

10 WAYS 2 SHOW LOVE TO BLACK MEN AND WOMEN

TEN WAYS TO SHOW LOVE TO A BLACK WOMAN - CHUCK KING

To deepen our bond with Black women, it's crucial for Black men to actively demonstrate their love and support. This applies not just to romantic relationships, marriages, and family connections, but also to everyday interactions with Black women in general. cont. Pg. 5



10 WAYS TO SHOW LOVE TO BLACK MEN THE SELF CARE SNOB

Black men navigate a world that takes more from them than it gives—demanding their strength, resilience, and sacrifice while offering very little in return. cont. Pg. 8

10 WAYS TO SHOW LOVE TO A BLACK MAN JAY RENE

I have always said that the relationship between Black men and Black women is a very important. What some don't realize is this relationship is much deeper than just romantic relationships. Often when people hear the term "Black love" they think only of romantic relationships, however Black love extends into the whole conglomerate cont. Pg. 2





10 WAYS TO SHOW *love* TO BLACK MEN

of Black people on all tiers of relationships. From mothers to daughters, fathers, and sons... cousins, brothers and sisters, friends and comrades.

Many people will say that men and women cannot be platonic friends however, I am here to tell you that a platonic relationship between a Black man and woman is absolutely possible, and it is definitely necessary. In this revolutionary work, Black men and women must be able to work together and communicate effectively. Romance should not be needed to achieve these things, however, genuine love for one another, compassion and care, is.

In this article, we will talk about 10 ways to show the Black Man love. As we go day-to-day, we encounter many different Black men from different walks of life. There has been a purposeful separation in the Black dynamic when it comes to Black men and women that is fueled by racism and an exploitation of negative narratives by way of social media.

Well, let's bridge that gap. Let's get into it.

1. Say hello. You would be surprised how such a small word can have such a big impact in someone's life. Often time we walk past each other, as if we don't see each other and that is a great misfortune. A polite hello with a genuine smile may uplift a Brothers day. If we think back to the Panther days, the men and women greeted each other with love and respect. It mattered. It created and care and closeness that we need to truly thrive as a people.

2. Give a compliment. Now this doesn't have to be a broad production or some outlandish compliment. It could be something very simple. "Looking good today, brother", "I like your shirt" ... "You look nice today." There's nothing wrong with us complimenting each other, especially when in the past we were constantly put down. Lift a Brother spirits.

3. Say thank you. If you're out and about and a Black man holds the door for you or allows you to go first or anything of that nature, say thank you. Not only because it's proper etiquette, but why not appreciate each other for the things that we do. If we get in the habit of appreciating each other, it will close the gap that the world is trying to put between the Black man and woman, and it will close the gap that we created within ourselves by not praising each other when we do good and focusing only on the bad. When it comes to the Internet, the bad things are 10 times louder so let our love for each other and appreciation be 10000 times louder.

4. Say cheese. A simple smile can boost each other's day. Often we wear our emotions in our sleeves or when we are in deep thought we scowl. Take a moment to smile while passing by.

5. Share something positive. And the media today there are several instances where media of the Black Man is shared. That is extremely negative. When you see positive things come down your newsfeed about Black Men share them. This will help fight the negative stereotypes as well as uplift and motivate our Black Men.

6. Make a meal. Some of our Black men are out here, tackling the world. May it be several work hours or going to school or trying to double both. If you know a Black man that is hard-working who you see doesn't eat well, fix him a meal. Caring if someone eats, is to care if they live and we must get back into caring about each other as a whole. Caring if each other lives will make us better teammates and keeps us compassionate with each other.



7. Defend Him. If there is a Black man that you know that it's getting a bad rap or if someone around you was talking negatively about the Black man in a stereotypical way, defend him. Tell them the positives that you know exist. Tell them the positives

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that you've experienced personally. We must find so much unity with each other that when anyone talks about the other in our presence, it is grating into our ears. We must love each other first.

8. Share their work/business. If you know a Black man who has his own business or does some time type of art such as painting, music, writing.... share their work. Helping to promote one another not only promotes us economically but can build feelings of togetherness and family.



TELL OUR OWN STORIES

9. Give a listen. Too many times our men are not given the opportunity to have someone to vent to without being emasculated or disregarded. If a Black man in your life is trusting you enough to share his most inner conversations, give a listen and extend the same understanding you yourself would desire.

10. Last but not least, let him know! If you have a Black man in your life, let him know he is loved and appreciated, respected and cared for. The Black woman is the ultimate boost to the Black man in many capacities

Rise and receive the love and affection that you so generously provide to others / Rise and regain your pride, your dignity, and your sense of self-worth / Rise and face your opposition with the honor and integrity that your ancestors exemplified / Rise and discover the totality of your God-given gifts, talents, and abilities / Rise and prove to this country that you will not tolerate being held down any longer / Rise and reclaim your rightful position of prominence, greatness, and distinction / Rise and allow each and every one of us to see the splendor and beauty that has been created in you / Rise beautiful black man! Rise!
Poem: Rise Beautiful Black Man:

To All Black Men,
From One Black
Woman's Heart to
Yours.

LA Justice-
AfroSapiophile
2021

10 WAYS TO SHOW LOVE TO Black Women

NOW TRENDING**#BLACK LOVE****#BLACK FAMILY**

Daily acts of love and encouragement serve as reminders of the care and protection we owe them. Here are some meaningful ways to express our love to Black women:

1. Holding Doors: Although this traditional gesture has become less common, bringing it back

is important. We often encounter Black women in our daily lives, and offering to hold the door is a simple yet impactful service. Even if declined, this act fosters trust within our community. Spending an extra 30 seconds to hold a door can help build positive relationships. It's essential for young Black girls and women to see this gesture as a sign of community support. It's never too late to establish new practices and values.

2. Compliments (Non-Physical): While some may view compliments about appearance as flirtatious or inappropriate, compliments can go beyond physical traits. Recognize the unique viewpoints, innovative ideas, or acts of kindness to celebrate their character.

3. Community Defense: Protecting our community is one of the most significant ways to show love to Black women. As Black men, we should always be the first line of defense.



The Bloodline Tribune



By being vigilant in our everyday environments, whether at the gas station or grocery store, we can create safe spaces for women and children. Sometimes, our mere presence can deter threats or offer much-needed support.

4. Thank You's: Expressing gratitude to Black women, whether for their everyday presence or extraordinary actions, is vital. These acknowledgments serve as reminders of our appreciation for their existence and resilience.

5. Caring for Elders: Showing love to elderly women in the community mirrors the affection we have for grandmothers. Assist with tasks like taking out the trash or making simple repairs. This not only benefits them but also teaches younger generations the importance protecting and providing for our community. Offering transportation to appointments ensures their safety and well-being as well.

6. Provider: Ensuring there is food on the table and gas in the tank goes beyond material provisions; it is a fundamental duty of Black men. This responsibility starts at home, where fathers exemplify what it means to provide. We must nurture and raise Black men to carry on this tradition of caring for the household.

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7. Protector: Being a safe haven for Black women is crucial in today's challenging world. Just as men pledge their duty to their country, we must commit ourselves to the safety and well-being of Black women, protecting and defending them at all costs.

8. Time: Our most valuable asset is the time we share with Black women. Make the most of those moments.

9. Honesty: Establishing a foundation of honesty is vital for healing from past struggles within the Black family. Honesty nurtures trust and strengthens our connections with Black women, allowing for open communication about both positive and negative situations.

10. Find Your Way: We encourage you to explore, establish, and share your own unique ways

Black women with all your might, Black woman you are truly a beautiful sight. Black woman with your beautiful face, You are definitely a credit to your black race.

Black, woman, say it loud, Being black, is being proud.

Black woman in this unbearable land, Stop a minute and take your black brother's hand.

Black woman you are mother, woman, and a friend, Without a black woman a black man can't win.

Black woman education and respect are your goals, All these are said, but seldom showed.

Black woman, be proud of what you are, because it will always take you very far.

Black woman whose fore-parents were once a slave, If you apply yourself you can have it made.

Black woman you are clean, modest, and neat, Believe me black woman you can't be beat.

Black woman always watch what you do, Being black makes everyone else watch you.

God made heaven, God made earth.

Beautiful black woman consider yourself... What God made first.

Black Women by Wilton Antonio McGlory

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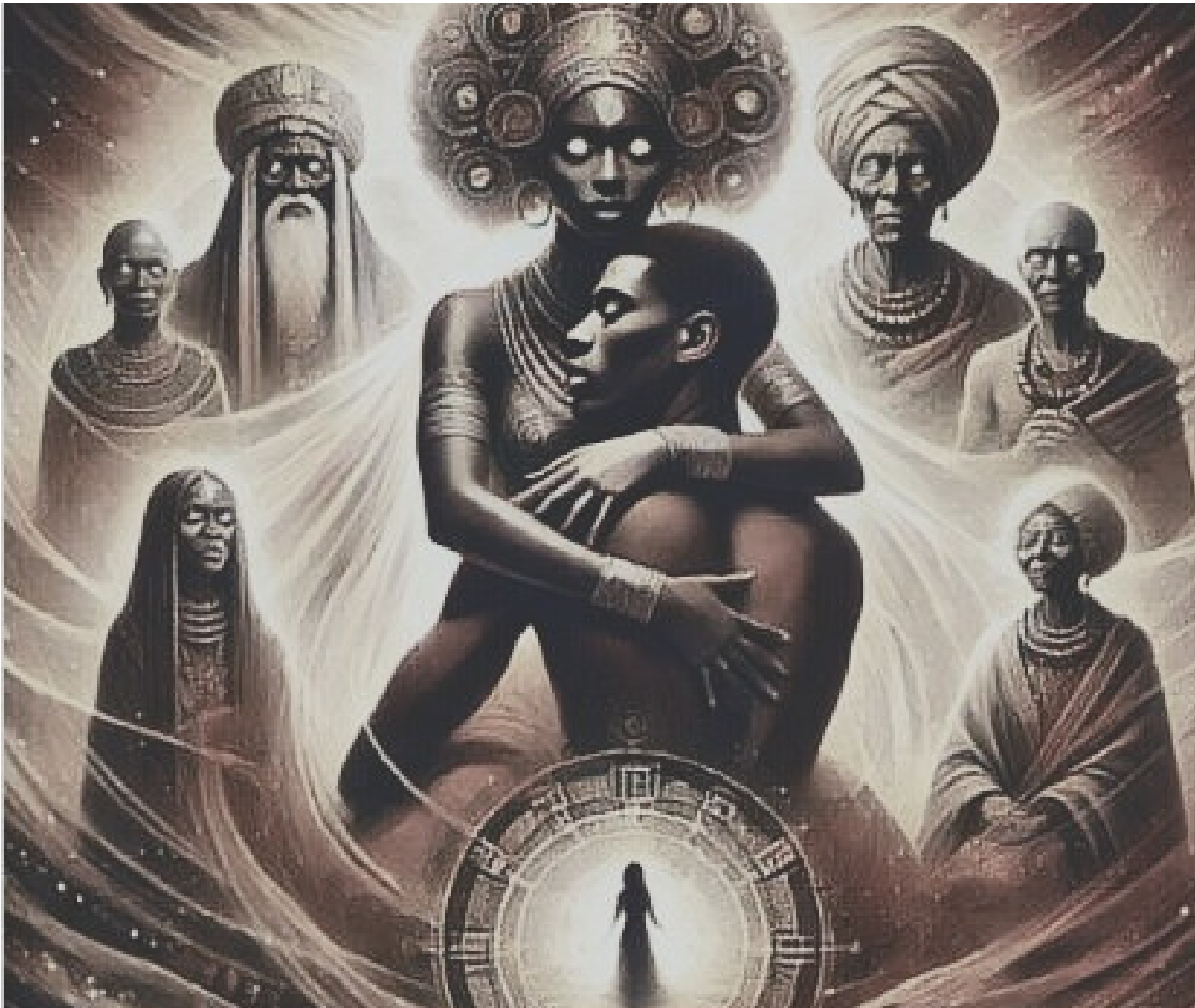
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14 FEBRUARY 2025

10 WAYS TO SHOW LOVE TO BLACK MEN

BY: THE SELF CARE SNOB



Not often, are they praised for how much they endure and rarely cherished for who they are at their core. If we are to love them fully, it must be in a way that replenishes, not just requires; that affirms, not just admires. Love must be a refuge where they can lay down their burdens, where their minds are stimulated, their spirits uplifted, and their humanity held sacred. Because Black men deserve love that heals, not just love that expects.

I created this list as a sacred reminder that, as Black women, Black men are our divine counterparts—the echoes of our spirit, the guardians of our love, and the other half of a legacy written in our very existence. We are not separate, we are mirrors of each other's strength, balance, and becoming. To honor black men is to honor ourselves. In their rise, we rise, and in their healing, we too are made whole.

1. Be His Intellectual Match, Not Just His Comfort
A Black man's world is full of noise—opinions, expectations, and pressures pulling him in every direction. But few spaces challenge him to think, reflect, and grow. Be a source of mental stimulation, a woman who engages his ideas, sharpens his logic, and expands his perspectives. Love him by being a worthy conversationalist, a challenger, and a catalyst for his evolution.

2. Remind Him That Rest is His Birthright
The world tells him he must always be in motion—grinding, proving, providing, producing. But love tells him he is worthy even in stillness. Let him know that his existence does not have to be a performance. Encourage his rest, his joy, his ease—without guilt. Love him by allowing him space to simply be.

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VOL. 1 NO. 1

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14 FEBRUARY 2025

3. Hold Him Accountable out of Love, Not Judgment Love is not just admiration—it is care, and care sometimes means correction. If he is slipping into patterns that don't serve him, if his actions don't align with his highest self, remind him—gently but firmly. Not through shame, but through tender truth. Challenge him to rise, and do it with grace.

4. Let Him Transform Without Making Him Earn Your Approval The man he was at 21 will not be the man he is at 35. Growth is inevitable and is his right. Love him by making room for his evolution, by not forcing him into the version of himself that makes you most comfortable. He is not a monument—he is a living, breathing being, and love means embracing his metamorphosis.

FIVE

Celebrate His Softness, Not Just His Strength

Black men are praised when they are warriors but ignored when they are vulnerable. Love him in the spaces where the world does not—when he is tired, when he is tender, when he is learning how to let his guard down. Affirm the parts of him that aren't "strong," because even softness in a Black man is a revolution.

SIX

Be His Mirror, Not His Critic

There will be moments when he doubts himself, when he questions his worth, when the world has drained him of confidence. In those moments, be his mirror, reflecting back the light he cannot see in himself. Speak life into him. Show him his greatness, not just when he is at his best, but even when he feels like he is at his worst.

SEVIN

Create a Private Joy That Belongs to Just the You and Him

The world does not let black men breathe. Love him by creating an inside world—a space where he can laugh, be silly, be free. Whether it's inside jokes, little traditions, or sacred moments only the two of you understand, give him a safe place of joy that is untouched by the outside world.

EIGHT

Make Room for His Dreams, Even Before They Manifest

Black men are visionaries, yet their dreams are often met with doubt and distraction. Love him by believing in his visions, not just when they succeed, but when they are still in their fragile, unformed stages. Be the one who sees what he can become—even before he sees it himself

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9. Protect His Name as Fiercely as You Protect His Heart

Love is more than affection—it is loyalty. In a world that often distorts and devalues Black men, refuse to let anyone diminish him in your presence. Whether in conversation, in media, or in social circles, be the one who speaks of him with dignity and who reminds the world that he is not a caricature—he is a human being; a man.

10. Love Him for Who He Is, Not Just What He Can Do

Black men are so used to being measured by their utility—what they can provide, how they can protect, what they bring to the table. But real love says: Even in your heaviest moments, when doubt forces you to believe lies and the weight of the world feels unbearable, remember this—you are still that man.

My Final Thoughts...

To love a black man is to love him as he was created to be—divine, whole, and worthy, beyond what he provides, builds, or endures. See him not as a machine of labor, not as a shield against the world, but as a soul deserving of love simply because he is—because he breathes, because he exists, because he carries the light of his ancestors along with the weight of his own becoming.

Love him in a way that nourishes, not drains. Hold space for the balance between his softness and his strength. Stand beside him, not behind him. And most of all, love him in a way that reminds him that he is truly divine even while the world conspires to make him forget.

And To You, Black Man

You don't have to be at your peak to be worthy. Your strength isn't just in what you achieve, your strength is in who you are—even when you're struggling, even when you're trying, even when you don't see it yet, you are enough.

Love always,

The One and Only. Self Care Snob[®]

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NFL SUPERSTAR MICHAEL VICK HAS BEEN APPOINTED AS THE NEW HEAD COACH OF NORFOLK STATE UNIVERSITY



4X TIME PRO BOWL PICK, NFL MVP RUNNER UP, AP OFFENSIVE PLAYER OF THE YEAR

I've often noticed that our "counterparts" seem to place a higher value on the lives of animals, and even plants, than they do for ourselves. If we can throw a football or shoot a basketball, this typically alters the perspective. Regardless, Michael Vick has served his time in this flawed system and has come back stronger than ever. As a fellow Black man, I genuinely thrilled for him. Growing up watching Vick dominate the football field, it's inspiring to see him share his knowledge with young Black brothers who resemble him. In the early 2020s, Deion Sanders reignited interest in HBCU football programs and attracted top recruits. We've witnessed similar success with the remarkable Dawn Staley, who has produced talents like A'ja Wilson and Aliyah Boston. What I mean is that top Black recruits are becoming comfortable again playing for Black coaches, Black teams, and, in this case, Black programs.

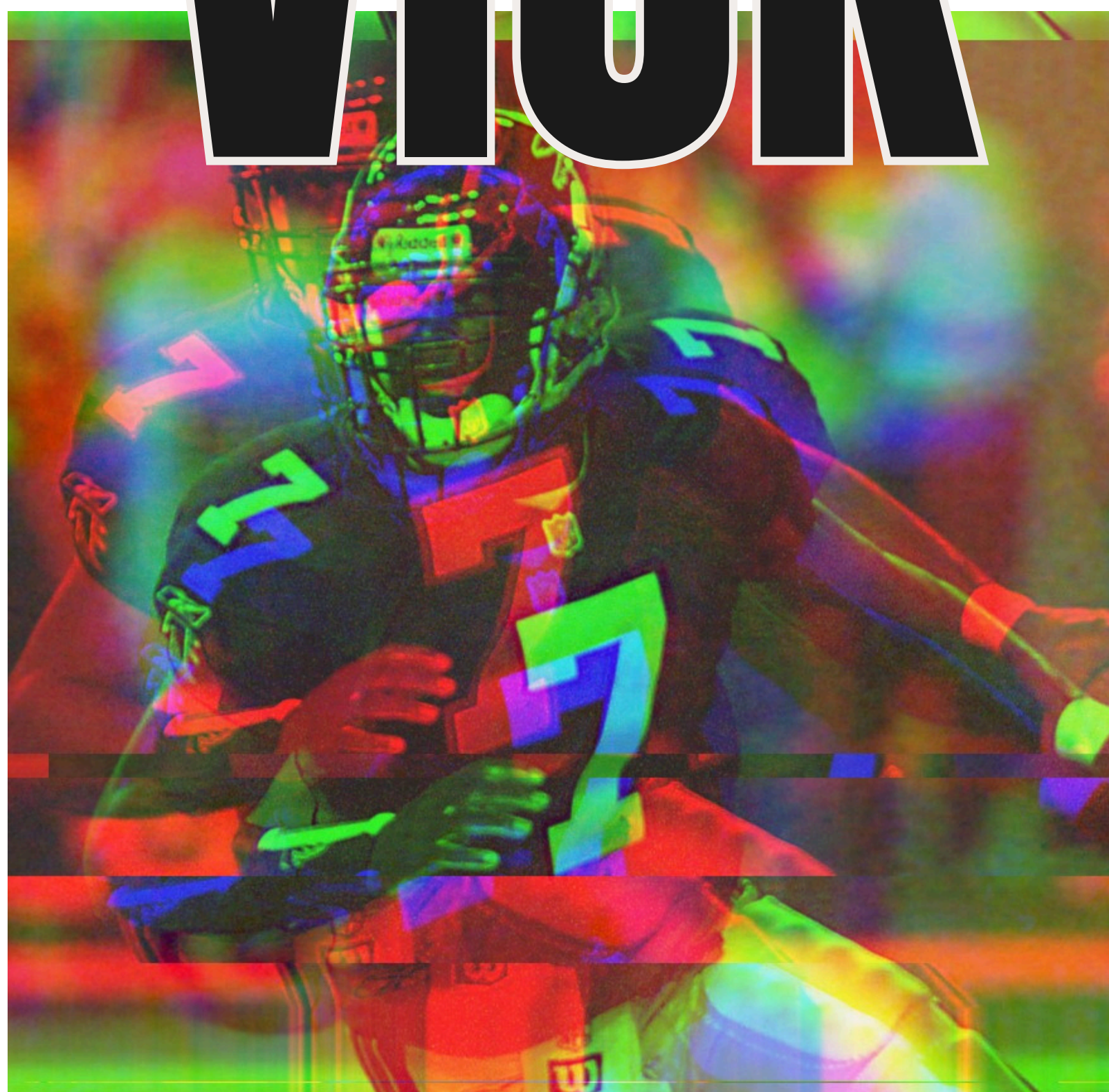
BREAKING
NEWS**Daily Read**SPECIAL
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VOL. 1 NO. 1

SPECIAL EDITION

14 FEBRUARY 2025

Having grown up in Newport News, Virginia, just a few miles from the university, Vick has a unique opportunity to give back to his hometown and prepare young men for bright futures both on and off the football field. He initially contributed to the Boys and Girls Club where played football, renovating the building and adding new TVs, video games, and board games.



"I mean, I grew up here," Vick expressed. "We want the kids to feel good about where they are and be excited to come here." His high school football coach, Tommy Reamon, remarked, "I've always talked to my players about one day coaching. He's going to be a great one because he's been around good teaching."

I'm confident that recruitment will rise as players are drawn to play for a legend. It brings me joy to see extraordinarily talented Black athletes choosing HBCUs over the typical Division I predominantly white institutions. As this trend continues, I hope more will follow this path. Vick had legendary journeys in high school and college, being inducted into the College Hall of Fame in 2025 for his accomplishments at Virginia Tech.

Norfolk State presents Vick with an incredible opportunity, as the program hasn't had a winning season in years. His involvement brings national attention and interest. This will be Michael Vick's first role as Head Coach.



“It wasn’t the easiest decision to make,” he shared.

have family that I sincerely care about and love. This requires significant lifestyle change but it also allows me to serve young men in my community. This is where I want to be.”

NBA

legend Allen Iverson, also a local, attended the initial press conference to support his brother. Vick has also added former NFL guard Elton Brown as offensive line coach, along with form NFL linebackers LaRoy Reynolds as linebacker coach and Terence Garvin as defensive coordinator. It will be exciting to see where Vick takes this program as he continues his legacy.

Be sure to catch their first game against the Rutgers Spartans on Saturday, September 13th, 2025.



Spirituality VS RELIGION

**DEFINING PRACTICES
THAT SEPARATE INTUITION
INSTINCT, AND INTENTION**

BY: THE SELF CARE SNOB

Defining Spirituality

What does it mean to be spiritual? Spirituality, though it may appear similar across cultures, is deeply personal—an individual journey toward understanding oneself and connecting with a higher purpose. It is about paying attention—to intuition, to energy, to the guidance of ancestors, and to the unspoken lessons of life. It is an awareness that extends beyond the physical, an embrace of both the seen and unseen forces that shape existence

DAILY NEWSLETTER

Spirituality has always been fluid, allowing each person to cultivate their own practices and beliefs without the constraints of rigid doctrine. It is found in moments of stillness, in the vibrations of spoken words, in the quiet understanding that there is something greater at play. Some experience it through meditation, prayer, or reflection, while others feel it in the embrace of nature, in the rhythmic pulse of the ocean, or in the warmth of the sun. It is both deeply personal and profoundly communal, as the spiritual journey often leads to a deeper connection with others, with nature, and with the energies that guide us.

But What is "God?"

For some, God is a creator who shapes destiny. For others, God is a presence that exists in everything around us. Atheists, on the other hand, believe there is no higher power, viewing life as the result of biological and evolutionary processes. In this perspective, consciousness comes from the mind, not the spirit, and life is guided by knowledge and experience rather than mystical forces.

Across the African diaspora, spirituality has always been a way to connect, heal, and find

strength. It exists in the rhythm of drums, in the affirmations passed down through generations, in the traditions that honor the unseen. It is a way of knowing that we are never alone, that the wisdom of those before us lives within each of us. It is present in rituals of remembrance, in the veneration of ancestors, and in the faith that even in struggle, there is guidance and protection from forces beyond what the eyes can perceive.

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*BREAKING
NEWS**VOL. 1 NO. 1**SPECIAL EDITION**14 FEBRUARY 2025*

Spirituality within the African diaspora is also a practice of reclamation. For centuries, colonialism and oppression sought to erase indigenous spiritual systems, replacing them with foreign beliefs. Yet, the spirit remains unbreakable. Across the world, people of African descent are reconnecting with their ancestral traditions, embracing practices like Ifá, Vodou, Hoodoo, and Kemetic spirituality. They are rediscovering their roots, learning the sacred names and rituals that were hidden or suppressed, and finding power in the stories and wisdom that have endured generations.

To be spiritual is to recognize that existence is more than material survival. It is to honor the whispers of intuition, to seek knowledge beyond what is written, and to walk with an understanding that the past, present, and future are interconnected. Spirituality invites people to embrace both faith and self-discovery, to trust in forces greater than themselves while also tapping into their own inner wisdom. It is an ongoing journey—one of healing, transformation, and deeper understanding of the self and the world around us.

Religion

The Intersection of Doctrine and Divine Experience

Religion was born from spirituality as a way to bring people together in shared belief and practice. With its humble beginnings, it gave structure to faith, helping communities pass down their understanding of the divine. In its purest form, religion provided a space for people to find comfort, seek guidance, and support one another. It became a vehicle for collective worship, ethical guidance, and communal bonds, shaping societies and offering a sense of belonging.

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However, as religion evolved, its role shifted. It became a system of governance, dictating societal norms and influencing political structures. Over time, religion was often used as a means of control. While spirituality has always, and still does allow for a direct and personal relationship with the divine, religion has often times placed intermediaries—priests, bishops, and other religious authorities—between individuals and their faith. Where spirituality nurtures free thought and self-discovery, religion has, oftentimes, imposed rigid rules, traditions, and interpretations of sacred texts; texts founded on the belief that Spirituality was the original path to faithfulness. The church, once a sanctuary for wisdom and connection, became a place where access to the divine was dictated by human authority rather than personal experience.

For many in the African diaspora, religion was introduced through colonization, rarely as a tool of empowerment and rather as a method of erasing indigenous practices. Missionaries and colonial rulers imposed foreign doctrines, often forcing African people to abandon their spiritual traditions and adopt new religious frameworks. Yet, spirituality persisted—hidden in the coded messages of hymns, embedded in the rhythmic beats of sacred dances, and carried in the murmured prayers of elders who refused to let their ancestral wisdom fade.

Today, many within the diaspora are reclaiming their spiritual autonomy. Many are questioning inherited religious structures and seeking alternative paths that align more closely with their ancestral roots. They are embracing African-centered spiritual systems, reconnecting with nature-based practices, and rediscovering the deities, spirits, and traditions that once guided their ancestors. This reclamation is not an outright rejection of religion but rather a restoration of balance—the recognition that spirituality and religion are not mutually exclusive but must serve the soul rather than restrict it.

At its best, religion can be a guiding force, a means of bringing people together in shared reverence and accountability. At its worst, it has actively been the primary tool of suppression, used to instill fear, limit and even erase critical thought, and control the masses. The key lies in discernment: embracing what nourishes the spirit, questioning what feels restrictive, and understanding that faith is a deeply personal journey. Whether through structured religion, independent spiritual practice, or a blend of both, the ultimate goal remains the same—to seek truth, to cultivate inner peace, and to foster a connection to the divine in a way that feels authentic and liberating.

THE ROAD TO EATING BETTER

Oftentimes, many of us struggle when it comes to creating healthy, budget friendly meals. The struggle comes from a few places....time and money being the strongest. Let's explore how to keep your family well-fed, your taste buds happy, and your budget intact during this month of Black love!

We'll begin the journey by preparing our minds to know and understand that health is wealth. When we feel good, we are better mentally, physically and spiritually. Also, it may take a few weeks for our palate (taste buds) and bodies to become fully acclimated to a more healthy diet (especially if you're transitioning to a healthier diet.)



This month's focus will be to incorporate more produce into our diet. Why? Because fruit and vegetables are rich in fiber and many of us do not get enough. Fiber is essential to great health because of its benefits. Fiber helps regulate blood pressure, prevent constipation and other issues of the gut, lower cholesterol rates and aid in weight management by helping us feel fuller with less food. So, let's get started:

1. Make a list of all the produce that you currently like and/or eat often. You can create new recipes and build meals around them.
 2. Plan your meals. Take a look at the week ahead to choose which days will require more time in the kitchen and which will require something quick. You can also create your grocery list and budget accordingly. Planning meals can ease the stress and frustration of "not having time" and just grabbing something quick (and unhealthy.)
 3. Try a new fruit/vegetable each week. Sometimes we don't know what we like until we try it. Also consider adding dried beans to your diet. Black and garbanzo beans are some of the most versatile.
 4. Plan meals around "in-season" produce. Here's why...
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14 FEBRUARY 2025

THE ROAD TO EATING BETTER

CRYSTAL DENISE

Budget-friendly: There is usually an abundance of produce during its natural growing season. This will mean lower prices.

Nutrient dense: When grown and harvested in season, they are at their nutritional peak. Our bodies are in tune with nature, so the absorption of in-season produce is necessary for stamina and balance.

Flavor burst: Produce grown in their natural season taste better. Example a watermelon (purchased from a Black farmer) is much for juicy and flavorful than those packaged in the grocery store in January.

FEBRUARY SEASONAL PRODUCE LIST

FRUITS

APPLES
GRAPEFRUIT
KIWI
LEMON
LIME
BLOOD ORANGES
ORANGES
PASSION FRUIT
PEAR
PERSIMMON
RHUBARB

HERBS & FLOWERS

DANDELION
PARSLEY
PANSIES
NETTLES
ROSEMARY
SAGE
SWEET VIOLET
THYME
WILD GARLIC

ARUGULA
BEETS
BROCCOLI
BRUSSELS SPROUTS
CABBAGE
CABBAGE
CAULIFLOWER
CELERY
COLLARD GREENS
KALE
LEEKs
MUSHROOMS
PARSNIP
POTATOES
RADISHES
SPINACH
SWEET POTATO

Follow vegetarian/vegan chefs on social media.

Here are a few on
Instagram:

@jensplantbase
@turnipvegan
@rachelama
@plantcrizii
@beetsbybrooke

Here are a few bloggers:

healthiersteps.com
orchidsandsweettea.com
delightfuladventures.com
fromthecomfortofmybowl
.com

SIX

Additional tips for saving:
Store leafy greens in a damp paper towel
Look for “ugly” produce discounts (Kroger has a section)
Consider frozen options for out-of-season items



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FRIDAY
FEBRUARY
14TH

BLACK NEWS:

ALTADENA'S HISTORIC BLACK COMMUNITY DEVASTATED BY EATON FIRE



ALTADENA, CA — Nestled against the San Gabriel Mountains, Altadena has long stood as a beacon of African American heritage and resilience in Southern California.



Established in the late 1800s, the community became a sanctuary for Black families seeking refuge from the discriminatory housing practices prevalent in nearby cities. Over the decades, Altadena flourished into one of California's most affluent middle-class Black neighborhoods, boasting a Black homeownership rate of over 80%, nearly double the national average.

However, the recent Eaton Fire has created unprecedented devastation upon this historic community. Igniting in early January 2025, the blaze rapidly consumed more than 14,000 acres, destroying over 7,000 structures in its path.

7,000 structures in its path. The impact on Altadena's Black community has been particularly severe. A study by UCLA's Ralph J. Bunche Center for African American Studies revealed that, while Black residents comprise only 18% of Altadena's population, they accounted for a disproportionate share of the losses.

The destruction extends beyond just property loss. Generations of history, culture, and personal artifacts have been reduced to ashes. Longtime resident Erliene Kelley, 83, who had lived in her home for 57 years, lamented, "My community is gone. It's just a curse that my house is there."



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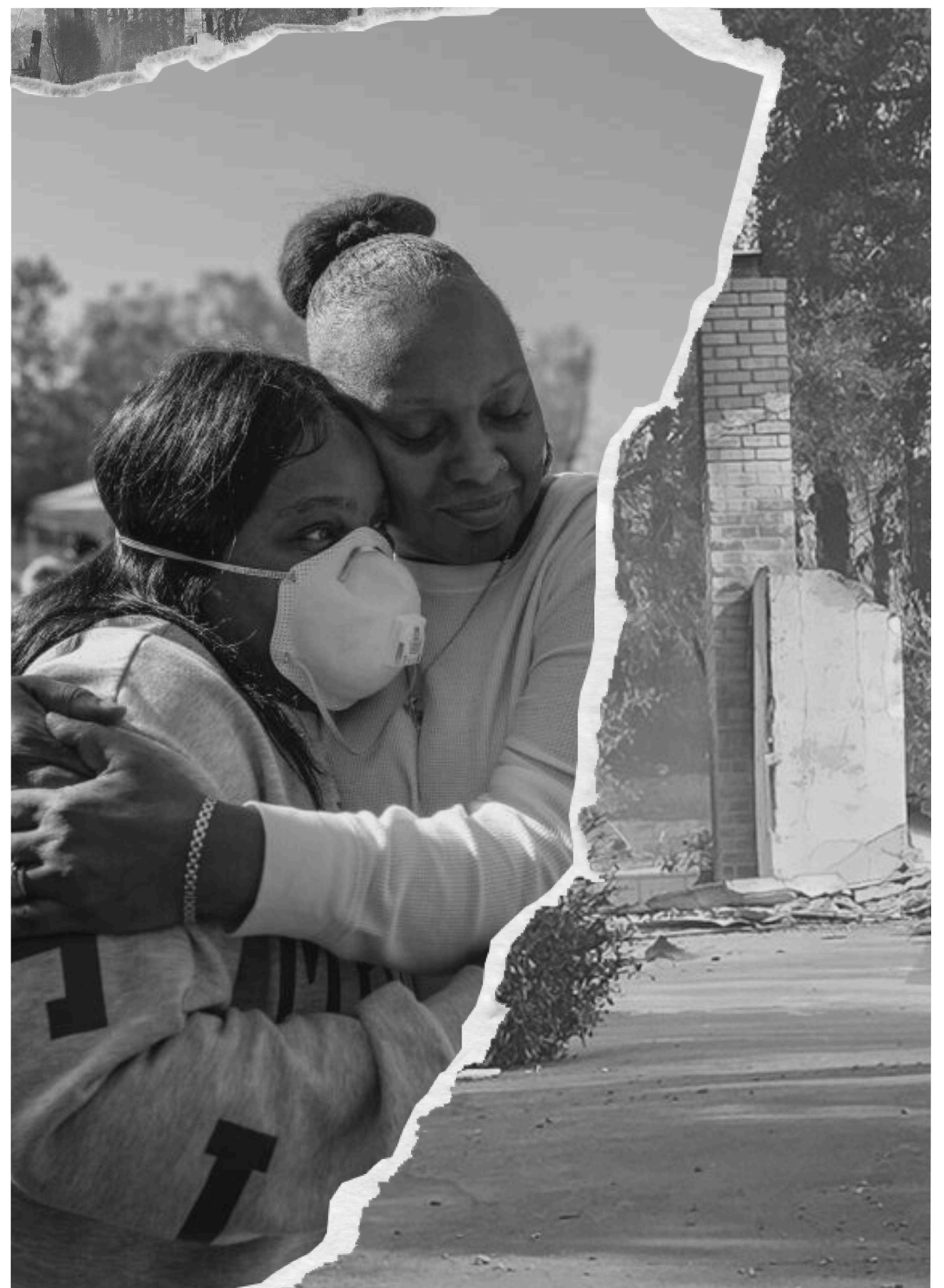
ALTADENA'S HISTORIC BLACK COMMUNITY DEVASTATED

BY EATON FIRE - BY: DOMINIQUE HOLIDAY

The path to recovery is fraught with challenges. Many affected families are grappling with inadequate insurance coverage, bureaucratic hurdles, and the emotional toll of displacement. The loss of homes also threatens the generational wealth that has been painstakingly built over decades. Community leaders are advocating for targeted assistance to ensure that displaced Black residents can rebuild and return, preserving the cultural fabric of Altadena.

Despite the overwhelming adversity, Altadena's Black community remains unbroken. Fundraising initiatives have been launched, and neighbors are rallying to support one another. There is a collective determination to not only rebuild homes but also to restore the rich heritage that defines this unique community.

As Altadena embarks on the long road to recovery, the resilience and unity of its residents offer a beacon of hope. The commitment to preserving the legacy of this historic Black community stands as a testament to its enduring strength and resilience.



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Daily Read



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THE U.S. GOVERNMENT HAS GRANTED A PARDON TO THE ESTEEMED BLACK NATIONALIST MARCUS MOSIAH GARVEY.



**EXCLUSIVE
EXCLUSIVE
EXCLUSIVE**

Black individuals across the Diaspora, spanning over 43 different countries, including 2 million who were Black Americans. Founder of the UNIA Universal Negro Improvement Association known to have popularize Pan-Africanism and Garveyism. He opposed integration and was an advocate for separatism and Self sufficiency producing Black Ingenuity. Garvey championed the Back to Africa Movement by utilizing the grand cruise ship, the Black Starline, to facilitate the return of Black individuals to Africa, alongside engaging in trade and commerce. His newspaper the "Negro World" reached all over the Diaspora for years.

JANUARY 19TH, 2025

the US Government officially pardoned the honorable Marcus Mosiah Garvey. Born in 1887, Garvey played a pivotal role in uniting more than 11 million

UNITY



UNIA



BLACK STARLINE



NEGRO WORLD

CHUCK KING

the Diaspora for
years.

In February 1922,
the US
Government
indicted the
Honorable Marcus
Garvey for "using
mails in
furtherance of a
scheme to defraud
and conspiring to
do so." In truth, the
government feared
Mr. Garvey and his
ability to unite
Black individuals
globally for the
singular purpose of
Black Liberation.

Honorable **MARCUS GARVEY** **PARDONED**



OWN YOUR STORY, CHASE YOUR DREAMS, AND LIVE WITH PURPOSE.

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EXCLUSIVE**

During his persecution, they allowed his efforts to falt
and dismissed them as unserious. Marcus Garvey's revolutionary
nationalism posed a threat to US fascism and addressed the self-
identity crisis within our race. A pardon does not equate
to true innocence; it merely offers forgiveness. Exoneration would
have been the more fitting term. While this posthumous apology
may hold little significance for those who continue to uphold the
principles and vision of the Honorable Marcus Garvey, it remains
important.

**BREAKING
NEWS****Daily Read****BREAKING
NEWS****VOL. 1 NO.1****WWW.THEBLOODLINE743.COM****14 FEBRUARY 2025****GARVEYITE****EXCLUSIVE
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EXCLUSIVE**

"We are the beneficiaries of Marcus Garvey's vision. Because he clarified for us the question of our identity," stated Goulda A. Downer, an associate professor at Howard University College of Medicine. She is among many who tirelessly advocated for the government to grant this pardon.

Julius Garvey, at 91 years old, received the long-anticipated call the week prior, informing him that his father, Marcus Garvey, would receive a posthumous pardon from the US Government. The vision, passion, and ultimate goal of the Honorable Marcus Garvey continue to thrive and are embodied in the spirits of Black individuals across the Diaspora today.

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