week vacations. More than \$65 Billion in lost benefits!

happiness that going on vacations creates! Vacations contribute to higher positive emotion levels, less depression, lower blood pressure, and smaller waistlines! Lower stress and boost the immune system up to 10 months (research quoted by OARS)

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Vacations increased chances of getting a raise or a bonus according to Business Insider!

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dle man (Expedia), and you save money! 2. Secondly, 100% of the money that you save on resorts, accommodation, etc. will come directly to Movements Unlimited as a donation. Movements Unlimited is a nonprofit corporation with 501(c)(3) status and a receipt is provided for any donation. 3. Thirdly, in addition to Movements Unlimited receiving the money you save...we also earn reward credits (or points) on your travel booking...these points are redeemed to purchase educational gifts. In essence...in using VORTEX, you will be saving time and money and simultaneously helping us to dismantle the cradle-to-prison pipeline for children of color and children in poverty through education. Please register TODAY on the Movements Unlimited Vortex and make your online travel arrangements by clicking on

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# Rikki Vaughn For Mayor



As I sat down to interview Baltimore's 2020 Mayoral Candidate, Rikki Vaughn, many thoughts ran through my mind about promises echoed by prior politicians who were elected into office but soon forgot about the voters who voted for them in good faith because the voters believed that change would finally come to Baltimore. However, the condition of our schools, neighborhoods, poor road conditions, income inequality and poor police and community relations are indicative of those empty promises that resonates with most Baltimoreans.

Yes, we continue to hear about the promises, potential 2020 Mayor, Rikki Vaughn has made but some of us still have our doubts due to empty promises. What sets Rikki Vaughn apart from the rest? Why is Rikki Vaughn different and will he be the one to bring change to a city that needs,

**"NEW VISION, NEW LEADERSHIP, NEW DIRECTION AND A NEW BALTIMORE"**

which is Rikki Vaughn's campaign slogan.

The first question I asked 2020 Mayoral candidate Rikki Vaughn is, why would your wife or any other family member vote for you? Vaughn responded, "From an integrity standpoint, my wife knows that I keep my word, I deliver on commitments that I've ever made and promised. Vaughn added, "Speaking for myself, I am a public servant who would rather serve Baltimore. I'm not a career politician that offers soundbites. I am approachable and humble. Most of my 5500+ employees know that I am a sup-

porter and don't mind doing what it takes to get the job done. Even if it means that I have to get my hands dirty by taking a broom to sweep the lobby or the parking lot of one of my many restaurants."

Although there were many obstacles in life that Rikki Vaughn has overcome, he never felt sorry for himself nor gave up on his future but he used those obstacles to make him into the man he is today. Like, Vaughn stated, "I went from being a high school dropout to getting my GED" but he didn't stop there because remember this is a man of vision and can clearly see the path of success and work on fulfilling promises he made to himself. Vaughn further stated, "After getting my GED, I went to Hampton University, got my Bachelor of Science in Criminal Justice and graduated Magna Cum Laude. Then went on to get my MBA from the University of Southwest and finally, I am pursuing a PhD in Public Policy and Administration at Walden University."

Vaughn's educational experience explains why he is so passionate about making sure our children receive a quality education or making sure that they don't have to go to school with coats on because there's no funding to provide heat in the city public schools or making sure they receive an education that will prepare them for something as simple as the next grade level.

Vaughn stated, "As Mayor, I will make sure that we have a curriculum that meets the needs of our kids and address the youth initiatives in Baltimore. These initiatives connect to everything like education and homelessness. A lot of

people don't realize that many young folks are homeless so when you put the youth initiative in place and address the homelessness in Baltimore, you are addressing it from a holistic standpoint and you are able to make huge strides and improvement within Baltimore City".

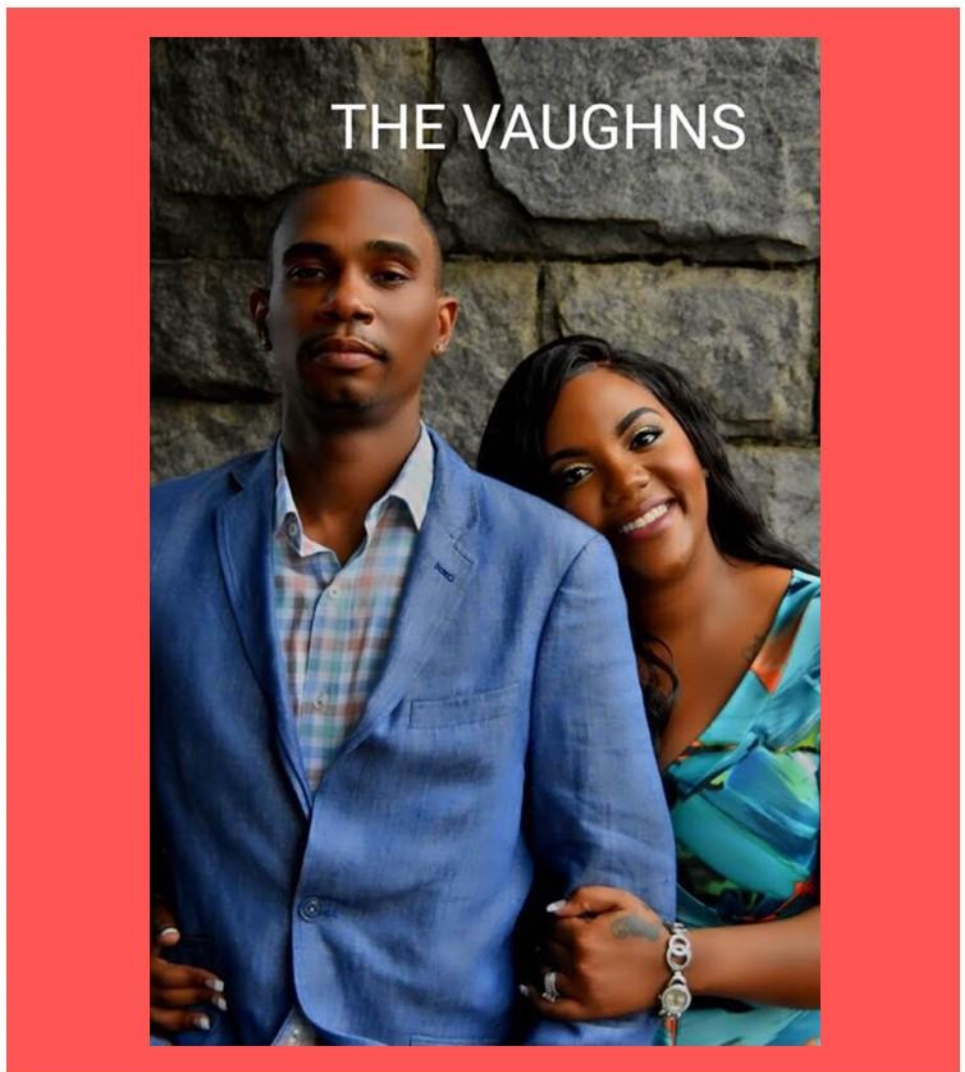
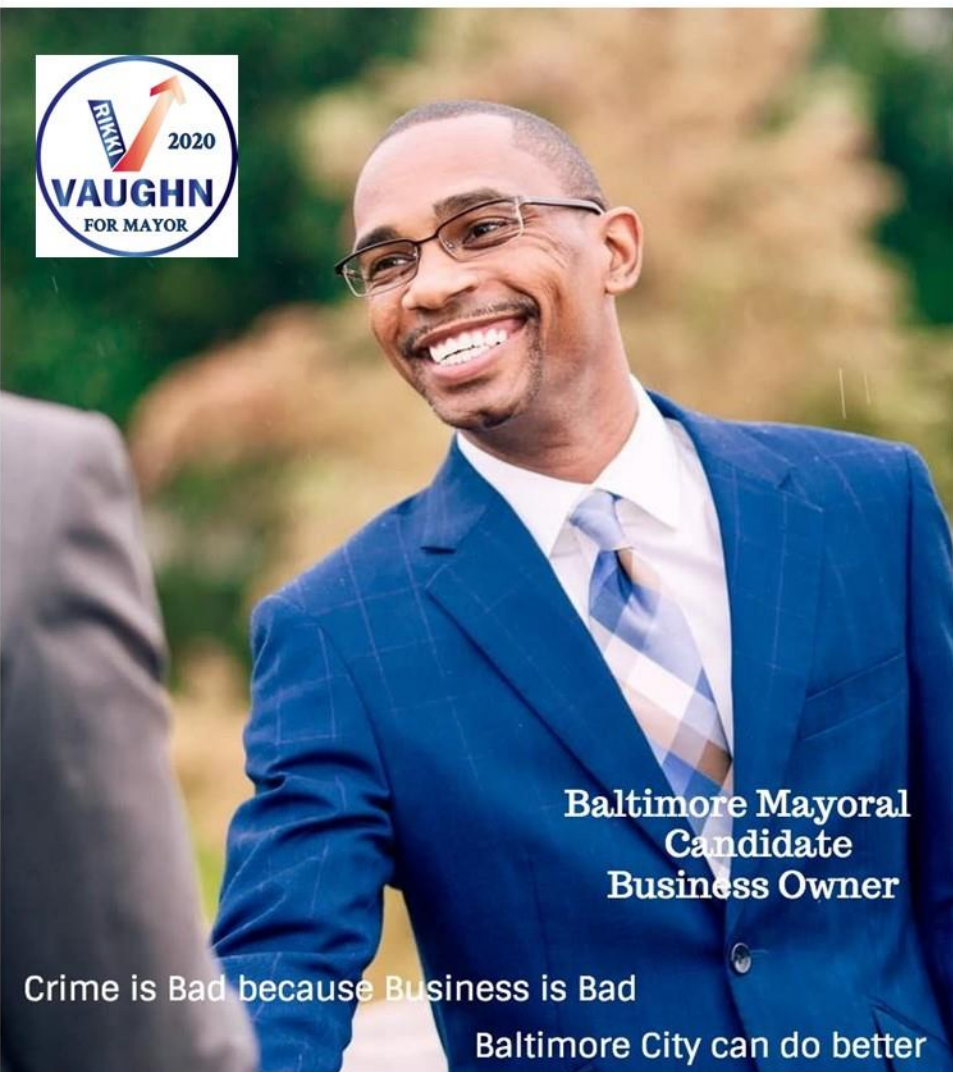
Homelessness is an area that Vaughn can relate to as he shared with me that he was homeless for two years, as a youth. He shared how he used to go behind a building to bathe in the cold and fill up a bucket of water that had rocks in it because it was the belief that it warmed up the water. However, Vaughn turned his situation around by remaining focused on his future and working on the goals he set out for himself to get better. Thus, he eventually went from homelessness to a multi-home owner. He went from being a minimum wage worker at McDonald's to CEO of over 100 restaurants and as mentioned earlier, has 5,500+ employees.

Vaughn was a single father at 17yrs old, had a close family relative that was affected by opioid drug use but has since turned their life around because of Vaughn's unwavering support. Might I mention, Vaughn was a former felon at the age of 18 and ran for US Senate in Maryland but had to step down when his brother was gunned down. Vaughn shares his life story to encourage individuals and ensure the voters that it's not about the soundbites, say what sounds good, verbalize those promises that sound reassuring but as soon as you get into office those soundbites are carried by the wind, never to be heard of again. It's about change and bringing something new to the table.

Vaughn's life has given him the keen perception, experience and resources necessary on how to change when to change and what it takes to change. The time is now for a change. "Baltimore needs someone who has the experience. The time is now for, "Making sure that we have individuals that are ready to go into the workforce that are educated and properly trained". The time is now for, "Building, together, repairing and replenishing for the betterment of Baltimore". The time is now, "To make sure that we are equally represented not only with the government but financial as well. Making sure that Minority Small owned business have access to 67% to 70% of city contracts because we make up 67% in the body of Baltimore City. We shouldn't be getting only 7 to 11% of contracts". The time is now for, "Us to take back our neighborhoods and help ex-felons who have turned their life around to build and empower them to become business owners," Vaughn said.

A different approach could've been taken with this article but sometimes it's best for the people to see who they are really voting for and what type of change that person will bring to Baltimore City. Rikki Vaughn is someone who in life has locked his wings, like an eagle and sailed through the storm, unhindered, unmoved, steadfast, focused and is ready to bring us a NEW VISION, NEW LEADERSHIP, NEW DIRECTION, AND A NEW BALTIMORE". Most importantly, his track record has proven he knows how to do it.

*Rikki Vaughn, "For Mayor of Baltimore...2020".*





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

Ten Lessons in Life

Knowledge (1)

idea why it is.

Knowledge is a gift from God that everyone in the same place at the same time, perceptually receives equally, if your five senses are working properly.

Knowledge comes to you not as a bombastic redundant allocation, it comes to you as a minute glimpse of time, appearing in your preconscious mind.

filled with miniscule bites of information we need to learn how to use. If we could use this thing we call knowledge humanistically proficient, to the point of understanding things, it would be much better for all.

We as human being must rise every day and realize that there is more to everything we perceive with our five senses. Everything we perceive with our senses are introductions to the holistic actuality of those things.

Ten Lessons in Life/Understanding (2)

The ability to process the knowledge you have consciously received using your sensory receptors, as you continue your journey called life is looked upon as human understanding.

knowledge is rendered useless if you don't know what to do with it. Understanding is knowing what to do with the things you know about.

Every minute, of everyday, of our lives that we awake, we are bombarded with bits of information that is formally considered as knowledge and that is exactly what it is.

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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.

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# Black Men Unifying Black Men

## Us Helping Us = Unity

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

#### THE MANY FORMS OF ADDICTION

Please don't get me wrong but the truth is the truth. I, along with many others play the lottery and go to the casino but, the question and more questions have to be asked. How can we proclaim that we are trying to turn a city around by constantly creating additional addictive habits? Let's face it when poor people spend and blow their money that is supposed to be used for paying bills, what options are left for many of them?

them as devices of good; such as casinos and lottery. They will push and promote these devices as revenue that is coming into the system that will help to fund education and other opportunities. However, let's be honest about it, has it been more harmful than a benefit?

It's no secret that here in Baltimore as well as many urban inner cities across this country, we're already crippled by drugs and weapons. It's obvious that with the revolution of technology and the closing of many jobs that the temptation of doing something wrong is always close. Let's look at the closing and the failure of the educational system.

It has always been rumored and stated that the truth hurts. It is better sometimes that we ignore the truth rather than face the truth. However, The National Black Unity News is promoting the truth and offering solutions to helping to heal some of the sufferings within our communities. The truth is that we must resist and fight back against some of what is offered to us. Let's look at the services that we pay for that are taken from us. We go to the store and we scan and bag our items, while we witness the truth that we are helping to take jobs from others.

Yes, those who are sitting in the seats of what we consider to be power' will embrace the devices of harm and promote

We are moving into the robotic age of technology. Ironically, shortly, robots

will be doing much of what many of us presently are doing. What does that mean? Does it mean that we are getting better as a community and as a society? No, it simply means that there will be more unemployment! Of course, with more unemployment comes what? Crime!

I profoundly wish I could say that leadership should know better. Yes, they should know better than pushing and promoting some of the adversities. But, sadly many of them have no idea what the future holds. On the other hand, many of them think they will be saved and rescued from what is to come. However, I promise they too will meet the havoc of what the future holds.

Of course, the real question/questions are: can we turn this around? Of course, we can but, it will take real unity and a true understanding of what we are fighting to turn around. However, I inherently do not see it happening. But what I do see happening is that the intervention from the "CREATOR" will be

present and not because I have said it. But, because it is promised!

Why am I saying such, I am saying it because of the reality that we, as a people, have to start fighting back and stop fighting one another. See, we are not the enemies of one another and we are not the reason why the world is moving in such a drastic and ugly manner. If we pay attention to what is happening and come to the understanding of why some of what is happening, we will be better equipped to organize and to fight for one another.

Let me say this: pay attention to the media. Learn to understand the difference between which media agent benefits you, as opposed to the media that is part of turning you against one another. I close with this: we will get better if we want to get better. But, if we deny the truth and don't face the truth we will continue on the road we are on. Let's get off this road and get on the road to truth.

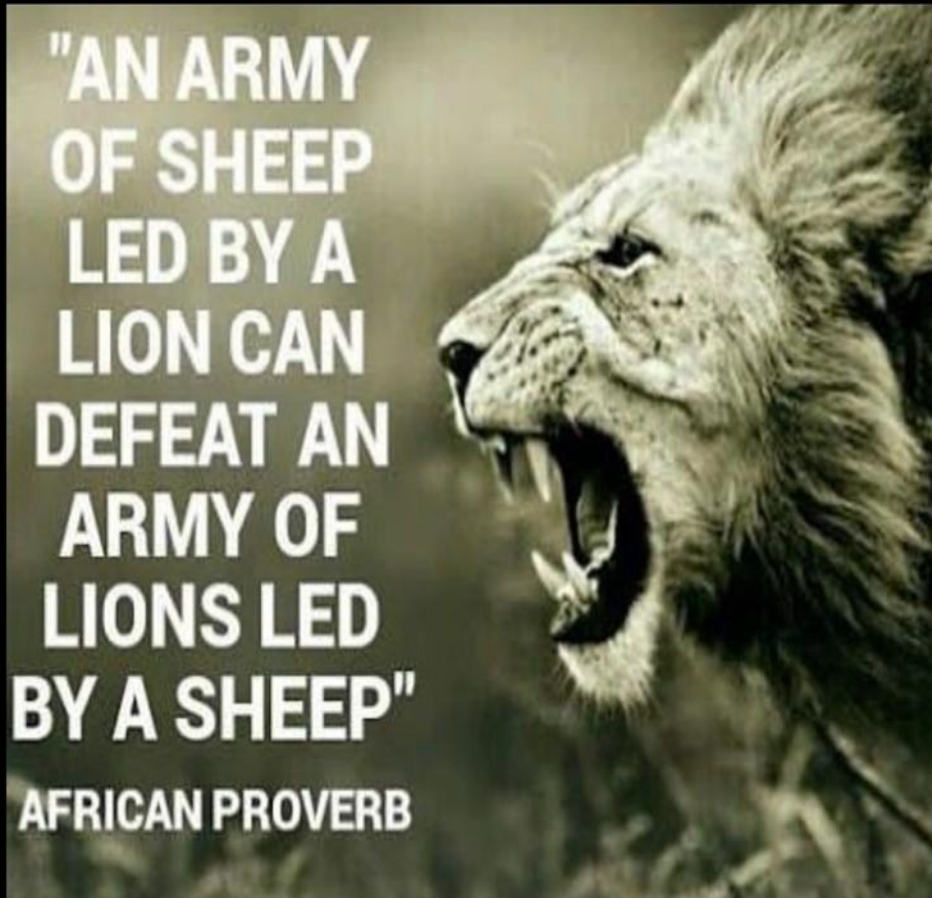
By, Bill Goodin



## Black Men Unifying Black Men

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



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### Black Men Unifying Black Men

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Rico C. Crawley



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**National Youth Editor  
Kathleen Murphy**

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**The Next Decade, 2020. Be A Better You!**

Hello to my youth readers. Shake off 2019 and walk into 2020, with new aspirations, new insights and a new you. During the next three months, (January, February, and March), the African American community recognizes and celebrates Dr. Martin Luther King on his birthday, Black History Month in February and Women History Month in March. The Black community will memorize our past Black leaders and inventors who forged forward to bring change into the world.

Dr Martin Luther King, Jr. was encouraging African Americans in Birmingham, Alabama in 1963 to vote and to desegregate public facilities through the Southern Christian Leadership Conference (SCLC) and other civic-minded people. Dr. King wrote "Letters from the Birmingham Jail, when he was arrested and incarcerated in April 1963 in Birmingham, Alabama. On May 2, 1963, African American students marched to Birmingham's city hall but were stopped by police and arrested. Dr King visited those arrested students and told them, "What you do this day will impact children who have not been born." The students marched again and were met by police with firehoses and police dogs. As the world saw the brutal attack of the police on the young Black students on the television, the Birmingham businesses eventually agreed to desegregate facilities and businesses on May 10, 1963. Called the Children's Crusade of 1963, this movement was important to the civil rights movement of integration and equality in America.

Many young Black Leaders stepped up to make a difference during the Civil rights Movement. As many of you know, in 1954, Brown v. Board of Education was settled in the U.S. Supreme Court. This decision was supposed to lead to the integration of United States schools. During this time, school districts were ordered to change their student admittance policy. The School Board in Little Rock, Arkansas developed a plan to integrate its schools. The President of the Arkansas NAACP selected nine students to integrate Central High School in 1957. In preparation for such a change in their schooling, these students were counselled on how to cope and be successful in the new school environment. The Governor of Arkansas ordered the National Guard to keep the

students out of Central High School. The nine Black students faced a crown of angry white protestors who screamed and spit on them. The National Guard who was initially present to protect the nine students eventually did not allow the students to enter the school. Days later, the National Guard was released from the school and the Little Rock Police Department was directed to protect the nine students. Again, the students were met by white protestors. President Eisenhower sent federal troops, the 101st Airborne Division, to protect the nine students. As a result of these Army soldiers, the nine students were able to enter Central High School. The 101st Airborne Division was detailed to the school for a year. Still much verbal and physical abuse continued. One student had acid thrown in her face and another student was thrown down the stairs. The first Black student graduated in 1958, but Central High School was closed the next year. Then in 1959, the school reopened and The Little Rock Nine Students graduated. Each student received the Congressional Gold Medal from President Clinton in 1999 and President Obama's invited all nine students in 2009 to his first inauguration.

It is hard to discuss the Little Rock Nine Students and not talk about Ruby Bridges. In 1960, the New Orleans school district developed tests that were challenging for Black students, but Ruby Bridges passed the test. William Frantz Elementary School was near her home, but she would be the only black in the school. Ruby was protected by U.S. marshals, spending her first day in the principal's office as protestors were outside and taking their children out of the school. Soon the white students returned to school, but Ruby would be separated from the white students in a classroom on a separate floor from the white students. Only one teacher, Mrs Barbara Henry, volunteered to teach Ruby. Ruby did physical exercise without other students and ate alone in the classroom. Ruby's father lost his job and her mother could not shop at the grocery store. Ruby was bothered with nightmares and stopped eating. Eventually, the teacher started eating with her and Ruby had a psychologist. Slowly Ruby could have time with her classmates and during her second year, she had classes with the other students. Years later, Ruby psychologist wrote a book about her experi-

ences and Ruby was a guest on the Oprah Winfrey Show with Mrs Henry, her first teacher at William Frantz Elementary School. More Black youth leaders are in the news than ever before. I am impressed and inspired to read about their creativity, boldness and drive to accomplish so much.

I always enjoy sharing the good news with you. Today, our Black youth are carrying on the torch. Black youth are changing the United States for a better society. If you do not believe me, here are a few young heroes/heroines. Amariyanna "Mari" Copeny, at the time, was 8 years old in 2006, when she wrote a letter to President Barack Obama, calling herself, "Little Miss Flint." Her letter requested to visit the president or the First Lady while on a visit to Washington, D.C. She was going to hear Michigan Gov. Rick Snyder talk to Congress about the water problems in Flint, Michigan. This is a quote from her letter, "My mom said chances are you will be to [sic] busy with more important things but there is a lot of people coming on these buses and even just a meeting from you or your wife would really lift peoples spirits." The Washington Post reports her writing in her letter. "Thank you for all that do for our country." Copeny did not meet with the President on that trip but did receive a call from the White House saying that President Obama had read her letter and was emailing a response. In the letter, President Obama explained that he was moved by Copeny's words and that he hoped to meet her on his upcoming trip to Flint. Copeny continues to speak up for clean water in Flint and is a youth ambassador for the Women's March. Yara Shahidi is an 18-year-old actress and activist who advocates for diversity in Hollywood, girls' education and voter turnout. She launched a new initiative called Eighteen x 18, which will encourage more young people to vote in the upcoming elections. She also worked with Michelle Obama's, Let Girls Learn initiative and with the United Nations to launch a mentorship program called "Yara's Club," through the Young Women's Leadership Network.

Marley Dias, at 13 years old, became the founder of #1000blackgirlbooks, a campaign that she started in 2015 with the goal to collect and donate 1,000 books to her peers that featured black girls as the main characters. To date, she has collected more than 10,000 books and spoke alongside Michelle Obama and Oprah Winfrey at the United State of Women Summit in 2016. This past January, she released her own book, "Marley Dias Gets it Done: And So Can You!" I'm working to create a space where it feels easy to include and imagine black girls and make black girls like me the main characters of our lives." Dias said at Forbes' Women Summit in New York City last year. Her work has also earned her a spot as the youngest person

on Forbes 2018 "30 Under 30" list.

Let us give a big shout out and "thank you," to, Zim Ugochukwu who is a senior at the University of North Carolina-Greensboro. Ugochukwu is responsible for the movement to open the International Civil rights Center and Museum in Greensboro, North Carolina. The center and museum will commemorate the Greensboro Sit-ins during the Civil Rights Movement. Named one of Glamour's 20 Amazing Young Women, Ugochukwu also won an award from Campus Progress in 2010.

We can certainly appreciate Charlene Carruthers who raised funds and donations for her to travel to Haiti during the earthquake. She plans to return to do more community development in the future and has worked with the Religious Coalition for Reproductive Choice, Lawyer's Committee for Civil Rights Under Law, and the Center for Community Change. Jimmy Briggs is a journalist who worked in wars in Afghanistan, Uganda, Rwanda, Colombia, and Sri Lanka. Briggs co-founded the Man Up Campaign to encourage youth to stop violence against women and girls, and he became the first African American appointed as a Goodwill Ambassador.

Nyeem Hudson was twelve when he became a motivational speaker on subjects such as bullying, confidence, and self-love. He published, "We are all Kings., a Motivational Guide for Young Men."

Upcoming events for African American youths are all over the United States such as The African American Youth Leadership Conference (AAYLC) which is non-profit and 100% funded by donations and operated by community volunteers. Their upcoming conference will include speakers such as Suave who is the founder of the Hip Hop ConnXion Family Nationwide and Nicole "Dr. Nic" Rankine who is a certified international empowerment speaker. Her story begins with her struggle with reading comprehension as a child. The Educating Children of Color summit is about our youth. Perhaps you cannot attend these conferences or summits, but you can follow-up, read about and contribute to them online.

What will the next decade (the 2020's) be like for you? I have always said that "you drive that journey". Remember to build respect for yourself. One of you reading these articles might become the person who will decide on important issues affecting our communities or you become a research scientist working on a cure for cancer or the superintendent of a school district making policy for our children. Whatever you become, be a good citizen and give back. Be your best self. Act on what you are passionate about or do what is needed.

To Support Our Youth Section

Kathleen Murphy

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National Editor
Mélaughn Butler
The Association of College Pro-Activists

Featured Story: "When Two Elephants Fight, it is the Grass that Suffers!" We believe that it's important to recognize that while our community leaders continue to argue and bicker amongst themselves (in search of a solution), that it is our community, elders, and youngsters who continue to live & suffer the consequences. We believe in the purpose of collective work and responsibility, and understand that tribal wars have been the longest-lasting wars, to this day. This is because we are a people of rhythm, and rhythm requires space to breathe; every unit operates best with complete control, reigning over their area of specialties. In response, the Indigenous Business Association has learned how to organize amongst our competing egos within the community. The Co-op has opened up branding partnerships within the IBA

Loyalty Program, where organizations can put their face on the front of our cards, while still contributing to the growing economy of the urban community. The IBA Loyalty Card functions in such a way that every dime one spends in the Black community, puts customers in a position to earn Free spending credits. This helps supporters of the community to stay motivated and puts revenue at the doorstep of local business owners. A complete win: win! To emphasize this point, the Co-op has started hosting monthly pop-ups at supporting Black-Owned Businesses. We call them, the Happy Hour Tours because each business gives a one day discounted price for all patron who enter with an IBA card in hand. We would like to give a huge shout-out to Shake & Bake Family Fun Center, Noir Restaurant & Lounge, and

The GruB Factory Vegan Café for hosting our End of Decade Tour. With each location being some of the first to respond to the program, they will be honored in our history books. We enter 2020 asking, "Who's next?"

What's New: The IBA Co-op was only designed to outsource resources to educational programs, and/or projects looking to sustain the inner-city community. To further develop this purpose, the Education Department of the Co-op has started to utilize a PRP model, in partnership with Next Generation Therapeutic Services. In 2020 we will sustain Mentors, Counselors, and Educators for helping the Co-op to bring educational programs to the doorsteps of children and parents. Yes, parents too! We figured, what is the point of helping to build strong children if we keep sending them into the homes of adults who cannot be repaired? By dividing our time and attention, IBA can respond to youth on an individual level, while also providing parents with parental skill lessons and offering parental employment opportunities. Our model gives families a fighting chance of beating inner-city odds collectively, each learning the role they play in the development of repairing themselves, and our neighborhoods. This department will be run-

ning its pilot program at Hamilton Elementary / Middle School. Contact us for more ways to get involved and help support.

Get Involved: Do you have your IBA Card? The first stage of all activity is to show that you are willing to commit to the concept of shopping black, reinvesting in the community, and utilizing the collective resources from the community. We ask all willing supporters of the program to purchase the IBA Card first, and then to schedule an orientation to learn more information about becoming a Business Affiliate. We have a special deal going: (20 for \$20.) The first twenty responders in 2020 to request a card, will purchase one for \$20. If you already have one, gift one to a friend or relative. Most importantly, join us at our next Tour Stop. January 12th, from 6 pm-10 pm, we will be at Nacho Bangers. [2420 E Monument St.] \$10 Combo to anyone who shows with their Loyalty Card in hand.

Contact:

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Email: Mbutler.acp@gmail.com
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
410-446-9083



**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!

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

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

**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**

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**Catherine Brown**

**Certified Wellness Strategist**

**Email me at [lefemmelledechef@gmail.com](mailto:lefemmelledechef@gmail.com)**

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



<p><b>Turmeric</b></p> <p>Usage Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p> <p>Health Benefits One of the most impressive free radical scavengers, it also supports brain health, protects cell integrity, &amp; aids in mood balance.</p>	<p><b>Himalayan Salt</b></p> <p>Usage Lorem ipsum dolor sit amet, consectetur adipiscing elit.</p> <p>Health Benefits Properties aid in sinus relief, the ability to increase the body's natural ability to breathe deeply &amp; breathe better at night. It may also reduce or eliminate night coughs, snoring, &amp; breath-related sleeping conditions.</p>	<p><b>Cilantro</b></p> <p>Usage Great for soups, salsa, &amp; guacamole.</p> <p>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 &amp; minerals, &amp; it has a long history therapeutic use.</p>	<p><b>Lemongrass</b></p> <p>Usage Works well in sweet and savory dishes &amp; drinks.</p> <p>Health Benefits A source of beneficial phytochemicals that support the body's response to harmful organisms, boost the immune system, &amp; promote overall wellness.</p>
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**Bon Appetit!**  
*Femmelle Chef*

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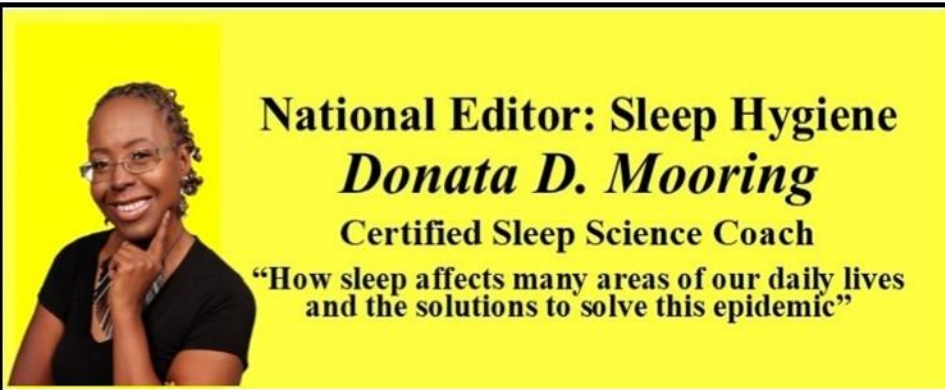
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**National Editor: Sleep Hygiene**  
**Donata D. Mooring**  
 Certified Sleep Science Coach  
 "How sleep affects many areas of our daily lives and the solutions to solve this epidemic"

**Is Sleep Depression Attacking You?**

I guess you are wondering what is Sleep Depression? Well, I consider it as a form of depression that is caused by lack of or no sleep. In addition, sleep depression has different levels and you might not be aware that you are being attacked by sleep depression.

Sleep depression is a fundamental experience that we might all feel from time to time but when sleep depression begins to affect your attitude, perspective, and health it is time to do something before it gets worse. We all go through difficult times that could make us feel depressed, but it does not have to consume your life.

*Based on the National Sleep Foundation*

*Insomnia is very common among depressed patients. Evidence suggests that people with insomnia have a ten-fold risk of developing depression compared with those who sleep well. Depressed individuals may suffer from a range of insomnia symptoms, including difficulty falling asleep (sleep onset insomnia),*

*difficulty staying asleep (sleep maintenance insomnia), unrefreshing sleep, and daytime sleepiness. However, research suggests that the risk of developing depression is highest among people with both sleep onset and sleep maintenance insomnia.*

*Obstructive sleep apnea (OSA) is also linked with depression. In a study of 18,980 people in Europe conducted by Stanford researcher Maurice Ohayon, MD, PhD, people with depression were found to be five times more likely to suffer from sleep-disordered breathing (OSA is the most common form of sleep disordered breathing). The good news is that treating OSA with continuous positive airway pressure (CPAP) may improve depression; a 2007 study of OSA patients who used CPAP for one year showed that improvements in symptoms of depression were significant and lasting.*

*In many cases, because symptoms of depression overlap with symptoms of sleep disorders, there is a risk of misdiagnosis. For example, depressed mood can be a sign of insomnia, OSA or narcolepsy. Restless legs syndrome (RLS), a neurological condition that causes dis-*

*comfort in the legs and sleep problems, is also associated with depression. According to the Restless Legs Syndrome Foundation, approximately 40% of people with RLS complain of symptoms that would indicate depression if assessed without consideration of a sleep disorder.*

form of depression. Another form of depressive illness is bipolar disorder (manic depressive illness), which is characterized by extreme highs and lows. During high phases, bipolar patients may be energetic, talkative, and joyful. During lows, they experience symptoms of depression.

**Symptoms**

**Solutions**

Symptoms of depression vary from person to person. Below is a list of the most common symptoms. It is not uncommon to experience a few, several or most of the symptoms of depression:

- Loss or lack of energy
- Insomnia
- Feelings of hopelessness, helplessness and sadness
- Loss of interest that were once pleasurable
- Lack of concentration
- Forgetfulness
- Loss of libido
- Weight gain
- Change in appetite

Thoughts of death or suicide (seek professional help)

Depression may also be accompanied by anxiety, lack of confidence, low self-esteem, and physical symptoms such as back pain, headaches and gastrointestinal problems. One of the most debilitating features of sleep depression is insomnia.

Long term sleep depression can cause illness such as Major Depressive Disorder (MDD), dysthymia, and bipolar disorder. An impaired ability to eat, sleep, work, think, enjoy activities and feel pleasure can be caused by MDD. Dysthymia is a mild yet more persistent

Believe it or not setting GOALS will make you feel like you are accomplishing things in life. Below are 5 Steps for achieving any SMART goals:

- S ... Plan (S)pecific goals short and long term
  - M ... Ensure your goals are (M)eaningful with purpose and passion
  - A ... Choose goals that are (A)chievable that apply to your life
  - R ... Your goals must be (R)elevant – how do they align with your life
  - T ... Plan your goals using (T)ime measurable – set dates
- The feel-good chemicals called endorphins is what you temporary experience when you EXERCISE. I noticed since, I have been exercising and my fitness is a lifestyle, I do not feel depressed. Exercising does not have to be a thing you dread but an opportunity to feel better physically, emotionally, and mentally. Even if you walk daily or a couple times per week this will relieve stress. EATING HEALTHY in moderation can avoid depression if you have a tenacity to overeat especially before bed. Plan to get enough SLEEP. Lack of or no sleep can cause depression which can become a vicious cycle. LEARN something new. When you're depressed, you're in a rut. Push yourself to do something different. Go to a museum, pick up a book and read or volunteer somewhere that is important to you.

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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.

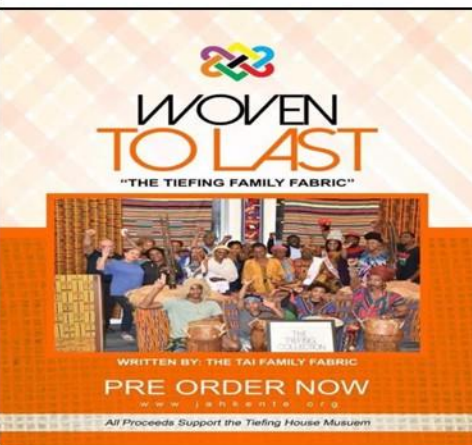
*Culture is the New Currency!*



**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.



**My Kwanzaa 365: The Case Against Politicizing African Heritage**

Perhaps there is reason to believe that no good can ultimately come from an institution with compromised history, seeded by the antics of controversial personality politics, where success is based on the character or namesake of one individual and method. Just as one may say there is no reform effort for the prison system, established to support the free labor models birthed out of the original American sin described in Michelle's Alexander's New Jim Crow text. However, unlike physical science where rules of physics like gravity "what goes up must come down" are only broken when journeying to space, stereotypes, and laws that govern social science are more fluid.



3rd Bi-Annual Family Kwanzaa 2016

Along with the irony of Black police officers, Black criminal defense attorneys, or African son of "Ham" who truly benefit from Christianity, our Family continually grows from practicing Kwanzaa and collective reinforcement of principle-based living.

It seems like just yesterday we all gathered for my first Bi-Annual Kwanzaa celebration; Monday, December 26th, 2010. We came to celebrate Umoja (unity) inside, and outside was a blizzard. In front of my building, the Munsy Apartments was a snow emergency zone. Ma said we should definitely cancel the event. "After all Kwanzaa was seven days long and besides, why couldn't I choose another time?" For the record, I've never been my mother's most compliant daughter, and I simply said: "Ma they will come." And they did; my brother Skeet and sister Kelly, nephew Khori and Shannan, Ms. Gladys and Big Tony, Auntie Joyce and Damon, Kenneth and Dontae and Faye Brown, Rasta, Deborah and Melise and Burgundy and Konnie and Mike and And, And, And, And. It was so nice to defy the stereotype that Black people don't come out in the snow, especially not for Black events like Kwanzaa.

At this, the first of many Kwanzaa events we would have, I announced that in our family I would take responsibility for ensuring our unit stayed focused on a future guided by the best of what our history had to offer.

Our Family isn't the stereotypically "deep," conscious or elevated to the physical aesthetic of locks, fros, and kente only. We're straight from the Murphy Holmes to Edmonson Village, to Northwest Baltimore and "good job" tribe. I'm still trying to convince my grandmother that eating chitterlings with her Black-eyed peas and collard greens for News Years Day; also the last day of Kwanzaa, isn't ideal. But I have Imani; the Kiswahili word governing the last official day of Kwanzaa that simply means faith. I have faith to keep going in 2020, faith that our family can stay connected, faith like the bible mentions of a "mustard seed" and a reminder that "faith without works is dead."

Even as a North Carolinian woman who traveled during the greatest migration on American soil to Baltimore to raise our family and remember vividly when Kwanzaa was created in 1966 by Maulana Karenga as another, "faddy trend to help the nameless Black, Negro, Coloreds identify themselves." My 89-year-old Nana still "donated" 20 dollars because she has "faith in my Kwanzaa thing."

Every family body has issues, but for us, the bones are good. We love any



5th Bi-Annual Family Kwanzaa 2020

reason to celebrate so our Bi-Annual Family Kwanzaa was another opportunity to come together and appreciate our African ancestry too. I have attended many Kwanzaa celebrations prior to the one hosted by our family. However, I'm proud to say our gathering seems unique because it includes a segment of information sharing between Africans who have actually lived in Africa and who's culture originates there. This year

I explained to the family that we are African too, and we didn't stop being African because we moved against our will to this country. The look of shock on both their faces pair next to our "we Africans" cousins that came to tell us about "culture" was epic. Though we live in urban areas, Kwanzaa, which translates from Kiswahili as "first fruits



4th Bi-Annual Family Kwanzaa 2018

of the harvest" is very similar to celebrations of original African agrarian societies. Still, even after five Bi-Annual celebrations over ten years, we have a long journey ahead.

The goal of our event is to continue this tradition every year, with the first year being in the United States together and the second year journeying as a family unit to the continent or another place in the African Diaspora. If you find yourself interested in our family tradition contact us today at [www.luvfam.org](http://www.luvfam.org), come to the family reunion this summer or hey, save the date and join us for Kwanzaa in 2022.

There may be a patina of truth to allegations surrounding the legacy of the founder of Kwanzaa and for the sake of not giving free promotion, I won't give place to a discussion of that history. Still, nothing can refute my personal experience and for what it's worth our Bi-Annual Family Kwanzaa is working for us.



Kim Poole: 443-739-0941

**Gigs, Bigwigs, & Shindigs**

**GIGS**

UNESCO in Offering a 2-week filming residency in Japan 3/29-4/12 2020 for African Female Film Makers deadline January 12th 2020 [Bit.ly/africainnara](http://bit.ly/africainnara)

Kofi Annan International Peace Keeping is Training January 12th 2020 [www.kaiptc.org](http://www.kaiptc.org)

AfroTecTopia is Training January 6th - 17th 2020 [www.afrotectopia.org](http://www.afrotectopia.org)

Global African SHEROES Union is Accepting steering committee members for UNCSW64 <https://forms.gle/9ngjWHno4EvZa6Dm8>

Children's Fresh Air is Funding Grants of up to \$5,000 deadline January 6th 2020 <https://www.bcf/For-Grant-Scholarship-seekers/Grants/Childrens-Fresh-Air-Society-Fund>

**Big Wigs**

**Dr Mumbi**  
[www.dr.mumbishow.com](http://www.dr.mumbishow.com)

**Shindigs**

Fete Du Vodou (Festival of Vodun) January 10th 2020 Ouida, Benin West Africa [www.travelbeginsat40.com](http://www.travelbeginsat40.com)

Black Men Unifying Black Men Breakfast January 18th 2020 Baltimore, Maryland USA <https://www.facebook.com/groups/282093218824705/>

MLK Day of Service West Atlanta Watershed Alliance January 20, 2020, Atlanta, Georgia USA [www.wawa-online.org](http://www.wawa-online.org)

African Union 39th Session Permanent Representation January 21st -22nd 2020 Addis Ababa, Ethiopia [www.au.int/en/summit/33](http://www.au.int/en/summit/33)

Wax Print Film Screening February 9th 2020 Baltimore, Maryland USA <http://17527.blackbaudhosting.com/17527/Film-Wax-Print>

AFRAA Conference March 24th-28th 2020 Kampala, Uganda East Africa [www.africaartsassociation.com](http://www.africaartsassociation.com)

United Nations Commission on the Status of Women March 9th - 20th 2020 New York, New York USA [Unwomen.org/en/csw/csw64-2020](http://Unwomen.org/en/csw/csw64-2020)



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

directly into the sun and not suffer any type of eye damage. Eagles can keep focusing upward as they go through the storms of life. Our father, the Creator, has given the eagle extraordinary abilities, even at 30,000 feet or above, an eagle can see his prey miles and miles away with precision.

**MOUNT UP!**

In times like these, when we are faced with a tremendous amount of opposition and uncertainties, our creator has given believers overwhelming certainties which are found in the owner's manual. One certainty is found in Isaiah 40:28-31, "Hast thou not known? hast thou not heard, that the everlasting God, the LORD, the Creator of the ends of the earth, fainteth not, neither is weary? there is no searching of his understanding. He giveth power to the faint; and to them that have no might he increaseth their strength. Even youths shall faint and be weary and the young men shall utterly fall: But they that wait upon the LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary, and they shall walk, and not faint".

For those who are willing to wait on the LORD, there are great benefits. The eagle, as an example, is a majestic bird which rises above violent and dangerous storms. When believers are willing to "Mount Up", they too can rise above

We as God's people, have eyes that are no larger than a ping pong ball which has tens of thousands of electrical connections. We too should always focus on the SON. Yes, there are some believers that are willing to ride upon the wings of eagles, going through life's adversities keeping their eyes focused on the SON. Remember, John 15:16 says, "You have not chosen me, but I have chosen you, and ordained you, that ye should go and bring forth fruit, and that your fruit should remain: that whatsoever ye shall ask of the Father in my name, he may give to you".

In this article, **MOUNT UP**, there is a list of pastors and churches who are doing encouraging things to inspire us to fly upon the wings of eagles and Mount Up. This recognition is for what they are doing in their churches and communities to make it a better place to live, work and Worship. You are encouraged to visit these churches remembering, there are more encouraging words come from the owner's manual. Let us

**"MOUNT UP".**

**GOING BACK TO OUR ROOTS**

**Churches / Pastors**

- Rev. Dr. George W. Lyons**  
Gillfield Baptist Church  
Petersburg, Virginia  
President, Downtown Churches United
- Bishop Jeffery Reaves**  
Good Shepherd Baptist Church  
Petersburg, Virginia
- Rev. Eli Melvin**  
Bethany Missionary Baptist Church  
Petersburg, Virginia
- Rev. Lamont Hobbs**  
Metropolitan Baptist Church  
Petersburg, Virginia
- Rev. Dr. Jeremiah Tillman**  
First Baptist Harrison Street  
Petersburg, Virginia
- Bishop Gerald O. Glenn**  
New Deliverance Evangelistic Church  
Richmond, Virginia
- Pastor Calvin Lewis**  
Harrison Grove Baptist Church  
Minister Hasan K Zarif  
Hopewell, Virginia
- God's Intervention Ministry**  
Powell Creek Baptist Church  
Richmond Virginia
- Pastor Robert Barnes**  
Powell Creek Baptist Church  
Prince George, Virginia
- Shiloh 7th day Adventist Church**  
310 W South Blvd  
Petersburg Virginia
- Elder Joseph Green**  
Emmanuel Worship Center  
Petersburg, Virginia
- Bishop Darren L. Gay Sr**  
Higher Way Ministries  
Petersburg, Virginia
- Reverend Kevin Northam**  
Olive Branch Baptist Church  
Dinwiddie, Virginia
- Pastor Wilbur E Tucker Sr**  
Star of Hope Bible Way Church  
Petersburg, Virginia
- Pastor Kevin Lewis**  
Harrison Grove Baptist Church  
Prince George, Virginia
- Dr. Tyrone Jackson Jr.**  
First Baptist Church Campostella  
Norfolk, Virginia
- Dr. Maxwell Ferguson**  
Shiloh Seventh Day Adventist Church  
Petersburg, Virginia
- Rev. Carlos Jordan**  
Rocky Mount Baptist Church  
McKinney, Virginia
- Dr. Alfred L. Thompson, Sr**  
New Journey Christian Ministries  
Columbus, Ohio
- Rev. Robert Garris**  
African Baptist Church  
Cheriton, Virginia
- Dr. Vernon D. Shelton**  
Holy Trinity Baptist Church  
Amityville, New York
- Rev. John Phillips**  
Oak Grove Baptist Church  
Dinwiddie, Virginia

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**If you belong to or know of a Church or Pastor that is uplifting the Black/African American community, please let me know?**

**Charles E. Pender Ph.D.**  
 804-691-0410  
 drpenderpd@gmail.com



# BUILDING YOUNG ENTREPRENEURS

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



## ADDRESSING THE UNEMPLOYMENT CHALLENGES IN NIGERIA

The Building Young Entrepreneurs (BYE) campaign involves award-winning facilitators from around the world coming together to tackle the growing unemployment challenge in Nigeria by transforming the student mindset from job seekers to job creators.

We realize that the task before us is enormous and requires a collective effort. Hence we are using this medium to call on every Nigerian in the diaspora, our black brothers and sisters in the

highly appreciated by all youths benefiting from this program.

The best legacy we can bequeath the Nigerian child is the chance to have a brighter future and a better life. We im-

6194 +234-8113310000

WhatsApp: +1 (443) 602-6194 +234-8113320000

Collectively we can inspire change and

The 2020 campaign is designed to tour tertiary institutions in-country, and over 20,000 students will be benefiting from these entrepreneurial seminars. The seminars will avail the team the opportunity of identifying students who are interested in entrepreneurship who shall be accepted into a coaching program.

The coaching program will be run by some of the world's top coaches such as John Mattone, Nick Mattone, Puja Talesara and a host of others. At the end of their coaching program, they shall be grouped and assigned to successful entrepreneurs and captains of industries who shall become their mentors, guiding them towards launching their own businesses.

Building Young Entrepreneurs (BYE) will further assist these students in securing funding for their desired businesses in the form of angel investors, venture capitalists, and government grants, etc. The goal being the launch and management of small businesses that make the success stories of developed economies.

Nigeria has presently rated the country with the highest number of poor persons in the world. Its current unemployment rate stands at 23.1% which is one of the highest globally and it is projected to hit 33.5% by the end of 2020. Over 60% of graduating students each year are unable to find jobs.

We strongly believe that the BYE Campaign has the capacity to not only reduce the unemployment rate in the country but help build an improved economy and a brighter future for the Nigerian child.



United States and all well-meaning individuals to please support this campaign which is aimed at rescuing the Nigerian child from imminent disaster.

All contributions and donations towards this cause, no matter the size, will go a long way in steering the Nigerian child towards entrepreneurship and will be

pleore you to join us in this noble path of transforming the lives and future of a large number of Nigerian youths.

To support please visit: [www.bye.com.ng](http://www.bye.com.ng) to purchase an SDS e-book or make a donation

You could also call: +1 (443) 602-

make the world a better place.

**PLEASE SUPPORT AND ASK OTHERS TO DO THE SAME**

*Bright Oloyo  
Convener*

### WE NEED YOUR HELP!!!

#### PARTNERSHIP BETWEEN SELF DEVELOPMENT SUCCESS AND BUILDING YOUNG ENTREPRENEURS CAMPAIGN 2019



**HOW TO DONATE** Please lend your support by going to the Building Young Entrepreneurs' website [www.bye.com.ng](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. Humphrey's heart that there was a serious need for an Outreach 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 asked 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 aid 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.

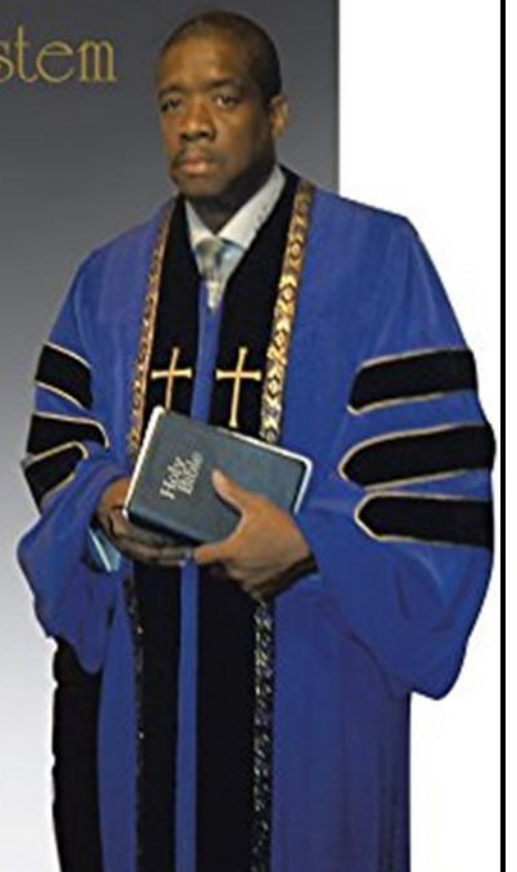
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[rev.dr.andrehumphrey09556@gmail.com](mailto:rev.dr.andrehumphrey09556@gmail.com)

[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**  
*We Cordially Invite You & Your Family*

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

**DATE:**  
 Monday January 7, 2019


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

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

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

LEYNDALL-SUNSET NEIGHBORHOOD ASSOCIATION | Langston Hughes CBRC



**"The Heights" Radio show**




**WOLB 1010 AM 3:30-4:30**  
 Monday To Friday  
**"The Heights" Radio show Powerful stuff Call in**  
**410 481 1010**  
**George E. Mitchell-Host**

**Help Us To Help Our Communities! Donate!**

**Langston Hughes Community Business Resource Center History**

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

Home of the Charm City Steel Drum Band  
 Full size Gym  
 Food Pantry twice a month  
 2 Ballroom Dance classes  
 Banquet Hall Space for rent  
 Conference room space for rent  
 Office Space for rent

**Two Year Anniversary In August, Week Long Activities**

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

**WEEKLY COMMUNITY LUNCHEON AT THE CENTER**



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

**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




**The Goals For Your Business** *Continued from page 3*

list them at different levels of exposure. In our case, we have Platinum, Gold, Silver and a Basic Listing.

The Negro Motorist Green Book (also known as The Negro Travelers' Green Book, or simply the Green Book) was published by Victor Hugo Green, from 1933 until 1966. NEGROES (as called then) who traveled had to be extremely cautious. The Green Book helped Negro / Black-African Americans avoid the discomfort of segregation, discrimination, and insults when traveling (especially in Sundown Towns) by listing safe places to eat, sleep, and get gas. TNBUN Directory lists the businesses owned by the Black Community that we should learn to support.

Every B-O-B should be listed in TNBUN Directory. In fact...every Black-Owned Directory, Newspaper and Magazine, Advertisement and Employment Agency, Barber and Beauty Shop, Funeral and Nursing Home, McDonalds and eateries of all kinds should be listed in TNBUN Directory. Our Black-African American Community in America is vast, widespread, and has relationships with every major culture and class in the world. Again...the Black-African American Community is our target market. And your business absolutely needs to be listed in TNBUN Directory so that the Black - African American Community in America know that you exist.

Being listed in TNBUN Directory has its perks and privileges. For starters, once registered, you get an internet page displaying your business and contact information. Instead of hundreds, millions can now know that you are in business because of this one feature.

For non-business owners, TNBUN is a Solution-Oriented Periodical, that is designed to improve the lives of the people in our community. Everyone has a talent and our community needs yours. No matter how insignificant you may think your gift or talent is, we want you to use it for you and your loved ones. It has been said that "Your gift or talent will make a way for you." And it is true. A person's gifts and talents will make

room for him or her and bring that person before great people. Use your gifts and talents for good and good returns. Using your gifts, talents, and influence for survival is natural, but you can also use them to influence and teach others. To share why unifying our ideas and resources make a better life for us all. As a community, we have had many mind tricks played on us. We have been manipulated into our current socio-economic condition, and we are the only ones who can empower us to change. Share with your circle of friends and family what our community is doing. You and your crew may hit on something big. Collective efforts make anything and everything possible. It has been said "alone...you can accomplish almost anything...together we can change the world."

For the record...Until the 1960s, most major cities in America had a Black Business Sector. In some cities, more than one. During that time throughout the Black Community, it was not hard to find B-O-B. Since 1964 and integration, most of those businesses disappeared. Black business in America is alive but not doing as well as it could. Why?...you ask. My answer is, "THE LACK OF" ... the lack of money...the lack of exposure and the lack of the Black People supporting Black People are just a few of "THE LACK OF's. With your help...we can reduce lack and, in some communities, eliminate it. Your words and your deeds go a long way in reducing lack. Seek to spend your money a little more cautiously and deliberately. You can make the difference in whether some of our people bonds, unify, and stay alive, or stay divided.

B-O-B register in TNBUN Directory (today please). Those of us who are not B-O-B, please share with the people in your life about TNBUN and find more ways to help your family and your community.

For subscriptions and online access go to:  
<https://tnbundirectory.com/>  
<http://tnbun.com/>



**RJEL INVESTIGATIONS, LLC**  
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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.

As a Minority Owned Small Business with certifications in Private Investigations and Security, RJEL Investigations is committed to excellence and providing Innovative and effective security solutions for all of our clients.

**What sets RJEL Investigations apart from the competition**

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- Performance Based Process
- Certified Experienced Security Professionals
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- Loss Prevention
- Dignitary and Executive Protection
- Investigative and Locator Service
- Courier and Private Process Services
- Alarm and Surveillance Equipment Installation

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Our Security Agency focuses on innovative and effective solutions designed to enhance the performance of your business. By incorporating the best industry practices into your business management process and management strategies we can protect your staff and assets as you better serve your clients

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**The Power & The Benefits Of A Event Planner**  
*Vernon Streater*

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

somebody who takes care of everything they need.

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

*What do you get from a Event Planner?*

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

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

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

**Vernon Streater, The Master Planner & Events Coordinator**



**Events Planner**

- Bus Trips
- Workshops
- Shopping Spree
- Poetry
- Social Events
- Gym Workouts

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

**TNBUN Event Manager 443-473-7912**

New Year! New You! A New Us! Continued from page 3

where you are going and how you are going to get there! Many people have dreams, ideas or goals, which remain unfulfilled because they are too busy doing everything else but work on the goal! If you have a goal to accomplish, you must be ready to invest your time, and resources to ensure that it succeeds.

Making excuses about lacking the time to work on goals that are important to you is a procrastination tactic, which will kill your dream before it has a chance to see the light of day. There is always time to work on what we love and consider important. Create that time and see your dreams begin to unfold! Remember if it is to be, then it is up to me!

Make up your mind, make a decision

choose which way you want your life to go, that is a choice only you can make or break! Only you can change your mind-set. You have the God giving power to change you! The process of goal accomplishment, like most things in life, begins with a decision. You decide what you want to achieve and then you plan how you intend to achieve it.

If accomplishing your goal is important to you, your inability to make crucial decisions about what you should do, how you should do it and when you should do it, will waste your time and choke your dream. Make up your mind and stop second-guessing yourself. When your mind is made up nothing can stop you from making progress with fulfilling your goals.

Invest in your dreams invest in you because you are worth it! No idea is self-funding. Don't be deceived into thinking that people will invest or finance your idea just because it is brilliant. If you are lucky, someone may invest in it, but if you are not, you will have to invest your time, energy and finances towards activities that will fortify and fulfil your dream.

You may have to invest in the acquisition of knowledge or expertise that will help you achieve your goals. It would be a good idea to keep some money stashed away to finance your goal.

Commit yourself only to projects and activities which are connected to your main goal. Whatever you do should directly or indirectly add up to a move toward your main goal. Failure to do this will confuse, overwhelm, sidetrack, and

drain your energy. To get started on achieving your goals, you need to plan for it and make it a priority. If you keep crowding and cluttering your life with what does not matter, you many never, ever accomplish your goals. Remember that you can't do all things, but you can do one thing!

I sincerely hope that your dream/vision enhances your life as well as others! The National Black Unity News hopes that you reach your objectives! We are here to assist Black/African Americans entrepreneurs, organizations and individuals to achieve your goals through our resources such as our Nationwide Black Business Directory and our Nationwide Black Newspaper and our new website (<http://tnbun.com/>) ! Remember this!

Help Us, To Help You! So We Can Help Ourselves!

Is Black Leadership Under Attack? Continued from page 3

Council becomes Mayor because Martin O'Malley becomes "Governor" and she finished his remaining term.

In November of 2007, Shelia Dixon was elected "Mayor" becoming the 48th "Mayor" of Baltimore. In February of 2010, Sheila resigns because of scandal and indictments concerning stolen gift cards that amounted to just a few hundred dollars that were supposed to be giving to poor people.

Please bear with me and stay with me, I am trying to make a point by pointing to some facts. After Sheila is forced to resign another Black Woman who had become President Of City Council now becomes "Mayor" she is Stephanie Rawlings Blake.

In the year of 2015 during the month of April as Stephanie was preparing to campaign for another term in office the tragic incident takes place where a Black Man by the name of Freddie Gray was murdered. He was arrested and thrown into a police cruiser where during the process his vertebrae were fractured, his voice box was damaged and his neck was severed from the spine. Just a few days after his arrest he died from the injuries he sustained while in custody.

On April 18-24 riots broke out in Baltimore because of the death of Freddie Gray and the attempt to cover up the wrong-doings of the police officers involved. Looting, violence, and arson of several businesses took place during this short period.

During this time Baltimore had just gotten a new State's Attorney a Black Woman by the name of Marilyn Mosby. She gave excitement and hope to the community as she brought charges against all the officers involved. Sadly, the justice system found in favor of the police and eventually each of them was exonerated.

However, the rioting and the chaos because of Freddie Gray forced Stephanie to decide to not run for re-election and therefore, it set up an election where the former "mayor" Sheila Dixon would run along with other candidates as well as then State Senator Catherine Pugh.

During a hard-fought campaign battle between Dixon and Pugh, Pugh wins by a small margin that was contested by Dixon and supporters. However, in December of 2016, Catherine Pugh becomes the 50th "Mayor" of Baltimore City.

Now, these are four Black "Mayors" who were elected. As corruption would have it and as injustice continues Catherine Pugh would resign with a book scandal and profiting from her book sales and offering contracts with those who brought books and etc.

At this time as I write this article, Catherine Pugh is awaiting sentencing that will cause her to serve some prison time.

Of course, as I write this particular article I could speak about the "Mayoral Race" that is currently taking place. The current "Mayor" who had to move up from Council President to Mayor because Pugh was forced to resign, has constantly been attacked by the media because of a homestead tax credit of a thousand dollars on a house he is not living in.

Of course, there are many candidates who are presently running for "Mayor" but I am just pointing out some of the unfairness and injustices that happen when one is Black. Again, please do not confuse my pointing out injustice as a part of supporting corruption.

At the same time, there is another candidate that is in the race and according to a video that is circulating on social media as well as conversation on radio programs, this candidate has been accused of sexual misbehavior and offering up

information that should be kept secret and yet, the main media has yet to mention this, why?

Is it not ironic and disturbing that out of the four Black elected "Mayors" we have had here in Baltimore, that two was forced to resign due to legal issues and another forced to resign because of chaos.

I have a question for those of you who will challenge and debate the truth that I am pointing out. Because we have had only four Black elected "Mayors" in over a two hundred year period, how many White "Mayors" have gone to prison? How many of them were forced out of office due to scandal?

If there is a point too much of this the point is this, Black Leadership has to be treated the same as White Leadership. See, how can Black citizens ever expect fairness and justice when Black Leadership is still being treated as not equal to White Leadership?

Those of you who would like to comment and debate this can feel free to follow me on my Facebook page. Bill Goodin. I will close with this as it relates to Black Leadership, you had better get it together and stop doing what White Leadership does. You see to date they have stolen much for years and have been rewarded and not punished.



The National Black Action Portal We Are Keeping The Dream Alive



Nation Largest Network Of Black Businesses & Organizations

A grid of logos for various Black organizations including National Black Lawyers, AABE, BlackNews.com, NBBC.org, National Black MBA Association, bsc, National Urban League, Black Career Network, Black Health Matters.com, NOBCO, Black Police Assn, NBNA, NSBE, and AMISTAD Research Center.

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## A Nationwide Black Business Directory

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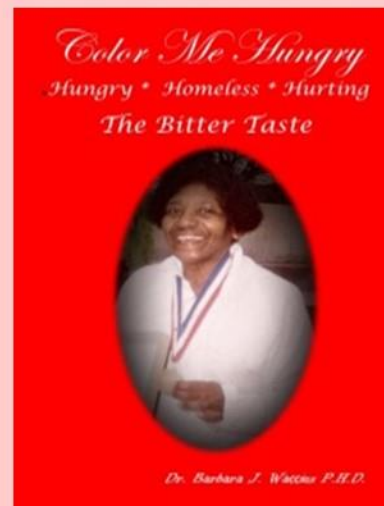
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## Newly Released Special Tribute to God's Woman Bea Gaddy

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 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 Blacked Owned Businesses (source United States Census Bureau)

Black Buying Power

The Black Community has major POWER! Nielsen places the Black Buying Power at 1.2 trillion dollars! We have seen an incredible movement for supporting one-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 Millennial's to our wise and experienced Baby Boomers and everyone in between that unites us all. TNBUN will continue to be the leading resource guide and directory of local and National black businesses for our consumer base.

### 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

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POTENTIAL IMPACT

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

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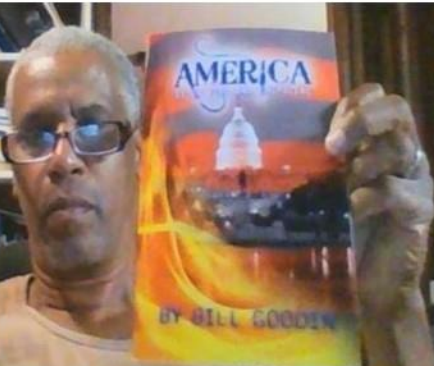
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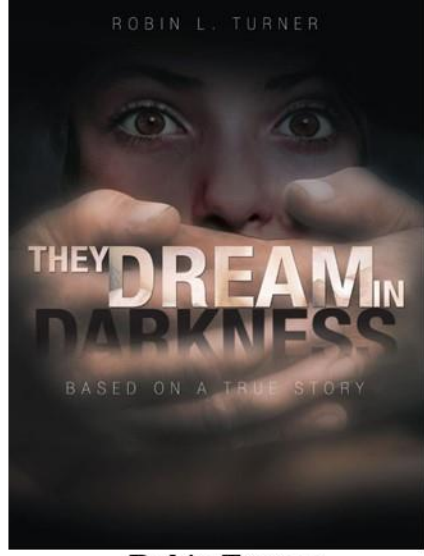
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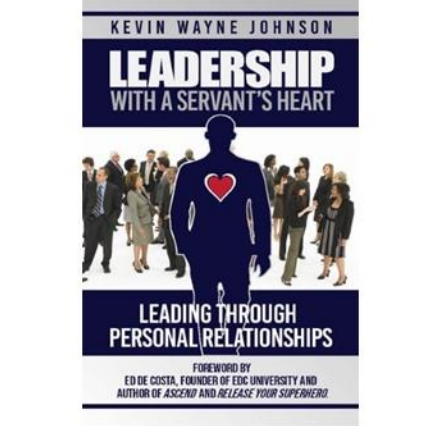
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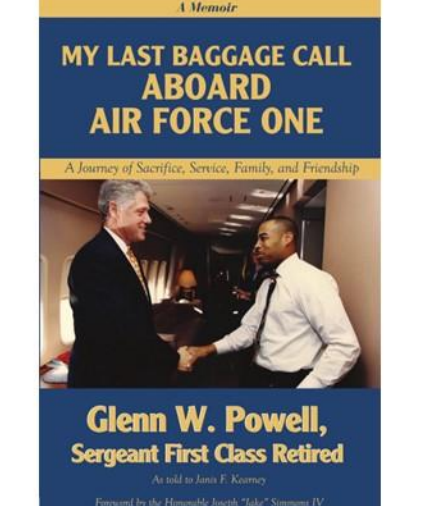
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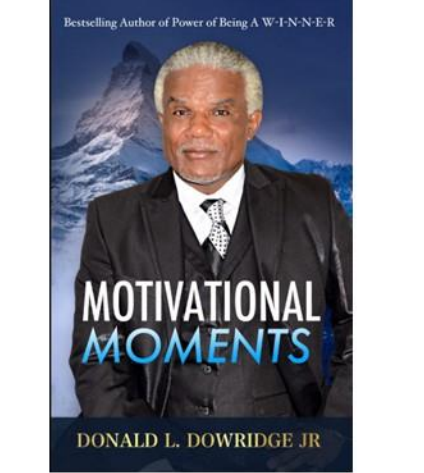
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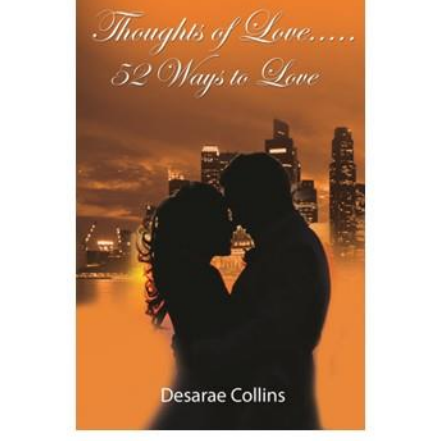
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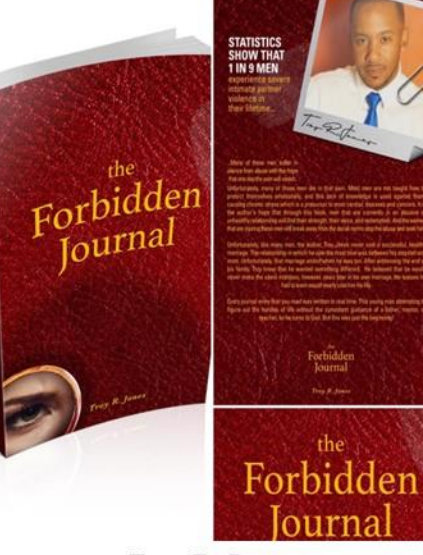
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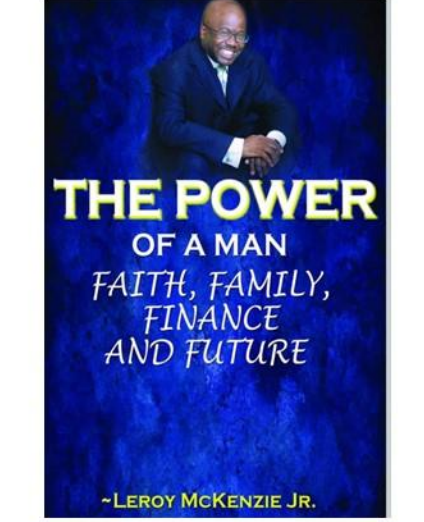
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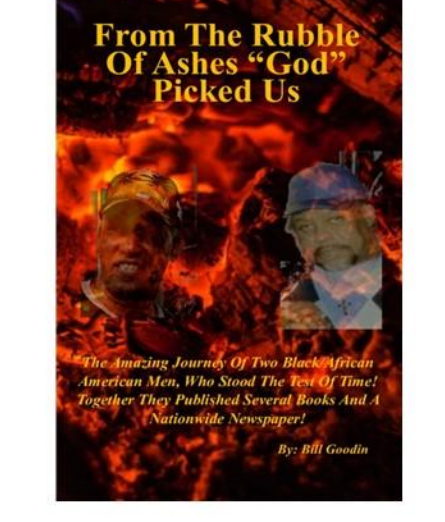
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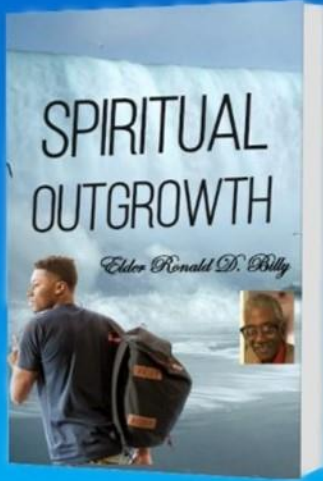
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By: Elder Ronald D. Billy



I am writing this book to increase the faith in God for those who will read it. For them to know God is real. You must be obedient to the spirit when you hear God speak?

Well, I am glad you asked? God is a spirit and we worship him in spirit and in truth. You can not see a spirit, which is invisible, so he clothes us with dust from the earth (Genesis 2:7 and breathe into Adam's nostrils the breath of life and he became a living soul. We do not belong to ourselves, we belong to God because of the spirit of God dwells within us, as you be obedient to him, he will be your God (2 Corinthians 6:16).

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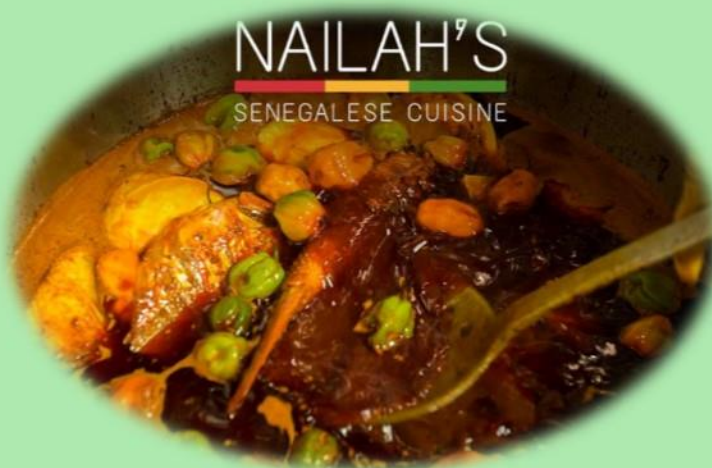
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