

# DETROIT NATIVE SUN

## And the beat goes on

Evelyn M. Bingham  
SUN COLUMNIST



When we think of the heart, it is often associated with Valentine's Day, love, affection and caring. Why is that? Have you ever considered that it is the absence of a heart beating, which separates us from those

that we love? We take the performance of our most precious organ, too much for granted. If we truly understood the heart and what it takes to keep healthy and running smoothly, it is very doubtful that we would treat it, or our bodies in general with such mindless abuse and neglect!

Have we realized that each time we failed to eat properly, by consuming too much sugar, salt, fatty fried foods, preservatives and highly processed foods, in addition to not adding enough proper movement (exercise and stretching) in a day, we are contributing to the slow and steady demise of our heart and its veins, arteries, muscle and tissue.

Without being a doctor, we must all take it upon ourselves to become as informed about our health as possible, and to take the immediate steps necessary to improve. Every aspect of our body's health, directly or indirectly, affects the life giving beat of our heart as well as the healthy functioning of our other organs. And although our bodies are wonderfully made and awesome in its regenerative powers, it is still dependent upon us for its daily maintenance and disease prevention.

This brings to mind one of the greatest deterrents to good health, which is within our control, Smoking in any form, and its second hand smoke. There are those, who think nothing of using cigarettes and marijuana in their cars or home, affecting and infecting their children and others with its noxious detrimental fumes. It is said to be a fact that a child who is constantly exposed to marijuana smoke will test positive for the drug if given a drug test. That is pretty serious stuff to consider. None of us has the right to inflict our bad habits and abuse, on the health of others and least of all, the children who are innocently depending and trusting in us for their very survival.

The abuse of alcohol is another detriment to good health in general and a definite enemy to the liver and kidneys, two of our body's most important detoxifying organs.

The abuse and over indulgence of unhealthy foods, preservatives, salt and sugar consumption are the keys which opens the door causing obesity. The added pounds of excess and unhealthy amounts of fat to the body, creates unhealthy stress and strain on our hearts, thereby weakening them.

Let us all think and act in a responsible manner as we take care of our health, remembering that when we tell our loved ones "I love you", and "I'll be there for you", we are seriously making a promise to them and to ourselves which we need to honor.

Let's all begin to be better stewards, and more mindful of caring for ourselves and those we love so that *the beat goes on*, for a very long time!

By Evangelist Barbara Colbert-Brooks  
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WANTED: CROSSING GUARDS (apply with-in). I observed the sign with peaked interest, "Hmm, that might not be too bad, only an

hour a day..." I decided to check out the position. Years ago, after working 9 years as a paralegal, and at a turning point in my life, I had decided that I needed to take a break and focus more on my family and building my new outreach ministry. The crossing guard job would be perfect. It would put a little change in my pocket, totally undemanding, and would at the very least provide a basic time schedule by which I could foundation my daily routine.

The mornings were my quiet times. I only crossed a few kids in my 30-minute time slot, so I used the time in between to simply reflect. The dawning of a new day, trees softly rustling in the morning breeze, and the brilliant sun rising amid the soft blue sky, provided the serenity I needed to contemplate any pending problems and possible resolutions. My thoughts flowed freely, inspired by the lovely kaleidoscope of autumn leaves that twirled and swirled in the wind, and gently blanketed the ground.

The afternoons were my times of observation. First to travel past my corner were the elementary school children. In a whirlwind of youthful exuberance, traveling in groups gay and full of laughter, yet fragile as bubbles in the wind. Halting at my corner, patiently waiting until I ushered them across the street, then off they'd go, racing on carefree with precious innocence, never failing to provoke a smile on my face, and a tug on my heart.

## How to be a philanthropist when money is tight

(StatePoint) While contributing to a worthwhile cause is a common aspiration, actually doing so right now may feel unrealistic if you're struggling with your own finances.

According to an April 2023 Gallup study, 61% of U.S. adults said recent price increases have caused financial hardship for their household—this is up from 55% in November 2022, and the highest since Gallup's first reading on the measure in November 2021.

"With so many people financially challenged, one may assume that being philanthropic is reserved solely for the wealthy," says Stephanie Buckley, Head of Trust Philanthropic Services for Wells Fargo's Wealth & Investment Management division. "Yet, financial support is just one way of being charitable. If you reframe what philanthropy is, you'll realize you don't have to be ultra-wealthy to give in a meaningful way."

According to Buckley, just about anyone can give one of the Five T's of Philanthropy, which she explains further here:

1. Time: Volunteer hours, mentoring.
2. Talent: Professional, leadership skills.
3. Treasure: Donating goods to a nonprofit organization.
4. Ties: Leveraging your relationships to help others.
5. Testimony: Being an advocate of a charity.

No matter how you go about giving back, you can help maximize your impact with these tips from Buckley:

- Share your experiences: Did you have a great experience volunteering? Is there a cause that's particularly meaningful to you? Tell your friends and family. Whether you're on a coffee date or at your child's soccer game, spreading the word face-to-face is an effective way of advocating for a charity.

Then, the middle school pre-teens, endlessly chatting away, their gait light and quick. Although silently opposed to my crossing guidance, they would graciously humor me by allowing me to walk behind them, uselessly brandishing my STOP sign nevertheless.

Occasionally, a teenager would come through, usually walking alone and deep into their own world. Intentionally avoiding eye contact, they were never candidates to engage in conversation. Respecting their privacy, I'd leave them be. Teenagers needed their space, even if it was just crossing the street.

Then there were the senior citizens. They were my most grateful pedestrians, welcoming the assistance of a second pair of eyes to help them along. They were also the most engaging, always taking time for a bit of conversation, or sharing a word of wisdom or encouragement. They never knew how much they helped me to reach a solution from many a problem that was the focus of my morning contemplation.

It seemed that I witnessed life full circle. From the enthusiastic youngster, bubbly and excited whose only concern in life was to laugh and play; to the caterpillar-to-butterfly pre-teen, whose only care was to tackle the challenges of puberty; to the self-absorbed teen-ager on the fringe of adulthood navigating life like walking on glass; to the seasoned citizen who had come to appreciate the value of stopping to smell the roses, while they still yet had time.

This brief reprieve from my greater calling in life helped me to realize and appreciate that we can find purpose and meaning in all that we do. If we are gentle and respectful, there will be endurance and enlightenment. Yet whatever we glean, it should at the very least be a lesson in human nature, and a confirmation of God's divine providence even in the business of something so mundane as crossing folks across the street.

## Embracing the Goddess Within: Are you tapped in?

By Adonna Smith AKA Goddess Godis  
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Are you tapped into the universal knowledge and wisdom of God? Can you hear? Are you listening? Can you move beyond sound and sit in silence and discover truth?

Can you hear soft words being

whispered in your spirit guiding, protecting and teaching you, sometimes telling what to say, or not to say and sometimes telling you what to do? Know that as you listen to God that God is listening to you. God is alive. God is alive in you.

Are you receptive to the messages and meaning of the dreams and visions that God is sending you?

You are an instrument - a vessel for God to work through. Your life is not your own. You don't belong to you. You belong to something greater and far bigger than you. You are the light and God is the fuel. You have come into this world to create and give birth to something new, to give life to the seed the vision that God has implanted within you. You are a gift to the world. You are a sacred and precious jewel. Rise Goddess rise. Your light and your love is needed. Rise!

Goddess GODIS is a Detroit Spiritual Artist who is dedicated to using her gifts as a photographer, garment designer, writer and speaker to document, celebrate and

inspire the emergence of the Goddess within women of great spiritual beauty and wisdom who knows that she is a daughter of God. She is in touch with her creative and spiritual gifts empowered with a vision to co-create with God a new World. GODIS is the author of *THE BOOK OF WISDOM* small book of Affirmations and *The Book We Are Energy The Power Within* that talks about the power of your spiritual energy how it effects you and the world around you. To contact GODIS email [GODESSGODIS@yahoo.COM](mailto:GODESSGODIS@yahoo.COM).

