

REINVENTION 2012 ISSUE

FEB / MAR 2012

NEW YORK

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The New, Free Lifestyle-Business Publication



## PRESIDENT OBAMA 2012?

*History's African-American Billionaire Inventors*

*Singing at the  
White House*

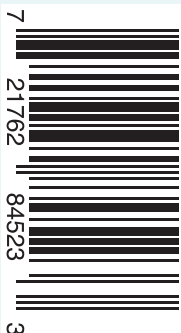
*Ardyss Corp.'s  
Mexican  
Billionaire,  
CEO Meets U.S.  
New Visions  
Ron Diaz*

*Multi-Cultural  
Manhattan  
Dining Guide*

*Stimulate,  
Celebrate,  
Invest in  
Fine Arts*

*New Brunswick,  
New Jersey*

*NY Senator  
Perkins and  
Harlem's  
Historic  
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**R**EINVENTION 2012 ARRIVES MONTHS AFTER PUBLISHING NEW YORK GLOBAL.BIZ'S first issue, following the adequate preparation of our magazine's editorial initiatives and objectives to satisfy our readers, as a free, lifestyle, business media linking persons and entities conducting or expanding business in and beyond New York.

This 2012 balmy, early, mid-winter season, is as soothing as Eli Manning and his Giants' victorious February 5, 2012 reinvention of their prized February 2008 election year triumph. The Giant's February 5th, championship, became one of Yours' truly's most sentimental birthday gifts received that day. On the contrary, February 1 and 11, 2012 imbued too many losses.

Welcoming this year's 45th U.S. President's election, Peter Forson, New York Global.biz's art illustrator and contributing writer examines our 44th U.S. President Barack Obama's progressive first three years, via microscopically analyzing and discoursing how incumbent President Obama might proceed.

Among our best plans, Reinvention 2012 starts with New York's 25 year-old youth Pastor Jared Jackson's concise blueprint for success this year. Expect his sound, spiritual guidance to reverberate days after reading his "Dealing with the...."

The opportunity to succeed in front of cameras is "alive and well" as told and instructed by "on-camera technique" professional trainer, Antonia Badon and Trinidad's multi-talent "Sherry Lewis is spectacular.

New York City's Community Works, which includes Dwyer Cultural Center and other educational divisions, serving thousands of youth and adults, together with Meeting the Need Consulting's are fine 501-C3 non-profits to support.

Conveniently peruse our Manhattan, multi-cultural dining guide, featuring more than a hundred one to four stars restaurants worth patronizing, where you may read our Finance and Investments Mexican Billionaire's Ardyss Corporation's President meets millionaire tycoon, Ron Diaz New Visions Health Ministry feature. Diaz, who for over 10 years helped New Yorkers obtain more legal rights and financial freedom, tells why he now conducts business with Ardyss Corporation's Billionaire President.

The odyssey of sought-after Black billionaires' families is inspired by celebrating Carter G. Woodson's February's Black History Month. Your's truly's "History African-American Billionaire Inventors" highlights African Americans' global vast wealth contributions and inventions' mystique, attesting to who would have been African-American millionaires of the 19th and 20th Centuries, and some who would have billionaire heir' enterprises were it not for slavery. Thus we pay Tribute to they whose inventions fulfillments would have produced full-employment, corporations, retail stores and more for African Americans and others, until the present.

Art Master Bernard Hoyes' captivating art speaks volumes, and Harlem Renaissance art aficionados may always visit Wilmer Galleries, after their Kenkeleba's Middle-Day Landlights' February 25, 2011 reception, at 219 East 2nd Street, NYC.

Read author Ron Seaborn's adventurous means for parents to nourish their young, and contributing writer Sheila Highsmith, explains New Brunswick, NJ's growing attraction.

Michael A's couture designer hats are also made-to-order, and St. Louis Keanna Bryant exceeds qualifications as the U.S' Next Top Petite Model Prospect.

Thematically political: Velma Banks and her Social Workers held their 2011 Annual Tribute for the late, Whitney Young, Jr. Urban League President. Brooklyn Borough President's Marty Markowitz and Brooklyn Academy's Annual Dr. King Celebration still host the City's largest Dr. King Public Tribute. Thanks to Rabbi Paul Radinsky and New York Senator Perkins, Harlem's 100 Year Old Jewish Synagogue's doors are "Opened to the public."

Enjoy your blessings,

*Irma Tyus-Mitchell*



# Dealing with the Failure of 2011

*Pastor Jared O. Jackson, Inspirational Speaker, CEO of Believers' Inc*

Dear Reader:

You cannot progress into the BEST that 2012 has for you by holding onto the WORST of 2011!!!

First, when dealing with failure you must tackle FEAR, the fear of starting all over again. Your marriage may have failed as well as your career and a business adventure that you sought after. What is failure? Failure is not losing as society would portray; failure is giving up. DO NOT GIVE UP!!! Reinventing yourself is simply renewing your mind, changing your 2011 mind of failure into a 2012 mind of success.

First, you may have forfeited your destiny in 2011, but in order to deal with and conquer your failure, you have to say enough is enough. 2012 is the year where "I" meaning "You" never throws in the towel. 2011 your marriage failed, 2012 your marriage succeeds. 2011 your career failed, 2012 your career succeeds. 2011 your family failed, 2012 your family succeeds. 2011 your health failed, 2012 your health succeeds. You must learn how to SAY IT UNTIL YOU SEE IT!!! Make success your reality. Do not settle for less than your worth and you are PRICELESS.

Secondly, you must understand how to operate in the POWER OF FORGETTING. How do you use this power? Of course you can never fully forget the things that happened to you, but when those thoughts re-occur do not allow the pain of remembering them defeat you. In other words, you may remember the incident where you were raped, molested, lied on, misused, fired from your job, black mailed, or betrayed in 2011, but you have to fight to take the gruesome agony out of the equation. The Bible says, in Philippians 3:13 NKV: "Brethren, I count not myself to have apprehended: but [this] one thing [I do], FORGETTING those things which are behind, and reaching forth unto things which are before." 2011 is behind and 2012 is before. The choice is yours.

Another point to carry with you into 2012 is to GET OVER OTHER PEOPLE'S OPINIONS. You are what you think, not what other people think about you. So many people live their lives trying to appease others and never know success. I charge you not to fall prey to that mind set. Be happy with you before you try and make someone else happy.

Lastly, someone reading this may ask themselves, how do I



get out of this? The answer is simple, the same way you got in it. You thought about it before you made the step into failure, now switch your thinking and think your way out of it.

I speak into your life that 2012 will be a year of positive turn around for you. Yes, things are about to get better in your entire life, and not only for you but for the ones connected to you. TODAY reinvent/renew up your mind NO MORE FAILURE. How? Do not give up. Read this over and over again until it is embedded in your mind.

It is my prayer that you see what I see about you and hey, you got it going on!!! I hope to share more with you real soon.

I would love to hear from you for speaking engagements by email at [youthpastorjackson@gmail.com](mailto:youthpastorjackson@gmail.com) or by telephone at 516.325.4065.



# We'll Miss All Of You

Compiled by Irma Tyus-Mitchell



**Whitney Houston**  
Sang in her church choir  
8/9/1963 – 2/11/2012

performed there a week earlier, with Whitney and her brother singing background vocals) the Manhattans, Abbey Lincoln, Chi-Lites, Lonnie Liston Smith, Shirelles, Bobbi Humphrey, Ray Goodman and Brown, Lonnie Liston Smith, and several Doo-Wop and other top artists packed Sweetwaters. Whitney's rhythm & blues, gospel, pop, and soul, lyrical prowess, notably with *Saving All My Love for You* and others received thunderous ovations.



**Nick Ashford**  
Sang in his church choir  
1/4/1941 - 8/22/2011

He and his wife Valerie Simpson's 45 years' music mastery entailed they who became America's greatest, singer-songwriters Superstars during their 38 years of marriage. Ashford's handsome, charismatic, yet suave persona made greeting you a joy. He and his wife's *Songwriters Hall of Fame* music empire began while singing and recording in the Followers gospel recording group. In the 1960's they wrote most of Marvin Gaye and Tammy Terrelle's album featuring *Ain't No Mountain High Enough*, *Ain't Nothing Like the Real Thing* hit classics. Gladys Knight and the Pips, the Shirelles, Chuck Jackson and others recorded Ashford & Simpson's songs. Three of Diana Ross' top 1970's solo albums, including the *Boss and Ain't No Mountain High Enough* were penned and produced by Ashford & Simpson. They wrote and produced Chaka Khan's *I'm Every Woman* hit (later recorded by Whitney Houston) Brothers' Johnson's *Ride O Rockets*, Teddy Pendergrass' *Is It Still Good to You?* Their Ray Charles *Let's Get Stone*, and I *Don't Need No Nobody*, added to their acclaim, as did their *Solid as a Rock*, *Don't Cost You Nothing*, *Is it Still Good to Ya* and *Send It* gold records. Valerie has recorded with Melba Moore and others. Nick and Frank Jones' *I'm Gonna Make You Love Me*, was a smash hit. Ashford played a Minister in New Jack City. Inside Ashford & Simpson's cozy, gorgeous, Manhattan, A rated, Sugar Bar the spirit of Nick Ashford continues, whether you're there for dinner, or host, Andre Smith's *Open Mic* Thursday Night's, or Ashford's *Blues Open Mic* on Tuesday Night."

**Jamesetta Hawkins: At Last, Tell Mama, All I Could Do Was Cry, Trust In Me, I'd Rather Go Blind** were some of Etta's top 30 hits. She was a Rock & Roll Hall of Fame, Blues Hall and Grammy Hall of Fame inductee, with six Grammys and, 17 Blues Music Awards. She sang rock & roll, blues, jazz, rhythm & blues, soul and gospel, quite splendidly. Forced to sing, under cruel circumstances, at age 15, for an older relative's friend, Etta succumbed to several emotional and physical hardships during her iconic, six decades' career. Her *At Last* hit is one of the most challenging, popular tunes sang by performers during competitions.



**Etta James**  
Sang in her church choir  
1/25/1938 - 1/20/2012



**Don Cornelius**  
9/27/1936 - 2/1/2012

His characteristic, deep voice, fine looks and majestic male fashions epitomized his successful, *Soul Train*, long-running Black TV song and dance dynasty. Don Cornelius personally invested \$400 for his *Soul Train* TV pilot that aired from 1970 to 2008, while working as a reporter for a Chicago radio and TV station. In 2005 *Soul Train* aired in 85 cities, however, in 2007 *Soul Train's* long time, distributor, Tribune Entertainment closed causing an edgy, dramatic twist, for his show. *Soul Train's* programming made Saturday mornings in America peaked, as teenager and adults became familiar with race matters on Tony Brown's Journal, followed by *Soul Train*. A new Time-Warner historical, Don Cornelius' *Soul Train* music collection feature this music's magnate's entertainment institution, covering hundreds of rhythm & blues, soul and hip-hop icons' acts, commencing with superstars Aretha Franklin, Stevie Wonder, Ojays, Marvin Gaye, Isley Brothers, Barry White, Jodi Watley, Diane Warwick and Luther Vandross, Whitney Houston and L&L Cool Jay, etc.



**Heavy D**  
5/24/1967 – 9/8/2011

**HEAVY D: DWIGHT ARRINGTON MYERS** His career started with Heavy D and the Boyz. As the most loved Hip-Hop Rapper, Heavy D, a Jamaican born, American rapper, was the first rapper, President of the major Uptown Records' label. Later he became Vice President of Universal Records. He is that great singer, songwriter and actor, producer, for whom P. Diddy Combs grieved, while conceding that that Heavy D, made possible his music career. Heavy D was developing Mary J. Blige's career, when he accepted P. Diddy Comb's internship. Soon Heavy D assigned P. Diddy to assist Mary J. Heavy D and the Boyz's fame evolved with five top 100s, four top 40s and other tunes. Now That We Found Love, We Got Our Own Thing, Living Large and Big Time, were among their hits. His acting credits bnOTE: includes Living Single.



# Studio Lagniappe



## Dovetail actors' Studios

*My beloved Master On Camera Technique coach & Casting Director the late Maria Greco said it perfectly in her article Straight Talk: "Commercial business is very simply. It is exciting once you have your commercial techniques."*

### On-Camera Techniques

#### What is technique?

Technique allows you to know what you are doing from moment to moment. You will learn how to develop your intuition and impulses and create work that is instantly alive, instantly believable, with instantly immediacy. You will be given the freedom to explore the root of your great self, your persona, your personality which will allow you to create work with confidence, positive choices, and memorable moments. More at...dovetailactors.org

#### On-Camera Techniques .... (Tips-for the Seasoned Actors)

Create your personal scene...Think like a journalist and start with the four W's., Who, What, When, Where, How (Motivation). Now, after you decide where you are; who you are talking to (choose someone you know); now, ask yourself, "What is going on around you and what is the situation at hand?". Example: Are you in a kitchen? Is it day or night? Are you using the full range of your voice? Do you sound conversational, friendly? Now, sit in the wings while your emotional range and creative genius move you through the copy.

Remember: confidence come from knowing your technique(s), your style, your responsibility to your product and your craft. Of course, you will be excited to share your new found discoveries with other contemporaries. Don't get so excited and give all your secrets away. You've devoted lots of your time, energy, and training developing and honing your craft. So, as Maria would say DON'T GIVE ANYONE THE EDGE! Enjoy your achievements as well as your accomplishments and continue to challenge your GREAT-SELF to explore more and more of the beautiful world of acting on camera.

### Welcome to Why Technique?

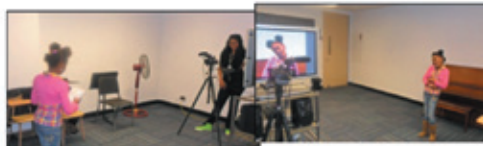
By Antonia Badon, Master On Camera Technique Coach

The entertainment business is intimidating and confusing; but we all agree that, with the proper guidance and training, you or your budding artist can earn lucrative wages, coupling, the residual income that arrive in the mail throughout the year, and here are two great advantage to this business: 1) New York City is a major hub to this grandiose industry, 2) , Harlem's legacy for launching the careers of some of the most famous artists in the world; both bode well for a great place to start your training.

While adults and kids are fascinated with the showbiz industry and want to be a part of it, there are as many pets and animal enthusiasts who have also found this profitable niche as well. What is also exciting to know is that the showbiz industry is open to everyone of all ages (newborns to over 100) that seek to earn-extra money plus the residual income from booking roles in commercials, film, TV, as well as, background extra work.

With this in mind, our Acting On-Camera Technique: *Why Technique?*, article-in-two parts aim to empower you, as well as, assist novice and seasonal actors with on camera technique tips, interview/meet-greet etiquettes, showbiz language (do's & don't) and package & submit guidelines that will ultimately sharpen your acting and industry skills to book jobs.

First, to create a sense of comfort know that everyone start at his/her beginning. In other words, we take you from where you are to your next step. Whether you are an absolute beginner, trained for a short time or had lots of classes, or a professional who would like to brush-up. You work and progress at your own personal speed. No one is rushed, though certainly encouraged while guiding you into your next skill level.



*You have :30 to convince me you have a product I should try; :30 to tell a story; :30 to offer decaffeinated coffee to the world. I think it's important fun! It is a world of instant believability. It's mini -vignette. It has an "entrance," it has a "middle," it has a "curtain" - Maria Greco*

Learning on-camera techniques and having a sound understanding of the basic submission & packaging process are key factors and essential to your overall progression. So, here is a short quiz for the Novice\* out there.

- Let's discuss your abilities.
1. Do you have the ability to makes choices?
  2. Do you have the ability to access your emotional range at the snap-of-your-finger?
  3. Do you have the ability to converse with another person?

If you can answer yes to any (2) two of the following questions than you are definitely an excellent candidate for acting on-camera classes.

All Ages Welcome (Toddlers, Pre-teens, Teens & Adults)

Please call for a FREE SCREEN TEST & CONSULTATION: 917.882.8645 or email us at: [studioa@dovetailactors.org](mailto:studioa@dovetailactors.org)



# Singing at the White House

By Brielle Baker

ON FRIDAY DECEMBER 16, 2011, the Central Islip Concert Choir performed at the White House. It was a rare privilege for a high school choir, being that 50 other choirs were in competition for the honor. That rarity of experience shows the high performance level that the Central Islip Concert Choir possesses.

Our White House performance included the Christmas carols “Joy to the World”, “The First Noel”, and “Silent Night”. The choir also performed the wonderful Robert Shaw arrangement of “The Twelve Days of Christmas” written for 12 soloists performed over 12 days.

I had the distinct honor of being one of the soloists singing for the seventh (7th) day. As nerve racking as it was, the experience was exhilarating and memorable like I envisioned it would be. Prior to our performance the choir received one of the greatest opportunities

afforded to an American citizen; we were invited to tour the White House.

Stepping foot inside those huge halls was most overwhelming. When I considered all of the history recorded from activities that had gone on in this one building I gained an immediate understanding for what America stands for, and the liberties it represents. From my own interpretation of this indistinguishable place, it was easy for my peers and myself to understand the astounding amount of security that is necessary to guard the White House. While performing, we noticed how strict and organized the security was. There were even security guards patrolling from the roof. Upon seeing all different types of people running around trying so desperately to keep the building safe reality starts to kick in.

It's a wow moment when you stop and realize how much our country and its top leader is worth saving and protecting. Unfortunately, we were unable to meet President Obama or the First Lady, but nevertheless, it was still an experience one would never forget. Each room we visited in the White House was as magical as any picture you could see. Every room had its own personality. One room was very elegant and graceful with pure crystal chandeliers on the ceiling. In that room my eyes and my heart were at one; my heart fluttered at the alluring sight. My eyes gradually captured the unique radiance hoping that this sight wasn't effervescent. Each room gave me a feeling of power and royalty. With its oversized and spacious chairs that, in my opinion resembled thrones, this dynamic room almost commanded me to behold and respect its greatness.

I could go on and on about how spectacular the White House was but I will leave you with this thought of how the lights on the Christmas trees blazingly glimmered and how the furniture in each room was so refined and fashionable that I, for once, became speechless. I can easily describe many thoughts, feelings, and emotions that raced through my mind at that memorable moment, but you will never truly understand until you experience it yourself.



The Mood is  
Graceful  
The lights shine  
Bright as the stars  
My body is on earth  
My mind is on mars  
Could this be  
The spark of a dream  
Could all that's around me  
Be as it seems  
The joy in my heart  
Makes me want to  
Sing and shout  
You ask why?  
I'll tell you what its about  
I'm in the White House  
The same floor  
That touched  
Obama's shoe  
I'm in the White House  
I'm not sure  
What else is there to do  
But sing until I can't sing any-  
more  
Because  
My whole life changed  
As  
I walked through that  
door.

—Brielle Baker —



# Sherry Lewis Starring Now By Peter Forson

**O**RIGINALLY FROM Trinidad, one of the most exotic islands in the Caribbean, Sherry Lewis has emerged as an outstanding, electrifying singer and performer. From an early age she developed a distinctive sultry vocal style. This mode, fused with her breathtaking beauty, charisma, seductive stature, as well as her powerful renditions, makes her one of the most promising contemporary vocalists in the United States.

At age nine, she established herself in live performances at schools, local churches, community productions and festivals. She graduated with high honors from the On Broadway Training Program for the Performing Arts, receiving certification in the art of singing, songwriting, stage performing and the business of music, which marked the beginning of her professional music career.

Upon graduating, Sherry joined Enchantment, a female singing group, and performed throughout the Caribbean. Enchantment was the only female group in a predominantly male Calypso environment that provided a unique R&B pop sound in the country. The group's consistent musical vision allowed for an ever-expanding fan base that was in constant demand. Sherry led the group through many experiences such as performing in popular nightclubs and as the opening act for international recording artists & celebrities, at major venues.

Miss Lewis immigrated to the USA to pursue her solo career. In addition to making her presence felt in nightclubs around NYC, she has traveled internationally and quickly became a great sensation in the nightclub circuits of Buenos Aires, Argentina; Seville, Italy; Monte Carlo, Monaco; Zurich, Switzerland; and Copenhagen, Denmark.

Sherry Lewis writes and produces the majority of her music. With her vocal capabilities, she declares her celebration of consciousness, self awareness, and love. She affirms that music is the tool that inspires her to move forward in life and not take life's gifts for granted.

Her testimonial lyrics, combined with intelligent arrangements, and her deep powerful contralto vocals make Sherry Lewis one of the most illustrious female artists in the competitive R&B/Pop market. She is currently working on her first album, and will release her second music video in early spring. For more information on



Sherry Lewis, visit her [www.sherrylewis.com](http://www.sherrylewis.com) website, or contact her at [sherrylewismusic@yahoo.com](mailto:sherrylewismusic@yahoo.com).

Being the blessed and gracious individual that she is, Sherry Lewis makes sure to give thanks to all the amazing people in her life who have been instrumental in her incredible music journey. That esteemed list includes: James Snyder (Exec Producer), Dean Landon (Producer), Mark Henry (Producer), Mark Batey (Writer) Marcos Vedoveto, (Choreographer / Director), Alvenia Bridges (Publicist), Debra Wallace (Personal Advisor), Deborah Greene (Fashion Stylist), Maureen Thomas (Hair Stylist), Patrick Metivier (Project Developer), Rick Henshel (Graphic Designer), Zandrina (2 Collections Jewelry), Rod Bernard (Health + Wellness Advisor), Carol Addison Lewis (Gospel Vocalist /Spiritual Advisor), Gregory Costanza (Creative Director), Bob Johnson (Editor), Regina Alexander (Editor), Shaka (Singer /Songwriter), Ortencio (Village Digital), Bernard Davis (Vocalist), Juan Iribarren (Real Estate Investor), and last but not least, my talented beautiful daughter, Sofia, for her never-ending love and support. To all aspiring artists, Sherry Lewis' advice to you is to never give up on your dreams, and to always maintain a steadfast faith in God.



# Unlimited Contacts, INC.



Bob & Dedra Tate, Host & Hostess  
TIAN AT THE RIVERBANK

## Father/Daughter Monthly Networking Event Changes Date

Bob & Dedra Tate will host their monthly networking event at TIAN AT THE RIVERBANK on the last Thursday of each month (from Wednesdays) beginning February 23, 2012. Be on the lookout for ADDITIONAL SPECIAL EVENTS IN 2012.



Left to right: Jermine Hopkins (Actor- Juice  
& Lean On Me), Tom Chung (Owner-TIAN),  
Iran Barkley (former Boxing Champion)



„Toye“



Jessica Gines & friends



UCI Capricorn Celebrants





**COMMUNITY WORKS** NEW YORK CITY  
Building Community Through Art and Education



Dear Reader,

Community Works builds communities through art and education each and every day. Over 200,000 public school students and community members, many of them from the city's most underserved schools and communities, count on us every year to provide dynamic learning and cultural experiences that raise the level of educational and social engagement and achievement. In a time of great uncertainty, we are giving people a reason to look up, out, and to the future with hope.

**For us to keep doing what we do, we need your financial help**, and that is why we are calling on you to make a monetary contribution to Community Works to help ensure that our programs stay affordable and viable. Your donation matters more than ever, as declining public school arts budgets and diminishing funds from government and philanthropic sectors only cover a fraction of the full cost of our programs.

**Every day we see first-hand the impact of our programs:**

- **Dwyer Cultural Center**, our program home in Harlem, celebrates the community's living history and culture through performing arts events, workshops, exhibitions and public programs.
- **Community Connections** and **Making a Difference** bring artists and mentors into schools and community sites to train young people in the visual, literary, media and performing arts.
- **Theater Connections** and **Theater To Go** bring multicultural dance, music, film and theater performances to students and community groups.



A gift of \$70 underwrites ten student theater tickets; a gift of \$250 helps us send an artist to a classroom; and a gift of \$1,000 allows a program to begin having an ongoing impact. However, no donation is too small. Please help us assist the schools, young people and communities who can't come to you directly. They need us, and we need you. Mail your contribution to **Community Works at 55 West End Avenue, New York, NY 10023**, and visit our website at [www.communityworksnyc.org](http://www.communityworksnyc.org).

Sincerely,

Barbara Horowitz  
President and Founder, Community Works  
Co-Director, Dwyer Cultural Center



# Meeting The Need Consulting, Inc.

**O**NE MONTH AFTER “G. MONEY’S ORIGINAL *Chronicles of the New Jack Era*” film casting party featured a red carpet interview between TV Host, Basha Riddick and Victory Ledgerwood, Sugar Hill Records’ pioneer, female rapper, Ms. Ledgerwood described her Meeting the Need Consulting 501-c3 non-profit organization to New York Global.biz.

“Our mission is to train, inspire, empower and mentor at-risk youth to deal with life’s challenges in a positive way,” explains Ms. Ledgerwood, **President of Meeting the Need Consultant, Inc.** For several years she has counseled “at risk” teens from diverse backgrounds, by providing specially designed character development training workshops, support services and various recreational activities.

Ms. Ledgerwood, also known as Uniqua, as a news and weather reporter on Youth in Progress Productions WNYE (91.5FM), became the first female, pioneer, hip-hopper, from Harlem, who later founded and established a non-profit organization specializing in youth development and juvenile delinquency prevention. As a member of Miracle Mike’s and the Ladies of the 80s female rap group, Sugar Hill Records recorded their *Outta Control* rap song. Ms. Ledgerwood was also a professional runway and hair model for prestigious, New York department stores, including the *57th Street International Hair Show*. *Black Hair Is* and *Class Magazines* have featured Ms. Ledgerwood.

**Meeting the Need Consulting** provides intense character development training, mentoring, conflict resolution exercises, positive role models, recreational and cultural activities and performances. The Express The Best In You Program is designed to equip at-risk youth to overcome life’s challenges in order to express the best of themselves in every aspect of their lives.

**Meeting the Need Consulting’s Round Table Discussion** is a programmatic peer-to-peer interaction session. The facilitator creates a non-judgmental environment utilizing soft, inspirational music. Gang violence, sex, decision making and communication as well as other topics of interest are addressed, often leading to issues that are not typically discussed, otherwise within group settings.

Satisfying the needs of previously incarcerated juveniles, the organization’s *Hold My Hand* After Care Program serves juveniles released from detention. This program is designed to assist talented juveniles exhibiting leadership abilities. By incorporating cultural arts, using skits and performances along with character



development training, mentoring, Bible Study, cultural and recreational activities, these individuals become equipped to achieve their goals and live productive lives.

**Join the Victory Movement.** “Let’s make this world a better place! If you need to be motivated, inspired or healed; if you suffer with low self-esteem, you’re at the right place at the right time. Let’s work together!! Be a part of the **Victory Movement** and be the best you can be! **Join the Victory Movement** for just \$1.00 per month. Check out the details @ [www.meetingtheneedconsulting.org](http://www.meetingtheneedconsulting.org)!” exclaims Ms. Ledgerwood.



**Meeting The Need Consulting, Inc.**, formerly known as *Youth in Effect, Inc.*, has provided significant assistance for New York’s *Covenant House*, *The New York State Department of Juvenile Justice*, *Peter J. Sharp DJ*, *Non-Secure Detention Facility*, *The Miller Branch Library of New Jersey*, *The New York City Board of Education (Bronx and Brooklyn Schools)*, and *Brownsville Bible Mission*.

“Our goal is to provide an after school venue for disadvantaged youth to express themselves culturally artistically and spiritually in a positive environment. We aim at training them to become positive role models that are disciplined and committed to excellent in everything they attempt,” says Ms. Ledgerwood, whose passion for helping youth, personifies her scriptural references to helping “at risk” youth.

Having studied acting at H.B. Studios, Ms. Ledgerwood worked on several feature films such as “*Strictly Business*” and “*Who’s the Man*” and other feature films. Her co-hosting talent was well regarded on *Goldie’s Hot Raps*, where *Salt-n-Pepper*, *Kid-n-Play*, *Rob Base* and many rappers further launched their star careers. Presently, Ms. Ledgerwood is in the studio writing and composing inspirational music designed to break yokes, teach, inspire, encourage and she firmly believes. “GOD is doing a NEW thing!”

**EXPERIENCE REAL VICTORY!!**

Join the **Victory Movement** for just \$1.00 per month.

Visit: [www.meetingtheneedconsulting.org](http://www.meetingtheneedconsulting.org)

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WWW.DYCKMANEXPRESS.COM

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1635 St. Nicholas Ave.  
New York, NY 10040  
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WWW.GOLDENKRUSTBAKERY.COM

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(212) 283-0200  
WWW.GOLDENDRAGONRESTAURANT.COM

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WWW.HARLEMBARBQ.COM

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2791 West 108th St. & Broadway  
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(212) 749-9200  
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# Manhattan

## MULTI-CULTURAL DINE-IN

# Guide

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WWW.FASHION40LOUNGE.COM

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WWW.JOHNNIESITALIANSTEAKHOUSE.COM

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(212) 957-5555  
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New York, NY 10017  
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WWW.KOSHERDELUXE.COM

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WWW.LASAGNARESTAURANT.COM

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New York, NY 10016  
(212) 576-1010

### Sophie's Cuban Cuisine

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WWW.THESMITHNYC.COM

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(212) 966-9983  
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New York, NY 10012  
(212) 966-3518  
RAOULRESTAURANT@GMAIL.COM

### Sammy's Steak House

157 Chrystie St.  
New York, NY 10002  
(212) 673-0330  
WWW.SAMMYSRESTAURANT.COM



# New Brunswick, New Jersey's New Attitude with Panache

By Sheila Highsmith

EVERY NOW AND THEN WE ALL NEED A LITTLE make over. A little pull here a little tuck there, a designer handbag and shoes to validate that you are a “fashionista”. It's all so incidental compared to the facelift New Brunswick, New Jersey received in the last 15 years and which continues to be an ongoing project. Yes, New Brunswick. You know, the city that borders Raritan Valley between Highland Park and Somerset, New Jersey.

In the past, drivers would speed through downtown defying flashing yellow lights to catch a quick glance at the Johnson & Johnson corporate building while speeding across George Street with just enough time to catch a bus or train for other destinations. That was before New Brunswick's makeover.

According to the 2010 United States Census, the population of New Brunswick was 55,181 and still growing. The city's much improved infrastructure; condos, high rise scholarly recruiting at Rutgers University makes you more observant of its panache surroundings.

The Heldrich Hotel at 7 Livingston Avenue was built in 2006. It shares accommodations with the landmark Hyatt Hotel at Two Albany Street. Across from the Heldrich is the award winning Crossroads Theater bringing the best in musicals with *Ain't Misbehaving* and *The Cotton Club*. The George Street Playhouse featured *The Nut Cracker*. The matriarch State Theater showcases Broadway and Hollywood acts with performances by such legendary groups as The Temptations and Four Tops who performed together on February 2, 2011.

On the southeast corner is the Edward Bloustein School of Planning and Public Policy named after the seventeenth president of Rutgers University. One of the donors contributing to its sleek new architectural design is the Voorhees Family dynasty. New Yorkers who work in New Brunswick and surrounding areas are not as anxious to rush back to the hustle and adrenalin rush in New York City as the weekend approaches.

Curiosity draws crowds to the city's bistro appeal with an evening chameleon affect. The off street comedy clubs and the popular Delta's or Makeda Ethiopian Restaurants are not all hype. Recently, the annual New Brunswick Jazz Festival from October 7–9 had events across the city that brought together the finest in local and connecting artistry. There were performances from such greats as the Gambone Project featuring the extraordinary talents of Gregg Gambone, Jonathan Sims and Vince Girdina ([www.ggambone.com](http://www.ggambone.com)) and the incomparable, jazz pianist Alex Bugnon.

What about the Hub Teen Center in New Brunswick? The Center



has been in existence since 1995 but the appeal became more evident after moving to its new location on Joyce Kilmer Avenue in 2004. The Director, Ed Spencer and Assistant Director Walter Virgil both of whom are real hands on, oversee a dedicated administrative staff and volunteers; Shaream Cunningham, Ricardo Davis, Laguaa Rankins, Karl McClean, Kevin Berry, Gina Bowser and Alvin Fair. This group works with teens between the ages of 13-19.

For all you sports lovers we have something for you too. Let's not forget the charismatic Rutgers University alumnus and scholar Paul Leroy Robeson's undeniable heroics' on and off the field. After years of fighting to be recognized among other collegiate football powerhouses, Rutgers has earned respectability in its conference winning several bowl games and conference titles. The team is the only NCAA Division I football team in the greater New Jersey/New York metropolitan region.

We would be remiss if we did not mention that Vivian Stringer, basketball coach of the 2007 women's championship team on September 11th, 2009 was inducted into the Naismith Memorial Basketball Hall of Fame with an elite squadron, Michael Jordan, David Robinson, John Stockton and Jerry Sloan. New Brunswick Senior High School athletes also won many championships. Two pioneers from New Brunswick are Donald Highsmith, who played with the Oakland Raiders and the Green Bay Packers along with Gary Brokaw who played with the NBA Milwaukee Bucks. New Brunswick has a lot to offer in the arts where this year's three time Grammy Award nominee Jaheim is a native son.

We are competitive in science and medical research at the Cancer Institute, Robert Wood Johnson University Hospital and UMDNJ. Yes, we are a real contender and you better recognize.

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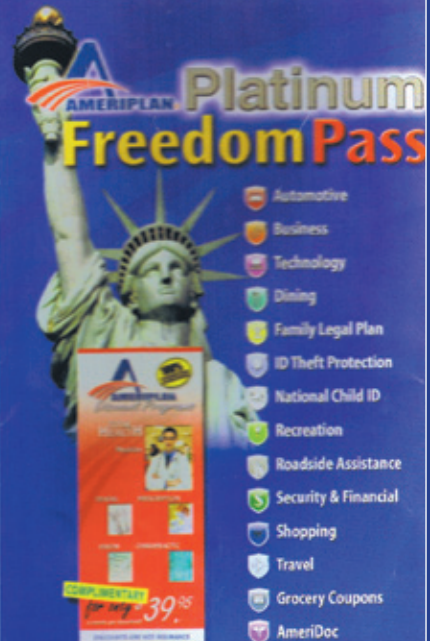
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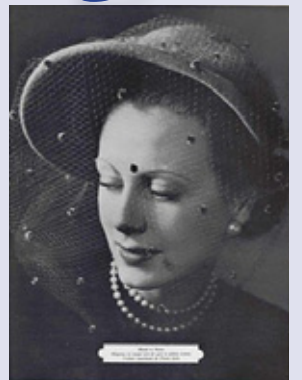
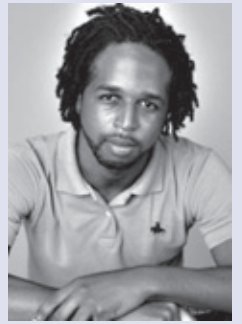
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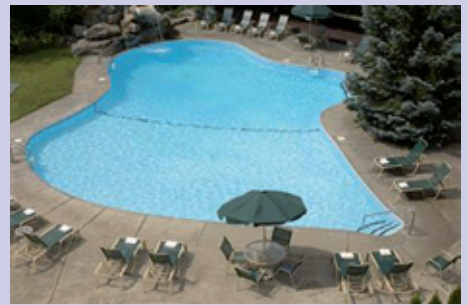
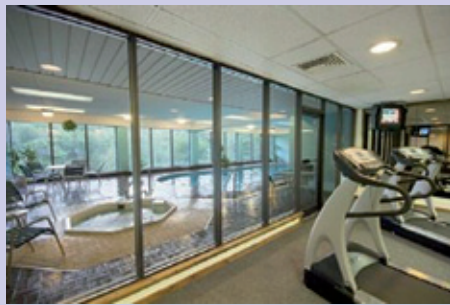
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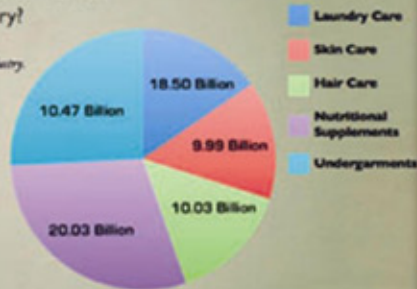
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Ron Diaz, a native of Trinidad and Tobago, has been a successful entrepreneur for well over 30 years!

Mr. Diaz owned and operated two extremely successful Real Estate offices including a Century 21 Franchise. He then started his first Home-Based business in Financial Services in 1985, with A.L. Williams. (Now Primerica Financial Services). He became a Regional Vice President with A.L. Williams before resigning in 1989. Mr. Diaz relocated to New York in 1993, and rejoined Primerica Financial Services, and quickly rose to R.V.P. for a second time.

In 1995 Mr. Diaz joined the Health & Wellness industry under the tutelage of Dr. Robert Young (world renowned microbiologist) where he learned the benefits of alkalizing versus the detriments of an over acidic body [Acidosis]. He also studied the benefits of antioxidants, which have a profound effect on life and death. Mr. Diaz created a Massive East Coast organization and took the company International when he spearheaded the journey into Trinidad and Tobago.

In 1997 Mr. Diaz's vision took him into another direction. He sold his organization in 1997 and started with a Legal Services company. In a relatively short period of time Mr. Diaz created a team with over 3,700 Business Builders and grew the company's membership base by well over 120,000. Mr. Diaz was a Distinguished guest of the "Ring of The Bell" when this company was introduced to the New York Stock Exchange. Mr. Diaz once again showed his genius when he initiated and took the company to Madison Square Garden in 2002 for the "Leadership 2000 Conference" and again when brought over 3,000 company associates together at the Brooklyn Marriott Hotel for one of the company's largest gatherings. He wears the prestigious 250K Ring (250K- 499K Annual Earnings), became the company's 32<sup>nd</sup> Millionaire, and is a lifetime Millionaire's club member. Mr. Diaz remained a Sr. Regional Vice President for ten years!

Mr. Diaz firmly believes that Health and Nutrition are the Vehicles to Financial Independence for the next 18 years. The Baby Boomers [72.6 Million plus] are now reaching the age of retirement, Americans are obese and children are suffering from age related diseases.

After Mr. Diaz diligently researched many companies in the Health & Wellness industry, he decided to partner with Mexican Billionaire, Mr. Antonio de Leon, founder of Ardyss International, a health & wellness company that specializes in reshaping garments, nutritional, and skin care products. Their revolutionary concept of reshaping the body from the outside-in and reviving the body from the inside-out has catapulted Ardyss to expand rapidly into the United States and new international markets. Mr. Diaz believes that an established company, with 21-years in the industry and with representation in over 40 countries, will be the company of his choice to bring about the health changes that are necessary.

Mr. Diaz believes that there is a season for everything. In 2008 Mr. Diaz revisited the Health and Wellness arena which has always been near and dear to his heart. He then formed New Vision Health Ministry. And from this platform, he is bridging Health disparities amongst our communities. He is currently in Top Level management and building a powerful international company with this message.

**Ecclesiastes: 3:1 "To everything there is a season, and a time to every purpose"**



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# History's African-American Billionaire Inventors

By Irma Tyus-Mitchell

**S**TUDYING THE PLIGHT AND REWARDS OF AMERICA'S BLACK inventors, during and after force majeure slavery ended, is to pay tribute to African American inventors, who infinitely helped civilized America and societies abroad, with little or meager compensation. Until 1839 the U.S. Patent Office legally denied Black inventors registration for their patents. Despite our massive, financial losses, Black progress is undaunted. It's why Americans and immigrants, young and old should know that African-Americans significantly recovered 147 years since slavery, including 47 years of attaining U.S. Voting and Civil Rights, as America's most enduring and determined race, since American Indians. President Barack Obama's 2008 election victory confirmed that African-Americans, also at the helm of several prestigious industries and career fields, are gaining global respect, despite being misunderstood by millions of Americans and African Americans.

No living soul bears responsibility for America's 400 years of enslaved Africans. Yet I was recently told by a mid-30's, intellectual African male that many Africans are disappointed by African-Americans' slow progress. He acknowledged progression between Africans and African-Americans during the Pan-African Movement originating in the 1960s. I responded that many Blacks and I are aware of Africans' and others misconceptions about of African Americans, but I'd share what I've learned about post post-traumatic slavery's effect on African-American slave descendants.

Considering the trend of six-out-of-10 young Black males wearing sagging jeans, sheds light on how lingering present and past economic constraints still impacts anti-social, Black Americans, as it did when the Black inventor rebelled against his master, by cooking and serving him hard fried potatoes. His master loved what became potato chips, and the slave never patented his creation.

In 2008 a New York City, Coney Island's strip was named after Granville T. Woods, who invented an improved telephone transmitter. His electric railway trains, automatic safety brakes and transmitter communicated travel, safety directions and other factors for transporting passengers and freight, among his 60 inventions.

Black inventors such as Lewis Latimer, the inventor and draftsman sold his incandescent filament to Thomas Edison, to stop the quick, hot burning of Edison's light bulb. Added to his inventions, Latimer drafted Edison's drawings, filed for their patents and legally represented Edison's patents in Court. Edison was long ago hailed as America's wisest man.

African-American great botanist, agronomist, chemist and



inventor, George Washington Carver, whom Times' Magazine nicknamed the **Black Leonardo** in 1941, turned down Thomas Edison's \$10 million dollars to maintain his \$15,000 annual Tuskegee University salary, paid by its Founder and President Booker T. Washington. Carver's predestined, higher power stopped America's eroding cotton destitution among Southern farmers. During the late 1890's he was the leader of specialized, natural fertilizers, crop rotations, and alternative crops. Carver shared his 300 plus peanut, sweet potatoes and inventions, by teaching rather than marketing his products to farmers, aside from his paints and cosmetics. This peanut wizard, who miraculously stopped boll weevils from destroying Southern U.S. cotton, was the world's agricultural savior, noted with his food, health, cleaning, decorating and other products made from peanuts, sweet-potatoes and soybeans. His legacy to Tuskegee University far outweighs his less than \$100,000 net worth, and Carver Corporation, when he passed.

Aside from Madame C. Walker, as America's first Black female millionaire, Benjamin Banneker's White House design, time clocks, and Farmer's Almanac are among inventors like John Bowers' lawn mowers, Issiah Hughes' elevator/escalator, Lewis Dorcas' stove, Leonard Bailey's folding bed; the bicycle frame, and other African American inventors, who by the early 1900's, should have thrived like millionaires. Their critical inventions in some instances bore equal value and wealth generating potential, like the wealthy Rockefellers, Carnegies, Vanderbilts, Ashfords,

## History's African-American Billionaire Inventors

Mellons, Fords and other American families' products and services.

Since that 1990's trend, six out-of-10, adolescents to young adults, males, in major U.S. cities flaunt more extremely low sagging jeans. They're sadly reminiscent of brute forced, Black male slaves, who wore sloppy, baggy dungarees while performing menial labor. Like a cultish, obsessional fashion, slowly attracting Whites and male races, sagging jeans' Black males, resemble gang members, exposing most of their underwear, above sagging jeans. The world's multi-billionaires' jean designers and manufacturers, raking profits from sagging jeans customers might consider donating some profits for motivational programs, educational scholarships and jobs for sagging jeans customers, to help them return to school, develop self-esteem, live productive, decent lives; and refrain from shouting outrageous, Inner-City, peer influenced, obscenities on subways and street corners. The designers should advocate a new, trendy, hip, stylish jeans fashionable look, modeled by job-seeking adolescent and young adults, who were loyal, sagging jeans customers.

Despite New York State Senators Eric Adam and Malcolm Smith's "Stop sagging jeans," campaigns, and legislators in New Jersey, Texas, Louisiana, Florida and Michigan, etc., many sagging jeans' Black males irrationally believe their style transcends respect for incarcerated Black brothers, deprived of belts. Despite their obvious, self-inflicted discomfort, while sporting sagging jeans, they relentlessly suppress their higher self's capabilities while remaining obsessed with displaying their lower self.

"Where there is no vision the people perish," Biblical scripture implicates Black males in sagging jeans. They identify and visualize themselves like their famous role models, because again, they're unfamiliar with Black employers, in Black owned corporations, factories, retail outlets and

sizeable office buildings and related entities, to secure their future. They must know that more than 148 years are required for African Americans to create sufficient revenues, which should have been generated from inventions by Blacks. African-Americans' greatest losses stemmed from little or no wages, and inventions sold for freedom, or too little costs. Blacks were typically denied business loans, until President Nixon's Small Business Loans (SBA).

This generation must experience the fulfillment of being *Young, Gifted and Black*, as recorded by Nina Simone in 1970. Let's add Black arts, and cultural literature among, motivational and other reading materials to our children's households. Worship with them, and their young, if possible, in pursuit of resolving other family matters, including Black males' sagging jeans, and other matters.

*Young, Gifted and Black's* top-ten, rhythm & blues hit, written by keyboarder Weldon Irvine, from Simone's Black Gold album became the Black Baby Boomers Civil Rights anthem endorsing progressive Black culture, for at least two decades. Aretha, Donnie Hathaway, Jamaica's Heptones' singing group and Elton John also recorded *Young, Gifted and Black*. James Brown's late 1960's *Say Loud, I'm Black and Proud* music, and Rev. Jesse Jackson's *I Am Somebody's* Civil Rights platform, inspired Baby Boomers to challenge limitations. Baby boomers as parents and grandparents of hip hop parents must help manifest our young's African American cultural pride

In 2008 I was compelled to produce the first rhythm and blues, jazz and light hip-hop's Black Innovations that Built this Nation, commercial CD by spoken world artist, Dow Kevin Buford, derived from his poetry. He astounded youth and adult audiences in churches, theatres, correction facilities, etc., among some sagging jeans' Black males who rocked and rapped lyrics

about those should-have-been African-American millionaire inventors. People researched and questioned how Buford rapped about 100 patented, inventions by Blacks, and how they would have created billionaire family heirs during the late 20th Century? We met with Dennis Walcott, then Deputy Mayor of Education in New York City, to place unfulfilled CD orders for several schools. Interested persons who wanted to know who might have become Black billionaires were advised to: Do the Math, by calculating how many manufactured stoves were sold in year one, followed by annual, global sales. Returning with their figures, they'll then pay Tribute to History's African American Billionaires Black Inventors.

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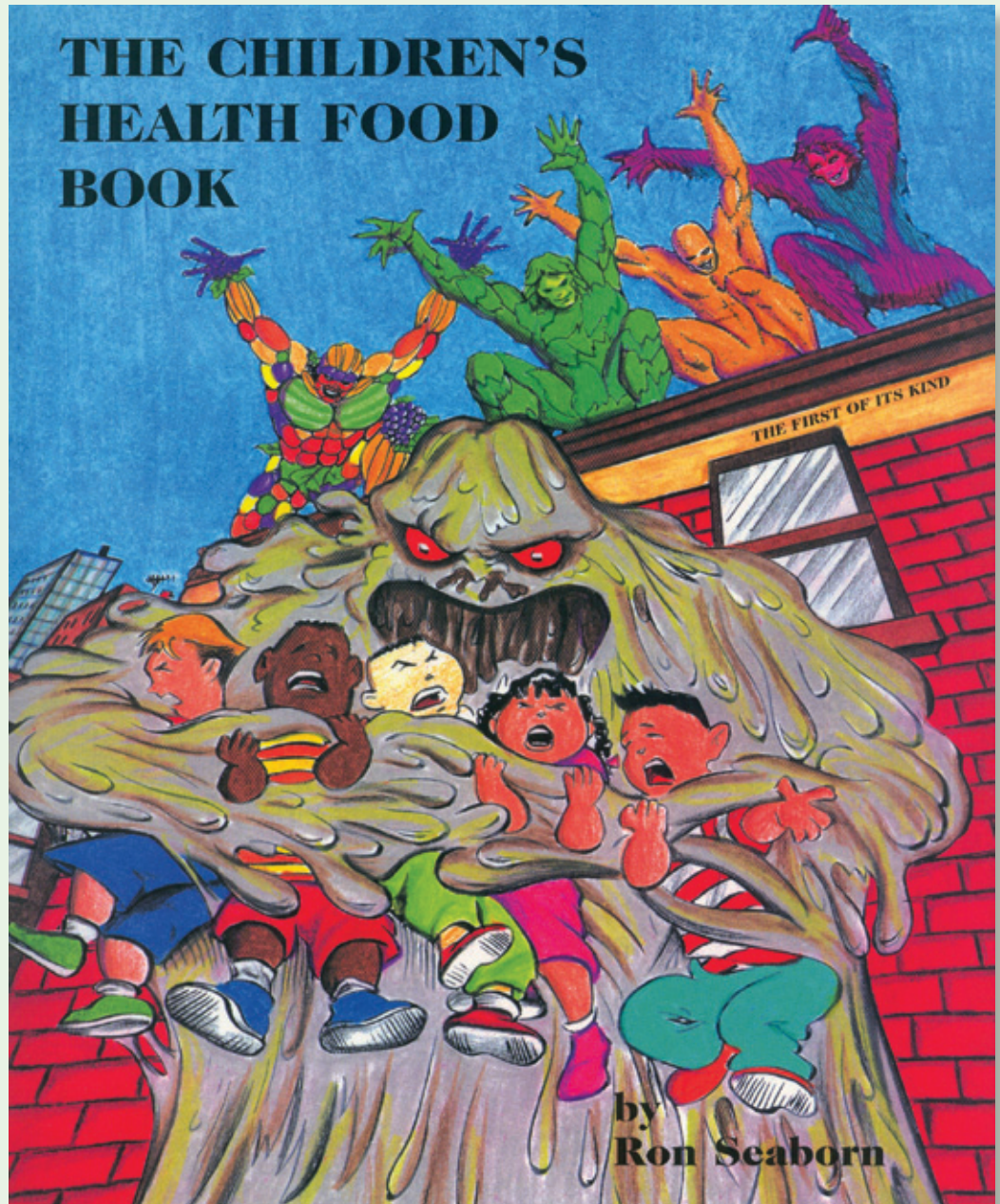


# The Children's Health Food Book *By Ron Seaborn*

**O**NCE UPON A TIME YOU were considered „weird,“ „spaced out,“ and even „extreme“ if you dared to talk about eliminating meat, dairy and sugar from your diet and eating more vegetables, whole grains and salads, a complete flip flop of the vaunted „food pyramid.“ Now that people have become much more aware of how important it is to eat food for health instead of taste, the fast food chains have still not lost customers or money. It is difficult to exercise our will power when it comes to food because we have become slaves to our taste buds, and the Standard American diet has been a part of our experiences since birth.

Our children are starving in spite of being overweight because they eat fat rich diets. Children are heavier but a „big“ youngster is often a sign of a youngster starving for sound nutrition. Each morning as children shuffle off to school they disappear into a corner store and exit carrying an assortment of cakes, chips and preservative and sugar-laden drinks that come in a variety of glowing colors. Ask yourself, how will these children be able to sit still and learn if they're consuming a breakfast that causes them to be hyperactive? Today's hyperactive, obese children heading to school are tomorrow's patients heading to a clinic seeking treatment for hypertension, diabetes and high cholesterol, precursors to kidney and heart disease.

The answers to saving our children can be found in „The Children's Health Food Book.“ Glass Man who is made out of glass so you can see when he is eating healthy food and when he is eating unhealthy food takes Glass Girl, and Glass Boy on a journey and introduces them to The Health Guardians; Fruitarian Fighter, Vegetarian Warrior, Grain Crusader, and Seafood Gladiator. They have joined forces to destroy The Mucus Gang: Meat Monster,



Sugar Demon, Dairy Goon, and Starch Creature. The leader of the gang is The Mucus Destroyer who destroys us with mucus.

The book is written for parents and their children so the knowledge can be shared between them. Whether you change your diet or not, it is important to make your children aware of the information because it will take two generations to turn things around. In other words, if your children have the information in the book when they become adults and get the diseases that we got, they will feed their children differently because they had the knowledge.

[www.thechildrenshealthfoodbook.com](http://www.thechildrenshealthfoodbook.com)

[www.thehealthguardians.co](http://www.thehealthguardians.co)



# Lifestyles By Tiffany Richardson

**R**EMEMBER THE 80'S? **LIFESTYLES OF THE RICH AND FAMOUS** was a hit television series that aired in syndication from 1984 to 1995. The show hosted by Robin Leach, later joined by Shari Belafonte, featured the extravagant lifestyles of wealthy entertainers, athletes and business moguls. Leach always ended the show with his indelible phrase, "champagne wishes and caviar dreams."

People who watched the show often dreamed of living like the *Rich and Famous*. They pictured themselves living in opulence. The key was how to get there? Short of winning the lottery, becoming famous overnight or having someone leave them wealth, in their will, became their dream.

Times have changed. The face of wealthy lifestyles changed, quite dramatically. Those who lived the wealthy lifestyle, now find themselves living livelihoods similar to less fortunate persons. There are rapidly increasing numbers of people who were less fortunate, now living lifestyles of the *Rich and Famous*. How has this come to be? Thanks to the greed of the *Wall Street Bankers* and *Savvy Money Changers*, millions of "well-to-do" people faced foreclosure. Among them, are those previously *Rich* now experiencing the same predicament as everyday people.

The *Rich* eventually realized that no one is exempt from enduring the highs and lows that life brings. "Here today, gone tomorrow." Whether one's life is altered by the tragedy of fire, an act of *God* or the actions of not having means to maintain mortgage payments, lives are being affected each day.

The less fortunate are now negotiating moving into mansions for what they would ordinarily pay for less expensive properties and be welcomed. Not only are they being welcomed, but they are often sought after to help defray high mortgages properties' costs, now under water. Some owners of extravagant mansions have resorted to renting out rooms. Others were forced to downsize in order to maintain a little bit, of the *lifestyle* they became accustomed to.

Undoubtedly, faces of the *Rich* and the *Poor* have changed. Every one now resembles your neighbor. Years ago, the homeless had a certain look. Their look has changed, as have the wealthy entertainer, the athlete, your business mogul and more.



We are living in times of new lifestyles, no longer spotlighting the eccentric excesses of the members of the *Rich and Famous*. Nor are we fixated by what the upper crust pay for various luxuries to enhance their daily lives, ranging from spacious seaside villas, to classic cars, to gold-plated bathroom fixtures. Realistically during this era, we're striving to maintain our lives in general.

I think everyone, no matter where they are in their lives today, are mainly focusing on the real, rather than the unreal, because "Though you have riches today, you might lose it all tomorrow."

As for the phrase "Champagne wishes and caviar dreams." That's exactly what life became for many of *Rich and Famous* folks... "Just a Dream".

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# We Love To Eat

This New Year let's refresh old traditions with new ideas to create variety in our lives. Let's also make sure to remember that oldies but goodies bring out the innocence, divinity and ancient family wisdom inherent deep in us all. I suggest starting with your first big meal. Here are 4 staples that bring us back to our roots, security and blessings without breaking our pockets.



## Black Eyed Peas & Rice

Eating Black Eyed peas in the New Year traditionally symbolizes the bestowing of good health and rice abundance. Let us be grateful of all our blessings big and small Use 1 large

bowl to clean 2 cups of rice in warm water. After one or two rinses, drain and set the bowl with rice aside. Now in a medium sized pot combine 2 tbs of oil and 1 small onion minced. Cook on low to medium heat for about 2-3 minutes or until onions are almost caramelized. Next add the rice from the bowl. Toss this mixture on a medium to low flame for another 2 minutes. Once the rice is covered in the oil and slightly warm, add to your pot 1 cups of Black Eyed Peas (you can use caned or dried Black Eyed Peas that have been soaked overnight), 2-3 cloves of minced garlic and 1 tbs of salt. Toss for 1 minute more. Finally pour in 2 cups of chicken or vegetable broth and raise the heat to bring everything up to a boil. When the contents of the pot begin to boil, cover with the pot's lid and lower the heat as much as possible. Let it cook like that for about 15 minutes. Now stir and check your rice. If the rice is as tender as you desire then turn off the heat and let it sit covered until ready to serve. If not, recover and cook on low heat for another 5 minutes.

## Royal Greens for Green

Eating Greens early on in the New Year symbolizes attracting wealth and prosperity in the upcoming months. Eat and enjoy the affluent blessings coming your way. Wash 1 bunch of Collard Greens and 1 bunch of Kale very well in some warm water mixed with cup of white vinegar then rinse and dry thoroughly. Next de-vain the leaves and chop them into large pieces. Put all the greens into 1 large pot. Next add to the pot 2 smoked turkey wings (Vegetarians- substitute wings with smoked tofu sausage or 1 can smoked almonds securely wrapped in a thin layer of cheese cloth), 2 whole onions Julian sliced, 4 large whole cloves of garlic (make sure they are peeled), and 5 cups chicken or vegetable broth. If you must, add water or save some broth on the side so that the liquid comes up to 1 inch from the top of the pot. Put this all on high heat until it comes to a boil. Once it begins to boil, lower the heat so that it is simmering vigorously. Now stir while adding tsp grated nutmeg and cup sugar or maple syrup. Next add 1 small scotch bonnet pepper and cover the pot with it's lid. Let the greens cook for 2-3 hours or until greens are very tender. Make sure to stir every 40 minutes or so and check if more

broth or water needs to be added (water should never be lower than inch below top of greens). Once it is done cooking, turn off the heat and remove the scotch bonnet (carefully so as to not break it more than it may already have). Finally add the rest of the ingredients: 1 tsp salt, 1 tbs pepper, 1 tsp red wine or balsamic vinegar, and juice from lemon. Stir and let it sit covered for another 15 minutes to really absorb all of the flavors.

## Gold Nugget Bread

Corn was always considered the gold of the New World now known as the United States. As you eat this luscious golden bread, remember the good times of the years before and envision all of the possible treasures that you would like presented to you in this New Year. Gratitude always brings more things to be grateful for. Dream Big my friends.

Pre heat your oven to 375°. In 1 medium bowl mix the crumble ingredients (Crumble: 1 cup extra fine corn meal, cup cane sugar, 1 stick melted butter, tsp cayenne pepper, tsp cinnamon) until the mixture turns into crumble pieces. Put this aside until later. Next in 1 large bowl whip 2 eggs (or 1 sweet potato boiled, mashed, chilled and blended with cup seltzer water). Next add 2 boxes jiffy corn bread mix, stick melted butter (or cup olive oil mixed with cup sugar) and cup cane sugar or honey. Stir it all up. Next fold in 1 cup whipped heavy cream (or 1 cup plain almond milk blended with cup sesame butter) and 1 cup corn (fresh, frozen or caned). Put this entire mixture into a buttered and floured medium casserole dish. Sprinkle the crumble all over the top. Now place the casserole dish into the oven and cook for 20 – 30 minutes or until top is golden brown and a knife or toothpick can be poked into the center and pulled out dry. Once it is done let it sit out of the oven for 5 – 10 minutes then cut into squares and enjoy.

## Mystic Fruit

Expect the best but be smart and make sure you are prepared.

Lastly let us add a bit of ancient magic to your New Year's meal. Make sure to have plenty of plump grapes handy. Not only are they extremely healthy and labeled one of the "Foods for the GODs", it is also said that if you eat 12 grapes at New Years it will predict which months may be sour and which ones will be sweet.

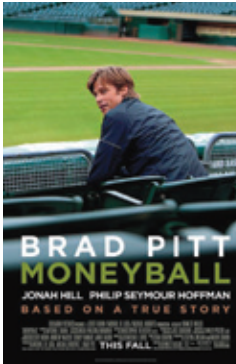
Here's to Good Health, Wealth and Preparation for Success in your future. Happy New Year! Peace & Love, signed – S.S.



# Now Go Grab Some Munchies and Enjoy

By Chénana Manno

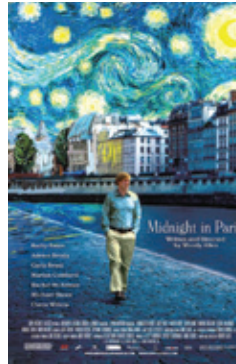
During the recession this holiday season why pay repeatedly \$12 or more per person at the theatre? Switch it up by renting some of 2011's global blockbuster hits. Here is a list of suggested movies I'm sure will be enjoyed.



## MONEYBALL

PG 13

Great look into the art of baseball and what goes on behind the bench. Steven Zaillian and Aaron Sorkin brilliantly bring to light how Oakland A's Billy Beane has changed the way the game is managed, giving him much overdue world-wide recognition. My only complaint was during the credits when they call Billy Beane a loser for choosing his family and team over money and fame. Billy, I disagree and my hat goes off to you for your loyalty and innovative American spirit. You get kudos from me buddy. Billy you turned that pitch very well.



## MIDNIGHT IN PARIS

PG 13

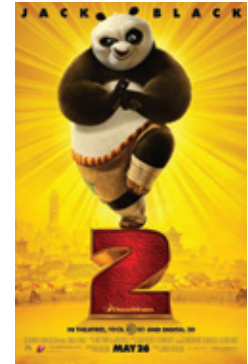
Woody Allen has proven again why he is considered a master at film. This captivating story kept me in a state of enchantment for weeks. This movie compels you to live your life to the fullest. My adventure continued when it finished as I strolled right out of the theatre and into Chez Josephine's on 42nd street between 9th avenue and Dyer in Manhattan. Who knew time travel really was possible!



## REAL STEEL

PG 13

What a great film! First it debuts Dakota Goyo, an extremely talented young actor you can't help but fall in love with. Second, what's cooler than your father being wolverine! Hugh Jackman rocks any role he plays on stage and screen. A fantastic story that reinforces great family moral values and bridges generational gaps makes it perfect for family night. With its slammin' soundtrack, modernized rockem' sockem' robots and a theme that touches the hearts of all ages, renting this one would be an instant hit.



## KUNG FU PANDA 2

G

At first you get all tied up in fun loving action, then by the end you realize you've learned several meaningful things. Lessons of forgiveness and the importance of patience. How letting go of past traumas is essential to embracing the powerful opportunities bliss and tranquility of the right now. Lastly it teaches that unrelenting perseverance and courage to succeed is all you need to achieve your goals. Where there is a will there is a way... It's one of those films that must be watched over and over to truly appreciate all the gifts it has to offer to your perspective of life. I love how classic style Kung Fu flicks of all kinds tend to cut through life's veil to teach essential lessons while keeping you entertained no matter what your age may be.

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# “Social Work 2011: Time for Reinvestment” A Tribute held in honor of Whitney M. Young, Jr.

**M**ARCH 11TH represents a significant day in the social work community. It was on that day that Whitney M. Young, Jr. lost his life in the waters of Nigeria, West Africa while attending an international conference sponsored by the African American Institute.

For twenty-eight years social workers have paid tribute to Whitney M. Young, Jr. on this date. The 2011 tribute represented a milestone for the World Community of Social Workers, the sponsor organization, who's mission is to keep the legacy and spirit of Mr. Young alive. The speaker for the event was Congressman Edolphus Towns (D-NY), who introduced the Dorothy I. Height and Whitney M. Young, Jr. Social Work Reinvestment Act of the 111th Congress. Introducing Congressman Towns was Dr. Marcia Cantarella, the daughter of Mr. Young who is an accomplished writer and author.



FROM THE LEFT: Velma Banks, Hon. Betty J. Williams, Hon. David Patterson, Dr. Marcia Young Cantarella, Sydney Moshette, Jr.

The tribute's theme was “Social Work 2011: Time For Reinvestment”. Mr. Young and Ms. Height were both advocates for social justice and human dignity. They vested their time and talents to transform the established order and open doors of opportunities for the underserved.

At this tribute Former Governor David A. Patterson was acknowledged for his

support in the area of social work practice and human dignity. He himself transcended all odds to be a leading proponent of what it means to be young, gifted and black.

The members of the World Community of Social Workers, recipients of the Equal Justice for Children award and participants in the

Whitney M. Young, Jr. legacy series were acknowledged for their contribution to the field of social work and human justice. Some of these included Dr. John Bolling, Ms.

Ella Harris, Judge Betty Williams. Also representing the Whitney M. Young, Jr. School of Social Work was Dr. Roslyn Harper, Chairman of the BSW program. The social work organization contributes annual to the financial support for students attending the Whitney M. Jr. School of Social Work.

The event was held at the Gran Piatto d'Oro restaurant at 1429 5th Avenue.



Dr. Roslyn Harper, Professor, CAU Whitney M. Young, Jr. School of Social Work



FROM THE LEFT: Sydney Moshette, Jr. WCSW, Velma Banks, Pres. WCSW, Congressman Edolphus Towns, Dr. Marcia Young Cantarella, (W. Young's Daughter), Rudene Scipio, WCSW, Hon. Betty J. Williams, Civil Court Judge, Dr. Laura Pires Hester, WCSW



## Reinvention:

# OBAMA 2012

*By Art Illustrator and Contributing Writer Peter Forson*

THE DAWN OF 2012 UPON THE American landscape has brought forth a reassessment of the hopes and dreams of yesteryear, a formation of a new plan of action for success, and the cultivation of the strength and courage necessary to make it happen. Knowing what to do is only half the battle. Taking action is the other half. Now is the time for reinvention. Four years ago, it seemed as if our collective dream of a more prosperous future was closer to being realized than it had ever been on a national scale. President Barack Obama's election victory proved how inspiring a heroic national figure can be in terms of giving assurance that strong leadership can steer us to the proverbial Promised Land of peace and abundance for all. It's time for him to once again appropriate the mantle of a hero. Only this time, he has to prove to a largely disillusioned public that he's determined to not just fight until the victory, but that he will continue fighting long after the victory has been won.

This is a seminal moment in Barack Obama's presidency. During the 2008 campaign, he represented the manifestation of an entirely new political paradigm. He was a shining symbol of America's advancement from its racially divisive past into an optimistic and equitable future. He came from seemingly out of nowhere to unite a country that had been fractured by a George Bush

presidency under which we experienced the collapse of the American economy, and the continued decline of our educational and medical system. In four years, President Barack Obama has learned that the crowds that once cheered in adoration will turn into an angry mob when they lose their jobs, their homes, their life savings, their loved ones in unjust wars, and ultimately their hope. For someone who was the right candidate at the right time, the realities of holding the highest office in the land in a time of economic and political turmoil have proven to be much more of a battle than he most certainly expected.

We live in a media age where propaganda and deceit are used as effective tools of character assassination, and where false information is disseminated with impunity. The vitriol spewing from the Republican Party and their minions in rightwing television and talk radio is designed to decimate President Barack Obama's image in the minds of the public and to cloud the facts regarding his achievements in office. His success in seeking to increase access to healthcare for all Americans was eventually won in the face of a doggedly obstructive Republican opposition that has proven itself to be a largely dishonest broker. He has managed to reign in a mortgage industry whose deceptive foreclosure practices had effectively robbed hundreds of thousands of Americans of their homes. His increase

of standards in our educational system encourages teachers, parents, and administrators to take ever more seriously the responsibility of sharpening the minds of our children and ensuring that they grow to be successful and effective contributors to society. By eliminating the payroll tax, President Barack Obama has given incentive to employers to hire more American workers and to keep the trajectory of our economy on an upswing. Corporations that once regarded the quality of our environment as an afterthought now have to contend with new regulations that ensure our health and safety. The death of Osama Bin Laden and the return of American troops home from Iraq have further proven President Barack Obama to be a man of his word.

With the tide of the criminal corporatocracy rising again, threatening the American dream of too many of this nation's hard-working citizens, nothing can galvanize this country better than a president who proves himself to be a warrior for justice, an advocate for the disenfranchised, and a leader willing to soldier forward, undaunted by the barrage of criticism, and unfazed by the trappings of office to protect the hopes and dreams of all citizens and residents of this great republic, leading us into a new era of prosperity where we can be a beacon of light to the rest of the world. The enemies of truth, justice and equality are many in



number, but they are still dwarfed by the will and resolve of the American people. We voted him into office based on faith, not evidence, because we were disheartened by the previous administration, and because we were ready for fundamental and transformative change. We're now expecting President Barack Obama to show that he has gained remarkable strength and wisdom from four contentious years of doing battle with his Republican antagonists. The time is now to fully prove his mettle.

The task of defending the American way of life without ceding to the demands of Wall Street at the expense of Main Street has shown itself to be a daunting one, and one that poses the greatest challenge to the Obama administration. It is now time for our president to go further into the breach. It's time to steer this country through the enemy territory of bloated kleptocrats and those who feed off the blood, sweat, and tears of the working class. Four years have shown him exactly what America is up against, and now he knows. The time has come for President Barack Obama to adopt a new and bolder plan of victory for his campaign and for ensuring the future of America's prosperity and promise. Our best days are still ahead of us. The cloud of uncertainty that hangs over the heads of too many Americans will dissipate and lead to a brighter financial future for all only when they can recognize a leader who is fearless and emboldened by the task at hand and by the strength of his opposition.

The harder the conflict, the more glorious the triumph. America is in need of a hero. And it's time again for Barack Obama to suit up.



## Brooklyn, Borough President Marty Markowitz, and Deputy BP Chapman Honor Dr. Martin Luther King's 26th Annual Brooklyn Academy of Music Celebration

ON MONDAY, January 16, Brooklyn Borough President Marty Markowitz and Deputy Borough President Sandra Chapman honored the life and legacy of Dr. Martin Luther King, Jr. at the 26th annual Martin Luther King, Jr. Celebration at the Brooklyn Academy of Music (BAM). The event, presented by Borough President, Markowitz, Brooklyn Academy of Music and Medgar Evers College of The City University of New York, is New York City's largest public celebration in honor of the slain civil rights leader.

"When we look at what is going on in our country – the near impossible job that our president has undertaken, the increased hardships of the American

worker and the increase in poverty – we realize that Dr. King's dream has yet to be fully realized," Borough President M. Markowitz told the gathering. "We still have work to do. When everyone who wants a job is trained for and can get a job; when kids who aspire to succeed is the norm and not the exception; when schools no longer need metal detectors;

when healthcare for all is a right and not a privilege – that's when we have real freedom. So how do we get there from here? As Dr. King so eloquently said on the steps of the Lincoln Memorial in 1963: 'We cannot march alone. And as we walk, we must make the pledge that we shall march ahead. We cannot turn back.'



# Senator Bill Perkins and Harlem's Historical Synagogue

By Irma Tyus-Mitchell



FROM THE LEFT: NYC Councilman Robert Jackson, Rabbi Paul Radinsky, NYC Comptroller John Liu, NYS Senator Bill Perkins

RESPONDING TO NEW YORK'S SENATOR BILL PERKINS' invitation to celebrate Hanukkah at Harlem's 100 year-old Synagogue, on December 22, 2011 satisfied my long-standing curiosity about Jewish Synagogues. In 1981 I attended Harlem's Attorney Herb Harris' and Teamal Rauff's motivational sciences courses, inside Harlem's Theresa hotel. Before our course ended Attorney Harris and Mr. Rauff familiarized our class with the existence of Black Hebrews traveling to and from Jerusalem. That was when African Americans were becoming more interested in the world's most spiritual, divine, geographical City of Jerusalem. Rev. Wyatt T. Walker's Canann Baptist Church in Harlem, also conducted a Jerusalem youth tour.

Rabbi Paul Radinsky of Chevra Talmud Torah Anshie Marovi Synagogue was flanked by Senator Perkins (also adorning a Jewish yarmulke) NYC Comptroller John Liu, Manhattan Borough President Scott Stringer, and NYC Councilman Robert Jackson when I arrived. It was the fourth annual Hanukkah event, also hosted by Senator Perkins.

Inside this Century old Synagogue, nestled between Old Broadway and Manhattan Avenue, an intimate gathering of approx. 60 people listened to Chanukah Chanukah, and Alha Nisimed songs, played on their large, antiquated, cultural piano. This historical structure first and second floors' homely ambiance is

reflective of 100 years gone by, accommodating approx. 175 congregants' seating capacity.

We munched on chilled Jewish appetizers, including rice stuffed grape leaves. Their multi-cultural guests bore proof that Chevra Talmud Torah Anshie Marovi Synagogue registered in 1911, welcomes the public.

As explained in their program, Harlem's increased Jewish migration has resulted in numerous bar and mitzvahs, weddings and other events' bookings. This congregation grew rapidly during the 1940's through 1950's when the Harlem's Jewish population increased, within that same period when Jewish families flocked to New York's suburbs. Throughout the 1970's and 80's the Old Synagogue's popularity was dominated by young Jews. However, Columbia University's Barnard Hillel attracted many Jewish students, during the 1990's, as well as Chevra Talmud Torah Anshie Marovi students.

The Old Synagogue was built mostly by immigrant, Jewish business owners to provide education and worship services. The name, Chevra Talmud Torah Anshie Marovi of their Congregation, represents the Society for the Study of the Torah, to support a Hebrew School, and their west side Harlem location. Before they built the Old Broadway Synagogue their Jewish Congregation met in speakeasies and the rear rooms of bars.





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## Our Menu

### COLD

COLD SLAW  
MOZZARELLA AND TOMATOES  
PASTA SALAD  
MACARONI AND TUNA SALAD  
SPINACH SALAD  
GARDEN SALAD  
TUNA SALAD  
SLICED ASSORTED FRUIT  
CRANBERRY SAUCE  
OLIVES  
CUCUMBER SALAD  
JELL-O WITH MIXED FRUIT  
STRAWBERRIES AND CREAM  
BANANA PUDDING WITH VANILLA WAFERS  
GREEK SALAD  
CARROT SALAD  
RED BEAN SALAD  
MUSHROOM SALAD  
BROCCOLI SALAD  
CHICKEN SALAD  
CANTALOUPE  
GRAPES  
CHICK PEA SALAD  
ASSORTED VEGETABLE STICKS  
SUSHI  
HARD BOILED EGGS  
TOSS SALAD  
SHRIMP SALAD  
POTATO SALAD  
AVOCADO SALAD  
DEVILED EGGS  
MACARONI SALAD  
CRAB SALAD  
FRUIT SALAD

### HOT FOOD

SOUTHERN FRIED CHICKEN  
COLLARD GREEN SEASONED WITH TURKEY  
WHOLE OVEN BAKED TURKEY  
CANDIED YAMS  
OXTAILS  
SWEET PLANTAINS  
BAKED CHICKEN  
HONEY B.B.Q CHICKEN WINGS  
BAKED SALMON  
WHITE RICE  
YELLOW VEGETABLE RICE  
BEEF SHORT RIBS  
B.B.Q PORK RIBS  
RICE AND BEANS  
MACARONI & CHEESE  
SWEET BUTTERED CORN  
STRING BEANS  
STEAMED CABBAGE  
SAUTÉED HERB POTATOES  
MASHED POTATO  
CORN BREAD  
JERK CHICKEN / PORK  
SMOTHERED CHICKEN / PORK CHOPS  
CORNED BEEF & CABBAGE  
MEAT LOAF  
SPAGHETTI WITH MEAT / TOMATO SAUCE  
BUFFALO WINGS  
CURRY CHICKEN / GOAT  
CHICKEN STUFFING  
PIG FEET  
B.B.Q CHICKEN  
CORN & OKRA  
CRAB CAKES  
SMOTHERED TURKEY WINGS  
LIMA BEANS





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at the Waldorf Astoria, the Plaza, Pierre and many  
other five-star hotels, and restaurants,*

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continue to freshly convert their fine coats and gowns,  
to look brand new.*



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