

VOLUME NO. 1

JANUARY 2025



# THE BLOODLINE TRIBUNE

M A G A Z I N E

## TELL OUR OWN STORIES

Black Empowerment Magazine Promoting Unity Across the Diaspora



**When I Die**

**I Hope No One Whoever Hurt Me Cries  
and If They Cry I Hope Their Eyes Fall Out  
and A Million Maggots that had Made up Their Brains  
Crawl from the Empty Holes and Devour the Flesh  
that Covered the Evil that Passed Itself off as a Person  
that I Probably Tried to Love**

**RIP NIKKI GIOVANNI  
1943-2024**





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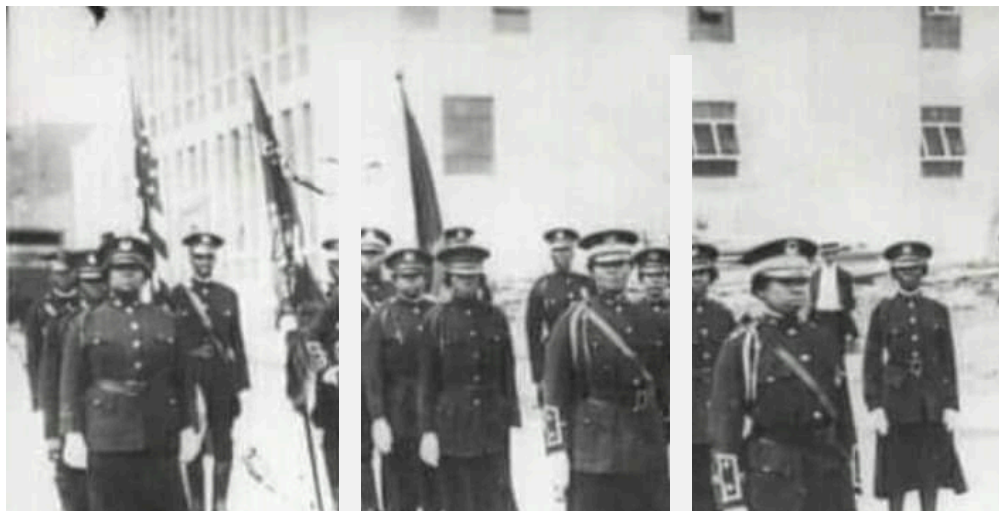


THE PRICE OF HEALTH: HOW  
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THE SELF CARE SNOB

# THE BLOODLINE TRIBUNE

[WWW.THEBLOODLINTRIBUNE.COM](http://WWW.THEBLOODLINTRIBUNE.COM)



With each issue published in print or available for download, The Bloodline is dedicated to promoting Black Empowerment by honoring our rich diversity and common heritage. By featuring stories of resilience, innovation, and cultural pride, the magazine serves as a guiding light of hope and inspiration for our collective aspirations. Beyond just motivation, The Bloodline offers practical advice on leadership, entrepreneurship, education, health, and other essential topics that empower readers to take charge of their futures—and, more significantly, our shared future. We prioritize building bridges, enhancing connections, and cultivating a more inclusive and united global community.

*Chuck King*

EDITOR FROM THE BLOODLINE

# BLACK UNITY AMONGST THE MASSES: HUBERT HARRISON/THEY NOT LIKE US VIDEO SHOOT

CHUCK KING



Before I became aware of influential figures like the honorable Marcus Garvey, Hubert Harrison, and Thomas Sankara, I was reflecting on my experiences. In 2020, at the age of 30, I found myself contemplating the Black Lives Matter Movement and questioning why true unity seemed unattainable. If we were genuinely fed up with the situations affecting our communities, unity would be a given.

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Unfortunately, it appears that visible examples of Black unity are lacking in today's society. Some might point to the church, but in a real crisis, I doubt we could rally 100 armed men ready to defend our people, rather than pray. In the streets, it may be easier to gather individuals before congregating in church, but that hardly qualifies as true unity. While there may be solidarity within specific groups or tribes, the opposite could occur elsewhere. Instead of engaging in proactive unification, it seems we only act when we're pushed to our limits.

Even then, there's a tendency for a "save myself" mentality, which older generations refer to as crabs in a bucket. This is a disheartening reality.

I was truly inspired when I learned about honorable Marcus Garvey, who united 11 million Black individuals, including 5 million Black Americans. This demonstrated that significant efforts have been made in the past. Although there were likely differences among those people, there existed a palpable sense, almost an aura, of Black Pride during that time. Ultimately, no one could support us like we can support ourselves—nothing more, nothing less

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Today, it may seem unusual or even ridiculed to express an unapologetic, authentic Black perspective. This is our Bloodline—the only thing we have left, yet also the only thing we truly need.



Now let's connect with our ancestor Hubie, whose real name is Hubert Harrison. He was born on April 27, 1883, on the island of St. Croix in the Virgin Islands. At the age of 17, he immigrated to America, and from 1912 to 1914, he emerged as the leading Black organizer for the Socialist Party. An incredibly insightful individual, he was often referred to as the "Black Socrates." This comparison highlighted his philosophical depth, drawing parallels with "prominent" white thinkers, even though much of their work has roots in cultural appropriation. However, Hubie was a free thinker who encouraged others to think critically as well.

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*BLACK UNITY AMONGST THE  
MASSES: HUBERT  
HARRISON/THEY NOT LIKE US  
VIDEO SHOOT*

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The setting is reminiscent of the 1920s. In spite of the challenges faced throughout history, many Black communities thrived, collaborating and building a self-sufficient environment. During this era, when circumstances compelled us to unite, we excelled. This was prior to desegregation, a time when our communities boasted Black Schools, Black Hospitals, Black Banks, and more. Hubie Harrison would give Speeches at the local YMCA to the Black Diaspora, influencing a generation of "New Negro Militants ". His words would encourage unity amongst the masses. He articulated his experiences with racial oppression in America, highlighting the surge of lynchings that took place in the South.



In 1912 he founded the liberty league, a militant all Black organization committed to equal rights and published the first negro newspaper associated with the New Negro Movement distributed to the masses called "The Voice" of the militant. As well as becoming an editor for the Negro World Newspaper of the UNIA and honorable Marcus Garvey.

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*BLACK UNITY AMONGST THE  
MASSES: HUBERT  
HARRISON/THEY NOT LIKE US  
VIDEO SHOOT*

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Despite his significant contributions to Black Liberation, Hubie's efforts are frequently overlooked in contemporary discussions. His influence on socialism and Black political thought serves as a cornerstone for what we now recognize as Black Nationalism. He analyzed the interplay between race and class within systems of oppression, concluding that the only path to liberation lies in the unification of Black Americans, both north and south. He was regarded as the most class-conscious among race radicals and the most race-conscious among class radicals—an exceptional blend, if you ask me.

In today's society, I believe these divisions still persist. We have Black individuals who may identify as "rich" or wealthy, as recognized by others. On the other hand, there exists a disgruntled working class that rightfully feels frustrated and weary, grappling with the belief that the working environment will never be beneficial or equitable for them or their community. Additionally, there is the survival class, striving to do whatever it takes to get by. Ultimately, any of us could find ourselves in that situation. Our shared struggle for liberation and freedom is a common thread that outweighs any differences we may perceive.

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*BLACK UNITY AMONGST THE  
MASSES: HUBERT  
HARRISON/THEY NOT LIKE US  
VIDEO SHOOT*

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Recently, rap artist Kendrick Lamar earned a remarkable total of eight BET music awards. His single “They Not Like Us” has garnered over 120 million streams, featuring profound hidden messages and a distinctive expression of Black Unity that rekindles a sense of pride, solidarity, and identity within Black culture.

If someone were to inquire about the lineage of Black men, I would regard us as both sacred and endangered. I recall elders discussing how, in African cultures, it was once taboo to display blood publicly. Today, however, we witness it on our streets, in our vehicles, and amongst one another, often with little regard for life.

When reflecting on the horrors and stunted growth we've experienced, it becomes clear that the internal conflicts we face significantly diminish our life expectancy. The consequences often lead to death, incarceration, or becoming just another hashtag that is remembered briefly before fading into the background of daily life. I can only imagine the heartbreak our ancestors feel, witnessing such energy directed at one another instead of towards more constructive endeavors.

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*BLACK UNITY AMONGST THE  
MASSES: HUBERT  
HARRISON/THEY NOT LIKE US  
VIDEO SHOOT*



In our communities, there are clear divisions among what might be called a “street tribe,” gang, or any other form of identification. Claims of loyalty or commitment often seem to echo without any real substance, resulting only in liabilities. We tend to associate the concept of “education” solely with the current opportunities to teach our youth in “schools,” ensuring they wake up each day, attend classes, and achieve good grades. However, true education is about providing society with useful knowledge that can be applied in meaningful ways. It is an ongoing effort to enlighten those affected by the challenges within our local communities, particularly among our race, amid the internal struggles that are tragically reducing the population of Black men and women.

Thousands of Black men and women convened at the Compton courthouse for the video shoot of “They Not Like Us” by Kendrick Lamar. Witnessing a gathering where our differences are set aside to express ourselves in unison serves as a powerful symbol of nationhood.

*BLACK UNITY AMONGST THE  
MASSES: HUBERT  
HARRISON/THEY NOT LIKE US  
VIDEO SHOOT*

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In today's era, this kind of unity arises from a pressing need to confront the oppression, discrimination, and challenges we face daily. Our sense of urgency seems to shift rapidly when we become the focus, highlighting the necessity of putting aside our differences. From hood to hood, and block to block, each community faces comparable challenges that have led us away from the aspirations envisioned by leaders like Garvey and Harrison. We all, as a collective, tend to direct our frustrations inward towards one another instead of addressing the actual threat.

Hubert Harrison's legacy imparts a vital lesson for us today: strength lies in unity. This applies in various aspects of life. Beyond gatherings like funerals or family reunions, we should make it a practice to come together in harmony once more. This was not just an occurrence, but a way of life.

# WORD SEARCH



LVHLVBOYULGNSPRZTMUP  
 MSNWYIGMYPMAUNOHKWAU  
 JEHCFWYFSQUKFIMWEGHW  
 SLJC NVLXMANHOODKBEZP  
 OFYDNATIONALISMUATYZ  
 CDJSECONDAMENDMENTLC  
 IELTHJFAEQJRYTQTWGT  
 AFFTKHPLIBERTYLEAGUE  
 LEAEPBIOGGYPGVNAVSSD  
 INJYNPBROTHERHOODWRO  
 SSGKFHUBERTHARRISONZ  
 MESDSHXXIZJOSCUNXGZG  
 YVHARLEMRADICALFWSDI  
 EUNIAMGDFJWXLXNMWMZ  
 UNNVYFQGWTEQRUFHQZDT

SecondAmendment

HarlemRadical

Nationalism

Unia

LibertyLeague

Brotherhood

Socialism

HubertHarrison

SelfDefense

Manhood

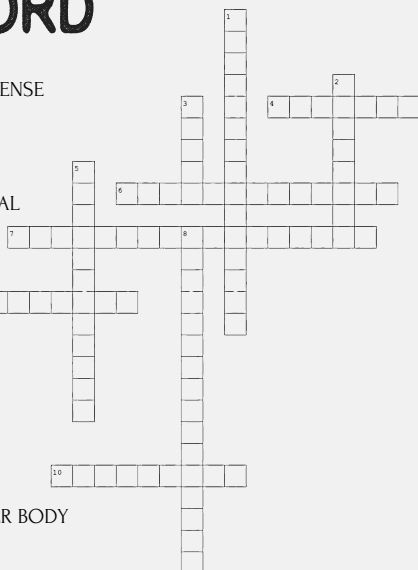
# XXWORD

ACROSS

4. SHOULD BE 1 IN EVERY BLACK HOUSEHOLD FOR SELF DEFENSE
6. CURREBT PRESIDENT OF BURKINA FASO
7. BLACK REGIMENT OF THE UNION ARMY THAT DEFEATED THE CONFEDCERATES IN THE BATTLE OF JAMES ISLAND
9. ANARCHO-COMMUNIST FOUNDER OF THE INTERNATIONAL WORKERS OF THE WORLD 1905
10. BLACK PANTHER MURDERED WITH FRED HAMPTON BY LAW ENFORCEMENT

Down

1. NAME OF BOOK WRITTEN BY ROBERT F WILLIAMS IN 1962
2. ALSO KNOWN AS ABDUL MALIK KA'BAH FOUNDER OF THE BLACK P STONES
3. KNOWN AS BIRTH ATTENDANTS OR WISE WOMEN ASSIST WOMEN IN BIRTHING PROCESS
5. BLACK QUEEN REVOLUTIONARY IN ENGLAND SHOT IN THE HEAD 2021 LOSING MOVEMENT ON ONE SIDE OF HER BODY
8. FIRST WIFE OF HONORABLE MARCUS GARVEY



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## MENU

GARVEY BEAN  
SALAD

GEECHEE

GARLIC CRAB

BUTTER PECAN  
ICE CREAM





## EMBRACING SEASONAL EATING: A PATH TO WELLNESS FOR PEOPLE OF AFRICAN DESCENT

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### THE SELF CARE SNOB

As we move through the year, our bodies respond to the changing environment in subtle, but important ways. For neuro-melanated people of African descent, embracing an intuitive, seasonal approach to food isn't just a trend—it's a return to ancestral traditions that nourish both body and soul. In today's fast-paced world, where many diets encourage restriction and rigid rules, there's growing interest in eating in harmony with the earth's natural cycles, a practice that helps support our health throughout the year.

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Seasonal eating is about tuning into the rhythms of nature and feeding ourselves with what the earth is offering at any given time. Each season brings its own unique set of foods, perfectly aligned with the body's changing needs. This approach not only supports physical well-being but also reconnects us with cultural traditions that have sustained our communities for generations.

### Spring: Renewal and Rejuvenation

As winter fades and spring arrives, the earth offers fresh, vibrant foods that help our bodies reset and renew. After the heavier foods of winter, spring is the perfect time to cleanse and lighten up. Leafy greens like collard greens, kale, and dandelion are packed with nutrients that support detoxification and help refresh our systems.

Incorporating more of these greens into meals can help your body transition into the warmer months. Herbal teas, like those made from nettle or ginger, are also great for aiding digestion and boosting energy levels during this time of renewal.

### Summer: Cooling and Hydrating

Summer brings warmer weather and longer days, and with it comes the need for cooling, hydrating foods. Water-rich fruits like watermelon, mangoes, and berries not only quench thirst but also provide essential vitamins and antioxidants. These foods are nature's gift to help us stay hydrated and energized during the heat of summer.

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*EMBRACING SEASONAL EATING: A PATH TO WELLNESS  
FOR PEOPLE OF AFRICAN DESCENT*

Fresh herbs like mint and basil, along with cooling vegetables like cucumbers and tomatoes, can easily be incorporated into salads and drinks to offer a refreshing break from the heat. In many African and Caribbean cultures, drinks like hibiscus tea and coconut water are celebrated for their ability to cool and hydrate naturally—traditions that have long recognized the healing power of these plants.

### Fall: Grounding and Preparing for Rest

As summer transitions into fall, we feel the need to ground ourselves and slow down. The cooler temperatures call for more nourishing, comforting foods—root vegetables like sweet potatoes, yams, and squash are perfect for this. These foods are rich in nutrients that help prepare the body for the colder months ahead, providing warmth and strength.

Sweet potatoes, in particular, have deep cultural roots in African American cuisine and offer both comfort and nourishment. Incorporating warming spices like cinnamon and turmeric into meals not only enhances flavor but also supports digestion and boosts the immune system as we prepare for winter.

### Winter: Deep Nourishment and Resilience

Winter is a time for rest and reflection. As the earth slows down, so do we, and our bodies crave deeper nourishment. Hearty, warming foods like stews, soups, and root vegetables provide the sustenance needed to maintain energy and warmth during the colder months.

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Spices like cayenne, ginger, and cloves help to stimulate circulation and keep us warm from the inside out. Traditional remedies like elderberry syrup and garlic are also great ways to protect the immune system during flu season, drawing on the wisdom of our ancestors who used plants and herbs to maintain health during the harshest months.

For example, during winter, it's natural to crave warm, hearty meals, while in summer, lighter hydrating foods feel more appropriate. By tuning into these signals, we not only nourish

ourselves more effectively but also strengthen our connection to the earth and to the traditions that have sustained our communities for generations.

### The Power of Intuitive Eating

At the core of seasonal eating is the idea of intuition—listening to what your body is telling you and following its natural rhythms. This approach allows us to eat in a way that supports both our physical health and our cultural roots. It encourages us to pay attention to our cravings and energy levels, and to trust that our bodies know what they need at any given time.



*EMBRACING SEASONAL EATING: A PATH TO WELLNESS  
FOR PEOPLE OF AFRICAN DESCENT*

## A Return to Nature

Seasonal eating isn't just about nutrition—it's a way to reconnect with nature and with the wisdom passed down from our ancestors. For neuro-melanated people of African descent, this practice holds deep cultural significance. It's about more than just what we eat—it's about embracing the idea that the earth provides exactly what we need when we need it.

By aligning our meals with the changing seasons, we can create a lifestyle that fosters balance, health, and connection. It's a return to a way of living that is in tune with both the earth and our own bodies, and it offers a more holistic approach to wellness.

## A Healthier Way Forward

In today's world, where many people feel overwhelmed by the endless diet trends and health fads, seasonal eating offers a refreshing, intuitive alternative. It's not about restriction or following someone else's rules—it's about trusting yourself and the natural world around you.

As we move through the year, let's celebrate the abundance that each season offers. By eating with the seasons, we not only support our health but also reconnect with our heritage and deepen our relationship with the earth. This journey back to intuitive, seasonal eating is one that not only nourishes our bodies but also nurtures our spirit, honoring the traditions of the past while supporting a healthier, more sustainable future.

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# FOOD DESERT SOLUTION

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## AMA

Food deserts are plaguing the Black community nationwide. While talks of community gardens are great, they take considerable manpower and time to begin and maintain.

Our solution:

Work with local churches and organizations within the Black community to provide the resources for indoor gardens to the most vulnerable. The supplies to get started will cost \$50-\$70 and with technology we no longer need land or outdoor space.

Pros:

It helps those in need become self-sufficient, with less reliance on a grocery store for fresh produce.

It can be easily replicated due to the low cost of initial supplies.

Members of this project can work together to grow a variety of fruits and vegetables and trade these items.

Can provide a hobby to the elderly and a learning experience for the youth in addition to food.

Can be done indoors or on a patio of an apartment if gardening space isn't available. Oversight is limited and the community trading is not a guarantee.

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Items needed to get started:

**Grow Lights.** You can purchase a grow light stand with 5 heads for larger coverage for ~\$34.99 on Amazon. This will allow plants to grow even indoors and provides UV for every plant stage from germination to flowering.



**Potato Grow Bags.** These are not only for potatoes, but they can also be used for any indoor gardening need.

~\$16.99 for a 4 pack



Soil, seeds, etc, but this is the easy part. Food like potatoes can be grown from other potatoes.





### Personal Success:

I had this idea after having remarkable success using smaller grow lights for my small garden I began in my bedroom. I have room darkening curtains, so I worried about the plants getting the sunshine needed. I purchased 2 smaller grow lights, 5 small pots, and seeds. Every seed I planted has sprouted and grown quickly. For reference, pictured below are snap beans I planted February 4, 2023. As of this document, it is February 17, 2023.

# WHAT IS NONVIOLENCE EXACTLY?

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AMA

I'm of the firm belief that to be considered nonviolent you have to first have the ability for violence. If there's no threat of imminent retaliation to any threat then practicing nonviolence ultimately leads to more danger for yourself, your family, and your community. If the threat to you knows that no matter what the situation, you will not react, then you simply become a walking doormat to be taken advantage of and abused. The belief that we must be nonviolent in all resistance to oppressive systems has not gotten us where we need to be.

This is where Robert F Williams stood. I recently read his book *Negroes With Guns* in which he tells the story of what led him to this belief and the violence he and his community faced in Monroe, NC.

The book itself hit me harder than I would've known when I first opened it. I lived in the area for years, graduating from college just about an hour away and starting my first after college job in Monroe. I traveled the very roads where Mr. Williams faced deadly threats from white mobs.

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The Black community's request wasn't unreasonable. The local Black community wanted access to the public pool. As tax paying citizens they have that right and that was what they argued. They offered certain times or days. Every option offered met with hostility or just flat out ignored. So as other Black communities across the country were staging their own protests for various reasons of their own, Mr. Williams' community also wanted to make their voices heard. This was early on in the civil rights movement.

What they were met with however, was starkly different than what the other communities had been facing. Flat out, deadly violence in the face of nonviolent and peaceful protests. Across the nation, the Freedom Riders had gone from community to community and while they faced backlash, the violence hadn't yet gotten explicitly violent. It was different in Monroe.

They came to prove that their nonviolent tactics work and was quickly shown otherwise. No Black person or white ally as a part of the Freedom Riders in Monroe was safe.

As what became common in these scenarios over time, all levels of law enforcement would fail the Black community. Requests for assistance ignored or denied. Something needed to be done and the youth of the community had no plans in stopping their protest.





# BLOODLINE EXPRESS MAIL SERVICE

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This was when the decision was made that as law abiding tax paying citizens exercising their constitutional rights, they would carry guns at these protests in order to protect themselves from further attacks. Not every protestor, but a few. Just enough to make the point that they wouldn't be harmed anymore. This decision was frowned upon by many that had come to Monroe to help including many Freedom Riders who firmly believed in complete non-threatening nonviolence.

The results, however, could not prove Robert F Williams any more right. Suddenly when local law enforcement realized that not only could Black lives be at stake, but white lives as well, did they do their jobs and disperse the white mobs, allowing the Black youth to continue their protest.

This didn't go unacknowledged at all levels. In the end, because he knew he would be killed, Robert F Williams and his family fled to Canada and later to Cuba where he remained.

I tell this story because it's a living example that while living under white supremacy, I believe it gives important lessons. Nothing in this country was ever gained in a nonviolent manner. The creation of this country was and continues to be violent. The only language it speaks is violence. To make sure your voice is heard, you must speak the only language it knows, violence.





The nuance comes in when you consider that this country considers any act of resistance from the oppressed populations as violence, this includes self-protection. This country will respond to acts of self-protection to its violence with violence to protect its status quo. If there is a plan to resist, then this needs to come with a plan to protect as well. It's a fine line to tread, however, it is a necessary one.



## WILL BLACK BOOKS BE EXTINCT IN 2025?

MINISTER PAUL SCOTT

DURHAM For the last few months there has been a vicious rumor running amuck in the African American community that black cultural books will go the way of the dinosaur in 2025. While some have written this off as just another urban myth, others have begun to place black themed books on the endangered species list. But exactly how real is the threat?

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When news of the conservative think tank ,The Heritage Foundation's, Project 2025 leaked out last fall, people began to panic over the idea that it would affect school curriculums, nationwide. So, many in the African American community felt that black cultural books would be targeted.

And with good reason.

We must remember that not even 200 years ago, teaching an enslaved African to read could be punishable by death or at least 40 lashes with a whip.

During the 1960's there were protests on college campuses just to get black studies courses included in the curriculum, led by such scholars as Dr. Nathan Hare at San Francisco State University.

Even during the 70's the misinformation regarding history, especially, black culture was featured in text books that listed Egypt as "white Africa" ,Christopher Columbus "discovered America" and Honest Abe Lincoln "freed the slaves." (Read James Lowen's book, Lies My Teacher Taught Me.) Not to mention black history education being relegated to learning about slavery, Martin Luther King and Rosa Parks, one month out of the year, is still an on-going issue in 2024.

Back in the 90's there was a controversial debate over the need for African centered education with professors such as Molefi Asante and Asa Hilliard being advocates while other scholars such as Mary Leftkowitz and Stephen Howe opposed the idea.

A few years ago , one may remember the controversy over professor Nikole Hannah- Jones's 1619 Project which coincided with national legislative attacks on what was broadly referred to as "Critical Race Theory."

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Unfortunately, while there have been many discussions about removing books because of gender and sexual content, the topic of black book bannings has been not so subtly ignored.

Fortunately, across the country many African Americans have started to take proactive measures and are storing books that feel may be banned. just in case they wake up one morning and find that Alex Haley's Autobiography of Malcolm X disappeared overnight.

In Durham NC, the Black Hoodie Brigade has been giving out controversial classic books on street corners by African - Centered authors from George GM James (Stolen Legacy) to JA Rogers (World's Great Men of Color)



*This 1906 photograph showcases Susan Gille Norfleet, C.C. Spaulding Sr., and John Merrick, influential figures in the North Carolina Mutual Life Insurance Company. Their contributions provided economic opportunities and financial security, strengthening the African American community. The image represents Black excellence and solidarity in adversity, serving as an inspiration for future generations striving.*

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## THE "UNK" STAGE GENERATIONAL WEALTH AMONGST BLACK MEN

CHUCK KING

It may seem unusual to include sports in something like this, but let's dive in. It's quite relatable! I believe we should draw insights from any event in our lives and connect them to our collective racial experience. We must consider both the path we should take and the path we are currently on.

LeBron James's legacy is swiftly unfolding as he ages,

marking the end of an era. Or the unk era age wise, that's what the youngins call me. I believe this period is crucial for connecting the wisdom of the elders with the experiences of those who are coming of age.

We have learned from our experiences while growing up, recognizing both what was effective and what was not. Now is the perfect moment to

break cycles and dismantle barriers for future generations. Individuals with histories of violence can offer their insights on potential solutions, while those who have experienced violence can now share their stories to contribute to its prevention. Everything is local, any efforts should start local. Everyone has the power to contribute in some way. You'll hear me emphasize this frequently. Everyone can do Something.

When these brothers die, the usual funeral prayer is enough for the Black elder, assuring him that he has fulfilled his responsibility in trying to end our own internal conflict. Our own internal war, our own internal genocide. I've wondered if they believe the situation is beyond our control. While it may be, all we can do is put forth our best effort and remain hopeful. Alternatively, one might think, "It's not my problem." That may be true—until it's you.

However, I must begin our conversation focused on Black men for Black men by addressing our primary topic.

Today, I want to discuss Black Fatherhood and the importance of passing down values and traditions within our lineage, within our Bloodline.

There's no need to delve into LeBron; he's not the main topic. We can all agree that he held a position of power and influence that allowed him to create opportunities for Bronny.

It's important to acknowledge the comments from others regarding nepotism and perceived "unfair" advantages. Nepotism refers to the practice of favoring friends or family members, often leading to unfair advantages, particularly in politics, business, and entertainment. It's crucial to recognize that certain words and definitions can carry entirely different meanings, depending on the perspective of the reader.

The question arises about how we can pass down values that contribute to generational wealth in today's world. What are the methods we can use to achieve this?

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Land, a treasured asset in today's world, often has deep roots in being passed down throughout our heritage. It may have been inherited from our hardworking ancestors or, in some cases, sold at a fraction of its worth to a corporation or individual who doesn't reflect our community nor looks anything like us. This is a reality we face, yet many of us are fortunate enough to witness this tradition.

The barbershop itself serves as a vital generational bridge, preserving our culture. While some barbershops today have aged histories, we've all experienced their significance of father to son at some point.

So, A question to the Black Man: what strategies can we implement to ensure generational wealth for our children? If you find it challenging to identify any ideas right now, this may inspire you to think creatively.

Collectively, we must uphold the tradition of learning a trade as we grow up. Some may not have had the privilege of watching their father fix and repair things at

home. Nevertheless, this doesn't lessen our responsibility to impart these skills to our children. Ultimately, we cannot teach what we do not know ourselves. Therefore, I encourage you to embark on a journey of continuous learning and discover something new. Here are some key points to consider: Never hesitate to ask questions; that's the best way to learn. While our elders are still with us, take the opportunity to engage with them. If you can't fix something, find someone and learn something new. Knowledge is everything, you can never stop learning. You might make a day out of it with an elder to show you how to do something. Grab lunch, take time, have conversations, share views. What you learn is indeed generational wealth. What you gain from their mind is growth, this is the Brotherhood. Which you will hear me talk about a lot. Challenge yourself to embrace experiences like this. If you have a skill, passion, or dream now, let's demonstrate that in action.



Collectively we can show this best in action form. I can recall numerous instances where an elder offered assistance, opened a door, or positioned me for success. This spirit of support must continue to flourish within our Brotherhood. Just as you have received these benefits, it's important to give back. Generational wealth can be built through generational habits, much like our ancestors established. I no longer worry about others' perceptions of the Black man; my focus is on how we view ourselves. Wishing you all the best, Chuck King

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## BUG-OUT BAG

A bug-out bag, or go bag, is a portable kit with supplies for emergency survival.

Your Bug-Out-Bag should consist of the following items:

1. A pair of thick thermal underwear (top and bottom).
2. A liner and outer socks.
3. Rugged Gloves.
4. Battery-Operated Radios.
5. Lap-top Computer(s)/Cellphone(s).
6. Compass/GPS.
7. Water filter system/water purification tablets.
8. Water Bladder (e.g. MRS Platypus 2-Liter).
9. Sleeping Bag(s)/Lifejackets/Life-Preservers.
10. Flashlights/extra batteries, and LED Headlamp(s).
11. Fire Starter-Butane lighter/Flint/Waterproof Matches.
12. Folding Multiple-function tool/knife (8).
13. Legal and Registered Gun(s).
14. Whistle(s)/clicker(s).
15. Cup/Spoon/fork(s).
16. Nonperishable food: e.g. Nuts, Dry Fruits, Rice, Chocolate, Raisins, Granola Bars, Trail Mix.
17. First Aid Kit





Aldenaire &amp; Partners

Issue 89

# FANNIE

THE BLOODLINE





# CLIMATE CHANGE AND THE BLACK COMMUNITY

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AMA

Climate change and the Black community..... let's discuss

Due to historical issues like redlining and environmental racism, where the Black community are disproportionately affected by factories, farms, other aspects of the industrial revolution, forced to live in flood zones, the topic of climate should be discussed heavily by our community currently and in the years going forward.

I know this topic can sometimes be taboo in this country. Any mention of climate change and suddenly the topic becomes conspiracy theories and other misunderstandings of the realities. I can't help but find

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this purposeful. As we turn a blind eye to the subject because of this taboo, we may not actually see the danger before us, an easy convenience for a country that has tried for centuries to get rid of it's 'Black problem'.

Preparedness is key. Many of us cannot afford to relocate. And honestly, relocation may not be the best choice as we do not know exactly how the weather changes will pan out. See the NC flooding for example. People in that region felt safe from hurricanes due to their location hundreds of miles from the coast. However, as hurricanes become more powerful, these areas may get hit more often and their lack of preparedness cost lives. People in coastal areas, more used to hurricanes, often have more things in place to survive incoming storms.

This is of course not just an issue within the U.S. On a recent trip to Ghana, the topic of climate change

constantly came up. The people there are seeing the effects firsthand as there are many farming communities and villages that have had to adjust to these changes. The rainy season is lasting longer, droughts, flooding, all have effects on how well your crops produce. Thankfully, everyone there seems to be on one accord and have not gone into the conspiracy aspect of this topic.

So, let's talk about ways to prepare, things you can keep on hand to help you no matter what the situation, whether you stay or go. Some easy things to keep on hand are filtered water, rice, beans, water purification tablets can be purchased for less than \$10. Having a 'go bag' with items such as important documents, a change of clothes, flashlight, maps if you still have them as you may not have access to internet or cell service. It's not a bad idea to work through various action plans with your family, especially if you have

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children, so that they know names, numbers, locations of where they can go to be safe. At the end of the day focus on food, water, shelter (if possible), keeping warm or staying cool, and a place to go if everything goes the worst way possible.

As a community, we need to come together on this. Planning, preparing is much easier when you're not alone. Knowing you can count on neighbors can be crucial.



# CAN SHE BIRTH IN PEACE? A CROSS ANALYSIS & REFLECTION OF UNFORTUNATE BLACK BIRTH STORIES

DANNI THE DOULA

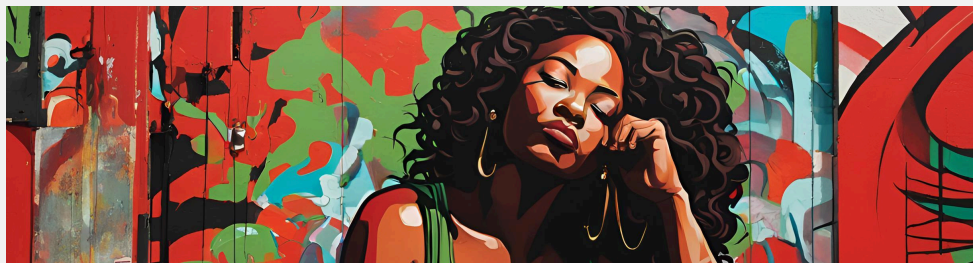
Author's note: Trigger warning: The stories that are being retold contain graphic and sensitive topics such as infant loss.

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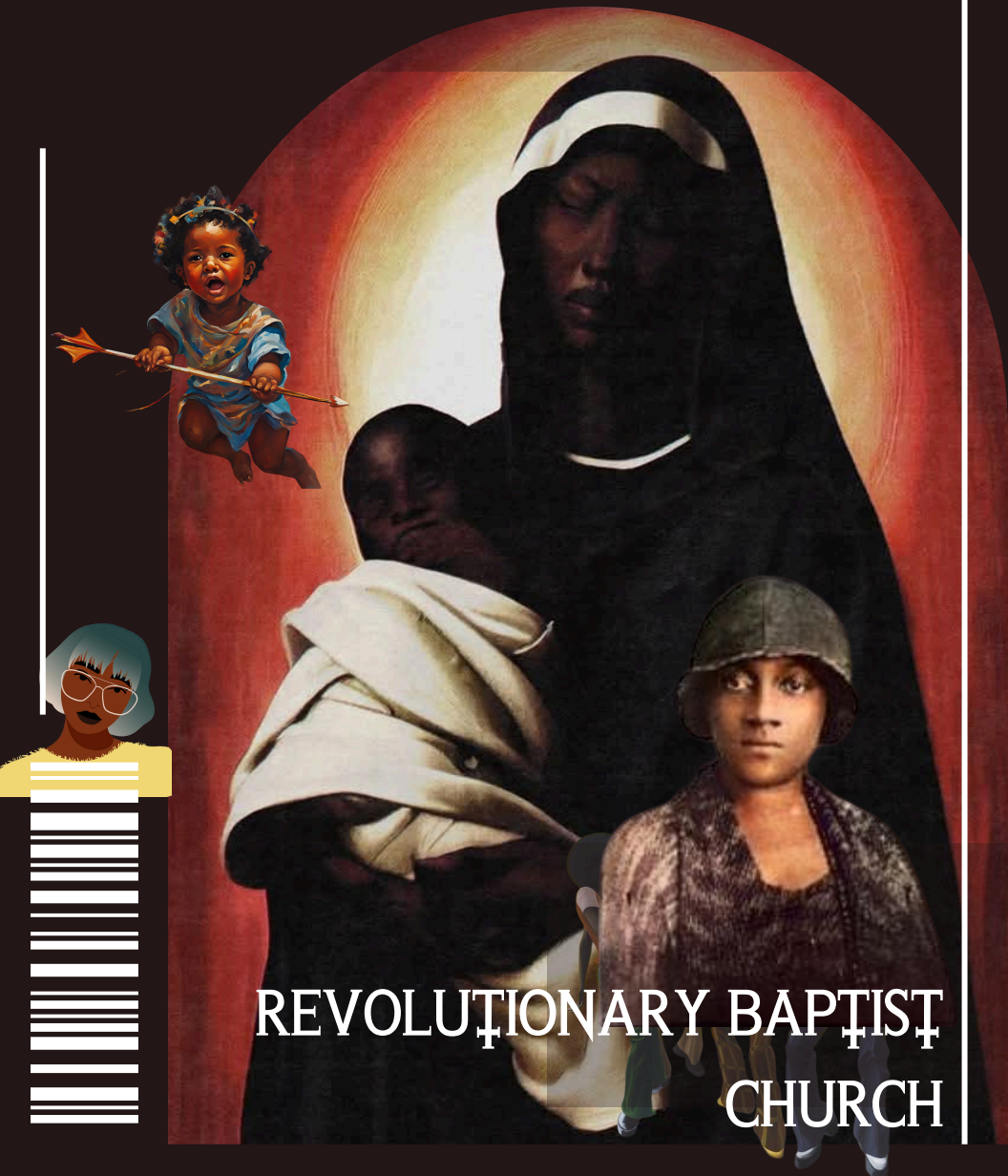
The current reality for Black birthing individuals is frightening, to say the least. Statistics do very little justice in showing the harsh and unique circumstances Black birthing families experience. While some may see this as overemphasizing black and brown stories and neglecting other ethnic groups' experiences, I must highlight and uplift Black-exclusive experiences. As a Black doula who serves Black families, I know what I am talking about and will continue to advocate for populations that are silenced, mistreated, and underrepresented. It starts with home. It starts with us.

In July 2023, horrific news spread across the Americas. Young Black first-time parents lost their baby during labor in one of the most traumatizing ways, at the hands of professionals they were taught to trust. After hospital staff ultimately and unfortunately neglected their role of providing a safe and informed delivery, Ross, the mother of Treveon Isaiah, delivered her baby boy's body vaginally and had to undergo a cesarean to remove the baby boy's detached head. At a hospital south of Atlanta, Georgia, Treveon Isaiah Taylor Jr.'s life was tragically taken from him....

Later, the hospital staff posed the infant in a disingenuous way to mislead his parents and cover their error as much as possible. This was later ruled as a homicide, leaving the grieving parents with one of the most traumatizing memories imaginable, likely haunting them daily. As this tragic news spread through various media outlets, people worldwide began to analyze what went wrong and how such a horrific event could happen in a place where people are supposed to receive quality care.



# THE BLOODLINE



REVOLUTIONARY BAPTIST  
CHURCH

So, what went wrong here? Medical professionals neglected their training to respond properly to a common emergent situation, lacked the empathy necessary to provide nurturing, informed care, and then attempted to conceal their mistakes. Was a doula present? No, but in most labor and delivery rooms, as mothers approach the time to push, these rooms can be filled with up to 12 medical professionals. Sometimes, the room is so crowded that support persons for the laboring individual may have to forfeit their space. The pressing questions are: why did no one say anything? Why did no one help? Did they not see the distress on the parents' faces? Why wasn't hospital policy followed for a very common condition? There are several actions that could have and should have been taken to prevent such a horrific event.

According to the CDC (Centers for Disease Control and Prevention), over 85% of maternal health-related deaths could have been prevented with proper care and attention.

In recent news, after the overturn of *Roe vs. Wade*, Amari Marsh, a Black woman from South Carolina, unexpectedly went into preterm labor at home. She had no idea she was pregnant and was unknowingly approaching the final weeks of her second trimester when she began experiencing excruciating pain. After a hospital visit, she was released, only to later expel her baby in her bathroom toilet.

What was already a heartbreaking event turned even more devastating for Miss Marsh when she was held in jail for twenty days without bond, facing charges of murder and child abuse. From grieving and recovering mother to a suspect under investigation, Marsh was eventually released and placed under house arrest, enduring a traumatizing and burdensome court case. She was interrogated, questioned, and probed after the untimely loss of her baby, describing feelings of confusion and fear—emotions that should not, but often do, accompany pregnancy and loss.

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The criminalization of pregnancy loss is especially ironic given the scarce resources available to support healthy Black births. What went wrong here? Two failing systems collided—the justice system and the healthcare system both failed to act humanely in circumstances where compassion was desperately needed.

These parents, Jessica Ross, Traveon Taylor Sr., and Amari Marsh, didn't just want justice—they wanted to give birth and receive support in peace. This is an expectation many Black and Brown expectant families hold, but unfortunately, it often goes unmet. Instead, these families frequently feel unheard, misjudged, stereotyped, and ignored.



*Jessica Ross and Traveon Taylor Sr. Parents of  
Traveon Taylor Jr. .*



*Amari Marsh and lawyer Zippotah Sumpter*

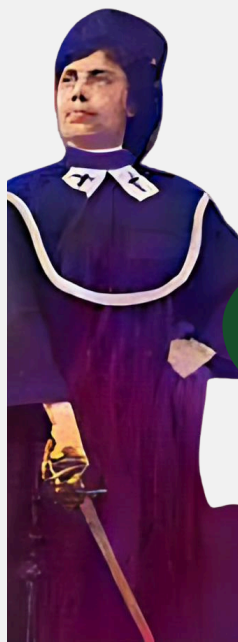


While the two examples mentioned are from recent tragic losses, Black women and families across the U.S. have faced negative experiences during pregnancy and postpartum for centuries. Statistics show that these adverse outcomes have nothing to do with one's level of education or relationship status, but rather everything to do with one's race and the lack of integrity and care in medical settings.

When discussing Black families bringing new life into hospital settings, these are some of the challenges they face. The overarching question is, "Can she birth in peace?" The quick answer is: not without a doula or proper support, not preferably in a hospital, and certainly not in the current political climate.

## THE PRICE OF HEALTH: HOW SYSTEMIC INEQUITIES HAVE TARGETED BLACK COMMUNITIES

THE SELF CARE SNOB



Imagine this: A mother wakes up in a predominantly Black neighborhood in an urban city. Her paycheck barely stretches to cover rent and utilities, her car is unreliable, and her nearest grocery store stocked with fresh produce is three bus stops away.

Down the block, however, a fast-food chain beams its neon signs, offering dollar deals and convenience. This isn't just her story—it's a reality faced by millions of African Americans across the country.

The disparities in health outcomes for Black Americans are not a result of personal failings or isolated circumstances. Instead, they are the product of systemic inequities embedded in the history of healthcare and food access in the United States. These disparities, perpetuated by policies and practices, have created cycles of poor health that disproportionately affect Black communities.

### A Legacy of Disparities

The roots of health inequity stretch back centuries, intertwined with systemic racism and structural oppression. In the medical field, this history is marked by egregious abuses, from the Tuskegee Syphilis Study, where Black men were denied treatment, to forced sterilizations targeting Black women. These violations established a legacy of mistrust that persists today.

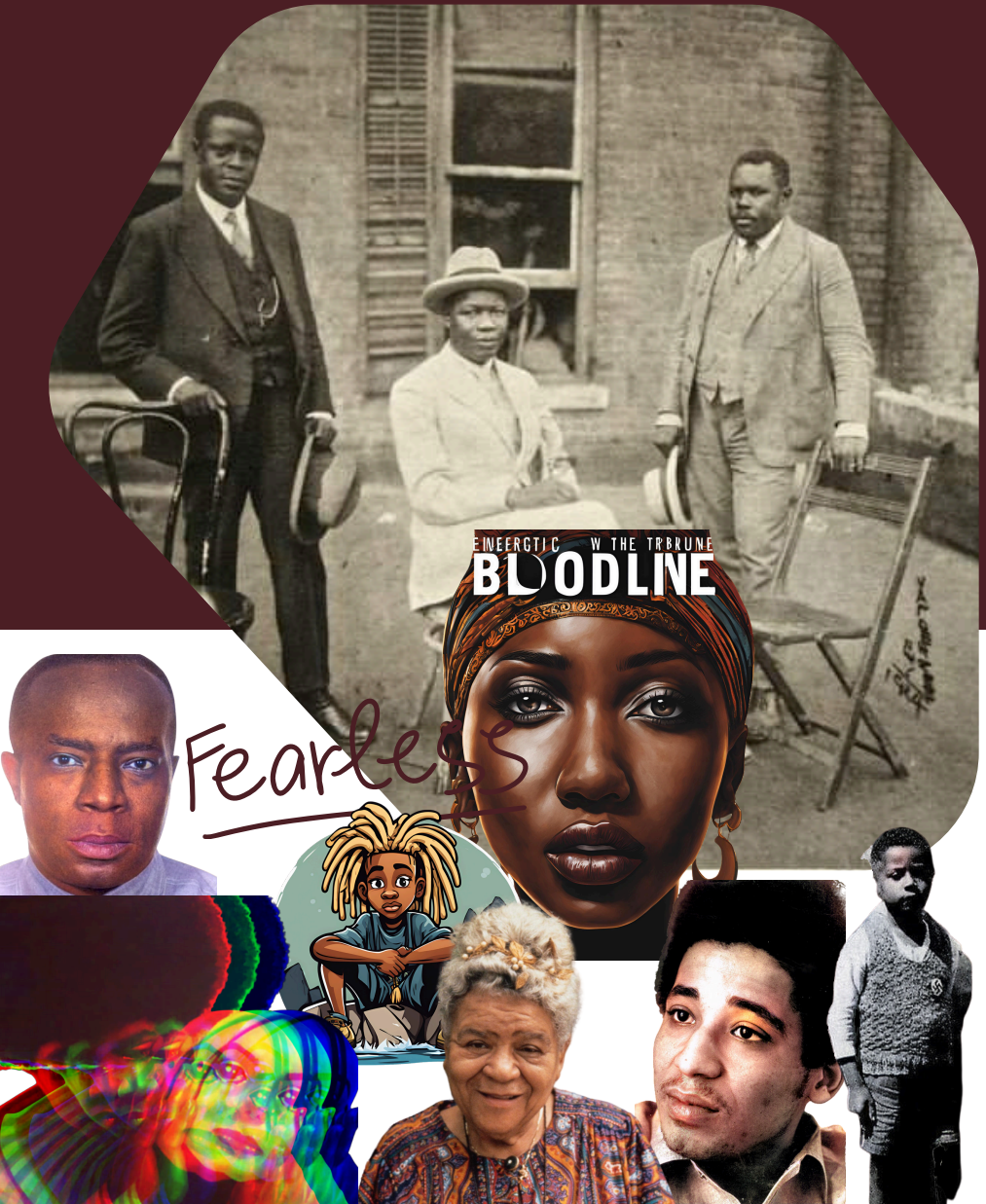
Even now, studies reveal that Black patients are less likely to receive adequate pain management, diagnostic testing, or preventative care compared to their White counterparts. Implicit bias and systemic racism in the healthcare system result in higher maternal mortality rates, shorter life expectancies, and worse outcomes for conditions like diabetes, heart disease, and cancer among Black Americans

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KEITHSTON AND PARTNERS

# TRENDSETTER

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EMERGENT W THE TREBUKE  
**BLOODLINE**

Fearless

## THE PRICE OF HEALTH: HOW SYSTEMIC INEQUITIES HAVE TARGETED BLACK COMMUNITIES



### Food as a Battleground

Access to nutritious food—a fundamental human right—has also been a battleground for systemic inequity. Many Black communities are trapped in "food deserts," areas where fresh, affordable, and nutritious food is scarce and outright not made available despite the obvious need for it. These deserts aren't a natural occurrence; they're the product of discriminatory policies like redlining and urban planning that concentrated Black populations in areas devoid of grocery stores and fresh produce.

Instead, fast-food chains and convenience stores dominate the food landscape in these neighborhoods. Their offerings are high in calories and low in nutrients, exacerbating health issues like obesity, diabetes, and hypertension. The cost of eating healthy is often prohibitive, leaving many families with few choices beyond the unhealthy options that are readily available and affordable.

*THE PRICE OF HEALTH: HOW SYSTEMIC INEQUITIES HAVE TARGETED  
BLACK COMMUNITIES*

Consider this: nearly one in five Black households experienced food insecurity, compared to about one in ten White households. For children in these communities, the long-term effects of poor nutrition include developmental delays and chronic health conditions, setting them up for a lifetime of disadvantage.

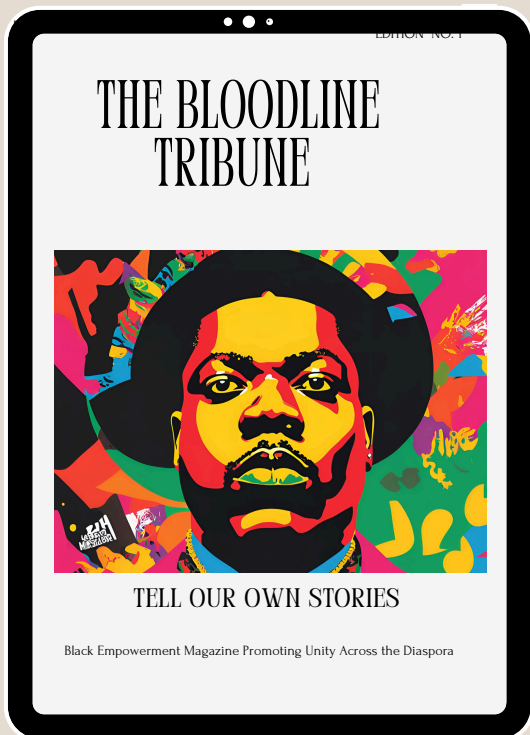
#### The Cost of “Health Food Elitism”

The rise of the health food movement, though well-intentioned, has largely excluded Black communities. Organic markets and wellness trends often cater to wealthier, predominantly White audiences, leaving Black consumers underrepresented and underserved. Health food is marketed as aspirational rather than accessible, with a cultural narrative that alienates those who can’t afford to shop at boutique grocery stores or follow the latest diet fads.

#### The Fight for Food Justice

In the face of these challenges, Black communities are not standing idly by. Across the country, grassroots organizations and local leaders are pushing back against the systems that perpetuate food and health inequities. Urban farming initiatives like the Detroit Black Food Security Network are transforming vacant lots into thriving gardens, providing fresh produce and empowering residents with the tools to sustain themselves.

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9. LISAPARSONS

10. MARKCLARK

Down

1. NEGROESWITHGUNS

2. JEFFFORT

3. DOULA

5. SASHAJOHNSON

8. AMYASHWOODGARVEY

## BLOODLINE LINEAGE



Alexander Manly (1866-1944) was the owner of the Daily Record in Wilmington, NC, which was the only African American newspaper in the state. The building was destroyed during the insurrection of 1898.

From left to right: Leila Haile, Priscilla Haile, Kieran Haile. Leila and Kieran are cousins, both descendants of Alexander Manly, while Priscilla is Kieran's spouse. Kieran Haile is the great great grandson of Alexander Manly.



