



CENTRAL AREA CHAMBER OF COMMERCE

DeCharlene Williams

I am sorry for last week's article, but I am back this week with some great information! James from the community stopped by to say he loves to read my articles in the FACTS. Thanks James! If there are other outlets that we can deliver the papers to let us know this will make papers easier for you to get a hold of and we will definitely see about delivering to that location. "Thank you for the help."

Today my topic is 'RISE UP'! This means to move forward, get up from a sitting position, or lying position! Get out of that "RUT" which is a state of habit or mood. It is the 'DEMON'S CAMP'! Whereas nothing positive will come for you! Switch yourself on: Open new doors to life! Get busy doing something that will help YOU develop resources for you to build a brighter and positive future. Turn yourself on, go to "GOD", HE has an open ear and HE will listen! (Re 16:14, Isa 13:21 found in back of your Bible)

How can you get out of a "RUT"? Change your attitude with people that you allow in your space, stop dealing with those that bring you down, and advance yourself to higher thinking people. Get out of that circular, live down and put yourself on a budget, stop buying all those brand name items, (this is not the way to be "superior"). However, you can become superior in rank if you budget your finances and make a "true assessment" of what you have to work with by taken inventory of the real true picture of what is coming into your household each month. Do not steal from yourself or from your friends! Stop planning with that "third eye" keep standing on what is "PURE" which means that you free yourself from the world's dishonest way of thinking. Read John: 3:16. Make peace with yourself! I love you!"

LISTEN UP... Last night at our Chamber meeting we moved to another location which was the: LAKE CHAD CAFE, located at 1712 South Jackson Street. We had several great speakers including MS. Faye, who was the lady who bank rolled the change for our voting process, whereas we now vote by "district"! Which is a great thing because we can now make our city council Representative accountable to us and the community, which will put us back to how we got all the great and wonderful things done that happen for us in the 70's. Call me if you have a candidate in mind (206) 322-8296 is where I can be reached.

"Black History Month" is now in progress; to celebrate all the great and wonderful achievements that Black People contribute and produced to make America run smooth! Black people in America have built a LOT the things that made America Move! We Celebrate Black History because "We Too" helped to build America!

February 21st is our date set for 'EMERGING ARTISTS', which is our 2nd Annual event. We will host this program at the 2100 building at 3:00 PM. We will feature artist from 'YESTERDAY, TODAY, AND TOMORROW! We are looking for Visual artist that can show and display there art product or creation. If you know interested people who want to share their work have them to call (206) 325-2864 and (206) 322-8296. It will be free for them to display there work. Thanks so much for reading and may GOD continue to bless you!

In Loving Memory Of Isaiah Karriem



Sunrise: Aug. 26, 1996
Seattle, WA

Sunset: Jan. 21, 2015
Des Moines, WA

Funeral Service will be held at 11 AM
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BE WELL WITH GAIL

I want to share more on inner cleansing for this is an important subject. Colon cleansing is vital to our health more than any other area of our body. Clinical studies show more than 85% of diseases start in the colon and spread in our bodies. Research and read it for yourself. After all the holiday and Super bowl feasting a good cleansing is needed because everything doesn't come out. Water is good but to do a thorough cleanse visit Super Supplements and purchase a "Colon Cleansing system" as well as eat more raw fruits and veggies. This means less sick days and visits to the doctor. This is also preventative wellness care.

Disclaimer: My Nutritional Therapy Certification allows me to educate, assess and offer counseling on healthy foods, vitamin supplements, natural remedies and embracing a wellness lifestyle.

Contact information:

Gail - Nutritional Therapist/Wellness Educator

Email: envision2bwell@yahoo.com



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CERTIFIED PERSONAL INJURY TRIAL ATTORNEY

EDWARD H. MOORE
ATTORNEY AT LAW

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