

From The Desk Of Mrs. Beatrice Maye



activities you enjoy and small escapes like movies and TV.

*Practice slow, deep breaths, shallow, fearful breathing seems to send stress signals to the brain.

*Try yoga or meditation, If you don't enjoy them, don't force yourself to try another activity.

Taken from AARP Bulletin, May 2009

Violent Children

Violent kids are often victims of poverty. In addition to the violence children have seen on television and in the movies, and apart from the drug wars they have witnessed, the tendency toward violence is a function of neglect and abuse so many have experienced.

Many of them are born to drug and alcohol-dependent parents. They were left in cribs for days with dirty diapers. They were also scolded or starved. Other kids simply had no one love them or hold them when they were frightened. Many were sexually exploited from their early days—some even in infancy. If they survived, they grew up on the streets with no adult guidance and care.

The bottom line is this. We are paying a terrible price for the disintegration of the family and for the victimization of children. Taken from James

Proven Strategies For Beating Stress

* Socialize. See Friends, relatives, go to club meetings, stay connected. This is paramount.

* Talk, laugh, cry, get angry. Let it out.

* Exercise regularly. Studies show exercise reduces anxiety, releases tension and spurs the brain to pump out endorphins, chemicals that create a sense of well-being. Try for 30 to 60 minutes three times a week.

* Eat a healthy, balanced diet.

* Block stress by losing yourself in activities to your daily or weekly schedule. Be disciplined about this.

* Get perspective. Remember past hardship and problems you've overcome.

* Live in moment through

Mentors And Role Models

Role models are people one respects and seeks to emulate. A mentor is a super duper role model who probably works in your field and whose work ethic others admire. Furthermore, a mentor gives advice when you're in a sticky situation and helps you navigate the windy straits of your career. Why? Because the mentor has been there or someplace very similar.

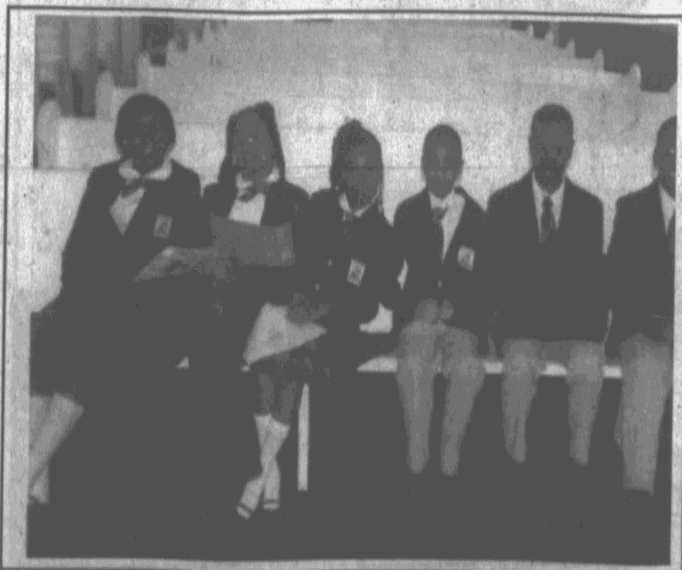
The best mentor that I've ever had was so confident in her own success that she never felt threatened by anyone else. She also went out of her way to locate others' strengths and to give credit wherever it was due. There's a difference between someone in a senior role who gives advice and a mentor who demonstrates qualities that you'd like to emulate. Lastly, a mentor takes a persona; interest in your career.

So where can you pick yourself up a one of these mentor folk? It's not the sort of situation where you send out invitations and see who RSVP's. You must need to be open and watch it closely. See who impresses you. Keep an eye out for people in your field that have the kind of experiences you wish to have and who strike you as wise.

Join a professional women's group. There are scads of them out there for nearly every profession. Volunteer to do some work for them. You'll get to know tons of people that way.

Acaveat: mentors are people with lives, with jobs, with mentors of their own. While they are involved in helping you. You should remember that no one likes a time-seeker, and you risk losing your mentor's significance if you push the boundaries

Students of Community Christian Academy



Pictured Above are some of the Students of Community Christian Academy these young bright minds take a minute from their studies to pose for the Mvoice camera. Pastor Corbet continues to do great things as the academy continues to grow.

photo by Steve Johnson



The Smithsonian Institution in Washington and members of Till's family announced the casket's donation to the museum's planned National Museum of African American History and Culture in Washington when it opens in 2015. CHICAGO (AP) — The glass-topped casket that displayed lynching victim Emmett Till's

Emmett Till's Casket To Go To The Smithsonian

disfigured body to the world and became a rallying point for the civil rights movement is headed to the Smithsonian Institution, Till's family announced Friday. "Hopefully, when this casket, when it's on display at the Smithsonian, young boys and young girls from all over the world are going to see it and it's going to inspire them to fight for those who are too weak to fight for themselves," said Simeon Wright, Till's cousin. At the South Side church where Mamie Till-Mobley insisted in 1955 on opening the casket that held the remains of her 14-year-old son - and allowed photographs to be taken and published - Wright said her message of what racism looks like

still needs to be told. "Fifty years from now someone will tell the story ... that they murdered him, threw him in the Tallahatchie River, would they believe it without the casket?" asked Wright. He was 12 and was with Till the night the black teenager was pulled from his bed in Mississippi and murdered for whistling at a white woman. Lonnie Bunch, the director of the Smithsonian's planned National Museum of African American History and Culture, where the casket will be displayed, said he knows of no other casket of a specific American put on display this way at the Smithsonian. He

called it a key artifact from the civil rights movement that helps tell the story of what is both one of the darkest chapters in U.S. history and a moment that helped change it. "Part of the responsibility of a national museum is to help people to remember, and through this donation we will ensure that future generations will remember how the death of a child, a mother's courage, helped to transform America," Bunch said. Friday's announcement at the Roberts Temple Church of God in Christ came on the 54th anniversary of the day Till was killed. It follows last month's discovery of Till's original casket - battered, dented and rusty - in a garbage-strewn storage shed at a suburban cemetery where former workers are charged with digging up corpses and reselling burial plots. The former workers are not accused of disturbing Till's grave. But while detectives were investigating the desecration of the historic black cemetery in Alsip, they found the casket that had been pulled from the ground when Till's body was exhumed in 2005. Till's body was later reburied in another casket, and the family was told the original one would be kept for a memorial. Till's mutilated body had been found three days after he was snatched from his bed. Two men were acquitted of the crime, but the next year they confessed to the killing in a Look magazine article. Wright, who stayed in Mississippi for the trial and did not attend his cousin's Chicago funeral, said he felt helpless when he walked out of court the day his cousin's killers got away with murder. But when he saw the casket last month at Burr Oak for the first time, he said he saw at once not only the "hatred of racism," but "I could see a mother's love." It was then, he said, that he decided that it belonged in a museum. Bunch, the former director of the Chicago Historical Society, now called the Chicago History Museum, said he initially called the Till family to offer help after the casket was discovered. He realized that it needed to be preserved: "The casket itself was part of the story," he said. The best place for it, he thought, was at the Smithsonian museum scheduled to open in 2015. Experts told him the casket could be salvaged, but it would take months of work. The casket will be moved to Washington, D.C., within the next couple of months. How the casket will look when it is ultimately put on display - more like it is today or how it was in 1955 when thousands of mourners filed past it at Roberts Temple Church of God in Christ - is yet to be decided. Bunch also said he doesn't know when it will be displayed, what the exhibit will look like or what other artifacts and photographs will be included - only that it must not be done in a way that turns the casket into a mere curiosity. "This should be an object that challenges us, it should be an object that makes us think (and) not just be seen as a spectacle," he said.

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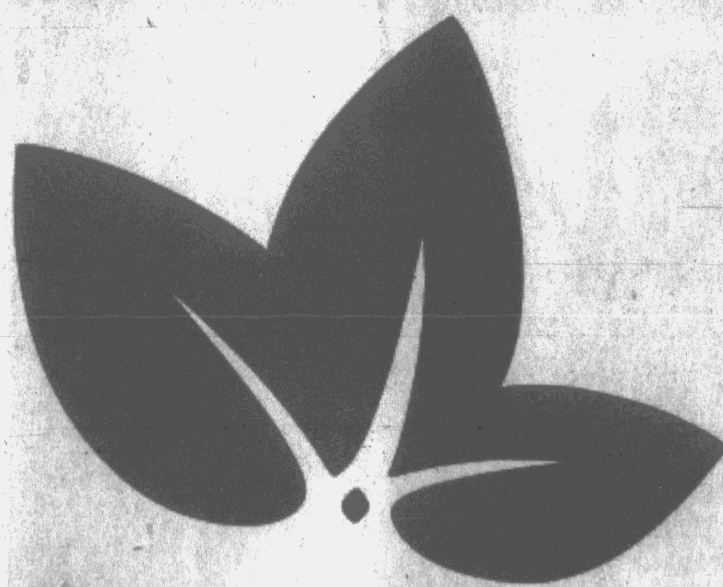


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Floyd Mayweather "If I Was White"



Boxer Floyd Mayweather, Jr. is gearing up for his big comeback this weekend in a bout against Juan Manuel Marquez, his first fight in almost two years. And, of course, with any big fight comes the interviews and hype surrounding the fighters. This time, however, it looks like "Money-Making Mayweather" is letting his true feelings be known. He feels that his treatment by the media and the public is based on his race — both the good and the bad. "If you're rich, you're a rich n—," he told ESPN. "If you're poor, you're a poor n—." "If you're smart, you're a smart n—." At the end of the day, they still look at me as a n—." "This country needs to be more positive," Mayweather continued about the United States. "We're in a

recession, we're at war and we continue to be negative. The fans in the UK showed me more love than in my own country. That's crazy. ... Sometimes I'll sit back, I'll be in my theater sometimes, and I'll think, 'Imagine if I was the same fighter that I am, and I was the same person that I am, and I was from another country. Can you just imagine how big I'd be?' "But I wouldn't change my life for nothing in the world. There's nothing like being young, black and rich. But there are certain things you think about. If Floyd Mayweather was white, I'd be the biggest athlete in America. The biggest, the biggest. I know that for a fact. Mayweather continued, saying that the media never says anything negative about Oscar de la Hoya, and if there is something negative, it gets swept under the rug. Plus, he called out HBO boxing analysts Larry Merchant, saying he knows nothing about boxing, and Emanuel Steward, calling him an Uncle Tom. Is Mayweather flying off the handle or does he have a point?

brutal assault is being investigated by the FBI as a federal hate crime. Hill's daughter is now traumatized. Tasha Hill, who is a U.S. Army Reservist, said she was walking [into] the Cracker Barrel restaurant with her 7-year-old daughter when a man punched her, kicked her and yelled racial slurs. "I just remember curling up in a ball to protect myself," said Hill. Hill, a 35-year-old Army Reservist, said she was with her 7-year-old daughter when she was beaten. "He punched me several times in the head and I can't remember if that's where he was kicking me," said Hill. Morrow police charged 47-year-old Troy West with assault, disorderly conduct and cruelty to children. "He was coming out of the location, almost hit the girl with the door and real politely the lady says, by all witness counts, 'you almost hit my daughter, will you please excuse yourself.' [West] punched [Hill], put her to the ground and kicked her," said Commander Jimmy Callaway of the Morrow Police Department. Source: *Reservist Beaten at Morro Restaurant - Fox Atlanta* We are in a toxic racial environment. You remember the monkey dolls and shouts of "terrorist" at the Palin/McCain rallies? Do you remember the crazy, racist emails that circulated during the campaign? Well, those folks lost and they are apoplectic. They are losing their damn minds. To counteract this phenomenon of crazy, we must be vocal in our protest against all injustice and vigilant in defense of what is right.

Mewborn for Mayor



Ivory Mewborn is running for Mayor of Ayden, North Carolina. Mr. Mewborn is running for mayor and he feels that he can make a positive difference in the lives of the citizens of Ayden, NC. Mr. Mewborn is a family man....a wife, three children, and four grandchildren. He is a member of Morning Star Holiness Church and Straightway Apostolic Church and he credits them to his relentless spiritual walk. Mr. Mewborn graduated from Ayden-Grifton High School and attended Pitt Community College. He states that he is a servant of the people and believe servitude is a good quality and a reflection of one's humility towards the creator and mankind. My team building skills have been labeled excellent with the ability to combine the best talents to meet or exceed goals and objectives. He is a diplomatic leader who maintains a sense of humor under pressure. Our citizens are one of our greatest assets and should always be treated as such. However, Ayden has an unemployment rate of 8.1% and it is almost 14% if we count those that hav given up looking for work. I am respected and known throughout the county as aman that is down to earth, easy to talk to an firm on the truth. For those who have issues, concerns, or questions or just want to talk, please feel free to call me at 252 367 8609 or you can email Mr. Mewborn at...ivcox@suddenlink.com

I appreciate your support in the effort to elect me as the next mayor of Ayden, North Carolina.

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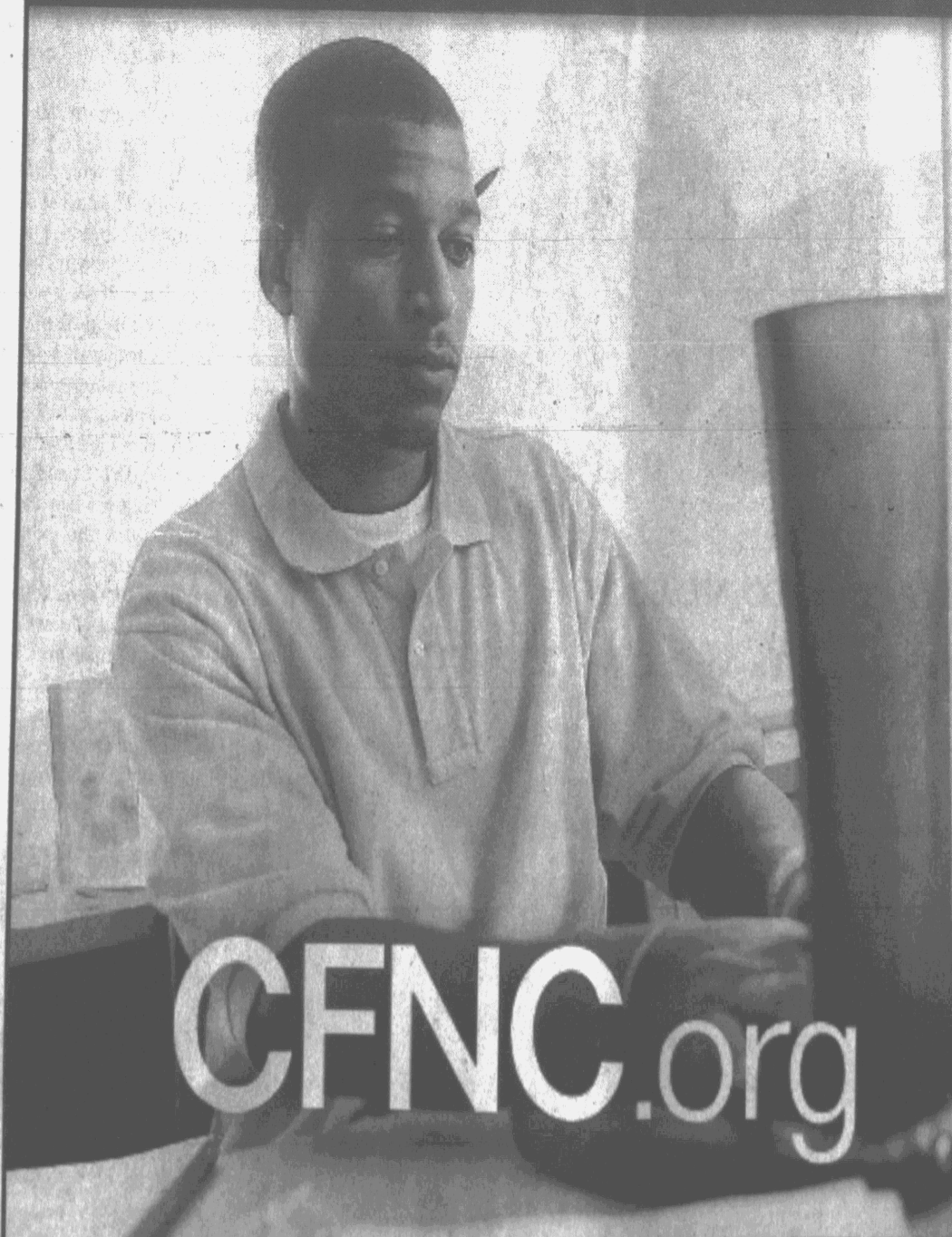
Black Army Reservist Attacked By Racist In Front Of Seven Year Old Daughter



The Drudge Report and Rush Limbaugh made a huge deal over video of a white child being beaten by a black child as other kids watched and cheered. It was despicable and unacceptable behavior. Sadly, schoolbus bully fights

happen all the time. But in this case, Limbaugh went on to imply that 'white children children' aren't safe in an America with a black President. I say, no children are safe as long as so many people form their worldview listening to the likes of Limbaugh. Case in point, on Monday a white man shouting racial slurs attacked Tasha Hill, a black army reservist, in front of her 7-year old daughter. The

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The Five Things You May Not Know About The Black Worker



Corbis

It's no secret that the recession is hitting African-Americans especially hard. Last month black unemployment stood at 14.5 percent, vs. 8.6 percent for whites.

1) She Brings Home The Bacon

The black worker is more likely to be female; but then again, there are simply more black females. Fifty-three percent of black workers age 20 and over are women, while 47 percent are men — commensurate with their representation in the overall population.

2) The Tax Collector in the Mirror

It's not surprising that a black person is more likely than a white one to be a bus driver or a health care aide. But did you know that blacks are also more likely to be tax examiners or collectors; dietician or nutritionists; crossing guards; bill collectors; and telemarketers?

3) On The Government Payroll

Who says big government is a terrible thing? While facing discrimination in many sectors, blacks are more likely to work for the federal government than other Americans. We represented 17.8 percent of the federal workforce in 2007

4) Bearing the Union Label

For years blacks have been more likely to work in a union, bringing them 12 percent higher wages than their non-union counterparts. However, black union participation has been falling for years, from nearly 32 percent in 1983 to less than half that today. In 2008, 14.5 percent black workers were union members vs. 12.2 percent of white workers. It's no wonder that on average blacks are....

5) ...Making Less and Less

Many of you have seen this in your own paychecks. From the first quarter of 2007 to the first quarter of 2009, black workers 25 to 54 years old experienced a 3.7 percent decline—a drop of about \$23—in their inflation-adjusted median weekly wage. No other major racial or ethnic group showed a decline over this period.

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Serena Williams Threatens Line Judge Loses at US Open, Fined



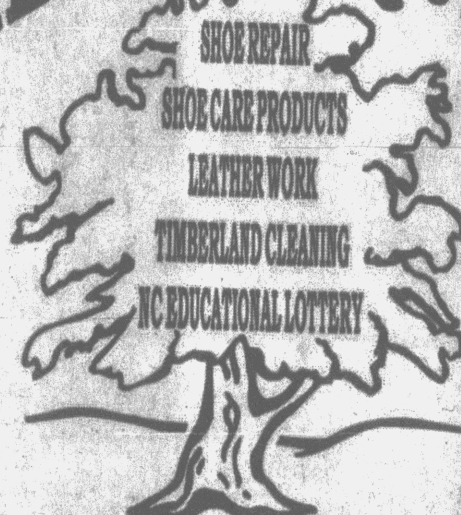
Getty Images

Serena Williams, the #2 ranked women's tennis player, was expected to go to the U.S. Open finals this weekend to compete for the title one again. But in her semifinal match against Kim Clijsters, Serena yelled at a line judge for calling a foot fault when she was two points away from losing to Clijsters. What did she say? Well, according to the line judge, after the foul was called, Serena stepped toward her, shaking the ball, and said "If I could, I would take this ... ball and shove it down your ... throat." The line judge also said that Serena threatened to kill her. Serena did admit to yelling at the judge but denies saying that she threatened to kill her. Regardless, Serena was called for unsportsmanlike conduct and a point was given to Clijsters, which happened to be match point. ... In the aftermath, Serena was fined \$10,000 and may face further consequences, according to the Associated Press. "The average individual would look at that and say, 'a \$10,000 fine for what she did? What are you guys, crazy?'"

The answer is: the process isn't over," tournament director Jim Curley said. "What she did was unacceptable. It's unacceptable behavior under any circumstances," Curley added. "When you're on the court, and you are waving your racket

toward a lines person and using profanity, it's just simply unacceptable. When you look at the tape, it's pretty clear that the

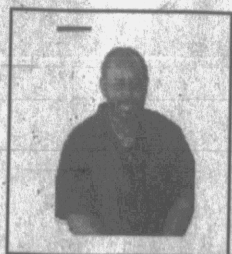
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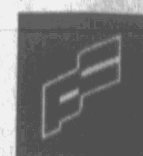
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