

October 2019

THE LYFE

MAGAZINE



Michael Long

Helping Teens Sail to a Better Future



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Gerald C. Anderson, Sr.

Editor's Note:

Welcome to the October 2019 issue of The Lyfe Magazine. This month's issue features the outstanding mission of SailFuture.

SailFuture is providing an avenue for teenage boys who are facing challenges in their lives. Teaching them to sail and experience the sea provides these youth with knowledge and experience they may not have received.

This issue also features the reprinted article "Love Gives You Starry Eyes" by Shawn-Ta Wilson.



Michael Long
SailFuture Founder

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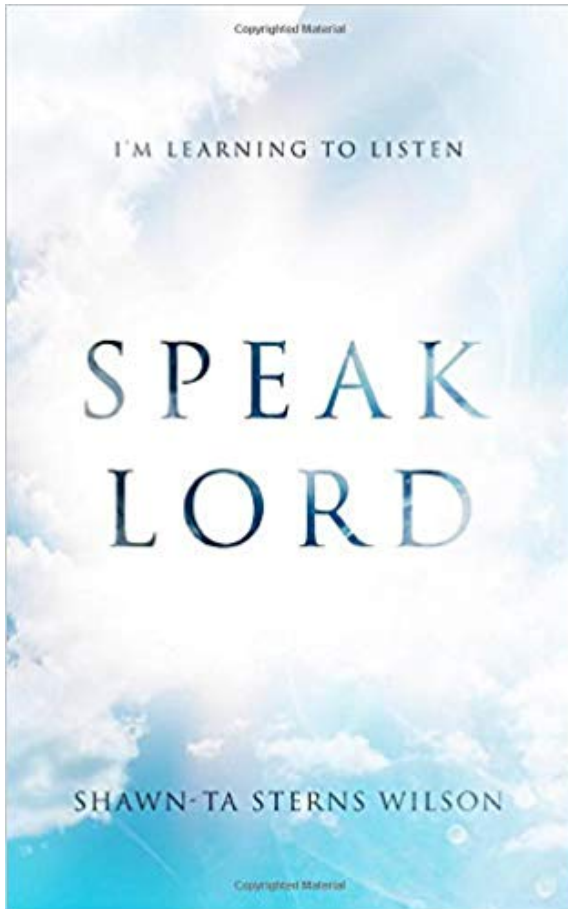


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Enjoy The Lyfe!



The Lyfe Magazine

Book Review

Beryl Brackett

In *Speak Lord, I'm Learning to Listen*, author Shawn-Ta Sterns Wilson invites the reader into her world as if they are old friends sitting down and sharing a cup of coffee. Wilson leaves no stone unturned with sharing her relationship with God.

In this candid, yet simple to understand book, about the

"Speak Lord will help you see God's guiding hand in every aspect of your life."

different ways God speaks to us, Wilson takes off all the layers of her blemishes, rags, unforgiveness, brokenness, and disobedience, and becomes transparent. Wilson takes them off one by one as she lets the reader into her heart. Step by step she walks them through every situation as if she was their big sister, advising them to take the time to listen to God and learn.

He that has an ear to hear, let him hear.

~Mark 4:9

We all have ears, but we listen differently. For instance, reading *Speak Lord, I'm Learning to Listen* I am reminded of the movie, *The Color Purple*, when a sinner finally decides she will listen to God, and she returns to her church where her father is waiting. It was heartfelt as she expressed herself in a song.

MAYBE GOD IS TRYING TO TELL YOU SOMETHING

Lord
Speak to me
Oh, Speak, Lord
Won't you speak to me?
I was so blind, I was so lost
until you spoke to me
Oh, speak, Lord
Speak, Lord
And hear my mind,
Oh, with your word, heal my
soul
Oh, speak, Lord
Speak to me. Speak, my Lord
I love you, Lord
Save my soul

Can't sleep at night and you wonder why
Maybe God is trying to tell you something
Crying all night long,
something's gone wrong
Maybe God is trying to tell you something

Just like the lyrics in the song, Wilson has assembled and crafted her story as she moves through life's difficulties. She confesses to the reader she is not perfect but wants to please God. She longs to please Him and the only way she could, is to be obedient. So, therefore, she had to learn to listen.

In the beginning of her book she listed reasons we may not hear God when He speaks. The first reason is that the world distracts us. The second reason is that we don't want to. God may have said some things that we do not agree with and we do not accept it. The last thing she mentions is we don't listen because we don't know how.

These reasons play a part in not listening to God when He speaks. Not only does she give us the reason we may not hear God she has also compiled her life lessons, and reasons we should learn to listen when God speaks. Her experience with learning to listen is an eye opener for anyone who is trying to obey God.

Wilson's story is not all about seeing everything through rose colored glasses. It's about realizing that God speaks to us no matter your situation, or whether you have a relationship with Him. God only wants the best for His children, so learn to listen when God is speaking.

You can follow Shawn-Ta Sterns Wilson at the following links:

[Facebook](#)

[Instagram](#)

[Watch Speak Lord Trailer](#)

[Order Speak Lord](#)

[Order Survival by Faith](#)

"The short stories are indicative of God's desire to provide us with guidance and direction, regardless of how minor or major the decision may be."



We the People

of the United States, in Order to form a more perfect Union, and to provide for the common Defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

Article 1

Section 1. All legislative Powers herein granted shall be vested in a Congress of the United States, which shall consist of a Senate and House of Representatives. Section 2. The House of Representatives shall be composed of Members chosen every second Year by the People of the several States, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature. Section 3. The Senate shall be composed of two Senators from each State, chosen by the Electors in each State, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature.

Begun

Impeachment

not an
and we
only the
billed

shall be chosen. The Senate shall be divided into three equal Classes, in each of which one-third shall be chosen every second Year; and when vacancies happen in either of the Classes, the Electors in that State shall choose in their stead one Senator to fill the Vacancy. The Number of Representatives shall not exceed one for every thirty Thousand Persons, and until such Enumeration shall be made, there shall be no more than seven Representatives, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature. The Number of Senators shall not exceed two for each State, and until such Enumeration shall be made, there shall be no more than seven Senators, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature. The House of Representatives shall be composed of Members chosen every second Year by the People of the several States, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature. The Senate shall be composed of two Senators from each State, chosen by the Electors in each State, and the Electors in each State shall have the Qualifications requisite for Electors of the most numerous Branch of the State Legislature.

For a two-year period, Democratic House Speaker Nancy Pelosi spoke ill of impeachment proceedings, as they would prove divisive as the Democratic Party was trying not to rile up Republican voters ahead of the 2020 election. The Democratic Party's plan was to keep their House majority and deny President Trump a second White House term.

However, the pressure finally broke through the speaker's reluctance to start impeachment proceedings when concerns mounted about the President's efforts to push Ukraine to investigate the family of former Vice President Joe Biden. Pelosi said in a statement to the nation, "The actions of the Trump presidency revealed the dishonorable fact of the President's betrayal of our nation's security and the betrayal of the integrity of our elections." This prompted Pelosi to move forward with an official impeachment inquiry. At least 187 house members have now backed some action on impeachment.

I write this article with two very real and relatable feelings. The first one is with nervous positivity, and the second comes with passive indifference. However, the timing of this, at least to me, is highly curious. There are several questions that remain lodged in my mind, and the two most prevalent ones are:

Ultimately, I think the Democrats are ready to take this action.

1. What changed Speaker Pelosi's mind?
2. Are the Democrats fully prepared to proceed with this course of action?



Impeachment is a savage, and often brutal process that irrevocably damages those who are in its path. In other words, none are safe from the blast radius this will produce. Bill Clinton survived, but barely, and Newt Gingrich lost his House Speaker role and the Republicans lost considerably. In addition, the affected are no doubt changed... permanently. If those inquiries go through, President Trump be the fourth president to go under the impeachment waters.

Ultimately, I think the Democrats are ready to take this action, but I don't think they are ready for the fallout that will follow this action, as this could (and most likely will) rile up Trump's base, who will definitely look at this as a witch hunt, and cry foul, or to an even greater effect divide an already divided nation even further. This plays into my feelings of



Nancy Pelosi

Begun

Fred Beaty

passive indifference, because I am not sure how this would affect me and my brothers and sisters of color. It is unclear of the long- and short-term repercussions of this action. The potential for increased hostility toward people of color would probably be one long term repercussion. Another could be a radical increase in racially charged rhetoric, divisive speech and destructive actions against not only people of color, but for those whose ideals don't match up to the President.

The impeachment inquiry has begun, but the question is this: "Can the Democrats conclude the process and get the Republican-held Senate to impeach the President? We will see in the coming days, weeks, and months how this plays out, and if it plays out for the good, the bad, or the ugly.



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Michael Long

Helping Teens Sail to Better Future

By Tina M. Scotland

Founded in 2013, SailFuture in partnership with New College of Florida and Booker high school is an after-school mentorship program based in Sarasota, Florida.

While a student at New College of Florida, Michael Long founder developed a passion for sailing. He later channeled that passion into developing a nonprofit organization called [SailFuture](#). As a direct alternative to incarceration, SailFuture works with prosecutors, public defenders, and judges to identify youth at risk of being incarcerated and to determine if they are fit for this program. If they are, SailFuture works with the presiding judge to create a placement and accountability agreement that commits the youth to the SailFuture program instead of incarceration.



Hunter Thompson is the co-founder and operations director at SailFuture. He joined the organization in 2015. During his time with SailFuture, he has successfully led multiple fundraising campaigns of over \$100k, launched Vacations with Purpose, a revenue-generating program, and helped the organization transition from a mentoring-based model to

a comprehensive, residential foster care agency for teenage youth. In his role as co-founder, he is responsible for all marketing/communications, community outreach, design, technology, events, and program design.

Over the past few years SailFuture has evolved and now they specifically work with “crossover youth”. We refer to youth within Florida’s child welfare system and juvenile justice system as crossover youth. These two systems are often at odds with one another. While the child welfare (foster care) system intends to protect those harmed by society, the juvenile justice system’s mission is to punish those who have harmed society. These “crossover youth” are mostly foster kids who have committed offenses. According to Michael Long, however, many times, these troubled youth break the law as a coping mechanism to their problems.

Mr. Long believes locking up kids isn’t the answer but they need to account for their actions. He feels that’s where SailFuture comes in. SailFuture is innovative because it uses sailing as a rehabilitative



means for at-risk youth. They learn to build trust, form relationships, realize their dependence on one another, and ultimately, they break down barriers. By going out on the water; they “learn by doing.”

Mr. Long states, “Sailing is a way to relieve stress. Many of the disengaged or stressed youth in this program find being on the water and having the opportunity to experience other cultures helpful with their “traditional path” in life.” The average GPA is a 0.6 and many youths are on the verge of being expelled from high school.

Since the program began, SailFuture has helped over 150 at-risk high school students. Ninety-five percent of their students have earned their high school diploma and/or remained enrolled in school. After completion of the program high school students are eligible to work as sailing instructors or continue as volunteers until they graduate from college.





Michael Long & Hunter Thompson are uniquely suited to lead this enterprise. Mr. Long has been successful at such a young age. He was the captain of his sailing team and student body president at New College of Florida; he served on Florida's Board of Governors, representing all college students in Florida's public colleges and universities; and he received the prestigious Truman Scholarship.

Michael comes from a troubled past as a youth. He states "I was a hell-raiser as

a kid", so he completely understands and can relate to the kids. Because of his past he insures the youth receive mental health and job training services and attend a technical high school. They take part in multi-month sailing journeys throughout Central America and the Caribbean.

Micheal says, "Combining these services gives us influence over the key social determinants that determine successful life outcomes for teenagers in foster care."

Today, SailFuture operates an innovative program that combines long-term housing, challenging sailing experiences, an accredited high school, life coaching, and job training to transform the lives of the most challenging youth in Florida's child welfare system.

Since 2013, over 150 youth have gone through SailFuture's mentoring program, and 97% have graduated from high school.

In 2014, SailFuture partnered with the Florida Department of Juvenile Justice to pilot long-term sailing-based intervention programs for high-risk youth in the juvenile justice system. Between 2014 and 2016, over 30 youth took part in intensive programming.

As SailFuture looks to the future, they are excited to work in partnership with the kids and the graduates to

continue developing their program model to create the most effective, authentic, and transformative experiences for the youth they serve. Michael added, "Sailing leveled the playing field and helped our students develop trust, respect, and friendship with their college-aged mentors."

Michael left us with his belief, "Everyone should do a long-term sailing journey. It gives you an enormous amount of time to reflect on where you're at in life and what matters and who matters."

SailFuture has a waterfront home and day center in St. Petersburg along with several other homes. As a licensed child welfare agency with the state of Florida, SailFuture houses six young men and performs the functions of a high school, counseling, job training, and 24/7 housing. Michael, describes himself as "A glorified dad more than anything."

SailFuture is a comprehensive continuum of care designed to serve the state's highest-risk teens in foster care.

For more on what SailFuture is up to, connect with them on [Facebook](#), [Twitter](#) on [Instagram](#)!

SailFuture's program vessels were donated to continue their previous owner's legacy and pass down their love for sailing to the kids we serve.

SailFuture's sailboat fleet is maintained and cared for in St. Petersburg, FL.





SailFuture Life Skills Center

Open House Celebration



SAILFUTURE

282 15th St N, St
Pete, FL 33705

The SailFuture Life Skills Center provides a stable environment for teens in crisis to find a sense of belonging, purpose, & hope. Come enjoy food, wine, & prizes while learning how you can help support us in creating a better future for the young people in our community.

For more information
contact O'Brian Williams
at 941.203.9691

Date: November 2, 2019
Time: 5pm - 8pm





Love Gives You Starry Eyes

By Shawn-Ta Wilson

She was twenty-two years old when she met him. Life before him had not necessarily been a cakewalk, but she did grow up knowing and feeling love.

He was handsome, had a nice smile, and a pleasant personality. It also didn't hurt that he was driving her favorite car the day she first saw him come through the drive-thru of the bank where she worked as a teller.

The First Date

Their first date was a little odd but that wasn't too strange when you are first getting to know someone. What was strange, however, was when he showed up on her doorstep very early the next morning... drunk. His words were slurred so there was no mistaking the condition he was in. But, in an effort to give him the benefit of the doubt, she excused it. She thought, "He must have dropped me off last night and then gone out with some friends for an all-nighter." He was in his twenties as well, so that would not have been an unlikely explanation. It never dawned on her that he may have a drinking problem. After all, she thought, people in their twenties are not alcoholics.

Red Flags

There were other warning signs, a jealous tendency in particular. It would not be unusual for him to accuse her of looking at other men while they were out together. Regardless of the fact, there was no truth in that, it was his perception. His perception became his reality. His reality would become her nightmare when they got home.

The Abuse

Being pinned down on the floor and choked on a frequent basis; pushed up against the wall, hitting her head on a nail; having to physically fight him while being seven months pregnant; being hit

in the face with the telephone receiver; being punched in the stomach while pregnant. Nightmare...

They All Knew

She was not forced to suffer in silence; people knew. He had a reputation and a history of both alcoholism and abuse. Being new to this town, she had no idea. His family knew. The police knew as a result of numerous calls to the residence for assistance. The assistance offered at the time was a cooling off period. They would arrest him, take him to jail, then release him a while later. The assistance his family offered was advice. His mother gave her what she considered helpful hints on ways to minimize his abuse.

And yes, her family knew as well. Her mother wanted her to come home. A new job with a promising future kept her in the town, however. She had goals and a child on the way to consider as well. She wanted the best for herself and her baby.

The baby was the strength she drew from to leave. It was one thing to subject herself to that kind of treatment, but she refused to place her child in that type of environment.

She Was Strong

Despite what she was going through, she was strong. She knew she would leave. She also knew she had to plan her exit strategy carefully and quietly. That was the hardest part about leaving. So, she began working as much overtime as she could and sending money home for her mother to hold for her. She remained silent, but she was planning her exit.

Even on Christmas Eve when they got into a fight and she left, she remained strong. She stayed in a women's shelter for two. Other times she slept in her car. Without the knowledge of many of her co-workers, there were also times she slept overnight at work. As the office was closing, she would sneak off and hide in the restroom. When everyone was gone for the night she slept on the couch in the breakroom. Before everyone returned to work the next day, she would freshen up and

change clothes in the upstairs restroom. A trusted co-worker, who was aware of her plight, would bring her breakfast the next morning.

Focused and Determined

Her strength allowed her to go to work the same day of the physical altercation when she was seven months pregnant. She was strong but she was hurt. She could hardly walk; it was more of a shuffle. Nonetheless, she shuffled through her shift and then went to the ER. Her trip to the ER resulted in a week's stay at the hospital. Missing a week of pay while trying to earn as much money as she could in order to walk away from her situation was a setback but she remained determined.

Missing work was not something she wanted to do but seemed forced to do at times; like the time he hit her with the telephone receiver. She couldn't go to work that day. Her face was cut, swollen, and purple. Another setback in her financial goal but she still didn't give up! She had a very understanding and supportive supervisor and was able to call and

explain why she couldn't come in.

The Abuse Continued Even After She Left

The time did come when she was able to leave and secure a place for her and the baby. It would be nice to think the abuse stopped then but it didn't. That's when the verbal and psychological abuse started. He would call her home and harass her. He would show up and beat on the front door. But, at last, it did stop and she was grateful.

Once she was free, she stayed free! The experience made her keenly aware of unhealthy relationship tendencies and she has not been in an abusive relationship since! She knew that situation did not define who she was as a person...then, or now.

What is Love?

Ladies and gentlemen, please know this: love does not confine, give black eyes, broken bones, or bruises. Love nurtures, respects, and protects. Words without corresponding actions are

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empty. This very well could be where the phrase “talk is cheap” comes from. Anyone can afford to talk but it’s in our actions where our true character is defined.

If a person says they love you, it will be manifested in their actions towards you. Your love for them will not be enough to protect you. Please love yourself enough to seek help and walk away from any relationship that is physically, emotionally, or psychologically abusive.

What Can You Do?

If you are reading this article and are currently in an abusive relationship, please know there are resources available to you. A quick Google search located the [National Coalition Against Domestic Violence](#) 1-800-799-7233

She wanted me to let you know this: “It won’t get better! In a very small percentage of cases, people change for the better but it is not worth the risk to see if your situation will fall into that percentage.”

She also wanted me to let you know her name is LaWaysha and she went on to become a mid-level manager at a Fortune 15 corporation, earned a BS in Business, which was paid for by the corporation. She raised her child as a single parent and he went on to graduate college with a BS in Business as well, and is working on an MBA. Her situation did not limit her possibilities for success and happiness in life, nor will it limit yours.

She wants you to know there is hope. There is a future beyond what you may be experiencing right now.

I thank her for her willingness to share the details of her experience. May her strength, then and now, encourage you to go get help if needed. You’re worth it!



The Lyfe Black History Focus

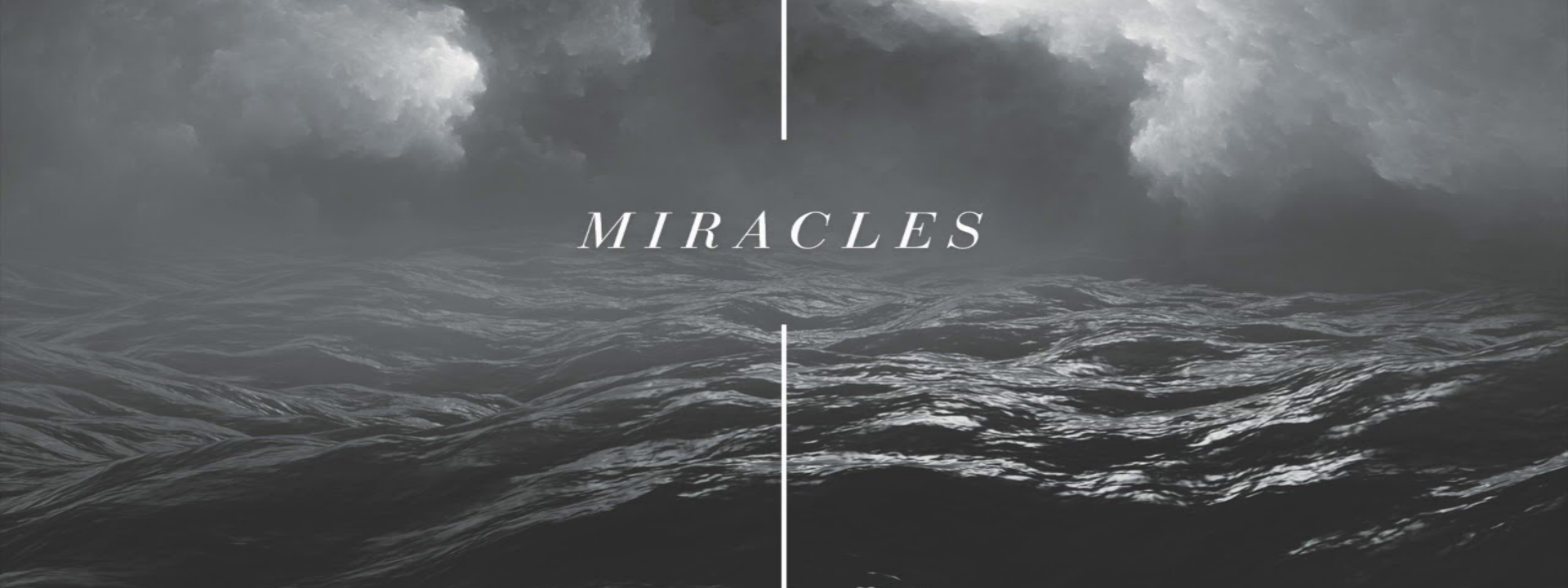


Guy Bluford

Guy Bluford, a member of the SDS-8 space shuttle Challenger crew in 1983, was the first African American in space. Born in Philadelphia, Pennsylvania, Bluford was interested in math and science and knew he wanted to work in aerospace engineering before graduating high school. His high school counselor suggested that college was not for him. Refusing the advice, Bluford became the only black engineering student at Pennsylvania State University in 1960. Undaunted, he graduated with a degree in aerospace engineering in 1964 and went through pilot training at Williams Air Force Base in Arizona where he received his pilot wings one year later. Before being sent to Vietnam in 1967, Bluford felt the sting of racial discrimination when his family was denied housing on base. He flew 144 combat missions with the 557th Squadron in Vietnam.

After serving his tour of duty in Vietnam, Bluford worked as a flight instructor at Sheppard Air Force Base in Texas and started graduate studies at the Air Force Institute of Technology in 1972. He received a M.S. in aerospace engineering in 1974 and a Ph.D. in 1978. The same year, he was one of the thirty-five selected for the National Aeronautics and Space Administration (NASA) astronaut training program out of 10,000 applicants.

Read more on Guy Bluford at <https://www.blackpast.org/african-american-history/bluford-guion-stewart-guy-jr-1942/>



MIRACLES

The Christian Monthly

Gerald C. Anderson, Sr.

One Sunday I heard a pastor talk about the miracles performed in the Bible. Part of the discussion focus on the view that the miracles of the Bible were magic tricks designed to deceive the primitive people of the time. It surprised me when I first heard this statement and I asked myself, "How could anyone believe the miracles were just magic?" So, I

looked at two definitions of magic, a definition of the supernatural and finally, a couple of miracles to see for myself.

Dictionary.com defines magic as "the art of producing a desired effect or result through the use of incantation or various other techniques that presumably assure human control of

supernatural agencies or the forces of nature." This definition suggests that there are people who can control things that others cannot see or understand. Christian Apologetics and Research Ministry stated "...if magic were a reality then it would mean there is a set of laws related to the supernatural realm that people may manipulate while in our realm."

Dictionary.com defines supernatural as "of, pertaining to, or being above or beyond what is natural;

unexplainable by natural law or phenomena; abnormal." Therefore, for anyone to believe the miracles of the Bible were magic, within this definition of magic, they would have to believe that God exists. You cannot have the existence of magic (a manipulation of the supernatural) without acknowledging that the realm of the supernatural exists. If the realm of the supernatural exists, then God must exist. Man by no sense of the imagination can ntrol God and therefore he cannot control the supernatural.

Another definition of magic found at Dictionary.com suggests that magic is "the art of producing illusions as entertainment by the use of sleight of hand, deceptive devices, etc." This is the magic definition are familiar with. If you subscribe to this theory of magic when contesting miracles then it would be necessary to inspect a couple of miracles found in the Bible.

Dictionary.com defines a miracle as "an effect or extraordinary event in the physical world that surpasses all known human or natural powers and is ascribed to a supernatural cause." There's that word, supernatural, again. If you believe in miracles than you would need to acknowledge that the event surpasses all known human or natural powers and is ascribed to a supernatural cause. The bottom is, your belief surrounds that man could not have done it and God did it. Let's examine a couple of miracles that fit that definition.

In John 6:1-15, Jesus fed a multitude of people with two fish and five loaves of bread. Now the scripture tells us that there were 5,000 men by the Sea of Tiberias that day. There were also women and children there but the scriptures were not specific on how many women and children were present. Jesus was sitting on the mountainside as He looked out on the multitude.

Here's what we are looking at, there were 5,000 men present that day, and so to account for the women and children, I will add a modest amount of 2,500 to account for them. I'm sure it was more but I will stick to a modest total of 7,500 people.

Livingstrong.com tells us that the average serving size of fish today is about 3 to 6 ounces. Considering fish and bread is all the people ate on this day we will use the 6 ounce number. If everyone ate six ounces of fish that day it would have amounted to 45,000 ounces or 2,813

pounds of fish consumed by the people.

So now the simple question is where would the magician have hidden 2,813 pounds of fish on the mountainside? Before all the people arriving, it would be necessary to carve a cave in the mountain's side with a tunnel out of the view of the

people to allow the magician to receive more fish and bread. He could not have done this without the help of his others. Using 3 ounces for the bread then you have to throw in another 1,406 pounds of bread. The cave is getting bigger. Finally, there were 12 baskets of leftovers so you have to estimate over 2,813 pounds



of fish. I think this one passed the miracle test.

Another major miracle in the Bible involved Moses' parting the Red Sea. This one came up in church. The World Atlas tells us that the Red Sea is approximately 190 miles across at its widest part, 1,200 miles long and over 8,000 miles deep. The only way I could see this one being pulled off is with three very large panes of clear plastic or glass. Since they didn't have plastic in those days, we will stick with glass.

Each pane of glass would have to be at least 190 miles wide and at least 9,000 miles in height to sit from the bottom of the sea and above. As the water hit the pane of glass, it would rise, therefore, the extra 1,000 miles is to compensate for the rise of the sea. Each glass would have to be over 529 billion square feet. Tempered glass (which they didn't have back then) is a strong glass and at 1/2 inch thick weighs 13.2 pounds (see professionally researched answer at The Answer Bag). One-half inch thick glass would not hold back a mighty sea, so it would have to be thicker.

You would lay these two large pieces of glass on top of the third large piece. When Moses raised his hands two cranes, one on each side and strong enough to pull over 13 trillion pounds would then pull the large pieces of glass upward blocking the water. That 13 trillion doesn't compensate for the force of the Red Sea hitting the glass. Since the ground would be muddy and uncrossable for the people, the third pane of glass would lie on the ground, allowing the people to walk across with no trouble.

The part I have trouble with (among others) is how would you keep the people from seeing the cranes and feeling the glass under their feet? Not to mention how they would have pulled over 13 trillion pounds back in Moses' day. Again, I think this one has to be a miracle.

Well, that's a look at two definitions of the word magic, a look at the words supernatural and miracle, then finally two miracles of the Old Testament. Now you be the judge, do you think the miracles were real or magic?

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Last Month in The Lyfe

The Lyfe Magazine's September 2019 issue features the amazing and talented singer, songwriter, and businesswoman, Janelle J'Nelle Richardson. Also included is:

A new book review by Pamela Braxton-Joyner.

Do you know that $1 + 1 + 1 = 1$? Check the featured article by Gerald C. Anderson, Sr. and you'll understand what that means.

A powerful and moving article entitled, "After the Storm", by Shawn-Ta Wilson.

Movie review of MIB International.

Fred Beaty's opinion on Jay-Z and the NFL's deal.

Jamaal Chatman talks about the Netflix series, "When They See Us".

This month's black history moment features pioneering African American writer, Richard Wright.

Are you thinking of selling your home? Antoinette Newton provides great tips on what you should do before you sell.

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