

NEW GROWTH

HAIR MAGAZINE



GINA
PAIGE

CONTENTS

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4,5	DR. RO
6,7	QUEENS CLIPS
8,9	CHARLOTTE UPRISING
10,11	KINGS CUTS
12,13	POWER NETWORKING
14	DR. LUV
16,17	AFRICAN ANCESTRY
18	CHARLOTTE UPRISING
20,21	SHABLEEK SPEAKS
22	NATURALISTAS TO WATCH
24,25	MY EGYPTIAN DREAM
27	SHABLEEK SPEAKS
28,29	LET'S TALK TAXES WITH RASHAD
30	AFRICAN ANCESTRY

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Lose Your

FINAL 15

By: Rashad Phillips



Dr. Rovenia Brock a.k.a. Dr. Ro is an award-winning nutritionist, fitness expert, media personality, and author of *Dr. Ro's Ten Secrets to Livin' Healthy, You Health & Happy*, and *Lose Your Final Fifteen*. Dr. Ro's latest book, *Lose Your Final Fifteen* was inspired by a plan she created that helped more than 500,000 viewers of the *Dr. Oz Show* to lose more than five million pounds. Dr. Ro's passion for health and wellness is rooted in losing her mother to stomach cancer at the tender age of nine years old. Dr. Ro is committed to helping our community get physically, mentally, and spiritually fit. Below is my interview with Dr. Ro about *Lose Your Final Fifteen*, her latest book.

Phillips: What is the difference between your new book and other weight loss books?

Dr. Ro: *Lose Your Final Fifteen* is about helping people to manage their lives fifteen minutes and fifteen pounds at a time. Everything in the book is basically based on the number 15. What I mean by that is; I provide readers with a variety of ways to make 15 minute meals, exercise for 15-minutes, and 15-minute mindfulness practices (prayerful meditation and walking meditation). Diet is 80% of the weight loss process and the other 20% is certainly due to physical fitness. In the perfect world, every day, everyone would have time for exercise, several meals, snack time and relaxation but in today's environment almost everyone is time starved. I realize that people have a lot to do and I want to make life easier for them so that weight loss doesn't seem overwhelming. It may be that you have 50 pounds or 100 pounds to lose but I guarantee you that if you approach your weight loss plan in small digestible chunks, you are much more likely to lose the weight and to keep it off.

Phillips: What advice do you have for the people who are ready to have the gastric bypass procedure because they have read all the weight loss books, tried all the diets, and they are still overweight?

Dr. Ro: Gastric bypass surgery isn't your next option because you are tired of trying to lose weight. Gastric bypass surgery is intended for people who are morbidly obese, which is a medical term that describes people



who are 100 pounds or more over their ideal weight. So, if you are within a hundred pounds of your ideal weight, then most doctors who perform this surgery will not recommend that you have this surgery. Now that we've covered that, let's dig a little deeper. For the

last 29 years, as a nutritionist, I've been helping people get healthy, live a healthy lifestyle, and lose weight. There are a number of reasons why people find themselves overweight. One of the most common issues that we deal with in this country is people are trying to eat their feelings. They are literally trying to eat their feelings instead of addressing their emotional issues. We call this emotional eating and this is a much bigger problem than most people realize. We train children to eat their emotions. Think about it, if a baby cries, then the mother comforts the crying baby by putting a bottle in her child's mouth. The mother isn't sure that their baby is hungry but the child quickly learns "If I don't feel good, I can fix it with food". All of this starts from infancy and continues into adulthood. When it's your birthday, we celebrate with food. When you graduate, we celebrate with food. When it's a holiday, we celebrate with food. When someone dies, we celebrate with food. When you feel good or bad, we are taught that food is the solution and we aren't celebrating with fruits, vegetables, and water.

Phillips: My next question is from one of our readers: "I am 125 pounds overweight and I want to lose weight. I tried exercising but my back, knees, elbows, and ankles hurt after I exercised. Do you have any suggestions?"

Dr. Ro: Yes, I have some advice. First we have to address the pain that she is feeling while working out. She is putting more stress and pressure on her carriage (her entire skeleton) because she is carry an extra 125 pounds. It's like she is walking around with another adult on her body and that's the reason that her back, knees, elbows, and ankles hurt. The first thing she has to do is to fix her diet. After she changes the way she eats, then she can try to start walking at her own pace for 10 minutes per day. After she feels comfortable walking for 10 minutes, then she can try to increase her walking to 15 minutes per day. Before she knows it, she will start challenging herself to increase her walk time to 30 and 45 minutes per day.

Phillips: How can a person afford to eat 15 meals per day?

Dr. Ro: I didn't say 15 meals per day. The Final 15 plan is fifteen servings per day. It's important that everyone understands the difference between a meal and a serving. An example of a serving of protein is 3 to 4 ounces of meat, fish, chicken, or turkey. Final 15 provides readers with charts and shopping lists so that readers know what they can include in their meal plans for breakfast, lunch, and dinner. When people want snacks, they can choose from a list of vegetables on my snack list. Meal plans in Final 15 are economically feasible because people can eat beans, nuts, seeds, and eggs for protein which are reasonably priced. Some of our readers have never heard of Black Bean Spaghetti but it's an option in my Final 15 meal plan. It only has two ingredients: black beans and water and has 25 grams of protein and 17 grams of fiber. Black bean spaghetti only takes seven minutes to prepare.

Want more Dr. Ro? Visit [newgrowthhair](http://newgrowthhair.com) to reader her full interview. Go to everythingro.com to sign up for her newsletter and to purchase *Lose Your Final 15*.



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CHARLOTTE UPRISING:

Police, Protestors, Political Puppets and Parasites

Written By: Anthony Maxwell | Illustration By: Baggus

Police: Protectors or Predators?

On September 20, 2016, Keith Lamont Scott was killed by a Charlotte Mecklenburg Police Officer (CMPD). According to CMPD's story, Scott was in his car when officers saw him with a weapon. CMPD officers must have super powers because they were able to notice Scott's alleged illegal activity while they were in the process of serving a warrant on another person. After Keith Lamont Scott became a national issue, then the police said that they found a gun holster and a marijuana joint. Many people questioned whether these items were planted by police officers to cover-up a possible murder case. CMPD's story seems like it was quickly patched together to cover-up another case of poor police work. On November 30, 2016, R. Andrew Murray, Mecklenburg County District Attorney announced that CMPD officers were justified in killing Keith Lamont Scott. Murray and most district attorneys are very reluctant to charge police officers because they need them to cooperate by testifying in other criminal cases. In short, the police and district attorney are on the same team.

In 2006, the Federal Bureau of Investigation (FBI) released a report stating that white supremacy groups have infiltrated law enforcement agencies. No local, state, or federal agency has investigated CMPD officers to determine if any of its officers have connections to white supremacy groups. Since the release of the FBI's report, CMPD hired two African American police chiefs. The current CMPD Police Chief, Kerr Putney, holds a powerful position but he lacks the power to fire incompetent police officers or those who display racial bias in carrying out their duties. After Putney recommends that CMPD terminate an officer, the officer has an opportunity to request a hearing with The Civil Service Board, which makes the final decision about the officer's employment. Since 2006, CMPD's Police Chief recommended 66 police officers for termination which resulted in only 9 police officers losing their jobs. The Civil Service Board's rate of terminating police officers is 13.6%. The Civil Service Board is a horse and pony show designed to give the public the impression that they are protecting the public from police misconduct. CMPD identified 66 bad cops and The Civil Service Board finds reasons for the majority of the officers to keep their jobs or allows officers to resign and seek employment at other police departments. I suggest that we rename The Civil Service Board, "The Bad Cop Service Board" since they are in the business of helping bad cops keep their jobs.

Protestors: Freedom Fighters or Criminals

It was quite interesting to watch the local and national news coverage of The Charlotte Uprising. In a condescending tone, local news anchors told viewers that this wasn't the right way to protest. What is the right way to protest? How are low-income people who have been intentionally mis-educated and denied opportunities supposed to protest? In 2014, *The Charlotte Observer* published an article entitled *Poverty Spreads Across Mecklenburg County, NC* in which researchers found that 25% of Mecklenburg County residents live in poverty. In 2015, *The Business Journal* published an article entitled *Good Luck Escaping Poverty in Mecklenburg County* that referenced a Harvard University study that ranked Mecklenburg County the 2nd roughest place in the nation (only behind Baltimore County, MD) for children to escape poverty.

After Keith Lamont Scott was killed by CMPD, the people took to the streets to communicate in their language. Where did these people learn how to protest? They learned from the low performing schools that they were forced to attend. Often times, low-income children appear not to be interested in learning but the root cause is usually connected to homelessness, food insecurity, and low-quality learning environments. But even in these poor conditions, these students are taught about the Boston Tea Party. British colonists who were angry because they were required to pay taxes decided to have a revolution. The angry colonists damaged property and disturbed the peace due to high taxes. The Charlotte Uprising protestors followed in the same footsteps of those who our government considers American heroes but they weren't protesting taxes, they were protesting the national crisis of black men and women being gunned down by police officers. If you consider the protestors criminals, then I guess that you consider the American Revolutionaries criminals too.

Elected Officials: Political Puppets and Parasites

Based on the public protest and the emotionally-charged city council meeting that occurred on September 26, 2016, one might conclude that Charlotte was a majority minority city with elected officials who don't resemble the population. But that's not the case. During the time of the Charlotte Uprising, five out of the eleven Charlotte City Councilmen and four of the nine Mecklenburg County were African-American. Many of these elected officials are held in high regard and are popular in the African-American community but collectively they are puppets to Charlotte's ruling business class. Most of Charlotte's African-American elected officials seek political contributions, jobs, business partnerships, and future economic opportunities from Charlotte's ruling business class. They have an outward appearance of power but when the economically powerful business leaders appear, Charlotte's African-American elected officials bow their heads, tuck their tails, and honor the request of Charlotte's power brokers. Several months ago, at The Tuesday Morning Forum, Ken Koontz, a retired African-American journalist asked Trevor Fuller, Mecklenburg County Commissioner, if the African-American elected officials in Charlotte-Mecklenburg had a "Black Agenda". According to Koontz, Fuller quickly began to dance around the question with a response about his personal efforts to address issues in the black community. Fuller's inability to clearly address the question about an agenda for our community reflects the precarious position of our elected officials. Due to the current

Continued on Page 19



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In 2016, Dr. Emma Fraser Pendleton and Demetra Moore met at *72 Hours of Power*, a speakers conference in Baltimore, MD. During a break, Demetra heard Dr. Pendleton say that she was moving to Charlotte. Shortly afterwards, Demetra introduced herself and told Dr. Pendleton that she lives in Charlotte. Later, they began to share some of their experiences. Dr. Pendleton talked about the importance of networking and relationship building while Demetra shared how she uses technology and social media. Dr. Pendleton told Demetra that she was lacking in the area of technology. Demetra said “When you move to Charlotte, please call me and I will help you with technology.” After Dr. Pendleton moved to Charlotte, they played phone tag. Then one day, Demetra rang her doorbell and said “I told you that I’m here to help.” Ever since that day, Demetra quickly earned Dr. Pendleton’s trust and confidence. Now Dr. Pendleton considers Demetra her trusted assistant. Dr. Pendleton is a master networker and is a co-host of FraserNet’s Power Networking Conference. For the past year, Demetra has been learning the secrets of becoming a Power Networker and Dr. Pendleton has been increasing her technology IQ. Below is my interview with Demetra Moore and Dr. Emma Fraser Pendleton about the benefits of networking.

Phillips: *What is networking and why is it important?*

Pendleton: Networking is the building of a relationship that leads to profit, the succession of purpose, and the interconnectivity that creates the synergy, so that what one should do by themselves is; multiply by the number of people in their network and accelerates it.

Moore: Networking is putting yourself in a position to learn from others. When you are networking, you are engaging in conversations, figuring out what people think, and finding how their knowledge base relates to your objectives. Effective networking gives you an opportunity to learn from other people and allows you the opportunity to absorb knowledge through having casual conversation.

Phillips: *What skill sets are required to become a good networker?*

Moore: When networking, it’s important to operate from a place of integrity, transparency, and a mind-set to be of service to others. On many occasions, I have encountered people who thought they were networking but they were only trying to sell me



a product or service. They didn’t even know if I needed their product or service nor did they bother to ask me. Other times, if they weren’t trying to sell me something, then they weren’t being authentic because they were telling me what they thought I wanted to hear as opposed to sharing their knowledge base. In my opinion, sharing, helping, and serving are three important parts of networking.

Pendleton: I have to piggy back on Demetra’s comments. I can’t tell you how many conferences I have attended and people present themselves as corporate big shots or serial entrepreneurs but after I do a little research I find that about 60% of these people aren’t who they say they are or lack integrity. It’s a sad situation that so many people feel that they have to mislead people to advance their cause. Just because they are dressed professionally, don’t believe the hype, research before you buy a person’s product or service and get some testimonials.

Phillips: *On an A to F grading scale, what grade do you give to the African American community on networking?*

Pendleton: When I travel abroad, their motto to get travellers to return is service, service, service. In real estate, all of the agents say its location, location, location. In networking and relationship building, it’s follow-up, follow-up, follow-up. When it comes to follow-up, following through, and delivering on promises, we are somewhere in the 50 percent range which is very low. Since we live in America and are products of institutionalized racism, we have a built-in mistrust of each other that was passed on to us from generational racism which is a by-product of our enslavement and our struggle for freedom. We have moved through being called colored, negro, black, and finally African American. Each name represented a different perspective of the experience and our mind-set. As colored people, when we started in our struggle for freedom, we didn’t even have the right to vote. Now, as

African Americans, we have civil rights but because of that historical institutionalized racism, we do not trust each other. We are beginning to see some improvement but we have a long way to go.

Phillips: *Please tell our readers about the Power Networking Conference and how the conference can help us increase our networking IQ?*

Pendleton: The Power Networking Conference (PNC) is the premier conference for African Americans in this country. PNC is where you go to meet the best and the brightest movers and shakers in our community to exchange ideas, learn how to create, improve, and expand your businesses. At PNC, the up and coming entrepreneur and the established entrepreneurs could be sitting beside a multi-millionaire. We don’t have walls or barriers that prevent you from networking with the people you need to meet to grow your business. PNC is the candy store for networking and once you buy your ticket, you have your keys to the store. Now, what you do with your keys are solely based on your ability to effectively network.

Moore: PNC is not your typical networking event where you’ve got cocktails and hear the hottest songs from your favourite DJ. This is an event where you need to bring your A game. PNC will have hundreds or maybe thousands of people who are serious about growing their business and they aren’t interested in having conversations with people who don’t know what they want. I suggest that you come to PNC with an open mind and a clear objective. Even if you haven’t figured out everything about your business or your plan, you should come with some questions that you need answered. Also, be ready to answer someone else’s questions also because the purpose of networking is to mutually benefit each other.

Visit newgrowthhair.com to read their full interview.



COMPUTER LOVE

In the fall of 1985, Zapp & Roger released *Computer Love*, a hit song that forecasted a future world of online dating. During the 80s, very few people owned personal computers or cell phones. So the idea of computer love was just a fantasy. Fast forward twenty years, the price of personal computers and cell phone decreased and both items were in high demand. The age of Aquarius had almost arrived and people were using technology to solve their problems. Due to the changing economy, Americans were working more and socializing less. So websites like match.com, eharmony.com, and PlentyofFish offered modern technology to connect busy single people. In a recent report by The Pew Research Center, 66% of people who used online dating sites or apps went on a date with someone from their online dating site and only 5% of married couples say they met their spouse through online dating. Since 2005, online dating site usage by people age 18-24 tripled. According to eHarmony.com, 50% of Americans are single, 40% of Americans use online dating, 53% lie on their online dating profile, and 48% of online dating relationships end by email.

ARE YOU WEARING A DIGITAL MASK?

Online dating is very convenient and allows users to hide behind their computer. It's hard to hide parts of your personality and behaviors when you meet someone in person but when you are dating online you can hide everything. Your online digital mask allows you become a new person online. If you are overweight, you can hire make-up artists, photographers, and graphic designers to create images that you believe that you deserve. If you are the nerdy dude who couldn't pick-up chicks in high school, you can hire a dating coach to feed you all the right lines to say when you are chatting online. Only if you decide to meet in-person, do you get an opportunity to see through their digital mask.

GOT MALWARE?

The computer is a device that is modeled after the human brain. Your body is the hardware and your brain is the software. Computer hackers create malware, malicious software that trick people into downloading files that infects their computer's files and operating system. Online dating allows human malware hackers, people who have personal malicious mental, spiritual, sexual, and social energy to infect innocent online dating site users. Just like computer hackers, human malware hackers trick you into opening up to the idea of a relationship only to infect you with their negative energy. Human malware hackers study your online dating profile and craft messages to match your personality type. After they get you comfortable, then they will use your trust to manipulate you into giving them money, sex, or personal information.

TECHNOLOGICAL LOVE



We live in an information age and technology is supposed to be our friend. It's important that we understand the purpose and the role of technology. The computer was designed to help humans process and communicate information faster. Online dating sites and apps use technology to connect people faster but the technology doesn't develop or cultivate the human spirit faster. What is the benefit of connecting two people faster who lack the skills required to engage in a productive relationship? Online dating sites haven't drastically reduced the number of single Americans or increased the marriage rate. Based on the numbers, online dating sites and apps haven't lived up to the hype. If you want some Computer Love, use a digital device to listen to Zapp & Roger's hit song. If you want real love, close your computer and open your heart.



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AFRICAN ANCESTRY with GINA PAIGE

By: Rashad Phillips

of their ancestry. On a daily basis, we interact with other people who can point to their country of origin: Italian Americans, Mexican Americans, Indian Americans, Chinese Americans, and Irish Americans. Almost everyone knows where they came from except for us and psychologically knowing where we come from is a critical component of knowing who we are.

Now, modern technology enables us to find out about our African ancestry. We no longer have to claim an entire continent as African Americans but we can be very specific about the cultures and traditions that our ancestors were connected to such as the Mandingo people living in Senegal or the Mbundu people living in Angola.

In 2017, we still refer to ourselves as African Americans. We know almost everything about the American part of our title. Whether we choose to stand, sit, or kneel for the National Anthem, we still know the words of the song. We can name five presidents. We have a firm handle on American culture, values, and history. We know very little, if anything, about the African part of our title and that's by design. During our primary or university education, most of us were not taught about our history prior to the period of enslavement. We were conditioned to believe that there is something negative in being African. In an age of information, African Ancestry is determined to empower our people with the truth about our ancestry.

In 2003, Gina Paige and Dr. Rick Kittles founded African Ancestry, the world leader in tracing maternal and paternal lineages for people of African descent. Paige and Kittles are the perfect team. Kittles uses his expertise and background in science while Paige uses her background in business to help our community find our African roots.

Paige holds a degree in Economics from Stanford University and an MBA from the University of Michigan. Before her role as African Ancestry CEO and Co-Founder, Paige developed and managed products for Fortune 200 companies such as Sara Lee and Colgate-Palmolive. Later, she founded GPG Strategic Resources, a boutique consulting firm in New York specializing in strategy development, new product development and project management. Paige brought her wealth of business experience to African Ancestry to help our community find our identity. Below is my in-depth interview with Gina Paige about her African Ancestry experience.

Phillips: How did you get involved and become a co-creator of African Ancestry?

Paige: We created African Ancestry to help black people transform the way we see ourselves and the way we view Africa. Black Americans are the only group that can't point to a country

Phillips: Please tell me about your story. Where are you from? What was the burning desire that led you to co-create African Ancestry?

Paige: I came out of my mother's womb black, proud, and very Africa-aware. Honestly, I didn't give much thought to where my ancestors were from in Africa. At that time, the answer to the question wasn't even within the realm of possibility so I never thought about it. Dr. Rick Kittles, my business partner, had a different story. He actually wondered what makes people look different, act different, and have physically different characteristics. He learned that he could use his skills in biology and genetics to answer many of his questions. When Dr. Kittles develop a method to use DNA to trace our country of origin, that's when the light bulb went off. When the community found out about Dr. Kittles work, he was inundated with requests. Dr. Kittles has a background in science and research but running a business wasn't his area of expertise. I saw this as an opportunity to use my background as an entrepreneur, launching new products, product line extensions, and managing product lines to assist Dr. Kittles with launching African Ancestry.

Phillips: Please share your African Ancestry results?

Paige: Several of my family members have taken our test. When one person takes the test, the results are good for the entire family who is on that branch of the family tree. My mother took the maternal test and I learned that we share maternal genetics ancestry with the Fulani people living in Nigeria. My father took the paternal test, which I couldn't have taken because I am not a man, and I learned that I share paternal genetic ancestry with Hausa people living in Nigeria.

Modern technology allows us to find our African ancestors.

Phillips: Have you travelled to Africa? If so, how were you received when you returned home?

Paige: I'd love to travel to Nigeria, but I haven't travelled there yet. I have travelled to Cameroon with two separate delegations of African Ancestry family members who we helped to trace their ancestry to Cameroon. The reception in Cameroon was mind-blowing. Everywhere we went, from the smallest village to the mayor's office, and everywhere in between the entire group was welcomed and people were excited that this group of African Americans wanted to know where they were from, found out where they were from and on top of that were from Cameroon. It was a very positive and transformative experience on both sides because they don't learn a lot of positive things about us, just as we don't learn much positive about them. So, it was, to us, a great exchange of information and we learned the truth about each other.

Before we departed for Cameroon, our delegation met at the Dallas airport at the gate area and everybody considered themselves African American who had traced ancestry to Cameroon. When our flight landed in Yaoundé, Cameroon, they got off the plane calling themselves Cameroonian American.



Gina Paige and India Arie
Photo by: Atlanta Mediaworks

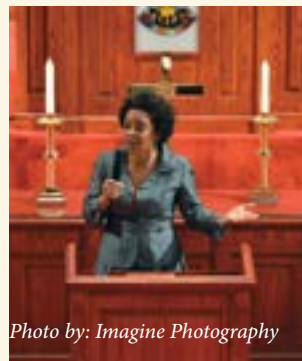


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Continued on Page 30

power structure, Charlotte's African-American elected officials subject themselves to serve as puppets to the business class and parasites of the poor and working class African-Americans. Similar to the rest of the nation, Charlotte's black elected officials are parasites who live off of the backs of the poor; making grand promises of social, political, and economic change only to deliver the same speech during their re-election campaign. After their election and re-election, with great pride, they visit with Charlotte's ruling business class to discuss how they can use their political position to address the concerns of the business class and achieve their personal ambitions.

What Are Some Solutions?

For the past 30 years, black elected officials have promised us change but they have failed to deliver. The previously mentioned poverty studies, Charlotte Mecklenburg Schools homeless student population, and the wealth gap are evidence of their failed promises. During the past 30 years, we elected our "black political leaders" on blind faith, hoping that they would go downtown and do right by us. But that hasn't worked. Now is the time that we demand that they leave downtown and come back home with some benefits.

SOLUTION #1 Black Political Scorecard

We need to get community centered volunteers who have available time and experience in economics, real estate, social sciences, and politics to develop a black political scorecard. We need these volunteers to have meetings to discuss and release their findings on the policies of our local black elected officials. We can no longer rely exclusively on The Black Political Caucus or candidates' statements about their efforts to resolve our collective issues. We need a scorecard grading the candidates based on their results in the following areas: affordable housing, (Pre-K to 12) educational improvements, growth in entrepreneurship, growth in homeownership, reduction in crime, reduction in police brutality, increased youth access to recreation centers, increased funding for constructive youth educational and recreational activities, innovative solutions to poverty, and better public transportation. The members of the scorecard team should be from our grassroots community and they must have term limits.

SOLUTION #2 Quarterly Reports

We must demand that all of our black elected officials come to our community to provide us with a quarterly report on their policy efforts that directly benefit our community. We must force them to provide us with policies that they have developed or supported that solve our collective problems. If they continually fail to produce results, then we should not support them politically. We should not allow them to only send electronic reports, they must physically appear to communicate with their base, answer questions, and hear our concerns.

SOLUTION #3 Bi-Annual Business Forum

We must demand that all of our black elected officials meet with our business community. Just like they are willing to meet with The Chamber of Commerce, The Business Guild, and other business associations, they must meet with our business community. They need to gather information about how to address the concerns of our business community, provide solutions, and report the results to our business community.

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Written by: Rashad Phillips
Photos by: Djuana "Dfitz" Lewis



Two years ago, I heard Shableek play at TCB 5400 and I was amazed by his show. Shableek's show didn't sound like the traditional jazz that I heard at venues in Uptown Charlotte. His music is a fusion of jazz, R&B, and hip-hop. About half way through the show, I said to myself "this guy doesn't belong here." I thought that Shableek should be touring the world with other talented musicians. Later, I learned that Shableek is a Charlotte native who is committed to expanding his brand in his hometown because of his commitment to raising his children. Next I began to wonder why Shableek wasn't embraced more by his hometown. After we became Facebook friends, I quickly understood why some people had reservations about supporting one of Charlotte's best saxophonist. Many of Shableek's Facebook post challenge the current social, political, economic, and religious structure. During the past five years, on numerous occasions, his inner circle asked him to tone down his "radical" Facebook post but Shableek refuses to stop sharing his version of the truth.

Shableek views himself as a musical warrior; his saxophone is weapon to wake up his people. Music is his platform to share his message with his listeners. Shableek says that he is willing to continue to make sacrifices to be true to his music and his message. He is fully aware that his unwillingness to conform to current social norms may reduce his potential earnings and close corporate doors. Below is Shableek's first in-depth interview about his controversial social media posts, his experience growing up in Charlotte, and the current political climate.

Phillips: Did you always have radical views, if not what events caused you to shift your views?

Shableek: I've always had radical views. I

believe it's in our ancestry, some of us have the spirit of conformity and some of us have a run-away slave mentality. Once I figured out that I was on a modern-day plantation, my run-away slave mentality kicked in. When I was born, my mother was 17, so my grandparents raised me in a black neighbourhood during my early childhood. When I was 14 years old, my mother got married and we moved into a white neighbourhood and this was when I noticed the racial divide. I was uprooted from my community into a rich neighbourhood surrounded by mansions. Back then, all I wanted to do was to go back to my old low-income neighbourhood and stay there all day long. I wanted to be back at home with my people. Since my teenage experiences, I haven't felt comfortable or been able to associate myself with white people. I don't hate white people but I've never been able to go over to their side and live their lifestyle.

In the early part of my life, I was in the Baptist church and after we moved into the rich neighbourhood, we got into a Pentecostal Holy Apostolic church. From age 14 to 30, I was in their Apostolic religious world but I've always listened to ideas and information outside of the church. My shift began when I started to do serious research and started reading more. It took me a long time before I was able to break that last bondage of spiritual enslavement that most people call religion. Once I started to break the chains of my spiritual enslavement, I began to understand the significance of black history. Often times, when people call me a radical or a rebel, they are referring to my knowledge of black history which sounds like a foreign language to most black folks who are unaware of our greatness.

Phillips: Did you play music in the church?

Shableek: Yes, I played music in the church and that's when I've seen first-hand the ingenuity and genius of this European enemy of ours who combined our African spirituality and music into his religion. Early on, when I played the sax at my old Holiness church, my pastor's wife used to say, 'music can invoke good or evil spirits'. Music can unlock spirits and this is the reason why so many black people cannot remove themselves from European religion. Most of us connect music, religion, and our emotions together. I've seen this first-hand when I play at clubs and people come up to me and say, 'man you anointed me'. I can be in the middle of an R&B set when people are drinking, hollering at each other, dudes are rapping to women, and before you know it, they are acting like they are in church. Why? Because they heard me play two notes that remind them of what they heard in church. So, now they are in the club shouting like they are in church. That's the power of music and our oppressor used music to spiritually enslave us.

Phillips: Did you vote in 2016, if not, why not?

Shableek: Hell no! You cannot participate in your enemy's system and expect your enemy to give you any respect. When Obama first ran for President, I was against voting but I bought into the hype like everybody else. Obama's presidential bid brought all generations of my family together: me, my granddaddy, my son, and my mama. All four generations of my family went to cast our ballot for the first black president. During

that time, I was right at the point for coming into full consciousness. Everything unfolded as I suspected, Obama would be a huge let down to black people. Obama's presidency confirmed everything that I was learning, the United States is not a country, it's a corporation. We don't elect a president, one is selected for us and our government gives us the illusion that we are in control of the process.

Phillips: What do you think of Colin Kaepernick's position on kneeling or not standing for the National Anthem?

Shableek: Colin Kaepernick, Jessie Williams' performance at the Oscars, and Beyoncé's so-called taking a stand at the Super Bowl were insults to the Black Panther Party, Malcolm X, and all revolutionaries. Kaepernick, Williams, and Beyoncé are bound by contract and whenever somebody signs you to a contract they own you. Because of their contract, they can't do anything without sharing their plans with their

Trust has never been built between the black community and CMPD. You can't build or rebuild something that never existed.

contractual masters. I suspect that Kaepernick might be an agent against our community who was used to create civil unrest. It's very usual that all of this "radical entertainment" occurred right before the election and probably made Europeans feel like they needed to put black

Naturalistas

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Lira

Elegant, soulful, radiant, creative, and passionate are a few words that describe LIRA, South Africa's most celebrated Naturalista and Songstress. LIRA's sophisticated genre is described as "a fusion of soul music, elements of jazz, funk, and African languages." Listening to LIRA's music invites listeners on a journey into life in South Africa.

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Find @carolynmalachi on facebook, instagram, snapchat and twitter

"good music" - washington post

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"dope" - neo soul cafe

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Karakamun's Temple Complex

Written By: Rashad Phillips

The Nubian Village. When I walked into the village, I felt like I was at home. Several of the villagers, many of whom looked like black folk in America came out to welcome us. I donated clothing, shoes, and a laptop for the children in the village. The Nubians were extremely grateful for the donations and invited me to stay overnight. I was unable to stay because of my return trip to Luxor but I promised to return to the village in the future.

During my fourteen hour return flight from Cairo to Atlanta, I had plenty of time to think. The most important lesson from my 2nd trip to Egypt was that dreams come true. When I was a little kid, I dreamed of working on an ancient Egyptian site but I wasn't sure if my dream was possible. I never stopped dreaming, thinking, and learning about Egypt. As a result of keeping my energy focused on my destination, my dream became a reality. Now, I don't see dreams as abstract ideas, thoughts, or images. Dreams are untapped internal desires waiting for us to transform them into reality. In 2017, I plan to surround myself with dreamers who are shaping their internal desires into reality.



The Sunshine House



Grand Pyramid

Since the 3rd grade, it was my dream to travel to Ancient Egypt to see The Grand Pyramids at Giza, The Sphinx, and sail the Nile River. In 2011, I got serious and began planning and preparing to make my dream trip become a reality. Two years later, I purchased my tickets and made travel plans. My family and friends feared for my safety because they perceived Egypt to be a dangerous Middle Eastern country. My experience was the exact opposite of their expectations. When I arrived in Egypt, I was welcomed with open arms as I visited sites in Cairo, Luxor, Aswan, and Abu Simbel.

Last summer, I returned to Egypt to join Anthony and Atlantis Browder to restore Karakamun's Temple in Luxor Egypt, he was a 25th Dynasty high priest responsible for performing sacred rituals for the royal family. Our team's job was to categorize Karakamun's temple ceiling fragments so that the ceiling could be restored. Sometimes, before or after we started working, we had the opportunity to visit neighboring sites that were closed to the public. It was an amazing experience to work on the site and see the legacy of my ancestors.

After we finished our work on Karakamun's site, Browder and several members of the mission traveled south to ancient Nubia (Sudan) to see the ancient ruins at Meroë and Jebel Barkal. I reconnected with my tour guides to revisit several ancient sites and to see a few sites that I missed in 2014. After my first trip, I learned about The Sunshine House, an orphanage founded by Pearl Smith, a retired English woman who sold her home in England and moved to Luxor to establish Luxor's first orphanage. When I planned to return to Egypt, I knew that I had to visit The Sunshine House and I couldn't go empty handed. So, before I departed for Egypt, I packed an extra-large suitcase with clothing, shoes, and books for the children. When I arrived at The Sunshine House, Mr. Asmel greeted me and provided me with a tour of the facilities. After meeting the children, I quickly found out that I didn't have enough donations for everyone. So I began to think of alternative ways to help the children. Several days later, I reflected on my childhood and I remembered how much fun we had during in-class pizza parties. So I asked The Sunshine House staff if I could host a pizza party for the children and they said yes. The children were delighted to see Quick Pizza instead of their normal dinner which consist of beans, falafel, tomato based soup, and pita bread. After dinner, several of the older children asked about life in America and we compared the differences between our countries.

In Aswan, The Nubian Village was my final stop. The Nubians are the cousins of the ancient Egyptians who live in bright colored houses on the Nile River. We sailed down the Nile by motor boat to access



Nubian Village art



Nubian Village



Hatshepsut's Temple

[Note: The original name for ancient Egypt is KMT or Kemet. All of the sites and people in Kemet were renamed after Alexander III of Macedon conquered Kemet in 332 BC.]

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people in check because the greatest fear of the white man is that the black man will wake up and try to regain power through some type of revolution. So around election time, the powers that be provoked this fear and used different people as tools to capitalize on the racial divide in America. This is not a new phenomenon. They do this all the time and political experts run political advertisements that criminalize or put fear in white people about "Super Predators" or use terms like law and order candidate. Now that the election is over, what are Kaepernick, Jessie Williams, and Beyoncé doing now? Who has even heard anything from them? Where is all the press about him kneeling right now? What happened to the boycott that Jessie Williams was supposed to lead? If all of these people were serious, why did it all stop?

a runaway slave was caught by slave catchers, he or she was beaten or killed. Please tell me the difference between what went on then and what's going on? Black people fear the police like slaves feared the slave catcher. Some black people with good intentions, think they can then go work in the service of my enemy and bring about change but it doesn't work. CMPD's last two police chiefs were black. How much change did they bring about?

Phillips: What solutions can you propose to improve conditions in the black community?

Shableek: The first solution is to acknowledge that we have a problem and an enemy. We can't solve a problem that we believe doesn't exist. Next, we must accept victim status. We've been told to stop playing the victim and we act like the

After eight years, we can clearly see the hope and change that Obama brought us. We are hoping that the police will stop killing us, we are hoping to get out of poverty, and we are hoping we can get a job.

word victim is a negative word that doesn't apply to us. Based on logic and history, we have been victims of enslavement and institutional racism and there is no statute of limitation on victimization. Once we become aware that we are victims, then we can stop blaming ourselves for being victims and we can easily identify our common victimizer. We didn't sign up to be victims. Victimhood was forced upon us. After we accept victim status, then like-minded people will be able to organize and try to

transition from victims to victors.

Phillips: In light of the recent CMPD shootings, do you think trust can be rebuilt between the black community and the police department?

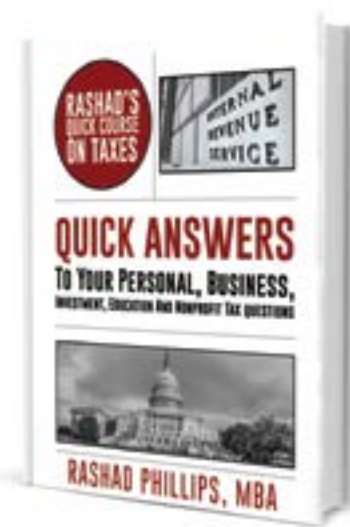
Shableek: Trust has never been built between the black community and CMPD. You can't build or rebuild something that never existed. How can trust be built with an organization that historically and currently operates as your enemy? Since the 1960s, the biggest problem with our people is that we don't understand who is our enemy. The government or any institution of the government is the enemy of the black man and his family. Anyone (including black people) who works for the police department is an enemy and an instrument of the state. Does every police officer view himself as our enemy and an instrument of the state? I doubt it, but that doesn't change the end result. The origin of the police is rooted in slavery. The job of the police is to protect property and during the time of slavery, their job was to protect the slave master's property which was his enslaved Africans. When

Phillips: Where can people find your music, purchase your albums, hear you play, and support your music?

Shableek: My album and contact information is available online at www.shableek.com. Your readers can connect with me on Facebook or Instagram. Also, the title of my album *The Sensitivity of Shableek* is available on iTunes, Amazon.com, and other place where music is sold. This year, I plan to release another album called *Deliberation*. I would rather your readers purchase my music from my website or by contacting me. For your readers who haven't heard me play before, I invite them to check me out every Thursday at TCB 5400 located at 5400 Nevin Road, Charlotte, NC 28269.

Visit newgrowthhair.com to read our full interview with Shableek.

LET'S TALK TAXES WITH RASHAD PHILLIPS



By: Demetra Moore

Rashad Phillips is an outspoken tax accountant, small business advisor, award winning journalist, educator, and publisher. Phillips has shared his tax and business expertise on *WBTW News*, *WSOC News*, *Old School 105.3 FM*, and he appeared in a nationwide Time Warner Cable commercial. Last year, he wrote his first book entitled *Rashad's Quick Course on Taxes*, the ultimate tax guide designed to answer the most common questions asked by individual taxpayers, small business owners, investors, and non-profit organizations. Unlike most tax books, Phillips' book is written in simple language and is divided into five sections: personal, business, investment, education, and nonprofit. Below is my interview with Mr. Phillips about the upcoming tax season, taxes for small business owners, and his new book.

Moore: What inspired you to write *Rashad's Quick Course on Taxes*?

Phillips: *Rashad's Quick Course on Taxes* was the result of thousands of conversations, emails, meetings, and tax appointments. During many of these client interactions, I was asked the same questions. So I decided to create an eBook that provided answers to common questions that I received. Another driving force behind my eBook is the lack of wealth and financial literacy in our community. Right now, we have a lot of people interested in becoming entrepreneurs but if they don't understand business structures and taxation, then they won't be in business very long. Hopefully, my eBook will be a resource for those interested in increasing their Financial IQ.



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Moore: Can you share some of the topics covered in your book?

Phillips: *Rashad's Quick Course on Taxes* is a free eBook which is available at rashadphillips.com and it has 55 answers to common questions. The topics covered are based on real world interaction with my clients. Here are some of the questions that are covered in the eBook: How do rich people pay less in taxes? How much tax savings do I get from paying mortgage interest? How can I get more money in my paycheck? Do I have to pay taxes if my home goes into foreclosure or short-sale? What is the difference between an S-Corp and a C-Corp? What do I need to start a 501(c)(3) non-profit organization? All of the questions answered are explained in simple language that everyone can easily understand.

Moore: What advice do you have for the upcoming tax season?

Phillips: In 2017, be prepared for change. Due to the current political climate, with Republicans controlling the United States House of Representatives and Senate, we should expect significant tax changes. During the current tax season, it's possible that lawmakers may enact new tax laws during tax season which may require taxpayers to file amended returns.



"UNDERSTANDING TAXES IS A VERY IMPORTANT PART OF BUILDING WEALTH."

Moore: What do business owners need to know about taxes?

Phillips: Business owners who are sole proprietors must file their tax returns on or before April 15th but if they are operating their business as a corporation, partnership, or limited liability company (LLC) then March 15th is their filing deadline. I encourage business owners to download my eBook so they can get a detailed explanation on the importance of record keeping, learn various options of how to pay themselves, and the importance of the S-Corp.

Moore: Who needs to download and read your eBook? How much does your book cost?

Phillips: My eBook is free and available at rashadphillips.com. Also, I have an audiobook version which is available for \$5. I recommend the following individuals download my eBook so that they that pay less taxes and increase their Tax IQ: homeowners with itemized deductions (mortgage interest, charitable donations, unreimbursed employee expenses, and property taxes paid), real estate investors, business owners, stock market investors, independent contractors, barbers, hair stylists, nail technicians, massage therapists, makeup artists, performing artists, musical artists, and photographers. Due to the complex nature of the previously mentioned taxpayer's tax returns, they should download my eBook so that they are better prepared for tax season. Also, high school, college, and graduate students who are business majors or who plan to start a business should consider reading my eBook.

AUDIOBOOK AVAILABLE AT RASHADPHILLIPS.COM >

We are the original victims of identity theft.

After being in the country for ten days they decided they were Camericans. They created a brand-new identity that evolved out of that ten-day trip based on their experiences and today Cameroonians living in the United States often refer to people who have taken their test as Camericans. Your readers don't have to fear not being accepted when they return to Africa. I have only seen indigenous communities embrace people who want to know where they are from.

Phillips: What obstacles did you face during the start-up of African Ancestry?

Paige: One of the biggest challenges was criticism from competitors and from other scientific researchers. We got criticized because we wouldn't share our database. Our competitors wanted us to share our database and our scientific method. We are a private



business and we weren't willing to share our confidential information with the public. There is no business that shares its core concepts. Chick-fil-A doesn't share the recipe for its chicken and McDonald's doesn't share the recipe for its special sauce. Even though other businesses aren't asked to share their core concepts, we got criticized in the media by mainly white organizations, researchers, and journalists for keeping our scientific process private.

Another challenge we faced was motivating black people to submit their DNA. As a community, we are very skeptical about how

our genetic material is handled. Due to events like The Tuskegee Experiment, Henrietta Lacks, and a variety of negative medical experiences that affected our community, we had to really do a lot of education and we continue to do education to improve the genetic literacy of the African American community.

We faced the typical challenges that many small businesses have in terms of funding. We self-funded the company which dictated our ability to create brand awareness and grow our company. I think we had all the regular challenges that any start-up has, but we've been in business for 14 years. We are obviously here for a reason and we are committed to assisting our community with finding our roots.

Phillips: In closing, do you have any additional information to share with our readers?

Paige: We are the original victims of identity theft and our identity theft is the result of a very well-orchestrated plan to make us believe that we don't come from greatness. African Ancestry test kits dispel that myth that we are a people with no history and can show you and all future generations the true nature of your greatness. It's the Sankofa principle. You look back to understand the past in order to move forward successfully into the future. And that's what African Ancestry does, it helps you to understand your past in a way that no other organization can and sets you up for a very ecologically healthy path forward.

African Ancestry is a family project because when one person takes the test, the results are the same for every person on that branch of the family tree. So one test can help between 20 and 100 people discover their African Ancestry. I encourage your readers to consider discussing African Ancestry with their family members at their family reunion. If everyone chips in \$10 or \$20 dollars, the family can share the cost of our African Ancestry kits.

An advertisement for Rashad Phillips, MBA. The background features a 3D rendering of a tax form, specifically a 1040 U.S. Individual Income Tax Return, with a red question mark icon. On the right, there is a portrait of Rashad Phillips, a man in a suit and tie, smiling. The text at the top reads "CONFUSED ABOUT TAXES? CONTACT RASHAD FOR ANSWERS!". Below the portrait, it says "Rashad Phillips, MBA (704) 563-1414". At the bottom, there are social media icons for Facebook and LinkedIn, followed by "Phillips Tax Tips" and "Rashad Phillips". The website "www.rashadphillips.com" and email "rashad@write.me.com" are listed, along with the address "4822 Albemarle Road Ste. 208 Charlotte, NC 28205".

An advertisement for Buy Black CLT. The central graphic is a black crown with a small circular logo on top containing the letters 'C', 'L', and 'T'. Below the crown is a decorative border of colorful hearts. To the right of the crown, the text reads "DOLLARS MAKE OUR COMMUNITY STRONGER" in green and red. Below the crown, the text "BUY BLACK CLT" is written in red and green. At the bottom, it says "Find Black Businesses at BuyBlackCLT.com".

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