

S.U.E.

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featuring SIX NOBLEMEN

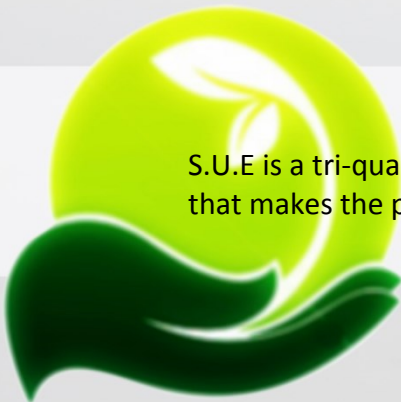
A SOLIDER IS SOMEONE, WHO AT ONE POINT IN THEIR LIFE,
WROTE A BLANK CHECK PAYABLE TO THE UNITED STATES OF AMERICA
FOR AN AMOUNT UP TO, AND INCLUDING THEIR LIFE, MEET
MR. NATHAN OWEN, RETIRED SERGEANT - ARMY
MR. RANDY BEATY, RETIRED LEADING PETTY OFFICER - NAVY

I LOOK FOR A STRONG, INDEPENDENT WOMAN, INTRODUCING
MR. CHRISTOPHER TAYLOR, BACHELOR & EDUCATOR

NURTURE THE OTHER AND ACHIEVE NURTURING FOR SELF
EDUCATOR, MR. CHRISTOPHER BRADY

MONROE COUNTY LEGISLATOR
REPRESENTING THE 29TH DISTRICT
MR. ERNEST FLAGLER-MITCHELL

SURVIVING YOUR WILDERNESS EXPERIENCE
REVEREND JOHN HARDAWAY



S.U.E is a tri-quarter publication
that makes the principles of sowing, understandable and relevant to everyday life

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behalf of my grandmother
Ms. Jane Taggart



featuring Noblemen



But the ones that fell on the good ground are those who, having heard the word with a noble and good heart, keep it and bear fruit with patience. Luke 8:15 (NKJV)



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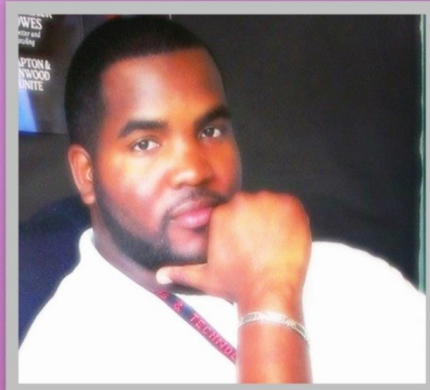
IN SERVICE TO OUR COUNTRY and "SOWING" INTO OUR COMMUNITY

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“TONY’S TIRES”

585-287-0891



Anthony L. Owens

Owner

**240 Central Park
Rochester, NY 14605**

“Have a Blessed Day”

WORDS FROM THE *Founder*

BE A POSITIVE FORCE IN YOUR COMMUNITY

Questions, why be a positive force?
Why invest time in your positive well-being?
What's in it for you?

Why, because the benefits are astounding! People with a high "well-being", those who embrace being a positive force wherever they are, are 31% more productive than people with low well-being. They have triple the creativity, are ten times more engaged, they are more involved, and are three times more satisfied. People with a high "well-being", generate 37% more sales. With that said, the question is how might you become a positive force, especially within your community? I'm glad you asked. Proverb 4:7^(NKJV) Wisdom is the principal thing; Therefore get wisdom. And in all your getting, get understanding.

Everyone has some "positive force" in him or her. You, who is reading this do, that person over there do. The guy to the left has some, that girl to the right does, that person in the mirror do. In order to, really be a force, you have to own it, you have to grab hold of it, and you have to believe it. Yes, believe that you are amazing, you are really awesome!

Finally, know that everyone starts somewhere, and usually from the bottom, so don't try to do everything at once, take one day at a time, and take "baby steps". There will always be challenges, no matter what you do in life, so don't let one set back get the better of you; and, it's never too late. No matter how old you are, or how many opportunities you've passed up, it is never too late to make a decision to get a fresh start. Encourage yourself; tell you, "I can do anything". It's a simple phrase, but it helps to remind yourself you really can do anything you set your mind to do. Moreover, give yourself reasons and aims, as to how you can be a positive force in your community. God is able to do exceedingly and abundantly above all that you can ask or think. He is able.

Founder, Suzanne Parker-Owens





A soldier is someone, who at one point in their life, wrote a blank check payable to the United States of America for an amount up to, and including, their life. Whose mission is to serve. Dispatched on missions to protect and defend. Their primary concern is to be a champion of the cause of to protect. Regardless of personal political views, their stand is, "that it is an honor to serve the country".

There are, way too many people, in this country who no longer remember that fact.

Thanks to all soldiers and their families that continue to serve proudly.

IN SERVICE TO OUR COUNTRY

RETIRED SERGEANT NATHEN OWENS

They were battalion command personal security team. March 9, 2009, a roadside bomber attacked their vehicle. Nine soldiers suffered massive injuries to their heads, including Sergeant Nathen Owens. Nathen says, "The scriptures his grandmother Rose, planted in him kept him strong". During his time in service, he lost 12 friends total.

personally speaking Mr. Nathan Owens

Father: Anthony Owens, Sr.

Mother: Rose Greggs

Fiancée: Ms. Sherese Hollis

Spiritual Community: Zion Hill Missionary Baptist Church

Favorite Bible scripture: Philippians 4:13, Psalm 23

College: MCC, majoring in Human Services

Career: Mentor

Youth Football Coach (Southwest Colts)

Youth Leader (Zion Hill)

SERGEANT NATHEN OWENS

SERVED IN US ARMY: NOVEMBER 2006 – FEBRUARY 2015

- COMPUTER OPERATIONS/ PERSONAL SECURITY DETACHMENT
- TEAM LEADER/LONG RANGE SHARP SHOOTER

BASIC TRAINING AND TECHNICAL SCHOOL LOCATION:

- FORT SILL | LAWTON, OKLAHOMA
- AIRBORNE SCHOOL: FORT BENNING | COLUMBUS, GEORGIA

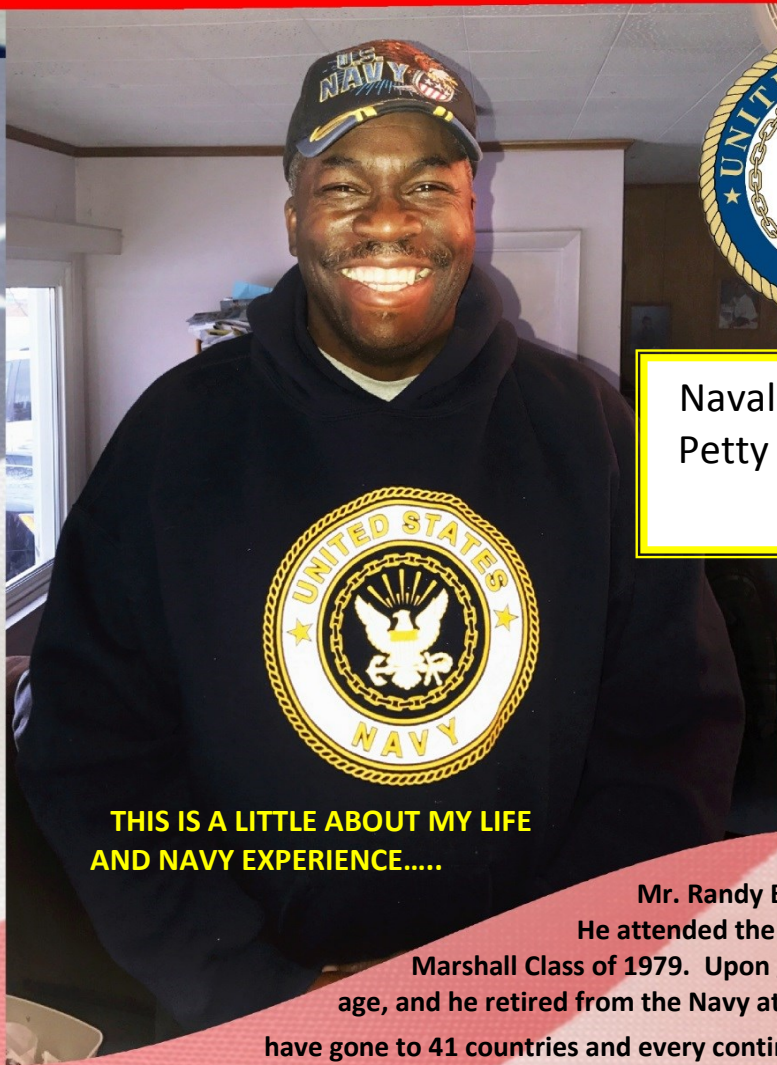
DUTY STATIONS:

- SCHOFIELD BARRACKS | HONOLULU, HAWAII
- FORT BLISS | EL PASO, TEXAS

DEPLOYMENTS:

- IRAQ DEC 07 – FEB 09
- IRAQ JUN 2010 – JUL 2011
- AFGHANISTAN DEC 2011- APR 2012
- MARCH 9, 2011: INVOLVED IN BOMB DETONATION IMPROVISED EXPLOSIVE DEVICE DURING RETURN FROM NIGHT MISSION.

RANK WHEN DISCHARGED: SERGEANT



IN SERVICE TO OUR COUNTRY

Naval Air Crewman, Load Master Leading
Petty Officer, Division Chief, Branch Chief
RANDY BEATY

**THIS IS A LITTLE ABOUT MY LIFE
AND NAVY EXPERIENCE.....**

When a service man come home injured, or do not come home at all, the family must carry that burden, taking care of them, or they bring flowers to the gravesite, long after everyone else has forgotten or lost interest, with no fanfare or ribbons or medals.

Mr. Randy Beaty was born and raised in Rochester, New York. He attended the Monroe County Schools, and graduate from John Marshall Class of 1979. Upon graduating, he enlisted in the Navy at 18 years of age, and he retired from the Navy at the age of 43. In that time, he says, "I have gone have gone to 41 countries and every continent. I am very proud to say a kid from upstate New York could travel so far. None of this would be possible, if not for my Mom telling me, I could leave and be my own man". Most importantly, I am married and have 6 kids, not all biological, but they have a fathers love. My beautiful wife Sheree, without her, I could not have accomplished very much in my career. Like so many military spouses, she gave of herself and asked for only love in return. She watched me deploy, come home needing surgery, get heal, and again, put my flight suit on and head out once again on deployment. It's hard for civilians to understand that kind of selflessness. She was, and is, the strongest person I know. Fortunately, I returned to my hometown, and I started recruiting. I was the recruiter in charge, the Zone Supervisor. This has allowed me to help teens, become their own man, or woman.

Up's and downs....

It hasn't always been fun there has been some painful moments. The one regret I carry with me each day is that I could not share with my mom all the places I have seen and experienced; like going ashore in Mombasa, Kenya, going on a Safari in Ethiopia, and chasing Emperor Penguins in Antarctica. I also lost two friends during the Pentagon Terrorist Attack. My friend Marlon was one of the brightest young men I knew. I can still remember him saying, "I'm going to be an officer and pass you", and that he did. Marlon leaves to cherish his memory, his wife and two daughters. It is said that time heals all wounds; however, just the thought of all that I have lost, does not ease the loss, but we must continue on living.

I owe my big sister, Suzanne, a debt that can't be repaid. She always had faith in me, and pushed me to keep going to school, first, to Miramar College, then to National University, and finally to San Diego State. My educational pursuits, only took six years. Each time I got my student ID, was like the first time, I felt her pride.



INDEPENDENCE DAYS: JUNE 19, JULY 4

IDEAS FOR LIFE



A woman came out of her house and saw 3 old men with long white beards sitting in her front yard.

She did not recognize them, but she invited them in. “We do not go into a house together” they replied. “Why is that?” She wanted to know. One of the old men explained, his name is wealth, he said pointing to one of his friends, and said, pointing to another, he is success, and I am love. Then he added now go in and discuss with your husband which one of us you want in your home.

The woman went in and told her husband what was said. Her husband was overjoyed, “How nice!” He said. “Let us invite wealth. Let him come and fill our home with wealth!” His wife disagreed. “My dear, why don’t we invite success?” Their daughter-in-law was listening from the other corner of the house. She jumped in with her own suggestion, “Would it not be better to invite love? Our home will then be filled with love”. “Let us heed our daughter-in-law’s advice,” said the husband to his wife. “Go out and invite love to be our guest” the woman went out and asked the 3 old men, “Which one of you is love? Please come in and be our guest”. Love got up and started walking toward the house. The other 2 also got up and followed him. Surprised the lady asked wealth and success, “I only invited love, why are you coming in?” The old men replied together, “If you had invited wealth or success, the other two of us would’ve stayed out, but since you invited love, wherever he goes, we go with him. Wherever there is love, there is also wealth and success!”

Monday, June 19, 2017 (aka Juneteenth)

WHAT IS JUNETEENTH?

The First Juneteenth: “The people of Texas are informed that, in accordance with a proclamation from the Executive of the United States, all slaves are free. This involves an absolute equality of personal rights and rights of property between former masters and slaves, and the connection heretofore existing between them becomes that between employer and hired labor. The freedmen are advised to remain quietly at their present homes and work for wages. They are informed that they will not be allowed to collect at military posts and that they will not be supported in idleness either there or elsewhere.” General orders, Number 3; Headquarters District of Texas, Galveston, June 19, 1865.

Juneteenth, also known as Freedom Day or Emancipation Day, is a holiday of notable significance for many African-Americans. June 19, 1865, highlights the abolition of slavery in the state of Texas, marking a historic moment in American history and the culmination of President Abraham Lincoln’s Emancipation Proclamation that was written three years prior. Texas was resistant to the emancipation of slaves, but a military operation led by Union troops caused the end of slavery in the Lone Star state.



July 4: Another Contender

There were other available anniversaries for celebrating emancipation, one such contender was July 4: America’s first Independence Day, some “four score and seven years” before President Lincoln issued the Emancipation Proclamation. Although this day, have its celebrations today. It also had its share of conflicts and confusion. July 4 is a compelling contender for independence, of course, but it was also problematic for many African Americans. Since the country’s founders had given in on slavery.

At a very low point in our nation’s history, Frederick Douglass made his own famous declaration to the people of Rochester, NY, on July 5, 1852: “What, to the American slave, is your 4th of July? I answer; a day that reveals to him, more than all other days in the year, the gross injustice and cruelty to which he is the constant victim. To him, your celebration is a sham; your boasted liberty, an unholy license; your national greatness, swelling vanity.”

The cultural impact of Juneteenth is a resonant reminder of the country’s ugly past regarding the enslavement of Blacks. Juneteenth, also known as Freedom Day or Emancipation Day, is a holiday of notable significance for many African-Americans. June 19, 1865, highlights the abolition of slavery in the state of Texas, marking a historic moment in American history and the culmination of President Abraham Lincoln’s Emancipation Proclamation that was written three years prior. Texas was resistant to the emancipation of slaves, but a military operation led by Union troops caused the end of slavery in the Lone Star state.

While national black leaders continued to debate the importance of remembering other milestone anniversaries, the freed people of Texas went about the business of celebrating their local version of Emancipation Day. For them, Juneteenth was, from its earliest incarnations, as Hayes Turner and others have recorded, a past that was “usable” as an occasion for gathering lost family members, measuring progress against freedom, and instilling in future generations the values of selfimprovement and racial uplift. This is accomplished through readings of the Emancipation Proclamation, religious sermons and spirituals, the preservation of slave food delicacies (always at the center: the almighty barbecue pit), as well as the incorporation of new games and traditions, from baseball to rodeos and, later, outdoor festivals and other educational celebrations. When whites forbade blacks from using their public spaces, black people gathered near rivers and lakes and eventually raised enough money to buy their own celebration sites, among them Emancipation Park in Houston, TX and Booker T. Washington Park in Mexia, TX.

Resource: Henry Lewis Gates, Many Rivers to Cross

When Maj. Gen. Gordon Granger issued the above order, he had no idea that, in establishing the Union Army’s authority over the people of Texas, he was also establishing the basis for a holiday, “Juneteenth” (“June” plus “nineteenth”). Today, this date is the most popular annual celebration of emancipation from slavery in the United States.



WHAT'S HAPPENING IN THE ROC

THE CITY "GOINGS-ON"

:WHO :WHAT :WHERE

Photos credit: Communications Bureau, City of Rochester, NY



City of Rochester MusicFest 2017 - July 14 and 15, 2017
 This year, MusicFest is heading back to **Genesee Valley Park**. Mayor Lovely A. Warren is excited to announce this year's City of Rochester MusicFest! The event features City-sponsored musical entertainment in a family-friendly atmosphere with local food and a lot of fun!



THE CITY OF ROCHESTER PUBLIC MARKET IN PARTNERSHIP WITH ELIM SANCTUARY CHOIR



Is pleased to host Gospel Jubilee each July. It's a gathering and celebration of local inspirational music groups and music!

The 2017 Jubilee will be held on Sunday, July 30 from 4:00-7:00 p.m.

This event features several inspirational music groups from around the region. Free admission. Food, drink, and general merchandise vendors will be on hand. Activities for children and families available too!



Bands on the Bricks

One of Rochester's most popular FREE concert series, Bands on the Bricks brings to the **Rochester Public Market** an evening set with live music on Fridays in July and August. Food and drink vendors will be on hand to provide the sustenance you need to dance the evening away! **Bands on the Bricks 2017 Schedule**
Fridays: July 14, July 21, July 28, August 4, August 11, 6:00-10:00 pm (Gates open 5:30 pm)

Rules, Regulations, and Tips:

Seating is limited so consider a folding chair!
 No shirt, no shoes, no entry.

All bags are subject to search. No smoking in or under sheds. No pets except for service animals (note that dogs in bags or in your arms are still dogs). No bicycles in event area (although we encourage you to ride to the event, we have lots of bike parking).

No skateboards or in-line skates. One sealed water bottle per person can be brought in, no other food or beverages. No drones.



Kite Flight Invites You to Soar Every Spring

Get an early start on beach season. The first Sunday in May brings Rochesterians young and old together on the shores of Lake Ontario to celebrate the art of kite flying. This year's Kite Flight will be held on:

Sunday, May 7, from 11:00 a.m. – 3:00 p.m.

at Ontario Beach Park. Expert kite flyers will show-off their unique colorful creations and amaze the crowd with their skill, but the public will have a chance to try to fly, too. Recreation on the Move, the City's mobile recreation center, will be on hand throughout the day, and City Recreation staff will provide free, kite-building workshops for youth 12 and under. Strolling jugglers and other performers will entertain the whole family at this colorful and festive event.

In 2017 Rochester Public Market will once again offer approximately 50 free admission special event days in addition to regular Market shopping days, providing many opportunities to experience and enjoy the market even more!



Fast Forward Environmental Films
 Friday
 June 30, 2017
 8:30 pm -10:30 pm
 See winning and select short environmental films submitted to this year's Fast Forward Film Festival.
www.cityofrochester.gov

Food Truck Rodeos at the Public Market: It's fabulous fun 'n food on four wheels, spring, summer, and fall; featuring the community's creative mobile cuisine! Everything and anything that could be served from the back of a truck can be found at Food Truck Rodeo. While you fill your face at Food Truck Rodeos, you can enjoy some local tunes from local talent! **2017 schedule: Wednesdays, 5:00-9:00 p.m.** We highly recommend bringing some lawn chairs and even a fold-out table. We guarantee there won't be enough of our picnic tables to accommodate the hordes of Food Truck Rodeo enthusiasts. Have a Food Truck? If you have a food truck and want to vend at Food Truck Rodeos, or seek more information about these events, and see the City of Rochester's regulations governing food trucks, carts, and trailers at: www.cityofrochester.gov/foodtrucks



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Monroe County Legislature
407 County Office Building
39 West Main Street
Rochester NY 14614
Office 585-753-1940
ernestflaglermitchell@gmail.com



God always knew there was a "calling" for me to do ministry and help his community

Ernest is deeply engaged in his family history, its genealogy, and its legacy, dating all the way back to slavery. Ernest Flagler-Mitchell was born in Rochester, New York on January 19, 1978. He is one of six children. He is the son of Bobbi Rush and the late Ernest Mitchell. Ernest paternal grandparents are from Kentucky and South Carolina. His maternal grandparents are also, from South Carolina. Ernest attended Rochester City Schools, and graduated from East High School in 1997.

Vicissitudes of life....

Ernest's story. I had behavioral problems in 6th grade and part of middle school, due to family problems, namely my mother and father divorcing, my dad had drug abuse issues, so he left the household because of drugs. Angry, upset, and defiant, I ran the streets with gangs and got in trouble. I often tell the story of how I talked to GOD, and GOD helped me to change my attitude and behavior and to come out of the special education class and attend regular classes.

Ernest states that the motivation for him to, really "strive" for better was when he became a teen parent at the age of 16. He knew he had to take care of his child and provide for her basic needs as a father. After being pistol-whipped and beat up, the day before my daughter was born, I decided to change my life so I could be around as a father to my daughter.

Getting back on track, I participated in the Fire Fighter Trainee Program in the 11th grade at East High School. Graduating from East High School with the Lord's help and my faith to strive for better, I earned honors and was one of the first African Americans to complete the fire fighter trainee program, and to be sworn in as a Fire Fighter for the Rochester Fire Department.

I then went on to earn my Associate's Degree in Liberal Arts from Monroe Community College. Today, I have 19 years as a Fire Fighter with the Rochester Fire Department. With that, I also currently oversee the Community Risk Reduction Unit. As lead staff for the unit, I go out into the community and present workshops on Fire Safety. Elected to the County Legislature in the fall of 2014 and sworn in on January 1, 2015, I am also the Assistant Minority Leader of the Monroe County Legislator, representing the 29th District.


My community....

Mr. Ernest Flagler-Mitchell has been honored by community organizations over the years as a resident of the northeast area of the city of Rochester, of which he is very proud to be a part. I am honored to be part of a making the community better for all to live, work and enjoy life. Ernest is a strong advocate for investing in the community's youth. These youth will need the tools and life skills necessary to thrive in life to the fullest.

My faith....

As an ordained Elder of the Word of The Cross Church, Ernest teaches bible study, and work with young people. He shares, "I loves to sing, and is always praising the Lord for helping me to turn my life around for the better".

The proudest title I often boasts about is that of being a father of eight, and grandfather of four. Ernest and his wife Keia are the proud parents of, Bobbi, Alyia, Fphasieth, Odessia, Richard, Ernest, Jr., Ja'Mese, and Jairus. "I love to spend time with my family filled with fun, laughter, and love".



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Greenhouse Club

Our moto in the green house is that we all nurture others as a way of nurturing ourselves

NURTURE THE OTHER AND ACHIEVE NURTURING FOR SELF
MR. CHRISTOPHER BRADY



In life, it seems we often worry about so many things but the truth is that none of us is truly in control. The bare-naked truth is that we all need each other to survive, to thrive, and to evolve. Weather from the animal kingdom or the plant kingdom without one another we would cease to exist. The world was made to be in balance with nature.

Last year I found myself, looking out the window, at my work place at Franklin high school in the Rochester City School district, where I have been a school social worker for a number of years. I remember walking by what I call the center courtyard and noticing as I looked out the windows, a fairly large greenhouse that sat bare and unused for what.



appeared to be decades. At that moment, I thought to myself now there is a real opportunity to connect with our community, to be one with nature to cultivate an opportunity of real growth, to be one with others around me.

After asking my school's principal if I could begin a greenhouse club where our community could grow, expand and learn the lessons such an experience has to offer he of course said yes. I began the greenhouse club about 2 months ago and the results have been quite an experience. In a relatively short time over 20 children have decided to join the greenhouse club and many staff have either donated things or offered to help with the efforts in the greenhouse project. Even the art teacher has offered to have her classes hand paint our terracotta pots for our club to present for

sale. In addition, many people from outside or our building have offered assistance in some form or another.

Each student who volunteers in the greenhouse club is permitted to pick out one plant that they have to look after and take care of. In turn, the students are asked to consider over time how their plant has nurtured them. As well, students are asked to consider how all the generous actions of others who donate things, time and efforts, thoughts and actions to the greenhouse are nurturing us as a group. In short, the major lesson of the greenhouse club at Franklin is to demonstrate how we really are all one. How we are connected and how we as a community all need one another.

The simple lesson of the greenhouse is one of how we each are part of an ultimate healing process for those around us and that by simply being part of something so connected to nature we all nurture each other. Friendships are built, relationships are cultivated, and growth is observed. If you are reading this article, we at the Franklin greenhouse invite you to be part of the one, part of h healing and part of the community. Donations of small plastic pots, plant food and, empty hanging baskets, seeds and other items can be left by the loading dock at the back of the school.

17
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GUSSIE'S GARAGE

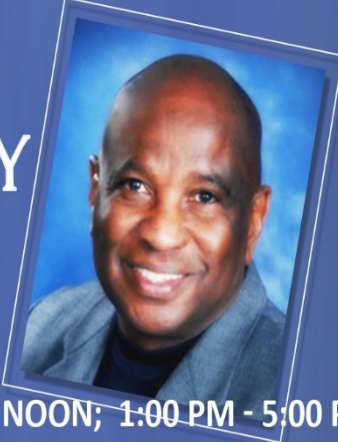
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My favorite author T.D. Jakes once said, "Happy is the man who has his quiver full." My quiver is in a place where I'm keeping my love until God lets me know it's meant for the right person, and she's ready to be loved

Mr. Christopher Taylor, a 32-year-old bachelor, living in Rochester, New York. He's an educator in the Rochester City School District. Mr. Taylor received his undergraduate degree in Special Education, with a minor in Social Studies from Roberts Wesleyan College. He's also the junior class advisor at Integrated Arts and Technology High School. This coming football season, Chris will be the Offensive Coordinator for the Leadership Academy Franklin Varsity Football Team.

introducing MR CHRISTOPHER TAYLOR

Mr. Taylor describes himself as a very confident man, who loves God and strives for greatness. I love to cook, workout, and spend time with my family. To me, the most important thing is to let God lead my life. Without God, I don't know where I would be. He has carried me through the toughest times of my life. I was raised by my grandmother, who died last year. She died six months after having a heart attack, while I was taking her grocery shopping. Her passing was the toughest thing I ever had to deal with in my entire life. I not only lost the woman who taught me how to be a man, and how to treat a lady, I lost my best friend. I have one older brother and one younger sister. I'm the only sibling without children.

I am romantic and I love to be spontaneous. I believe, when dating, it is important to treat the person you are dating so well that no one else has a chance to wiggle in and catch her attention.

My ultimate date would start with me picking her up and presenting her with something special. I would lead her to my car and make sure she was seated comfortably. We would have dinner at an Italian restaurant by the water. There would be lots of smiling, while having a nice time. After dinner, we would take a walk along the water. We would continue getting to know each other, having that weird feeling inside, hoping that a long awaited dream could be starting to come true.

I look for a strong, independent woman who is led by God. A woman who doesn't need a man, but wants one; not to take care of her, but to add value. We should grow together and build a solid family.

Throughout my adult life, I have dated, and I haven't come across my soul mate yet. Perhaps I let her getaway. I have dated women in search of something I have yet to find. I look for a woman I can trust and love, as much as I loved my grandmother. While trying to find a woman like that, I have realized that I may have set the "bar" too high. However, I can say, that I do feel like I was in love at one time in my life, and I was hurt. This had a big impact on how I view women and why I'm single today. I was dating the woman I thought I'd spend the rest of my life with; I was like, "this is it for me". She was a mother of two, and an independent hard working woman. That relationship did not work out how I thought it should have. Sometimes people get so "tied-up" in past situations that you can't appreciate what's right in front of you until it's too late. The most hurtful part of that breakup was that she had two wonderful children, who I loved just as much as I loved her, and they loved me in return. Sometimes we look for a mate to validate us, to take care of us, or just so, we are not lonely. I just want a woman who I can build with and become even better people together.

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MUSIC

BENEFITS OF PLAYING A MUSICAL INSTRUMENT



The Chinese philosopher Confucius said long ago, "Music produces a kind of pleasure which human nature cannot do without." Playing a musical instrument has many benefits and can bring joy to you and to everyone around you.

1. Increases the capacity of your memory: Research has shown that both listening to music and playing a musical instrument stimulate your brain and can increase your memory. If you learn how to play an instrument, the parts of your brain that control motor skills (ex: using your hands, running, swimming, balancing, etc.), hearing, storing audio information, and memory actually grow and become more active. Other results show that playing an instrument can help your IQ increase by seven points.
2. Music refines your time management and organizational skills: Learning how to play an instrument requires you to, really learn how to be organized and to manage your time wisely. A good musician knows that the quality of practice time is more valuable than the quantity.
3. Boosts your team skills: Team skills are a very important aspect of being successful in life. Playing an instrument requires you to work with others to make music. In band and orchestra settings, you must learn how to cooperate with the people around you. Also, in order for a group to make beautiful music, each player and section must learn how to listen to each other and play together.
4. Teaches you perseverance: Learning to play an instrument takes time and effort, which really teaches you patience and perseverance. Most people can't play every piece of music perfectly the first time. In fact, the majority of musicians have to work difficult sections of music multiple times in a row before they can play it correctly.
5. Music enhances your coordination: The art of playing an instrument requires a lot of hand-eye coordination. By reading musical notes on a page, your brain subconsciously must convert that note into specific motor patterns while also adding breathing and rhythm to the mix.
6. Music better your mathematical ability: Reading music requires counting notes and rhythms and can help your math skills. Also, learning music theory includes many mathematical aspects. Studies have shown that students who play instruments or study the arts are often better in math and achieve higher grades in school than students who don't.

7. Music improves your reading and comprehension skills: According to a study published in the journal *Psychology of Music*, "Children exposed to a multi-year program of music tuition involving training in increasingly complex rhythmic, tonal, and practical skills display superior cognitive performance in reading skills compared with their non-musically trained peers."

8. Music increases your responsibility: Playing an instrument comes with its responsibilities. Maintenance and care are very important in keeping an instrument in working condition. Each instrument has different procedures to keep functioning properly, but most instruments need cleaning and some form of oiling/greasing. In addition to maintenance responsibilities, there are other aspects such as remembering music events (like rehearsals and performances) and making time to practice.

9. Music exposes you to cultural history: Oftentimes music reflects the environment and times of its creation. Therefore, you learn a variety of music types such as classical traditions, folk music, medieval, and other genres. Music itself is history, and each piece usually has its own background and storyline that can further your appreciation of other cultures.

10. Music sharpens your concentration: Playing music by yourself requires you to concentrate on things like pitch, rhythm, tempo, note duration, and quality of sound. Playing music in a group involves even more concentration because you must learn to, not only hear yourself; but also you must listen to all the other sections and play in harmony with the rest of the group.

11. Fosters your self-expression and relieves stress: It's your instrument, so you can play whatever you want on it! The more advanced you become on an instrument, the greater you'll be able to play what you want, and how you want. Music is an art. Just as an artist can paint his/her emotions onto a canvas, so can a musician play a piece with emotion. This has proven to relieve stress and can be a great form of therapy. In fact, music therapy has been useful in treating children and teens with autism, depression, and other disorders.

12. On the question of whether or not there is a window of opportunity for learning to play an instrument, several studies suggest that beginning music training early (before age seven) is correlated with greater growth in certain areas of the brain. When Gordon Shaw and Frances Rauscher published the results of their study on the relationship between music and spatial task performance in 1993, the "Mozart effect" became a popular term. It referred to the study's findings that ten minutes of listening to Mozart could boost one's spatial-temporal intelligence.

Source:
EffectiveMusicTeaching.com, Michael Matthews



It's an absolute miracle, how the earth is positioned, so delicately in relation to the sun. Two stellar bodies communicating in harmony, in space and time, one rotating in seasonal rhythm, the other projecting flares of brilliant heat and light. Every living thing, from dragonflies to mosquitoes, from bright yellow flowers to oak trees, from animals to humans; they all look up, from beyond the earth, through the atmosphere to absorb the ever-powerful rays of the flaming sun. Plants harness the sun's

rays through photosynthesis, and our bodies use sunlight to help the skin produce the vitamin D it needs to build bones, quell inflammation, bolster the immune system, and protect against various cancers (including skin cancer). For hundreds of thousands of years, man has lived with the sun. Our ancestors were outdoors far more often than indoors, and we developed a dependence on sunshine for health and life. Like all living things, we need sunshine, and it feels good for a reason.

30 MINUTES OF SUN A DAY CAN BE POWERFUL MEDICINE

Naturally, the skin craves the sun's light; it yearns for its immune-system-stimulating vitamin D, but humans today often go for long periods without absorbing these powerful rays. However, spending a little time basking in this great energy source creates a life-giving power. 30 minutes of sun a day

can be the powerful medicine that keeps the doctor away. The sun is the freest of all medicines, available to all. Utilizing this energy and harnessing its timeless power ultimately increases levels of circulating vitamin D, empowering the immune system, which is ultimately the vessel that

cures a body's cancerous state. Additionally, children can develop rickets when they don't have enough vitamin D circulating in their blood. This causes soft bones in adulthood.

VITAMIN D HEALTH: WHY YOU SHOULDN'T SHUN THE SUN



Western medicine has made a practice of telling us to abstain from things that are bad for us in extreme quantities, when in fact those same things, fat, salt and sunshine, are very good for us when consumed wisely and in moderation. In the case of sunshine, our UV paranoia is contributing to a silent epidemic, a Vitamin D deficiency. It's silent because most people don't know they are deficient. Moreover, it's deadly, because this deficiency can lead to cancer and a multitude of other diseases. In the past few years, numerous studies have shown that optimizing your vitamin D levels may actually help prevent as many as 16

different types of cancer including pancreatic, lung, breast, ovarian, prostate and colon cancers. The best way to optimize Vitamin D levels is through safe, smart, and limited sunscreen-free exposure to the sun. However, we've been brainwashed into believing that even small amounts of sunshine will harm us, and told to slather on sunscreen, which blocks vitamin D production and exacerbates the Vitamin D deficiency induced by our modern, indoor lives. Studies show that as many as three out of four Americans suffer from Vitamin D deficiency. A study published in 2009 in the Archives of Internal Medicine (a

leading scientific journal); found that 70 percent of Caucasians, 90 percent of Hispanics and 97 percent of African Americans in the US have insufficient blood levels of vitamin D. Indeed, it's thought to be the most common medical condition in the world, affecting over one billion people and we now have research showing just how essential vitamin D is to health. The sun is the only reliable way to generate vitamin D in your own body, which we now know to be an essential ingredient for optimizing health and preventing disease.

30 MINUTES OF SUN A DAY CAN BE POWERFUL MEDICINE

9 TIPS FOR HEALTHY SUN EXPOSURE AND OPTIMIZING YOUR VITAMIN D LEVELS

Our Vitamin D needs vary with age, body weight, percent of body fat, latitude, skin coloration, season of the year, use of sun block, individual reactions to sun exposure, and our overall health. Although irresponsible sunbathing is unquestionably harmful and precautions need to be taken, regular, moderate, unprotected sun exposure is essential for good health.

- (1) Have a healthy respect for the sun. While, it is powerful medicine, it does have potentially dangerous side effects on your skin. Therefore, treat it like medication, using the lowest dose necessary, but don't avoid it completely.
- (2) After 15-30 minutes of sun-block free time in the sun, you must protect yourself. If you're going to be out in the sun for longer periods, wear a hat to protect your face and light colored clothing that blocks the sun and keeps you cool. When you do apply sunscreen, use one with fewer chemicals. Remember that even weak sunscreens block the ability of your skin to manufacture vitamin D, so once you have applied it, you will not be making vitamin D.
- (3) Never fall asleep in the sun without protection.
- (4) Always avoid sunburn. It is sunburn, "not" healthy sun exposure that causes problems. Repeated sunburns, especially in children and very fair-skinned people, have been linked to melanoma. Whereas there is no credible scientific evidence that regular, moderate sun exposure causes melanoma or other skin cancers.
- (5) Therefore, prepare your skin by building up a tolerance for sun gradually. Start early in the year (spring), or early in the morning before the sun is strongest and slowly build up the amount of time you spend in the sun.
- (6) Get 15-30 minutes of unprotected sun exposure two to four times a week. Each of us has different needs for unprotected sun exposure to maintain adequate levels of Vitamin D. Depending on your age, what

type of skin you have, where you live and what time of the day and year it is, your need will vary. The farther you live from the equator, the more exposure to the sun you need in order to generate vitamin D. For instance, a fair skinned person, sitting on a New York beach in June, in the middle of the day, for about 10-15 minutes (enough to cause a light pinkness 24 hours after), is producing the equivalent of 15,000-20,000 IU's of Vitamin D. However, the same person living further north in the U.K, or Canada would need 20-30 minutes to get that light pinkness, which is all one needs. Moreover, people with dark skin pigmentation may need 20-30 times as much exposure to sunlight as fair-skinned people, to generate the same amount of vitamin D.

- (7) As a general rule, older people need more vitamin D than younger people. Large people need more than small people, fat people need more than skinny people, northern people need more than southern people, dark-skinned people need more than fair skinned people, winter people need more than summer people, sun-fearing need more than sun worshippers, and ill people may need more than well people.
- (8) Get frequent, short exposures. Regular short exposures have been found to be much more effective and safer than sporadic long ones. Note that you cannot generate Vitamin D when sitting behind a glass window, because the UVB rays necessary for vitamin D production are absorbed by glass.
- (9) Exposing more skin in a short period of time is better than less skin in the long run. Go outside and lift your shirt or pants up, show your tummy and legs. This is especially important for naturally dark-skinned people, expecting mothers or those who work indoors.

Note that you cannot generate Vitamin D when sitting behind a glass window, because the UVB rays necessary for vitamin D production are absorbed by glass.

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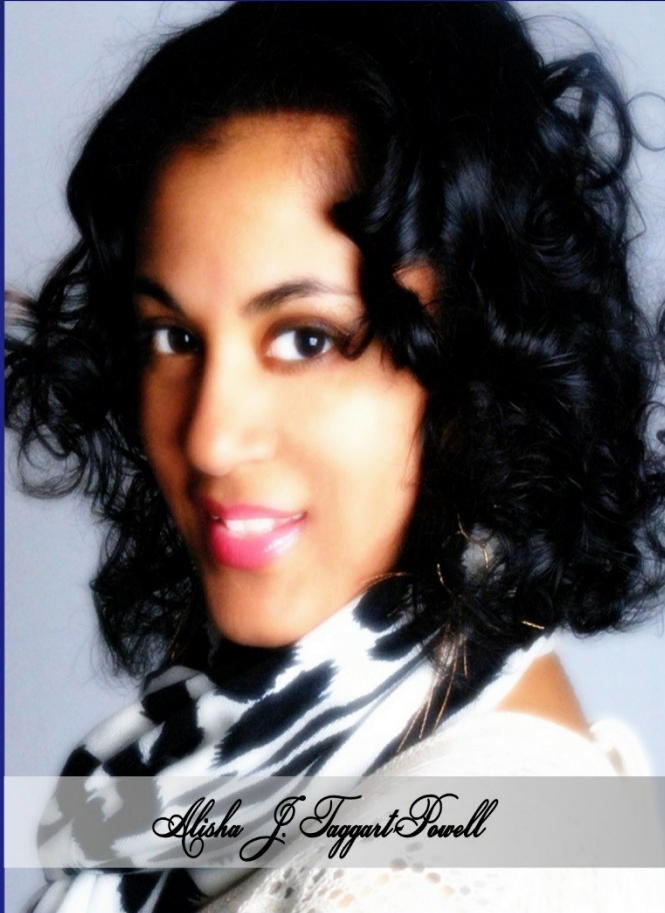
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Alisha J. Taggart-Powell

Trailblazing
Creating a Legacy on Behalf of my Grandmother,
Ms. Jane Taggart

Alisha J. Taggart-Powell, MSW
Janie's Emporium Boutique
Owner and Creative Director

I begin my career almost 20 years ago at the University at Buffalo, where I received my Master's degree in Social Work. I worked as an Assistant Director of Recruitment and Financial Aid in the Department of Social Work and later as an Academic Advisor in the School of Nursing. Throughout my professional career, I knew GOD had a plan for me where I could use my creative talents and gifts to serve as a blessing to others.

In 2010, I took a leap of faith and created Janie's Emporium. As the owner and creative director of Janie's Emporium Boutique, I am so very blessed to have the opportunity to breathe life into a vision that GOD implanted in me, a vision to build a legacy, on behalf of my late paternal grandmother, Ms. Jane Taggart, affectionately known as "Miss Janie".

She had a light that shined so bright that anyone who knew her would attest to her giving spirit, kind words to others and eloquent style. "Miss Janie" was a determined businesswoman of her time. My grandmother created, and established



TRAILBLAZING

Creating a
Legacy on
Behalf of my
Grandmother

MS. Jane
Taggart

**JANIE'S
EMPORIUM
BOUTIQUE**

Owner and
Creative
Director

Alisha J. Taggart-Powell, MSW

several businesses. Which included, a full service hair salon, selling real estate, and cosmetic products, her tenaciousness is my inspiration. Thus, the vision and mission of Janie's Emporium is to inspire, nurture beauty, and give back to members of our community.

Janie's Emporium Boutique specializes in handcrafted jewelry and accessories from local and international artisans. Janie's Emporium, community initiatives includes working with local artisans, students, and businesses to help improve our city. We shine a spotlight on local talent in the area and provide a platform for their art to be viewed, shared, and purchased by others. We also provide internships for many college students in the area, as well as a space where they can gain hands-on experience in their field of study. Janie's Emporium also works with other small businesses in the area to create events and programs that both engage and benefit the community. We are also implementing a scholarship fund to assist local high school graduates in their pursuit of secondary education. We celebrate all members of our community.

Janie's Emporium offers our customers an opportunity to host a private shopping experience at the store. Janie's Emporium Boutique also created a pop-up boutique, where we travel to local and out of state events to showcase our items. I am excited to see what the next chapter of my life will be. With GOD in it anything and everything is possible!

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PANORAMIC

SPIRITUAL ENRICHMENT CORNER

VIEW

Surviving your Wilderness Experience
By Reverend John Hardaway



At that time Jesus came from Nazareth in Galilee and was baptized by John in the Jordan. Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased". At once the Spirit sent him out into the wilderness, and he was in the wilderness forty days, being tempted by Satan. He was with the wild animals, and angels attended him. After John was put in prison, Jesus went into Galilee, proclaiming the good news of God. "The time has come," he said. "The kingdom of God has come near. Repent and believe the good news!" Mark 1 9-15 NLT

All Christians must have a Wilderness Experience. A "wilderness experience" can best be described as a period of time in which a Christian experiences

discomfort and trials. It is a time of intensified temptation and

spiritual attack. Your spiritual life may have a feeling of detachment and desertion from God. Now even though you may feel God is punishing you it may not be a sign of God's punishment but rather, it is a sign of God testing you, for the purpose of strengthening your faith and your resolve so you can endure other more difficult wilderness experiences during your Christian journey. When we have our wilderness experience, it often follows a mountaintop experience. A mountaintop experience is occurs when God bless us with a period of great accomplishments or achievements. Most often, the wilderness experience occurs soon after we have accepted God into our life. When Jesus was baptized by John the Baptist, he received an affirmation from God that he was highly favored. This was shown by a dove, which descended upon him, which validated that Jesus was the Messiah. This event signified the beginning of Jesus's wilderness experience. When we accept God into our lives, we receive a spiritual blessing, which validates our promise and purpose. We then are set on our path toward

our wilderness experience. Unlike Jesus who went into an actual wilderness with wild beast, our wilderness experience is usually a psychological and emotional place of isolation, loneliness, disorder, and danger. It is a wilderness of trouble, tribulation, torment, and temptation. It is a place of twisted places and low valleys so twisted and low that sometimes we feel we will never get out. What are examples of wilderness experiences? They can be a dying marriage or a dying relationship; it may be wayward child or unfaithful spouse. We may be in a state of joblessness, on the verge of becoming homeless. We are in a place where we are struggling for our lives. We can be struggling poor health, addiction, conflicts in our families, at church, or on our jobs. A wilderness experience can take countless shapes or situations. Nevertheless, despite the negativity associate with your wilderness experience it can become a vehicle for positivity in our lives. What seems to be a trying situation is actually a chance for triumph and victory. Wilderness experiences are actually an opportunity for miracles occurring in our lives. The good news for us is we can survive in the wilderness, but the key to surviving in the wilderness is through Jesus Christ.

PANORAMIC

SPIRITUAL ENRICHMENT

VIEWCORNER

During his wilderness experience, three things happened to Jesus as described in Mark 1:13: (1) He was tempted by the devil. (2) He came in contact, with wild animals. (3) He was taken care of by angels. Just like Jesus during his wilderness experience, we will be tempted by the devil during ours to turn away from God. In Job 1:11 the devil tells God that if He remove all of Job's possessions "he will surely curse you to your face." The devil's objective when he tempts us is to get us to give up on God. However, in James 4:7 we are taught the following when we are tempted: Submit yourselves, then, to God. Resist the devil, and he will flee from you. We are empowered to resist the devil when we submit ourselves to God, but more importantly, we must remember that God will not allow us to take on more than what we can handle. In 1st Corinthians 10:13, it is written: No temptation has overtaken you except what is common to mankind. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can endure it. During his wilderness experience Jesus, not only faced temptation but also he faced beasts in the wilderness. Moreover, in our wilderness experience we will face beast too not like the animals faced but our own type of beast. Our beast may be countless things, which confront us. For example, it can

be a situation or person, which can drain us physically, mentally, emotionally or spiritually. Nonetheless, despite these beasts we can overcome by staying connected to God in the wilderness. We must remember God is with us during our wilderness experience. In Deuteronomy 7:9, it says Know therefore that the LORD your God is God, the faithful God who keeps covenant and steadfast love with those who love him and keep his commandments, to a thousand generations. Lastly, God sent angels to Jesus to minister unto Him during His wilderness experience and God will send us angels when we pray to Him. He will send us angels who will minister unto us for our needs. It may be help with our financial, emotional, or spiritual needs. You may ask who these angels are. These angels are messengers, who will sometimes; take the form of our pastor or other clerical persons, our brothers and sisters in Christ and sometime God may send us a total stranger to minister unto us.

The question becomes how, do we survive the wilderness experience. The answer is found in 1st Thessalonians 5:16-18, Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. As followers of Christ, we will endure wilderness experience throughout our journey. The wilderness experience is our test from God to empower us so we can survive other wilderness experiences and in the process receive our crown.

In James 1:2-11 it is written: Consider it pure joy, my brothers, and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. If any of you lacks wisdom, you should ask God, who gives generously to all without finding fault, and it will be given to you. But when you ask, you must believe and not doubt, because the one who doubts is like a wave of the sea, blown and tossed by the wind. That person should not expect to receive anything from the Lord. Such a person is double-minded and unstable in all they do. Believers in humble circumstances ought to take pride in their high position. But the rich should take pride in their humiliation—since they will pass away like a wild flower. For the sun rises with scorching heat and withers the plant; its blossom falls and its beauty is destroyed. In the same way, the rich will fade away even while they go about their business. Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. When we exit our wilderness, we will be like Jesus at the end of his forty days when he walked out of the wilderness prepared and declaring the good news that the kingdom of God was at hand.

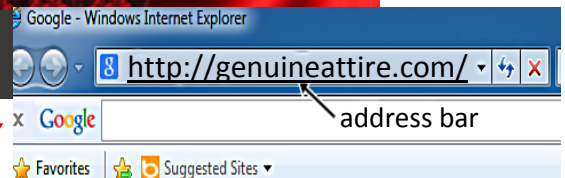
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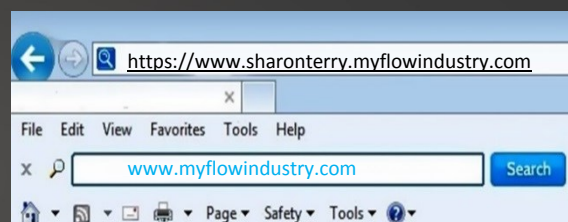


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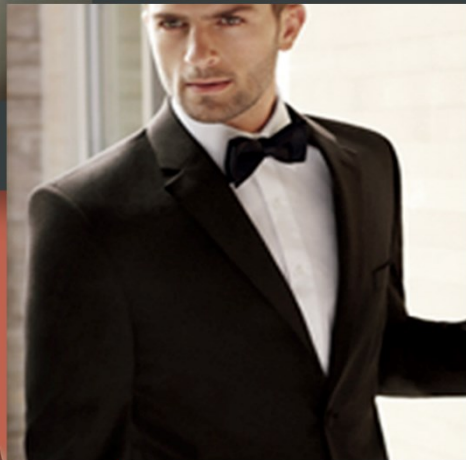
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Scent: Natural scent, Coconut Fragrance Oil

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Texture: Grease | Color: Off White

Scent: hint of Coconut

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Texture: Greasy | Color: Off White

Scent: Unscented

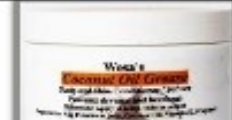
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Anti-inflammatory, Caffeine-rich coffee teas will de-puff the delicate skin around your eyes, increase circulation and brighten dark circles.

Texture: Butter | Color: Brown | Scent: Coffee

Available in 2 oz. only



**COFFEE EYE BUTTER
Anti-oxidant**

100% sweet almond oil contains glycosides, glycosides, vitamins, and minerals.

Highly emollient can be used as a massage, bath, or body oil. Absorbent oil

Use as a daily hair dress, or as a body rub

Texture: Oil | Color: Beige | Unscented

Available in 8 oz., 32 oz. 128 oz. (1 gallon)



**ALMOND OIL
Hair, Skin, Nails**

All natural African shea butter, with vitamin E. Heavy moisture for dry skin. Protects against UV rays.

Low acidity and high in fat.

Great for body rubs, rash, scars, itchy and cracked skin, and stretch marks.

Color: off white | Scent: Unscented or Scented

Available in 8 oz., 32 oz. 128 oz. (1 gallon)



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