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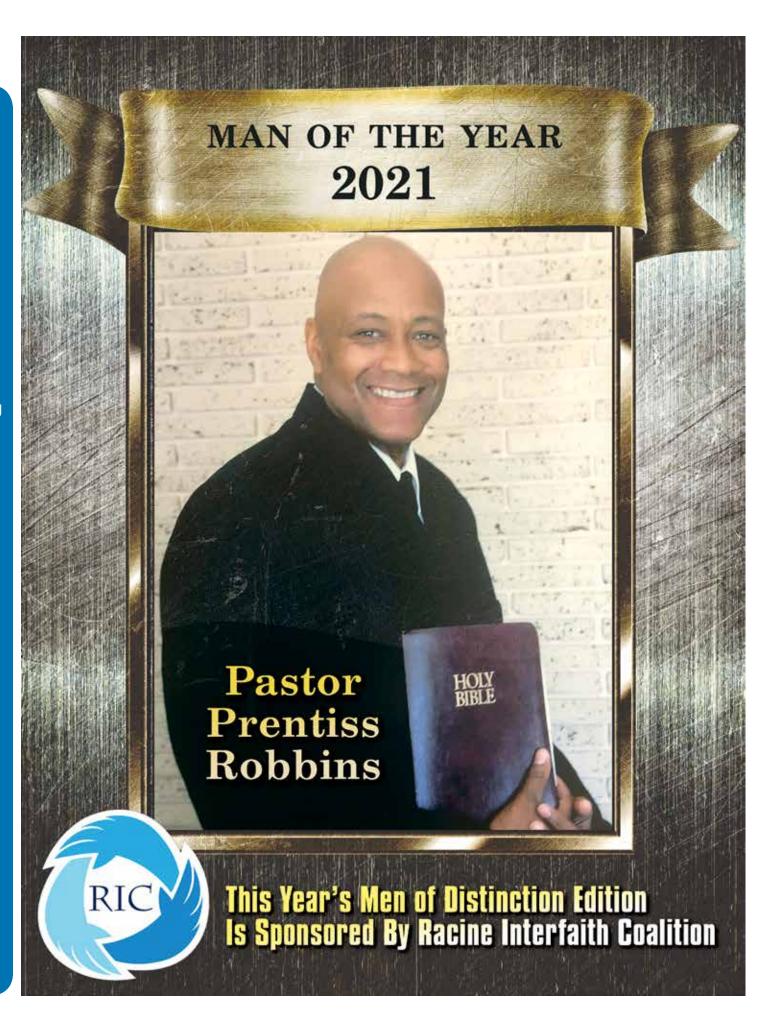
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Moments in the Mirror with the Lady in the Mirror!

The Inside Track to Bravery

by Lisa Parham

Like many women, I fret about how I'm perceived by others, sometimes feeling sure that someone will unveil me as a massive fraud, skating by on good luck and happenstance. You may not believe this but meeting new people can make me stammeringly nervous, even though most people I meet are quite seriously the nicest people on earth.

My hands shake when I have to talk at a big meeting or my stomach gets these big knots. On my worst days, I often suspect that I'm deeply unqualified to do just about anything. Here's the irony: I genuinely and truly love my job and am delighted by making new friends, plus I'm borderline evangelical about sharing the key message of The Racine Mirror Newspaper: "A Reflection of The Positive in Our Community."

I believe that every person deserves to feel his or her best and lead a rich, beautiful life, no matter their budget size or body shape or how pressed for time they are. It's an empowering, inspiring philosophy. So why can't I fully embrace it for myself?

I think it's because, at the core. I'm a people pleaser. I want to be liked; I want to be a good girl. Some aspects of that are positive (it certainly makes me work hard to make you, our readers, happy). I want everyone who picks up The Racine Mirror to like it, but that's dangerous, too, because even if some folks think you're great, hanging your self-worth on other peoples' opinions is a shortcut to disappointment.

I'm working on improving my outlook, and hopefully you are too. If so, soak up this advice push yourself past the small things that try to hold you back. Be determined to





fulfill your dreams despite all the hardships Life may throw your way. I never think of giving up. Inside my heart of hearts, I never

lose hope in myself, and there is the inside track to bravery.

When asked, what do I tell my daughter Sherika about confidence? Two things: First, how to navigate failure, because we all screw up from time to time yet we think we're never supposed to fail so it stops us when it happens. Second, that confidence has to come from within. You may gain 20 pounds, you may lose 20 pounds. You may wear makeup, you may not wear makeup. You may shave, maybe you don't. Whatever she wants to do is fine. But if her confidence doesn't come from within herself, then it has no value. It may be a lesson for her little girl one day when she decides to start a family, but it's one that none of us are too old to learn. Confidence must come from within, but it is born from experiences outside of ourselves.

So, in my closing my staff and I congratulate all 2021 Graduates! We honor and recognize all the fathers out there. Happy Fathers' Day to all Dads!

Remember men, it's easy to father a child, but it takes courage, love and commitment to raise a child.

Always,

Community.

Lisa Parham

"I feel that we should all work to continue to make Racine a positive atmosphere for our Younger People, Thank you for helping to be a positive influence in our

Chief Operating Officer

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- To uplift our community by being a reflection of what is positive and good.
- To be a vessel of information through our professional interviews stories, and editorial perspectives.
- To encourage interaction among diverse walks of life.

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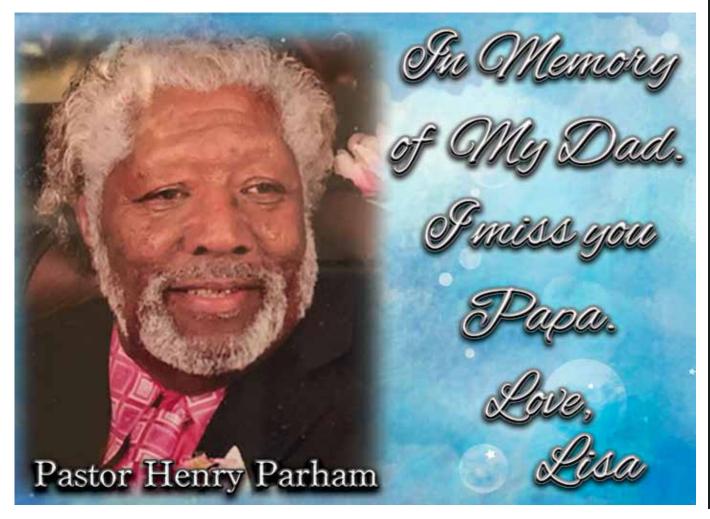
- To retain a love and understanding for our community and its members.
- To be a positive influence and a profile for faith and hope.
- To endorse individual uniqueness and promote an appreciation for diversity.

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- Respect
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- Positive Development
- Excellence
- Good Stewardship

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Racine Interfaith Coalition is pleased and honored to support the naming Pastor Prentiss Robbins as "Man of the Year" and Pastor Ernest Ni'A as a "Man of Distinction." They are two of our staunchest supporters among the 28 clergy affiliated with us.

Pastor Prentiss Robbins is our RIC organizer and the pastor of New Beginnings of Faith Church, and Pastor Ernest Ni'A is the pastor of Wayman A.M.E. church and a leader of the

African American Round Table.
Both of them have been active
members as well as leaders in our
task forces, vigils, Board of Directors
and actions since the day their
churches joined Racine Interfaith
Coalition. They are wonderful role
models and truly deserving of this
honor. We congratulate them with
love and gratitude!









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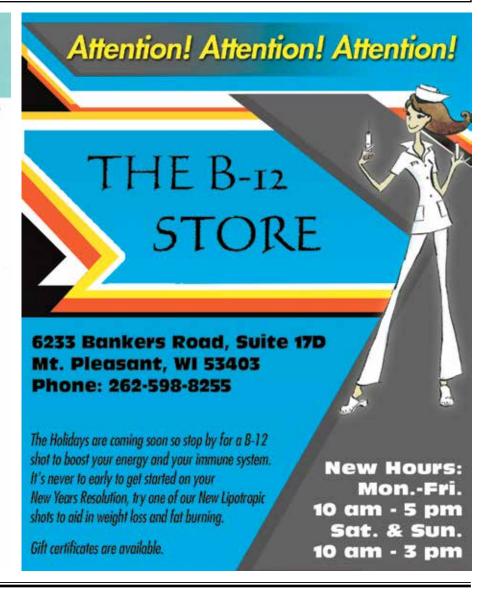
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2021 Man of the Year Pastor Prentiss Robbins

by Dominique Lambright

Pastor Prentiss has resided in Racine for about 25 years now after living here and moving away to Memphis. When he decided to come back, it was because his father got ill. This was bittersweet because Prentiss was homeless at the time so it all worked out for him, but his father has since passed away. When he came back it was so he could be around his dad and help out as much as he could. He wanted to make sure all the burden hadn't landed all on his dad's wife's shoulders.

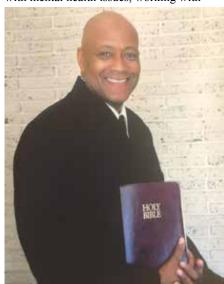
At this time Pastor wasn't saved, as his dad had been involved with church-filled activities. After being back in Racine and spending more time with his dad, Prentiss found a way out of his situation and gave his faith to the Heavens. He reclaimed his life going to Beautiful Gate church and became a pastor there. He has been a part of so many groups and organizations since as Community organizer for Racine Interfaith Coalition, he is the pastor of Racine Interfaith Church, before at New Beginnings of Faith. Prentiss even joined a group for Racine Fire Police Commissioners and owned five childcare centers.

With the five childcare centers in different locations in the state, he sold off One Step Ahead childcare center as he worked on different areas in the community volunteering. Prentiss admitted that owning childcare centers and pastoring and being a part of the community was definitely a juggle, but a good one for him as he felt he was doing a great service for the people. It was most difficult when with a childcare center, for minorities, you need to get loans, so that was a hard experience. Also just working with people trying to develop them, they would move on and do better things, helping them with getting housing, purchasing cars, etc.

The stuff that was most important to Prentiss for the daycare side was that in the communities they were ensuring that people were enrolling to college or school or whatever it was, he thought it was important to see that. As time went on, Prentiss actually transferred the childcare centers out to his daughters and one of his sisters. Over time he got burnt out and tired; you can only do a run so far with things. It was a good thing for him they were interested in receiving them because they worked in the business already, so they sort of knew it and were excited about doing it. Today they are still running them.

Since Prentiss was somewhat burnt out he went and worked in numerous day jobs a little bit here and there, then went back and got into Racine Fire Police as a Commissioner, and was working in Racine Interfaith Coalition. In both of these new positions, he dealt with the city. For the Racine Fire Police Commissioner, you talk about various issues regarding the Police Department in the community and sort of govern specific parts of the Police Department to make recommendations and work directly with the Police Chief and some sergeants. Prentiss did this for a couple years and then they chose a new person into the rotation. The group is still thriving to this day.

As a Community Organizer you work with various groups or you organize people to deal with certain issues within our community and actually in this state, and then also some things in the nation; so primarily you organize people to the many issues they have. So the Community Organizer would work with people, and his main priority was working with people in poverty, working with mental health issues, working with



those at risk, and working with people being released from prison so he focused a lot on that. The position was not inclusive, so they did do things that's dealt with the Spanish community as well.

An example would be how people are being released from prison. His group would organize people to change policies in the state and local government by getting together people to get out and vote. It was very important to register them and explain how important it was even though they were just released from incarceration trying to develop their skills, keep them motivated to stay out of prison, etc. Prentiss says he would love to think that he helped make his position successful. He says there were successes and failures, but more successes that make him confident enough to say he made an impact with the people.

It has been unfortunate though that Pastor Prentiss came down with COVID and developed a lung disease, so right now he is fighting with that and put everything on hold for right now. He had to put people in place to make sure that things are still getting done for the community in his time of disability. So if you could all send him

a prayer to continue having a successful recovery, that would be amazing. As he tries to rebuild his health up he is trying to talk to people about COVID's impact on people's lives from mental health issues to physical issues. He isn't sure how far this goes because everyone's body is different and has different reactions to what is going on when you get COVID.

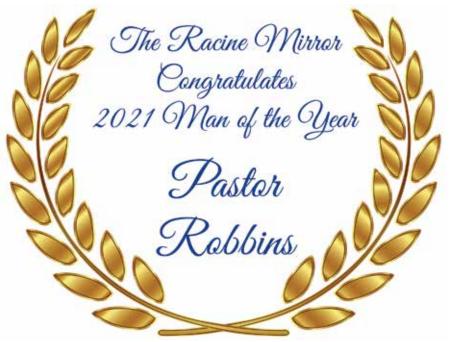
He mentioned how surprised he was when people contacted him during his time of need. There's been many people that have been praying for him and he is thankful for them. He says on this platform it is really a miracle that happened in his life because when he went to the hospital they were saying he had little time to live and that he would not make it. As COVID evolves yet again, he wants to help people understand what is going on with this disease. There's a lot that goes with mental health and physical disability. Shedding some light is a big help to the community.

Helping people, just getting out there helping the people in the community is his passion. It is very rewarding helping the less fortunate. When coming back from Memphis he was homeless and a drug addict for years and years, but God delivered him from that; and he says, "If I can do it anybody can do it. If I can come back from nothing to where I'm at today, that means that anybody can do it, you just gotta put your mind to it." Prentiss also thanks his family for being such a support system. His wife Helena helps often with both Racine Interfaith Coalition and Community Organizing because she works with the women's released from prison project. And then with being a Pastor, she helps in the church. And his daughters help in the church when they

Prentiss has become so integrated in the community and he has his top three role models to thank for that. His father was a great influence on him with teaching him how to stand through adversity. Stand on Principle. Always trust God. His Mother was a great influence with words of encouragement, "Know who you are and where you are going and know what you got. Never worry about what people that talk negative about you say. Believe in yourself. She always had a special love for those with disabilities. And then Mother Hunter was a great influence on him by giving to the less fortunate. Working with people that need help and feeding the hungry.

All the people that help in the church are his family and members. He wants to thank the community for giving him a chance. He wants to be remembered in the community as the guy always trying to help those in need. Sometimes we get things from the community, but we don't give back and he likes to give back whenever he can. He didn't think a lot of people knew him in the community and it was pleasantly surprising to see all those who sent letters or money or whatever they did, it showed him what Racine was about and that people praying for him constantly touched his heart.

For this is the reason he was able to make it as far as he has. He doesn't believe he would have made it out if it wasn't for their prayers. And hearing people throughout trying to encourage him when he wanted to give up, but he didn't want to let them down. This can happen to anybody and he wouldn't wish it on his worst enemy. It can be tough, but he hopes to reciprocate some of the generosity he has accepted in his time of need.



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Sr Pastor PRENTISS ROBBINS IR.

MAN OF THE YEAR

THANKS FOR BEING A LIGHT NOT ONLY TO OUR CHURCH FAMILY BUT TO OUR COMMUNITY.



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2021 Men of Distinction

Pastor Leon Brown

Pastor Leon Brown Sr. is the Co-Founder and Senior Pastor of Kingdom Builders Fellowship Center & Outreach Ministries in Racine, WI. This life changing ministry was founded in 2009 by Senior Pastor Leon Brown Sr., and his lovely wife Co-Pastor Debra Brown. Kingdom Builders Fellowship Center & ORM is a Non-Denominational. Bible Believing Church where the mission is to minister good tidings unto the meek; to bind up the brokenhearted; to proclaim liberty (freedom) to the captives; and to loose those that are bound in every race, culture, and nationality throughout the community, city, state and worldwide (Isaiah 61:1) Kingdom Builders Fellowship Center & Outreach Ministries is where People are Building People for the Kingdom of God.

Pastor Leon as he is affectionately called by his members as well as followers, has more than 30 years of experience teaching and counseling that enables him to reach many with humor, warmth, transparency and strength. He is a Godly husband, father, teacher, conference speaker, role model, mentor, friend, visionary, friend and true shepherd. His passion, heart for God's people, faithfulness, humility and a desire to see God's people free has established him as a pillar in the community of Racine.

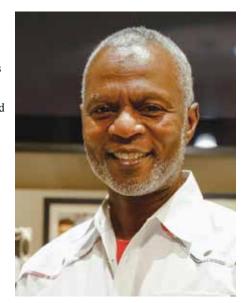
Senior Pastor Leon Brown is also the founder of the entity F.I.N.A.O. INC. (Failure Is Not An Option) and the name is exactly

_~2:12

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what he stands on. He will not fail God and he will not fail God's people, even if it's at his own personal sacrifice! Under the guidance and vision given to Pastor Leon, and his obedience to God, Kingdom Builders has established a number of programs through F.I.N.A.O., Inc. that are, and continue to empower many lives of the people young and old in the city of Racine. His vision includes Kingdom Manna which has now become one of the largest food pantries in the South Eastern Wisconsin serving over 4,500 families consistently on a monthly basis. Other food programs include the Kingdom Manna Partnership Program, A.S.E. (After School Eats), Adopt A Block and Mosaic Ministries which delivers food and brings the word to Senior Home Complexes in the City.

Other programs include youth programs that promote education where mentorship is also provided. Kids are provided with resources on how to get to college, how to improve their grades, and how to be the best young men and women that can make a difference in our community and in the world by defeating the odds. With a vision to change lives in the youth, Pastor Leon has also established a Benefit Program, A.I.M. (Abilities Inside of Me) created for students who have demonstrated commitment, volunteerism, community outreach and academic improvement and achievement By being a faithful servant, many lives have been changed as a result of Pastor Leon's



vision and commitment to the young people of this city.

Pastor Leon has been happily married over 35 years to the love of his life, Co- Pastor Debra. They are the parents of 3 children; Alyssia, Tiffani, and Leon Jr. We salute this great man of God and honor his diligence and commitment to follow through with doing his part to make Racine a great place to raise a family. God bless you Senior Pastor Leon Brown Sr



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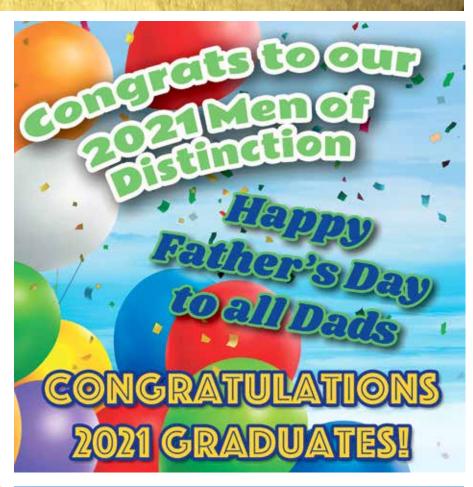
2021 Men of Distinction

Gary Cotton

Mr. Gary Cotton is a lifelong resident of Racine, Wisconsin, born to the late Ellis and Dorothy Cotton. He is a 1988 graduate of the University of Wisconsin-Milwaukee, where he double- majored in Organizational/ Interpersonal Communication and Radio/ Television Broadcasting/ Mass Communication. He has over 30 years of experience, working in the non-profit arena, which includes 21 years as the Director of Human Resources for the Racine Kenosha Com-



munity Action Agency, Inc. (RKCAA). He oversees training, employment benefits and HR related issues for both Racine and Kenosha locations. Prior to his employment with RKCAA, he worked as a Program Manager with Opportunities Industrialization Centers (OIC) of Racine, Wisconsin for 10 years. OIC, which was founded by Dr. Leon Sullivan in 1964 in Philadelphia, PA, was established to eradicate barriers for the underemployed and undereducated individuals in impoverished areas. Mr. Cotton was responsible for employment and life skills training, for individuals between the ages of 18-21, where he helped over 80% complete educational goals, and become gainfully employed. Mr. Cotton is a current member of Society Human Resource Management (SHRM). He is a volunteer with the Racine Unified School District Mentoring Program and has been for over 10 years. Mr. Cotton also enjoys athletics, serving as a coach for the boy's high school basketball team of his high school alma mater, Racine Park for 32 years. Gary is a charter member of Positive Men Making A Difference (PMMAD), a local group of black men who mentor youth in the Racine community. He is the proud father of Garren Cotton, Sr., and grandfather to Garren, Jr., Gabrielle and Gianna Cotton, all of McKinney, Texas. In his spare time he enjoys traveling abroad with his wife, Trina Cotton.







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Congratulations Pastor Prentiss Robbins Man of the Year

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Hooray Pastor Robbins!

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Congratulations!!

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2021 Men of Distinction

Tim Johnson



Deontrae Mayfield



Pastor Ernest Jerome Ni'A

Ernest Ni'A was born Ernest J. Garrison in Detroit, Michigan to Emily Garrison and the late Thomas Garrison. He was educated in the Detroit public schools and furthered his education by earning an Associate's degree from Highland Park Community College in Business Administration and a Bachelor's degree from Shaw College with a major in Accounting. He entered the M.B.A. program at the University of Detroit with a concentration in Economics & Statistics but his M.B.A. studies were short lived for GOD had other plans for his servant. Being obedient to his divine calling, Ernest enrolled at the Michigan Dioceses of the Episcopal Church School of Theology where he later earned his Deaconate Certification, which afforded him to study and graduate from SS. Cyril & Methodius Roman Catholic Seminary with his Master's in Religious Education.

His ministerial career began in 1982 when he was awarded his Exhorters License in the



African Methodist Episcopal Church. He was ordained Deacon in the A.M.E. in 1985 and immediately appointed assistant pastor at Bethel A.M.E. in Detroit and was placed on the Michigan Conference Board of Christian Education as its Church School Superintendent. Ernest was ordained an Itinerant Elder in 1987. In 1991, he was assigned to the pastorate at Quinn Chapel in Cassopolis, Michigan; and two years later assigned to the pastorate of New St. James in Detroit.

In 1994, God blessed the Reverend E. J. Garrison by touching the hands of the Bishop to assign him to Pleasant Valley A.M.E. Church in Belleville, Michigan. During that time, he taught Religious Studies at Marygrove College in Detroit. After five years, Reverend Ni'A was assigned to St. Matthew A.M.E. Church in Detroit where he had the pleasure of pastoring the late Mother of Civil Rights, Mother Rosa Parks. In 2003, he was moved to the historic Newman Church in Pontiac, Michigan and then to Vernon Chapel A.M.E. Church in the city of Flint, Michigan in 2004. While serving in Flint, he was appointed trustee on the Board of Flint Public Library where he served for three years.

In 2011, E. J. Garrison was assigned to the pastorate of Wayman A.M.E. Church in Racine, Wisconsin and in 2014 legally changed his last name to Ni'A which is Swahili for "Purpose". Rev. Ni'A authored the Teachers and Superintendents Certification System in the A.M.E. Church which was fully adopted in 1992. He has authored "Claiming Your Inheritance" (2012) which is a life enhancement publication designed to stimulate self-assessment and to aid those who want more out of life without using "Get-rich-quick" gimmicks, Ponzi schemes or any other questionable tactics; and "Why I Changed My Name" (2014), an exploration of name change throughout history and explanation of his decision to change his name.

He also serves as: Connectional Instructor of Christian Education of the African Methodist Episcopal Church; Fellowship of Church Educators of the African Methodist Episcopal Church; Dean of Instruction for the 4th Episcopal District of the A.M.E. Church; Member of the Board of Examiners for the Milwaukee District of the A.M.E. Church; Board of Trustees of Camp Baber of the A.M.E. Church; Racine Unified School Superintendent Advisory Committee; City of Racine Advisory Board for Parks and Recreation; City of Racine Board of Ethics; Executive Committee Member of the N.A.A.C.P. of Racine; Gold Life Member of the N.A.A.C.P. National; Founder and Coordinator of the African American Roundtable of Leaders, Racine, WI.

Pastor Ni'A is the proud parent of two sons: Ernest J. Garrison, II of California and Thomas A. Garrison, II of Michigan.



2021 Men of Distinction

Alonzo Payne

Alonzo Payne is passionate about his family and his community. He is a husband and the proud father of 12. Alonzo is a graduate of J.I. Case High School, and he holds degrees in Human Services and Sales & Marketing.

Alonzo serves the community through his church Jesus Alive Ministries, as a men-



tor for Payne & Frazier Consultants, and as a 20-year employee of Racine County Workforce Solutions/Dynamic Workforce Solutions. In his current role with Dynamic Workforce Solutions, Alonzo assists youths and adults by connecting them to work experiences and educational opportunities.

Alonzo has been involved in various community organizations and projects including:

- Racine Youth Sports, Coach and Scholarship Coordinator
- Summer Youth Basketball League, Organizer
- · United Way of Racine County, Community Investment Committee Volunteer
- arship Coordinator • Gus Macker Basketball Tournament,

• YMCA of Racine, United Way Schol-

- Volunteer
- City of Racine Police Reform Project, Consultant

In 2014 Alonzo was named the Volunteer of the Year by Racine Youth Sports. Additionally, Alonzo is a four-time honoree who received the Racine Youth Sports Coaches Award in 2003, 2006, 2007 and 2008

Corey Prince
Corey Prince is a Consultant, Political Operative, Public Speaker Community Organizer and Servant Leader based in Southeastern Wisconsin. Corey is a prominent voice in the fight for Black Equality who speaks Truth to power for impacted people and marginalized groups across the Nation. Prince founded Community Consulting LLC as a way to bridge the needs of the community to the resources it takes to thrive.

As a certified racial justice trainer, Prince uses his skills as an effective communicator to cross color lines, build bridges, and break down barriers. For the 2020 Presidential Cycle Corey was instrumental in turning not only Wisconsin blue as the Regional Director, but also Georgia, as he was the regional trainer for the Senate run-off race as well. Corey used those roles to employ and build a network of over 900 organizers in Wisconsin that ultimately changed the course of His-

Prince is a Community Leader that has motivated an untouched and underrepresented age group on issues ranging from Voting, Trauma informed Care, Educational Equity, to Police Accountability. He gives a voice to the voiceless. Corey is an electric public speaker that was most recently given the opportunity to lift an audience on a program with Civil Rights Icon Rev. Al Sharpton.

Corey has been interviewed by local and



National media and has several articles in publications today. He has been featured as a panel guest by Delaware State University, The ACLU, FICPFM, and The Association of Libraries.

Corey is currently the Co-Chair of the NAACP Wisconsin Conference of Branches Criminal Justice Committee and works daily in that role to advance justice for the under-







HERITAGE COMMITTEE

Rev. Ernest J. Ni'A

Sincere congratulations and best wishes are extended to you on your recognition today for Man of Distinction Awards, for your many years of distinguished and meritorious service to the community. This acknowledgement is evident of your commitment and dedication, to make Racine a better place to live.

Community involvement:

- Connectional Instructor of Christian Education of the African Methodist Episcopal Church
- Fellowship of Church Educators of the African Methodist Episcopal Church
- Dean of Instruction for the 4th Episcopal District of the A.M.E. Church
- Member of the Board of Examiners for the Milwaukee District of the A.M.E. Church
- Board of Trustees of Camp Baber of the A.M.E. Church
- Racine Unified School
 Superintendent Advisory Committee
- City of Racine Advisory Board for Parks and Recreation

- City of Racine Board of Ethics
- Executive Committee Member of the N.A.A.C.P. of Racine
- Gold Life Member of the N.A.A.C.P. National
- Served on the Board of United Way
- Founder and Coordinator of the African American Roundtable of Leaders, Racine, WI
- Represented the AME church with Coleman Chapel during the unrest in Kenosha.

We appreciate your continued support of the community. Best Wishes and continued success. People is and will forever be our greatest asset. thank-You, for all you do.

Sincerely,

Al Johnson

Heritage Committee of Racine Executive Director





2021 Men of Distinction

Ronald C. Tatum

Ronald Tatum was born and raised in the City of Racine, and has been an active servant in the community through his passion and desire to see the youth and the City of Racine succeed in all areas of their lives. Ron has been a Mentor for over 20 years, and also is a mentoring coach. The City of Racine is near and dear to Ron's heart where he is involved in many areas including improving the community, and being a liaison to connecting the People of the Community with local resources.

For the past year, Ron has worked at Feeding America Eastern Wisconsin in the role of Vice President of Operations for all Eastern Wisconsin territory. Feeding America is the largest Food Bank in the nation. Ron believes the match between himself and Feeding America was a match destined. What Feeding America represents in its mission aligns with Ron's purpose in life which is helping people and creating opportunities to improve themselves.

Ron is driven by his faith and being a servant of God. He has served in the role as an Evangelist at Kingdom Builders Fellowship Center and Outreach Ministries for the last eight years. Ron believes his purpose is defined in the following scripture; Isaiah 58:10: "If you satisfy the desire of those in need, then your day will be bright as the



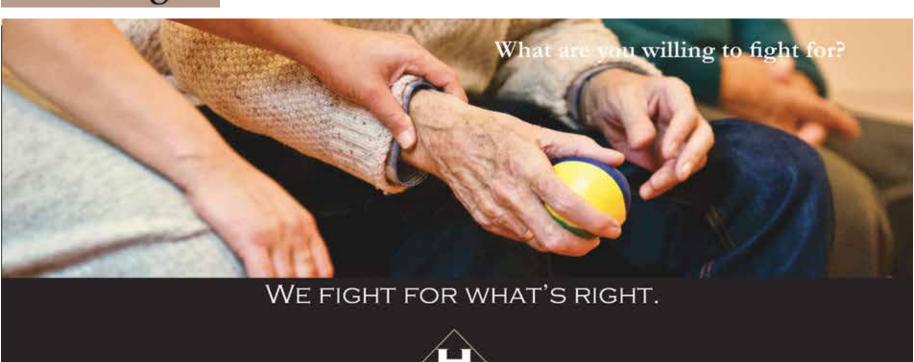
noon day."

Ron has a saying when asked how he is doing; "I Woke Up this Morning" That is a reminder for him daily that he has a responsibility to do the work and will of God to help someone. Ron says; "Its not about me, it's the platform God has given me to help others."

Ron is an active member of several boards in the community; President of Big Brothers Big Sisters of Racine/Kenosha, Academies of Racine Steering Committee (Racine Unified School District) Director of Community Outreach and Events for F.I.N.A.O. Inc. (Failure Is Not An Option), and a board member of the Racine Founders Rotary. Ron has served as a support to many committees and initiatives within the City of Racine, to include Racine County, Cops N Kids Program, and the Racine Unified School District to name a few.

Ron graduated from Case High School in Racine. Ron earned his Bachelor's Degree from Indiana Institute of Technology with a Double Major in Business Management and Organizational Leadership, and has studied for his MBA in Supply Chain at UW Whitewater and Organizational Leadership at the Grand Canyon University.

Ron is happily married to the love of his life Tracy for 18 years. He attributes who he is today by his faith in God, his late mother Callie Tatum, and having an amazing woman beside him. Ron states she truly indeed is my Rib! Ron is also the proud father of six children; Champagne, Gyeontae, Casey, Abram, Tyla, and Mykaela, and 3 grandchildren Zareonate, Gyeonha, Gynia. Ron states that his children and grandchildren are his heart and his drive. They are his Heroes! Ron's model in life is that he is a willing vessel to help and change lives!





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18



21 Men of tinction

Scott Terry

Scott Terry is a proud Racine native who has dedicated his life to be of service to others. Terry is an educator, coach, artist, entrepreneur, community activist and engaged citizen to the community of Racine. Terry founded Fuel Media Group, a marketing firm that served corporate and nonprofit clients. Working with such clients as the State of Wisconsin, Harley-Davidson and the Milwaukee Bucks. Terry recieved opportunities to assist marketing teams at SC Johnson and Andis Corporation. Terry left his corporate career and began his education career. He soon started, Sentinel Mentors, a mentoring initiative for high school aged black boys. Sentinel Mentors grew to over 100 young men and operated out of several public schools in Racine. As an educator, Terry has been an integral

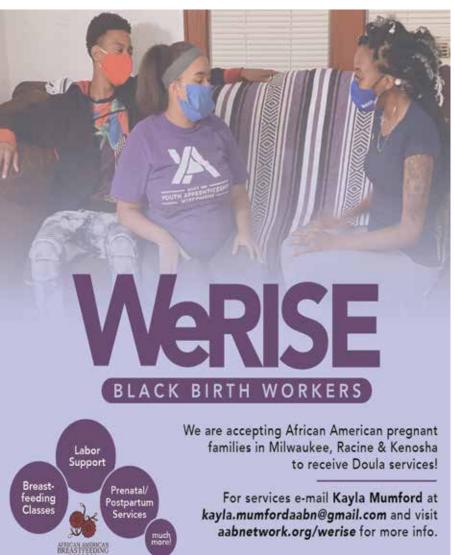


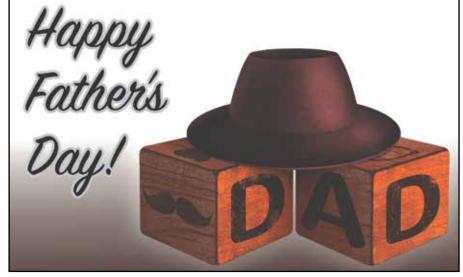
The RACINE VIRTOR

part of an ecosystem that has contributed to seeing over 250 black boys graduate high school over a few year period. As a teacher in public schools, and one of the few black male teachers, Terry has taught many very important technical skills to youth of all ages as a Tech Ed/ STEM educator. Terry also served on the boards of the United Way of Racine County, Racine Family YMCA, Racine NAACP, and was also a founding member of the African American Business & Professional Association of Racine.

In 2019, Terry was inducted into the hall of fame of his high school alma mater, Horlick High School in Racine. Terry is also a practicing artist and has exhibited his work in the Chicago Museum of Science and Industry, Wustum Art Museum, Aalborg, Denmark and many other galleries and exhibit spaces. In 2019, Terry opened Mahogany Gallery, a visual art gallery specifically exhibiting the works of Black artists, in addition Mahogany is Racine's only black-owned, independent bookstore featuring new book titles. In 2021, Terry assumed the position of CEO/ Executive Director of the newly formed Mahogany Black Arts & Cultural Center, Inc. The center, (MBACC) goal is to preserve, exhibit and research local black history of Racine County.

We're excited to embark on a new journey that finally will provide a home, resources and a community to learn about the contributions of black people in Racine County going all the way back to the 1800s." For more information about Mahogany please go to www. mahoganygallery.com.









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The COVID-19 Awareness, Understanding, Screening, Social Support, and Empowerment Project is encouraging COVID-19 vaccinations among men, women, and youth (12 years of age and older) in Southeastern Wisconsin by increasing public awareness and understanding about COVID-19; increasing access to resources essential to COVID-19 prevention and control in venues where Black Americans work, worship and are otherwise engaged; and, providing resources for navigation to COVID-19 screening and COVID-19 vaccination.

The project, which aims to ensure that no one is left without and that no one is left behind, is supported by the Anthem Foundation.

For more information about the project and access to available COVID-19 awareness, prevention, and control resources, contact Dr. Sandra Millon Underwood at underwoo@uwm.edu or 262-595-2723.















Anthem Blue Cross and Blue Shield Foundation



COVID—ENGAGING THE COMMUNITY TO REACH HERD IMMUNITY

 $\textbf{By Sandra Millon Underwood, RN, PhD, FAAN} \quad about — a cough, shortness of breath, loss of$ **Professor, UW-Milwaukee College of Nursing**

There is an all-out effort these days to reach 'herd immunity' to help ensure everyone and their loved ones are safe from contracting coronavirus. We've heard of states hosting lotteries, passing out gift cards, and even granting college scholarships, but some people remain reluctant to get vaccinated.

A group of community leaders, nurses, pastors, and others have joined forces to encourage communities of color to get vaccinated—by meeting them where they are and educating them about the merits of the vaccine. Through a grant from the Anthem Foundation, the University of Wisconsin-Milwaukee College of Nursing has launched an initiative in Kenosha, Milwaukee, and Racine (Wisconsin) to promote acceptance of COVID-19 vaccinations among Black residents.

Among the strategies being utilized are highlighting first-hand and second-hand experiences with COVID-19, as well as sharing information about the safety and efficacy of COVID-19 vaccines. These messages are being communicated through public service announcements, social media, houses of worship, beauty salons. barber shops and through communications designed to reach parents of school-age children. Working with a diverse group of health care workers, community advocates, businesspeople and faith leaders, the overarching goal is to meet people where they are and provide clear, timely, and evidencebased information and education about COVID-19 and the COVID-19 vaccines.



Rev. Anthony Powell, Pastor of Empowering Faith Church in Kenosha, is 'all in' for helping get the message out. Part of the reason is his first-hand experience with COVID-19. Now fully vaccinated, Rev. Powell said that the adage about, 'preaching sounds like teaching and teaching sounds like preaching' is something he is adamant about doing—preaching and teaching to encourage people to get the COVID-19 vaccinations.

'Back in December I spent several days in the hospital after testing positive for COVID-19. I was off work for two months. I had all the usual symptoms that we hear

appetite, loss of weight, and headache. When my oxygen level dropped to the lower 80s, I had to go to the emergency room.

"Since recovering, I tell family, friends, church members, and fellow clergy that COVID is no joke. Too many are just not taking this virus as serious as they should. It is a tough thing when you can't breathe and you don't know if you're going to come out of the hospital. We can't control what people do, but we can be examples to encourage people to get the vaccine. And it is important to remind people that even if they do not get sick, they could be a carrier of the virus," said Rev Powell

Rev Powell said that he still is not 100 percent healthy, but he is better and he is back at work. He also said that he uses an inhaler from time to time, and he admits that he is not as active as he was before contracting the virus.

"I have had to 'dial things back' a little. I think the church must continue to take a leadership role in educating people about COVID-19 and encouraging people to get vaccinated. Through the grace, mercy, and favor of God, I was able to recover," he said.



"Inspiring, trusted community voices are the key to helping the community understand that these vaccines are very safe and very effective," said Dr. Julie Mitchell, a population health expert and medical director at Anthem Blue Cross and Blue Shield in Wisconsin. "The work being done by Rev. Powell and so many others to share their story is saving lives here in Racine - lots of them.'



Atifa Robinson, Vice President of the NAACP-Kenosha Chapter, chairs the Health Division of that organization and agrees with Dr. Mitchell that community voices are encouraging residents to get the vaccine.

"Organizations like Unite WI are vital to getting the message out about the merits of the COVID-19 vaccine. Using community health workers across Milwaukee, Racine, and Kenosha, Unite WI brings health providers and community partners together to address health disparities like COVID-19. This dynamic relationship is critical for communities to build resilience during this pandemic. Unite WI community health workers are meeting residents where they are to help them locate COVID-19 testing and vaccination sites, and answer residents questions and address their concerns," said Robinson



Darren Mattox wears many hats and uses each platform to encourage people to get the vaccine. Currently a shipping supervisor at Green Bay Packaging in Franksville, WI, he is also a deacon at his church, and a former educator with the Racine Unified School District.

"I am an advocate for parents encouraging their children, 12 and older, to receive COVID vaccinations as we begin to make the vaccines available at the grassroots level in Racine and Kenosha.

"I'm also encouraging our employees to get vaccinated. About 40 percent of the employees that work at our company have been vaccinated. We make cardboard and corrugated boxes and food containers at Green Bay Packaging, so we are considered essential workers. It appears that most of those who are hesitant to get the vaccine are younger—under 35 years old age. I remind our employees that the country will be opening up soon. The vaccine has been offered to everyone, and if they don't get it, they will be out there at their own risk," said Mattox.

Covetrus (Vee) O'Neal, a retired nurse, got the Pfizer vaccine, and has encouraged family, friends, and church members to vaccinated as well.

"Because of my background in healthcare, people ask me about COVID-19 and the



vaccine. I explain to them that it is a new disease and caution them about having a cavalier attitude about it. The notion that 'it (COVID-19) is not going to happen to me because I'm young and healthy' does not sit well with me. And, when their family members or friends get COVID-19, they see, first-hand, the virus' devastating effects.

"I think that our way of living has forever changed. For example, I'm a Baptist and we



are big on giving 'holy hugs' at church. Now, we try to remain as far apart as we can unless we are with people who live in the same household. At Second Baptist Church in Kenosha, we recently held a pop-up vaccine clinic. Only ten people showed up. While I was disappointed at the low turnout, ten is better than none. It's important that we not give up and keep the conversation going to encourage more people to get vaccinated,' said O'Neal.

The COVID-19 Awareness. Understanding, Screening, Social Support, and Empowerment Project encourages COVID-19 vaccinations among men and women in Southeastern Wisconsin by increasing public awareness and understanding about COVID-19; increasing access to resources essential to COVID-19 prevention and control in venues where Black Americans work, worship and are otherwise engaged; and, providing resources for navigation to COVID-19 screening and COVID-19 vaccination. The project, which aims to ensure that no one is left without and that no one is left behind, is supported by the Anthem Foundation. For more information about the project and access to available COVID-19 awareness, prevention, and control resources, contact Dr. Sandra Millon Underwood at underwoo@uwm. edu or 262-595-2723.





Ready to Play Defense with Your Retirement Savings?

by Yvette Stewart

For most investors, it's no surprise that markets are subject to up-and-down fluctuations over time. And if you are investing with a long-term perspective, it's pretty common for your portfolio to experience temporary declines in value. Given enough time, markets generally have shown an ability to overcome losses and help investors continue to accumulate wealth.

However, managing market declines is different if you are nearing or in retirement. Chances are your 401(k), 403(b) or other type of workplace savings plan represents one of your largest financial assets. You want to make sure a sudden market downturn doesn't put you in a difficult position.

It takes time to recover from losses

While much of our focus tends to be on news about stock markets performing well, the fact is that for investors, avoiding large losses can make a real difference. This is why many investors focus on determining their risk tolerance level and building a well-diversified mix of assets that reflects their risk preferences. As you grow older, you likely may want to reevaluate your investment risk. That's because negative markets can be a lot more difficult to overcome if you are almost retired or you are already tapping your savings to meet current income needs.

Consider these examples that show what happens if there's a market decline at the same



time you are withdrawing five percent of the portfolio's principal to meet retirement income needs:

• If your portfolio sustains a loss of 20 percent from a combination of invest-

ment declines and portfolio withdrawals, your portfolio will need to earn a 33 percent return to overcome that loss in the following year.

• The challenge intensifies with a larger loss. If your portfolio loses 35 percent in total, it would take a 67 percent return in the next year to regain that lost ground.

This points to the importance of modifying risk in your workplace savings plan later in life, as you close in on the time when you need to count on that pool of money for income.

What to do before or during retirement

If you don't have time on your side – i.e., you are within five years of retirement or already retired and drawing down your assets, make a priority of reviewing the level of risk in your portfolio. That may mean reducing your holdings of equities within your broader asset mix.

Yet stocks may still need to play a role. Given the realities that your retirement may extend for two-to-three decades or longer, you need to put your portfolio in a position to grow, even modestly, to help meet income needs over that span of time. Depending on your views on risk, the stock component may represent 50 percent or less of your asset mix. You'll likely want to consider increasing your holdings of fixed income, alternative investments, and cash to help mitigate the impact of short-term stock market swings.

The reality for most is that investing gets more complicated later in life. Talk to your financial advisor about how best to position your 401(k) or 403(b) portfolio to protect your long-term financial security.

Yvette M. Stewart, is a Financial Advisor with Ameriprise Financial Services, Inc. in Brookfield, Wl. She specializes in fee-based financial planning and asset management strategies and has been in practice for 14 years. To contact her, visit www.ameripriseadvisors.com/yvette.m.stewart, email: yvette.m.stewart@ampf.com. PH: 262-901-1540. Ameriprise Financial Services,

16650 W Bluemound Rd, Suite 800, Brookfield, WI 53005. She resides in Racine, WI. Investment advisory products and services are made available through Ameriprise Financial Services, Inc., a registered investment adviser.

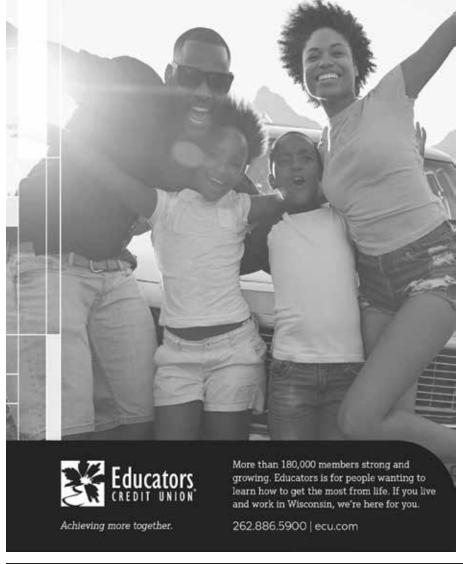
Alternative investments involve substantial risks and may be more volatile than traditional investments, making them more appropriate for investors with an above-average tolerance for risk.

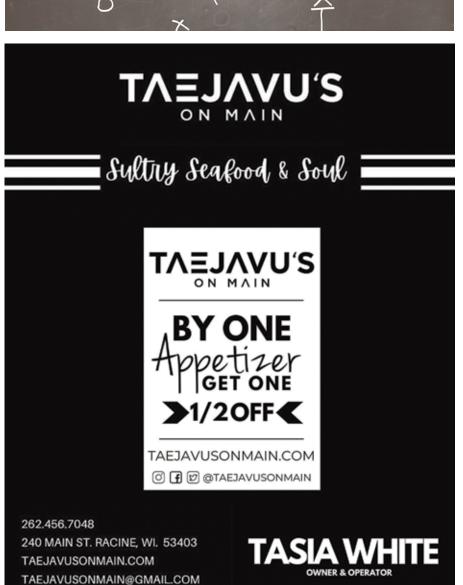
In general, equity securities tend to have greater price volatility than debt securities. The market value of securities may fall, fail to rise or fluctuate, sometimes rapidly and unpredictably. Market risk may affect a single issuer, sector of the economy, industry or the market as a whole.

Investing involves risk including the risk of loss of principal.

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Bishop Lawrence L. Kirby, Senior Pastor

24



Dad

Dad, I write this sensitive letter to you, because of where we stand, Because there seems to be a gap between me and you, because I cannot touch your hand, There is so much that I'd like to talk about, but you always seem so busy, It's like from dust to dawn, you are always gone, now something inside me is missing,

Colossians 3:21 Fathers, provoke not your children to anger, lest they be discouraged.

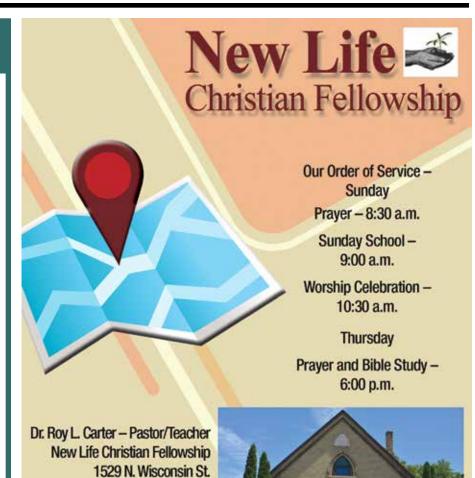
I'm sorry for all those times that I got into trouble, and made you use the rod, And I'm sorry for all those times that you told me not to, and I still came in after dark, I wish that you wasn't so busy these days, so that we can sit down and talk, And together we can spend some quality time, on my bike that I just broke,

I can tell that you still love me, because of the smile upon your face, I just want to show you, how much I love you, but you're not there when dinner is ate, Sometimes I peek in your room at night, just to see if you are awake, And as you are sleeping I turn off your light, because you are always gone at daybreak,

Oh what I would not do to have, my father to give me a hug, Or just to go outside, even in the rain, because there is dust on my baseball glove, Nothing should be more important to you, than spending some time with me, I know you have to work and do other things, but please spend some time with me.

Maybe I am being just a little selfish, because my friend's father is dead, Now I know what he's going through, because sometimes mine seems to be dead, I hope that you please take heed to my letter, that's under this pillow of your bed, Because between us we have to make things better, to help you to keep being my dad!

HAPPY FATHER'S DAY RACINE Svt. La Von J. Ash Sr. LAVONASH@YAHOO.COM Inspirationalist & Master Poet Sunday, June 21st, 2015



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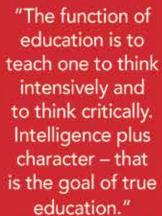
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Dr. Martin Luther King, Jr.







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African American Round Table of Leaders

Salutes The 2021 Men of Distinction



The African American Roundtable of Leaders honors and salutes an integral part of A.A.R.O.L. one of this year's Men of Distinction, our beloved Pastor Ernest Ni'A of Wayman A.M.E. Church!

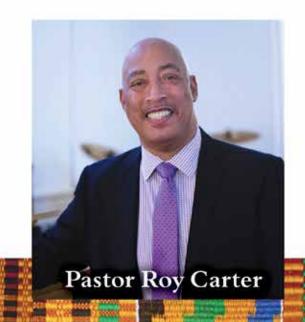
We are grateful for his commitment to our community and his leadership as the founder and center of the A.A.R.O.L. His tireless work for the equity of black and brown people and women has benefited all Racinians. He is deserving of thus high honor and so much more.

Thank you Pastor Ni'A for your passion and love for our city and its people! You are indeed a Man of Distinction!

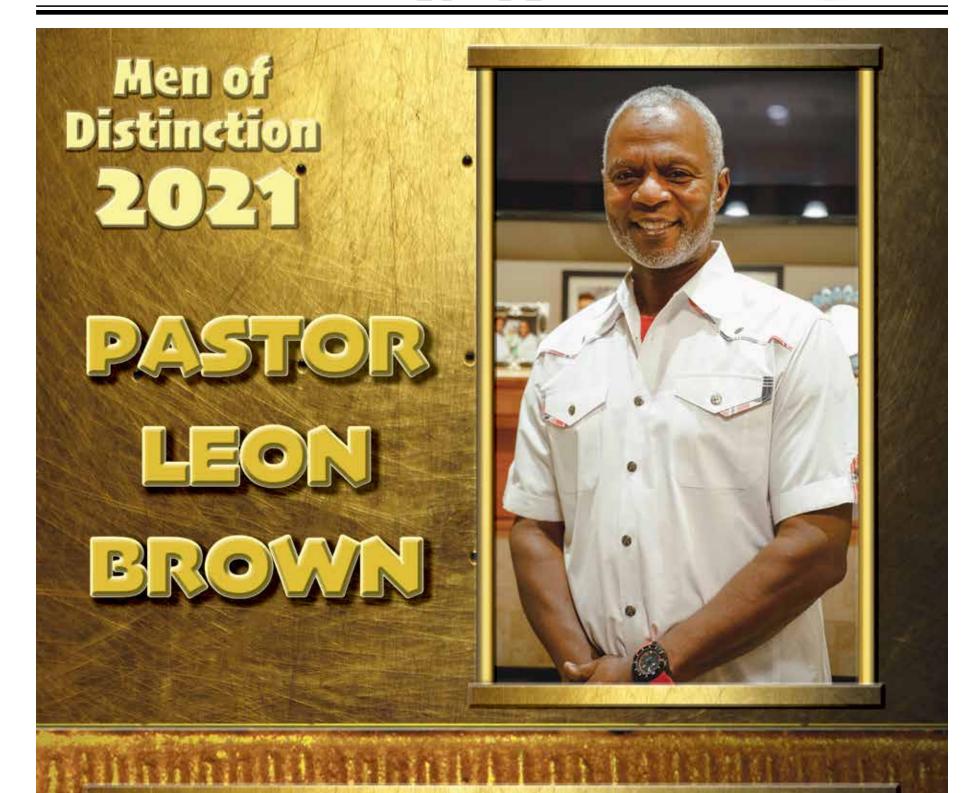
Congratulations on all the contributions you make to our City.

"If you believe in a cause, be willing to stand up for that cause with a million people or by yourself,."

—Otis S. Johnson







On behalf of the members, partners and supporters of Kingdom Builders Fellowship Center & Outreach Ministries, F.I.N.A.O. Inc. (Failure Is Not An Option) Kingdom Manna, & the community of Racine, we salute you Pastor Leon Brown Sr. A man of vision, integrity, strength, compassion & love.



COMMUNITY

60 Years of Peace Corps: A Look Back

(StatePoint) While life around the globe has changed significantly since the Peace Corps was founded 60 years ago, the agency's mission to promote world peace and friendship between Americans and people around the world has not.

Established by President John F. Kennedy on March 1, 1961, via Executive Order, the concept for the public service agency was first introduced months prior in an impromptu presidential campaign speech delivered to college students.

"How many of you who are going to be doctors, are willing to spend your days in Ghana? Technicians or engineers, how many of you are willing to work in the Foreign Service and spend your lives traveling around the world?" then-Senator Kennedy asked the students. "I think Americans are willing to contribute. But the effort must be far greater than we have ever made in the past."

The response was swift and enthusiastic. Since the Peace Corps' founding, more than 240,000 Americans have served in 142 host countries. Here's a look back at some of the agency's major accomplishments and milestones:

- 1961: President Kennedy hosts a ceremony in the White House Rose Garden in honor of the first group of volunteers departing for service. Congress approves legislation for the Peace Corps. The first volunteers arrive in Ghana.
- 1977: Carolyn Robertson Payton is appointed Peace Corps Director by President

Jimmy Carter. She's the first female and first African American to serve in this role.

- 1985: The Paul D. Coverdell Fellows program, a graduate fellowship program offering financial assistance to returned volunteers, as well as opportunities to continue service in underserved communities, is established.
- 1995: The Peace Corps sends volunteers to the Caribbean island of Antigua to rebuild homes damaged by Hurricane Luis. This pilot program, Crisis Corps (now called Peace Corps Response), provides short-term humanitarian service to countries worldwide.
- 2005: For the first time, volunteers are deployed domestically when the Peace Corps Response program assists the Federal Emergency Management Agency's relief operations in the Gulf Coast region following Hurricanes Katrina and Rita.
- 2007: The Peace Corps Prep program is established, offering an undergraduate certificate program that helps students build skills needed to be effective volunteers, giving them a competitive edge when applying for Peace Corps service.
- 2014: For the first time, Peace Corps applicants can choose the programs and countries they apply to, selecting the path that best fits their skills, languages, and personal and professional goals.
- 2016: The Peace Corps gets a makeover with the adoption of a new look and logo.
- 2020: The Peace Corps initiates its first global evacuation in its history in response to

the COVID-19 pandemic.

So, what's the status of the Peace Corps today? Currently, the agency is working to return to service and is accepting applications to serve. Interested applicants can connect with a recruiter to learn more and get the application process started by visiting peacecorps.gov.

From partnering with local communities, to mitigating the impacts of climate change, to teaching digital literacy, today's Peace Corps service opportunities look different than they once did; however, they all continue the agency's original and inspiring mandate to "promote world peace and friendship."



Courtesy of the Peace Corp

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Big Brothers Big Sisters thanks its volunteers and supporters

For the past year, Big Brothers Big Sisters of Racine and Kenosha Counties (BBBS) has preserved and strengthened its connection to youth in our community. Throughout the pandemic, they have been able to adapt the delivery of its services so that the children, families, volunteers and local schools they serve could have access and support.

Uncertainty caused by COVID lead to school closings, job insecurity, illness, fear and social isolation – just to name a few. But our volunteers and mentors (aka Bigs) stayed- the-course providing positivity, consistency, homework help, laughter, air hugs and other extraordinary gestures to stay engaged with their Littles, said Sonya Thomas, executive director of BBBS.

These were turbulent times, yet they kept in touch, mostly through virtual communications since they were forbidden to meet face-to-face. Area businesses, foundations and individuals stepped up in a big way to help by donating much needed financial support to keep the agencies operations and programs afloat.

"SCJ, Timers Beverage Center, FISERV, the Racine Community Foundation, Kenosha Community Foundation, United Way, Emerson, Sew-N-Save, TCF Bank, Wayman A.M.E. church and dozens of other businesses (too numerous to name) as well as the many-many individuals kept us close to their heart and in the forefront of their giving and support to help us rebound from the loss of

revenue created by COVID. To everyone, we grateful."

She added, "COVID cancelled our events, funding opportunities and new school-based programs that were scheduled to launch in 2020. Yet, despite the setbacks, we have continued to find ways to combat these deficits because of a generous community that realizes that are Littles need us more now, than ever before."

When matched with a Big, children improve their self-confidence, have better ability to express themselves and to make decisions; children increase their interests and hobbies and have a better outlook on their future. When matched with a Big, children have improved academic performance and classroom behavior and an overall better attitude toward school.

One teacher shared this feedback of a student that is matched with a Big, "Her and her Big Sister were well matched. She was always excited to tell me about everything they do together, which was an impressive list! Many of the activities were educational as well as fun. I appreciate the emphasis on the joy of learning."

As we slowly emerge from the pandemic, please don't forget to continue to provide financial support to BBBS. The organization is also accepting applications for children in need of a mentor. Applications and donations of any amount are accepted online at www.beabignow.org or by mail at 3131



Some Bigs and Littles continued to meet using social distance guidelines.

Taylor Avenue, Racine, WI. 53405.

"Again, we thank our community for their financial support and our Bigs for the commitment and concern shown to our Littles," Thomas said. To volunteer as a Big, serve on a committee or apply to be a board member, visit www.beabignow.org. You can also follow BBBS on Facebook and Instagram or call (262) 637-7625 for more information.

"And the angel of the LORD appeared unto him, and said unto him, The LORD is with thee, thou mighty man of valour." (Judges 6:12)

To my dear and loving husband, Pastor Prentiss Robbins, Jr., I knew it was only a matter of time. Well done!

God just keeps on doing great things. Receiving the "Man of the Year" award is one of the greatest days of your life. It is truly a great achievement and testimony of the dedication and perseverance to continue to do great things for God and His people.

I know your journey has not been easy. Surely, my love, you can concur with the writer that said, "God never leads over rough road without preparing shoes for the journey."

Continue marching toward a greatness all men achieve through service to the fellowman and to their God.

Today I am basking in the glow of your achievement.

Love you always. First Lady, Helena Robbins





HERE TO HELP RACINE COUNTY FAMILIES

As Racine County keeps healthy by staying Safer at Home, we are here to help if you and your family struggle to access basic essentials.



ONLINE RESOURCES

The Family Resource Website of Racine County offers community resources and mental-health services in one place for our families. Visit the website below and learn more about opportunities available to help support you and your family.



www.RacineCountyFamilyResources.com

EMAIL

If you and your family are having trouble accessing basic essentials, email Here to Help at:

HereToHelp@racinecounty.com

24-HOUR HOTLINE

Here to Help is available 24 hours a day, 7 days a week, including weekends and holidays. Reach us at:

(262) 638-7220





CONGRATULATIONS MAN OF THE YEAR

We Love You Daddy!



It's such a blessing to have a great father, friend and coach. As an extraordinary visionary you have always inspired us to look to the road ahead. Whether it be achieving goals, overcoming challenges, or building for the future you have continued to be our guiding light.

Thank you for strengthening us for the journey and being there when the road got tough. Your love, guidance, discipline, and support will remain forever in our hearts.

The seeds that you have planted in our lives and the lives of others continue to flourish and we are so very blessed to call you dad.

We Love You Always LaToya and Preneice

"A father holds his daughter's hand for a short while, but he holds her heart forever" -anonymous

Kenny Harper Independent Agent

by Dominique Lambright

Last year in February we spoke with Kenny Harper about him working with Allstate and the experience he had working there, but now Kenny has his own company called Harper Tax & Financial Literacy. He is working with multiple carriers: 22 carriers for home and auto insurance, 87 carriers for life insurance, and 32 carriers for commercial insurance, while still maintaining his tax services. When asking Kenny about how it felt to finally have his own independent agency, he responded with enthusiasm saying it is rewarding, fun, and overall feels amazing to see a dream come true.

Everyday he comes into his office in awe of the steps he is making and what he has accomplished so far. There's so many different people that he wants to meet and people who want to meet with him. He feels like there's such a success through partnership when you're building a community through your business and your business becomes more in tune with the community. Community is always first and your business is a resource.

Kenny opened up December 1st of last year, so now he is just celebrating six months. He feels like opening his own business was easy and fast as he had been in preparation beforehand. He's been in business for the last 17 years, so starting the business was rather easy and he just had to stick with his plan. But it isn't always this easy, so you have to make sure you know what your end goal is so that you don't let disappointments discourage you from mov-

ing forward in the process. For Kenny it only took a couple months to get things solidified. In late October of 2020, he started the process and like I said by the time December 1st hit he was ready to go.

He always had the vision to start his own agency, but he was torn between leaving Allstate and Jeff and opening his independent office. He wouldn't be here without Jeff, he gave Kenny the tools and confidence to go out and do it and Kenny shows great gratitude towards Jeff as well. He enjoyed being mentored and soaked everything up like a sponge. He feels like the community has embraced him greatly so he's very humbled how warm and welcoming the community has been to him, especially about the programs he offers. Kenny's been very grateful that he could be a part of the community and contribute in such a way.

Kenny has a few programs that help in the community for the youth and older generation. There is the Community Project Involvement Youth Finance Ownership Literacy Program and this program is for youth literacy and ownership. It's a program with the Linda Faye foundation and with this foundation it's giving the youth 11 to 17 the opportunity to own their own business and Kenny and the foundation will cover the pay for their startup costs LLC and business account. It gives them the continual resources they need even after they have left the program. There is another program he has called Fire Your Landlord; this is in combination with the





representatives from Chase Bank and Shorewest Realty, this program gives the answers and questions to ask the professionals more info in general on what to ask your landlord to make sure that you are getting the right help you need as you're going forward with renting or owning.

As Kenny's business continues to elevate there are different aspects of his business that can use improvement because he is continually learning new things. When I asked Kenny if he felt like people still recognize him as the Allstate guy, he said that there's no more Allstate reference, people are seeing him as an independent firm and he continues to build his rapport within the community. He says that word of mouth has led to the great growth in the last six months he has been in the community. He is the change he wants to see and there is plenty of change for people like us. Kenny says don't let barriers be your problem, small or large.

Kenny says people can do what he is doing and not be held back by ourselves. The biggest barrier of his was his fear of failing, being afraid to step out there, the fear of heights. And this endeavor is like a mountain, looking down is scary, but what's even scarier though is the possibility of not succeeding. Kenny isn't in his own comfort zone anymore and he has to look himself in the mirror and reflect on himself to find what he can do to improve and that's big for him to continue to grow in his business.

Some things he did to help improve with his self development was reading self improvement books, watching motivational videos, being a student and sponge to a positive awareness, and he also found the solutions instead of dwelling on the problems he was finding the solutions for. As Kenny has told us last year in February, he's like a kid in a candy store, he enjoys the opportunity daily and he prayed for this so he lets no moment pass where he doesn't appreciate it. He wants to help other companies grow, individuals, and partnerships; he's a very humble man and wants to show people how to be financially successful.

Kenny Harper is the same guy he has always been. When you come into his office you feel comfortable and at home, the atmosphere is very tranquil. He wants people to feel comfortable in speaking with him and confiding in him so that they feel confident in the resources He is able to provide to them. He is so happy and excited to be doing what he what he loves; everything is in house with him and his team so it is all organic, integrity filled, and 20 years in the making. As an independent agent and professional his mission goes well beyond the business positive face in the community, he is a father, man, and a role model to other voung men. He shows not only through words but action that they can do what they need to do to help people get to the next level, not just stay in one spot.





OPINION: Bamboo Ballots

Republicans in Arizona are doing it again; to wit, challenging the presidential election. This time they hired an organization to, among other things, test for bamboo in the ballots. If bamboo is found they say that would mean the ballots came from Asia. The GOP is doing this because they still refuse to give up their false accusations that the election was tarnished even after three recounts. This situation would be laughable if it weren't so serious. The entire country is looking at this nonsense and wondering who is responsible for this blatant misuse of the democratic process.

While visiting New York recently, I was in a store that sold toilet paper made from bamboo. Since the Republicans are now dealing with bamboo issues, perhaps, they should start using bamboo toilet paper to clean up their own political mess.



Bill Schalk, Wind Point, WI; Commander, U.S Navy (ret.); State Prosecutor – Racine County (ret.); Past President, Village of Wind Point; Past President, Racine Unified School.





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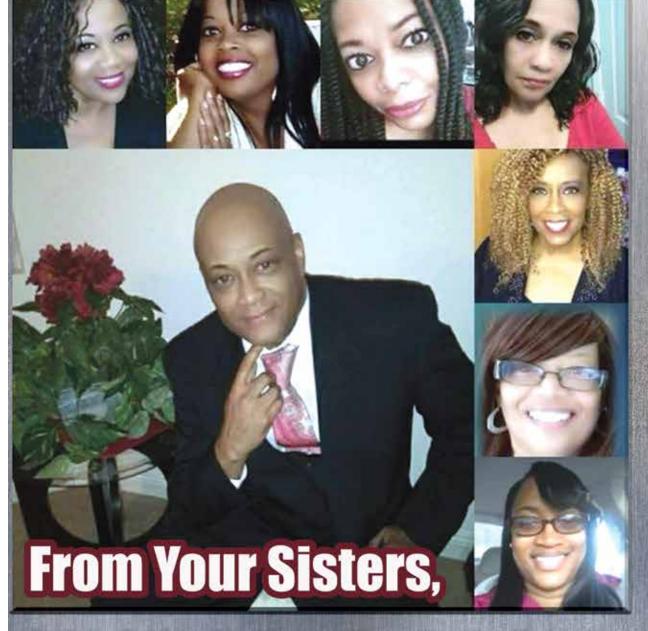
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EUNGHAUULUS

Congrats on being chosen for the 2021 Men Of Distinction

Man of The Year Award Pastor Prentiss Robbins, Jr.

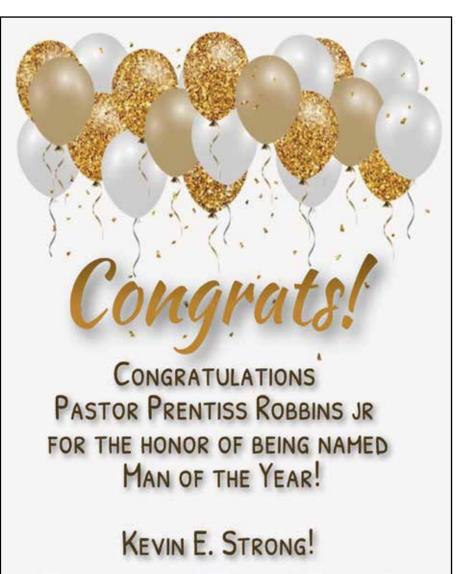


Dr. Ruby Robbins-Washington, Dianne Robbins-Howard, Evangelist Darlene Robbins-Turner, Mary Robbins-Scott, Melinda Robbins, Elder Kimberly Robbins-Thomas and VeRonica Robbins. To our one and only Amazing Brother.

On this auspicious occasion, we want you to know that we Love you and we are immensely proud of you.

May God continue to Bless you and grant you Peace. The RACINE VIRSOR













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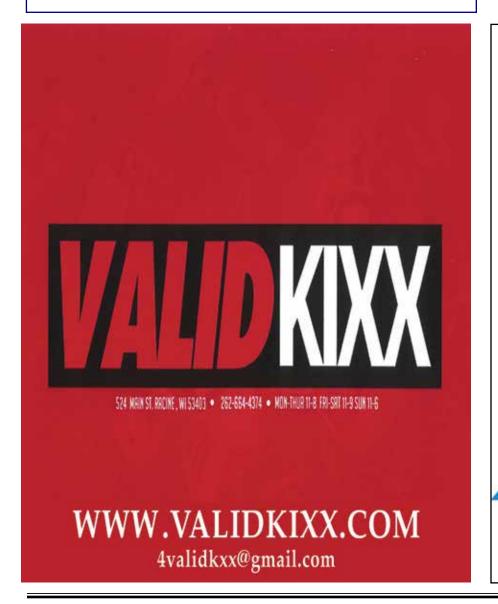
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Real Talk Therapy: Father Figure

by D. White

A father figure, according to dictionary. com, is a man (not a woman) embodying the qualities of an idealized conception of the male parent, eliciting from others the emotional responses that a child typically has toward a father. An older man respected like a father. A father is one who produces children. If a father figure is defined in terms of respect and a father is not then this suggests that producing children in and of itself does not necessarily garner respect. Respect is commanded. Respect is earned. For those who have produced children or are contemplating producing children I would like for you to consider the long term effects that not having a consistent father figure can have on children.

According to the National Fatherhood Initiative. children with consistent father figures in their lives function better academically, socially & emotionally and they have higher reading scores with less behavioral problems. What does this imply? Children without consistent father figures in their lives do not function as well academically, socially, or emotionally as those who do. Children without consistent father figures in their lives have lower reading scores and more behavioral problems. The respect that comes with fatherhood requires action on the part of fathers. It only takes an emotional act to produce a child. It takes multiple intentional acts to raise a child. Whereas the actual act of producing a child is often unplanned, on the contrary genuine fatherhood takes planning, preparation and persistence.

A real father understands that his children

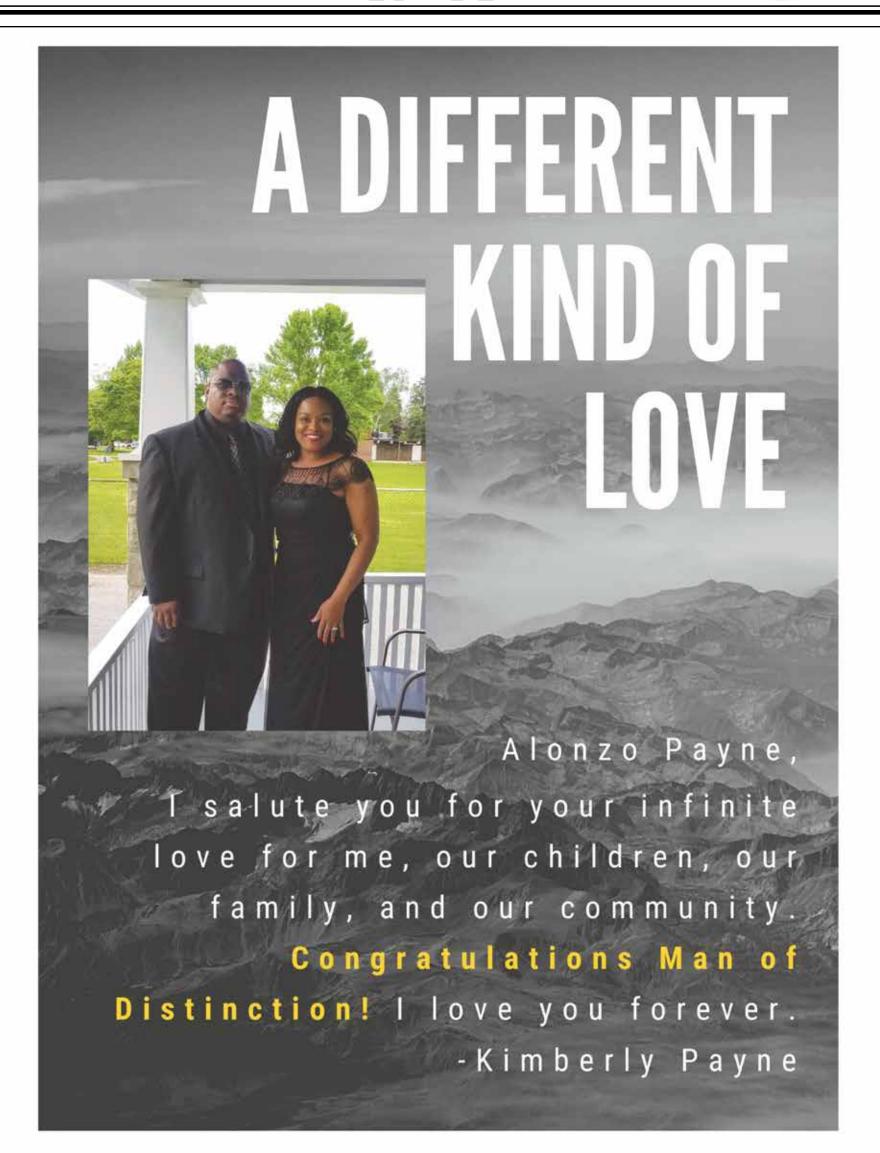


are a reflection of himself (John 10:30). A real father figure is intentional about both the production and rearing of his children (Genesis 4:25). A real father figure is proactive in terms of spending quality time with and providing social, emotional, financial,

and most of all spiritual guidance and support for his children (Proverbs 22:6). On this father's day I challenge all fathers, both biological and legal, to go figure. Be intentional about spending quality time with the children that you produce. Be intentional about setting a good example for the children that you produce. Be intentional about providing finances to accommodate the basic needs of your offspring. Not every male is a model father therefore I implore all fathers to go figure.

Darrell Anthony White Woodard is a school counselor in Kenosha and a Gospel preacher at the Southside Church of Christ and Hampton Avenue Church of Christ in Milwaukee. To schedule a consultation or speaking engagement, please make your request via email: darrellwoodard@rocketmail.com or phone: (847) 287-5842. Linked In: www. linkedin.com/in/dr-darrell-anthony-white-woodard-32387837/ Facebook: Acrostic Therapy







Dad, I love you so much. It is nothing

Thank you for the value you add, and

every seed you plant. We appreciate

but laughs when I am in your presence.

Savannah

Thank you for being the loving and caring father that you are.

I love you more than words could ever explain.



Nova

"My father didn't tell me how to live. He lived and let me watch him do it."



De'Arius

"Dad's and sons are two sides of the same coin. They complement each other in ways only fate understands." Thank you Pops for being the best mentor and influential motivator. To make a long story short, the value of a loving father has no price.



Jordan

"A son needs his father at every situation he faces in the present, and a father needs his son at every situation he faced for his son in the past."



Stephan

I love you Pops and I am proud of all of your accomplishments.



Jasmine & The Boys

The best gift in the world is having a father who cares and years ago mine sat with me in Pias restaurant to make sure that I knew that he loved us and cared. I will never forget that day because that is the day I was made whole.



Adrian

If I ever felt lost in my own journey of fatherhood you were the main man who guided and led me. I can go on forever to recognize all the great things you've done, and continue to do...those things I am forever proud of. I stand up to render salute!



<u>Kayla</u> Congratulations! I love you Daddy!





THE PRAYER CLOSET JUNE 2021

"And, behold, two blind men sitting by the way side, when they heard that Jesus passed by, cried out, saying, Have mercy on us, O Lord, thou Son of David. And the multitude rebuked them, because they should hold their peace: but they cried the more, saying, Have mercy on us, O Lord, thou Son of David." (Matthew 20:30-31)

Today's verse talks about two blind men that no one really paid attention to. No one gave them much of a chance — but Jesus did! All through scripture we see that He had such great compassion and mercy, everywhere He went and He still has it today.

Maybe you feel like life has overlooked you. Maybe you feel like the people around you don't really see what you are going through. Today, know that God sees you. He'll never overlook you even when people overlook you. He is good and no matter what has happened in your life, remember that His mercy endures forever

Notice what these men did — they called on Jesus. Even when people tried to quiet them, they called even louder. They had confidence that He would hear them and you can have confidence, too! Be bold and step out in faith, call on Him and trust that He sees you and hears you and He will have mercy!

Father I thank You for Your mercy and grace. Today I have the confidence to trust and call on you. Thank you for hearing me in Jesus Name. Amen.

Apostle Charles C Jones D.D.
Presiding Apostle of the
Word of Faith Christian Fellowship International, Inc.
Racine, Wisconsin

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Congratulations Gary Cotton

For being honored as one of the 2021 Men of Distinction!



We are so proud of you, "Mr. President"!

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FREE Urban S.T.E.A.M. Youth Summer Camp

Good morning friends of Mahogany, I'm excited to announce the new FREE youth summer program IGNITE! Urban S.T.E.A.M Youth Summer Camp! Mahogany Gallery & Artspace by Scott Terry and Urban League of Racine and Kenosha have partnered to bring a unique arts and sciences based summer camp to the central city of Racine.

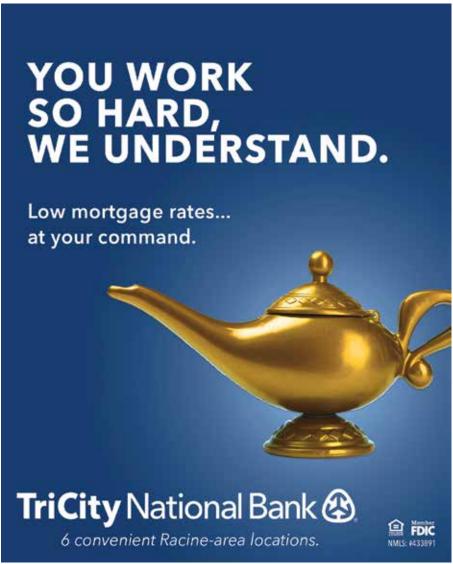
This is an arts based program that incorporates science, technology, engineering, ARTS and math!

A makerspace at Mahogany where students will get to 3D print products and art, design and build rockets, race model cars that they'll build from scratch, create sculptures, photography and learn about designers, artists and inventors of color!

These are small class sizes and space is limited. First come first serve basis. For more details and to sign up please go to www.mahoganygallery.com/ignite

IGNITE the creativity in your child! The summer camp is FREE to all participating youth!







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You may be pressured to think that abortion is your only option. However, there are many options available to you. The power of choice is in your hands. Take your time to consider all of your options carefully.

Free Medical Resources

Pregnancy Tests • Limited Obstetrical Ultrasounds • Helping you make the best decisions for you and your baby.

Free Parenting Classes

Through our Earn While You Learn Program we offer parenting classes, diapers, clothing and other essentials to help you be the best parent you can be.

CALL TO SCHEDULE AN APPOINTMENT

Our Two Loactions: 6105 22nd Ave. Kenosha, WI 53143, 262-658-2555 740 College Ave, Racine, WI 53403 in the Living Light Community Center, 262-632-2464

CONGRATULATIONS!

May the Lord walk with you every step of the way. He will help you accomplish even greater things!

Where God guides, he provides! Isaiah 58:11

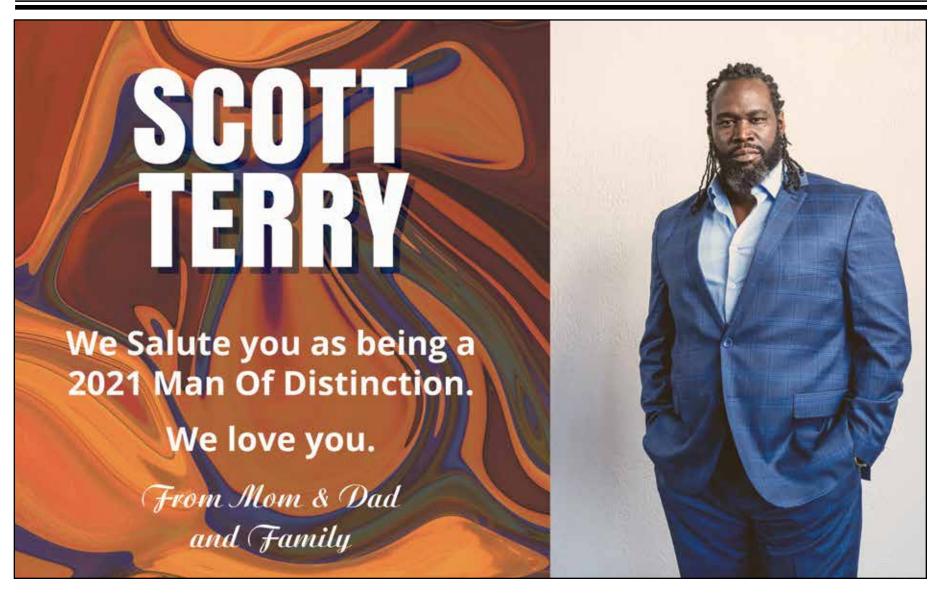
Thank you for all your work and contributions! Payne and Frazier Consultants salutes you for endless work in the community and continuous support of us.

ALONZO PAYNE
2021 Man of Distinction

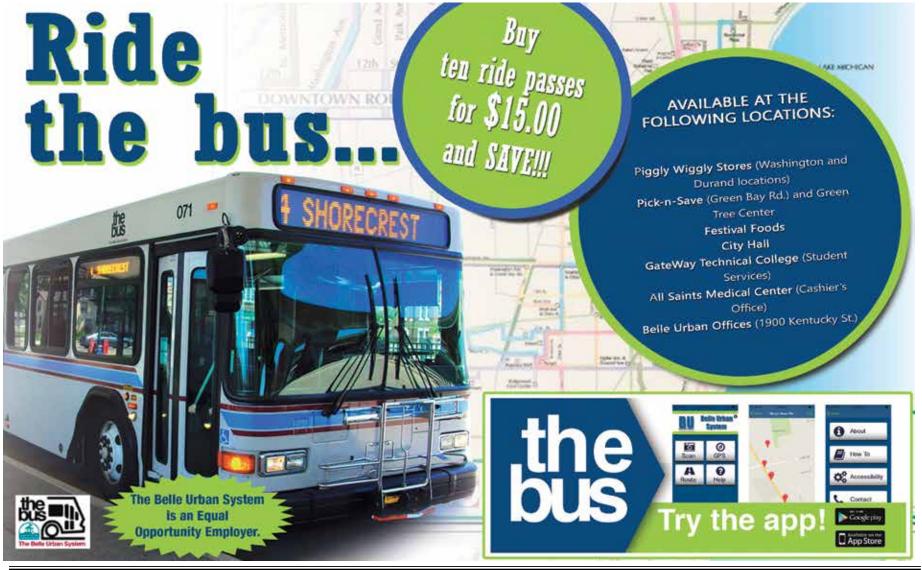








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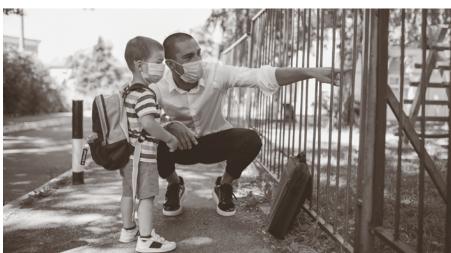
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EDUCATION

Pandemic Disrupts Critical Early Childhood Education



© Kevajefimija / iStock via Getty Images Plu

(StatePoint) While young children have been less vulnerable to COVID-19 health dangers, a new study finds that they've been tremendously impacted by the disruption to preschool activities triggered by the pandemic.

The National Institute for Early Education Research study finds that pre-K participation has tumbled during the pandemic. What's more it finds that children are spending less time outdoors and on certain key learning activities at home with parents and caregivers, and more time in front of screens.

Education experts say early learning opportunities are critical for young children's social, emotional, physical and cognitive development, as well as their mental health. New resources can help fill the preschool void and make this an enriching time for young children. To learn more, visit www. pncgrowupgreat.com.

While the pandemic has created unprecedented challenges for families with young children, building a love of learning early on can help pave the way for a great future

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Want the best health? Learn health fundamentals just

like playing sports and music requires

Think about the basics, fundamentals it takes to learn and play a sport or musical instrument and how they can't be played without them? In fact, if a sports team is not doing well, what do you hear? Have to get back to the basics.

What does building a house first require or it can't be built---a foundation.

What does good, healthy soil require or plants won't grow or grow well- Nitrogen, Phosphorus, Potassium (NPK) and healthy pH. Healthy pH or alkaline acidic balance is also necessary for our body and health.

We know and accept the basics/fundamentals that make healthy soils, playing a musical instrument or a sport possible, and that a house must have a foundation.

But how much do we equally recognize that health, wellness also have their essentials or foundation and that they must be acted upon or built up, or optimal health is not pos-

For example, if we need to lose weight, what do we think of and might go for first---a diet program rather than first checking how well our health's essentials, fundamentals are being implemented and practiced.

But then diet programs may not work, and when stopped the weight can come back on.

Why? Could it be that the basics/fundaments of health were not established and totally, fully carried out on a regular, consistent

And that is probably what's needed for "aches and pains" and illnesses doctors can't help you out with or have an answer for.

So, what are the basics, fundamentals or foundation of health THAT YOUR LIFE DEPENDS ON and what it's like. Whether it's longer or shorter; a comfortable, enjoyable one, or miserable and full of "aches and pains" and pills/drugs.

1 Exercising---30 min daily on a regular,

2 Drinking water and keeping your body hydrated---7-8 glasses to begin with.

3 Fresh fruits and vegetables natural plantbased foods that grow out of the ground---at least a bowl full of different kinds of fruit and a salad with a variety of different vegetables every other day at least.

4 Sleep---7-8 hours on a regular, consistent basis.

5 Taking a multivitamin each day and supplements for any vitamin, mineral deficiencies vou have.

6 Minimizing if not eliminating junk, processed "foods" saturated with unhealthy, addicting sugar, salt and oils.

But that's not all about those 6 fundamentals, essentials of health and life, and whether we HAVE IT OR NOT

Our body is a total, integrated, complete system where every part of it works together like a machine; is interdependent upon one another like pieces to a puzzle or instruments

So that means doing ALL 6 health basics, and not just 2 or 3. You can't be exercising and drinking the water your health and body needs, but not getting the sleep, and vitamins and supplements they require.

And basics can't be half-done. Well, geez, at least I got 6 hours of sleep and 15 minutes of exercise. No, each of the health and life essentials, fundamentals has to be done--completely, thoroughly.

How do we begin to carry out health's essentials, fundamentals and make them part of a healthy lifestyle? In at least 2 ways.

♥ Set and implement SMART goals that are tangible, realistic and doable. For example:

1 Exercise. In a week, walk as fast as you can around the block every other day.

2 Water, hydration. Drink at least two 12 oz bottles of water a day.

3 Fresh fruits and vegetables; natural, plant-based food. Eat 2 more salads a week and/or fresh fruit with breakfast 2x a week.

4 Sleep. Each night go to bed 8 hours before you have to get up in the morning.

5 Vitamins and supplements. Take a multi-vitamin and 7 Vitamin D drops daily.

6 Minimizing, eliminating junk, processed "foods". It's not by trying to stop it but by putting something else in its place. That's the trick.

Instead of store-bought spaghetti sauce,

make your own. Instead of a hamburger, eat a

veggie burger. Instead of a piece of chocolate, try a piece of fresh fruit. That pushes out the desire for junk, processed food and gives you an appetite for healthier, plant-based food.

▼ Make a baby step health change every 2 weeks on a regular, consistent basis. See www.maxfulfillment.com/biweekhealthchangemeet/

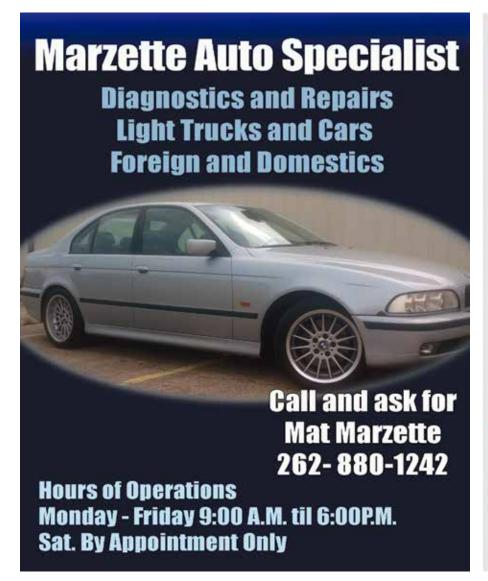
What are you waiting for, save your life--- from misery, "aches and pains" and pills/

Contact Randy for questions, further info; discussion, support, assistance, coaching; talk, workshop or webinar

Randy Bennett Ed.D., HCT (HEALTH Change, Support and Accountability TEAM/ COMMUNITY), www.maxfulfillment.com/ healthebooklet/

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Corey, your family would like to extend heartfelt congratulations for the tireless work you've done in your community.



Now take a moment and breathe, and enjoy the fruits of your labor. We love you and we're very proud of you.

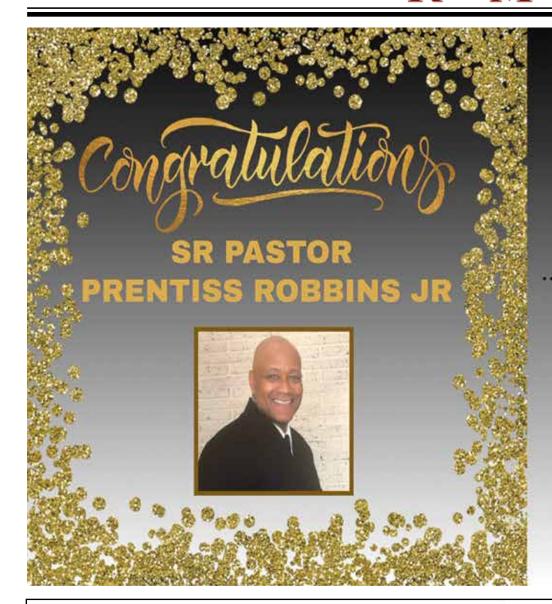


Thank you for being passionate about what you believe in. Your commitment, talents, and sacrifice has brought you to this point, and put you on notice.



Your Mom, Shay, Jaxson, Grandmother Clara, & Aunt Deborah





MY FAMILY AND I WOULD LIKE TO THANK YOU

FOR ALL YOU HAVE DONE!

THANKS FOR BEING THERE, FOR THE LAUGHS,

AND GREAT GUIDANACE!

TOSHYA, AMARI, & MADISON

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"Dear Black Girl: Letters from Your Sisters on Stepping **Into Your Power" by Tamara Winfrey Harris**

© 2021, Barrett-Koehler Publishers, Inc. \$16.95 / \$22.95 Canada 185 pages

There's some mail for you.

And it's not the e-variety, either; it was brought by a human, carried down the street and left at your home. It's in an envelope with a stamp, and the good news is that it isn't a bill. It's a letter for you, and in "Dear Black Girl" by Tamara Winfrey Harris, it could be important.

Well over a year ago, in anticipation of a workshop she was giving for a group of Black girls, Tamara Winfrey Harris asked a small group of Black women to write letters of support and positivity to give the girls. She wanted the letters to be "loving, truthful... feminist, anti-racist...and pro-Black girl." She figured she'd receive twelve letters to hand out.

She got "more than fifty from all over the world."

There's a history behind the need Harris sees for these letters. For four hundred years, she says, Black girls have been laboring under myths that belie their vulnerability; that make them more "grown" than they are, physically and emotionally; and

that steal the opportunities they have to love their bodies, their hair, and themselves. The lies ignore Black girls' hopes and wishes. and "lies can start to feel like facts."

But: "Dear Black Girl...

'Sometimes, it's hard to remember that you are a star," says one letter-writer. Another reminds girls that melanin is "an asset!" Others write acknowledge the issues of being a Black girl in a white family or foster situation.

"... love your body beyond how appealing it is to others," says one writer.

Remember that "there is no single

definition of family." Love your mother but know that "daughtering ain't easy," either. You will attract close friends when you "learn to love, honor and value yourself..."

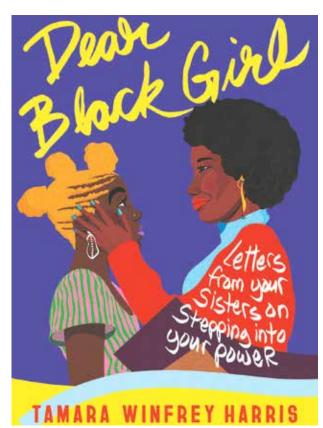
Know that there's "no shame" in working to pay the bills but life is better if a job is "a thing you really love and that suits you." There's also no shame in making your own path, in asking for help, or in surviv-

"You are hope and promise for tomorrow in Black girl skin.

Don't you wish there was a book like this around when you were a teenager? Nobody'd blame you if you did; even Grandma probably wished she'd had "Dear

Bottom line: it's time for a book like this that doesn't feel high-horsey or superior or preachy. No, author Tamara Winfrey Harris pulled together letters that are relevant and everyday, and that don't make harsh demands on its readers. Instead, there's empathy in here, a beenthere-done-that tone, and a sense that a girl is about to be taken under someone's wing for awhile. Letters are loosely categorized, they're accompanied by drop-in "Know This" pages of explanation, and there's room for a girl to write a letter to herself to sort her feelings now, or note-taking for later.

Beware that some of the letter-writers dive deep into raw subjects, making this book best for ages 13-and-up. Give "Dear Black Girl" to your favorite teen, and envelope her







Check in with your children, their friends, or your neighbors



Access resources for basic essentials at HeretoHelp@racinecounty.com



Pay attention to when a child expresses they feel unsafe, are in a dangerous environment, or experience a significant change in mood and/or behavior



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United Way of Racine County introduces Training and Technology Fund

May 21, 2021 (Racine, WI) — United Way of Racine County is proud to introduce its new Training and Technology Fund, which will officially open for applications on May 27, with a first application deadline of June 30. The fund, which was made possible through a generous gift from philanthropist and novelist MacKenzie Scott, will provide training and access to technology to local nonprofits in Racine County.

United Way of Racine County's Training and Technology Fund aims to increase the efficiency, capacity, professionalism and impact of local nonprofits and their staff and boards. The fund's grants provide training for staff and board and access to technology supporting organizational modernization. The Training Fund is designed to provide nonprofit organizations that serve Racine County with training for organization staff and board members. Such trainings should provide staff professional growth and/or board development, improve processes and efficiencies and further the organization's ability to achieve their mission and deepen impact. Eligible trainings include conference registration, skill-specific training and online or in-person classes or courses. The Technology Fund is designed to provide nonprofit organizations in Racine County with technology for use by organization staff/volunteers to increase proficiency, efficiency and deepen impact. Nonprofits can use this fund to receive computers, software, databases and associated labor or instillation costs and assistance. To help guide applicants towards the appropriate technology for their needs, United Way of Racine County has partnered with AMI Information Systems, CCB Technology and In-House Information Systems, Inc. to provide free IT consultations to assess needs.

President and CEO of United Way of Racine County Ali Haigh said that the fund is designed to eliminate potential barriers nonprofits may have as they work to create change in the community.

"We know that the cost of trainings and technological needs, which are essential for organizational growth, can often be more than a local nonprofit can take on," she said. "we hope that the Training and Technology Fund reduces this barrier so that nonprofits in Racine County can have the tools they need to do what they do best, which is serve our community."

The fund is open to all nonprofits serving Racine County, with priority given to currently funded impact partners of United Way of Racine County. Beginning in June 2021, requests will be reviewed on a monthly basis and funding will be available until the funds are exhausted. Nonprofits that would like to learn more are invited to join a virtual information session about the fund on June 4 from 9-10 a.m.

To submit an application or register for the information session, please visit: United-WayRacine.org/TTF

About United Way of Racine County

United Way of Racine County fights for the health, education, and financial stability of every person in our community by partnering with individuals and organizations to create long-lasting, positive change. United Way of Racine County funds local programs, special projects, and its own initiatives, to build an educated workforce in Racine County. To learn how you can join us, visit UnitedWayRacine.org or call (262)





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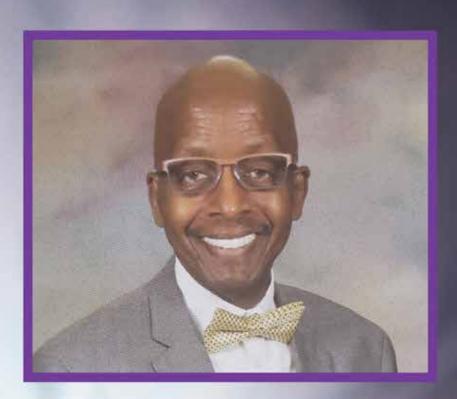


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Above: Latecia Boone and Christian Jordan. Latecia goes to Horlick and Christian goes to Case. Photos by Rob Knight, Racine County Eye.









FAMILY LIVING

Fun Spring and Summer Toys and Games for Kids!

(StatePoint) In the warm weather months, you can keep toddlers and preschoolers engaged with these great learning toys and games perfect for the season:

- · Chalk it Up: With just a colorful set of washable, toddler-safe chalk, your child can create their own artwork on any sidewalk or patio. Or, draw a hopscotch or four square court for active playtime that builds coordination.
- Travel Inspiration: Inspire kids who are ready to go places with LeapFrog's 100 Words About Places I Go bilingual learning book. Featuring age-appropriate words, this interactive book teaches about people and objects in 12 unique places in both English and Spanish. Go to the beach in any season and discover words in two languages about things to bring and surprises to find. The school, the park, the farm, the amusement park and more locations can light up your child's world and spur their imagination.
- Obstacle Course: Transform the backyard into an amazing obstacle course. Toys you have on hand such as hula hoops, Frisbees and bean bags can be used to create different components of the course
- Ice Cream Fun: By pretending to run their own ice cream cart, kids can create a variety of imaginative and tasty-looking ice cream combinations. And the Scoop & Learn Ice Cream Cart helps them build memory and sequencing skills, as it comes with six cute animal order cards that encourage little



ones to follow the instructions. The cart also features playful phrases to introduce colors, numbers and flavors, and plays upbeat songs and music when pushed.

• Pretend Picnic: Make learning a picnic with the Shapes & Sharing Picnic Basket. Kids can lift the lid to hear cheerful phrases and unpack the colorful plates, forks, cups and food. The interactive shape sorter on the lid recognizes the food pieces and says the shape and color of each one, encouraging kids to drop the correct food in the basket for rewarding responses.

Whether your family is at home or on the go, great games and toys help link learning



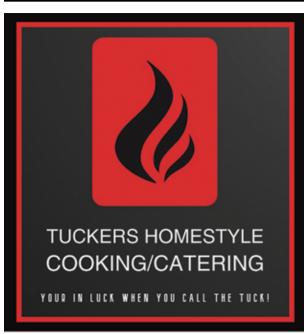




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Bacon & Eggs	\$6.99	Brisket Egg Cheese Wrap	\$6.99
Sausage & Eggs	\$6.99	Sausage Egg Cheese Biscuit	\$3.99
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Fried Chicken
Meatloaf
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APPETIZERS

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Dressing
Macaroni & Cheese
Green Bean Casserole
Fried Corn
Corn
Steamed Vegetables
Mashed Potatoes



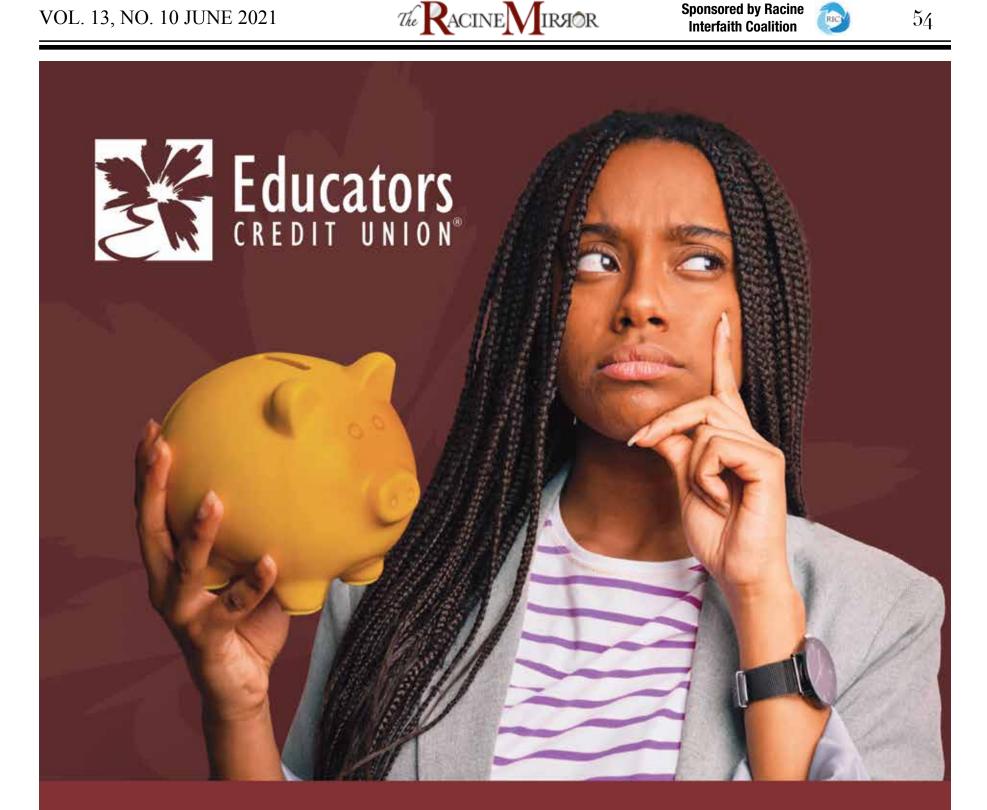
DESSERTS

Egg Pie Peach Cobbler Sweet Potato Pie Sweet Potato Cobbler Pumpkin Pie Banana Pudding

Greens - Mustard/Turnip/Collard







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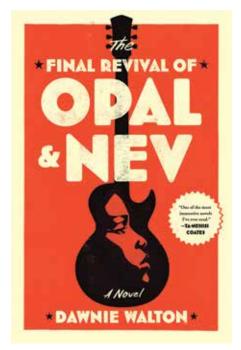


"The Final Revival of Opan & Nev" by Dawnie Walton

© 2021, 37Ink \$27.00 / \$36.00 Canada 361 pages

It's got a good beat.

The melody is fun, too; it makes your body move, and you've already caught yourself singing along when you hear it again. That song's a hit, but in the new novel, "The



Final Revival of Opal & Nev" by Dawnie Walton, there's still something off-key about it

For most of her life, Sunny Curtis had "taken great pains to conceal" what had happened in 1970. It's not that she was embarrassed that her father and Opal Jewel had an affair – he was beaten to death at the Rivington Showcase, she never even knew him – she just preferred to make her own mark. But after she became the first Black editor-in-chief at Aural magazine, Curtis realized that there was her chance to do something she couldn't do before.

She reached out to Opal and Nev.
Nev Charles had grown up in Birmingham, England, and was a tall, geeky, red-headed fourteen-year-old the year he started writing songs for the Boys from Birmingham, a small-time, local band. It didn't take long for his talents to eclipse theirs and soon enough, Nev moved to New York to find fame. Rivington Records signed him but

owner Howie Kelly wanted Nev to have a

female singing partner.

Together, they found Opal in Detroit. She was "ugly," skinny and bald, and the truth was that her sister, Peggy, was supposed to have the singing career, but Peggy went and married a Pastor in Birmingham, Alabama. It was just before that when Nev and Howie saw Opal behind Peggy at an open mic event. She was wearing a gold dress and moving, and Nev knew Opal was it.

Everybody always thought he was in love with her, but he seemed a little scared of her,

too. Opal didn't suffer fools. She stood up for herself, with words or all-out war, and she was almost fearless but she could be impulsive. That impulsivity was part of why Sunny Curtis's father died, and it almost killed Opal's career...

Reading "The Final Revival of Opal & Nev" is like driving down the road with the radio on: most of the time, everything's fine but sometimes, you have bad reception and you can't quite understand the content. Two miles (or two pages) later, everything's good again.

You might blame that on this novel's "interview" style. Author Dawnie Walton lets Sunny do the bridge narration – be sure to start reading with the "editor's note" – and other characters weigh in as the tale progresses. That's an interesting method of storytelling, but it can skip like a broken record or a corrupted file, and can be just as annoying.

And yet--

Readers who deep-dive into the music scene, who love immersing themselves in an album, or who relish a complicated novel with a decades-long arc will love this one. It's quite slow, but the culmination is heart-pounding and the ending will rip your heart out. If a novel like that sounds like a song to you, then "The Final Revival of Opal & Nev" can't be beat.







Maurice Robinson sworn in as new Racine police chief

Racine has a new police chief.

Maurice Robinson was sworn in Monday, May 10.

He comes from the police force in Cincinnati to take over for retired Racine chief, Art Howell.

Robinson takes over a department that like many around the country, has seen officers leave for various reasons.

He was asked about the challenges of

attracting new officers

"We understand it. We understand that our responsibility is to do more assertive recruiting," Chief Robinson said. "But as importantly, what we're asking people to do is come join us and be the change that you want to see."

Chief Robinson is calling on his new community to help police minimize the number of times officers need to be called.



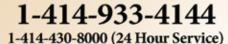
Maurice Robinson was sworn in Monday, May 10 at City Hall as Racine's police chief, replacing Art Howell who retired March 31. Photo credit: DEE HÖLZEL



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Wash your hands



Symptoms? Get tested





HEALTH

Are You at Risk for Having a Life-Changing Stroke?



Star basketball player, Latia Howard, suffered a lifechanging stroke at 21.

(StatePoint) Lead scorer of the University of Pittsburgh women's basketball team, Latia Howard was being recruited by the WNBA and at the top of her game. But that all changed after she suffered a stroke at just 21 years old.

Early one morning, Howard began experiencing weakness in her arm and leg. While she decided to skip practice that day, she didn't think too much of it. When her roommate told her trainer why Howard wasn't at practice and what she was experiencing, he called her and noticed she didn't sound right on the phone. He went straight to her apartment, and after realizing something was very wrong, he immediately called 911 and she was rushed to the emergency room.

According to the American Stroke Association, African Americans have a higher prevalence of stroke and the highest death rate from stroke than any other racial group. Among stroke survivors, African Americans are more likely to be disabled and have difficulties doing daily activities.

A star athlete before her life-changing stroke, not only was Howard unable to play basketball afterward, she had to relearn how to walk and talk and went through extensive physical therapy, falling into a depression.

The stroke forced Howard to re-imagine her goal of being a professional basketball player. She shifted her dream of playing in the WNBA to coaching young, up-andcoming basketball players.

"I am grateful I am here and can share my story," says Howard, who, now 43, is an educator and basketball coach. "I encourage my team to always give 100% because at one time in my life, I couldn't give anything."

A testament to the fact that stroke can happen to anyone, of any age, at any time, Howard encourages everyone to know their body, so they can recognize when something feels different or wrong. "When it comes to stroke, every moment counts," she says. "A person could lose everything to stroke, so it's important to call 911 the moment something seems off."

The Centers for Disease Control and Prevention (CDC) reports that almost half of African Americans have at least one risk factor for stroke, including manageable conditions like high blood pressure and diabetes, as well as genetic conditions like sickle cell disease. That is why it's important for everyone to be aware of their risk factors and learn the signs to watch.

According to experts, immediate medical attention is vital when it comes to stroke and relies on everyone learning and being able to recognize the BE FAST signs and symptoms of a stroke in themselves and others and calling 911 immediately. BE FAST stands for Balance, Eyes, Face, Arm, Speech, Time and refers to these signs of stroke:

- Balance: Sudden loss of balance
- Eyes: Loss of vision in one or both eyes
- Face: Face looks uneven or droopy
- Arm: Arm or leg is weak or hanging down
- Speech: Slurred speech, trouble speaking or seems confused
 - Time: Immediately call 911

For more information and resources, visit StrokeAwareness.com, developed by Genentech Inc, a member of the Roche Group.

"BE FAST" was developed by Intermountain Healthcare, as an adaptation of the FAST model implemented by the American Stroke Association. Reproduced with permission from Intermountain Healthcare. © 2011 Intermountain Healthcare. All rights reserved.

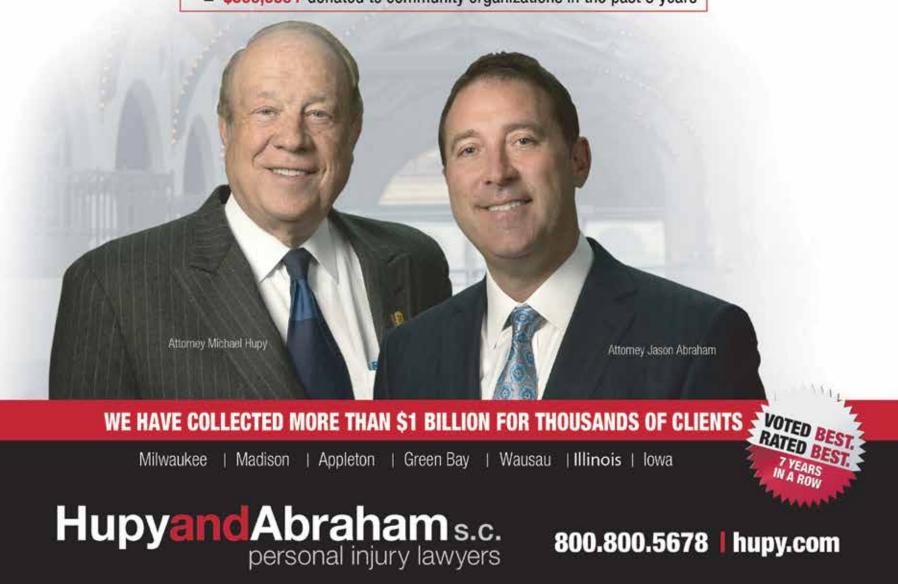
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5 Ideas for Backyard Fun

(StatePoint) Whether you're hosting a get together or just want to keep everyone in your household entertained, it's the best time of year to take the fun outdoors. Check out these five ideas for backyard fun for people of all ages:

- Create a waterpark: Avoid traffic and crowds and cool down from the comfort of home using sprinklers and splash pads. A fun way to beat the heat, you can create your very own waterpark during the dog days of summer
- Have a dance party: Portable instruments make it easy to practice and perform anywhere, including your backyard. A good choice for those starting a new musical adventure or anyone who wants to play music anywhere is a Casiotone keyboard. Stylish and sleek, it features a carrying handle for ease of transport and built-in speakers so you can pump up the jams for friends to enjoy. Whether you're performing a concerto or using the keyboard's Dance Music Mode to instantly create and remix EDM tracks in 50 different

styles, you can just pop in six AA batteries, and you're good to go

- Make a bonfire: Get the friends together to tell scary stories, cook dinner over an open fire, make s'mores and have a sing-along With many portable, smokeless fire pits on the market today, you don't need to wait until your next camping trip to have a bonfire.
- Play jumbo-sized games: From chess and checkers to tumbling towers, outsized versions of your favorite classic board games are ideally played outside.
- Relax with a lazy day: With a hammock alone, you can instantly create the perfect backyard oasis for a leisurely day of reading and napping. Today's hammocks are more versatile than their predecessors. Beyond those that tie to trees and mount to walls, self-standing models offer easy set-up and portability so you can follow the shade -- or sun -- as desired.

This season, take the fun outside. With a little creativity, music, games, meals and more can be enjoyed in your backyard.



How are you feeling today?

Check in with your co-workers, friends, family and neighbors. Ask them, "How are you feeling today?" Someone you know may be delaying important emergency care, chronic care or emotional care. Remind them to get the care they need.

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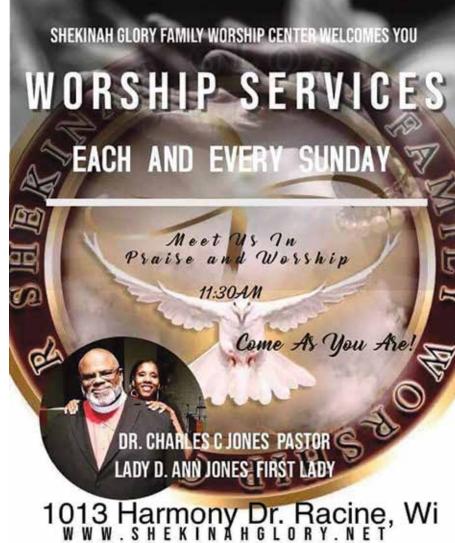
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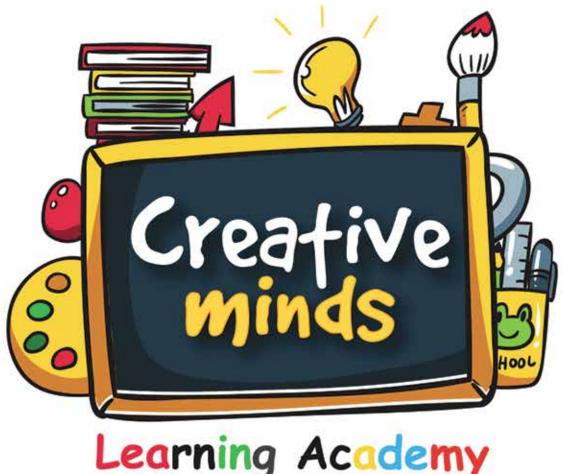
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