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Georgia Mom Arrested After 2 kids Left in Hot Car in Florida

JACKSONVILLE, Fla.

Authorities say an off-duty police officer rescued a little girl and a baby left in a hot car atop a hospital parking garage in Florida.

The Jacksonville Sheriff's Office says the children were rushed inside Tuesday for treatment at Memorial Hospital.

Their 29-year-old mother, Esther Sorofagya Primack of Bulloch County, Georgia, is now jailed on child neglect charges.

The car was parked in direct sunlight, and nearly two hours passed before a witness alerted the officer. The older child was found wandering around the parking lot while the baby was strapped inside the car, soaked with sweat.

Primack was found asleep inside, waiting for treatment for a urinary tract infection. Jail records don't list an attorney.

YOU GOT A LOT TO *Be Smiling For*

Homeboy Lil Duval makes it big with new single

By Opio Sokoni

Lil Duval (aka Roland Powell)

If you are anywhere in the country and turn on the radio, you are likely to hear Lil Duval's hit music single Smile (Living My Best Life). His real name is Roland Powell. He is from Jacksonville, Florida which makes up the greater part of Duval County. The 41 year old, 5'2" comic went to First Coast High School. Anyone around Duval County during the 80s know that all of the black radio stations played Midnight Star's popular hit Curious. If you are Lil Duval's age, you may not have been at Club Steppin Out, The Voo Swar, Atlantis, Sofies or Georgios to hear that song or see the old heads dance to it while pointing at their dates stating, "I want to know what's on your mind." Well, that song's music track is now Lil Duval's charts climbing hit.

He is not the only Floridian on the song. Ball Greezy, who has another hit on the radio entitled, Nice and Slow is rapping on Smile. Ball Greezy is from Miami where he was raised in Little Haiti and Overtown. He is the one rapping, "More drinks, more smoke and more cars; More shows with Duval and Snoop Dogg." Which brings us to the biggest star on the song. Snoop Dogg (or Snoop Lion or Snoop Doggy Dogg) is a household name in the music industry. He gave the speech inducting Tupac into the Rock and Roll Hall of Fame. If you are on the west coast, you will hear Smile (Living My Best Life) all day long - from Portland to LA. I mean, it is a hot joint.

Many of us remember first seeing Lil Duval in 2005 on BET's comedy competition, Coming to the Stage. Then he began appearing on MTV and in comedy movies. His Instagram page has close to 3 million followers. We should also note that Lil Duvy left the Ville and went to Atlanta where he was able to spread his wings. He ended up getting a big break at a comedy show in Oakland, CA. During the current talk about the history of Jacksonville and consolidation, it should not be lost on anyone that consolidation harmed the black political power, economic and cultural base of Jacksonville. Jax sits on better real estate than Atlanta and has an incredible history of successful Blacks going back to after the civil war. If consolidation had not happened Lil Duval would not have had to go some place else to get discovered. This town was once a movie and entertainment Mecca; but, I digress.

Lil Duval is a great example of not giving up. I can remember his mind went blank during one of his first BET stand up acts. He was talking about Duval slang and seemed to forget what to say next. He could have allowed this bomb to end his career. But, he kept pushing. When I saw him again on another show some time later (I was living on the west coast at the time) I was too proud that he was still standing and standing strong. That's the Duval spirit. We should support the incredible talents that we have in Jax. If we do not reclaim our greatness as a city and support our own, Atlanta or Oakland will.

Here is what some had to say on our Facebook Page

Roger Thompson...
J-VILLE Stompers keepin it real

Rhonda Stansberry...
Congratulations and much success

Dora M Batten...
Awesomeness Lil Big Duvallll

Jeanette Sinclair...
Congratulations on ur success!! I just luv the song.

Charlene Leonard Arnold...
Congratulations, I love you Duval, that's the jam Smile living my best life, keep rising to the top

Tracy Davis
Rep

Garrett Dennis
Council Member

Audrey Gibson
Senator

A Call to Mobilize

The Sunshine State has a supreme opportunity to elect its First Black Governor in the state's history. Andrew Gillum won the Primary in August and now is poised for a two way race in the General Election in November.

We need to mobilize. Now is the time for Senator Audrey Gibson, State Representative Tracy Davis, Council Member Garrett Dennis, Chris Hand and all others who supported Gwen Graham, in the Primary to support Andrew Gillum's bid in the General Election to become the First Black Governor of Florida.

This is a call to mobilize. All of us who want and desire Andrew Gillum as our First Black Governor must mobilize our united efforts and support to make this Historic Election a reality. Just saying we want Andrew Gillum to become our First Black Governor is not enough? We all must do our part by: Voting, Volunteering, Vocalization, Giving Rides to Voting Booths, Becoming a Poll Watcher / Protector, Distribute Door Knockers & Flyers. Think outside the box, make phone calls, tweet, text and email. Get busy. We need to mobilize all our efforts and support now to make Andrew Gillum our First Black Governor of Florida.

— Dr. Juan P. Gray,
Very Concerned Citizen

Suge Knight Sentenced to 28 Years in Prison

A Los Angeles judge on Thursday sentenced music mogul Suge Knight to 28 years in prison for a fatal hit-and-run, bringing a curtain down on one of the most successful careers in hip-hop history.

The 53-year-old icon is set to spend at least two decades behind bars for killing one man and injuring another when he ran over them at a Compton burger stand in 2015.

By pleading no contest to voluntary manslaughter, Knight avoided a murder trial — and a possible life sentence.

In addition to time Knight has already served in jail and if he picks up maximum good behavior credits, the music mogul could be eligible for parole in 20 years, officials said.

The deadly Jan. 29, 2015, confrontation at Tam's Burgers was caught on surveillance cameras, showing Knight backing his pickup truck over Cle "Bone" Sloan before going forward and plowing into Terry Carter, 55, a longtime businessman who built custom lowriders.

Knight then drove off and Carter died from his injuries.

Overseerer Larry J. King Passes

Larry James King was a man of faith since he was a teenager and a top athlete at Sophonia M. Thompkins High School in Savannah, Georgia.

Born in Savannah to Elizabeth and James T. King on February 9, 1947, he not only was top in athletic skills, he was also top in academic skills. He attended Moses Jackson Elementary before advancing to Thompkins.

As noted by all, Larry was an outstanding athlete and led in every area of sports until reaching 11th grade when he decided to attend services at The Jehovah's Witnesses Church where he met and was taught by the father of his wife, Susie.

After graduating from high school, he worked briefly in Miami and then enrolled at Cult Bethel for four years. He then went back to Savannah where he worked with his father and met the daughter of the man who truly introduced him to the Jehovah's Witnesses Church where he gave his life. His first position as an Circuit Overseer was in Chicago for three years. From there he was an overseer in New Orleans, Texas, Ocala, and Jacksonville before returning to Savannah where he gave his life as an Elder and Overseer to Jehovah's Witnesses on Saturday, September 29, 2018.

Larry King

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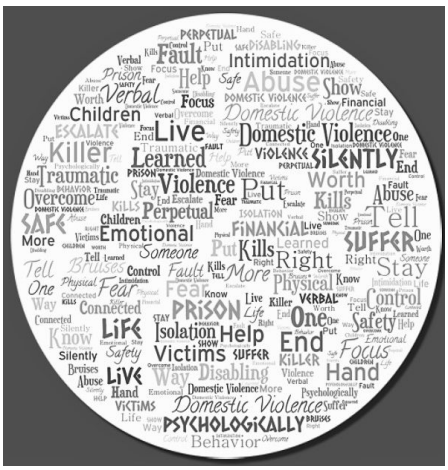
Community News

Listings are due the Tuesday before the next issue.
Email submissions preferred. Send to: Info@TheFloridaStar.com

DOMESTIC VIOLENCE AWARENESS MONTH KICKS OFF WITH HUBBARD HOUSE & PARTNERS REPORTING LOSS OF LIFE; OPPORTUNITY FOR HOPE



At the Domestic Violence Awareness Month kick-off press conference, Hubbard House and its partners released the results of the 2017 Domestic Violence Fatality Review Report. In 2017, in Duval County, there were 15 domestic violence-related deaths, nine of those deaths were specifically related to intimate partner domestic violence

Of the nine deaths related to intimate partner domestic violence, seven were intimate partners in domestic violence relationships. Husbands, wives, girlfriends, boyfriends and, two of the deaths were children of victims of domestic violence.

One was an adult daughter and the other a three-year-old boy who was caught in the crossfire of an attack by an abuser. The intervention and prevention partners Hubbard House, the Jacksonville Sheriff's Office, the City of Jacksonville, the State Attorney's Office, Northeast Florida law enforcement and others involved in the movement to end domestic violence stood together at the conference to pledge commitment to serving victims of domestic violence and their families, and to saving lives. In keeping with Domestic Violence Awareness Month, they also implored both witnesses and survivors to reach out for help, hope, and healing.

"Domestic Violence continues to be an issue in this country and it happens in every community, in all kinds of families and relationships," said Sheriff Mike Williams. "We come together once a year to remind the community that we are working behind the scenes 365 days a year committed to resolving these issues. Every time a victim finds the courage to call the police and ask us to intervene is a good day and the first step in the right direction." The Domestic Violence Fatality Review 2017 Report is an examination of domestic violence homicides from Jan. 1, 2017 through Dec. 31, 2017, including an analysis of domestic violence homicides from December 1996 to December 2017. The purpose of the fatality report is to identify patterns and trends in domestic violence-related deaths, which might have been preventable.

"Awareness as a community and as individuals is vital to ensure no one is lost to domestic violence," said Adair Newman, Assistant State Attorney, and Duval County Domestic Violence Fatality Review Team Chair. "If you believe someone is exhibiting signs of a problem, be the person they need in their time of crisis before that crisis becomes a tragedy."

Per the Fatality Report, 38 percent of the local domestic violence homicides involved intimate partners, and despite an overall decline in homicides, both locally and nationally, there has been no such decline in domestic violence homicides. Also, noteworthy, half of the intimate partner domestic violence homicide cases highlighted by Hubbard House occurred at or after the victim had left her or his abuser, proving again that leaving an abuser is often the most dangerous time for a victim of domestic violence. The Hubbard House Domestic Violence Hotline can help victims develop a plan to leave safely and to stay safe.

"Victims of domestic violence, I want you to hear this clearly: If your partner has ever threatened to kill you, threatened you with a weapon or you believe that he or she will kill you, you need help, now. Please. Find a safe place and a safe phone and call our hotline number, (904) 354-3114, and speak to one of our trained advocates. Calls are confidential and the help is free. You are not alone," said Hubbard House CEO Dr. Gail Patin. Individuals who are in an abusive relationship, or know someone who is, are urged to call Hubbard House's 24-hour domestic violence hotline at (904) 354-3114 or 1-800- 500-1119.

Hubbard House is a full-service certified domestic violence center providing prevention and intervention services to domestic violence survivors and their families in Duval and Baker counties in Northeast Florida. For more information on Domestic Violence Awareness Month activities, please visit www.hubbardhouse.org and follow Hubbard House on Facebook and Twitter. If you would like a copy of the Domestic Violence Fatality Review 2017 Report, please contact Melissa Sturgis at msturgis@hubbardhouse.org.

Serving Duval and Baker Counties, Hubbard House, a full-service certified domestic violence center, has answered more than 91,000 hotline calls and sheltered more than 36,800 victims and their children in its 42-year history. Hubbard House's 24-hour domestic violence hotline in Jacksonville is (904) 354-3114 or 1 (800) 500-1119.

OBITUARIES:

Lenreatha G Sawyer passed away Monday, October 1, 2018.

Ruby Sherman Glover passed away Monday, October 1, 2018.

Foranda Lewis Hester passed away Friday, September 28, 2018. Funeral Saturday, October 6, 2018 at 4334 Brentwood Ave., Jacksonville, FL 32206

Katrina Perry passed away Friday, September 28, 2018. Funeral Saturday, October 6, 2018, 11:00 AM at Zarephath Tabernacle Church, 1028 E 10th St, Jacksonville, FL 32206

Arelila Peterson passed away Friday, September 28, 2018. Funeral Saturday, October 6, 2018, 11:00 AM at Southside COGIC, 2179 Emerson Street, Jacksonville, FL 32207

Mary Steward Hand passed away Tuesday, September 25, 2018. Funeral Service will be Saturday, October 06, 2018, 11:00 AM atMt. Vernon Missionary Baptist Church 1462 Prince Street, Jacksonville, FL 32209

Lillie L Garrett passed away Tuesday, September 25, 2018. Funeral will be held Saturday, Thursday, October 4, 2018 in the New Hope AME Church.

Frances Joella Jarallah passed away Monday, September 24, 2018.

NEED HELP?
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SHERIFF OFFICE (JSO)
Emergency: 911
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FOOD STAMPS (866) 762-2237
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VETERANS SERVICES
(904) 630-3680
DUVAL COUNTY SUPERVISOR OF ELECTIONS
(904) 630-1414
DUVAL COUNTY TAX COLLECTOR
(904) 630-1916
DUVAL COUNTY PUBLIC SCHOOLS
(904) 390-2000
EMERGENCY ASSISTANCE PROGRAM
(904) 630-2469

Church Events:

New Bethelehem Missionary Baptist Church - host their annual 3 day Revival Tuesday, Oct. 2 - 4 at 7PM. Rev. Quan Glover, Senior Pastor of Young Zion Baptist Church, St. Mary's, GA will be speaking. Location: 1824 Prospect Street, Jacksonville, FL 32208.

New Bethelehem Missionary Baptist Church - 99th Church Anniversary Banquet Sunday, Oct. 28th 4:00 p.m. For banquet tickets, call (904) 764-5727. Location: 1824 Prospect Street, Jacksonville, FL 32208.

New Bethelehem Missionary Baptist Church - celebrates their 99th Church Anniversary beginning Nov. 8 - 9, 7PM & Sunday, Nov. 11th, at 11AM. Location: 1824 Prospect Street, Jacksonville, FL 32208.

The Healing Place Ministries is hosting an empowerment workshop geared towards Christian women on Saturday, November 17, 2018 at 10:30AM. Location is Deerwood Library located 10599 Deerwood Park Blvd, Jacksonville, FL 32256.

DON'T FORGET TO VOTE! Vote on November 6, 2018 in this mid-term election. Duval voters are poised to create history by coming out to vote. This election can change our communities, our families and our children's lives for the better. To register to vote or check your eligibility visit: https://www.duvalelections.com

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Opio Sokoni
LAYOUT EDITOR
Denise J. Williams

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Morning Worship.....11:00 a.m.
Tuesday.....Prayer Meeting & Bible Study,7:00 p.m.
Thursday.....Joy Night,7:00 p.m.
Email: Gospell75@aol.com
Website: Greaterelbethel.org

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H.O.P.,Hour of Power (Sunday School).....9:30 a.m.
New Member Class Sunday Morning.....9:30 a.m.
Sunday Morning Worship .....11:00 a.m.
T.N.T, Tuesday Night Teaching (Bible Study).....7:00 p.m.

Church (904) 764-5727 – Fax (904) 764-5901
Email: newbethlehemmb@att.net * Web: newbethlehemmb.com

ANNOUNCEMENTS

Weekly Food Give away Every Tuesday
Community Rehabilitation Center (CRC)
623 Beechwood Street
Jacksonville, FL 32206
Time: 1:00 pm - 4 pm
No restrictions

Edward Waters College Hosts
Lecturer/Poet/Author Nikki Giovanni
Thursday, October 18, 2018
6 PM
The Milne Auditorium at Edward Waters College

MAYOR SET TO OPEN TIME CAPSULE AFTER NEARLY SIX DECADES

Letters to future Council members, municipal budget, financial report, and employee directory among items to be revealed

Nearly 60 years ago, then-mayor commissioner Haydon Burns placed a time capsule inside the cornerstone cavity of City Hall, during the dedication ceremony of the building then located on Bay Street. On Wednesday at 10 a.m., Mayor Lenny Curry will open that time capsule at the newest City Hall building (in Council Chambers), located a few blocks away. The time capsule was recently discovered as Public Works crews conducted pre-demolition work on the building.

"The year 2018 marks a milestone for our city as we recognize the 50th anniversary of Consolidation," said Mayor Curry. "Opening this time capsule will give us a unique opportunity to explore the lives and work of Jacksonville leaders and citizens in the years leading up to 1968, and an opportunity to reflect on how far our city has come."

According to news articles from October 1960, items inside the time capsule include pictures of each elected city official serving at that time, copies of newspapers, the 1960 municipal Budget, the 1959 City financial report, a 1960-61 municipal yearbook, a dedication ceremony program, the 1960 City Hall Directory, and personal letters from past city commissioners addressed to the future commissioners (City Council members) elected to serve the City of Jacksonville.

The time capsule was placed in a cornerstone of the former 16-story City Hall building after a dedication ceremony held in October 1960. An open house following the dedication gave citizens an opportunity to meet City leadership and department heads, and learn more about their municipal government. The Bay Street City Hall location served as the center of Jacksonville's municipal government until City Hall was moved to the St. James building on Duval Street in 1997.

The Bay Street building is set to be demolished early next year.

U.S. Representative Lawson Helps Small Firms Win Federal Work

Incentivizing Fairness in Subcontracting Act Passes the U.S. House

Rep. Al Lawson's (FL-05) H.R. 6367, "Incentivizing Fairness in Subcontracting Act," which aims to expand small firms' involvement in the federal marketplace, passed the House. The bill would allow federal agencies in certain instances to count dollars spent by prime contractors on subcontractors toward agencies' statutory small business contracting goals. The bill further includes provisions to ensure prompt payment to subcontractors when work is completed.

"Small businesses put in a tremendous amount of effort to receive federal contracting jobs, and in doing so, they continue to be the backbone of our country's economy," Rep. Lawson said. "This bill will help our small business contractors receive the credit they need to satisfy federal requirements."

This Legislation tackles an issue that is a cause of great concern for small subcontractors. Large prime contractors have a statutory obligation to develop and submit a subcontracting plan as part of their bid and proposal package. In this plan, prime contractors are required to outline their intention to award a certain percentage of subcontracting dollars to small businesses. Unfortunately, it's been a challenge to ensure that prime contractors are held accountable to these plans.

The "Incentivizing Fairness in Subcontracting Act" protects our small contractors by updating the subcontracting goal regime through increased flexibility and accountability. "Small businesses are increasingly involved in the federal marketplace as subcontractors, rather than as vendors dealing directly with a federal agency," Velázquez noted. "Mr. Lawson's legislation takes this change into account and would create incentives for larger companies to employ small firms as they deliver goods and services to the federal government. Moreover, this bill will help ensure small companies are paid on time, helping address a recurring and widespread problem we hear about frequently from entrepreneurs operating in the federal sector."

Georgia-Florida Hall of Fame to Induct Four Legends in 2018

Murray, Bailey, Brown, and Harvin to be honored at Oct. 26 luncheon

Another star-studded class is set for induction into the 2018 Georgia-Florida Hall of Fame Induction Ceremony and Luncheon presented by Ruth's Chris Steakhouse on Friday, Oct. 26, as part of the Georgia-Florida Weekend.

Georgia quarterback Aaron Murray and linebacker Boss Bailey will join Florida defensive end Alex Brown and wide receiver Percy Harvin in being inducted at the 23rd annual luncheon at the Daily's Place Flex Field at TIAA Bank Field.

"For decades, the Georgia-Florida game has brought our community together unlike any other event," said Mayor Lenny Curry. "The legendary rivalry, spirit, and tradition the game generates each year are driven by these two prestigious schools, their loyal fans, and some of the most talented student-athletes and coaches ever to take the field. It is an honor to recognize this year's Georgia-Florida Hall of Fame inductees."

One of the greatest quarterbacks in the history of the SEC, Aaron Murray set numerous records during his career at Georgia. Murray set 27 Georgia records, including twelve career, nine season and six-game records including three in a bowl game. The Tampa native also established four SEC records during his four seasons at UGA. He finished with 13,562 yards of total offense (13th in the overall NCAA record books at the time), 13,166 yards passing (10th overall in the NCAA record books at the time), 121 touchdown passes (tied for sixth in the NCAA record books at the time) and 921 completions. In addition, Murray became the first player in SEC history to have at least 3,000 yards passing in four consecutive seasons. He also finished his career with a 3-1 record as a starter in the Georgia-Florida game.

As a linebacker at the University of Georgia from 1998 to 2002, Boss Bailey helped lead Georgia to victories in three post-season bowl games and win the 2002 SEC Championship. Bailey was part of the 2002 Bulldog defense that finished first in the SEC and fourth nationally in scoring defense while leading the Dawgs to a 13-1 record, the SEC and Sugar Bowl championships. He led the team in tackles with 114, in addition to six quarterback sacks and 9.5 tackles for a loss. He was also named a First-team All-American, All-SEC for the second time and a semi-finalist for the Butkus and the Lombardi Awards. Bailey was drafted 34th overall in the 2003 NFL Draft by the Detroit Lions.

One of the most decorated defensive players in Florida history, Alex Brown helped re-write the record books at UF. During his four-year career at UF, Brown totaled 161 tackles with forty-seven tackles for a loss (sixth-best career total in Gators history) and is the Gators current record holder of career quarterback sacks with thirty-three and single-season sacks with thirteen. He would be named the SEC Defensive Player of the Year in 2001 and was named First-team All-American twice and First-team All-SEC three times. Brown and the Gators won the SEC Championship in 2000 and he was undefeated in his playing career against Georgia. Brown was drafted in 4th round of the 2002 NFL Draft by the Chicago Bears and would go on to play nine seasons in the NFL.

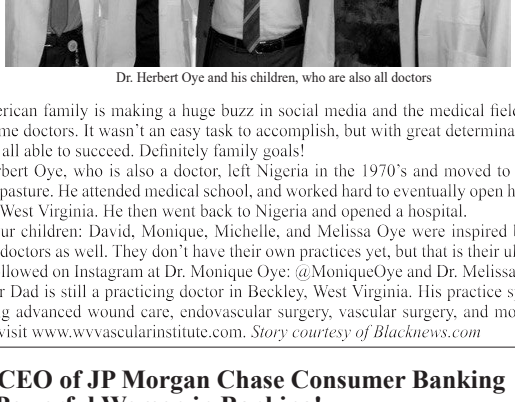
Percy Harvin was one of the most exciting players in college football with the ball in his hands. The former #1 overall high school recruit was the consummate dual threat at wide receiver and running back for the Gators with over 1,900 yards receiving and 1,800 yards rushing in his career. Harvin is the only player in school history to have 100 yards rushing and receiving in the same game. He started his career with an instant impact, winning the SEC Freshman of the Year and named a Freshman All-American. Florida won two National Championships and two SEC Championships during Harvin's three seasons in Gainesville. He was drafted in the first round of the 2009 NFL Draft by the Minnesota Vikings and would go on to win Rookie of the Year and later win Super Bowl XLVIII with the Seattle Seahawks.

Table sponsorships and tickets for the event are on sale through the City of Jacksonville Sports & Entertainment Office.

About the Georgia-Florida Hall of Fame Induction Ceremony and Luncheon presented by Ruth's Chris Steakhouse

Created in 1995, the Georgia-Florida Hall of Fame honors and recognizes the memorable players, coaches, and administrators involved in the long-standing rivalry. Over the 23-year history of the Hall of Fame, there have been 100 people inducted including legendary Gators Steve Spurrier, Danny Wuerffel, Tim Tebow and Jevon Kearse, as well as Bulldog legends Vince Dooley, Herschel Walker, David Pollack and Knowshon Moreno. For information, please visit www.GAFLjax.com.com.

African-American Family Goes Viral After All the Children Become Doctors Just Like Their Dad!



Dr. Herbert Oye and his children, who are also all doctors

A Nigerian-American family is making a huge buzz in social media and the medical field now that all of the children have become doctors. It wasn't an easy task to accomplish, but with great determination and outstanding abilities, they were all able to succeed. Definitely family goals!

Their father Herbert Oye, who is also a doctor, left Nigeria in the 1970's and moved to the United States in search of a greener pasture. He attended medical school, and worked hard to eventually open his very own vascular surgery practice in West Virginia. He then went back to Nigeria and opened a hospital.

Naturally, his four children: David, Monique, Michelle, and Melissa Oye were inspired by him, and they all decided to become doctors as well. They don't have their own practices yet, but that is their ultimate goal. His two daughters can be followed on Instagram at Dr. Monique Oye: @MoniqueOye and Dr. Melissa Oye: @MelissaOye

Meanwhile, their Dad is still a practicing doctor in Beckley, West Virginia. His practice specializes in various treatments including advanced wound care, endovascular surgery, vascular surgery, and more. For more details about his practice, visit www.wvvascularinstitute.com. *Story courtesy of Blacknews.com*

Meet the First African-American CEO of JP Morgan Chase Consumer Banking One of the Most Powerful Women in Banking!

CEO Thasunda Duckett is the first African American to be appointed as CEO of JP Morgan & Chase Consumer Banking.

Thasunda Duckett is the first African-American to be appointed as CEO of JP Morgan & Chase Consumer Banking. Despite her humble means growing up, today Thasunda is responsible for overseeing a banking network with more than $684 billion dollars in deposits and investments, nearly 50,000 employees, over 5,000 bank branches, and 16,000 ATMs.

Rather than let her past limit her, Thasunda embraces it and uses it for inspiration to help ordinary families and households believe that they, too, can not only obtain financial success but become great leaders. She believes her story is not unique, but one that follows the trajectory of the true American Dream.

"My ancestors and the people who started here at JP Morgan Chase couldn't imagine someone that looked like me leading the consumer business," she commented. "... So when I think about my legacy, I think about giving homage to the people before me, the people who were cleaning the buildings of banks and how now, we can have more than a way to take care of our families, and even ascend to become CEOs."

As CEO of one of the largest banks in the world, and Thasunda says her mission is to inspire people to take their savings seriously. Not only does she want individuals to invest in themselves with intention; she also wants them to realize that the word "savings" doesn't just apply to the future; it applies to everyday life.

"I'm passionate about the question, 'What are you saving for?' because savings is not just about investing or planning for your retirement," she explains. "While those are so important, so is short term savings!"

In addition to being a successful business woman, Thasunda is also one of the 16 women who inspired Lebron's James' 16th sneaker for Nike and his first shoe designed for women. She is featured in the campaign with the shoe's designers, and with tennis champion Serena Williams.

She holds a bachelor's degree in finance and marketing from the University of Houston, and earned an MBA from Baylor University. Her advice to others is while navigating your career and life, "reach as you climb." Follow her on Twitter @Thasunda *http://www.Blackbusiness.org*

What Everyone With Disabilities Should Ask Before Accepting a Job Offer

October is National Disability Employment Awareness Month and a good time to focus on the issue of inclusion in the workplace. With historically low unemployment rates among the general population, those with disabilities may enjoy expanded opportunities, particularly as more employers discover the power of a diverse workforce. But finding the right job fit is important, say experts.

"When those of us with disabilities have a real seat at the table, the innovations we introduce are beneficial to everyone," says Kathy Martinez, head of Disability & Accessibility Strategy at Wells Fargo.

Wells Fargo is an example of a company that is committed to attracting, hiring and supporting team members with diverse abilities. This includes having a dedicated team of diverse multi-disciplinary professionals with expertise in occupational health and psychiatric nursing, vocational rehabilitation, behavioral/mental health, ergonomics, disability management, human resources, employee relations, benefits and leave administration.

When looking for a job, Martinez says that those with disabilities should ensure the company offers a supportive environment and will view an individual's experience as an asset to the organization.

"Before accepting an offer, ask the hiring manager or human resources contact what benefits and programming are offered," suggests Martinez. "This is an easy way to get a feel for the company culture."

To get the conversation started, Martinez recommends asking about the following:

• Accommodations management office. Is there a dedicated staffer or team working to ensure that employees have the tools and resources they need to be successful? Will this team be available quickly to address issues as they arise?

• Accessibility. Is the physical workspace accessible to you? Will technologies or equipment you need to perform your job be usable?

• Employee resource group (ERG). ERGs, such as The Diverse Abilities Team Member Network at Wells Fargo, can provide resources, opportunities and camaraderie to employees. Find out if the company has such a group for those with disabilities.

• Leadership program/opportunity for growth. Will the job offer opportunities for promotions and raises? Are there resources, such as leadership programming and professional development courses, for employees looking to grow? Discover what your future at this company could look like.

• Diversity. Is this a company that values diverse abilities? Will the employer value your personal contribution?

Remember that finding the right job is as much about you selecting the right employer as the right employer selecting you. Hold out for a position that will offer you the resources that will bring out your full potential.

(StatePoint)

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Glynn Academy 2018 Homecoming King and Queen and Court

(Provided photo)

Hakan Vardar was crowned Homecoming King and Beauty Nelson was crowned Homecoming Queen during a homecoming ceremony at half-time during the Glynn Academy versus Groves football game.

Queen Candidates

Mary Madden Bishop
Sarah Carpenter
Kat Chitty
Anna Grace Gabriel
Ja'sharia Griffin
Scottia Hutchings
Chynah Jenkins
Beauty Nelson
Grace Thacker
Hanay Waye

King Candidates

Jordan Battle
John Everett Battle
Jaden Battle
Jimmy Bishop
Quany Bostic
Miles Bowers
Jon Henry Butler
Jordan McClinton
Hakan Vardar
Clay Watkins

The 6th Annual Historic Springfield 5K Run/Walk

Saturday 15, 2018

Story and Photos By Frank M. Powell III

A Partnership with the Jacksonville Urban League Foundation and Wells Fargo Bank Jacksonville, Florida on September 15, 2018. The Historic Springfield Community Learning Center hosted its 6th Annual Historic Springfield 5K Run/Walk on Saturday morning, 7:30am at the Wells Fargo Bank (1601 N. Main Street). Participants experienced the 5K run and one-mile run/walk along the tree lined streets of Historic Springfield where modern Jacksonville put down roots in 1869. Running through the picturesque neighborhood past Victorian, Prairie and Colonial homes a delightful way to celebrate the end of summer.

The Jacksonville Urban League is very excited about the partnership with Wells Fargo, SPAR and local Springfield residents and business owners. The post-race celebration held at Hyperion Brewery Company on Main Street, awards, food and raffle items to Springfield restaurants and stores. The Jacksonville Urban League excited to start its 7th Annual 5K Run - Walk next year 2019.

The Jacksonville Urban League (JUL) is a nonprofit, nonpartisan, community-based organization and one of 90 affiliates of the National Urban League, Inc. headquartered in New York City. JUL currently represents almost 71 years of service to Jacksonville's most vulnerable citizens in the areas of advocacy, education, employment and economic empowerment.

The Jacksonville Urban League Economic and Community Development Foundation is the sustainability affiliate of the Jacksonville Urban League. The mission of the Foundation is to secure a variety of financial resources that will help the Jacksonville Urban League become self-sufficient and provide services that respond effectively to needs identified in the community.

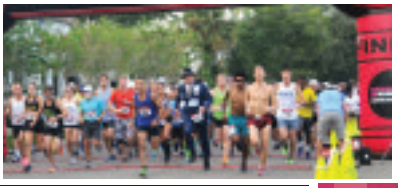
The Historic Springfield Community Learning Center reported over 50,000 has used the center. Also, The Center host its 6th Holiday Social on Thursday, December 13th 6PM-8PM. Hold that date

If you would like to get involved with the Jacksonville Urban League and learn more about their programs and services, please contact Mrs. Linnie Finley at 904-723-4009, l.finley@jaxul.org or visit www.jaxul.org.

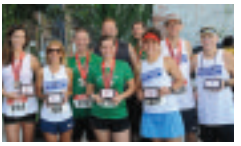
Scott Coble (Wells Fargo), Bud Para (Retired), Richard Danford (Jacksonville Urban League, Todd Broadwater (Enterprise)

Donnett Turner, Terry Sargent, Mildred McFarlane, and Raymond McFarlane

Katrin MacDonald, Joyce Morgan Jacksonville City Council woman running for re-election in November for District 1, David Williams, and Pharoah Manning



Bill Dunn (Race Director) and Faith Danford, Center Manager Wells Fargo Historic Springfield Community Learning Center



At The Table J Dianne Tribble

Jaden Payne, Cipriana Jimenez, Jason Pane, Tina Payne, Lili Jimenez, Trinity Starling, and Nancy Gossage

Wells Fargo Volunteers: Christine Pritchard, Dyrinda Martinez, Lisa Jackson, Charlie Kauffman, Jane Rhodes, Brooke Cordara, Shabnam Patel, MaryAnn Wood, Mo Brusko, Elizabeth Hendry, Bob Chassman, Deborah Myers, Wade Alliance, and Chad Clark

"Don't be afraid to give up being GOOD, to be GREAT!"

by: Marvin D. Roberts, Jr.

During my matriculation at Bethune-Cookman University, I was nominated as a National Scholar and have been afforded the opportunity to meet other scholars with similar aspirations. The two most influential persons in my life are Doleciea, my mother and Dr. Henry Roberts, my uncle. After the untimely death of my father, my mother was a single parent struggling to survive and raise her children. While raising two young boys, working multiple jobs, and attending school, she was still able to reach her goals of graduating college and becoming an educator. Her resilience and perseverance inspired me to never give up.

Thanks to excellent mentors, such as my uncle, who is an alumnus of the great Bethune-Cookman University, was a factor in selecting B-CU as my school of choice. I credit these two role models for my positive path and desire to change lives and leave a legacy. Dr. Chester Wilson, another mentor of mine once said, "Don't be afraid to give up being "Good" to be "Great." This resonates with me and serves as my intrinsic motivation.

Marvin Roberts is a senior Criminal Justice major from Lakeland, Florida and holds a 3.7 GPA. Marvin plans to open a group home for at-risk teens after graduation in 2019. Help us congratulate Marvin and other outstanding males at Bethune-Cookman University as one of the 2018 Tom Joyner Foundation Hercules Scholars.

SPORTS

Provided photo/Jacksonville Jaguars
Jacksonville Jaguars T.J. Yeldon

Bortles and Jaguars' Defense Handle the Jets

By Darrell Baker
For The Florida/Georgia Star

Jacksonville, FL - Jaguars quarterback Blake Bortles had great success against the New York Jets, passing for 388 yards in their 31-12 win Sunday at TIAA Bank Field. Bortles performance, a career high, was a vast improvement over the six points they scored in their 9-6 loss to the Tennessee Titans last week. Running back Leonard Fournette would aggravate the hamstring injury that held him out of the previous two games and now looks to be out indefinitely. T. J. Yeldon is expected to pickup the majority of load until Fournette's return.

The Jaguars offense had enough of their first two scores as only field goals, and would march 78 yards downfield and cap the drive off with a touchdown pass from Bortles to Y.J. Yeldon for 31 yards to put the Jaguars up 13-0 with just under two minutes left to play in the first half. The Jets were unable to make much progress after receiving the ball back with 1:43 left on the clock and ended up punting the ball back to the Jaguars. Bortles and company were able to go 29 yards to give themselves a shot at a field goal with 29 seconds left to play in the half. Kicker Josh Lambo would nail a 54-yard field goal and the Jaguars would go into halftime leading the Jets 16-0.

The Jaguars defense, now regarded as one of the best in the league, continues to impress with its play. Jets quarterback Sam Darnold was held to just 167 yards passing, completing just 17 of 34 passing attempts and one touchdown. The Jaguars defensive play against the run was even more impressive, giving up just 34 yards on the ground. Jets running back Bilal Powell would lead all Jets rushers with 26 yards on 8 carries.

The third quarter would continue to be a demoralizing one for the Jets offense as Jaguars defensive tackle Marcell Dareus stuffed Jets running back Isiah Crowell for a safety in the end zone early into the third quarter. After intercepting a Bortles short pass across the middle intended for Dede Westbrook midway through the third quarter, the Jets were finally able to get on the scoreboard with a 27-yard field goal by Jason Myers.

The Jaguars offense would strike quickly after the Jets field goal, taking only three plays to score after Bortles threw a 65-yard deep strike to connect with receiver Donte Moncrief to push the Jaguars lead to 25-3. The Jaguars would again find another opportunity to score late into the fourth quarter going 65-yards on nine plays, with just 27 seconds left to play in the game, T.J. Yeldon would score on a 1-yard run up the middle and after an unsuccessful 2-point conversion, the Jaguars would be up 31-12 against the Jets to win at home, finding themselves at 3-1 and in second place in the AFC South behind the Tennessee Titans. The Jaguars will look to have the same success against the Kansas City Chiefs who'll have a short week to prepare after they play in the upcoming Monday night game.

What's Next:

Jaguars – Take on the Chiefs next in Arrowhead Stadium at 1:00 p.m. on CBS, Next Sunday

Jets – Will take on the Denver Broncos at home at 1:00 p.m. on CBS Next Sunday in Met Life Stadium in New York.

Falcons Lose in Another Shootout with the Bengals

By Darrell Baker
For The Florida/Georgia Star

Provided photo/Atlanta Falcons
Julio Jones

It was almost as if neither team was able to stop the other as the Falcons saw themselves in yet another shootout for the second week in a row. This one came down to who'd manage the clock better; score last and just plain seal the deal at the end. Atlanta was just not able to put the game away when they had several chances to and would lose 37-36 in a shootout with the Bengals Sunday in Mercedes-Benz Stadium.

For the second game in a row, Matt Ryan has not thrown an interception. He's now thrown for 793 yards, 7 touchdowns in the last two games, yet the Falcons now find themselves 1-3 and at the bottom of the NFC South.

Falcons started Sunday's game down 5 starters on defense including two out for the season in safeties Keanu Neal and Ricardo Allen. With the need now more than ever to rely on offense, the Falcons, after winning the coin toss, elected to receive and proceeded to marched downfield 50-yards to score on their first drive after a 7-yard rush by rookie running back Ito Smith.

The Bengals would soon answer after Brandon Wilson netted 35-yards on the ensuing kick-off return. Two plays later, quarterback Andy Dalton would throw a 38-yard pass to A.J. Green to Atlanta's 26-yard line. Receiver Tyler Eifert would score soon after with a 15-yard touchdown pass to tie the game 7-7 midway through the first quarter.

The Falcons drive would stall on the next possession at midfield after Matt Ryan is sacked by Bengals defensive tackle Gino Atkins for 5-yards. The Bengals would take possession of the ball and drive 32-yards to the Falcons 18 yard line after a 17-yard connection from Andy Dalton to Giovanni Bernard. Giovanni Bernard would score on a10-yard touchdown run to cap the drive and the Bengal's would take over the lead 14-7 just as the first quarter expired.

The Falcons started the second quarter off with possession and scored quickly on a 75-yard drive that included two runs by Ito Smith, a 13-yard run and a 1-yard run to the Bengals 17-yard line where the Falcons would capitalize with Matt Ryan throwing to a wide open Logan Paulson for a 17-yard touchdown to tie the game 14-14 with the extra point made by Matt Bryant.

Bengals quarterback Andy Dalton would throw a 39-yard strike soon after for a touchdown to John Ross and just like that, the Bengals up 21-14. This was the third successful scoring drive by the Bengals, the kink in the Falcons defensive armor was starting to show and it remained to be seen if the Falcons defense would be able to hold on for the remainder of the game.

Matt Ryan would then take the Falcons down field and connect with receiver Mohamed Sanu on 36-yard post route. Ito smith would get the Falcons to the Bengals 11-yard line and on third down, Matt Ryan would throw his second touchdown pass to rookie receiver Calvin Ridley to tie with the Bengals 21-21 with 2:55 left to play in the first half.

This was the first time since 2012 two rookies Calvin Ridley and Ito Smith, scored touchdowns in the same game, receivers Julio Jones and Jacquez Rodgers both scored in their 2012 rookie season with the Falcons.

The Bengals were just determined to match Atlanta Sunday, score for score. Dalton would throw for 337 yards, three touchdowns and an interception in Sunday's win. Dalton lead the Bengals offense downfield with the help of several costly penalties by the Falcons defense Giovanni Bernard trotted into the Falcons end zone for a score and a Bengals the lead 28-21 with 48 seconds remaining in the second quarter. The Falcons would make the most of the 48 seconds left in the half. The Falcons would cut the Bengals by four points on a 55-yard field goal by Matt Bryant to make the score lead to 28-24 at the end of the half.

With the Bengals leading by four points, the Falcons were looking for help on defense to make a stop and they got it just into the third quarter with a sack on Andy Dalton by Takkarist McKinley a blocked punt on the following play. However, after several plays of negative yardage, the Falcons would have to settle for just three points of a 28-yard Matt Bryant field goal to put them just behind the Bengals 28-27.

The Falcons would put themselves ahead early in the fourth quarter with a 30-yard touchdown pass from Ryan to Calvin Ridley. The Falcons defense managed to keep the Bengals out of the end zone but not out of field goal range and the Bengals would end their drive, pulling them closer to the Falcons lead by two points 31-33 with 8 minutes left to play in the game.

The Falcons would miss another opportunity to put the game away by settling for another field goal instead of a touchdown. There was just too much time left to play with the Falcons slim lead on the line at 36-31.

Dalton and company would take over with 4:15 left to play.

The Bengals would call their final timeout after Falcons Vick Beasley sacked Dalton on third down and 8, the Bengals would have to go for it to keep their drive alive with 1:21 left to play in the game. Tyler Boyd would come through with an 11-yard catch just inside the 26-yard line. Three plays later, on fourth down and six, Bengals receiver Tyler Boyd picked up the first down with an 8-yard game. Dalton would then connect with A.J. Green in the back corner of the end zone for a 13-yard touchdown and the win over the Falcons 37-36 at home in Mercedes-Benz Stadium.

What's Next:

Falcons – Will travel to Heinz Field in Pittsburg to take on the Steelers at 1:00 p.m. on Fox, Next Sunday

Bengals – Will take on the Miami Dolphins at home at 1:00 p.m. on CBS Next Sunday in Paul Brown Stadium.

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OPINIONS

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NAACP Jacksonville Branch Presents

THINGS BLACK PEOPLE SHOULD KNOW

The NAACP Jacksonville Branch will list in this column black facts and historical information. Also state, county and city contact information.

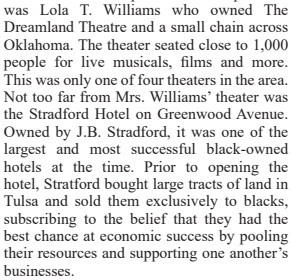
The Race Riot That Destroyed Black Wall Street

By: OBWS

June 1st, 1921 will forever be remembered as a day of great loss and devastation. It was on this day that America experienced the deadliest race riot in the small town of Tulsa, Oklahoma. Ninety-four years later, that neighborhood is still recognized as one of the most prosperous African American towns to date. With hundreds of successful black-owned businesses lining Greenwood Avenue, it became a standard that African Americans are still trying to rebuild. The attack that took place in 1921 tore the community apart, claiming hundreds of lives and sending the once prosperous neighborhood up in smoke.

In the early 1900s, Tulsa, Oklahoma experienced a major oil boom, attracting thousands. Many African Americans migrated from southern states hoping to escape the harsh racial tensions while profiting off of the oil industry. Yet even in Tulsa, Oklahoma, Jim Crow laws were at large, causing the town to be vastly segregated with most African Americans settling in the northern section of the town. From that segregation grew a black entrepreneurial mecca that would affectionately be called "Black Wall Street". The town was established in 1906 by entrepreneur O.W. Gurley, and by 1921 there were over 11,000 residents and hundreds of prosperous businesses, all owned and operated by black Tulsans and patronized by both whites and blacks.

One of the most prominent entrepreneurs was Lola T. Williams who owned The Dreamland Theatre and a small chain across Oklahoma. The theater seated close to 1,000 people for live musicals, films and more. This was only one of four theaters in the area. Not too far from Mrs. Williams' theater was the Stradford Hotel on Greenwood Avenue. Owned by J.B. Stradford, it was one of the largest and most successful black-owned hotels at the time. Prior to opening the hotel, Stratford bought large tracts of land in Tulsa and sold them exclusively to blacks, subscribing to the belief that they had the best chance at economic success by pooling their resources and supporting one another's businesses.



Greenwood flourished and became a symbol of black wealth, pride, and unity. At its height, the business center boasted of various grocery stores, nightclubs, drug stores, churches, funeral homes, restaurants, banks, hotels, and the likes. The community was completely self-sufficient and became the home of many black multimillionaire entrepreneurs. With this growth and success came envy from white Tulsans. Many of the businesses in Greenwood (which they referred to as "Little Africa") were more prosperous than those in the white community. Racial and economic tensions soon came to a boil in May of 1921.

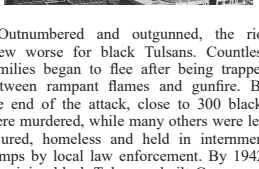
On May 30th, Dick Rowland, a 19-year-old shoe shiner at a Main Street parlor took the elevator at nearby building to use the restroom. At the time, the white elevator operator on duty was 17-year-old Sarah Page.

What happened while the two were in the elevator remains unclear, yet it resulted in Page accusing Rowland of sexual assault. Although she never pressed charges, the damage was done. The story made the front page of the Tulsa Tribune with the headline "Nab Negro for attacking girl in elevator", while rumors began circulating that a white lynch mob was searching for Rowland.

The incident further divided the town with one side believing Rowland raped Page and the other holding on to the belief that he simply tripped as he got onto the elevator and grabbed onto Page's arm as he tried to catch his balance. Hundreds began to gather outside of the county jail that held Rowland. First, a group of armed whites, followed by a group of armed black men fearful of Rowland's safety and determined to protect him.

What ensued was one of the most devastating riots in American history. An event that can only be characterized as terrorism.

Before dawn, a mob of angry white men stormed into Greenwood armed with guns, some provided by local officers who also participated in the riot. Hundreds of businesses and homes were ransacked and set afire. Black men, some who served in World War I, rallied together and armed themselves, ready to fight for their families and community. Whites indiscriminately shot and killed men, women, and children on foot and by car. As the number of casualties on both sides escalated, airplanes used in World War I were dispatched, firing rifles at residents and dropping fire bombs on the black community.



Outnumbered and outgunned, the riot grew worse for black Tulsans. Countless families began to flee after being trapped between rampant flames and gunfire. By the end of the attack, close to 300 blacks were murdered, while many others were left injured, homeless and held in internment camps by local law enforcement. By 1942, remaining black Tulsans rebuilt Greenwood without any assistance from the state and saw a resurgence of over 240 businesses.

The story of Tulsa's Black Wall Street remains one of the most inspirational and devastating parts of our history, yet it is still unknown by many. If you would like to learn more about the Tulsa race riots, you can check out:

Riot and Remembrance: America's Worst Race Riot and Its Legacy by James Hirsch

The Burning: Massacre, Destruction, and the Tulsa Race Riot of 1921 by Tim Madigan

Black Wall Street: From Riot to Renaissance in Tulsa's Historic Greenwood District by Hannibal Johnson

Death in a Promised Land: The Tulsa Race Riot of 1921 by Scott Ellsworth & John Hope Franklin

https://officialblackwallstreet.com/black-wall-street-story

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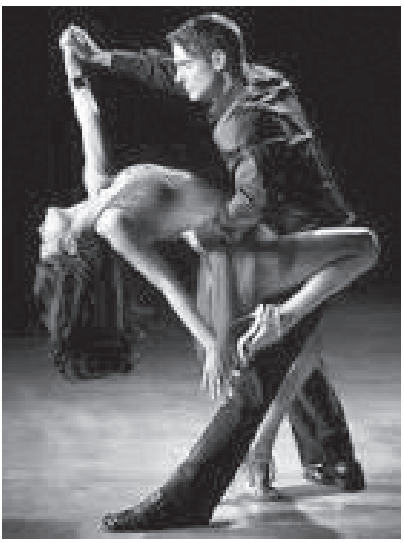
"DIRTY DANCING"

By Miles Jaye



This is not about "Baby" or her rebellious partner, Johnny Castle, famously portrayed by Patrick Swayze. It's not really about dancing either, however, the analogy holds true when one considers the Tango, one of the signature dances in the film. The Tango, a Latin dance known for its sexually suggestive moves, is intended to give the illusion of sizzling hot passion, but it is merely an illusion, a depiction or characterization of the real thing—*romance, love, lust*. The more provocative the moves and the more seductive the facial expressions, the more convincing the performance.

If it were not for Judge Kavanaugh's clumsy, bumbling, emotional outbursts, and the absence of even a hint of swag, he would probably pull off a mean Tango. His facial expressions and impassioned responses to even the simplest of questions were intended to convince and persuade one to believe his dance with the truth.

Kavanaugh said, "My friends and I sometimes got together and had parties on the weekends, the drinking age was 18 in Maryland for most of my times in high school and was 18 in D.C. for all of my time in high school." He added, "I drank beer with my friends, almost everyone did. Sometimes I had too many beers, sometimes others did." The Judge continued to ramble, "I liked beer, I still like beer, but I did not drink beer to the point of blacking out and I never sexually assaulted anyone."

When is dirty dancing, sexual assault? When a man insists on groping and pressing himself against a woman when a woman says *"No,"* dirty dancing becomes sexual assault. What is the legal age of drinking in America? The legal age of drinking in America is 21, not 18. How much perjury is too much perjury? That is yet to be determined—perhaps, at the conclusion of the hearings and subsequent FBI investigation.

At a time in America when the truth is deemed fake and facts are little more than fantastic falsehoods, twisted, dipped and turned like Lady Justice, blindfold removed, and scales set-down so she can dance.

"Baby" is Justice, and just like the character, Justice is not real. *Integrity beyond reproach* should be the primary description of any individual charged with the duties of an arbiter of justice, yet time and time again we are betrayed by elected and appointed Officers of the Court and Law Enforcement officials who breach the public trust by trampling on truth, honesty and fair play.

Hopefully, by now I've captured your imagination with this absurd, cartoonish depiction of a dancing Lady Justice. Now let's consider a more sobering, ghoulish take on this imagery. Imagine the Lady actually said *"No thank you"* when asked to dance, but the fiendish, Ivy League frat boys, hailing *"No means Yes"* decide to violently snatch away the blindfold and knock the scales from her hand, thinking this is just good ol' school boy fun. She's passed around from one stumbling, beer breath frat boy to another, fondled and mauled, until they finally tire of their good fortune and merriment, leaving her bruised, disheveled, and humiliated.

Lady Justice has just been the victim of brutal felony assault. The frat boys go on to enjoy success in business and government. They are safe from any chance of being brought up on charges for their crime because even if Lady Justice reports the incident, the boys will most assuredly cover, lie and deny for one another, and besides, who will believe her?

I am, therefore, not horrified by the prospect of a sex offender and perjurer on the Supreme Court, we already have at least one-- ***that we know of***. I'd like the focus to shift to the good ol' boys in the Congress, Senate and in court houses across America, who violate and abuse Lady Justice daily, stripping her of the dignity and gravitas she was intended to embody.

Lady Justice personifies all that is good and right in society, all that we are to aspire to, as a people, and ***the good ol' boys are making a mockery of everything decent and fair for which she stands.*** Her image is one of honor and nobility dating back to Isis and the Goddesses Themis and Justicia, and now we watch as she is molested by shameless men and women-- government, civic and clerical leaders, lost in a state of drunkenness only power and privilege could affect.

We should not be outraged by one man, who in fact, should not preside over any court in America, but by the brigade of men and women, themselves guilty or complicit in crimes against the citizens of this nation. ***We will see no justice or peace as long as the music plays, and the dance continues***.

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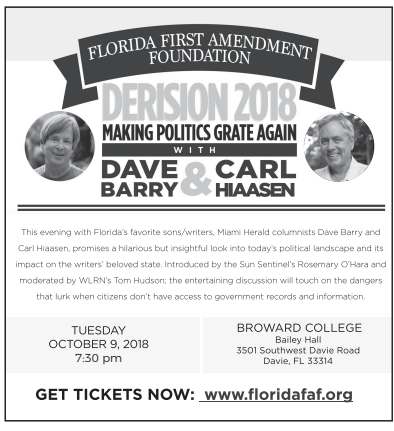

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How Specifically Is Willpower Distinctly Different from Willingness?

By Linda D' Nise

Willpower is an exercise of the ego. It draws on stale yet demonstrated past victories as well as the arrogant delusions that I wanted to believe are true about myself. Delusions like those that asserted:

• I was able to endure denying myself any pleasures for an extended period of time without any help from anyone.

• All I had to do was make up my mind and change my eating forever, again all by myself (well, because I was just that intelligent).

• I was so spiritually endowed that I could summon the powers of God to intercede on my behalf and He could miraculously and instantly change my body into the fit form I desired, if I really wanted to.

• I knew instinctively what moderation was and that I could employ it to manage my weight healthily upon my determination.

At any rate, willpower relies on my assumed personal identity and power, then it demands this assumption to "stand and deliver". Talk about pressure right out of the gate!!!

Willingness, on the other hand is the assumption of a humble mental posture. It is the submission to and trust in a power outside of my own limited understanding and foresight. Much like a when I, as a small child, would hold my mother's hand while walking across a busy street. Or like, when I was a patient and allowed the surgeon to initiate anesthesia just before surgery. Willingness was even demonstrated when I, who deemed myself knowledgeable on nutrition and weight management, but had not been successful for whatever reason, set aside all I knew and accepted the guidance of one who had trod the journey successfully before me. Willingness released me from all responsibility for the outcome of the earnest efforts I would expend regarding this weight management. I only maintained the responsibility to follow each momentary step on the journey as led by the way shower. The way shower, the principle of the program, that has proven successful before, is completely responsible for the outcome of the efforts expended. The individual that assumes the posture of willingness blinds him/herself to all but each step on the path illumined by faith in that principle that has proven successful. The principle ushers its willing passenger carefully and safely through each moment as it navigates the journey charted by the proven successful precepts.

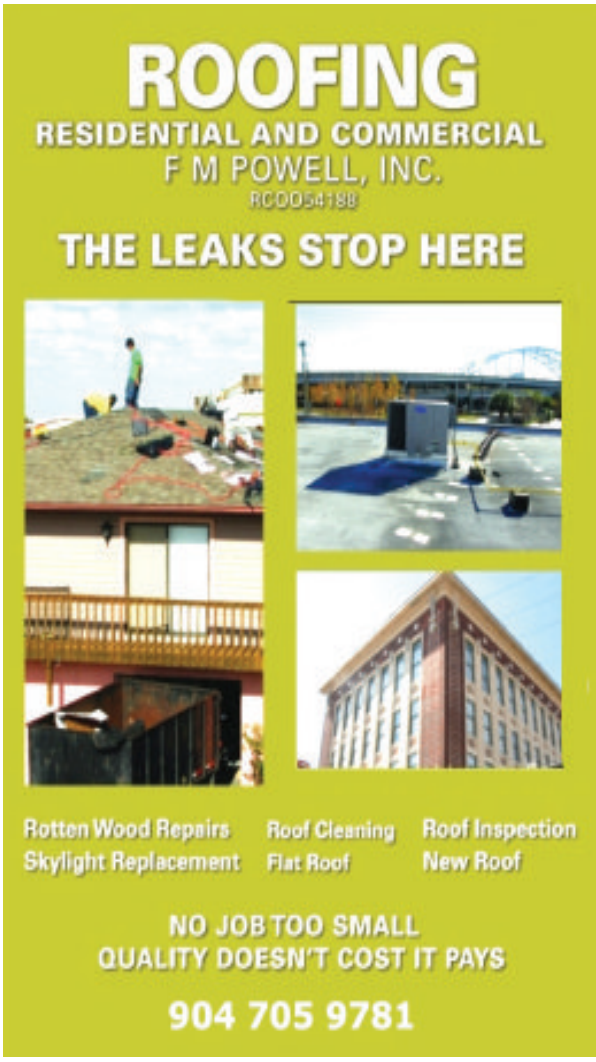
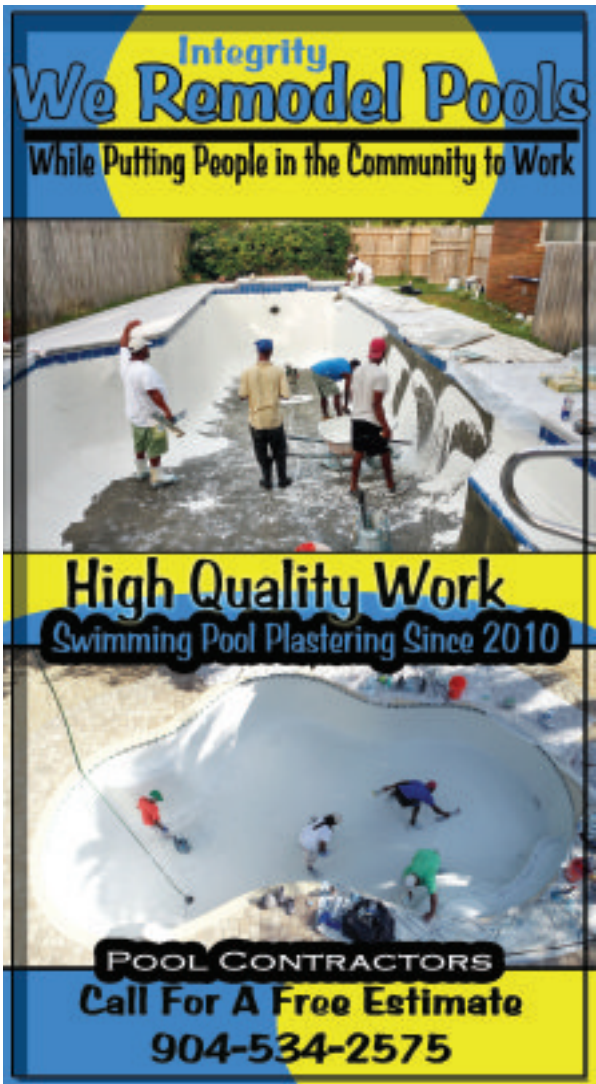
Dear Virtual Sponsor,

I am a man. I eat like a man. I like meat and potatoes. I don't like vegetables. Did I tell you? I am a man!! Yes, I have hypertension. Yes, my doctor said I need to lose weight. I don't mind exercising. And I pray to Jesus to help me. So, I try to eat moderately, but when I do splurge and eat a lot of meat and potatoes, I go to the gym to work it off. What I need from you is a diet that will make me lose weight and I can eat what I want.

Manly Man, Detroit, Michigan

Dear MM,

I think somehow some Christian men tend to think that being a man is different from being that which God created. Like somehow this "manly" persona exempts them from living as God designed them to live. An example is, my professed Christian husband (God rest his soul) once said, "Real men don't cry!" I reminded him, "Jesus wept."(John 11:35) Then I asked him, "Who is your role model?" Another thing is that I have to remember that my body is not my body, but the temple of God. Corinthians 6:19. I am only a steward of this body. I have a responsibility to care of this body as He planned it to be maintained. Its not up to opinion, or appetite. If I let my kid use my car, I would be sure that he/she knew how to operate and maintain the car and I would expect him/her to responsibly take care of the car. I would not be happy if he/she put diesel fuel in a regular gas tank, or if they didn't change the oil, or check the water, etc. Its about being responsible. I have heard it said that responsibility is "responding to God's ability." I have also heard it said that the difference in a boy and a man is how that male assumes responsibility. I found when I went on and "put on the new man" (woman in my case) and used principle in my nutrition, it was like putting on, or taking on responsibility. When I started caring for my nutrition according to a principle and not just my pride or my reckless appetite, I found health, happiness and I never feel deprived of any good thing. Psalm 84:11 "For the LORD God is a sun and shield: the LORD will give grace and glory: no good thing will he withhold from them that walk uprightly."

You said, "What I need from you...", please be aware that I am not the authority that set up the principle of nutrition that is in keeping with the divine universal order. All I am doing is passing on the news of my experience as I follow His principle. It is God who set this system up. He set it up impartially and universally. This means, He set the system up whereby everybody is blessed individually using the same principle. Nobody likes structure until they "taste and see that the Lord is good." Psalm 34:8.

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