

Kenston J. Griffin

Dream Builders Communication, Inc.

"If Better Is Possible Good Is No Longer An Option"



Volume 5, Issue 2

NEWSLETTER

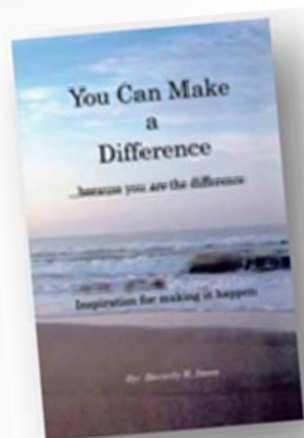
February 2010

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Book Special

**"You Can Make a
Difference...
because you ARE the
difference"**



Only \$10.00

"The Dream Still Lives On"

Greetings & Good Day!

As we come off celebrating one of the great American heroes, Dr. Martin Luther King, Jr.'s birthday and prepare to acknowledge, embrace, and remember Black History Month, this month's newsletter promises to change your outlook and potentially your life. So please take your time to read all of the articles as well as learn a little bit about some of our new *superstar* writers that have joined our team. As for what I would like to share this month, the title says it all: *"The Dream Still Lives On."* Not just in Dr. King or the many other African American heroes or sheroes, but inside of the lives of each of you. Whether you are a single mom, corporate CEO, minister, student, or one that may have not done "everything" right, you are still somebody and your *"Dreams Still Lives On."* Just keep believing in dream and in yourself. Regardless of your situation, your dreams are right at your fingertips, so reach out and get them. Write your vision, re-view your vision, and become your vision.

Tip of the Month: Create a "dream" sheet, and review it three times per day, every day for the month of February. I have included a copy of mine to show I am suggesting you do something I put into practice daily: Mr. Griffin's "Dream" Sheet for February

- ☑ Change five people's lives per week
- ☑ Attend Sunday School every Sunday this month
- ☑ Four keynotes for the month of February
- ☑ Spend two hours a week in personal meditation
- ☑ Spend time with family and talk about our personal history
- ☑ Visit my mentees at their colleges
- ☑ Listen to and complete the Master's will daily

Kenston J. Griffin, CEO

*"I submit to you, that if a man hasn't discovered something
that he will die for, he is not fit to live."* **Martin Luther King**

Featured Writers

DREAM BUILDERS COMMUNICATION INC. IS EXCITED TO INTRODUCE NEW SECTIONS AND WRITERS IN OUR PUBLICATION.

Christopher Gibbs - Inspirational

Christopher Gibbs is a graduate of South Iredell High School and Mitchell College. He has been serving and empowering individuals spiritually for over the past 18 years. He truly has dedicated his life to Running the Race, and operates by this philosophy: “*If Gods love is optional; human failure is not final*”

Beverly Imes - Goal Achievement

Beverly R. Imes is the CEO and Trainer of Positive Impact. Positive Impact is a leader in empowerment keynotes and workshops. Their mission is to assist individuals and groups to become the ULTIMATE person and organizations they can be and to have a more prosperous lifestyle and relationships. She is also the author of “You Can Make a Difference...because you ARE the difference” which gives the readers step by step instructions to achieve their goals.

Tierra Parsons - Mental Health

Tierra Parsons is a graduate of Winston-Salem State University where she received her Bachelor of Arts in Psychology. She worked two years for the NC Department of Juvenile Justice and Delinquency Prevention and later attended The University Maryland, Baltimore School of Social Work and obtained her Masters in Social Work. She is currently a foster care social worker with the Iredell County Department of Social Services.

Kimberly Scott - Health and Fitness

Kimberly Scott currently resides in Charlotte, NC. She has her certification as a peak performance Life Coach with Dream Builders Communication, Inc.. Kim has developed programs that will help you **Keep It Moving towards your vision. Her desire is to help people discover the power that is within to live the life they were called to live.**

Gary Whitaker - Education

Gary Whitaker, better known as Pastor G, is married with two beautiful daughters. He is a native of Tyler Texas where he has lived for 40 years. His passions are ministering to the young, the old and anyone who will listen.

Increase

By: Christopher Gibbs

I have found that during these times of closings and lay-offs that now is a time, not only to trust God but also to expect the impossible. It never ceases to amaze me at how we want, want, want and seldom give anything in return. Don't you know that it's hard to receive anything with your hand closed? If you are busy holding on to what you think you have, will there be room or expectancy for more? I know what wisdom is and how we are to use it when governing the things God has blessed us with. However, faith without works is dead!



On Sunday, I stood and watched the liturgical dance team, "Tribe of Judah," minister to the song, "The Prayer of Jabez" by Donald Lawrence. As they worshipped in dance, the members began to emotionally express their desire for increase, multiplicity, and blessings. However, for some reason, it just didn't seem like an acceptable offering of praise. We say we want something, but do our actions say the same. Have we been in church so long that we have

forgotten that God is a reciprocating God? What ever do I mean? **RECIPROCATE** implies a mutual or equivalent exchange or a paying back of what one has received. The scripture declares in **Luke 6:38**, *"Give, and it shall be given unto you; good measure, pressed down, and shaken together, and running over, shall men give into your bosom. For with the same measure that ye mete withal it shall be measured to you again."* That tells me that not only my tithe but my praise procures His promise {increase}. David said, *"Oh magnify the Lord with me; let us exalt His name together."* (Psalm 34:2) This proclamation was made when David was about to go into battle and his yearning was to be victorious. When you won the fight in Bible days, you also took possession of the land {increase}. David understood, as we need to understand, that if they magnified the lord; to make large or to increase in significance, that the Lord in return would do that for him.

All I am trying to say is; how large, do you really want your blessing? The ole cliché says, *"little prayer, little power; much prayer, much power."* Well, the same hold true for your blessing(s). If you are not really expecting much from God, then you continue to be mediocre and pious in your praise. On the other hand, if you truly desire an increase, then magnify Him in your praise and your worship! God is truly a heart God and He tells us that from the abundance of the heart a man speaketh. What are you speaking and how loud is it resounding? I wonder, "Can "HE" hear you now?"

It's Not What You *Want*, It's What You *Do*

By: Beverly R. Imes

*"You do not succeed because
you do not know what you want or
you don't want it intensely enough."*

-- Frank Crane, Minister

As a personal and professional development coach, many people tell me what they want or what they think they want out of life. My role is to assist them in determining the best method to obtain that goal. By the time someone asks me for help, they have done what they know to do. They just need some guidance. A common denominator in not reaching goals is a lack of consistency. Depending on the goal, there may be multiple reasons for inconsistency. Here are some steps to help you be more consistent in doing the things you need to do to obtain the things you want:

Be positive. Mindset is everything. Believing you will be successful will keep you motivated; therefore, you are more likely to maintain continuous action toward your goal.

Be clear. Clarity is key. Define your objective by asking yourself what it is you really want to accomplish. Decide how you will proceed, and begin taking action.

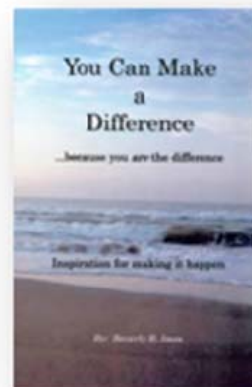
Be visual. Write down your goal where you can see it and read it every day. Write an affirmation with it stating you are achieving that goal. For example, *"I am on track to a healthy weight by December 31, 2010 by losing at least 8 pounds per month through healthy eating, cardio and strength exercises, and proper rest with love and enjoyment."* Words have power. Repeat the affirmation in the morning and at night before bed. Your subconscious mind will do what you tell it on a regular basis.

Be courageous. Sometimes we have a sense of fear when we try something different. The more we do what we fear, the easier it gets, the more we grow, and the closer we get to reaching our goals. In that moment, we realize what we dreaded doing was not as bad as we thought. For those goals we feel we have failed at, we have not failed. We have just found a way that does not work. Therefore, do something different until it *does* work.

Be persistent. Do something everyday towards meeting that goal. A small step forward is still a step forward. Just do not stop. Keep moving and don't look back. You are worth it! As one of my mentor's says, "By the yard, it's hard; but, inch by inch, it's a cinch."

It's not what you want, it's what you do. We can tell ourselves 24/7 what we want, but it does not mean anything until we put action behind it. Being positive, clear, visual, courageous, and persistent will help you achieve your goals much faster.

To help you even more, during the month of February, Positive Impact has special promotions on the book, "You Can Make a Difference...because you *are* the difference," and on coaching sessions. With these tools and your efforts in following through, you can only succeed. Please visit www.beverlyrimes.com the exciting details.



Families and Children

By: Tierra Parson

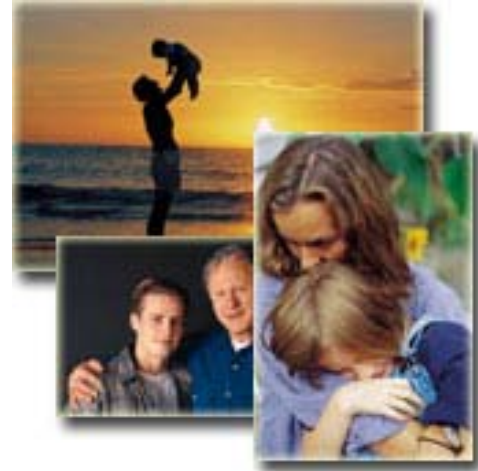


As the words from the song “Family” from the musical “Dreamgirls” dance through my head, I can’t help but to think about all the many broken families I help on a daily basis. There are many types of families, but the most common that comes to mind is the nuclear family. Along with the nuclear family there are single parent households, extended family households and even childless families to name a few. Although family reunification is our main objective in the foster care unit, there are times when this objective cannot be met due to the severity of the family’s circumstances. Each day, I make it my goal to do whatever it takes to reunify families (as long as it is in the best interest of the child). This task can be very difficult due to the barriers that stand in the way. Some of these barriers include, but are not limited to: substance use, inappropriate parenting skills, domestic violence, unemployment, homelessness and the lack of initiative. Let’s take a closer look...

You have a single mother whose children were removed from the home, she is using drugs, facing eviction, unemployed and had no transportation or support system. Seems like the odds are against her right? Wrong...The goal for this mother would be to work with the social worker in efforts to seek and implement solutions in order to overcome these barriers and develop new strengths. The outcome of this implementation may not happen overnight, but with diligent effort, significant progress, and cooperation, the goal will be achieved.

Taking responsibility is so important in these type situations because when families are broken,

precious seconds, minutes, days, weeks, months and years pass by that could be spent strengthening the ties that bind them together. It is very difficult for children to live months outside of their family. Oftentimes they are confused and saddened because they believe their situation is the fault of their own. Parents also lose hope in one day achieving reunification when it seems as if they have nothing and are expected to do so much. This is where I step in. I acknowledge and address their needs and connect them to the most beneficial resources. Even for the parents who simply lack the initiative, I inspire them to believe in themselves and keep their children in the forefront. If I have to go over and beyond to make a difference, I will. If I have to tread my way through difficult situations in order to keep these children safe and strengthen these families, I will...and I am.



The word family means the world to most and oftentimes it means nothing to others. We must all work together to strengthen our families. Take the time to let your family know you love them; somebody is counting on your willingness. I am on board, will you take this challenge?

"You can't choose who your family will be, but you can choose how it will be."

-Wes Fessler

Health and Fitness

By: Kimberly Scott

Happy February Everyone!

I must say, this journey to weight loss has been awesome so far. Thank you all for your emails, support, and for joining me on this journey to getting healthy and staying healthy. You all are wonderful and with the mindset to keep moving forward, we will achieve our goals. I want you all to change your perspective. Do not look at losing weight the same as you have before in the past. Here are some tips that will help.

Tip #1: Avoid Looking at the Scale

The scale can be your worst enemy. I have to admit, I got on the scale and noticed I have not lost any weight for the month of January. This did discourage me; however, I have lost inches. The pants I am currently wearing fit loose and I am now able to fit into some of my smaller pants. Focus on your inches versus the scale.

Tip #2: Go Shopping

I am not saying go out and break the bank. Go shopping for that outfit, pair of jeans, blazer, or dress that you have been wanting. However, here is the key, buy it in a smaller size. This is also motivation to help you with your weight lost journey. By buying it in a smaller size, you can stay focused and use this as your weight lost tool versus the scale.

Tip #3: Form a Team

I have received quite a few emails about people forming groups of their own. This is a great idea to keep you motivated. Instead of one accountability partner, you can have multiple, the more the better.

Tip #4: Add an Incentive

Whether you form a group or do it individually, an incentive is always something that can keep your focus. For example, if you join a group, you can add a prize to the one who wins. This is always a great tool to keep people motivated. Another example

could be a shopping spree for yourself after you have completed your goal. Donate your old clothes and go shopping for your new body. In addition, keep in mind losing the weight is a great incentive because you will be healthier and an example for others.

Tip #5: Stay Consistent

You will always see this tip in my articles. Staying consistent is so important. **DO NOT GIVE UP**, even if you get off track. Get back on track and keep moving forward to your goal. Consistency is key to any change you make in your life.

"It's not what you do once in a while; it's what you do day in and day out that makes the difference."

-- Jenny Craig

KIM'S STATS:

Current Height: 5.6

Current Weight: 225

Goal Weight Lost for month of February: 8 pounds

Accountability Partner: Dericus Scott-Husband

Weight Plan for February*:

- Work out 6 days a week for 45 minutes to an hour. Focus is high-intense cardio
- Work out abs and glutes everyday with various exercises
- Eat six small meals a day (mostly fruits and vegetables)
- Drink 64 ounces of water daily
- Get 7-8 hours of sleep nightly

Reflection: If at first you don't succeed, then dust yourself off and try again. This is a song by the late singer Aaliyah. This song is saying **DO NOT GIVE UP!** Keep it moving until your mission is complete. You can do it, I believe in you but you also have to believe in yourself! Stay Focused-Stay Encouraged-Stay Healthy

***Disclaimer:** Consult your physician before attempting any new exercise or weight control program.

Something New

By: Christopher Land

How can we get better? What needs to be done differently? What will you do differently? What should be done the same? All important questions if you are looking for improvement. The old saying states, “insanity is doing the same thing and expecting something different,” that being so ... what is it that we should do differently to get something different. There is always opportunity to get better, the task is to first identify what, or sometimes who, needs to be changed or adjusted.

In this day and time of highly competitive markets, customers want the best. No one wants to pay for average, and often is not satisfied at slightly better than average. Ask yourself and your team, “How can we get better.” One of our strategies in Dream Builders Communication, Inc. is to utilize debriefing sessions. Debriefing after a function, meeting, or event has been useful in our improvement phase. By definition, debriefing is to receive information from or about a recent mission. This open dialog and downloading of information gives an opportunity for the team to gauge the benefits and discuss the challenges. Doing

this while it is still fresh in your thoughts is typically best. Openly discuss what went well, what did not go well, and how you can improve. If you have a “didn’t go well,” then you must bring a thought or an idea of how it can be improved, or at minimum present it in a way that is open for suggestions. Gripe sessions never get anything accomplished other than frustrations and rising tempers.

Now that the debriefing is done, put the action plan to action immediately. Make the change! Being open to change is being open to getting better. Even if the change that you make has to be readjusted again and again, ... that’s ok. With each time of challenge (not failure) you get that much closer to perfection. Be open to evolving, as staying in the “lead” requires motion. If you are not adjusting, then you are falling behind – business is a continual motion, move ahead of it, not with it. Be the change you want to see.

“Change will not come if we wait for some other person or some other time. We are the ones we’ve been waiting for. We are the change that we seek.” **Barack Obama**

The Love of You

By: Tiffany Jacobs

Happy 2010!

What have you started claiming and seeking in this New Year? It is important make goals that are attainable, rather than goals you will be putting on the shelf in a month or two. Where should you start? Glad you asked! You can begin February by

finding ways to appreciate yourself and do more. When you learn to take care of the inner you, you have the time as well as the energy for others and other things. We have all heard the statement you cannot love someone else until you love yourself. Therefore, find positive things to indulge in and love you because once you have that confidence. The world is yours to conquer.



A Public Apology

By: Tonya R. Allen

The Dream Builders Communication, Inc. 21st Century Community Learning Center *T.A.G.*, (*T*ogether *A*chieving *G*reatness) Program is designed to provide assistance, while allowing an outlet for creativity to be developed and shared. DBC, also, focuses on integrating Critical Thinking in a more innovative manner by engaging students 1) to think outside of the box, 2) to begin relating the lesson to everyday life experiences, and 3) to remove the “fear” of positively challenging the lesson to gain ownership. *T.A.G.*’s purpose is to enhance and assist students in the areas of academic, leadership, and social/life skills necessary to achieve holistically. Students will develop skills and become re-engaged, which will inspire them to become more focused in their academic, personal, and ultimately professional process.

Now, as the Program Director of *T.A.G.*, I would like to apologize to all our current, past, and future students enrolled in the program. To the parents of these students, I would like to apologize. To the communities of which these students belong, I would like to apologize. WHY, am I apologizing? Well I am glad you asked, and even happier to answer. As the children used to say, “We got it twisted.” More explanation needed right? Well, so many times “we” as people want to blame everything and everybody else for the lack or the failures. “Our” children are lacking. They cannot READ! They cannot WRITE! They cannot SPELL! They cannot ADD, SUBTRACT, or even MULTIPLY! They do not have the tools to properly take over, to properly thrive, to properly teach, nor to properly LEAD! As a parent, former classroom educator, an empowerment coach, a published author, and the Program Director of Dream Builders Communication, Inc. 21st CCLC *T.A.G.*, I apologize. I accept the blame for you not being made aware of the program.

Now, that we have someone to place the “BLAME” on, let us move FORWARD! As 2010 continues to unfold, Dream Builders Communication, Inc. is dedicated to changing the lives of young people, one person at a time. The “PLAN” has been created, which is *T.A.G.*, and this program provides a safe nurturing environment for those to GROW, LEARN, and SUCCEED. We will provide the educational tools needed to increase test scores; but first we MUST increase the students’ ability to READ, WRITE, SPELL, ADD, SUBTRACT, and MULTIPLY. We MUST celebrate the little success in order, not to miss out on the larger success. For example, in the first quarter 2009-2010, *T.A.G.* had more than 33% of our students make the A/B Honor Roll. These are the students who, on the End of Grade (EOG) scored a level I or II, (below grade level). We have students who could not READ. Since September, they now have a desire to participate in class, they are now able to read simple and some complex sentences due to phonemic teaching and re-teaching. Their ability to read has now been re-engaged, catapulted with the desire, too. This has resulted in completion of school work, homework, and higher grades. I can list so many small victories, which contributes to the larger successes, but to save time, I will move on.



For all those parents, educators, business owners, community leaders, etc., who has realized this deficit, and have asked themselves this question, “How do WE fix this deficit?”

Well, in 2010, DBC is committed to the following solutions to this deficit: *we intensify what we are doing, what we have done, and what we will do.* Will this take more **TIME**? **YES!** Will this take more **ENERGY** and **EFFORT**? **YES!** Will it allow more opportunity for **FAILURE**? **YES!** Will it take more **FINANCES**? **YES!**

(Continued on page 9)

A Public Apology (continued)

(Continued from page 8)

To the parents who are reading this and stated, "I have none of the above to spare," please do not be alarmed or discouraged. If you realize your child (ren) NEED, DESERVE, or are DEMANDING the above, then look no further, Dream Builders Communication, Inc. 21st CCLC **T.A.G.** Program provides all this and more, Monday thru Friday from 2:30 pm to 6:00 pm. The **T.A.G.** Program is **FREE!** It has qualified staff and volunteers to assist students with academic growth, enhancement, socialization skills, leadership development, and education and culturally sound field trips. The program provides students the ability to excel, and in the process of excelling, students may miss the mark at first, but **T.A.G.** teaches **PRESERVANCE**, **DETERMINATION**, and **COMMITMENT**. In order to succeed, we must first DO. The ability to keep pushing is how one succeeds.

Take a moment and ponder these words by Edgar A. Guest-

"It Couldn't Be Done"

*Somebody said that it couldn't be done,
But he with a chuckle replied
That "maybe it couldn't," but he would be one
Who wouldn't say so till he'd tried.
So he buckled right in with the trace of a grin
On his face. If he worried he hid it.
He started to sing as he tackled the thing
That couldn't be done, and he did it.*

*Somebody scoffed: "Oh, you'll never do that;
At least no one ever has done it";
But he took off his coat and he took off his hat,
And the first thing we knew he'd begun it.
With a lift of his chin and a bit of a grin,
Without any doubting or quiddit,
He started to sing as he tackled the thing
That couldn't be done, and he did it.*

There are thousands to tell you it cannot be done,

*There are thousands to prophesy failure;
There are thousands to point out to you, one by one,*

*The dangers that wait to assail you.
But just buckle in with a bit of a grin,
Just take off your coat and go to it;
Just start to sing as you tackle the thing
That "cannot be done," and you'll do it."*

Now, the first 2 steps have been taken:

Step 1: BLAME

Step 2: PLAN

Now, take step 3: ACT/MOVE/DO!

To the communities, companies, and organizations of these awesome students, "we" must not let them down. This will take your willingness to give time, expertise, finances, and opportunities. Your time and expertise will allow students to learn from the best of the best. Your finances will assist programs such as **T.A.G.** continue to keep the doors open with highly qualified staff, and your willingness to provide opportunities will allow students to explore their desires, talents, gifts, and knowledge. **Together we Truly can Achieve Greatness** and this year, 2010, Dream Builders Communication, Inc. will not vacillate towards enhancing the lives of young people.

For additional information regarding **Dream Builders Communication, Inc. 21st CCLC T.A.G. Program Enrollment Employment Volunteering Donations**

Please contact Dream Builders Communication, Inc.; it is not too late. We can assist you in turning the tables and assisting "our" students towards greatness and beyond.



BIG EVENTS in FEBRUARY

February 1, 2010



DBC is offering educational support to the 21st Century Learning Community program in Statesville NC. We will host a session for the 7th and 8th grade students. This sessions are bound to prompt, engage, and inspire.

February 2, 2010

Back to Back – Dream Builders Communication, Inc. will be Harnett County working with two elementary schools on the same day. Johnsonville and Benhaven Elementary schools are in for a big 2010 treat.

February 3, 2010

UNCF – National Pre-Alumni Council are hosting their 64th Annual National Alumni Council/52nd Pre-Alumni Council Leadership Conference in New Orleans, LA. Dream Builders Communication, Inc. kick off this year's 52nd UNCF Pre-Alumni Council Leadership Conference for 2010 in the Big Easy.



February 4, 2010



Dream Builders Communication, Inc. will be presenting as the Conference Keynote Speaker, as well as conducting a featured workshop at the South Carolina Association of Children's Homes and Family Services (SCACHFS) annual event. These sessions will ensure to let all participants know *"It Only Takes Everything You've Got."*

February 10, 2010

Westerly Hills Elementary School in Charlotte Mecklenburg, NC is in for a super special treat, as the Dream Builder himself will speak with a subgroup of 4th and 5th grade students. If ever they'll get inspired to value their education ... it'll be at this session. Don't miss it - if you are an educator in the area please touch bases with principal March to get approval to attend.

February 11, 2010

DBC's newest sessions are "Plugged-In!" Celeste Henkel Elementary in Iredell Statesville, NC is having incredible results having an additional educator in the classroom to assist with disruptive behaviors even before they happen. Also the 1 on 1 student support is awesome, just ask Principal Sheets.

BIG EVENTS in FEBRUARY

February 11, 2010

LeBron James is in town and DBC is hoping he leaves with an “L.” DBC will be with the BOBCATS before the game to inspire, during the game to pull, and after the game to celebrate, as they take on the Cleveland Cavs, Go BOBCATS!

February 15, 2010

Dream Builders Communication, Inc. will be conducting a Parenting Workshop for Hickory Grove Elementary School entitled: “*Team Work Makes the Dream Work.*” The areas of focus are: (1) parenting, community, and our most precious jewels, children; (2) Parenting - understanding the 21st Century school, rules, and my child(ren); (3) How to effectively listen even when I do not want to. DBC will emphasize the importance of education and the community working as a collective unit, and how to effectively create and maintain a successful relationship with your student, community, and the school.



February 22, 2010

There is a brand new school in Harnett County, and Principal Dr. Belvia Williams is heading in the right way. Associate Superintendent Hobbs located DBC at the Raising Achievement and Closing the Gap Conference and just had to have us at their new school to get it going in the right direction from the start. Keynotes, Staff Developments, and Classroom Plug-In support is included in this package.

February 24, 2010

Troutman Middle School is on board and Principal J. James expects to keep it that way. The grade level student subgroups are in the highest performers at the school, which in turn has assisted the school to advance in their placement on the district's growth stats. All Iredell Statesville middle schools be aware, those TMS Bobcats are gaining on you.

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