

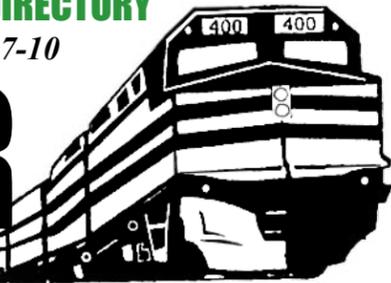


ORR PULL-OUT
BUSINESS DIRECTORY

Pages 7-10

THE CONDUCTOR

The Official Newspaper of The Overground RR!!®



VOLUME 6 No.2

Second Quarter

The ORR WORSHIP CENTERS

- Anointed Word Evangelistic Tabernacle
- Ariel Bowen UMC
- Believers' Bible Christian Church
- Ben Hill UMC
- Beulah Missionary Baptist Church
- Big Miller Grove Missionary Baptist Church
- Butler Street Christian Methodist Episcopal
- Calvary United Methodist Church
- Cascade UMC
- Christian Fellowship Baptist Church
- Chosen Generation Christian Church
- Columbia Drive United Methodist Church
- Covenant Ministries
- Crusade Dominion Church
- Dodd-Sterling UMC
- Elizabeth Baptist Church
- Emmaus Road Missionary Baptist Church
- Enon Church
- First AME Church
- First Iconium Baptist Church
- Friendship Community Church
- Grace Community Fellowship Church
- Greater Heights Christian Church
- Greater Mount Carmel AME
- Greater New Life Baptist Church
- Greenforest Community Baptist Church
- Headland Heights UMC
- Hillside International Truth Center, Inc.
- International Christian Fellowship
- Jackson Memorial Baptist Church
- Jesus Christ is Lord Ministries
- Life Changing Ministries
- Light of the World Christian Tabernacle
- Love Life Christian Fellowship Church
- Midway Missionary Church
- Mission On The Move
- Mt. Calvary Baptist Church
- Muhammed's Mosque No. 15
- New Beginnings Ministries
- New Jerusalem Baptist Church
- Omega Holiness Church
- Poplar Springs Baptist Church
- Powerhouse of Deliverance Cathedral
- Providence Missionary Baptist Church
- Ray Of Hope Christian Church
- Salem Bible Church
- Simmons Chapel AME. Zion Church
- St James Missionary Baptist Church
- St. John Baptist Church
- St. Mark AME Church
- St. Mark Lutheran Church
- St. Philip AME Church
- The Greater Piney Grove Baptist Church
- The True Light Baptist Church
- Victory Praise Cathedral
- Wheat Street Baptist Church
- Woods Memorial Baptist Church
- World Covenant Christian Center
- Zion Hill Baptist Church

The Call and the Response

ABOVE ALL THINGS MINISTRY

"Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." - III John:2

THE OVERGROUND RR!!® IS READY. ARE YOU?

This organization's call for an "Overground Railroad" is a continuation of the Underground Railroad from America's slave history of the 19th century. The Underground Railroad boldly organized and led by Harriet Tubman delivered our people to physical freedom. The Overground RR!!® is delivering our people to economic freedom. The ORR has come a very long way since it began in 2001 (first as the Atlanta Black Agenda Business Resource Center). However, it still has a long way to go.



Harriet Tubman led us to physical freedom... The Overground RR!!® will take us to economic freedom.

Original artwork by Paul Collins

African-Americans are the only people in this country without an economic infrastructure. An economic infrastructure is an effective system by which people can meet their needs with resources provided by the people of their own community. This fact is the reason that Blacks control only a very small percentage of their economy. According to the Selig Center for Economic Growth, in 2007 Blacks spent approximately \$845 trillion and by 2012, that

spending is projected to top \$1.1 trillion, a 34 percent increase over the five-year period. However, the gross revenues of Black businesses ap-

proximate only 3% to 5% of that amount. Through the ORR, our people are called to practice Kitchen Table Affirmative Action™(KTAA).

As a result of the ORR, our people have made some remarkable discoveries. Do you know about North Carolina Mutual? It is one of the largest insurance companies within the African-American community and one of the most successful businesses within the national business sector. And now it is on board with the ORR. Our people have found that this well-established insurance company is an excellent source within our own community for life insurance needs. A person who was about to purchase a \$1 million life insurance policy from a company outside of our community found out about North Carolina Mutual. He decided to purchase his policy through the latter, and is now one of their very satisfied customers. See the North Carolina article on page 14.

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Sweet Auburn Springfest Key to Revitalizing Landmark Business District

by Jeremy House

A walk through some of the richest history that Atlanta has to offer. The street belongs to a host of African-American created enterprises that were founded and flourished during some of the darkest years of Black American life.

From one side of the street to other, institutions such as the Atlanta Daily World, the Royal Peacock nightclub, and the Auburn Avenue Library sit at the helm. Each institution touts an undeniable record of concretizing layers of African-American life that had yet to be realized.

Big money financial institutions like the Atlanta Life Insurance Co. (now the Atlanta Life Financial Group), Citizens Trust Bank and the Mutual Federal Savings & Loan Association founded by black financiers opened lines of credit previously withheld from blacks. These institutions fueled a wave of home ownership and entrepreneurship that caught national attention. In 1956, Fortune 500 Magazine reported that Auburn Avenue was the "richest Negro street in the world" and that the street "shattered the myth" that blacks were irresponsible with money.

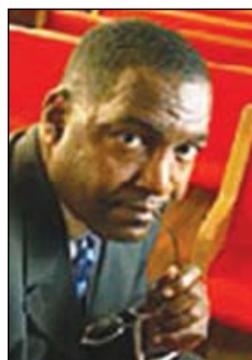
"By the 1950's there was real evidence that these Black Americans were capable of real enterprise," said Francine Henderson, director of the Auburn Avenue Research Library on African-American Culture and History. "Many

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Join the Overground RR!!® at the Business and Techonology venue at this year's Sweet Auburn Springfest.

State of the Community



Address

Concerned Black Clergy of Metropolitan Atlanta, Inc.

Monday, January 26, 2009

Remarks by President, the Rev. Darrell D. Elligan

See speech on page 5

ORR A.L.L.I.A.N.C.E.S

- 100 Black Men of Atlanta, Inc - 100 Black Women of Atlanta - All Empowered Inc. - Atlanta Be Someone - Atlanta Business League
- Atlanta Quest - City of Atlanta, Minority Business Opportunities - Cleveland Ave-Roy L. Yancy, Sr. Public Library
- Concerned Black Clergy - FACA - Fulton County Workforce Development - Georgia Black Chamber of Commerce - GABEO
- Ga. Coalition of Black Women, Inc - Girl Scout Troop 9216 - Greater Atlanta Economic Alliance
- LAMA Inc - Making The Transition, Inc. - MACEO's Kids Foundation - M.E.N.S. Wear Inc - NAACP of Georgia - National Action Network
- Ropheka Rock of the World, Inc - Save Kids of Incarcerated Parents Inc - SCLC Women - Show and Prove Youth Organization - SKIP, Inc
- Soul Food Museum - SPARC - The B-Aware Foundation - The Grapevine HIV/AIDS Foundation - The Owens Center For Excellence
- The Spirit of Sweet Auburn - Urban Business League



Letter From the Chairman



Aaron Turpeau, ORR Chairman

The evolution of the Overground RR!!® movement has been nothing short of remarkable. Those who have been onboard for a while know that it was initially known as the BRC, which was an acronym for The Atlanta Black Agenda Business Resource Center. Furthermore, the BRC was born from an organization known as The Atlanta Black Agenda.

Through this movement a central connecting point for the entire Black Atlanta community is taking shape. The ORR is now the connecting point for every aspect of our community, be it the churches, businesses or community organizations.

It has a staff of 8 people who are dedicated to providing the community with a reliable central business directory which is published throughout the community by print and cutting edge technology. To attract and encourage us to use the ORR business directory, the staff produces this newspaper The Conductor, an e-newsletter SPARKS, and a dynamic website, overgroundrr.com. The last issue of the Conductor printed 35,000 and was distributed to 179 locations in addition to being available on the website.

This issue is a major milestone for the ORR. 100,000 copies have been printed and is now being distributed. It's so much more to tell. But I'll stop right here for now. I am proud of how far we've come and the tracks which are being laid to take us to where we are going - Economic Freedom. Get On Board!!

The Call and Response

continued from page 1

Why not practice KTAA by seeing if your life insurance needs can be met by North Carolina Mutual?

And there are numerous other opportunities to practice it within Atlanta's Black business community. If you need office furniture, HA Office 515 is an excellent choice. Need heating and air conditioning, contact AD Heating & Air.

Or, you want to use an event planner for your next big gathering, call Von Creations. These businesses and many other capable professionals are ORR members and listed in the directory.

No community can control its destiny, provide for its people, or care for its children without strong and vibrant businesses owned by members of that community. Our businesses cannot be strong and vibrant without support from their community.

There are two basic problems hindering the growth of Black businesses:

1. Lack of awareness in the community that the business exists; and
2. Perception that the products and services are inferior to those provided by businesses owned by members of other communities.

For our people to be aware of the businesses in our community, a central business directory is necessary. It must be a directory which is continuously updated and broadly circulated throughout the community.

As with any great Black movement, the church is an essential element. Contrary to often repeated statements, Black churches recognize this important fact. How many times have you heard that Blacks need to support their own businesses? Haven't you heard it said that Black churches should support Black businesses? I'll bet you have also heard it said that Blacks will never come together. Well, just as we've seen our people delivered from physical slavery, and Blacks rise to positions previously believed to be impossible, the time has arrived for Black churches, businesses, institutions and

community organizations to come together.

The Overground RR!!® has been uniting churches and mosques along with businesses and community organizations since 2001. Some 68 churches and one mosque are now part of the ORR.

To address the perception that the products and services of Black businesses are inferior, ORR businesses commit to binding arbitration as a condition of membership. If disputes cannot be resolved between businesses and consumers, then the latter has the option of having the dispute mediated by an arbitrator outside of the ORR. This arbitration is provided at no cost to the consumer or the business. Business members of the ORR can be suspended or disbarred. Now, that's accountability.

To promote the ORR business directory, the ORR has evolved into a unique communications network. In addition to the Conductor newspaper, it publishes an e-newsletter called SPARKS. Subscriptions are free. Simply call 404-346-0808, or e-mail us at vbenamin@orr.org. Or you can register on the web site: www.overgroundrr.com



This web site is being upgraded with cutting edge media and social hosting technology which will unite the Black community in innovative ways. Look for the upcoming announcements launching the new website.

To remind us to practice KTAA, ORR floor stands will provide a continuous presence in member churches. The floor stands identify the churches as stations on the Overground RR!!® and their pastors as the "Conductor" of that station. For example, on the Cascade United Methodist Church (UMC) floor stand, Rev. Marvin Moss is presented as the Conductor for that station.

The ORR is increasing its capacity to web cast church sermons and activities. Our churches

are vast reservoirs of outstanding programs and events that the entire community should be able to experience. Many of the sermons preached in the pulpits of our churches are lifesaving, enriching and life changing. Our people need to hear these sermons. The ORR is working with the churches so that these sermons and events will be web cast, catalogued and archived.



Additionally, activities of our community organizations oftentimes are not known throughout the Black community. Few of our people know that the Concerned Black Clergy have been meeting every week for 26 years. Important community issues are discussed and vital information is presented at these

Meetings every Monday morning, 9:30 to 11:30 a.m. These meetings soon will be web cast and reported on the ORR website. The ORR will provide similar services for as many of the ORR alliances as possible.

The ORR is an excellent place to volunteer. This exciting movement is growing at an astounding pace.

Like the Underground Railroad, the Overground RR!!® is delivering our people to freedom. If you are a business owner, by joining the ORR for just \$1 a day, you vastly increase the likelihood that the community will be aware of your business.

Before you put this paper down, pull out the ORR business directory to start implementing your own personal program of KTAA. If you patronize a Black business which is not an ORR member, take the paper to the business and get it on board. Make sure your church is part of the ORR, as well as any community organization you are involved in.

The Overground RR!!® is ready. Are you?

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The ORR welcomes our new members

New ORR Business Members

- | | |
|------------------------------|------------------------------------|
| Alfonso Dawson Mortuary, Inc | Que It |
| Attorney Daryl Von Yokely | Royal Crown Barbershop/Holistic |
| Che Parker Painters | Cleansing Center |
| Circle of Wellness | Soul Vegetarian Restaurant |
| Dr. James T. Walker III, LLC | The Institute of Financial Freedom |
| Essentia Legal | Investment Solutions |
| Georgia Black Business Expo | The Wealth Engineer |
| Highly Favored Ministries | Willie A. Watkins Funeral Home |
| Odd Fellows Building | |

Thanks, for getting aboard

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 www.overgroundrr.com**

THE POWER TO PRODUCE WEALTH IN OUR COMMUNITY THROUGH SPIRIT-BASED COLLABORATION

- Creating Economic Power in Our Community • Business Directory
 Jobs in the Community • Consumer Satisfaction • Church Centers for Business Referrals
 Business/Consumer Accountability Membership Benefits • Email Newsletter
 • Referral Service • Arbitration of Disputes

Concerned Black Clergy Continues Lead in Public Service, Confronts Critical Community Issues

by Phala Herron-Nazarine

Moving forward in the second quarter of 2009, the OvergroundRR!!® follows its partner in faith and its alliance in business – Atlanta’s Concerned Black Clergy (CBC). The CBC continues to lead the masses in its mission of confronting hunger and homelessness, among other critical issues in Atlanta’s urban neighborhoods.

At a regular CBC meeting in March, the Education Chairperson announced that Atlanta School Superintendent Dr. Beverly Hall had been named the “2009 National Superintendent of the Year.” Hall has headed the Atlanta Schools since 1999. She was honored on February 20, at the American Association of School Administrators (AASA) National Conference on Education in San Francisco. The Association, along with its sponsors the

Franklin at her Faith-Based Roundtable at St. Luke’s Episcopal Church. Many area community leaders and activists came out to participate in this information-sharing and planning session. Among the organizations participating was Meeting the Challenge, Inc, which presented many solutions to the country’s economic crisis. Mayor Franklin announced that Federal Stimulus Act funds have been released and ready to be distributed throughout the community. She explained that millions of dollars have been delegated to Georgia’s counties for the unemployed. Further, she added that Atlanta’s Workforce Development Agency (AWDA) is slated to receive funding for youth workers. [It was noted that the agency has not only extended the age of participant eligibility (now 14 to 24 years old vs. 21 years old), but it also has waived the poverty-level requirement. As such, youth with unemployed or displaced working parents can apply for jobs in the county-funded program.]

disclosed alarming numbers which stunned the listeners, and prompted many to inquire about how they might get involved.

CBC has always had the homeless problem at the forefront of its mission and as a major cause for action. Outside of its weekly meetings, CBC operates similarly to the NAACP in its mission to assist the working poor, disenfranchised and the homeless. CBC partners with other outreach programs to provide shelters, food banks and other emergency services. CBC assists in raising funds to work on special issues, notably the campaign to cap rising prices on the medications prescribed by Grady Memorial Hospital for its largely low-income or indigent patients. Community leaders and fellow pastors call on the CBC to assist with initiatives dealing with HIV/AIDS, corporate injustice, child prostitution and voter registration. In turn, the CBC offers a venue and forum for organizations to come and share their missions with the people of Atlanta.

On April 25, 2009 the CBC organized the “6th Annual Clergy and Community Health Walk.” Hundreds of walkers and runners helped raise awareness of the health disparities plaguing the community. Participating church congregations, area organizations and individual supporters gathered at 9 a. m. The four-mile walk started at the VICARS Community Center and ended at Kroger’s supermarket at I-285 and Cascade. A Health Fair immediately followed the Health Walk in the Kroger plaza.



Rev. Elligan addresses a community conference conducted by the CBC

This advocacy group is composed of religious leaders, church members, activists, the elders and the youth, and the public-at-large. The CBC has been serving the metropolitan area for 25 years, and President the Rev. Darrel Elligan offers that the ministry “...is the leader in bringing about healing and holiness in our community.”

ARAMARK and ING Foundations, celebrated the contributions and leadership of public school superintendents.

On March 26, the CBC joined Mayor Shirley

Among other organizations making presentations before the CBC last quarter was the Street GRACE Ministry. Its mission deals with child exploitation and prostitution, as reflected in the acronym GRACE: Galvanizing Resources Against Child Exploitations. This ministry is a non-denominational alliance of churches dedicated to supporting, enlarging and allying with others interested in joining the struggle to rid communities of this ever-growing, horrific problem. Street GRACE is a grassroots alliance that seeks to eliminate these conditions and circumstances here in Atlanta and across the globe. The panel discussion

Every Monday morning, from 9:30 to 11:30 a.m., CBC holds a forum open to the public. Doors open promptly at 9:30 a.m., with tables set for a complimentary continental breakfast for members and visitors. Shortly after the opening -- the welcome remarks, prayer and introductions of all attendees, the committee reports are presented by various chairpersons concerning issues that vary from health and public safety to international affairs and voter registration practices. The official agenda lists committees dealing with economic development, education, housing, health, public safety, juvenile justice and religious affairs.



Registration team for the CBC Health Walk, from l to r: Karen Rawls, Seandra Rawls, Shunta Swift and Vivian Moore

Conductor Message

The CBC continues to deal with the hard issues and proceed with healthy solutions through action. There is no doubt that they are indeed a force with which to unite. If you reside in the Atlanta or surrounding cities (or are visiting the area, CBC invites you to stop by The VICARS-Community Church of God at 838 Cascade Road Atlanta, GA any Monday morning between 9:30 and 11:30.

The ORR recommends that you join with the Concerned Black Clergy and other partners in working to heal the community’s ills.

Cascade UMC Holds “Law Day 2009” Worship Service

by Jennifer Thomas

Nationally televised Judge Penny Brown Reynolds of Family Court with Judge Penny will join Georgia lawmakers, members of Georgia’s bench and bar, and the Greater Atlanta community to celebrate Law Day 2009 at Cascade United Methodist Church on Sunday, May 10th at 11:00a.m. Reynolds will be featured as the guest speaker of the Law Day worship service, a continued tradition started in 1981 by Judge Thelma Wyatt Cummings

Moore, now retired from the Superior Court of Fulton County, Georgia.

This year’s program theme is “A Legacy of Liberty: Celebrating Lincoln’s Bicentennial.” Fulton County Superior Court Judge Kimberly Esmond Adams and Avarita L. Hanson, Esq. are co-chairs for this program.

The tradition of observing Law Day at church-

es began as a mission to create a ministry of lawyers, paralegals and law enforcement personnel to support church families and their surrounding communities. The observance of Law Day and the creation of Legal Ministries throughout many Atlanta area churches have been greatly appreciated and again supported by Atlanta’s bench and bar -- the Gate City Bar Association (Willie Lovett, Jr., President) and the Georgia Association of Black Women At-

torneys (Sonja Natasha Brown, President).

The Rev. Marvin A. Moss serves as senior pastor at Cascade United Methodist Church.

This special Law Day service is free of charge and open to the public. For more information about the service and other church programs, call 404/691-5770, or check the Cascade web site at www.cascadeumc.org.

NEW JERUSALEM BAPTIST CHURCH
 Rev. Elijah Collins Jr., Pastor
 Early Morning Service: 8:30
 Sunday School: 9:45
 Main Service: 11:00
 1958 Dogwood Rd. • Snellville GA 30078
 Phone: 770-972-2324 • Fax: 678-348-7330
 www.njbchurch.org

Big Miller Grove MBC
 3800 Big Miller Grove Way
 Lithonia, Georgia 30038
 Phone: (770) 981-3800
 Fax: (770) 981-3806
 New Sunday Service Times:
 Early Service.....7a.m.
 Sunday School.....8:45a.m.
 Worship Service.....10a.m.
 www.bigmillergrove.org

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 Bishop Bobby Henderson & Mrs. Aurthurine Henderson

Creating Wealth to Do God's Work

The Conductor

Mega churches are a rapidly growing phenomenon of the religious movement. With church pews packed with anywhere from 1,500 to nearly 50,000 people, even praise and worship demand organization. And like any institution that maintains the equilibrium of thousands of people and thousands of dollars, good financial planning determines the success of these churches. No one knows this arena better than William Parker, founder of The Wealth Engineer-ABG Financial Services Inc.



Dr. William T. Parker

Parker's company specializes in guiding churches through various financial endeavors. Though ABG services individuals and other institutions, churches are the market Parker most wants to service and the market he wants to see profit.

The church market constantly grows, waiting for someone to strike lighting. The right pastor, with the right message, is destined to make millions. Parker's company assures that the church donations and revenue can be effectively utilized to do God's Work. Scores of young ambitious pastors work independently, only to discover that the pitfalls of financial unpreparedness will severely limit future ambitions. Just last year, Congress investigated a set of powerful pastors for suspicious financial practices, and others have been challenged for mishandling their congregations' enormous givings.

Parker said, "We work with churches throughout the United States. There are several mega churches throughout the Atlanta area that are our clients."

Currently, Parker's expertise is highly relevant. A graduate of Shaw University, Parker's vast education spans two decades. His training includes institutions like the American College, Business Insurance Advance Sales Institute, Investment Training Institute, and Rochester Institute of Technology.

The ABG motto is to "Add more than it takes." Parker believes there is no other way to do business.

Reviving Black Religious Art

The Conductor



Sandra Blackwell, creator of Rishona Inspirational Wear

Art has always been the tool by which groups of people define their cultures. Several philosophers have noted the power of artists whose art became a model archetype by which people molded their lives. Someone who takes that job seriously is Sandra Blackwell, creator of Rishona Inspirational Wear. Rishona Inspirational Wear, is more than a name of a business, it is an art form that Blackwell has been perfecting for years.

Rishona art isn't new. However, the style is rare, and one that many people haven't seen in years. It's quirky and fun! Blackwell's animated interpretation of common worship practices illuminates an inherited light-heartedness in her otherwise serious religious themes.

Religion equals art for Blackwell. Her characters, themes, and animations encompass an upbeat rhythmic representation of the world. Singing, dancing and hallelujahs weave through the religion infused paths of her characters. Though she considers herself a Black Jew, Jesus is a common centerpiece in her art.

Blackwell received the inspiration to dive head first into her art from a discussion on Black Talk Radio. Host of the radio program, Bob Moore, reminded listeners that the key to a healthy Black community laid in the success of Black businesses. Blackwell heeded Moore's call and combined it with her creativity. The result was an enterprise which would be a release for her artistic talents and one which would help sustain the needs of her community.

After 18 years, Blackwell has amassed a rigorous collection. There are countless notebooks, containing pages upon pages of character drawings, all waiting to be brought to life by Blackwell.

"The purpose of my business is to highlight various aspects of life," said Blackwell. "I would like to establish a gallery."

Recently, Blackwell's religious t-shirts are the primary sales vehicles for her art. She began distributing her art by putting it on shirts and selling them to the public. That's the thing of now. The things for future are vast, in Blackwell's vision. Besides a gallery, Blackwell has sketched a cartoon segment and has several other creative ideas in the wings.

Creatively, Blackwell has the goods. Moving those creative ideas to fruition is the next task of Rishona Inspirational Wear. One thing for sure, she has the art portfolio to make it happen.

Miracles, Miracles and More Miracles 2009 Purple Ball Honoree Awards Banquet

The Miracles, Miracles and More Miracles Ministry presented its "7th Annual Purple Ball Awards Banquet." on Saturday April 4 at the Holiday Inn Select Hotel in downtown Atlanta. More than 200 representatives from area churches, faith-based organizations and other ministry supporters attended the banquet program.

Founded by Evangelist Sandi Collins, the



Bishop Margaret Wilson and Willie A. Watkins

Miracles Ministry selects 16 outstanding individuals each year to recognize for their active, dedicated service benefiting others.

Among this year's honorees was mortuary service owner Willie A. Watkins, a member of the Overground RR!!; who received the "Ambassador Award." Noted gospel announcer Larry Tinsley, who is an affiliate of the ORR!!, received the "Radio Angel Award." Other honorees included: Bishop Margaret Wilson received the "Pioneer Award"; and Pastor Mark A. Couch, senior pastor of Emmanuel Tab-



Larry Tinsley

ernacle, received the "Ambassador Award."

The Purple Ball Banquet was highlighted by the appearances of renowned gospel artist, Ms. Dorothy Norwood, and Ms. Demetria McKenney, a co-star on Tyler Perry Studios' "House of Payne" show. Ms. Norwood was honored with the "Legend Award," and Ms. McKenney was presented with the "Entertainment Achievement Award."

"We were delighted to have the opportunity to present these outstanding community servants with the Purple Ball Award," stated Evangelist Collins. "Their well demonstrated service activities are very much in keeping with the work of the Miracles Ministry."

Evangelist Collins and her "Miracle Team" provide food, clothing and shelter for those in need, along with a 24-hour, call-in prayer line and other support.



Dorothy Norwood and Sandi Collins



Pastor Mark A. Couch and Evangelist Sandi Collins

provide food, clothing and shelter for those in need, along with a 24-hour, call-in prayer line and other support.

Tune into Evangelist Collins every Thursday on WYZE -1480 AM Radio at 9:00am; a repeat broadcast is aired at 9:00pm. You also may attend her "Miracles Service" every second Sunday at Emmanuel Tabernacle, 823 Dill Avenue Atlanta, Ga..

Cascade
United Methodist Church

"A Light in the Community"

Cascade Service Times

SUNDAY
Worship Services - 8:00 a.m., and 11:00 a.m.
Sanctuary
Sunday School - 9:45 a.m. - 10:45 a.m.
Children's Church - 8:00 a.m. and 11:00 a.m.
(Ages 5-10) - Chapel
Youth Worship - 2nd and 4th Sundays
11:00 a.m. (Ages 12-18) Room 209

WEDNESDAY
Wednesday Night Live Worship Service
7:00 p.m.

Cascade United Methodist Church
3144 Cascade Road, SW
Atlanta, GA 30311
Phone: 404.691.5770
Fax: 404.691.7961
www.cascadeumc.org

GRACE Will Lead Us Home

The Conductor

The road to the ministry for Frederick Caldwell was painstaking, and he took the process seriously. Step by step, not sure that it was his calling, Caldwell sought advice from several acquaintances in ministry. Some who gave counsel had known Caldwell for years. They all knew that the preaching bug pursued Caldwell with relentless vigor. As Caldwell will humorously acknowledge, church leaders in his circle patiently waited for Caldwell to realize his God-driven purpose. With a few smirks, words of advice and other positive reinforcement from his colleagues, Caldwell surrendered to his divinely inevitable path.

"I had this thing that wouldn't let go of me... I couldn't just not do it," Caldwell said. "As it relates to pastoring and starting a church -- I believe it was about five or six years into being in the ministry, when the Lord called me to his people."

The call made unto him was somewhat different than his influences. Caldwell created Grace Community Fellowship Church nine years ago. Till this day, Caldwell's ministry recognizes obvious but ignored gaps in traditional church ministries. For him, much of the needed healing for God's flock is actually 'racial healing.'

Racial healing is a poignant divide in the American churches; however, racial healing symbolizes the numerous divides that inhibit the true and total healing of mankind. Caldwell's egalitarian theology approaches Martin Luther King's ideology and other prophets who testified that the inability to love one another's differences would create unstoppable destruction.

"The mission of Grace Community Fellowship Church is to reconcile people to God, people to people, and churches to churches," says



Caldwell, who serves as senior pastor. "We see it as our calling to be a community builder, somebody that builds bridges that connect folks together. We see a larger vision of reaching out."

Connecting people matured Caldwell's personal theology. He witnessed amazing occurrences when diverse people convened together under a common goal of serving God. Most importantly, connecting the haves and the 'have nots' became a central theme of his work. For Caldwell, like Dr. King, this divide is the 'great hill to climb,' if he is to save his congregation.

"I'm in an area where there are lots of people (and families) who live in hotels," Caldwell said.

And those are the ugly and gritty needs that Caldwell perpetually reminds others about when he speaks. When conversing about ministry, he repeatedly focuses on the social ills, such as homelessness, mental disabilities, physical handicaps and hunger. These are the often-ignored concerns of too many churches that have become too big, too bourgeois and too busy to take seriously, Caldwell notes.

One Grace initiative is "Dinner with the Community." This effort feeds people, of course; but Caldwell uses the event for a broader goal. Eating and feeding is not the primary objective for the feast. More than the hungry are welcomed. In fact, if you are already eating well, Caldwell wants you there most of all. The event connects the hungry with those who are not.

Caldwell said, "The rule was that you don't come just to feed people. You come to make community with one another. You would be surprised with how many people come to unite."

State of the Community Address

Concerned Black Clergy of Metropolitan Atlanta, Inc.

Monday, January 26, 2009

Remarks by President, Rev. Darrell D. Elligan

To the Board of Directors of Concerned Black Clergy of Metro Atlanta, to all elected officials, past presidents of CBC, to all fellow clergy, to all business and community leaders, members of CBC and friends represented here today. It is an honor and a privilege for me to deliver to this very distinguished audience, The State of the Community Address for 2009. We rise to give all glory and honor to God, Jesus Christ and the Holy Spirit. We recognize all faiths represented today.



Rev. Darrell D. Elligan

I bring you greetings as the President of the Concerned Black Clergy of Metropolitan Atlanta, Inc. Our mission is to provide leadership, advocacy and service to the homeless, helpless and hopeless in our community.

The Concerned Black Clergy has been the prophetic voice on behalf of the community for over 25 years with only one agenda and that is the Kingdom of God's Agenda. All of our work, witness, and wisdom are progressively principle-centered to promote God's Kingdom on Earth as it is in Heaven. We do not have a Democratic nor Republican Agenda. We do not have a conservative, a moderate or a liberal agenda. We have a Kingdom of God's Agenda. We do not have permanent friends or enemies

but we do have a permanent interest in the total well being of every individual, family, and church that makes up our community.

Our mission is the protection of the poor. We deal and hold accountable, with systems of power and privilege that often oppress, marginalize and discriminate against people resulting in exclusion instead of inclusion.

Joshua 3:5
Sanctify yourself, tomorrow the Lord will do wonders among you.

The context of our conversation today is centered around the German word, "Zeitgeist". Zeitgeist is a term that references to the general intellectual, moral, cultural and political climate of an era. Zeitgeist is a word that reflects the taste, outlook and the defining characteristics of a generation. Zeitgeist captures the prevailing mood or attitude of a given period. Zeit means "time" and geist means "spirit" simply put, Zeitgeist has to do with the thought, thesis or title of this morning's message -- "The Spirit of the Times."

The Zeitgeist for Google.com recorded the largest volume of engine searches in 2008 as "who is Obama"? My Zeitgeist highly expensive \$20 chronological watch with Obama face on it says it's Obama Time!

As I stood out on the morning of January 20, 2009 from 6 am to 12 noon waiting to personally view the oath of office of the 44th President of these US of America, I was dressed in my thermal ware, two pairs of socks, a long sleeves shirt, a sweatshirt, a hooded sweatshirt, a long wool coat, a skull hat, scarf, and two pairs of gloves to keep me warm on the outside, but it

continued on page 18

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legal matters

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Essentia Legal

Robert Arrington, Latif Oduola-Owoo, and Michael Mason began the Essentia Legal law firm with similar principles in mind. Arrington wanted to aid small business owners in becoming more successful. Oduola-Owoo sought to pursue “equal justice.” And Mason possibly sums up all their feelings by saying, “I thought I could do a greater good by serving people in my community.”

The trio is the central forces behind Essentia Legal P.C. Before opening their firm in the summer of 2008, the three attorneys pursued their individual dreams of providing viable legal practices for their communities. Founding partner Arrington was the brain child of the Essential P.C. Having already worked with Oduola Owoo and Mason at the prestigious King & Spalding law firm in Atlanta, he convinced his two associates to organize the practice. While at King & Spalding, all three had worked on a number of cases involving fortune 500 companies and other high profile cliental.

Essentia Legal’s partners all have stellar backgrounds. Before starting the firm, Mason

served as Managing Senior Attorney at the U.S. Patent and Trademark Office in Washington D.C.; he is a graduate of Duke University Law. Founding partner Oduola-Owoo was a physicist before choosing a legal education in the late 1990’s. Now president of the Georgia Association of Nigerian Lawyers. Oduola graduated from Brooklyn Law School. Arrington attended Howard Law School and is a National Bar Association Scholar.

Essentia Legal has met an unexpected level of need in the communities it serves. In just a year, Essentia Legal has grown beyond its founders’ expectations, and the people continue to seek their services. The firm is located in Camp Creek Marketplace in Atlanta’s south Fulton corridor. Essentia Legal deals with a number of legal areas, including estate planning, litigation, intellectual property, bankruptcy and debt management.

ORR members and patrons seeking affordable, highly experienced corporate attorneys and legal professionals need look no further. They can find them at Essentia Legal P.C.

Morehouse Business Law Group Seeks to Aid Black Law Students, Raise Graduation Rates

After graduating from Morehouse College, Kenneth Torrence attended the University of Arkansas Law School. He was the only African American to graduate his law class. Torrence entered law school as one of only three African Americans. According to Torrence, “the other two guys just failed.”

It’s an all too familiar story. Among these students who choose to face the rigors of an American legal education, African Americans are much more likely to dropout or finish in the bottom half of their class. Over the years, several pre-law fraternities and law groups have sprung up to aid students through the process of enrolling and graduating law school. Nevertheless, numerous black American lawyers—including Torrence—will say these institutions “don’t address the needs of our community.”

“A lot of students are just on their own,” Torrence explains.

Torrence is now the professor of business law at Morehouse College and determined to create a new path—at least for his alma mater. Using his class as a springboard, Torrence jump started the Morehouse College Business Law Group. The Business Law Group approaches its second year as the semester ends. Torrence hopes the organization will evolve into a vital bridge between Morehouse students and law school.

Recently, the Business Law Group held its second annual “Life and Law Symposium” focused on getting in and out of law schools. Featured panelists included former Atlanta City Councilman Thomas Cuffie, Director of the State Board of Workers Compensation Viola Drew, Director of Admissions for GSU Law

Cheryl George, Attorney Harold Alexander of the Alexander Law Firm, and entertainment lawyer Evita Kaigler.

The panel discussed the critical need for more black lawyers, noting that the number of black



Life and Law Symposium Panel

attorneys is sharply less than the black community’s 14 percent segment of the country’s total population. Attorney Cuffie explained that the disparity of too few black lawyers is not healthy for the black population.

Currently, the Business Law Group at Morehouse has about 15 members. However, the group’s vice president, Trenton Dockery, suspects that’s once the word gets out about the need the numbers will rise dramatically.

Dockery said, “I think a lot of students want to attend law school because of the opportunities that come with a JD and also the job security that it can give a person.”

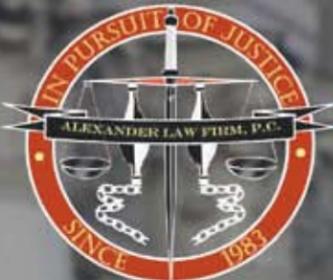
“We are trying to broaden our appeal to people outside of business majors” Torrence added.



Morehouse College Business Law Group

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College Park, GA 30349
770-991-8831

Investigations

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Decatur GA 30036
770-922-7888
www.directinv.net

Faye Coffield
PO BOX 360453
Decatur GA 30036
770-484-0193

Investments

Grin, INC
PO BOX 128
Acworth GA 30101
770-966-5235

Jeweler

Burks Jewelers, Inc
1188- A Glenwood Ave SE
Atlanta GA 30316
404-622-6090

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Essentia Legal P. C
3645 Marketplace Blvd Suite
170
Atlanta GA 30344
404-549-6771
www.essentialelegal.com

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Atlanta Chauffeur Service
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College Park GA 30349
770-969-9988
acslimo.com

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St Mountain GA 30083
770-808-7432
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com

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678-463-3636
www.person2person.us

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754 Woodson St.
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770-935-6257
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404-212-0819
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Atlanta, GA 30312
678-508-9478
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Atlanta GA 30331
404-696-5889

Phala Herron-Nazarine
Black To Eden
404-454-2764
queenspen@hotmail.com

Faye Raye
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Atlanta GA 30311
404-805-5888
www.fayeraye.com

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Decatur GA 30034
404-241-3030

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Atlanta GA 31131
404-629-2020
www.oilbutlerinternational.com

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Atlanta GA 30350
269-924-9197

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Dependable Termite & Pest Sevice
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Mableton GA 30126
770-745-0000
www.dependabletermite.com

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College Park GA 30349
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www.everredi.com

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Decatur GA 30034
404-241-7619

Physicians

Allwell Physicians, Inc.
118 N. Avondale Road
Avondale Estates GA 30002
404-499-0005

Joann Donaldson, MD
249 Fielding Lane S.W.
Atlanta GA 30311
770-908-3449

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2191 North Lake Pkwy
Bldg 11, Suite 22
Tucker GA 30084
770-414-8005

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1772 Soapstone Ct.
Decatur GA 30034
770-633-1915
shaunn_smith@yahoo.com

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503 Commerce Park Dr., Ste D
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Norcross GA 30091
770-991-7660

Public Relations

Rixter-Tate Public Relations
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St Mountain GA 30086
770-469-7550

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Stone Mountain GA 30083

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Conyers GA 30013
770-572-0099

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Atlanta GA 30318
770-997-2848

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Atlanta GA 30331
404-281-8052
drjames.info

Rental, Props

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Atlanta GA 30311
404-758-9091

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Atlanta GA 30331
404-346-0407

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Atlanta GA 30310
404-758-2881
http://q-timerestaurant.com

Soul Vegetarian Restaurant
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Atlanta GA 30310
404-752-5194
www.kingdomofyah.com

Soul Vegetarian Restaurant
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Atlanta GA 30306
404-875-0145
www.kingdomofyah.com

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Avondale Estates GA 30002
404-299-2394

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College Park GA 30349
404-559-9700

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Mableton GA 30126
770-819-3040

Security Protection Investigation Services
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Atlanta GA 31131
770-274-9468
www.spisinc.com

System 5 Electronics
1761 R D Abernathy Blvd
Atlanta GA 30310
404-756-0736
www.system5electronics.com

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Vision Security Inc
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Decatur GA 30033
770-771-9789

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Decatur GA 30035
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770-939-0902
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Atlanta GA 30324
404-321-3228

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Mableton GA 30126
678-213-1141

L & B Tax Service, Inc.
1745 Phoenix Blvd
College Park GA 30349
678-216-0212

L & B Tax Service, Inc.
5300 Memorial Drive
Stone Mountain GA 30083
678-704-6780

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Jonesboro GA 30236
770-472-9998
professionaltaxadvisors.net

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Atlanta GA 30334
Phone: 678-467-7536
www.gbbexpo.com

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College Park GA 30349
770-969-9988

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Focus on Video,LLC
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Stockbridge, GA 30281
770-957-4299

Hayes Technical Services Inc.
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Jonesboro GA 30238
770-210-4677

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Sunday School 9:45 a.m. - 10:30 a.m.
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Interpreted Services
8:30 a. m. (Salem East)
11:00 a. m. (Salem West)

TV BROADCAST
Sunday 7:30 PM
Atlanta Interfaith Broadcast

WEB BROADCAST
www.salembiblechurch.org
http://www.thepreachingnetwork.org/

All mail for both locations should be directed to:
SALEM BIBLE CHURCH
2283 Baker Road, NW
Atlanta, GA, 30318
Main Office (404) 792-0303
Fax # (404) 792-5665

“A-Town Day”

A Monumental Day to Remember

The Conductor

The B-Aware Foundation is one of ORR’s newest alliances in 2009. When foundation head Brian Glasper heard about all of the OvergroundRR’s!! promotional benefits and its potential for lifelong business relationships, he was excited and eager to get on board.

Early in the week before the third annual “A-Town Day” event, the ORR staff went out to Turner field to interview Glasper as he shared the history of his movement and foundation. Glasper was inspired to launch an annual Day of Awareness after the untimely passing of his father Eugene Glasper, due to diabetes complications. The Georgia General Assembly through House Resolution 1658 cited the program as a positive event for the city of Atlanta and the state of Georgia.

He gained support for his event from organizations such as the Atlanta Braves, the Falcons, V-103 Radio, Rolling Out magazine, McDonald’s, Wal-Mart, MARTA, the Atlanta Fire Department, the U.S. Army and Navy, The Red Cross, Grady Hospital and over 30 local health organizations. Since the first A-Town Day concert and health festival, these alliances have grown and the supporting organizations look forward to such a positive event.

Although the A-Town Day event grew out of the need to spread awareness about health issues plaguing the community, Glasper’s foundation benefits not only the B-Aware foundation but also the Tupac Amaru Shakur Foundation and



Brian Glasper, Founder of the B-Aware Foundation

the Georgia Transplant Foundation. Glasper’s mission is to serve the community by uniting the Medical and Entertainment industries with the community. He wants to offer this knowledge in a unique and enjoyable way that he terms ‘edutainment.’

“I want to make people aware of the preventive measures that can lead to a healthier lifestyle and get away from the complacent attitude that most people have towards health care,” Glasper explains.



Crowds gather for performers at A-Town Day Concert

He made this vision a reality at the second “A-Town Day” event in 2008.

Along with big name artists such as Rich Boy, Keri Hilton and the Grand Hustle Camp, there was a host of talented independent local musicians, dancers and poets/spoken word artists. Among the spoken word artists was ORR’s own Phala Nazarine, founder of Black to Eden, a health conscious movement inspired by her own story and personal mission. Ms. Nazarine, known in Atlanta’s poetry circle as “Heiress Ocean,” stated that “it was an awesome pleasure to be a part of such a tremendously important and informative event.

“What Brian has accomplished in a matter of three years is inspirational to say the least. I was just glad to be a part of this successful grassroots effort for the second year. He truly has created a platform for social activists who

use the spoken word to teach, and I enjoyed blessing the mic for a purpose like this one”

With over 65 entertainers keeping it clean and informative, this family-oriented event was certainly non-stop fun from 12 noon until the crowd of thousands was promptly ushered out after the final performances at 8p.m.

This past March 21, Glasper’s organization made history again with the third annual “A-Town Day.” This day of awareness brought together over 7000 people from the community to enjoy good music and food, and the multitude of organizations and vendors who came out in support of this powerful concert, festival and day of awareness. A-Town Day was certainly a monumental day to remember...and to look forward to in 2010.



Performers take the stage at A-Town Day Concert.



Highly Favored Ministries, one of many vendors at A-Town Day

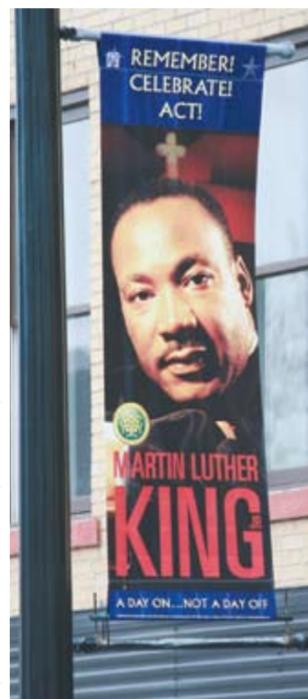
Atlanta Martin Luther King Day Parade: A Dream Deferred Until Now

The Conductor

Like it has for many years, the annual Martin Luther King Day Parade moved down Atlanta’s historic Auburn Ave as usual. Unlike previous years, this year’s parade had an atmosphere that was noticeably transformed. The crowds appeared larger and the celebrators had a new source from which to draw enthusiasm. Youth inundated the streets, many learning of Martin Luther King through the conduit of President Barack Obama. By their side stood their elders, who were keenly aware of the parallels, paradoxes and the magnificent poignancy of this moment.

The 2009 Martin Luther King Parade was the first since the historic election of President Obama. This year was different and the participants’ remarks expressed vastly different ethos of remembrance, celebration, and the irony of time passed. For African-Americans, this parade marked the convergence of once competing ideals: dreams and reality, sacrifice and success, nostalgia and optimism. The elders alluded to an epoch of struggle and sacrifice, with their divinely eloquent King. The youth envisioned a future of promise and potential with a Black President.

“Today is a different day for not only Black Americans, but Americans as a whole” said one participant. “I think that Martin King had the dream, and Mr. Obama became the dream.



I think that a lot of people never thought we would see this [the election of President Obama] in our lifetime. I was one of those people. I never thought I would see a Black President; I thought maybe there would be a White woman first. But I feel confident that our country is going in a fundamentally different direction. And I think that the ideas Obama has will be beneficial to all Americans.”

King’s iconic images once dominated the paraphernalia, and Malcolm X’s memorable countenance was the clear second. Now things have changed. President Obama’s face dominates the parade, and even the items that featured King and Malcolm were collages with images of President Obama.

Langston Hughes once asked, “What happens to a dream deferred? Does it dry up?

Like a raisin in the sun? Or fester like a sore-- And then run? Does it stink like rotten meat? Or crust and sugar over--like a syrupy sweet?” Today’s public wishes those with deferred dreams had lived to see today. At this moment, Sweet Auburn really would have been sweet.

“It is a good feeling to be here on Auburn Avenue for the Martin Luther King Parade” said a female participant. “It’s good to see all of our Black people come together on this special day.”

A special day it turned out to be, indeed.



Monthly Business Builders

Mark your calendars! The Overground RR!!® Monthly Business Builders is a networking event like no other. The third Thursday of each month starting June 18, the Overground RR!!® is hosting monthly Business Builders to provide our members with real opportunities to increase their enterprise with other member businesses and guest.

- Showcase your business
- Build new business relationships
- Increase your bottom line
- Circulate the Black Dollar
- Meet other black business owners
- Turn your expenses into investments

Overground RR!! members and guest will meet from 6pm-8pm at Michon's Loft 1155 Virginia Avenue Hapeville, Ga. beginning June 18, 2009

(Members are free! Non-Member are only \$10.00)

MAY

May 8-10, Sweet Auburn 2009 Springfest, 25th Anniversary Celebration

Overground RR!!® is official host of the Business & Technology venue on Auburn Avenue, between Bell St. and Jesse Hill Dr.

May 10, "Law Day Service," Cascade United Methodist Church 11:00 a.m., featuring **Judge Penny Brown Reynolds** 3144 Cascade Rd SW, Atlanta, GA 30311.

Concerned Black Clergy, Community Forum, Every Monday at 9:30 a.m. The VICARS Community Center 838 Cascade Road Atlanta, GA 30310.

Community residents are invited to share in one of the most insightful and informative community forums in Metropolitan Atlanta. You will hear discussions on the latest issues impacting our world, especially the African-American community. Join us for great promotions and giveaways.

The Peoples Agenda Tuesdays, 12:00 to 2:00pm Atlanta Life Bldg, Training Room 100 Auburn Ave, Atlanta, GA 30303.

May 17, "First Annual Father-Daughter Springtime Tea," Girl Scout Troop 9216 5 to 7 p.m., Princeton Lake Clubhouse, 3511 Redwine Pkwy. Atlanta 30331

The ORR is a sponsor of this special event by troop 9216, an ORR Alliance member. For tickets, call Cynthia Jackson-Martin at 678-898-2548.

May 19, Atlanta Business League, 31st Annual "CEO Luncheon" 12:00 to 2:00 p.m., Atlanta Marriott Marquis Hotel, 265 Peachtree Center Avenue; ticketed event.

May 23, 2009, Sister Mathis Speaks presents "Family Connections"

3 to 6 p.m., Southwest Library Meeting Room 3665 Cascade Road, Atlanta, Georgia 30331

For event cancellations: please call Southwest Library at 404-699-6363 or check my webpage: www.SisterMathisSpeaks.com.

JUNE

Concerned Black Clergy, Community Forum, Every Monday at 9:30 a.m.

The VICARS Community Center 838 Cascade Road Atlanta, GA 30310.

The Peoples Agenda

Tuesdays, 12:00 - 2:00pm Atlanta Life Bldg, Training Room 100 Auburn Ave, Atlanta, GA 30303

June 16, "Business Power Forum,"

Atlanta Business League(ABL) 5:30 p.m. - 7:30 p.m., Atlanta Life Building, 100 Auburn Avenue Atlanta, GA

Registration Required by June 15. Future Members -- complimentary admission; Current Members --admission covered. RSVP by Monday, June 15.

June 18, all future Third Thursdays, "Monthly Business Builder," Overground RR!!®

Michon's Loft (Banquet Hall) 1155 Virginia Ave. Hapeville, GA 30354 Registration at 5:30, Program 6-6:45 followed by networking.

June 27, 2009, Sister Mathis Speak presents "Family Connections"

3 to 6 p.m., Southwest Library Meeting Room 3665 Cascade Road Atlanta, Georgia 30331

For event cancellations, please call Southwest Library at 404-699-6363 or check webpage: www.SisterMathisSpeaks.com.

JULY

Concerned Black Clergy, Community Forum, Every Monday at 9:30 a.m.

The VICARS Community Center 838 Cascade Road Atlanta, GA 30310.

Community residents are invited to share in one of the most insightful and informative community forums in Metropolitan Atlanta. You will hear discussions on the latest issues impacting our world, especially the African-American community. Join us for great promotions and giveaways.

The Peoples Agenda, Tuesdays, 12:00 to 2:00 p.m.

Atlanta Life Bldg, Training Room 100 Auburn Ave Atlanta, GA 30303.

July 14, "Men of Influence Induction Ceremony and Reception," Atlanta Business League

5:30 to 8:30 p.m., Hyatt Regency Atlanta, 265 Peachtree St.; For ticket information, call 404-584-8126.

July 16, all future Third Thursdays, "Monthly Business Builders," Overground RR!!®

Michon's Loft (Banquet Hall) 1155 Virginia Av, Hapeville, GA 30354 Registration at 5:30 p.m., Program 6-6:45 p.m. followed by networking

July 29-August 1, "Bridging the Gap and Building the Bridge Conference," in Abuja, Nigeria

The Africa Heritage Foundation, Atlanta, GA

This conference aims to develop international partnerships, support the emergence of Africa's private sector, promote direct foreign investment in Africa and leverage the imbalances in Africa's growing economy. **Chief Tunde Adetunji, CEO and President,** for more information, call 404/588-0404; or visit www.africaheritagefoundation.org or email chiefetun@gmail.com

AUG

Concerned Black Clergy, Community Forum, Every Monday at 9:30 a.m.

Community residents are invited to share in one of the most insightful and informative community forums in Metropolitan Atlanta. You will hear discussions on the latest issues impacting our world, especially the African-American community. Join us for great promotions and giveaways.

The VICARS Community Center 838 Cascade Road Atlanta, GA 30310.

The Peoples Agenda, Tuesdays, 12:00 - 2:00 p.m.

Atlanta Life Bldg, Training Rm 100 Auburn Ave Atlanta, GA 30303.

August 8, "Georgia Black Business Expo and Showcase,"

Greenbriar Mall, 2841 Greenbriar Parkway, Atlanta, GA 10 a.m. to 4 p.m., Free Admission; call 678-467-7536 for more information; ask about the "Early Bird Admission" or visit www.gbbexpo.com.

August 18, "Business Power Forum," Atlanta Business League

5:30 to 7:30 p.m., Atlanta Life Building, 100 Auburn Avenue Atlanta, GA

Future Members -- complimentary admission; Current Members --admission covered. RSVP by August 17.

August 20, Overground RR!!® Monthly Business Builder

Third Thursdays; Michon's Loft (Banquet Hall) 1155 Virginia Av, Hapeville, GA 30354

Registration at 5:30 p.m.; Program 6 to 6:45 p.m. followed by networking.

August 25, "Business Enrichment Seminar," Atlanta Business League

5:30 to 7:30 p.m., Atlanta Life Building, 100 Auburn Avenue Atlanta, GA

Non-members: \$25.00 (Purchase online); Member cost included in membership fee (RSVP online); www.atlantabusinessleague.com) RSVP by Monday, August 24.

Are you getting SPARKS, the e-newsletter of the Overground RR!!®?
Send an e-mail to vbenjamin@overgroundrr.com with the word "SPARKS" in the message subject.



GEORGIA BLACK BUSINESS EXPO AND SHOWCASE

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AUGUST 8, 2009 (Saturday)
Greenbriar Mall
10am (free admission)

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For details or information on booth space:
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When Overground RR!!® set out to cover Atlanta's Black businesses that showed and proved time and time again they're at the top of their class, Watkins Funeral Home continues the unwavering domination when it comes to excellent public service.



Willie A. Watkins

At the early age of seven while growing up in Scottsdale, Georgia along with his grandmother who knew a majority of the community in their town would show respect and support for various funerals throughout the years. Watkins would overhear his family speaking about the quality of different services and the condition and appearance of the deceased. That alone made him interested enough to wonder why was his grandmother so intrigued about how the good the body looked and how beautiful the service.

When asked to help out and assist in the service Watkins was fascinated and started attending and learning the inter-workings of the business by arranging and preparing flowers that ultimately led the greatness you see today.

At age 14, Willie A. Watkins got an after-school job at Atlanta's Thornton Funeral Home, where he remained until he opened his own service in 1982.

By 1971, however, he had already obtained his state mortuary license. "I was possibly the youngest to have such a license," he said. "I was only 20. When I got out of [Charles L. Harper] high school in 1967, I joined my buddies and enrolled at Morehouse College. I stayed for two years until they opened Gupton-Jones College of Mortuary Science. Once that happened, I made a beeline to Peachtree Street."

He worked days and went to school nights until he graduated.

In 1982, with 11 years experience from Thornton, he purchased a 100-year old Victorian-style home on what was then Gordon Street in the West End. The house was owned by John Gordon, a confederate war general for whom the street which was originally named. Watkins said his move was deliberate.

"I bought this old house because I wanted to establish the atmosphere of this being a funeral home, not just a mortuary," he added.

Today we are the first to do everything in our field from the releasing of doves, horses and carriages, antique cars, and the wearing of tuxedos and tails. Comfort is the most important detail to serve you and your loved ones in a warm environment that is live and full of love catered and designed for you.



Watkins Funeral Home

"Too many people get into the business because of money," says Willie A. Watkins. "But me, I love the business I'm in. And because of that, I'll go the extra mile to provide good service."

Now you may ask especially when it comes to this type of occupation, if not motivated by money or death then what could it be that Watkins love about the business so much?

Dr. James T. Walker, III: Physician Ventures from Medicine to Develop New Real Estate Concepts



Dr. James T. Walker, III

Five years ago, Dr. James T. Walker, III left the medical profession to pursue his hobby in real estate. Walker's grand idea was to provide affordable office space for the small business person. Last year, Walker launched the Ideal BizCenter, and his concept is really impacting Atlanta's business real estate market ----(or being well received by Atlanta's real estate market.)

dens; and an event center that he named the Cascade Mansion and Gardens. The real estate guru is undertaking a diversity of projects in the real estate business.

The Ideal BizCenter offers affordable space with traditional office services and office solutions for Business Owners in need of a commercial office address. His first BizCenter is located off Campbellton Road in Atlanta's southwest area. He plans to open centers in three more locations: northwest, northeast and southeast metro Atlanta.

Dr. Walker's business operations maintain a team of professionals that encompasses all aspects of running a small business. Their expertise covers marketing, law, e-business, customer service, and technology. Additionally,

business matters

Che Parker Company Brings Legacy of Residential Painting and Community Service to Atlanta

by Angela Harmon

It was 1901 when Che Parker's great-great grandfather started a business that turned into a legacy for the Parker family. Che Parker began his painting career at the young age of eight years old. As a fifth generation residential painter, Parker considers constructions that have met his paint brush to be works of art. From the expertise of his grandparents to his lifetime experiences, Parker knows the ins and outs of residential painting.



Che Parker

Parker moved to Atlanta from Michigan in November of 2008, and joined Cascade United Methodist Church (UMC) and its active Business Alliance. For new readers of The Conductor, Cascade UMC is a long-standing church member and partner of the Overground RR!!® On February 21, the ORR made a presentation to Cascade's Business Alliance members. Parker enthusiastically came aboard as a business member of the ORR and also will serve on the membership committee.

"I am pleased with the vision and leadership at Cascade United Methodist, and see the Overground Railroad as an excellent grassroots medium," Parker stated. "The ORR is well positioned to serve the needs of the church and business auxiliaries across Atlanta's metropolitan area." He personally joined to network with other members and to satisfy his interest in communications.

Parker's passion concerning the uplifting of the Blacks Community is undaunted. A former minister of the Black Panther Party and a life-long activist, youth builder and volunteer - he brings valuable insight and experience to

the table. An avid reader, music lover and family man, Parker also considers himself a Universal Spiritualist with a humble and sincere demeanor.

Che Parker Painters aims to execute top quality paint jobs. The company's 30 years of experience have made him the "go to guy" for expert residential painting.

"But our company isn't only concerned with profits," says Parker, who is very oriented to community service. At its home base in Michigan, Che Parker Painters conducted a summer institute that teaches young people how to be entrepreneurs and high quality painters. Parker looks forward to duplicating this program in Atlanta. "Giving back to the community is an important tenet for Che Parker Painters," he says.

The Conductor is excited to welcome Che Parker Painters aboard the ORR We look forward to working with, getting to know and doing business with Parker in the very near future. We encourage ORR members and readers to patronize his business and welcome him to this great city of Atlanta.



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10:45 a.m. ----- Worship Service

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7:00 p.m. ----- Wednesday Night Bible Study

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11:00 a.m. ----- Pastor's Daytime Bible Class

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Saturday before 2nd Sunday, and Saturday before 4th Sunday

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Before starting the Ideal BizCenter, Walker founded Ideal Development Corporation; an apartment community called Cascade Gar-

A member of Cascade United Methodist Church, Dr. Walker is dedicated to the principle of community service and intends to spread the word to thousands of entrepreneurs throughout the city.



financial matters

Who needs life insurance? Insurance Tips from North Carolina Mutual Life Insurance Company



Charles Fowler

With many feeling the pinch of limited financial resources here are some tips to make you feel confident you are doing all you can to protect your loved ones.

If someone will suffer financially when you die, chances are you need life insurance. Life insurance provides cash to your family after your death. This cash (known as the death benefit) replaces your income and can help your family meet many important financial needs like funeral costs, daily living expenses and college funding. What's more, there is no federal income tax on life insurance benefits.

Most Americans need life insurance. To figure out if you need life insurance, you need to think through the worst-case scenario. If you died tomorrow, how would your loved ones fare financially?

There are four ways to purchase life insurance:

1. Through an Agent or Other Financial Advisor

Most people buy life insurance through agents or other financial advisors, and for good reason. Determining how much and what kind of insurance to buy is one of the most important financial decisions you'll ever make, but it's also one of the most complicated. A qualified insurance professional will conduct a comprehensive financial needs analysis, and walk you through the multitude of questions you need to consider to determine how much and what kind of insurance is right for you.

2. At the Workplace

Obtaining life insurance through your employer is another option to consider. Your first step should be to make sure you understand how much coverage your employer provides at no cost to you. Many employers provide, at their own expense, a "basic" life insurance benefit, often equal to one to two times your base salary.

3. Via the Internet

Like most things nowadays, life insurance can be purchased online. You can get instant quotes, apply for, and even purchase policies. To make sure you get the right amount and type of insurance, the better sites won't allow you to complete the purchasing process until you've spoken with a qualified insurance professional.

4. Over the Phone or By Mail

There are a number of companies that advertise and market almost exclusively via toll-free numbers and/or direct mail solicitations. How might this benefit you? If you want to buy term insurance and you have a good sense of how much coverage you need, you may be able to get the right coverage you need by buying directly. Just be aware of the possible limitations of buying direct.

Be sure to consider all your options when making a life insurance purchase. In some cases this may be the one of the few ways to guarantee your loved ones will be taken care of regardless of the economic fluctuations taking place. Consulting a licensed professional is the best way to explore the vast number of scenarios and get a comprehensive look at your individual situation. For more information or to reach a qualified professional please contact www.ncmutualife.com or call Charles Fowler in our Atlanta District office at 770-991-8831.

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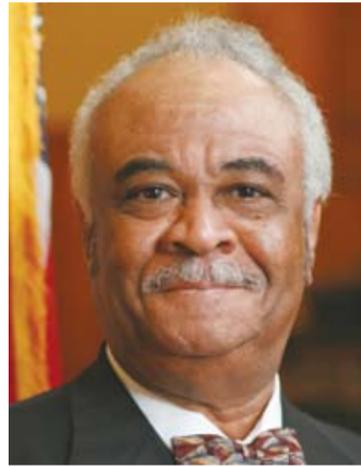
Contact Charles Fowler to schedule a family review today. Call 770.991.8831 or visit www.ncmutualife.com

Need a service and or product? The Overground RR!!® business directory provides you with a host of businesses to choose from.

GABEO's Annual Moore's Bridge March Commemorates King Assassination, Celebrates Passage of Emmett Till Act

The Conductor

In keeping with recent practice, the Georgia Association of Black Elected Officials (GABEO) conducted its annual march to the historic Moore's Ford Bridge in Monroe, GA -- the location which marks the tragic murders of two African-American couples in July, 1946. The march was held on April 4th to commemorate the 41st anniversary of the assassination of Dr. Martin Luther King, Jr. in Memphis. GABEO President and Georgia State Representative Tyrone Brooks led the march to the Moore's Ford Bridge.



Tyrone Brooks

Roberta Abdul-Salaam presided over the Rally. Other key speakers included U.S. Congressman Hank Johnson, Georgia State Representative Calvin Smyre, Edward Dubose of the Georgia Coalition for the People's Agenda, and Washington Mayor Willie Burns, president of the Georgia Conference of Black Mayors.

Next Action Event: Annual Reenactment of the lynching massacre at the Moore's

Ford Bridge, July 25, 2009, at 12 noon. For more information, contact Rep. Tyrone Brooks, 404/656-6372; or see www.gabeo.org.

GABEO continues to "Rally for Justice."

GABEO initiated this King Assassination anniversary march, to demand the arrest and prosecution of the persons who stalked and then lynched Roger and Dorothy Malcom (and their unborn infant), and George and May Murray Dorsey. Typically, too, the event has called attention to other major issues or breakthroughs in law and justice for the African-American community.

This year's Moore's Ford Bridge commemoration was followed by a "Rally for Justice," celebrating the passage of the "Emmett Till Act" last October. Several hundred political leaders and community members attended the rally at First African Baptist Church. Georgia State Representative

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**The Opportunity to
Reposition Black Businesses in the Eyes of the Entire
Community as a Major Contributor to the Overall
Economic Success of that Community**

Benefit:
Demonstrate that a black business and the entire black business community are contributors to a communities overall economic health through: job creation and substance, taxes collected through from the sale of their products/services or employees.
Therefore, the economic value is more important to the community than the perceived advantages provide by federal, state, local and business entities which support such incentives and encouragements. That the investment in Black business through increased spending or contracting efforts with or without incentives provides a community Return on Investment and the ROI is greater return than the incentive offered. Black businesses employ people even when it is no one but the owner. Such employees are not left to the public dole and seen as a major draw down to the overall economy but a contributor.

How:
Change the way we report African American business activity. Currently, we report contracts and contract dollars, loans etc. Change reports to job created, jobs expanded, jobs sustained, taxes paid.
Data and study by leading economists provide new definitions on the true meaning of the new data and demonstrate the proclivity of ethnic businesses to employ people of the same ethnic persuasion.
Black businesses have grown in their make-up and types over the last 25 years and have made remarkable success as employers and economic contributors.
What:
The new form of data collection and reporting is more difficult to challenge! Any justifications used are products of overall economic success. The data sustains itself!!

ABL HISTORY

The Atlanta Business League was established in 1933 as an affiliate of the National Business League which was founded by Dr. Booker T. Washington.

In 1900, this economic pioneer conceived and developed a broad-based structure for business enterprise more innovative than this nation had ever seen, pre-dating the creation of the U.S. Chamber of Commerce by twelve years. The National Business League was committed from its inception to a strong comprehensive program of self-help and self-sufficiency. The mission of the National Business League was to enhance and expand the business community at large, to encourage civic pride, and to reinvest community money within the community.

The Atlanta Business League was formed on the same premise. Serving the role as minority business developer and advocate, the Atlanta Business League seeks to provide economic empowerment and business development opportunities for minorities throughout the metropolitan Atlanta area with specific emphasis on the development of African-American businesses.

Since its inception, the Atlanta Business League has implemented many programs and initiatives. The League has caused the development of relationships which have translated into millions of dollars in revenue generated; and hundreds of new businesses started. Through the Atlanta Business League and the businesses it serves, the quality of life and our community is greatly enriched.

The Atlanta Business League is a strong force for positive growth in Atlanta. It serves as one voice for many small business persons, using their collective power to influence the course of events politically and socially at all levels including government, business and civic communities. As challenges present themselves to the entrepreneur, the Atlanta Business League continues to meet them head on.

MISSION

The Atlanta Business League fosters the growth, creation and development of successful business enterprises owned, operated and managed by African-Americans in metropolitan Atlanta.

In the quest of African-Americans and other ethnic minorities to achieve economic balance, the Atlanta Business League specifically:

- Serves as an advocate for its members and the African-American business community;
- Develops relevant policy initiatives which afford access to increased business opportunities; and
- Implements creative and innovative programs which foster economic empowerment.

GOALS

- To implement programs which promote increased access to business opportunities and capital.
- To encourage the support and patronage of businesses owned by African-Americans.
- To implement programs which promote the development of African-American business and entrepreneurship.
- To develop and implement policy and legislative initiatives that support African-American businesses.

BENEFITS

- Affiliation with a professional minority business development organization that advocates on behalf of minority businesses.
- Business or individual listing in ABL's Annual Membership Directory
- Business referrals and technical assistance
- Networking opportunities and expansion of business resource and contact base during membership meetings and special events.
- Quarterly NewsExchange with information for and about member businesses.
- Educational training opportunities for business owners and staff.
- Use of information clearinghouse
- Marketing of member businesses via the ABL Web Site
- Special discounts, and more.

The ABL Black Business 10 Steps to Increasing the Economic Contributions of the Black Business & Black Community Leadership Model 2009

1. Adoption of ABL Resolution of the overall Economic Value creation we are trying to affect.
2. Adoption of ABL Investment through increased spending Resolution--a formal company commitment to increase business with Black businesses, at least, 5% annual and to track same. (The 5% Solution)
3. Annually report your increased spending achievements to ABL % gain over previous year
4. Encourage your suppliers and business partners to join the 5% Solution
5. Support the provision of the highest quality services and products at all times
6. Support, sustain and grow the economic value of African American businesses to the community
7. Support ways of creating intergenerational wealth
8. Support the employment of community residents and other contributions to the general health and welfare of the Atlanta community
9. Support the education of the African American consumer, business owners and resource organizations
10. Support the utilization of community resources and organizations as partners in the process

Congratulations To:

*Overground RR!!® member George Andrews,
President/CEO of Capitol City Bank & Trust Co.,
will be honored as "Entrepreneur of the Year"
at Atlanta Business League's
31st Annual CEO Luncheon
on May 17, 2009
at the Marriott Marquis Hotel.*





PLEDGE CARD

I hereby commit to increase my spending with black businesses in 2009, a minimum of 5%.

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Youth Advocate Orrin Hudson Uses Chess to Teach the “Game of Life”



Orrin Hudson

Chess is a fiercely competitive battleground. The game rewards players who are strongly insightful—with the fortitude to preplan and consequently make positive choices. So is the game of life, says the phenomenal youth mentor Orrin Hudson.

Charismatic in style and stature, Hudson is a man for all seasons. His height exceeds 6 feet, and he speaks to people with a level of intensity and creativity that turns previously uncommitted individuals into drones in his beehive. Young people recognize his presence, in particular at-risk urban kids, whose futures require the persistent spirit of a Hudson.

Hudson knows this reality well. His personal experience of rural poverty in Birmingham, AL placed him at risk to become another fatal statistic. Openly, he reminds youth of his past penchant to steal and resell tire inner tubes. That was before he found the game of chess and an astute English teacher, James Edge.

In middle school, Hudson was distracted from the perilous streets by Edge teaching him to play chess. Chess ignited a torch in Hudson. It demanded the intense brain exercises that his unchallenged youth needed. Till this day, Edge remembers Hudson as the best student he ever taught.

Now Hudson ignites a light under many troubled youth in America. After years of employment as a state trooper and maintaining a successful car dealership, Hudson sought to clone his story inside the urban ghettos. His desire was prompted by an evening news story about five young people being shot and killed inside a Wendy’s restaurant for when thieves robbed it for \$2,000.

“It’s less about chess and more about teaching young people that every move you make has consequences; and if you make the right moves, you get the right results,” Hudson said.

That tragic news report compelled Hudson to create the Atlanta-based non-profit organization, Be Someone. Chess is its trademark, and “Making Every Move Count” is its motto. Through chess, Hudson is teaching the game of life. In the same manner that his middle teacher taught him, Hudson uses a life-size chess board game to teach kids how to plan ahead, think critically and never forfeit. Consequently, Hudson empowers his mentees to make positive life decisions.

Hudson teaches free chess classes, appears nationwide as a motivational speaker, and mentors an Atlanta group called Project Destiny. Project Destiny’s chess team persevered and won the state chess championship in 2006. Previously, he coached Benteen Elementary to three APS state chess championships.

Hudson’s work has brought him numerous honors and awards, including recognition, by the Harvard Law Students, Black Enterprise, DeKalb County government, Toastmasters and Turner Broadcasting Systems (TBS).

CBS and NBC have also covered his story. And there appears to be no end to his popularity or his talent for improving the lives of young people.

“We’re teaching young people that you can be successful if you focus and play the board, because the board is neutral and when you’re playing chess, you have everything you need to win the game, Hudson says. “You and your opponent have the same amount of resources. So it’s not about blaming, it’s about aiming.”

Occasionally, he receives a desperate phone call from parents searching for someone to steer their kids away from dangerous routines. One parent in particular is Debra Curry. After Curry viewed a television program featuring Hudson, she told CBS reporters that her son experienced a transformation after Hudson entered his life. Her son is now enrolled in a nursing program at Georgia Perimeter College.

Hudson enjoys the challenge and he won’t quit. He intends to train one million children. Currently, Hudson is pulling together resources to establish a small center where he will motivate and train through children with a multitude of methods. Community involvement is key. Thus, Hudson wants everyone to join his crusade to save the forgotten kids of their communities.

Alfonso Dawson Mortuary: A Family Tradition Continues

Warrenton, Georgia was the birthplace of the Dawson Mortuary business, family enterprise. Elizabeth and Alfonso Dawson



opened three small funeral homes before they decided to relocate the franchise to Atlanta. The couple’s keen business sense resulted in tremendous growth for their company. For years, the Alfonso Dawson Mortuary has creatively marketed itself and offered innovative services for its clientele, a model their children emulate today.

“If your daddy’s a lion tamer you’re not afraid of lions,” said Phoebe Dawson, the funeral director at Dawson Mortuary. Some 43 years after Phoebe’s parents envisioned Dawson Mortuary, Phoebe and her three siblings (Kathy, Alfonso and Angela) carry on the family dream. And growing up in a mortuary always felt normal for the Dawson kids.

A few years back, Dawson Mortuary captured the eye of the Atlanta-Journal Constitution for

its aggressive marketing tactics -- which included expensive television ads. Phoebe, who holds a BA in psychology and an MA in education, said the marketing was necessary. She explained that her father’s death in 2000 led to a decline in the family business.

“Our Dad’s death took an enormous toll on the family, forcing members to rally behind the company,” she said.

The Dawson Mortuary did recover. Currently, the company is stronger than ever. Dawson Mortuary employs six full-time licensed funeral directors, specializes in infant services, offers international shipping, and provides Spanish translators, financing and pre-arrangement services. The Dawson Mortuary staff handles a steady stream of calls about its full services.

With the second generation of Dawsons at the helm, the business is evolving on line with the funeral industry and the changing desires of the families being served. The traditional church service is often enhanced or replaced with a more personalized and unique tribute to a loved one. Families are also more budget and consumer conscience.

“We welcome all of these changes because we realize that as 21st century funeral professionals, we must stay informed, educated, creative

and in touch with our community,” Ms. Dawson said.

“Therefore, we encourage memorial and funeral services with a special touch, such as: memory boards, “favorite things” display tables and memorial videos. We also offer pre-need arranging, financing and grief counseling to serve all religions and nationalities.”

Pre-Planning your funeral arrangements is one way of expressing love and thoughtfulness toward your family. It is not always easy to discuss funeral planning before the need arises, but Planned Care helps families take the needed steps to bring everyone peace of mind.

Conductor’s Note: We welcome the Alfonso Dawson Mortuary as a new member of The Overground RR!!®. Its long history of service to Atlanta families is very much in keeping with the ORR’s principal of the church and business sectors working together to promote the community’s economic development.

A Royal Crown In Glory

Royalty is their specialty. The well known and highly appreciated natural hair care salon located in the historic West End sets the standard on how to bring out the true essence of Black Beauty. This full-service, all natural salon selects only the best hair and beauty products in the industry. And now the Overground RR!!® has had the special pleasure of adding them as a member to our ever-growing movement to unite black businesses with their community. Royal Crown understands that not only is it necessary to provide good service, but that the business has a moral obligation to help black people become more connected to their essence...their roots.

but the overall results still proved grand. Redemption was one of the key words used to define the goal, and righteousness was another. (Loving the skin that you're in and celebrating our natural style and culture.) The shop is unique in its desire to distinguish itself by setting a standard of excellence as well as fostering tradition. Rather than the chemicals and hot tools method, the Royal Crown's operators strive to be creative in their traditional styles that enhance clients' own natural hair.

"Locks, twists and braids are our specialty," the manager noted. All of the products used in the salon are natural, and they refuse to cut corners to make this a reality.

An appointment at the Royal Crown Salon is presented as both a relaxing and a ceremonial experience. Elements of all holistic practices are used to elevate the clientele's level of consciousness. Each client is encouraged on entering the salon to forget what was outside

The ORR took time out to interview the manager at one of our newest member's operation, and he offered us a vast history behind the mission of this cultural enterprise.

The Royal Crown opened its doors in the West End in 1999. The intentions were quite simple,



Royal Crown Barbershop

and to begin enjoying the escape that the salon offers. From the aroma therapy to the salon's total aesthetics, the client is able to easily step out of their daily routine and enjoy pure products and natural service fit for kings and queens. Customers are happy to discover that the conversation and temperament of the salon are like no other. From the music in the

background offering sounds of reggae, jazz and songs of Zion to the family-friendly chess & checker games set up, a client is exposed to something very different from a typical beauty shop appointment.

Royal Crown celebrates 10 years of great service this month.

The Soul Vegetarian Experience



Soul Vegetarian Restaurant South

Whether you are a native Atlantan or a transplant-- if you love good soul food and you wouldn't mind someone else taking responsibility for keeping impure processed food

off of your plate, then the Soul Vegetarian vegan restaurant is the place for you.

From the moment you step into the beautifully decorated eatery, the aroma of goodness overtakes you. Warm greetings and salutes of unity embrace each customer as they come through the doors. There is nothing more exciting than knowing that you are about to break bread with a conscious kitchen of holistic chefs and blessed hands at your service.

The Overground RR!!® is proud to announce that the Soul Vegetarian has made us their media connection to further its presence and impact in the community.

The Hebrew Israelite community started the restaurant in 1969. It is the largest chain of

vegan restaurants in the country. It was founded because their community saw a need to offer different food that was not only healthy but also tasty. They wanted to make the transition from unhealthy to healthy as easy and enjoyable as possible.

Soul Vegetarian foods are made from vegetables, grains, seeds, kale bone and tofu, excluding all preservatives or canned goods. In an effort to assist their customers further, they have seasonal cleansing weeks. These would include 'raw food week' and 'sugar-free week' as the seasons change. The restaurant also provides nutritionists who will walk clients through the food cleansing process and answer the 'how' and the 'why.'

"We deal with the cycle and rhythms and becoming one with the universe," said Sister Yahfah, a nutritionist.

The world renown Soul Vegetarian Restaurant has two locations in Atlanta: one in the Westend at 879 Ralph Abernathy, and the other in Virginia Highlands at 652 Highland. Both are open seven days a week with varying hours. Customers come from all four corners of the earth to the highly recommended vegan restaurants.

It is quite common to see local celebrities such as Andre 3000 and India Arie enjoying healthy vegan soul food. We at the ORR look forward to seeing some of our members and friends at this uniquely healthful eatery.

Ask Your Nutritionist

Dr. Joy Scott, Nutritionist

What every one should know about cancer to avoid it and reverse it:



1. Every person has cancer cells in the body. These cancer cells do not show up in the standard test until they have multiplied to a few billion. When doctors tell cancer patients that there are no more cancer cells in their bodies after treatment, it just means the test are unable to detect the cancer cells because they have not reached the detectable size.
2. Cancer cells occur between 6 to more than 10 times in a person's lifetime.
3. When the person's immune system is strong the cancer cells will be destroyed and prevented from multiplying and forming tumors.
4. When a person has cancer it in-

5. dicates the person has multiple nutritional deficiencies. These could be due to genetic, environmental, food and lifestyle factors to overcome the multiple nutritional deficiencies, changing diet and including supplements will strengthen the immune system.
6. Chemotherapy involves poisoning the rapidly-growing cancer cells and also destroys rapidly-growing healthy cells in the bone marrow, gastrointestinal tract etc, and can cause organ damage, like liver, kidneys, heart, lungs etc.
7. Radiation while destroying cancer cells also burns, scars and damages healthy cells, tissues and organs.
8. A natural chemotherapy can be

9. achieved through 65 years of studies combined with whole foods. For a complete free list call 404.849.6066.
10. When the body has too many toxic burdens from chemotherapy and radiation the immune system is either compromised or destroyed, hence the person can succumb to various kinds of infections and complications.
11. Chemotherapy and radiation can cause cancer cells to mutate and become difficult to destroy. Surgery can also cause cancer cells to spread to other sites.
12. An effective way to battle cancer is to starve the cancer cells by not feeding it with the foods it needs to multiply.

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In
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e-mail:
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The Southern Regional Headquarters
Muhammad Mosque No. 15
*"A House Is Not A Home Until The People Have Love For One Another."
-The Honorable Minister Louis Farrakhan*

Please feel free to contact us with any questions, comments or concerns that you may have.

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ORR at the Premiere of “The Lena Baker Story”



The Overground RR!!® had the special role of helping to promote and document the recent premiere of the film, “Hope and Redemption: The Lena Baker Story.”

It captures the tragic life of a Black Georgia woman who shot her white male employer in self-defense, but who was eventually convicted. Lena Baker gained notoriety for ultimately being executed and becoming the only woman in Georgia to die in the electric chair. Local Writer/Director Ralph Wilcox produced the film, which starred actress Tichina Arnold.

ORR staff publicized the movie’s premiere and documented the project in a video interview with Wilcox and the film’s opening at the Mansion in midtown Atlanta.

Sweet Auburn Springfest

continued from page 1

African Americans who came to the city were very entrepreneurial in their thinking, and while they didn’t meet traditional standards for “business people” as far as their education, they proved that they were business-minded.”

Auburn Avenue is the main street of Atlanta’s historic Fourth Ward. The Fourth ward was one of several thriving black Atlanta communities throughout the first half of the 20th Century. Lead by Auburn Avenue, Atlanta became the face of black progress. Monetary assets within the Auburn community were unparalleled. So much so that in the 1930’s, John Wesley Dobbs coined the term “Sweet Auburn,” after hearing someone say that “there’s nothing sweeter than money.”

Charles Johnson, director of The Spirit of Sweet Auburn, a non-profit organization that seeks to restore and revitalize the Auburn community, noted that “A lot of people relate to the history of the street.”

Johnson has headed The Spirit of Sweet Auburn for 16 years. Like many, Johnson shares a special kinship with the street. According to Johnson, not many years ago one could walk down Sweet Auburn and see individuals like Maynard Jackson, John Lewis, or Martin & Coretta King very visible on the street as well. It’s these memories that drive Johnson, who hopes that Sweet Auburn never loses the essence of its greatness.

“If we can retain its vitality, this landmark street provides a living, breathing history,” Johnson said.

Sustaining the character of Sweet Auburn will not be easy. Years of economic downturn have taken their toll on the street. Most of this de-

cline resulted from the effects of desegregation laws and a highly protested expressway that split the street in half. As a result, a number of businesses were forced to move away from the street.

Currently, businesses are returning, and that has people like Johnson excited. Johnson envisions more than a return to the old days; he wants Auburn Avenue to become the premier city destination. By advocating plans to build a corridor that connects businesses near Auburn Avenue to the King Center and to the planned Civil Rights Museum, he hopes to transform the area into a “Black Mecca.” Related plans to build a viaduct under the nearby highway overpass would support these revitalization efforts for Sweet Auburn.

Advancing these plans will require public support. The annual SpringFest is a vital component in reaching that goal. Last year, more than 300, 000 people made their way through the festival which generates tons of revenue for local Auburn Avenue businesses. Sponsored by The Spirit of Sweet Auburn, the SpringFest serves as the organization’s main marketing tool. It vows to restore Sweet Auburn as the center of black business, and religious, and civic life. This year’s event promises to continue SpringFest’s success.

Once again, during the second weekend in May, business owners, sponsors and vendors will stage a splendid celebration of the music, food and history of Sweet Auburn. When asked about the festival, real estate and business consultant Ronald Wilson remarked:

“I think that the festival gives some identity to Auburn Avenue and brings attention to the unique history of this business venue.”

CBC State of the Community Address

continued from page 5

was the spirit of the times that kept me warm on the inside Zeitgeist.

Every hour I asked myself the question, how long...and Zeitgeist answered -- not long! I asked the question, when....., and Zeitgeist said -- Sooner than when you first believed.

As the ceremony began, a host of local famous and foreign dignitaries, head of states, governors, members of congress and the senate entered. We saw the processional of the president’s motorcade flashing on the Jumbo-Tron and everybody applauded and Zeitgeist said to me, I have you standing in the freezing cold for 6 hours to look at others arriving late and sitting up front, so that you would never forget the homeless that sleep out here every night as I sit you up front in the seats of influence to affect public policy.”

As President Obama walked to the podium with the swagger of a smooth confident leader and he took the oath of office as President of the US, we all cried and then he spoke to the world, the Zeitgeist spoke to me and said.....,

This is definitely a defining moment. It is a karos moment – a God appointed, God anointed divine moment.

Ecclesiastes 3:1-8 (NIV)
There is a time for everything, and a season for every activity under heaven:
a time to be born and a time to die,
a time to plant and a time to uproot, a time to kill and a time to heal,
a time to tear down and a time to build, a time to weep and a time to laugh,
a time to mourn and a time to dance, a time to scatter stones and a time to gather them,
a time to embrace and a time to refrain, a time to search and a time to give up,

a time to keep and a time to throw away, a time to tear and a time to mend,
a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace.

As I thought about the historical moment reality set in and Charles Dickens came to mind, Charles Dickens, in his book “A Tale of Two Cities” said, it was the best of times, it was the worst of times, Surely, we are in the best of times because we have more African American in power and places of influences than ever before in the history of this country.

The 111th Congress includes 4 African Americans who chair full committees and 17 chair subcommittees. Rep. Bennie Thompson of Mississippi, Homeland Security Committee Chair, Rep. Charles Rangel of New York, House Ways & Means Committee Chair, Rep. John Conyers of Michigan, House Judiciary Committee Chair, Rep. Maxine Water of California, Housing Committee Chair, Rep. Melvin Watt of North Carolina, Committee of Investigations, Rep. Barbara Lee of California, Congressional Black Caucus, Rep. James Clyburn of South Carolina, House Majority Whip and our own Rep. John Lewis of Georgia, Deputy House Majority Whip.

There are cabinet members, governors, mayors, judges, county commissioner’s chairs and presidents of city counsels, superintendents, sheriffs, state commissioners and many more. Yes, we are in the best of times; however, we are in the worst of times.

We are in the worst of times because there is a great gap still growing between the have’s and the have not’s. The Zeitgeist would suggest to us that it would be wise not to become mesmerized, hypnotized, spellbound, captivated or overly fascinated by the “Spirit of the Times”.

Don’t confuse a Promise Moment with the Promise Land.

The Spirit of Times in electing the 44th President of the USA is the Zeitgeist of a Promised Moment but we are not in the Promise Land. Lest we forget, that we are still at the top of the list for almost every major health disparity and there are over 46 millions Americans without any Quality Healthcare.

We lead the way with the highest incidence of death caused by Heart Disease, Cancer, Cardiovascular disease or stroke, diabetes, HIV/AIDS and all other major health disparities. We are not in the Promised Land because too many of our children are failing to graduate from high school. Two years ago, the state of Georgia reported more than 23,000 student dropouts. In 2008, there were 18,000 dropouts - despite an enrollment increase of about 20,000 high school students.

We are not in the Promised Land when Georgia’s juvenile justice system is broken and we are not holding our elected and state officials accountable for running a juvenile court system that imposes inappropriate punishment—we are grateful for project turnaround but we need a juvenile detention system that rehabilitates instead of criminalizing young people for life!

We are not in the Promised Land when the foreclosure rates in Georgia has us number 8 in the top 10 ranking of states with the highest foreclosure rates. At the end of 2008, there were 96,863 foreclosures recorded for the state of Georgia in 2008.

We are not in the Promised Land when over 3 million jobs were lost last year and over 300,000 in the month of December. The unemployment rate in Georgia is at 8.1% which exceeds the National unemployment rate of 7.2%.

We are not in the Promised Land when the U.S. Conference of Mayors report released December 12, 2008, revealed that the demand for emergency food assistance in 25 major cities increased an average of 18 percent from October 1, 2007 to September 30, 2008.

The Food Stamp Program, now known as the Supplemental Nutrition Assistance Program (SNAP), had 31 million participants at the end of October 2008 -- it is up at 3.9 million from the previous October of 2007.

In Georgia, 1,139,309 residents used food stamps in October, up 2.7 percent from September and 17.3 percent from the previous year, according to the Food Research and Action Center. The economic crunch is forcing people who maybe never asked for any help in their lives to turn to local food pantries for the first time.

We are not in the Promised Land when the U.S. House of Representatives voted July 29, 2008, to approve a non-binding resolution that represents a formal government apology to African-Americans for the practice of slavery and the Jim Crow laws that fostered to all intents and purposes segregation. However, the State of Georgia remained silent, even while several other states have issued apologies. During the Georgia General Assembly’s 2008 session, State Reps. Al Williams and Tyrone Brooks introduced HR 1011 that would have represented Georgia’s official slavery apology. The resolution never came to a vote.

Georgia is still a red sea state with a blue island in the middle. Zeitgeist – Don’t confuse a Promise Moment with the Promised Land.

*Complete speech available at
www.overgroundrr.com*

health matters

Turnquest's Circles of Wellness:

Finding Secrets to Healthy Life

The Conductor

Henrietta Turnquest swears she has found the hidden secret to living a youthful and healthy life. And she keeps the bulky product at her side. Ostensibly, the dull white instrument is a weird oversized microwave. But let it be known, to Turnquest and the thousands of others who've tested the product, the instrument is a powerful tool for exceptional health. Call it Enagic, from The Kangen Water Technology series. Enagic is the centerpiece of Turnquest's health enterprise, Circles of Wellness.

Through Circles of Wellness, Turnquest has divided the the business into both teaching people how to feel good and look good. It's a topic that impassions her, and she is certain that the profit-driven worlds of insurance and drug companies routinely neglect the best interests of consumers' health.

"When I went into the legislature in 1990 and I really saw how healthcare was set up, I said [to my self] we have a problem, because the insurance companies and the pharmaceutical companies control healthcare in America." Turnquest said. "And it's really not in their [the companies'] best interest for people to be made well."

After years of working with the Georgia Legislature's insurance committee and its special judiciary committee, the former special assistant to Governor Barnes is now a warrior for community health.

Turnquest said, "As time went on, I learned that we can get most of what we need from what we eat and drink."

Educating people isn't new for Turnquest, a Spelman graduate. When Public Access Atlanta TV produced a public policy information forum, Turnquest was a central personality of the show for 10 years. She described the program as a citizen's alert to governmental policies that affect people's personal lives.

Circles of Wellness forever involves Turnquest in that exchange. The company informs, consults and promotes healthy methods of living. She has been consulting holistic health practitioners for years, and several of her methods are not widely publicized material.

The Kangen Water Technology serves as the best example of this. According to Turnquest's personal account, the water technology unexpectedly lowered her weight, rejuvenated her skin and revitalized her hair. The technology includes something called "Level-Luk", which restores balance to the water channeled through the mechanism. Once the devise is hooked to the faucet, the metal plates within the instrument alternates things such as the alkaline level, ph levels, size of water molecules and number of electrolytes in the water. Kangen, the Japanese term for Return to Original, restores water to its natural form, thus allowing the body to achieve optimal health.



"We deserve to remain the way we were when we were born."

"We were born perfect," Turnquest states.

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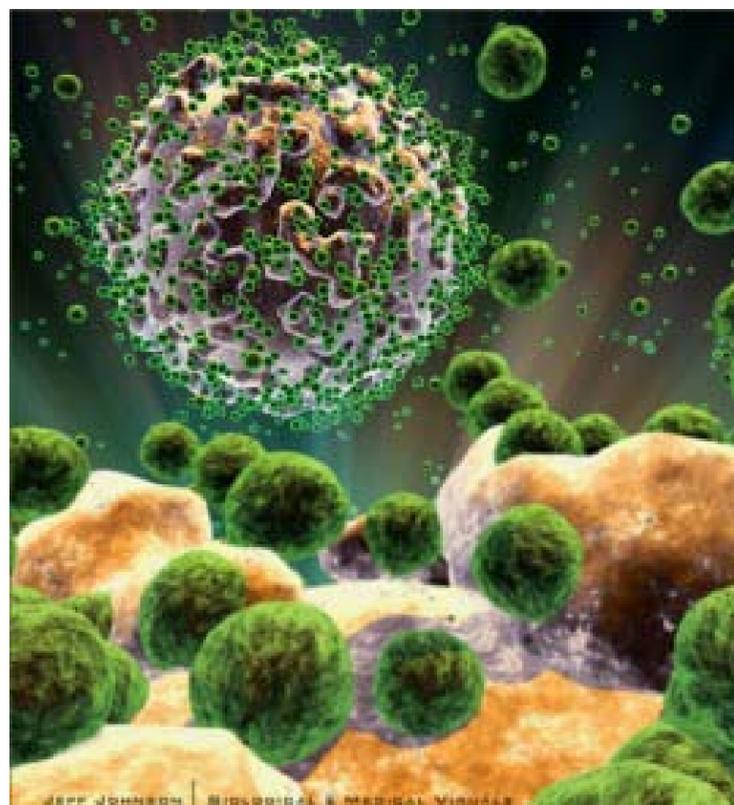
AIDS WATCH

By Kendal Richardson

Every 9.5 minutes, someone is getting infected with HIV/AIDS. This could be YOU, your CHILD, your PARENTS, your NEIGHBOR, your PASTOR, your AUNT, your UNCLE, your COUSIN, your NEICE, or your NEPHEW.

Many people are unaware that they are infected with HIV. An estimated 39.5 million people have HIV worldwide. In 2008, CDC estimated that approximately 56,300 people were newly infected with HIV in 2006 (the most recent year that data are available, United States). Over half (53%) of these new infections occurred in gay and bisexual men. African American men and women were also strongly affected and were estimated to have an incidence rate than was seven times greater than the incidence rate among whites.

A number of misconceptions have arisen surrounding HIV/AIDS. Three of the most common are that AIDS can spread through casual contact; that sexual intercourse with a virgin will cure AIDS; and that HIV can infect only homosexual men and drug users. Other misconceptions are that any act of anal intercourse between gay men can lead to AIDS infection, and that open discussion of homosexuality and HIV in schools will lead to increased rates of homosexuality and AIDS.



Acquired Immune Deficiency Syndrome (AIDS) is caused by HIV (Human Immunodeficiency Virus). By killing or damaging cells of the body's immune system, HIV progressively destroys the body's ability to fight infec-

tions and certain cancers. HIV is transmitted through direct contact of a mucous membrane or the bloodstream with a bodily fluid containing HIV, such as blood, semen, vaginal fluid, preseminal fluid, and breast milk. This transmission can involve anal, vaginal or oral sex, blood transfusion, contaminated hypodermic needles, exchange between mother and baby during pregnancy, childbirth, or breastfeeding, or other exposure to one of the above bodily fluids.

This is what the Word of God says in Deuteronomy 28:58-62 (KJV): "If thou wilt not observe to do all the words of this law that are

written in this book, that thou mayest fear this glorious and fearful name, THE LORD THY GOD; Then the LORD will make thy plagues wonderful, and the plagues of thy seed, even

great plagues, and of long continuance, and sore sicknesses, and of long continuance. Moreover, he will bring upon thee all the diseases of Egypt, which thou wast afraid of; and they shall cleave unto thee. Also every sickness, and every plague, which is not written in the book of this law, them will the LORD bring upon thee, until thou be destroyed.

And ye shall be left few in number, whereas ye were as the stars of heaven for multitude; because thou wouldest not obey the voice of the LORD thy God. "

So let there not be anymore misconceptions! This law was made for everyone to follow. It doesn't matter what color, race, creed, religion, or gender. AIDS HAS NO FACE.

I want to leave a word of encouragement and inspiration to all: "For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. " (John 3:16)

Sources: AIDS; Wikipedia, Bible Gateway researched

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Giving Power to the Ordinary Man Rahman's Financial Solutions Firm Targets the "Little People"

For most of her life, Jean Rahman has lived and breathed business. She's a gifted woman with a penchant for business. Most importantly, Rahman embodies the two essentials for becoming a successful entrepreneur—passion and hard work. The passion would come later.

An Atlanta native, Rahman worked tirelessly for years, earning her undergraduate degree in Business Management from Morris Brown, developing cleaning services at 18 years old, clinching rare employment as an auditor with the Internal Revenue Service (IRS) and leading a big money Atlanta based marketing firm. Rahman achieved much of this as a single mom.

She boasts, "On my journey looking for business [opportunities] I started working for the Internal Revenue Services, I became one of their youngest auditors." Rahman's skills skyrocketed her career to new heights. Corporate America devoured Rahman's tenacity. Nevertheless, Rahman's 4 offspring were the ones who ignited her passion to pursue her personal business pursuits.

Rahman said "My desire to go in business came from me being a single mom with four children and struggling like every other single mom or single dad trying to raise their children, but realizing that I was coming home late at night rushing to do homework, cook dinner, and to put them in bed."

Like a habitual corporate woman, Rahman summoned her four children for a family conference in order to illicit feedback on her most important job—motherhood. Their answers transformed Rahman's life. Rahman said, "... they said they needed more time, that's what really sprung into action [my business]." Soon after, Rahman resigned from her job post and unapologetically took the first leap toward achieving her loftiest dreams.

Rahman needed no more proof that she was on the right track than from a supervisor who overheard a conversation about Rahman's plans to leave. His response: she got smart, deciding to let her great talents make herself great money.

Six years later, the lore of Rahman's work and life experiences equates to gold. The Institute for Financial Freedom and Investment Solutions (TIFFIS), founded by Rahman, is a multi-million dollar company. The financial solutions company provides invaluable knowl-



Jean Rahman

edge for businesses on tax codes, investment, management, and more. Though Rahman's company should create much wealth for others it's not for the typical client. Working for the IRS illuminated a system tilted in the riche's favor. Rahman is more interested in serving

the working-poor and middle class. She wants to create wealth solutions for people seeking freedom from financial cages.

"While working for the Internal Revenue Services I learned that the poor and middle paid the majority of all the taxes while the wealthy paid little to no taxes at all." Rahman said. "There are only two tax codes in the America, you either on the personal side or the commercial side, the personal side meaning that you lose a third of your income to taxes working at a job, where as a business owner you qualify for hundreds of tax deductions. That in-itself led me to want to educate people about the benefits of business."

Small business owners would benefit heavily from Rahman's expertise. But be quick. Rahman and TIFFIS is a rising commodity. Currently, she's partnering with actor Danny Glover on a one-hundred city tour educating people on the tax advantages of businesses. Rahman's even scheduled to appear on Oprah. Remarkably, as Rahman will say, she owes it all to her children.

"A lot of good things came just out of the desire to spend more time with children. So I'm very grateful for my four children," Rahman said.

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