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Our boys must be constructed

By Calvin T. Mann
SPECIAL TO THE SUN



What's wrong with our men? You see these post on face book and twitter all the time where girls, women, educators, and parents are all asking the same question. At the same time, the men ask the same question. Have we become complacent in our parenting?

Let's take a journey back to when he was just a boy; our baby boy. Consider that our sons are growing up with mostly women; their mothers. But some fathers and some mothers get that it's better for the child to have a male role model in the home. Some know it's the best way and the "best way" should be in a marriage; period. We know for a fact, that two parent households hold the most significant results for children. In the single environment, he sometimes learns immediately the impact of the hunger for his father's presence, anger, and lack. I believe, by the time he is two he understands. If he barely sees someone like me (another male), he learns right away how to ball up his fists.

He turns 4 and is old enough to attend daycare. Here is where he is reminded, that if he does "the wrong" things there are consequences. As little boys begin to be kicked out or constantly reminded to sit down, the lessons and consequences become part of his behavioral foundation. Now, if he's a black boy, he may experience his first unwanted moment (consequence), when he is kicked out. What is the message that we plant in our little boys?

I'm going to share a few ideas from my 34 years of working with boys and men. We can construct a healthy boy. Because boys must be built, it's important to know this. Of course, I'll start with importance of Fathers. Mothers, you must fight with him not, not against him to be involved with his child. Do

you realize that about 90% of men want their sons to be better and will discipline him accordingly? Not through abuse or neglect but in love? Studies have shown when a father is there at birth, he will remain in his children's life and this is important.

Parents must teach boys how to read early because it teaches them discipline in classroom setting. They learn to listen. Parents must invest the time it takes to build this level of discipline. For one hour a day, cut off everything and just focus on reading. If a boy doesn't learn to read by third grade, he is almost guaranteed to experience poverty and be dependent on you; his parents.

Believe it or not, rough housing play is more important when the parents are together. It is also important when this type of play is also with just Dad. In a study by neuroscientist, Jaak Panksepp, human emotions and the importance of play was insightful. Play between the males revealed that when fathers interact with their children and how he rewards them are all connected to gauging a boy's emotional state as an adult. Interrupting a man in his parenting, can sometimes cause him to hate, harm, or completely turn off his care, support, and love for his own children. I know some of you have seen this because we have so many children absent of what they need most; play and/or interactions with Dad.

Fathers often teach boys decision making, how to cook, accountability, and team sports for health and conditioning. I truly suggest, right away, to create a video reduction/elimination game plan and slowly remove them from sons and your home. The addiction of video games and cell phones are hurting families and relationships are impacted long-term. These are just a few of the consequences when fathers, mentors, and grand fathers are not present. If the father is absent, find a healthy male mentor to assist in constructing a boy into a man. Remember the man changes into a Husband and/or into a Father.

Mothers, bring us your sons. Let us provide the needed mentorship, focus, discipline, and leadership through our EMIY Future Leaders Program this fall.

Calvin T. Mann is the President and Founder of EMIY, Inc. and Good Fathers Only and can be reached at CalvinTmann@gmail.com or visit www.goodfathersonly.com.

Lessons from the journey...

Seeking change: Retype your DNA, not rewrite

By Heather Hetheru,
SPECIAL TO THE SUN



Before we begin, allow me to share a quick insight into the harm we may cause to self and others when we judge. Judgment places a label followed by a mindset of right, wrong, good or bad. When we should seek the lessons and the wisdom in the various circumstances of life. I'm not speaking absolutes in my insights, I am simply sharing them with others seeking a different perspective of life lessons. Today's insight is founded on a deeper look into our DNA and how important it is to understand ourselves as human beings. We hear how stem cells are used for both health and harm and how GMOs are attempts to modify things for the sake of convenience. These systems are mostly practiced by pharmaceutical companies presented to the public at huge profits. They are served with a list of side-effects and symptoms that openly *tells* us the risks involved while *showing* the "good" life that we can have by buying and using the products. Because we are highly visual, we look at what *seems* to appear as "the good life" more than we sometimes listen to and consider the consequences of our choices. Often those choices lead us to *re-write* our DNA not *re-type* it; even though we may be unconscious of it.

Backstory:

Warning! Remove judgment and proceed. Remembering that we are highly visual (in spite of the warnings and disclaimers) we make decisions about our appearance to enhance or change what is naturally who we are. Why? There are as many ways as we have reasons to unconsciously re-write our DNA (or at least give the appearance of it)! We have products that alter the color of our eyes using contact lens or surgeries; we place chemicals and synthetic products in our hair (weaves, coloring, perms, texturizers) on our nails (acrylics and plastics); and use abrasives on our skin (antiperspirants, perfumes, lotions, make up). Not to mention the ways that we alter our bodies through surgeries, implants, chemical lighteners, peels, and injections. These substances show up as and

have long-term consequences to the rewriting of our DNA (the blue print of our body, behavior, attitudes). Prolonged uses and exposure to these processes are taken into our cells which modify them; these changes overtime force the body to adapt and have an impact on who we are; body, behavior, attitudes. Hence, re-writing our DNA to "look like" someone else's idea of perfection.

Intention of Action:

If we consciously re-type our DNA instead of the unconscious re-write, we can have the benefit of the real perfection we seek. A level of perfection solely defined by our own amazing blueprint. Retyping DNA is simply the process of mapping (and appreciating) its unique individual profile. A profile of attributes and combinations of amazing features so rare that only one exists; the one beautiful YOU. For many reasons, our differences (when not packaged and sanctioned by media) are often seen as flaws. Wouldn't it be amazing and liberating to see the ocean of beauty represented in everyone's unique profile? In the past, we could see the Retyping of our DNA in our elementary school children, perfect and unique. They had joy in just being and learning to accept other's differences. But even now, we have indoctrinated them in our systems without the benefit of provided them choices, warnings or disclaimers. We feed the image of imperfection through demonstrating and interjecting hair dyes, second hand smoke, perms, weaves, nails, and makeup on them.

Consideration for Solution:

What now? How do we change or reverse our course? Change is a process that begins with a desire to seek something new and acting. Next, take the steps toward change by utilizing my 5 Steps process that includes information, appreciation, application, transformation and elevation. Know that it takes 10-21 days to form a new habit and 63 (that's 3-21 day consecutive cycles) to become a lifestyle.

Resources:

Share my "lesson for the journey" through one of my lessons for the journey books (Amazon), view YouTube videos, My Secret Chamber podcasts, Facebook, and/or by visiting yourinspiredjourney.com. Register for my upcoming July-August workshops

Heather Hetheru is a Personal Change Coach.

Winds of Change



By Darryl Cheatham
SPECIAL TO THE SUN

As a wild whistling wind rips through, blows open the front door
Straight thru the back door, blowing my past right into my future.
As the wind whirled and whipped harsh at times, soft as a baby's kiss other times

With the power to move heaven and earth.

If it's not tied down, nailed down or held down.

It can all be whisked away in mere minutes.

Always pushing you pass your limits. Bright futures that get discouraged

When the past blow by real fast there is wisdom in the wind
whispering in your ear your history the truth sometimes carrying lies people tell

But oh well it just keeps on moving around, over and under no stutter

When a gust of wind blows you from child to adulthood, man to fatherhood.

Blessed to have guides to help you see through debris float almost flawlessly

Even when your feet are on the ground you move like a cloud

To experience turbulence breeds excellence

Add pressure to coal and let the story be told behold

A clearer day. Rain clouds have been blown away to reveal the real

Once the onion is peeled.



Real Talk

Celebrate Obama Day Aug. 4

By James Ford

Activist and Founder of Obama Day



Good people, You drink the best beverages, eat the best food, drive the best cars, wear the best clothes, wear big rings and go to some of the biggest churches.

You have a chance to give our children the best give ever - a holiday f their own

and the legacy of an outstanding man. He was the most powerful man in the world for eight years and was of outstanding character and a great role model for children and people of all races.

You can point to this man and say to your children that he did the impossible. Now, you can accomplish anything that you desire.

Barack Obama was dignified and was a man of great character.

Loving people, you can save a lot of children by celebrating Obama Day on Aug. 4. We have to do this now and not wait. We want to do this, while he is alive and we are alive. Remember, children emulate whoyou celebrate. We can all get involved, because



Obama Day is not black or white, red or yellow, democratic or republican. It is a day of optimism for all.

Lock arms and celebrate Obama Day just like you celebrate any other holiday. Now, get those ribs, chicken, potato salad and baked beans out. Call your relatives that are out of town and tell them to do the same. August 4th is Obama Day - the new holiday.

James Ford is the founder of Obama Day Detroit. Visit www.ObamaDayAugust4.com, email Realgoodpresident44@gmail.com or phone (888)604-2294.