

Kenston J. Griffin

Dream Builders Communication, Inc.

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



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NEWSLETTER

March 2010

In This Issue:

- ♦ *The Best in Me*
- ♦ *March On!*
- ♦ *It's Time to Flutter Into Spring*
- ♦ *Health & Wellness*
- ♦ *Mental Health and the Workplace*
- ♦ *Our HBCU Passion... Where Has it Gone?*
- ♦ *Who's Your Coach?*
- ♦ *It's That Time of Year*
- ♦ *T.A.G. Afterschool Program*
- ♦ *March Events*

Book Special

***"If Better is Possible
Good is no Longer
an Option"***

(CD)



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REVIEW

Greetings & Good Day!

Thank you once again for reading, growing, and knowing that ***"If Better Is Possible...Good is No Longer An Option."*** The first quarter is here and before you know it the second, third, and the fourth quarter will be upon us and gone. Therefore, it is time for us to REVIEW, because as individuals of habits, we will set goals but we will not inspect them. The purpose for review is to support you and direct you through this process.

The **"R"** stands for **re-evaluate** what you set out to do in the beginning. Remember, *by the yard it is hard, but by the inch it is a cinch.*

The **"E"** stands for **elevate** take your level of expectance up "You can do it."

The **"V"** stands for **view** yourself losing the weight, buying that house, spending more time with the family, or even getting rid of those high blood pressure pills. View yourself being victorious!

The **"I"** stands for **integrity**. Stay true to you and your beliefs. No matter how dark the night may appear to be, believe in the bright coming of the morning.

The **"E"** stands for **educate**. Continue to read, grow, and know more about what options are available. This is a big place, so step out of your box and get out of your comfort zone.

The **"W"** stands for **win**. It is not over until you WIN. So get up, get out, and do something. I am not able to guarantee you won't get knocked down; however, I do know there is POWER in getting back up.

So, allow the articles in this issue to empower, bless, and profess success in your life. Until next time, ***Better Is Possible.***

Kenston J. Griffin, CEO

The Best in Me

By: Christopher Gibbs

I recently heard the latest release from Marvin Sapp called, "The Best in Me." It is such a powerful song and it invoked a revelation of my own. I firmly believe that any song we sing to minister to the masses should be scripturally based. It is the Word of God that causes situations to change. It may sound nice; it may get some emotions started but is it effective? Our noise and tears might get His attention but it is His Word that moves His heart. I know the song isn't filled with scripture per se but like a silent letter in a name, the manifested Word is implied. My mind immediately took me to the scene of the cross and the conversation that took place.

Luke 23:39 And one of the malefactors which were hanged railed on him, saying, If thou be Christ, save thyself and us.

Luke 23:40 But the other answering rebuked him, saying, Dost not thou fear God, seeing thou art in the same condemnation?

Luke 23:41 And we indeed justly; for we receive the due reward of our deeds: but this man hath done nothing amiss.

Luke 23:42 And he said unto Jesus, Lord, remember me when thou comest into thy kingdom.

Luke 23:43 And Jesus said unto him, Verily I say unto thee, To day shalt thou be with me in paradise.

So many of us have skated and skipped all in and around the church, some, not fit to live and none really ready to die. We become our own worst enemy most of the time and cannot see past our own faults and recognize our true need. Our need is to fulfill our God given potential and destiny. We have heard for so long that we wouldn't make it, we wouldn't amount to much, you're going to be just like your no good for nothing father or mother. This one was a fill in the blank, that one was a fill in the blank, and your family has always been a bunch of fill in the blank, so what makes you any different? The difference is that even though I may have done those things, said those words and did those deeds, that still is not who I am! I am a peculiar person, of a royal priesthood and I am not

what you say that I am, but rather, what God sees me as. We all have things that we are guilty of doing that we are not proud of. Rather we have stolen, cheated, or lied, it seems that the worst in us is what is remembered most and people begin to associate you by your deeds. Trust me when I say that I know how hard it is to hear what someone is saying because you see what they are doing but isn't it wonderful that grace abounds and mercy endures forever. The scriptures tell us that the savior of the world was hung between two thieves and while drawing His last few inhales and exhales, spoke a "word" to change a situation.

Although the thieves had been rightly convicted, it still didn't have to be their identity. You see God does not see as man sees for man looks at the outward appearance but God sees the heart (1 Samuel 16:7). It is a terrible thing when you wait until all the odds are against you before acknowledging Christ for who He is but aren't you glad he can see beyond your mess.



I have said it before and you will probably hear me say it again that if you really want to know what someone is about listen to his conversation. You can wear the best of the designer gear and look like someone well put together but your words will reveal what you are really about. When Jesus looked at the remorseful malefactor, he did not see a thief. He saw his potential. He saw what really lied beneath the rough and rugged exterior of the man; the facade that we hide behind. Even when Jesus prophesied his arrest, He did not look at Judas and see a betrayer, he still saw a disciple (potential). That is why He still offered up His cheek for the kiss. The Bible says to greet your "brethren" with a holy kiss. It is right to feel conviction, you may experience rejection and feel like a lost cause; nothing seems to be working in your favor but in spite of the

(Continued on page 7)

March On!

By: Beverly R. Imes

Here we are in March, the third month of the year. Its name honors Mars, the Roman God of war. How does that fit in with goal achievement? By this time of the New Year, some people are at war within themselves because they are struggling with keeping their New Year's resolutions or they are downing themselves because they quit on themselves. According to an article I read by Josh Grant, "by February, only 64% of people who make New Year's resolutions are still able to keep them, and more than half of people break their promises after six months - 46% of people keep their resolutions for six months or longer."

Whether you dropped the New Years ball and let your goal hit the floor, you slowed down the pace, or you are moving at a consistent steady pace, assess where you are and march on! It is a waste of time to talk about what you 'shoulda' or 'coulda' done. Do not exchange a moment in time that you will never get back with unproductive, negative self talk. The difference between a person who achieves and a person who does not is the power of choice. Choose to **march on** no matter what circumstances pop up.

When you are tired, **march on!**

When you are emotionally hurt or feel discouraged, **march on!**

When your time is limited, **march on!**

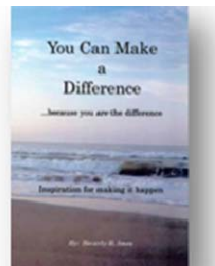
When you have tried multiple ways to reach a goal and

it does not seem to be working, **march on!**

Remember, distractions appear just when your breakthrough is near. Stand strong and **march on!**

As winter ends with March and spring comes in, we show significant positive results from the consistent, focused work done every day over the past two months. Dreams and goals begin to bloom. Relationships are stronger and more intimate, bodies are healthier and confidence soars, savings accounts are larger and those things you want are within reach, lives are more organized, and more fun. You will find that as you march on, doors and opportunities open to help you achieve your goal sometimes even faster than you thought possible.

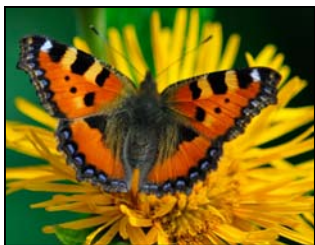
In March, animals end their hibernation and many plants come to life again. Therefore, stop sleeping, stop procrastinating, and start living the best quality of life, which you deserve! There is so much to gain and it is waiting for you. Do not slow down and do not quit.



Visit www.beverlyrimes.com for more information and to purchase the book, "**You Can Make a Difference...because you ARE the difference.**" This will give you boost and the tools you need to achieve your goals. **March on!**

It's Time to Flutter into Spring!

By: Tiffany Jacobs



Winter was the time to meditate and store up what is inside of you. Now it is time to manifest! Yes, you are ready to be all that you were called to be in this season.

No more excuses!

In your cocoon there was a thinking process, you may have gone in one way, but surely you are coming out

another! You have been prepared and molded for what has been destined and divinely lined up for this season. Be renewed through the process that you have come through, and flutter! Celebrate because you have broken out of the cocoon and shed yesterday. Be who you are, go get all that is for you and know that with each new dawning day and its new opportunity to go a little higher than the altitude you could before. Spring into your season of more than enough joy and defeat all those things that caused you to go through the process.

Flutter! Life is getting better for you!

Health & Wellness

By: Kimberly Scott

Happy March Everyone!

WOW, can you believe we are in March. This year is going fast but it also has been very exciting. I want to give a special shout out to those that are joining me on this weight loss journey. I have great news, I am down 15 pounds so far. I am so excited for myself and for you who are on the same path. This month's article we will focus on keeping the momentum.

It feels so good to say that I have lost some weight, but the focus is to keep it moving. What is momentum? According to Webster's Dictionary, it is defined as a strength or force gained by motion through the development of events. The key word is development. It is important that you continue to focus on developing your body through exercise and eating healthy.

Since starting this journey, I must say it has not been easy. I have cheated on my diet, I have skipped workouts; but the key thing is I did not give up. It is important to keep the momentum going whether you see yourself losing weight or not. It is easy to get distracted, but here are a few tips to help:

Tip #1 Take time for yourself. It is very important to take time to reflect and BREATHE! We can often be so caught up in day-to-day activities that we do not take time to relax. It is amazing what you can do in 5 minutes such as sitting down and taking a deep breath. You will be surprised that when you make time you can rid yourself from distractions and be able to focus. Also, you will be able to give your best.

Tip #2 Drink water! Water is so important to help you with this journey. You should drink at least 64

ounces of water a day. One tip is to keep a bottle of water beside your bed. Once you wake up, start drinking water. This will help you keep water in your meal plan throughout the day. Water helps speed up your metabolism, keeps you hydrated, and keeps you from getting fatigued.



Tip#3 Detoxify. A detox will help cleanse your body of toxins and help you lose weight. There are several products out there, but one in particular is Robin Anthony's Renu herbs. Check out the website for more information www.renuherbs.com.

My Stats:

Current Height: 5.6

Current Weight: 210

Accountability Partner: Dericus Scott-Husband

Wellness Plan for March:

- Work out 6 days a week for 45 minutes to an hour. Continue to focus on high-intense cardio. Do something different but something that is fun such as Zumba or Kickboxing.
- Eat six small meals a day (mostly fruits and vegetables)



Reflections: Take time for yourself and keep it moving until your mission is complete. YOU CAN DO IT!!!

Mental Health and The Workplace

By: Tierra Parsons



Have you ever sat at work and thought, “I just cannot take anymore!?” Things just keep piling up, your boss and co-workers stress you out, your clients want and need more from you each day or you are just simply burned out. If you are familiar with these things, have you taken the time to assess your personal mental health? If not, then it may be time. Workplace stress can be defined in many ways but the common definition is as follows: **the harmful physical and emotional response that occurs when there is a poor match between job demands and the capabilities, resources, or needs of the worker.**

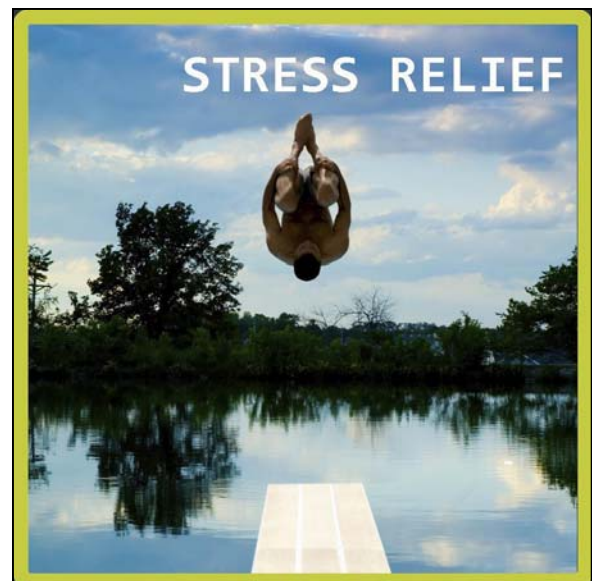
I understand that you may have a heart to serve others, but you have to make sure your mental health is in good condition. If you fail to address this concern, you may be at risk of developing various psychological disorders that include but are not limited to depression and anxiety. You may even develop maladaptive behaviors such as aggression or substance abuse. In addition to these concerns, your cognitive abilities may become impaired, which can affect your concentration and memory. If you thought it could not get worse, these conditions could worsen to the point of unemployment, an extreme medical condition, or even death.

We all know that stress is a common problem in the workplace that will most likely “hang around,” but the good thing is that we don’t have to suffer if we take steps to manage it. Without stress management, we are doing ourselves, clients, and employers a disservice. In all things, we must remember first that we represent Christ and we must strive for excellency!

If you are ready to begin your journey towards “Stress-Management,” here are a few tips to get you started:

- Take the initiative to improve your physical and emotional well-being.
- Avoid negative habits and negative attitudes
- Communicate! This improves your relationships with management and coworkers.

While you are at home, take some time to exercise, develop healthy eating patterns, and get plenty of rest. It is important to remember that you can accomplish so much more if you develop a balanced schedule, avoid over committing yourself and take a few “short breaks” throughout the day. In 2010, we want to lead happier, healthier, more productive lives. Never forget that you are important as well! If you start now, you will be one step closer to relief. You will be happier, your employer will be happier and your clients will receive a higher quality of services. I know you can do it so here is the green light.....GO!



“Stress is not what happens to us. It’s our response to what happens...and response is something we CAN choose!” ~ Maureen Killoran

Our HBCU Passion...Where Has it Gone?

By: Gary Whitaker

An Article from the Heart Our HBCU Passion, Where Has It Gone



In a recent Article entitled *State of HBCUs for Black Students and Faculty*, by a collection of faculty and students from various schools that they either attended or graduated, the statements in this article were good, heart breaking, upsetting, silly and just plain old ignorant. It hurts sometimes when we speak so passionately about the negative conditions of our HBCUs. I will say, in my forty years of life, I had not heard so much negative conversations spoken about my race or schools until I attended an HBCU. It is like we live to be negative! I know that most of our schools have many problems and unfortunately most of the statements are true. Now, don't get me wrong, I do see the issues but pray that one day we will really come together as a race and be as one! I smile when I say this because some will probably think that this is naïve. No, in my heart this is hopeful thinking! But, I'm good with that because I know who I am, Whose I am and I am good with the company I keep.

Recently, I spoke at a conference and I saw promise. Our students at HBCUs are beautiful and full of ambition. They made me feel that there is hope even if the potential is almost invisible to the naked eye to see. Whether they were made to come or came on their own they stepped into a potentially great position when they attended that conference. I think more should be allowed to come and experience something different than just campus life. Let them see there is more they can change other than just their campus. If they could realize their potential now, they could maybe help change the views of so many outside the walls of our HBCUs. Why we are speaking about all the issues and challenges on our campuses, not many of us have stood up for the cause. It's always about me when we think of these historic institutions. "Do I have issues with them?", of course, but I taught myself these simple principles that are changing my life. I know in my heart I haven't done all I can do, but I am feeling a lot better for what I am and will do in the future for these

great Institutions that have a wealth of knowledge, culture and **Christian** values that gives them this specialness they have lost in so many. The first principle I spoke about at this conference was part of a continuation of a Power Point presentation entitled: Are you working with faulty equipment/ Inspect what you expect, a powerful piece of **Dream Builders Communication's** arsenal of powerful leadership materials. **Knowing who you are: is an assured purpose and not being distracted from that purpose.** In the civil rights movement we had a purpose for not just the right to be free but the right and obligation to stay free in all of our human endeavors. When you look at us now, we are the subject of jokes, negative sayings, and ethical destruction! When we speak of our schools, we are looked upon as if we just cursed or said something insulting to our ethnic groups. We say things like we will never let our kids go to a Historically Black Institution and that shouldn't be! I believe we have been distracted from our purpose. Out of all the accolades we give Pastor Martin Luther King Jr., what would he say about the state of our Black Colleges that should be a place of liberty and strength to our youth that follow us. Another principle is **Know whose you are: is an understanding that you represent someone more than yourself.** Whether you want to except it or not young people look up to someone whether negative or positive they are trying to find their heroes in us and what are we showing them? That it will always be the same, that our schools are really this way, or are we going to take an assessment of ourselves and say it really isn't about me. Finally the Last principle is **Know the company you keep** maybe the people you are around may be the problem and you should be around someone as passionate as you about changing the problem into a solution. I think its time we discipline ourselves to strengthen ourselves and get back to being sensitive to our culture and start those creative juices a running again. Our institutions may not be all we would hope them to be but they are ours! Remember it only takes one and if the one you trust can't do it, it can't be done!!

Gary Whitaker
AKA Pastor G

References: **The State of HBCUs for Black Students & Faculty**
Retrieved February 2, 2010 from <http://www.nathanielturner.com/stateofhbcusblackstudents.htm>

(Continued from page 2)

worst in you, He sees the best. The Bible is full of individuals with imperfections and short-comings but God still used them to do great things. He saw the best in them and He sees it in you!

It behooves us not to wait until our dying moment to have a change of heart but rather to seek the Lord while he may be found and call upon him while he is near. We may not have the chance that the repentant thief had but we can do as Jesus did and look at our-

selves and recognize the best in us. When you truly realize what you are worth, you will stop selling out for less. So rather you be an individual of great faith, one with low self-esteem or hardly any faith at all, realize that greatness lies within you and even at the worst of times, "if better is possible, good is no longer an option."

You see my problem but he sees my purpose! He sees the Best In Me...

Who's Your Coach?

By: Christopher Land

How are you getting better, or are you? If you are not getting better, you are falling behind. The business world is always going forward in one way or another, even in a down economy. You must look at your independent strategy on how and what you are doing to get better. Who's your coach? What's your improvement plan?

Make certain that within your planning, there is a place for a coach, a mentor, and training conferences. The more you give or "put out," you have to be sure to put something back in. Find time to learn. How often are you speaking with, and learning from you mentor? How many conferences, trainings, or classes are in your yearly plan? There is new technology, new strategies, and methods designed to help us get better.

The best functioning teams have coaches that maintain the team's focus on improvement. Therefore, they are always getting better, individually, and as a team. You can only *do* better, when you know better. What are you doing to get better? Who's your coach?



It's That Time of Year!

By: Tonya Allen

WOW!

Spring is almost here.

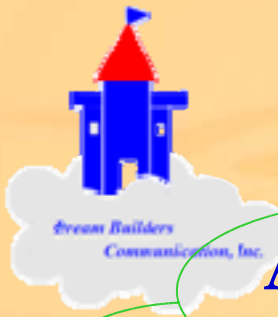
As we all prepare for the spring showers, warm weather, and bright sun shining days, it is also time for the **Dream Builders Communication, Inc. 21st CCLC T.A.G. Program** to gear up for Testing and Summer Enrichment.

It is never too early nor too late to prepare. With that being the situation, why wait? Let us take this opportunity to register for the



After-school program so "our" students may be able to receive additional academic support. As we partner, ***Together to Achieve Greatness***, the success rate will continue to increase and no child will be left truly be left behind.

For additional information regarding our **T.A.G. Program**, please see the included flyer on page 8, visit our website: www.kenstonjgriffin.com, or contact our office 704-595-1884.



Ask me how my child can be academically enriched for free?

FREE!

**Dream Builders
Communication, Inc.**

**T.A.G. After-School Program
"Together Achieving Greatness"**

**EOG/EOC
Prep**

FREE!

**Educational
Trips!**

**Certified
Teachers!**

**Parent Pizza
Nights!**



**Qualified Edu-
cators!**

Summer Program!

Transportation & Snacks Provided!

***Homework
Environment!***

***For more information, contact
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at 704-595-1884***



BIG EVENTS in MARCH

March 1-2, 2010

The North Carolina SYNERGY Conference will be hosting Dream Builders Communication, Inc., (DBC) as feature presenters. We will have multiple sessions at the conference entitled: ***“Leadership: Extreme After-School Curriculum - It’s All About MATH & READING Make Over”*** and ***“Mission Critical: REAL Students, REAL Problems, and REAL Solutions.”*** Make sure you are in attendance.



North Carolina Center for Afterschool Programs

March 3, 2010

Westerly Hills A+ Academy has been on board with the DBC year long program. Part of the year long program includes Professional Staff Development – we will have an incredible time sharing with the educator specific strategies on how to be successful throughout the remainder of the year and properly prepare the students for the EOGs.

March 8, 2010

Christopher Land, COO of Dream Builders Communication, Inc. will be in Sanford, NC. He will have an opportunity to share with the students of the Children of Promise 21st CCLC After-school Program. DBC has been consulting with this program on many different levels – Student and Parent sessions, as well as assisting with the Professional Staff Development.

March 9, 2010

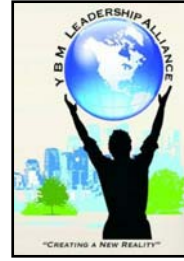
Edenton-Chowan School District, it is that time of year again; time to prepare for End of Grade (EOG) and End of Course (EOC) Testing. The foundation has been set; however, have you noticed that some students need additional support, remediation, and/or encouragement. Are you seeking assistance with providing your students with the tools and strategies towards instilling the importance of testing, without the stress, pressure, or reluctance of *being tested*? Are you seeking assistance with providing your students with the desire to succeed? Then look no further, Dream Builders Communication, Inc. (DBC) is here to partner with you, your staff, and your students towards achieving the set goals, and transcending beyond.



BIG EVENTS in MARCH

March 13, 2010

The Young Black Men Leadership Alliance of Charlotte, NC Annual Leadership Conference. Dream Builders Community-host Mr. Anthony Foxx – Mayor of Charlotte, NC to give the event. This event will surely present “our” Young Black Men successful Black men in influential and respectable positions.



will be hosting its third cation, Inc. is happy to opening keynote for this the opportunity to see

March 16, 2010



Statesville High school, Statesville NC’s largest most culturally diverse school is hosting their district-wide Leadership Symposium. DBC is happy to work with the school administration, and the students to secure some of the state’s most highly sought speakers to participate.

Mr. Kenston J Griffin will host Dr. Herman Felton – Livingstone College Vice President for Institutional Advancement; “Stick” Williams - Duke Energy’s Vice President of Diversity and Ethics; and others.

March 20, 2010

Reverend Edward Surratt has taken advantage of the DBC Coaching sessions, and has been inspired to host a Regional Christian Leadership Conference – “*The State of Mental Emergency; Reclaiming the CHRIST Mindset.*” Kenston J. Griffin will facilitate a workshop, which is bound to **shock** some of our Christian leaders into action.

March 25, 2010

The Iredell Statesville School System SAGE afterschool program has employed DBC to offer character development sessions for the middle school students of North Iredell Middle School. We are also offering additional test taking techniques and successful school strategies.

March 30, 2010

1 on 1 Tutorial Sessions! This is a new part of the DBC year long program and several administrators have taken advantage of this feature (for their lower performing students). DBC has MATH Specialists to work in several CMS schools to assist in increasing the students’ comprehension of the definitions, and processing of functions on multiple levels of math and reading.

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