



## The Diaconate Leader

"God's Mind Empowering Our Hands"

Philippians 1:6, 2:5, Proverbs 16:3

SPRING QUARTER  
2021



### National Baptist Deacons' Convention of America, Inc. and its Auxiliaries

#### Mission Statement:

National Baptist Deacons Convention of America, Inc. and its Auxiliaries was established July 26, 1934, when members of the local Deacons organization National Baptist Deacons' Convention of America and its Auxiliaries from Washington DC, Richmond VA, Hilltop MD, met to initiate a closer relationship among Deacons and Pastors.

National Baptist Deacons Convention of America, Inc. and its Auxiliaries is to provide help and hope to a body of Christian Laymen, Women, Youth and Young Adults with a mission of Fellowship, Education and Charity.

We affirm that the individuals we serve share with each other common human needs, desires and wants. **We celebrate our individual and cultural diversities in this manner.**

**Quality;** we commit ourselves to the pursuit of excellence in everything we do, with the aid of the Holy Spirit.

**Integrity;** we believe that our personal and professional integrity is the basis of Public Trust, through Faith, Love, Joy, Peace, Gentleness, Longsuffering, Goodness, Meekness, and Temperance.

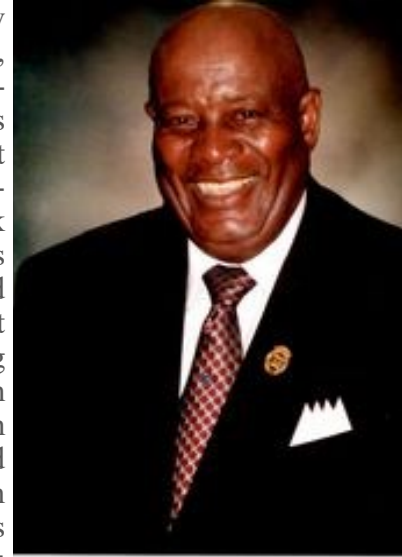
**Dedication;** we take pride in our commitment to Public Service Christian Organizations and to the People we are privileged to serve.

**Innovation;** we are committed to developing an environment that inspires innovation, fosters dynamic leadership and rewards creativity among our members, volunteers and the people we serve.

National Baptist Deacons Convention of America, Inc. and its Auxiliaries offers a vast array of positive and impactful programs that revolve around the purpose of Worship, Education, Fellowship, Missionary Work and Christian Leadership Training. To God be the Glory!

### From The Desk Of The President:

As we embark upon a new and exciting season Spring, our feet hit the ground running. Our hearts and minds focused on the work at hand. We begin by acknowledging our Black Historians, and forefathers whose shoulders we stand on. We then march right into the Mid-year Planning Session in March, which will be virtual, followed in April by our most high and sacred holiday of Easter. In May we celebrate Mother's Day. My greetings to you



all for each of those occasions. May the Lord bless you all in a special way as you celebrate Him during these wonderful spirit filled celebrations.

*Yours in the Mighty, Matchless Name of Christ,  
Deacon Earl J. Wilson, Sr.  
President, Parent Body*

#### Executive Meeting Schedule

- March 13, 2021 @10:00 a.m. - Leadership Meeting
- April 10, 2021 @ 10:00 a.m. - Parent Body Meeting
- May 08, 2021 @10:00 a.m. - Leadership Meeting
- June 12, 2021 @ 10:00 a.m. - Parent Body Meeting

### MARCH - APRIL - MAY





# Our Women's Auxiliary President



Grace and peace to you from God our Father and the Lord Jesus Christ. I greet with Jesus's Joy!

Welcome to our 2<sup>nd</sup> Edition of the National Baptist Deacon's Convention and Its Auxiliaries newsletter the Diaokonate Leader's Spring Edition. Through this newsletter I hope that you find a word, article, or song that will cause you to share this with someone.

As we have come to close of the celebration of Black History month and remembering those who had paved the way for us and those whom are making new trails today. We honor God for bring us thus far. For we have come this far by faith and we will continue to strive on as a people and be an example of Christ's love. The Word tells us that in Revelation 7:9 "There before me was a great multitude that no one could count, from every nation, tribe, people and language, standing before the throne and before the Lamb." At the end of this age, all believers from all corners

of the globe will stand before Jesus. They will represent every nationality and every color of skin. This is the true hope of reconciliation.

As we enter into the month of March, we are preparing for our Mid-session on March 26th and our Youth Arnthea Thomas Day on the 27th, please join us via Zoom and Facebook live for an enlighten, spiritual and informative session. Additional information can be found on our website.

This quarter is a busy one as we anticipate the changing of the seasons from winter to spring. The shedding of the heavy clothing, looking forward to flowers springing up, the grass turning green, and the hearing of the birds chirping. The Song of Solomon 2:11-13 tell us "Look, the winter is past, and the rains are over and gone. <sup>12</sup> The flowers are springing up, the season of singing birds<sup>[a]</sup> has come, and the cooing of turtledoves fills the air. <sup>13</sup> The fig trees are forming young fruit, and the fragrant grapevines are blossoming..." Spring is upon us!

In the midst of the spring seasons we celebrate one of the holiest days on the Christian calendar, Resurrection Sunday. For we Celebration the life, death and Resurrection of our Lord and Savior for we know He has Risen! 1 Peter 1:3: "Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead." Isn't that Good News!

During this time we will close out this quarter with the celebration of Mother's all over this country. The celebration of mother is not just for those who have given birth to children but it includes those Aunties, cousins, godmothers, neighbors, friends, mentors, any woman who have touched the life of a child. As the old African proverb says and it still holds true "It takes a village to raise a child." Proverbs 11:16 tell us "A gracious woman get honor...". So, I wish all that falls in the category above a Happy Mother's day.

Lastly, as we fast forward toward our next quarter, I hope to see you in my beautiful State, at our 87<sup>th</sup> Annual Convention in Columbia, South Carolina on July 12<sup>th</sup> through the July 16<sup>th</sup> at the Doubletree Hotel.

May Grace and Blessings be in your path,

Deaconess Alfreda Levaine

President

Women's Auxiliary







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## Field Workers Ministry Development Training!!!

Sponsored by

The National Baptist Deacons Convention of America, Inc. & Its Auxiliaries

**Part One**

**April 8, 2021**

**Part Two**

**April 22, 2021**

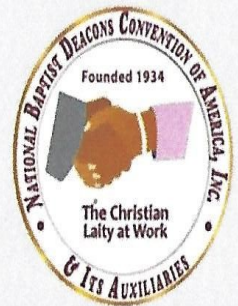
**Part Three**

**May 6, 2021**

Each training session  
will begin promptly at  
**7:00 PM until 8:30 PM**

### Who Should Attend?

Deacons      Deaconesses  
&  
Wives of Deacons



### Presenter:

Deacon Theodore Jackson  
President, Field Workers Ministry

Attendance is Free & will be accessible through Zoom

To receive Zoom link, contact:

Deacon Theodore Jackson - Director of Field Workers Ministry  
Phone: 803.549.1906 - Email: [jtheadjac@gmail.com](mailto:jtheadjac@gmail.com)

Theme

"Set Your House In Order"

Proverbs 24:3-4 & Matthew 6:33





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**NATIONAL BAPTIST DEACONS CONVENTION**

# VIRTUAL PRAYER SERVICE

**Every month on the Second Monday,**

**Join Zoom Meeting**

[https://us02web.zoom.us/j/85793013277?  
pwd=T2pNbGxXZXJJRkZKckM0R0ZFa2JLdz09](https://us02web.zoom.us/j/85793013277?pwd=T2pNbGxXZXJJRkZKckM0R0ZFa2JLdz09)

**Dial by your location**

- +1 301 715 8592 US (Germantown)
- +1 929 436 2866 US (New York)
- +1 312 626 6799 US (Chicago)
- +1 669 900 6833 US (San Jose)
- +1 253 215 8782 US (Tacoma)
- +1 346 248 7799 US (Houston)

**Meeting ID: 857 9301 3277**

**Passcode: 490279**

**LIVE STREAM on Facebook •**

<https://www.facebook.com/nbdcoa/>

[WWW.NATIONALBAPTISTDEACONSCONVENTION.ORG](http://WWW.NATIONALBAPTISTDEACONSCONVENTION.ORG)

**ALL ARE WELCOME**

**PARENT BODY PRESIDENT**  
Deacon Earl Wilson

**WOMEN'S AUX PRESIDENT**  
Deaconess Alfreda LeVaine

**YOUNG ADULT PRESIDENT**  
Sister Joleeta Williams

**YOUTH PRESIDENT**  
Sister Tress Jacobs



**SPONSORED BY**  
Robert Wiggs Early Morning  
Prayer Service  
Deacon George Bradley  
President



# KIZZMEKIA CORBETT

## KEY SCIENTIST BEHIND COVID-19 VACCINE

Kizzmekia Corbett, the vaccine Research Center's U.S. National Institutes of Health, is widely recognized in the immunology community as a rising star. For the past six years, she has focused on coronavirus biology and vaccine development. During the pandemic, those years of research led to the discovery that a stabilized version of a spike protein found on the surface of all coronaviruses can be a key target for vaccines, treatments and diagnostics. She and her colleagues have been central to the development of the [Moderna mRNA vaccine](#) and the Eli Lilly therapeutic monoclonal antibody that were first to enter clinical trials in the U.S. and now have authorization for emergency use. As a result, her work will have a substantial impact on ending the worst respiratory-disease pandemic in more than 100 years.



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# DR. GLADYS MAE WEST

## GPS - THE HIDDEN FIGURE BEHIND THE TECHNOLOGY

Dr. Gladys West is an African American mathematician whose calculations and computer programming helped construct a geoid model of the earth's shape. West's model of the earth's shape helped the ubiquitous use of the GPS today. In 1978, West was project manager for SEASAT, the first earth-remote sensing satellite designed for the ocean. Her group used it to measure ocean depths. This project led to the GEOSAT satellite, which was used to create highly accurate computer simulations of the earth's surface. In 1986, she published a guide outlining the use of GEOSAT data for calculating geoid heights. West's work made the accuracy of today's GPS possible. Dr. Gladys West is known as the "Mother of the GPS system."



can American mathematician computer programming (a mathematical model of the earth's shape) helping directly contributed to the global positioning system. West was project manager for SEASAT, the first earth-remote sensing satellite designed for the ocean; her group used it to measure ocean depths. This project led to the GEOSAT satellite, which was used to create highly accurate computer simulations of the earth's surface. In 1986, she published a guide outlining the use of GEOSAT data for calculating geoid heights. West's work made the accuracy of today's GPS possible. Dr. Gladys West is known as the "Mother of the GPS system."

# THE ORANGEBURG MASSACRE

ON FEBRUARY 8, 1968 - BLACK LIVES DIDN'T MATTER !

The Orangeburg Massacre of **February 8, 1968**, at South Carolina State deadly. South Carolina firing into the crowd of trol officers fired car-the protesters, firing for -seven people were in- whom were shot in the back as they were running away, and three African-American men were killed. The three men killed were Samuel Hammond Jr., Henry Smith (both Middleton, a stu- High School. Mid-sitting on the steps awaiting the end of



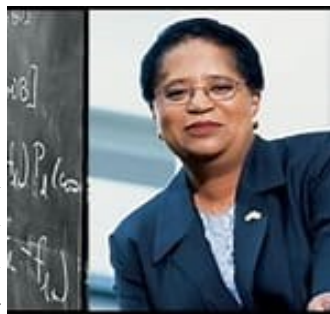
W. Samuel Nails  
Eyewitness, Survivor



occurred on the unmerciful night when a civil rights protest University (SC State) turned Highway Patrol officers began around 200 protesters. Eight pa- bines, shotguns, and revolvers at around 10 to 15 seconds. Twenty injured in the shooting, most of SCSU students), and Delano dleton was shot while simply of the freshman dormitory his mother's work shift.

## Theoretical Physicist & Inventor, Touch-Tone Phone

She is the first African-American woman to have earned a doctorate at the Massachusetts Institute of Technology (MIT).<sup>[1]</sup> She is also the second African-American woman in the United States to earn a doctorate in physics. The Call Waiting and Caller ID feature, the portatone telephones all came to fru- search of an African-American She invented the above while where she conducted research state and quantum physics, and Ann Jackson is a superwoman American woman to earn a Institute of Technology (MIT), Dr. Shirley Anne Jackson she's also the president of Rensselaer Polytechnic Institute, the old- est technological research university in the United States. Born to Beatrice and George Jackson on August 5, 1946, in Washington, D.C., Jackson's drive for success as a child came from her parents who encouraged and valued education. She would attend an accelerated program in math as well as science at Roosevelt High School and graduated the valedictorian of her class in 1964.





## US Lawyer, Undersecretary to President...

Jesse Ernest Wilkins Sr. was a U.S. lawyer, labor leader, undersecretary in the Eisenhower administration and the first African-American cabinet position in the government and the first to attend cabinet-level meetings. In 1953, Wilkins became the first African American member of the [Judicial Council of the Methodist Church](#), when he was elected its secretary. The body is Methodism's nominal and administrative head. From 1954 to 1957, Wilkins served as U.S. representative on the governing body of the [International Labour Organization](#).<sup>[3]</sup> In 1959, Wilkins also became the first African-American president of the Judicial Council of the Methodist Church.<sup>[3]</sup>



**Jesse Ernest Wilkins, Sr.**

to be appointed to a sub-United States Government White House cabinet position in 1953, Wilkins became the first African American to serve on the nine-member Judicial Council of the [Methodist Church](#), when he was elected its secretary. The body is Methodism's nominal and administrative head. From 1954 to 1957, Wilkins served

## African-American Mathematician and Nuclear Scientist

Responding to the influence of his parents, and developing his talents, he entered the University of Chicago and in so doing he became the youngest ever student at that university. His university career was remarkable and he received much publicity in mathematics from the University of Chicago in 1940 at the age of only 17 years. He developed mathematical models by which the amount of gamma radiation absorbed by a given material can be calculated. This technique of calculating radiative absorption is widely used among researchers in space and nuclear science projects.



**Jesse Ernest Wilkins, Jr.**

He was elected to: the American Association for the Advancement of Science (1956); a Fellowship of the American Nuclear Society (1964); the National Academy of Engineering (1976); and Honorary membership of the National Association of Mathematicians (1994). He served as President of the American Nuclear Society in 1974-75 and on the Council of the [American Mathematical Society](#) from 1975 to 77. He was awarded the Outstanding Civilian Service Medal by the U.S. Army in 1980.

nurture and guidance of his parents, he achieved much. Ernest came to the University of Chicago in 1936 when only 13 years old. His university career was remarkable and when he graduated with his A.B. in 1940 at the University of Chicago in 1940 at the age of only 17 years. He developed mathematical models by which the amount of gamma radiation absorbed by a given material can be calculated. This technique of calculating radiative absorption is widely used among researchers in space and nuclear science projects. Wilkins has received a large number of honours for his work.

## **INVENTOR OF (VOIP) TECHNOLOGY BEHIND SKYPE, VIDEO CONFERENCING, AND TEXT-TO-GIVE MESSAGING**

The African American woman that made it possible for us to enjoy internet/wifi and video conferencing is Dr. Marian Croak. Over the years, she has worked on Internet Protocol (VoIP) technology that makes it possible for voice communications and other types of media to be transmitted over the internet (internet protocol or IP). In 1982, AT & T/Bell Laboratories, Croak anticipated the advent of using the internet to transmit and other types of communication media and began to strategize on how to expand capabilities in this area.

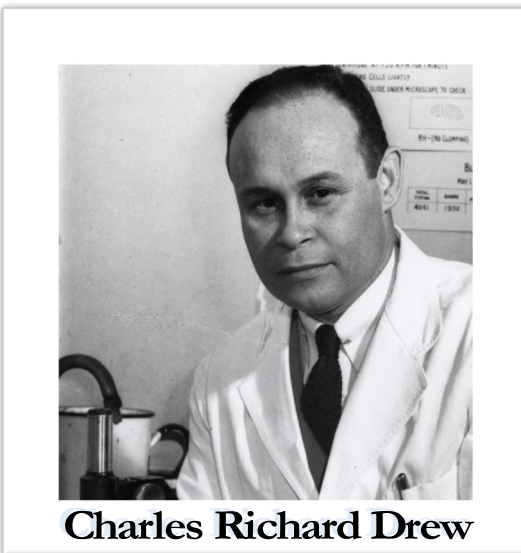


**Marian R. Croak, Ph.D**

can woman that made it joy video conferencing, generated phone calls is Croak created Voice over Internet Protocol (VoIP). VoIP technology makes it possible for voice communication media to be transmitted over the internet (internet protocol or IP). At that time she began her career at AT & T/Bell Laboratories. At that time the advent of using the voice communication media and began to expand capabilities in

## **Surgeon: Developed Blood Bank Technology**

Charles Richard Drew (April 1, 1904 – April 1, 1950) was an African American surgeon and medical researcher. He searched in the field of blood transfusions, developing improved techniques for blood storage, and applied his expert knowledge to develop large-scale blood banks early in World War II. This allowed medics to save thousands of lives of the Allied forces. As the most prominent African American in the field, Drew protested against the practice of racial segregation in the donation of blood, as it lacked scientific foundation, and resigned his position with the American Red Cross, which maintained the policy until 1950.



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## George [Speck] Crum, Inventor: POTATO CHIPS

**George Crum** (born George Speck, 1824–1914) was a renowned African American chef who worked at Moon's Lake House in Saratoga Springs, New York during the mid-1800s. According to culinary legend, Crum invented the potato chip during his work at the restaurant. As the story goes, George was known for making French fries but failed to impress a particular customer who sent the fries back, saying they were cut too thickly. Agitated, George then cut the potatoes in extremely thin circular slices and fried them. When the customer tasted the fries, he loved them. This is widely known to be the story behind the creation of potato chips. However, its authenticity remains debated. In 1860, George opened his own restaurant, 'Crums House,' in Saratoga Lake. Many VIPs frequented the restaurant. Quite naturally, it was known for its delicious potato chips. George shut down his restaurant in 1890. He died in 1914, at the age of 90.



George [Speck] Crum

## INVENTOR : SUPERSOAKER

**Lonnie George Johnson** is an African American inventor, aerospace engineer, and entrepreneur whose work includes a U.S. Air Force-term of service and a twelve-year stint at NASA, where he worked at the Jet Propulsion Laboratory. He invented the Super Soaker water gun in 1990, which has been among the world's bestselling toys ever since. He also invented the Nerf Gun when he patented "a pneumatic launcher for a toy projectile" which revolutionized toy blasters. In 1991, Johnson founded his own company, Johnson Research and Development Co., Inc., of which he is also the president. More recently, he teamed up with scientists from both Tulane University and Tuskegee University to develop a method of transforming heat into electricity to make green energy more affordable. As of 2017, Johnson has two technology-development companies, Excellatron Solid State, LLC and Johnson Electro-Mechanical Systems (JEMS), operating in the Sweet Auburn neighborhood of Atlanta, Georgia. JEMS has developed the Johnson Thermo-Electrochemical Converter System (JTEC) which *Popular Mechanics* listed as one of the top 10 inventions of 2009. Johnson is a "part of a small group of African-American inventors whose work accounts for 6 percent of all U.S. patent applications.



Lonnie George Johnson



## BIDEN IN - TRUMP OUT !

### Biden's executive actions reverse most 'egregious' Trump policies

White House Communications Director Kate Bedingfield defended President Joe Biden's use of executive actions on ABC's "The View" on Friday. "What he's done is looked at some of the most egregious, damaging actions from the Trump administration, done by executive order, and used his authority as president to roll those back and to undo that damage and to start to get us on a better path," Bedingfield said. Over the first week and a half of his term, Biden has signed [more than three-dozen executive actions](#) addressing the COVID-19 pandemic, racial equity, health care and more.

## Congress passes Biden's Covid-19 stimulus bill

The House [voted to approve](#) President Biden's \$1.9 trillion Covid-19 relief plan. The bill will now go to the White House for Biden's signature. The [package includes](#) up to \$1,400 stimulus checks [for some Americans](#), extends pandemic [unemployment benefits](#) and will send billions of dollars in aid to states and municipalities

President Biden is delivering remarks after his \$1.9 trillion Covid relief plan [was passed by the House of Representatives](#). The President is hosting vaccine makers now at the White House. Biden is set to sign the bill into law on Friday afternoon. "A vaccinated American is the only way to beat the pandemic, get the economy back on track, and for us to get back our lives and our loved ones. That's why the American Rescue Plan was so critical," Biden said. Biden thanked House Speaker Nancy Pelosi and other lawmakers for passing the bill. Read more about what is in the relief bill [here](#) and [use our calculator](#) to see if you qualify for a stimulus check. President Biden is delivering remarks after his \$1.9 trillion Covid relief plan [was](#)

[passed by the House of Representatives](#). The President is hosting vaccine makers now at the White House. Biden is set to sign the bill into law on Friday afternoon. "A vaccinated American is the only way to beat the pandemic, get the economy back on track, and for us to get back our lives and our loved ones. That's why the American Rescue Plan was so critical," Biden said. Biden thanked House Speaker Nancy Pelosi and other lawmakers for passing the bill. "President Biden's vision and his determination were so apparent to the American people and the reason why this legislation enjoys this support of 75% of the American people in a strong bipartisan way across the country," Pelosi said. "We thank him for his leadership and also for his contribution to the substance of the legislation as well as his signature when that comes." President Biden plans to sign the bill into law on Friday afternoon at the White House. Schumer also thanked Democrats in both chambers for working together to pass the legislation. "What do we say to America? Help is on the way. Help is on the way. You'll receive \$1,400 checks by the end of March," he said. The Senate leader called the bill "one of the most consequential pieces of legislation we have passed in decades." "So this is a wonderful day for America," Schumer said. "This is one of the most consequential pieces of legislation we have passed in decades, and you know what we can show America, that we can get things done to make their lives better, and we will continue to do that through the rest of this session. Help is on the way."

This bill represents a historic, historic victory for the American people. I look forward to signing it later this week," he said. "Everything in the American Rescue Plan addresses a real need – including investments to fund our entire vaccination effort. More vaccines, more vaccinators and more vaccination sites." "Who knows what the future may bring, but nonetheless on this day we celebrate because we are honoring a promise made by our President and as we join with him in promising that help is on the way," Pelosi said.





# **FACTS! COVID-19 VACCINE**

## **"Understanding the New COVID-19 mRNA Vaccines from Moderna and Pfizer**

- 1. What is a mRNA vaccine?**
- 2. How do we know the vaccine works?**
- 3. Will a mRNA vaccine alter my DNA?**
- 4. Has it been tested in African Americans?**
- 5. Are there bad side effects?**
- 6. Can these vaccines make me sick with COVID-19?**
- 7. If I previously had COVID-19, do I still need a vaccine?**
- 8. Should I and my family get vaccinated?**
- 9. After I get the vaccine, what next?**

**THIS IS YOUR CHANCE TO GET ANSWERS TO ALL THE QUESTIONS  
ABOUT THE VACCINE YOU ALWAYS WANTED TO KNOW**

Copy and paste into your browser to get your answers

**<https://brainhealth.rutgers.edu/Vaccine.mp4>**



## NEXT FIELDWORKERS CLASS - JOIN US !

**Upcoming training dates:**  
**April 8, April 22, and May 6**  
**FOR MORE INFORMATION:**

Theodore Jackson

804-549-1906

[jtheodjac@gmail.com](mailto:jtheodjac@gmail.com)

## WE MUST TEACH OUR YOUTH ABOUT CREDIT

**WHAT OUR CHILDREN SHOULD  
BE TAUGHT BEFORE  
THEY TURN 18**

\*Taxes

\*How to purchase  
property

\*Foundations of  
starting/managing  
a business

\*How to eat healthy  
and exercise

\*Debt Management

\*Stress Management

@startablackbusiness







## **WE MUST TEACH OUR YOUTH ABOUT BUSINESS**

# **SOAR- Educate Annual Training Program**

Business is a God-given in society, with the potential to bring multiple benefits to people, communities and nations. Christian business leaders can intentionally leverage the intrinsic power of business to address the spiritual, social, and economic needs of the community.



vocation and institution potential to bring multiple communities and nations. ers can intentionally leverage of business to address economic needs of the

Congressman Don Beyer (D-VA), Vice Chair of the Joint Economic Committee, released a new report titled “The Economic State of Black America in 2020” that examined the recent economic progress and remaining challenges facing the Black community in America. The following key points were identified in this report;

Despite significant economic progress over the past decades, Black Americans experience far worse economic conditions than Whites or the population as a whole.

The wealth gap between Black and White households increase with education.

The median wealth of Black families (\$17,000) is less than one-tenth that of White families (\$171,000).

The typical Black household earns a fraction of White households – just 59 cents for every dollar. The gap between Black and White annual household incomes is about \$ 29,000 per year.

Historically, the unemployment rate for Black Americans has been approximately twice the rate for Whites. That is the case today- 6.0% for Black workers and 3.1% for Whites.

The SOAR Small Business Institute, and the Crucible are opportunities help close the wealth gap and for our youth and young adults to learn about small business basics,



sharpen their entrepreneurial skills and gain access to funding opportunities to underwrite their entrepreneurial endeavors.

## Initial Courses - (hosted virtually and or in person)

1. Doing Business in New Jersey
  - a. Small Business legal Structures
  - b. Introduction to available resources
2. The Making of a Kid Boss
  - a. What is a Consumer and Producer
  - b. What is an Asset, the 21st Century definition?
3. Executive Leadership Communication and Core Competencies in Healthcare
  - a. Communication Impact - What you say conveys your competence and in competence.
  - b. Developing your own Core Leadership Competencies

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## Age Group 8-18

Fundamentals Training – Utilize Rich Kid, Smart Kid Book by Robert Kiyosaki

Purpose of saving

Assets

Simulation Training –

Partner with a bank

Cashflow Game

Goals and Action Plan

Target savings goal

Action plan to achieve





Annual award

Small business basics

## Age Group 18-35

Small Business Fundamentals Training (Text book: Fundamentals of Business)

Operations Management

Sales and Marketing

Accounting and Financial Forecasting

Starting a Small Business

Planning

Legal Business Structure/Licenses and Regulations

Funding your business – Loans, Grands and Funding

Funding your Small business

Capstone Project





## Black Clergy Led by Rev. Al Sharpton and Rev. Calvin Butts Launch Nationwide Testing Campaign to Fight COVID -19 in the Black Community

First testing event to kick off the Choose Healthy Life Action Plan, which will serve five major U.S. cities, took place yesterday at the historic Abyssinian Baptist Church in Harlem, N.Y. United Way of New York City leads implementation efforts for the Action Plan which includes over 50 participating churches across the cities of New York, Detroit, Atlanta, Newark and Washington D.C. On Martin Luther King, Jr. Day, Choose Healthy Life hosted a [Conclave](#) of 100+ Black clergy, America's leading public health officials, including Dr. Anthony Fauci and Dr. Nunez-Smith, and nonprofit and corporate leaders, like United Way of New York City and Quest Diagnostics, for panels and Q&As on COVID-19 in the Black community. The Conclave also briefed leaders on the Choose Healthy Life Action Plan's sustainable, scalable and transferable approach to address health disparities in the Black community. "United Way of New York City is proud to be working together with Choose Healthy Life, leveraging our expertise in convening and mobilizing the best of the nonprofit, corporate and public health sectors to provide needed COVID-19 testing to communities of color in five major cities across the United States," said Sheena Wright, President and CEO of United Way of New York City.

"Testing will continue to play an essential role in diagnosing COVID-19 and helping to prevent its continued spread," said Steve Rusckowski, Chief Executive Officer and President of Quest Diagnostics, founding sponsor of Choose Healthy Life. "Our work with our partners Choose Healthy Life and the United Way of New York City to help save lives and help stop the disproportionate devastation COVID-19 is wreaking on the Black community is both urgent and necessary. Quest is focused on taking action to address health inequities across our country." Look for the kick-off dates in your state. Remember, once you are vaccinated you must still get tested and regularly!

### -FREE COVID-19 TESTING COMING TO YOUR AREA SOON WHY SHOULD I GET TESTED?

The Black community has been hard hit by the COVID crisis. African-Americans are 3.5 times more likely to die of COVID than white people, and 7 times more likely to be hospitalized. Testing people who have been exposed to the virus, even if they do not feel sick, is **critical to stopping the spread**. The CDC estimates that **40% of COVID-19 cases may be asymptomatic**, and may unknowingly spread the virus. We do not know when vaccines will be available to all people - **it's up to us to stop the spread**. **Testing is fast and safe!** Tests are self-administered and take about 10 minutes. You will get the results in 2 days.

NOTE: Test results will be shared via your MyQuest Account, created during your registration. On-site registration available. Spots are limited. No one with a temperature of 100.4 or above is permitted to enter

Choose life, so that both thou and thy seed may live.' - Deuteronomy 30:19

PRESENTED BY

CHOOSE HEALTHY LIFE







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SPRING QUARTER  
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## SPORTS NEWS :Two NBA Hopefuls in One Family

Jordan Ritchwood



Jordan is 6'5, a high school senior, and an honor student. He has been offered academic and athletic scholarships from many colleges. Let it be noted, both brothers regularly attend First Baptist of South Orange, sing in the Youth choir and often participate as worship leaders. Jordan, attends the American Christian High School and is Captain of his basketball team. Caleb is a freshman at Union Catholic and plays on the varsity team there. Caleb also excels as an honor student there. Family is very important to the Ritchwood clan. In all their tournaments and other school functions, dad, mom, and their grand-

Caleb Ritchwood



parents are right there supporting them. Their parents, Deacon Trevor Ritchwood, an IP Specialist for a major company which requires him to travel frequently, setting up and maintaining computer systems so the corresponding sections of the National Baptist Deacons Association of New Jersey. His wife, Artrice, a Nurse Practitioner at Saint Joseph Medical Center in Paterson, New Jersey, and the Youth Choir Director at First Baptist of South Orange are faithful members and supporting these phenomenal athletes in the not too distant future what's ahead for Caleb. It's a great and marvelous exemplary family.



Trevor and Artrice, who operate their own IT labs operating systems, is also a member of the Baptist Deacons of New Jersey Inc., and its Auxiliary. Artrice is a Nurse Practitioner at Saint Joseph Medical Center in Paterson, New Jersey, and at their home church, First Baptist of South Orange where the entire family are leaders. Blessings in support of these young men will certainly pay off in the future as we wait patiently to see what God has in store for them. To God Be The Glory for the things He has done in this



# BLACK INVENTORS



Mark Dean, Computer Scientist

Computer scientist and engineer Mark Dean helped develop a number of landmark technologies for IBM, including the color PC monitor and the first gigahertz chip. He holds three of the company's original nine patents. He also invented the Industry Standard Architecture system bus with engineer Dennis Moeller, allowing for computer plug-ins such as disk drives and printers. Dean was born on March 2, 1957, in Jefferson City, Tennessee. Dean is credited with helping to launch the personal computer age with work that made the machines more accessible and powerful. From an early age, Dean showed a love for building things. As a young boy, Dean constructed a tractor from scratch with the help of his father, a supervisor at the Tennessee Valley Authority.

Dean also excelled in many different areas, standing out as a gifted athlete and an extremely smart student who graduated with straight A's from Jefferson City High School. In 1979, he graduated at the top of his class at the University of Tennessee, where he studied engineering. For the majority of his career, Dean was [associated with IBM](#), where he pushed computer science and technology into a new era. Early in his career, Dean proved to be a real asset to the company, rising quickly and gaining the respect of more seasoned peers. His talent led him to work with another engineer, Dennis Moeller, to create a new piece of technology. The Industry Standard Architecture (ISA) systems bus was a new system that allowed [peripheral devices](#) such as disk drives, monitors, printers, modems, and more to be plugged directly into computers, for better-integrated and easier-to-use computing.

Even while at IBM, Dean did not stop his education. Almost immediately, he returned to school at Florida Atlantic University to get his master's degree in electrical engineering; the degree was conferred in 1982. In 1992, he also received a PhD in electrical engineering, this time from [Stanford University](#). His ongoing education contributed to his ability to innovate in a time when computer science was developing and expanding rapidly. Over time, Dean's work began to focus on improving the personal computer. He helped develop a color monitor for the PC, as well as other improvements. The IBM personal computer, released in 1981, began with nine patents for its technology, three of which [belong specifically to Mark](#). In 1996, Dean's work was rewarded at IBM when he was made an IBM Fellow (the highest honor for excellence at the company). This achievement was more than just personal for Dean: he was [the first African-American](#) to be awarded with this honor. Only a year later, in 1997, Dean received two more major recognitions: the Black Engineer of the Year President's Award and an induction into the National Inventors Hall of Fame.

## Landmark Accomplishment

Dean led a team that developed a huge [breakthrough at IBM](#) and for the computer world as a whole. With a team based out of IBM's Austin, Texas, laboratory, Dean and his engineers created the first one gigahertz [computer processor chip](#) in 1999. The revolutionary chip, tasked with carrying out the calculations and basic processes of a computer, was capable of doing one billion calculations per second. With this new technology, the computer world took a giant leap forward.

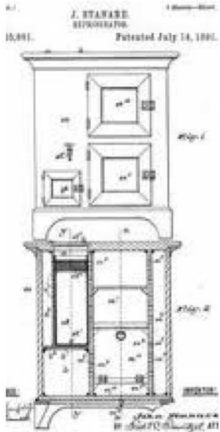
Over the course of his career, Dean had more than 20 patents registered for his innovation computer engineering work. He later climbed up the ranks at IBM as a Vice President overseeing the company's San Jose, California, Almaden Research Center, as well as the chief technology officer for IBM Middle East and Africa. In 2001, he became a member of the National Academy of Engineers.





# BLACK INVENTORS

## John Stanard (continued) Better Refrigerator



John Stanard (born June 15, 1868) was a Black inventor from Newark, New Jersey, who patented improvements to the refrigerator and the oil stove. Overcoming racial segregation in the United States at the time, Stanard revolutionized the modern kitchen and was granted intellectual property rights to two [patents](#) throughout his lifetime. In many references, his name is spelled "Standard," but there is no question that the correct spelling of his name is "Stanard," as that is how he spelled it in his patent documents.<sup>1 2</sup> Little is known about Stanard's life, but his two patent applications—which were both granted—survive, including detailed drawings of his patented inventions.

In his patent for the refrigerator, Stanard declared, "this invention relates to improvements in refrigerators, and it consists of certain novel arrangements and combinations of parts."<sup>1</sup> Stanard was saying that he had found a way to improve the design of refrigerators—a non-electrical and unpowered design, Stanard's refrigerator made in 1891 used a manually-filled ice chamber for chilling and was granted a patent on June 14, 1891. Stanard did not invent the refrigerator itself, vapor-compression, or the liquifying of gases (which was an important step toward the development of modern refrigerators), as others had taken those important steps decades before Stanard received his patent.<sup>4</sup> What Stanard created was a manually filled ice chamber that was separate from the main refrigerator unit. The ice-filled chamber was located in the left bottom corner area of the unit, while the main refrigerator section was to the right. He introduced air ducts or holes to help cold air circulate from the ice chamber to the main refrigerator.

The cold air, and cold "drip," was passed from the ice chamber to the refrigerator through "cold-air ducts and perforations...(ensuring that) a constant circulation of air is maintained through the several chambers, and the water for drinking purposes in the receptacle d is always kept cool," Stanard wrote in his patent application. Years later, others commented on the originality and usefulness of Stanard's invention. "One of the clever features of Mr. Stanard's refrigerator was the provision of cold, clean water from a tap on the front of the device," notes 3D Warehouse, a website owned by Trimble Inc., a Sunnyvale, California-based hardware, software, and services technology company.

### A New Oil Stove: Perfect for Buffets

A couple of years earlier, Stanard had also worked on innovations to improve the home kitchen, and his 1889 oil stove was a space-saving design that he suggested could be used for buffet-style meals on trains. He received U.S. Patent No. 413,689 for this improvement on the Stanard stovetop on Oct. 29, 1889.

As Stanard described his oil stove improvement:

"The hereindescribed invention consists in certain improvements in that class of oilstoves. used more particularly in places where space is limited-as, for instance, in buffet cars, &c. the object being to furnish attachments for such stoves which will enable the cooking of a great variety of meats, vegetables, &c., at one time."<sup>2</sup>

Generations of caterers and patrons of wedding receptions, meetings, parties, and buffets—where food is served hot in portable catering stoves—have Stanard to thank for the fundamental design.



## HOW TO STAY HEALTHY

Every part of your body, including your immune system, functions better when protected from environmental assaults and bolstered by healthy-living strategies such as these: **Don't smoke. Eat a diet high in fruits and vegetables. Exercise regularly. Maintain a healthy weight.** Also get the facts about Alzheimers and foods that induce the disease.

### 9 Ways to Boost Your Body's Natural Defenses

#### An important note

No supplement, diet, or lifestyle modification — aside from physical distancing, also known as social distancing, and practicing proper hygiene — can protect you from developing COVID-19.

The strategies outlined below may boost your immune health, but they don't protect specifically against COVID-19.

If you want to boost your immune health, you may wonder how to help your body fight off illnesses.

While bolstering your immunity is easier said than done, several dietary and lifestyle changes may strengthen your body's natural defenses and help you fight harmful pathogens, or disease-causing organisms.

Here are 9 tips to strengthen your immunity naturally.







## 1. Get enough sleep

Sleep and immunity are closely tied.

In fact, inadequate or poor quality sleep is linked to a higher susceptibility to sickness.

In a study in 164 healthy adults, those who slept fewer than 6 hours each night were more likely to catch a cold than those who slept 6 hours or more each night ([1Trusted Source](#)).

Getting adequate rest may strengthen your natural immunity. Also, you may sleep more when sick to allow your immune system to better fight the illness ([2Trusted Source](#)).

Adults should aim to get 7 or more hours of sleep each night, while teens need 8–10 hours and younger children and infants up to 14 hours ([3Trusted Source](#)).

If you're having trouble sleeping, try limiting screen time for an hour before bed, as the [blue light](#) emitted from your phone, TV, and computer may disrupt your circadian rhythm, or your body's natural wake-sleep cycle ([4Trusted Source](#)).

Other [sleep hygiene tips](#) include sleeping in a completely dark room or using a sleep mask, going to bed at the same time every night, and exercising regularly ([3Trusted Source](#)).

### **SUMMARY**

Inadequate sleep may increase your risk of getting sick. Most adults should get at least 7 hours of sleep per night.

## 2. Eat more whole plant foods

Whole plant foods like fruits, vegetables, nuts, seeds, and legumes are rich in nutrients and antioxidants that may give you an upper hand against harmful pathogens.

The [antioxidants](#) in these foods help decrease inflammation by combatting unstable compounds called free radicals, which can cause inflammation when they build up in your body in high levels ([5Trusted Source](#)).



Chronic inflammation is linked to numerous health conditions, including heart disease, Alzheimer's, and certain cancers.

Meanwhile, the fiber in plant foods feeds your gut microbiome, or the community of healthy bacteria in your gut. A robust [gut microbiome](#) can improve your immunity and help keep harmful pathogens from entering your body via your digestive tract ([6Trusted Source](#)).

Furthermore, fruits and vegetables are rich in nutrients like vitamin C, which may reduce the duration of the common cold ([7Trusted Source](#)).

## SUMMARY

Several whole plant foods contain antioxidants, fiber, and vitamin C, all of which may lower your susceptibility to illness.

## 3. Eat more healthy fats

Healthy fats, like those found in olive oil and salmon, may boost your body's immune response to pathogens by [decreasing inflammation](#).

Although low-level inflammation is a normal response to stress or injury, chronic inflammation can suppress your immune system ([8Trusted Source](#)).

Olive oil, which is highly anti-inflammatory, is linked to a decreased risk of chronic diseases like heart disease and type 2 diabetes. Plus, its anti-inflammatory properties may help your body fight off harmful disease-causing bacteria and viruses ([9Trusted Source](#), [10Trusted Source](#)).

Omega-3 fatty acids, such as those in [salmon](#) and chia seeds, fight inflammation as well ([11Trusted Source](#)).

## SUMMARY

Healthy fats like olive oil and omega-3s are highly anti-inflammatory. Since chronic inflammation can suppress your immune system, these fats may naturally combat illnesses.





## 4. Eat more fermented foods or take a probiotic supplement

[Fermented foods](#) are rich in beneficial bacteria called probiotics, which populate your digestive tract ([12Trusted Source](#)).

These foods include yogurt, sauerkraut, kimchi, kefir, and natto.

Research suggests that a flourishing network of gut bacteria can help your immune cells differentiate between normal, healthy cells and harmful invader organisms ([13Trusted Source](#)).

In a 3-month study in 126 children, those who drank just 2.4 ounces (70 mL) of fermented milk daily had about 20% fewer childhood infectious diseases, compared with a control group ([14Trusted Source](#)).

If you don't regularly eat fermented foods, [probiotic supplements](#) are another option.

In a 28-day study in 152 people infected with rhinovirus, those who supplemented with probiotic *Bifidobacterium animalis* had a stronger immune response and lower levels of the virus in their nasal mucus than a control group ([15Trusted Source](#)).

### **SUMMARY**

Gut health and immunity are deeply interconnected. Fermented foods and probiotics may bolster your immune system by helping it identify and target harmful pathogens.

## 5. Limit added sugars

Emerging research suggests that [added sugars](#) and refined carbs may contribute disproportionately to overweight and obesity ([16Trusted Source](#), [17Trusted Source](#)).

Obesity may likewise increase your risk of getting sick.

According to an observational study in around 1,000 people, people with obesity who were administered the flu vaccine were twice as likely to still get the flu than individuals without obesity who received the vaccine ([18Trusted Source](#)).



Curbing your sugar intake can decrease inflammation and aid weight loss, thus reducing your risk of chronic health conditions like type 2 diabetes and heart disease ([19Trusted Source](#), [20Trusted Source](#)).

Given that obesity, type 2 diabetes, and heart disease can all weaken your immune system, limiting added sugars is an important part of an immune-boosting diet ([18Trusted Source](#), [21Trusted Source](#), [22Trusted Source](#)).

You should strive to [limit your sugar intake](#) to less than 5% of your daily calories. This equals about 2 tablespoons (25 grams) of sugar for someone on a 2,000-calorie diet.

## SUMMARY

Added sugars contribute significantly to obesity, type 2 diabetes, and heart disease, all of which can suppress your immune system. Lowering your sugar intake may decrease inflammation and your risk of these conditions.

## 6. Engage in moderate exercise

Although prolonged intense exercise can suppress your immune system, moderate exercise can give it a boost.

Studies indicate that even a single session of [moderate exercise](#) can boost the effectiveness of vaccines in people with compromised immune systems ([23Trusted Source](#)).

What's more, regular, moderate exercise may reduce inflammation and help your immune cells regenerate regularly ([23Trusted Source](#)).

Examples of moderate exercise include [brisk walking](#), steady bicycling, jogging, swimming, and light hiking. Most people should aim for at least 150 minutes of moderate exercise per week ([24](#)).

## SUMMARY

Moderate exercise can reduce inflammation and promote the healthy turnover of immune cells. Jogging, biking, walking, swimming, and hiking are great options.

## 7. Stay hydrated





Hydration doesn't necessarily protect you from germs and viruses, but preventing dehydration is important to your overall health.

Dehydration can cause headaches and hinder your physical performance, focus, mood, digestion, and heart and kidney function. These complications can increase your susceptibility to illness ([25Trusted Source](#)).

To prevent dehydration, you should [drink enough fluid daily](#) to make your urine pale yellow. Water is recommended because it's free of calories, additives, and sugar ([25Trusted Source](#)).

While [tea](#) and juice are also hydrating, it's best to limit your intake of fruit juice and sweetened tea because of their high sugar contents ([26Trusted Source](#), [27Trusted Source](#)).

As a general guideline, you should drink when you're thirsty and stop when you're no longer thirsty. You may need more fluids if you exercise intensely, work outside, or live in a hot climate ([28Trusted Source](#)).

It's important to note that older adults begin to lose the urge to drink, as their bodies do not signal thirst adequately. Older adults need to drink regularly even if they do not feel thirsty.

## SUMMARY

Given that dehydration can make you more susceptible to illness, be sure you're drinking plenty of water each day.

## 8. Manage your stress levels

[Relieving stress and anxiety](#) is key to immune health.

Long-term stress promotes inflammation, as well as imbalances in immune cell function ([7Trusted Source](#), [9Trusted Source](#)).

In particular, prolonged psychological stress can suppress the immune response in children ([29Trusted Source](#)).

Activities that may help you manage your stress include [meditation](#), exercise, journaling, yoga, and other mindfulness practices. You may also benefit from seeing a licensed



counselor or therapist, whether virtually or in person.

## SUMMARY

Lowering your stress levels through meditation, yoga, exercise, and other practices can help keep your immune system functioning properly.

## 9. Supplement wisely

It's easy to turn to supplements if you hear claims about their ability to treat or prevent COVID-19.

However, these assertions are unfounded and untrue.

According to the National Institutes of Health (NIH), there's no evidence to support the use of any supplement to prevent or treat COVID-19 ([30Trusted Source](#)).

However, some studies indicate that the following supplements may [strengthen your body's general immune response](#):

**Vitamin C.** According to a review in over 11,000 people, taking 1,000–2,000 mg of vitamin C per day reduced the duration of colds by 8% in adults and 14% in children. Yet, supplementing did not prevent the cold to begin with ([7Trusted Source](#)).

**Vitamin D.** Vitamin D deficiency may increase your chances of getting sick, so supplementing may counteract this effect. Nonetheless, taking [vitamin D](#) when you already have adequate levels doesn't seem to provide extra benefits ([31Trusted Source](#)).

**Zinc.** In a review in 575 people with the common cold, supplementing with more than 75 mg of zinc per day reduced the duration of the cold by 33% ([32Trusted Source](#)).

**Elderberry.** One small review found that elderberry could reduce the symptoms of viral upper respiratory infections, but more research is needed ([33Trusted Source](#)).

**Echinacea.** A study in over 700 people found that those who took echinacea recovered from colds slightly more quickly than those who received a placebo or no treatment, but the difference was insignificant ([34Trusted Source](#)).

**Garlic.** A high quality, 12-week study in 146 people found that supplementing with garlic reduced the incidence of the common cold by about 30%. However, more research is needed ([35Trusted Source](#)).

While these supplements demonstrated potential in the studies mentioned above, that doesn't mean they're effective against COVID-19.

Furthermore, supplements are prone to mislabeling because they aren't regulated by the





## The Diaconate Leader

"God's Mind Empowering Our Hands" Philippians 1:6, 2:5, Proverbs 16:3

SPRING QUARTER  
2021



Food and Drug Administration (FDA).

Thus, you should only purchase supplements that have been independently tested by third-party organizations like United States Pharmacopeia (USP), NSF International, and ConsumerLab.

### **SUMMARY**

Though some supplements may fight viral infections, none have been proven to be effective against COVID-19. If you decide to supplement, make sure to purchase products that have been tested by a third party.

## **The bottom line**

You can make several lifestyle and dietary changes today to strengthen your immune system.

These include reducing your sugar intake, staying hydrated, working out regularly, getting adequate sleep, and managing your stress levels.

Although none of these suggestions can prevent COVID-19, they may reinforce your body's defenses against harmful pathogens.

Last medically reviewed on April 1, 2020

FEEDBACK:



Written by SaVanna Shoemaker, MS, RDN, LD on



## SUPPLEMENTS TO STRENGTHEN IMMUNITY

**Berberine** is one of very few supplements that are as effective as a drug. It has powerful effects on various aspects of health, especially blood sugar control. If you want to try a berberine supplement, then there is a good selection of high-quality supplements available on Amazon. The people who stand to benefit the most are individuals with type 2 diabetes and metabolic syndrome. However, it may also be useful as a general protection against chronic disease, as well as an anti-aging supplement. If you use supplements, then berberine may be one of the top to include in your arsenal.

For hundreds of years, Chinese health practitioners have used berberine — a chemical compound found in several plants, such as goldenseal.<sup>[1]</sup> Its benefits include aiding weight loss, promoting normal blood sugar levels, and balancing cholesterol.

Native Americans also used berberine as a mouthwash and topical ointment, mostly for oral health issues such as canker sores. This powerful plant compound deters harmful organisms, soothes inflammation, and has antioxidant properties. But did you know you can still use it today?

### What Is Berberine?

Berberine is a natural chemical found in several plants, including Oregon grape, goldenseal, [goldthread](#), and barberry — all in the genus *Berberis*.<sup>[1]</sup>

These plants grow wild around the world, though many people also plant them as ornamentals. Due to its vibrant yellow color, people traditionally ground up roots and stems to make dye — as well as natural medicine.

Its antioxidant and antibacterial properties make it a popular — and effective — health supplement.<sup>[1]</sup> Berberine supplements are found as capsules, liquid extract, or topical gel.

Berberine is an "alkaloid," a compound made from carbon and nitrogen with important physiological impacts on the body.<sup>[1]</sup> Its incredible benefits have stood the test of time.

### Top 12 Berberine Benefits

Below you'll find some of the most common uses of berberine.

#### 1. Aids Weight Loss

If you have extra pounds to shed, berberine may help. While there's no substitute for having a healthy diet and getting exercise, berberine may actually [rev up your metabolism](#).

Berberine not only boosts metabolism but also increases weight loss. Obese individuals who took







berberine three times a day for 12 weeks lost weight — about five pounds each. While that's not a huge amount of weight, it was also accompanied by a reduction in their body mass index (BMI).<sup>[3]</sup>

Consuming berberine can shrink fat cells — for good — even when your diet works against you.<sup>[4]</sup> If you have a healthier diet, you may have even better results!

## 2. Supports Normal Blood Sugar Levels

Berberine may [promote normal blood sugar levels](#) in the body.<sup>[5]</sup> Maintaining a steady blood glucose level is best for good health, stable energy, and a healthy weight. This is not just true for the millions of Americans who experience Type 2 diabetes, but for all people.<sup>[6]</sup>

Taking berberine three times a day for three months may help balance blood sugar. And berberine has low toxicity and few if any side effects.<sup>[7]</sup>

## 3. Boosts Your Immune System

Traditional Chinese medicine practitioners have long used berberine to help infections, particularly gastrointestinal ones.<sup>[7]</sup>

This herb can deter harmful organisms in your body because of its natural antibacterial properties. That means berberine can [boost your immune system](#).<sup>[1]</sup>

Researchers found that the compound stopped certain harmful bacteria from creating a biofilm, a sticky substance that protects them.<sup>[8]</sup> It takes up to 24 hours for bacteria to produce biofilms, so taking berberine every day can help your immune system ward off these harmful organisms.

## 4. Helps Canker Sores & Oral Health

Historically, Native Americans used goldenseal — which contains berberine compounds — to help with irritation inside the mouth and nose.<sup>[9]</sup>

Today, people still use berberine for oral health, including for [canker sores](#), which can make it uncomfortable to eat or drink.

Applying berberine gel may relieve both the discomfort and the redness of these sores.<sup>[2]</sup> The gel even helped reduce the size of the canker sore when taken four times per day.<sup>[2]</sup>

## 5. Counters Free Radicals With Antioxidant Properties

Berberine has [antioxidant](#) properties, which means that it helps reduce the damage [free radicals](#) cause to your cells.<sup>[10]</sup>

When free radicals damage your cells, it leads to aging and disease. The process is similar to what happens to a freshly-cut apple after it gets exposed to air: The oxygen makes it turn brown.

Berberine activates an enzyme inside cells called AMP-activated protein kinase (AMPK).<sup>[10]</sup> AMPK slows down the production of free fatty acids — a type of free radical — thus slowing down oxidative stress in your body.



## 6. Soothes Inflammation

Berberine has anti-inflammatory properties, which means it reduces redness and swelling throughout the body.

Gut conditions like colitis and [Crohn's disease](#) cause a lot of inflammation.<sup>[5]</sup> In autoimmune diseases like these, your body attacks its own cells. Berberine may lower your body's release of pro-inflammatory cytokines. This reduces redness and swelling and boosts the immune system.<sup>[5]</sup>

## 7. Balances Cholesterol & Helps Heart Health

The antioxidant and anti-inflammatory properties of berberine can boost heart health.<sup>[2]</sup>

Berberine [promotes normal cholesterol](#) and triglyceride levels.<sup>[2]</sup> Triglycerides are fats that your body makes from the foods you eat.

Keeping your cholesterol and triglyceride levels in check reduces your risk of heart disease. Researchers were so impressed with berberine's powers, they hailed it as a breakthrough herbal medicine.<sup>[11]</sup>

Berberine may also reduce [high blood pressure](#).

## 8. Soothes PCOS

PCOS or [polycystic ovary syndrome](#) is an uncomfortable condition that affects many women. In people with PCOS, hormone imbalances lead to ovarian cysts.

Evidence suggests that berberine improves PCOS by [promoting healthy blood sugar levels](#).<sup>[2]</sup>

Women with PCOS and infertility who took berberine for three months ended up with better-balanced hormone levels. On top of that, berberine helped balance their blood sugar and even improved pregnancy outcomes.<sup>[12]</sup> That's promising.

## 9. Helps Anxiety & Depression

This herb has a positive effect on mood. Not only does it lift your spirits, it may also help you feel calmer, happier, and less withdrawn.<sup>[13]</sup>

Berberine stimulates the production of brain chemicals like serotonin and [dopamine](#). This is likely responsible for its antidepressant-like effects.<sup>[13]</sup>

## 10. Boosts Memory & Learning

As we age, our memory and learning abilities can change, but taking supplements like berberine may promote normal brain aging processes. In other words, it has [nootropic effects](#).

Berberine can [boost memory](#) and recall skills. Some evidence also suggests it can protect the brain from neurodegenerative conditions.<sup>[13, 14]</sup> One of the ways that berberine helps your nervous system stay healthy is by promoting healthy, normal levels of inflammation.<sup>[9]</sup>





## 11. Provides Liver Protection

It's not just for your heart, gut, and brain. Berberine may also protect your liver.

By promoting normal fat levels in the blood, berberine keeps fat from accumulating in the liver.<sup>[2]</sup> It appears to help people with both alcoholic fatty liver disease and non-alcoholic fatty liver disease, known causes of fat buildup in the liver.<sup>[2, 15]</sup>

Berberine seems to influence genes that control liver metabolism, helping it function more effectively.<sup>[15]</sup>

## 12. Supports Gut Health

From minor concerns to [leaky gut](#), your gastrointestinal health has a significant impact on your overall wellness. In fact, your gut microbiota has a tremendous influence on how you feel mentally and physically.

Although a [quality probiotic](#) can quickly improve [gut health](#), you may also want to consider berberine. People have used this compound for centuries to help digestive issues.

For instance, berberine can [help with diarrhea](#) by fighting certain stomach infections caused by E. coli.<sup>[2]</sup> When people took 150 mg of berberine HCL three times per day, it helped reduce their diarrhea.<sup>[2]</sup>

## Points to Remember

Berberine is a natural compound found in plants of the genus *Berberis*, including goldenseal and Oregon grape. Berberine supplements are usually sold as capsules, but you can also find topical forms. Berberine is generally safe for adults.<sup>[2, 7]</sup>

For centuries, traditional Chinese healers have used berberine for a variety of health conditions, mainly inflammation and digestive woes.

Berberine has antioxidant, anti-inflammatory, and antibacterial properties. It may help with weight loss, diabetes, infections, canker sores, and PCOS. Not only that, it may [promote normal triglyceride](#) and blood sugar levels, boosting your liver, brain, and gut health. Berberine not only may deter anxiety or depression but also may boost memory and learning.

## References (15)

†Results may vary. Information and statements made are for education purposes and are not intended to replace the advice of your doctor. If you have a severe medical condition or health concern, see your physicia



## **HYMNS WE LOVE, IN PERFORMANCE**

**PASS ME NOT, OH GENTLE SAVIOR  
COME UNTO JESUS WHILE YOU HAVE TIME**

[Deaconess Marilyn Greene, Deacon Robert Greene & Kimberly Greene]

<https://1drv.ms/u/s!Aidqjf9FAd5SgdVoi3gCFQvefXMKaw?e=IkASs2>

( To hear the other selections just download the attachment)

**I AM THINE, OH LORD  
KUM BY YA, MY LORD**

[Deaconess Darlene Anthony]

( To hear the other selections just download the attachment)





## THE MINISTRY OF MUSIC IN BLACK CHURCHES

Min. Scott O. Cumberbatch, M.A.Ed



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 [\\_Scott-Cumberbatch-fbdown.net \(1\).mp4](#)

 [\\_Scott-Cumberbatch-fbdown.net \(2\).mp4](#)

 [\\_Scott-Cumberbatch-fbdown.net \(4\).mp4](#)

 [\\_Scott-Cumberbatch-fbdown.net.mp4](#)

Administrative Supervisor at  
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Studies Educational Leadership at St. Peter's University  
Studies Doctorate in Educational Leadership  
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Studied English Literature at William  
Patterson University  
Graduate of Passaic County Vocational  
Technical High School

## Do-It-Yourself Landscaping

Some homeowners begin developing overriding boredom stalled by the ers, when they feel "that one" on the to laugh or mock. there are several done in a weekend ly more attractive. basic, but if you yard in a bit, the first begin appreciating



determine it's time to their landscape upon with the basic shrubs in-home's builder. For oth- their yard has become block that causes others Regardless of the trigger, quick fixes that can be to make your yard instant- **Clean It Up!** It sounds haven't spruced up your thing you need to do to your landscape is to clean

it up. This means finding the rake and pruning shears to give an immediate face lift to what you already have. Remove lingering leaf debris in your planting areas and trim back overgrown bushes that have lost their shape or block views from your windows. Then, let the real fun begin.

Start by selecting a defined area to beautify. Don't try to tackle everything at once. As you begin your landscape improvements, identify a specific project or two that can be the most easily implemented and will make an immediate impact.

**Add a Splash of Color with Flowers.** Your landscape will look instantly better with color. In general, when it comes to [plant selection](#), you are the artist. Select plants that have hues and tones that appeal to you. Be careful, though. Many first time planters choose flowers based on color or look alone and soon find their yard doesn't offer the right growing conditions for the plants selected. Don't make that mistake. Rather, determine how much sunlight your garden spot receives so that you can choose plants that will thrive in that space. Pansies, geraniums, sunflowers, California poppies, sweet peas, Veronica, asters, yarrow, peonies, and daffodils are all good considerations for novice planters. Choose a combination of perennial plants – those that will last for an infinite period of time and annual plants – those that will only last for the season.

**Don't Forget White Flowers.** White flowers help illuminate garden areas in the evening as the sunlight hits their petals and can add beauty to your yard at night. Hydrangeas, impatiens, lilies, and dozens of others are excellent options.



**Consider Ground Cover.** Adding flowering ground cover is an easy weekend project that makes an immediate – and long term – impact. There are endless options for ground covering plants that will fill space with color, textures, heights, and design. Consider Lamium, Thyme, Lilly-of-the-Valley, Vinca, Pachysandra, lamb's ears, and brass buttons, of course focusing on what will be most effective for your growing conditions. Pachysandra





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"God's Mind Empowering Our Hands"

Philippians 1:6, 2:5, Proverbs 16:3

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**Shrubs are a Must.** [Shrubs are an essential ingredient](#) for your landscape. They can be used to hide undesirable spots in your yard, add visual focal points, offer fragrance that can be enjoyed, and transition large displays in your yard to smaller ones. There are hundreds of options to choose in selecting shrubs, including those that add vibrant green throughout the year and those that flower; tall and short ones, and thin and wide ones. As with flowers, it is important to select the right plant for the right space. Make sure the shrubs you choose will thrive in your yard. Some hearty plants to consider include: hydrangeas, boxwood, forsythia, lemongrass, lavender, and red oleander. Remember shrubs will grow. Locate them based on the size they will be at maturity, not the size at planting. Pachysandra



**Add Mulch.** A fresh layer of mulch makes any landscape look better. It's not just an aesthetic feature; mulch helps trap moisture and channel water into to plant roots. It helps regulate soil temperatures and discourage weeds. Note: keep mulch approximately 18 inches from the foundation of your home to help prevent pests, especially termites, from taking up residence. Finish your weekend landscaping project by edging, which provides a strong, attractive boundary between the planting area and your grass and can help improve the health of your landscape.

**Plant a Tree.** It doesn't have to Arbor Day to [plant a tree](#). Create a lasting legacy on your property by adding a tree that can provide shade, privacy, and beauty. As with flowers and shrubs, there are seemingly endless considerations for [tree selection](#) as well. Be sure to select a tree that can grow into the identified space and be sure to give the sapling plenty of attention for the first two years to ensure it has the foundation to grow into the future.

**Small Touches Add Fun.** If you don't have a lot of time to invest in your landscape and are looking for a quick fix or two to help enhance it, add [small pots of flowers](#), whimsical yard décor, a birdbath, or some other small feature to help you enjoy your outdoor space a bit more.

## Struggles of Black Ballerinas

### Misty Copeland



Misty Copeland's had a big year. After landing a partnership with Under Armour, the soloist with the [American Ballet Theater](#) was cast to star in *Swan Lake*, making her the first African-American dancer to perform the leading role in a major ballet company's production of the show. Then last week, *Time* magazine named her one of its [100 Most Influential People](#) (and she's featured on one of the issue's five special covers). And just last night, the new documentary about her life, *A Ballerina's Tale*, premiered at the Tribeca Film Festival. Before the film, we talked with the ballerina about how she does it — nine-hour training days and all — along with the ups and downs of her journey through the classical ballet world. ***You've had quite a week! How do you feel?***

It's amazing. I'm just trying to take it all in. And I think it's going to take me some time. It's just been nonstop. I never ever thought in a million years that all this would be happening because of ballet.

***How did your documentary come about? Why did you want to do it?***

I met director [Nelson George](#) at this fun dinner party three years ago. He'd never seen a ballet before, so I told him about an upcoming performance at ABT, the *Firebird*. He

came to a show and said, "I love it, We have to do something together." It was also the same night that I decided I had to pull out because I had a shin injury. He said, "Let's film this process, you recovering from the injury."

***What was it like to film that experience? Difficult, we imagine?***

It couldn't have been a more perfect time. When I felt that I was at my lowest, he filmed me healing from my shin surgery and getting back on stage, and all the incredible things that have come since. He started filming me before [Under Armour](#) — before a lot of the media success I've had. He's now filmed that whole journey. ***You've had quite a week! How do you feel?***

It's amazing. I'm just trying to take it all in. And I think it's going to take me some time. It's



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*surgery for the stress fractures in your shin? Did you really think you'd be able to come back after it? It seemed like many people had doubts.*

I couldn't tell myself that. I had to almost lie to myself because I didn't know what was going to happen. I had to say,



"You're going to," and just keep working. Every time I see the film, I still get so emotional when I see how dark that time was for me. People were there for me but also didn't know





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how to comfort me because they didn't know what the future was going to hold. It was a very emotional thing to experience and now re-experience every time I watch it. To see how far I've come, it's really cool. You get so caught up in the pain you feel every day that you forget at one point it was much worse.

**RELATED:** [9 Bloggers Who Changed Their Lives One Post at a Time](#)

*What do you hope people take away from the film?*

I want them to learn about how racism is so ingrained in the classical ballet world. It's so separated from many other art forms in that respect. We talk to older dancers in the film too, and hearing stories about their experiences and then seeing the effect it's having on a new generation of dancers — it's powerful.

*Do you still hear any negativity, in terms of your race, or has what you've accomplished helped you overcome that?*

I've seen a big shift, I think because of the media attention I've gotten. The focus and spotlight is on the [ballet](#) world in a way it never has been before — with the topic of diversity. The ballet world is being pushed to make changes. But I don't know that I will ever see [racism] go away in classical ballet in my lifetime. It's so ingrained in the culture. I see it



not so much in my circle or company or to my face, but I still hear negative things. Still, it's an exciting time, especially for brown ballerinas.

*You rehearse from 10 a.m. to 7 p.m. most days. What are your tips for staying energized through that much activity?* 'll eat a bagel or muffin when I



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wake up, and then during the day, I snack on dried fruit, lots of nuts, and something light like sushi in the afternoon.

*Do you cross-train on top of that?*

I do. I take [Pilates mat classes](#), gyrotonics classes. I do some [swimming](#) as well. And if I have any off-season time, I'll do cardio on the elliptical to keep my stamina up.

RELATED: [7 Easy Pilates Moves For a Beginner Core Workout](#)

*Recovery must be a big part of your schedule, too. What do you do in that regard?*

We have to see chiropractors and get [massages](#). I'll do it as much as I can. As much as we work to get the muscles to react a certain way and train to be in top form, we also have to get the muscles to release.

*You've come back from injury, signed with Under Armour, become the first African-American to star as the leading role in Swan Lake... It's safe to say you've accomplished so much in the past three years. What goals do you have for the future?*

Just to stay really focused on my career and to be the best artist I can be, the best [dancer](#) I can be — not compared to what other dancers have done before me or will do in the future. I want to get the word out there about ballet and to help continue the conversations about diversity in ballet.



*To read more about the work Misty does to diminish race boundaries in ballet, check out [Project Plié](#).*





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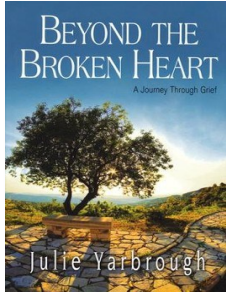
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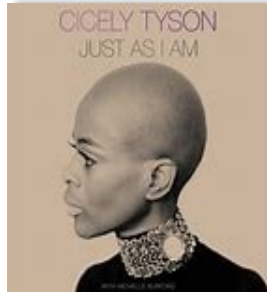
## GREAT TO READ

### Coping With Death



This book explains both the spiritual and practical issues of grief and suggests specific strategies to guide you back to fullness of life.

### Cicely Tyson



Ms. Cicely Tyson is an actress, lecturer, activist, and one of the most respected talents in American theater and film history.

## The Fieldworkers Graduate

National Baptist Deacons Convention of America, Inc. & Its Auxiliaries

### CERTIFICATE OF COMPLETION

In pursuit of the National Baptist Deacons Convention Certificate Program presented by the National Baptist Deacons Training Academy

Ruby Allen	Marsha Riley	Richard Hucks
Daniel Hoskins	Jerelean Coles	MacArthur Holmes
Eugene MacArthur	John Coles	John Matthews
Richard Banks	Sylvester Johnson	Winston Mack
Glenn Smith		Joel McCormick

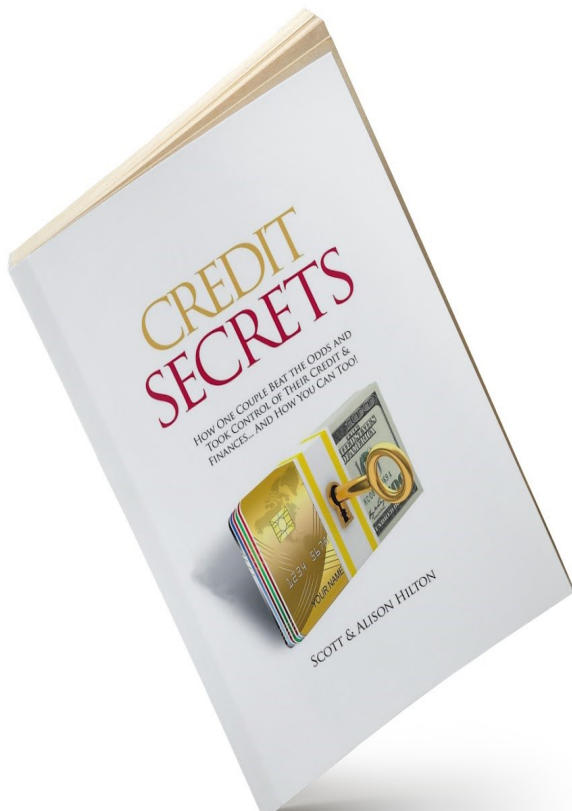
on this 11<sup>th</sup> day of December 2020

Deacon Earl J. Wilson, Sr.  
Deacon Earl J. Wilson, Sr.  
Parent Body President



Deacon Theodore Jackson  
Deacon Theodore Jackson  
Director of Field Workers

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### CREDIT SECRETS

<https://creditsecrets.com/yt>



## HOME BASED BUSINESSES



Be honest with yourself — are you using your free time to the best of your abilities?

We often gripe and complain about how busy we are and how there's just not enough time in the day.

But how long did you spend scrolling Instagram when you sat in the car after work? Only to continue scrolling when you walked in the door? ...

Yeah. If you have more than an hour a day to spend on social media, you have time to nurture a new hobby that could turn into a new business!

There's more for you out there. Here are some suggestions for how to stop wasting away your brain in front of endless screens and start getting excited about life again.

### Consider What You're Good At

Don't give yourself a comfortable, cop-out answer like "I'm not good at anything!" Everyone has at least *one* thing that they are marginally better at than most other people.

Just because it seems small to you doesn't mean it's not a significant skill that could be leveraged into a killer business idea. Think about it — creating a business around what you're good at automatically positions you as the expert. That means you've got a leg up on everyone else!



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### How to Flip Your Talent

If you're especially good at crafting and putting things together, try doing little fix-it projects around your house, and slowly do more significant projects over time.

After some time, you'll get better and better at it. Eventually, you'll start doing little projects for your friends. Word gets around about your handiness and **BOOM**; *you're looking at contractor licenses online to start a small construction side hustle.*

You can find tons of information online about how to become certified in the side hustle skill of your choosing. [At contractortrainingcenter.com](http://contractortrainingcenter.com), you can even find courses to help you prepare for the certification exam. It's basically done for you!

### Start Small – Test the Waters

Once you discover (or rediscover) your hidden talents, you can test out the waters by marketing to a smaller pool of your closest friends. If you have a talent for something like candle-making or jewelry, ask some of your friends what they think and if they would like to support your new venture!

This way, you can work out any kinks in the manufacturing process with your close friends who won't judge you as harshly. You can also see if making your product a reality is worth all the physical and financial effort.

### Unapologetically Market Yourself

It may feel a little awkward at first, talking about yourself and promoting yourself on social media. You may be worried that your friends think you're being annoying. You may even be concerned that you're coming off as conceited. Here's the secret: No. One. Cares. Truly!

The people who think your product is intriguing will ask you about it, and the people who aren't interested will just keep scrolling by.

### What Are Your Options for Side Gigs?

Monetizing a talent isn't the only way to find a [decent-paying side hustle](#). There are SO many ways to get quick money on your downtime. You can drive for car services or deliver groceries. You can nanny or complete errands for people. You can start freelance writing. You can proctor exams online or tutor kids in school. The point is, there is always a need that is just waiting to be filled, and all you have to do is find the niche that fits for you.

### Takeaways



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Just because you have extra time on paper doesn't necessarily mean you have spare time for a side hustle. Make sure to consider your mental health and cognitive load before you weigh yourself down with an extra project.

BUT, if you do find yourself often bored and vegetating in front of the TV, consider finding something more productive to do with your time. Your brain – and your wallet – will thank you.



## CARTOONS







# Pressure Mounts To Re-Open Schools

The head of the nation's largest teachers union wants "testing, layered mitigation and vaccine prioritization." ALEX ARGER: As the nation approaches the one-year mark since most public schools were shut because of the pandemic, the push is on to reopen them completely. Only about 40% of children K through 12 are in classrooms five days a week now, according to the reopening tracker Burbio. The pressure is on from parents and the Biden administration.

ANTHONY FAUCI: The default position is that we should try to do everything we can to get the children back to school safely for the children and safely for the teachers and other educational personnel.

ALEX ARGER: And the faculty the head of the American Federation of Teachers weighed in on Sunday

RANDI WEINGARTEN: My members-- I just did a survey of my membership, and 85% have said that they would be comfortable being in school if they had the kind of testing, layered mitigation [? like-- ?] you know, and vaccine prioritization.

ALEX ARGER: But Fauci said vaccines for teachers should not be a deal stopper.

ANTHONY FAUCI: We're saying we're doing whatever we can to protect the safety of the children and the teachers. But it is not a requirement. It's a priority, but it's not a requirement for the teachers to get back into school.

ALEX ARGER: President Biden has vowed to have most open by late April, the first 100 days of his administration. He wants additional dollars to help schools follow CDC school [? guidelines. ?]

JEN PSAKI: But every school in the country does not have that funding and does not have the resources. And we need to, from our-- from the federal government, help address that.

ALEX ARGER: For Newsy, I'm Alex Arger.

## U.S. schools, pressured to reopen in pandemic, to get new CDC guidance

WASHINGTON (Reuters) - The U.S. Centers for Disease Control and Prevention on Friday will issue new COVID-19 guidelines for schools as the Biden administration seeks to fulfill its promise to send



most students back to the classroom within its first 100 days.

The top U.S. health safety agency was expected to provide guidance on several measures to mitigate the spread of the virus in the nation's 130,000 elementary and secondary schools, such as hand washing, masking, social distancing and cleaning, according to a person familiar with the matter.

The guidance is also expected to cover ventilation in classrooms, contact tracing and quarantine protocols. A Centers for Disease Control and Prevention (CDC) spokeswoman did not confirm the specifics of the guidance on Thursday.

Pressure to reopen or expand in-person learning has been building as nearly a year of remote learning has taken a toll on U.S. education and family life. Advocates of reopening have pointed to recent studies showing that classrooms are not hotbeds for COVID-19 infection.

President Joe Biden has promised to reopen most schools within 100 days of taking office on Jan. 20. On Sunday, he described school closures and their negative impact on families as a national emergency.

"I can assure you of one thing: There's no debate over whether to open schools here.



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There's a debate over how," White House coronavirus adviser Andy Slavitt said on Thursday, adding the CDC plan would help provide a roadmap "to begin to do that aggressively."

In December, the CDC issued guidance on school reopenings that did not recommend schools conduct universal symptom screening of students but encouraged parents to screen their children for COVID-19 symptoms.

The guidance promoted hand hygiene and mask-wearing, and suggested schools decide on reopening after weighing the community's 14-day positive test average and their ability to implement emergency plans if students or staff test positive.

Teachers have called for quicker vaccinations, but a person familiar with the CDC's thinking said the guidance expected on Friday will not suggest all teachers be vaccinated in order to return to the classroom.

Last week, CDC's director Rochelle Walensky said schools can still reopen safely even if teachers are not vaccinated, despite teachers being considered essential workers prioritized for vaccinations.

This week, Biden said teachers should be a priority in getting vaccinated against the virus that has killed more than 470,000 Americans.

School reopenings have been the focus of labor disputes between teachers unions and their districts in major U.S. cities. In Chicago this week, after months of negotiations that included threats of a lock-out and strike, the teachers union and district reached agreement on a safety plan.

Becky Pringle, president of the National Education Association, the largest U.S. teachers union with 3 million members, told Reuters she hoped the CDC guidance on Friday would send "a really strong message that we can and must reopen our school buildings and this is how we do it safely."



## REAL ESTATE

# Three Ways To Flip Houses With No Money

Flipping houses is a lucrative business for many full-time flippers. It also provides considerable side income for part-time house flippers. If you watch HGTV on any given day, it is likely that you will come across several shows where property investors take dilapidated homes, which are eyesores, and then convert them into jaw-dropping and chic abodes. Not only that, but they also manage to make a profit after some major renovations. This is the world of house flipping.

### What Is House Flipping?

Flipping is a quick-profit strategy where an investor buys real estate at a discounted price and then improves the property to offload it at a better price. Rather than buying a property to live in, you are purchasing a home as a real estate investment. It is worth mentioning that the main goal of flipping is to purchase low and sell high.

Flipping houses can be an extremely lucrative strategy, especially if the real estate market is performing well. Note that foreclosures and old homes are popular properties to use in house flipping. This is because most real estate investors can buy these properties fairly cheaply, improving their potential profit.

Can real estate investors actually flip houses without any money down? The answer is yes. If you want to flip a property but don't have enough money for a down payment, don't worry. There are options that will allow you to easily enter the house-flipping market.

Here are three great options to help you flip homes with no money.

### 1. Hard Money Lenders

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## Mastering Agility Across Supply Chain And Finance With Concurrent Planning At Hologic And Technicolor

If you are not content with parting with a significant amount of money upfront to buy real estate, then a hard money loan can be the answer. Hard money lenders are people who lend money to others at a high interest rate and often charge points on top of that. Hard money lenders will usually let you borrow comparatively more than conventional banks and other financial institutions.

A hard money loan is one of the best options for individuals who are experienced investors and have one or multiple existing properties. They are also ideal for owner-occupants with substantial equity in their homes and a great credit score.

Another great thing is that you can finance all the property repairs with some hard money lenders. Unlike conventional bank loans, your ability to get hard money financing is not determined by your creditworthiness. However, the fees and rates are often higher with hard money loans. Note that the interest rates may range from 8-15%, and the points range from one to five. You should also keep in mind that a majority of hard money lenders will typically only loan you a certain percentage of the purchase price — usually around 70%. When evaluating various hard money lenders, you should pay close attention to interest rates, fees and loan terms.

### 2. Private Money Lenders

If you have all the technical skills and experience to flip houses, but not the funds, then this option is best for you. Private money lenders are individuals who have the funds and would like to invest in real estate. However, they just do not have the expertise and time, or would rather be on the golf course or beach than swinging mallets. Private lenders have liquid money to spare and are willing to lend you at a predetermined interest rate. Perhaps the most suitable source of finance for no money deals is a private money lender.

The money partner or lender can sit back, relax and pay the money, while the other partner will manage the logistics of the real estate project and ensure they complete the house flip quickly and professionally. You can borrow the whole purchase amount and repairs plus some other costs if you manage to find the right private lender.

It is worth noting that the amount of money the lender will provide you will depend on the comfort level between you and the private investors, the experience and the real estate deal.

### 3. Wholesaling

Another great option to flip real estate with no money is using real estate wholesaling. Wholesaling homes is an excellent idea for investors who already have a viable flip business. Keep in mind that for property wholesaling to work in your favor, you've got to have an existing and reliable network of real estate investors looking for a few fix-and-flip deals. So, you cannot simply purchase a house and hope for the best. It is vital to have a plan to succeed. Wholesalers often make money based on a specific percentage of the final sale price, which is typically between 5% and 10%.

When wholesaling fix-and-flip properties, you are selling the opportunity to buy a house without ever assuming the title. You will make an assignment fee as you are acting as an intermediary.

### Final Words



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Flipping homes with no money down often entails being creative, working with other investors and thinking outside the traditional loan box. Your best chances of obtaining funding are private money lenders, real estate wholesaling and hard money lenders.

[Forbes Real Estate Council](#) is an invitation-only community for executives in the real estate industry. [Do I qualify?](#)





# LIFESTYLES

**Author, Activist, Speaker Maggie Anderson, Esq.**

I ENDURED THE PAIN OF BUYING BLACK TO PROVE THE POWER OF BUYING BLACK

## My Voice of Black Economic Empowerment

*My stand to buy Black ONLY for one year was as hurtful as it was historic. Saw, endured, learned so much. I left Corporate to fight for justice and equality. Now, I'm an acclaimed author and speaker fighting racism, driving entrepreneurship, and inspiring and teaching economic solidarity and business diversity*

Emory alum Maggie Anderson and her family gained international attention in 2009 as they lived out her public pledge to only “buy Black” for an entire year. Anderson shared her passion as “The Empowerment Experiment” at the university’s 2021 Martin Luther King Jr. Lecture.



Anderson graduated from Emory College with a major in political science, and went on to earn a JD and an MBA from the University of Chicago. She is the author of “Our Black Year: One Family’s Quest to Buy Black in America’s Racially Divided Economy.”

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Speaking on “Legacy and Responsibility” for the Jan. 28 lecture, she connected her family’s experience with King’s legacy from both economic and personal standpoints.

King sought equality for all people before the law, but also sought economic justice. Even his famous “I Have a Dream” speech in Washington in 1963 dealt with the economic struggle that Black Americans had – and would continue to have – without adequately addressing civil and economic rights.

Click below to view video

“Allow me a moment to clarify the misconception about King and Black-owned businesses,” Anderson said. “That King was fighting for equality and not empowerment; that King was anti-war and anti-wealth, fighting for the poor against the prosperous; that his legacy was more about making sure we could shop at segregated, white-owned businesses and less about building up Black-owned businesses; that he was a prince for the poor who demanded opportunities and jobs does not mean he was opposed to our ownership, our capacity and our duty to create those jobs.

“It just wasn’t his fight. His fight was about peace,” she continued. “He wanted integration, he wanted enfranchisement, he wanted to help Black people or poor people get jobs, feel safe and free.”

King called for a revolution of values to deal with these issues. He saw poverty, unemployment and lack of education and hope as violence that needed to end. Non-violence, by King’s measure, should appreciate and value the humanity and work of every person and build partnerships with all who seek a better life.

Anderson added that people didn’t hear King say “Buy Black” because he didn’t have to.

“The Black businesses were right there funding his fight, allowing his audacity,” she said. “He didn’t have to build them up – they built King up. We had economic unity. We were united – and united, we always have more power than pain.”

Today, Anderson said, “It is my responsibility and legacy to put my money in Black-owned businesses.” She challenged listeners to do the same.

“As much as this [the Empowerment Experiment] was a stand, we wanted this to be data driven and respected as a study,” Anderson said during a Q&A session with Carol E. Henderson, Emory’s vice provost for diversity and inclusion, chief diversity officer and adviser to the president.

“We felt like this specific issue – buying Black, economic justice, economic empowerment, whatever you want to call it





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– wasn't seen as a serious issue," Anderson noted. "We didn't feel like the issue was injected into the mainstream. As much as we talked about education or health care, this issue was not talked about in the public sphere."

Her family's experience in 2009 helped change that, with an unprecedented amount of mainstream media, university and corporate attention to Black-owned businesses, systemic racism in the American economy and economic inequality. It also led to a landmark Kellogg study proving that 1 million jobs could be created if Black firms received a small increase in support.

Anderson also shared how King fought for Black-owned businesses and spoke of their collective buying power, stating that the same should be true today.

"The Empowerment Experiment at its heart was our attempt to find ways to fight racism, increase racial harmony and show the world a better Black America," she said. "We've got to stop fighting racism with our protests and then enabling racism with our purchases. Economic unity is our most peaceful, powerful protest. When we support those who need it – when we need support ourselves – we can move mountains."

"This is about race but not racial division," Henderson said, reiterating a point from "Our Black Year." This is "a talk to reorient us on the power each of us has inside of ourselves to enact change."

The MLK Lecture was co-sponsored by Emory's Advancement and Alumni Engagement, Department of African American Studies, Goizueta Business School, Emory Law and The Hightower Fund.





# The World Of Bartering : 36 Websites to Research

Bartering for goods and services is a centuries-old art. Recently, the idea of trading with your neighbors and within your community has received a big modern spin. Combining our often-materialistic, owner-ship-based society with the Internet's ability to bring buyers, sellers, and traders together, online [bartering](#) has sparked a wealth of new sites and communities. With average U.S. household incomes [falling 4.8% between 2000 and 2009](#), people are now starting to look for new methods to get the goods and services that they want and need in an affordable way. Today, you can find many niche and large-scale sharing sites, and it's difficult to find the right one to meet your needs. To help, we've rounded up 36 popular sites designed to help you share, swap, and rent clothes, music, or even exotic vacations without spending too much of your hard-earned cash. In some cases, you may not need to spend anything at all!



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## [Home & Office Space](#)

## [Clothing](#)

## [Family](#)

## [Transportation](#)

## [Entertainment](#)

## [Professional Skills](#)

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## [Business](#)



## The Diaconate Leader

"God's Mind Empowering Our Hands"

Philippians 1:6, 2:5, Proverbs 16:3

SPRING QUARTER  
2021



### 1. Home Exchange

With over 40,000 listings in 142 countries, HomeExchange lists free places to stay almost everywhere in the world. Members pay just \$9.95 per month to trade their homes and apartments with each other. After the monthly fee, your vacation lodging expenses won't cost any more staying at home would. You'll get to stay in a new place, while someone else comes to stay in your home, both free of charge.

### 2. CouchSurfing

If you don't want to pay a membership fee but you're looking for a free place to stay when you're on the road anywhere in the world, CouchSurfing may be your new best friend. CouchSurfing is a non-profit organization, so they don't charge you for using the site. They don't allow hosts to charge travelers either. With almost 3 million members in 246 countries, chances are there is a free couch out there waiting. CouchSurfing also has an extensive safety section on the site, including references, vouching, and verification from other couchsurfers and hosts alike

### 3. Airbnb

People in nearly 14,000 cities spread over 182 countries are waiting to rent you a room, apartment, or home wherever you'd like. Since 2008, Airbnb has made it easy for you to find a place to stay wherever you may be headed. Just enter the dates you need, see what's available, and book your stay. The site even has its own payment system, protecting all parties from fraud and illegal activities. While you may at first only be interested in traveling, you can eventually sign up to be a host for other members. There are no fees to join, and Airbnb keeps a small portion of the host's price of each stay to operate the business.

### 4. GoSwap.org

GoSwap is a *permanent house swapping site*, meaning you list your house, look for a house you want, and then just swap away! Say you want to trade your beachfront home for a log cabin in the woods; maybe someone else on the site wants to swap their woodsy retreat for life at the beach. No more waiting to sell your place before buying your dream home, as you just have to find someone who wants what you have. Listing your home on the site costs anywhere between \$9 and \$270, but signing up and shopping around is free.

### 5. LiquidSpace

Are you self-employed and tired of only having your pets to talk to at home? Visiting a new city and need





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to find a space to hold a meeting with potential clients? If so, LiquidSpace can help. Using their iPhone or iPad app, members scan through available work or meeting space, book the space for specific times, and get directions and access to other services that the space provides. The company is debuting in the San Francisco Bay Area soon, and they hope to expand nationwide quickly.

## Clothing

### 6. SwapStyle

If you are a clothing hound, always chasing the latest in fashion, SwapStyle should be one of your main bookmarks. Started in 2004 by fashion designer Emily Chesher, this worldwide community swaps clothes, shoes, accessories, cosmetics, and even gadgets, all without a membership fee.

### 7. thredUP

Kids sure do grow out of their clothes rather quickly, and that's where ThredUP comes in. They set up a cool shop for parents to swap clothing and toys with other parents whose kids are different ages. You can pick up a box full of clothes or toys for just \$5 plus shipping, or post your own child's used clothing for other users to pick from. Membership is free for everyone.

### 8. Rehash Clothes

While the original idea for Rehash was to design clothing out of recycled clothes, it eventually evolved into a site for trading clothes with other users. Members can trade their unwanted stuff (clothing and accessories) with others who are looking for new items for their wardrobe, and vice-versa. Rehash also acts as a social community where users can get green living advice, read articles, request items, and attend swap events. Membership is free to interested parties.

## Family

### 9. Zwaggle.com

If you need more than clothes, like baby bedding, [baby furniture](#), or even sporting goods, you'll be glad to find Zwaggle. It's a network of parents who have joined together to share the expense of getting "new to your family" stuff in exchange for used or no-longer-needed items. You receive Zwaggle points for giving away your things, and you can use those points to get the things you want. Membership is free, and the community is powered by a points system rather than cash. The only money you have to spend is on shipping.



## 10. BabysitterExchange

While some people may balk at an online community for finding babysitters, I know several parents who say it's actually very difficult to find a sitter they can trust. BabysitterExchange started in 2000 as a babysitting co-op, and it has since expanded to the point that members use it to reserve time when they just have some errands run, need help tutoring their kids, or want a temporary house-sitter.

## Transportation

### 11. Zipcar

If you live in a major metropolitan area, chances are that you probably take [public transportation](#) to most of your destinations. You ditched your car long ago – eliminating parking, gas, and [car insurance](#) from your budget. But what if you need to get out of town for an hour-long meeting or pick up 25 bags of dirt from the landscaping store? Do you rent a car for the whole day even though you only need it for a few hours? Not if you have Zipcar nearby.

Zipcar has been renting cars by the hour or day for years now, and they keep adding to their list of participating cities. You can pay different membership and rental rates, depending on how frequently you think you'll need a Zipcar. Though the process varies, you basically sign up in your city, pay the application fee of \$25 and any annual fees (ranging from \$0 to \$60, depending on the plan), and voila – you can now borrow a Zipcar for an hourly rate or daily charge. The rental includes gasoline, auto insurance, and 180 free miles, which is usually plenty.

### 12. Connect by Hertz

Similar to Zipcar but owned by car rental company Hertz, Connect by Hertz focuses on car sharing services on or near college campuses around the world. Membership is free, and hourly rental rates start at \$6.80, which includes gasoline and insurance. Again, for those of you who rarely need a car of your own, a car sharing service could save you a bundle over the costs of ownership.

### 13. Capital Bikeshare

For \$75 per year, Capital Bike Share gives members access to inexpensive bike rentals around the Washington, D.C. area. Bike stations filled with 1,100 bikes are located all over the district and nearby towns, and a single membership key grants you access to use and return any of them wherever you are. The first 30 minutes are free, and each additional half hour costs a few bucks. Members can also use the [SpotCycle app](#) for the iPhone, Blackberry, and Android device to locate the closest available bike. You can also try a limited plan, like a 30-day pass for \$25.



## 14. Zimride

Need a ride? Zimride is a ride share service which members use to set up private networks for sharing rides and saving money. Most cars fit four people, yet we usually commute by ourselves. Why not share the burden of car ownership and resource consumption? Centered around hundreds of colleges and universities, you can probably find a ride almost anywhere you need to go near campus.

## Entertainment

### 15. Bookins

A place to exchange your books with other members, Bookins says that they have “more available books than the largest Barnes & Noble.” Best of all, there are no membership charges or fees to speak of. Bookins arranges all the trades for its users, so members never have to contact each other at all to set up swaps. Sending items is free of charge, while receiving an item costs \$4.49.

### 16. PaperBack Swap

PaperBack Swap is exactly what it sounds like: a place to swap paperback books. Currently, more than half a *billion* books are available for trade on the site. Just list the books you don't want anymore and other members will find them. When someone requests one of your books, you just mail it out and then choose any available book that you want to receive. Swapping is easy, and membership is free.

### 17. BookMooch

Stop lugging around old books you won't read again and trade them for some new reading material instead. Bookmooch uses a points system, so you'll enter the books you want to give away, get requests from members who want your books, ship from home, get points, and then spend the points on the books you need. While membership is free, you'll receive .10 points for every book you make available and 1 point for every book you successfully give away. To remain in good standing, you need to give away one book for every two you receive.

### 18. Swap.com

An online swap meet of sorts, at Swap.com there is no bidding or money exchanged. Rather, you offer to trade the stuff you no longer want. You'll then have the ability to choose from books, movies, CDs, and other items. The site doesn't seem to have monthly charges, but you'll be responsible for shipping costs associated with items you sell. Swap has its own free iPhone app for simple listing and searching.





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### 19. SwapAce

Books, DVDs, CDs, clothes, cars, games – you name it, SwapAce has it available. You can join this electronic bartering and negotiating system for free, and Swapace's auto-matching and offer management system will help you find the stuff you need and ditch your old items.

### 20. GameTZ

If you are a video gamer, GameTZ could be your best bet for finding new games you've been anticipating – and for less than the retail price. The site's reputation system helps you avoid getting ripped off, and you won't face any membership charges, purchase surcharges, or sales fees.

### 21. Goozex

For those of you looking for another option to trade games and movies, Goozex (short for "Goods Exchange") might be for you. Users trade games & movies for points, which are then used to get other games or movies for only a \$1.99 transaction fee. Membership is free.

## Professional Skills

### 22. SharedEarth

I wish I came up with this fantastic idea. SharedEarth is a free site that connects landowners with gardeners and farmers in need of space to grow crops (i.e. [starting a home vegetable garden](#)). You can find free access to land in exchange for sharing a little bit of produce with the landowner. In a time of a strong and growing local food movement and concerns about food safety, SharedEarth might just be the most important sharing site of all!

### 23. Zilok

When you're looking to rent power tools, a shop-vac, or camping equipment, Zilok will help you find great products for short-term rentals. Rather than pay full price for a one-time use, borrow from members of this free site instead.

## A Little of Everything



### 24. Freecycle

With 8.5 million members and 5,000 groups, Freecycle is like the mother of all [garage sales](#), with one exception: Everything is free! The site started as a grassroots organization, encouraging members to reuse products rather than send them out to the landfills. For example, I have used Freecycle many times to find new owners for pieces of my cassette and record collection, piles of magazines and books, and assorted unneeded tools.

### 25. NeighborGoods

An online community in which you can either share free stuff or rent items for a fee, NeighborhoodGoods bills itself as a “social inventory,” enabling members to save money and resources by borrowing what they need to use. While joining is free of charge, you can create private sharing groups for your business or neighborhood for a small fee: \$36 for six months.

### 26. Craigslist

One of my favorite sites on the Internet, and one of the biggest names in the business, Craigslist is the ultimate round-the-world classifieds site. While not specifically built for sharing or renting items, you can choose from a wide range of marketplace categories on Craigslist, including “free,” “rideshare,” and “barter.”

### 27. Trashbank

It’s simple, really. Register for free to become a member, list your unwanted items, find the stuff you like, and arrange to make a trade or cash offer. Since 2005, Trashbank has given buyers and sellers a great system for everything from antiques to toys.

### 28. Freegan

Freegans are people who embrace community and sharing, in opposition to a society based on materialism and greed. Freegans avoid purchasing new products or food as much as possible. Instead, they spend a lot of time digging through trash and waste, looking for the things they need. Yes, it’s an extreme example of sharing and bartering, but they m

### 29. Trade Stuff



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When you just have some stuff that you can't classify but you want to trade away, TradeStuff can help. With a simple forum setup and over 22,000 members, chances are that you can easily get rid of some of your items in exchange for someone else's.

### 30. SwapTreasures

With no transaction fees and no points system, SwapTreasures is just a simple site for exchanging goods and bartering for services. If you want to trade but you don't want a targeted marketplace or an overly involved process, check these guys out.

### 31. BarterQuest

BarterQuest makes it easy to trade or barter for goods, services, and real estate. With categories ranging from transportation to books to clothing to sporting goods, and billing themselves as the "Largest Barter Site," you're sure to find something you can offer up or receive back in trade. Registration and posting is free of charge.

### 32. U-Exchange

With 70,000 members posting items they would like to barter with or for, there is a good possibility you can find what you are looking for at U-Exchange. Listings are available from all over the world, and the search feature lets you narrow down your choices by keywords. There is no charge for membership or listings, as advertisers pay to sponsor the site.

### 33. FavorPals

Billed as a "money-free system of exchange," FavorPals is a site where services like babysitting and housekeeping can be exchanged for other services or goods, all without any money exchanging hands. There is no charge to join, list, or trade.

### 34. Tradeaway

Registration and basic listings are free at Tradeaway, where you can sell, buy, and trade anything from antiques to vacation travel. It is run in the style of an auction house, where users can make offers of trade, TradeCredits, or cash for an item or service that they are interested in. Signup is free.





### 35. Listia

Listia is an online auction site where users bid on other people's stuff using site credits instead of real money. Users earn credits by giving away the stuff they no longer need and can then bid on "new" stuff by using the credits they have earned. The highest bidder wins the item, and membership is free.

## Business

### 36. BizXchange

BizXchange is for business-to-business barter, where members use "BizX dollars" to help each other save cash on expenses and find new ways to grow their businesses. BizX dollars are earned by (and can be spent on) selling products, services, or unused inventory to other members. Membership costs include a one-time initiation fee of \$795, a \$15 cash/\$15 BizX monthly fee, and a 6% fee on each transaction with other members.

## Final Word

Phew! Well there you have it: 34 sites you can use to share, swap, barter, borrow, and lend your products, services, or unwanted household items.





## FASHION THREAD BOX

*"We are Made in Italy,"*



Fabiola Manirakiza, (center) pose with models

MILAN (AP) — Five designers of African origin making their runway debuts opened Milan Fashion Week on Wednesday under the banner “We are Made in Italy,” having nurtured dreams deemed fanciful in their native countries and which faced considerable obstacles coming to fruition in their adopted Italy. “THE FAB FIVE” are, Joy Meribe, Fabiola Manirakiza, Karim Daoudi, Gisele Claudia Ntsama and Karim Daoudi.

Joy Meribe, who is originally from Nigeria, started out working in Italy as a cultural



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mediator. Fabiola Manirakiza came to Italy as a child from Burundi and first trained as a doctor.

Morocco-born Karim Daoudi grew up in a shoe-making town in northern Italy and eventually took up the local craft. Pape Macodou Fall arrived from Senegal at age 22, applying his creative streak as an actor, film producer, figurative painter and now, as a designer of up-cycled garments.

Just one of the five, Cameroonian Gisele Claudia Ntsama, set her sights on Italy with the singular, already mature goal of a fashion career.

“When I told friends in Cameroon that I wanted to travel to Italy to become a fashion designer, they said, ‘Why are you going to study fashion. You know you are Black? What Italian fashion house is going to hire you?’” Ntsama said in a video chat with The Associated Press. “It is always in people’s minds that fashion is for white people. No and no and no!”

The designers, dubbed “the Fab Five,” are the first crop of creators nurtured through a collaboration between the National Chamber of Italian Fashion and the Black Lives Matter in Italian Fashion movement. Italian-Haitian designer Stella Jean, Milan-based African American designer Edward Buchanan and Afro Fashion Week Milano founder Michelle Ngonmo launched the movement last summer.

[The collaboration has expanded from September, when the Fab Five’s collections hung in a showroom](#), to a bona fide runway show of five looks each for Milan Fashion Week, which is taking place 99% online. For their fall-winter 2020-21 collections, the designers worked alongside suppliers and received mentoring from experts, all organized by the Italian fashion council, in an enhanced partnership that allowed them to take their creations to the next level.

A multi-ethnic team of stylists, hairdressers and makeup artists were on hand to prep for the runway show, and buyers can visit the collection on the National Chamber of Italian Fashion website.

Meribe worked with silk from the Como-based textile company Taroni, revisiting some of her earlier designs for her Modaf Designs brand that she has traditionally made from cotton renderings of traditional African wax textiles. Buchanan helped with fitting and encouraged Meribe to change ideas at the last minute without being too rigid,’ she said.’ “This collection is the most luxurious I have ever created. For this capsule collection, I went beyond every possibility,” Meribe said.

Daoudi worked with Veneto shoemaker Ballin, which produces footwear for Bottega Veneta, Chanel and Hermes, to create his collection of high heel sandals and boots. He said the association helped him produce more challenging designs.

“I hope that there are buyers,” he said, adding that the producer plans to help him fill any orders he receives.





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Ntsama added knitwear to her distinctive swirling creations from hemp textiles. The artisanal looks are one-of-a-kind pieces fit for the celebrity red carpet and require hours of handcraftsmanship: She shapes the hemp with a kitchen utensil she prefers not to identify and irons it into place.

Fall, whose nom de artiste is Mokodu, took existing garments and upcycled them with hand-painted African-inspired images.

Manirakiza, whose Frida Kiza brand already has a following in the Marche region of Italy where she lives and in Rome, needed no outside financing for her collection inspired by Botticelli's "Primavera," which she intended as a sign of hope after the pandemic.

A babydoll dress with a gathered neckline and cape details is crafted from a black and white print of "Primavera" that emphasized the masterpiece's floral elements. Manirakiza said staging a runway show was "a wonderful experience" that she hopes will help expand her brand.

Ngonmo established Afro Fashion Week Milano on her own after failing to get the attention of the industry before the Black Lives Matter movement inspired [Black Italian creatives to draw attention to the limits they face](#). She said it was particularly important that the fashion world didn't just stop with slotting the names of African-born designers into the fashion calendar, but gave them material support to grow.

"This has to have deeper roots. If we want to have true change, we need to offer the same opportunities that their colleagues have had, give them the same instruments and experiences," Ngonmo said. "Let's say this is a good first step."





# THE COOK BOOK

## SALMON PARTY SPREAD



(Mary Slade, Silver Springs, MD)

1 pkg (8 ounces) cream cheese, softened

1 can (7-1/2 ounces) pink salmon,

drained, flaked and cartilage removed

3 tablespoons, chopped fresh parsley

2 tablespoons finely chopped green popper

1 teaspoon lemon juice

1 teaspoon prepared horseradish

1/2 teaspoon liquid smoke, optional

Finely chopped pecans or more parsley

Crackers

**Directions:** In a bowl, combine the first nine ingredients; stir until well blended. Cover and chill for 2 hours or overnight. Transfer to a serving bowl; sprinkle with pecans or parsley. Serve with crackers. Yeild: 2 cups



~~~~ Diabetic Section ~~~~

## OVEN BAKED PARMESAN ZUCCHINI



Presented by: President Rose M. Hofler, Suffolk, Virginia

|                                                                     |                     |
|---------------------------------------------------------------------|---------------------|
| 4 small zucchini, scrubbed and diagonally sliced about ½ inch thick | 1 tsp dried oregano |
| 2 eggs or egg substitutes, beaten                                   | ½ tsp dried basil   |
| 2 Tbsp unbleached white flour                                       | 1 tsp paprika       |
|                                                                     | ½ tsp garlic powder |

1. Preheat the oven to 350°F. Dip each zucchini slice into the beaten egg.
2. In a large plastic zip-top bag, combine the remaining ingredients except the oil. Shake the mixture well. Add the zucchini slices and shake well.
3. Place the zucchini slices on a nonstick cookie sheet. Drizzle the zucchini slices with the olive oil.
4. Bake for 7-8 minutes until zucchini is golden brown.

(Serves 6, Serving Size: ½ cup)





## CHICKEN CACCIATORE



Barbara Watson-Mickens, Washington, DC)

4 bone-in chicken breast halves

(skin removed)

2 tsp. margarine

1 medium green pepper, cut in chunks

Basil

Oregano

½ cup chopped onion

1 can (14.5 oz.) Del Monte diced tomatoes

Garlic

**Directions:** In large skillet, heat margarine over medium heat, add chicken pieces and brown. Remove chicken, and add onion and green pepper to pan. Cook until tender. Return chicken to the pan and add the tomatoes. Bring to a boil, reduce heat to low and cook for about 35 minutes. (Internal temp, of chicken pieces should be 170 degrees). Serve over pasta or rice, with green beans and crusty Italian bread.



## CRANBERRY CRUMB CAKE



(Clarice Thompson, Baltimore, Maryland)

1/2 cup packed brown sugar

1/2 cup all-purpose flour

1/2 teaspoon cinnamon

1/4 cup butter or margarine, softened

(Combine dry ingredients and cut into  
butter to make crumbs. Set aside)

1 (8 ounce) can jellied cranberry sauce

1 box yellow cake mix

1 (3 ounce) box instant butter pecan  
pudding mix

1 cup sour cream

1/3 cup oil

4 eggs

**Directions:** Cut cranberry sauce into small cubes. Mix other ingredients and pour batter into Bundt cake pan. Sprinkle evenly with cranberry sauce cubes. Bake at 350° for 1 hour. Remove from oven and sprinkle with crumb mixture above. Bake 10 to 15 minutes longer or until done. Do not under-bake. Cool in pan 10 minutes



## BLACK WALNUT CAKE



(Elizabeth Slade, Silver Spring, Maryland)

2 sticks butter, room temperature

1 cup milk

2 cups sugar

1/4 cup water

5 egg yolks

2 teaspoons lemon flavor

3 cups self-rising flour

**Directions:** Cream butter and sugar until light and fluffy. Add eggs, one at a time, beating after each. Mix milk and water. Sift flour once and add to creamed mixture, alternating with milk, ending with flour. Beat until smooth. Add flavorings and stir. Pour into four greased and floured 8" cake pans or three 9" cake pans. Baked on 350° until golden brown or tested done with a toothpick. Cool before frosting.

### WALNUT FILLING

4 cups whole milk, 2 cups and 1 (4 oz.) can of black walnuts. Chop walnuts into small pieces. In a deep saucepan, add milk add sugar. Cook on medium heat, stirring until mixture begins to boil. Add walnuts and cook to desired thickness for spreading on cake for approximately 45 minutes to one hour. Note: (Filling will boil down like rice). Cool completely before frosting cake.





## FILING YOUR TAXES - 2021

As the tax season is now upon us, you may have questions about filing your federal, state and business taxes in 2021. Economic Impact Payments, tax credits and other relief provided in 2020 have many people wondering how to file during the pandemic. Use USA Gov's tax season guide to understand the initial steps you need to take to successfully file by the April 15 deadline. However these tips might help you get started:

### Five tips to kick off the 2021 tax season:

#### FIVE TIPS TO KICK OFF THE 2021 TAX SEASON

1. Gather all required forms
2. File online with ease
3. Report unemployment benefits
4. Know the Taxpayer Bill of Rights
5. Understand where to go for tax help

#### **Tip 1: Gather all required forms.**

Collecting your tax documents is an important first step to filing your tax returns. These records include W-2s, 1099s, receipts, canceled checks and other income documents. [Understand what forms you may need](#) and access them online from the Internal Revenue Service (IRS), order over the phone or receive them in your community at locations like post offices and libraries.

#### **Tip 2: File online with ease.**

The IRS gives you the helpful tools to file your taxes online. You can also receive your refund faster by signing up for direct deposit. [Access the IRS Free File tool](#) to see if you can start your tax return electronically. If you meet certain income requirements, you may qualify for free tax return preparations.

#### **Tip 3: Report unemployment benefits.**

Millions of people received or are receiving unemployment benefits because of the ongoing pandemic. These benefits are taxable and must be included in your federal tax return. However, [Economic Impact Payments, also known informally as stimulus checks, are not taxable](#) and don't need to be not included in your gross income. [Use the Interactive Tax Assistant](#) to find answers to questions specific to your circumstances.

#### **Tip 4: Know the Taxpayer Bill of Rights.**

As a taxpayer, you have rights when dealing with the IRS. [Keep the Taxpayer Bill of Rights](#) in mind when you begin to file. You are entitled to things like your privacy, confidentiality and never paying more than the correct amount of tax.

#### **Tip 5: Understand where to go if you need more help with your taxes.**

Find answers to your questions about state-specific taxes, when you can receive your refund, navigating recent tax law changes, and more with these helpful resources:

[Engage with the Taxpayer Advocate Service](#) to understand and navigate the tax system. [Subscribe to tax tips](#) directly from the experts at the IRS. You can also [explore IRS.gov](#) for resources in multiple languages, topics in the news, and how-to guides.

[Visit USA.gov to find answers to your top questions throughout the 2021 tax season.](#) USA Gov leads people to official information on everything from IRS scam prevention to small business taxes and incentives to filing for the first time.



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"God's Mind Empowering Our Hands" Philippians 1:6, 2:5, Proverbs 16:3

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## LET US REMEMBER OUR PAST PRESIDENT

A tribute to Deacon Ernest D. Wormley Sr. Past President of the National Baptist Deacon Convention. An extraordinary example of a servant and leader in life and community. Serving Trenton Psychiatric Hospital before retiring after 37 years. As a member of years. Deacon Wormley was the ing a Deacon. Through the years he school teacher, New member in-committee. Deacon Wormley of the National Baptist Deacon transitioned to receive his crown of service lasting 90 years to God and his people. It is giving all Glory to God for allowing us to witness and share such special moments with this teacher, mentor, and friend.



ter 44 years, and Mercer Medical Center New Salem Baptist Church for 69 first trustee of the church, later become served as a Church Van driver, Sunday structor and a member of the finance served from 1996 to 2000 as President Convention Inc. and Its Auxiliaries Glory on October 19, 2019. A life of

## REMEMBERING PAST MEMBERS - GONE BUT NOT FORGOTTEN

**Virginia - 38 Members, Delaware - 1 Member**

Johnnie B. Wilson –Deleware

|                         |                           |                                     |
|-------------------------|---------------------------|-------------------------------------|
| Archie Lee Alston       | Gaile Lyons Spencer       | Peter Leon Seay                     |
| John Wesley Stanley III | Alpha Lee Nichols         | John Marshall Daniel                |
| Mary Evelyn S. Browne   | Viola Tinsley Trimiew     | Walter Leroy Nichols                |
| James L. Snipes         | Rebecca Surley Branch     | William Curtis Fuller Sr.           |
| Wilton Lee Washington   | Mae Georgia Johnson       | Raymond Jones Sr.                   |
| Calvin R. Harris        | Margaret Brackett         | Ruby Hutcheon Joyner                |
| Leonidas Young Sr.      | Joan Beverly Minerve      | Rev. Delores McFadden Robinson Seay |
| Thomas F. Sykes         | Grace Taylor Baccuss      | Vivian Viola Mickens Farmer         |
| Paul B. Hurdle Jr.      | Laura P. Goode            | Francine Hall *                     |
| Richard R. Jiggetts     | Alice M. Hudson Burrell   | Doris Evelyn Day                    |
| Reginald V. Pollard Sr. | Mary Williams Hill(Robin) | Dolson Barnett Anderson             |
| Sterling E. Matthews    | Nannie B. Carter          | Catherine M. Lewis                  |
|                         | Jane V. Lee               | Joseph Highsmith                    |





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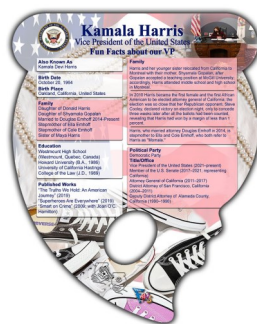
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## CLASSIFIED ADS Custom Fans For Any Occasion!

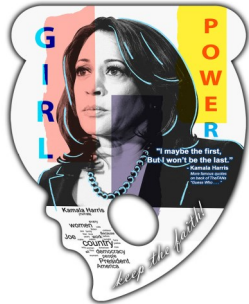
Email: [Wsamnails@aol.com](mailto:Wsamnails@aol.com)

Call: 973.901.8811



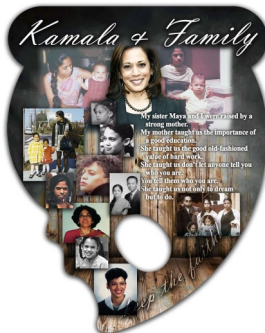
VERSION 1: FRONT, BACK

VERSION 2: FRONT, BACK 1, BACK 2



VERSION 3: FRONT, BACK

VERSION 4: FRONT, BACK



VERSION 5: FRONT, BACK

Contact Us For Prices and Details!

Email: [Wsamnails@aol.com](mailto:Wsamnails@aol.com)

Phone: 973.901.8811