

Kenston J. Griffin

**Dream Builders Communication, Inc.**

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



Volume 5. Issue 6

## NEWSLETTER

June 2010

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### **Book Special**

***"New Days,  
New Ideas"***



**Only  
\$10.00**

### ***Greetings and Good Day!***

Once again thank you for joining us in this month's edition of the DBC newsletter. This month's newsletter is action packed so read, apply, and enjoy.

I recently had the privilege of traveling to Canada when I met some wonderful individuals who invited me to be the keynote speaker at their educational summit.

Students and advisors from all walks of life were in attendance. There were students who stuck out to me from their questions, attentiveness to my answers, and even the level of respect they showed me. Some students appeared to be well on their way to be elected officials or even leaders across the globe.



I asked myself, "What is the difference between the students in Canada and the students in the UNITED STATES?" The answer I found was, "NOT MUCH." Both sets of students have limited resources; however, some students in particular had this burning desire for success already inside of them. To acquire this type of desire one might ask how do I develop this skill or mind set? Well, thanks for asking because I have the solution to your problem.

Desire is not something you can buy, trade, or sell. It is a valued treasure that comes from within. Webster states desire is to long or the craving for something more. What I was able to assess from these young scholars is that they wanted more. They want more opportunities, more success, and even more of a chance than their parents and grandparents might have had.

Desire, ladies and gentlemen, in my opinion, means one must have the courage to challenge themselves to go beyond their comfort zone and command success. One must also stretch beyond the norm and transform into someone they never thought they could, but someone the Creator always knew they would be. Therefore, if you truly want it, I challenge you to call the greatness inside of you out not only to change your life but the lives around you that are waiting on your DESIRE to catch on FIRE.

These students or young people in Canada and even the ones in the United States have identified what they want and are going for the gold. Now, the question is, will you? I believe you can; an unknown author once stated that the journey of one thousand miles is taken with just one step. Take that step today because you are worth every step you take. There are no more doubts. It is all about you winning.

## Don't Limit Yourself

By: Alexis Hendrix



Hello,

I am Alexis Hendrix, of Plymouth NC and I attend Washington Co. Union Middle School as a 7<sup>th</sup> grader. I was recently inducted into the National Junior Honor Society (NJHS) for maintaining a GPA of over 3.5. School isn't that hard for me; it is like a horse racing on the track. I never dreamed of making the principal's list or the NJHS. My grade point average is one of the highest in the class, in part mostly because of studying, asking questions & paying attention during class. If I don't understand something, I try to get personal help whenever it is available. Sometimes if I can't get the help I need at the time I need it, I look to other sources & keep looking until I find the answer. Persistence is a good word to define the way you have to be to succeed these days. The two main courses that are required by the state are math and reading. Even though I don't like reading, I was reading at a 1<sup>st</sup> grade level when I was in pre-K (4 years old). I have one brother (Darius) & one sister (Morgan) & all of us learn at different levels & paces. We are all different & have different needs. As far as what it takes to make good grades, it is different for everybody. The main thing is that you don't give up. Keep

searching for "the thing" it takes for "YOU" to succeed as an individual.

In the past, I have been involved with Cheerleading, Band, and Drawing & more recently Rapping, Music writing, Web design & Artist Management. These are some of my hobbies & goals, but for now school & business are my number 1 priorities. My parents have made it clear that my school will always come first, but they also support my other interest as well. While making the grade & passing end-of-grade (EOG) tests are most important, I also intend to plan my future & make a way for my future to end up where I want it to be. The EOG may pressure me, but it will not stop me from getting what I want out of life. Life is made of choices. You have to choose the smart ones & learn from your mistakes as well as from others around you. Although my parents are strict, they still allow me a certain amount of freedom to grow & to find my own way in the things I choose to pursue. Don't let shyness hold you back like it did me. You may have talent that people are looking for; however, they never get to see your full potential because you won't let your star shine. Currently, I have a website that I am using [www.music-lane.com](http://www.music-lane.com) to help fulfill not only my dreams but other people's dreams as well. It is a page designed to showcase young new artists, producers, song writers and their music. Don't limit yourself; know that anything is possible...

P.S. Thank you Mr. Griffin for this opportunity and for your support.

Alexis Hendrix, AKA "TuTone"

TuTone

## Fresh Start ~ New Beginnings

By: Tierra Parsons



Ever been in a situation where you acted out of character? If the answer to this question is yes, then trust me...you are not alone. The feeling of guilt is heavy and thoughts of shame and regret flood your mind. Your next thought may be, "Well, I've made this mistake, so I should just throw in the towel and accept the fact that I am a horrible person and will never be anything to anyone." NOT SO! I am here to encourage you that regardless of what happened in your past, God is still able to use you. (Remember: Old things are passed away: 2 Corinthians 5:17). God knew before you were born what you were going to do in your life and He still loves you. Going day to day carrying the guilt of your sins and mistakes will deteriorate your mental health. For this reason, it is important to renew your mind DAILY with the Word of God.

There is no one perfect except God. It is my belief that He brings us through many different tough situations so we can only give God the glory for bringing us through it....You know, the kind of situations to where you feel the odds are all stacked against you and you feel that you are sure to sink. Even if you are stuck in the valley, the good news is you won't remain there. Isn't that encouraging?. You go through things not only to grow as an individual, but also to help someone else so their path won't seem as rocky. I visited a church and the message was "New Beginnings." One door closes and another

opens...JUST so God can use you and so you can serve Him in spirit and truth.

I charge you to reevaluate your life just as I have. Think about how you can live your life so that it truly serves God. If there are some things about you that you can improve, take steps to fix it. If you want to be happier, make it happen. If you've made mistakes, change some of your ways. I am a living witness today that your outlook on life will be a lot brighter. Keep in mind that all of this will not happen overnight; however, with God's help, it is possible. Renew your mind and let God renew His Spirit within you.

Often times individuals and families go through different situations that they cannot seem to handle, but know that with each trial you will become stronger. Once you change your way of thinking, each step becomes easier and the load will seem a lot lighter. Speak against depression, suicide, bi polar disorder, manic depression, and any other mental illness that would attach itself to your life. Each day is a new day to start over; therefore, I charge you to take advantage of your New Beginning and enjoy every day as if it were your last! Happy Living!



~ Every day is a new beginning. Treat it that way. Stay away from what might have been, and look at what can be.

~ Marsha Petrie Sue



### *Happy June Everyone!*

This year has gone by so fast and we are half way to the end of 2010. I hope that each of you is doing well on your journey to fitness and health. This article is going to be a little different than any of the others. First, I have some news I would like to share. I noticed my weight was fluctuating. One week I would lose weight the next week I would gain. Well I just found out the reason why that was happening. The reason why my weight was going up and down is because I am pregnant... YAY!

That's right I am pregnant and I am so excited. My husband and I are thrilled about the new addition to our family especially since it is our first one. Even though I am pregnant does not mean that I have to stop this journey. In fact, this has actually helped me to eat and exercise even better. Therefore, my goal for you this month is to focus on something that will get you motivated to do even better. In a sense, this is like January 1<sup>st</sup> the start of a New Year. So if you have not done your best or even if you have, take this new beginning and go harder for the remainder of the year to obtain and maintain a healthy weight and get in shape.

#### **Tip#1 Remain Focus:**

Even if you have not done well this first six months, the great news is you still have the rest of the year to complete your goals. Identify your purpose for losing weight and stay focused. Don't lose hope!!!

#### **Tip #2 What Motivates You?**

Sit down and ask yourself this question. What motivates you to move forward? Take out a journal and a pen and ask yourself what inspires you to complete your goals. This is a great way to help you stay on track.

#### **Tip#3 Get Others Involved:**

If you know there are people with the same goals, join them. Again, this is a great way to get others to hold you accountable. Whether it is your family, your neighbors, or your co-workers, start a group. This will also help you to remain focus.

Well I will keep you posted on my progress especially since I am expecting. Meanwhile, check out my stats:

**Current Height:** 5.6

**Current Weight:** 226 (I gained since getting pregnant)

**Accountability Partner:** Dericus Scott-Husband

#### **Weight Plan for June:**

- Work out 3 days a week for 30-45 minutes. Focus on low-intense cardio.
- Exercise includes walking (full body workout) and swimming.
- Eat six small meals a day (mostly fruits and vegetables with added lean protein)
- Drink at least 80 ounces of water per day

**Reflection:** Remember what is for you is for you and no one can take that away but you. Enjoy your summer!!!

## Changing the Stigma

By: Gary Whitaker

In a time of change, are our HBCU's (Historically Black Colleges and Universities) changing the stigma that tends to haunt them? For years, failure to comply with simple directives from government sources or educational grants has gotten us in a lot of trouble. However, I feel that things are going to change and are changing for some of our less popular schools, which I will not mention for legal reasons, but I will say that these small schools' boards of directors are very progressive in their thinking. These schools are looking and soliciting major foundations and pleading their case to capture the attention of some major players of philanthropy.

The stigma of our HBCU's in my mind can and are changing, but are they changing fast enough? That is the question! Has failure in the past of some of our institutions made them too cautious or afraid of failure? Because of the many institutions that have failed, those that remain struggle behind that shadow of or stigma of failure.

I recently read "Failing Forward: Turning Mistakes into Stepping Stones for Success," by *Dr. John C. Maxwell*. He stated people think failure is a stigma--it is not, mistakes are not permanent markers. I love the perspective of the late Senator Sam Ervin Jr. who remarked, "Defeat may serve as well as victory to shake the soul and let the glory out." That's the way we need to look at failure. Looking at the past and learning how to deal with the future has been somewhat of a challenge for our great schools. With a faster, more demanding, and competitive higher education market, our schools have to change the stigma or they will not survive. Get over how we use to do it and reposition ourselves with branding and technology. We need it and we have never been in a better position as HBCU's to get assistance. With new legislation being discussed on how we can help

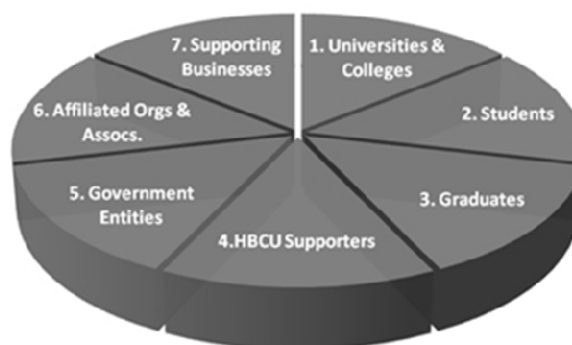
our Historically Black Institutions, it is a perfect time to make our needs public.

Now this does not say that some of our HBCU's are not doing this already by being more progressive thinking and allowing the talent on their campuses to thrive. There is a new website entitled the HBCU-Community.com taking pride in HBCU's.



The purpose of this site is to create another median to effectively promote the HBCU community, which is often underserved and misrepresented. The site also doubles as an information distribution center, community calendar, platform to showcase HBCU talent, HBCU business directory and a host of other benefits that you will find once you register and become a member. I believe this will help if we can embrace this technology to communicate with each other, ask questions, and give suggestions on programs or events that work for our campuses. More fellowship with other institutions can help close the door on negative stigmas that haunt us. Change is inevitable; we need to let it work to advantage and not our demise!

**The 7 Components of the HBCU Community**



## Things Go Wrong

By: Christopher Land

When things go wrong, as they sometimes will, make sure you don't go wrong with them. Life has ups and downs; what you do to keep your ups up and get your downs up is what's important. Good times are not always guaranteed. How you handle the bad times is what will mark the memory of others.

As a true leader, you will have to handle more "downs" than others do. For example, if you have 10 employees and they all have three challenges each, once they bring them to you, you now have their 30 plus your own five. Everything filters through you. Remember that Dr. Charles Swindoll states, "you can't change the past, you can't change the inevitable ... the only thing we can do is to play the strings that we have." Those strings are our attitude. Make the proper adjustments as quickly as you possibly can, as the longer you stay down, the team, company, or organization stays

down. As the head goes, the body will follow.

Now what must we do in order to stay "up." Understand that the challenge is just a temporary thing, "this too will pass" is a quote used so very often by a friend. Prepare yourself for the solution; don't spend more time or effort than necessary on the problem. Dr. Swindoll also states, "life is 10% what happens and 90% of how you react." Therefore, a great deal of our time should be invested on the fix. Quickly store the root cause of what went wrong before things truly went wrong into your memory so you don't repeat the same error again. Make the adjustment and move to thoughts of solution. The quicker we get things (our attitude, attention, and focus) in "check," the quicker we can succeed. Things sometimes will sometimes go wrong, don't go wrong with them.

## TAG Summer Enrichment Program

By: Tonya R. Allen

*Are you ready for school to be out? Are you ready for hot days? Are you ready for fun with academic enrichment with qualified educators, fieldtrips, fun in the sun, for less than \$2.00 per day (a minimal activity fee)?*

*Well, Dream Builders Communication, Inc. presents T. A. G. (Together Achieving Greatness) at the following 5 locations:*

*Clark's Chapel Baptist Church  
in Statesville, NC*

*Maiden Chapel Baptist Church, Faith Center  
in Hickory, NC*

*Maiden Chapel Baptist Church, Maiden Central in  
Maiden, NC*

*New Faith Full Gospel Fellowship Center  
in Lexington, NC*

*St. Stephens A.M.E. Zion Church  
in Gastonia, NC*

*Washington Missionary Baptist Church  
in Shelby, NC*

**Program dates: June 21, 2010 to August 13, 2010  
(program closed July 5-9, 2010)**

**Program times: 8:00 am to 3:30 pm Monday thru  
Friday**

*Spaces are limited, so contact Dream Builders Communication, Inc. T.A.G. office at (704) 595-1884, or visit our website: [www.kenstonjfriffin.com](http://www.kenstonjfriffin.com) to download applications.*



# BIG EVENTS in JUNE

## June 1, 2010

Harnett County Schools are having their DBC year-end celebration. We are expecting some of the best results in the state from several of the elementary schools that have experienced the DBC 2009-2010 program.

## June 3, 2010

Celeste Henkel Elementary School (CHES) has worked with DBC for the second semester “plug-in” sessions, and we have some “celebration” stories to tell. Students at CHES have stepped up and accepted the challenge. There are significant gains in academic comprehension, classroom behavior, and the value for education. Look out for next year.

## June 6, 2010

The CEO of Dream Builders Communication, Inc. will travel to the “Big Easy,” New Orleans, to work with the Federal Probations and Parole Department. DBC will make a featured presentation to train, motivate, and inspire the attendees and ultimately the **“Who Dat Nation.”**



## June 9, 2010

Mr. Kenston J. Griffin is conducting one of our most sought after trainings entitled **“Mission Critical: REAL Students, REAL Problems, and REAL Solutions”** for the staff of Potter’s House Christian Academy in Jacksonville, FL. This Professional Faculty/Staff Development session is designed to support and motivate the educators, while sharing successful techniques to avoid “Burn-Out,” reduce stress, and demonstrate effective strategies to get the most out of students until the end of the academic year. **“Mission Critical: REAL Students, REAL Problems, and REAL Solutions.”**



## June 10, 2010



The time has come for the 5<sup>th</sup> Grade students of Hickory Grove Elementary School to pass the torch along and transition to *middle school*. Dream Builders Communication, Inc. is conducting the keynote address at the 2010 Hickory Grove Promotion Celebration. The keynote address entitled **“I’m Here, Now What,”** will assist students with the understanding *that it is time for “me” to Step Up, Step Out, and Do Something positive in and with my life. Transitioning from the comfort of elementary school to the pace of middle school may present some unique opportunities; however, students will gain strategies and tools to making positive choices, becoming academically disciplined, developing time management skills, creating a value for education, and preparing for a great Middle School experience.* Hickory Grove Elementary 5<sup>th</sup> Graders, *You are Here*, and Middle School is what you make of it, so prepare to excel, achieve, and grow.



# BIG EVENTS in JUNE

## June 10, 2010

Lackland AFB, here we come. The DBC family is traveling to San Antonio, TX to participate in the Basic Training graduation ceremony of the newly enlisted airmen.



## June 11, 2010

Mississippi watch out, DBC is returning to University Mississippi Medical Center. This relationship was sparked three years ago, and has been growing ever since. DBC will provide student and staff training to promote transition, respecting and responding to opportunity, as well as obtaining, maintain, and sustaining balance in a trying time and society.

## June 13-18, 2010

DBC is excited to offer an Executive level training to the recipients of the 21st Century Learning Community summer enrichment programs. This training retreat will include several Program Directors and Site Coordinators from across the state. It is bound to be highly informative, fun, and a great networking opportunity. See you in Charleston, SC.



## June 21, 2010

Dream Builders Communication, Inc. 21<sup>st</sup> CCLC T.A.G. Program begins its Summer Enrichment Program in the following counties: Catawba, Cleveland, Gaston, Hickory, and Iredell. The overall objective of the DBC T.A.G. (Together Achieving Greatness) program is to assist students increase academic achievement in reading and mathematics according to the state mandated scale. Our primary goal focuses on increasing End-of-Grade (EOG) and End-of Course (EOC) test scores in mathematics, reading/language arts, and the sciences for all participants. Participants will also gain enrichment/enhancement in the areas of computer skills, health and fitness, recreational & cultural awareness, as well as drug, violence, and social skills awareness. The T.A.G. summer enrichment program will continue to August 13, 2010 from 8:00 am to 3:30 pm, Monday thru Friday. The program will be closed July 5 thru 9. For enrollment applications and additional information, please contact our office at 704-595-1884.

## June 27-30, 2010

Dream Builders Communication, Inc. is conducting a Transitional Program for incumbent freshman students of Livingstone College. During their 6 weeks BRIDGE Summer Experience Program, DBC will impact both students and staff towards academic success, personal growth, and development. Students and staff will engage in team building exercises, leadership development, and college preparedness. So, newly inducted Livingstone Blue Bears get ready, get ready, get ready!



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