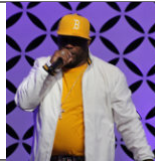
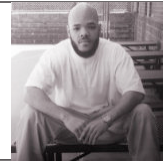


A New Day. A New Message. A New Look
A New Kind of Church That The People
Love. An interview with Rev E - Pg 12



Gripping, Brutally Honest Novel of Inner-City Life Written From Prison Cell Appeals to Readers From Every Walk of Life. New Haven's Gaylord Salters hits with a new book. Pg 18



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October 2022

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David Maynard Opens the ARTIST CAFE Downtown Springfield MA Page 10

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City Councilors and Small Business Owners Address City's ARPA Process and Its Lack of Transparency & Communication



City Councilors Tracey Whitfield and Justin Hurst address the city's inept ARPA process and its adverse affects on small businesses and families across the city. Small business owners spoke on the city's lack of communication as well as its lack of transparency

ARPA Process Questioned - Page 3

After electrifying Colombian voters, African-American reporter Francia Marquez makes history



History has been made in the South American country of Colombia as 40-year-old Francia Márquez has been elected as the nation's first-ever Black vice president. She was elected into office on June 19, 2022. She is well-known as a lawyer and a long-time Afro-Colombian activist that has spent decades fighting for human and environmental rights.

Márquez began her fight for human rights when she was just 13 years old to protest the construction of a dam that threatened her community, but officially in 2010 when she became President of the Association of Female African

Descendants of Yolombó (la Asociación de Mujeres Afrodescendientes de Yolombó). She served in this position until 2013.

Throughout the years, she has continued her work and, in 2018, was even awarded the Goldman Environmental Prize, a prestigious recognition in environmentalism, in San Francisco, California.

In 2019, she was named one of the most influential women in the world by BBC, the UK's most popular news network. In 2020, she earned her law degree from the University of Santiago in Cali (la Universidad Santiago

de Cali).

Her victory as a Vice President of Colombia, the third-largest country in South America, is historical because she is only the second woman of African descent to hold this position in a Latin country. The first was Epsy Campbell Barr who became Costa Rica's first female vice president of African descent in 2018.

Colombia reportedly has the third largest black population outside of Africa and the second largest in Latin America, after Brazil.

Decides to leave U.S. to escape racism

NEW YORK, Sept. 27 (Xinhua) -- DeNeen L. Brown, an African-American writer for the Washington Post, has decided to leave the United States and start a new life in Ghana where "racism is not a constant threat."

Brown, who was born and grew up in Kansas and Oklahoma, wrote in an article that she "never really felt at home in America" and faced racism even when she was only a school girl.

In the article titled "The Case for Leaving America to Escape Racism" and published on the Washington Post on Monday, Brown said "Democracy appeared to be imploding, and the country seemed to be increasingly dangerous for Black people -- although racist terror was embedded in the fabric of American history and is not a new phenomenon."

As a reporter for more than 35 years, Brown said she "had watched as insurrectionists attacked the U.S. Capitol on Jan. 6... One man carried a

Confederate flag, a symbol of entrenched racism, through the halls of Congress. The fight for racial justice seemed to be failing. The moral floor had cracked."

She wrote that "It was a time when America seemed to be splintering, with state laws banning the teaching of critical race theory -- effectively, barring the teaching of historical truths -- and constant warnings about real dangers to democracy and the possibility of a new civil war."

She also mentioned that in the last two years, there has been a groundswell of Black people in America who want to go to Africa, citing Greg Carr, a professor of Africana studies and former chair of the Department of Afro-American Studies at Howard University, adding that celebrities have been part of this trend.

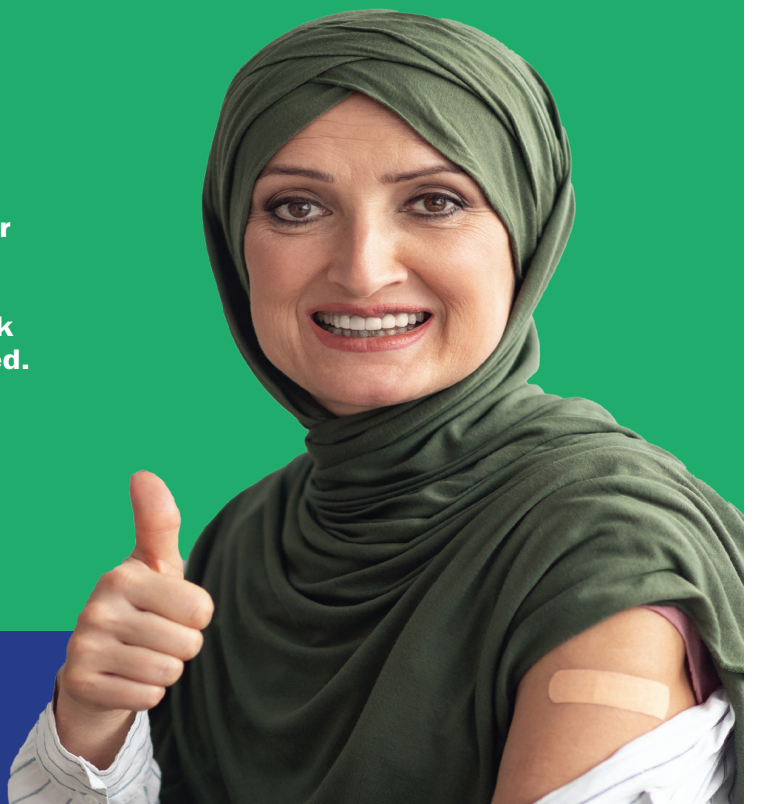
"For many, the death of Floyd in 2020 may have been a turning point," Brown said. ■

COVID-19 Boosters: Fast Facts

Here's what you need to know:

- Like other viruses, COVID-19 changes over time, leading to new variants.
- Boosters provide protection against these variants, giving your body an added layer of defense.
- You can still get COVID-19 after getting a booster, but your risk of severe illness, hospitalization, and death are greatly reduced.
- Your booster does not need to be the same vaccine brand as your original COVID-19 vaccination.

Recommended booster doses vary by age and health status.



Check with your doctor or visit mass.gov/CovidBooster

City Councilors and Small Business Owners Address City's ARPA Process and Its Lack of Transparency & Communication



The opening statement for The American Rescue Plan Fact Sheet called the American Rescue Plan and Black Communities states:

The COVID-19 pandemic and the corresponding economic crisis are devastating Black communities. While Black Americans are 13 percent of the U.S. population, they represent nearly 24 percent of age-adjusted COVID-19 deaths. Black families also face higher than average unemployment rates and other economic challenges associated with the pandemic. Black Americans are facing one of the highest unemployment rates in the country. In January, nine percent of Black workers – 1.8 million people – were unemployed. Approximately 1 in 5 Black households also struggle with food insufficiency, and more than 1 in 3 Black renters have fallen behind on payments.

It goes on to say: The American Rescue Plan will change the course of the pandemic, deliver immediate relief for hard-hit Black families and small businesses, build a bridge toward economic recovery, and reduce poverty in Black

communities by 34 percent. Moreover, the bill is one of the most progressive pieces of legislation in history, with more than two-thirds of its tax cuts and direct payments going to families making less than \$90,000 per year.

However, in the City of Springfield, Massachusetts, which received \$123.8 million, Black business owners and elected officials say differently. Recently, City Councilors Tracey Whitfield and Justin Hurst held a press conference attended by several Black business owners and their supporters.

Many in attendance stated they were frustrated by the process and believed that Mayor Sarno and his team intentionally left many of their businesses to fail. A few cited the Mayor's support of the Boston Road project years ago, which left many companies with limited to no parking, causing a substantial percentage of the businesses to close permanently.

One owner who asked to remain anonymous said the Mayor only shows his face in the Black community during election seasons. He doesn't

come into or support our businesses; he doesn't care to understand our struggles or our commitment to better our neighborhoods. If he did, many of us would have received the funds made available by the ARPA Funds.

Whitfield told the Metro Record that although, to the dismay of many elected officials, she continues to address the ARPA Funds because I want folks to know what's happening. I also like the public to know who they should contact.

Whitfield said applications became available in November 2021 and that people began submitting applications. She says there was a mix of household, senior, economic development, business, and new business applications.

Whitfield says she met many residents and business owners who have not received any information regarding their submitted ARPA Fund applications. She stated, "I have a listing of 30 plus people I will send over to the Finance Department." Whitfield says she has spoken to many of them but not all. Hence, she created a google form for

residents to place their information which Whitfield will forward to the city's finance team.

Domenic J. Sarno issued a response to the concerns raised by Councilors Whitfield and Hurst.

"As dictated by federal ARPA guidelines, there has to be a review and formalized verification process to make sure the relief monies are going to those truly in need," Sarno stated. "Our ARPA team is reviewing the numerous requests and continue to move on as quickly as possible. As you know, my administration has already done five rounds of ARPA funding announcements of over \$50 million in funding. I look forward to announcing a sixth round in the near future."

Sarno also made sure to deflect responsibility onto the state legislature, urging the legislature to begin distribution of the \$5.8 billion they have in hand to residents, businesses, and nonprofits.

Whitfield said, "there were applications that were approved that I know personally were based on relationships with the Mayor

and the administration, and that's the reason that they got quickly, and I'm just going to be truthful. That's my opinion, which is based on credible individuals who are familiar with the funded and their relationship to the Mayor."

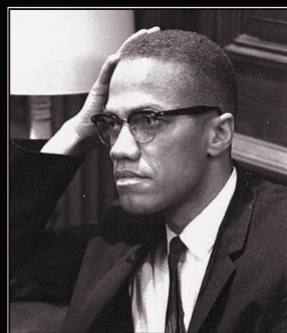
Whitfield said, "I went LIVE on Facebook to let residents know that if they had submitted an ARPA application and hadn't heard anything or a response since November of 2021, to please complete the google form. The responses from people of color who have not received a single response were overwhelming. So, I began digging into why people weren't getting a response; unfortunately, the administration said they didn't have the staff."

William Chapman, former owner of Chapman's House of Pain, Chapman stated that the process has been painfully long and exasperating. He says he is a struggling business owner and was forced to close while watching wealthy non-residents receive millions of dollars. Chapman says he received no communication

Continued on Pg. 8

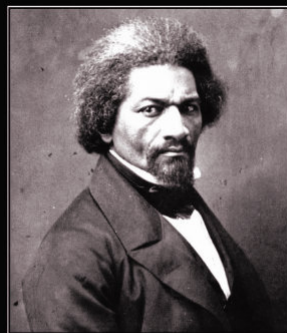
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GRAVITAS

"A wise man can play the part of a clown, but a clown can't play the part of a wise man." -Malcolm X



AUTHENTICITY

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FOCUS ON THE IMPACT ON THE BLACK COMMUNITY

DATE

November 14, 15, & 16, 2022
3 Day Conference

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Springfield, MA

Registration:
Daily rate: \$150 per day
Full Rate (3 days): \$275

Vendor info
\$50 vendors Per day
\$100 3 Day Conference

More Info: www.takingbackours.com

Baystate Academy to Host Latin Night in Celebration of Hispanic Heritage Month

Local vendors, artists, and caterers join with the staff and students at baystate academy to celebrate latin culture in the community and hispanic heritage month.



WHAT: Baystate Academy Charter Public School will host its annual Latin Night and bring together the diverse diaspora of Hispanic cultures to share in a fun and uplifting evening with performances from the Conservatory of Arts, music by DJ Xavi, a student art exhibition, dance contests, samples of food, and many more.

community.

WHERE: 2001 Roosevelt Ave., Springfield MA 01104

WHEN: October 14 th , 2022, from 5:30pm to 8:00pm

Baystate Academy Charter Public School ~ 2001 Roosevelt Ave., Springfield MA 01104 ~ www.bacps.net ~ 413-366-5100

Latin Night will showcase the rich culture of Hispanic nations represented in our



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Health Tips From Dr. Katrina Banks

Reactive vs. Proactive Health: How To Invest In Your Health



Are you really investing in yourself when it comes to your health? Let's stop and think about this. 99.99% of us (I may be exaggerating this a bit) are quite reactive when it comes to our health. Often, something has to get our attention whether you notice you're having some difficulty getting to church because of your hip pain, you notice you can't get yourself to the golf course to hang out with the guys, or you have a stroke that may have incapacitated you to the point that you are not able to go to work. What I just described can all be life altering, limiting your ability to maintain a social life, maintain your independence, or maintain your financial stability. There has to be a mindset shift in how we invest in our health and to be more proactive.

Here is where my job as a licensed Physical Therapist plays a major role. Yes, I do maintain a steady job with the reactive healthcare set up. Sometimes illness falls upon us despite how careful we are with our self care.. There is this thing called proactive health. As a physical therapist, it is my job as a corrective exercise movement expert to work with people with movement disorders and improve your quality of life. It is also my duty to educate you on any preventative measures that you need to take heed to

maintain your health. You could actually lower your healthcare cost by being more proactive!

Now you should be asking yourself, what should I be doing to be more proactive and invest in my own health?

Watch what you eat! Eat less processed foods. Eating processed drinks such as sugary carbonated soft drinks, sugary coffee drinks, energy drinks or foods such as sweet or savory packaged snacks such as chips and cookies consistently cause lots of inflammation in the body that can lead to joint pain.

Drink water! Drinking water and plenty of it actually helps you flush out any toxins that are in your body that could lead to disease.

Exercise Regularly! Keep it simple and go for a power walk in your neighborhood. Or go to that Zumba class at your local gym.

Sleep! Get 7-9 hours of quality sleep every night. Your body needs rest so that you can carry out your purpose!

Let's tackle our stress!. Find something that is enjoyable to you that alleviates stress such as meditation, yoga, and taking a walk.

Maintain a balanced physical body by seeking a personal trainer or a physical therapist who can keep you active!


Wellness Screenings: Don't forget to get your annual screenings from your primary care doctor and your local Physical Therapist.

Last but not least, do your homework! Healthcare has certainly changed (not in a good way) during this pandemic as most practitioners are overworked, burnt out, and under pressure to see 20 to 30 patients a day; limiting your time to a measly 15 minutes to talk about your concerns. On a good note, there are great practitioners out there. Find a practitioner who you can trust your care with. A practitioner who takes the time to listen to your concerns and who sees you as 1 whole person taking into account your personal goals in maintaining your health. Shift your mindset from reactive to proactive when it comes to your health so that you can see your children become adults, play with your grandchildren, and/or take that international trip you've been saving up for!

Dr. Katrina Banks, PT DPT, CCI, CSRS, LSVT-BIG, NCS

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The 'silent killer' behind strokes in the Black community

By Alexa Spencer,
Word In Black

As a medical doctor of over 30 years who focuses on African-American health, Dr. Gregory Hall doesn't mess around when it comes to managing high blood pressure.

The Cleveland, Ohio-based physician and professor say the condition — also known as hypertension — is the main reason people experience strokes.

"Hypertension is present in over 90 percent of hemorrhagic strokes," Hall told Word In Black in a video interview. "What do we do about it?... We need to better control our blood pressure."

High blood pressure occurs when the force of blood flowing through a person's blood vessels is too high. It's more common among Black adults than among White, Asian American, and Hispanic adults.

Having been coined as "the silent killer," undiagnosed or untreated high blood pressure can lead to vision loss, heart failure, and as Hall mentioned stroke.

"Three out of four African-Americans at age 55 have hypertension. So, I look for it," he said.

What is a stroke? And what does it feel like to have one?

A stroke sometimes called a "brain attack," can cause long-term brain damage. It's not always fatal, but it can be. For Black adults, their chances of dying by stroke are three times that of White adults.

Hall says these sudden deaths are common but are sometimes misclassified as heart attack-related.

"Many times, it's not a heart attack. It's a stroke [but] they're not trying to do an autopsy on everybody they find dead," he said.

When it comes to first-time nonfatal strokes, Black women are twice as likely as White women to suffer them, while Black adults overall are 50 percent more likely than White adults.

Black people are also more likely to experience a second stroke within two years of their first one.

There are two types of stroke: ischemic stroke — when a blood clot cuts off blood flow in a blood vessel within the brain — and hemorrhagic stroke — when a blood vessel bursts

within the brain.

There are two ways for a stroke to occur, a blocked artery and a ruptured artery. (Photo courtesy of the National Center for Chronic Disease Prevention and Health Promotion, Division for Heart Disease and Stroke Prevention)

High blood pressure can trigger a stroke by causing vessels to become blocked or burst.

Having a stroke is a serious event and requires emergency medical care. During a stroke, a person may experience sudden numbness or weakness on one side of the body, trouble speaking, loss of balance, and severe headache.

In an episode of his podcast, Better Black Health, Hall spoke with one of his patients, Michael Oatman, who recalls having a stroke while at a university retreat.

It happened when one of Oatman's students knocked on his hotel door and asked if he was coming down for food.

"I said 'yeah, yeah, yeah. Give me a minute. Let me grab my phone,'" Oatman said on the podcast.

But Oatman's phone was already in his hand.

"I couldn't feel it, but the phone was in my hand, and my whole arm had gone numb," he told Hall. "So, then I went into the mirror and I then tried to smile and my face was doing weird stuff on one side."

Oatman says Hall probably taught him to check for numbness in his face. He was rushed to the hospital but had to be transferred from one hospital to another due to inadequate care.

"I just lost a lot of function on my right side. I couldn't control my arm. My leg was all banged up and couldn't move it," Oatman said.

How to manage high blood pressure

Oatman was also among the 55 percent of African-Americans living with high blood pressure when he suffered a stroke.

Hall says there are ways to safely manage hypertension, starting with purchasing and using a blood pressure monitor at home.

"You need one of these in your kitchen," he said.

Continued on Pg. 8



JALALI'S CORNER

FRESH THOUGHTS & NEW PERSPECTIVES

Ask Yourself Why And Then Ask The Politicians...

So in an attempt to fight past wrongs and show equity, we should dismantle law enforcement structures. Allow criminals to walk free, be released without bail, and not charge certain crimes. In what world would you let that abused child not be held accountable in your house? In all my own child's pain, certain things would still not be tolerated or condoned, even with all my love for him, even if I understood the whys of the actions. I would still hold him accountable.

The system doesn't have the father's love I expressed. So why are they not holding people accountable? What happens when people don't have consequences for their actions, especially when they've been treated unfairly? How I have repaired the damage of dealing with traumatized children is showing fair and just consequences framed within a structure that is a proper response to that action, taking account of the pain but not excusing their actions, in contrast to the unjust treatment previously given. Not no consequence at all.

We are at a point in history where as of January 1 in Illinois, crimes such as kidnapping, aggravated assault, and murder in the 2nd degree won't carry bails, and they'll be back out on the street after an arrest. In what world does that make sense, and what message do you send the

criminal? To law enforcement. To children.

People crossing the border aren't vetted for their criminal status or intent, or even for Covid 19, as well as people from other countries; even people on no-fly and terrorist lists are flying to South and Central America and crossing the border as well. Ask yourself why DAs aren't concerned with the prosecution of criminals. Why do politicians want millions of new people in overcrowded schools, strapped social service agencies, and transitional assistance when we can't take care of millions here? Ask yourself why. Ask yourself if it makes sense. At what point do we begin to punish law-abiding citizens with 87,000 IRS agents, new gun laws, and government restrictions - and reward people breaking the law? Does this make sense to you? If so, please explain it to me. Is this the systematic, intentional breakdown of our society?

Is this the beginning of the purge, escape from New York, and mad max?

This is the most dangerous time in history, and we are more partisan, more divided than ever. If we don't wake up, we'll all be sorry, regardless of gender identity, political party, color, race, or religion. People run here when their country falls; where will you run when America falls? Wake your woke ass up

A.P. African American Studies Is Coming to U.S. High Schools

The course covers everything from slavery to civil rights to pop culture

For decades, many American high schools have offered rigorous Advanced Placement (A.P.) courses—in subjects like art history, calculus, environmental science and European history—to their students. This fall, 60 schools are debuting a new option: A.P. African American studies.

The new course, which the schools are testing in a pilot program, is a significant step toward legitimizing African American studies in the public eye, says historian Henry Louis Gates Jr., who helped create the curriculum.

“Nothing is more dramatic than having the College Board launch an A.P. course in a field—that signifies ultimate acceptance and ultimate academic legitimacy,” Gates tells Time magazine’s Olivia B. Waxman.

The A.P. program, which the College Board oversees, allows high school students to take college-level classes, which could then count for credit at their higher education institutions. Around 70 percent of high schools in the United States offer at least one A.P. course.

Though the College Board has not published the new course’s curriculum, instructors participating in the pilot program have spoken to Time and other publications about what it includes. The course examines 400 years of contributions from Africans and their descendants to the U.S., according to Time. That means that Spanish conquistador Juan Garrido, the first known African to come to North America, is covered, and so is the significance of Marvel’s Black Panther. Intersectionality, which refers to how various systems of oppression overlap, will also be a key tenet of the class.

Participants in the pilot program will take an exam, but this year they will not receive scores or college credit, per the New York Times’ Anemona Hartocollis. (The pilot program is designed to give colleges time to develop policies that will allow students to count the course on their transcripts.)

A group of women, under a ‘Women’s Liberation’ banner, march in support of the Black Panther Party

Intersectionality is a core tenet of the new A.P. class. David Fenton / Getty Images

The class has been in the works for a decade. But it now arrives

amid a culture war over what students should learn about race and racism in classrooms. In the past year, attacks from political conservatives on critical race theory have reached a fever pitch. Developed by scholars in the 1970s, critical race theory is a theoretical framework that analyzes systemic racism and the intersection of race, society and law. Though critical race theory is generally not taught at the high school level, the right has taken up the term as a catch-all for the discussion of race and racism in the classroom.

A report from free-speech advocacy group PEN America found that 36 states have introduced 137 “educational gag order” bills—defined as “state legislative efforts to restrict teaching about topics such as race, gender, American history, and LGBTQ+ identities in K–12 and higher education”—this year alone. Earlier this summer, for example, the Oklahoma State Board of Education downgraded the accreditation status of two school districts accused of violating one of these laws.

Gates says that the attacks on critical race theory are misguided.

“A.P. African American Studies is not CRT,” he tells Time. “It’s not the 1619 Project. It is a mainstream, rigorously vetted, academic approach to a vibrant field of study, one half a century old in the American academy, and much older, of course, in historically Black colleges and universities.”

However, that does not mean critical race theory and the 1619 Project—a New York Times storytelling initiative that reframes American

history through the lens of racism, starting with the arrival of the first enslaved Africans—wouldn’t be mentioned in an A.P. African American studies course.

Speaking with the Times, Gates says that critical race theory and the 1619 Project could be covered in a broader unit “teaching different theories of the African American experience.” He adds, “I am certainly not advocating employing those theories as interpretive frameworks for the course itself.”

Marlon Williams-Clark, a social studies instructor at a charter school in Tallahassee, Florida, started teaching the pilot class in August. Just last year, the Florida Education Board banned schools from teaching critical race theory.

“You can tell there is a thirst [students] have to obtain this knowledge,” Williams-Clark tells CBS News’ Elaine Quijano and Lana Zak. “I think that this course will be the forerunner for other histories on ... marginalized people.”

Next year, the College Board intends to expand the pilot with 200 schools. By the 2024 school year, it plans to offer A.P. African American Studies to interested high schools across the country.

Ella Malena Feldman is a writer and editor based in Washington, D.C. She examines art, culture and gender in her work, which has appeared in Washington City Paper, DCist and the Austin American-Statesman.

Ella Malena Feldman is a writer and editor based in Washington, D.C.

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News From Africa to the Caribbean

News Shorts You Will Not See Anywhere Else



Food Security: Sall Cautions Imposition Of Trade Restrictions

(AFRICAN EXAMINER) – Amid growing global concern about threats to food security, Senegalese President and chair of the African Union (AU), Macky Sall has warned against the idea of imposing trade restrictions.

President Sall gave the warning while speaking at the recent Food Security Summit which was held on the sidelines of the 77th session of the United Nations General Assembly in New York City.

Global partners, African leaders who spoke at the summit, pledged to act “with urgency, at scale and in concert” in responding to the current food insecurity and nutrition crisis unfolding around the world.

The event which was attended by representatives from the (AU), European Union (EU), United States, Spain, Colombia, Germany, Indonesia, and Nigeria, also issued a joint declaration affirming their commitment.

The leaders also noted that overcoming global food insecurity would require innovative partnerships drawing in a wide range of key stakeholders in the global community.

The AU chair also noted that around 800 million people were currently experiencing hunger, an increase of 150 million since the onset of COVID-19, according to a recent UN Food and Agriculture Organisation (FAO) report

“When a crisis of this magnitude hits the world, every single country suffers”, Sall said.

He added that the situation worsened due to the war in Ukraine, which has triggered a sharp rise in food and fertilizers prices.

“What is urgent today is to work together to ensure openness and transparency of markets for grains and fertilizer so that all countries can have access to them in accordance with international trade rules”, he further explained.

The Senegalese leader commended the African Development Bank (AfDB) for swiftly launching its \$1.5 billion African Emergency Food Production Facility to avert a looming food crisis.

The Bank’s facility will facilitate the production of 38 million tonnes of food, representing a \$12 billion increase in output in just two years.

In his remarks, the US Secretary of State, Anthony Blinken called on wealthy countries to provide more emergency food assistance for those who needed it.

“We have to strengthen global food systems and help countries develop the capacity to produce their own food so that we can prevent new crises and build resilience to further shocks... We need durable agricultural production. We have to respond to the emergency, but we also have to set ourselves up for the long term”, he stressed.

Similarly, the German Chancellor, Olaf Scholz called

on governments, the private sector, the research community and civil society to join the Global Alliance for Food Security, an initiative launched by the world’s most developed economies (G7) and the World Bank in May.

Sholz, current chair of the G7, cautioned that climate change was likely to sharpen food insecurity, demanding a response. “It is essential that at COP27 in Egypt in two months, all countries must have the political commitment and momentum for ambitious climate action...we need to see action now”, he said.

In their joint declaration, the leaders highlighted seven actions set out in the Roadmap for Global Food Security. A Call to Action, which emerged from the Food Systems Summit held in 2021.

The actions include keeping food, fertilizer, and agricultural markets open and avoiding unjustified restrictive measures, such as export bans on food and fertilizer, which increase market volatility and threaten food security and nutrition globally.

It also seeks to accelerate support for sustainable agriculture and food systems by bolstering productivity, particularly in the most affected countries, to build their resilience and boost domestic production, including supporting an energy transition that is just and equitable to make them more resilient and available to producers of all scale, including smallholder farmers.

Others are, to increase investments in research and technology to develop and implement science-based, climate-resilient agricultural innovations, including seeds, that contribute to building sustainable and resilient agricultural and food systems.

Antigua and Barbuda to Hold Referendum to Remove King Charles III as Head of State

The Prime Minister of the Caribbean nation says the vote will come within the next three years.

The prime minister of the Caribbean nation of Antigua and Barbuda, Gaston Browne, has promised to hold a referendum on whether to remove King Charles III as the head of state within the next three years, according to ITV News. The decision to throw off the vestiges of its connection to the British monarchy and let the people vote to become a republic, he said, was not

meant to “represent any form of disrespect to the monarch. This is not an act of hostility, or any difference between Antigua and Barbuda and the monarchy.”

Despite gaining independence from the United Kingdom in 1981, the nation remains part of the Commonwealth, a 56-member organization of mostly former British territories. King Charles III was confirmed last weekend (Sept. 10) as the King of Antigua and Barbuda.

Browne said this would mark “a final step to complete the circle of independence to become a truly sovereign nation.”

Queen Elizabeth’s youngest son, Edward, and his wife Sophie visited the island in April. According to the Antigua Newsroom, Browne spoke with the royals about paying reparations to the former colony, and made it clear that the nation would consider cutting ties with the monarchy once Charles became king.

There is precedent for such a step. In November 2021, Barbados became the first country to drop the queen as its head of state in some thirty years. No other country has done so since Mauritius severed its ties with the Crown in 1992. Both nations have remained part of the Commonwealth.

The death of the Queen has led to increased debate over the role of the monarchy in the modern day. The king holds a symbolic role as head of state, but the operation of the government is conducted by the Commonwealth nations themselves.

Jamaica Reportedly Began Process Of Removing Queen Elizabeth II As Head Of State

Voices on the Caribbean island nation demand reparations for slavery from the U.K.

Jamaican gov’t has reportedly begun process of removing Queen Elizabeth as head of state

A movement is underway to remove the British monarch as head

of state of Jamaica, which would make the Caribbean nation a republic as it marks 60 years of independence from the United Kingdom.

The Independent, citing unnamed political sources, reports that the long-delayed removal process has not only begun but will also continue after the visit Wednesday (March 23) by Prince William and his wife, Kate Middleton.

The royal couple, making a stop in Jamaica while on an official Caribbean tour, faced protests on Wednesday from Jamaicans who demand reparations and an apology for slavery, four months after Barbados removed the reigning monarch, Queen Elizabeth II, as its head of state.

Anti-colonial sentiment across the Caribbean has increased with the rise of the Black Lives Matter movement, according to Sky News. “Kings, Queens and Princesses and Princes belong in fairytales not in Jamaica,” read a sign held by a little girl among protesters Wednesday outside the British High Commission in Kingston, Jamaica.



City Councilors and Small Business Owners Address City's ARPA Process

Continued from pg 3



from the Mayor's administration. Chapman said he applied because he assumed the funds were for relief from the effects of the Covid 19 pandemic. Chapman says he has been open since 2019. However, he worked haplessly as his studio went from capacity to no students. Chapman says he received communication, albeit very

matters worse, the Mayor's administration cut off all communication with applicants. So at this time, you can neither email nor call them to check on your application status. Whitfield has attempted on numerous occasions to convince the Mayor to resume communication but to no avail. She states all I'm trying to do is be transparent.

that I want to work cooperatively with the Mayor and his administration to ensure that these solutions are instituted to benefit the residents."

Hurst stated, first of all, the process has not been transparent! We know anytime you are dealing with the government, and you're dealing with large amounts of money, one of the most important things that residents want to see and expect is transparency. Otherwise, they will start to distrust the government. So we are asking the Mayor to place the applications on the city's website so that everyone knows who has applied. It's easy to say you've issued out this number of awards. Still, the hard part is to ensure that everybody knows exactly what individuals have applied, how much they've applied for, and who has been awarded these awards. If they have not received award letters, we are asking that you



continue to ask the counselors who are most involved and active, which eventually results in a ton of work for counselors like Councilor Whitfield. So, we're asking that the process be a lot more transparent.

as part of the selection team.

We're also calling on them to take the selection process out of the hands of his cabinet and the City Council president so that we can eliminate the perception that when people receive an award, it is out of patronage as opposed to these businesses being deserving of the money. If there's nothing to hide, let's make sure that it's public and make sure that we have independent individuals on the committee. We also are asking the Mayor to hire an independent third-party consultant to issue these awards. And if that cannot happen, we're asking him to include community members

Hurst said that, sadly, people go behind closed doors to discuss the outcomes, and what happens behind closed doors stays behind closed doors. The result ends up in big-time developers receiving money before struggling residents; the perception from the residents that I hear is that there are backdoor dealings. And so, whether there are backdoor dealings or there aren't, we need to make sure that a third party is analyzing these applications to eliminate the idea that this is even a possibility. But, he closed, "I think it's something that the mayor ought to welcome."

AMERICAN RESCUE PLAN

The American Rescue Plan and Black Communities

The COVID-19 pandemic and the corresponding economic crisis are devastating Black communities. While Black Americans are 13 percent of the U.S. population, they represent nearly 24 percent of age-adjusted COVID-19 deaths. Black families also face higher than average unemployment rates and other economic challenges associated with the pandemic. Black Americans are facing one of the highest unemployment rates in the country. In January, nine percent of Black workers – 1.8 million people – were unemployed. Approximately 1 in 5 Black households are also struggling with food insufficiency, and more than 1 in 3 Black renters have fallen behind on payments.

The American Rescue Plan will change the course of the pandemic, deliver immediate relief for hard-hit Black families and small businesses, build a bridge towards economic recovery, and reduce poverty in Black communities by 34 percent. The bill is one of the most progressive pieces of legislation in history, with more than two thirds of its tax cuts and direct payments going to families making less than \$90,000 per year. It will:

inconsistent, that he was forced to speak with different administration members each time, requesting documents that he had already submitted. The process has been frustrating and disheartening for Chapman.

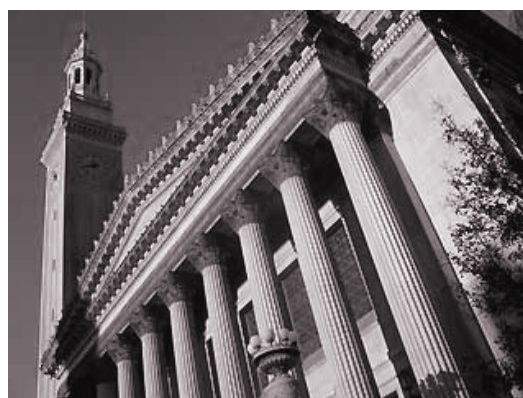
Whitfield says she is perplexed in attempting to understand why the administration would refuse to respond promptly and appropriately. She says in this technological age, you can automate an email to inform residents that we received your application. It is so sad speaking with business owners who watched hopelessly as their life's work slowly disappeared while Big Y received over a million dollars. Witnessing the developers from 31 Elm receive over six million is a travesty."

Whitfield continued. To make

City Councilor Justin Hurst stated, "I want to highlight that we're not here to criticize. We recognize that as elected officials that it's easy to be extremely critical, especially as you're doling out \$123 million. But what I think is also important is to recognize, reiterate and highlight that we've been offering solutions for a long time. Finally, there is a solution to what we are witnessing, which is why we are disappointed with the Mayor's process or lack thereof." I want to offer a few of those solutions; note

highlight what stage in the process these individual applicants are at.

It is challenging, especially when we shut off all lines of communication, for folks to know where their applications are in the process. And So what ultimately happens is that they



The 'silent killer' behind strokes in the Black community

He also encourages not avoiding blood pressure medicine when it's needed, which he said people brag about.

"It's better to have controlled blood pressure than not be on medicine," he said. "You want to brag about something? Brag about having controlled blood pressure."

Lastly, in addition to exercising, Hall says to cut the amount of salt used in food and resist the urge to reuse grease when frying foods.

"Initially, things won't taste as flavorful, but then over time it'll taste more flavorful, but with less salt, because your taste buds will adjust," he said.

Other risk factors for stroke

"Diabetes and smoking are also major contributors to hemorrhagic stroke," said Hall, who wrote a book on health

disparities in the Black community.

In addition to these risks, experiencing racism can create high blood pressure, and consequently, raise a person's risk of stroke.

"People that experience racism or discrimination or unfair practices, that's stressful. And that drives up our cortisol, which is a chemical. It causes...constriction, increases our blood pressure, [and] that increases our risk for stress."

Overall, Hall says he's seen a drop in the rates of stroke in the Black community, as well as uncontrolled hypertension. But the progress is owed to patients accessing proper treatment.

"All those things have gone down over the last thirty years objectively. I've seen it, but also the data sort of bears that out."

African Americans, An Enlightened Brain Can't Be Washed

By Eric L. Wattress

(ThyBlackMan.com) While government has a role in improving conditions in the Black community, the ROOT of our problem is a lack of education and knowledge, and we can't wait for the government to address that issue, because the GOP has dedicated their very existence to dumbing America down, and with good reason – enlightened people don't vote Republican.

But we could turn their malevolence into our advantage if we're smart. While they're hard at work dumbing the rest of America down, we should double-down on educating ourselves and making the pursuit of

being placed in Special Training that my teacher, Ms. Lady Lee, convinced the principal, Mr. DeTonto, to give her the rest of the year to work with me.

But in the end, all she did was teach me that you ARE what you think (that's why it's so important not to think of ourselves as victims). And then she gave me a tip: She said the key to looking, and BEING, smart was to ALWAYS stay one chapter ahead of the class (that forced me to start studying and taking my homework more seriously). I was so determined to stay out of Special Training that I made studying a way of life. I started outlining our textbooks, and giving each point they made its own place in the outline. Within a month I had outlined all of our

through a similar process. We spun on a dime (or maybe I should say "they spun on a dime," because I was a little late getting on board – I was "doing time" in the Marine Corps). But the community went from being filled with street gangs and crime, to being filled with dashiki-wearing street philosophers. Former gangsters became Black Panthers and joined other organizations to help enlighten and feed the poor. We recognized that we had to do these things ourselves in order to gain the political clout to FORCE the government to change its ways – and eventually it did, and the community began to rapidly move forward. Ford, General Motors, and other major corporations began to open their doors to Black workers,

these drugs began to drag us back down. Then in the eighties Ronald Reagan abolished the "Fairness Doctrine" – one of the nation's primary educational tools, which forced network and radio stations to give equal time to opposing voices every time they tried to spew conservative propaganda – and then Reagan flooded the inner cities with crack ("Just say no!!!!?"). That devastated two generations of Black people. As a result, that severed the connection of the third generation from their Black cultural heritage, because the parents who were supposed to be teaching them about their culture were crackheads. Then the establishment used the media, with things like MTV and BET to serve as a re-education tool,

examples of old-school Black soul currently in the public domain is being put out by Robin Thicke? – and I know, because I'm a lifelong jazz musician, so I'm listening . . . and Robin sounds good! And the same is true in jazz. If you go to a concert where they're playing REAL jazz, it looks like a Tea Party convention, because this generation of Black people don't support, or even KNOW, their own culture.

So we'd better wake up, or 50 years from now the only people who are going to have the musical skills to play Black music are gonna be White, because they're devouring our music in music schools and conservatories all over the world as we speak, while we've been seduced by the dollar to spew vulgar nursery rhymes to the beat of electronic drum machines.

That's what I mean by addressing our cultural infrastructure. We've got to stop thinking of ourselves as victims. The word "victim" suggests weakness, and Black people are not weak. The adversity that we've endured has made us MORE, rather than less. We simply have to recognize that fact, and be PROACTIVE in addressing our issues instead of simply reacting to cultural assaults. The bottom line is, we've got to stop telegraphing everything that's on our minds by screaming and grabbing microphones. No one is impressed by that; it just makes us look like reckless idiots. We've got to begin to use our minds to forge innovative and thoughtful approaches to resolving our issues, and we have the resources within our community to do that, right now. And we must always keep in mind the words of Frederick Douglass – "Knowledge makes a man unfit to be a slave."

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"THE SAME BOILING WATER THAT SOFTENS THE POTATO, HARDENS THE EGG. SO IT'S NOT ABOUT YOUR CIRCUMSTANCES, IT'S ABOUT WHAT YOU'RE MADE OF."

knowledge a way of life. That way we can level the playing field. We could make ourselves some of the most literate people in America, because our problem is not a lack of intelligence, it's an indifference toward knowledge. We need to become knowledge junkies.

We must also educate one another in the wisdom of an enlightened way of life, just like we currently educate one another in our current toxic way of life. I've seen it done before, in the sixties – I'm a product of that environment. When I was in elementary school they were about to place me in "Special Training." I like to had a fit, because Special Training students were separated in their own little bungalow at the very back of the school, and they marched in formation everywhere they went – the rest of the kids used to call them the Retard Brigade. I became so distraught over the idea of

textbooks and knew their content backwards and forward. I suspect that's why I'm a writer today, because without knowing it, I fell in love with compositional structure in the process.

But thereafter, Ms. Lee started asking questions in class that she knew I was the only one who could answer, and I did. At first, my classmates were amazed, and then finally, they started treating me with a new respect (and so did my mother), and that reinforced my understanding of the value of knowledge. So at the end of the semester, instead of going into Special Training, I went into an advanced class with students who were a year ahead of me, and I've been fooling people by using Ms. Lee's tip every since – because life is not about how brilliant you are, but how knowledgeable.

Then during the sixties, the Black community went

giving them access to the middle class, and the government began to PAY people to be educated and trained.

We made it cool to be knowledgeable. If a brother wasn't enlightened, he couldn't even get a girlfriend. It became so hip to be Black that White folks were trying to nap their hair up and wear naturals, and White girls were walking around in cornrows. That's how the Rock and hippie revolution got started. Before that, White musicians were going on stage in black suits and ties singing "Rock Around the Clock," and "Venus" – so we've already demonstrated that we can influence the world.

But we tend to always allow the White establishment to think 10 years ahead of us (that's why I'm so big on making education our number one priority). They introduced acid, speed, and other drugs into the mix, and the lure of

which brings us to where we are today.

Thus, it is essential that the Black community come together and re-establish our connection with our cultural roots. It's no accident that we no longer see people like Charlie Parker, Miles Davis, John Coltrane, Aretha Franklin, Marvin Gaye, or Ray Charles coming out of the Black community anymore. The reason for that is we now have a generation of young Black people where many are just as remote from their Black roots as many White people. Yes, they have Black skin, but thanks to the machinations of the White establishment, they aren't anything like Black people once were. They're like cardboard, imitation Blacks who are reminiscent of real Black people.

Think about it – isn't it ironic that, with the exception of people like Janet Jackson, Tyrese, Mariah, and a handful of others, one of the closest

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The Artist Cafe Has Arrived and Ready for Business

Bringing New Life to Downtown Downtown Springfield



What is the difference between a café and a coffee bar? In cafes, the main focus is on food rather than coffee, though most cafes will offer coffee pairings on their menus. Whereas a coffee shop primarily deals with coffee, it does not have the qualities – like the main focus on food – that make it possible to be called a restaurant.

The Artist Cafe, however, fits neither of these boxes. Instead, the Artist Cafe is a part of a growing breed of coffee shops/cafes that have been growing around the country.

From a cultural standpoint, this new breed serves as a center of social interaction. These cafe/bar venues provide customers with a place to congregate, talk, read, write, engage, or pass the time, individually or in small groups.

Typically, you'd spend about six minutes in a coffee shop, maybe 30 to 45 minutes in a cafe. Enter-Order-Pay. Add your cream or sugar - maybe grab a quick meal and leave. But that was when coffee shops were places that sold coffee and not much else, and cafes were for quick meals and meeting spots. Now that you can grab a drink that's as good as your coffee, there's a reason to stay.

But wait, there is a lot more at the Artist Cafe, says owner



David Maynard and Artistic Director Kaleighia Green.

Maynard says The Artist Café is a mixture of all the



things I have loved in my travels around the world, brought to downtown Springfield. It is the small coffee shops where I enjoyed a coffee or latte in Buffalo, Cincinnati, Kenya and Tanzania. It's the NuyERICAN and Muse Cafés in New York City. It the French café that I visited in Martinique and New Orleans where I had coffee and croissant.

Maynard says, The Artist Cafe has to be more than a place to grab a cup of coffee or a quick meal. I brought in Kaleighia to curate our art exhibits to reflect the art exhibits I visited in Charlotte, Brooklyn, and Washington D.C. I want people to see our intimate venue as an experience; a relief and release from the duress of daily life.

Maynard goes on to say, Thursday, Friday, and Saturdays will take me back to riding the train in New York, and the doors closed and there was a solo musician playing their guitar, violin or saxophone. This person having so much talent but whose stage was the A Train. That's what the Artist Café is about. It's the laughs I have had over a good drink with good friends. .

Green, the Art Director says she was hired to oversee and produce a vibrant experience for the Cafe. She says her focus is to bring to life the vision Maynard has for the Cafe and make it relevant for patrons of all ages, ethnicities, and backgrounds.

Green says she has been interested in art since she was a young child. "However, it was not until I experienced life through the pandemic that I became fully invested in developing my skills as a multimedia artist and entrepreneur." She says her influences are my advisors from the ACE program at American International College and childhood mentors. These were people that helped me with letting go



of limiting beliefs.

Green says, as the art director, "I am responsible for promoting artists in the community. Artists will be given the opportunity to be interviewed. The cafe will be showcasing artwork in a gallery format accompanied by a "Meet & Greet" the artist." Our

He says he is looking forward to intimate nights not only with poets, singers, and musicians, but also known and unknown speakers on humanity nights at the Cafe. Maynard says he is looking for people willing to come in and share their life journeys and engage our patrons in dialogue about their experiences. Kind of like a Ted Talk with everyday people sharing their life.

Maynard said it's about taking all these experiences and bringing it to Springfield, MA in an inviting, warm environment with amazing coffee and in the future, the perfect glass wine. It's all of these things that became a part of my soul. I took that part and gave it life in the Artist Café

Green with a vibrantly youthful smile says, visitors should feel refreshed when entering the artist cafe and we want them to own the atmosphere join the artists and I in creating an environment basked in creative thinking, diversity, and open mindedness .

Asked what she would say to the new customer on expectations of the cafe, Green said I would tell customers to let go of any and all expectations. The art and artists are all unique and so are their one of kind styles. As long as customers remain open minded and enjoy the excitement of the element of surprise, they will not be disappointed.

collective goal is to create a stable, nonjudgmental platform for people in the community to feel safe to share, express, and pursue their creative dreams.

Maynard says he is completely confident in Green's abilities to make it happen given her wealth of artistic connections.



Our Journey Wellness: Health Revisited



As African Americans across the country find new ways of maintaining their mental and emotional well-being through the current public health crisis, the epidemic of racism and police brutality, and ongoing disparities in healthcare access, education, and economic development, Justin Yarde is one of the founders of Our Journey Wellness says it's more important than ever for the Black community to learn and practice self-care to promote our emotional and spiritual health.

Yarde says the community must understand that its health and wellness are directly connected to our ability to heal and engage in ongoing self-care. Our Journey Wellness clients experience several facets of holistic health practices like sound healing, yoga, Reiki, and mindfulness.

Yarde says we aim to help people create tools to help cope with their life and rejuvenate and restore themselves to a normal lifestyle that's not stressful. And so, we use the listed modalities to help people learn the tools they need to help them get through the stress of everyday life.

Yarde says Our Journey Wellness is the gap between your therapist and your everyday life because after you leave your therapist, you still need the tools to deal with stress, anxiety, lack of attention, and things of that nature.

Yarde says Sound healing therapy uses aspects of sound/music to improve physical and emotional health and well-being. The person being treated partakes in the experience with a trained practitioner.

Healing with sound is believed to date back to ancient Kemet when music was used to cure

many disorders. Throughout history, music has been used to boost morale in military troops, help people work faster and more productively, and even ward off evil spirits by chanting.

Reiki is an energy healing technique that promotes relaxation and reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

Mikao Usui developed Reiki in the early 1900s, deriving the term from the Japanese words rei, meaning "universal," and ki, which refers to the vital life force energy that flows through all living things. Now, Reiki is used all over the world, including in hospitals and hospices, to complement other forms of health treatments.

"Reiki aids in healing by helping people become energetically balanced — physically, emotionally, mentally, and spiritually," Yarde says. Reiki promotes relaxation, stress reduction, and symptom relief to improve overall health and well-being. It can: bring on a meditative state, foster tissue, and bone healing after injury or surgery, stimulate your body's immune system, promote natural self-healing, and relieve pain and tension. Reiki is a non-touch energy healing that helps one see what channels in your body are blocked and what you can do to help open those channels.

Yarde says, and then we have energy reading, which is very similar to Reiki; it shows you where exactly in your body you have blockages through the different energy centers. Each energy center must deal with a specific emotion, which we could say. Not only emotion but also the particular actions

you have in your life, everything that happens in life, and when you find out what each energy channel is. If they're blocked or not, they can also make better decisions in life.

helpguide.org/harvard/benefits-of-mindfulness says mindfulness is the practice of purposely focusing your attention on the present moment—and accepting it without judgment. Mindfulness is now being examined

scientifically and is crucial in stress reduction and overall happiness.

Professor emeritus Jon Kabat-Zinn, founder and former director of the Stress Reduction Clinic at the University of Massachusetts Medical Center, helped to bring the practice of mindfulness meditation into mainstream medicine and demonstrated that practicing mindfulness can bring improvements in both physical and psychological symptoms as well as positive changes in

Mindfulness improves well-being. Increasing your capacity for mindfulness supports many attitudes that contribute to a satisfying life. Being mindful makes it easier to savor the pleasures in life as they occur, helps you become fully engaged in activities, and creates a greater capacity to deal with adverse events. By focusing on the here and now, many people who practice mindfulness find that they are less likely to get caught up in worries about the future or regrets over the past, are less preoccupied with concerns about success and self-esteem and are better able to form deep connections with others.

Yarde says we are not replacing traditional medical practices and strongly encourages clients to seek medical services in whatever capacity they may need.

A therapist does many things, but one of the things they do is get you to start speaking about the issues you may have. They give you the outlet to communicate and use your voice, And that's one channel of your body. So, with our wellness journey, you cannot only understand why your voice was closed but let's heal

some of the emotions associated with losing your voice or those traumatic situations. So what it does is it helps you give you tools not just to cope but to thrive throughout your life. So, they will go to us after their therapists. So now you have tools; after you understand what's wrong, we must have tools that help heal those problems, which are the healing arts.

Our clients come to us because if they're dealing with anything from anxiety, depression, lack of focus, etc., you must understand where that stems from and the root cause. In stillness, you can do that, and every service we offer is grounded in stillness. So when you have stillness, you can unearth some of those issues. That's that's why they should go to a therapist and Our Journey Wellness because you're doing two things: helping yourself and giving yourself a voice.

Our Journey Wellness is at 321 Albany St, from Saint James Avenue. The phone number for more information on their services is 413-287-6970

The Artist Cafe
EST 2022

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A New Day. A New Message. A New Look A New Kind of Church That The People Love



Who is Pastor E?

Pastor Eric Brown or affectionately called Pastor E, is a flawed man who decided to change his life. But, says, who better to follow than Jesus? He is the best example!

Being that I come from a household with both parents in the home, You would think my life would have been much different. Unfortunately, my choices were not always the best. I have made many bad decision in life, and it was leading down a pathway of destruction. My wife and children didn't deserve the man that was or wasn't present in their lives. And I have always wanted to help others, but eventually, you have to put your mask on first, then you will be of greater service to someone else. I would always speak with God no matter what

I was doing, good or bad. And eventually, I heard him talk back to me. He has shown me so many visions, and once you see in that realm, man, it's scary. I am now scared straight, but that is for another time. But one thing I will share is that in my conversations with God, I asked him to use me as one of the most outstanding examples of someone who decided to follow him.

Why is Ministry En Motion a non-traditional church?

First of all, we don't consider Ministry En Motion a church. We are a ministry. Everyone on this Earth has a ministry within themselves. And until we as people start doing our ministries, the church will not be built. So here we are, having church instead of becoming the church. We call the

building the church, but the church is all of us. The church God seeks will only be built when everyone puts their ministry in motion. And nothing against anyone else, but I believe that if I do what everyone else does, I will get what everyone else has.

Jesus used fishing as a parable to explain to the people of that time so they could understand. I mean, how many species of fish are out there? They all don't want the same bait. So God dropped me in a field and said, go and fill it with people and bring them to me.

He gave me a different set of instructions; most church leaders bring the people to the cross; I take them to Yeshua. Only his righteousness can save us; the cross is a place of exchange for the sinners. Life began after the cross. Now that last statement might have gotten me into a bit of trouble.

How do the Livestream and in-person ministry work?

When Covid 19 hit the land, everyone in ministry or your job had to figure out ways to communicate. We started with a cell phone and then Zoom, and now we have a small production team that helps us weekly. I believe the internet and social media are the new normal of the way Sunday services will happen throughout the land.

Covid 19 has shut down some businesses along with some church buildings. So we have to be able to adapt to the times at hand.

We transitioned our dance studio into an after-school program and now into ministry in motion. I get asked by people all the time, how do you guys set up everything? So now I tell them you have to come by and see. I think Covid 19 has brought in a spirit of laziness; people will watch online instead of inside the building. So now, as leaders, we must find ways to meet the people where they are.

We started with three viewers, and now we probably are consistently averaging 200 plus. They just shared with me we had over 5000 Tick-Tok views on one of the posts. So we must be doing something, alright.

Why is Ministry En Motion a diverse congregation?

I believe that heaven will be the most diversified place ever. I think there will be people from all walks of life, so why should

we not emulate what it will look like in heaven? Jesus said the kingdom comes on Earth as it is in heaven. So we should bring heaven here to Earth instead of trying to get to heaven. We are working against God; we are not on the same frequency as him, so we are not tuned in.

At Ministry-En-Motion, we have people of all nationalities. We understand that we are all a bunch of misfits, an acronym for misunderstood - individuals - saved - for - instructing - today's - sinners.

There are so many people in the world who have different tastes. Some like it sweet; some like it spicy. Some people like action movies, and some love comedies, so you have to have some diversity for everyone.

What days does Ministry-En-Motion have services?

As of now, Ministry-en-Motion has Sunday service at 9:30 am. However, we will move the time back to 10:30 am on the first Sunday in November. We also have our weekly bible study on Thursday evenings at 6:30 pm. And we will begin our Friday night lights every 2nd and 4th Friday of each month. And finally, we have a Saturday nite live service, which is one Saturday each month. We host our services at the X at 531 Belmont Ave in Springfield, MA.

Explain this week's sermon and put some respect on my name.

This week I spoke from mark chapter 5. The text talked about the man filled with a legion of demons who lived in a cemetery, bound and chained by the local townspeople.

I entitled the message "put some respect on my name." The reason was that when Jesus arrived on the other side, this man, filled with demons, knew who he was. The demons respected him and knew what their fate could be. So they plead with Jesus to cast them in some pigs, which represent the town's wealth or economy. But anyways, the demons



respected Jesus; the man filled with the demons respected Jesus. However, the town folks didn't. The people from the town asked Jesus to leave. They didn't want him messing up the way they lived. So they were ok with the man living in a cemetery.

This is a problem we sometimes have; as long as we are not progressing in life, people are ok with that. They are used to you struggling and hurting, but as soon as you connect with someone who helps you escape a dead situation, they will be like who you think you are. The townspeople saw this man cleaned up and were upset about it. Not everybody will like your transformation or the people who helped you transition. Once this man was set free, the townspeople could never place him in chains or limitations; they had to respect who he had become. He respected Jesus because he asked to go with him. So once we as people leave one side and cross over to a better version of ourselves, people will have to respect us. They don't have to like us, but they will have to respect us. Everyone deserves some level of respect, no matter their age or condition.

If you don't have a ministry home, lady shire' and I would love to help guide you into the ways of the kingdom. Although we don't have members here at Ministry-en-Motion, we have partners. Each of us partners with each other to see that we all win!! And we do that by making faith a verb.



4 Things Black People Must Do to Prepare for the Coming Recession



Nationwide — Jayson Thornton, CFP is an African American Certified Financial Planner and Advisor who also hosts a call-in financial talk show. Below he reveals four things that people should be doing to prepare themselves for a recession:

1. Build up your savings

An emergency savings fund is a foundational building block for any good personal financial plan. A sufficient emergency savings fund is three to six months of your household expenses. Remember: These are your needs and not your wants. Saving cash is not a sexy move to make with your money, but it is the first thing you must do.

Liquidating retirement accounts and paying for personal expenses on credit cards can set back your financial goals for years. I advise my clients to prioritize building up their savings. The emergency savings fund can protect their retirement plans during a recession.

2. Pay down debt

Surviving a recession requires disciplined budgeting. Now is the best time to pay down or pay off debt. This will give your budget the room and flexibility needed to meet the new demand caused by rising prices and decreasing wages.

Paying down debt now will help keep you from destroying your credit score and going even deeper into debt when debt payments are missed in order to keep current with monthly essential payments.

3. Don't exit the market

Our economy goes through seasons; we have cycles of ups and downs. During a recession, far too many people get spooked and sell off their investments too early. Investing comes with

inherent risk, but needlessly liquidating your retirement or other investment accounts can damage your financial plan for years.

If you are not nearing retirement, a down market is not a setback. You can take advantage of lower market prices if you are dollar-cost averaging. If you are near retirement, you should be contacting a financial planner to help you rebalance your portfolio to minimize your exposure to the coming recession.

4. Get or update advanced job training

Getting advanced job training before a recession is like putting on armor before a battle. As the economy slows down, the job market gets more competitive. Workers with a higher skill set have better odds of not being laid off and they are more likely to find new employment.

Advanced training opportunities do not have to be expensive, they can be found at junior colleges, trade schools, and through low-cost certifications

The key to a recession-proof financial plan is avoiding hype. Contact a Certified Financial Planner and follow the recommendations no matter how boring they may seem.

About

Jayson Thornton, CFP is the founder of Thornton Advisor Group and host of Pocket Watching with JT which gives away free money tips on a call-in financial talk show on YouTube. Learn more about him at his official web site at PocketWatcher.net

Founder of Atlanta-Based Incubator Has Helped Open Over 200 Black-Owned Brick and Mortar Stores Nationally



Nationwide — Meet Professor Devin Robinson, Sr., the CEO and founder of Urban Business Institute, a Black business training center that with its partners has opened over 200 brick and mortar businesses nationally, provided almost \$10 million in funding and trained over 2,000 entrepreneurs.

Launched in 2012, Urban Business Institute has emerged to help black entrepreneurs battle their way to high revenues, competitiveness, and stability. They provide training classes, funding assistance, industry contacts and resources, consulting, training materials, self-help books, and more. They are what you would call a one-stop shop for black entrepreneurs. No transcripts or high school diploma is required to attend.

According to Robinson, who is also a best-selling author and consultant, "African-American business owners often face a myriad of challenges that the

general market doesn't." For this reason, he authored *Blackpreneurship: 50 Obstacles Black Entrepreneurs Face and How to Overcome Them*, a book that reveals and examines the challenges of black entrepreneurs and the ways they can avoid and navigate through them.

He comments, "Much of the challenges begin at the business' launch. Too many black entrepreneurs find themselves underfunded, outcompeted, underexposed, and more."

Senior Consultant, Funtaine Hunter comments, "We provide highly effective training and assistance we want all persons, especially those with difficulty gaining access to college, to have access to our programs."

Why their program is needed:

The pandemic has brought on a series of uncertainties for many. However, when it comes

to the black consumer market, business couldn't be better. Revenue is at the highest it's ever been for businesses in the black community. This is not just due to the \$1.2 trillion spending power the African-American consumer harnesses. It is also due to the behavior patterns.

African-Americans make up only about 13% of America's population, but make up almost half of the revenue for businesses in many industry sectors and is the driving force behind the success of many corporate to medium-sized businesses.

In fact, studies show that many corporations have launched campaigns specifically targeting the African-American consumer due to African-Americans' high propensity to spend. The issue is, even when the businesses are black-owned, even in these neighborhoods, they tend to struggle; being left behind in wealth accumulation?

The talent that exists in the Black community far outpaces other communities. Yet, capturing the business side of that talent is typically where Blacks fall short. Fortunately, there are still ways to turn that around.

To get help with your business, contact Urban Business Institute at 770-850-9949 or by visiting their official website UrbanBusinessInstitute.com

All-Black Team of Climbers Makes History After Reaching the Top of Mount Everest



Nationwide — A team of 7 Black climbers has made history as the first all-Black expedition to make it to the top of Mount Everest, which is the Earth's highest mountain above sea level.

Seven Full Circle Everest team members — Manoah Ainuu, Eddie Taylor, Rosemary Saal, Demond Mullins, Thomas Moore, James "KG" Kagami,

and Evan Green — successfully made it to the summit of Mount Everest on May 12.

They made the attempt to summit the highest mountain in the world after countless hours of preparations, training, and dedication. It took them nearly 40 days to reach the top since they started the historic journey.

Moreover, Full Circle Everest is proud to have brought representation to the highest place on Earth wherein out of the over 10,000 summits as of 2020, only 10 Black climbers have reportedly summited. The team is hoping to change the future of mountaineering, making it more accessible to people of color.

The group wrote on their GoFundMe page, "Everest is not the end goal, but just the beginning. Our expedition will reshape the narrative of the outdoors to one that is inclusive and where everyone belongs. Each member of this team has a powerful story to share. Together, we speak to many histories, traditions, and ancestries."

Black Chocolatier Tired of Being Fired Created His Own Chocolate Company & Hired Himself



Nationwide — Getting laid off from a job can be stressful and discouraging, especially when you are a Black man in America dealing with systematic racism. Some people decide to use this time of stress and inequality as an opportunity to create an even better life for themselves and their families by starting their own business and that's exactly what Patrick Glanville did when he launched his own chocolate company. Tired of getting fired and being paid less although having years of work experience, he decided to use his talents as a chocolatier to create a new and unique chocolate experience. That's when he created 3 Some

Chocolates, a chocolate brand that combines 3 flavors into 1, offers it in a pack of 3, and calls it a 3 Some which can be shared with everyone.

The company was launched in 2017, created by Patrick Glanville with his partner Kristin Parker-Glanville, this company has been raising the bar in the chocolate industry by introducing new and enticing flavors never seen before by chocolate lovers. They've sold and shipped their products all over the United States and the world. The concept was created by Glanville, the 3 Some Chocolates Founder/President and CEO, who wanted to

utilize his skills as an artist and culinary artist. He began working on his craft at the age of 10 with his grandmother who first taught him how to cook, temper chocolate, and create many other delicacies. One of her favorite treats was her secret family recipe, her "Jerk Chocolates" which she passed down to Glanville. Born and raised in Southside Jamaica, Queens, Glanville eventually perfected his craft by becoming a certified chocolatier after studying at the Barry Callebaut Chocolate Academy in Lebbeke, Belgium alongside his partner, Kristin Parker-Glanville.

3 Some Chocolates has recorded more than 400,000 units sold, garnered a plethora of five-star ratings, and has accumulated more than 75,000 customers and counting. 3 Some Chocolates is a unique company and you will only find their trademarked items on their platforms. Kristin Parker, born and raised in the Lower East Side of Manhattan, is the CFO/Co-CEO of 3 Some Chocolates. Parker who has a background in business administration, operations, and finance

worked to build and protect the brand and help the brand reach its true potential. It was very important for the certified chocolatiers to properly build their business from its foundation and structured everything properly. Glanville who has a background in graphic design, management, and sales created the design of the products from bar to packaging as well as the recipes, website, and marketing material. This two-person, husband and wife team have combined their talents in order to set up their company to be a disruptor in the chocolate industry. You will find exclusive items such as their sweet and spicy trademarked Jerk Chocolate Bites, their limited edition Ruby and White Red Velvet Cookie bar, and an array of delicious truffles such as their Coquito Truffles and Cognac Truffles on their website at www.3somechocolates.com.

Both Parker and Glanville agreed that it was important for them to use good judgment and create a company name that creates shock value before jumping into their dream of building a globally renowned,

premium chocolate emporium, which will soon be based in major cities across the country. The millennial couple understands the importance of building an online presence. When they first started their company, their customers loved the product so much, they would snap a photo holding the chocolate box which the company would subsequently place on their social media sites, which is full of satisfied chocolate lovers. In their plans to expand their offerings, Parker and Glanville have launched a CrowdFunding campaign where they have already obtained many investors who look forward to becoming a part of their chocolate journey. The Equity Raise, on WeFunder, 3 Some Chocolates Cuisine Inc. will be the parent company where they will manufacture and distribute all products and serve as the physical franchise flagship locations, scaling from their online store to a brick and mortar.

To learn how to become an investor, visit www.wefunder.com/3.some.chocolates, and don't forget to visit 3SomeChocolates.com to "Get Some 3 Some!"

Bank of America Launches Zero Down Payment Mortgage Plan to Expand Homeownership Opportunities in Black and Latinx Communities



Bank of America recently announced a new zero down payment, zero closing cost mortgage plan for first-time homebuyers, which will be available in certain markets, including African American and/or Hispanic-Latino neighborhoods in Charlotte, Dallas, Detroit, Los Angeles and Miami.

What BofA is calling "The

Community Affordable Loan Solution™" aims to help eligible individuals and families obtain an affordable loan to purchase a home.

"Homeownership strengthens our communities and can help individuals and families to build wealth over time," said AJ Barkley, head of neighborhood and community lending for Bank of America.

"Our Community Affordable Loan Solution will help make the dream of sustained homeownership attainable for more Black and Hispanic families, and it is part of our broader commitment to the communities that we serve."

The Community Affordable Loan Solution is a Special Purpose Credit Program which uses credit guidelines based on factors such as timely rent, utility bill, phone and auto insurance payments. It requires no mortgage insurance or minimum credit score.

Individual eligibility is based on income and home location. Prospective buyers must complete a homebuyer certification course provided by select Bank of America and HUD-approved housing counseling partners prior to application.

This new program is in addition to and complements Bank of America's existing \$15 billion Community

Homeownership Commitment™ to offer affordable mortgages, industry leading grants and educational opportunities to help 60,000 individuals and families purchase affordable homes by 2025.

According to the National Association of Realtors, currently there is a nearly 30-percentage-point gap in homeownership between White and Black Americans; for Hispanic buyers, the gap is nearly 20 percent. And the competitive housing market has made it even more difficult for potential homebuyers, especially people of color, to buy homes.

In addition to expanding access to credit and down payment assistance, Bank of America provides educational resources to help homebuyers navigate the homebuying process, including:

First-Time Homebuyer Online Edu-Series,™ a five-part, easy-to-understand video roadmap

for buying and financing a home, available in English and Spanish.

BetterMoneyHabits.com free financial education content, including videos about managing finances and how to prepare for buying a new home.

Bank of America Down Payment Center – site to help homebuyers find state and local down payment and closing cost assistance programs in their area. Bank of America participates in more than 1,300 state and local down payment and closing cost assistance programs.

Bank of America Real Estate Center – site to help homebuyers find properties with flags to identify properties that may qualify for Bank of America grant programs and Community Affordable Loan Solution™.

For more information, contact Bank of America at 1-800-641-8362.

Ghana and Other African Nations Who Enslaved and Sold Blacks to Europeans to Formally Apologize

Delegates from Ghana, Kenya, and other African countries will meet in Kansas City to have a long overdue conversation about the Trans-Atlantic Slave Trade.



Nationwide — A cultural assemblage is set to converge on Kansas City, as the vision of The United Nations Decade of People of African Descent realizes a significant event, Wednesday, September 28th, 2022. “It’s time to say what needs to be said to all African Diaspora and we must have the conversation and resolve our actions and inactions as rulers of our Kingdoms during the Trans-Atlantic Slave Trade which is deeply regretted,” as expressed by Nana Obokese Ampah I, Apagyehen of Asebu Kingdom, Ghana, Founder and President of Obokese University of Excellence.

Supported by the only UNESCO Creative City of Music in the United States-KC, a solemn ceremony will include a pilgrimage to the site of the Quindaro Underground

Railroad site in Kansas City, Kansas where dignitaries and 100 delegates from Ghana will gather along with local and national leaders. “It isn’t enough to ask others for an apology. We must first forgive ourselves,” said Obokese.

The slave trade regularly used the triangular trade route and its Middle Passage and existed from the 16th to the 19th centuries. Some were enslaved and transported in the transatlantic slave trade were people from Central and West Africa that had been sold by other West Africans to Western European slave traders, while others had been captured directly by the slave traders in coastal raids.

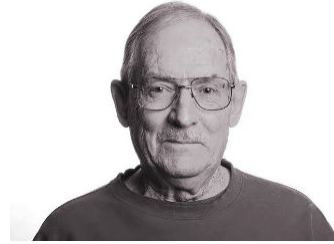
The highly anticipated ceremony will set the tone for the week as the assembly of

over 100 Ghanaians is set to promote unity while bridging an international UNESCO Ghana-UNESCO- Kansas City initiative for a long-lasting fruitful exchange and to foster ongoing trade, tourism, and cultural enrichment.

For more information on the Quindaro Underground Railroad site, visit <https://davids.house.gov/media/in-the-news/quindaro-once-stop-underground-railroad-gets-new-life-federal-designation>

For the full itinerary of the ceremony, locations, and activities for the week, please send inquiries to creativecitykc@gmail.com or call Creative City KC Inc., Executive Director, Anita Dixon-Brown at 816-612-0864.

Bill Ellis: Confronting Reality Or Sugarcoating History



I grew up in Virginia in the segregated South. Technically I grew up under critical race theory, meaning racism was embedded in the state’s legal systems and policies. That’s the difference from back East to down South. That’s a world of difference, as pointed out in a commentary in the “Roanoke Times” titled “Sugarcoating history is dangerous.”

The author is Arnold Schuetz, a native of Breslau, Germany, who taught history and political science at Virginia Tech and served as director of the university’s International Studies Program. According to Schuetz’s commentary, “During Virginia’s last governor’s race, a controversy broke out about the teaching of history in schools. The catalyst was a woman who complained that her son had to read Toni Morrison’s novel ‘Beloved.’ The book’s graphic description of slavery caused the son nightmares. “Students should not be subjected to such horror, the woman contended. Gov. Youngkin agreed. Schools should especially avoid “critical race theory,” which the governor deemed “inherently divisive.” They may make white students uncomfortable. The governor set up a tip line for students so offended to report incidents like the nightmares suffered by the son of the original complainant.

If you Google critical race theory, you’ll see this definition: CRT is the idea that racism is embedded in America’s legal systems and policies. If I were to say this as a teacher in Texas, I would be fired; a high school principal there was and politicians mostly of the GOP persuasion are now hiding behind CRT as a way to avoid confronting history, or in reality, the truth.

Books are being banned across the country for teaching how vicious slavery was. Ignorant parents, like the woman in Virginia, are shielding their white children from reality.

And now the Washington Post reported, Jan. 28, 2022, that the “Gov” issued a series of executive orders dealing with CRT. He has opened a tip line for anyone who turns in a teacher teaching CRT. Youngkin has perpetrated an immense disservice to all citizens of Virginia. I researched Virginia’s history of laws against African Americans to write my book, “Stirling Plantation.” And critical race theory was prevalent from the mid-1600s until abolished by the Supreme Court case of Loving v. Virginia in 1968, which abolished all Jim Crow legislation.

But it only gets worse. In her magnificent book, “Caste,” Pulitzer Prize winner Isabel Wilkerson documents how a Nazi committee used the American South and how it dealt with African American slaves as a model for segregating and managing Jews. (See Chapter 8, “The Nazis and the acceleration of caste.”)

Sadly, that Nazi committee found some techniques used by the South too harsh for their taste at the time. Only later did concentration camps and the mandate to exterminate all Jews take Hitler’s regime to the ultimate tragedy so well known in history.

Mr. Schuetz tells of how Germany found it impossible to sugarcoat Nazi horrors. There were too many members of the Nazi party teaching in post-war German schools. And, there were too many survivors of concentration camps in schools. Faking history was impossible in those years immediately after the war, and so it is today for Virginia’s ignorant and ill-informed governor, even if it is GOP policy.

Bill Ellis is the author of “Stirling Plantation.” Reply to bill-ellis@comcast.net

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"Ignorance, aligned with power, is the most ferocious enemy justice can have."

-James Baldwin

Meet Iddris Sandu, The Genius Behind Many Social Media Algorithms



Iddris Sandu may only be 23 years old, but he has already made significant contributions to the technological realm. Established his own software development company, contributed to the creation of key algorithms for Instagram, Snapchat, and Uber; collaborated with celebrities like Kanye West and Jaden Smith; received praise from then-President Barack Obama; and more.

Snapchat.

The two artists worked together after meeting by chance at a Starbucks in Los Angeles last year. In only three weeks, the two friends turned a vacant Los Angeles storefront into The Marathon Store, where they sell apparel, accessories, and music. Customers can also access exclusive music and digital content through the smart store companion app.

Several celebrities and icons, including Russell Westbrook, Vegas Jones of Roc Nation, Diddy, Jay-Z, and more, have visited the store after hearing

about Iddris' technological prowess and Nipsey's cultural impact.

Earlier this year, Iddris teamed up with Kanye West and Jaden Smith to develop augmented reality experiences for the 2019 edition of the Chicago tech festival ComplexCon, which will feature music, clothing lines, and disaster relief projects, among other things.

Incontestably, Iddris has a promising future ahead of him, and he hopes to help others experience that same promise. He plans to travel to Lagos, Nigeria in 2019 to hold student workshops where he will instruct African children on how to construct platforms, sharing his own belief in Black excellence.

"Africa is going to produce the next wave of technological pioneers. Why? They face issues for which they already know the answers." The man spoke up and explained.

Visit www.iddrissandu.com or follow him on Instagram at @iddrissandu to learn more about Iddris Sandu and his projects.



Iddris's parents brought him to the United States from Accra, Ghana, when he was three years old. At the age of 10, he began teaching himself to code. He started his first job as a programmer at Google when he was only 13 years old.

During his time at Google, Iddris developed a tool to help his fellow students find their way around campus. He was a young man of only 15 at the time. After his California high school adopted his app, he was invited to the White House to meet with then-President Obama and receive the Presidential Scholar Award.

Iddris, however, chose not to further his education and dropped out of high school. He told CNN, "I didn't want to wait four years; I wanted to make an impact now." His inability to pay was only part of the story. And he did just that.

At the age of 18, Iddris began working for Uber, where he developed the software known as Autonomous Collision Detection Interface to detect the hand motions and positions of drivers of Uber's self-driving cars. He had previously developed key algorithms for Instagram and

Black Mothers' Breastfeeding Association to Host Virtual Conference



DETROIT, MI —Black Mothers' Breastfeeding Association will host its annual conference, dubbed the Virtual Road Trip: Birth & Breastfeeding Conference, from October 3-5. The conference will convene various stakeholders in maternal-child-health to optimize the birth and breastfeeding experiences of Black families across the U.S.

Thematic tracks including Disaster Preparedness, Black Founder's Corner, Data, Research, and Storytelling, Breastfeeding Groups and Peer Counseling, and Community-based Doulas take center stage as the conference unpacks the regional nuances of these issues. The Virtual Road Trip: Birth & Breastfeeding Conference will span three days and feature live and pre-recorded sessions on topics relevant to the health and wellness of the Black birthing community.

"Every year, the Virtual Road Trip: Birth & Breastfeeding Conference creates space for solution to the issues that have plagued our communities and healthcare systems in the U.S. for far too long," said Kiddada Green, Founding Executive Director of Black Mothers' Breastfeeding Association. "This year, we continue in that

same vein, centering Black families with their well-being in mind."

A diverse range of speakers with affiliations to the U.S. Breastfeeding Committee (USBC), Centers for Disease Control and Prevention (CDC), and community nonprofit organizations throughout the country will offer insight into closing the racial inequities that exist within maternal health. Angela Lewis, star of F/X's "Snowfall" and breastfeeding advocate, is set to make a celebrity guest appearance to detail her own nursing experience and more on her organization, Birth Village. Jaye Clement, MPH, MPP, Director of Community Health Programs and Strategies with the Office of Community Health, Equity and Wellness at Henry Ford Health in Detroit, will serve as keynote speaker.

"I look forward to joining the Virtual Road Trip: Birth & Breastfeeding Conference to be part of necessary conversations

regarding Black maternal-child-health in this country," said Clement. "As a mother, public health professional, and advocate, these issues are not only of the utmost importance to me, but they're very personal, too."

Platinum sponsors for the Virtual Road Trip: Birth & Breastfeeding Conference include Henry Ford Health System, Medela and Michigan Department of Health & Human Services. Registration for the conference closes on September 30. Discounts are currently available for groups of 10 or more with promo code: GROUP2022. To sign up, visit: bmbfa.org/conference.



The Idiot's Box

Fox News host wants new slavery monument to "celebrate all the White people who died"

The former reality star also said Democrats "were for keeping slaves" and Republicans were the true heroes



Former "Real World" cast member Rachel Campos-Duffy lamented that a new monument to enslaved people kidnapped from Africa and the Caribbean islands and brought to the United States should highlight the awesomeness of White people.

The Gen. X conservative is married to conservative former tea party Congressman Sean Duffy, who has his own history of racist comments, particularly about Native Americans, who he and his spouse called alcoholics.

The proposal is a monument that would be placed at James Madison's Virginia plantation.

"We want to make this a national monument to the 'Invisible Founders,'" said trustee Rev. Larry Walker. He believes that slaves deserve equal credit for things like the Constitution and Bill of Rights because they were also building the country's structures and running the businesses and labor of the founding fathers. Madison owned 38 African American slaves when he died in 1836. None were freed when he died, which is something George Washington did.

"I wonder if this monument's gonna have

this big giant sign explaining that it was the Democrats who were for, you know, keeping slaves and it was the Republicans not," Campos-Duffy said. "Or if it will celebrate all of the white Americans who died on behalf of freedom of slaves."

Since the mid-1900s, the Republican Party used racism in their "Southern Strategy" to co-opt racist voters and move them into their party. Democrats have since embraced equality for all people, while Republicans have continued to use that "Southern Strategy" up until the 2020 campaign for former President Donald Trump.

There were many founding fathers who didn't own slaves like Alexander Hamilton, Thomas Paine and John Adams, but the majority of those founders did own people.

Campos Duffy previously claimed that some Black people are saying immigrant detention camps are better than housing projects.

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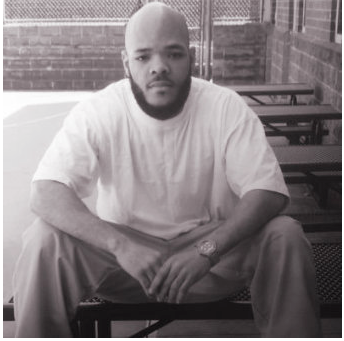
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Gripping, Brutally Honest Novel of Inner-City Life Written From Prison Cell Appeals to Readers From Every Walk of Life



New Haven CT -- The author L.O.R.D. is a true product of inner-city poverty, one of the rawest truth tellers in urban fiction history. And now, his riveting novel MOMMA BEAR (Go Get It Publishing LLC) is being reissued in a new Second Edition.

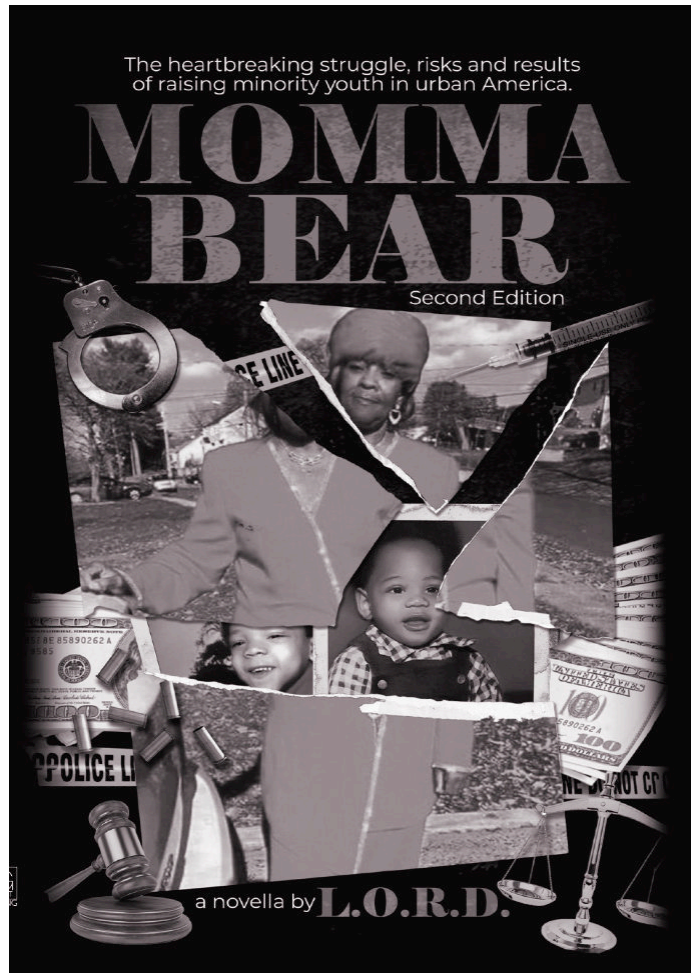
Written from an 8 x 12 prison cell with his younger brother Johnny Johnson after being wrongfully convicted by a corrupt prosecutor, L.O.R.D. tells a story that mirrors the lives of both brothers. It was during that period of incarceration when L.O.R.D. fully comprehended for the first time the many years of turmoil endured by his mother as she struggled to keep him and his siblings from being devoured by their environment. In realizing her plight and what she was up against, his passion to pay homage to her and the millions of women like her was born.

L.O.R.D.'s uncut depiction of siblings Keven and Cory's

unyielding determination to win big selling drugs painfully illustrates the risks that young men are willing to take in order to escape poverty. On the flipside, the story vividly chronicles their single mother Glenda James' unrelenting struggle to keep her boys from being lost to a culture of prison, death, drugs, violence and social injustice.

"MOMMA BEAR is an incredible story about the plights of the struggles of mothers raising sons in the inner city," says book reviewer Charmain McFadden. "Young men are faced with life-changing and life-altering decisions every day just to stay alive. MOMMA BEAR teaches about unconditional love, loyalty, family orientation and most importantly, faith. It provides a brilliant depiction of, as well as insight on, the struggles of African American citizens, facing the justice system."

"From someone coming from a single-mother household, this book really spoke volumes and hit close to home," said Ashlay, another reviewer. "It was an amazing read and definitely touched on the struggles that are happening every day in the urban and lower-income community. For anyone who wants insight on how to overcome adversities, and to simply know they are not alone in their struggles, I would strongly recommend this



book."

Brilliant in its uncomfortable authenticity, MOMMA BEAR is a must read for anyone who comes from or wants to know about inner-city life and the people that live it."

MOMMA BEAR is available on popular retail outlets where books are sold.

Gaylord Salters/L.O.R.D (born January 1, 1975) is an American author. He was born and raised in New Haven, Connecticut.

He is a graduate of Goodwin University. Growing up in poverty as an inner-city youth, he has seen, engaged in, and been affected by the many detriments in his environment. He was the victim of a wrongful conviction in 2002 and spent 20 years in prison as a result. He was released in June 2022. He began writing while incarcerated and has published two novels and started a publishing company throughout the course of his confinement. Prior to his release, he closed a global distribution deal for his company—Go Get It Publishing, LLC.—that allows his books to be distributed in over 160 countries in more than 50 languages. MOMMA BEAR, the heartbreaking struggle, risks, and results of raising minority youth in urban America, is the imprint's first release. While still imprisoned, commercial firm, Dorrance Publishing, contacted L.O.R.D. expressing interest in MOMMA BEAR. Currently, L.O.R.D. is using his knowledge and experience of the past to create alternative routes that would allow others who grew up as he did to avoid paths of destruction. Visit <https://gogetitpublishing.com>.

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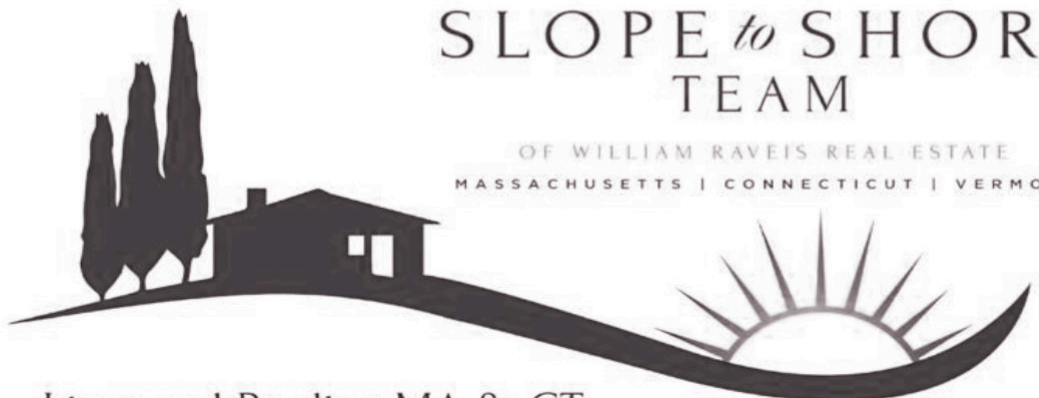
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Tammie's Essentials: A Business to Support



Tammie is a native of Springfield. She graduated from Putnam High School with a diploma in Fashion Design. She also attended culinary and hairdresser schools. She is a mother and grandmother, with two daughters and two grandsons.

Tammie decided that she wanted to make use of everything she has learned throughout her life thus far. Growing up, she remembers her mom always having different fragrances, mixing them to produce a unique smell, which Tammie did as well. Her grandson has eczema, and she remembers how that felt growing up having that skin issue too, so she wanted to have something

that he could use on his skin.

Tammie's Essentials is a natural product line that she developed. She makes her own products. Tammie holds her clients accountable for the products they purchase, meaning she understands that people have diverse needs, some have allergies, some are vegan, so customization is an integral part of her business. Tammie's Essentials include self-care treatments at her Pink Sugar Shop. She provides consultations as well. She believes in her clients understanding how to take care of themselves in and out of her shop, so she is an educator as well.

Even though her main establishment is the Pink Sugar Shop, she decided to feature her products at Fem Kollabs after the idea presented itself three separate ways from three different people, she took it as confirmation that it would be beneficial to her business.

When I asked her how her collaboration with Sandra Gonzalez and Fem Kollabs is going, she said "what I like about Sandra is, she works everyone's product, she explains and sells the products as best she can. Even though it is our responsibility to promote and sell our products, Sandra helps by understanding our products. She also helps us in business". Tammie only has positive words about collaborating with the other women.

I had the distinct pleasure of going to the Pink Sugar Shop. Upon walking in, the first thing that caught my attention was the pink walls and calming atmosphere. Tammie offers services that one can purchase. Her customers can enjoy a glass or two of wine. Hooka is also available for those who choose to partake. Tammie has natural products available from lotions to body scrubs to scented oils. She impressed me by her knowledge of the

health and wellness industry.

Tammie had to overcome the obstacle of staying focused, she did multiple businesses and she thought that success would happen overnight. She says there were times when she just wanted to give up. She realizes now that it does not happen overnight. I asked Tammie what advice she would have for those looking to start their own business, she replied, "Make sure you focus on one thing". Everyone believes they want to own their own business without understanding what that means. Do your research with people that are business owners, ask questions. Make sure it is what you really want to do. Take a business course if you can. Stick to one thing. Learn how to use other people's money, meaning getting loans etc. Get the understanding of what it is you want to

do.

It was highly informative for me to interview Tammie. I learned a lot spending time with her, so much more than I can even write here, so please check her out either at the Pink Sugar Shop or Fem Kollabs.

Her products are amazing and remember her products are developed and made by her!!



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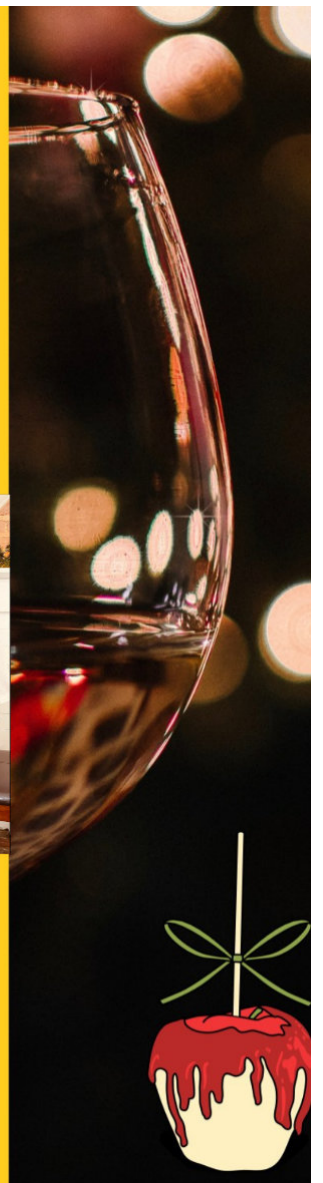


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