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From the Publisher



Willie Stewart
Publisher

Hello America!

We are in our second year in the print media arena. We have had great success during our first year with bringing you exceptionally positive and informative information. We introduced to you some of the most positive individuals around the country and we were involved in some of the most influential events.

Trendsetters to Trendsetters magazine has gone from a free tabloid 12 x 14 news magazine to a free 8 x 10 glossy magazine in one year. We give glory to God. It has been a very rough journey. I've found that nothing is easy in life. We keep our heads up and keep on moving even when it doesn't look promising.

While moving across the country in our event cruiser, we have met some of the most intriguing and delightful individuals. We will continue our journey until we are recognized as one of the most influential print publications in America.

Recently I had the opportunity to visit Houston, Texas. During my visit, I met some very prominent individuals that were setting some serious trends. I met with a group of young men that felt that our magazine would be a great fit in their city. With that in mind, I'd like to welcome Texas to our Trendsetter Family. I'll see you at the Houston Black Expo.

We are also proud to announce that BlackPrWire.com has named Trendsetters to Trendsetters magazine as one of the top 150 black owned print publications in the country.

My staff and I will continue to move through communities across the country searching for trendsetters who are young and young at heart.

We look forward to your continued support. Details are inside on how you can subscribe to our positive and informative publication.

Thank You and God Bless.

Willie Stewart



Detective Caroline Mason has had an exemplary career that spans over 20 years. Her tenure covers service in Crime Stoppers, General Assignment Bureau, Domestic Violence Bureau, and the Investigated Services Division. Detective Mason also served as a Crisis Intervention Team Officer. Last year she cleared all of her assigned cases for 2007, attaining the hard-to-get 100% solve rate. Caroline was acknowledged within her department as an expert shooter in firearms training. She currently serves as a homicide detective, where she works on high-profile cases. Caroline also devotes some of her time and service teaching young people at the University of Memphis. Sgt. Mason is also known as one of the Lead Investigator on "First 48" that is aired by A&E.



A nineteen-year veteran of the Memphis Police Department, Sgt. Caroline Mason previously worked in the Domestic Violence Unit for eight years. She says that she was motivated to work in homicide after a devastating experience. "I lost someone that was very close to me," she says. "His life was taken suddenly at the hands of someone else. I'll

Detective Caroline Mason

never forget it. That was the beginning of me wanting to be a homicide investigator."

She jokes that it is her "black interview blazer" that does the trick, but Sgt. Mason has a knack for getting suspects to confess. She is alternately tenacious and empathetic in the interview room, and has on more than one occasion reduced even the most hardened criminal to tears.

Despite the grueling hours required of a homicide detective, Sgt. Mason understands the importance of nurturing a healthy home life. "You have to surround yourself with things that make you happy, positive things, things you love," she says. For Mason that includes

her three children, her miniature poodle "Precious" and her extensive wardrobe

Not only is Detective Mason a Trendsetter but she is also helping to keep the city of Memphis safe for its citizens.

Trendsetters to Trendsetters Magazine applauds Detective Caroline Mason and her contributions to society.



Detective Caroline Mason
Memphis, TN
Police Department

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YOUNG AND TRENDY

The Southern Area of The Links, Incorporated and The American Heart Association

Atlanta, GA (April 16, 2008) – **The Links, Incorporated** and the American Heart Association (AHA) have formed a relationship to educate the African American community about childhood obesity, one of the most serious public health threats facing our nation. Through the efforts of its 75 chapters in seven states and more than 2,500 members, the Southern Area of The Links, Inc. recently announced plans to promote education and awareness, particularly among children.

The two organizations will educate the communities where Links' chapters are located about factors that contribute to obesity, implement programs that promote healthy lifestyles and support key legislations/policies. The AHA will provide resources, including an educational compact disc developed for this partnership. Links' chapters will work collaboratively with their respective AHA staff partners.

According to the Centers for Disease Control (CDC), childhood obesity is a public health epidemic and poses one of the most urgent threats to the health and well-being of children and their families. Over the past few decades, the obesity rates have spiraled. **Today, one of every ten school children in the world is overweight and an estimated 18 million children under the age of five are classified as overweight and the rate of Type II diabetes in children is increasing.** Childhood obesity and diabetes can translate to the early onset of atherosclerosis (hardening of the arteries) that can lead to heart attack and stroke. In addition, children with obesity problems are at heightened risk for a number of other chronic adult conditions, such as hypertension, high cholesterol, asthma and respiratory problems.

"Overweight and obese children become sick more often, may perform poorly in school and experience depression, lack of self-confidence and low self-esteem," says **Mary F. Currie**, director of the Southern Area. "The Links, Incorporated recognizes the need to address this issue, which disproportionately affects children of African ancestry, particularly in the South."

All chapters in the Southern Area launched the childhood obesity initiative this year. "African Americans are the leading demographic of affected patients in thirteen of fifteen deadly diseases directly related to obesity," says **Dr. Delores Bolden Stamps**, chairperson of the Southern Area's Program Committee. "Our mission is to reverse this alarming trend."

Visit www.healthiergeneration.org for information about childhood obesity, including a toolkit for middle and high school students who want to make changes in their school's snack and/or beverage choices, or call 1-888-KID-HLTH for Healthy Schools Inquires.

The Links, Incorporated, founded in 1946, is one of the oldest and largest volunteer service organizations of women



(L to R) **Kellie Kirk**, Senior Director, Cause Initiatives for the American Heart Association's Mid-Atlantic Affiliate; **Mary F. Currie**, Southern Area Director of The Links, Inc.; **Dr. Monica W. Parker**, Chair, Health Linkage of the Southern Area of The Links, Inc.

who are committed to enriching, sustaining and ensuring the culture and economic survival of African Americans and other persons of African ancestry. **The Links, Incorporated** has a membership of nearly 12,000 professional women of color serving in 273 chapters in the United States, Germany, South Africa and the Bahamas. Through its philanthropic arm, **The Links Foundation, Incorporated**, the organization has contributed more than \$22 million dollars to charitable causes since its founding. In 2006-2007, members contributed more than 500,000 hours of service to assist communities in the United States, Germany, South Africa and the Bahamas. Washington, DC is the site of the national headquarters. Visit www.linksinc.org to learn more about **The Links, Incorporated**.



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Marchia Mickens
Executive Director

UP AND COMING TRENDSETTERS

Jateeka L. Rogers | Columbus, OH



Jateeka L. Rogers is a senior at Marion-Franklin High School, Columbus, OH. She has maintained a 3.0 and above G.P.A. for the 2006-2007 school year. She has been on honor roll for the past four quarters with a curriculum of college prep courses.

Jateeka's goal is to graduate from high school with honors and scholarships and attend a HBCU college with a major in nursing. Jateeka plans to become a Registered Nurse (RN) specializing in neonatal care.

Jateeka is very active in the community and involved in various organizations, and has obtained 776 community services hours at this present time.

In 2005 – 2006, she attended the Mt. Carmel Explorer Post, a community service program. This program allowed Jateeka to explore the medical field in a hospital setting. She also received community service hours for her participation.

Jateeka is a member of the Columbus Black Nurses Association (CBNA), serving in the position of Administrative Vice-President. This organization meets one to two times per month. While participating in the organization, she also received her CPR and First Aid certification. She also received community service hours for participation.

Orna-Charece Jones

Miss National Black College Alumni Hall of Fame 2007-2008
Miss Tennessee State University 2007-2008
Tennessee



From the city of Southfield, Michigan, she is the second of three children to Brian and Alice Jones and the only girl, born December 12, 1986. Patience and persistence are the key elements of her personality which help to create a multi-tasking and academically efficient machine known as, Orna-Charece Jones.

Majoring in Foreign Language with a concentration in Spanish and maintaining a 3.9 grade point average, she takes advantage of any opportunity to learn; relating or not relating to her future career goals of becoming an educator and a translator. She believes it is important to be well-versed in several areas of expertise in order to obtain experience and possibly open doors to other fields of interest.

Throughout her matriculation at Tennessee State University she has been actively involved in several areas including: the University Choir, the Michigan Club, Phi Eta Sigma Freshman Honor Society, a participant in the International Student Exchange program for the fall 2006 semester and a regular participant in campus theatrical productions.

She is also a member of Golden Key International Honor Society, Phi Kappa Phi International Honor Society, the University Honors Program, The Thomas Edward Poag Players' Guild and the Alpha Chi Chapter of Delta Sigma Theta Sorority, Incorporated.

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UP AND COMING TRENDSETTERS

Kadia Edwards is currently pursuing her master's degree from Duke University's Divinity School in Durham, North Carolina and will be graduating this May. After graduation, she plans to pursue a career in Pastoral Counseling and hopes to work with children currently in the foster care system.

Kadia Edwards
Durham, North Carolina

(BPRW) (April 22, 2008)

At the heart of every story about our nation's foster care system is a child in need of care and love. That fact easily can be lost, particularly when so many news stories about children in need focus on celebrity adoptions of children from foreign countries. It can make the issue of abused and neglected children seem very far away. But it's not. Right now, in the United States, there are hundreds of thousands of children who hope every night to be freed from an uncertain future and delivered into a secure and supportive environment.

I should know. For nearly nine years, I was one of those children.

I was originally born in Jamaica. When I was 12, my brother and I came to the United States to live with our mother, who was both verbally and physically abusive. So many times my brother and I were forced to leave our home and either walk the streets or find temporary lodging with friends. He ultimately ended up going back to live with our mother, however, I did not. And, at the age of 14, I entered the state of Connecticut's foster care system.

It was a transient existence. I was moved from home to home, which meant I changed schools often. I attended three different high schools in as many years. By the time I began to settle in, it seemed as if it was time to move again. I never had an opportunity to make any real friends or establish real relationships.

That was until I met Carmen.

Carmen Effron is my Court Appointed Special Advocate (CASA), or volunteer Guardian ad Litem (GAL), as they're called in Connecticut. Naturally, I was a bit wary of her. She didn't look like me, she didn't speak like me and none of her experiences were similar to mine. I did everything I could to push her away. But, Carmen is strong, and over the course of a few short months, she became to me everything that a mother should be for her child. I am convinced that had it not been for Carmen's concern and care for me, my life would have taken a completely different and maybe tragic path.

Last year, more than 50,000 CASA and GAL volunteers advocated for 225,000 children – about half of the children in the child welfare system at any given time. They are trained com-

munity volunteers who speak for the best interests of abused and neglected children in court.

When I first met Carmen, I was about 15 years old and living in a foster care home. Because of my circumstances, I had grown up fast. Carmen recognized my maturity level and fought in court for me to be granted the right to enter into an independent living program. She was also one of only a few people who talked to me about "next steps" in my life. Carmen encouraged me to go to college – even assisting me with filling out my applications. She helped me learn how to pay my bills, and generally taught me what it meant to prepare for my new adult life.

The effect that Carmen has had on my life – although amazing – isn't atypical of CASA volunteers. In fact, the benefits that CASA volunteers provide foster children throughout this country have been well documented. A recent audit conducted by the US Department of Justice Office of the Inspector General demonstrates that once a CASA volunteer is assigned, approximately:

95% of children do not languish in long-term foster care.
90% of children do not reenter the child welfare system.

Life after Graduation

In 2001, I entered my freshman year at Howard University where I threw myself into a number of activities: student government and a variety of Christian organizations and programs on campus. After graduating with a degree in Journalism, I applied to Duke University, where I am currently enrolled in the Divinity School. I expect to receive my Master's degree in 2008.

Although I have some wonderfully supportive people in my life, there isn't a day that goes by that I don't struggle. I wasn't prepared for the difficulties I would face once I "aged out" of the foster care system. That uncertainty led to a string of bad choices, starting with a marriage at age 22 that in hindsight was doomed before it even began. Like most other little girls, I dreamed of getting married, settling down and raising a family. It didn't quite work out that way for me.

Today, the marriage is over, but the consequences of my decisions continue to linger. Every day, I am reminded of how one bad decision has impacted my life. But, I still consider myself one of the lucky ones. Thanks to my Guardian ad Litem program, I got some much-needed support and guidance from someone who cared about my future and made me care about my future.

It's still my dream to get married and become a mother some-

day. But, it isn't my *only* dream. As I focus on life after graduation next year, I plan on completing a year-long residency to help me prepare for a career in pastoral counseling. My ultimate desire is to work with children growing up in the foster care system. I am a firm believer that everything happens for a reason and by sharing my experiences, perhaps I can help a young person just like me avoid some of the missteps that I have taken.

Through it all, Carmen was and is still there for me. Without her, I don't know what I would have done. She didn't always agree with the choices I made, but like any good confidante,

she picked me up when I fell down. There was never any judgment; only love and guidance.

Because of Carmen, I know now that one person can make a difference. Because I have someone in my life that cares, I now have a future filled with possibilities and I look forward to what the future holds for me after graduation.

To help other young people like me identify their possibilities, become a CASA or Guardian ad Litem volunteer. Learn more about becoming a volunteer by visiting www.nationalcasa.org or calling 1-888-805-8457.



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ITT Technical Institute Ribbon Cutting Ceremony in Atlanta, GA

On January 23, 2004, ITT Technical Institute, Atlanta South Campus celebrated its official welcome to Clayton County by participating in a Ribbon Cutting Ceremony. Celebration was in the air as guests were greeted at the front door by Admissions Representatives. Visitors were given tours of the campus. Every theory room and lab was manned by the expert faculty who were more than willing to give hands on demonstrations of what each respective area teaches.

During the official program the Director and her Functional Managers eloquently outlined the mission of the campus, programs of study, financial aid ability as well as providing a sum-

mary of historical information.

Carmel, Ind.-based ITT Educational Services, Inc. (NYSE: ESI) owns and operates the more than 90 ITT Technical Institutes in 34 states across the country. ITT Technical Institutes offer career-focused, technology-oriented programs of study that reflect U.S. employment trends and employer needs. Approximately 53,000 students are currently enrolled in the ITT Technical Institutes.

The school opened in Atlanta, Georgia in August 2007. It offers associate of science degree programs of study in Computer and Electronics Engineering Technology, Computer Drafting and Design, Information Technology-Computer Network Systems and Information Technology-

Multimedia and bachelor of science degree programs of study in Criminal Justice, Electronics and Communications Engineering Technology and Information Systems Security. The Honorable Donzella J. James served as the program speaker offering words of support to the students, encouragement to the management team and a since of purpose to all who were present.

After the well-wishes from the Honorable Donzella James; faculty, staff, students and all well wishers joined the Director, Kim Ingram & the Clayton County Chamber of Commerce for the official Ribbon Cutting Ceremony in the front of the ITT Technical building, which was a wonderful culmination to such an auspicious event.

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ROAD SCHOLAR[®]

LEARNING - IT'S A TRIP[®]

Boston, Mass., (February 19, 2007) — Road Scholar is pleased to announce the *Asa Grant Hilliard III Road Scholar Award for Lifelong Learning* — a \$5,000 scholarship named in honor of the late Dr. Asa Grant Hilliard III, world-renowned Pan-Africanist, educator, historian and psychologist, who remains an icon for his advocacy of the importance of African history, culture and influence; for his global contributions to education; and for his special affinity for conducting study tours to Egypt for thousands of travelers.

Launched in 2004, Road Scholar is an initiative of Elderhostel (www.elderhostel.org), the world's largest not-for-profit educational travel organization for adults.

Road Scholar will award the scholarship in 2008 to an African-American educator with at least 10 years of experience in education who is a member of the National Alliance of Black School Educators (NABSE) — the largest national association of African-American educators, a professor of African-American studies, or on the faculty of a Historically Black College or University (HBCU.) The scholarship will provide the opportunity to experience a Road Scholar or Elderhostel program anywhere in the world.

Applicants will be asked to write an essay focused on the importance of lifelong learning to the African-American community and to describe the ways in which they will utilize their learning/travel experience with Road Scholar to positively influence and make a difference in their communities



Patsy Jo Hilliard, former mayor of East Point, GA and the widow of Dr. Asa G. Hilliard; **James Moses**, President and CEO of Elderhostel; **Kathy Taylor**, Associate Vice President of Community Development at Elderhostel; and **Dr. Quentin Lawson**, executive director of the National Alliance of Black School Educators (NABSE).

– to truly reflect Dr. Hilliard's philosophy about educational travel.

In responding to the scholarship award, the honorable Patsy Jo Hilliard, widow and life partner of Dr. Hilliard, said, "I am pleased that travelers will have the opportunity to explore new sites and return home and make significant contributions to their communities and/or classrooms on new information gained on the program, which can improve the quality of life for all involved. This is what Dr. Hilliard focused on in his travels – study, study, study."

Applications and nominations will be accepted until August 31, 2008. A winner will be selected by a panel that includes experts and leaders in education and lifelong learning, as well as a member of the Hilliard family. The award will be presented at the November 2008 meeting of NABSE in Atlanta, Ga. Quentin Lawson, executive director

of NABSE commented, "Teachers and other educators have long known the value of lifelong learning; we are delighted to work with Elderhostel and Road Scholar to present the opportunity to learn and travel to dedicated educators."

The Asa Grant Hilliard Award III Road Scholar Award for Lifelong Learning is part of a national outreach initiative Elderhostel and Road Scholar recently launched to introduce its educational adventures to the African-American community and promote the benefits of learning through travel. The scholarship award was announced at a reception in Atlanta, Ga., where more than 300 guests including Quentin Lawson, Dr. Wil-

lie Foster, president of the NABSE Atlanta chapter, and the honorable Patsy Jo Hilliard, were on hand to sample a taste of the Road Scholar program. Road Scholar will extend its outreach to other cities across the U.S., including Washington, D.C. Philadelphia and Chicago among others.

"Education has always been at the core of our mission," explained James Moses, president and CEO of Road Scholar and Elderhostel. "As a lifelong learner and proponent of learning and travel, Dr. Hilliard lived the values we espouse. We are pleased to offer this scholarship in his memory to provide an opportunity for an outstanding educator to experience a learning adventure with Road Scholar or Elderhostel."

For more details on the scholarship and Road Scholar visit

www.roadscholar.org/hilliardaward

(BPRW) "Nationally Syndicated Radio Personality Tom Joyner Awards Britney Wilson of Brooklyn, NY Wins First-Ever Tom Joyner Foundation® 'Full Ride' Scholarship to Black College"

Britney Wilson
Brooklyn, NY



Britney Wilson of Brooklyn, New York has won the first-ever Tom Joyner Foundation® "Full Ride Scholarship" that will cover full tuition and stipends to cover room and board (on-campus only) and books up to 10 semesters.

Wilson is planning to attend Howard University in Washington, D.C. in the fall.

Tom Joyner, chairman and founder of the foundation, called Wilson this morning during the "Tom Joyner Morning Show," which is aired in 115 markets reaching more than eight million listeners every week.

"Wow," Wilson said when Joyner told her she had won. "Oh, my gosh. This is wonderful. Thank you so much."

Joyner, who was among the judges, said he was overwhelmed by Wilson.

"This was such a tough decision because everyone one of the students who applied deserved to win this scholarship," said Joyner, whose Foundation provides scholarships to help keep students in black colleges. "But Britney really was in a category by herself. She is going to contribute so much to Howard and I know we're going to be hearing lots of wonder-

ful things about her success in the future."

To be eligible to apply for the scholarship, graduating high school seniors must have been accepted to a Historically Black College or University (HBCU).

Wilson, who attends Cathedral High School in Manhattan, has maintained a 3.9 GPA throughout her high school years. She was among more than 2,000 applicants for the foundation's scholarship, and competed against nine other finalists for the top award. The panel of judges said they were impressed with Wilson's innate intellect that revealed her ability to discuss Secretary of State Condoleezza Rice's foreign policy strategy and in the next sentence discuss the differences between East and West Coast rap music.



Tom Joyner

Interested in studying law and politics, Wilson has had a distinguished high school career where she has been an active member of the Junior Statesmen Association that led her to spending last summer at Georgetown University. She also is a French and History tutor, a singer in the Gospel for Teen's Choir and a semi-finalist in the Teen Poetry 'slam' competition that is part of the Urban Word New York City

Poets. For at least two hours a week, she is a Teen Health Initiative Peer Educator at the New York Civil Liberties Union.

To retain the scholarship, students must meet the required academic standards each semester to renew the funds each year. Graduating high school seniors applied for the scholarship by going to [BlackAmericaWeb.com](http://www.blackamericaweb.com) (<http://www.blackamericaweb.com/site.aspx/foundation/fullride>). To be eligible, students must meet the following criteria: 1.) A United States Citizen; 2.) Current high school seniors attending school in the United States (applicant must be anticipating completion of high school degree in the Spring of 2008) with a minimum 3.00 GPA at the end of his/her junior year of high school; 3.) Minimum high school grade point average of 3.50 (on a 4.00 grade scale, excluding home school studies) and Minimum SAT score of 1300/ or ACT score; of 28; 4.) Applicants had to apply and be accepted to an HBCU by May 1, 2008; 5.) Applicants must have demonstrated leadership abilities through participation in community service, extracurricular, or other activities.

Founded in 1998, the Tom Joyner Foundation has raised more than \$55 million to help keep students enrolled in black colleges. It has assisted more than 14,000 students and worked with more than 100 HBCUs. For more information about the Foundation to [BlackAmericaWeb.com/foundation](http://www.blackamericaweb.com/foundation) (<http://www.blackamericaweb.com/foundation>)

(BPRW) Keith Wyche of Pitney Bowes Among First Inductees

To Morehouse College's Martin Luther King Jr. International Board of Renaissance Leaders

Keith Wyche, president of U.S. Operations for Pitney Bowes Management Services, Inc. (PBMS), a wholly owned subsidiary of Pitney Bowes Inc. (NYSE: PBI) today was inducted into the Martin Luther King Jr. International Board of Renaissance Leaders, established by Morehouse College of Atlanta, Georgia. Mr. Wyche is among the first class of inductees to the Board.

In a letter to Mr. Wyche informing him of his upcoming induction, Morehouse College Dean, Professor of Religion and Curator Dr. Lawrence E. Carter Sr., noted that Wyche was chosen for this honor because, "[his] life has uniquely exemplified qualities that are the hallmarks of the life and teaching of Dr. King: achievement of excellence in his chosen field; exceptional contributions to his community and

society; and the demonstration of ethical and effective leadership."

"To be selected to such a prominent group of achievers in Dr. King's name is a profound honor. I applaud Morehouse College for having the foresight to establish a platform for thought leadership and dialogue that, I believe, will have a significant impact on shaping this country's future and the future of the world, and I congratulate my fellow inductees," Wyche said.

Among the inductees are luminaries in their respective fields, including Congressman Charles Rangel, actor Blair Underwood, and sports agent Bill Duffy.

In his current role at PBMS, Wyche is responsible for managing all aspects of operations at the company's customer sites throughout the U.S., and its Document Solutions Centers, as well as business transformation and quality.

"We are very proud of Keith for this important recognition," said Executive Vice President and President, PBMS,



Keith Wyche
Connecticut

Vincent De Palma. "He has made many valuable contributions as a business leader at Pitney Bowes and has been an inspiration and mentor to many Pitney Bowes employees. We congratulate Keith for this outstanding achievement."

25th Anniversary Awards Luncheon

Presenting the "Women Who Dare" and the
Byllye Y. Avery Community Health Activist Awards

Vivian Pinn, M.D. *Women Who Dare Award*
Susan L. Taylor *Women Who Dare Award*
Lorrtha Reas *Byllye Y. Avery Award*

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The Walker Family Legacy | by Theresa A. Locke - Ozark, AL

Theresa A. Locke, member of the Walker Family, is an Army Instructional Systems Specialist, free lance writer and musician.

Douglas Walker, my oldest uncle on my mother's side of the family passed away on Sunday, January 20, 2008. He lived to the ripe age of 92 years, 5 months and 22 days. In our family tribute messages delivered at his funeral on Thursday, January 24, my mother and I praised "Bubba" as he was affectionately known by hundreds of people in our hometown of Ozark, Alabama. Old Salem Baptist Church could not hold all the people who came to bid Bubba farewell.

"We are proud of our Walker Family Legacy and all that we have become. As we assembled on Walker Hill for our final good-bye to Uncle Doug, I counted our blessings as reflected in a family filled with love."

Theresa A Locke

He was born and lived his life on the farm owned by his family for four generations. Although a trained mechanic and World War II veteran, he was happiest aboard his tractors, livestock, corn fields, pea patches, smoke houses and "Wash House" (storage for his homemade wines and liquors). He took pride in all his work whether on the farm or as a helicopter mechanic with the Army (Fort Rucker, AL).

He touched the lives of each family member in a very special way. "Walker Hill" is the name of the Longstreet Community where Bubba and his wife Alberta lived and raised their family (Jimmy, Laura Alice and Joseph). Next door was the "Home House", where Uncle Charles lived until his death; and just across the road is the home of Henry Walker Jr. and his wife Adell (Children: Theo, Joan, Vivian Elaine and Jerome). Doug's sisters Annie Laura and her husband Wesley Locke lived in Ozark (Children: Theresa and Wesley Jr.); Jeanette and her husband Rev. Barto Roberts, an AME minister lived in Ozark and Phenix City, AL. with daughters Gertha Lanette and Brenda Sue.

Two Walker brothers, Boyd Allen and Joyce Pernell had migrated North. Boyd Allen, the grand-father of "Trendsetters to Trendsetters" CEO Willie Stewart, made Canton, Ohio his home. Boyd and his wife Alma raised five children in Canton; hn Henry, Allen, Una Mae, Joe and Sheryl. Joyce and his wife Catherine, homestead in Saginaw, Michigan with children Patricia and Jimmy.

Doug was the "Mayor of Walker Hill." He was always delighted to entertain family and friends.

Each Fourth of July, all the Walker family would travel to Walker Hill for a big "Celebration." This tradition must be over 100 years old. Doug and his surviving brothers and sisters, their spouses and children, grand-children, friends and neighbors from everywhere ascended on Walker Hill for good food and fellowship.

During his life-time, our cousin, Herman Shaw, was among the family members. Herman received a formal pardon from President Clinton as a participant in the "Tuskegee Syphilis Study." Herman Shaw also lived well into his nineties.



Family Legacy

(Left to Right: Boyd Allen Walker (deceased) Canton, Ohio; Annie L. Locke, Ozark, retired school teacher; Douglas Walker (deceased) Ozark, farmer, mechanic Herman Shaw, Tallassee, AL, farmer; Charles Walker (deceased) Ozark, "Well Doctor"; Henry Walker, Jr., Ozark, mechanic

(Left to Right) Douglas "Bubba" Walker, Ozark, AL and Herman Shaw, Tallassee, AL



Lynne Westbrook, LPC, MS, NBCC
Licensed Professional Counselor
Georgia

which they live can be crazy, (and seem to have no sense to it) but that their parents are consistent, will teach them the rules and do what they promise. Boundaries help a child know what to expect and that allows them to learn to do things well. Imagine going to work and your boss never gave you any rules – one day you worked on one project and began to master it – just to have all the rules change the next day. Wow, you would feel like no matter what you did you would never get it right and therefore that you had very little value as an employee. That is exactly what happens when you do not give your child a routine, behavioral expectations and guidelines in life. To have effective boundaries and discipline you need the first element, love, to be prevalent. A parent who has love for their child and wants to protect and care for them, can discipline that child in a strong, caring, and nurturing way.

So how does trust play into all of this? Trust is what happens when you give your child love and boundaries and make them feel like you are someone they can depend on. If your child can depend on you to help them with challenges, be truthful to them, protect them from harm, give them what they need (translation – not always what they want), and they know they can talk to you and get help/assistance, you then can garner trust from your child. Trust is not a given, trust comes from someone doing what they say and being consistent. Trust comes from a parent setting rules as to what is important and not only expecting the child to follow these guidelines, but setting the example themselves. Lets go back to a work example – your boss tells you the monthly meetings are mandatory and that all employees must attend. Your boss, however, sometimes attends, shows up late, or does not take the meetings seriously. What crosses your mind? Many things, but most importantly that this person does not "practice what they preach". You may still respect their position, but have little trust of this person. The same thing happens with our children. As parents we are the authority, we set the rules and enforce them with love and discipline.

Remember, though, that actions speak louder than words. Therefore put into action for yourself those structural foundations you emphasize with your child. Also, words do speak volume. If you say something – follow through, if you hurt your child or tell a mistruth, apologize. Many adolescent clients come to therapists stating one thing their parents did that caused them to "distrust" them was that they never apologized when they were wrong. Say "I am sorry" and mean it if you want your child to do so. If you want your child to say please and thank you - make this a part of your daily speech as well.

As parents we can not be perfect, we set the stage for a wonderful dance with our children and hope the recital plays out well. We make mistakes, we move forward, and we set the example for our children. Make sure the example you set – both in actions and words represents the strong, loving, trustworthy parent you want to be.

Words Speak Volumes

You have heard the saying that "Actions Speak Louder Than Words", but you should also know that words can have quite the volume also. These words can apply to many areas in your life, but are often forgotten on the parenting horizon. As parents we should love and nurture our children, set boundaries and behavioral expectations, and establish trust. With these three elements in place we can be the best parents we are able to be. So, as a parent, which one of these elements is most important? Much like the teeth, esophagus and stomach – they all work together for the betterment of the whole system.

Lets start with the "easiest" element of parenthood – love and nurturing. For many parents this is a natural process. You follow your child's growth for nine months – care for their health, feed them, nurture them and watch them grow into children and adolescents. Love can be a very fluid piece of this process. It is important to state that some parents may have challenges in their own lives or deficits of demonstrated love in their past that make this area more difficult than for others. For many parents, however, loving their child is a beautiful and natural part of parenting.

An element that is often a challenge for parents is setting boundaries. With setting boundaries you are disciplining your child. Discipline and boundaries are necessary components of making a child understand that the world in which they live can be crazy, (and seem to have no sense to it) but that their parents are consistent, will teach them the rules and do what they promise. Boundaries help a child know what to expect and that allows them to learn to do things well. Imagine going to work and your boss never gave you any rules – one day you worked on one project and began to master it – just to have all the rules change the next day. Wow, you would feel like no matter what you did you would never get it right and therefore that you had very little value as an employee. That is exactly what happens when you do not give your child a routine, behavioral expectations and guidelines in life. To have effective boundaries and discipline you need the first element, love, to be prevalent. A parent who has love for their child and wants to protect and care for them, can discipline that child in a strong, caring, and nurturing way.

An element that is often a challenge for parents is setting boundaries.

V103

The People's Station



V-103 is thrilled to announce the return of Porsche Foxx to the airwaves on our station! Welcome back, Porsche! Porsche entertains her listeners every time she hits the airwaves. Civic organizations, youth organizations, schools, citizens' groups and local municipalities have recognized her tireless efforts with numerous awards.

Foxx's sincere generosity was publicly acknowledged by the Governor who proclaimed June 6th as Porsche Foxx Day in Atlanta and the state of Georgia. The little girl from Kansas City, Missouri, who got her start in music as an alto saxophone and guitar musician, fell in love with being a television and radio personality. She has always enjoyed entertaining audiences behind the microphone and in front of the camera and has not looked back since.

The innovative radio deejay began her on-air career in Pine Bluff, Arkansas at radio station KCAT-AM while attending the University of Arkansas at Pine Bluff. Upon graduating with a degree in Speech and Drama, she moved on to Power 92.3 in Little Rock, Arkansas followed by KISS 92.5 in Shreveport, Louisiana. After receiving industry recognition as one of the hottest on-air personalities, she moved her brand of lively audience interaction and silky, sophisticated delivery to 106.5 WAMO in Pittsburgh, Pennsylvania, and "Rocked the Box" at MAGIC 102.1 in Houston. Porsche also worked at top-40 stations such as Star 104.5 in Philadelphia and B 98.5 in New Jersey before taking the Atlanta market by storm. She "Rocked The Box in Atlanta" on V-103 WVEE radio for 6 years while consistently ranking # 1 & #2 while

holding down the 2pm-6pm Afternoon Drive time slot.

When Porsche Foxx joined WVEE 103 in Atlanta, she made history by becoming the first woman to hold the coveted Afternoon Drive radio show in the Atlanta Urban radio market, and the first African American woman to hit # 1 in that time slot, she held that position for six years in the Atlanta market.

Porsche has collected coats, toys and school supplies for children and the homeless during her signature 28-hour coat, school supplies and toy drives. She also raised money to help bury the Lucas family who experienced the worst murder-suicide in the state of Georgia. She encouraged the community to join her as she has led the charge to raise over \$800,000 for various charitable causes in the Atlanta Metro community.

Her lifetime dedication to music and her unselfish level of commitment has made her the People's Choice and one of the most recognized and respected radio personalities in the urban radio market. She has demonstrated a greater sense of responsibility through the Porsche Foxx Community Force (PFCF) which she launched as a vehicle to build better communities; to create partnerships with businesses, educational institutions, community based organizations and other prominent members of the local communities to bring about measurable changes.

This Foxy Star has been recognized as one of Atlanta's Top 100 Black Women of Influence by the Atlanta Business League. The greatest honor of her career came as she was selected to carry the torch during the 2004 Olympic Torch Relay. The Torch was carried by athletes, public figures and thousands of individuals who were selected for their own ability to inspire and overcome challenges within their own local communities.

"To say that I am honored and humbled is an understatement. I never thought in my wildest dreams that I would be able to participate in such a symbolic, memorable event. My parents taught my sisters and me to always do our best and to give back. I accepted the honor of carrying the Olympic Torch on behalf of my family and all those who contribute their time, energy and resources to the Porsche Foxx Community

V101.9

Before beginning her radio career at Charlotte's V101.9, C.C. worked as a television reporter/photographer for Charter Communications/Charter Headline NewCharlottes and WSOC television here in . C.C. has also worked as an English/Journalism teacher and instructor for Charlotte Mecklenburg Schools, Wake County Schools, Warren County Schools and Gaston College. With music being her first love, C.C. jumped at the opportunity to work at V101.9 as an on-air personality. You can catch her primarily over the weekends. Whether it be late at night or during your weekend afternoon errand run to your grocery store, chances are you will hear C.C. during your weekend. C.C. also fills in for Charlotte's favorite co-worker Alysse Stewart and for Preston Miles' Love Zone when they decide to take well-deserved time off.

Originally from Detroit, Michigan, C.C. pursued an English Literature degree at Michigan State University in East Lansing, Michigan. After some time, C.C. decided to obtain her Masters degree from the University of North Carolina at Greensboro. C.C.'s varied interests include jazz music, poetry, museums, her voice over company, "Spoken Spices" and classic movies.

FAVORITE ARTISTS: Maze/Frankie Beverly, Stevie Wonder, the elements, Earth, Wind and Fire, jazz artist Pat Metheny and various acid and classic jazz artists.

FAVORITE BOOKS and MAGAZINES: "The Purpose Driven



NAME: City

BIRTHPLACE: Columbus, Ohio

HIGH SCHOOL ATTENDED: Beechcroft High School

FAVORITE ARTISTS/GROUPS: Run DMC, Biggie, 2pac, NWA, MJ

FAVORITE FOOD: Lasagna, Honey Buns

FAVORITE RESTAURANT: Buca's

DREAM CAR: Phantom

LAST BOOK READ: Where the Wild Things Are

HOBBIES: Texas no limit, and doing this and that and a whole lot of you know

FAVORITE PRO SPORTS TEAM: Detroit Lions

PERSON YOU MOST ADMIRE: My mom



Columbus, OH

city
the ladies boyfriend



HISTORICAL PERSON THAT YOU WOULD LIKE TO MEET: Bob Marley, Michael Jordan, Michael Jackson

DREAM VACATION DESTINATION: Amsterdam

FAVORITE MOVIE: Godfather, Scarface, DC Cab

FAVORITE T.V. SHOW: Good Times, Sanford and Son, Family Guy, ESPN, ESPN Classic

V101.9

Continued from previous page

"Life", "The Catcher in the Rye" and my Essence Magazines and Oprah Magazines!

PEOPLE C.C. MOST ADMIRES: all four of her parents, both moms and dads, my younger brother, Marlon Mitchell of Detroit, my former nanny, "Auntie" and those "big sister" friends, who always impart wisdom, love and support.

WHAT WOULD YOU BE DOING IF YOU WEREN'T IN RADIO? "Teaching, teaching and more teaching! There is so much power within a teacher and everyone in life, who has accomplished greatness has gotten there, because of a teacher!"



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Teri Miller Barker
Dayton, OH

It's been nearly 40 years since the assassination of Dr. Martin Luther King, Jr. On April 4, 1968, we lost a pivotal icon in the Civil Rights Movement, but his legacy of freedom, justice and racial equality continues. In primary school, I colored pictures of him. In elementary, I read the oversized, richly colored storybooks about his upbringing, and how he peacefully fought and bravely put himself on the front line in pursuit of justice for all. I did a book report on him in high school and, as an adult, I'll always know exactly how many years ago we lost a true leader because it's how many years old I am at the time. As we observe the 40th anniversary of his death, I think of how unfortunate it is for me to have no memories or connections to the selfless man who gave his life to enhance the quality of life for others for generations to come. And although our paths never crossed, I've reaped the benefits of his sacrifice. He was only 39 years old, but made such a profound statement and impact on our society before he was tragically snatched away.

Recently, I had a discussion with an older relative of mine who was very disappointed with people in my generation and under. In his opinion, we're unappreciative and really don't have a clue about the civil rights struggle. He says we take privileges and freedoms for granted, and have no regard, respect, or remembrance of

Dr. King's Legacy: THEN & NOW

Now is the time to lift our nation from the quicksands of racial injustice to the solid rock of brotherhood. Now is the time to make justice a reality for all of God's children.

~ Dr. Martin Luther King, Jr. (excerpt from *I Have a Dream Speech*, 1963)

the people who were mistreated, beaten and even killed for their protests and attempts to upgrade us from second class citizens to ones of equal standing with our white counterparts. I had to respectfully let him know that you can't hate on people just because they were born after the height of the struggle, and furthermore, the struggle ain't over! Trust me, we have to deal with injustice and inequality too, but on a more covert level, which makes it harder to "fight." We can't picket and protest for a sister who claims she was more qualified than the white person who got the promotion she applied for. We can't get together and sing "We Shall Overcome" every time one of our own gets more jail time than someone white who committed the same offense. So, the struggle continues. The Civil Rights Act of 1964 ensured rights and freedoms for Colored people, but we all know that laws and acts cannot legislate the thoughts, attitudes, and behaviors of people who want to believe they are superior. As long as we're a minority, there will always be people who are doing their best to remind us of it.

Experience with the civil rights struggle, or lack thereof, has had positive and negative effects on the 40-and-under generations. It's been positive in the sense that we haven't had to fight for basic, civil liberties. We haven't been hosed down, attacked by police dogs, or incarcerated because we protested for equal treatment, nor were we born or old enough to see live coverage of such events broadcast on television. Old Jim Crow never forced us to sip warm water from the Colored fountain, or use a separate door to enter and exit public facilities,

and we've never done day work in white folks' houses. If we sat on the back of the bus, it was because it was our choice of seating.

We have been spoiled, or blessed, depending on how you view it. But there are some downsides to not having gone through the fire. As Frederick Douglas is often quoted as saying, "Without struggle, there's no progress." Which explains why, from a civil rights standpoint, we haven't been instrumental in effecting change on a monumental scale like previous generations. If anything, we've made backward strides because we're not as unified as the generations that can relate to the struggle. A lot of us are comfortable in our daily grinds of life. Many have had so much success that they question if Affirmative Action is even necessary. To them, all I can say is we mustn't forget where we came from. I was brought up in an era where "Black is beautiful," and "I'm Black and I'm proud." I remember like it was yesterday when Reverend Jesse Jackson got on national television and encouraged each of us to believe in ourselves and chant his mantra, "I am somebody." That did wonders for our self and race-esteem.

It's been 40 years since the tragic day this world lost an influential, charismatic, Baptist minister who had a vision much like that of Moses, who God used to free the Hebrews from Egyptian bondage. Dr. Martin Luther King, Jr. helped free African Americans from oppression and segregation, and we still have love and respect for the dreamer and the legacy he left behind, but we're

Dayton Minister to Embark on Awareness Walk to Chicago

By Teri Miller Barker

For the past year, Reverend Darryl Radford has been conditioning for this pivotal, defining period in his life. He walks about 25 miles a day, building his stamina to embark on an arduous awareness journey that will take him through several scheduled stops in cities across Indiana, before he reaches his Chicago destination. Travelling roundtrip to Chicago and back is not so unusual, but accomplishing that by walking the approximate 640 miles is.

Dr. King's Legacy

Continued from page 18

not as passionate about the "dream." Yes, we have our individual hopes and dreams, and accomplish great things, but what are we striving for as a race?

There are people, just like my dear relative, who feel that the 40-and-under generations don't have the strength and resolve, or the sense of unity that their forefathers and mothers had. I can't really debate the issue because we haven't been faced with the same obstacles. In our defense, however, I will say that we live in a different political climate, and have been somewhat protected from the harsh, blatant forms of inequality, but not totally exempt from having experienced racism. We haven't had to unite in emotional demonstrations to show that we want equal treatment because most of our civil rights struggles are being fought and handled on an individual basis.

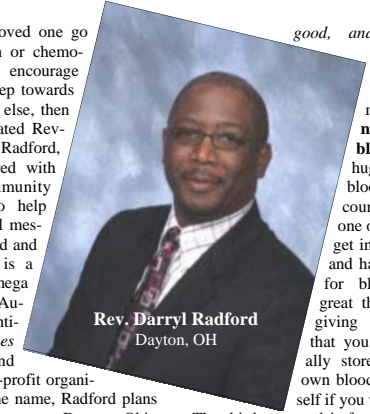
"The sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality." Dr. King, one of the greatest orator's in American history, said those words in his "*I Have a Dream*" speech in 1963. That was forty-five years ago, so it doesn't matter if you were born before, during, or after the Civil Rights Movement, we still have quite a distance to go before we reach his vision of autumn.

Reach freelance writer, Teri Miller Barker, at www.thewriteawaycafe.com.

"If watching a loved one go through radiation or chemotherapy doesn't encourage you to make a step towards helping someone else, then nothing will," stated Reverend Darryl Radford, who has partnered with Dayton's Community Blood Center to help spread his crucial message. The husband and father of three, is a minister at Omega Baptist Church. Author of a book entitled *The Dry Eyes of Innocence*, and founder of a non-profit organization of the same name, Radford plans to walk from Downtown Dayton, Ohio to Chicago, Illinois and back to raise awareness about terminal illnesses such as cancer, HIV/AIDS, and ALS. He's also walking to raise awareness of the need for bone marrow and blood donations. Anyone who is interested in donating to the cause or walking any part of the trip is welcome to do so. Radford intends to kick off his Links of Love Walk on May 4 and return on May 31, 2008.

After experiencing the devastation of watching two siblings battling terminal illnesses, and having seen one succumb to the disease, Radford decided that he wanted to help others who are dealing with the life-shattering reality of hearing the doctor tell them that their days are numbered. "The first motivation came when God spoke to me and told me to walk to Chicago," shared Radford. "After I told Him that I would do whatever He asked me to, He enlightened me as to all of the different reasons why I was to walk to Chicago and back."

Radford explained that his awareness walk is three-fold. The first reason, **change your mindset now**, is based on Romans 12:2, which says, "*And be not conformed to this world; but be ye transformed by the renewing of your mind, that ye may prove what is that*



Rev. Darryl Radford
Dayton, OH

good, and acceptable, and perfect, will of God." The second message is the **need to give blood**. There's a huge shortage of blood across the country, and anyone on any day can get into an accident and have a need for blood. The great thing about giving blood is that you can actually store up your own blood for yourself if you want.

The third need is for **people to join the bone marrow registry**. Of the registered donors in our country, only 6 to 8% are African American, which means that if something were to happen to an African American, chances are they would not be able to find a suitable donor. The sad thing about the low percentage of African American bone marrow donors is that there is a dire need for it. Bone marrow regenerates itself within 3 weeks and you never miss it. "The world is telling you that you're going to die, but that's not what God said," stated Radford. He wants individuals who have been given those types of life sentences to know that they don't have to accept it. "The truth of the matter is the doctor does not have the last say," Radford added, "The Links of Love Walk lets you know that the support thing that we're talking about is not just empty words, but we're willing to do something to stand behind you." Radford's book, *The Dry Eyes of Innocence*, chronicles the events that occurred during his brother's courageous battle with leukemia.

Please visit www.thedryeyes.org for more information about Reverend Radford, his non-profit organization, and the inspiration behind his challenging walk.



Solid Foundation, Inc

A Program Where Children Can Be Respected for their Individual Uniqueness
An Educational Alternative

In 1995, before the birth of her first child, the Lord gave Dr. Jackson a vivid dream about starting a school. With excitement and enthusiasm, Dr. Jackson began informing family and friends about her dream. She told them to look out for deals on desks, chairs, tables, bookshelves, books and the like. Since Dr. Jackson had a history of being a "go-getter," no one would dare question her dream or her desire to start the school.

Dr. Jackson soon found out that whenever God gives you a dream, he doesn't necessarily immediately give you the details. Nevertheless, although she always knew she would open a school, it was almost 8 years after her dream that the Lord began to stir up the gift in Dr. Jackson to actually open the school. The 8 years in between would be her ground time to learn as much as she could about everything that would ultimately affect her as an entrepreneurial school owner while she still worked in the public school system. Once Solid Foundation opened, she realized that everything she had experienced in the school system was to help her make the transition to a school business owner. To that end, she counts ALL of her experiences as joy. Hence, without a test there is no testimony.

While working as a school's Student Support Team Liaison, Dr. Jackson worked to develop and ensure implementation of an array of learning strategies to help meet the academic and behavioral needs of identified students. It was then that she truly saw a need and decided on a path to help meet that need for children.

As Solid Foundation Home-School Study Program prepares to enter into its 5th year of operation beginning August 08, calling it the "Legacy Building Stage," they have reviewed and evaluated how the program could be even more effective. This process has set the framework for Solid Foundation's new target market which includes bright, energetic students with learning differences and diagnosed mild learning disabilities. To that end, the word *home school* has been dropped from the name of the school and the legal name is now Solid Foundation, Inc.

During the 2008-2009 academic school year, as part of the Georgia Special Needs Scholarship Program, a parental choice program for Georgia public schools, Solid Foundation is planning to accept public school students who have an Individual Educational Plan (IEP). Twenty five to fifty percent of student

enrollment is expected to consist of students from the Georgia Special Needs Scholarship Program because they are targeting students with Specific Learning Disabilities and learning differences. The term specific learning disability means a disorder in one or more of the basic psychological processes involved in understanding or in using language, spoken or written, which may manifest itself in an imperfect ability to listen, think, speak, read, write, spell, or to do mathematical calculations. The term specific learning disability does not include children who have problems that are primarily the result of visual, hearing, or motor disabilities, or mental retardation, emotional disturbance, or of environmental, cultural, or economic disadvantage. The term also includes such conditions that Solid Foundation is *not* equipped to handle such as perceptual handicaps, brain injury, minimal brain dysfunction, and developmental aphasia. Although the definition in federal law governs the identification of services to children with learning disabilities (LD), there are variations between states and among school systems.

According to Dr. Jackson, "It is not always easy to identify one group of students who are clearly LD and another group of students who are not. All of us have learning differences and difficulties in one area or another. Some people who are exceptionally skilled with language and even become English teachers have difficulty balancing their checkbooks. Others who are nuclear physicists never do learn to spell proficiently. Many people never fail a subject in school but are at a complete loss when figuring out a diagram for making a simple house repair. Similarly, children may experience real success in some school subjects, yet find other school tasks very difficult, frustrating, or time consuming to complete." Dr. Jackson went on to explain that the program will now specialize in individuals with learning differences that may appear to possess the uniqueness of a person with learning disabilities keeping in mind that it is only when they are so pervasive or severe that they markedly interfere with learning or day-to-day work habits that a learning difference or a learning disability is suspected. Because of this, Solid Foundation works with each child,

transforming obstacles and weaknesses into strengths and opportunities. For the student, the outcome is not only improved academic performance, but better self-esteem, greater confidence and a renewed joy in learning.

Our students face a variety of challenges that often act as roadblocks in traditional schools. A few of these roadblocks include, difficulty in reading or writing words or numbers, problems transferring thoughts to paper, trouble with organization and time management, failure to turn in homework, inability to concentrate in class, and/or a history of falling behind classmates academically. These roadblocks often



Pictured Above: Val Archer, Dr. Jackson, Solid Foundation Student and Assistant, Camille Allen.

Dr. Leslie Jackson

cause labels to be placed on students which often times lowers their self-esteem into believing that they are incapable of successfully doing the work. At Solid Foundation, academic work is modified to accommodate each student's instructional level of achievement; therefore a student may be above, at or below grade level for each subject area and teachers help every child strive for excellence at his or her level.

There are other components that make Solid Foundation the ideal program to educate students with mild to moderate learning differences. Please visit www.solidfoundationinc.org to find out more about the program as well as school visitation dates.



By Madonna Carter Jackson

When you first meet LaTrell Bronson, you are greeted by a person who will listen to your problems as well as your good news while giving you her total attention. If you ask for it, she will flow over with friendly, open and honest suggestions to help solve, or ease your dilemma. Within a few minutes of your first encounter with LaTrell, you will know immediately that she is a God fearing, Christian woman on a mission, and that is what her life's work has enabled her to share as a multi-tasked business owner and Christian Counselor.

LaTrell is a licensed, and Ordained Minister. She earned her Master's Degree in Christian Ministerial Counseling at the Columbia International University-Bible College, in South Carolina. It was shortly after earning her degree that she felt that God was calling her to minister the Gospel. Her new directions lead her to work in the community where she has established several programs. She began working for Dr. Stuart Hamilton, CEO of Eau Claire Cooperative Health Centers, Inc. (ECCHC), this is where the Good Samaritan Program was established, a perfect example of how Bronson is always helping people; she says, "I became the Director of this program that



LaTrell Bronson,
Columbia, SC

assisted patients at the ECCHC health centers using a sliding scale fee scale for providing access to medical care.

Currently LaTrell is the community liaison and educator for Hospice Services. This is a door that people usually run away from, but are usually unaware that this is a portal for offering assistance to much more than comfort to the terminally ill. Any person suffering with a debilitating illness can benefit from knowing more about what a Hospice service can provide. Here is another example of how LaTrell has used her faithfulness to God, and an undying diligence to help the people of her community to link with services that will ease their hardships.

LaTrell is also the founder of Touch of Life Open Doors Consultant Service in Columbia, South Carolina. The mission of this organization is to help people reposition themselves to receive the help they need when no solution seem evident.

Touch of Life breaks down the barriers in this multi-cultural world that is sometimes insensitive to the elderly, poor, and minorities. Bronson, as an ordained minister, said she has been called to help everyone regardless of their race, color, or creed. Also, Bronson believes it is her duty to be a beacon, or a star that guides her clients to open doors that cannot be shut, and by helping direct those seeking a way to find the help and assistance they need. "I am called to help everyone and be an ambassador and advocate for the less fortunate.

Bronson says that she feels that she has been blessed with a special ability to inspire people to fully use their gifts, and talents. This has earned her great respect in the community. Also, being a multi-business owner, Bronson has traveled the Southeast delivering motivational seminars for the past four year. Through her Touch of Life Open Doors Consultant Service, she provides mini-seminars on topics relating to customer service, dealing with difficult people, and positive relationships in the workplace symposiums for businesses and various organizations seeking professional and development training for their employees.

While maintaining all of her gifts, she's married, and is a mother of three lovely daughters. For more information or to contact LaTrell Bronson, email her at lbronson@sc.rr.com

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TheatreSouth Atlanta @ The Association of Black Cardiologists, Inc. International Library, Research and Conference Center

By: *Marchia Mickens - Atlanta, GA*

I recently had the opportunity to visit the Association of Black Cardiologists, Inc. Inter-



Herman Jones explains the particulars of his exhibit.
Atlanta, GA

national Library Research and Conference Center, which is located at 5355

Hunter Road in Atlanta. (off South Fulton Parkway in Union City). While there, I had the esteem privilege of meeting Mr. Herman LeVern Jones, Executive Producer and Artistic Director of TheatreSouth Atlanta@ The Association of Black Cardiologists, Inc. Mr. Jones took time out

of his busy schedule to take me on a tour of the facility. As we walked through the Atrium, I paused to look at an exhibit of Jones' entitled African American Theatre: Past, Present and the Future. This exhibit is a must see for all.

As we walked through the halls, I asked Jones how he found out about this incredible facility. He went on to explain that he attended a conference at the Conference Center and thought that the place was fantastic. In April of 2007, Jones met Dr. B Wayne Kong, who is the former CEO, to discuss bringing an African American theatre program to the center. Jones showed Dr. Kong his exhibit. Dr. Kong was very impressed with the ex-

hibit and asked him to present it to the Board of Director. From that meeting, TheatreSouth Atlanta was birthed.

The next stop on our tour was the theatre. As Jones spoke of his plans for the theatre, he seemed to come alive. I could almost see the wheels turning in his head. He spoke of the mission of the theatre which is to provide cultural and educational presentations to the public on cardiovascular care using the artistry of live theatre and film. Its goals are to operate a repertory theatre with outreach programs that expose our community to healthy care issues, practical application of healthcare techniques, and solutions and to use the theatre as a vehicle to enhance better eating and healthcare habits within the community. TheatreSouthAtlanta @ The Association of Black Cardiologist, Inc. is a state of the art, breath-taking, intimate theatre that



seats 297 people. A baby grand piano eloquently graces the state adding to the elegance of any event held in the theatre.

As we exited the theatre, we walked back into the 8,000 square foot multi-functional Atrium. The Atrium has a reception style capacity of 550 people with walls adorned with one of a kind artwork and paintings of the black cardiologists. I could not help but to gaze out of the glass wall at an excellent view of Lake Frances. The grand ballroom, which has a banquet capacity of 300 and the Executive Boardroom only add the ambience of the International Library, Research and Conference Center. This facility is truly Atlanta's "Best kept

Secret" and the only place to hold your next event.

Herman LeVern Jones A Pioneer in African American Theatre

Herman LeVern Jones is a thirty-five year veteran of the African American Theatre. Jones has directed, produced and performed in numerous productions throughout the United States and abroad. He received his B.A. in Theatre and English from North Carolina State University, an M.F.A. in acting from the University of North Carolina at Chapel Hill, and has worked on his Ph.D. in Performance Studies at New York University. Jones has taught at the University of Massachusetts at Amherst, the University of Rochester, Shaw University in North Carolina, and several other universities and colleges. He has extensive administrative experience among African-American theatre companies.

Jones' directing credits include: *Roar of the Greasepaint, Smell of the Crown, No Place to Be Somebody, The Island, Phantom of the 87th Street Playground, The Amen Corner, One Mo' Time Blues, Olivia's Opus, Shoehorn, Blues in the Night, and Long Time Since Yesterday.*

His acting credits include: Lem in Robert Johnson's *Trick the Devil*, the title role of *Othello* at the New Jersey Shakespeare Festival, Cephus in *Home*, Ralph Abernathy in *I Have a Dream* with the National Black Touring Circuit, and frequent appearances in the popular daytime drama *The Guiding Light*.

In 1990, Jones was chosen to participate in the British American Arts Association Fellowship, "Internationalizing the Local", which was held in several prominent theatres in the United Kingdom, including London, Birmingham, Liverpool, Manchester and Nottingham. In October, 1991, he was chairman of Theatrical Management Association's

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Continued from 23

Seminar on Black Theatre in Great Britain Conference in Birmingham, England.

He has served on the Ohio Arts Council, the Massachusetts Cultural Arts Council, and the South Carolina Arts Council as a panelist for the theatre division.

Jones is the Chief Executive Officer of the Herman LeVern Jones Theatre Consultant Agency, Inc., and has served as the Executive Director of the Southeast Raleigh School of the Arts. His clientele has included Karamu House in Cleveland, Ohio, the Belgrade Theatre in Coventry, England, and the Nia Center (England's first Black arts center) in Manchester, AmeriFlora Festival in Columbia, Ohio, and Concerned Black Men of Richmond, Virginia, St. Augustine's College in Raleigh, North Carolina, and Arts Consortium of Cincinnati.

He is also one of the founding fathers of the National Black Theatre Festival and was Special Assistant to the Producer, the late Larry Leon Hamlin (1989-97). One of his tasks included negotiating contracts for Oprah Winfrey, Maya Angelou, Lou Gossett, Cicely Tyson, Denzel Washington, James Earl Jones, and Angela Bassett. He is currently a member of the National Advisory Board. Mr. Jones produced, directed and acted in many productions at the NBTf.

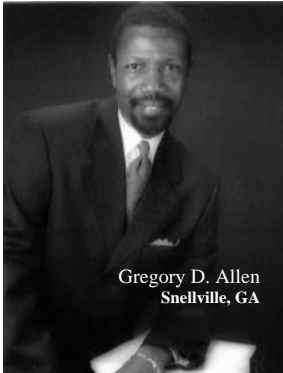
**TheatreSouth Atlanta @ the Association of Black Cardiologists is a project sponsored by the Association of Black Cardiologists, Inc. (ABC, Inc.) and the Herman LeVern Jones Theatre Consultant Agency, Inc. (HLJTCA, Inc.)*

You may reach Herman Jones at:
theatresouthatlanta@yahoo.com
 Contact the
 Theatre South Atlanta
 (404) 419-1293

t2t
MAGAZINE

Gregory D. Allen

ANOTHER TRENDSETTER ON THE MOVE



Gregory D. Allen
Snellville, GA

Gregory D. Allen has more than 30 year of business/economic development and consulting experience. Mr. Allen has demonstrated expertise in the areas of small business finance, business development, and business management. Mr. Allen began his career with Louisiana National Bank (LNB) as a Branch Officer and lender to both consumers and small businesses. He later served as Executive Director of the Louisiana Minority Business Development Authority (LAMBDA), a statewide small business lending program created to stimulate growth of minority owned business in Louisiana. Upon completion of this assignment Mr. Allen became the first African American and youngest Economic Development Specialist in Louisiana history working for the state's Department of Commerce & Industry. As a national marketing specialist, Mr. Allen recruited Fortune 100 companies seeking location/relocation opportunities in Louisiana. In 1983 Mr. Allen was hired as a consultant by the City of Atlanta to monitor federal employment compliance for the 125 million dollar redevelopment of Underground Atlanta. Later, in 1986, he was hired by Fulton County Government as a Senior Contract Compliance Officer. In 1997 Mr. Allen founded and served as General Manager/CEO of the Fulton County

BARTER LINK

Business Incubator a quasi government business development center created to nurture, train and promote small business growth in Georgia's largest county.

Mr. Allen holds a Bachelors degree from Southern University (Baton Rouge, LA) in Marketing and earned his Masters degree in Public Administration (MPA) at the University of Maryland (College Park, MD). He is also a Certified Economic Developer (CED) and Certified Industrial Developer (CID)

Mr. Allen is a member of New Birth Missionary Baptist Church, is married (30yrs) to Terri Allen a Gwinnett County Educator and has 2 children Devin (24) and Dorian (21), and resides in Snellville, GA

Established in 2006 by Gregory D. Allen, BarterLink was established to offer small and minority owned businesses the advantages of participating in an organized barter exchange. After working with M/FBE's for more than 30 years in both the public and private sectors, Gregory literally stumbled upon barter while researching assistance programs for minority businesses. After more than 2 years of research and evaluation of existing barter organizations it became clear that small and minority businesses were under represented. BarterLink launched its exchange from a small home office with the lofty goals of creating a regional exchange network consisting of more than 10,000 small and minority owned businesses in 6 states in the south and southeast.

Unlike many barter exchanges that permit universal trade with national and international trade groups, BarterLink focuses on promoting trades exclusively throughout its own network of exchanges. By restricting trade to this targeted group greater attention can be given to training, networking and business growth within the target market.

Visit: www.GoBarterLink.com

A long, long time ago

when the Americas were innocent, the Spanish came here in search of a new way of life but as all of the new settlers, they had to face the true Americans. Or let's say the ones who had already been here for thousands of years.

There is a big difference in how the North American Indians dealt with the new comers than how the Indians in South America faced the invaders. I have asked many ones here about the arrival of the Spanish, and why there was no genocide like in North America that had wiped almost every indigenous face from the United States. The answer I received was interesting. I have been told that the Incas had a prophesy that one day the gods would be destined to bless them with their presence. With



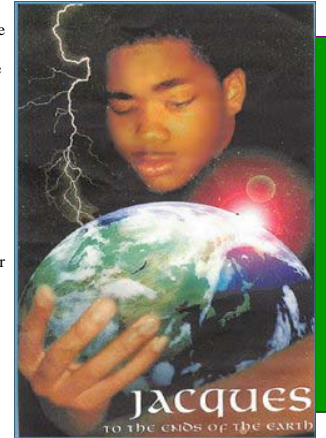
there white faces that reflected the sun and beards that graced them. Then fate would have it that the Spaniards arrived fitting this description. So instead of the warriors fighting to the death for their land, there was more of a welcoming

This World is a Very Big Place

given to the invaders. So there was no need to kill off a whole race. Like the Africans that were brought here, many were made slaves and the Spaniards started taking the native women for themselves.

In some places in Ecuador, the Spaniards never mixed with the Indians. This is why you have some Ecuadorians with sandy hair and blues eyes who carry last names that even to this day are only found in Spain. For example, my wife's family on her mother's side appears to be direct descendents from the Spaniards even down to their last name Matamoros". Others seem to have pure indigenous blood and live a similar life that their ancestors lived for thousand of year's, cultivating the earth and surviving on its generosity..

Then there is the Afro-Ecuadorians that I mentioned before who also live and thrive here. Yes the word Ecuador-



different to every race, tribe and tongue that shares it.

I wanted to show her my world the way I knew it. To take her to the land of my birth and show her why I am the way that I am. To share the same sunset but over a different sky, promised to never leave her.

Will Jacques be able to show Raquel his world?...

...to be continued in next issue..

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JACKMONT HOSPITALITY GETS FOUR "BEST OF THE BEST" AWARDS AT T. G. I. FRIDAY'S GLOBAL LEADERSHIP CONFERENCE



John Neitzel, President & COO of T.G. I. Friday's International; Mike Archer, President & COO, T.G. I. Friday's USA; Mark Snyder, V.P. of Franchising, T.G.I. Friday's USA; Brenda Branch, Vice President of Operations, Jackmont Hospitality; Brooke Jackson Edmond, Senior Vice President, Jackmont Hospitality; Daniel Halpern, President and CEO, Jackmont Hospitality; and Richard Snead, President and CEO of Carlson Restaurants Worldwide.



Atlanta, GA (April 15, 2008). Jackmont Hospitality, a leading foodservice management company in Atlanta (GA), was presented with four "Best of the Best" awards at the T.G.I. Friday's Global Leadership Conference recently held in Las Vegas, Nevada.

General Manager **John**

Faison, of the restaurant in Greenbelt, MD, was presented with the 2007 T.G.I. Friday's Outstanding Profit Achievement Award.

Daniel Halpern, **Brooke Jackson Edmond**, and **Brenda Branch** of Jackmont Hospitality accepted the prestigious T.G.I. Friday's "2007 Franchise Group of the Year Award" which was presented by President & CEO **Richard Snead**, Carlson Restaurants Worldwide; President and COO **Mike Archer**, T.G.I. Friday's U.S.A.; and Vice President of Franchising **Mark Snyder**, T.G.I. Friday's U.S.A. The "Franchise Group of the Year Award" is a tremendous accomplishment with Jackmont being selected as the top group out of thirty-nine (39) franchise organizations.

Director of Operations **Craig Hacklander**, Jackmont Hospitality, was presented with the 2007 T.G.I. Friday's Management Retention Award.

General Manager **Bill Guentner**, of the T.G.I. Friday's located in the Hartsfield Jackson Atlanta International Airport, Concourse B, received the 2007 General Manager of the Year Award – Non Traditional Category. Guentner is a three-time winner of this award. Also, representing the U.S.A. Franchise Non-Traditional category, Guentner received awards for *Outstanding Employee Retention*, *Outstanding Sales Achievement* and *Outstanding Profit Achievement*.

"These accomplishments could not have been possible without the dedication and hard work that our entire team demonstrates every day. Thank you for a job well done in 2007; let's keep the momentum as we continue to demonstrate our ability to successfully operate the

T.G.I. Friday's brand," said President and CEO Dan Halpern, of Jackmont Hospitality

About Jackmont Hospitality

Jackmont Hospitality is a results-oriented foodservice company with a proven track record of operational excellence, strategic problem solving, exceptional financial management, and innovative approaches to services. Included in the **Black Enterprise** list of 100 Top Industrial/Service Companies, Jackmont owns multiple T.G.I. Friday's franchises while also managing the dining programs for corporations and educational institutions. Jackmont T.G.I. Friday's restaurants are located in Atlanta (GA), Greenville (SC), Greenbelt (MD), Silver Spring, (MD) Philadelphia (PA) and Washington (DC) – with plans to expand into Chicago and Miami.

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Denise Harrod receives Presidential Award

ATLANTA, GA, January 30, 2008 – Dr. Charles Steele, Jr., President of the Southern Christian Leadership Conference (SCLC) bestowed the civil rights organization's prestigious Presidential Award upon Denise Harrod, Vice President of Corporate Affairs, CompuCredit Corporation (NASDAQ: CCRT), during the SCLC's annual Rev. Dr. Martin Luther King Day Service Awards Breakfast held in downtown Atlanta. The Presidential Award is presented to recipients in recognition of their leadership in the struggle for economic justice



Dr. Charles Steele, Jr., President of the Southern Christian Leadership Conference (SCLC) presents Denise Harrod, Vice President of Corporate Affairs, CompuCredit Corpora-

tion, during the political process.

"Denise Harrod and David Hanna, CompuCredit's CEO and Chairman, have been with SCLC every step of the way as we address the urgent problems facing America's financially underserved population," said Dr. Steele. "We are so pleased to recognize CompuCredit as we work together to not only educate and inform, but also to help consumers gain access to the financial education products and services they need for their financial empowerment."

"On behalf of David Hanna, our Chairman and CEO, and all of our 3,600 employees, I accept the SCLC Presidential Award with gratitude and humility," said Ms. Harrod. "We are most honored to be recognized on Dr. King's

holiday, and we look forward to continuing our partnership with SCLC on a range of programs and services."

SCLC and CompuCredit entered into a partnership last year to extend the scope and reach of the civil rights group's Economic Empowerment Initiative. That initiative includes a financial education campaign and an ongoing examination of ways to help more Americans access credit through improving and maintaining higher credit scores, thereby enabling them to receive more favorable rates for credit products.

"We should never forget Dr. King's words regarding economic justice," said Dr. Steele. "Dr. King said that 'our struggle is for genuine equality, which means economic equality.' That struggle continues today at the SCLC as we work with CompuCredit and others in the community to address the real issues regarding lack of access to financial services -facing so many Americans."

About CompuCredit Corporation CompuCredit Corporation is a specialty finance company and marketer of branded credit cards and related financial services. CompuCredit provides these services to consumers who are underserved by traditional financial institutions. Through corporate and affinity contributions focused on the underserved and un-banked communities, CompuCredit also uses its financial resources and volunteer efforts to address the numerous challenges affecting its customers. **For more information about CompuCredit, visit www.CompuCredit.com**



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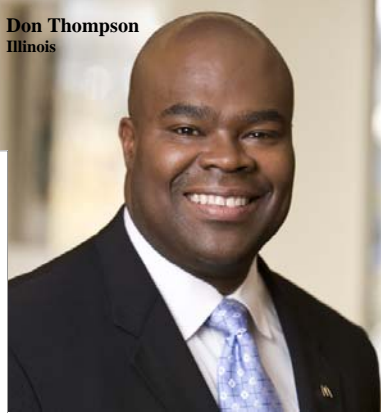
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(BPRW) McDONALD'S USA PRESIDENT DON THOMPSON RECEIVES 2008
"CORPORATE EXECUTIVE" TRUMPET AWARD

Don Thompson
Illinois



Don Thompson, president of McDonald's USA, was recognized for this corporate leadership and accomplishments at the 2008 Trumpet Awards. The awards, taped in Atlanta on January 12, will air nationwide on the MyNetwork TV channels on March 1 with a national airing on TV One on April 13. Thompson received the organization's Corporate Executive Award, presented during the show by radio leader and philanthropist Tom Joyner. Thompson is the first African American to serve as president of McDonald's USA, the largest division

of the global company.

As president of McDonald's USA, Thompson oversees the strategic direction and the overall business results of McDonald's 13,700 restaurants. Thompson is currently leading McDonald's into its fifth consecutive year of positive growth. Much of this growth is a result of innovative initiatives derived under his leadership, including the introduction of new beverage choices, including the launch of its Pre-

mium Roast Coffee and new specialty coffee beverages, and new chicken items including the Snack Wrap.

Since joining the company in 1990 as a restaurant system engineer, Thompson has held several leadership positions and was previously the chief operating officer for the company where he oversaw the day-to-day restaurant operations for the entire U.S. business, and was instrumental in establishing and executing the U.S. strategic growth plan. He was named president

of McDonald's USA in 2006. "It was an honor to present this award to Don Thompson," said Xermona Clayton, president and CEO of the Trumpet Awards Foundation and founder of the Trumpet Awards, now in its 16th year of honoring the accomplishments of African Americans. "Thompson is a charismatic and focused leader who should be celebrated for his accomplishments and for his leadership role at the helm of one of America's most recognized brands."

In addition to the national broadcast outlets, the Trumpet Awards will air in 177 countries around the world and will be distributed to 140 military ships at sea, creating an additional one million viewing audience.



McDonald's McDonald's USA is the leading foodservice provider in the United States serving a variety of wholesome foods made from quality ingredients to millions of customers every day. More than 80 percent of McDonald's 13,700 U.S. restaurants are independently owned and operated by local franchisees. For more information please visit www.mcdonalds.com.

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VICTORIOUS LIVING

When You Stop Running the Universe

As a single parent you learn quickly how to multi-task. Can anyone relate? You go to work for eight hours, rush home from work to take one child to football practice while the other child has music lessons all the way on the other side of town, and then you try to run errands at the grocery store or post office while the kids are at practice. You still have to make it home in enough time to cook a quick dinner, do homework, get baths AND get ready to do it all over again the next day. You plan EVERYTHING. I learned early on how to keep my head above water. I had to master doing it *all by myself*. I felt I was in control over my universe and that everything had to go EXACTLY the way I planned it – and if it didn't somebody was going to get cut for messing up my plan! I know that some of you can understand exactly where I'm coming from. What I didn't realize until later is that my need to "control" was coming from a place of fear and pain of my past. Controlling everything around me became my defensive mechanism so I wouldn't get hurt again.

When hurtful things happen to us that are beyond our control it's hard for us to recover. As a matter of fact, the harder the blow the deeper the pain. To mask the hurt we go into "control" mode to create our own comfortable environment where we are in control of all the elements. Everything has to go exactly as we planned. People should act the way we think they should act and if things don't fall into place we get upset, angry and bewildered. We wear ourselves completely out trying to *appear* that we have it all together and that the mistake or mishap was part of the plan all along. To those around us we look like we have life under control and everything we set out to accomplish goes perfectly. The real truth is that our emotions are a mess – and now we have to deal with appearing to have it all together while masking the pain too! Eventually those of us who need to control everything come to a major life crisis where we realize we just can't keep up the façade any longer and we crash emotionally and eventually

have no choice but to surrender.

I know that there are a lot of people who fit into this "control" category. I see it and recognize it often because I was a controlling person myself. These are the people who are not compromising or flexible, prideful and absolutely have to have things their way most of the time and are unwilling to take someone else's opinion or advice to heart because they have envisioned exactly how things should go. Sound familiar? I'm slowly letting go of the reins because I realized two things. One is that I was never *really* in control in the first place, **God** is; and two, I was creating a smaller world for myself and neglecting other people and forfeiting true blessings because I didn't want to deal with my past hurts and risk being hurt yet again.

Our heavenly Father desires to mold us to be like Him and heal our wounded hearts. We are made in His image and likeness so He will temporarily allow us to be captain of our own ship for so long and then He will bring to our attention that we are not in control. He'll allow our plans to work out at times, and other times He won't. It's for our good according to Romans 8:28, "**And we know that to them that love God all things work together for good, even to them that are called according to his purpose**". When we surrender and let the work of healing grace begin to manifest in our lives we open up our hearts and minds to a whole new world of peace and tranquility. The situations and people we once tried to control suddenly aren't as important as we believed them to be because we've had revelation of the truth – *God is in control* and He causes all things to work together for good. We can make our own choices, but we don't always



Tracy Washington
Akron, Ohio

have the ability to control our circumstances and we certainly do not have the power to control other people, no matter how much we attempt to manipulate them to do what we think they should do. We can hardly control our own lives with all our own issues, so we *definitely* do not have the ability to control other people. I can honestly say that I was more than happy to do away with my Super Woman, Wonder Woman and I Dream of Jeannie costumes and stop trying to control the universe – it was exhausting.

Those of us who have the need to be in control of everything all the time should examine our lives to see why this behavior is occurring and where it is coming from. It's probably driving the people close to us absolutely crazy. The behavior is the fruit of a deeper-rooted issue that we haven't properly dealt with from our past. It could be the relationship with our parents, siblings, a spouse, a friend, an authority figure, or it could be emotional upsets such as unforgiveness, fear, unresolved grief, anger or any other type of deep emotional setback. Healing and free-

VICTORIOUS LIVING - From previous page

the universe – it was exhausting.

Those of us who have the need to be in control of everything all the time should examine our lives to see why this behavior is occurring and where it is coming from. It's probably driving the people close to us absolutely crazy. The behavior is the fruit of a deeper-rooted issue that we haven't properly dealt with from our past. It could be the relationship with our parents, siblings, a spouse, a friend, an authority figure, or it could be emotional upsets such as unforgiveness, fear, unresolved grief, anger or any other type of deep

emotional setback. Healing and freedom will come when we get the proper counseling or coaching and learn to let go and surrender all and get out of the way because running the universe is a job that we won't ever be qualified to do!

Tracy Washington is President and Founder of Fashion Your Soul – www.FashionYourSoul.com, "Don't Just Dress Up The Outside, Dress Up The Inside". She is a speaker, coach, writer and workshop presenter and can be reached at Tracy@FashionYourSoul.com.

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FINDING YOUR TRUTH



Matthew Horne
 Washington, DC

The number one question that exists in life is: What is my purpose? What is my reason for existence? It is my intention to provide answers to the deeper questions that your soul yearns for.

Think of it this way if you can. You defeated millions of your brothers and sisters just to be birthed. There is an intelligent design behind your existence. You were created to make a meaningful deposit into

humanity, not just to exist and conform.

So here we have a precious existence, accompanied with limited days on the earth to accomplish the truth you were created to manifest. What this tells me is that there has to be overwhelming signs to help you gain an awareness of who you truly are. Your Creator knows that you can not become something that you don't have an awareness of.

The Situations of Life

With a precious existence and limited days on the earth to accomplish your life's mission, there must be something that takes place which will constantly enable you to be introduced to you. This something is the situations of life.

We have two choices when it comes to

the situations of life; to have them take away from us, or to take away from them. I entered college as a full-athletic scholarship basketball player at a Division I program. I and everyone else around me had high hopes of me making to the professional ranks, or to at least have a successful basketball career. The exact opposite happened as my collegiate career never truly got off the ground.

Something life changing happened while I was in my sophomore year of college. I was in a speech class and my teacher gave everyone the task of giving a persuasive speech as an assignment. He allowed everyone in the class to give him their speech topic out loud. When he got to me I began to open my mouth, and before I could get a word out my teacher said "And

Matthew's going to do basketball." I said to myself "I didn't get to pick my speech topic, but I want to help everyone in the class." So, I put together a speech entitled "Continued Success in the Game of Basketball." I took my classmates on a journey of how I continually achieved success at every level of basketball by always having a vision beyond what I had already accomplished. The premise of my speech was that in order to succeed in life, you must look forward and not look back, as I persuaded my classmates that they could continually succeed in life as well.

They were just words, I thought, but after my speech five of my classmates pulled to the side and said the words I'll never forget: "You should be a motivational speaker." I laughed it off and said "I'm 6'5" with a jump shot—motivational speaker? You've got to be kidding me." As I said these words, the look in their eyes didn't change. This truly made me look deeper into what my classmates told me.

As I examined their words, I recollected an eerily familiar experience that I had at a summer basketball camp I had been working at the summer before my sophomore year of college. I was a camp counselor, and we had the task of speaking to the kids at the end of the week. I said the words that came naturally to me; believe in yourself and don't let anyone keep you from going after your vision in life.

I figured they were ordinary words

until one of my fellow counselors pulled me to the side in a manner which almost shook me up and said "The way you spoke to those kids was not ordinary; you have a gift! Don't hold it back!"

Your Evolving Definition

Many people, till this day, ask me if I am devastated that I did not go on to play professional basketball after college. I was perfectly fine, and never thought twice about it, as I knew that motivational speaking was my calling in life. As I began to hear the question over and over again, I needed to know the answer as to why I was able to make such a smooth transition when so many athletes are devastated after an experience like mine.

I heard a still small voice tell me that I never identified myself as a basketball player. Basketball was what I did, and Matthew Horne was who I was first and foremost. Life is subject to change without your approval. You can never identify with what you do, because an ever-evolving identity can never be contained in the box of one concrete definition.

Life is a series of truths, that when comprised, represent The Truth of who you are. We are ever-evolving beings. We'll never completely arrive until our last breath is taken.

Devastation is a Choice

There are certain things in life that will not go the way that you envisioned them going, no matter what you do. There are no ordinary moments in life, and the design behind every situation that you encounter is for you to take away a truth.

You may ask: What is my truth in a given situation? This is a great question. As you can see in my story, I was emerging into a motivational speaker in this trying time in my life. Your truth lies in your emergence as a person during the situations of life. Emergence and the capacity that it occurs is one thing that is completely out of our control as

human beings. Yes, I worked hard to become a great basketball player, but my truth came to me in the capacity of motivational speaking.

Many people may label my experience on the basketball court as a failure. What if I told you that success and failure are illusions? What if I told you that the only remaining element at the end of a dream pursuit is truth, not success or failure?

If you choose to take away from the various situations of life you'll undoubtedly discover truths about yourself. Your awareness of these truths depends on your conscious decision to view the situations of life as being a part of God's ultimate perfection, as opposed to a situation that carries limitations of success and failure.

If you view the outcomes of the various situations of life as your truth, it will set you free from the parameters of success and failure. When you view truth as an entity in and of itself, by not subjecting it to external parameters, you'll reveal its glorious light.

Matthew C. Horne, Life-Changing Motivational Speaker

Matthew C. Horne, motivational speaker and author is a renowned authority in maximizing human potential. He is the President and CEO of Optimum Success International, a speaking and publishing company located in the metropolitan Washington, DC area. He is the author of the newly released book; *The Universe is Inviting You In*, which is available at www.matthewhorne.com. Matthew is available for speeches, lectures, and interviews. Any experience with Matthew C. Horne, literary or auditory, will walk you to the doorstep of Your Best Life Possible! To learn more about Matthew C. Horne, please visit www.matthewhorne.com.

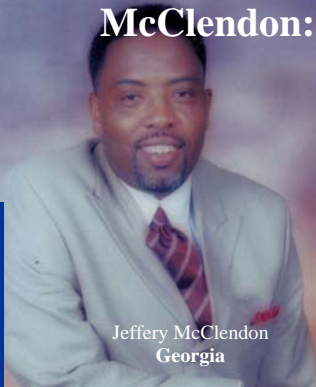
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McClendon: Singer, Evangelist



Jeffery McClendon
Georgia

A native of Carrollton, Georgia, Jeffery McClendon's music career began at the age of seven years old. His mother and grandmother noticed how he always sang all the songs the preacher and the choir sang at church. So they put him up to sing before the people, and well, as they say, the rest is history.

McClendon joined a professional singing group called, The True Saints featuring Mama. He traveled the country as a bass player and backup singer in the group at the age of seventeen. His intrinsic ability to minister under the anointing of God through song to bring healing to the body of Christ, has created many opportunities for him to minister for praise and worship conferences and other events nationwide.

In addition to his singing talent, McClendon is a much sought after evangelist who truly flows in a great anointing and deliverance ministry. As a national Evangelist, he travels the country ministering to lost souls and winning many to Christ.

In 1993, McClendon accepted the call of God to the ministry under the leadership of Apostle Mary D. Lawrence, the founder of Victory International Prophetic Ministries in College Park, Georgia.

When asked about his goals in the music industry, he stated that he desires to bring people into the presence of God through praise and worship and to be a part of the great revival God is bringing to the body of Christ as a whole.

McClendon encourages new musicians and ministers of music to remain focused on the call of God in their lives and to avoid getting caught up in the hype of entertainment. He loves and recites quite often, Psalm 1, which is a chapter of the Bible that helps him to stay focused in the things of God.

In his spare time, McClendon likes to study the Bible, travel, play the guitar, and listen to gospel music. Some of his favorite artists include Marvin Sapp, Fred Hammond and John P. Kee.

He currently serves as Pastor of Worship at Light of the World Christian Tabernacle International under the leadership of Pastor Ruth W. Smith in Stockbridge, Georgia. Pastor McClendon is a husband and father of three lovely children. To know this man is to know you have met a true friend of God.

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The Role of Money in God's Economy

Money.

Everyone wants it; everyone needs it. How much you earn can determine where you live, what type of car you drive or if you are using public transportation. How much money you make will determine the types of clothes you wear, the foods you eat and where your children go to school. Your use or misuse of money in your younger years will be a predictor of how your "Golden Years" will be lived out.

The proper or improper use of money will determine if your heirs are taken care of after you die, and we all will die one day. It is contrary to the Word of God (Proverbs 13:22) to not have funds set aside for your immediate family and children. Having the proper and adequate life insurance policies, annuities, stocks, etc., allows you to pass wealth onto your heirs, in some instances tax free, so that they will have a head start in life that others in this world may not.

The Bible tells us exactly how we are supposed to utilize money in our lives, as well as in Kingdom building for God. In the book of Proverbs, it tells us in that we must acquire wisdom so that we can make the right decisions in all aspects of our lives. (Proverbs 4: 5-9) Proverbs is classified as wisdom literature. Wisdom focuses on how to act in speech and deportment. Wisdom shows us how to achieve success and to respect our neighbors, and how to live free from fear. In order to be a good steward of what God has given us, we must first be wise. (Matthew 25:14-30)

God never intended for us to hoard money or be stingy with the blessings of wealth and financial prosperity. He intended for us to use money as a tool to build and create opportunities to spread the Gospel and create a better quality of life for the citizens in our communities. Money is to be used to help those who are less fortunate than us (James 2:8, 14-18) (Proverbs 3:27-28) who may be down and out. A hungry man needs to be fed food that will satisfy his physical hunger before he can be fed the Word of God to satisfy his spiritual hunger. In feeding his body first, he is more apt to listen to you when you tell him about a Man that can give him the bread of life that will feed his soul for eternity.

We as Christians have to get out of the mindset that being financially broke and poor are somehow a sign of piety and humility. That God is somehow testing your faith through your financial lack. The true spiritual test is not when you are in fi-

nancial lack, but when you are in financial prosperity.

Richard Thompson
Akron, OH



That is when God will find out if you are the lover of Him who gave you the gift of financial prosperity of the lover of the gift. As long as we remember and practice in our lives what is in the Word, that tells me that my Father owns the universe and will provide for me in abundance, we will always love the Giver of the gift more than the gift itself. (Matthew 6:30-34) (James 1:17)

Now there may have been circumstances that may have caused an individual to be temporarily in a position of financial lack. I personally know what that type of lifestyle that can be. As my dear friend Lisa Allen has told me on more than one occasion, "Poor is a state of mind, not a state of being." To quote author Patrick Moreley, "Poverty is no spiritual badge of courage." However we must remember that financial lack is only a temporary setback and that God will reward us double for our trouble. (Job 42)

In order for us to promote God's Kingdom on earth it takes money! If you think it doesn't, then stop giving tithes and offerings and see how long the electricity, heat and maintenance of your church stays current. You'll be sitting on the floor praying in a cold, dark, decrepit building.

Obedience to God's Word brings prosperity in all aspects of our lives. (Joshua 14:6-14). That is His plan for us. He does not want His children to be lacking in anything good thing in this life. He wants our time on this earth to be one that is enjoyed in spite of the trails we all will go through.

We must remember to keep money in its proper perspective. Used properly and wisely, money can bring to fruition any idea our minds can conceive. However, when money is misused improperly and without wisdom, you will become its slave.

Yes, money does answer all things.

Richard Thompson is owner of R.M. Thompson & Associates, LLC, a consulting firm for non-profits and small businesses in Akron, Ohio; as well as a freelance writer, debt and credit counselor. Mr. Thompson can be reached at thumpmic@gmail.com.

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HEALTH HORIZONS-THE UNIQUE PRACTICE | By Carl Munson

David S. had recently celebrated his 46th birthday in pain. He had been an athlete in high school and college. He was scouted by a number of major league teams, but decided, after talking with his parents, to accept a position with a major internet company. That was probably the best choice as the company became more successful than anyone had ever anticipated and David shared in that success. About a year ago, David was involved in a traffic accident that resulted in injuries to his neck and lower back. He had been injured before while playing sports and had always recuperated without any problem. However, this time was proving to be different.

His medical adventure started with a visit to the emergency room where it was determined that no serious (life threatening) injuries had occurred after x-rays showed no fractures, his vital signs were stable and he was experiencing no fainting or grogginess. He was advised to follow-up with his personal physician if his symptoms did not improve. He was prescribed a few pain pills, a muscle relaxer and one of the typical anti-inflammatory drugs. Not only did his pain not improve, it worsened, so he called his family doctor after about two to three days had passed. When he arrived at his doctor's office, he had exhausted his supply of pain pills and had started doubling up on his anti-inflammatory medication. He had also taken some pain pills that his wife had left over from a previous dental procedure. He could hardly turn his head and he was experiencing horrible headaches that were getting worse day by day. His vision was blurred, he was nauseous, anxious and he had a low grade buzzing in his ears. To make matters worse, his lower back pain was even more intense than the pain in his neck and head. It had become very difficult for him to remain in any one position for long and he had stayed out of his office because he knew he couldn't tolerate sitting through meetings or even sitting at his desk. It was very difficult to tolerate the ride to his doctor's office. He had not been getting



Dr. Ken Knott
Georgia

much sleep and that was adding to his problem by causing him fatigue.

His doctor ordered an MRI of his lower back and the results showed a bulging disc in his lower back. He prescribed more pain pills and then referred him to a neurosurgeon who had enough common sense to not operate on him. He went back to his family doctor who sent David to physical therapy where he started exercise program. He followed their program verbatim because he was tired of hurting. After a week of exercise, his pain had worsened, but he continued because he remembered his days as an athlete when he was told, "no pain, no gain." The pain eventually got to the point of being unbearable and he stopped the exercise program and told his doctor that it was not working. He was then referred to the local pain treatment expert who advised David that an epidural procedure would probably help. He underwent a series of three procedures, but his pain did not improve. After the third epidural, the pain doctor advised David that a facet injection might help his pain, but after two separate injections, he gained no relief. It was at that time that David began to develop a sense of urgency because he started to realize that nothing was helping and based upon what he had seen, nothing else was available. The pain expert continued to prescribe drugs and finally told David that he knew of nothing else that would help and that he had done everything possible, but would

continue prescribing medications for pain relief. In spite of the drugs he was taking, David began falling into a deep depression. For the first time in his life, he began to feel helpless and worthless. His career was in jeopardy and the strain on his family was taking its toll. That situation continued for several more months during which time David's pain doctor placed him on an anti-depressant. The anti-depressant was helpful with his mood, but David's pain did not go away. By the end of a year, he had resigned himself to the fact that he was probably going to have pain for the rest of his life particularly after all his doctors had told him that he was just going to have to live with it.

David's wife came to him one afternoon and told him that one of her friends had been to a place called Health Horizons where she had seen Dr. Ken Knott. Her friend had been suffering with headaches for many years that had been diagnosed as migraines and treated with medications. The medications had helped, but the headaches always returned with the same severity as before. After seeing Dr. Knott, she discovered that her headaches were not really migraines at all, but were coming from her neck. She remembered injuring her neck a few months before the migraines had started, but no one had ever asked her if she had injured her neck until she saw Dr. Knott. He told her that she had injured some capsular tissues in her neck and proper healing had never taken place. He started a series of injections around those tissues and after four sessions, her headaches were gone! It seemed like a miracle to her since she had been told she would always have headaches. When she talked to David's wife, it had been over six months since her last headache.

With that story, David thought, why not, "I'm not getting any better doing nothing and all my doctors have told me to learn to live with my pain." David's wife called Health Horizons in Marietta, Georgia and expected the same run of the mill medical office procedures that she had seen David go through so many times before. She was pleasantly surprised to find a very upbeat and informative person on the other end of the line. An actual person answered the phone

Continued on page 35

and was nice! There was no automated phone system and an appointment was made for two weeks later. She was told that Health Horizons did not participate in any insurance plans private or public, so the many questions about insurance were not asked.

David and his wife arrived at Health Horizons, on his scheduled appointment date, and were given an information sheet and a policy sheet to complete. David was then escorted into an examination room not unlike most examination rooms in most doctors' offices. A nurse took his pulse and blood pressure and left the room telling him that Dr. Knott would be in shortly.

David didn't know what to expect, but continued his thought that he had nothing to lose. Dr. Knott entered the room, with a welcoming smile on his face, extended his hand and said, "Hello David, I'm Ken Knott and I'm glad you're here." David was surprised because most doctors are very formal when introducing themselves and act as though the patient is an after thought. David felt more at ease just because of the way Dr. Knott had introduced himself. He then asked David a few basic questions and then sat and listened while David told him his story. David then handed his records to Dr. Knott who looked them over while sitting in the room. He also reviewed an MRI study that had been done a few months before. Dr. Knott then began his thorough examination of David. For only the second time ever, a doctor was actually touching him. The previous time was during his college football career when he was examined on the football field after injuring his knee. Dr. Knott examined David's neck and

lower back with his hands and put pressure on certain areas asking if that seemed to be a point of pain or where some of his pain was coming from. Dr. Knott then told David that he was fairly confident that he knew what was causing his pain, but before he knew for certain, he wanted to do a trial injection in his neck and lower back. Again, David thought, "I have nothing to lose," so he agreed. He was taken to another room where x-ray equipment was located and positioned on a table under an x-ray camera. Dr. Knott injected several locations in his neck and lower back. For the first time in more than a year, David's neck pain and headaches were gone and his lower back pain was 75-80% improved. David couldn't believe it, but Dr. Knott told him that the pain relief was only temporary and further procedures would have to be done in order to provide more permanent relief.

He explained why David was continuing to experience pain when in fact, he had been told, by every other doctor, that they didn't know why he was still having pain. Apparently, David had damaged structures that don't show up on an x-ray and are very hard to see on an MRI. Doctors are taught to look for disc problems in the spine, but he told David that less than 10% of neck and lower back pain are caused by disc problems. That's why his problem had been missed, because doctors are not taught to look at other causes.

Dr. Knott also told David that he wanted to make sure that David's metabolic status was sound enough to promote proper healing. One of Dr. Knott's staff took blood samples from David and it was determined that

his testosterone level was low and his thyroid was not functioning optimally. He prescribed a hormone that helped raise David's testosterone level and also prescribed a thyroid preparation that David was to take each morning. After about a week, David's energy level began to improve and his mood began to change for the better.

David returned to Health Horizons three weeks later and Dr. Knott was right, his pain relief lasted for about three to four hours and then returned. His mood and energy level had improved significantly and additional blood samples were taken again. He underwent similar procedures at the time of his second visit and was warned that he would probably experience one or two days of increased pain followed by a gradual reduction of pain. David experienced just about what Dr. Knott had predicted, but the fact was that his pain was improving! His second set of lab studies showed that David's metabolic status was optimal for healing and he was advised to continue taking the preparations as prescribed. David went back to Health Horizons and Dr. Knott four additional times after which, his pain was gone. He couldn't believe it! He had been able to gradually return to his normal life style and had again become the person he was meant to be. He was happy, his family was happy and David was again productive. He stopped all his pain and anti-depressant medications and refers people to Health Horizons whenever possible. He has continued

OBESITY IN CHILDREN

Some schools are beginning to address the obesity concerns in children by requiring administrators to issue each student a health report card that includes Body Mass Index (BMI), increasing physical education and by monitoring school lunches. Body Mass Index is the relationship between weight and height that is associated with body fat and health risks. The Department of Health and Human Services of the National Institute of Health categorizes BMI as follows:

- Underweight - <18.5 BMI
- Normal weight - 18.5 - 24.9 BMI
- Overweight - 25 - 29.9 BMI
- Obesity - 30 or greater BMI

BMI calculators are available on many websites. Individuals may enter their height and weight to obtain a BMI reading. An example of a reading is a person 5 ½ feet tall and weighs 160 pounds, and the BMI is 27 (which is overweight).

Servings are much too large for recommended portions. An example of kid-friendly ways to teach portions is:

A fist or cupped hand = 1 cup



Carole Rice, RN
DeKalb County Schools,
Georgia

- A thumb = 1 ounce of cheese
- A palm (not hand) = 3 ounces of meat
- Tip of thumb = 1 teaspoon
- A handful = 1-2 ounces of snack food
- Tennis ball = 1 serving of fruit

As previously mentioned, some schools are increasing physical education time. Only 13% of all trips to school are made by walking or cycling. As a rule in the present time, we

don't even get up to change TV channels, hang clothes outside to dry, cut grass with a push mower or sweep a driveway. Now everything is remote or button controlled - push a button to change channels, ride a lawn mower, hire a housekeeper, use a clothes dryer, blower for leaves or enjoy many of our wonderful conveniences. But it does limit our physical activity in this generation.

The parent is the one who controls most of the foods eaten and sets the example for their child. Also the time and place to eat is determined by the caregiver. Parents should give love and time instead of fattening food as treats and rewards. "Time beats food as an incentive".

We as leaders - teachers, parents, doctors, nurses (including this nurse) are not always setting the right example for our students or children to observe. Teaching by example is much harder than verbally informing. What about you? I'm going to try harder!

Credits:
Ashworth, Carolyn M.D. Defeating the Child Obesity Epidemic. PSG Books 2005. Dallas, Texas 75238

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Miko DeFoor

Miko DeFoor, a native of Northeastern Ohio began his career as a model, while still in his teens. Even at a young age he possessed that special charisma of a young man with passion for life. His career took him to various parts of the state and then to other parts of the world. While serving his country in the Air Force he also served the world of fashion by participating in a variety of shows throughout



Asia and Europe. Upon leaving the Air Force after 10 years of service, Miko making his home in Atlanta, Ga continued doing runway, as well as, print work. He has been featured wearing the designs of some of the most famous designers such as: Versace, Karl Kani, Hugo Boss, Shaka King and Sean John. He has been seen on billboards nationwide featured by the well known cellular

phone provider, Cingular Wireless, and can also be credited for work on the cover of various popular romance novels.

Mr. DeFoor began his acting career as a stand-in for **Denzel Washington** in the block buster hit "**Remember in the Tittans**". While on the set, Miko took full advantage of the opportunity to watch and learn from a legend. During one of their many talks, Mr. Washington shared his love of acting and seeing his potential encouraged Miko to pursue acting more seriously. It took some time, but the advice sunk in. Not long after he participated in "**The Actor's Boot Camp**" hosted by the acclaimed actor, director and producer **Bill Duke**. It was not much after that life changing experience; he was inspired to pursue his dream, now inspired and has not looked back since.

Currently, Miko spends much of his time, when not filming or reviewing scripts commuting from Atlanta to Los Angeles to audition and work on various projects. Throughout his career he has been involved with over 50 Independent Films. He has also had numerous television appearances. Most notably he co-starred in "**Playhouse 22**", a televised theatrical production produced and directed by well known actor, director and producer, **Robert Townsend**. Having a passion for history and the independent film industry, Miko became a part

of the very history he loves by landing a role in what is said to be the most expensive independent film created, entitled "**BOLDEN**". This feature film details the life of Buddy Bolden, known to be the inventor of "Jazz".

Most recently, Miko was cast in a feature film that will begin shooting this month on location in Shreveport, La,

which he will now add to his travel itinerary. The film is entitled "**SoulMen**", starring **Samuel L. Jackson** and **Bernie Mac**. No doubt we can expect great things from his performance. Again in the presence of greatness with Mr. Jackson and Mr. Mac, it won't be long before he receives the starring role in a major production. With his hard work, dedication and the passion that Miko exudes about his craft, history is for the making. He intends to help make history by getting the rest of the world to particularly recognize the Independent Black Film industry and the talent that resides in Georgia.

When he is not acting or modeling, Miko enjoys teaching others. He provides industry insight and training in seminars for up and coming actors. His students who range in age from 4 to 64 love his good nature, inspiration and genuine concern for their success. Look for this seasoned actor to do great things in, for and around the industry. His ultimate goal is to one day produce and direct.

Interested in booking Mr. DeFoor for interviews, auditions or seminars? Contact **The People Store** at 404-874-6448 www.thepeoplestore.net. He can also be reached directly at 678-523-7000 or Mikod4@gmail.com.





Jerome Love

Creating Networking Opportunities through Houston Black Expo

Jerome Love is the founder and President of Texas Black Expo, Inc., which produces the nationally-recognized Houston Black Expo, the largest African American tradeshow in the state of Texas. The mission of the Houston Black Expo is to foster growth, development, and economic synergy within urban communities by providing platforms for businesses to network and expose their goods and services to the masses and through programs designed to develop urban youth into professional individuals that know their purpose and that believe in giving back and supporting their local communities.



Jerome Love
Houston, TX

The Business Development division originated Greater Houston's premiere networking luncheon, the "HBE Lunch & Learn", a free luncheon held monthly where business owners attend seminars targeted towards growing and developing a healthy, sustainable business. In addition, this division is in the process of establishing the first of four HBE Business Development Centers. HBE Business Development Centers will provide office space and shared resources in an affordable entrepreneurial environment in order to increase the sustainability of start-up and established small businesses owned by minorities in the Greater Houston area in order to foster economic development in historically disadvantaged areas.

Jerome Love earned a B.S. in from The University of Texas at Austin. During his tenure at the University of Texas, Love had a brief stint in corporate America, which motivated his entrepreneurial ambitions. At an early age, Love has successfully owned and operated numerous businesses.

Love is currently the broker and owner of LHS Realty Group, a full service real estate company which he formed in 2004. Currently, LHS Realty Group has 8

agents servicing Houston and surrounding areas. In addition Love found time to author his first book, "Contrapreneurship", an inspirational guide to building a successful based up his life learned lessons, available online at www.jeromelove.com.

Love is a member of Alpha Phi Alpha Fraternity, INC. Jerome and his wife Stevenia have three daughters: Jasmyn 3, Jayda 2, and Jaleya 1.

In 2005, Love in cooperation with business partner Shannon Cormier, formed the Houston Black Expo Foundation, which is a non-profit organization with two primary focuses: Business Development and Youth Mentorship & Development. Under

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YOUR FINANCES: Is it really Bush's fault?



Dr. Katherine Y. Brown
North Carolina

One of the greatest sources of information and dialogue about hot topics is often found at the hair salon. It was at my weekly hair appointment with my stylist Roland Conyers that the source of this article was inspired. Interested in generating streams of revenue,

I enjoy stimulating dialogue about the economy.

On this day the hot topic, "was the state of the economy for African Americans and others better under President George W. Bush's administration versus President William J. Clinton's administration". Pose the question to anyone and they will quickly refer to refund checks and how their shopping escapades were most enjoyable under the Clinton administration.

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This is where the wake-up call must begin. Notwithstanding my personal views on the war, is it really President Bush's fault that your bank account is negative? It is imperative that we take responsibility for our actions and prepare for our future.

So, where do we begin you ask? First, review your finances. If ninety percent of your income is owed to someone else, it is time for a change. A larger income does not mean that you are better off financially. As creatures of habit, if you have poor spending habits with a small income, you will have poor spending habits with a larger income. One of my colleagues was a surgeon, who made over \$150,000 per year but could not afford to order a meal through the drive through, because he was literally living paycheck to paycheck.

Second, diversify your portfolio. Invest in things that appreciate rather than those that depreciate. If you base your living on one source of income and haven't saved money, what will happen if that source of income is removed? It is always best practice to have a minimum of six to twelve months of money saved up to cover all of your expenses in case of an emergency.

Third, don't buy into get right quick schemes. If it seems to good to be true, chances are it probably is. Ask questions and do research before spending your money.

Fourth, compare your finances and spending habits under both Presidents' administrations. What did you do that was different?

It is time to take ownership for our actions. If we are truly saving, as we should be, no President's administration should destroy our finances. Through all of the current economic changes, there are people who are not struggling.

As we quickly approach the end of the first quarter of 2008, what goals have you set for your finances? What credit cards will you pay off this year? Will you make an extra payment on your mortgage or car note?

In essence, before we blame anyone for our finances, the question that must be answered is, "what have you done today to prepare you for your tomorrow"?

REAL ESTATE TRENDS

Are We Really Serving Our Communities?

REAL ESTATE TRENDS

As realtors, are we really serving our communities? Yes, we sell nice homes and we make a nice living and that's ok, but we need to ask ourselves are we too busy to make a difference? I have four children; a daughter who graduated from college, a son in college, another one who will graduate from high school this year, and my youngest is in middle school. I have worked hard to provide them with a comfortable life. It was only after attending an education forum hosted by U.S. Congressman, Hank Johnson, this weekend that I realized as a parent, and as a realtor, I can do more. The forum Making Education A Priority Again Among Black Males, really opened my eyes a little wider to what's really going on with our youth. It made me ask myself if I can do better. Even though I feel like I do a lot and my schedule just can't fit anything else into it, I must make more of a sacrifice to help our youth. Statistics like 84% of those retained every year are African American, or out of the 3600 beds in the DeKalb County jail, 80% are dropouts really hit a nerve with me and it should with you.

As realtors, we are seen as leaders in our community. We need to set the standard when it comes to our youth. Let's take some time to mentor a child. Let's become business partners with our schools. Help a student find scholarships at their school. Let's

offer scholarships to someone in need. The scholarship doesn't have to be large to be considered a scholarship; one hundred dollars is considered a scholarship, which can help someone pay for their books. We can offer to pay for a student's college application fee. Our uneducated children have a direct impact on our community. If they are not educated, they can't bring in the income to afford to take care of their future families. This means they may never be able to buy a home which affects us directly as realtors.

We already know how hard it is today to get a qualified buyer that doesn't have either credit or income issues. As realtors, it's time that we step back further to reach our youth where it all begins. We can't afford to wait until they become adults and try to educate them about understanding their credit and what it means to qualify for a house. We must start educating and mentoring our youth today so that they will grow up to be income producers

who are able to buy when they want to buy. This is not only vital as a realtor but as an African American.



Lisa Cunningham
Atlanta, GA

Lisa Cunningham
Lisa Cunningham Realty
Owner/Broker mortgage
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Know What's Below-Call 8-1-1 Before You Dig

(NAPSI)-Home improvement projects are in full swing as the real estate market forces more homeowners to improve instead of move. Before beginning any outdoor renovations, consider what is under your lawn.

Utility services, such as phone, electric, gas, water and cable, that your family depends on are buried underground, and striking a single line can result in harm to yourself or someone else, costly fines or inconvenient outages.

To avoid these accidents, call 811 before all digging projects. A local one-call center will collect your information and notify local utility companies of your intent to dig. A professional locator will then visit the dig site to mark the approximate location of all underground utility lines for free.

Call 811 before every dig, or visit Call811.com for more information and online ticketing options.

A toll-free phone call to 811 before you do any digging around your home can protect you from injury and damages from striking a utility line.



Know what's below.
Call before you dig.

What Should You Do When Social Services Come Knocking?

Every state in the nation has a Department of Children & Family Services or Department of Social Services, which is charged with the responsibility of protecting children and families. Many people do not know that it is the states', not parents', ultimate responsibility to ensure the safety and well being of minors. To that end, these agencies have been given very broad authority to pry into the lives of everyday people.

The constitution does give citizens the right to due process but it allows the state or federal government to evade some of those due process rights when children are involved. It is better to remove children from a questionable situation and conduct an investigation than it is to leave them in a situation and they suffer permanent damage or death.

So, what should you do when Social Services comes knocking? You really have two options; you can ignore the situation or refuse to cooperate. But please be mindful that this very powerful agency has vast authority to take your children away either in the courts through an Ex Parte court order or by police assistance. An ex parte court order is hearing involving the judge and the agency. Your presence is not even required for a removal. Your other option is to comply and immediately find legal assistance. Sometimes even when you comply Social Services will still seek an order to remove your children. So seeking legal advice is very important.

Social Services processes move very quickly. From the time that your child or children are removed the courts must have a probable cause hearing within 72 hours of the removal. This hearing could be heard as early as the very next day. Many times cases can be resolved at the probable cause hearing if sufficient evidence is presented or protections are put into place. Options like relative placements and creative solutions can be explored but usually these options are not told to the parents as that is not social services job or the job of the courts to inform the parents of their rights. Frequently this provides for a very confusing and frustrating situation for many unrepresented parents.



Crystal James and Associates Legal Team
(L to R) Kim Grigsby, Jason Green and Crystal James
Georgia

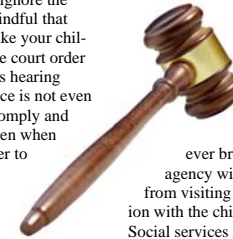
After the 72 hour hearing a merits hearing must be heard within 30 days of the children's removal. The purpose of this hearing is to determine whether or not a civil finding will be levied against you. The finding could be a harmless entry into the social registry that your child was in threat of harm to the most severe case where people can be listed on the sexual abuse registry.

During the 30 days when the children are removed the social service agency has to provide services to the parents to rehabilitate them such that they can be reunited with their children. However, there are certain instances where Social Services agencies do not have to recommend reunification, but these situations are very rare and generally involve the death of a child or some severe behavior, act, or omission committed with the child.

Most people do not realize that Social services only has about 18 months to reunify children with their parents or they will seek a Termination of Parental Rights. This termination means that the parental bond between parent and child is forever broken. In many instances the Social Service agency will also seek a restraining order from the parents from visiting or communicating in any shape form or fashion with the child.

Dealing with Social services is very serious business. So my advice is to seek legal advice AS SOON AS POSSIBLE!! And make sure that you seek the advice of someone who has experience in that area

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PUBLIC NOTARY



BLACK PR WIRE)African American women are finding their place in the growing phenomenon of women traveling on their own, whether it is for business, education, vacation, family visits or other reasons. While a woman traveling on her own is a normal occurrence within the United States, women may have different concerns about venturing solo in a foreign country. Political unrest, treatment of women, cultural stereotypes and health conditions are factors that can affect a traveler's safety and enjoyment of a destination. But they don't have to stop your plans if you have all the facts.

There are tour agencies, cruises, books, websites and hotels that focus on the needs of the single female traveler. There are even guides for the African American female traveler. There are some advantages to joining these groups. You can make friendships with women who share your interests and may have experience on the locations you want to visit,

plus the benefit of safety in numbers.

Whichever method you use, you should do extensive research into any potential destination. One important concern for female travelers is cultural attitudes towards dress. In some countries, the clothing styles are identical to those in the United States. In others, they are far more conservative, and a woman dressed less modestly than the local custom risks attracting undesirable attention or punishment. When in doubt, always err on the side of caution. At the same time, don't pack too heavily; stick with the necessities. Some travelers do this by packing old clothes they would get rid off anyway, and tossing them out for the return home.

Also, what is the status of women in this destination? How are people of different races treated? What is the typical cuisine? What is the attitude towards religious expression? What are permissible displays of affection? Has there been a recent history of unrest or violence? Is English spoken at all or will you have to communicate in a foreign language? If the latter, phrase books or conversational lessons in the other language are preferable to a straight word-to-word dictionary. These books can instruct you in the sentences a traveler would need to know, such as asking for directions to your hotel or ordering food.

Next, you should research the specifications of a particular trip. Are you going to make all the arrangements yourself, use a travel agency, or go online? Where will you be staying? If it is a hotel, make sure it is in a safe neighborhood. Know the emergency phone numbers and the directions from your hotel to the nearest U.S. embassy. How will you get around? If you will be using the bus, subway or some other public transportation, try to set next to another woman as you travel. Make copies of your passport and all your travel documents accessible. Keep these precautions in mind, and you will have a world of enriching experiences waiting for you.

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