

Digital Magazine



*By any beans  
necessary is brewing  
with  
passion and purpose*

*Called to Serve*  
**Dr. Nicole B.  
Simpson, CFP®**

*Race After Technology*  
**Dr. Ruha Benjamin**

*Mindfulness is the  
solution*

**Khadijah Muhammad,  
MSEd, MSW, RYT**



Cynthia  
Ajani

Khea  
Pollard

**Why I M  
Here**

## SERVING THEIR "WHY"



Elizabeth  
McSwain



Mitchell  
Slade

Beverly  
Allen

NATIONAL READING MONTH



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Transforming lives through  
education, experiences, and  
exposure.

*Passion Purpose Excellence*



# Welcome to

# *On the Verge*

Welcome to ***On the Verge (OTV)***, a digital publication dedicated to promoting purpose-driven individuals and organizations; and providing content and resources to guide your personal, professional and business development. Our goal is to provide content and resources that inspires and instructs you. Our objective is to bring you to the edge, but it is up to you to take the leap.

**OTV** serves as one of our media communications channels for **I M** entities including **I M Possible (I M)**, **I M Cooperative (I M C)**, and **I M**

**University (I M U)**. These entities encompass a portfolio of over **80 brands comprised of businesses, products, services, media channels and events to elevate the performance of individuals, organizations, communities, and the environment. I M** entities form a strategic alliance, leveraging their core competencies to deliver integrated, holistic, robust solutions for personal, professional and business development.

**I M** an ecosystem of ***betterment***.

*Don't mask your fear as being practical.  
Darin C. Wright*

**THEME:** *Called to Serve*

2020-001

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I M | 2





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**I M transforming lives through  
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**Our mission:** To transform lives through education, exposure, and experiences.

**Our vision:** To become the largest single source of personal, professional, and business development resources, services, products, and events.



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## *A note about where we find ourselves*

We find ourselves in a totally different place than when I started this issue of OTV which moved me to insert this additional note.

I hope you and your family are healthy and well and been able to sustain an overall sense of well-being. I extend my condolences to those who have been greatly affected by **COVID-19**.

We have no idea on the severity or length of the **COVID-19** impact or its aftermath. One thing for certain is that to weather this storm we must assist each other in navigating these uncharted waters.

It is apropos that the theme of this issue is “Called to Serve” because times like these demand that we “serve” in every way we can. The contributing articles from Dr. Nicole B. Simpson, and Khadijah Muhammad are even more valuable at this time. I am humbly grateful for their contribution.

In the era of *physical distancing*, we must become diligent in strengthening our social connections and tightening our circles in spirit, kindness, compassion, and support. We accomplish this by making time to regularly check on family, friends, neighbors with a call, an email, or even a text message. Teach or learn how to Facetime or use other technologies to see each other! Several years ago, I started doing text-messaging **roll calls** with friends and family if I had not spoken to them in some time.

Help others when and where you can. On your trips to the store, see if anyone in your circles needs anything. Don't let fear lead you to hoarding because doing so means that





someone else will go without. If you have an abundance of an item be willing to share with someone who may be in need. Most importantly share valuable and reputable information and knowledge! We will begin contributing by launching our **I M Here To Share** portal ([IMhere.IMpossiblemall.com](http://IMhere.IMpossiblemall.com)) for sharing pertinent information regarding opportunities and resources such as employment, education, financial assistance, etc.; and we have expanded our **Go & Grow** campaign to include free and low-cost online classes to encourage people to cultivate your growth and to connected with others; and working on launching a podcast as another channel for sharing knowledge.



As we transition through this experience, let's hope, pray, and meditate that maybe, just maybe this experience will elevate the consciousness of many to a level of understanding the concept of "oneness" that moves us toward solidarity, compassion, and embracing humanity.

One other thing for certain is that life will be different on the other side of this experience.

*Love yourself enough to want better for you.  
Love your family enough to want better for them.*

*Darin*



**Mantra: I AM picking up the pace!**

*As the world is coming to a schreeching halt, you should be picking up the pace.*

*This situation is upon us and it is somber. We missed the opportunity to avoid or outrun it therefore we must accept the reality of the circumstances. We must confront it head on to survive and succeed.*

*Time to pick up the pace!*

*Do not get lulled into a state of despair. Pay attention to all that is occurring. Some people will find opportunities in this chaos while others will fall behind. Doing nothing is not an option.*



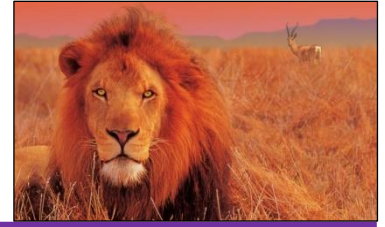
*Take this time to reassess, reset, and pivot in the direction of where and who you want to be when this chaos resides. Wasting time is not an option.*

*If you are in a vulnerable group due to health, lack of skills, economics then use this time to work on improving these situations. Work on finding your purpose or a purpose. Read, learn. Inspire a purpose-driven team. Create solutions. Simply talking about the situation is not an option.*

*Every crisis leads to change or transformation. If this global pandemic does not change or transform you, your priorities, how you live, or how you do business in some way then you are taking it too casually. Change and transformation bring opportunities. Are you galvanizing your resources (knowledge, skills, abilities, associates, etc.) to pursue an opportunity to make a difference, to start a community project, or to build a business? Doing nothing is not an option.*

*Use this time wisely and strategically. While the world slows down, you should be picking up the pace!*





## *From I M Founder*

### **A Common Purpose**

Welcome to the first On the Verge (OTV) issue of 2020! OTV continues to bring you people pursuing or living their passion and purpose. Our quest is to spotlight excellence and to celebrate greatness but not just from the traditional perspective of recognizing illustrious achievements or notoriety. We choose to also shine our light on individuals who are climbing their first mountain or a subsequent one. We share our platform with those who constantly sacrifice who they are today for becoming someone greater tomorrow. We want to be there to promote those who are ***on the verge*** of their next victory.

OTV is beginning 2020 with an unflinching reach into the soul of our existence: “being called to serve”. Life is about serving others and that is an indisputable truth. How do I know this? An easy answer would be to refer to the many writings from ancient philosophers and scholars; and secular and non-secular teachings. I rather share an experiential answer. Over the years, people have shared their frustrations with me regarding their struggle to find meaning and purpose in their life. When I asked what they would like to do or be the most common answer has been, “I don’t know. I just want to help people.” Even in our frustration and uncertainty, we inherently “know or feel” that we are here for others. To help is to serve. We are not seeking happiness; we are seeking meaning and it is meaning that brings us happiness.

Beneath the emphasis on more education, more money, more space, more stuff, resides a quest for *more meaning*. Deep down in our soul we want “to march into hell for a



heavenly cause<sup>1</sup>". We want to be part of something that brings us a sense of fulfillment, contentment, and community. Some of us find it, others agonized searching for it, and others are content aimlessly wandering through life.

Finding passion, purpose and meaning in your life requires listening and learning. Most people find listening difficult and learning painful. Finding our passion which is tethered to our purpose requires listening, the oldest learning method known to mankind. We must listen not just with our ears but with our entire being or better said with our entire *feeling*. We must feel the vibrations along the path and the vibrations within us. When our inner vibrations resonate with the vibrations along our path it sets things into vibrational motion. A definition of "resonate" is *to relate harmoniously, to strike a chord* (Merriam-Webster). The African elephant with its large ears and dominant size has the sensitivity to listen to its surroundings by feeling vibrations beneath its feet. Simulate this massive creature and listen for those vibrations beneath your feet that strike a chord within you. You will not be alone as all life, animals, plants, all organisms communicate through vibrations or *vibrational language*. You may find it interesting that the two of the oldest languages, Hebrew and Sanskrit are considered vibrational languages.

Listen and feel, and you will be led to what you need to learn to fulfill your purpose. Discard your ego as it does not listen. Discard critics as they only interject unneeded noise.

We feel our purpose before we know our purpose. You can ignore the feeling, but you cannot deny its existence. Once you find or feel close to finding your purpose, ask

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<sup>1</sup> The Impossible Dream (The Quest) from Broadway musical *Man of La Mancha* written by Joe Darion, composed by Mitch Leigh



yourself “Why do I want to do this?” It is likely your answer will have some aspect of serving others.

In this issue you will meet phenomenal women who answered ***the call to serve*** in their own way. Some of them I have known for decades, some for a shorter period; some I have recently met; some I only know virtually; and others I have only read about. One commonality is they are all determined to make a positive difference in this world. I am honored to feature them in this issue of *On the Verge*.

*Darin*

*Celebrate Women’s History Month 2020  
by recognizing women who are writing  
herstory!*





Celebrate **National Reading Month (March)** and promote environmentally friendly education by participating in our **Go & Grow -Read to Succeed Challenge**. Invest in your own growth while supporting education, economics, and the environment initiatives.



**Go & Grow - Read to Succeed Challenge**

- Buy 3 personal or professional development books from Field of Dreams
- Receive a free reusable tote bag
- Field of Dreams donates a plant to a participating school/class with your name to inspire students to learn about plants and healthy eating
- Field of Dreams donates \$1 per book to I M University non-profit to support social, economic and environmental sustainable initiatives
- You get to give a *Go & Grow (Meet Mac)* personalized e-book to a young reader

The more books you purchase the more you grow, the more young learners grow, and the more the garden grows!

[goandgrow@inafieldofdreams.com](mailto:goandgrow@inafieldofdreams.com)

*Read to Succeed > Seeds of Greatness > Go & Grow > I M Possible*

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*Support our Economic & Environmentally Sustainable Initiative*





This is how it works for the **Reader**:

1. Purchase 3 books and receive a free reusable tote bag which is great for carrying your new books or for light shopping.
2. A plant with your name will be donated to a participating class (K-2<sup>nd</sup>) of your choice. The class must be enrolled at the time of purchase.
3. Three dollars (\$1 for each book) will be allocated from your purchase to I M University (I M U) to support social, economic, and environmentally sustainable initiatives.

This is how it works for the **Teacher/Class/School**:

1. Enroll your class in the **Go & Grow** Program (Free).
2. Assign a point of contact for the class.
3. Each child in the class (K-2<sup>nd</sup> grade) will receive a personalized electronic copy of *Go & Grow with Mac* book, the first book in our *Go & Grow* series.
4. When a Go & Grow Reader makes a purchase they could select your class as the recipient of their plant.

### **Go & Grow Objectives**

1. To encourage people to read.
2. To inspire children to learn about the environment and healthy eating.
3. To create a sustainable economic model based on everyone contributing a little for the well-being of the community.
4. To be able to have **I M U** sponsor a school class trip to a farm-to-school location to learn about the environment and healthy cooking.

**Plant seeds by purchasing and gifting books and encouraging others to do the same then watch everything grow.**

For more information: [www.inafieldofdreams.com/goandgrow](http://www.inafieldofdreams.com/goandgrow)



*The best way to not feel hopeless is to get up and do something. Don't wait for good things to happen to you. If you go out and make some good things happen, you will fill the world with hope, you will fill yourself with hope.*

**Barack Obama**

# Called to Serve

## Committed to the Call

**Dr. Nicole B. Simpson, CFP®**



The ability to live a fulfilling life is not predicated upon your economic viability or social visibility. Both objectives are self-serving, and in the best of conditions, only advance you in life, but does not yield anything fruitful in the life of others. When Harriet Tubman found herself in the place of freedom, she realized that being there alone was not what she anticipated. It was not what she desired. She recalled,

“I had crossed the line. I was free; but there was no one to welcome me to the land of freedom. I was a stranger in a strange land; and my home after all, was down in Maryland; because my father, my mother, my brothers, and sisters, and friends were there. But I was free, and they should be free.”

Harriet Tubman then went on to create the Underground Railroad with the understanding that she had the ability to serve others who may have been in hopeless environments. She embodied President Obama's sentiment that stresses the best way to not feel hopeless is to get up and do something, get up and serve. To serve allows individuals to consider the conditions of people other than themselves, offer support, provision, or help to enhance the life of those individuals. We are all called to serve and must be committed to the call.



When one is fulfilling their own dreams, seeking to fulfill their own purpose, they will undoubtedly encounter others who can serve them in the quest to succeed. Think about this for a moment. Consider your life, did you arrive at this place strictly on your own merits? Did others lend you a helping hand, some of their intellectual capital, their resources, and their influence? Did they serve you with the gifts they were endowed with to help you become a better version of yourself? My point is straightforward, while pursuing your destiny, you will have many opportunities to serve others along the way.

After my traumatic experience of surviving the World Trade Center attacks on September 11, 2001, I felt alone, isolated, left to navigate through the corridors of life without any help. There was great outpouring of help to the families of the people tragically died on that fateful day. Thereafter, the first responders received the same consideration. But there were many people who simply went to work that day and because of their presence their lives were altered forever. What about them? I was one of them. Because of my own pain, I was able to connect with others who were suffering with me. We shared a feeling of hopelessness. I needed to do something not only for myself but for others too.

I began sharing my story with anyone who listened. I shared it so much that it landed me a meeting with the Special Master responsible for allocating compensation to everyone impacted by this tragedy. This led to the Special Master hosting information sessions about government compensation for all victims, including survivors throughout the state of New York and surrounding states. By finding my way, I opened a door for others in need to be able to determine if they were eligible to file a claim. My willingness to serve and remain committed to ensuring all survivors were part of the

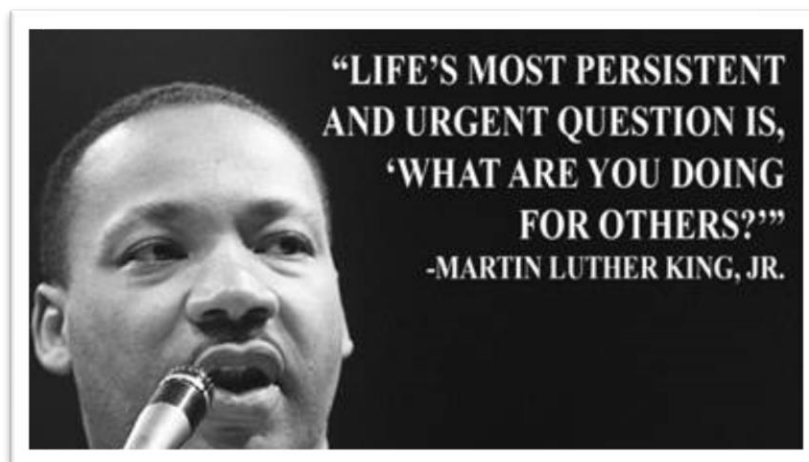


conversation helped more families obtain medical and financial support that previously was unavailable to them.

When you serve others, you create relationships and alliances that will bless you along your journey. In addition, you are being used as a vessel to bless others in moments of their greatest needs. You do not need to know the impact your small gesture of service may have, but simply be content with knowing you have done something to enhance society at large. In addition, your random act of service, that act of kindness, profoundly impacts the recipients. Everyone is in the position to help another, despite their present condition. If we remain focused on serving others, we will find there are people committed to serving us. Be committed to the call to serve!

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***nicole@nicolebsimpson.com***  
***www.nicolebsimpson.com***

*Read more about Nicole in the **Circle of Excellence** section.*







*Mindfulness is the  
solution  
to multi-tasking*

**By Khadijah Muhammad,  
MSEd, MSW, RYT (Registered Yoga Teacher)**

We all do it sometimes: texting while watching TV; sending an email while on the phone at work or during a meeting; eating while reading. Sure, it may be necessary to multi-task as a time management strategy but too much multi-tasking can overwhelm you and may even cause accidents or mistakes. I am sure you have seen videos of people texting while walking and falling or bumping into something. Ouch! Mindfulness is a healthy solution to multi-tasking and can lead to increased clarity, concentration and balance so you can live your best life.

Our mind fluctuates between the past and the future. You may notice times when you are reflecting on the past. Perhaps you feel guilty about something that you said or did. Or, you may feel disappointed about an outcome. There are times when we need to reflect on the past. This reflection can bring joy and happiness. However, if the



reflection on the past is not a pleasant experience, it can also cause feelings of regret and sorrow.

And, there are times when we need to think about the future. It is important to plan for what you need to do or say. Planning for the future with the goal of identifying what you want, or need is important. However, spending time anxiously thinking about something that may or may not happen in the future may cause unnecessary stress.



One way to live your best life is to practice mindfulness often. Mindfulness is the action of bringing your awareness into the present moment. This happens when you intentionally become aware of what is happening right now. It involves reflecting on what you are doing in the present moment and what you are feeling about what is happening. This is done with no judgement. You just notice what is.

Simple mindfulness exercises can be practiced anywhere and anytime. Mindfulness can be explored through formal meditations, guided mindfulness exercises, or simply by directing your full attention to whatever you are doing.

Mindfulness is about noticing. When you are mindful you notice the tangible things happening around you in the moment, such as colors, texture, and smells. You also notice the intangible things such as your thoughts, feelings, emotions, and reactions.

One simple way to start being more mindful in your day is to incorporate a mindful practice during meals. Choose one meal a day for a week to eat in silence. If you are not



eating alone, share this practice with the individuals with whom you are sharing a meal.

Before eating, take a deep breath and release it slowly. Notice the food you are about to eat; the color, texture, and smell. Enjoy these elements for a few seconds. Then, say a prayer or statement of gratitude for the person who prepared the meal. Make the first few sips or bites of a meal mindful by spending the first few moments in silence.

Mindful eating can help you create a new relationship with food. It can assist you in appreciating the food you are eating and its role in your nourishment. Mindful eating can help you in making healthy choices. Rushing through meals can lead you to ignore your body's signals of fullness and satisfaction, which could lead to overeating.

Mindfulness in the form of meditation can be very useful during times of stress or discomfort. Mindful meditation along with breath control can revitalize the body and calm the mind.

**Try this:** Sit quietly with your eyes close and focus on your breath with the intention of inviting calm and bringing balance in your life. Notice how the body is feeling in this moment. Notice where there may be tightness or discomfort in your body. Direct your breath to any of these areas and visualize the breath on the inhale surrounding the area. On your exhale, visualize the breath releasing the tension out of your body.





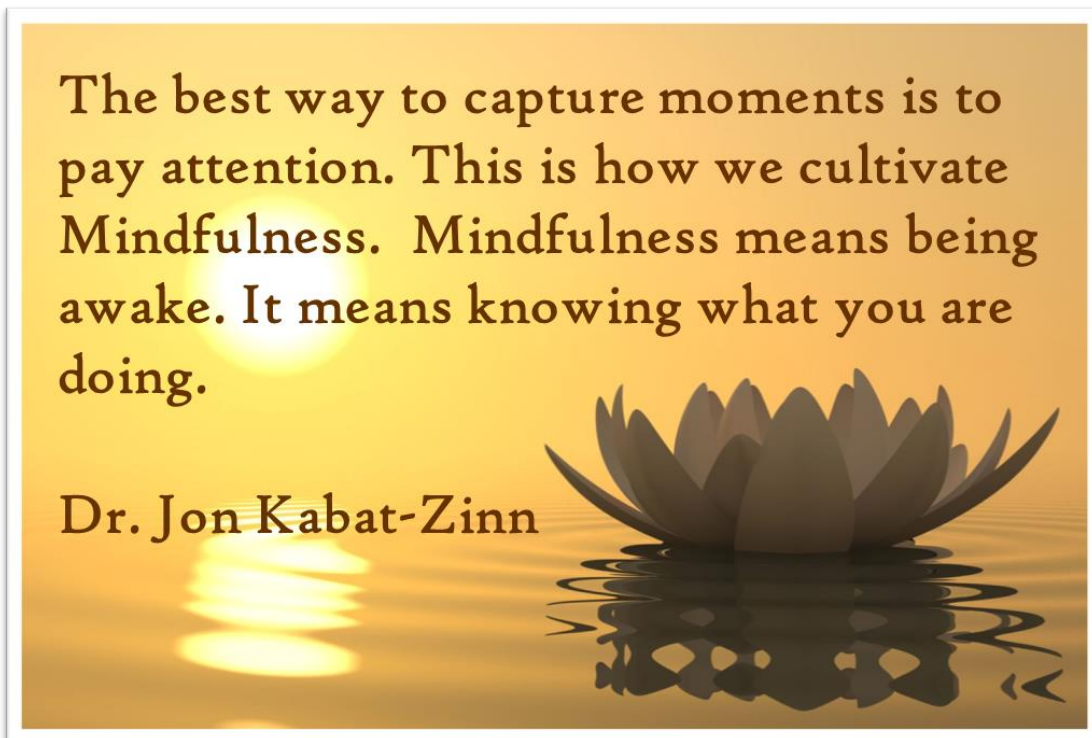
If you are unable to quiet your mind another mindfulness meditation you can do involves using the power of positive thinking. You can recite positive and encouraging words to yourself. For example, as you breathe in, say quietly to yourself, “Be here now” as you breathe out, say quietly to yourself, “I’m okay”.

Mindfulness is coming into the present moment. It is thinking and reflecting on what is happening now. Your attention can be on your thoughts, body and emotions. You can do it anywhere and at any time. It is free yet it will enrich your life.

To find out the latest on KLM Yoga visit my Facebook or Instagram page: KLM Yoga. To invite KLM Yoga to your event or for a private/group session contact via email at **KLMYoga@aol.com**. Be well!

**Khadijah Muhammad, Registered Yoga Teacher**  
**Owner of KLM Yoga ([www.klmyoga.com](http://www.klmyoga.com))**

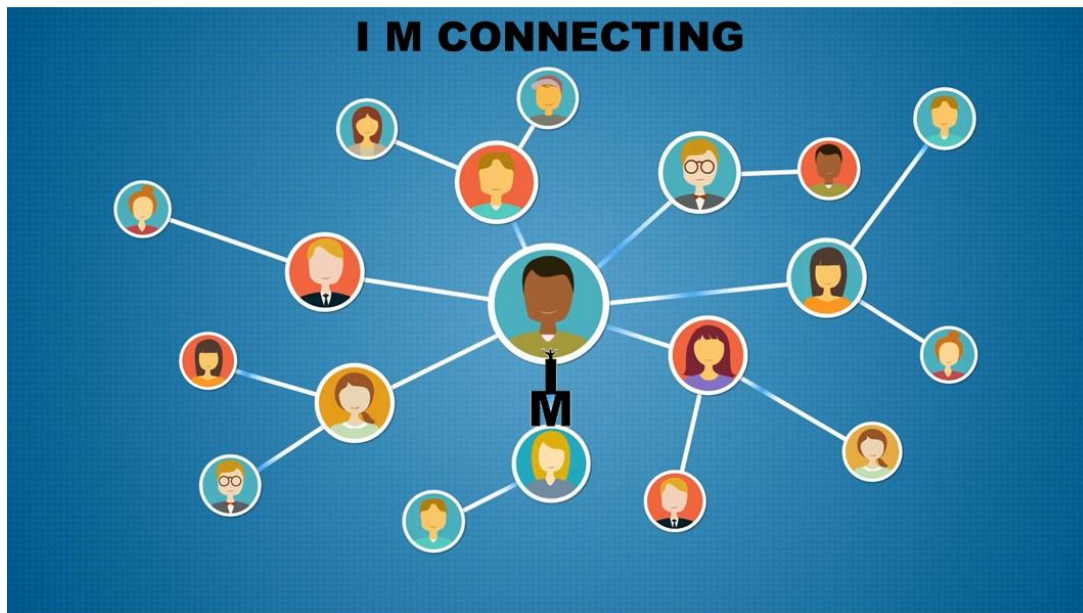
*Read more about Khadijah in the **Circle of Excellence** section.*







## *What is your continuity plan?*



### **PEOPLE THROUGH ONLINE COLLABORATIVE LEARNING**

**I M** delivering online training and one-on-one remote-tutoring at reduced tuition rates. This is our effort to assist you in your continuity plan to sharpen your existing skills and develop new ones.

**EDUCATION = ADAPTABILITY = OPPORTUNITIES**

In addition to reducing tuition rates to ease the financial strain, we want to minimize the isolation strain. Classes will be interactive and structured to encourage collaborative achievement relationship development.

This effort is part of our **I M Here** initiative. Let's work through this together.

To receive additional information on courses and tuition rates send an email to **IMhere@IMpossiblemall.com** or visit **IMhere.IMpossiblemall.com**.



**The power of purpose.** Living a life of purpose creates a legacy that lives on after we are no longer here. Our legacy can inspire those whom we never met. Malcolm X died in 1965, yet over 50 years later his legacy continues to inspire people to positively uplift communities.

Khea Pollard, Founder and CEO of **Café X: By Any Beans Necessary**, was encouraged by Malcolm's legacy to create a transformational business model that could bring together San Diego's Black community. She believes that change begins with the individual and then extends throughout a community and that to achieve real structural change requires cultural solidarity and economic strength. Her ideals are reminiscent of Malcolm's. This all culminated for Khea during her fellowship in RISE



San Diego (<http://risesandiego.org/>), a nonprofit community organization with the mission “To elevate and advance urban leadership through dialogue-based civic engagement, dynamic nonprofit partnerships, and direct training and support to increase the capacity of urban residents to effect meaningful community change.” It was there that she was inspired with the idea for **Café X: By Any Beans Necessary**, a cooperative business with an advocacy mindset.

**Café X** may appear to some to be just another coffee shop in which to sip a latte and take a solo journey through the current bestseller book, but it is much more. Located in a San Diego community, **Café X** is a homegrown coffee shop cooperative dedicated to advancing communal wealth building in communities of color, in a natural and respectful way.



It has been said that community begins with home and family and **Café X**'s leadership reflects this. It is co-owned and operated by Khea and her mother Cynthia Ajani, who together expand their sense of family and love to an entire community. They have created a business with a communal purpose and environment, allowing people from the

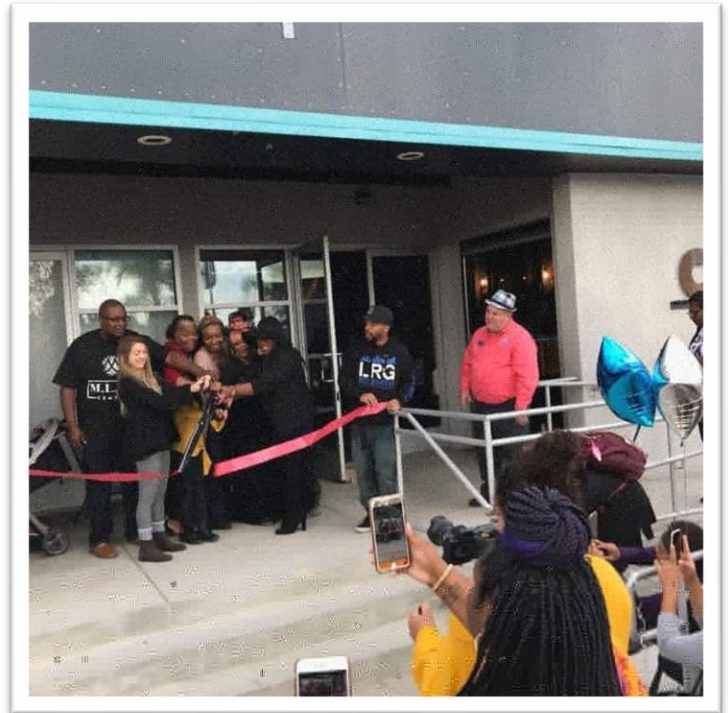
community to gather for a purpose such as book club meetings or to enjoy entertainment provided by local artists delivered by staff from the community. Like Malcolm, Khea and Cynthia are setting in motion a movement.

The following is what they shared with OTV about **Café X** and their journey.



**What do you want customers to experience when they visit Café X?** “We want people to feel proud and vulnerable when they visit **Café X**. It’s the kind of authenticity and assuredness blended that keeps us going. If we can get a little bit of that with our coffee, it’ll make a brighter day.”

**When was Café X launched?** **Café X** launched in August 2019 as a pop-up. The launching became an opportunity to announce that they had found a brick and mortar location and would be moving. **Café X** completed a soft launch and opened their doors to the public in October 2019. As Khea and Cynthia prepared for their Grand Opening they continued to do pop-up and catering events, and immediately began scheduling events at the new location. Then in December 2019, the opening at the new location became official.



**How would you describe Café X?** **Café X** has established itself as rational, mutually beneficial network with partnering organizations for collective impact. In accordance with its mission, **Café X** does business in a way to maximize the freedom of its member-owners, addresses whole person and community wellness, and keeps money flowing within the community.

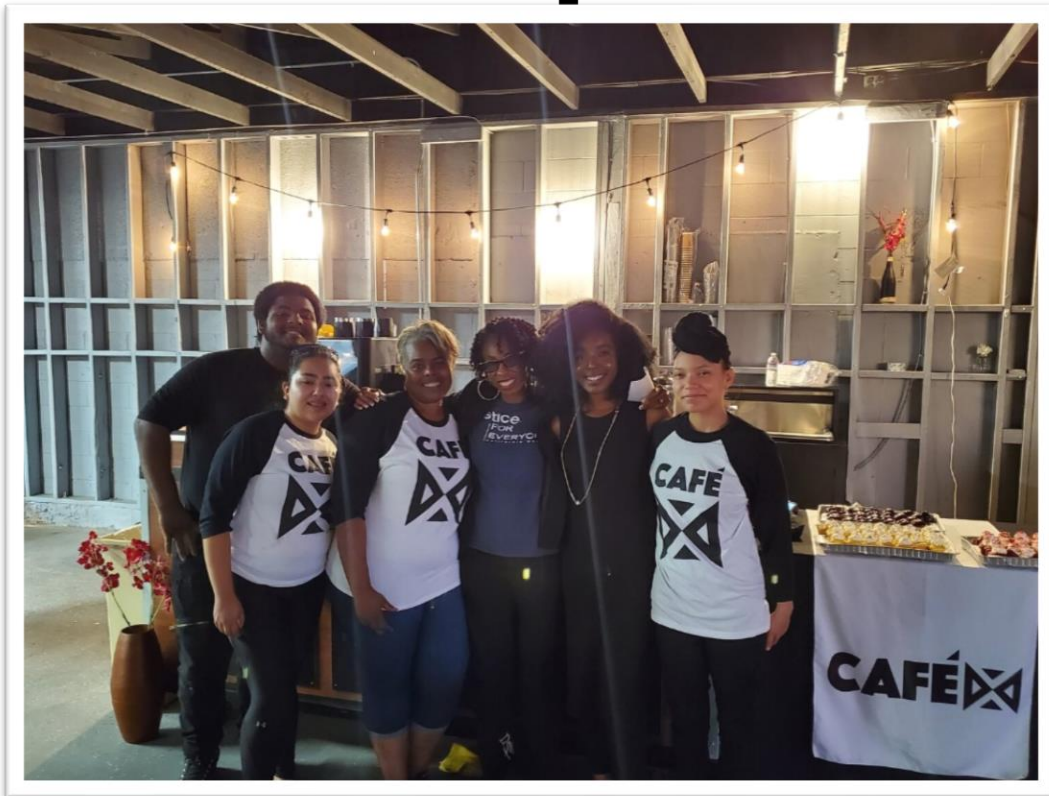


**Café X** has already become a legacy project, but it did not begin that way. Khea kept trying to give the idea away to anyone who was willing to take and transform the idea, but it never happened. Some people are meant to birth an idea at a specific time. Khea and Cynthia came to realize that they were the only ones who could transform Café X from an idea into something real.

**Talk about your tagline – By Any Beans Necessary.** The tagline is a lighthearted but powerful spin on Malcolm X’s phrase, “By any means necessary”, a phrase that has a legacy of its own. Though this phrase is often associated with Malcolm X, he is not the originator. The saying was first used by French philosopher Jean-Paul Sartre in his play *Les mains sales* (or Dirty Hands), a political drama about a faction fighting for a cause, *a classless society*. Unlike most dramas, this play did not focus on the typical “who did it” but instead focused on “why they did it” which is apropos for those who seek to find their purpose. The phrase has become a powerful mantra for those expressing a commitment to their purpose. **Café X’s** name and tagline express our commitment to our purpose, how we actualize it, and a connection to the legacy of a life lived with determination for positive change.

**What is your “why”?** Having a meaningful *why* will give you the power and perseverance to overcome any challenge. As Friedrich Nietzsche said, “He who has a *why* to live for can bear almost any how.” Khea’s *why* was not to simply open a facility to serve coffee as this has been done many times. Her goal as she states, “was to go back and build a community owned coffee shop that hired community employees, kept them employed, created generational wealth building opportunities for the people in that community, and build something that’s culturally reflective of the people who live there.” Her *why* is to uplift communities. Serving coffee is the vehicle to drive the desired change.





Cynthia (3<sup>rd</sup> from left) and Khea (2<sup>nd</sup> from right) with interns and the current San Diego District 4 Council Member, Monica Montgomery (3<sup>rd</sup> from right).

**What are some of the challenges you faced launching Café X?** Like many others who ventured into living their purpose, Khea met resistance from those with whom she shared her idea. She shares that as she began talking to people about the **Café X** idea integrated with a cooperative business model there were some who were not feeling it. They said things such as, “We already have spaces like the local library – go gather there.” or “Go to the Starbuck’s around the way. We’re fine.” She encountered a great deal of discouragement, but she did not allow this to stop her. Now that **Café X**’s doors are open, people have come to recognize the benefits of a cooperative business model and the value that **Café X** brings to a community. **Café X** is anything but a Starbucks.

Starting a new business and generating revenue is challenging and when you begin a business with a *purpose* beyond profits it magnifies those challenges. **Café X** was



launched with a value system that embraces economic development, community partnership, and generational wealth building all for the benefit of a diverse community experiencing gentrification and the complexities that come of this made the overall challenges exponential.

**What advice would you share with those considering entrepreneurship?**

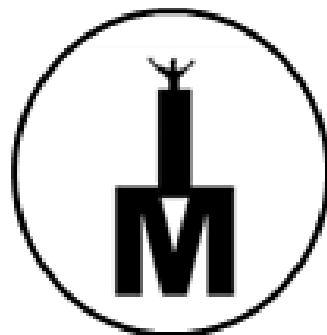
Cynthia advises, “Just get started! It may take some time, some planning, some frustration but the more you work on it, the clearer the vision will become and thus materialize.”

**Do you have any advice specifically for women and women of color who are considering entrepreneurship?**

Cynthia continues, “We as a gender have proven that we are complex in our design and have an innate ability to hold our families and homes together while pursuing our purpose. Women of Color, and specifically Black women, we have a tremendous audacity and resilience that is undeniable. Through relentless adversity we rise and persevere through obstacles that only ‘living’ in melanated skin can one truly understand.”

**What do see for Café X in the future?** Cynthia closes with, “We envision a self-sustaining Co-Op model as designed with locations in multiple cities throughout the U.S.” Their vision is to bring a **Café X** near you!

Edited by Wilfredo Perez

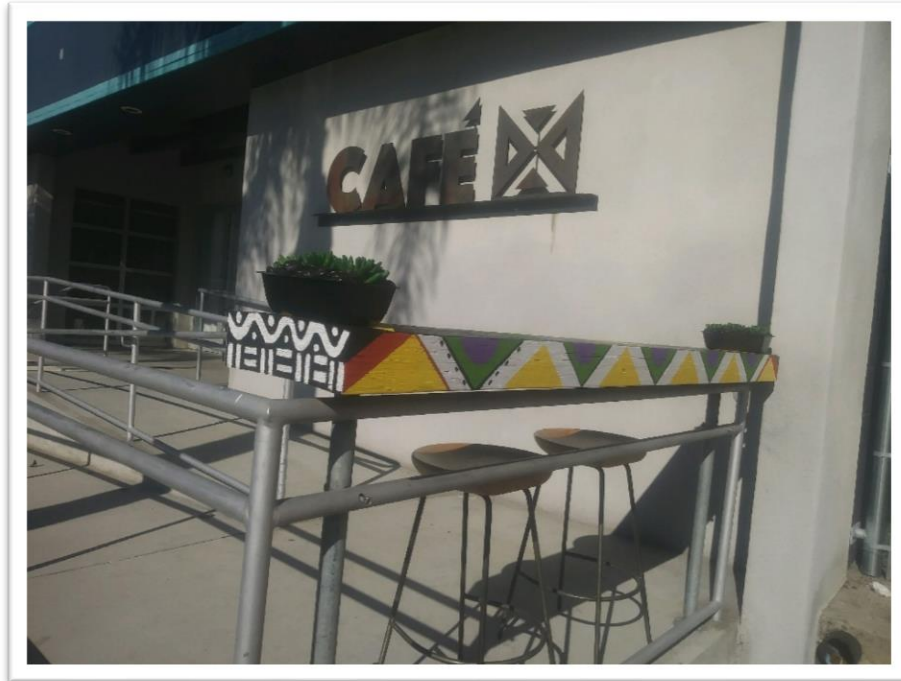


**I M** proud to see Cynthia and Khea *on the verge* of their next breakthrough!



# CAFÉ X

*By Any Beans Necessary*



## **Café X – By Any Beans Necessary**

7220 El Cajon Blvd

San Diego, CA 92115

[www.byanybeans.org](http://www.byanybeans.org)

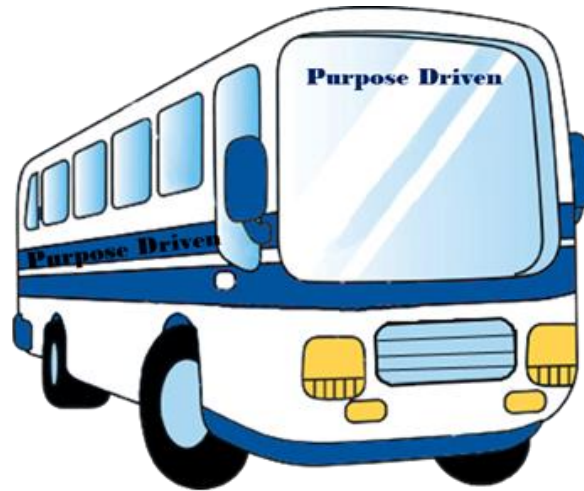
[café.byanybeans@gmail.com](mailto:café.byanybeans@gmail.com)

619-537-6632

*Read more about Khea and Cynthia in the  
**Circle of Excellence** section.*



# PURPOSE DRIVEN PEOPLE



I am like a bus driver. My words and actions are my marquee so you know where I'm heading. I will stop and offer to take you with me. You don't have to take the full ride, you just need to be somewhere other than where you presently stand. Whether you get on or not I am going to keep going. If you miss me feel free to try to catch me at the next stop.

Bus drivers rarely try to convince folks to get onboard but they will throw your a\$\$ off if you interfere with their purpose. Bus drivers are purpose-driven and so am I!

*Created by  
smarta@hole*





*A perpetual overflow of greatness*



**THE WELL AFTER HOURS with Beverly D. Allen** is a gathering place for women to engage in conversations on topics pertaining to our lives.



*Beverly D. Allen having a one-on-one conversation with Mitchell Slade, CEO of My Sweet Experience. Read more about Beverly and Mitchell in the **Circle of Excellence** section.*



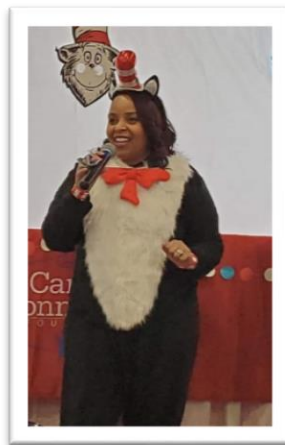


**Caramel Connections**  
FOUNDATION

**Caramel Connections Foundation connects the community through culinary arts and events.**

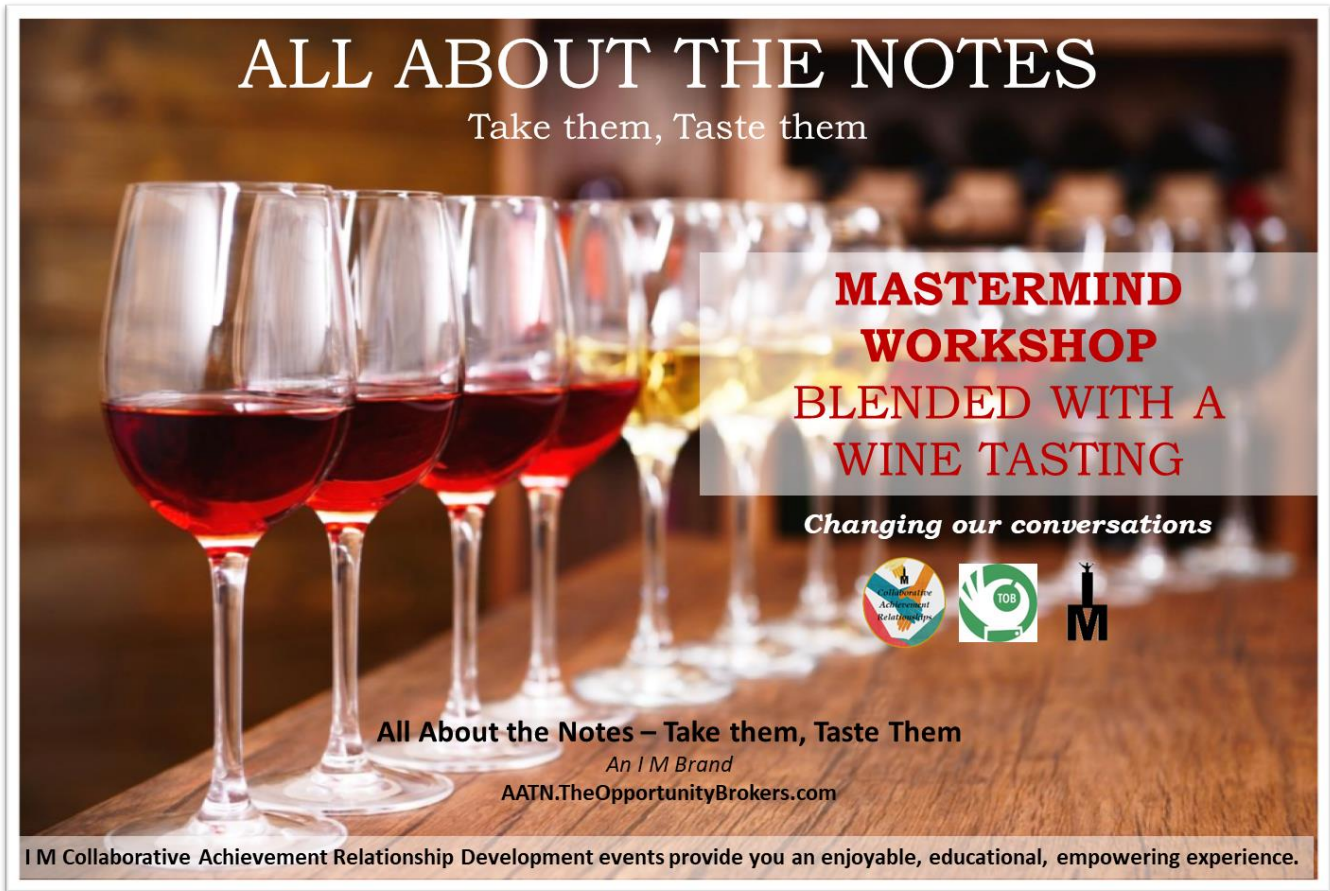
**All Caramel Connections Foundation programs promotes health and wellness, topics include:**

- Physical Fitness
- Mental Wellness
- Literacy
- Organic Gardening
- Nutrition
- Obesity
- Type 2 Diabetes
- Hypertension Prevention



1845 E. Holt Blvd  
Ontario, CA 91761  
909-697-9017

*Read more about the founder of Caramel Connections Foundation in the **Circle of Excellence** section.*



**The Opportunity Brokers** is now hosting the **All About the Notes, Take them, Taste them (AATN) Mastermind Workshop & Wine Tasting.**

**AATN** Mastermind Workshops focus on *changing our conversations* to progressive topics that move us to action. **AATN** Mastermind Workshops covered topics on wealth building, finance, real estate, entrepreneurship, and professional development. **AATN** is one of many *Collaborative Achievement Relationship Development* events hosted by The Opportunity Brokers. These events provide you an opportunity for you to share ideas, knowledge, and opportunities with entrepreneurs, visionaries, and professionals.

**AATN** Mastermind Workshops are complemented with a wine tasting for additional learning and socializing. You have an opportunity to win products and gift certificates offered by **I M** vendors and





If this resembles your circle of encouragement



then it's time to connect with new people!



# THE OPPORTUNITY BROKERS

partners. **All you must do is show up!** To get more information or to register go to [aatn.theopportunitybrokers.com](http://aatn.theopportunitybrokers.com).





## Conscious Disruptor



Dr. Ruha Benjamin

Technology is immersed in every aspect of our life. While we are distracted by its intrusion, most of us are unaware of the embedded biases and prejudices that affect our lives. Dr. Ruha Benjamin, a sociologist and associate professor of African American studies at Princeton University brings light to the intersection of race, justice and technology.

If you have not given thought to the built-in biases and prejudices in technology, you must attend one of Dr. Benjamin's lectures and/or read one of her books. She is a vibrant speaker who passionately shares her knowledge on the prejudice embedded in artificial intelligence (AI) software known as *algorithmic bias*. She conveys her knowledge from a sociological perspective without heavy technical terms. With proven cases, Dr. Benjamin shows not only is technology absent of biases and prejudices, it amplifies them. She has taken social activism to a new front.

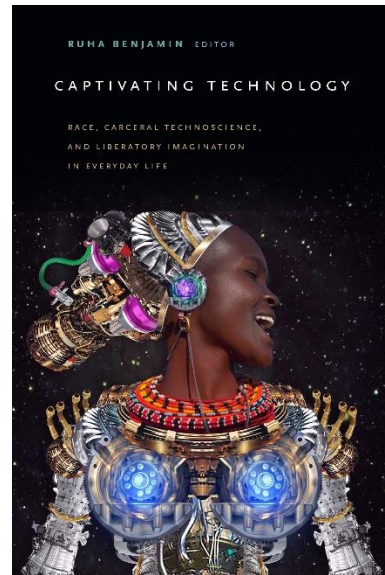
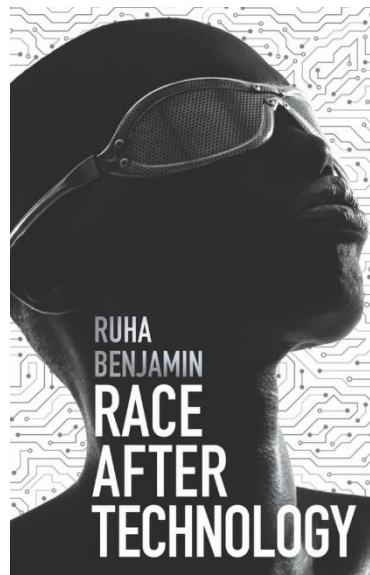
I recently had the opportunity to meet Dr. Benjamin at one of lectures where I gained valuable insight on this issue. Having spent a major portion of my career in technology specifically software development and data analysis, I was moved by the knowledge she shared.

Dr. Benjamin educates us on the inequities that exist in housing, finance, healthcare, job hiring, and the justice system due to these built-in racist and sexist biases in data-driven software which she refers to as "Jim Code".



Dr. Benjamin is *conscious disruptor*, one who enlightens others by elevating their consciousness leading them to think about an issue with a new perspective. It's been said that conscious disruptors don't seek disruption but will disrupt to live in integrity. Dr. Benjamin is fervently to bring integrity to the technology that impacts so many important aspects of our lives especially traditionally marginalized populations.

I urge you to visit her website ([ruhabenjamin.com](http://ruhabenjamin.com)), purchase her books, and attend one of her lectures. You can find her on YouTube.



Read more about Dr. Ruha Benjamin in the **Circle of Excellence** section.





## *Breaking Ground, Shattering Glass Ceilings, Reaching for the Stars, and Doing it All While Stylishly Dressed*

The following women are fulfilling their purpose, serving others, and making a positive difference in their own way. I learned about their achievements either through reading, television or from someone. In the spirit of Women's National Month, it was only proper that these women are acknowledged in this issue.

### **Breaking Ground**

Shamayim 'Shu' Harris known as Mama Shu is a community activist, a former school administrator, and Founder and CEO of Avalon Village in Highland Park, Detroit, Michigan. She transformed a neighborhood from 'blight to beauty' when she channeled her grief from tragically losing her 2-year old son into something great. She has been featured on *The Ellen Show*, *HLN*, multiple News channels including, *CBS*, *NBC*, and *FOX*; and in *People Magazine*. Visit [www.theavalonvillage.org](http://www.theavalonvillage.org) to learn more about Mama Shu and how she is serving others.

### **Shattering Glass Ceilings**

Dr. Erika H. James has been named the next dean of the prestigious Wharton School at the University of Pennsylvania, effective July 1, 2020. Dr. James will be the first the first woman and person of color in Wharton's nearly 140-year history. Dr. James holds a Ph.D. and master's degree in organizational psychology from University of Michigan and a bachelor's degree in psychology from Pomona College of the Claremont Colleges, in California. To learn more about Dr. James visit <https://news.wharton.upenn.edu/press-releases/2020/02/erika-h-james-named-dean-of-penns-wharton-school/>.



## **Reaching for the Stars**

Dr. Nia Imara is a John Harvard Distinguished Science Fellow at the Harvard-Smithsonian Center for Astrophysics. She is the first African American woman to earn a Ph.D. in astrophysics from the University of California, Berkeley. She received her BA from Kenyon College. Dr. Imara investigates how stars are born and their evolution in the Milky Way and other galaxies throughout the Universe.

Dr. Imara founded the Equity and Inclusion Journal Club at Harvard in 2018, a member of the Breakthrough Starshot research team, and has worked with the Banneker Institute. She is an advocate for equity in STEM.

In addition to be an astrophysicist, Dr. Imara is also an artist with a body of work that includes paintings, quilts, and posters. To learn more about Dr. Imara visit any of these websites:

<https://www.niaimara.com/>

<https://www.cfa.harvard.edu/~nimara/Site/about.html>

<https://www.kenyon.edu/middle-path/story/before-the-stars/>

## **Doing It All While Stylishly Dressed**

Brandice Daniel is the founder of the Harlem Fashion Row and for over a decade she has used the platform to champion other African American designers. She has continuously worked to support multicultural fashion designers by connecting them with industry leaders. Besides being a talented designer, Brandice is inspirational speaker. To learn more about Brandice visit her website: <https://brandicedaniel.com/>.



## How Valuable is Your Inner Circle?

Being surrounded by people who consistently encourage and support you, is vitally important to your progress. Your inner circle serves as a nutrient in the soil you plant your dreams and they can nourish or inhibit your growth. We are in a “sharing, collaborative” economy where these actions are essential and required for us to participate.

Pursuing your purpose takes a great deal of energy and no one does it alone. We need people to assist us in different ways. If you are on a purpose-driven path, you should assess the value of your inner circle and those who you communicate with on a regular basis. You can evaluate your relationship by the consistent conversations you have with an individual. Rid yourself of toxic people who overflow with negativity or drama.

Are people in your inner circle nourishing and encouraging you? Do they inspire you to stretch yourself to reach new goals? Are they providing support whether it be emotional, mental, or *roll-up their sleeves support*? Are they vested in your success?

Being purpose-driven requires focus and sacrifice. It mandates that you become strategic in the use of your resources (time, money, knowledge, etc.). Aimlessly wandering through each day is no longer a choice that purpose-driven people are willing to make.

You must align yourself with powerful people. This does not mean discarding family and friends, but it may require you building a network of people who share your commitment to purpose and understand the principles of sharing and collaboration.



Physics defines *power* as a measure of work over a specified time span. You want to build relationships with people who are not just simply in powerful positions but people with the power to move you. Powerful people are those who willingly share resources, knowledge, inspiration, contacts, and other assets that drive you forward. Who in your inner circle has the power and willingness to use it to move you forward or lift you to the next level?

You may know people in “prominent” positions who fail to share or collaborate. Avoid wasting energy in attempting to forge a collaborative relationship with these people. They offer no value to your growth, purpose or mission.

Cultivate relationships with powerful people, not in title or position but in their willingness to share and collaborate. This requires you nurturing the relationship by giving back when and where you can even if it is just a phone call, an invite for a cup of coffee or sharing an email that may contain valuable information. Be willing to do things that others may not do such as sending a handwritten ‘thank you’ note. You are required to bring value by contributing to cultivating the relationship.

Extraordinary relationships are developed on consistent mutual exchange of key (strategic) resources that leads to the success of involved parties. The more successful the parties become the greater their exchange and the more valuable they become to each other. In a “sharing, collaborative” economy, sharing and collaboration are the currency where you do not spend it, you invest it.



DW

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# Our best defense against viruses is our IMMune system

<p style="text-align: center;"><b>My Daily Diet (MD)</b></p> <ul style="list-style-type: none"> <li>• Greens (Collard, Mustard, Turnip)</li> <li>• Kale</li> <li>• Watercress</li> <li>• Swiss Chard</li> <li>• Bok Choy</li> <li>• Cabbage (All varieties)</li> <li>• Spinach</li> <li>• Arugula</li> <li>• Lettuce (Boston, Romaine, Red, Green)</li> <li>• Brussel Sprouts</li> <li>• Carrots</li> <li>• Broccoli</li> <li>• Cauliflower</li> <li>• Bell Peppers (Red, Green)</li> <li>• Mushrooms</li> <li>• Tomatoes</li> <li>• Berries (All varieties)</li> <li>• Asparagus</li> <li>• Pomegranates</li> <li>• Grapes</li> <li>• Cantaloupe</li> <li>• Seeds (Flax, Hemp, Chia, Sesame, Pumpkin, Sunflower)</li> <li>• Onions</li> <li>• Beans (All varieties)</li> <li>• Nuts (All varieties)</li> </ul> <p><i>Eat to Live, Nutritarian Handbook Joel Fuhrman, MD</i></p>	<p style="text-align: center;"><b>Actions</b></p> <ul style="list-style-type: none"> <li>• <b>Stay Active (Daily)</b> <ul style="list-style-type: none"> <li>○ 30 to 60 minutes most days a week</li> </ul> </li> <li>• <b>Proper Diet</b> <ul style="list-style-type: none"> <li>○ Mediterranean style diet rich in fruits, vegetables, whole grains, healthy fats</li> <li>○ Vitamin C &amp; D, Zinc, Antioxidants</li> <li>○ Fermented foods to build a healthy gut (yogurt, sauerkraut, miso, kefir, etc.)</li> <li>○ Limit consumption of processed foods, meats</li> </ul> </li> <li>• <b>Managed Stress</b> <ul style="list-style-type: none"> <li>○ Stress suppresses immune system</li> </ul> </li> <li>• <b>Get Proper Sleep</b> <ul style="list-style-type: none"> <li>○ Sleep deprivation stresses the body</li> </ul> </li> <li>• <b>Add Spice to Your Life</b> <ul style="list-style-type: none"> <li>○ Turmeric, Curry Powder, Chili Powder</li> </ul> </li> </ul> <p style="text-align: right;"><a href="http://www.aarp.org">www.aarp.org</a></p>
<p style="text-align: center;"><b>Habits</b></p> <ul style="list-style-type: none"> <li>• Choose whole foods for micronutrients</li> <li>• Moderate Alcohol Consumption</li> <li>• Moderate/Stop Sugar Consumption</li> <li>• Stop Smoking/Vaping</li> <li>• Regularly Wash Hands</li> <li>• Moderate use of Antibacterial Soap</li> <li>• Increase Playing in Dirt <ul style="list-style-type: none"> <li>○ Soil based bacteria is good for the immune system</li> <li>○ Walk barefoot in grass/dirt</li> <li>○ Dig in a garden</li> <li>○ Buy organic foods and don't wash skin</li> </ul> </li> </ul>	<p style="text-align: center;"><b>Notes</b></p> <ul style="list-style-type: none"> <li>• Red Bell Peppers have twice as much Vitamin C as oranges</li> <li>• Blueberries antioxidant properties contain a type of flavonoid called anthocyanin which plays an essential role in the respiratory tract's immune defense</li> <li>• Too much sterility weakens the immune system</li> </ul> <p style="text-align: center;"><b>Download</b></p> <p style="text-align: center;"><a href="http://www.toofittoquit.net/IMwell/IMMuneBooster.pdf">www.toofittoquit.net/IMwell/IMMuneBooster.pdf</a></p>





# Why I M Here

*It has been said that the two most powerful words in every language is “I AM” and what you put after them shapes your reality.*

Below are excerpts from an interview from April 2018.

## **What is I M?**

**I M** is a values-based enterprise of independent businesses and brands that are aligned and integrated to deliver single source holistic solutions to our clients.

## **What do you mean by “values-based enterprise”?**

Values-based, not value-based means that we balance profits & purpose. **I M** and all its business and brands strive to be socially, economically, and environmentally conscious. Our conscious business model is a derivative of our parent organization’s *impact investing* business model.

We launched a separate non-profit entity, **I M University (I M U)** that has the responsibility for the corporate social responsibility (CSR) governance for all our entities as well as additional responsibilities. **I M U** developed the **SEE Governance Framework** that focuses on social, economic, and environmental sustainability and uplift guidelines for all our entities.

## **Describe the current I M status?**

We currently have about 80 brands that are spread across 3 major entities: **I M Possible Mall (I M)**, **I M Cooperative (I M C)**, and **I M University (I M U)**.



Our revenue generating businesses fall under **I M** and community, social and environmental brands fall under **I M U**.

## **Why I AM Doing This**

**I M** striving to become the largest provider of professional, personal, and business development resources, services, and products with the purpose of raising the consciousness of humanity and thus changing the world. We are in the midst of technology and science revolutions, and social changes on a global scale. We are distracted from our “self” by entertainment and gadgets. Change is occurring rapidly and radically. While many of these changes may benefit humanity there is something deeper, more meaningful that requires our attention for humanity to survive and thrive. That is the individual human element? How do we as individuals find our way and live in this chaos.

## **Why?**

Why not? Why do people decide to feed the hungry; shelter the homeless; to become doctors? I felt this was my purpose.

## **When did you first think this was your purpose?**

I felt it before I consciously thought it. When did I first feel it? I may have been a child when I notice what I was feeling in response to people and events surrounding me. I AM sure there was a subconscious trigger to the feeling.

Going back to the “why” question. This is my contribution to making a difference in the world. I would like for it to be part of my legacy for whatever it is worth. I would like for this effort to continue to evolve so that it may change lives for the better for years to



come. I want to see people succeed. On a personal level, I wanted this to be the start of generational wealth for family and friends. I wanted to “break the cycle” of poverty.

### **What is your vision?**

My vision is to have **I M** establishments throughout the world improving the lives of as many people as possible. We want to provide people the resources and a path to self-expression. I believe we are here to express an aspect of who we are and when that self-expression is suppressed or denied it leads to self-destruction.

The full podcast interview will be available on our I M Here website ([imhere.IMpossiblemall.com](http://imhere.IMpossiblemall.com)).



## *Circle of Excellence*

**Circle of Excellence (COE)** is a recent addition to OTV and serves as another platform to promote the greatness of individuals. COE showcases the versatility of individuals with multidimensional talents and minds who pursue their self-actualization through their versatility.

COE too is multidimensional! In addition to introducing you to these awesome people, COE will inspire you to tap into your multiple talents. Many of the greatest thinkers, artists, philosophers, and scientists were multi-talented. We are all born with multifarious abilities that are likely to get suppressed through cultural and educational demands to specialize into a single thing. We've all heard the saying "A jack of all trades is a master of none." but that is not the original quote.

The original quote is "A jack of all trades is a master of none, but oftentimes better than a master of one."

Expressing your many talents expands your cognitive and creative abilities and improves your ability to adapt in a changing environment. Give life all you.

Meet a few people who are committed to sharing all their gifts with the world.



## *Circle of Excellence*



### **Dr. Nicole B. Simpson**

Reverend Dr. Nicole B. Simpson, CFP® is a practitioner with over 29 years of experience in the securities industry. She compassionately assists families on how to begin to walk along the road to recovery when faced with a catastrophic, unexpected disaster. She is actively involved in spiritual, emotional and economic empowerment dealing with the marginalized and oppressed populations.

Simpson is the visionary and CEO of Generation X Community Association, formerly known as the Power of Gospel Ministries. In January 2016, she embarked on a new life journey becoming the Pastor of Micah 7 Ministries located in Piscataway, NJ after serving as a volunteer minister throughout various prisons in the state of New Jersey for over 15 years; she is still actively involved today. In January 2017, Simpson enrolled into Boston University to pursue her Doctorate in Ministries in Transformational Leadership and completed her degree as a subject matter expert for sexual traumatization and incarceration in December 2019. Dr. Simpson is the author of several books and a host of weekly radio program. For more information visit **[www.nicolebsimpson.com](http://www.nicolebsimpson.com)** or you can contact her at **[nicole@nicolebsimpson.com](mailto:nicole@nicolebsimpson.com)** or **732-377-2024**.



### **Khadijah Muhammad, MEd, MSW, RYT**

Mrs. Muhammad is the director of an Early Head Start program in North Philadelphia. Prior to taking on that role, she worked in several nonprofit organizations serving children and families. She completed her undergraduate education at Montclair State University in Family and Child Studies, a master's degree from the Bank Street College in Teacher Education, and a master's degree in

Social Administration from Temple University. Mrs. Muhammad enjoys an active lifestyle. In addition to practicing Yoga, Zumba and cross training, she has completed 1 marathon and 28 half marathons. She lives with her husband of 39 years in Philadelphia, PA. She is the mother of 4 adult children and 8 grandchildren. For more information visit her website **[www.klmyoga.com](http://www.klmyoga.com)** or contact her at **[KLMYoga@aol.com](mailto:KLMYoga@aol.com)**.





## *Circle of Excellence*



### **Khea Pollard**

Besides being the founder of **Café X**, Khea holds a double bachelor's degree in English and Ethnic studies from University San Diego (USD). She also holds a master's degree in Non-Profit Leadership and Management from USD. She currently works as a policy advisor for Board of Supervisor, Greg Cox at the County of San Diego.



### **Cynthia Ajani**

Besides being a co-owner of **Café X**, Cynthia holds a bachelor's degree in Business Administration with a concentration in Human Resources Management and a minor in Health Care Administration from National University. Her master's studies were completed in Human Behavior. Cynthia's background includes a 22yr career in healthcare having concentrated her efforts in patient finance services at Rady Children's Hospital in San Diego. She has worked as an independent sub-contractor on teams who specialized in healthcare revenue cycle redesigns that served to improve processes and systems to increase cash flow. She has worked in the insurance industry as an agent and financial services independent.



## *Circle of Excellence*



### **Elizabeth McSwain**

Caring Restaurant Owner and Award-Winning Community Leader

Elizabeth McSwain is passionate about connecting with people and giving back to the community. She is the co-owner with her husband of Beola's Southern Cuisine located in Ontario (Los Angeles area), CA. She is also the Executive Director of Caramel Connections Foundation (CCF), a non-profit organization she founded in 2016. CCF connects the community through culinary arts and events. The goal of CCF is to promote and educate communities on the health benefits of reading together, exercising, organic gardening and how to prepare healthy meals in simple yet delicious ways.

Elizabeth provides bi-weekly organic gardening and cooking workshops; and a 4-week cooking program, emphasizing healthy eating options. The curriculum is designed to engage families as they learn about food, kitchen safety, agriculture, and math which include measuring, science and more.

CCF's mission is to make learning enjoyable by using food to connect and build lasting relationships with program participants and the community.

Since the organization's inception, CCF has partnered with community leaders, volunteers, businesses and organizations to share resources that strengthen the Inland Empire.



## Circle of Excellence



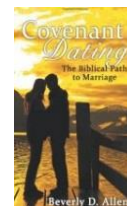
### Beverly D. Allen

Beverly D. Allen is the producer and host of “**The Well After Hours**”, Christian Women’s Talk Show which airs on Facebook and YouTube every Thursday at 7:30PM. Beverly is also the creator of “**A Moment In The Word Monday**”, Spiritual Bread found in reading of the scriptures every Monday, to empower the Soul & Spirit for life’s daily challenges and courage to pursue one’s goal and visions. This phenomenal woman is an ordained minister and has not only been a trailblazer for women in ministry, she is a living epistle for aspiring leaders in the 21st century. A prolific preacher, she evangelizes and teaches having studied at Alliance Theological Seminary located in Nyack, NY, as well several other seminaries. Her primary purpose is to empower women to not only identify who they are, but who they belong to as well. She teaches the importance of self-respect, self-care and finding love of self. Beverly believes that the love of God and love of self are the necessary ingredients to define purpose and destiny.

Beverly is also the CEO of **My Next Chapter Life Coaching Services** that focuses on coaching women from an imperfect past who are hungry to start the next chapter of their life through a compassionate, inspiring and purposeful process that leads them to see their potential, believe in their ability and achieve their goals. Being compassionate, inspiring and nurturing makes Beverly an excellent life coach. Beverly is also an author of several books: *Overview of No Man's Concubine*; *Covenant Dating: The Biblical Path to Marriage*; *Good Women in Bad Situations... and the Grace That Awaits Them*. For more information on Beverly’s coaching services or books visit [www.mynextchapterlcs.com](http://www.mynextchapterlcs.com) or you can contact her at [ballen@mynextchapterlcs.com](mailto:ballen@mynextchapterlcs.com).



MyNextChapter  
Life Coaching Services





## *Circle of Excellence*



### **Mitchell Slade**

Mitchell Slade, owner of **My Sweet Experience** developed the love of baking at a very young age. **My Sweet Experience** provides sweet experiences in the form of dessert/candy buffets, specialty and custom cakes for all occasions and events, private and corporate.

Her primary vocation is in HealthCare Management and Administration. She is the founding principal of MD Healthcare Management Solutions, LLC (MDHCMS) where she is responsible for driving the strategic execution of MDHCMS's vision through the leadership of the company's commercial, government and specialty businesses through value-based alternative payment models.

Mitchell is also the current Director of Hackensack Meridian's Clinically Integrated Physician Network where she leads the company's physician recruitment for all commercial value-based programs, provider experience, and engagement and growth strategies. Physician membership has grown 59% under Mitchell's leadership.

Prior to joining Hackensack Meridian Health, Mitchell held several increasingly senior roles at Horizon Blue Cross and Blue Shield of New Jersey and has more than two decades of experience in the health care industry, which led her to being offered a leadership role at Meridian Health to lead the development and implementation of legacy Meridian Health Partners first commercial value-based payment program with Horizon Blue Cross and Blue Shield of New Jersey.

Mitchell is also a Board Member of Generation X Community Association, a philanthropic association that supports academic achievement, community outreach serving the under-employed and families in need; and a member of Hackensack Meridian's Women in Leadership where she serves as Chair of the Evaluations and Feedback subcommittee.

Mitchell is a consistent advocate for learning and serving others. She earned her Bachelor of Science in Business Administration and Master's in Business Administration from Saint Peter's University. She is also a Certified Life Coach. Mitchell has experience in Lean Six Sigma and process



## Circle of Excellence

improvement and previously held a NJ Realtors License. For more information, you can contact Mitchell at [msslade@mysweetexperience.com](mailto:msslade@mysweetexperience.com) or [mitchell.slade@gurulifecoaching.com](mailto:mitchell.slade@gurulifecoaching.com).



### Dr. Ruha Benjamin

Dr. Benjamin is an Associate Professor in the Department of African American Studies at Princeton University where she studies the social dimensions of science, technology, and medicine, race and citizenship, knowledge and power. Dr. Benjamin is also the founder of the **JUST DATA Lab**, and a Faculty Associate in the Center for Information Technology Policy, Program on History of Science, Center for Health and Wellbeing, Program on Gender and Sexuality Studies, and Department of Sociology. She serves on the Executive Committees for the Program in Global Health and Health Policy and Center for Digital Humanities.

Dr. Benjamin has written several books: ***People’s Science: Bodies and Rights on the Stem Cell Frontier*** (Stanford University Press 2013), investigates the social dimensions of stem cell science with a focus on the passage and implementation of a “right to research” codified in California; and ***Race After Technology: Abolitionist Tools for the New Jim Code*** (Polity 2019) which examines the relationship between machine bias and systemic racism, analyzing specific cases of “discriminatory design” and offering tools for a socially-conscious approach to tech development. She is currently working on her next book titled ***The Emperor’s New Genes: Borders, Belonging, and Bioethics Beyond the Genome***. It is a multi-sited investigation of how human population genomics reflects, reinforces, and sometimes challenges sociopolitical distinctions such as race, caste, and citizenship, focusing on initiatives in the US, South Africa, and India.

She has contributed to many bodies of work, given lectures across the global, and participated in many panel discussions. She says she has “arrived here by way of a winding road that has snaked through South Central Los Angeles; Conway, South Carolina; Majuro, South Pacific, and Swaziland, Southern Africa.” and coming from those many Souths gives her a perspective of looking at the world





from its underbelly. For information about Dr. Benjamin, her books, or her lecture schedule visit [www.ruhabenjamin.com](http://www.ruhabenjamin.com).



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**Train to be a mediocrity assassin!**



**I M HERE FOR US**

**IMcooperative.org**



I M Cooperative (I M C) is a new addition to the I M brand portfolio. I M C will serve as a collective resource and investment platform for entrepreneurs and small business owners.

I M C's mission is to leverage the collective and collaborative power of entrepreneurs and small business owners to drive business and economic growth.

To stay in contact and receive updates, send an email with full name to **joinIMC@IMcooperative.org**.



**I M Cooperative, President-Elect**

Shavona Holiday  
CEO/President  
Summer Smart Cookies





## I M Event Updates Due to COVID-19

### **On the Verge (OTV)**

The 2020 Q1 release of OTV has been delayed again but will be released soon.

### **The Opportunity Brokers: All About the Notes Take them, Taste them (AATN)**

AATN Master Mind Workshops & Wine Tastings scheduled for March and April have been canceled. As of now, we expect to hold the next AATN in May.

### **Poet Tree Café: Vine & Verse (V&V) Author & Writer Seminars**

V&V is postponed until further notice.

### **Too Fit To Quit: Walk the Talk (WTT) Health & Wellness Walks**

The 2020 WTT is postponed until further notice. Please do not let this prevent you from getting outside for a walk.

### **Taste Me Please: Taste the World**

Taste the World is postponed until further notice.

### **Sketched on a Napkin: Youth Entrepreneur Showcase (YES)**

YES is postponed until further notice.

### **Spring Master Classes**

Classes offered by I M training providers scheduled for March/April will be moved to an online platform. Classroom training will be postponed until further notice.

- Creating Things That Matter
- Creating Value Through Values
- Microsoft Office



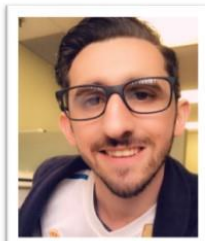
## Field of Dreams: Go & Grow (G&G) – Read to Succeed Challenge

The G&G challenge has been modified as per below:

- The donations of vegetable plants to partnering elementary schools/classroom based on G&G book sales will be delayed until further notice
- Funding a school trip to a farm school will not occur this spring and will be considered in the fall
- Book sales will continue, and any accrued plant donations will be delivered to school/classrooms when partnering schools reopen
- Should partnering schools remain closed the remainder of this school year, we plan to donate the plants to senior living facilities or community-based organizations
- One thing that remains is the need for your support!



Juliana Mehta  
Indian Cuisine



Steven Abalo  
Spanish Cuisine



Nadine Brown  
Jamaican Cuisine

*We look forward to hosting our first Taste the World Multicultural Cuisine as soon as we are allowed to share a meal with you.*

# I M POSSIBLE MALL



Email us: [otv@IMPossibleMall.com](mailto:otv@IMPossibleMall.com)

- If you would like additional information on any business, brand, event, or content contained in OTV.
- If you would like to be featured in OTV to gain exposure and expand awareness for your business.
- If you would like to recommend someone who is pursuing their passion or living their purpose to be featured in OTV.
- If you would like to place an ad in OTV.
- If you would like to provide feedback.
- If you would like to contribute an article.





## Stay Healthy & Well!

Hopefully you learned a little more about **I M** businesses and brands. Some may ask, “Why so many businesses and brands?” Well our business is transforming ideas into brands, products, programs, services, and businesses to transform people, organizations, and communities.



We inspire and we instruct  
 We care and we coach  
 We entertain and we educate  
 We laugh and we learn  
 We go and we grow

**POSSIBLE**

**I M transforming lives through education, experiences, and exposure**

*Classes, workshops, events and activities for your growth*

[www.IMpossiblemall.com](http://www.IMpossiblemall.com)

**I M** an innovative and unique business model consisting of a portfolio of businesses integrated to deliver seamless personal, professional, and business development solutions. Doing business with one **I M** business is doing business with all of them. **I M** proud to elevate people, businesses and communities. **I M** continuously creating ways to provide growth resources

For information about I M businesses please visit [www.IMpossiblemall.com](http://www.IMpossiblemall.com).

May you continue to read **OTV**. **I M** daring you to always strive to be *on the verge* of your next breakthrough.

*The Wright Group*

Private Capital Firm



*The convergence of emerging synergistic brands*