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The Plan To Erase Black History Forever Where is the Outrage and Pushback from the Black Community?

According to BET Digital, 44 states have started debating whether to introduce bills that would limit what schools can teach about race, American history, gender identity and sexual orientation. Books containing references to these topics have already been banned from libraries and schools across the country.



BEVERLY SMITH

Historians, educators, parents, and others are protesting that Black history deserves to be taught and not just relegated to one month of the year. University of Buffalo professor LaGarret King is the director for the Center for K-12 Black History and Racial Literacy Education. He believes that teaching Black history is important because it allows chil-

dren to see humanity in each other. Critical Race Theory (CRT) is the thing that intimidates them so. The concept explores the idea that racism isn't just the byproduct

State law makers and politicians have combined efforts to ensure that Black history courses stay out of the classroom.

of bias, hate and discrimination but also embedded in the legal, political, and sociological framework of this country. CRT is primarily taught in law schools focusing on legal implications on race and racism. As a result, Advance Placement Black History courses are being watered down to accommodate this perpetual insecurity that the truth may be exposed to those who don't already know it or simply cannot handle it.

State law makers and politicians have combined efforts to ensure that Black history courses

stay out of the classroom. **To address the removal of black history from schools, consider the following points:**

- Recognize the importance of inclusive education that reflects diverse histories.
- Advocate for curriculum reforms that incorporate black history and culture.
- Engage with community leaders and educators to promote awareness.
- Organize workshops and discussions to highlight the significance of black history.
- Support local initiatives that aim to preserve and teach black heritage.

Monitor school policies to ensure equitable representation in educational materials.

Parents, grandparents, teachers, community leaders, historical scholars, civil rights advocates anyone concerned about Black History being erased moving forward should be up in arms. We must not let future generations be denied of their history and their identity.

Our children and grandchildren must never forget or have the opportunity to know their history. We must be mindful and diligent and demand that Black history is never eliminated from civil societies or erased from history books. It is incumbent on us to teach it to young people and tell the stories of our ancestors.

Contact information:
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INSPIRATIONAL CORNER

“THE QUIET STRENGTH GUIDING US FORWARD”

We shouldn't be surprised by the world we live in today. Many thoughtful people; scholars, teachers, theologians, and everyday observers of life have long spoken about times like these. Whether or not someone believes in Scripture, history itself shows that humanity goes through cycles of conflict, crisis, fear, and rebuilding. What we're witnessing now may feel new to us personally, but it isn't new to the world.



BARBARA BRAZILE

For many, today's reality makes stepping outside feel risky. Violence feels closer. News travels faster. Tragedy seems constant. It's natural to want to shut the door, block everything out, and hope it all fades away. But avoidance doesn't make life safer or simpler. The truth

is, the world is changing, and change; especially painful change, doesn't stop just because we wish it would.

Still, we are not hopeless, even when everything appears frightening or uncertain. Humanity has always endured hardship, whether through wars, natural

Whether or not someone believes in Scripture, history itself shows that humanity goes through cycles of conflict, crisis, fear, and rebuilding.

disasters, or moral chaos. And though much feels out of control, life often moves through patterns that reveal a deeper order at work; one that pushes us forward toward growth, awareness, and resilience.

Life in this physical world is temporary. We are born, we live, and we pass on. That reality isn't meant to frighten us; it's meant to remind us that our lives have purpose beyond the chaos around us.

The struggles we face—whether emotional, cultural, or global—shape us. They challenge our comfort, our beliefs, and our fears.

They call us to rise above the negativity that tries to drain our strength. Yes, the negativity around us is loud. It wants to break our

spirit, take our focus, and make us forget that hope still exists and prevails as long as we remain anchored in trust and His promise. The promise is that we are not abandoned, not forgotten, and not fighting alone.

Many people of faith believe that our challenges are preparing us for a deeper spiritual journey. But even if someone doesn't view it spiritually, life still teaches the same lesson: hardship reveals what truly mat-

ters, and it pushes us toward greater clarity, maturity, and meaning.

For those who believe, there is confidence in knowing we are not left to navigate this world alone. We have an Advocate, our Heavenly Father; guiding, strengthening, and reminding us that HE is our only hope when we feel overwhelmed. This presence helps us stay grounded and focused when negativity tries to convince us to give up, lose hope, or question everything we hold dear.

Our prayer, our intention, our commitment is simple: to stay steady, to remain faithful to what grounds us, and to keep moving forward even when the world feels heavy. Hope is not lost; it strengthens each time we choose trust over fear.

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Beyond the Plate: Why Breath is the Ultimate Nutrient

As a holistic nutritionist, I've spent years discussing the critical importance of macronutrients, vitamins, and minerals. We track calories, optimize protein intake, and debate the merits of every dietary trend. Yet, the



most immediate, constant, and profound source of energy is something you do over 20,000 times a day without thought: breathing.

For 2026, let's pivot from focusing solely on what we put in our bodies, to mastering how we use the air around us. If you are struggling with low energy, poor digestion, or chronic stress, the missing link might not be a superfood; it might be your Prana, or life-force energy, accessed through conscious breath.

The Physics and the Spirit of Inhalation

In nutrition, we teach that food's purpose is to be broken down into nutrients that fuel the body. The breath, however, delivers the fuel directly. Oxygen is the essential element required for the cellular engine (the mitochondria) to convert food (glucose) into usable energy (ATP). Without sufficient, well-delivered oxygen, your cells can't efficiently unlock the nutrition you've already consumed.

When we breathe shallowly, a common response to modern stress, we signal a subtle "fight or flight" response. This state diverts blood flow away from the digestive system to the extremities, slowing metabolism and making it harder to break down and absorb nutrients. How you breathe dictates how your body utilizes every meal, every supplement, and every moment of rest. Conscious breathing is the switch that flips the body back into "rest and digest," maximizing nutrient assimilation.

Your 2026 Breathing Practice: The 4-7-8 Technique

If you are looking for one powerful habit to transform your physical well-being and mental clarity in the New Year, start here. The 4-7-8 Breath is a simple, calming technique popular-

The key to unlocking a healthier, more vibrant 2026 is simple and accessible right now. Start today by making the 4-7-8 technique your new foundational nutrient.

ized by Dr. Andrew Weil. It is a potent practice for reducing anxiety, promoting sleep, and shifting your nervous system into that crucial "rest and digest" state.

How to Practice (Do this before every meal):

- 1. Exhale Completely:** Empty your lungs through your mouth, making a whoosh sound.
- 2. Inhale (4 Counts):** Close your mouth and inhale quietly through your nose for a count of four.
- 3. Hold (7 Counts):** Hold your breath for a count of seven.
- 4. Exhale (8 Counts):** Exhale completely through your mouth, making a whoosh sound, for a count of eight.

Repeat this cycle three to four times. The longer exhale and focused attention on the diaphragm immediately activate the vagus nerve, calming the body.

Three Ways to Integrate Prana into Your Day

Here are three practical ways to incorporate this ultimate nutrient into your daily rhythm:

- 1. The Coffee-to-Prana Swap:** When you first wake up, before grabbing your phone or coffee, sit up and practice the 4-7-8 technique for two full minutes. This sets a calm, centered, and metabolically optimal tone for the entire day.
- 2. The Pre-Meal Reset:** Consciously take three slow, deep breaths before taking your first bite of food. This instantly tells your digestive system, "We are safe; you can focus on

your job now." This is arguably as important as the food itself.

3. Traffic Light Breath: Use everyday interruptions as a cue. When you stop at a red light, in a slow line at the grocery store, or are waiting for a page to load, take three long, deep belly breaths. This

connection between breath, nature, and deep nourishment, I will be hosting a Self-Care Retreat in Morocco in October, featuring a guided Beach Breathwork session designed to reset your nervous system and rejuvenate your health. For more information, visit www.olive-seed.com.

The key to unlocking a healthier, more vibrant 2026 is simple and accessible right now. Start today by making the 4-7-8 technique your new foundational nutrient.

turns moments of frustration into opportunities for nourishment.

Commit to Vitality in 2026

If you are ready to move beyond the plate and fully immerse yourself in the power of conscious breath, consider dedicating time to a deeper practice. The breath is the fastest route to true self-care and renewal.

To further explore this vital

Latricia Wright, Holistic Nutritionist, Wellness Educator and Advocate for Healthy Living. For more wellness tips and insights, follow her on social media @LatriciaWright or visit www.olive-seed.com.

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Heavenly Connects Mobile App Preserving the legacies of deceased loved ones

by Charlene Mitchell-Rodgers

Today's entrepreneurs are utilizing modern technology to bring innovative products to consumers. When General Motors executive Tracey Ilene accepted an early buy-out from her financially lucrative job, she took a leap of faith to convert an idea into a tangible product. "It was the loss of my sister that inspired me to move forward with an idea that I was already contemplating" says Ilene.

Newly unemployed and unsure of her financial future she got busy writing a business plan and an outline for a mobile app called Heavenly Connects. Working with tech gurus in the U.S. and India, she conquered her am-



TRACEY ILENE

bitious goal. The mobile app had a successful launch in early 2025 with a choice of different subscriptions available for a one-time fee.

Heavenly Connects provides a platform for preserving audio, video, photos, and written correspondence all in one neat, easy to access location. It eliminates the effort that it often takes to scroll through hundreds, or even thousands of saved items on a cell phone. "If you want to hear your late parent's voices, watch a loved one's video or even read a saved obituary, one click does it" says Ilene.

Recent interviews on Sirius radio, a news segment on WDIV-TV, along with appearances on national and local podcasts have put Heavenly Connects on a fast track to sell more subscriptions, not only in the U.S., but worldwide.

Ilene's next challenge is to attract advertisers such as fu-



neral homes, florists, and other businesses that fit her model. "God is good, and I am grateful that my perseverance and hard work is paying off."

For additional information on Heavenly Connects, visit the website. web.heavenlyconnects.com or send email to tracey@heavenlyconnects.com

End of Year Sparkle Sale

30% OFF Everything at **Accessories by Stephanie** through the end of the year!

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Weight Loss Medications and Your Skin

What You Need to Know

What if the secret to sustainable weight loss was already in your body? GLP-1 receptor agonists are a revolutionary class of medications designed to mimic your gut's natural hormone, Glucagon-like Peptide-1. By curbing cravings, slowing digestion, and stabilizing blood sugar, these game-changers are redefining the treatment of obesity and diabetes.



LYDIAH MPYISI

Known by names like semaglutide (Wegovy), liraglutide (Saxenda), and tirzepatide (Zep-

By curbing cravings, slowing digestion, and stabilizing blood sugar, these game-changers are redefining the treatment of obesity and diabetes.

bound), GLP-1 agonists are doing more than shrinking waistlines; they're also offering new hope for heart and kidney health.

Earlier this year, the World Health Organization took a bold step when it released its first guideline endorsing GLP-1 therapies for chronic obesity treatment. **This move acknowledges that obesity is not a character flaw or short-term issue; it's a complex, ongoing medical condition.** As the use of GLP-1 medications expands, so do questions about their broader effects, especially on our skin, the body's largest, and often most visible, organ.

And as the popularity of GLP-1 receptor agonists soars, an important question is coming to the forefront: **What do GLP-1 medications mean for your skin?**

At The Medical Dots, we believe that understanding why something happens in your body is key to making smart health choices. **So, let us connect the medical**

dots: GLP-1 agonist medications influence appetite, digestion, metabolism, and body weight. All those shifts inside your body can also show up on the outside. Sometimes, the changes are subtle; other times, they prompt a conversa-

Known by names like semaglutide (Wegovy), liraglutide (Saxenda), and tirzepatide (Zepbound), GLP-1 agonists are doing more than shrinking waistlines; they're also offering new hope for heart and kidney health.

tion with your healthcare provider. **Common skin changes associated with GLP-1 therapy include:**

- Dry or itchy skin from reduced oil production and dehydration
- Hair shedding as the body

adjusts to rapid weight loss

- Loose or thinning skin, especially on the face, arms, and abdomen
- Pigmentation changes, particularly in melanin-rich skin
- Slower wound healing when protein intake is low

These signs don't automatically spell trouble; they're often your body's way of adapting. Making smart health moves also means knowing when to act. A recent dermatology review highlighted a few rare but important skin reactions linked to GLP-1 medications:

- Itchy rashes or hives (possible irritation or allergy)
- Painful lumps at injection sites
- Large or tense blisters
- Sudden facial or tongue swelling (requires urgent medical attention)
- Pustular or widespread red rashes filled with pus
- Easy bruising (due to low platelet counts)

While uncommon, recognizing these reactions early can make all the difference in get-

ting timely dermatological care.

What can you do to help your skin while on GLP-1 therapy?

- Hydrate deeply: drink water and use moisturizers daily.
- Eat enough protein to support hair growth and skin repair.

- Use sunscreen, since rapid weight loss can make skin more sensitive.
- Monitor any new bumps, swelling, or discoloration.

The bottom line: GLP-1 medications can be transformative, but staying informed helps you navigate the journey. Therefore,

let us continue connecting the medical dots by making the smart move to understand the why behind medical advice, and get empowered to make informed decisions. And, if you have any skin concerns, always consider seeing a dermatologist for expert advice.

About the Author

Lydiah Mpyisi is a physician-in-training, and the Founder of The Medical Dots, a health education platform dedicated to connecting the dots between medical knowledge and everyday life. For practical health tips that help you become your own best advocate: Subscribe to Lydiah Mpyisi @ TheMedicalDots on YouTube Follow @TheMedicalDots and @ LydiahMpyisi on Instagram

TOP 5 MOST CORRUPT U.S. PRESIDENTS (Historical Consensus)

- 1. Donald J. Trump (2017–2021-2021 & Current) Why #1**
 - Only U.S. president ever criminally indicted (dozens of felony charges).
 - Two impeachments (most in history).
 - 34+ associates convicted/indicted, the highest number for any president's circle.
 - Ethics watchdogs, IG reports, and presidential historian surveys consistently rank Trump as lowest in integrity of all modern presidents.

Most corruption indicators of any president in U.S. history.
- 2. Richard Nixon (1969–1974) Why #2**
 - Watergate: burglary, cover-up, obstruction of justice.
 - Directed the IRS, CIA, and FBI to target political enemies.
 - Forced to resign — the only president to do so.
- 3. Warren G. Harding (1921–1923) Why #3**
 - His administration was consumed by the Teapot Dome scandal— massive bribery involving oil reserves.
 - Harding himself wasn't proven to be personally corrupt, but his administration was one of the most corrupt in U.S. history.

Systemic corruption at every level of his presidency.
- 4. Andrew Johnson (1865–1869) Why #4**
 - Frequently regarded as one of the most compromised presidents.
 - Sold pardons and restoration of property rights to former Confederates (pay-for-pardon scheme).
 - Accused of accepting bribes to shield corrupt officials.
 - Impeached for abuse of power.

Rampant bribery scandals and misuse of presidential authority.
- 5. Ulysses S. Grant (1869–1877) Why #5**
 - Personally honest, but surrounded by deep corruption:
 - Whiskey Ring (massive tax fraud ring involving his appointees).
 - Crédit Mobilier bribery scandal era.
 - Repeated cabinet-level graft and embezzlement.
 - Grant protected several corrupt allies even after their crimes were proven.

Not personally corrupt, but presided over one of the most corrupt administrations ever.

How Systemic Productivity Mirrors the Larger System We Live Inside and How To Reclaim The Power You Surrendered

When you trace productivity back to its roots, you don't just find to-do lists



SHEILA HAWKINS

and planners; you find control, capitalism, and cultural conditioning, the assembly line and the time clock and Frederick Taylor

(the man who be-

lieved the perfect worker was one who didn't think, just performed), with his stopwatch, measuring how many seconds it took a worker to lift a shovel, breaking human movement into quantifiable units that could be optimized for profit.

You also find the deep belief that your worth is measured by your output, that rest is laziness, and that time itself is a resource to be spent wisely or wasted foolishly. Productivity, as we've inherited it, was never designed to serve you. It was designed to serve systems that

benefit from your constant motion.

The modern idea of productivity didn't emerge from creativity or freedom, it was born from systems built to measure, manage, and maximize people. From factory floors to corporate cubicles, it's always been

Productivity, as we've inherited it, was never designed to serve you. It was designed to serve systems that benefit from your constant motion.

about output, efficiency, and extraction. It's always been about having the focus be on work and then somehow, finding ways to make other aspects of life fit in around work, instead of work being a part of life. It was never about you having freedom from that. Whether we realize it or not, those same values have shaped how we relate to our own time.

We see it everywhere.

- In the way rest feels like a reward instead of a right.
- In the way a "good day" is defined by how much you got done instead

of how present you felt doing it.

- In the self-criticism that comes when you slow down, as if ease means you're slacking off.
- In the illusion of having it all together; the curated version of success we learned to perform, even

when we're exhausted underneath.

This is how systemic productivity shows up inside our personal systems. It's subtle, invisible, but deeply embedded. It teaches us that to be valuable, we must constantly prove it. That being still is dangerous. That doing less is a risk.

But when you start to see the roots, you also start to see the choice. You can opt out of the metrics you silently and unknowingly agreed to. You can reclaim the power you gave over to time and redefine what productivity means on your own

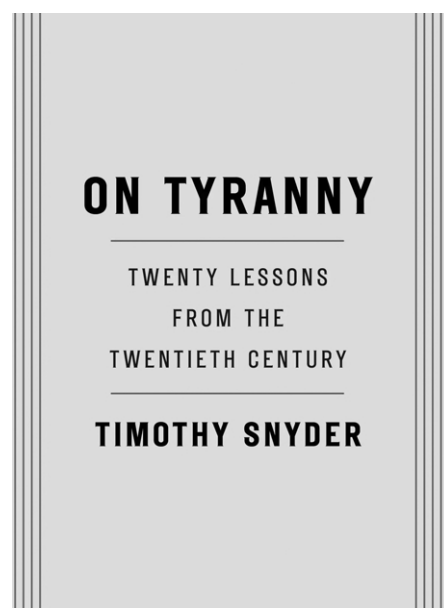
terms. Reclaiming your personal power isn't about doing less, it's about consciously choosing and un-learning the story that says you have to do more to be enough, you have to get everything done every day to be seen as successful or to even earn rest. It's about remembering that your power and your worth don't come from how much you produce. It comes from how deeply you live.

To reclaim your power and redefine productivity for yourself transforms your days and leads to an entirely new and empowered approach to getting things done. It's a quiet, radical act. One that rewrites the rules from the inside out. One that resists control, capitalism and cultural conditioning and lets you take back your sovereignty.

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On Tyranny

On Tyranny is a call to arms and a guide to resistance, with invaluable ideas for how we can preserve our freedoms in the uncertain years to come. The Founding Fathers tried to protect us from the threat they knew, the tyranny that overcame ancient democracy. Today, our political order faces new threats, not unlike the totalitarianism of the twentieth century. We are no wiser than the Europeans who saw democracy yield to fascism, Nazism, or communism. Our one advantage is that we might learn from their experience.



#1 NEW YORK TIMES BESTSELLER • A "bracing" (Vox) guide for surviving and resisting America's

turn towards authoritarianism, from "a rising public intellectual unafraid to make bold connections between past and present" (The New York Times)

"Timothy Snyder reasons with unparalleled clarity, throwing the past and future into sharp relief. He has written the rare kind of book that can be read in one sitting but will keep you coming back to help regain your bearings."—Masha Gessen

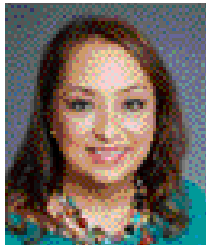
Professor Snyder teach-

es undergraduate and graduate level courses in modern eastern European political history and graduate seminars on the Holocaust, on east European history as global history, and on the dynamics of international crisis in European political history. Most recently, he has taught lecture surveys, "Eastern Europe to 1914" and "Eastern Europe Since 1914," graduate seminars on "The Global History of the Holocaust" and "Contemporary History of Diplomatic Crisis," and an undergraduate seminar, "Communist Takeovers in Postwar Eastern Europe" (co-taught with Sara Silverstein). To learn more, visit Professor Snyder's Yale faculty page.

Political Turmoil, Democratic Wins, Holiday TV Specials and 2026 Economic Predictions

MOST INTENSE NEWS COVERAGE – THE NATIONAL & WORLD NEWS ALL MEDIA OUTLETS & SOCIAL MEDIA

There is no question that the public is exhausted from the 24-hour news cycle focused on the fragile economy, tariffs, wars, and in-fighting between elected officials on Capital Hill. Every day, we hear the President blaming the previous administration for every problem in America. We also hear him disrespecting immigrants as he orders the National Guard and ICE into mostly Democratic cities and states with immigrants from Mexico, Afghanistan, and other non-white countries.



CHARLENE MITCHELL-RODGERS



ist Zohran Mamdani was elected as the first Muslim Mayor of New York City. He defeated former NY Governor Andrew Cuomo; President Trump had promised to withhold federal funding to NY if Mamdoni won. He has since met with the new NYC Mayor and vowed to help him with the economic issues facing citizens.

Two other big Democratic wins happen to be women. They are Abigail Spanberger of Virginia and Mikie Sherrill of New Jersey.

ELECTION SUPRISSES AND UPSETS—DEMOCRATIC WINS

Detroit's Mayoral Election resulted in the city's first woman Mayor who also happens to be Black, and the youngest De-



troit Mayor. Mary Sheffield won in a landslide over her opponent, Reverend Solomon Kinloch, Jr. She will be sworn in on New Years Day, January 1, 2026. Many were surprised that self-described Democratic Social-



MOST RIVETING TV INTERVIEWS – NBC AND ABC

MEET THE PRESS ON NBC - Social media was abuzz with comments following a recent interview with Secretary of Homeland Security, Kristi Noem by host Kristin Welker. Many viewers felt Welker was too soft with her interview.

Noem didn't answer direct questions, and she mentioned former President Joe Biden's name numerous times. Welker never interrupted, nor did she "check" Noem on her refusal to stay on topic. In my opinion, this was embarrassing.

THE VIEW ON ABC - Another Interesting, and somewhat volatile interview was with controversial sports commentator and podcast-



er Stephen A. Smith. His studio interview with the popular ladies on The View highlighted his opposing views about why Trump was elected over former V.P. Kamala Harris.

Smith defended his criticism of Arizona Senator Mark Kelly for his appearance in a TV commercial asking veterans not to obey Illegal orders from President Trump and Secretary of Defense Pete Hegseth.

BEST LOCAL LIVE TV COVERAGE – WDIV AND WXYZ TV DETROIT'S THANKSGIVING DAY PARADE

The best seat to watch the annual parade down Woodward Avenue may have been on TV in a comfortable seat in your own home,



The wintry weather didn't stop the fun, or the smooth production.

The on-air talent from both stations did a commendable job. WDIV was the official station for the parade with live coverage. WXYZ anchor Glenda Lewis did several outstanding live reports.

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RECESS25 - Resilience and Equity in the Clean Energy Sector Summit was a Huge Success

A Big “Thank You” to all those who attended RECESS25 on October 15th and 16th at the Marriott in the Renaissance Center in Detroit, MI. We are proud to report that **RECESS25 SOLD OUT!** Thanks to the generous support from this year’s conference sponsors, we were able to accommodate a record number of complimentary admissions and reduced registration rates.

Through our sponsors’ support, we were able to include more participants in the **RECESS** ecosystem, where meaningful, intentional networking opportunities lead to collaborative ventures and significant progress and promoting education and capacity-building for communities of color, ensur-

We’re also proud to share that RECESS is now officially a 501(c)(3) nonprofit organization, dedicated to advancing clean energy education, innovation, and inclusion.

ing their participation and leadership in clean energy initiatives.

Your partnership with **RECESS25** helped us create an extraordinary experience that centered innovation, equity, and



Carla Walker-Miller

and government organizations. Highlights of this year’s event included:

- An all-Black women led panel

redefining C-suite leadership and legacy

- The Honorable Sheldon Neeley, Mayor of Flint, MI, sharing a powerful vision of the city’s resilience, recovery, and rebirth.

- Discovery Zone course filled with innovative and leading-edge exhibitors, including a gas-sniffing robot dog, sparking visionary and imaginative clean tech.

- A Health & Equity panel paired with a feature film spotlighting JustAir Solutions, emphasizing environmental justice.

- An HBCU panel envisioning the future role of Black colleges and universities in the clean energy movement.

- An Indigenous Sovereignty panel exploring land, energy, and cultural stewardship.

- An all-Hispanic women led panel discussing climate justice and energy equity.

- Former Minority Leader in the Georgia House of Representatives, Stacey Abrams, with a powerful call to action: “See, Serve, and Surge.”

But the impact of **RECESS** goes far beyond the stage. Walker-Miller Energy Services

launched the **RECESS** Workforce Development Academy—a new initiative to train and certify individuals in high-demand clean energy

roles. This includes collaborating with organizations to bring the following:

- Drone pilot certifications for environmental monitoring and infrastructure inspection

- Climate justice

healthcare pathways that connect

public health and sustainability

- Energy efficiency training for retrofitting homes and buildings

- EV Service Equipment training and development to support charging stations

- Wind and solar technician tracks to meet the growing demand for renewable energy jobs

These programs are designed to be accessible, inclusive, and transformative—especially for communities historically excluded from the clean energy economy.

We’re also proud to share that **RECESS** is now officially a 501(c)(3) nonprofit organization, dedicated to advancing clean energy education, innovation, and inclusion. With your continued



support, we’re expanding beyond the annual event into **RECESS: The Movement**—a year-round effort to connect communities, corporations, and change makers around clean energy, stable homes, and sustainable futures.

As we look ahead to

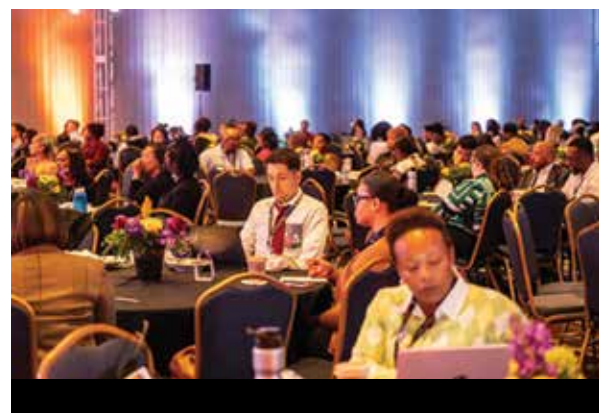


RECESS26, we invite you to commit early as a founding partner in this next chapter. We’re seeking renewed sponsorships starting at \$25,000, which will allow us to:

- Plan boldly and expand programming
 - Deepen community engagement
 - Ensure equitable access for all
- Contact us to learn more by emailing recess@recessconference.com.

RECESS is more than an event—it’s an invitation, an invocation, and an inspiration to unite us in the clean energy revolution. **Let’s build RECESS26 together.** Let’s build the future together.

For more information, contact Kabina Young at: kyoung@wmenergy.com.



community in the clean energy transition. A total of 622 attendees included college students, Environmental Justice community members, Workforce Development Program Graduates, large and small businesses, nonprofits

Meet Shawnte Passmore- One of WDIV-TV, Local 4's Newest Personalities

by Charlene Mitchell-Rodgers

One of the newer broadcasting personalities on WDIV-TV, Local 4 is an experienced journalist whose personality and professional approach to covering stories adds to the strength of the station's already strong reputation.

She began her TV broadcasting career in 2015 at the CBS affiliate in Omaha, Nebraska. After a short time, she moved to larger markets including Hartford, Connecticut and Sacramento, California prior to coming to Detroit. She and I had a wonderful conversation about her career, her family background, and her favorite places in Detroit. Here is part of our conversation.

Q: Where did you grow up?

Shawnte: I grew up predominately in Southern California. Orange County is home for me. I also moved around a lot, spending time in The Philippines and Georgia.

Q: Where did you attend school?

Shawnte: I am a proud graduate of Dana Hills High School and California State University where I received my bachelor's degree in journalism with a minor in communications.

Q: What is your favorite kind of news story to cover and why?

Shawnte: People ask me this all the time, and it's hard for me to answer. I am always looking for a good story, and importantly, a great character. I certainly enjoy covering features, but I also thrive in covering a complex issue that needs a thorough breakdown for our viewers.

Q: What are your hobbies outside of work?

Shawnte: I enjoy being active, whether on water or on land. I grew up by the beach, so it's not uncommon to see me kayaking or paddleboarding. Swimming is also a hobby of mine. I also like challenging hikes. There is nothing like being outdoors and tak-



ing in the scenery around you.

Q: What are some of your favorite Detroit places to visit such as landmarks, etc.

Shawnte: Eastern Market is incredible! There are so many cool and interesting retail and food vendors. For personal gifts, you'll find me in Midtown at City Bird and Nest. Leila's and Parc are two of my favorite restaurants. I appreciate the architecture, so I am always amazed when I step foot inside the Fisher and Guardian buildings. My favorite landmarks are The Detroit Riverwalk and Belle Isle.

Q: If you had not chosen TV broadcasting as a career, what would have been your second choice?

Shawnte: I originally wanted to major in fashion merchandising but switched to journalism. Earlier, I mentioned how I appreciate

architecture – in part because of my sister and father. I probably would have dipped my toe into interior design. I believe the home is a sacred place and should feel like your safe haven from the world. There is something appealing and gratifying about knowing you can help people articulate their style and enjoy their space.

Q: What are some of your favorite things?

Shawnte: My favorite cuisines are Mexican and Vietnam-

ese. I could watch the film *Eternal Sunshine* and *Spotless Mind* over and over again. Some of my favorite classic shows are *Married with Children*, *Family Matters* and *Martin*. I also love *Abbott Elementary*, *The Office*, *Seinfeld*, and *Curb Your Enthusiasm*.

In music, Sade is so iconic. I had the chance to watch her perform, and the band put on a fantastic show. I am also discovering new artists like Madison Ryann Ward. She has such a beautiful voice, and her lyrics are so healing. In sports, you can't make me pick one Detroit team! It's hard not to root for everyone who wants to put it on for the city.

Q: Describe your family background.

Shawnte: I come from a large, blended family. I am considered the oldest. We have a little bit of everything in our DNA; Black, Filipi-



no, Chinese, Spanish, Slovak and Mexican. It's a beautiful melting pot. I have two sisters and a brother. Sadly, we lost a brother to suicide.

Q: What's it like to be recognized in public?

Shawnte: Honestly, I rarely think about it because I never got into this career to be recognized, but to serve others. It does happen, and I must say we have the kindest viewers. I will be on standby for a live shot and people will yell my name to say hi, or I will be in a store, and someone will say, "You're doing a great job." I appreciate every encounter with viewers. Our station has a unique bond with Metro Detroit.

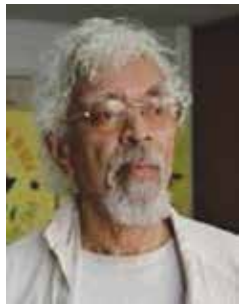
Q: Do you have a pet?

Shawnte: I have two cats; Nikkita and Basil. I never planned on having two, but I discovered that Nikkita has separation anxiety and would wait by the door for me to get home from work.

The following year, I adopted Basil. I didn't even know cats could growl until I saw Nikkita get territorial. I did, however, discover that I now have two anxious kitties. I am also outnumbered in my own home.

A Tribute to Benjamin (David) Rambeau

Benjamin David Rambeau was an icon in the City of Detroit and left a legacy that will live on forever. David



was intimately known in the Black Community as a cultural historian, activist, educator, innovator, editor, author,

TV host, organizer, producer, mentor and writer. These are only a few of the many interests, productions and contributions David made to advance the Black community in entrepreneurship and cultural engagement.

David produced and hosted the well known television show “For My People,” and “Business in the Black” that gave entrepreneurs an opportunity to promote their businesses and share his views and reflections on how and why the Black community should be in tune with their heritage.

David also founded Project B.A.I.T. (Black Awareness in Television) over 40 years ago. He along with others produced publications including the Urban Theater Magazine. I will truly miss David. He was my friend and mentor for over 20 years. David was a columnist for Detroit Smart Pages Newspaper, formerly Detroit Black Pages since 2006. You can read some of his articles at www.detroitSMARTpages.com.

David in his own words:

“We went on air at Channel 50 WKBD-TV Sunday, 6 December 1970, a lifetime ago.

To complement the Urban Theater Magazine, we have dbtcaf.com on the Internet. This website grew out of a black theater festival we organized. The initials stand for Detroit Black Theater Conference and Festival. For dbtcaf.com we’re seeking black the-

ater announcements to post on the site. Along with placing theater announcements on our websites, we do an email distribution and promotion service for theater groups to help them access potential patrons for their productions.”

Reflections from a few of his friends:

dr.djk.360

“My journey has been shaped by God’s love and guidance, and I’m grateful for the creative outlet I’ve been given. David Rambeau was a true icon in Detroit, using his platform to uplift and educate. I’m thankful for the time we spent together, and I’ll carry his wisdom and legacy with me always. May his memory inspire us to continue pushing boundaries and striving for excellence..

Greg Dunmore

“REST IN PEACE, MR. RAMBEAU..Detroit’s cultural and media community mourns the loss of David Rambeau, a passionate advocate who made it his mission to ensure that Black voices and contributions in the arts and media—especially television—were heard, respected, and never overlooked.

A proud Detroiter, Mr. Rambeau was both feisty and fearless in his pursuit of media equity. His groundbreaking creation, B.A.I.T. (Black Awareness in Television), and the historic program For My People on Channel 50 stood as powerful testaments to the belief that “silence is NOT always golden.”

David was the real RAMBEAU—spelled differently than Sylvester Stallone’s “Rambo,” but with a mission every bit as courageous and far more transformative. May the memory of David Rambeau be a blessing, and may his enduring legacy be the passion he brought to the arts and broadcasting—reminding us

all that GREATNESS happens when our mission on this earthly journey is truly ‘For My People.’ PULSEBEAT MEDIA/ “PULSEBEAT WITH GREG DUNMORE” TV Show

**Former State Representative
Cynthia Johnson
(The People’s Advocate)**

I recently learned of the passing of my dear friend, David Rambeau, and it has weighed heavily on my heart. From the beginning, I admired his sharp intellect, his wit, and his courage to speak truth without fear or apology. David viewed the world through a lens uniquely his own—thoughtful, principled, and often ahead of his time.

We shared many meaningful conversations about life, politics, and the human condition. At times we laughed together; at others, we sat quietly in mutual understanding. I especially cherish the simple moments—short drives with no destination, just conversation and fresh air—small reminders that life continues even in stillness.

Though we experienced distance near the end, I now understand that moments do not define a person; they simply reveal our shared humanity. David was deeply spiritual in his own way—a thinker, a writer, a man of ideas. *May he rest in peace.*

*Until we see each other again,
Your friend, Cynthia A. Johnson*

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Contact us to find out more about the TRuE-ViP Study:

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424-248-9477

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TRuE-ViP

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research@pearlgrimesmd.com

Buying a Business Is Safer – If You’re Ready!

Buying a business is one of the most powerful ways to become an entrepreneur. Compared to starting from scratch, acquisition offers enormous advantages: existing revenue, established customers, proven products, trained staff, supplier relationships, and brand recognition. You step into a machine that is already running. This foundation dramatically reduces the uncertainty, long ramp-up periods, and high early failure rates associated with startups.



GARY L. SMITH

hustle. Buying a business lets you skip that struggle, but it also requires upfront investment and immediate ownership responsibility. You must be honest about what level of loss you can absorb and how you handle stress. Acquisition reduces risk—but it doesn’t eliminate it.

Your Experience and Support Network

Startups allow you to experiment, pivot, and learn as you go. Acquisitions do not. You’re stepping into a live operation with expectations already in place. Prior management experience, industry knowledge, and a strong advisory network dramatically increase your odds of success.

This article reveals three truths about buying a business and how these risks compare to the far greater risks of starting from scratch.

But those very advantages can also hide risks. While starting a business exposes you to the dangers of building from zero, buying a business exposes you to the dangers of inheriting an operation with its own history, habits, and blind spots. The biggest challenges are rarely found in the financial statements; they are found in you, your leadership capacity, and the operational realities you take on.

This article reveals three truths about buying a business and how these risks compare to the far greater risks of starting from scratch.

1. The Most Important Due Diligence Is on Yourself

When launching a startup, it’s expected that everything will be chaotic. When buying a business, the expectation is stability—which means you must be even more prepared to lead from day one. That begins with evaluating yourself before you evaluate the deal.

Your Financial and Emotional Resilience

Starting a business requires years of unprofitable early-stage

These personal assets matter far more in acquisition than in the startup world because the business—and its employees—expect competence immediately. Assessing your readiness is the key factor that preserves the advantage of buying over building.

2. The Real Risks Aren’t

Financial—They’re Operational

Starting from scratch means no customers, no systems, and no staff. Buying a business means you inherit all three. This is the advantage—but also where the hidden risks live.

Cultural Integration

A startup lets you design the culture from day one. In an acquisition, you inherit one. Changing processes, adjusting expectations, or shifting values can create friction if not handled with care.

Staff Turnover

In a startup, you choose every hire. In an acquisition, you must win over a team that may fear change. Losing key staff early can disrupt operations and weaken customer relationships.

Regulatory Compliance

Startups grow into their regulatory landscape. Buyers walk into immediate compliance obligations, which may be outdated or poorly managed by the previous owner. While startups face operational chaos by default, buyers face operational surprises. Understanding these dynamics is how you maintain the advantage of stepping into an established operation rather than building your own.

3. A Dynamic Game Plan

Preserves the Advantage of Acquisition

Risk management in startups is reactive; you’re constantly troubleshooting. Risk management in acquisition must be strategic and ongoing. You are working to protect something that already exists.

Contingency Planning

Where startups need capital to survive slow beginnings, buyers need reserves to manage unexpected issues, customer loss, turnover, or unseen liabilities.

Gradual Transition

Because acquisition involves cultural and operational continuity, a phased takeover is often the most powerful tool.

It builds trust, preserves morale, and minimizes disruption.

Continuous Review and Adaptation

An established business gives you a head start, but only if you stay agile. Markets evolve, competitors emerge, and customer expectations shift. Regular review allows you to protect and grow the value you acquired.

Conclusion: Buying Is the Smarter Path—But Only When You’re Ready for It

Compared to starting a business from scratch, buying a business gives you infrastructure, revenue, and stability from day one. But acquisition success depends on understanding the personal and operational risks that don’t show up on spreadsheets.

The balance sheet can tell you the business is viable. Only self-awareness and preparedness can ensure you are ready to lead it into its next chapter.

For more information on crafting a successful exit strategy or purchasing a profitable business, reach out to Business Consultants International at (248) 579-8320 or email us at info@swanmoney.com.

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TymFlo Founder Christa Stephens Expands Global “Amazon of Business Solutions” for Entrepreneurs, Small Businesses & Nonprofits

Christa Stephens founded TymFlo in 2020 at the height of the pandemic. TymFlo is a Michigan-based, woman and Black owned global business solutions company helping entrepreneurs simplify operations, scale smarter, and save time with an all-in-one ecosystem of tech-powered services.

Designed as an “Amazon of Business Solutions,” TymFlo (“Tym” = Your time back. “Flo” = Systems that move without friction) provides a comprehensive suite of services, including AI integration, marketing, web development, data-driven insights, workshops, and business development; eliminating the need for multiple vendors and cre-



Christa Stephens

novation, the company delivers customized solutions that help clients scale sustainably while staying focused on what matters most: growing their vision.

“During the pandemic, in-person business support disappeared almost overnight,” says Stephens. “I saw businesses struggling and realized they needed a centralized, accessible, and affordable ecosystem; a place where they could get everything they needed to succeed. TymFlo was built to fill that gap.”

ating a one-stop operations experience for clients worldwide.

Approaching six years, TymFlo has rapidly become a go-to resource for entrepreneurs, nonprofits, and small businesses seeking streamlined, affordable, and innovative support.

“During the pandemic, in-person business support disappeared almost overnight,” says Stephens. “I saw businesses struggling and realized they needed a centralized, accessible, and affordable ecosystem; a place where they could get everything they needed to succeed. TymFlo was built to fill that gap.”

TymFlo continues to expand internationally, serving clients across Africa, Australia, and organizations connected to the United Nations. With a growing team of seven and a commitment to people-centered in-

en its international footprint, and introduce new data-driven tools designed specifically for entrepreneurs and nonprofits.

“Entrepreneurship is still one of the most powerful ways to create opportunity,” Stephens says. “Even as the economy shifts, I want founders to know that success is possible, with the right tools, support, and guidance.”

As a Black woman leading an international tech-driven company, Stephens is passionate about advocating for representation, economic empowerment, and the importance of entrepreneurship in building legacy and long-term financial sustainability.

She is available to talk to your organization or business group on topics including:

- Women in tech and leadership
- Organizing and preparing your business for the new year
- Setting effective goals for your business and personal success in the new year and beyond
- Entrepreneurship and business development
- AI and the future of small business
- Building one-stop business ecosystems
- Streamlining operations for growth

For more information, visit the website at: www.tymflo.com or contact Lisa Wilmore at: wilmoreagency@gmail.com 1313.980.4766.

What a horrible excuse for a human being.

Author Unknown.

Recalibrating for Growth: Key Changes Small Black Businesses Should Consider

The past three to five years have brought unprecedented shifts in the way businesses operate, engage customers, and access opportunities. For small Black businesses, these changes present both challenges and openings to rethink strategies, realign priorities, and position for long-term growth. Now is the time to pause, assess, and determine what practices truly matter for your business today.



SIMONE

Entrepreneurs can use this moment as an opportunity to reposition, reconsider, and revise approaches. From digital strategy to government contracts, supply chains, and marketing methods, understanding and adapting to these changes is essential. The following ten key shifts highlight where attention and action can create meaningful advantage.

1. Digital Presence Shift

A polished website is no longer always the first step for legiti-

macy. Social media platforms like Instagram, TikTok, and Facebook often drive more immediate traffic and engagement. Businesses should focus on where their customers are already spending time, ensuring clear messaging and consistent digital presence.

2. Short Form Video as Core Marketing

Consumers now expect quick, authentic content. Short form video has become essential for visibility, connection, and building trust with potential customers.

3. Community-Driven Branding

Traditional branding focused on visuals and messaging is giving way to community and values. Customers are increasingly purchasing based on shared experiences, stories, and alignment with a business's mission rather than just products or services.

4. Automation and AI Accessibility

Tools for customer engagement, scheduling, marketing, and financial management that were once only accessible to large com-

panies are now affordable and user-friendly. Leveraging these tools allows small teams to focus on growth and strategic priorities.

5. Frictionless Purchasing Expectations

Modern customers expect convenience. Mobile-friendly checkout, digital payments, and seamless ordering are no longer optional but essential to meet customer expectations and drive sales.

6. Owner and Business Sustainability

The culture of nonstop grinding has shifted. Small business owners must prioritize mental health, boundaries, and systems that prevent burnout, ensuring long-term innovation and resilience.

7. Government Contract Reassessment

Contract priorities and funding channels have changed. Small Black businesses should evaluate which government contracts still align with their capabilities and growth trajectory rather than chasing opportunities indiscriminately.

8. Slowed Green Initiatives

Sustainability and green programs that previously accelerated quickly have slowed or become more selective. Businesses need to identify the initiatives where they can have real impact and strategically position themselves within the green economy.

9. Tariffs and Political Uncertainty

Volatility from tariffs and political shifts requires businesses to diversify suppliers, adjust pricing strategies, and explore new markets. Agility can turn uncertainty into a competitive advantage.

10. Supply Chain Challenges

Supply chain disruptions continue but also present opportunities to build resilience. Strategies like local sourcing, collaborative purchasing, and digital forecasting strengthen operations for the long term.

Simone Lightfoot - Founder
Light Green Energy, LLC
Light Green Energy Mississippi, LLC
313.585.1052 <http://www.lightgreenenergy.org>

Continuing the Legacy

Ed Deeb was the Founder and Chairman of the Michigan Youth Appreciation Foundation, Metro Detroit Youth Day, the Michigan Food and Beverage Association, Michigan Business and Professional Association, Eastern Market Merchants Association and very active in a number of other organizations in the metro Detroit area. Sadly, Ed passed in September of this year.

For the last 39 years, Ed has coordinated the packing of Christmas baskets for needy families at Sacred Heart Church located at 1000 Eliot, in Detroit. In memory of Ed and to continue this annual tradition;



Bert Dearing, Father Richard Baumann, Casey, David DeVries, Margie Deeb, and Michele Simon

this year the program was coordinated by Margie Deeb, Ed's sister, Doug Reynolds, and Michele Simon, Ed's secretary.

With donations from Eastern Market merchants and Metro Detroit Youth Day

food sponsors, volunteers from Pepsi, along with members of the church and others filled 150 baskets starting at 8:30 a.m. on December 8th.

Ed founded Metro Detroit Youth Day 41 years ago, and it has grown annually from some 1,100 participants the first year to over 30,000 youth from all



over the metro area and other communities. The 2026 Metro Youth Day is already being planned by sponsors and a team of devoted helpers and volunteers over the years.

For more information and to volunteer for either of these programs for next year, contact Michele Simon at 586-216-4535 or michelesimon50@yahoo.com.

The Transformative Power of Artificial Intelligence: Impacts and Consequences Over the Next Decade

Why Embracing AI Is Essential for Individuals and Organizations



Ellis Liddell

Introduction

Imagine a world where your doctor's diagnosis is powered by algorithms, your car drives itself, and your

job requires skills that don't exist yet.

This isn't science fiction-it is the next decade of AI. AI's influence is set to expand exponentially, touching every sector and aspect of society. This article explores the projected impacts of AI over the coming decade and discusses the potential consequences of choosing to ignore this transformative technology.

AI's Impact on the Next 10 Years

1. Revolutionizing Industries

AI is set to transform every major industry from healthcare and finance to manufacturing, transportation, and education. In healthcare, advanced AI algorithms are expected to improve diagnostics, personalize treatment plans, and accelerate drug discovery. In finance, AI-driven tools will enhance risk assessment, fraud detection, and customer service. Manufacturing will benefit from smart automation, predictive maintenance, and optimized supply chains. Self-driving vehicles and intelligent traffic systems will reshape transportation, while AI-powered educational platforms will offer personalized learning experiences.

2. Transforming the Workforce

The workforce will undergo significant transformation as AI automates repetitive tasks and augments human capabilities. While some jobs may become obsolete, new roles will emerge that require advanced technical, analytical, and creative skills. The demand for AI literacy and digital competencies will rise, prompting individuals and organizations to invest in continuous learning and upscaling.

3. Enhancing Everyday Life

AI will increasingly influence daily life through smart home devices,

personalized digital assistants, and enhanced online experiences. From improving energy consumption to streamlining shopping and entertainment, AI will make everyday tasks more convenient, efficient, and tailored to individual preferences.

4. Advancing Research and Innovation

AI will accelerate scientific discovery and innovation by processing vast amounts of data and uncovering patterns beyond human capacity. In fields such as climate

science, genomics, and materials engineering, AI will help solve complex problems and drive breakthroughs that shape the future.

The Consequences of Ignoring AI

1. Loss of Competitive Edge

Individuals and organizations that fail to adopt AI risk falling behind competitors who leverage their capabilities to innovate and optimize operations. In a rapidly evolving digital landscape, embracing AI is critical to remaining relevant and competitive.

2. Reduced Career Opportunities

As AI transforms the job market, those without AI-related skills may find it challenging to secure or advance in their careers. Failing to adapt to technological changes could limit professional growth and financial stability.

3. Missed Efficiency and Productivity Gains

AI offers significant opportunities to increase efficiency, reduce costs, and enhance productivity. Overlooking AI means forfeiting powerful tools that optimize workflows, automate routine tasks, and deliver smarter data-driven decisions.

4. Inability to Address Future Challenges

Many of tomorrow's challenges, such as cybersecurity threats, environmental sustainability, and public

health crises, will require AI-driven solutions. Without embracing AI, individuals and organizations may lack the tools needed to navigate and address these complex issues.

Conclusion

The next decade will be heavily influenced by the continued evolution and adoption of artificial intelligence. Whether in business, education, healthcare, or daily life, AI will be a driving force for change and opportunity. Failing to adapt to AI could lead to severe setbacks,

from diminished competitiveness to limited career prospects. Embrac-

ing AI now is essential to harness its benefits and thrive in the rapidly changing world of tomorrow.

Ellis Liddell is the President/CEO of ELE Family of Companies in Southfield, MI. He is also the author of "Wealth Management: Merging Faith with Finance" and a member of the Top of the Table. Mr. Liddell can be reached at (248) 356-6555 or on his website: www.elewealth.com.

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AI will accelerate scientific discovery and innovation by processing vast amounts of data and uncovering patterns beyond human capacity. In fields such as climate science, genomics, and materials engineering,

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ALL ABOUT TECHNOLOGY



WILLIE BRAKE

What Equipment Is Required For Fiber Internet?

The world of internet technology moves fast and fiber-optic connections represent the latest leap forward in connectivity. But with new technology comes new questions. Does fiber internet need a modem?

If you are considering making the switch to fiber, understanding the requirements for fiber internet will help you get the most out of your lightning-fast connection.

How Does Fiber Internet Actually Work?

Traditional internet connections, like cable and DSL, transmit data through copper wires using electrical signals. Fiber-optic internet takes a completely different approach. It uses hair-thin fiber-optic cables made of glass to send information as optical signals – essentially, pulses of light.

This might sound like science fiction, but it's remarkably efficient. Light travels faster than elec-

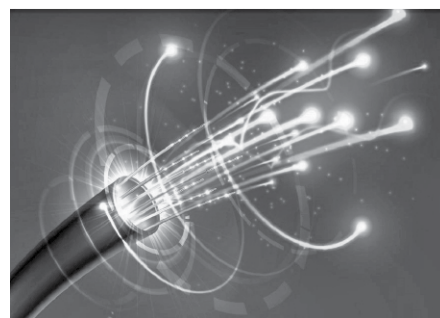
trical signals and isn't affected by electrical interference. This is why fiber offers such consistently high-speed upload and download performance. Because the technology is fundamentally different, the fiber internet equipment you need is also different from traditional setups.

since fiber transmits data as light instead of electricity, there's no need for that type of conversion. Instead, fiber providers install something called an Optical Network Terminal (ONT). The ONT takes those optical signals from the fiber cable and converts them into standard Ethernet connection formats that your home network recognizes. So, while you don't need a modem in the traditional sense, the ONT fills a similar role as necessary fiber internet equipment.

Why Fiber Internet Needs Different Equipment

Many people ask whether this type of internet needs a modem because they're familiar with cable and DSL setups. With those technologies, the modem is essential for converting signals. But modems for fiber setups work differently – the ONT replaces the traditional modem function entirely.

This difference is good to know when planning your home or business network. You still need routing capabilities to create WiFi and manage devices, but the signal conversion happens at the ONT level instead of through a separate modem.



• Ethernet cables – For connecting wired devices or linking your ONT to your router for the most stable connection possible.

Tips for Getting the Most from Your Fiber Setup

Plan your ONT placement carefully. Install it near where you'll need the strongest connection – whether that's your home office, entertainment center, or wherever you'll connect wired devices. Match your router to your plan. If you're getting gigabit fiber, make sure your router can deliver gigabit speeds. Check both the

upload and download capabilities.

Don't cheap out on cables. Quality Ethernet cables make a difference in maintaining that lightning-fast performance for wired connections. Take advantage of professional installation. Most providers will configure your fiber internet equipment during setup, ensuring your ONT and router work together seamlessly.

Following these steps help guarantee your fiber-optic internet equipment delivers the high-speed connection it promises, not just on paper but in real-world performance.

Willie Brake is a Computer Expert and Industry Analyst at All About Technology, a Certified Disability Owned Minority Business Enterprise located in Detroit.

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www.all-about-technology.com

Following these steps help guarantee your fiber-optic internet equipment delivers the high-speed connection it promises, not just on paper but in real-world performance.

trical signals and isn't affected by electrical interference. This is why fiber offers such consistently high-speed upload and download performance. Because the technology is fundamentally different, the fiber internet equipment you need is also different from traditional setups.

Does Fiber Internet Need a Modem?

Here's where it gets interesting: Does fiber internet require a modem? The answer is no; fiber internet doesn't need a traditional modem. A standard cable or DSL modem's job is to convert electrical signals into digital data that your devices can understand. But

What Equipment Is Needed for Fiber-Optic Internet?

When you set up fiber internet, you typically need these key components:

- Fiber cable drop – This physical connection brings the fiber line from the street into your home, usually through an exterior wall.
- Optical Network Terminal (ONT) – Acts as the bridge between the fiber network and your equipment, converting light signals into data your devices can use.
- Router – Since the ONT handles signal conversion, you only need a quality router that supports gigabit speeds or higher.

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Your Guide to a High Frequency Holiday: Peace, Power, and Presence

By Coach Kelly Earth
High Frequency Training Systems™

This holiday season, let the focus shift from obligation to illumination. This time can be used to curate your joy while protecting your peace. We know in life that small, intentional choices create powerful outcomes.



KELLY EARTH

Whether it's a brisk walk, a morning stretch, or ten minutes of mindful movement, every act strengthens your energy and an-

A simple daily ritual can ground you through the busiest days. Spend a few minutes in gratitude, deep breathing, or reciting your intention: "I move through this season with peace, strength, and joy." Hydration, rest, and moments of stillness will help keep you centered and clear.

chors you. Enjoy the season's foods and festivities with freedom and mindfulness: hydrate first, build your plate with whole foods,

May your holidays overflow with peace, and may you step into the New Year grounded, powerful, and ready for everything your next stage holds.

and savor every bite without guilt.

Your emotional well-being is your greatest asset. If a space feels overwhelming, give yourself permission to step away, breathe, or leave early. Boundaries are loving guidelines that preserve your joy.

A simple daily ritual can ground you through the busiest

days. Spend a few minutes in gratitude, deep breathing, or reciting your intention: "I move through this season with peace, strength,

and joy." Hydration, rest, and moments of stillness will help keep you centered and clear.

Our goal is to both enjoy the Holiday season and enter the New Year with intention. Begin now by asking yourself who you want to be in the year ahead? What choices elevate your energy? What habits no longer fit who you are? Instead of waiting for January 1st to start fresh, use this season to align your inner world with your next chapter.

Choose one guiding word or principle—such as vitality, alignment, expansion, or clarity—and let it shape how you move forward.

This season, give yourself permission to be fully present, fully human, and fully aligned. May your holidays overflow with peace, and may you step into the New Year grounded, powerful, and ready for everything your next stage holds.

Wishing you a High Frequency Holiday and an intentional, radiant New Year.

— Coach Kelly Earth

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Black History is American History An Overview of Contributions' of White Americans and Black Americans and the historical facts behind the differences

Black labor has been foundational to the growth of America and our economy. Enslaved people built the country's early infrastructure and produced lucrative commodities such as cotton and tobacco. After emancipation, African American labor was crucial in industry, agriculture, and service.

Yet the federal Bureau of Labor Statistics (BLS), which was established in 1884, only started gathering consistent data on African American workers in 1972. For nearly a century, African American workers did not appear even as data points let alone in meaningful policies or labor legislation.

White Americans, as the majority group with systemic advantages, built significant wealth and infrastructure, while African Americans, despite immense forced labor under slavery and ongoing discrimination, made foundational contributions to US economy and

culture, with their labor driving early industries like cotton, and their persistent innovation and resilience shaping American life, though historical barriers resulted in massive racial wealth gaps that persist today.

White American Contributions (Dominant Group Perspective)

- **Economic Foundation:** White-owned businesses and individuals have historically held the vast majority of wealth and assets, driving economic growth and development through capital accumulation, business ownership, and investment in higher-yielding assets like stocks.
- **Infrastructure & Policy:** White Americans have largely shaped national policies and infrastructure projects, benefiting from systemic advantages like discriminatory implementation of programs like the GI Bill that built the white middle class.
- **Cultural & Political Leadership:** As the demographic majority, white Americans have pre-

dominantly held positions of power, influencing American laws, culture, and societal norms.

African American Contributions (Resilience & Foundation)

- **Economy:** Enslaved Black labor was fundamental to building America's early economy, producing lucrative crops like cotton and tobacco, and constructing vital infrastructure without pay.
- **Sustained Labor:** After emancipation, Black labor remained crucial in agriculture, industry, and service sectors, often under exploitative conditions, but building wealth and opportunity where possible.
- **Cultural Innovation:** African Americans have profoundly enriched American culture through music (jazz, blues, hip-hop), literature, art, and social movements (Civil Rights), shaping the national identity.
- **Entrepreneurship:** Black-owned businesses contribute significantly to local economies, de-

spite facing systemic hurdles and disparities in revenue and ownership compared to white businesses.

The Disparity & Its Roots

- **Wealth Gap:** A massive, persistent wealth gap exists, with white families holding vastly more wealth (e.g., 84% of total wealth in 2021 for 65% of the population) than Black families (4.7% of wealth for 13.6% of the population).
- **Historical Disadvantage:** This gap stems from centuries of unpaid labor (slavery), discriminatory access to wealth-building programs (GI Bill), unequal pay (Black workers earning 74 cents for every dollar white workers make), and unequal access to banking and credit, even at similar income levels.
- **Systemic Barriers:** Black families often start with less wealth, making high-percentage gains harder to achieve, despite efforts to build assets, showing deep structural issues, not just individual choices.

Resources: By Asha Banerjee and Cameron Johnson



The Medical Dots

The WHY Behind Medical Advice

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