

THE L.E.G.A.C.Y. VIBRATION

WWW.MYSPACE.COM/LEGACYTHEALBUM



L.E.G.A.C.Y.: What's the 4-1-1?

Did you know that L.E.G.A.C.Y....

- is an acronym standing for **Lovely Elegant Graceful And Charismatic Youth?**
- has been composing on the piano since the age of 6 and producing entire songs since the age of 12?
- has a black cat named Nefa?

Peace Family, Friends and Supporters,

So, you ask, "L.E.G.A.C.Y: What's the 4-1-1?". Well, I've been steadfast in maintaining Balance in all areas of my life. Not only am I a gifted singer/songwriter, I am also a dedicated Activist for world Peace, Justice, and Unity - this is my lifestyle! I am passionate about uplifting our communities to inspire self-love, unity and academic success to secure a valuable future for All.

Currently, I am an active mentor/tutor with the Sledge Group, whose mission is to empower youth ages 12-19 in the New York City area (www.sledgegroup.org). I really enjoy working with the youth, they inspire me to always be at my best. This valuable experience also gives me the chance to give back, providing guidance and nurturing.

I've also been working with and receiving holistic healing training with Queen Afua Mwt Nbt Het, Founder of the Heal Thyself Center in Brooklyn, New York. (www.queenafuaonline.com).

My time with Queen and all of the Sacred Sistren I've met has been amazing. This life is a journey and in order to keep balance we much forge on, using the healing elements of air, fire, water and earth that also exist within us.

I've also been working with God's House International (www.GodsHouseInternational.org) which is a non-profit organization that I help administrate, founded by my mother, Yvonne Washington-Turay. We will be taking a mission to Freetown, Sierra Leone in February 2008 to provide medical care and outreach to the community including HIV/AIDs information

sessions. This trip will be amazing, and will also be a homage dedicated to my Ancestors who did not physically made it back home. I will touch the Atlantic Ocean and send out vibes of Love, Peace and Tranquility to you all while I'm there. Give thanks.

If you'd like to find out more information about the organizations featured in this newsletter, please visit the websites, or feel free to contact me at legacy@spawkenempire.com.

There is much more in the works. Stay tuned and we will grow together.

LOVE & PROSPERITY..... ETERNAL

L.E.G.A.C.Y.
Lovely Elegant Graceful And Charismatic Youth

God's House International, Inc.

www.GodsHouseInternational.org (Visit the site to donate.)

Mission to Freetown, Sierra Leone - February 2008

God's House International, Inc. is a vanguard for health consciousness. Currently, we focus strongly on the issues of homelessness, health promotion and disease prevention, including HIV/AIDS. We act to decrease the incidence of health disparities that exist, primarily amongst people of color.

We are based in St. Thomas, USVI. In Freetown, Sierra Leone we've built a Free Clinic to service the community.

We will be traveling to the God's House Clinic in Freetown in February 2008. On this mission, we will be providing medical care to the locals and outreaching to the brothels, clubs and main prostitution areas to provide the women/men, boys/girls with male and female condoms.

While in the brothels, and other less secure locations, Mrs. Washington-Turay, Founder of God's House, will be presenting what she has coined "HIV in-a-minute" - a brief description of the virus, how it is transmit-

ted into the body and how to prevent transmission. We will also give presentations in some of the high schools in the city and in the villages as a continuation to the last mission from February 2007.

I [L.E.G.A.C.Y.] will give a mini-concert during this mission. We are working to have one of the local clubs host this show.

[Visit the God's House website to donate to this cause.](#)

How to Purchase “Legacy: The Album” (Plus info on the new album for 2008.)

I must admit that I haven’t had as much time as I would like to work on the next album. I’ve been focused on direct contact within the community. Nonetheless, the structure and vision for the album is outlined. The format will consist of three CDs containing of 5 songs each. Each CD will display a different side of “L.E.G.A.C.Y.”, perhaps the Spiritual Warrior, the Lover and the Healer.

I do not intend to craft the music based on the album headings, for this would be artificially creating songs instead of feeling them from the Spirit. Instead I will allow The Most High to guide my work.

I’ll be collaborating with several producers on this album. There will be more passion, more artistry, more diversity, more empowerment and more vibes of Love and Truth coming out with this next project.

Thank you all for your support and for having faith that L.E.G.A.C.Y. is worth your time.

Here is some general information about my debut album, “Legacy: The Album”:

Where to hear samples of the songs, read my bio and buy the album:

www.myspace.com/legacythealbum

Where to view my electronic press kit: www.spawkenempire.com/Legacy (capital “L”)

I am available for performances after February 2008. Please email bookings@spawkenempire.com for inquiries and rates.



“Legacy: The Album” was independently released in July 2006 by Legacy and re-released with up-graded packaging and music mixing in July 2007.

We Are “Raising Expectations” in the District www.raisingexpectationsDC.org

**RAISING EXPECTATIONS, INC.
Abeo Anderson, Founder/CEO**

Raising Expectations’ mission (R.E.) is to instill cultural integrity, self-empowerment, and discipline among youth through instruction in visual/performing arts and arts apprenticeship opportunities. By developing fun-filled cultural arts activities and positive, uplifting relationships between youth, parents, and teachers, R.E. aims to bridge the communication gaps and facilitate solutions-oriented dialogue and interaction.

Our cultural development, community service, mentoring/tutoring, and career development programs use artistic expression as a means to teach valuable life skills and re-connect with today’s youth.

Raising Expectations helps re-educate the community about the richness of their history and the value of the performing arts by promoting a high work ethic, community involvement, and civic responsibility. Our primary goals and objectives are to empower youth, parents, and teachers to raise their expectations of each other and work collectively to achieve excel-

lence. Other objectives are to:

- **Provide** needed direction on how to involve parents and youth, and make them true partners in the improvement of schools and communities
- **Educate** youth on how to positively and creatively express themselves by refining their unique artistic expressions using diverse mediums
- **Recruit** role models, mentors, and internship opportunities in the field of art for youth
- **Excite** and educate youth about diverse cultures and increase community involvement
- **Reconnect** families for community events to celebrate accomplishments of R.E. program participants
- **Offer** helpful information, resources, and skills to empower and prepare communities with the knowledge they need to be successful in life and contribute back to society.

[Click here to read R.E.’s 2007 Overview](#)

From L.E.G.A.C.Y.: I personally know Abeo Anderson. She is an amazing woman and is dedicated to her community wholeheartedly. The programs she organizes are so valuable to our youth and parents are encouraged to take part as well. She recently held a very successful Kwanzaa celebration in recognition of Kuumba (Kreativity) . I am honored to be the Spiritual sister and friend of Abeo.

[Click here](#) if you would like to donate to Raising Expectations. If you are interested in learning more about R.E., please visit the website and feel free to contact Abeo at: aanderson@raisingexpectationsdc.org



Abeo and youth participants during a radio station tour.

Celebrating Kwanzaa with Your Family

For more information visit: www.officialkwanzaawebsite.org

Written by L.E.G.A.C.Y.

When I was younger, my father introduced me to Kwanzaa. We were never big on holidays, but Kwanzaa was one that we discussed and knew about. The principles that we should live by everyday are reiterated during Kwanzaa.

I encourage all families to adopt Kwanzaa as a yearly celebration. It is a fun and festive celebration that is great for children because of the highlighted principles and history of the holiday. I will visit my little brothers, niece and

nephews this year to celebrate Kwanzaa with them. I will carry my small kinara (7 candle holder) with me as I travel next week.

Let's allow the Legacy of our Ancestors, those who came before us to set the way, live on through our acknowledgment and practice of the seven principles of Kwanzaa:

***Unity, *Self-determination, *Collective Work and Responsibility, *Cooperative Economics, *Purpose, *Creativity, and *Faith.**

[Click here to view and print an](#)

[overview of Kwanzaa toshar and practice with your family this holiday season.](#)

Here are other great sites where you can purchase the items you may need. You can always use them next year and every year:

- [How to make the Kinara](#) (with your children)
- [How to light the Kinara](#)
- [Where to Buy the Kinara 'Designs for Better Living'](#)
- [A good book on Kwanzaa "Kwanzaa: From Holiday to Everyday"](#)



A display of the Kwanzaa altar containing the kinara, with 7 candles, libation cup, corn, jube mat

Look out for LIVING PROOF, LLC

Nusaiba a.k.a. L.E.G.A.C.Y., President/CEO

www.alivingproof.com



LIVING PROOF, LLC is a company dedicated to bridging the human socio-economic-political, communication, and technological gaps by creating and maintaining lasting connections with communities in the U.S. and abroad.

This company is currently working with indigenous peoples, independent artisans and businesses in Sierra Leone, Papua New Guinea, Tunisia

and Brazil and with communities in the U.S., as well.

As a conduit for connecting communities abroad to reliable market access, LIVING PROOF, LLC connects people in "developing" nations to the larger U.S. and European markets.

Other aspects of LIVING PROOF, LLC are that of promoting humanitarianism and natural healing, as a Way of Life.

We also work to empower our youth by exposing them to the endless possibilities of life that come through dedicated work and efficiency.

More information about the groups we are working with, our vision, and the products featured, will be detailed on the web.

Please [visit our website](#) and leave your contact information, so that we may get in touch with you when the website becomes fully functional.

L.E.G.A.C.Y. and Community

(Why I decided to start a newsletter)

This newsletter is the start to opening the door way to new audiences for many community organizations and progressive people. I am the community. I do not see myself separate from the community in it's fullness. From the trees to the people, to the soil and the vibrations. In the same token, one must seek to stay in Peace and Harmony in the midst of All. Know Thyself, Know Thy Divine Self. I realize that We all are interconnected. What I do to

you, for you, with you is ultimately what I do for me. With a clean heart and pure intentions we all will reach the stars, moon, Pluto and beyond. (smile)

I would like you all to know more about who L.E.G.A.C.Y. is in her mission and life as Nusaiba. I would like for you all to know each other. Share your talents and Sacred Works. Collective Work and Responsibility, Cooperative Economics. Let's do it!

I dearly thank everyone who contributed to this newsletter and I look forward to continued work and progress with you all.

If you would like to be featured in this newsletter or would like to write an article, please contact me at :

legacy@spawkenempire.com

Much Love, Peace & Prosperity to You All. In Oneness.

Your Beloved Singing Sistren,

L.E.G.A.C.Y./Nusaiba



L.E.G.A.C.Y. and Sledge Group mentee Mykkia at Sacred Woman's Day, Nat'l Black Theatre, Harlem, NY, 12/9/07