

Kenston J. Griffin

**Dream Builders Communication, Inc.**

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



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**NEWSLETTER**

January 2010

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# ***Happy 2010!***

It is time for your REAL goals and dreams to begin!

This is your day, week, month, but most of all your **YEAR!** Your year to reach and surpass what you have written or set out to achieve in 2010.

## **Hello!!!**

Readers are you there? Listen, if you do not have your goals written out by now, shame on you. An unwritten goal is an unachievable goal. With that being said, *"write the vision and make it plain."*

## **Great!**

now that we have gotten that goal accomplished, we can move forward. This year Dream Builders Communication, Inc. is making a full commitment to ensure your success happens greater than ever before. In this commitment, our monthly Newsletter effective now, January 2010, has been enhanced to provide you, our faithful readers, with information focusing on the following areas: Inspirational/Emotional, Health & Fitness, Business/Entrepreneurial, Leadership/Coaching, Mental Health, Family, & Social, Educational, and Financial Issues.

This approach has been designed to support each reader in the most holistic manner. Therefore, take advantage of the talented and gifted writer that works diligently to support you every month as well as new, featured writers collaborating with us to give you the tools you need to succeed. So remember, write the vision, read the vision, say the vision, and be the vision.

Because you are only one person, what can one person do?

*(Continued on page 2)*

(Continued from page 1)

## ***I Am Only One Person***

I am only one person. What can one person do?

Rosa Parks

Was just one person.

She said one word. She said it on December 1, 1955.

One person said one word. She said it on a bus.

She said it to the bus driver. On the Cleveland Street Bus in Montgomery.

Rosa Parks.

One person said one word.

The word was “NO!”

One woman said one word and a nation Blushed!

One woman said one word and a world Talked!

One woman said one word and the Supreme Court Acted!

One woman said one word and the buses were Desegregated.

I am only one person. What can one person do?

In 2010, be that person for yourself all year long. Be that champion, winner, and leader because,

***“If Better Is Possible, for You, Good Is No Longer an Option.”***

**Kenston J. Griffin, CEO**

## **Wake Up!**

By: Christopher Land



It's a new day, and a new year; it's time to **Wake Up.** We have just one life, and each of us has to take advantage of it. Get excited about each and every day. It is time to do something different, to give yourself an opportunity to get a different result.

**Wake Up** – just as you would do in the morning of a brand new day, take on the same mindset as though the opportunity before you is brand new. That same old customer may need a

different approach. The same old program may need a look from a brand new angle. That process that has been quirky for months may need an assessment and possibly start over. Just because a thing has been done that way, does not mean it is the best way to do a thing. **Wake Up.**

Create the new thought, the new process; be that breath of fresh air. Become the change that you want to see. You cannot make these types of changes “sleeping” – going through day to day with the status quo. **Wake Up.**

Utilize your gifts and talents to get outside of the box; understand one typically creates his or her own box. I believe that God has created each of us to do a particular thing. I also believe that until you step into you gifts, you stiffen your personal abilities. **Wake Up.**

## Phenomenal Woman

By: Tonya Allen

# HAPPY 2010 !!!

On behalf of all Ladies, I am stepping out and raising the bar! This year, 2010 is truly going to be the year for us to SHINE! As I reflect over all the magnificent ventures we have accomplished in 2009, it is time for us to raise our level of expectation. As the saying goes, "behind every good man is a good woman." Well, that statement is so true. For so long we, as women, have allowed the men in our lives to be just that, "good." Now, in 2010, we will not settle for "good." We are striving for "BEST." As you ponder this concept, take a moment to review this poem written by Maya Angelou, "Phenomenal Woman."

*Pretty women wonder where my secret lies.  
I'm not cute or built to suit a fashion model's size  
But when I start to tell them,  
They think I'm telling lies.  
I say,  
It's in the reach of my arms  
The span of my hips,  
The stride of my step,  
The curl of my lips.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.  
I walk into a room  
Just as cool as you please,  
And to a man,  
The fellows stand or  
Fall down on their knees.  
Then they swarm around me,  
A hive of honey bees.  
I say,  
It's the fire in my eyes,  
And the flash of my teeth,  
The swing in my waist,  
And the joy in my feet.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.*

*Men themselves have wondered  
What they see in me.  
They try so much  
But they can't touch  
My inner mystery.  
When I try to show them,  
They say they still can't see.  
I say,  
It's in the arch of my back,  
The sun of my smile,  
The ride of my breasts,  
The grace of my style.  
I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.  
Now you understand  
Just why my head's not bowed.  
I don't shout or jump about  
Or have to talk real loud.  
When you see me passing  
It ought to make you proud.  
I say,  
It's in the click of my heels,  
The bend of my hair,  
The palm of my hand,  
The need for my care,  
'Cause I'm a woman  
Phenomenally.  
Phenomenal woman,  
That's me.*

© Maya Angelou, 1978.

Now, as we move forward during this first month of the New Year, 2010, Dream Builders Communication, Inc. will be offering a special on Coaching Sessions for Women. If you would like additional information on our **PEAK PERFORMANCE COACHING SPECIAL**, please contact our office at 704-595-1735 and reference this edition of the Dream Builders Communication, Inc. Newsletter.

## A New Year to Get What You Want!

By: Beverly R. Imes

Life really sucks sometimes! ...or does it? Where does that mentality come from? As we look around, we realize hard working, dedicated people are depressed, unemployed, broke, hungry, homeless or on the verge of being kicked out of their homes, and just plain tired of being sick and tired. Now, let's look at you and me. Not only are people around us having a challenging time, there are improvements we can make in our lives as well. Fortunately, there is hope. Even when things appear to be negative, we have a choice either to stay where we are or to make the decision to get up and move forward. These challenges actually help us to grow. So, how do we get out of the slump, over the hump, and jump-start this new year of 2010? It all begins with asking the question, "What do you want?"

To begin a successful journey, you must have clear direction and know exactly what you want. Many times, we are doing what others want us to do and not what we really want to do. Therefore, we are not fulfilling our destiny nor are we reaching our full potential. Now, ask yourself, "What do I want?" aloud multiple times and the answer will come from within. Once the answer of what you want surfaces, the next question is, "How do you GET what you want?" If you knew how to get it, mostly likely, you would have it already.

If you have been unsuccessful in achieving your dreams or meeting your goals, you may be reluctant to try again. Don't give up! This is the time of year when individuals reflect on what hasn't been done in their lives or what hasn't been done right. A new year brings hope and expectancy that things will be better than the year be-

fore. You will succeed as long as you resolve and believe you can do it! It is never too late to dream, change directions, and make a difference.



The revised edition of **"You Can Make a Difference...because you are the difference"** helps you to answer the question of "What do you want?" and gives step-by-step instructions on how to get it. The key is clarity and consistency. In 2010, you can have or be on your way to hav-

ing more loving relationships, financial stability, that promotion or new career, the home, and the vehicle of your dreams. Write and publish that book, produce those songs, visit places in this world you have only read about, maintain a healthy weight. The resources are all around us, and as soon as our mindset changes that "we can do it," those resources will become available.

When anyone says, "life really sucks!" it is because they do not know how to get from where they are to where they want to be. They feel stuck, trapped, and terribly unhappy. This year get what you want! You deserve it. Now do something about it. Please visit [www.beverlyrimes.com](http://www.beverlyrimes.com) now and order your copy of **"You Can Make a Difference...because you are the difference"** and order copies for your friends and family during the *New Years Special Rates*. It is one thing for *us* to succeed, but also give the gift of a new, abundant, and fulfilling lifestyle to others as well.



## Health & Fitness

By: Kimberly Scott



How many of you have said, “by the New Year, I am going to lose x-amount of weight?” I think we all could attest to the fact that we have been there and done that and for some we never reach that goal. Well, to help, I am going to take you on a journey with me to get in shape, feel great, and be an example for others to follow.

### My Story

I have always been on a roller coaster when it comes to weight. I guess it started when I was in high school. When I graduated, I was 155 pounds. This was the right weight for me. I felt and looked great. My freshman year of college, I gained an additional 15 pounds which put me at 170 and the weight increased all the way up to my graduation in 2003. When I moved to Charlotte, I was weighing a healthy 199 pounds. In 2005-2006 I got back to 170 and I was very content. When I met my husband and we got married, I went from 170 to 225 which is my current weight. So, as you can see my weight has been up and down.

This year is my 10-year high school reunion and I want to lose weight for the reunion, get healthy, and help others to do the same. Therefore, this year I am determined to lose the weight and keep it off. Each month you will be able to follow me and my journey to weight lost. Along with my weight lost journey, I will also give you some tips along the way. So let's get started.

### Kim's Stats:

**Current Height:** 5'6"

**Current Weight:** 225

**Goal Weight Lost by January 31:** 8 pounds

**Accountability Partner:** Dericus Scott-Husband

### **Weight Plan:**

- Work out 5 days a week for 45 minutes to an hour
- Eat six small meals a day (mostly fruits and vegetables)
- Drink plenty of water
- Get plenty of rest

So there you have it, all of me, and I am willing to take on the challenge and I hope you are too. To help you get started as well, here are a few tips.

1. Make up in your mind that you are going to lose weight. This is very important once you have your mind made up the following steps will be easy.
2. Set small goals of how much you want to lose
3. Take a before picture of yourself and keep it in front of you at all times.
4. Make a dietary and exercise plan-include your meals and the days you will work out-see above.
5. Get an accountability partner, someone that will make sure you are sticking to your plan
6. Most important be consistent. Don't give up.

### **Reflection:**

Remember there is always someone watching you, be an example because you never know who you can inspire to be the best that they can be.

## Mental Health

By: Tierra Parson

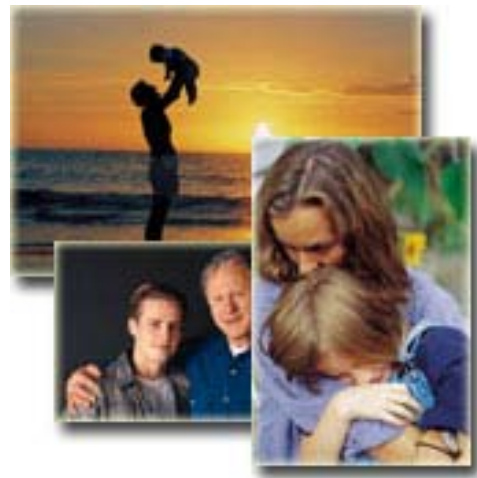


Have you ever made these statements before? “I’m going to lose my mind!” or “I’m going to go insane!” Although you may not have been serious, there are numerous individuals who deal with mental health illness that deeply impact their lives. Oftentimes, life can bring about some very difficult situations that cause us to lose hope and become discouraged; but we are able to utilize our coping skills and manage our way through. Other times, life can bring about situations that are not so easily manageable that stem from issues surrounding mental health. Mental Health can be used to describe our emotional or cognitive well-being. It can also be described as a function that provides stability to our daily lives and guides our decision-making processes.

I chose to dedicate my career to serving others that deal with various social issues, with many involving mental health concerns. I have clients who have been diagnosed with illness such as ADHD, Bipolar disorder, Schizophrenia and even Alcohol and Cannabis Abuse. I tell my clients that although they may be dealing with this mental health issue, they do not have to let it ruin their lives. The most difficult area of my career is dealing with young children who are not quite sure how to cope with their disorder. Because I have a huge heart for “my kids,” I make sure I follow through with any necessary referrals so that they can receive the help that they need.

I would encourage anyone who may be dealing with the struggles of mental illness to seek the help that you need so that you will be able to lead a happier, more productive life. Some mental illnesses may be more severe than others; but the

important thing to remember is that you don’t have to deal with it alone. With proper mental health treatment, you will be able to eliminate the stressors that trigger even more stressors. For example, if you are dealing with depression or anxiety, you may result to drug use or poor eating habits that could result in medical services or even hinder your progress towards mental stability. Mental health strengthens our ability to have strong relationships, make good life choices, maintain overall well-being, handle life’s joys and struggles and discover and make progress towards our own potential. I believe that when an individual is free from/able to properly manage issues of depression, suicidal thoughts, excessive stress, addictions, bipolar disorder, etc, they will be able to live their lives to the fullest.



I will leave you with this quote from M. Scott Peck, “The feeling of being valuable- I am a valuable person- is essential to mental health and is a cornerstone of self-discipline.” All someone may need to hear is, “You can make it, I believe in you.” Pass it along.

## Is the Struggling Necessary?

By: Gary Whitaker

In a recent article by Ryan Simmons of HBCU.com, he stated that dozens of small, private universities set up for African-American students--known as Historically Black Colleges and Universities or HBCUs--are being hit hard by the economic recession.



Traditionally, these niche schools lack the big endowments of larger institutions, and, as a result, rely primarily on tuition fees for funding. Is it that historically black colleges and universities feel this is necessary to stay financially sound? Is it that our private institutions feel they don't need to change their method of doing business? A common statement made by many is "what doesn't kill you, makes you stronger." You would love to say it made our HBCU's stronger, but as we know when we were strong and things looked like we couldn't fail we began to forget why we do what it is we do. Where raising a child required a community, the community began to compromise their values and morals for a seat in Education prestige and entitlement leaving the core values of Education behind. Back when college was only for our Caucasian brothers and sisters and their big schools HBCU's began to arise and give hope to the minority, "Was the struggle necessary?" is the question today. For if it is, we seemed to have lost the meaning of it all and a change needs to come about in order for us to retain the honor and the glory of these great institutions that stand for so much more than a place where no one will get the proper education, where scandal and unethical behavior is prevalent, where a lack of integrity and honor doesn't exist.

As these schools cater to students from low and middle-income families, we make it seem as if our education isn't worth the same as other institutions that are bigger or have more money than those of the HBCU family. In my experience, I have seen and met great people that attended these great monuments of education. Is the struggle necessary? I will say yes, for if it weren't for the struggle, I wouldn't have the purpose and passion to see these negative things about our colleges

change, nor would I have attained my degree from one to these great institutions. I cannot speak for anyone but myself but our schools need our help in order for them to be around for another 100 years. Endowments of these great institutions are a mere token compared to some of the other institutions in America. Even some of our most mentioned colleges and known HBCU's have been hit by the same stigma of being unethical. See even if you get honorable mention, our society still put all HBCU's in the same boat when one is unethical the others are just as well unethical and if they have not displayed any unethical behavior, they will. These days endowments have been the new topic of struggle for our HBCU's. Spellman and Clark have experienced drops in enrollment as well as value decrease of its endowments. Clark Atlanta University was hit even worse. Out of a student body of 4,000, about 300 students were unable to return for the spring term because of unaffordable tuition costs. A layoff of 70 faculty members resulted in consolidating arts and science classes. HBCUs enroll 14% of all black college students, but constitute only 3% of the over 4,000 higher education institutions in the United States.

According to Simmons, schools are remnants of the days of segregation, when black and white students were not allowed to attend the same classrooms. Since the 1960s, however, many HBCUs have diversified. West Virginia State University, for example, is now predominantly white.

As the schools struggle to pay their bills--state and private funding has all but disappeared over the past several months--the students, in turn, are struggling to get loans or scholarships. There is some hope of help; however, as the stimulus package recently pushed through by Congress could provide some relief to the 103 HBCUs across the country. The package includes \$800 million for infrastructure projects at HBCUs, and an additional \$500 million for improving technology on campuses. An additional benefit of the package is that it will make it easier for low-income families to receive federal grants to pay for tuition. It would seem that HBCUs need all the help they can get. According to a recent survey of 791 American public and private colleges cited by the *Associated Press*, only three black colleges had endowments large enough to be listed in the top 300.

# BIG EVENTS in JANUARY

**January 1, 2010**



## *Happy New Year*

**January 11, 2010**

Dream Builders Communication's COO, Christopher Land will be speaking with the Harnett County School Board to present the DBC "Plug-In" Program. This is the newest feature in the year long educational program, and receiving rave reviews.

**January 12, 2010**

DBC is currently working with the new Lakeview Home Owners Association. This association is in its infancy stages, and has salt out DBC to assist in the formation of the organization. The expertise and experience that DBC brings to the table is second to none.

**January 14, 2010**

Kenston J Griffin is working with the Principal of the Year in the Iredell-Statesville schools system. Mr. Larry Roger has found incredible success with the DBC program and has been on-board for five years. This may very well have something to do with the award, hummmmmm.



**January 16, 2010**



MLK Weekend, and Davidson County NC NAACP chapter has invited the Dream Builder himself to deliver the keynote address. This 25<sup>th</sup> Anniversary event is truly in for a treat, as the community leaders have created a buzz about the Dream.

**January 19, 2010**

The Dream Builders Communication, Inc. (DBC) team will travel to Greensboro NC and share with the student of NC A&T State University. This series of training session has been attended by hundreds of students, and now DBC is being highly requested.





# BIG EVENTS in JANUARY

## January 21, 2010

Iredell-Statesville's "plug-in" sessions. classrooms. The scores, and improv-



Celeste Henkel Elementary school is enjoying DBC's We're currently working with 3<sup>rd</sup>, 4<sup>th</sup>, and 5<sup>th</sup> grade student and educators are finding results in increasing understanding of classroom lessons.

## January 27, 2010

Double-duty! A tandem of trainers will be assisting students at two of Charlotte-Mecklenburg's schools: Westerly Hills elementary and Bishop Spaugh Community Academy. Both schools are school's to watch as the faculty and staff are on board.



## January 27, 2010

Dream Builders Communication, Inc. (DBC) kicks off this new found collaborative partnership with Claflin University in Orangeburg, SC. This action pact, thought provoking student keynote address entitled, "*Inspect What You Expect*" will provide students with the platform to truly engage in their college experience while preparing for Corporate America.

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