

# DETROIT NATIVE SUN

## Ma'at's Memos

By Ma'at Seba  
SUN COLUMNIST



Life is a buffet of experiences and every day the menu changes and you will be served a different dish. Sometimes you enjoy what is on the menu and other times you do not. On the days that you are faced with a challenge, are at a crossroads in making decisions or just need come encouragement or advice, sometimes it is helpful to have a reminder or a different thought to focus on. During the moments when I need some direction I would reflect on some of my "Ma'ats Memos" which are words of wisdom and introspection and they would give me a different perspective, enlightenment and inspiration. May these quotes be a blessing to you as they have been for me:

- All questions have an answer!
- He who fears suffering is already suffering from what he fears
- Nothing in life is to be feared, it is only to be understood
- You will never be the person that you can be if pressure, tension and discipline are taken out of your life
- He that has learned to obey will know how to command
- Defeat is not the worst of failures. Not to have tried is the true failure
- He who is accustomed to defeat, yet persists, will someday succeed
- Hatred itself is punishment
- Unforgiveness is like drinking the poison yourself and waiting for the other person to die
- Your heart will never be at peace until you learn forgiveness
- Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure.
- It is our light not our darkness that most frightens us
- Love is what we are born with. Fear is what we learn
- A gem cannot be polished without friction, nor can man be perfected without trials
- If you can't get a compliment any other way, give yourself one
- The best way to cheer yourself up is to try to cheer someone else up
- Keep your face to the sunshine and you can't see the shadow
- Courage is resistance to fear, mastery or fear, not the absence of fear
- A small debt produces a debtor; a large one produces an enemy
- Be civil to all, sociable to many, familiar with few, friend to one, enemy to none

- Have a heart that never hardens, a temper that never flares and a touch that never hurts
- The greatest pleasure in life is doing what people say you cannot do
- Live Your Truth, not someone else's truth about you
- Rainbows appear after the rain ends
- The formula for failure is: Try to please everyone!
- No one can make you feel inferior without your consent
- The ladder of success doesn't care who climbs it
- If you are too big for criticism, you are too small for praise
- Love your enemy, it will drive them crazy!
- It is the people who do nothing who are sure that nothing can be done
- What you dislike in others, be sure to correct within yourself
- If you feel that you have no faults then that is your first one!
- It is never easy to buy yourself back once you have sold yourself out
- Speak without offending, listen without defending
- A tree can only be as strong as its roots
- No act of kindness, no matter how small, is ever wasted
- If you pray then don't worry, and if you are going to worry then don't bother praying
- A problem is a life and death situation, everything else is just an inconvenience
- Greatness intimidates, that's why greatness forces smallness to react
- Let nothing and no one steal your joy
- When you move the wrong people out of your life, then wrong things stop happening
- You profit nothing from an enemy so don't make any
- Be sure that your feet are in the right place before you stand firm
- Be the change that you want to see in the world
- Invest in yourself, it will pay you for the rest of your life
- Life is a big canvas. Throw all the paint that you can on it!
- Today's might oak is just yesterday's little acorn that held its ground
- The eyes can see everything in the world except for themselves

Ma'at Seba is the founder and facilitator of RELATIONSHIP FIRST AID, a program which uses spiritual principles as the tools to identify and resolve the causes of unhealthy, toxic or stressful relationships, whether it is with your mate, children, friends, co-workers as well as yourself. Ma'at can be reached for speaking engagements, classes or lectures at: Relationshipfirstaid@yahoo.com or Maatseba@gmail.com

## Mom on the Rebound

By D. L. Gibson  
SUN LIFESTYLE COLUMNIST



Sister Girl's brother walks to the steps. He shows off his gun in his holster. Oh no...It's about to go down! The crazy cop ignored him and shouted back, hoping his fellow officers along with his two cousins had his back. "You need to arrest him for threatening an officer with a deadly weapon," the crazy cop shouted to Officer Sweetie and the other two cops. They all ignored him and told his cousins to escort him to their car and take him home. "I ain't going nowhere, until I get those pictures and see what's on that video," the crazy cop shouted back. His remarks added fuel to the fire, pushing his crazy cousin and son to holler back. They continued to help the crazy cop to his feet and tried to help him up the steps. Officer Sweetie and Sister Girl's brother blocked their pathway. "You ain't going nowhere," Sister Girl's brother shouted. "They'll be carrying all three of you out in body bags, before I

allow you inside of my house. You better leave, while you can still stand!" Officer Sweetie motioned to the other two cops standing nearby to come over. They came over and tried to grab the crazy cop by his arm, but he yanked away. "Don't put your hands on me," he shouted. The crazy deacon shouted for them to man up and help their colleague. "If you were really a man, you wouldn't be worried about those pictures and what's in that video. Where was the man in you, when the cameras were rolling," one of the cops asked. The other cop started laughing. "It would be funny if the local news showed the pictures tonight on the 11 o'clock news or ran clips of that video. Betcha butt would be wobbling to the hills," he said. "I just might tip off my boy at the station, and have them to send someone out." The crazy cop and his cousins didn't find the remarks funny. They became enraged and tried to push Officer Sweetie out of the way. They even let go of their cousin, causing him to fall to the ground. Officer Sweetie wasn't a punk. Oh no! Someone grab Officer Sweetie! Mom on the Rebound is based on actual events.

## The DeMarco Project Speaks:

## Call to Action - Support our Heroes and Sheroes

By Kim J. Clark Aka Expanding Love  
SUN COLUMNIST



In this New Year 2023, let us move forward with hope and more action. There are a lot of Veteran service organizations and citizens who do volunteer work on behalf of Veterans. From this writer, the mother of a Veteran who lost his life to suicide, I say, "Thank you." Let us continue to contribute and provide support to traumatized Veterans and Veterans in need. There are many ways we can do that. To name a few:

- Show up in a loving way to Veterans in your own family. No judgment. As civilians, we do not know what military-related trauma our loved ones may face daily.
- Be of support to their families. When a Veteran suffers, their spouses and children suffer.
- Check on a Veteran friend whom you have not spoken to in a while.
- Support organizations that serve Veterans in your local community.

As citizens who love our country, and the freedoms we enjoy, it is vitally important to step up and take action to support our Heroes and Sheroes. Military service causes extreme trauma to many men and women who serve in the armed forces. The statistics are alarming and unsettling. "The Department of Veterans Affairs (VA) 2022 National Veteran Suicide Prevention Annual Report documents decreases in Veteran suicide deaths and suicide rates during the two most recent years for which mortality data is available, 2019 and 2020. In 2020, there were 6,146 Veteran suicides. This was, on average, 16.8 per day." However, according to the Military Times, "The rate of suicide among veterans may be more than double what federal officials report annually because of undercounting related to drug overdose deaths and service record errors, according to a new analysis released Saturday. Officials from America's Warrior Partnership, in a joint study with University of Alabama and Duke University, reviewed census death data from 2014 to 2018 for eight states and found thousands of cases of suspected or confirmed suicides not included in federal calculations. If those figures were to be repeated across the other states, it would push the Veteran's suicide rate from about 17 individuals a day (the official estimate released by the Department of

Veterans Affairs last year) to 44 veterans a day." Yes, the statistics are dismal. However, America is a nation of people who know how to fight for change. To that end, let us actively support our Heroes and Sheroes. Each one of us has the power to be an inspiration to a Veteran. The DeMarco Project has been in existence since April 2016. As a result, this writer has had conversations with hundreds of Veterans. Without fail, each male and female expressed gratitude that they mattered to someone. I have heard comments such as, "Thank you for representing me." to whispers of broken hearts because of military-related trauma tearing the family apart, to male and female Veterans telling me that they have not committed suicide because of my work. To be clear, the last statement is not about how great I am. When I tell my story, and the Vet looks into my eyes, sees, and experiences my pain, they realize they do not want their family members to experience what I go through daily. Some empowering resources include, but are not limited to:

- VA Hospital for medical, mental, and dental health services - some services do require referrals from the Veteran's primary care provider.
- Vet Centers- "Vet Centers are community-based counseling centers that provide a wide range of social and psychological services, including professional counseling to eligible Veterans, service members, including National Guard and Reserve components, and their families." Vet Centers (Readjustment Counseling) Home (va.gov)
- Veteran Crisis line 24/7 provides confidential crisis support for Veterans and their loved ones. Veterans do not have to be enrolled in VA benefits or health care to connect. Dial 988, then press "1" or Text 838255 https://www.veteranscrisisline.net/get-help/hotline
- Local community health and wellness resource services for Veterans.
- For active-duty personnel, reach out to military medical facilities.

2023 Call to Action So, together let us get busy. Save and Transform the lives of our Heroes and Sheroes. I believe if we as individuals, community and a nation continue to work in a concerted effort, we can and will uplift our Veterans. Show them we are here for them. Support and assist them in the process of life transformation. Kim is the mother of a Veteran who loved his country and was willing to lay his life down for the freedoms in which he believed.

## Save Valentine's Day with these last minute gift ideas

(StatePoint) Valentine's Day is an age-old tradition, and it falls on the same day each year, but that doesn't necessarily mean you've planned ahead for the occasion. The good news? There are more thoughtful ways to spontaneously express your love than ever before, thanks to new digital tools. In addition to the classic options, like flowers, you might consider treating your loved one to their favorite meal via a delivery service like Door Dash or Uber Eats, or sending them a heartfelt, customized video greeting with SmashUps from americangreetings.com. If Valentine's Day catches you by surprise this year, fear not. These days, meaningful, creative

gift options that can be delivered in hours, or even seconds, abound.

**FLOWERS IN A FLASH**

Whether you forgot about the holiday, or want to be spontaneously romantic, stop by the local store to pick up a bouquet and make a surprise personal delivery. Or, if in-person delivery is not an option, most florists offer last-minute delivery in 4 hours or less!

**SWEETS FOR YOUR SWEETIE**

It's easy to make your Valentine's Day gesture a sweet one, as gifts like chocolate and cookies are popular (and often already wrapped) for the special day.

**RECIPE FOR SUCCESS**

You may score a last-minute reservation, but it's never too late to whip up their favorite meal and enjoy a candlelit dinner from home. Or surprise them with lunch via a delivery service, such as Door Dash or Uber Eats.

**LAST-MINUTE MESSAGES**

For Valentine's Day (or any special occasion), SmashUps by American Greetings has you covered with heartfelt and company customized video greetings that can be created and sent in seconds! Just visit the American Greetings app or website, select your favorite video greeting from a variety of options (even from celebrities), personalize it with your significant other's name, and instantly deliver it straight to their inbox or phone.