

YOU MUST FOCUS

Portia Williams
Contributing Columnist

Grace and peace to you my friends. In the last column I talked about the importance and value of having a vision for your life. Vision is the starting point for success. It is the key element that gets the ball rolling in terms of success. There is an equation for success – vision plus focus plus action equals success. Having a vision for your life, and then focusing on that vision, and taking action, exerting time, energy and strength are paramount in one's pursuit of success in life. Today however, I want to take a closer look at the characteristic of focus. There is absolutely no way that anyone can accomplish anything without possessing the ability to focus. When we focus, when we look our dreams, goals, and vision straight in the eyes and implement the discipline of focusing, everything that we desire becomes tangible.

I wrote a poem once entitled "Focus," a simple poem, with extraordinary meaning. I am humbled by the fact that this poem has been a tremendous help to many people, including helping a young person not to commit suicide. It is my sincere hope that "Focus" will be a blessing to you as well.

FOCUS

Someone once told me that the best way to accomplish my dreams and goals is to focus.

I have come to find that what it means to focus is to look straight ahead.

Never to the left, not to the right, and especially never in back of you for that is your past.

Always look ahead. Seize the moment, the day, the hour, focus.

Look ahead, for that is where your future lies. You must concentrate, focus on that thing that you desire.

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GREENSBORO TO HOST WATCHFUL NETWORK'S 12TH ANNUAL BUSINESS EXPO

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In order for African Americans to compete economically in the 21st century, we must invest in and build our community. Other ethnic groups circulate their money over a multitude of times. The problem with us is not racism as much as lack of economic organization. Cultural unity and economic development through faith will be the only force that will free us.

The Watchful Network, Inc. sponsors activities such as the Black History Month Business Expo, held annually.

The Business Owners Roundup is held each quarter to ensure that members and guest stay in contact through-out the year. Information is shared and business networking takes place.

Additional Activities consist of

- Motivational Seminars
- Network Marketing Symposiums
- Health and Nutrition Workshops
- Watchful News Business TV Talk Show
- Community Service Involvement
- Business Think Tank
- Monthly Open Membership Meetings

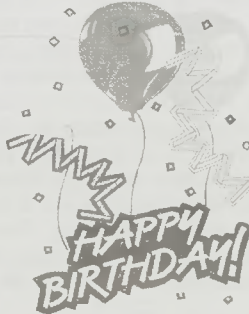

In today's ever-changing market place, we must take a more proactive and business minded approach towards investing in and building our community by realizing the power of our economic wealth. We can build our community by perpetually supporting one another in business through networking. The Black History Month Business Expo goal is to promote businesses in the community as a viable resource center. It is intended to give the consumer an opportunity to learn about products and services that are readily available to them on a daily basis. Vice President Ronnie Keith says: "I believe that we must perpetually support one another in business." Secretary, Luther T Falls, Jr. Says: "The time is here to work together to establish our economic base for the welfare of the entire community."

The Watchful Network invites you to their 12th annual Business Expo. There'll be live performances featuring North Carolina's own Saxophonist Tony Chambers he will be hosting the evening of entertainment along with the Gospel group Stephen Williams and Favor, National Recording Artist from Danville, Virginia, David Wilson, Jr., Ralph Meadows and J.T. Lewis Modeling Troup along with Key Note Speaker Ed Townsend, Jr. Also be apart of the Home Buying Education Seminars presented by One Store Reality and Rylane Homes in addition to other Businesses and Educational Workshops and an opportunity to network with successful entrepreneurs. Admission is FREE to the General Public. To participate contact Watchful Network at 392-8182 or visit their website at www.watchfulnetwork.com. Sponsored by: EJ' Staffing Services, WXII News Channel 12, Food Lion, Keith Investments LLC, Shipman's Family Home Care and The Light 1340 & 1400AM.

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AFRICAN AMERICAN HISTORY
 can lead to a fundamental insight:
 there is no white
One Dream. One People.
One History.
 without black,
 no freedom without sacrifice,
 no passage without building bridges.
 America is the one country in the world
 made up of people from every other
 country in the world.
Our lives and our histories are inseparable
So are our hopes and our dreams.

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February 1

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