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PERIODICALS EAST CAROLINA UNIVERSITY

Complimentary Please Take (Retail Value: 5) Vol XXX

MAR 2008 Issue Australia apologizes to 'stolen' Australia apologizes to 'stolen'

Greenville-Pitt County Chamber of Commerce

These Candidates need Your Vote



Melvin McLawhorn Represents: District A (Districts 1 & 2 Combined) **County Commissioner**

generations'

By: Maryam Abdul-Aleem Special to the AmNews

The Australian government has publicly apologized to the "stolen generations" of indigenous Australians who suffered under policies of "assimilation," which sought to dissolve the Black race in Aboriginal children through forcible children through forcible removal from their families to institutionalized missionaries and industrial schools.

The new prime minister, Kevin Rudd, gave a moving speech at the commencement of the 42nd parliament of the commonwealth, which began with a personal story from a woman in her 80s who recalled being snatched out of her mother's arms at 4

years of age. Children were put in three lines. "Those on left were told that they had become Catholics, those in the middle Methodists and those on the right Church of England." Her and her sister "became Methodists".

On February 13, in Australia's capital, Canberra, P.M. Rudd told the parliament: "It is time to reconcile. It is time to recognize the injustices of the past. It is time to say, 'Sorry.' It is a time to move forward.

"To the stolen generations, I say the following: as prime minister of Australia, I am sorry. I offer you this apology without qualification. We apologize for the hurt, the pain and suffering that we, the parliament have enacted. We

continue inside pg8

EMPOWERMENT HOTLINE



The M'Voice Remembers - Rev. Willie Joyner pastor of Warren and Moye's Chapel in Farmville, NC. pictured here in the center surrounded by (1-r) Rev Blount, Rev Thomas Joyner, brother (rear) Rev Payton and at his side his father the late Deacon Herbert Joyner

Bishop Ralph Love Represents District 1, Seat B **School Board Member**

The Wilmington Journal

SPECIAL FROM THE ATLANTA DAILY WORLD

(NNPA)—The Tom Joyner Morning Show and the NAACP National Voter Fund have partnered to launch 1-866-MYVOTE1 as part of a year-long voter registration, education and empowerment campaign.

"This is truly one of the most exciting and important presidential election years we've ever had," said Joyner, the nationally syndicated radio personality whose radio show is aired in 115 markets reaching nearly eight million listeners.

"This partnership with the **NAACP** National Voter Fund is our way to make sure we register as many voters as possible, and give our community the tools to become active players in this year's election."

Julian Bond, chairman of the nation's oldest and largest civil rights organization, said that "the stakes in this year's elections are extremely high and for the first time in US History the African-American vote will be decisive in both the Primary and General Elections."

Bond added, "The NAACP and NAACP National Voter Fund's Partnership with the Tom Joyner Morning Show

could not come at a better time. The Tom Joyner Morning Show's national promotion will play a major role in our efforts to register and empower hundreds of thousands of African Americans and especially young voters throughout the United States."

TOM JOYNER, NAACPLAUNCH VOTER

The toll-free number can be used by callers around the country and will operate through the November 2008 election. After callers dial the 866-MYVOTE1 (866-698-6831), they can enter their zip code and select from one of several options:

1) Request a voter registration application, which they can sign and return to their local

county elections board;

2) Find the closest polling place to their home;

3) Record up to a: 60 second complaint if they have encountered any problems, or

4) Transfer to a person at their local county elections office.

Throughout the primary season and Election Day, Joyner and the NAACP will be encouraging tens of thousands to register to vote and be able to monitor any problems voters might have at their polling places.

The voter hotline is a part of Joyner's and the NAACP broader initiatives to educate and inform residents to get

involved in what is one of the most racially diverse presidential campaigns ever.

continue inside pg8



Tom Joyner

WHO ARE YOU VOTING FOR ???

THE MINORITY VOICE NEWSPAPER PICK UP YOUR COPY TODAY

Reginald Walton has filed for County Commissioner

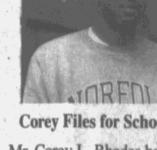
District A (1&2)



Hickman Files for School Board

Mr. Clifton B. Hickman has filed as a candidate for the Pitt County Board of Education, (District 1, Seat B) in the May Election.





Corey Files for School Board

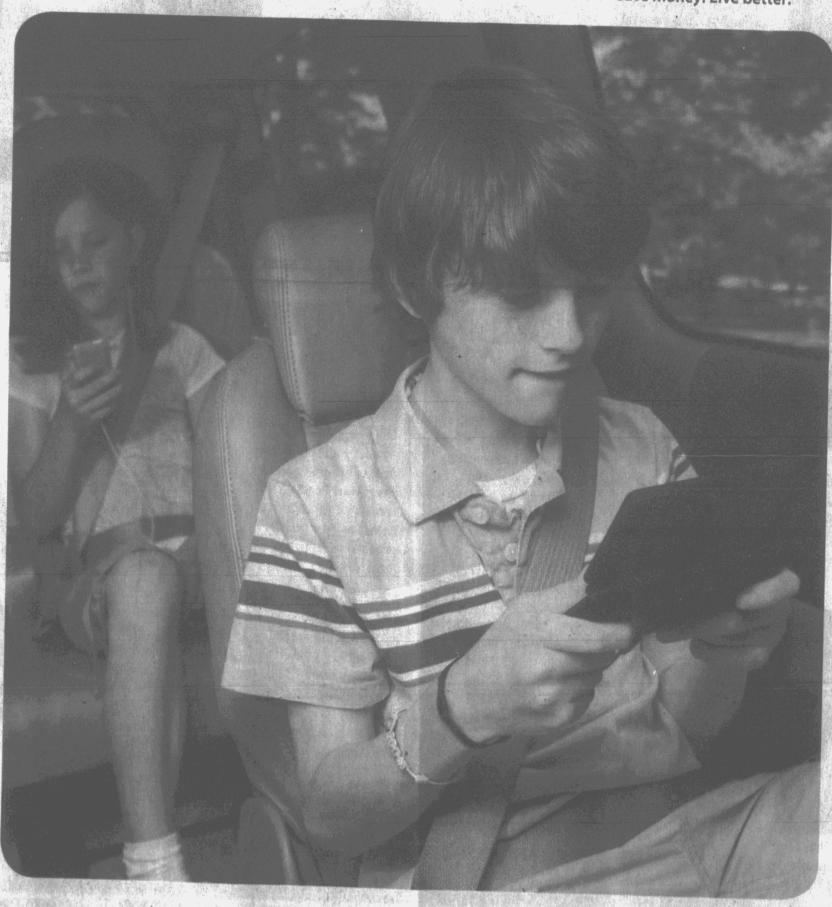
Mr. Corey L. Rhodes has filed as a candidate for the Pitt County Board of Education, (District 4, Seat 4-B) in the May Election

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%: Now open!

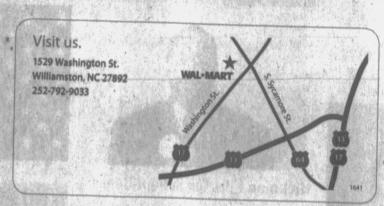
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COMMUNITY NEWS



Mrs Beatrice Maye

When Jesus Returns

The coming of Jesus will be a wakeup call for those who feel that class, race, or gender make a difference to God. When Jesus comes, there will no longer be any separation based on class or gender, no issues of race or color, and no cultural or denominational distinctions. Physical appearance will not matter. All those who fear God, the small and the great, will be treated equally (Rev. 19:15). With one voice and as one community, all will shout with joy on the day Jesus returns to fulfill His promise to rule the earth.

Aren't we glad God is the equalizer?

Beatrice Maye

The Editor:

How often we find that some days produce too many interruptions while

other days produce more intense demands. Extra duties and the trivial

All too easily crowd out the more important work that should be done. When we are crowded and pushed and feel that our blessings are running us instead of our running them, then, that is the time to get away from it all and be alone. Also, when we are overworked and tense, we become inefficient, inept, and unproductive; we overtax ourselves. At such times, much more will actually be accomplished through rest. difficult and impractical as that may seem, than through overworking and overdoing it. Nature demands that we now and then take time out to let our souls catch up with our bodies.

Beatrice Maye

Prayer Consists of 3 Parts

A - Adoration - Praising God for His attributes.

- Confession - Asking forgiveness for the sins I've committed

T - Thanksgiving -Expressing gratitude for His Blessings and answers to my

- Supplication - Asking for anything and something that coming to mind for myself and others.

Be Persistent in prayer.

Luke 11:5-13

Bible Quiz (Sleepers & Nonsleepers)

- 1. Who had surgery performed on him while he slept? (Genesis 2:21)
- 2. Who has killed as he slept in the tent of Jael? (Judges 4:21)
- 3. Who slept in the bottom of a ship as it rolled in a storm? (Jonah 1:5)

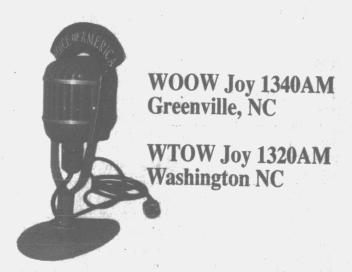
- 4. Who suggested to Jezebel's priests that Baal was sleeping duty? (1 Kings 18:27).
- 5. Who slept at Bethel and dreamed about angels? (Genesis 28:11-15)
- 6. Who had troublesome dreams that kept him from sleeping? (Daniel 2:1)
- 7. Who visited by an angel of the Lord while sleeping? (Matthew 2:13)
- 8. Who slept while Jesus prayed in Gethsemane? (Luke 22:45)

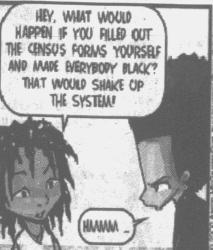
9. Who spoke to Abram while he was in a deep sleep? (Genesis 15:12-16)

10. Who slept through a haircut? (Judges 16:19)

Bonus:

11. Who did not sleep while Daniel was in the lion's den? (Daniels 6:18)











Suejette A. Jones

The Minority Voice

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WTOW Radio

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according to our editorial

needs. We will not edit anything

in such a way as to be mislead

ing or that would fundamen-

Publisher/Founder

Reflections

Blacks Who Fought Racism

There are many lesserknown African Americans heroes who have paved the way for us by confronting

In 1941, Eddie Robinson went to Louisiana Negro Normal and Industrial Institute to interview for a position as the small school's athletic coach. When neither of the other two candidates showed up, he got the job by default - and stayed for the next 57 years. A legendary figure at what was later Grambling State University, Robinson won 408 football games - more than any college coach before him and inspired black achievement on and off the field.

The son a sharecropper and a maid, Edward Gay Robinson was a star quarterback at Leland College in Louisiana. He could not find a coaching job after college, however, and took a day job at a Baton Rouge feed mill while working nights on an ice wagon. Then he heard of the coach's position at Louisiana Negro Normal, which consisted of five buildings surrounded mostly of peach orchids and hog farms. Robinson's commitment was fierce even though he earned only \$ 63.75 a month. Louisiana Negro Normal,

which became Grambling in 1946, had no weight room, so he filled coffee cans with cement to use as dumbbells. He also taped ankles, stitched uniforms, and even mowed and lined the fields. Robinson drove his players hard, ringing cowbells at 6:30 am, to get them out of bed. He knew how to reward them, too. "If we win this game," he would say, "we're going to eat fried chicken, sweet potatoes, and cornbread. If we lose, we're gonna have hot dogs and soda pop."

Robinson's greatest achievement may have been his quiet fight against racism in the Jim Crow South. Once, when the team bus broke down and the white-owned service station nearby refused to fix it, he did the job himself. Because the Tigers couldn't eat at segregated restaurants, he and his wife stayed up the night before road trips and made sandwiches.

Robinson, — in later years, commented, "All I want is for my story to be an American story. Not black, and not white. Just American. I want to belong to everybody."

Extracted from the Associated Press

Edgar Boyd Fought Black Sterotypes

I can remember when "Aunt Jemima" pancake mix was packed in a box showing a

black "Mammy" synonymous with "Mammy" in Gone With the Wind. There was "A Gold Dust Twins Soap Powder" packed in a box, which pictured two black baby pickannies. But Edgar Boyd, a former Pepsi ad man who broke color barriers with one of the first corporate marketing campaigns to portray blacks in a positive light has died recently at age

He was working at the National Urban League in New York City in 1947 when Pepsi hired him and a team of educated black salesmen to help the company drive sales among blacks. He created a marketing campaign that showed blacks as respectable, middle-class consumers. One store display, for example, pictured a smiling mother holding a six-pack of Pepsi Cola as her handsome, young son reached for a bottle. There also were series that profiled 20 black achievers and featured top students at black universities drinking Pepsi. "We've been caricatured and stereotyped as mammies and pickannies in many ads." The Pepsi ads represent us as normal

Boyd and his team visited black colleges, churches, and markets throughout the country to promote Pepsi, ending the daily injustices of racism along the way. The group rode on segregated trains and was refused service at white-owned hotels, and

Americans.

insults from some colleagues at Pepsi weren't uncommon.

Today, the CEO of PepsiCo., is a woman from India and Boyd remarked,

"When I think of how the odds were against us. I never would have thought a woman of color would lead."

Words of Wisdom

"By the time a man realizes that maybe his father was right, he usually has a son who thinks he's wrong."

Poet Charles Wadsworth

"There are no secrets better kept than the secrets that everybody guesses."

George Bernard Shaw

"In youth we run into difficulties. In old age difficulties run into us."

Beverly Sills

"There are two kinds of travel: first class and with children."

Author Julian Barnes

"Next to knowing when to seize an opportunity, the most important thing in life is to know when to forgo an advantage."

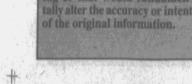
Benjamin Disraeli

"The less we know, the longer our explanations."

Ezra Pound

"What the public wants is not passion but the appearance of passion."





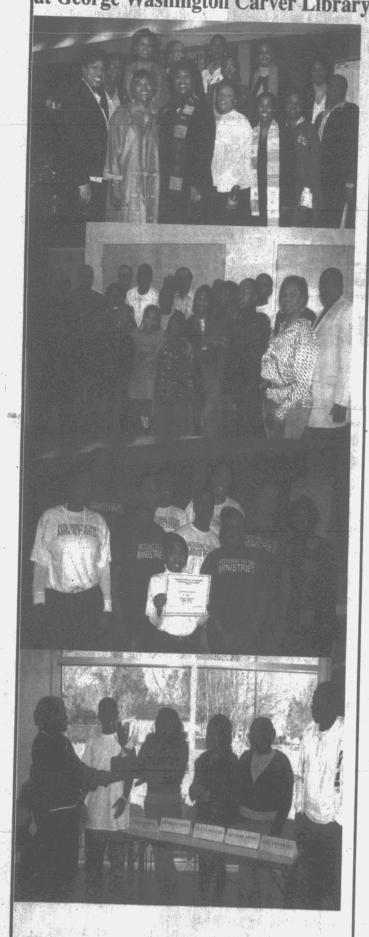
WHERE WERE YOU WHEN



WHEN
THE
M'VOICE
CAMERA
CAUGHT
YOU???

Alpha Kaappa Alpha Sorority, Inc.
Iota Kappa Omega Chapter
2008 Black History Quiz Bowl
at The Philippi Church of Christ
&

The Fourteenth Annual
African American Quiz Bowl 2008
at George Washington Carver Library



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A Pacemaker for the Brain?

Local Resident
Receives Innovative
Treatment for Epilepsy
that Gives Her Back
Control of Her Life

Seven-year-old Techia had her first epileptic seizure when she was just a year old. Her mother Lynette initially thought the seizure may have been related to the hydrocephalus she suffered at her birth, but as the seizures progressed in their frequency and intensity it became clear that Techia's condition was far more severe.

By 2004 the child was having an average of one seizure per week, lasting up to four or five minutes at a time. During the seizures her body would jerk violently and uncontrollably, and once they passed Techia would remain groggy and confused. Her parents were devastated to see their daughter suffering from such a debilitating condition, and set out to learn more about epilepsy and various treatment options.

Epilepsy is the third most common neurological disorder in the United States, affecting more people than twice the number of individuals suffering from cerebral palsy, multiple sclerosis and Parkinson's disease combined. According to the Epilepsy Foundation of America more than 2.5 million Americans are

currently
living with
the
condition,
and
approximately
200,000
new cases of
epilepsy are
diagnosed
each year. Of the

individuals with the disease, 30 percent are children under the age of 18, like Techia.

For the majority of patients with the disease, medication is effective in controlling their seizures. Some individuals, however, do not respond to medication or cannot tolerate the side effects, such as lethargy, memory loss, weight gain and confusion. Techia was one such patient whose seizures did not decrease despite being treated with medication. Her mother estimates that the child tried at least seven different medications in an attempt to control her seizures.

Each one would work for a time, but the benefits would slowly fade and Techia's seizures would return with a vengeance. To compound her difficulty, the medications Techia was prescribed made her sluggish, withdrawn and groggy. Her mother says, "It was like she was in another world".

Desperate for help, Techia's parents consulted with Dr. Susan Boutilier at East Carolina Neurology in Greenville on their daughter's condition. It was through Dr. Boutilier that Techia and her family

learned about VNS (vagus nerve stimulation) Therapy, an implantable stimulator approved by the Food and Drug Administration in 1997 for the treatment of epilepsy.

Often referred to as a pacemaker for the brain, VNS Therapy consists of a small generator that is implanted under the skin in the left chest and sends mild impulses to the brain via the vagus nerve in the neck. The device also comes with a magnet that, when swiped over the implant, is able to decrease or stop a seizure instantly. To date, more than 40,000 people worldwide have been treated with VNS Therapy.

Lynette was hesitant about the procedure at first but, after speaking with Techia's neurologist and learning more about the therapy, she soon realized that this might be her daughter's only chance at living a more normal life.

Techia was implanted with VNS Therapy in August of 2006, and has been seizure free ever since. She has been able to cut back on the amount of medication she takes and, as a result, is much more talkative and alert than before she had VNS Therapy.

Before receiving the treatment, Techia's mother never let her daughter out of her sight for fear that she might have a seizure and get hurt, but VNS Therapy has eliminated this concern from her mind. For the first time since she was born, Techia's parents can relax and watch their daughter enjoy a normal childhood. They are more than thrilled with the results of her treatment and look forward to all the future has in store for their family.

For more information on epilepsy and VNS Therapy, go to www.epilepsyfoundation.org

www.epilepsyfoundation.org or www.vnstherapy.com



Lookup... Lookup...



The safety of those working near electrical lines is important to everyone at Greenville Utilities. And in North Carolina, there is a law — the High Voltage Safety Act — to help keep you safe. This law applies to anyone planning to:

- Work within 10 feet of an overhead high voltage power line
- Use ladders or operate/install equipment that could approach within 10 feet of a high voltage line during installation or maintenance.

The person performing the work is responsible for contacting NC One call by dialing 811 and making sure all safety precautions have been taken AT LEAST two days before work begins. Greenville Utilities will work with you to identify hazards and can assist you with implementing necessary safety precautions. you could be subject to charges for protective actions taken on your behalf by GUC.

Look up ... look out, and pratice the 10-ft rule. Remember, a simple call can keep you safe when you're working near overhead power lines. NC One Call: dial 811.





Minority Voice February 28-Mar 14, 2008 pg7

Greenville Museum of Art Featuring the works of 16 African-American artists

History will be made in Greenville as the Greenville Museum of Art present "Living African-American Artists of North Carolina, "an exhibit featuring the works of 16 African-American artists in the

This exhibit will open Thursday, March 13, 2008, with a reception from 6-9 pm, at the museum. It will be featured at the museum through April 26,

"These are some the most talented artists in the state, and



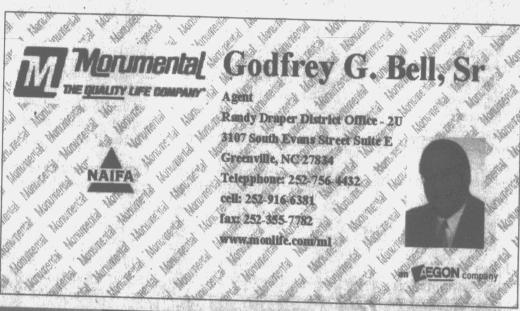
photo R Butler/The Daily Reflector

the museum is honored to be able to showcase some of their work," said Pearless Spellar, a member of the museum board and organizer of the exhibit. "The show celebrates these artists, their passion and contributions to us all."

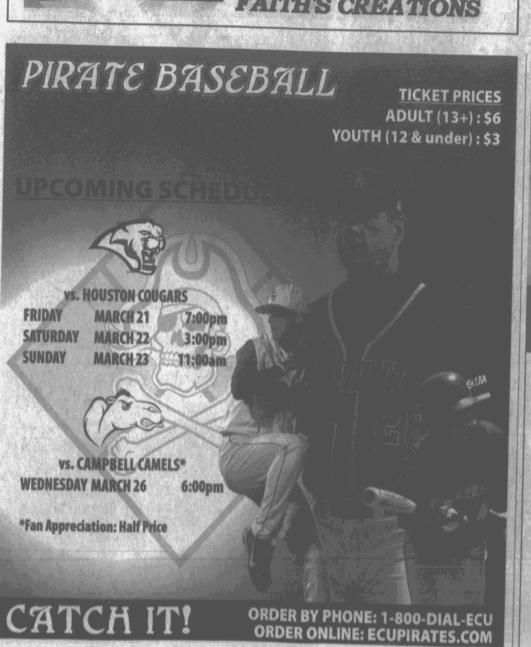
The exhibit is presented through a grant by the NC Arts Council and the museum and is sponsored through matching funds by Jan D. Blount, Mary-Hannah and Bill Taft and Judy and Dave Whichard.

The reception will be hosted by members of the Greenville Museum of Art Board of Directors and by members the National Pan-Hellenic Council, including Alpha Kappa Alpha, Sigma Gamma Rho and Zeta Phi Beta sororities and Alpha Phi Alpha Fraternity.

Participating artists include: Tommie Richardson, Vandorn Hinnant, Alexis Joyner, Floyd Newkirk, Karen Bethea, Emmitt Williams, James McMillan, Henry Sumpter, Edward Marrow, Pearless Speller, Richard Wilson, Mike Bennett, James Melvin, Chandra Cox, Marvin Sin, Akousa Bandele.









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> North Carolina's Electric Cooperatives

> > www.ncelectriccooperatives.com

Minority Voice February 28-Mar 14, 2008 pg8 Australia apologizes

apologize for the indignity, the degradation and the humiliation these laws embodied.

He continued, "We offer this apology to the mothers, the fathers, the brothers, the sisters, the families and the communities whose lives were ripped apart by the actions of successive governments under successive parliaments."

According to The Australian newspaper, the prime minister has appointed a bipartisan "war cabinet" that will be in charge of "following the apology with practical measures" that will address the life expectancy, education, economic and health issues of the indigenous Australians compared to non-indigenous Australians.

Many indigenous Australians reportedly responded that an apology will not pay the rent or put food on the table. At the Australian Embassy in Washington, DC., the press secretary told the AmNews that there should be an understanding not to confuse the Australian government's apology with a monetary compensation. She said, "The apology was a first step in the process, but will not be followed by monetary compensation, although individual claims can be received."

Many people are reportedly in the process of making individual and civil claims. according to the Herald Sun, an Australian daily newspaper.

For the past 11 years, the previous prime minister, John Howard, refused to give a national apology because he feared the backlash of monetary claims from the indigenous population.

Drawing the connection between the Black Power movement in the 1960s in America and the end of the "assimilation policies" in the 1970s, in Australia, Dr. Manning Marable, the author or numerous books, founding director of the Institute for Research in African-American Studies, and professor of history, political science, public affairs and African-American studies at Columbia University, told the AmNews, "Malcolm X and Martin Luther King, Jr. had impacted the rest of the world, " and in effect, the Australians.

Marable said the apology in Australia is about how indigenous people were treated and exploited by colonizers from Europe.

"It takes courage to do what the Australian government did, "said Mr. Mack, a political activist from the 1960s. "Truth, compensation

and reconciliation" are the three points that have to be in the equation for a tangible outcome, he said. The first step is an acknowledgement that a wrong has been done. Then some type of compensation and reconciliation must follow.

The Australian government's apology has defiantly shone some light on the Pandora's box of the African-American experience in America. In fact, Dr. Marable says that in 2001 at the World Conference against racism in Africa, President Bush refused to acknowledge the need for an apology for crimes against Black people and went so far as to walk out on the meeting with over 1,000 African-Americans I attendance, one of whom was Dr. Marable.

A strong advocate for reparations, not just for slavery but for the treatment from the Jim Crow system as well, Dr. Marable, mentioned that in one of his books, "Great Wells of Democracy: The meaning of Race in American life," he spends an entire chapter on reparations.

"What happened in Australia has major significance for Black Americans because now the US has another model of what can be done," said Marable.

"Once a government gives a national apology, it means

that they waiver their souvereign immunity - a legal term which means you can't sue the government

gives a national apology, it means that they waiver their souvereign immunity — a legal term which means you

can't sue the government." Now that there is no statue of limitation "this is very, very significant," he said.

THOSPOTHER

Queen E. Windley In School Suspension Coordinator at Washington High

Queen E. Windley was born in Yeatesville, NC July 18, 1947. The ageless beauty is the oldest of four children. She believes education is the key to being successful and that is the reason she chose to become an educator. She has been at Washington High for three and a half years. Mrs Windley began her education at Beaufort County Elementary and Primary in Pantego. She graduated from Pantego High in May 1965. Upon completion of her high school diploma she began attaining other upper level degrees. She believes the key to a more successful and ful-

filling lifestyle. She recieved a diploma in Business Computer Application in 1987 and Cosmetology in 1989. She also obtained a BA in Business Administration and Management from Elizabeth City State University in 1991. Mrs Queen E. Windley is a member of Mt. Zion FWB Church Yeatsville NC

> The above information was obtained from an interview for The Inside Scoop by Dimitrius L. Reid

A MOMENT IN BLACK HISTORY

THE HARLEM RENAISSANCE (PT. I) An 'Opportunity' for Writers by: Todd Steven Burroughs

The New Negroes had arrived! There they are, he and she: the vanguard of new political and social movements! See them proudly stride, and fight!

Because the artistic movement now known as the Harlem Renaissance, the time roughly between the end of World War I and the beginning of the Great Depression, was underway.

The late Dorothy West remembered very clearly how her literary career started: she left Boston University for New York City after reading her aunt's copy of The Crisis, the organ of the NAACP and the premier Black socio-political and literary medium of its time. She also remembers when she submitted "The Typewriter," her short story, to the literary contest sponsored by Opportunity, another prominent Black political-social magazine which was also the organ of the National Urban League. "The Typewriter" tied with a Zora Neale Hurston submission for second place in Opportunity's literary contest at the height of the Renaissance.

The Opportunity literary contest signaled a new day for Black writing: a day in which national "mass" Black magazines would provide forums for new Black creative writers, introducing them to both Black and White Americans.

Tom Joyner..

Joyner's

BlackAmericWeb.com (http:// blackamericaweb.com) will feature a special 'Moving America' section that will exclusively be devoted to covering the presidential race as well as other critical issues affecting African-Americans.

"Since the start of this new partnership in late November, 2007, over 10,000 listeners have already responded," according to Greg Moore, **Executive Director of the** NAACP National Voter Fund. "Our overall goal is to register 100,000 new voters who will play a decisive role in the 2008 primary and general elections."

REACH Media Inc., founded by radio and television personality, philanthropist and entrepreneur Tom Joyner, is a multimedia company formed in January 2003. As the parent company of The Tom Joyner Morning Show, The Tom Joyner Show in television syndication, BlackAmericaWeb.com, The Tom Joyner Foundation and Tom Joyner signature events, **REACH Media targets** African Americans through radio, television, signature events and the internet.

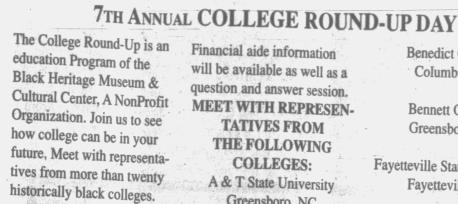
The Tom Joyner Morning Show is aired in more than 115 markets throughout the United States, reaching more than 8 million listeners every week.

BlackAmericaWeb.com, which has more than 1.3 million registered members, is a virtual town square for visitors to get daily news, learn about issues affecting the Black community and

listen to the Morning Show online. The NAACP National Voter Fund (NVF) was established by the NAACP as a free-standing 501C (4) corporation in June 2000 to engage in civic participation and community-based mobilization efforts through education and awareness

campaigns surrounding key issues in communities of color. NVF's expertise lies in increasing voter turnout in the African-American communities through nonpartisan voter registration, voter education, and get-outthe vote efforts. Their Web site is www.naacpnvf.net.





Financial aide information will be available as well as a question and answer session. MEET WITH REPRESEN-

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Do You Enjoy

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8:15 a.m. & 10 a.m.

Greenville NO

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Bennett College Greensboro, NC

Fayetteville State University Fayetteville, NC

> Fisk University Nasnville, Tenn

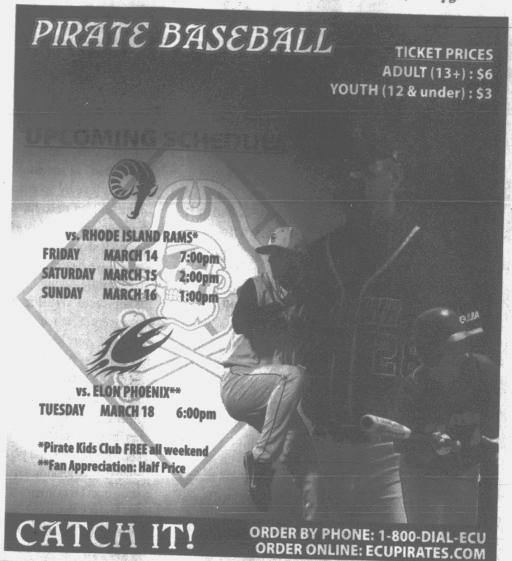
Johnson C. Smith University Charlotte, NC

> **Shaw University** Raleigh, NC

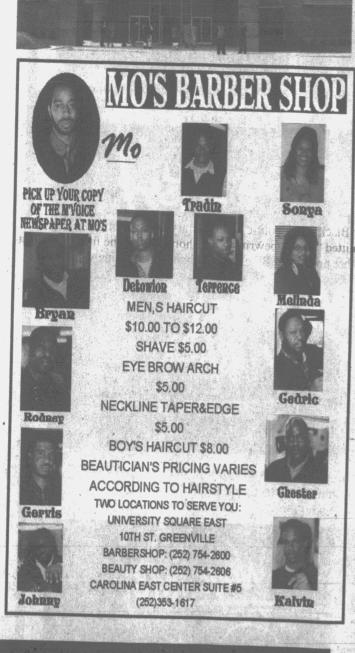
North Carolina Central Univ. Durham, NC

JUST TO NAME A FEW: 7th Annual College Round Up Day Saturday March 15, 2008 Keihin Auditorium **Edgecombe Community** College Tarboro, NC 10am -2pm registration begins @ 8am For more details call:

Faye Smith: 252-823-8129



FACES AND PLACES





X aetrex "Aetrex Diabetic Shoes offer innovative comfort and performance features that allow the footwear to meet your footcare needs!" FEATURES: Multiple removable insoles for triple depth and fitting flexibility. Hidden Depth Rocker Soles. Firm heel counters. High toe boxes and much more. Healthwise 615 South Memorial Drive. Greenville, NC 27834 www.healthwisepharmacy.com 252-752-0338 IVE LIFE BETTER



Sow A Seed

Joy R. Brown

Can We Talk?

Part I ·

Good men gone bad!? Is this a statement or a question, one may ask? Good men, what is a good man? Mr. David Payton wrote a play several years ago with the challenging title, "A Good Man is Hard to Find." As I examined the title of the play, I realized what Mr. Payton was expressing. There is an innumerable amount of good men walking upon the face of the earth undiscovered because of how they may appear outwardly. However, there is an underlying factor that has caused the good men to revert to the "bad boy" syndrome. Do I have the answer? No, of course I do not have a valid answer. Do I have the insight to why some of the "good" men have turned "bad?" I believe I do.

As you continue to read, please have an open mind and spirit to realize I am entitled to voice my own opinion, no matter how absurd and far fetch someone may think it is. Recently, I was engaged in a conversation with a newly divorced young man. As he gathered the reflections of a malicious divorce, I could hear the heart of this brother. He acknowledged that his vows were sacred. He stated, "Joy,

when I recited my vows, I recited them for a life time commitment not for temporary pleasure." As I listened to his heart, he explained that his wife never communicated with him, only argued and elaborated on the things he did not do while avoiding the

things he did. Communication was the highlight of this brother's conversation. As I reminisced on the conversation we had, I summed it up with one word. That word is Patience.

Yes, men have their faults. but we as women have ours as well. Women, we make attempts to educate and school our brothers by exemplifying the "mother" figure. Most men will quickly tell you they did not marry their mothers. We as women, have a tendency to talk at a man instead of communicating with him. If you speak, he will listen. If you yell, he will shut down. Common courtesy is the essence of what men want. Yes, if we examine each relationship we've been involved, we can always find the negative. However, when we magnify the negative we minimize the positive.

You may say, "Joy, you are single, how can you tell me how to handle my relationship?" Believe me, in this case, I wish experience was not the best teacher, however it was. I was in a healthy relationship, a man with no major baggage. However, I allowed my "girlfriends"

direction of my relationship. watch the atmosphere in your relationship shift.

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This brother would open doors,

buy me flowers, hold my hand,

tell me how beautiful I was,

treat me like a queen and more.

He was every woman's dream

man, someone to call just to say

"I love you" or someone who

managed love by spontaneity.

I remembered once having a

disagreement with this young

man. Before, I continue,

women, we have to learn how

to handle our minor

parameters of our relationships.

Simply put, keep your

relationship private and not

display it publicly. It was just

that, a disagreement.

Throughout the years, I've

learned that disagreements are

good. It's healthy and part of a

well balanced relationship. The

young man I was involved with

was always the level headed

one and yes, I was the one that

would "fly off the handle."

This disagreement could have

been settled if I had not

involved my girlfriends who

made statements such as "If I

were you, I would not take that

from him" or "Girl, you are

crazy if you trust him." If I had

communicated with him

instead of arguing, we would

probably be together today.

The Word of God states in

Proverbs 21:9, "It is better to

dwell in a corner of the

housetop than with a brawling

woman in a wide house."

Women, men get tired of

hearing us fuss 24/7. Surprise

him one day. Give him what

he least expect from you,

communication. Yes, I know

men have their flaws as well.

But, let's work on our

communication skills and

watch peace rule and reign in

everything? No, but it's a start.

I pray this "Sow A Seed" will

allow us to examine how we

communicate with our spouses

and significant others (not

related to homosexual

relationships). Sow a seed of

effective communication and

Will

solve

house.

communication

your

within

discomforts

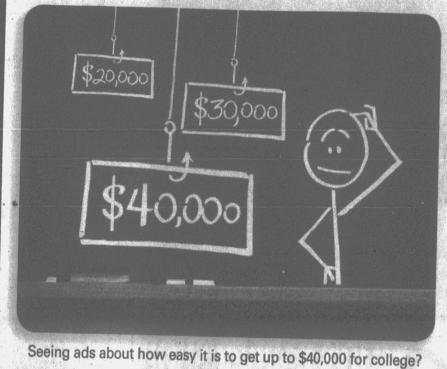
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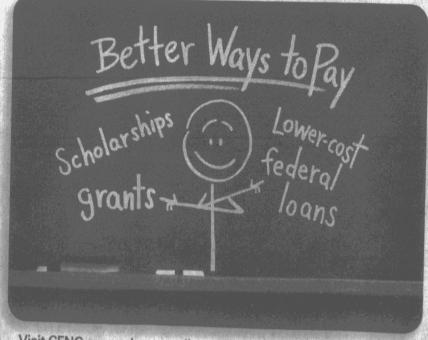
sowaseed2008@frommit.com and share your thoughts and concerns. If you would like to contribute an article, please

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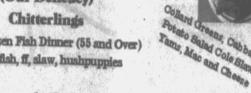
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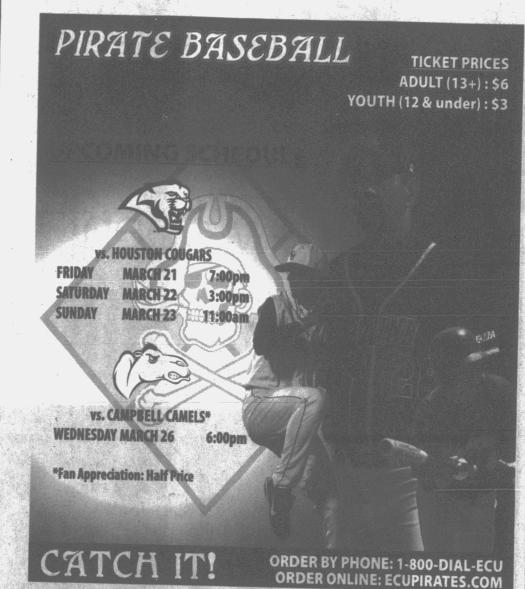
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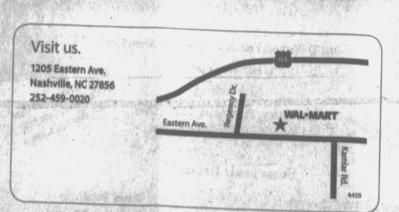
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By Michael G. Shinn, CFP -Guest Columnist-

Nationwide Insurance sponsors a popular TV commercial that features individuals merrily going about their daily lives and then suddenly being involved in a serious accident. The announcer ends the commercial with the understatement that, "life comes at you fast." Think back to a time when you have been involved in a serious accident or a natural disaster or have been informed of a serious illness for yourself or a loved one. The reality of the situation smacks you in the face and you are confronted with the realization that your life has changed.

Every day in America, lives are changed by "normal" catastrophes such as: fire, flood, theft, accidents, illness, injury, and even death. Each brings with it the potential for a second tragedy—a financial catastrophe. A good insurance program can help soften the impact of some of the catastrophic events that we all will face at sometime during our lives.

The basic concept of insurance is the transfer of risk from an individual to a larger group of people. In short, the personal disaster of one contributing individual is paid for by the contributions of many people to lessen the impact of loss on the insured. A proper insurance plan should cover all unaffordable losses without spending money on coverage and extras that are not needed.

Insurance planning

- Disability income insurance is simply paycheck protection. The risks of a disabling ailment or injury are significant. Most people purchase disability insurance through their employer's group plans at extremely affordable rates. Many planners recommend that you carry enough coverage to replace at least 60 percent of your gross income.
- Life insurance is not for you; it's for those who depend on you! The primary purpose of life insurance is to replace the financial support that you provide for your dependents and family. A general rule of thumb is 6 to 10 times your salary, but this will vary depending on your dependents ages and the value and type of your other assets. Most employers provide group life insurance with the option to purchase additional coverage. If you do not have anyone who is financially dependent on you, then you only need to consider buying enough life insurance to cover
- Health insurance provides coverage for an illness or injury that could deplete your assets and destroy your financial security. As a general rule, health insurance should cover 80 percent of all medical costs in excess of the deductible and provide a minimum lifetime benefit of \$1 million.
- Homeowner Insurance covers three primary areas: the dwelling, the contents and liability. There are a number of variations in homeowner policies, but the minimum coverage should be for 80 percent of the home's replacement value and

at least \$300,000 in liability coverage. Renters should have insurance to cover the contents of their apartment as well as liability coverage.

- Auto Insurance covers five primary areas: Bodily injury liability; medical expense payments; property damage; and collision and comprehensive coverage for your automobile. Minimum coverage should be \$100,000 for a single injury, \$300,000 for all injuries and \$100,000 for property damage.
- Personal umbrella liability insurance (sometimes called excess liability) protects the insured against catastrophic lawsuits and judgments. It provides coverage beyond the typical limits of homeowners and auto liability insurance, with common policy limits of \$1-10

The insurance market today is very competitive, particularly in the auto and homeowner areas. It is important to review your insurance coverages regularly, to assure that you are adequately managing your risk and effectively utilizing your insurance dollars. Take the time now to consult with your insurance professional, to assure that you are protecting your family's financial future.

(Michael G. Shinn, CFP, is a registered representative and investment adviser representative of and securities offered through Financial Network Investment Corp., member SIPC. Visit www.shinnfinancial.com or send your comments or questions to shinnm@financialnetwork.com.)

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