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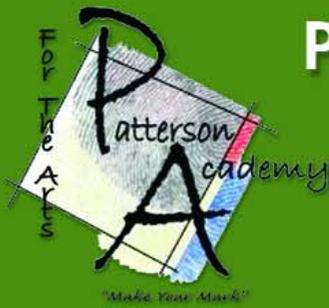
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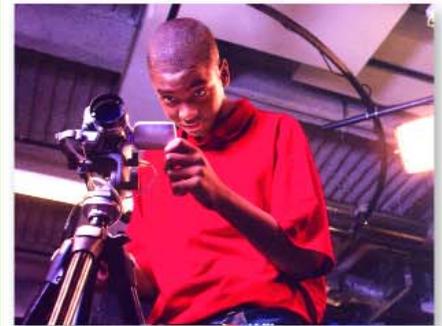
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## Congresswoman Corrine Brown Endorses Representative Kendrick Meek in Florida Senate Race

United States Congresswoman Corrine Brown (D) has endorsed fellow Representative Kendrick Meek (D) in next year's statewide U.S. Senate contest. "Kendrick Meek is a champion for Florida's interests in Congress, and no other candidate will better represent our state's interests in the U.S. Senate," Brown said in a statement released by Meek's campaign. "I look forward to campaigning alongside Congressman Meek and working together to deliver the crucial votes in north and central Florida needed for his victory." Both Meek and Brown are members of the Congressional Black Caucus. Congresswoman Brown emphasized her close relationship with the Meek family in a statement, "I have known Kendrick for many years, and his mother, my former colleague Congresswoman Carrie P. Meek, is a close personal friend," Brown said. "Kendrick and I have worked together in the House and I know we will work together when he gets to the Senate."

Democratic Chief Financial Officer and gubernatorial candidate Alex Sink also endorsed Representative Meeks. "I am pleased to endorse Congressman Kendrick Meek as a candidate for U.S. Senate. During his time in the state Legislature, Kendrick worked diligently to improve

Florida's schools. As a member of Congress, Kendrick has worked on behalf of Florida's families, making his voice heard of issues of housing and providing economic opportunities for Floridians. He has been a strong advocate for Floridians in Congress and I am confident will continue to work tirelessly for the people of Florida as their next U.S. Senator.



U.S. Senator Bill Nelson endorsed Congressman Kendrick Meek for the U.S. Senate, joining Florida's next governor, CFO Alex Sink, and Senator Bob Graham as statewide elected leaders supporting Congressman Kendrick Meek's campaign. "Kendrick Meek's career has always been defined by his public service," said Sen. Nelson. "He's stood tall for the interests of all Floridians and is not afraid to take on special interests that put their needs above those of our state's citizens. His voice and convictions are needed in the U.S. Senate. That's why I'm wholeheartedly endorsing Kendrick Meek for the U.S. Senate."

Also, Congressman Meek has received endorsements from Kathy Castor, Alcee Hastings, Ron Klein, and Debbie Wasserman Schultz.

*U.S. Rep. Kendrick B. Meek is serving in his fourth term in the U.S. House of Representatives, representing the 17th Congressional District of Florida, which includes parts of Miami-Dade and Broward counties. He is the lone Florida Democrat sitting on the powerful House Ways and Means Committee. Meek also serves on the NATO Parliamentary Assembly and is a member of the Democratic Steering and Policy Committee. Prior to his election to Congress, Meek served eight years in the Florida House and Senate and was a captain in the Florida Highway Patrol.*



**captions:** Kendrick & Leslie Meet with President Bill Clinton, below: Meets enjoys FAMU homecoming with future Rattlers and Atty. Daryl Parks and staff members of Program Success Magazine.





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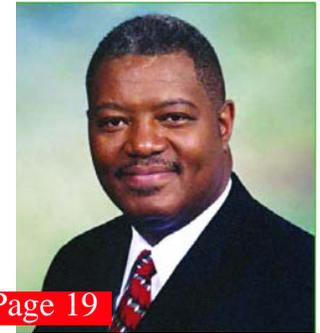
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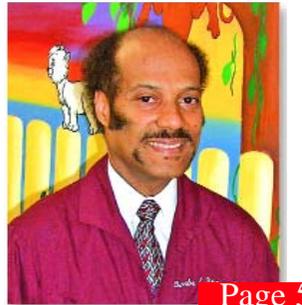
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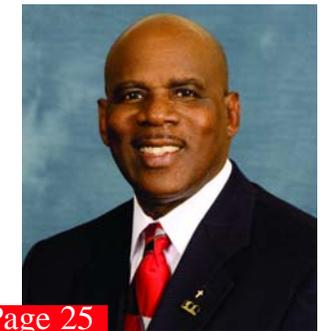
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*Dr. Charles E. Simmons*

# TEETHING BABIES

By Dr. Charles E. Simmons  
 Simmons Pediatrics, Jacksonville, FL  
 Assisted By Dominique D. Barrs  
 Medical Student



Has your baby been a little more irritable than usual? Find your shirt drenched in drool and dribble? Has your furniture even become the new chew toy? If you have answered yes to any of these questions, chances are your baby is teething.

Teeth are developed in the mother's womb, like most other physical features. However, it is not until the baby is between 6 and 9 months that they begin cutting teeth. Teeth break through their tooth buds, and begin appearing usually one at a time over a period of months. There is a common order that teeth appear, but like most things, there are the variations. Usually, the bottom two middle teeth appear first. Following their arrival, the top two middle teeth come in. Then the side and back teeth follow



suit. Teeth may not come in straight, but over time, they tend to straighten and align themselves. Around the age of two, your baby's last teeth should be appearing. A child should have a full set of 20 baby teeth by their third birthday. These teeth will carry them until their permanent teeth are ready to come in a push the baby teeth out by age six.

A teething baby needs a lot of sympathy, care, and support. After all, there is nothing that we can do to speed up the process, and relieve all of the pain. The only thing that can be done is try to remove some of the discomfort, and let nature run its course. Restlessness and change of sleep patterns can occur as a result of teething, along with other common symp-

toms. Some symptoms are drooling; sore, red gums; loss of appetite; excessive chewing and biting; and a slight rise in temperature. To alleviate some of these discomforts, there are the traditional methods. Having something cold and easily accessible is great for babies. They want something to hit the right spot and at the right time. Teething rings are great toys for gnawing and massaging. Sometimes, they are hard to maneuver to the right location on the gums, but for the most part they do the trick. To alleviate some of the pain, Tylenol and Motrin are great. They can be given in their children dosage and it suppresses the pain for up to four hours. Another option would be any of the products designed to numb the gums of the child.

Teething is another factor in this game we call life. It brings discomfort to both the parent and the child. However, try to stay positive and help this transition pass by with little irritation. Invest in a lot of bibs and just wait for those little pegs to appear. For that memory alone is worth the pain. Say cheese!



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# Morehouse College Takes a Stand: Breeding Upstanding Professionals - Nothing Less

**By H. Lewis Smith**  
**President, United Voices**  
**for a Common Cause, Inc.**

Recently, Morehouse College was heavily scrutinized and shunned for speaking out and taking action against cross-dressing and promotion of thuggery. The school requested that black men refrain from making a mockery of themselves and race, and be what they have always been: dignified men. The Atlanta-based school's policy prohibits wearing of sagging pants, women's clothing, clothes with derogatory language, and headwear such as 'do-rags. However, some folks charge that Morehouse's new dress code is homophobic and stifles civil liberties.

In today's society, it's somewhat disturbing that any time a stand is taken for heterosexuality, an immediate outcry, charge or labeling of homophobia from critics echoes throughout society. Certain established

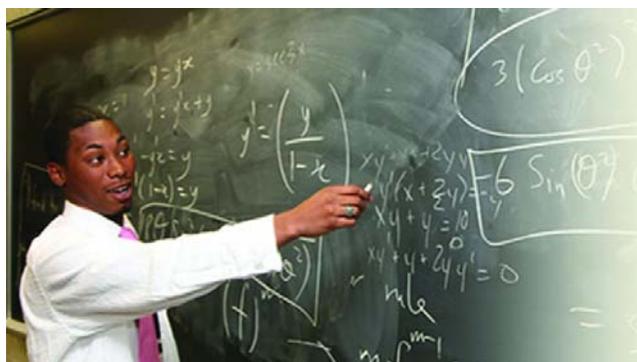
moral standards, convictions and values—without compromise—are the essential foundation of a mentally-sound, morally-secure societal—not because man said so, but because natural order designed it that way. However, there is clearly a growing trend to challenge this long-established rule as American convictions and values seem to be slowly eroding away, succumbing to the pressures and demands for "individualism, equal rights," and acceptance of unnatural trends of more effeminate men and masculine women—man-made "normalcy".



**H. Lewis Smith**

to restore natural order, and thus, cannot be viewed in the same light as the African-American's struggle for equality. Homosexuality reflects, just as slavery and the heinous mistreatment of African Americans for centuries, the birth of man-made ideologies attempting to take precedence over that which is natural.

Furthermore, I do not condone or condemn one's domesticating preferences, but I do believe that if one so chooses to engage in a less traditional relationship, that he or she should continue to dress, look, and take on certain mannerisms indigenous to their biological gender or sex. I have often heard people say—when referring to a job, "dress (or look) the part, get the part"; but if the argument by gay individuals is that they're happy with who they are, why is it necessary to look like or behave like something they're not? The question then becomes: Who are they working to convince of their truth?



By men acting more feminine, women acting more masculine, and either one dressing in "drag"—which is often done for purposes of entertaining or performing and for comic, dramatic,

See MOREHOUSE MEN page 10

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# Why I Want To Be Your Next Commissioner For Orlando's District 5

**T**he City of Orlando faces its biggest budget deficit in years, and the public safety of city residents are at stake. On March 9, 2010, Orlando voters in District 5 will go to the polls and elect a commissioner who they feel will best represent them. That person must promote the importance of public safety as well as greater efficiency in local government.

In selecting the appropriate person to help lead this campaign, each candidate's background will provide clues to his or her ability to bring about the kind of results that will lead Orlando to a more safe and prosper city. *I enter the District 5 race because I believe we deserve public servants who are honest, respectful, and above all non-prejudice. I am that person and am prepared to serve District 5 constituents.*

The greatest challenge facing the city is how to find the money that is necessary to sustain the current level of municipal services. Orlando's 2009 budget is \$926,090,018 (in 2005 it was \$604 million). There are roughly 235,000 residents in the City. Current projections indicate that in this fiscal year of 2009-2010 the deficit of the City will be approximately \$43 million. By 2011-2012 this shortfall could double to more than \$85 million, according to current projections. These projections reflect no increase in City property taxes. The projections also assume a less than stable economy and do not take into account Florida's highest unemployment rate in 34 years. All resources in the City appear to be strained to the maximum.

Orlando cannot remain economically viable under the current budget practices, particularly those given to developers. The District 5 commissioner along with the City Commission must be capable of dealing with this situation before this crisis becomes catastrophic. It is therefore essential that each candidate be gauged by the following criteria:

- ★ Was he or she on the City Commission that got us into this crisis in the first place?
- ★ Does this person have a reputation for placing their own personal and political interests above those of the community?
- ★ Has this person demonstrated a willingness to work with diverse factions, and the patience to work with competing and conflicting interests?
- ★ Has this person demonstrated the ability to say "no" when it advances the interests of the broader community?
- ★ Is this person so tied to vested interests that he or she cannot deviate from the status quo?



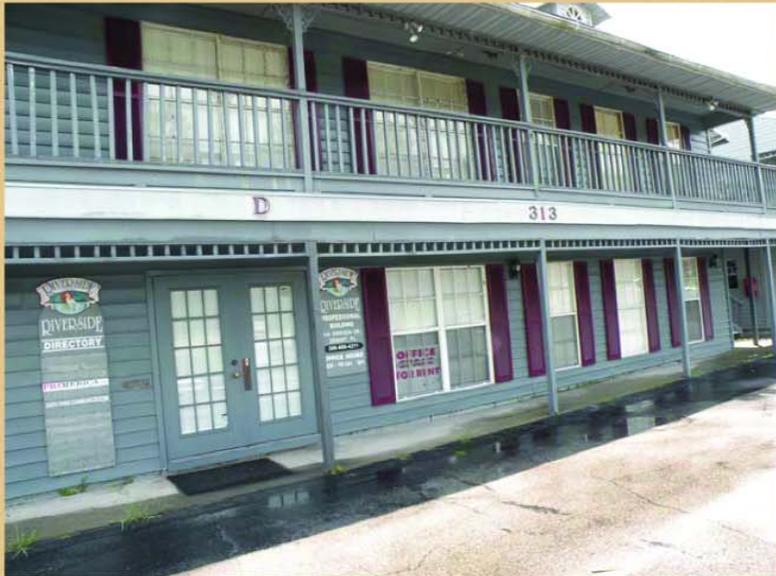
*Ezell "E-Z" Harris*

District 5's problems require a commissioner who has demonstrated success at something other than running for and getting elected to office; someone with a record of true community activism and a proven track record of producing results. His or her priority should be public service and visionary leadership on the tough issues, not doing or saying whatever is necessary to ensure re-election. Because those challenges are so overwhelming, a different, more proactive style of leadership is required to capitalize on visions and opportunities. *Compared to the other District 5 candidates, I believe and know in my heart that I best exhibit the needed style and character.*

**Ezell "E-Z" Harris For Orlando District 5 City Commission**

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### MOREHOUSE MEN continued from page 7

making a mockery of themselves and their way of life. And just a word to the wise: Women dressing like men and men dressing like women for purposes of not entertaining (i.e., the way one dresses on a daily basis) is still undoubtedly “drag.”

It's unfortunate that a dress code should even have to be revised to call for black men to put away their skirts, pumps and purses—or to pull their saggy jeans up. I applaud Morehouse's crack down on what seems to be misguided expressions of black male “individualism” and overly-exaggerated heterosexuality. Morehouse College has a rich tradition of educating and training African-American men to be solid, upright, unwavering leaders and excellent representations of the promised Black man. By no means am I saying that homosexuals do not own the ability to embody these characteristics, but quite honestly, a man can't lead other men wearing a dress. Women already have it hard enough being taken seriously wearing pants...why would anyone take more seriously a man wearing lip gloss, carrying a hand bag, modeling a “cute outfit” and switching harder than the lady walking next to him? They would not.

As old school as it may appear to a younger generation, there are some good intentions in using the dress code as a way to

build character and professionalism. Morehouse is an institution of learning, preparing students to obtain a degree and secure employment at some of the best, most high-profile companies in the nation. One should also understand that there are likely homosexuals that attend Morehouse College. However, these homosexuals “get it” that Morehouse is a breeding ground for consummate professionals, not inappropriate cross-dressing or promoting one social/personal lifestyle over any other. Morehouse College prepares students for the real work world in terms of intellect (the academic aspect) and generally-accepted practices (dress code and personal behavior).

Morehouse College gets a high-five for addressing this issue, remaining steadfast to their values and convictions and not trading their beliefs for popular opinion or acceptance. Besides, a school like Morehouse is not one that has survived based on popular opinion, but is one that thrives from producing results: professional, self-confident, intellectually-sharp Black males competently capable of competing at any level.

H. Lewis Smith is the founder and president of UVCC, the United Voices for a Common Cause, Inc., and author of *Bury that Sucka: A Scandalous Love Affair with the N-Word*. [www.youtube.com/watch?v=dP2U0jmZjec](http://www.youtube.com/watch?v=dP2U0jmZjec)

# Don't Ask the Blessing, Offer One

By, Dr. Ralph F. Wilson  
Contributing Staff Writer

In your mind's eye I want you to picture Jesus at the Feeding of the Five Thousand. Hungry multitudes cover the hillside. Jesus takes the little boy's lunch, lifts it up, and says the familiar prayer: "Bless this food to the nourishing and strengthening of our bodies. Amen." I'm here to tell you that it just didn't happen like that. No way!

Since when did we begin to bless our food, anyway? Frankly, our food's been blessed to the point that most of us – how shall I say this – are "over-nourished."

You find two words in the New Testament used in connection with praying before meals.

## Offering Praise

Here's what really happened at the Feeding of the Five Thousand. "Taking the five loaves and the two fish and looking up to heaven, he gave thanks and broke the loaves" (Mark 6:41). The Greek word for "gave thanks" (NIV) or "blessed" (KJV) is "eulogeo," from which we get our English word "eulogy." It means, "speak well of, praise, extol." The word commonly translates the Hebrew word, "barak," "to bless." But it wasn't the food Jesus was "speaking well of" or "blessing," it was his Father.

Every faithful Jew would offer this blessing before partaking of bread: "Blessed are you, Lord our God, King of the world, who has caused bread to come forth out of the earth." Before partaking of wine, the blessing was said this way: "Blessed are you, Lord our God, King of the world, who has created the fruit of the vine." The first word, "eulogeo," reminds us to eulogize or praise God before we eat.

## Offering Thanks

The second praying-before-meals word is the Greek word "eucharisteo," from which we get our English word "Eucharist," often used as the name of Holy Communion. "Eucharisteo" means, "be thankful, offer thanks," and was used at the Last Supper.

"While they were eating, Jesus took bread, gave thanks (eulogeo) and broke it, and gave it to his disciples, saying, 'Take and eat; this is my body.' Then he took the cup, gave thanks (eucharisteo) and offered it to them, saying, 'Drink from it, all of you'" (Matthew 26:26-27, NIV).

What Jesus was doing at this Passover meal was offering to his Father the traditional blessings when bread and wine were eaten. It was common for Jews to offer a blessing for each food served during a meal.

## The Bless Me Club

So how did we Christians end up blessing the food instead of God? Tradition? Habit? Some of the confusion may have come from a mistranslation of the passage I just quoted. In the King James Version, Matthew 26:26 reads: "And as they were eating, Jesus took bread, and blessed it,

and brake it, and gave it to the disciples, and said, 'Take, eat; this is my body.'

Notice how the tiny word "it" was added after the word "blessed"?

The word "it" isn't part of the Greek text – that's why it's in italics in the King James Version. But "bless it" implies something far different than "bless God." That addition of one little word may have twisted the way we pray before meals into something Jesus didn't intend at all.

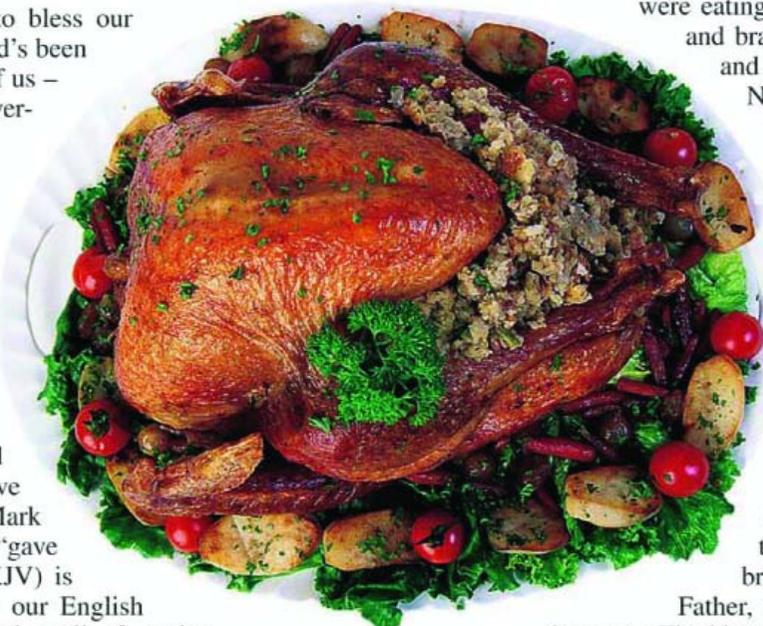
Not that there's anything wrong in asking a blessing from God. There's not. Jesus taught us to pray, "Give us this day our daily bread" – but only after praise: "Our

Father, which art in heaven, hallowed be thy name. Thy kingdom come, thy will be done...." No, asking favors from God isn't wrong, but it shouldn't be the primary part of our prayers, or we become like greedy little children: "Gimme this! Gimme that!". Those prayers are essentially selfish rather than self-giving. They don't fulfill either the First Commandment, to love God with all our heart, or the Second, to love our neighbor as ourselves.

## How Should We Pray?

The Apostle Paul put it in this perspective. "Do not be anxious about anything, but in everything, by prayer and petition, **with thanksgiving**, present your requests to God" (Philippians 4:6). Notice the phrase "with thanksgiving" tucked in there with "present your requests to God." It's essential to keep prayer God-centered rather than self-centered. It's also the key to praying with real faith.

So when you pray, remember that your food doesn't deserve a blessing nearly so much as God who gave it. You can bless like Jesus did, "Blessed are you, Lord our God, King of the world, who has caused bread to come forth out of the earth." Or offer a simple prayer of thanks to God for the food. Next time, don't "ask the blessing," but offer one to your Father.





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## “TAKING THE INITIATIVE ON DIABETES” PROJECT LAUNCHED IN VOLUSIA

DAYTONA BEACH – Diabetes is a very serious concern in Volusia County that continues to impact more and more people.

To address this growing problem, the Volusia County Health Department and the O’Neill Foundation for Community Health are announcing a new health initiative that includes all Volusia County hospitals working together to offer the community the resources people need to prevent diabetes and the serious complications that can follow.

This exciting, new project called “Taking the Initiative on Diabetes” is the first of its kind in Volusia County. “It’s a cooperative and coordinated response by all of the health systems in our county to bring awareness to this serious problem,” said Dr. Dan Hale, president of the O’Neill Foundation for Community Health.

Diabetes impacts more than 40,000 residents, including one out of every four adults 60 years of age or older. Complicating this problem is that an estimated 25 percent – 10,000 Volusians – have diabetes but have not been diagnosed and thus go untreated.

Almost 100,000 residents have a condition called pre-diabetes that places them at higher risk of diabetes. Diabetes is the leading cause of new cases of blindness among adults, kidney failure, and amputations.

“Diabetes is an increasingly severe problem in our community and it necessitates a multifaceted approach to potentially prevent its development and to ensure its optimal management,” said Dr. Bonnie J. Sorensen, director of the Volusia County Health Department. “This important diabetes project is for our entire population with emphasis on those impacted the most such as African Americans, Hispanics, and seniors. It also addresses the critical issue of health literacy.”

In addition to the Volusia County Health Department and the O’Neill Foundation for Community Health, other partners in this comprehensive and coordinated health project are Bert Fish Medical Center, Florida Hospital DeLand, Florida Hospital Fish Memorial, Florida Hospital Memorial Medical Center, Halifax Health Hospice of Volusia Flagler, Halifax Health Medical Center of Daytona Beach, Halifax Health Medical Center of Port Orange, the Council on Aging of Volusia County, and others.

“It is critically important to bring awareness to diabetes and the serious complications that can follow if the disease goes undetected,” said Dr. Hale. “Our plan is to work with faith communities, civic organizations and interested individuals and groups to step up awareness efforts to prevent people from getting diabetes and to help those who already have it to seek proper diabetes self management education.”



**Top officials in health care in Volusia County united this month to announce “Taking the Initiative on Diabetes,” a community-wide effort to raise awareness about the serious problem of diabetes. The Volusia County Health Department, the O’Neill Foundation for Community Health and area hospitals will work with faith communities and civic organizations on prevention and successful management of diabetes. Pictured from left at the news conference announcing the project are Fran Davis, president/CEO of Halifax Health Hospice of Volusia Flagler; Joe Johnson, president/CEO of Florida Hospital Fish Memorial; Steve Harrell, COO of Bert Fish Medical Center; Jeff Feasel, president/CEO of Halifax Health; Dr. Bonnie Sorensen, director of the Volusia County Health Department; Dan Hale, president of the O’Neill Foundation and professor of psychology at Stetson University; Mark LaRose, president/CEO of Florida Hospital Memorial Medical Center; and Daryl Tol, president/CEO of Florida Hospital DeLand.**



For more information about diabetes, please visit the following Web sites: O’Neill Foundation, [www.oneillcommunityhealth.org](http://www.oneillcommunityhealth.org); Volusia County Health Department: [www.volusiahealth.com](http://www.volusiahealth.com)



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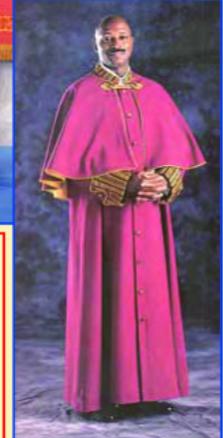


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# Obama Vows 'Right' Move on Afghanistan

By **CHARLES HUTZLER**  
Guest Columnist

TOKYO (Nov. 13) — President Barack Obama, facing withering criticism for a prolonged decision-making process on

Afghanistan, asserted Friday he's doesn't want the next move to be seen as an "open-ended commitment." In a joint news conference with Japanese Prime Minister Yukio Hatoyama, Obama also said he was bent on "getting this right." He denied that his administration has been dithering and said that whatever policy change he announces must be aimed at protecting America from terrorist networks.

Opening a weeklong trip to Asia, Obama said the United States and Japan must "find ways to renew and refresh the alliance for the 21st century." Hatoyama said the two leaders had agreed to spend the next year refining the nearly 50-year-old treaty that defines relations between the two World War II adversaries. "Both Yukio and I were elected on the promise of change," Obama said. "But there should be no doubt that as we lead our nations in a new direction, our alliance will endure and our efforts will be focused so that it will be even stronger in meeting the challenges of the 21st century."

With Obama weighing a new strategy for Afghanistan,



**Speaking at a joint news conference in Tokyo with Japan's prime minister Friday, President Obama said he wants to be sure he strikes the right balance before committing more U.S. troops to the war in Afghanistan**

Hatoyama said Japan would end a refueling mission for the U.S. military. But he promised \$5 billion in aid for Afghan civilian needs such as schools, agriculture and police. The new Japanese leader also vowed to cooperate with the United States on combating climate change and nuclear proliferation.

The trip came as the Obama administration was preparing to announce later Friday that the alleged mastermind of the Sept. 11 terrorist attacks, Khalid Sheikh Mohammed, would be moved from the Guantanamo Bay, Cuba, prison to New York for a civilian trial. Without confirming the details, Obama said Mohammed "will be subject to the most exacting demands of justice."

On Afghanistan, Obama said he was not waiting for any new information. Rather, he said, he wants to be sure he strikes the right balance before committing more U.S. troops and billions of dollars to the 8-year-old conflict.

On a stop at Elmendorf Air Force Base in Alaska on his way to Asia, Obama told a military audience he will commit more forces to Afghanistan only if it is vital to U.S. interests and receives public support. "I will not risk your lives unless it is necessary to America's vital interests," Obama told the troops. "And if it is necessary," he said, "the United States of America will have your back. We'll give you the strategy and the clear mission you deserve. We'll give you the equipment and support you need to get the job done. And that includes public support back home."

See AFGANISTAN page 30

## “Homes in Partnership receives \$75,000 Grant from Wells Fargo!”

Orlando, FL (11/04/09) – Nationally recognized local homebuilder, Homes in Partnership, Inc. (HIP) recently received a \$75,000 grant from the Wells Fargo Foundation. Downtown Orlando Branch Office Vice President John L. Berry, Jr. presented the grant to HIP’s Executive Director H. Lewis Kellom, during their 2009 Annual Appreciation Dinner, held at Sheraton Orlando North in Maitland.

“Wells Fargo is now counted among other donors and supporters that help strengthen our voice in sustainable development,” notes Mr. Kellom. “We are grateful for their support of our self-help housing assistance program for residents in rural communities of Lake County. The Wells Fargo Foundation has also committed to hands-on volunteer assistance.

Cora Fulmore, President of Mortgage and Credit Center in Winter Garden was the keynote speaker of the dinner event. Fulmore is recognized nationally

as a trainer on homeownership and housing counseling issues. Her presentation celebrated progressions taken in affordable housing through Homes in Partnership’s 34 years of service. For additional information about the recently held event, contact Homes in Partnership, Inc. at 407.886.2451.

About Homes in Partnership, Inc.:

Homes in Partnership, Inc. is a non-profit organization with a rich legacy of building high quality affordable communities in Orange, Lake, and Sumter counties. Since 1975, HIP has provided more than 3,600 single family homes in Central Florida. HIP’s subdivisions have received many awards including the Fannie Mae Award of Excellence and the Federal Home Loan Bank’s Partnership Excellence Award. For those interested in making monetary or land donations, call 407-886-2451 ext. 222. For additional information about Homes in Partnership, visit [www.homesip.org](http://www.homesip.org). For questions regarding the event, call the HIP office at 407.886.2451.



**Picture caption: Wells Fargo representative; Mr. H.Lewis Kellom, Homes in Partnership Executive Director; Downtown Orlando Branch Office Vice President John L. Berry, Jr.**

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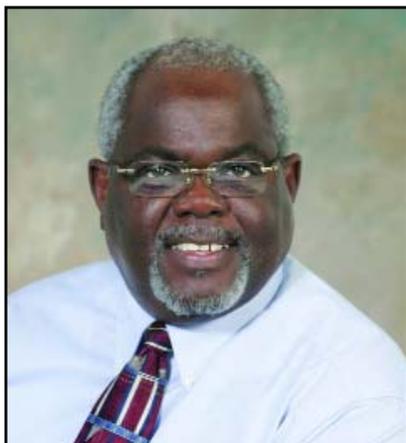
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# Train Up A Child... “Wait a Minute!”

By Pastor Leon R. Bing

We remember this passage of scripture that says;

**Train up a child in the way he should go; and when he is old, he will not depart from it. Proverbs 22:6**

But what happens when the one who is to train up the child has not been trained? This has become a reality in the lives of so many young people today. We are so busy looking at the unfortunate issues of our teenage generation that many of us have missed this one fact! Some of these teens are in situations where the ones that are responsible for training them in the ways of the Lord, have not been trained themselves.

There is so much to learn from the Book of Proverbs, and I encourage everyone to really read and study this Book of the Bible. Even better get it also on cassette and compact disk. That way you can even listen to it throughout the day if you have the opportunity to do so.

Now lets us focus on the matter at hand. There are so many cases where we look at situations involving our youth and we just shake our heads wondering, how? Why? And who, would allow these children to do some of the things that we see happening around us? But I think we need to really look at and begin to pray for those who missed the opportunity to properly train their children. And to those of you who are in this situation, I encourage you to no longer sit back and not to seek spiritual assistance. We are in a time now that we, the body of Christ must work with all of the families of God to restore one another back to the place in Christ where we need to be. We must stop placing faith in a system that does not work, and start placing faith in the God who does not fail!

I know that this is not a shock to you, but the system has failed us. Yes I said it, the system has failed us. Take your pick, the School System, Juvenile Justice System, Dept. of Children & Families, all of them! What I mean by this is that they have allowed things to get so far out of control that it is basically, in my opinion, beyond repair! Now please don't get me wrong, there are people who are working as hard as they can to make the system work, but there are too many laws and policies that prevent anything fruitful to come from their hard work. And yes there are a lot of success stories, but much more failures than you have been led to believe. Now let me get off of this political soap box and give you spiritual sustenance. Let us take a look at Chapter 1 of the book of Proverbs:

**Proverbs 1:1-7**

**1 The Purpose of Proverbs**

These are the proverbs of Solomon, David's son, king of Israel.

**2 The purpose of these proverbs is to teach people wisdom and discipline, and to help them understand wise sayings.**

**3 through these proverbs, people will receive instruction in discipline, good conduct, and doing what is right, just, and fair.**

**4 These proverbs will make the simpleminded clever. They will give knowledge and purpose to young people.**

**5 Let those who are wise listen to these proverbs and become even wiser. And let those who understand receive guidance**

**6 by exploring the depth of meaning in these proverbs, parables, wise sayings, and riddles.**

**7 Fear of the LORD is the beginning of knowledge. Only fools despise wisdom and discipline. *NLT***

Verses 2 and 3 give us the plan God has for the family, which He has given us through Solomon, David's son. By following the sayings of this Book of the Bible, our families reap the benefits. When the old "H.R.S." (Now D.C.F.) Came into our homes, they told the family what it could and could not do when it came to raising and disciplining our children. It is the opposite of that which the Word of God commanded us.

**Proverbs 1:8-19**

**8 Listen, my child, to what your father teaches you. Don't neglect your mother's teaching.**

**9 What you learn from them will crown you with grace and clothe you with honor.**

**10 My child, if sinners entice you, turn your back on them!**

**11 They may say, "Come and join us. Let's hide and kill someone! Let's ambush the innocent!"**

**12 Let's swallow them alive as the grave swallows its victims. Though they are in the prime of life, they will go down into the pit of death.**

**13 And the loot we'll get! We'll fill our houses with all kinds of things!**

**14 Come on, throw in your lot with us; we'll split our loot with you."**

**15 Don't go along with them, my child! Stay far away from their paths.**

**16 They rush to commit crimes. They hurry to commit murder.**

**17 When a bird sees a trap being set, it stays away.**

**18 But not these people! They set an ambush for themselves; they booby-trap their own lives!**

**19 Such is the fate of all who are greedy for gain. It ends up robbing them of life. *NLT***



Can you imagine how life would be if more parents would have been teaching their children from this book of the bible over the past 10 or 20 years! As you read this, don't you find it amazing how the Wisdom of Solomon hit the nail on the head for even our day and time! And it doesn't matter which translation of the bible you read this from you still get the great revelation of God for our families today!

**Proverbs 1:20-33**

**20 Wisdom shouts in the streets. She cries out in the public square.**

**21 She calls out to the crowds along the main street, and to those in front of city hall.**

**22 "You simpletons!" she cries. "How long will you go on being simpleminded? How long will you mockers relish your mocking? How long will you fools fight the facts?"**

**23 Come here and listen to me! I'll pour out the spirit of wisdom upon you and make you wise.**

**24 "I called you so often, but you didn't come. I reached out to you, but you paid no attention.**

**25 You ignored my advice and rejected the correction I offered.**

**26 So I will laugh when you are in trouble! I will mock you when disaster overtakes you —**

**27 when calamity overcomes you like a storm, when you are engulfed by trouble, and when anguish and distress overwhelm you.**

**28 "I will not answer when they cry for help. Even though they anxiously search for me, they will not find me.**

**29 For they hated knowledge and chose not to fear the LORD.**

**30 They rejected my advice and paid no attention when I corrected them.**

**31 That is why they must eat the bitter fruit of living their own way. They must experience the full terror of the path they have chosen.**

**32 For they are simpletons who turn away from me — to death. They are fools, and their own complacency will destroy them.**

**33 But all who listen to me will live in peace and safety, unafraid of harm." *NLT***

This last passage of chapter 1 speaks so prophetically of the situation we are seeing here in Jacksonville today. While God is speaking through His people, the system refuses to hear. The system would rather continue to patchwork, or use band-Aids to solve our problems, "good luck!" But my concerns are for those who continue to put their faith and trust into this system, and then expect that the system is going to solve their problems. How many times are you going to be disappointed? How long will you continue to sip on the temporary fix that the system is giving you while in the mean time your children are continuing to slip through the cracks!

We all must come to the point to where we, without any doubt, put our faith, trust, and confidence in the Lord! Remember this comment that Jesus made:

**Luke 5:23-26**

**23 Is it easier to say, 'Your sins are forgiven' or 'Get up and walk'?**

**24 I will prove that I, the Son of Man, have the authority on earth to forgive sins." Then Jesus turned to the paralyzed man and said, "Stand up, take your mat, and go on home, because you are healed!"**

**25 And immediately, as everyone watched, the man jumped to his feet, picked up his mat, and went home praising God. *NLT***

My point is this; it is nothing for Jesus to bless us! He only wants us to have faith in Him! So for those who are to train up a child, we want you to know that it has to begin with Christ. Learn of Him and then you will have something to teach to your child!

# QUALITY SERVICE YOU CAN TRUST

When people ask, how did you get your own business? My first response is always, God. He is good and has brought me from a mighty long way. My Grandmother taught me how to pray and my Grandfather taught me to stay humble with quotes like “you only go through this life but once, so treat people like you want to be treated”.

I grew up in a four room shack with a tin roof and no running water, in rural Alabama, my parents got divorced and went their separate ways, leaving two of the children behind, me and my brother. My father’s parents adopted us, and my brother is now a well-known Pastor.

I remember standing next to a wood burning stove feeling cold on one side and hot on the other. I recall being able to look through the floor and see the chickens under the house. Every year during spring cleaning, we would find snake skins throughout the house. My grandparents were bootleggers and our home – all of four rooms was similar to the Color Purple’s Harpos. According to modern day scientific studies, children from abusive homes and dysfunctional families are likely to become products of their environment, but God had plans for me and my brother.

I got started in the security industry over 20 years ago, after getting divorced and struggling to make ends meet by working two jobs, and remember saying to myself, there has got to be a better way to make a living. At that time I did not totally understand the spiritual laws of God. I began to realize that God had a purpose for me and all I had to do was to seek him and walk in his perfect plan. I realized that I had to forgive and let go of the past so that I could progress into the future for my life. I continued to work hard and stay focus and continued to treat people like I wanted to be treated.

One day back in 2002 my hard work and humbleness paid off. I got the attention of my Pastor, “who asked me have you ever thought of owning your own business”? I had never thought about it, but wanted more than just getting by in life. I told my Pastor that I considered my job at the church working as a Security Officer very serious and that for me it was like working for God protecting His flock. This small seed planted in my spirit developed into EBS Security, Inc. providing armed security, body guard, and all other protective services throughout Florida.

Security can be very trying, there are times that you’re in the cold, rain, heat, constantly standing and last but not least dealing with all kinds of people. We don’t know what to expect, but you have to keep a cool head. God has taught me how to deal with all kinds of people no matter how difficult or different.



Since EBS Security Inc. was started we have strived to provide quality service and I believe because of our faith, God has really blessed us. It is a good feeling to be able to help my aging parents and not worry about making it until payday. Don't get me wrong it has not been an easy road, but God has given me a vision and determination to make a difference.

It is a blessing to bless others who need a service and to provide jobs in the community. We care about every employee and believe that it takes all of the employees to make the company great. My goal is to continue to provide quality service to our customers and let our employees know that they're important as well. It is not all about making money and becoming rich. However, I feel that when we do the right thing and work hard to be honest spiritual and monetary riches will come.

EBS Security Inc. is a member of the Jacksonville Chamber of Commerce, The Better Business Bureau, Jacksonville's Small and Emerging Minority Businesses, Duns and Bradstreet, The American Federation of Police & Concerned Citizens and nominated for the Strathmore's and Cambridge Who's Who among business leaders in America. We also support our youth by donating to education and community programs that help the children of Jacksonville. In closing, I believe to which much is given, much is required, and It's God who gives the increase.



**Printella Bankhead, a native of Sulligent, Alabama, has a Criminal Justice Degree with honors, Minority Certification with the City of Jacksonville, and holds memberships with the Better Business Bureau, Jacksonville Chamber of Commerce, Strathmore's Who's Who, and The American Federation of Police & Concerned Citizens. Ms. Bankhead is the President and Founder of EBS Security Inc., which was established in 2002. Her motto is "Quality Service".**

**Printella Bankhead is a proud graduate of Ribault Senior High School and believes in putting God in everything that she does. Her goal is simply to provide quality, professional security services to her clients. Rely on the professionals at EBS Security Inc. in Jacksonville, Florida, for an array of security services including special event security, as well as private investigation and body guard services. The Jacksonville based security company has been ensuring the security of North Floridians and their precious valuables since 2002. EBS' outstanding service has won them awards and high words of praise in the local community. The best way to solve a crime is to never allow it to happen in the first place. The way to success is to always give thanks and to always put God first. Whether you are looking to provide a visible presence with unarmed and armed security officers or would rather keep their visibility at a minimum, EBS can accommodate your specific requirements. Place your trust in the hands of EBS Security Inc. your local security company.**



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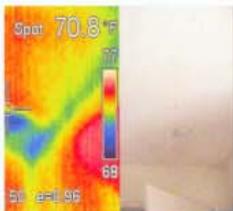
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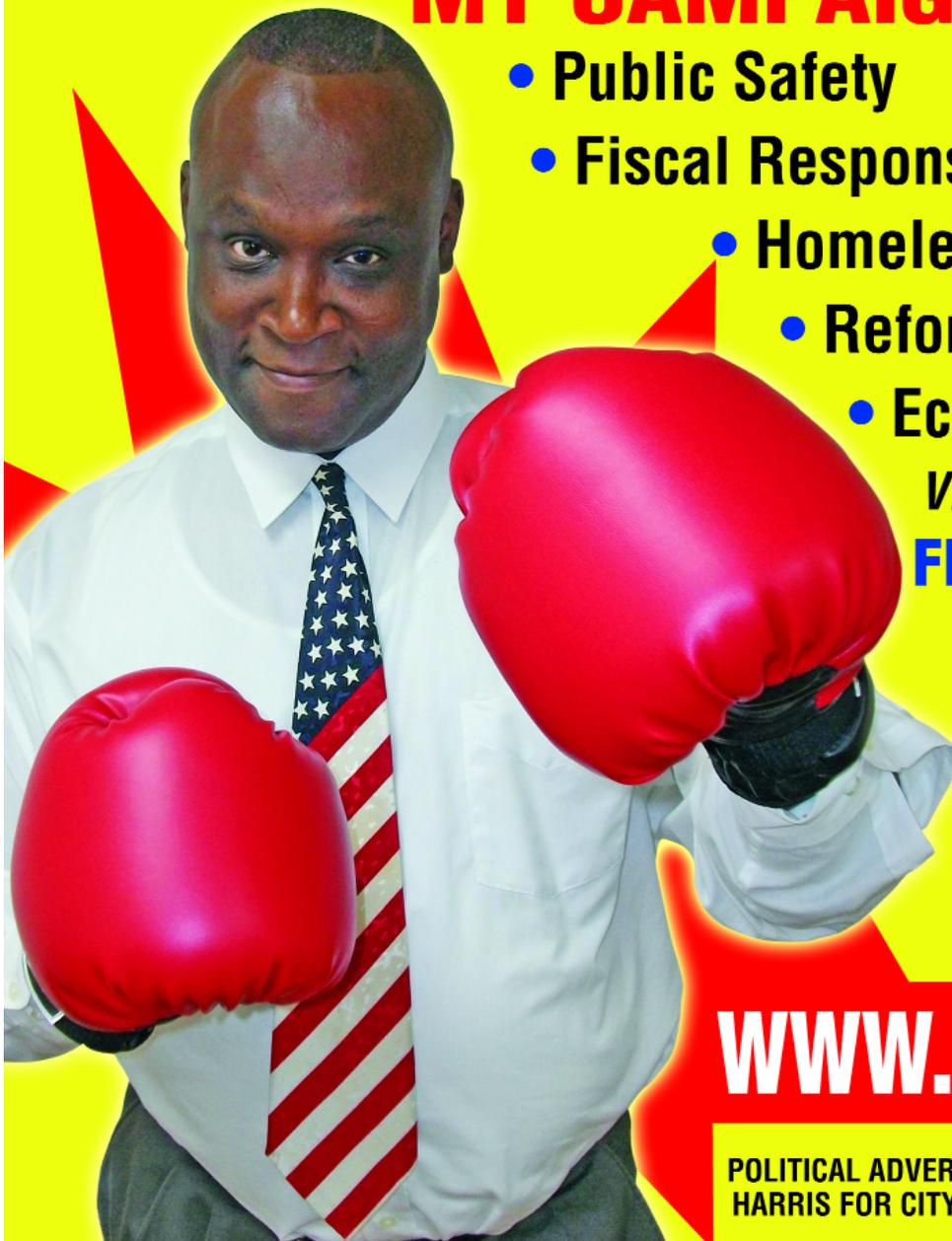
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# Five Steps to Being A Top Notch Business

**By Reverend Dr. Robert M. Spooney  
Executive Director of the African-American  
Chamber of Commerce of Central Florida**

There are many variables that separate an average company from a Top Notch company. I have found that a Top Notch company has the ability to qualify a customer, to focus total attention on the customer and to instantly identify what the client really wants to accomplish. It's as if the Top Notch Company has joined their client's team with both companies working to come up with the best possible solution.

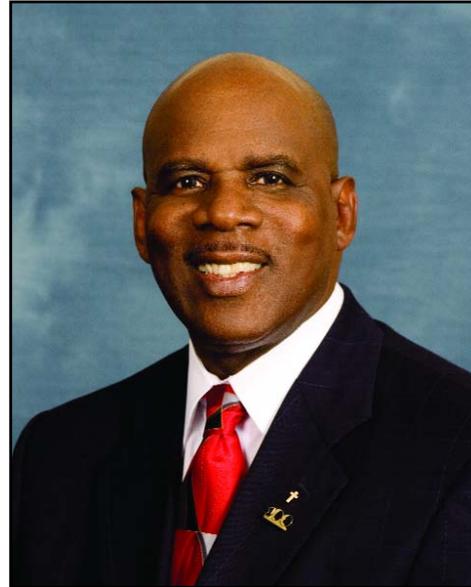
## THE FIVE ELEMENTS OF BEING A TOPNOTCH COMPANY

**1. Top Notch Companies Demonstrate Their Expertise.** While thorough knowledge of a product is expected, customers are most comfortable with firms that possess product knowledge, business knowledge and competence in the customer's industry. In effect, the Top Notch Company sends this message, "I know your business and your competitive environment and what we recommend fits your current environment.

**2. Top Notch Companies Don't Rush Their Customers.** There is a difference between being perceived as concerned and thorough and trying to rush the customer into buying your product. Rushing a company to do business with your company can lead to making an enemy rather than making a sale. The Top Notch Company's goal is usually to make the customer come to a buying decision that is natural and comfortable.

**3. Top Notch Companies Involve The Customers.** Top Notch companies only prepare proposals after having had two or three meetings with their customer. They want as many people involved as possible. Besides obtaining accurate information, involving the customer makes the customer part of the team. The message: We're going to make this work together.

**4. Top Notch Companies Cultivate Their Prospects Continually.** Most companies try to control the buying process by deciding when a prospect stops being a



**Dr. Robert M. Spooney**

prospect and goes into the "dead file." If the prospect hasn't bought in a certain length of time, the average company instructs the salesperson to tear up the lead and move on. This may be a big mistake. The Topnotch Company knows that while every prospect will not buy, all prospects

can be cultivated over time. Topnotch companies believe in the principle, "You Reap What You Sow."

**5. Top Notch Companies Get The Customer To want To Do Business With You.** Top Notch companies are out to make the client want to do business with them. They realize that customers value vendors who are a business resource they can count on. Top Notch companies recognize the role they can play for their customers by becoming part of their team.





The African American Chamber of Commerce of Central Florida would like to extend an invitation to you to join the Chamber.

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Visit the chamber online at  
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*For our upcoming events and membership information.*

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26th Annual  
Dr. Martin Luther King, Jr. Parade  
January 16, 2010

## SOUTHWEST ORLANDO JAYCEES



Since 1982, the Southwest Orlando Jaycees has served as the premiere civic leadership organization in Metropolitan Orlando for young and mature individuals alike. Today the Southwest Orlando Jaycees is proud to continue its distinguished history, providing a new generation of men and women personal and professional development through community involvement.

As a proud member of The United States Junior Chamber of Commerce and as an affiliate of The Florida Jaycees, the Southwest Orlando Jaycees is honored to promote the basic tenets of the Jaycee Creed as a platform for civic involvement.

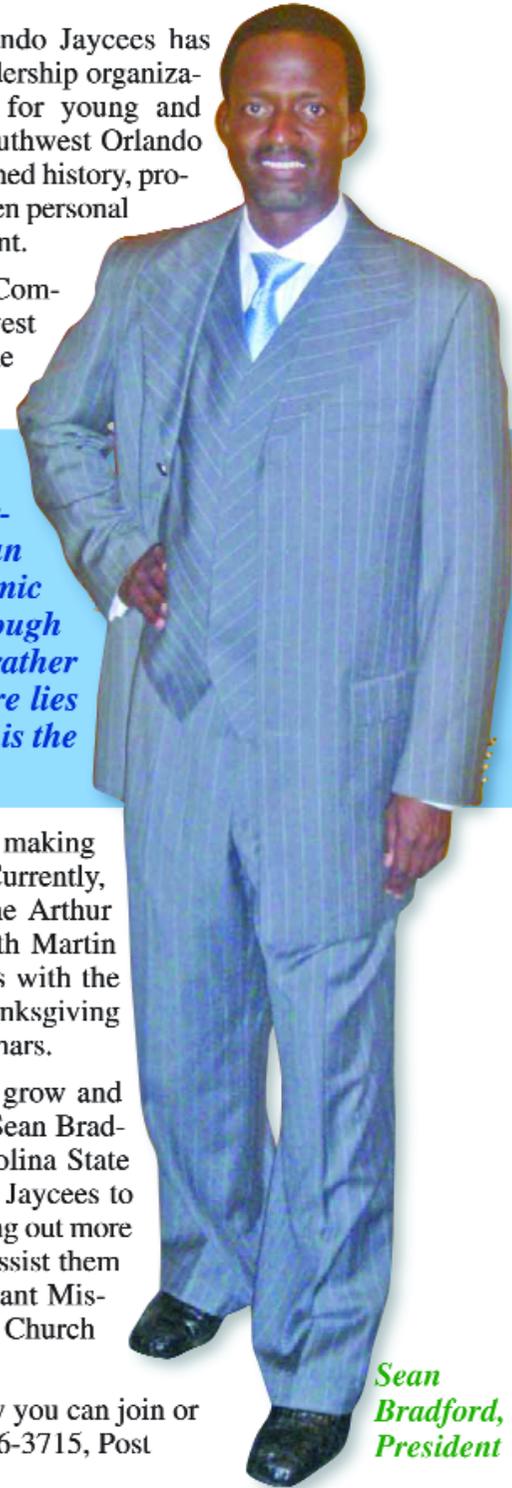
### The JAYCEE Creed

*We Believe: That faith in God gives meaning and purpose to human life; That the brotherhood of man transcends the sovereignty of nations; That economic justice can best be won by free men and women through free enterprise; That government should be of laws rather than of men and women; That earth's great treasure lies in human personality; And that service to humanity is the best work of life.*

Membership is open for individuals to join our organization in making the communities of which we live and work safer and better. Currently, the SWOJ sponsors the Annual Orlando MLK Parade; The Arthur "Pappy" Kennedy Prayer Breakfast in Commemoration with Martin Luther King, Jr. Prayer Breakfast; Etiquette Training events with the youth; Gift Cards and Baskets donations to families in the Thanksgiving and Christmas seasons; and Real Estate and Investment Seminars.

The Southwest Orlando Jaycees is aggressively moving to grow and develop new programs under the leadership of its President Sean Bradford, an Orlando native, Jones High School and South Carolina State University graduate. "I want to take the Southwest Orlando Jaycees to new heights by expanding the events we sponsor and by reaching out more the community." Sean mentors young men and women and assist them in getting into college. As an Usher in his church Mt. Pleasant Missionary Baptist, he sponsors the Youth Usher Board and is a Church Leader.

For more information on the Southwest Orlando Jaycees, how you can join or start a chamber in your area, contact Sean Bradford, (407) 896-3715, Post Office Box 585601, Orlando, Florida 32858.



Sean  
Bradford,  
President

The Southwest Orlando Jaycees are now preparing for the 26th Annual Dr. Martin Luther King, Jr. Parade on January 16, 2010. Make sure you and your Business or Organization is included by contacting the Parade Chairman Mr. George Jordan (407) 841-8378 or Jaycees President Sean Bradford (407) 896-3715. The theme for the parade is "Let's Take the Next Step" The festivities will include a Step Show Competition

## Pageant 2010

*Mrs. Corporate America 2009*

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The Third Annual Ms./Mrs. Corporate America Pageant will be a two-day event, culminating with the public competition on the evening of March 20, 2010. The contestants will enjoy their stay with luxury accommodations at the beautiful Peabody Orlando Hotel. The competition will be held at one of Orlando’s prominent exposition facilities, the Linda Chapin Theatre. The MCA pageant weekend will feature highly informative and entertaining workshops, professional photo shoots, lavish dinners and other events. In addition, contestants will have the opportunity to socialize and network with many of Orlando’s business, corporate and entertainment VIP’s.

In producing the MCA Pageant, the MCA Organization aims to mix business and beauty, displaying that a woman can be professional and elegant. The MCA pageant will bring together hundreds of the brightest business professionals, community leaders and government officials for a night of fun, designed to both raise funds for the Susan G. Komen Breast Cancer Foundation and heighten awareness of issues facing today’s modern corporate women. In March of 2008, history was made as the Ms./Mrs. Corporate America (MCA)

Organization presented the first annual Ms./ Mrs. Corporate America Pageant, showcasing some of America’s top professional women. It will continue its history making legacy with a more established, crowd-fulfilling event as next year tops the charts of all newly designed pageants. This pageant will represent the future of corporate beauty.

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Ms./Mrs. Corporate America Pageant  
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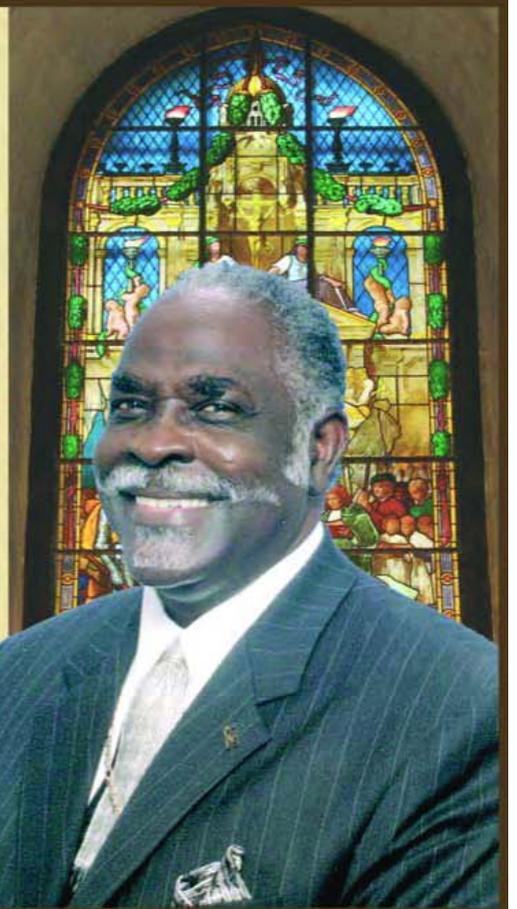
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# Savor the Moment.... Ignite the Spirit

**W**hether it is a small gathering or a large event, make your next event the star event of the season. The holiday season is here. With it comes promises of great times and good memories.

Your ability to manage your many holiday responsibilities in effortless fashion will depend on your time, budget and creativity. What is the one thing that is on your list when you are planning that special event? Imagine...a grand ballroom decorated with elegant accents...soft music floating through the air...an event to remember...an event of elegance!!!

When you host an event you are showing your appreciation for the people in your life, while building a bridge that links friends, family, associates or co-workers. You set the stage for people to laugh, have a good time and create lasting memories.

The following tips will help you have an event to be remembered:

## ◆ **Planning That Special Event**

Whether the event is for family or friends, at home, restaurant or elegant ballroom, you want to add special touches that will help your guests get into the holiday season.

## ◆ **Shop Wisely**

You can shop for artificial or real decorations. Pine cones, holiday ribbons and bows, candles, and miniature lights add a festive touch.

## ◆ **Select a Color Scheme and Stick To It**

Red and green with gold or silver are great colors for the holiday. You can be different and create your own unique color scheme.

## ◆ **Pay Attention to Details**

You may want to assign family, or friends to attend to people as they come and go. Give them that personal attention.

## ◆ **Make Restrooms Special**

Place scented candles and along with hand towels that reflect the theme. Be sure to place extra toilet tissue in view.

## ◆ **Have Fun**

When you are the host or the guest at a holiday function, bring your best self to the event. Be cheerful, friendly, and open to those you meet and greet.

## ◆ **Hire an Event Planner**

When your time is limited, select an event planner to organize the whole thing! They can make your event one that your guest will enjoy and remember.

*A Spirit of Excellence Event Planning* is here to make your life easier as you plan your next event. The company is committed to providing personal, prompt, professional service and is passionate about making every event the BEST it can be!

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**Margie K. Cody**  
**President/CEO**



## AFGANISTAN

Continued from page 15

Obama and Hatoyama hope to shore up relations after the prime minister was elected on a platform of asserting greater Japanese independence in its dealings with the U.S. Obama said the U.S. and Japan would work quickly to resolve a dispute over American military bases on Okinawa, one that Washington thought was resolved three years ago. Hatoyama said the issue must be settled quickly because delay would only cause it to fester. The comment seemed to suggest he was moving closer to the U.S. position.

The prime minister's remarks were similar to those made by U.S. Defense Secretary Robert Gates during a recent trip to Tokyo. Hatoyama had said previously that he wanted to wait until possibly next year to resolve the issue of the Marine Corps Air Station Futenma. Hatoyama has suggested moving the base off Okinawa altogether, while the U.S. wants to move it to a more remote location on the island, as part of a 2006 agreement on relocating 47,000 American troops in Japan.

Obama is on a mission to ensure America's place in relations with a rapidly changing Asia that is reordering itself around China's surging economic and diplomatic clout. Obama's chief goal, the White House has said, is to demonstrate U.S. commitment to the region.

Obama also will travel to Singapore for meetings with Southeast Asian leaders, and then to China and South Korea. Many governments are keen to see a revitalized U.S. engagement in part to counterbalance China, and even a newly powerful Beijing says it welcomes a continuing U.S. role in the region.

Japan, long billed by Washington as the cornerstone of U.S. Asia policy, is caught up in these shifts. Hatoyama came to power calling for a more equal partnership with Washington and a more positive embrace of China, which will soon supplant Japan as the world's No. 2 economy.

In a pre-trip interview with Japan's NHK network, Obama sought to minimize any friction and likened the election of Hatoyama and his Democratic Party of Japan after nearly 50 years of rule by another party to a "political earthquake."

"I think that it is perfectly appropriate for the new government to want to re-examine how to move forward in a new environment," Obama said. "I don't think anybody expects that the U.S.-Japan relationship would be the same now as it was 50 years ago or 30 years ago or 20 years ago."

*Associated Press White House Correspondent Jennifer Loven contributed to this report.*

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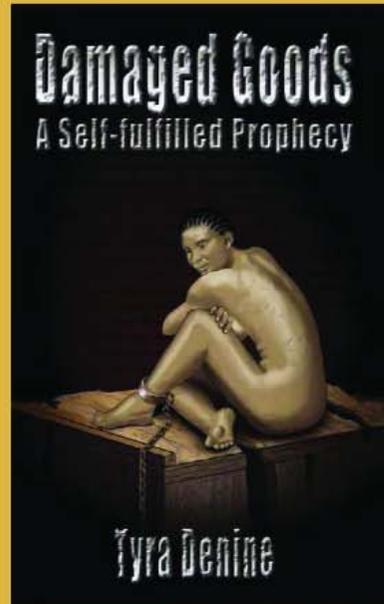
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# “DAMAGED GOODS” - A Self-fulfilled Prophecy

*She's tired. She's weary.  
Her spirit has been stripped  
and beaten to the depths of her  
core. The bruises that were  
inflicted, not only bruised the  
flesh of her back, but the hope  
of anything good as well.*

*Even though she escaped  
from the hell in which  
consumed her, she is still  
mentally enslaved in her past,  
trying desperately to free  
herself completely. She has  
one foot out of the door,  
but desires to escape and  
emerge as a whole person.*



Confidence and self-esteem are deeply rooted from early childhood. Unfortunately, many parents and children fall victim to the ugly realities of child abuse. *Damaged Good*, a book of memoirs and poetry, explores this reality.

From childhood abuse, promiscuity, and self-hate the author recover from these damages. While looking back at life's tramas, she blossoms into a loving and confident Christian woman, finding closure and peace.



Tyra Denine was born in Sandusky, Ohio. She moved to Decatur, Illinois at agesix. She joined the United States Navy in 1987 and served over ten years. She currently resides in the Atlanta area with her two sons, Dante and Darius. “*Damaged Goods*” is her first published book.

**Tyra Denine**

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Excerpts From Chapter Five

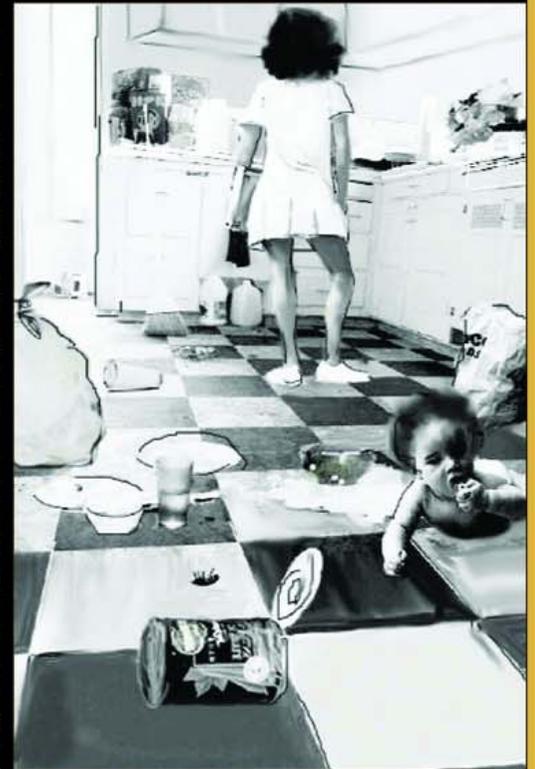
## Just Call Me Cinderella

I had grown accustomed to coming home and being welcomed with “Get in here and wash them dishes!” or “I need you to walk to Kroger and get some milk and bread, so don’t get too comfortable.” I usually came home from school, a game, or work with tons of homework or aching feet from standing at the counter all evening at McDonald’s asking, “May I take your order?” Away from the house, I could escape from reality. I could pretend that I was loved and that I was the apple of my mother’s eye...

Our house became the official drop-off station for every relative who birthed a child. Diapers needed to be changed, noses had to be wiped, and crying babies longed to be rocked to sleep. And after all that, the dishes still hadn’t washed themselves...

After everyone had picked up their kids (or they were staying the night), and most everyone else had gone to bed, I would be awake, standing in the midst of a disaster. Massive near-empty pots of collard greens, brown beans, black eyed peas, beef and potatoes, chicken n’ dumplings, or some other soulful dish my mother had concocted, sat waiting to be emptied and cleaned. Cockroaches scattered about the floor and countertops, eager to become their usual nuisance...

I finished scrubbing the pots and pans, washing the dishes, wiping down the countertops and table, and sweeping and mopping the kitchen floor. I was exhausted and thinking of finally going to sleep. But I remember that I had unfinished homework due the next day and still needed to find some school clothes to wear and iron them. I closed my eyes for a moment and allowed my thoughts to take over. Dreaming of a quiet place, I lost myself, once again, in my fantasies...



*I'm sick of life's deceptions. I'm fed up with despair.  
Why should I have to fabricate a life that isn't there?  
Is destitute my destiny? Is wealth just not my fate?  
Is pleasure a prospect for me, or my life meant to hate?  
With poetry's security, my fortune I will make.  
I well intend to gratify myself, make no mistake  
It may not buy me happiness. It may just purchase hate.  
It will however, pay the rent on my millionaire estate!*



*"We are the pleasant place, where the worship is exciting and the word is explained"*



Rev. O'Hara C. Black  
Senior Pastor-Teacher

**Worship Schedule**

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7:30 – Early Morning Worship  
9:30 – Sunday School  
10:45 – Mid Morning Worship

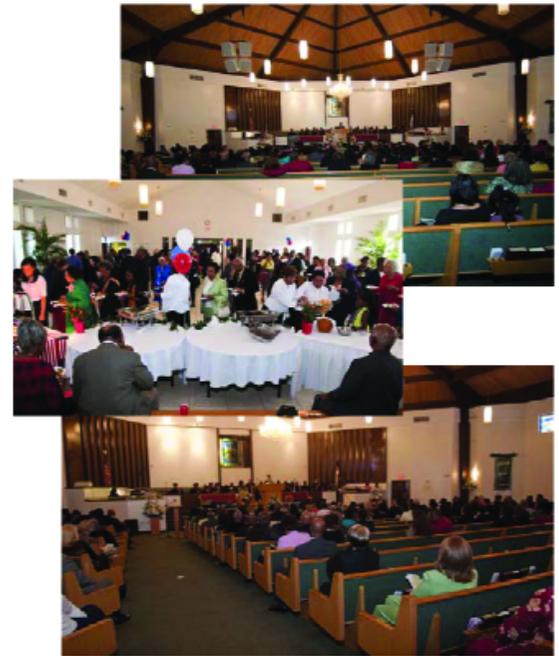
**Tuesdays**

5:30 – 6:30 – Family Fellowship Dinner  
6:30 – 7:15 – Prayer Meeting  
7:15 – 7:30 – Praise and Worship  
7:30 – 8:30 – Pastoral Adult Bible Study  
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# BREAK THE CHAINS OF FINANCIAL SLAVERY

By Darlene Robinson,  
President/The Steeple HOME Team

In the state of today's economy, with millions losing their homes to foreclosure and their jobs due to downsizing, many people turn to prayer to relieve themselves of their stress and burdens of life. Most people don't know that the bible contains almost 500 verses on prayer and a little less than 500 verses on faith, yet over 2,300 verses that address in very practical, specific ways how to earn, save, spend, invest and give money. Two-thirds of the parables deal with money. The Bible has more to say about money than heaven and hell combined, even more to say about money than salvation. The Bible has more to say about money than any other subject except love. So isn't it time we take charge of our own finances and break the chains of financial slavery and eliminate our debt?

Biblical financial principles that applied yesterday, also apply today, and they will apply tomorrow. These principles apply if you have a little or a lot of money, if you are single or married, if you are young or young-at-heart. Listed below are just a couple of the Bible verses that cover different financial advice.

1) Proverbs 22:7 "The rich rules over the poor, and the borrower is slave of the lender."

2) Proverbs 13:22 "A good man leaves an inheritance for his children's children,

3) Romans 13:8 (NIV) Don't run up debts, except for the huge debt of love you owe each other.

One of The Steeple H.O.M.E. Team's primary goals is to save homeowners from foreclosure by negotiating an affordable mortgage payment with their lender. Hundreds of homeowners have enjoyed tremendous success through our modification system, therefore the



[www.CommunitySteeple.com](http://www.CommunitySteeple.com)  
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*Darlene Robinson*



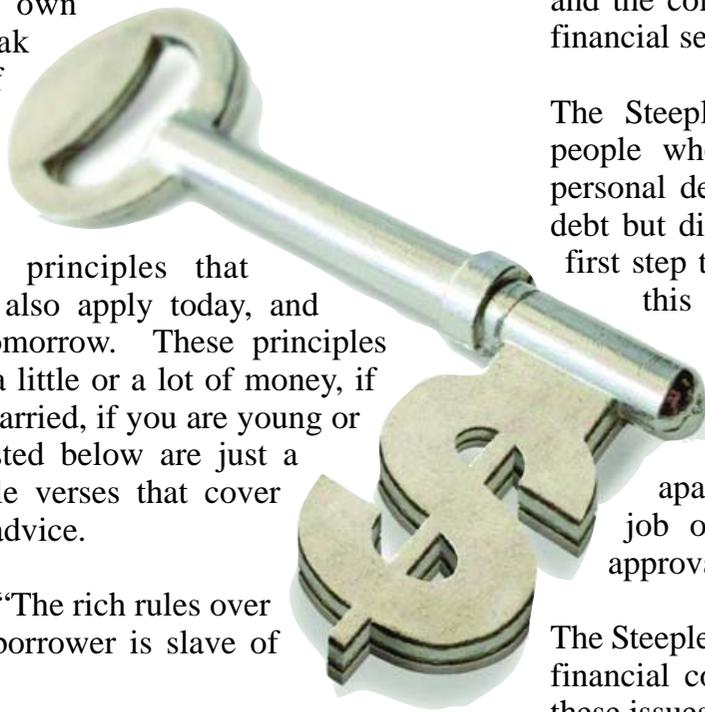
*Lawrence Robinson*

next logical extension of services for the homeowners and the community is financial planning that leads to financial security.

The Steeple H.O.M.E. Team consulted with many people who said they were overwhelmed by their personal debt situation. Or they wanted to get out of debt but didn't know how to get started to make that first step to take charge of their financial destiny. In this economy, it's more important than ever to take steps toward getting out of debt. A good credit score can impact the cost of homeowner and auto insurance. Whether you are approved to rent a house or apartment and in some cases, whether you get a job offer or even the type of job or license approval.

The Steeple H.O.M.E. Team has partnered with a global financial company to guide people through resolving these issues and to create a personal plan to show them how to take charge of their finances. When you have a financial plan you can visualize your success, whether it's getting out of credit card debt, paying off other bills/debt quickly, debt consolidation or paying off mortgages in one-half to one-third the time.

Call 407-615-4066 to schedule your financial needs analysis or for your personal invitation to our Financial Empowerment Seminars (Wednesdays/7pm) at The Steeple H.O.M.E. Team Center located at 771 Kirkman Road, Suite 108, Orlando, FL 32811.



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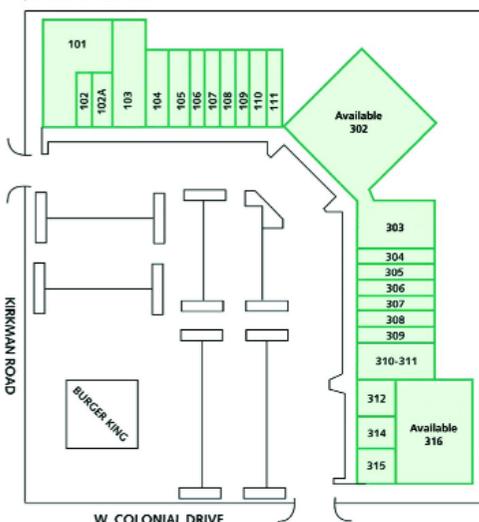
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# Publisher's Editorial



Darryl A. Barrs, Sr., Publisher / Managing Editor



## “Is The Lord Amongst Us Or Not?”

Today our country is engulfed in decision making that will inevitably affect and change our prospective by others and our position in history. It is a good time today for us as a Black people to reflect and regroup to intentionally reposition our status in America, the world, and in history for the better. Let's be real with where we are and where we need to be.

**As a People**, there are many of us who have faired well. We own businesses, live in affluent neighborhoods, and have membership in prestigious clubs. You might even say, these people have for themselves a reserved seat at the “table of success.” Be not deceived my friends, those of us who have achieved high levels of success and are privileged to special inner circles, are viewed by Whites as being “Special” and “D i f f e r e n t .”

Interpretation... You are still Black - but your special-ness and difference means that your accomplishment don't count nor attributed to Blacks, it is therefore discounted just as a teacher cast out the very high score on the grading curve.

The White community does not accept us individually but as a whole. Whatever connotation applies to Blacks as a whole applies to you regardless of your financial success and level of achievement in life. When Black are seen on the news throwing people out of cars, beating the elderly, portrayed as salvages, that stroke of the brush paints us all. Fair or not, we succeed as a group, as one race of people. We were one in Africa, one in slavery, one in the civil rights, still one today – all good or all bad.

Blacks today must accept the same challenges as other races do. We must love one another. Do for one another. Help and encourage one another. Patronize one another. Help to improve one another. Only our ability to build our communities, raise properly our children, save and multiply our money, and solve our own problems will ensure us a seat, as a people, at the table of success. Let's get busy.

*Shame on any mother that allows her child to wear their hair in dreads, dress hip-hop, put gold in their mouth, tattoo their skin, or do any other thing that is counterproductive to that child's education or becoming gainfully employed.*

**Let improve our Businesses.** There was a time in our history when our businesses thrived. Mainly because we had no other choice but to do business with one another because of segregation. Integration proved that we couldn't wait to give our money to anyone other than ourselves. For years we have done just that. In the business community it is rumored that the first million dollars anyone makes, regardless of race or foreign origin, is in the Black community, money given by Black people.

We brag of the tens of billions of dollars Blacks have as an economic impact, not realizing we are laughed at by the world for doing so

little to help ourselves. The Black dollar barely circulates once in the Black community before leaving to go to other communities, while other communities circulates their money seven to ten times among their own people.. It's time for us to support one another. Make it a point to spend your money with someone Black. It may not be convenient, but it's essential for the success of our community. You may not eat lunch at

a Black restaurant everyday, but at lease twice a week make it a point to do so. Seek out a Black mechanic, a Black printer, a Black accountant, a Black realtor, a Black painter, a Black yardman, a Black doctor, and so forth.

**Let us invest in Black Businesses** - not the stock market. Wall Street don't need our money. There are many Black businesses in our communities that we can invest our money in and even receive greater dividend. As a people we have been trained to educate ourselves for the sole purpose of getting a job. We need more of our young people using their expertise to start businesses, become self employed and employing other Blacks. However, this becomes impossible without the investments of older and more successful Blacks, who may have worked traditional jobs for years, and now have the financial means. Banking Institutions will give a Black man \$40,000 for a car but won't give him \$40,000 to start a business. The car cost you money and keeps you further in bondage, while the business makes you money and liberates you and your family.



**The Name Says It All**

See Is The Lord Among Us page 36

## Is The Lord Among Us Or Not? Continued from page 5

**Let's improve our position in Politics.** The election of President Obama was not the end, just a new beginning. We need more Corrine Browns elected. Blacks who are not afraid to lay it on the line for what is right and conducive for our betterment as a people. Corrine Brown's slogan is that she delivers and she really does. Because of it, she is slandered daily by the media and her opponents. Let's support her more by rallying in great numbers to the causes she fights for us. Let's make it a mandate to register to vote and a mission to vote in numbers in every election.

**Let's improve our families – The Black Family.** A real battle is waging here. It seems no one cares about your marriage or even that you get married. Our children are raised without encouragement to marry and no incentive to stay married. We must make the family top priority and give it the best of our attention and resources. The Black man and woman must start loving one another again. We are all we got. For life to be better, it will only be by us coming together in support and commitment one to the other. Two can make it better than one.

Let' turn off the television and stop allowing it to raise our children. Shame on any mother that allows her child to wear their hair in dreads, dress hip-hop, put gold in their mouth, tattoo their skin, or do any other thing that is counterproductive to that child's education or becoming gainfully employed. We must prepare our children for a world that is cold and uncaring. A world of survival for only the fittest and the strongest. Our children don't need any more handicaps. Their inferior high school education must to be offset by strong family support and guidance.

And lastly, **Let's improve The Black Church.** Excuse me for having strong feeling in this area. The Black Church, started in slavery, preached a gospel that was strong enough to liberated us as a people. The Black Church unified us to fight economic omission and political injustice in the civil rights movement. The Black Church started and supported Black business. The Black Church founded and built Black colleges and universities. This skeleton of a church I see today in the Black community is a far cry from what it should represent.

Today in the Black church we see very little unity, and even less family. We see more money taken in the church today than at any time in church history, yet little to no services being provided by the church. No programs to keep our children off of drugs and out of jail. No human sexuality programs to keep teenage girls from becoming pregnant. No family crisis programs. No relief for the poor. All the church has today is church expense. There is always a struggle just to pay the monthly bills.

The Black church today is powerless in the political arena and silent in the court's halls of justice. And the scandals you hear on the streets about the Church. One pastor sexually involved with multiple women in the church. One pastor impregnation a minor child and the Deacons covering it up. A pastor disassociating and kicking members off the church rolls because they won't go along with his program. Deacons and Trustees stealing money from the

church treasury. The list goes on. When we look at the Black church today, all the problems, division, fussing and fighting, you can't help but ask yourself the question, "Is the Lord amongst us or not?"

We have become a people of tolerance. In our churches today, we have permitted acts that in the past would have been considered criminal. We use to hold our leaders to the highest code of ethics and standards. Now in the name of "we all are human" we turn and look the other way. In turn we are minimizing the standard of God, but only to ourselves... not to God. God will not bless us as a people until we get right and do right.

Our prayer to God should be:

God send us Preachers that are not afraid to go against the system. Lord send us Christian Leaders that pray and read the Bible. We need Churches that are filled not necessarily with people, but filed with the Holy Spirit.

Lord give us eyes to see our problems, feet to go to the problems, and hands to fix our problems. Our theme song for the future should be **"Got to be There."** Be there when in the morning, when young teenage children wake up with no hope. We must be there to inspire them against dope.

The Church "Got to be There... for we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.

We as members of the Black community have "Got to be There" with our time, talent, treasure... our understanding, our forgiveness, and our love. Whenever there is a problem, wherever there is trouble, in the time of pain, in the mist of sorrow when the world shall ask "Is the Lord amongst us or not?" They will see the Lord, hear the Lord, and touch the Lord by the fruit we bear in the lives we live.

*Lord give us Hope for a world grown so cold,  
Hungry for power and greedy for gold.  
Lord give us Faith to believe within and without,  
Blameless fear in a world full of doubt.  
Lord give us Love that is bigger than race and creed,  
To cover the world and fulfill each need.  
Lord we need Hope, Faith & Love from above,  
For only these three can change Man's  
hatred into Love.*



# WHAT YOU NEED TO KNOW ABOUT MRSA TO AVOID IT

## What type of infections does MRSA cause?

- In the community most MRSA infections are skin infections that may appear as pustules or boils which often are red, swollen, painful, or have pus or other drainage. These skin infections commonly occur at sites of visible skin trauma, such as cuts and abrasions, and areas of the body covered by hair (e.g., back of neck, groin, buttock, armpit, beard area of men).
- Almost all MRSA skin infections can be effectively treated by drainage of pus with or without antibiotics. More serious infections, such as pneumonia, bloodstream infections, or bone infections, are very rare in healthy people who get MRSA skin infections.

## How is MRSA transmitted

- MRSA is usually transmitted by direct skin-to-skin contact or contact with shared items or surfaces that have come into contact with someone else's infection (e.g., towels, used bandages).

## In what settings do MRSA skin infections occur?

- MRSA skin infections can occur anywhere.
- Some settings have factors that make it easier for MRSA to be transmitted.
  - These factors, referred to as the 5 C's, are as follows: Crowding, frequent skin to skin Contact, Compromised skin (i.e., cuts or abrasions), Contaminated items and surfaces, and lack of Cleanliness.
  - Locations where the 5 Cs are common include schools, dormitories, military barracks, households, correctional facilities, and daycare centers.

## How do I protect myself from getting MRSA?

- You can protect yourself by:
  - practicing good hygiene (e.g., keeping your hands clean by washing with soap and water or using an alcohol-based hand sanitizer and showering immediately after participating in exercise);
  - covering skin trauma such as abrasions or cuts with a clean dry bandage until healed;
  - avoiding sharing personal items (e.g., towels, razors) that come into contact with your bare skin; and using a barrier (e.g., clothing or a towel) between your skin and shared equipment such as weight-training benches;
  - maintaining a clean environment by establishing cleaning procedures for frequently touched surfaces that come into direct contact with people's skin.



*Kateesha McConnell*

### Have you been diagnosed with a *Staphylococcus aureus* or MRSA infection? Below are answers to some common questions...

#### What is *Staphylococcus aureus* or Staph?

Staph is a type of bacteria. It may cause skin infections that look like pimples or boils. Skin infections caused by Staph may be red, swollen, painful, or have pus or other drainage. Some Staph (known as Methicillin-Resistant *Staphylococcus aureus* or MRSA) are resistant to certain antibiotics, making it harder to treat. The information on this page applies to both Staph and MRSA.

#### Who gets Staph infections?

Anyone can get a Staph infection. People are more likely to get a Staph infection if they have:

- Skin-to-skin contact with someone who has a Staph infection
- Contact with items and surfaces that have Staph on them
- Openings in their skin such as cuts or scrapes
- Crowded living conditions
- Poor hygiene

#### How serious are Staph infections?

Most Staph skin infections are minor and may be easily treated. Staph also may cause more serious infections, such as infections of the bloodstream, surgical sites, or pneumonia. Sometimes, a Staph infection that starts as a skin infection may worsen. It is important to contact your doctor if your infection does not get better.

#### How are Staph infections treated?

Treatment for a Staph skin infection may include taking an antibiotic or having a doctor drain the infection. If you are given an antibiotic, be sure to take all of the doses, even if the infection is getting better, unless your doctor tells you to stop taking it. Do not share antibiotics with other people or save them to use later.

#### How do I keep Staph infections from spreading?

- Wash your hands often or use an alcohol-based hand sanitizer
- Keep your cuts and scrapes clean and cover them with bandages
- Do not touch other people's cuts or bandages
- Do not share personal items like towels or razors

If you have any questions about your condition, please ask your doctor.  
For more information, please visit: [http://www.cdc.gov/hcidod/dhqp/ar\\_mrsa.html](http://www.cdc.gov/hcidod/dhqp/ar_mrsa.html).



*Kateesha attended the University of Florida for BA (Anthropology) and Florida A&M University for MPH (Public Health – Epidemiology).*



# HEAL THE LAND

## ARTISTES UNITED AGAINST VIOLENCE IN NIGER DELTA

Musicians from the Akwa Ibom State have come together to produce a musical album in support of the nation's avowed quest for peace in the Niger Delta region. This **HEAL THE LAND United Peace Song Project** is an initiative lead by Mrs. Ima Ikon Jackson (a.k.a. Lady I), a Nigerian and a top flight broadcaster and radio personality who resides in Daytona Beach, Florida. She has lived through the violence of the brutal Nigerian Civil War (1967-970) and was a teenager during Nigeria Civil war. "With our music and song, we want to inspire our brothers to lay down arms and embrace dialogue. We want to let the entire world know we are a peace loving people," explains Ima Jackson.

**HEAL THE LAND United Peace Song Project** is a CD featuring songs like: "It Takes a Village," "Heal the Land" and "Niger Delta,"

performed by over 20 Akwa Ibom State musicians and written and composed by Ima Ikon Jackson. Proceeds from the project will go toward providing quality education at post primary school levels to children in the Niger Delta region.

The launch of this peace project was well received in Uyo, the capitol of Akwa Ibom State by dignitaries and celebrities, and Ima Ikon Jackson hopes that the cause will be greatly supported in the United States with purchases being made by individuals, churches, social communities, sororities and fraternities.

**HEAL THE LAND United Peace Song Project** CD makes a great gift to children as a special addition to their music collection.



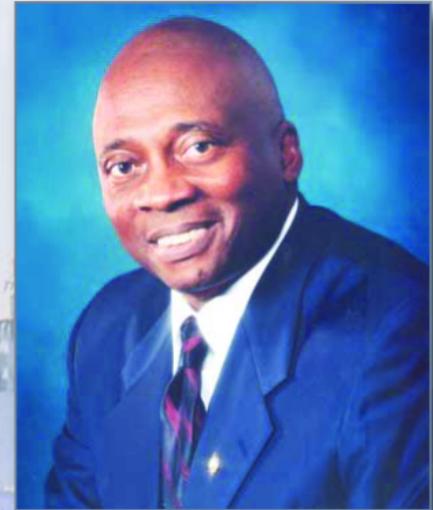
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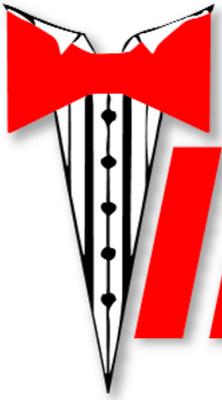
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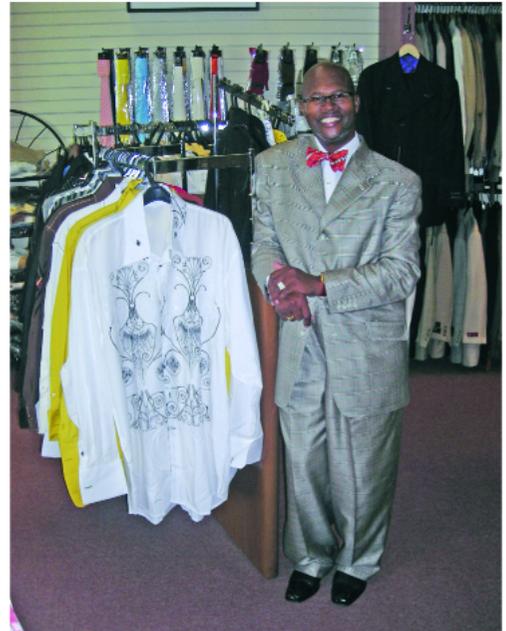
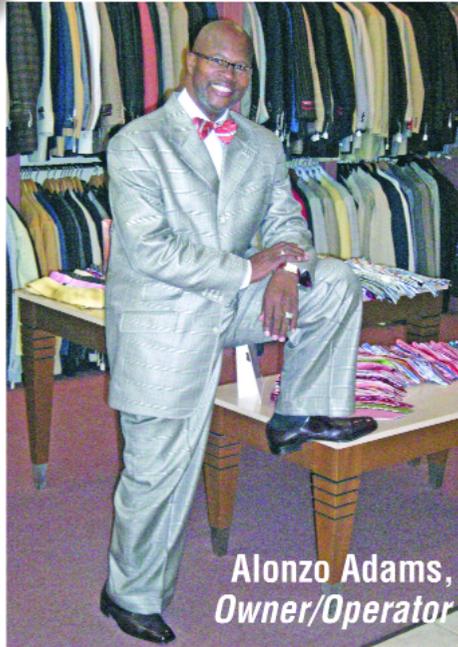
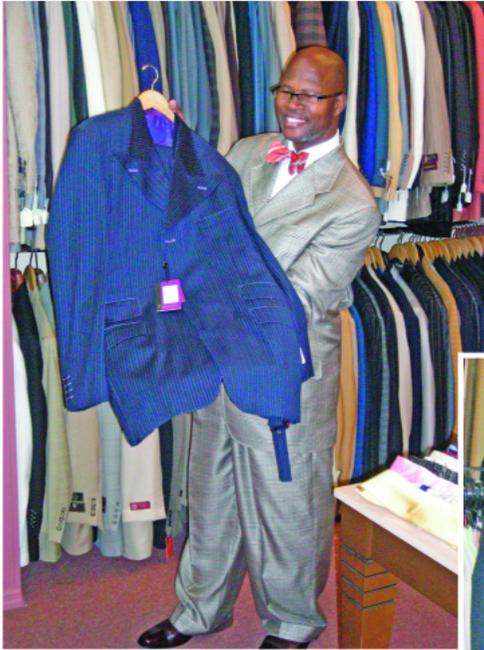
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