

DETROIT

NATIVE SUN

Senior Citizen Dignity

By Evelyn M. Bingham
SUN COLUMNIST



I may have lost my youth, spouse, home and my strength. I may also be losing my spunk, my Spirit and some of my vision to see, But please, don't let me lose my self-respect. Please don't

rob me of my dignity.

For as long as I live, I'll continue to give. Rarely, have I thought of self, Now, I must wait and depend upon others, for what I need. Sometimes placing self-respect on the shelf!

I don't ask for much in these later years, reasonable health, food, shelter, to

be of help to someone in need, But my last possession, is being threatened by the unintentional planting of disrespects seed. Don't mistake my kindness for dementia or weakness resulting in the imposition of your will, Please don't take me for granted For my Spirit and my dignity, only God, alone has a right to kill!

Don't make me the target of your frustrations (Growing older has its' share of frustrations too) and feeling helpless with a loss of independence Is NOT something I would wish on YOU!

Being a parent, I used to sacrifice I'd rather give to my loved ones, than to receive Except, for the innermost part of my being, My Dignity I will not, at any age or condition, be agreeable to seeing that, leave!!!

Profile of a Senior

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This may be a lame excuse at an attempt at providing some levity, and in making sure your sense of humor is still intact. So here goes—

Who is a Senior Citizen? What is one?

A Senior is one who was here before the Pill and the Population Explosion. We were here before Television, Penicillin, Polio Shots, Antibiotics and Frisbees. Before Frozen Food, Nylon, Dacron, Xerox, Kinsey Report, Radar, Fluorescent Lights, Credit Cards and Ball Point Pens. For us, Time Sharing meant Togetherness, not Computers; A Chip meant a piece of wood, Hardware meant Hard Wear, and Software wasn't even a word. Co-eds never wore slacks (today, they're pants or jeans). We, were before Panty Hose, Knee Highs or Thigh Highs, before Shaving of Legs, Tattoos or Ankle Bracelets or Body Piercing, and Drip Dry Clothes. We were before Ice Makers and Dish Washers, Clothes Dryers, Freezers, and Electric Blankets. Before Hawaii and Alaska became States. Before Men wore Long Hair and Earrings and Women wore Tuxedos.

We were before Leonard Bernstein, Yogurt, Ann Landers, Plastic, The 40 hour week and Minimum Wage. We got Married first, and then Lived together. How quaint or antiquated can one be?

Closets were for Clothes, not for coming out of, Bunnies were Small Rabbits, and Rabbits were not Volkswagens. We were before Grandma Moses and Frank Sinatra and Cup-Sizing for Bras. Girls wore Peter Pan Collars and thought Cleavage was something Butchers did. We were before Batman, Rudolf the Red Nosed Reindeer, and Snoopy. Before DDT, Vitamin Pills, Disposable Diapers, Jeeps, The Jefferson Memorial and Pizza, Cheerios, Instant Coffee, Decaffeinated Anything, and McDonalds were unheard of. We thought Fast Food was what you ate during Lent. We were before Boy George, J.D. Salinger, and Chiquita Banana. Before FM Radios, Tape Recorders, Electric Typewriters, Word Processors, Muzak, Electronic Music, Disco-Dancing and Karaoke (and that's not all bad).

In our day, Cigarette Smoking was Fashionable, Grass was for mowing, Coke was a refreshing drink, and Pot was something you cooked in. If we had been asked to explain CIA, Ms., NATO, UFO, NFL, JFK, ERA or IUD, we'd have said Campbell's Alphabet Soup!

We are today's Senior Citizens, a hardy bunch, especially when you think of how our world has changed and of the adjustments we have had to make!! Now, don't you get too smug, just think of all you will be able to add to this list as you earn your membership into the Senior Citizen Club! You may not have to asked to be recruited, but there will be many dues to pay! We welcome you. Your membership comes equipped with challenges galore and never a dull moment!!

Salute because you should

By Evangelist B. Colbert-Brooks
SUN COLUMNIST



It is somewhat challenging to write a substantive article on Veteran's Day, when you have not been a Veteran. Not to say you have to experience something personally to write

about it, but there should be some meaningful knowledge or information that one can share more than simply writing about those documented throughout history. I contend that all veterans who committed to serving their country, deserve mutual recognition and honor. Indeed, I am just one of the millions of people who benefit from those who serve or have served in the United States Armed Forces. Perhaps even guilty of taking for granted the freedoms earned and the privileges sustained, because of this host of brave men and women who placed their lives in harm's way, for me.

Personally, my great uncle served in World War II. My father served in the Korean War. My daughter served in Operation Desert Storm. My uncle had a strong sense of pride and allegiance to his country. In spite of the racial conflicts of that time, he maintained a certain pride and honor to have served in the United States Army. My father, I recall, always seemed to be a bit distant and perhaps conflicted himself dealing with a personal war of his own, and the war in which he was commissioned to serve. Howbeit, he served and was discharged with honor, keeping whatever war memories he had to himself. My daughter, through it all, developed a sense of bravery

and tenacity that helped her to see life beyond many boundaries. Not only a credit to her country, but also to many women striving to be all they can be within the Armed Forces of the United States military.

However, having been raised during the Vietnam war, I experienced many friends who served willingly or unwillingly, and the outcome was not so honorable. It was a volatile time in history, entangled with the Civil Rights Movement, liberation from social norms, and a plethora of lethal drugs and stimulants saturating society to epidemic proportions. Sadly, there was very little pride or allegiance to this Nation in the hearts of the veterans that finally returned home broken and battle-weary, desperately fighting demons of their own.

The conclusion of the matter is that in fact, we do still have a military of men and women who choose to give their lives in service to this country. We do still have freedoms, rights, and privileges that we would have by way of no other Nation, but this United one. We do still have warriors who return home severely wounded bearing battle scars that continue to rage even off the battlefield. If we can find no other reason to give commendation to the veterans of war, then this should be sufficient. Even if the mindset is that this country is fallible and unfair. Or we mourn the loss of a loved one due to the casualties of war. Still, remember the ones who stood on the front line and encountered bloodshed and death by the dozens time after time. Remember the ones who went voluntarily or by commission, but were there nevertheless. But above all, remember that we are still yet here to think what we want, move about as we choose, and without reserve, partake of the liberties that were valiantly preserved by the men and women of our nation's Armed Forces. For these reasons alone, we should stand and salute, simply because we can.

Embracing the Goddess Within: Processing your journey is a holy moment

By Goddess Godis AKA Aldonna Smith
SUN COLUMNIST



When you sit down to eat a meal, the body will begin to process that meal. It will use a part of that meal to nourish and strengthen the body. What the body cannot use, you will eliminate when you

go to the bathroom. If for some reason you could not eliminate what the body determined was not useful, it would set up a poison in you and you could die.

Just like the meal, when you go through difficult experiences in your life, you must process it. It is only through your deep and intimate conversations with God (your inner teacher a.k.a Holy Spirit) that you will be able to eliminate the toxins, the hurt, guilt, shame, anger and pain and receive the gift, the blessing, life lesson and message in it and be enlightened and empowered through it.

Our life lessons are food for our spirit and enlightenment. It is an elevation for our soul. When we surrender our experiences to God's guidance and teachings, we enter into a holy moment, a Moment where our consciousness is expanded. We are able to see things in a much deeper and higher light.

As a result, the toxins, hurt, guilt, shame, anger and pain are eliminated from our mind, body and spirit. Our soul is no longer in turmoil and we are at peace.

Gaining higher knowledge and wisdom through our experiences is the reason for our earthly existence. Our life is not just about how many material things we have

gained. It's about what we have come here to learn, what we have come here to give, and what we are willing to give away. It's about how many souls we have helped to evolve through sharing our gifts and the sacred knowledge and wisdom we gained through our many human experiences.

When we leave our earthly bodies and return to the spirit realm, we can be at peace when we know that we have fully processed all of our life experiences. We have evolved and we contributed to the evolution of humanity.

We have earned our heavenly wings. We have served a divine purpose. We have fulfilled our sacred contract, our agreement with God.

My prayer:
God I choose to see your divineness in all things. I am open to receiving what my life's experiences have been created to teach me. I am open to your divine presence, guidance, and teachings on this earthly journey of spiritual growth, transformation and awakening to my God self, my goddess self. The self that you in this life time is teaching shaping, molding and creating me to become.

Recommend Reading: "I Rewired my Brain My Journey to freedom" by Dr. Cason-Turner can be purchased On Amazon. In this book, Dr. Cason-Turner shares her story of abuse, spiritual growth and transformation and her commitment to helping others with this process so that they can free themselves.

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 spirit. To contact GODIS email GODDESGODIS@yahoo.com.

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Thoughts Of Love Through Poetic Expressions

From My Heart To Yours
by Evelyn M. Bingham

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