



News from Your City and Surrounding Areas



Richmond permanently removed from casino list. Petersburg's casino bill sent back to General Assembly! Page 4

TRUTH RVA



Born on April 22, Cathy Hughes is indeed a pioneering figure in the media industry, particularly in radio. She is the founder and chairperson of Urban One, formerly known as Radio One, the of the largest African-American-owned media companies in the United States.

Her contributions to the media landscape, especially in providing platforms for African-American voices, have been significant and enduring.

Happy Birthday Ms. Hughes

Deitra Harris, award winning former Richmond Teacher celebrating 80th Birthday



Pharrell Williams, the acclaimed musician, songwriter, and producer, is indeed celebrating his birthday! Born on April 5, 1973, Pharrell has left an indelible mark on the music industry with his innovative sound, catchy beats, and genre-defying style. From his work with The Neptunes producing hits for artists like N.E.R.D., Jay-Z, and Britney Spears, to his solo career with chart-topping singles like "Happy," Pharrell's influence spans generations. Happy birthday to a true musical genius!



Happy belated birthday to the legendary Al Green! His contributions to soul music have left an indelible mark on the industry, with timeless hits like "Take Me to the River," "Let's Stay Together," and "Love and Happiness." Inducted into both the Rock and Roll Hall of Fame and the Gospel Music Hall of Fame, Green's talent and influence are celebrated across genres. His recognition as a BMI Icon, Kennedy Center Honors recipient, and recipient of numerous awards including a Lifetime Achievement Award at the BET Awards further solidify his status as one of the greatest soul singers of all time. Here's to Reverend Al Green and his remarkable legacy in music!

Who's running for Mayor and City Council Page 5

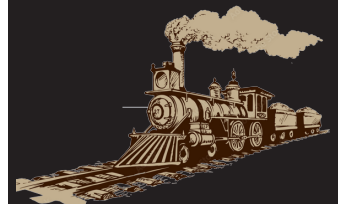


Pastor's wife temporary protection order dropped. page 6

So many people talking. Maybe P. Diddy, did it..... Page 6



Gospel Train coming to Richmond Page 8

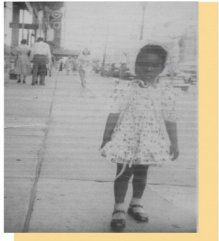


Light Bills to high Page 11



Contact Information
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Email: mrptbrown@aol.com
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Deitra "Dee Dee" Harris Celebrated 80th Birthday



80
Years Young

JOIN US TO
CELEBRATE
Deitra Harris
Saturday, April 13, 2024
2:30 pm - 5:30 pm
Around The Table
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Celebrating an 80th birthday is a significant achievement, especially for someone who has dedicated their career to teaching in Richmond, Virginia. Teachers often leave a lasting impact on their students and communities.

Mrs. Harris has touched many lives throughout her career.



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Cousins Warren Brown & Renne Maddox



Cousins Larry Brown & Renne Maddox



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 & Others

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Faith, Family and Friends Ministries
 7900 Walmsley Blvd
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Richmond Casino permanently removed



Senator Lamont Bagby & Delegate Betsy Carr

It seems like the decision to permanently remove Richmond, Virginia from the list of eligible host cities for a casino was made in response to the clear stance of the city's residents, as expressed through the voting process. Despite previous attempts to bring a casino to the area, voters rejected the proposal, prompting lawmakers to take action.

The unanimous votes in both the House of Delegates and the state Senate reflect a consensus among Virginia lawmakers to respect the wishes of some of the people of Richmond. Del. Betsy Carr and state Sen. Lamont Bagby, who proposed the bills, acted in accordance with the desires of some of their constituents.

This decision highlights the importance of community input and democratic processes in shaping local policies, particularly regarding significant developments like the establishment of a casino.

Petersburg's Casino bill returned back to General Assembly

It seems there has been a development regarding the Petersburg casino bill. When a governor sends a bill back to the General Assembly, it's usually because they have objections, concerns, or proposed changes to the legislation. This action allows the General Assembly to reconsider the bill, possibly making revisions or addressing the governor's concerns.

In the case of the Petersburg casino bill, the governor's decision to send it back indicates that there are aspects of the legislation that require further discussion or adjustment. This could relate to various factors, such as regulatory provisions, community impact, or other considerations.

The General Assembly will now have the opportunity to review the bill again, taking into account the governor's feedback, before deciding on its final form. This process reflects the checks and balances inherent in the legislative process, ensuring that proposed laws are thoroughly scrutinized and refined before enactment.



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On-site Repairs

The race for Richmond mayor seems to be heating up with a diverse range of candidates vying for the position. Here's a breakdown of the current contenders:

1. **Andreas Addison**: A current First District City Councilman and adjunct professor at the University of Virginia. He emphasizes progressive policies, sustainable growth, and meeting the basic needs of residents.
2. **Michelle Mosby**: A former City Councilwoman who served as Richmond City Council president, making her the first Black woman to hold that position. Mosby is an entrepreneur and founder of a nonprofit focused on reducing recidivism.
3. **Dr. Danny Avula**: A pediatrician and former state COVID-19 vaccine coordinator. Avula's priorities include fully funding public education, protecting reproductive freedom, and making City Hall more responsive and accountable.
4. **Maurice Neblett**: A political newcomer with a background in criminology and criminal justice. Neblett's campaign focuses on financial accountability, transparency, public safety, and education.
5. **Harrison Roday**: A former investment banking analyst and co-founder of a community development loan fund. Roday emphasizes a "public service-first mentality" and investment in people, particularly in areas like education and affordable housing.

With such a diverse pool of candidates, the upcoming mayoral election in Richmond promises to be an intriguing and closely watched affair.

The Richmond City Council race showcases a diverse array of candidates vying to represent their respective districts. Here's a summary of the current contenders:

1st District:

- **Zac Walker**: Advocates for preserving Richmond's uniqueness and focuses on effective city management, education, smart development, and creating a pedestrian-friendly city.

2nd District:

- **Katherine Jordan**: Running unopposed for a second term, highlights include work on climate initiatives, education, and opposition to casino proposals.

3rd District:

- **Kenya Gibson**: A current school board representative emphasizing economic justice, transparent decision-making, and people-first spending.
- **Ann-Frances Lambert**: Seeking reelection, her priorities include economic development and transparency in decision-making.
- **Maria Carra Rose**: An activist and organizer emphasizing the need for change and potential realization in the district.

4th District:

- **Sarah Abubaker**: Focuses on community engagement, education, and improving quality of life.
- **Garrett Sawyer**: Transitioned from mayoral to council candidacy, with a focus on leadership and community involvement.

5th District:

- **Stephanie Lynch**: Incumbent since 2019, highlighting her experience and commitment to the district.

6th District:

- **Tavares Floyd**: Emphasizes community unity and advocacy, particularly post-George Floyd's death.
- **Willie Hilliard**: Advocates for systemic reforms in zoning and transportation.
- **Ellen Robertson**: An experienced council member focusing on youth, education, and senior issues.

7th District:

- **Tony Miller**: Prioritizes small businesses and community development.
- **Cynthia Newbille**: Incumbent with a background in public policy, focusing on education and community development.
- **Eric Sundberg**: Identifies as a democratic socialist, advocating for universal pre-K and addressing wealth inequality.

8th District:

- **Reva Trammell**: A long-serving council member supporting economic development initiatives like casino projects.

9th District:

- **Nicole Jones**: Recently appointed to the council, continuing the work of her predecessor in representing the district's interests.

Each candidate brings a unique perspective and set of priorities to their respective races, reflecting the diversity of Richmond's communities and the challenges they face.



What!



Delegate Mike Jones

It's disheartening to hear about the distressing situation involving Del. Mike Jones and his wife, June Jones, as they navigate allegations of domestic abuse and harassment. The court's decision not to extend the temporary protection order adds another layer of complexity to an already difficult situation.

June Jones' testimony detailing her experiences of alleged emotional distress and physical altercation is deeply concerning, as is her assertion that she felt compelled to seek legal protection. On the other hand, Mike Jones' testimony alleging infidelity and past instances of self-harm by his wife paints a troubling picture of their relationship dynamics.

The recording played during the hearing, purportedly depicting a tense conversation between the couple, underscores the gravity of the situation and the emotional turmoil involved.

It's crucial for all parties involved to receive appropriate support and guidance as they navigate this challenging ordeal. Additionally, it's essential for the court to thoroughly evaluate all evidence and testimonies presented to ensure that justice is served and the safety and well-being of all individuals involved are prioritized.

Pastor J.D. Jakes

It's distressing to hear about the troubling allegations surrounding Sean "Diddy" Combs and the legal challenges he's facing, particularly regarding sex abuse and trafficking. Such accusations can have significant repercussions, not only legally but also on one's reputation and public image.

The involvement of prominent figures like Bishop T.D. Jakes adds another layer of complexity to the situation. While there have been claims suggesting ties between Combs and Jakes, it's important to note that there haven't been any public allegations of Jakes' direct involvement in Combs' alleged crimes. Additionally, Jakes and his representatives have vehemently denied any such claims, emphasizing their falsity.

It's critical to approach such allegations with care, ensuring due process and fairness for all parties involved. As the legal proceedings unfold and investigations continue, it's essential to uphold principles of justice and accountability.

Sean Combs aka P. Diddy



The recent developments surrounding Sean "Diddy" Combs are deeply concerning and have raised serious questions about potential charges he may face. The raids on his properties by federal investigators, reportedly part of an ongoing sex trafficking investigation, have added to the mounting legal challenges Combs is currently facing.

The seizure of firearms and phones belonging to Combs, along with the reported widening of the probe to include potential witness intimidation, sexual assault, and firearms violations, highlight the seriousness of the situation. The handcuffing of Combs' sons during the raid, as well as allegations of excessive force by law enforcement, have further intensified the controversy surrounding the case.

The allegations made against Combs in the civil lawsuits, particularly those involving sexual assault, abuse, and sex trafficking, are extremely disturbing. The involvement of singer Cassie Ventura, who settled her lawsuit with Combs but reportedly collaborated with federal investigators, underscores the gravity of the allegations and the potential legal ramifications.

As the investigation unfolds and more details emerge, it's essential for due process to be followed, ensuring that all allegations are thoroughly investigated and justice is served for any victims involved.



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PRESTON BROWN BRINGS GOSPEL MUSIC TO RICHMOND TV

THE BIBLE ADDRESSES THE CONCEPT OF FAITH WITHOUT ACTION IN SEVERAL PASSAGES, EMPHASIZING THE IMPORTANCE OF COMBINING FAITH WITH DEEDS OR ACTIONS. ONE NOTABLE PASSAGE IS FOUND IN THE BOOK OF JAMES IN THE NEW TESTAMENT, SPECIFICALLY JAMES 2:14-17 (NIV):

"WHAT GOOD IS IT, MY BROTHERS AND SISTERS, IF SOMEONE CLAIMS TO HAVE FAITH BUT HAS NO DEEDS? CAN SUCH FAITH SAVE THEM? SUPPOSE A BROTHER OR A SISTER IS WITHOUT CLOTHES AND DAILY FOOD. IF ONE OF YOU SAYS TO THEM, 'GO IN PEACE; KEEP WARM AND WELL FED,' BUT DOES NOTHING ABOUT THEIR PHYSICAL NEEDS, WHAT GOOD IS IT? IN THE SAME WAY, FAITH BY ITSELF, IF IT IS NOT ACCOMPANIED BY ACTION, IS DEAD."

THIS PASSAGE EMPHASIZES THAT TRUE FAITH IS DEMONSTRATED THROUGH ACTIONS THAT ALIGN WITH ONE'S BELIEFS. MERE VERBAL PROFESSIONS OF FAITH ARE INSUFFICIENT IF THEY ARE NOT ACCOMPANIED BY TANGIBLE EXPRESSIONS OF LOVE, COMPASSION, AND SERVICE TO OTHERS.

ADDITIONALLY, IN THE BOOK OF HEBREWS 11, OFTEN REFERRED TO AS THE "FAITH CHAPTER," VARIOUS EXAMPLES ARE GIVEN OF INDIVIDUALS WHO DEMONSTRATED THEIR FAITH THROUGH ACTION. FOR INSTANCE, NOAH BUILT AN ARK IN OBEDIENCE TO GOD'S COMMAND, ABRAHAM JOURNEYED TO A LAND GOD PROMISED HIM, AND MOSES LED THE ISRAELITES OUT OF EGYPT.

OVERALL, THESE PASSAGES HIGHLIGHT THE BIBLICAL TEACHING THAT GENUINE FAITH NATURALLY PRODUCES ACTIONS THAT REFLECT ONE'S BELIEFS AND COMMITMENT TO GOD. FAITH AND ACTION ARE INTERTWINED COMPONENTS OF A VIBRANT AND LIVING RELATIONSHIP WITH GOD.



SATURDAY MORNING GOSPEL TRAIN

Preston Brown's initiative to start a Gospel music TV show on CW Richmond is a commendable effort to address a perceived gap in the local music scene. By providing a platform for traditional gospel and quartet music, Brown aims to cater to an audience that may feel underserved by mainstream radio stations focused on younger Christian demographics.

Featuring both local and national groups, as well as community-focused segments like the community calendar and prayer list for the sick and shut-in, the show promises to be a valuable addition to Richmond's media landscape.

Brown's track record of community involvement, including his previous roles as a candidate for Virginia Senate and House of Delegates, radio station owner, and recipient of honors such as an honorary street designation and visionary of the year award, speaks to his dedication to serving the community.

It's admirable that Brown funds the show himself and is open to donations and advertising to cover operating costs. His commitment to giving back any excess funds demonstrates his altruistic intentions and desire to support the community through this endeavor.

**Tune in to the Saturday Morning Gospel Train TV Show
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Reduce Cancer Risk

Maintaining a diet rich in antioxidants may help reduce the risk of developing cancer by protecting cells from damage caused by free radicals. Free radicals are unstable molecules that can cause oxidative stress and damage to DNA, increasing the risk of cancer. Antioxidants help neutralize these free radicals, thus lowering the likelihood of cancer development.

Many plant-based foods contain phytochemicals that act as antioxidants, including beta carotene, lycopene, and vitamins A, C, and E. Examples of antioxidant-rich foods include berries (such as blueberries and raspberries), dark leafy greens, pumpkin, carrots, nuts, and seeds.

While laboratory and animal studies have shown promising results linking certain antioxidants to a reduced incidence of cancer, human trials have been inconclusive. Therefore, it's essential for individuals to obtain antioxidants from whole foods rather than relying on dietary supplements. Additionally, it's crucial to maintain a balanced diet and consult with healthcare professionals before making any significant dietary changes or incorporating supplements.

Furthermore, maintaining a moderate weight is important for reducing the risk of cancer, as obesity is associated with a higher likelihood of developing cancer and poorer outcomes. Research has shown that diets rich in fruits and vegetables can reduce the risk of upper gastrointestinal tract cancers, colorectal cancer, and liver cancer, emphasizing the importance of incorporating these foods into one's diet for overall health and cancer prevention.



Heart Health

Heart disease remains a significant health concern in the United States, with high blood pressure emerging as a growing issue contributing to cardiovascular problems. Lifestyle changes, including dietary modifications, play a crucial role in preventing heart disease and maintaining heart health.

The DASH diet, recommended by the American Heart Association, emphasizes the consumption of heart-healthy foods such as vegetables, fruits, whole grains, lean proteins, and low-fat dairy products. It also advises limiting the intake of saturated and trans fats, as well as foods and beverages with added sugars.

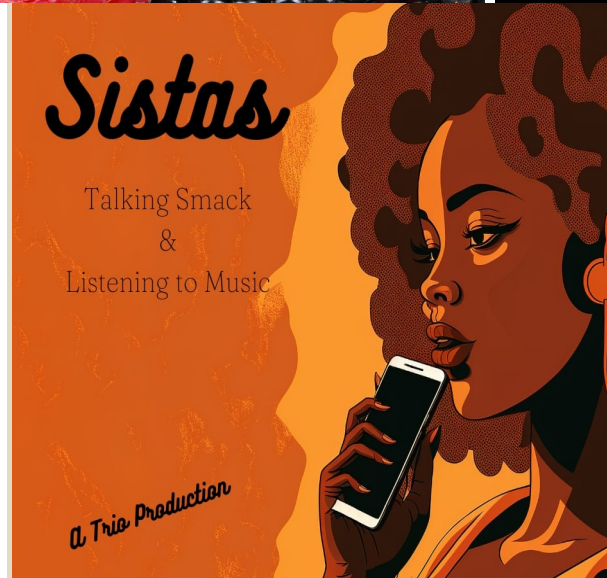
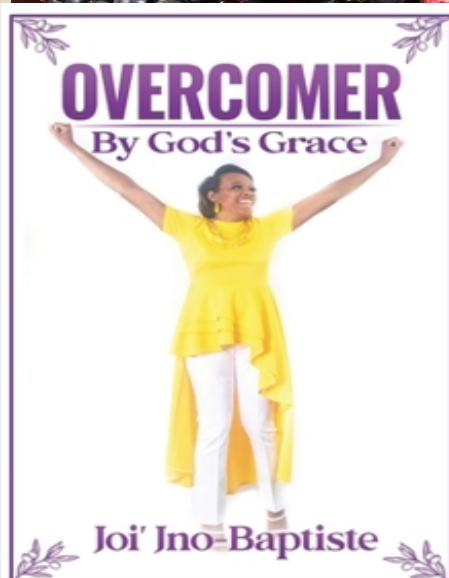
By following the principles of the DASH diet and making other lifestyle adjustments, individuals can reduce their risk of developing high blood pressure and other cardiovascular conditions. These changes may include increasing physical activity levels, managing stress, maintaining a healthy weight, and avoiding tobacco use.

Taking proactive steps to adopt a heart-healthy lifestyle can significantly lower the risk of heart disease and improve overall well-being. It's essential for individuals to consult with healthcare professionals for personalized guidance and support in implementing these changes.



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Supporting Black-owned businesses is crucial for various reasons:

- 1. Economic empowerment:** By patronizing Black-owned businesses, you contribute to the economic empowerment of the Black community. This helps create jobs, foster entrepreneurship, and stimulate economic growth within Black neighborhoods.
- 2. Community development:** Black-owned businesses often serve as anchors within their communities, providing essential goods and services, supporting local initiatives, and reinvesting profits back into the community. Supporting these businesses strengthens the social fabric and overall well-being of the community.
- 3. Representation and pride:** Supporting Black-owned businesses promotes representation and visibility for Black entrepreneurs and professionals. It instills a sense of pride and identity within the community and inspires future generations to pursue their entrepreneurial dreams.
- 4. Combatting systemic racism:** Systemic barriers such as lack of access to capital, discriminatory practices, and limited opportunities have historically disadvantaged Black-owned businesses. Supporting these businesses helps combat systemic racism by leveling the playing field and promoting equity and inclusion in the business world.
- 5. Diversity and innovation:** Embracing diversity in business ownership fosters creativity, innovation, and diverse perspectives. By supporting Black-owned businesses, you contribute to a more vibrant and dynamic business ecosystem that benefits everyone.

Overall, supporting Black-owned businesses is not only a form of economic activism but also a tangible way to promote social justice, equality, and empowerment within society.

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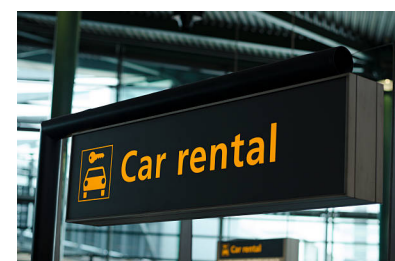
How to support Black Businesses

Absolutely, supporting Black-owned businesses is essential for fostering economic empowerment and community development. Here are a few more ideas on how to support Black businesses:

- 1. Attend events and markets:** Look for local events, markets, and pop-up shops that feature Black-owned businesses. Attend these events to discover new products, services, and entrepreneurs in your community.
- 2. Collaborate and partner:** Consider collaborating with Black-owned businesses for events, projects, or joint ventures. By partnering with these businesses, you can help amplify their reach and visibility.
- 3. Advocate for inclusion:** Encourage local businesses, organizations, and institutions to prioritize diversity and inclusion in their procurement processes, supplier networks, and hiring practices. Advocate for policies that support equitable opportunities for Black-owned businesses.
- 4. Mentorship and support:** Offer mentorship, guidance, and support to aspiring Black entrepreneurs and business owners. Share your knowledge, resources, and experiences to help them navigate the challenges of entrepreneurship and achieve success.
- 5. Provide feedback and reviews:** Share your positive experiences with Black-owned businesses by providing feedback, reviews, and testimonials. Positive reviews can help boost their reputation and attract more customers.

Remember, every dollar spent at a Black-owned business makes a difference and contributes to building a more inclusive and equitable society. By actively supporting Black-owned businesses, you play a vital role in promoting economic empowerment, social justice, and community resilience.

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It's time to speak up



It's understandable why people are frustrated with the added fees to their Dominion Energy bills, especially when they face financial challenges and have to make difficult choices between necessities like food and electricity. These fees, which cover various aspects of Dominion Energy's business operations, can indeed place a burden on households, particularly for senior citizens and those on fixed incomes.

It's essential for utility companies like Dominion Energy to balance their operational expenses while ensuring that energy remains affordable and accessible for all customers. While some fees may be necessary to cover the costs of maintaining and improving infrastructure, it's important for utility companies and policymakers to consider the impact on customers, particularly those who may be more vulnerable to increases in utility costs.

Advocating for transparency, fairness, and affordability in utility pricing is crucial. Customers should have a clear understanding of what they are being charged for and have avenues for recourse if they feel that fees are excessive or unjustified. Additionally, policymakers should explore ways to mitigate the financial burden of utility costs on households, especially for low-income and vulnerable populations.

Efforts to address rising utility costs may include implementing assistance programs for low-income customers, promoting energy efficiency initiatives, and exploring alternative energy options that can help reduce overall energy expenses. Collaborative efforts between utility companies, policymakers, advocacy groups, and community members are essential to finding sustainable solutions that ensure affordable and equitable access to energy for all.

This don't make sense

Explanation of Bill Detail	
Customer Service	1-866-DOM-HELP (1-866-366-4357)
Previous Balance	702.76
Payment Received	614.76CR
Balance Forward	88.00
<i>Residential (Schedule 1)</i>	<i>03/06-04/04</i>
Distribution Service	87.46
Electricity Supply Svc (ESS)	
Generation	113.33
Transmission	52.05
Fuel	95.48
Rider RGGI Regional GHG Initiative	14.78
Non-Bypassable Charges	
Rider CE Clean Energy Projects	5.67
Rider RPS Renewable Energy Pgm	4.40
Rider CCR Coal Ash Closure	7.94
Rider OSW Off-shore Wind	15.82
Rider PPA Power Purchase Agreement	0.97CR
Rider PIPP Universal Service Fee	2.44
Deferred Fuel Cost Charge	10.30
Sales and Use Surcharge	2.81
Deposit Installment	86.00
State/Local Consumption Tax	4.75
Henrico County Utility Tax	1.00
Total Current Charges	503.26
Total Account Balance	591.26

To better understand how your bill is calculated, visit www.dominionenergy.com/yourbill.

It's frustrating when concerns about added fees from utility companies like Dominion Energy aren't being adequately addressed by lawmakers. Rising utility costs can have a significant impact on households, particularly for those already facing financial challenges.

If you feel that your concerns aren't being heard, there are several steps you can take to advocate for change:

1. Contact your representatives: Reach out to your local representatives, including city council members, state legislators, and members of Congress. Express your concerns about rising utility fees and urge them to take action to address the issue.

2. Join advocacy groups: Look for advocacy groups or community organizations that are working on energy affordability issues. By joining forces with others who share your concerns, you can amplify your voice and increase pressure on policymakers to take action.

3. Attend public meetings: Attend public meetings, hearings, or town hall events where utility issues are being discussed. Use these opportunities to share your experiences and concerns directly with policymakers and other community members.

4. Raise awareness: Use social media, local newspapers, and other platforms to raise awareness about the impact of rising utility fees on households in your community. Encourage others to speak out and advocate for change.

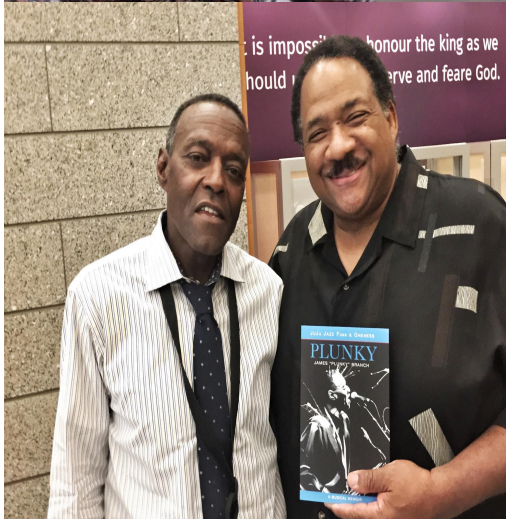
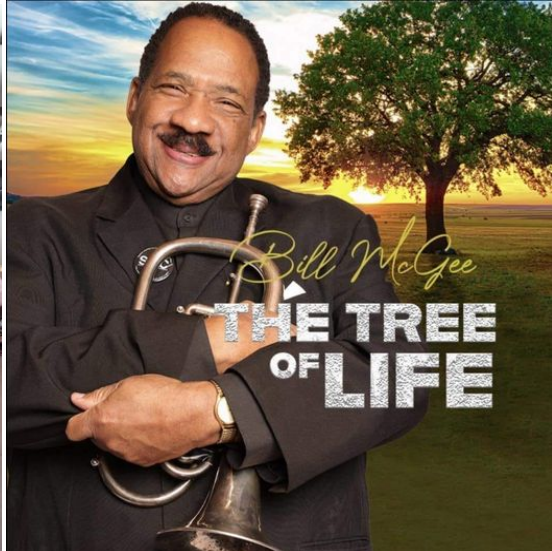
5. Explore alternative energy options: Consider exploring alternative energy options, such as solar power or energy efficiency measures, to reduce your reliance on traditional utility companies and lower your energy costs.

Remember that change often takes time and persistence, but by speaking out and advocating for your interests, you can make a difference in shaping policies that affect you and your community.



HALL OF FAME

Appreciated in the community!



More Events.....

BRUGHT TO YOU BY SENTARA

Jay Lang presents

CHURCH STREET JAZZ SERIES

2023-2024

SATURDAY MAY 4

PIECES OF A DREAM

HARRISON OPERA HOUSE

Virginia Health Services

CONCERT SERIES AT PORT WARWICK

Wed - May 29th 6pm

Blues Showcase

Toe Tappin' Finger Poppin' Hip Shakin' Blues

You Never Know What's Gonna Happen at a Bobby BlackHat Show!

Featuring

Bobby BlackHat Band

Fade to Blue

46TH ANNIVERSARY CELEBRATION

April 28th At Rehoboth AME

THE NORFOLKAIRES

presents

DINNER & CONCERT

REHOBOTH AME (MEMBER OF THE SPIRITUAL COUNSEL)

NORFOLKAIRES DINNER & CONCERT

SUNDAY APRIL 28, 2024

DINNER 5PM CONCERT 8PM

1402 NEELE ROAD CHEAPEAKE, VA 23544

DOORS OPEN FOR DINNER 1PM

CONCERT 8PM

TICKETS \$25

FOR TICKETS CONTACT TOMI COFIELD AT 757-237-1703

FOR VENDOR INFO (SPONSOR TABLES) CONTACT SHARLENE PERRY AT 757-295-8477