

VOICES

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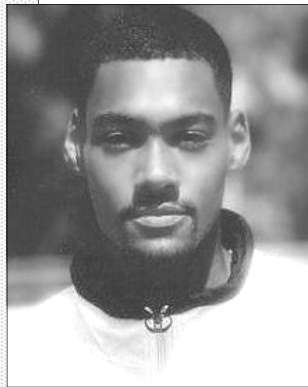
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Jamie Nieto: Making The Jump Into Stardom

By Derrell G. Owens



Portrait of Olympian high jumper— Jamie Nieto

If you were like me and millions of other Americans who were glued to their television sets during the 2004 Olympic Games you may have gotten a glimpse of Jamie Nieto as he competed in the high jump. Nieto, a graduate of

Eastern Michigan University and one of only three African American high jumpers in the Olympic finals, placed 4th with a jump of 7'8". Nieto developed his interest in the sport when he was sixteen and a high school friend encouraged him to give the high jump a try. Though some family and friends tried to persuade him to use his degree to get a job, Nieto was focused on his dreams. "Being an Olympian was a dream and I wasn't going to let anyone deter me from that. I cannot let others live my life and I can't live my life for others. I have to live my life for me. I don't want to look back years from now and be disappointed because I didn't follow my

The Spoken Word

"I don't believe it's easy to be what you want in life. No, its not easy, but if it's something that you want, something that you *really* want; (that you) want bad enough to work hard to get it...then

chances are you will. And never, ever be afraid to dream."

— Al Sanders, Baltimore News Anchor & Journalist



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AGBM Spotlight: Kelvin Lassiter

Kevin Lassiter is a motivational speaker and author of "May The Force Be With You: Learning How To Achieve Goals and Dreams Successfully." Recently AGBM had the opportunity to speak with the author and motivational

speaker about his book, young males and achieving your dreams.

AGBM: You have written a very interesting book. What inspired you to write the book?

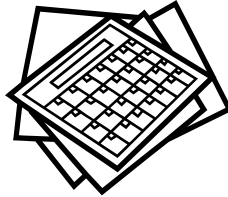
Sponsors needed for the 2005 Legacy of Excellence Awards Celebration. Call us at 410-637-5451 to support this vital initiative.

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Upcoming Community Events

Baltimore hosts fourth annual parade commemorating birthday of Dr. Reverend Martin Luther King, Jr.

The birthday of Nobel Peace Prize Winner and Civil Rights Leader Dr. Reverend Martin Luther King, Jr. will be commemorated on Monday, 17 January 2005 when Baltimore hosts its fourth annual celebration parade. For further information, contact the Baltimore Office of Promotion & The Arts at 7 East Redwood Street, Suite 500, Baltimore, MD 21202, Telephone: 410-752-8632,



Facsimile: 410-385-0361.

NATIONAL MEN'S HEALTH WEEK 2005

It is designed to increase awareness about Men's health problems -- many of which are preventable. For further information about Men's Health Week activities, contact: Men's Health Week Promotions, P.O. Box 75972, Washington, D.C. 20013, telephone: 202-543-6461 extension 101, facsimile: 202-543-2727, email: info@menshealthweek.org

For The Health Of It

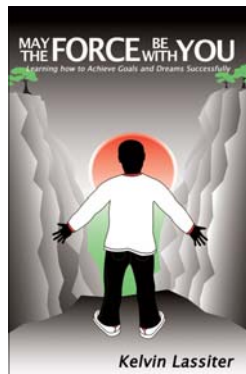
African Americans develop high blood pressure more often than whites, and it tends to occur earlier and be more severe. In fact, 35 percent of African Americans suffer from high blood pressure, which accounts for 20 percent of deaths among blacks in the U.S., twice the figure for whites. The higher (systolic) number represents the pressure while the heart is beating. The lower (diastolic) number represents the pressure when the heart is resting between beats. A normal blood pressure for adults should be less than 140/90. A systolic pressure of 130 to 139 or a diastolic pressure of 85 to 89 should be watched carefully. A blood pressure reading equal to or greater than 140 (systolic) over 90 (diastolic) is considered high. Source: www.allaboutblackhealth.com



Spotlight on Kelvin Lassiter

Spotlight on Lassiter continued —

KL: I get asked that question a lot. I like to speak to the masses. I want to change lives. Everyone has a story to tell. I want to touch people and encourage them. I want to inspire others to believe they can achieve their goals. Their goals are attainable. More importantly, I want to lead others to Christ and encourage them to live for God.



AGBM: Writing a book is a major accomplishment. With so many "dream stealers" out there how did you overcome those who would try to convince you it couldn't be done?

KL: Man, so many times people are like crabs in a barrel. They just keep stepping

on each other and try to pull each other to the bottom of the barrel. Many people doubted me at first, but I kept my faith and I stayed focused. I believed in myself. When the book came out people knew that I was serious. AGBM: And now that you are a published author how do people treat you?

KL: People want to put me on a pedestal now, but it's not about that. I haven't changed nor will I allow it to change me. I thank God for my successes and accomplishments, but I am still humble. God has sent people my way. I mean, good people. People that support me and believe in me and they aren't always family or friends. God brings the right people into your life at the right time...

See the complete interview online in the Feb. edition of www.agoodblackman.com

This quarters' featured Barber Shop is Alexander's Barbershop & Salon. The shop is located at 6900 Dogwood Road, Suite C, Windsor Mill Road in Baltimore, Maryland 21244. Owners Keith & Felicia Alexander manage the exceptionally clean and welcoming shop. Schedule an appointment by calling (410) 597-9030. To submit your shop contact us at 410-637-5451



AGBM Talking Shop

Make YOUR Voice Heard



Ads and sponsorship opportunities are now available for the 2005 Legacy of Excellence Awards Celebration and Souvenir Program Journal. Email us at info@agoodblackman.com or call us today at 410-637-5451 for current ad sizes and rates. Hurry, space is limited.

Help Wanted

Volunteers, camp counselors and teachers are needed to assist with the Legacy of Excellence workshops and camp for African American male youth (11-14 years). To apply, send your emails to

info@agoodblackman.com.

Making The Jump Into Stardom

Making the Jump Into Stardom continued:
dreams."

Nieto may not have time to look back. He trains three to four hours a day and travels frequently. His upcoming schedule will require him to travel to places such as Kansas, Portland, Hawaii, Michigan, San Diego, Europe and Boston. Though he enjoys the opportunity to travel, Nieto admits there are personal sacrifices. "So much of my time is spent training and traveling which doesn't allow me much time to hang with friends." However, Nieto looks ahead with enthusiasm, "I plan to participate in the 2008 Olympic Games, but for now I'm focusing on the 2005 World Games which will be held in Finland."

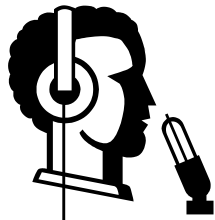
Nieto, who turned 28 in November, has overcome many professional and personal obstacles, but he boldly confesses his personal relationship with God has given him the inner strength to believe in himself and achieve his goals. "Things happen to distract you, but I am able to keep my mind on God. I have learned to put more faith

in Him instead of myself. I'm not going to let the devil keep me from what God has for me."

Nieto is not only an Olympian. He is a mature, spiritually grounded, pleasant and caring young man. His desire to give back to the community is evident in his work with kids. "I love to give back to the community and I love to work with kids." Nieto speaks at many community service clinics and works with organizations that help young men and their fathers strengthen their relationships and relate to each other. "I love being around kids and I love when they ask me funny questions like, 'Can you jump over me?'"

Nieto is definitely making his mark in the athletic arena and quickly building fans. To those young men and women who are hopeful to someday reach the Olympics, Nieto offers this advice. "Stick with it. Stay optimistic. Believe in yourself and don't let anyone discourage you." Read more about Jamie. Visit his website at:

<http://www.jamienieto.com>.



AGBM Positive Airwaves

Makes Me Wanna Holla Youth Talk Radio Show hosted by Farajii Muhammad 2nd & 4th Saturday of every month (WBGR 860 AM Radio) <http://www.nllc.org/youthreport>

AGBM Money Matters



A poll taken by *Kiplinger* in March 2004 reported that almost 30% of workers say that they haven't saved a dime for retirement. This is an alarming statistic because every eight seconds a baby boomer turns 50 as reported by *Money*, July 2004. So how much money do people need to save for a comfortable Retirement? To retire com-

fortably at age 65, average 30-year-olds with NO savings would need to set aside roughly 9% of their salary. For 40-year-olds with NO savings: they would need to set aside approximately 16% of their salary each year. For a 50-year-old with NO savings, more than a third of their salary (35%) would have to go towards retirement each year for 10 years.



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BLACK HISTORY FACT: Benjamin Banneker, born in Ellicott Mills, MD was a noted scientist and inventor. At the age of twenty-one, he met a man named Josef Levi who showed him a pocket watch. Banneker was so fascinated that Levi gave him the watch. Banneker studied how it worked, drew a picture of it, and made mathematical calculations for the parts. He worked on building the clock for two years. In 1753, it was completed. It was made of wood and he had carved the gears by hand. This was the first clock built in the United States. For more than forty years, the clock struck every hour.



Benjamin Banneker

VOICES

Bits & Bytes: Online Resources

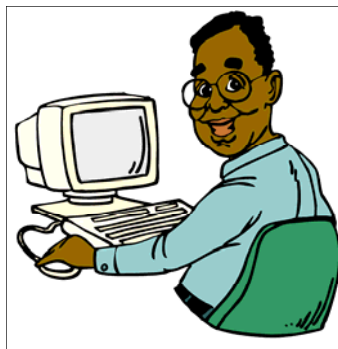
Daddy Universe City (www.daddyuniv.com)

Daddy Universe City is dedicated to helping all fathers appreciate themselves and the responsibility of fatherhood. "We cater to soon to be fathers, new fathers, existing fathers, and second time parents. As Our goal is simply, to heal the world one father and child at a time. Our plan is to use all available resources to create a one-stop site for fatherhood. By helping them understand the importance their role has on the future of children throughout the world."

BlackandChristian.com (www.blackandChristian.com)

The web site www.BlackandChristian.com, is an online community for people of African descent and others in-

terested in the African and African American Christian experience. At www.BlackandChristian.com, we are your one stop resource for inspiration and information, as we spread the gospel message of Jesus Christ.



The Universal Black Pages (www.upb.com)

The primary purpose of the UBP is to maintain a comprehensive listing of African-Diaspora-related Web pages at a central site. A secondary purpose of the UBP is to encourage development of categories and topics which are not currently available. The UBP facilitates this development by serving as a resource by which one can avoid duplication of effort.