

Kenston J. Griffin



Dream Builders Communication, Inc.

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

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NEWSLETTER

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A Shift Change is Necessary

Greetings & Good Day,

As a child, it always fascinated me to see eighteen-wheeler trucks shift gears to increase or decrease their speed while pulling some object. The sheer power of this monster machine was amazing to me, especially since we had a little four-door car that appeared to be the slowest thing on the road. Needless to say, I would always share with my mom that a shift was necessary. She would always kindly share with me, in order to shift up, we needed money to have more power. For years and years, I believed that statement. However, as I have become older and wiser, I realize money is not the primary necessity in making the appropriate shift.

A **mental** shift change is necessary as we all prepare to achieve greatness. Maybe you are a student getting ready for your End of Grade tests, and you know you need to get some rest, listen attentively or review your notes; perhaps you are in transition from one place of employment to the next, and your patience, money, and faith are running low. Realistically, in both situations, a mental shift change is not only important; it is vital.

So prepare your mind, give your brain some diesel or super unleaded fuel, and press toward your mark of success. You have come too far to slow down or turn around. Remember, sometimes we may have to be like the eighteen-wheeler. Dropping some of the freight can assist us in reaching our date with destiny. Hear me: **IT IS NOT OVER UNTIL YOU WIN.** Shift those gears, change your thoughts, be aware of the company you keep and prepare to win.

For all of my trucking friends, this is the Dream Builder over and out. Be safe on your road of success, and enjoy the ride.

Kenston J. Griffin, CEO

What TIME Is IT?

By: Tonya R. Allen



It is that time of year again. If you are a parent, you are in the process of solidifying summer camps and vacations plans. If you are in the school system, you are preparing End of Grade/Course Testing. Over the past few weeks, Dream

Builders Communication, Inc. (DBC) has opened two After-school and Summer Enrichment Programs along with conducting our EOG Programs. To assist parents and educators, provided below are 10 Tips to assisting students prepare for testing. Now for those seeking summer programs and activities for your students, contact our office for further information on our Summer Enrichment Programs.

10 Tips on Testing Strategies

1. Have a Positive Attitude

Approach the big test as you would approach a giant jigsaw puzzle. It might be tough, but you can do it! A positive attitude goes a long way toward success.

2. Make a Plan

The week before the test, ask your teacher what the test is going to cover. Is it from the textbook only? Class notes? Can you use your calculator? If you have been absent, talk to friends about material you may have missed. Make a list of the most important topics to be covered and use that as a guide when you study. Circle items you know will require extra time. Be sure to plan extra time to study the most challenging topics.

3. The Night Before

Cramming doesn't work. If you have followed a study plan, the night before the test you should do a quick review and get to bed early. Remember, your brain and body need sleep to function well, so do not stay up late!

4. The Morning of the Test

Did you know you think better when you have a full stomach? So don't skip breakfast the morning of the test. Get to school early and do a ten-minute power study right before the test, so your brain is turned on and tuned up.

5. Test Time

Before the test begins, make sure you have everything you'll need - scratch paper, extra pencils, your calculator (if you're allowed to use it). Understand how the test is scored: Do you lose points for incorrect answers? Or is it better to make guesses when you're not sure of the answer? **Read the instructions!** You want to make sure you are marking answers correctly.

6. Manage Your Time

Scan through the test quickly before starting. Answering the easy questions first can be a time saver and a confidence builder. Plus, it saves more time in the end for you to focus on the hard stuff.

7. I'm Stuck!

Those tricky problems can knock you off balance. Do not get worried or frustrated. Reread the question to make sure you understand it, and then try to solve it the best way you know how. If you are still stuck, circle it and move on. You can come back to it later. What if you have no idea about the answer. Review your options and make the best guess you can, but only if you do not lose points for wrong answers.

8. Multiple-Choice Questions

The process of elimination can help you choose the correct answer in a multiple-choice question. Start by crossing off the answers that could not be right. Then spend your time focusing on the possible correct choices before selecting your answer.

9. Neatness Counts

If your 4's look like 9's, it could be a problem. Be sure your writing is legible and that you erase your mistakes. For machine-scored tests, fill in the spaces carefully.

10. I'm Done!

Not so fast - when you complete the last item on the test, remember you are not done yet. First, check the clock and go back to review your answers, making sure you did not make any careless mistakes such as putting the right answer in the wrong place or skipping a question. Spend the last remaining minutes going over the hardest problems before you turn in your test.

And Remember, "YOU TAKE THE TEST AND NOT LET THE TEST TAKE YOU!"

Be a Good Team Player - Be Committed

By: Christopher Land



To be a good team player, you must have commitment. I have worked with several teams, and there needs to be commitment from every player. Those who are in the game are front line players, and those who are on the bench are background supporters. No matter which you are, you have to be committed. Let's take a basketball team for example. If only the starting five players have commitment to practice, then whom would they be able to have game simulation practice against? You cannot have a full scrimmage with less than 10 players.

NBA player Allen Iverson once did an interview where he scoffed about being at "practice, ...

practice". As much as I like the play of Allen, I was set back about his statement. Of course, this speaks to his level of commitment. Even if you have reached your level of maximum ability, you can assist others if you have true commitment to the team. Time commitment is typically a huge factor. Meetings, conference calls, practice, conferences, trade shows, luncheons, dinners, and other events all factor into your commitment.

Your commitment needs to be clear, and it goes hand in with dedication. Before you commit, understand fully what it will take to be a good team player, find out what the team thinks your commitment should be as well. Make certain that both your thoughts and the team's expectations are the same. Commit yourself to be a good team player.

In the Meantime

By: Tiffany Jacobs

What is it you are waiting on that has not arrived yet? Sometimes we get so caught up in expecting something to come that we do nothing in the wait. Whatever it is you have expectation and a vision for, it's in your waiting time that you should be in a preparation process of getting ready to receive. Do not get stagnant, unproductive, or lean to your own understanding. Prepare your mind for what is to come. You can do it by letting go of any and everything that may be causing you to harbor thoughts and feelings that cause that thing you are expecting to be delayed. You can only appreciate something new when you have been prepared for it. Do not remain unproductive and let tasks go undone. Finish projects; write out new goals, etc. While you are in the waiting process, just examine yourself.

It is important that we do not allow others to affect our hearing and humbleness by listening to their negativity or plans they think they have for us. Do

not allow others' thoughts to negate your fruitfulness in the meantime of your expectation.

After it's all said and done, what you have been waiting for will arrive before you know it. It's like the scenario, if you watch a clock it takes awhile for the hand to move, but if you are productive and don't sit and wait, the time passes by quicker. So in your meantime take care of you and get a new mindset. Allow yourself to be prepared for that which you are awaiting. You will appreciate it so much more!



Financial Corner

By: Yolanda Polk



Ask yourself what does the word **budget** mean? Do you have one? Should you have one? What are the advantages of a budget? According to Webster Dictionary the word budget means a financial report containing

estimates of income and expense.

Last month we talked about priorities and how important they are when it comes to goal setting. I believe budgeting plays an important role in move forward in our financial goal. Listed below are ten steps and a lesson in budgeting from CNNMONEY.COM.

1. Budgets are necessary.

They are the only practical way to get a grip on your spending and to make sure your money is being used the way you want it to be used.

2. Creating a budget generally requires three steps.

- ◆ Identify how you are spending money now.
- ◆ Evaluate your current spending and set goals that take into account your long-term financial objectives.
- ◆ Track your spending to make sure it stays within those guidelines.

3. Use software to save grief.

If you use a personal-finance program such as Quicken or Microsoft Money, the built-in budget-making tools can create your budget for you.

4. Don't drive yourself nuts.

One drawback of monitoring your spending by computer is that it encourages overzealous attention to detail. Once you determine which categories of spending can and should be cut (or expanded), concentrate on those categories and worry less about other aspects of your spending.

5. Watch out for cash leakage.

If withdrawals from the ATM machine evaporate from your pocket without apparent explanation, it's time to keep better records. In general, if you find yourself returning to the ATM more than once a week or so, you need to examine where that cash is going.

6. Spending beyond your limits is dangerous.

But if you do, you've got plenty of company. Government figures show that many households with total income of \$50,000 or less are spending more than they bring in. This does not make you an automatic candidate for bankruptcy - but it's definitely a sign you need to make some serious spending cuts.

7. Beware of luxuries dressed up as necessities.

If your income doesn't cover your costs, then some of your spending is probably for luxuries - even if you've been considering them to be filling a real need.

8. Tithe yourself.

Aim to spend no more than 90% of your income. That way, you will have the other 10% left to save for your big-picture items.

9. Don't count on windfalls.

When projecting the amount of money you can live on, don't include dollars that you can't be sure you'll receive, such as year-end bonuses, tax refunds or investment gains.

10. Beware of spending creep.

As your annual income climbs from raises, promotions and smart investing don't start spending for luxuries until you're sure you are staying ahead of inflation. It is better to use those income increases as an excuse to save more.

Now you have had a chance to read all ten steps, ask yourself, what did I learn? What changes do I need to make in order to reach my goal? When will I get started? I recommend individuals start with baby steps to move you in motion.

“Success Is A Journey Not A Sprint”

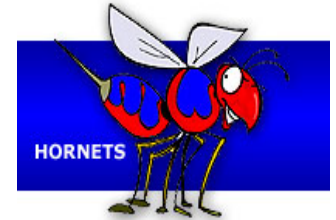
BIG EVENTS in MAY

May 1 The Violence Prevention Committee of Gates County NC, welcomes Dream Builders Communication, Inc. (DBC). The committee has taken on the task to decrease acts of violence in the county and utilizing the DBC model to accomplish this task.



Charlotte-Mecklenburg School (CMS),

Albemarle Road Middle School has launched its “DBC’s 5 Week Blitz”. The student keynotes have already taken place, and the students are ready to buckle down and prepare for subgroup sessions designed to increase EOC test scores.



May 5 **Bishop Spaugh Middle School (CMS)** has a “new” attitude, “new” principal and “new” partner. DBC has its introduction session with the concerned parents of the students at 7:00pm. This event follows a dynamic Professional Staff Development, and precedes the Student keynote kick-off.



May 6 Kenston J Griffin will be energizing **Iowa Federal Probations Office**. Mr. Griffin will speak to over 400 Middle & High School Students regarding positive choices, the company you keep, attitude, and habits. No matter how young or old, these four topics determine the lifestyle you lead.



May Events (continued)



May 8 **Mariam Boyd Elementary School in Warren County, NC** is kicking off its EOG testing time by marching on Town Hall and inviting DBC featuring Kenston J. Griffin to present a keynote. This community event will have support of the Mayor, Town Council, residents, and students. Warren County will never be the same.

May 10 **MOTHER'S DAY**

May 12 DBC's Yolanda Polk will double up in **Harnett County**. She has student subgroup sessions at Johnsonville and Benhaven Elementary schools to prepare the students for their EOG's.

May 17 The **NAACP of Statesville NC** invited DBC to participate in the 2009 Freedom Fund and Awards Banquet. We will be celebrating the 75th Anniversary of the Statesville Branch Charter, and the 100th birth year of the NAACP.

May 20 **The Hartford Insurance Company** is preparing for Kenston J. Griffin to host its Community Leadership Team. This forum will create momentum for the management team even in this trying economic time.



May 27 Dream Builders Communication, Inc. will be featured speakers and presenters at the **Tennessee Alliance for Children and Family**. This will be the beginning of a relationship with the Tennessee Alliance for Children and Families.

May 30



Dream Builders Communication will be presenting to the children, youth, young and seasoned adults at the Kingdom Building II of the **Thomasville/Winston-Salem district of the AME Zion**. "Sharing Resources" is the topic, and it is bound to be enlightening, informative, and exciting.

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