

Key Awareness

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FREE

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'Recognizing A Great Public Servant: Mrs. Mary Thompson. 'May the Work I Do Speak for Me'

It is with great honor to be granted the privilege of having this month's Key Awareness blessed by the grace, dignity and humility of such an outstanding public servant. Although her tireless work and service to continuously uplift her beloved East End/ Church Hill community and the City of Richmond is immeasurable (to say the least); we will make a conscious effort to share with you, our avid readers, a portion of the gifts and blessings that this great public servant has and continues to bestow upon her beloved Richmond community. Jesus, the greatest servant of all said "The greatest among us shall be our servants". So the question asked is 'how can we repay Him for all He's given us? The answer is: to reciprocate His love, and then bless Him through our service to one another.



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LB Beauty Education Foundation Celebrate New Non-Profit Status with Inaugural Fundraising Gala!

On a crisp fall evening, September 20, 2014, the LB Beauty Education Foundation (LBBEF) hosted their inaugural fundraising gala to celebrate becoming a non-profit organization. In fact, they are the sole non-profit organization that provides free business education to beauty professionals, through an innovative teamwork approach. What an awesome achievement for LBBEF! The proceeds from the event benefitted LBBEF's online Business Development Course.

In one word, the LB Beauty Education Foundation Inaugural Gala was FABULOUS! Over 300 men and women attended the grand affair, to include: salon owners, stylists, business professionals, and the community at large. Guests were greeted by the soft sound of smooth jazz



(l to r) LBBEF Founder LaFarn Burton, husband & Board Vice Pres. Norman Burton

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Members of Club 533 Bless Richmond Seniors with Annual Thanksgiving Gift Baskets!

Remember in our youth being taught by our elders the importance of giving? They'd say, "You know, it's always better to give than to receive." And often times as we were being forced to practice the gift of sharing our possessions with others... we did it with a degree of frustrated reluctance.

Most of us in our youth did not possess the wisdom to realize how truly blessed we were... because in order to be in a position to give, you have to first be in a blessed state in order to have something to give. To many of us that wisdom came much later in life... if it came at all.

And operating from a blessed place of giving doesn't always mean giving financially. It means supplying the needs of others at their time of need with whatever gifts we



Club 533 members (l) Marco Harris (third l) Carlin Gibson pose with Seniors of Renaissance Apartments.

possess... time, talent, compassion, the love of sharing and caring for others and the great desire to obey Jesus' instruction to 'Love our neighbor as we love ourselves'.

Recently while covering Club 533's annual Thanksgiving food basket gifts for senior citizens in the Richmond area, I was blessed to witness two young Club 533 members who not only have gained spiritual wisdom in understanding the importance of spiritual obedience to love thy neighbor... but also the importance of allowing God to use them as a vehicle in supplying the needs of others by giving of their time, and energy through their compassionate caring spirits.

Carlin Gibson, Chairman of Community Affairs Committee at Club 533 commented, "Being able to give back to the community,

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A Message from the Editor:

“For the Child with Hunger Near!” Have A Safe and Blessed Christmas!

As a child, the most exciting time of the year, without a doubt... bar none, was Christmas time. The gifts, the toys, the abundance and variety of foods, the feasting, the fun, no school... Thank You Jesus!

Oh yeah; it was also about celebrating Jesus' birthday... but we talked about Jesus every Sunday in church all year long. Christmas was to me, as a child, about the joy of receiving toys, good stuff, good food, sweets and playing with friends.

In my neighborhood 'skates' were the 'number 1' gift you could get. If you got your brand new Union Hardware #5 skates for Christmas, that was it... it was on all day long. By 8 o'clock every Christmas morning I did my usual ritual... unwrapped my brand new Union Hardware #5's... loaded my pockets with hard Christmas candy, an assortment of nuts, slice of fruitcake... my skate key (which I'd always lose before days end) and with unbridled enthusiasm and excitement joined the gathering throng of like-minded holiday celebrants... all whom were sporting their brand new Union Hardware #5 skates.

I remember one Christmas morning my younger sister unwrapped her skates before I did... to our surprise and to her dismay, they were not Union Hardware #5's. I had never seen skates like those before... they looked like knock offs of a knock off brand... they had what looked like red hub caps on the wheels... they were small and not sturdy. I remember thinking... there's no way she's going to be able to take Spread Eagle hill or skate the cement circle in the new Projects in those things... let alone trying to master the infamous St. James Street hill that every skater had to conquer before you were recognized in the neighborhood as a legit and bona fide skater.

The infamous and scary St. James Street hill was, without a doubt, the portal one must travel through in order to receive your 'Rites of Passage' in the skate world. Well, as my sister stood there with those atrocities in her hands staring into an abyss of dismayed disbelief, despair and dissatisfaction; I looked at the wrapped gift with my name on it. With my heart beating like a bass drum... I slowly unwrapped my gift... to my surprise as my eyes quickly gazed upon the partially unwrapped set of skates... suddenly there was the insignia I was so desperately searching for... 'Union Hardware #5'... Thank You Jesus!

Suddenly I could hear the sweet noise of skate wheels echoing from the vast avenues of pavement outside our living room window... I looked at my despondent spirited sister and said, 'You're going to have to take this up with Mama... I gotta go'. Oh how I loved Christmas time as a blessed child... taking always for granted that my brand new skates, new school clothes, turkey, ham, greens, sweet potatoes, mac & cheese, homemade potato salad, cakes, pies, Christmas candy, nuts, fruit and the beautiful smiling faces of family and friends would be with me in holiday celebration forever.

But it was several Christmas seasons later... I'll never forget that one time that there were no new skates... no new clothes... a scarcity of hard candy and nuts... no sentilating aromas of turkey or ham smells tantalizing and serenading my nostrils from the kitchen stove. I remember grabbing this huge apple from the kitchen table and walking through the neighborhood that Christmas morning... suddenly I was invisible... I saw many smiling faced skaters passing by but they had too much joy and fun in their eyes, that they couldn't see me... I visited some of my friends, they were busy unwrapping gifts and feasting to see that I was giftless and foodless... so after a while I proceeded to eat my apple and invisibly walk back through my beloved neighborhood, home.

That was a one-time Christmas holiday experience... I don't know what happened financially that year but it never happened again. But as I reflect back, I realize that that Christmas holiday experience of lack and disparity was the greatest Christmas gift I've ever received... for it was that Christmas of having to go without that gave me the greatest and deepest appreciation of being abundantly blessed than all of my previous Christmas' combined... I gained a small degree of profound wisdom that year. Years later I wrote this poem 'For the Child with Hunger Near' which was published on the front page of the Leaguer Magazine in December 1980... it was the forerunner for a 'Feed the Needy & Toy Drive campaign that holiday season.

Being invisible that one Christmas season has allowed me to recognize the daily invisibility of others... and to whenever possible, give as often as I can.

'For the Child with Hunger Near'

Christmas Eve sure is swell,
Mistletoe, that turkey smell,
To the child who's got it all

On Christmas day gonna have a ball

Oh, but for the child with hunger near
Christmas's just another day of the year
He can't smile, but sheds a tear
It's Christmas time and he's tryin to live

Christmas comes but once a year,
Every heart is poised to give
But for the child with hunger near
It's Christmas time and he's tryin to live

You and I, the lucky ones
Christmas to us a lot of fun,
See the toys for the boys and girls,
Sing of joy throughout the world

Oh, but for the child who's never seen
Santa Claus or a Christmas dream,
Never sung of the first noel
Or all is calm, all is well
Is the child we need to share
The Christmas spirit with everywhere

He's the child who sheds a tear
He's the child with hunger near

Got my Christmas, so have you,
Feel I'm reflecting of the majority too,
But somewhere there's a child who's never known,
For the Christmas spirit has never been shown

He's the child that sheds a tear
Never smiles or had a cheer
Now it's Christmas time and he's tryin to live,
I said, it's Christmas time and he's tryin to live...

You see, he's the child with hunger near!
Let us in the midst of our celebratory spirits continue to do
all that we can to eradicate the invisibility of others living
without. Have a Safe and Prosperous Holiday Season!
Stay Blessed! (RWE)



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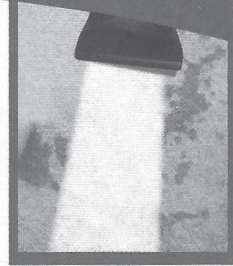
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Geri's
Inspirations



Accept What People are Feeling Without Taking on What They are Thinking

If you follow my column then you know I have a unique way of looking at life. I said that to say this, "Go with me for a second as I show you a new way to handle confrontations".

No matter how nice we are, all of us have been accused of some type of wrong doing. It might be work related, a family matter, or an issue with a friend. The majority of the time the confusion comes because both people see the situation from a different perspective. Either you said or did something that the other person felt should not have been said or done or you overheard a conversation that affects how you now look at another person. Whatever the case may be, there is no need to take things out of context. Once you learn to **accept what people are feeling without taking on what they are thinking**, it will be easier to operate in your own truth. What I mean by that is you don't always have to agree with the way somebody else explains the situation to you. Perhaps what you did made them look bad. As long as your intention was not to make them look bad, then it's okay to accept what they are feeling without taking on their way of thinking. A lot of times we carry the hurt of someone else's perception of us for way too long. We stop calling and visiting. Before long you realize that weeks and months have passed since you spoke to each other. I have learned that most of the time when I hold on to what someone has said to me, they have moved on and forgotten about it. It's been said that, if you know how little people think of you, then you wouldn't care what they think of you. Also, most of what we fear in life never really happens. We spend way too much time worrying about what will happen instead of enjoying what is happening. Be yourself and allow others to do the same.

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'Recognizing A Great Public Servant: Mrs. Mary Thompson. 'May the Work I Do Speak for Me' (cont. from front pg.)

For He has instructed us also to "Let your light so shine before men, that they may see your good works, and glorify your Father which is in heaven."

It is from this premise of spiritual obedience that the great works of public servant Mary Magdalene White Thompson is so derived.

So who is this great public servant, Mary Magdalene White Thompson? Mary is the sixth child of eight siblings of parents William Abner White and Maggie Lena Braxton White (both deceased). "I was born, bred and raised here in the East End/ Church Hill community at 1600 North 28th Street... I never lived anywhere else but Church Hill.... As a young girl I played in the streets of my beloved community."

Mary attended George Mason Elementary school and graduated from Armstrong High school in 1955. After which, she attended J. Sergeant Reynold's Community College, graduating cum laude in the Professional Secretarial program, with further matriculation at Virginia Commonwealth University (VCU) and the National Association of Education Office Professionals (NAEOP).

Mary served as Secretary and as an Administrative Office Professional for the Richmond Public Schools at Fairmont Elementary, REAL and Thirteen Acres schools where she retired after 40 years of service.

Mary and husband Deacon George W. Thompson, Jr celebrated their 57th year anniversary this past August. They are the blessed parents of 5 children, 10 grandchildren and 5 great grandchildren.

"I first met my husband George in the 1200 block of Main Street. He and I were working across the street from each other... on this particular day I went to the bank to get some change for my employer... George came out of his building at the same time. He stopped me and asked me if I knew Obediah White... I looked at him strangely and said, yes, that's my brother. He said, 'You look just like him'. We went our separate ways... later I saw him again and we struck a conversation. With him it was love at first sight... but I didn't have love on my mind. He pursued and I was impressed with his persistence and finally I agreed to go out with him. Today, reflecting back, I realize that it was God's plan for our lives."

Mary shared with me how she became an obedient servant. "I'm a firm believer that God has a time line for all of us. I started out in 1956 when they had the Model City program in the East End community. At that time I was serving on the Education Committee, we were discussing the importance of parents taking more of a supportive role in the lives of their children... juvenile delinquency and so forth... something just triggered in me telling me that I need to not do this right now... I need to go home and take care of my own family first so that my children would not become a juvenile delinquent statistic. So I focused on raising my family first and then in 1992 I became actively and directly involved in the community,

Better Housing Coalition had come into the community to discuss what could be done with the rundown homes and the object blight occurring in our community. I attended the meeting held at Mt. Olivet Baptist church. After the meeting I began to think... why is it we don't have a community association here in our immediate community for our residents? So I started calling people in our community and we had our first meeting at Mt. Tabor Baptist Church. I invited members of Better Housing Coalition to attend... the CEO shared additional information of their vision for our community... so as a result of this we formed the New Visions Civic League of East End in 1993... that's how I got started in community building and service. I just felt that if others were going to come in to our community to develop and eradicate blight in our community, then we needed to have residents in the community actively involved. I felt that those coming in should serve as a supporting role to our vision of what we the

community residents wanted and needed to produce a more vibrant, safer and better neighborhood for our residents.

Having grown up in my beloved East End/ Church Hill community I remember how it used to be. It was a community that we once knew as a wholesome, thriving, safe community, where we raised our children with the entire community participating in helping to make each child complete in who God intended them to be.

Today when I reflect over the work and service to the community we've provided thus far I feel humbled... I thank God for allowing me the opportunity to be a public servant and to be able to help in making a significant change for the better in our community... and to be an encouragement to others. I thank Him for giving me the continued strength throughout the years to be able to use my God-given energy and gifts to be of service to my community. I can remember on several occasions having so many community meetings to attend on the same day that often I didn't know how I was going to get them all in... but He has always made a way.

Today I'm seeking to pass the baton of community service to our younger generation so that they can develop into strong dedicated and great community servants for the continued uplifting and



Husband Dea. George Thompson with wife Mary.

development of our wonderful East End/ Church Hill community."

So Mrs. Mary Magdalene White Thompson, I'm sure I speak for the appreciative and blessed residents of your beloved East End/ Church Hill community as well as the City of Richmond residents when I say to you, Thank You Great and Obedient Public Servant for service beyond measure... and know always that, 'God is not unjust; He will not forget your work and the love you have shown Him as you have helped His people... we want each of you to show this diligence to the very end, in order to make your hope sure.' [Hebrews 6: 10, 11]

The following is a most impressive Resume of an Obedient Public Servant:
Civic/ Community Affiliations

- Founder/President- New Visions Civic League of East End (since 1993)
- Church Hill Central Partners Housing Committee Co-Chairperson
- Better Housing Coalition- Richmond Affordable Housing Board Member
- Sector 113 Chairperson for MPACT (Mayor Participation Action and Communications Team)
- Storefront for Community Design Center Board Member
- Member of Democratic National Committee
- Member of Senior Ambassador Group of Bon Secours Richmond Community Hospital
- Chair for the Community National Night Out Events; 1000 + persons in attendance 2011-2014

Former Affiliations

- Board Member of Main Street 25
- East Team Board Member
- Lewis Ginter Botanical Gardens Board member and LGBG Education Committee member
- Coordinator of the 13 Acres School Big Yard Sale (1984-2008) for over 400 vendors from the areas of Tidewater, Petersburg, North Carolina, Florida, Richmond, VA and vicinity, Milled as the largest yard sale on the East Coast
- Former Member of Richmond Education Association

Awards

- Boy Scouts of America Award of Merit and Silver Beaver Award
- BSA Good Shepherd Award
- Educational Secretary of the Year (RAEOP) 1971
- Educational Office Professional of the Year (VAEOP) 1994 (received both awards in Educational Office Professional of the Year (NAEOP) 1994 the same year)
- Certificates of Recognition and Appreciation from the City and East District
- RAEOP Hall of Fame Award
- Community 2004 Heritage Award
- 7th District Outstanding Community Leadership Certificate
- Volunteer Appreciation Award
- Better Housing Coalition Award for Leadership and Service

Professional Affiliations

- Richmond Association of Education Office Professionals Retirees division
- Virginia Association of Educational Office Professionals Retirees life
- National Association of Educational Office Professionals Retirees division
- Secretary for VAEOP Past Presidents Council
- RAEOP & VAEOP Board Advisor
- NAEOP Educational Foundation Trustee (Charter member)
- Former NAEOP Educational Foundation Scholarship Chairperson
- NAREOP Evans Scholarship Chairperson

Church

- Moved membership to 31st Street Baptist Church in 1985 (to be with my family)
- Church Assistant Secretary for Membership, Church School Teacher for Junior class, former Church School pianist, Pastoral Relations Committee, Decorations coordinator for church activities, music coordinator for Vacation Bible School, serves on Church Emergency Team, Prayer Intercessors Ministry and former pianist for the Little Peoples' Choir (children ages 3-12), and church school pianist.

Other Christian Involvements:

- Church School Forum of Richmond & Vicinity
- Good Shepherd Baptist Church Tuesday Bible Class.

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Members of Club 533 Bless Richmond Seniors with Annual Thanksgiving Gift Baskets! (cont. from front pg.)



especially at this time of the holiday season, means a lot to the members of Club 533 and to me personally... to be able to go into our senior communities and spread some joy through the gift of giving, for me says it all."

Club 533 member, Marco Harris stated, "Being a part of this program means the world to me... just seeing the looks on their faces and just knowing that they appreciate what we're doing. I appreciate being a Club 533 member and having the opportunity to show the community that we care... also it was great to be able to bond with my club member brother... and to see it all come together was beautiful." Elizabeth Taylor, President of the Tenant League for Church Hill House stated, "I think this gift of giving food for our residents is just excellent... the residents are just elated... the need exists and you all came and sort us out... it's a blessing... and this is truly Thanksgiving."

Terri Jordan, Residential Services Coordinator for Fairmount House and Church Hill House commented, "I think this is a really good thing the members of Club 533 are doing... the residents are really going to enjoy their food gift baskets. Our residents are really excited about this generous blessing from Club 533."

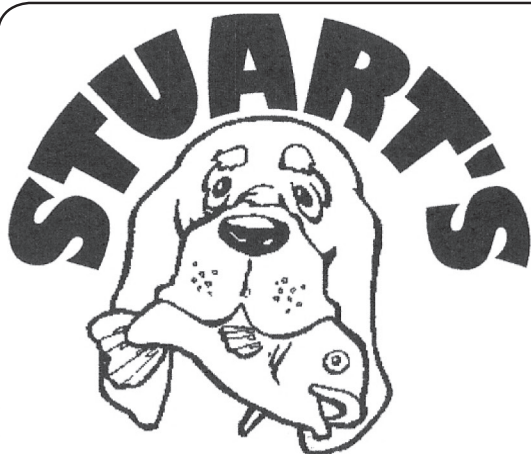
Tonya Brown, Property Manager of the Renaissance Apartments commented: "I think the tenants here are very appreciative to be this year's recipients of the Thanksgiving dinners from Club 533. This is just great." "If there be any truer measure of a man than by what he does, it must be by what he gives." [Source: Robert South]

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LB Beauty Education Foundation Celebrate New Non-Profit Status with Inaugural Fundraising Gala! (cont. from front pg.)

while enjoying delicious heavy hors d'oeuvres. The energy in the room was electric, as several guests participated in a silent auction that included an array of items from hair products, jewelry, makeover packages and photography portfolios - to original artwork. There was no shortage of goodies. The silent bidding was very competitive, but fun!

The highlight of the gala was by far the EPIC fashion show, where Every Person Is Considered! Under the direction of Dr. Terrell Newman, owner of Salon Newrell and Co-Chair of the LBBEF Gala Committee, the show featured both male and female models of all shapes and sizes. The models rocked the latest fashion trends from local boutiques, independent designers and jewelers. Guests marveled at the intricate mix of high fashion and explosive personalities.

No detail was left out, from makeup that was done by both professional artists and certified makeup artist students who obtained their training from LB Beauty Academy, to the music and finale. Dr. Newman, has coordinated and directed fashion shows for over 10 years. His love for giving back of his time and talent were evident in his efforts to ensure the show left a lasting impression. And IT



Participants in Camp Diva/LBBEF summer program receive certificates

DID!

Towards the close of the gala, LBBEF, unveiled their new logo and face of the organization. The LB Beauty Education Foundation's logo is inclusive and representative of community togetherness. It also depicts participants growing in their knowledge about entrepreneurship, due to the solid foundation on which their education is built.

Mrs. LaFarn Burton, President and Founder of the LB Beauty Education Foundation, has a passion to help men and women reach their full potential in the beauty industry. She does not want them to settle for being a hairstylist, but to own the salon! She recognizes a lack

of education as it relates to entrepreneurship in the beauty industry, which is her motivation for establishing this non-profit to give to the beauty community for which she loves and supports. The LB Beauty Education Foundation was birthed out of her passion and commitment to help, educate, and serve others in the beauty profession.

Entrepreneurship in today's world can be a daunting task. Distractions are plentiful and never have demands been greater. Thankfully, LBBEF with its community of partners, is able to help beauty professionals in every facet of business development and growth. The love, wisdom and strength of successful beauty entrepreneurs is shared to help empower, connect, and transform the professional beauty workforce -one individual at a time. Online tuition-free beauty business education will make a global impact within the beauty industry! For more information about LB Beauty Education Foundation, or if you would like to be a part of the speaker's bureau, please reference the website at www.lbbef.org. Additional information, including contact information, can be found there.

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Pediatric Dentist at CAHN!

We welcome Dr. Robert Easterling to Capital Area Health Network! Dr. "Bob" has a special interest in providing care to children and eagerly wants to serve ages 0-21.

Dr. "Bob" comes to CAHN from the Henrico County Health Department's Dental Clinic where he served pediatrics for many years. We are pleased to have Dr. Bob with the CAHN family of providers. Remember it's time for back to school and what a great way to kick off the season with a good oral health checkup. Call us today or visit our website to schedule your next appointment with Dr. Bob. **Call us at 804-780-0840.**

For more information, go to our website cahealthnet.org.

A Rewarding Day

*Begin each day by counting your blessings
 Don't stop to fret or complain
 Think of all the things you are processing
 And all of the good things you will gain
 Keep a smile on your face as you whisper
 A prayer to the Father above
 And praise Him for all of His mercy
 The abundance of grace and His love*

*Try to make someone happy
 With something you say or do
 Because all of the kindness you render
 Will in some way be returned to you
 You will feel good when the day has ended
 Knowing that you have given your best
 Just say a prayer of thanksgiving
 As you close your eyes and rest.*

Emily T. Corbin



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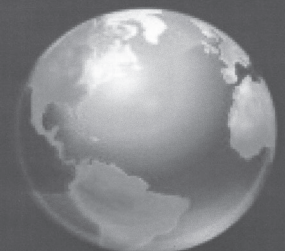


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Dr. Pamela Hamilton-Stubbs, M.D. Sleep and Total Wellness Institute, LLC Now Located at 210 E. Brookland Park Blvd!

Dr. Pamela Hamilton-Stubbs got her start in Akron, Ohio as the middle child of the late Marion Hamilton and the late Lessie Mae Hamilton. From an early age, Dr. Hamilton-Stubbs wanted to become a doctor to help people, especially when she saw how her youngest brother suffered from severe asthma attacks.

She graduated with honors from Buchtel High School in Akron and later with honors again from Kent State University where she majored in psychology and nursing. After earning a doctor of medicine degree from Meharry Medical School in Nashville, Tennessee, Dr. Hamilton-Stubbs completed an internship in internal medicine at Howard University, an internship in pediatrics at Louisiana State University, a residency in pediatrics at the University of Georgia, and a residency in neurology at the Medical College of Virginia. She is board certified in pediatrics and sleep disorders medicine.

After working for five years in the Medical College of Virginia's Sleep Lab, in 1997, the Lord blessed Dr. Hamilton-Stubbs to establish the Sleep Clinic for Children medical practice. The vision of the practice is access to health care for all people. The mission of the practice is to provide excellent service in the spirit of Christ who served both the rich and the poor.

When it started, the medical practice focused primarily on diagnosis and treatment of sleep disorders. As the practice has evolved, the focus has expanded to include preventive medicine. Thus, exercise (physical and spiritual), diet, stress reduction and rest all play important roles in Dr. Hamilton-Stubbs approach to maintaining health as well as preventing and treating illnesses. Accordingly, the name of the practice has changed from the Sleep Clinic for Children and Adults, LLC, to Dr. Hamilton-Stubbs' Sleep and Total Wellness Institute LLC.

When Dr. Hamilton-Stubbs opened her medical practice, she dedicated its service to God. She also began the Sleep Clinic for Children and Adults Christian Ministry ("The Ministry"). The primary aim of the Ministry has been serving the Richmond, Virginia metropolitan area (and beyond) in the spirit of Christ who helped the rich and the poor. To appeal to and reach a broader portion of the general public, the Ministry has received a new name: "Partners in Health and Family Living" ("Partners"). While the name has changed, the mission remains fundamentally the same: Partners will continue to focus on serving the Richmond, Virginia metropolitan area through various activities in the spirit of Christ who helped the rich and the poor.

The activities of Partners are presently funded primarily by Dr. Hamilton-Stubbs' Sleep and Total Wellness Institute, LLC although Partners also accepts contributions from private individuals.

In 1998, the Ministry formed and coordinated the activities of the Central Virginia Restless Legs Syndrome Support Group ("CVRLS Support Group"). The CVRLS Support Group was founded to provide free expert information and analysis to RLS sufferers and their families regarding the diagnosis, treatment, and etiology of Restless Legs Syndrome. Doctor Hamilton-Stubbs is primarily responsible for organizing the CVRLS Support Group. In May 2007, the Ministry co-sponsored and coordinated a free statewide meeting of all Virginia based RLS support groups. This statewide conference was open to the general public.

In 2003, the Ministry began another community service through creation of "Bedtime in the City" parenting workshops. The



workshops provided free instruction and information to parents, guardians, and grandparents about (1) child development, (2) nutritional education, (3) appropriate literature and how to read to children of various ages (4) and recognizing signs as well as symptoms of sleep disorders. To help caregivers, the Ministry invited knowledgeable speakers who spoke to the caregivers of children under eight years of age on the importance of sleep to a child's development and success. In addition, the Ministry and other participants furnished relevant reading material. This activity was organized primarily by Doctor Hamilton-Stubbs and included pediatricians, mental health professionals, librarians, and dieticians.

In August 2014, the Ministry participated in a Richmond, Virginia community based "Back to School Program" and helped to educate public school students regarding the important relationship between sleep and learning.

In addition, Partners provides medical care to uninsured and under insured patients. For example, it provides specialty care to patients from the Cross Over Clinic, a free clinic operating in Richmond, Virginia and ministering to persons who were materially impoverished, uninsured, and under insured. Services that Dr. Hamilton-Stubbs has provided to the Cross Over Clinic included free evaluation of patients concerning possible sleep disorders and free treatment for patients with sleep disorders. These services are provided through office evaluations and/or interpretation of sleep studies.

For the foreseeable future, Partners plans to continue all the services currently provided to the Cross Over Clinic. In June 2007, in association with the Virginia Prostate Cancer Coalition, the Richmond Medical Society, and several local elected officials, the Ministry co-sponsored a Men's Health Fair. The half day program was held in Richmond, Virginia and featured lectures by academic research scientists from Hampton University and the University of South Carolina as well as a well respected local urologist. In addition, two prostate cancer "overcomers" addressed the attendees. The event was free and attracted approximately fifty members of the local community. Most of those who attended the program were members of underserved groups, principally, African American males. Partners in Health and Family Living plans a community health education initiative directed to residents of the Petersburg and Hopewell, Virginia metropolitan area. The program aims to enhance awareness of strategies to prevent and ameliorate

diseases like prostate cancer, diabetes, and sleep apnea. Dr. Pamela Hamilton-Stubbs, M.D. and Jonathan K. Stubbs (a prostate cancer overcome) will, with God's help, lead this outreach.

Jonathan Stubbs, the Secretary-Treasurer of the Ministry is an ordained Christian minister, Professor of Law at the University of Richmond, and attorney. Professor Stubbs has written a book entitled "Out of the Boat: Trusting God in Life's Storms" which deals with issues of his faith, fears and doubts following being diagnosed with early stage prostate cancer. The book is being used as part of the Ministry's community health education outreach program.

Since 2005, the Ministry has worked with the Lupus Foundation of Virginia to educate lupus patients, family members, health care providers, and members of the general public about lupus and its treatment. At the Lupus Foundation's annual meeting which typically draws approximately one hundred persons, Dr. Hamilton-Stubbs has been a regular presenter on the relationship of lupus and sleep. Dr. Hamilton-Stubbs has served on the Lupus Foundation Medical Advisory Board since 2006. In November 2012, in Petersburg, Virginia, Dr. Stubbs was the featured speaker on a program involving lupus and sleep sponsored by the Tri Cities Chapter of the Lupus Foundation of Virginia. In Fredericksburg, Virginia, in 2013, she addressed a statewide meeting of the Lupus Foundation. She also addressed the Lupus Foundation of Virginia annual meeting held in Richmond, Virginia during the fall of 2013. On November 16, 2014, she spoke again to the Lupus Foundation of Richmond, Virginia about the healing power of food as well as lifestyle changes in dealing with chronic diseases like Lupus.

Partners in Health and Family Living plans to continue the mission of the Sleep Clinic for Children and Adults Christian Ministry: mission to serve and improve the community in the Richmond, Virginia in the spirit of Christ who served the rich and the poor.

In addition, Partners in Health and Family Living is constantly communicating with community groups, churches, non-profit organizations, and leaders in Richmond, Virginia to formulate new ways to serve the community. For example Partners in Health and Family Living perceives an opportunity to expand its range of services to include disease prevention, control and cure through complementary and alternative medicine. Other areas in which Partners in Health and Family Living is likely to be active include community health education and addressing the needs of the elderly – especially related to decline of cognitive function. Moreover, Partners in Health and Family Living has a national and international dimension especially through its work with the UNESCO Chair for Human Rights in the United States. Each of the initiatives which have been outlined has been, is, or will focus upon the primary mission of Partners in Health and Family Living, which is the service of others in the spirit of Christ.

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DRUGS UNCUT: The Adrienne Jones Story! (reprint)

I want to take this opportunity to thank you Adrienne for your courage and your unending commitment in helping us to help others battling with the beast of addiction and affliction. By allowing us to use your testimony, a life somewhere is being snatched from the clutches of satan. So I thank you and all of the courageous warriors that you represent. We thank you all.

The Adrienne Jones Story: "I remember when I was in middle school, we would go to a young lady's house, who lived across from the bus stop and steal her mother's alcohol and drink it before going to school, I was about 14 or 15 at the time. From there I really didn't do any illicit drugs or heavy drinking until the age 21.

At age 21, I had moved out of my parents' home and was working at Apple Bee's restaurant. Some friends and co-workers took me out for my 21st birthday, I got trashed. A lot of people think that in order to be on drugs you have to grow up in a broken home. I didn't grow up like that. I grew up with both parents, making straight A's in school with plans to go to college. I came from a church going family, I was a goody, goody person.

I became friends with a young lady who appeared to me to always be having fun. She was living in the same complex that I was living in. She always had a bunch of guys over and I thought that I was missing out on something. I had a family member who was selling marijuana, so he hooked me up and I started selling it also. The young lady used to come to my house and cop from me. She was always high, nodding. I was curious to know what else was she doing besides smoking marijuana. She was doing heroin.

She said if you take this you're going to have a good time, you'll like the way you feel, you'll be more popular, just all the good things, so I took it. At 21, out on my own I almost overdosed. I was young and dumb. By then I had two children. I had a great job selling life insurance, making six-hundred to eight-hundred dollars a week. I started slacking up on work and not going to work. At this point I was getting high everyday. I would use my client's money to pay for drugs and then replace it when I got paid. I was also supporting my friend's habit. Needless to say I lost my job, my car, and my apartment. I had to move back home with my parents, plus I had started getting sick from using heroin. She didn't tell me that part at the beginning, she just told me about the up side of getting high. My whole character just went straight down. I started sleeping around.

For about two years, I was on and off of heroin. By then my family and I were attending Elohim Christian Outreach Center with Pastor Leo Hackett. I loved going to church because they made you feel welcome and they made you feel at home.

By this time Pastor Hackett and Deacon Anthony Johnson had started the ARM Ministry (Addiction Recovery Ministry) at the church. I joined, it helped me for about three years, I had thought about that time in my addiction that that would be my saving grace, but I had a bigger obstacle ahead of me. I started hanging around with somebody who was smoking crack.

She said, try this. She handed me a crack pipe, from that instant I was hooked and I just couldn't stop. I was working, I had another good job, I just lost my mind. I got put off of the methadone clinic because they don't deal with that. From that point my life spiraled down hill. I lost my second apartment, lost my job, I had a miscarriage and I lost all hope.

My addiction just took control. I thought using heroin and cocaine was bad but crack was no comparison. This time when I lost my apartment I started prostituting. I started doing more and more drugs. I got incarcerated. For two years I repeated the same cycle of prostituting, going to jail, etc.

My mother and my children got tired of watching me destroying my life. My mother took my children from me. By this time I had two girls and a baby boy. I wanted to straighten up my life for my children. I talked about it but I wasn't doing it. I hurt my children. I would come home high, I'd see their sad faces but



I didn't care. I was so selfish, the only thing I cared about was myself, satisfying my desire to get high. By the fourth time of repeating the cycle of getting high, prostituting, and going to jail. I was tired, I wanted to kill myself. I was so tired. If God hadn't sent somebody to talk me out of committing suicide on this particular evening, I would have jumped off the First Street bridge. I cried out to God, he sent me someone to the bridge who talked me out of jumping. The next day I got incarcerated because of an outstanding warrant for violating the Richmond drug court program. When I was released I was put on supervised probation. I had to go through an intensive out patient program. The judge released me from my probation. I've completed a parenting program. Recently I got custody of my children again. Being a felon, I thought that my life was over with. Many of my rights had been taken away from me. I thought that I would never find a job again to be able to support my children. Everywhere I went they turned me down because of my record. I felt like giving up but I didn't. Finally I was hired at Virginia

Union University.

That was one door that God opened for me. I have custody of my children. I'm clean and sober to this day, I thank God. I completed and was released off of the probation program. The only thing that is different today than times before is that I keep God in my life, up front, first and foremost. Before, I was straggling the fence. I was trying to help others in the past and couldn't help myself. I know now that if you're not fully there, you can't be any help to anyone else. I'm listening to my parents now. Any time the doors to the church are open I try to be there.

God allowed me to go through what I went through because He gives us choices in life. He will always supply our needs if we're willing to accept His help.

I could not have accomplished any of this without the support of my best friend, Malaika Green, my parents, Mr and Mrs Jones, my church family, Kingdom Life Church, Pastors Anthony and Atina Johnson, and the support of my children, and definitely not without the support of God. I love serving God-- anyway I can"

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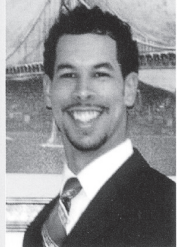
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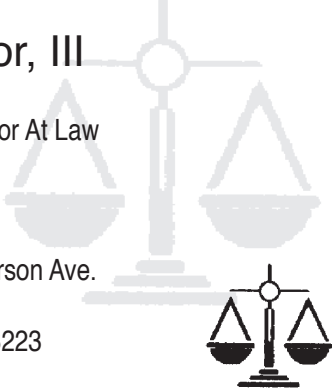
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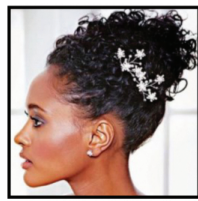
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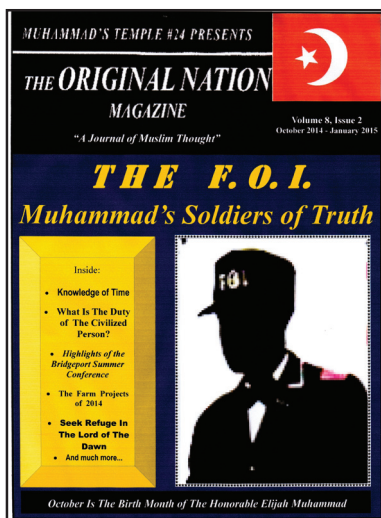


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