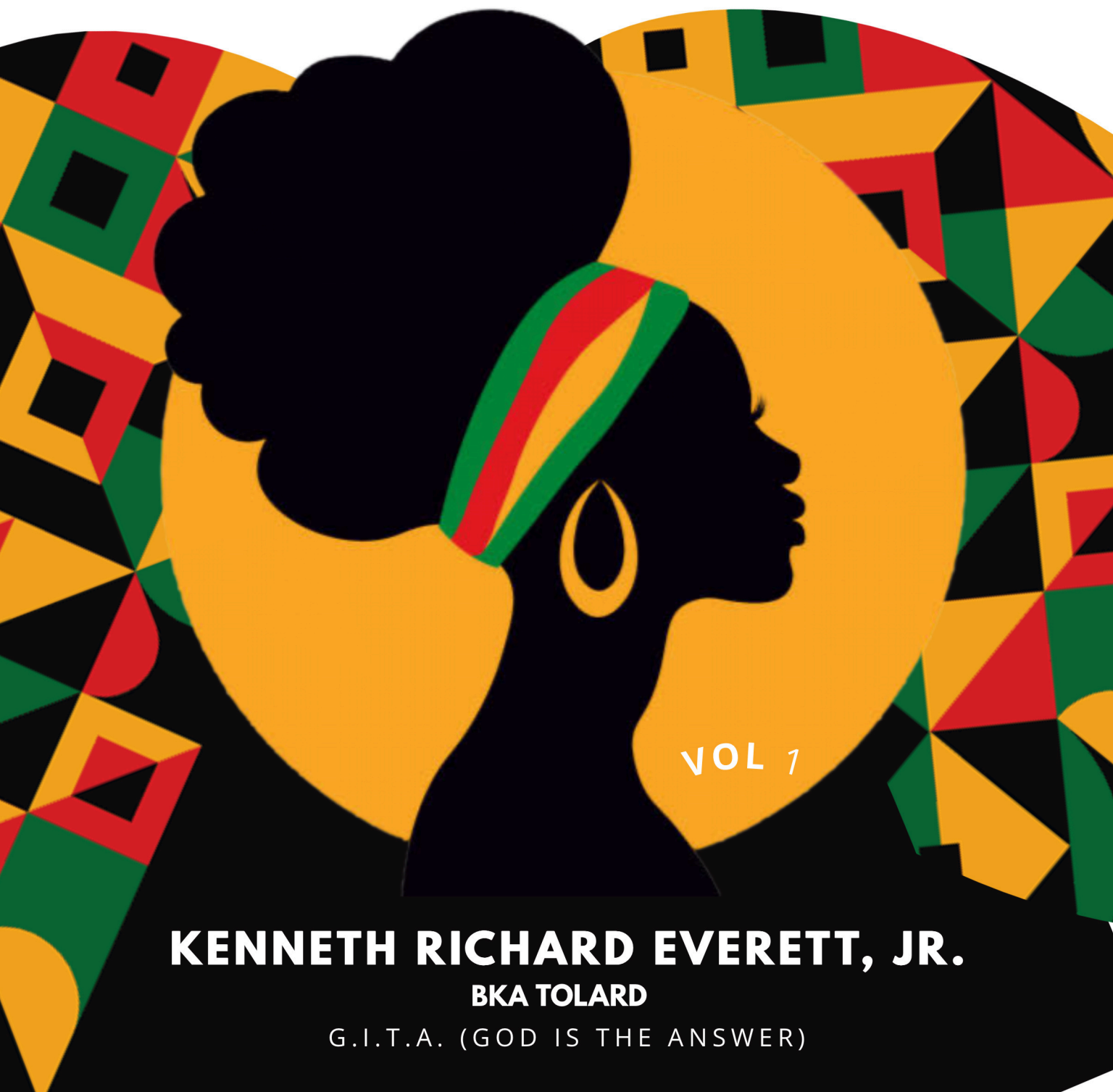


YOU SHOULD KNOW

A BOOK OF POEMS EDIFYING
THE BLACK WOMAN



VOL 1

KENNETH RICHARD EVERETT, JR.

BKA TOLARD

G.I.T.A. (GOD IS THE ANSWER)

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Dedication

**This book is in honor of my late, beautiful mother,
Ruby Faye Crowder Everett**

March 5, 1935 - September 3, 2023

A Tribute to My Mother
In Loving Memory

My mother lost her own mother when she was just 13. Though she wasn't the eldest, she helped care for eight younger siblings, fulfilling her mother's wish that the family remain together.

From a young age, she carried the weight of love and responsibility with quiet strength. She spent her life giving — caring for her father, supporting her siblings, and opening our home to anyone in need. Her heart was kind, her presence constant, and her faith unshakable.

She was a devoted wife and mother of seven — six sons and one daughter. She raised us with love, patience, and faith in God.

Even when our father spoke harshly, she never returned the disrespect or spoke badly of him. Her example taught us how to love, how to forgive, and most of all, how to respect women.

Her greatest gift to us was Jesus Christ. Her faith is our foundation, and her legacy lives on in each of us.

Thank you, Mom. Your love shaped our lives,
and your spirit will never leave us.

A Tribute to My Amazing Wife, Keena

A Tribute to My Amazing Wife, Keena

To my beautiful and powerful wife,
Words can't fully express how grateful I am for you.

You are the foundation of our
family—strong, graceful, and full of unwavering faith.
As a Black woman, you embody strength, resilience, and
wisdom.

You're raising our daughters
with love, faith in Jesus, and a deep pride in who they are.

You show them, every day, how to
walk with confidence, kindness, and purpose.
You are the heart of our home, the one who lifts us all.

Your beauty, inside and out, is
unmatched, and I'm beyond blessed to walk
through life with you.

Thank you for being the fierce mother, loving wife, and
incredible woman you are.

Our daughters are lucky to have you, and I am forever
grateful to call you mine.

With all my love,
Kenneth R. Everett Jr. (Tolard)

A Tribute to My Beautiful Daughters, Kamilyah and Kandyce

I am beyond blessed to be the father of two incredible daughters, Kamilyah and Kandyce. Each day, my heart swells with pride and love for the beautiful young woman you have become.

Kamilyah, you radiate strength, grace, and love. Your kindness and compassion inspire everyone around you. You carry your heart on your sleeve, and your giving spirit is a gift to all who know you. Your unwavering faith in Jesus Christ shines brightly, and I am so proud of your love and devotion to Him. You are a blessing to this world, and I'm blessed to call you my daughter.

Kandyce, your joy, and light make every day brighter. Your laughter is contagious, and your gentle spirit touches everyone you meet. Like your sister, your love for Jesus Christ is deep, and it fills my heart with joy to see how you live out your faith. Your loving and kind nature is a testament to the wonderful person you are, and I am so grateful for you.

Together, you both exemplify the true beauty of grace, kindness, and faith. You reflect God's love; I am endlessly proud to be your father. My love for you knows no bounds, and I will always cherish and support you in all you do.

Kamilyah and Kandyce, you both are more than I ever dreamed of. I love you with all my heart and am incredibly proud to be your father.

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CH 1: GOD CHOSE ME

If we are going to stop the destruction of the black race, we must first bring back respect for the black woman. The black woman is the backbone of the black race. Some people may feel that the black man is the backbone of the black race, but I disagree, for there are too many black mothers who have raised their children without a black man. Think back to all the black mothers who have raised their children without the support of a black man.

Now think about the black mothers who had a black man but didn't do his part to help raise his children, for he was too busy chasing other women. Now, think about the black man who came home late at night because he had to work to provide for his family, so it was the black mother who had to raise the children and introduce them to Jesus Christ. Most children back then turned out okay because they respected their mothers and the black woman.



There's A Need .. cont.

Today, our black males are in trouble because they lack respect for their mothers and others. Television, videos, and some rappers have also contributed to this problem. Television never shows the beauty of the black woman; think about all the commercials and television programs that never show the strengths and beauty of the black woman. Think about how the young and older black males are conditioned to see the beauty in the other women. It is time for black people to show America and the World that we respect and love our strong, beautiful black girls, ladies, and women.

Our children must start early respecting each other, especially our black boys, and showing respect to our black girls. Black males need to show the World that they appreciate black women.

**FOUNDER of "THE RESPECT THE BLACK WOMAN
MOVEMENT"**

I feel God chose me to help bring back respect to his creation, the black woman. There are several reasons why I started to respect the black woman movement. One reason is that I wanted my two daughters to be proud that God made them black and always to be proud that God made them black females. You have to be a strong black woman to make it today.

Growing up as a child, I saw so many black women disrespected and mistreated, and I could not understand why, for all the black women in my life had all been strong, loving, kind, and respectful. I saw my grandmother, mother, aunts, sister, cousins, friends, and young ladies in school mistreated and disrespected. In one way, I felt the way Popeye felt when Brutus got the best of him, and he couldn't take anymore; Popeye would always say, "I can't stand more." Well, I'm tired of seeing all women mistreated and disrespected, but most of all, I'm tired of seeing beautiful black women disrespected and mistreated. I never saw or heard of my grandfather striking my grandmother, but I did see him mistreat and disrespect her in so many different ways.

Why? . . . cont.

I saw my father verbally abuse and disrespect my mother, but I never heard my mother say anything negative about my father to her six boys and one girl. I saw one uncle physically beat his wife to the point of her having to go to the hospital. My sister's husband didn't respect her or their three children. I have had lady friends to be mistreated and disrespected by their husbands.

Finally, the young black girls in schools today are so hard, for the young black males are so disrespectful to the black young ladies. The black male shows more respect to the girls of different nationalities than to their black sisters. I also find this to be true with the older black males in the workforce, for the black male is more respectful when meeting a woman of a different race, not realizing that having a black woman is like having a beautiful queen who desires respect from all men, especially the black man. The black woman was made from a single rib from a black man and has the inner strength of a man but was made stronger through her struggles in slavery; so every man, especially the black man, should show love and respect to the black woman and all women.

FOUNDER of "THE RESPECT THE BLACK WOMAN MOVEMENT"

God, please help me.

My life is almost over, and I have not told my story; no one knows of my struggles, the pain, the hurt; it stays on my mind, and I'm about to lose my mind. I cannot forget how I was taken from my homeland, never to return, beaten, kicked, chained up, and raped; it still hurts.

God, please take away the hurt.

That ship, that slave ship, that cold, dark, sad slave ship, I still see the dead bodies lying next to live bodies; the smell won't go away. My stomach is starting to hurt, for I remember the worms eating the dead bodies and crawling all over the live bodies. God let me survive; sometimes I wish I had died.

God, please take away the hurt.

I don't want to think about how my children were taken from me and sold into Slavery, how my master raped me, and I had two children by him. I still feel the shame, pain, and hurt for my husband.



God, Please ... cont

He knew that two of our children were not his, but he could not say anything, for he would have been killed. I still have not seen my children who were sold into Slavery. I pray to God that I see them before I die. I know my little girl was raped, and I wonder how many babies they made her make, but I will never know, and my heart even hurts more.

God, please take away the hurt.

I remember they came in the middle of the night and took the one thing I had left in my life; only God knows. I don't want to think about what happened that night, but it stays in my mind, for my husband was lying by my side, and we were talking about how some white folks were not correct and how he might get killed for standing up for what he knew was right. All at once, the door was kicked in, white hoods and robes they took my black man, hung about him from a tree, for everyone to see. My heart still misses a beat when I think about what they did to my family and me.



God, Please ... cont

God, please take away the hurt.

God, my story has to be retold again and again so young black children and the world will know how black folks were done wrong, but they continued to move.

Our children should never forget how we were done wrong, but they must continue to move on and remember education is the only tool that black children can use that can keep them from being a slave.

1997

CAN'T YOU REMEMBER?
WERE YOU NOT TOLD?
SOMEBODY SHOULD HAVE TOLD YOU.
YOU NEED TO KNOW.

YES! YES!
SOMEBODY SHOULD HAVE TOLD YOU.
YOU NEED TO KNOW OF MY STRUGGLES
OF MY HURTS
OF MY UNHAPPINESS
OF MY PAINS
AND
OF MY WANTS.

THEN YOU WOULD NOT CALL ME, YES ME!
ALL TYPES OF BITCHES AND WHORES.

IT'S JUST NOT FAIR
IT'S JUST NOT FAIR
OK, HOW I STILL HURT.
WILL THE PAIN EVER GO AWAY?
WHEN WILL I GET MY RESPECT?
DON'T YOU KNOW?
MY LIFE HAS BEEN TO MY BLACK PEOPLE.
MY LIFE HAS BEEN TO MY BLACK MAN.
MY LIFE HAS BEEN TO MY CHILDREN.



You Should Know .. cont

MY LIFE HAS BEEN TO MY FAMILY. NOW YOU WANT TO
CALL ME, YES ME! ALL TYPES OF BITCHES AND WHORES.

CAN'T YOU REMEMBER?
WERE YOU NOT TOLD? SOMEBODY SHOULD HAVE TOLD
YOU. YOU NEED TO KNOW ABOUT
HARRIET TUBMAN
PHILLIS WHEATLEY
MARY MCLEOD BETHUNE
IDA B. WELLS BARNETT
SOJOURNER TRUTH, I COULD GO ON! AND ON!

CAN'T YOU REMEMBER?
WERE YOU NOT TOLD?

SOMEBODY SHOULD HAVE TOLD YOU. YOU SHOULD
KNOW OF MY STRUGGLES OF THE HURTS OF MY
UNHAPPINESS OF MY PAINS AND MY WANTS.
THEN YOU WOULD NOT CALL ME, YES ME! ALL TYPES OF
BITCHES AND WHORES. DON'T YOU KNOW I STILL HURT
FROM SLAVERY? YES, SLAVERY!
DON'T YOU KNOW MY CHILDREN WERE TAKEN FROM ME
AND SOLD. YES, INTO SLAVERY JUST BECAUSE THEY
WERE BLACK.



You Should Know .. cont

NOW YOU WANT TO CALL ME, YES ME! ALL TYPES OF
BITCHES AND WHORES. DON'T YOU KNOW I WAS RAPED.
YES, I WAS RAPED! JUST LOOK AROUND AT MY PEOPLE.
SEE ALL THE DIFFERENT COLORS OF ME, YES ME!
THAT ARE BEAUTIFUL, YES THAT ARE BEAUTIFUL

BUT. LOOK AT ME! LOOK AT ME!
LOOK AT THE COLOR OF MY SKIN.

LOOK! LOOK! LOOK!
I AM BLACK! I AM BLACK!

WHY ARE THERE SO MANY DIFFERENT COLORS OF ME?
I'LL TELL YOU WHY. BECAUSE I WAS RAPED, YES, I WAS
RAPED. I WAS RAPED BY MY WHITE MASTER.
I WAS RAPED BY A WHITE MAN. JUST LOOK AROUND AND
SEE ALL THE DIFFERENT COLORS OF ME. YES, THE
DIFFERENT COLORS OF ME.

OH! HOW I STILL HURT, I STILL HURT. DON'T YOU KNOW I
ONLY WANTED MY BLACK MAN?

CAN'T YOU REMEMBER?
WERE YOU NOT TOLD? SOMEBODY SHOULD HAVE TOLD
YOU. YOU SHOULD KNOW.



You Should Know .. cont

YES! YES!
SOMEBODY SHOULD HAVE TOLD YOU.
YOU SHOULD KNOW.
OF MY STRUGGLES
OF MY HURTS
OF MY UNHAPPINESS
OF MY PAINS
AND
OF MY WANTS.
MAYBE THEN YOU WOULD NOT CALL ME, YES ME,
ALL TYPES OF BITCHES AND WHORES?

IT'S JUST NOT FAIR.
IT'S JUST NOT FAIR.

OK, HOW I STILL HURT, I STILL HURT
WILL THE PAIN EVER GO AWAY

WHEN WILL I GET MY RESPECT?

CAN'T YOU REMEMBER?
WERE YOU NOT TOLD? SOMEBODY SHOULD HAVE TOLD
YOU. YOU SHOULD KNOW.



CH 2: RESPECT

God created the first man.
He scooped up some dirt and made
HIMSELF,
a black man, the first man.

God created the first woman.
He took a rib from Adams and made
HIMSELF,
a black woman, the first woman.

Everything that God created
has come under attack. Just look at
the black race,
and know this is a fact.

My black sister, never forget that
God made you the first woman,

When a son has respect for his mother
and a love for God, he usually has
respect for himself and others.

When a son has respects for his mother
and a love for God, he usually will think
twice before he gets in trouble.

When a son has respects for his mother
and God, he usually will stay out of
trouble, for he doesn't want to worry or
bring shame to his mother.

There's a need to bring back respect to
the woman, if we want our children
to stay out of trouble.

Every woman and every
mother of every race
need to be respected.

Respect The Black Woman

YOU MUST respect the Black Woman,
For her life has been to her Black Man.
YOU MUST respect the Black Woman,
For her life has been to her Children.
YOU MUST respect the Black Woman,
For her life has been to her Family.

How can you mistreat a BLACK WOMAN,
When she was the one THAT KEPT US
From going under?

JUST THINK BACK
To
HARRIET TUBMAN, PHILLIS WHEATLEY, MARY MCLEOD
BETHUNE, IDA B. WELLS BARNETT AND SOJOURNER
TRUTH.
I COULD GO ON AND ON.

YOU NEED TO RESPECT
THE
BLACK WOMAN.

Single Black Mother, Stay Strong

Single mother,
trying to raise her children the best she can
without a man to hold her in his arms,
when she feels as though she can't go on,
needs a friend to encourage her.

Single
Black Mother,
Stay Strong
Single black mother,
looking for a respectful, God-fearing
man, but will stay single if the man
won't do right by her children, for a mother
can do without a man, when
God is in her life.

A mother won't
think twice about a man
who won't treat her children right.

Single Mother,
Stay Black Strong.

Divorce,
don't let it hold
you back.

Keep God in your
heart and He will
continue to do His
part to protect your
heart.

Never again will
you be left
with
a broken
heart.

My Black Sister

My black sister,
that sits alone in dark.

My black sister,
that lays in the bed alone in the dark,
with a very heavy heart. You feel as
though you can't go on, it seems
like your life has gone to the dogs, for your man has
left you alone.

God didn't call him home,
just another woman in his life,
now he's gone, and you are alone,
but don't worry,
God is still on the throne.

You are not alone, now turn on the light
and come from the dark.

You are a GOD FEARING WOMAN,
respectful and strong.

You Fight Your Woman

You fight your woman like she's a man, Knowing that
you are going to win. It's unevenly matched, the
woman Should be able to use a baseball bat,
Hit your head like a baseball, make you Squeal like a
wild hog.

Then the morning comes, You're all bruised up, Don't
want anyone to see you. Cause it was your woman.
That beat you.

Now, how do you feel having to lie
To your friends, when they say,
What happened, man?
HA! HA! HA!

Think you're going to tell them,
"My woman beat me up again?"
I THINK NOT.

So, don't fight your woman, for God
Put her here for you to love her. And if you can't love
her, You need to give her up. And let another brother
Come alone and. LOVER HER.

YOU LOVE YOUR MAMA.
YOU SAY YOU WILL DO ANYTHING
FOR YOUR MAMA BUT TURN RIGHT
AROUND AND MISTREAT YOUR WOMAN,
YOUR CHILD'S MAMA.

HOW CAN YOU SAY
YOU LOVE YOUR MAMA AND THEN
MISTREAT YOUR WOMAN,
YOUR CHILD'S MAMA.

IF YOU TRULY LOVE YOUR MAMA,
YOU WILL NEVER, NEVER,
MISTREAT YOUR WOMAN,
FOR THAT'S
YOUR CHILD'S MAMA.

YOUR WOMAN IS SOMEBODY'S MAMA
AND NOBODY WANT'S THEIR MAMA TO BE
MISTREATED.

THE NEXT TIME YOU GO AROUND YOUR
MAMA AND TELL HER THAT YOU LOVE HER.
YOU THINK BACK



You Love Your Mama . .

AND IF YOU MISTREATED YOUR WOMAN,
YOUR CHILD'S MAMA.
YOU JUST LIED, TO YOUR MAMA.

YOU CAN'T
MISTREAT YOUR
WOMAN AND LOVE
YOUR MAMA.

FOR YOUR WOMAN
IS YOUR CHILD'S MAMA.

1995

LOVE, UNITY AND SPIRITUALITY,
WILL BRING A MAN AND WOMAN TOGETHER,
TO BE AS ONE, FOREVER.

ONLY THE LOVE OF GOD
CAN JOIN A MAN AND WOMAN
TOGETHER AS ONE IN MARRIAGE.

GOD MADE A WOMAN FOR A MAN,
FROM THE RIB OF A MAN.
GOD MADE THE FIRST MAN BUT
AFTER THAT, IT TOOK A WOMAN
TO MAKE A MAN.

WHEN GOD HAS JOINED TWO HEARTS,
NO MAN OR WOMAN CAN BREAK THEM APART.

LOVE, UNITY AND SPIRITUALITY
ARE NEEDED IN A MARRIAGE, BUT GOD
IS THE ONE THAT WILL KEEP IT TOGETHER.

NO MAN OR WOMAN CAN BREAK APART
WHAT GOD HAS JOINED TOGETHER,
WITH MORE THAN JUST
A PIECE OF PAPER.

Look at me, yes,
Look at me,
I am Bold and
I am Beautiful,
not because of the way that I am
dressed or the way that I look

I am Bold and
I am Beautiful,
because I know God and my beauty is
on the inside an God lets it show on
the outside.

For the beauty that is in my soul will always make me Bold,
and when my skin wrinkles up and my clothes no longer fit
for I have no figure and no more hips that won't matter, for
the beauty within me will still exist and God will still be in
control and I will still be Bold.

Now, don't you get hung up on looks
and clothes for that all soon will get old.

The BOLD and
The BEAUTIFUL.

1996



CH 3: TO BE BLACK

To Be Black

TO BE BLACK,
IS TO KNOW YOU MUST LOOK BACK BEFORE YOU CAN MOVE
FORWARD,
IT HURTS, IT HURTS
TO LOOK BACK
BUT IT MAKES ME STRONGER WHEN I LOOK BACK.
ONLY THE STRONG SURVIVED THE SLAVE SHIPS.
YES, THE COLD, DARK, CHILLING, AND INHUMAN SLAVE SHIPS,

TO BE BLACK
IT IS TO KNOW YOU MUST LOOK BACK BEFORE YOU CAN MOVE
FORWARD.
IT HURTS, IT HURTS
TO LOOK BACK
BUT IT MAKES ME STRONGER WHEN I LOOK BACK.
WHEN I THINK ABOUT A BLACK FAMILY
SOLD INTO SLAVERY AND A BLACK MOTHER SEPARATED FROM
HER FAMILY, SEPARATED FROM HER YOUNG CHILDREN, BEATEN
AND RAPED.

IT HURTS, IT HURTS
TO LOOK BACK
BUT IT MAKES ME STRONGER WHEN I LOOK BACK.



To Be Black ... cont

TO BE BLACK
IT IS TO KNOW YOU MUST LOOK BACK BEFORE YOU
CAN MOVE FORWARD.

IT HURTS, IT HURTS
TO LOOK BACK

BUT IT MAKES ME STRONGER WHEN I LOOK BACK.
WHEN I THINK BACK TO THE VILENT DEATH OF YOUNG
EMMETT TILL, ONLY 14 YEARS OLD AND MURDER, YES
MURDER, BODY FOUND IN THE TALLAHATCHIE RIVER IN
MISSISSIPPI, BEATEN, SHOT, MISSING AN EAR, MISSING
AN EYE, FOR THEY SAID,

YES THEY SAID, HE WHISTLING AT A WHITE WOMAN,
NOW A BLACK MAN CAN MARRY A WHITE WOMAN.

IT HURTS, IT HURTS
TO LOOK BACK



To Be Black ... cont

BUT IT MAKES ME STRONGER WHEN I LOOK BACK.
WHEN I THINK ABOUT A BLACK MAN, BEATEN TO DEATH,
TARRED AND FEATHERED,
HUNG FROM TREE AND GAS PORED ALL OVER A BLACK
MANS BODY AND SET A FIRE IN THE STREET, WHILE PEOPLE
WATCHED
AND CHEERED AND NO ONE CARED TO MAKE THEM STOP.
FOR NO ONE CARED TO HEAR A BLACK MAN CRY FOR
JUSTICE.

TO BE BLACK,
IS TO KNOW

YOU MUST LOOK BACK
BEFORE YOU CAN MOVE FORWARD

1996

BLACK HISTORY MONTH IS IN FEBRUARY.
28 DAYS TO BE BLACK.

YES, YOU ARE GIVEN
28 DAYS TO BE BLACK
BUT I WILL BE BLACK
365 DAYS OF THE YEAR.

FOR I KNOW THAT I AM BLACK.
AMERICA KNOWS THAT I AM BLACK.
THE WORLD KNOWS THAT I AM BLACK.

DO YOU KNOW THAT YOU ARE BLACK?
DO YOU KNOW WHAT IT MEANS TO BE BLACK?
DO YOU KNOW THAT THE JAILS
ARE THE NEW SLAVE SHIPS FOR BLACKS?

DO YOU KNOW WHAT IT MEANS
TO GO TO THE MALL TO SHOP
BUT FEEL UNCOMFORTABLE
FOR YOU KNOW YOU ARE BEING WATCHED?



28 Days To Be Black

28 DAYS TO BE BLACK
BLACK HISTORY MONTH IS IN FEBRUARY.

WILL YOU BE BLACK IN JANUARY, MARCH, APRIL,
MAY, JUNE, JULY, AUGUST, SEPTEMBER,
OCTOBER, NOVEMBER
AND WILL YOU BE BLACK IN DECEMBER, OR WILL
YOU ONLY BE BLACK IN FEBRUARY,
BLACK HISTORY MONTH?

28 DAYS TO BE BLACK

I WILL BE BLACK 365 DAYS OF THE YEAR,
FOR I KNOW THAT I AM BLACK.

AMERICA KNOWS THAT I AM BLACK.
THE WORLD KNOWS THAT I AM BLACK.

DO YOU KNOW THAT YOU ARE BLACK?
DO YOU KNOW WHAT IT MEANS TO BE BLACK?



28 Days To Be Black

DO YOU KNOW HOW IT FELT TO ENTER THROUGH THE
BACK, LEAVE THROUGH THE BACK, AFRAID YOU
MIGHT BE ATTACKED, JUST BECAUSE YOU WERE
BLACK?

COULD NOT DRINK
FROM A WATER FOUNTAIN, UNLESS
IT WAS FOR THE COLORED, MEANING BLACK.

BLACK HISTORY MONTH IS IN FEBRUARY.
28 DAYS TO BE BLACK.

BRING BACK THT BLACK
SELF-LOVE

BACK THEN, EVERYBODY THAT WAS BLACK KNEW
THAT THEY WERE BLACK. NOW SOME BLACK DON'T
KNOW THAT THEY ARE BLACK. DON'T KNOW WHAT IT
MEANS TO BE BLACK. DON'T WANT TO BE SEEN WITH
ANOTHER BLACK.

DON'T WANT TO BE BLACK.
THAT ONE OF THE PROBLEMS
WITH THE BLACKS.



28 Days To Be Black

BLACK HISTORY MONTH IS IN FEBRUARY.

28 DAYS TO BE BLACK
BUT 365 DAYS OF THE YEAR, I WILL BE BLACK.
BLACK HISTORY MONTH IS IN FEBRUARY.

WILL YOU BE BLACK IN
JANUARY, MARCH, APRIL, MAY, JUNE, JULY, AUGUST,
SEPTEMBER, OCTOBER, NOVEMBER, AND WILL YOU BE
BLACK IN DECEMBER OR WILL YOU ONLY BE

BLACK IN FEBRUARY,
BLACK HISTORY MONTH?
28 DAYS TO BE BLACK

1995

I'M A BLACK MAN WITH A DIFFERENT SHADE OF COLOR
I'M A LITTLE YELLOW ON THE OUTSIDE BUT DON'T FOOL
YOURSELF, FOR I'M ALL BLACK ON THE INSIDE. WHAT
ABOUT YOU, MR. YELLOW AND MRS. YELLOW, DO YOU
THINK YOU ARE BETTER BECAUSE YOUR SKIN TONE IS A
LITTLE? PLEASE TELL ME, FOR IF THERE WERE TO BE A
REVOLUTION WHERE WOULD YOU STAND MR. YELLOW
AND MRS. YELLOW. WHY DO YOU THINK YOU ARE
BETTER JUST BECAUSE YOUR SKIN TONE IS A LITTLE
YELLOW? PLEASE TELL ME.

I SAY I'M BLACK AND I'M NOT GOING BACK
EVEN IF YOU TRY TO STAB ME IN MY BACK, I'M NOT
GOING TO LET YOU TURN ME BACK, FOR I HAVE MOVED
FROM THAT LITTLE OLD SHACK WHERE YOU KEPT ME
AND MY FAMILY OUT BACK. I SAY I'M BLACK, AND I'M
NOT GOING BACK; EVEN IF YOU TRY TO HOLD ME BACK,
I'M NOT GOING TO LET YOU TURN ME BACK

I SAY I'M BLACK, AND I'M NOT GOING BACK.
EVEN WHEN YOU JUDGE ME, YES, YOU JUDGE ME FROM
THE OUTSIDE, BUT YOU KNOW NOTHING ABOUT ME ON
THE INSIDE. FOR YOU ONLY LOOK AT THE COLOR OF MY
SKIN
AND YOU JUDGE ME.



Black and Proud . .

YES, YOU JUDGE ME NOT FROM WITHIN BUT BY THE
COLOR OF MY SKIN, WHICH IS BEAUTIFUL; YES, THAT
IS BEAUTIFUL, WITHOUT A TAN.
DON'T YOU KNOW THAT GOD CHOSE THIS COLOR OF
SKIN FOR ME,
NOW, WHY WOULD YOU WANT TO TAN, TO LOOK
LIKE ME?

STEP BACK AND GIVE ME MY RESPECT, FOR I'M
PROUD THAT GOD MADE ME BLACK AND YOU WILL
NEVER, YOU HEAR ME, YOU WILL NEVER MAKE ME
FEEL AS THOUGH GOD HAS MADE A MISTAKE. EVEN
WHEN YOU LOOK AT ME WITH ALL THAT HATE, I STILL
KNOW THAT GOD HAS NOT MADE A MISTAKE. GOD
DID MAKE FOR THE COLOR OF MY SKIN, AND YOU
WILL NEVER YOU HEAR ME. YOU WILL NEVER MAKE
ME FELL AS THOUGH I AM A MISTAKE. EVEN WHEN
YOU SHOW ALL YOUR HATE I STILL KNOW THAT GOD
HAS NOT MADE A MISTAKE. THE COLOR OF MY SKIN
GOD DID MAKE, AND I AM PROUD THAT GOD MADE
ME BLACK,



Black and Proud . .

BUT THE BLACK MAN IS KILLING HIMSELF, AND THE SYSTEM DOESN'T CARE ABOUT A BLACK MAN KILLING HIMSELF. THE SYSTEM IS PART OF THE REASON WHY THE BLACK MAN IS KILLING HIMSELF FOR THE SYSTEM HAS NEVER GIVEN SUPPORT TO A BLACK MAN.

JUST THINK BACK TO SLAVERY, YES, SLAVERY, THE SYSTEM WAS BEHIND THAT. THEN CAME SEGREGATION, WHITES ONLY, THE SYSTEM WAS BEHIND THAT. NOW THERE'S RACISM, AND THE SYSTEM HAS A HAND IN THAT, SO THAT SHOULD PROVE TO YOU THAT THE SYSTEM DOESN'T CARE ABOUT A BLACK MAN KILLING HIMSELF, BUT THE BLACK HAS GOT TO START LOOKING AT HIMSELF IF HE WANTS TO SURVIVE FOR THE SYSTEM DOES NOT CARE IF A BLACK MAN DIES. SO, THE BLACK MAN HAS GOT TO REMEMBER THAT GOD HELPED HIM SURVIVE SLAVERY, GOD HELPED HIM SURVIVE SEGREGATION, AND GOD CAN HELP HIM SURVIVE RACISM, BUT MOST OF ALL GOD CAN STOP, YES, GOD CAN STOP, A BLACK MAN FROM KILLING HIMSELF.

I'M A BLACK, WITH A DIFFERENT SHADE OF COLOR.

I SAY, I'M BLACK
AND PROUD OF THAT
AND I'M NOT GOING BACK!

America has no respect for a Black man or Black woman.

Your skin may be a little light.

You may almost look white.

But you need to know there will come a time when you
will be treated like a black woman,
whose skin is darker than night.

You may be a token that is very soft-spoken
and feel as though you fit in for you are treated
better than that light-skinned black woman
whose skin is darker than night.

One day you will find out that you are no better than that
dark skin black man or black woman,
whose skin is darker than night.

Your skin may be a little light. You may almost look white,
But, in America, you are as dark as night.

America has no respect
for a Black man or Black woman.

Jesus knew the importance of time,
for He rose on a certain day and time.

Moses knew the importance of time, for He
wasted no time in using His rod to part the Red Sea
and there was only enough time to set God's people free.
Pharoah's army was washed away, for they were
just a little too late.

Harriet Tubman knew the importance of time,
for she was in charge of the
underground railroad, and you had to
be on time, to leave on time, or you
would be left behind.

Benjamin Banaker knew the importance of time, that's why
he invented the clock so we could keep track of time.

Brothers and Sisters Start on time
be on time
leave on time
don't waste time
keep time.



CH 4: FATHERS

A FATHER,
MUST SOMETIMES BE A
MOTHER.

A FATHER,
MUST SOMETIMES BE A
BROTHER.

A FATHER,
MUST SOMETIMES BE A
SISTER.

A FATHER,
MUST SOMETIME BE A
FRIEND.

A FATHER,
MUST SOMETIMES BE A
RESPONSIBLE.

TO BE A MAN.

A SUCCESSFUL MAN
WILL SHOW RESPECT
TO HIS FELLOW MAN AND WON'T JUDGE HIM
BY THE COLOR OF HIS SKIN BUT WILL LOOK
PASS WHAT'S ON THE OUTSIDE AND FIND ALL
THE GOOD THAT IS STORED ON THE INSIDE.

A SUCCESSFUL MAN
WILL NEVER BOAST
HE JUST DOES HIS VERY BEST TO
SATISFY GOD.. HE KNOWS
GOD IS PLEASED WHEN HE DOES HIS BEST.

A SUCCESSFUL MAN
WILL NEVER CHEAT
OR MISTREAT ANOTHER MAN
OR WOMAN. HE KNOWS THAT HE
HAS BEEN BLESSED AND THAT GOD
IS THE REASON HE IS A SUCCESS.

A SUCCESSFUL MAN



Successful Man. ..

IN NOT ALWAYS A FAMILY
MAN BUT CAN BE A SINGLE MAN IF HE
KNOWS THAT GOD IS RESPONSIBLE
FOR ALL OF HIS SUCCESS.

A SUCCESSFUL MAN
WILL NEVER TAKE
ADVANTAGE OF A POOR MAN.

REMEMBER, IF YOU WANT
TO BE
A
SUCCESSFUL MAN,
YOU MUST
INCLUDE GOD
IN ALL YOUR PLANS.

MY FATHER,
STARTED OUT IN THE RIGHT WAY.

GOD WAS IN HIS LIFE IN EVERY WAY
FOR HIS MOTHER HAD TAUGHT HIM TO TRUST IN GOD
AND HE WOULD BE OK, BUT SOMEWHERE DOWN THE
ROAD OF LIFE HE LOST HIS WAY.

FOR THE LOVE OF MONEY TOOK AWAY HIS FAITH.
NOW HE LIVIES ALONE
TO PONDER HIS LIFE AWAY.

DON'T LET THE LOVE OF MONEY DESTROY YOU ONE
DAY.

TRUST IN GOD AND YOU WILL BE OK.
Just remember,
Let god lead the way

Our Father

some people will never understand what happens to a man when he lives his life to be everybody's friend, bending over backwards to give a helping hand, sometimes neglecting his family, just to be a friend. Some of you out there know that this is true, just think about our father and what he did for you. Don't think that I'm angry or mad. I'm just thankful for our father and what he did for you and me.

Our father; some people will never understand, what happens to a man when he does all he can, just to be a friend, then trouble comes in his life and he looks around for a friend and no one's there, to hold him up or hold his hand, to be to him, what he was to them. Don't think that I'm angry or mad. I'm just thankful for our father and what he did for you and me.

Our father finally realized, just a little too late, that his wife and his children would be there for him, no matter what people would say or think or how many mistakes he tried not to make. Make no mistake, friends are good, but when trouble comes and lasts more than a day, kinfolks and friends, getting out the way.



God Bless Our Father

God is the only friend that will help you in the end, but if you want some earthly friends, make them your wife and children, for if god is in their hearts, they will be there to the end. Don't think that I'm angry or mad.

I'm just thankful for our father and what he did for you and me.

Our father was blessed to have a wife like our mom, introducing their children to god while they were so very young, getting them ready, for the unknown, for she wanted all of her children to know god on their own so they would be independently strong, never giving up, always able to pick up and move on. Don't worry about my mother, brothers, sister and me, for god will continue to take care of my family and me.

Don't think that I'm angry or mad. I'm just thankful for our father and what he did for you and me.

Our father; some people did not understand, but to others Kenneth Richard Everett, Sr. was a mighty fine man, always willing to be a friend.



God Bless Our Father

Our father; we know he was a proud man, even after he was accidentally shot and another time lost part of his hand. Our father kept on working through all of his pains to take care of his family and show by example what it took to be a real man.

Our father; some people did not understand and to my mother, brothers, sister and me, it make no difference to us, if you never understand, for our father we loved until the end. **Don't think that I'm angry or mad. I'm just thankful for our father and what he did for you and me.**

The next time you find yourself rushing to church. I hope you don't pass up someone in pain and crying out for help. Don't think that I'm angry or mad at you. I am just thankful for our father and what he did for you and me.

**God bless our father,
We loved
Him.**

Aug.13,199

your ride could be on a boat,
your ride could be on a train,
your ride could be on an air plane,
your ride could be short or your ride
could be long,
your ride could be bumpy or your ride
could be smooth,
your ride could be one of pride or your
ride could be one shame,
but
one thing is for sure, your will
take a ride,
when will you be ready and will you
be ready,
to take that one-way ride, lying
on your back,
looking to the sky with your
eyes closed
going down the road to find that
special spot,
your ride will never have to stop,
until you reach your
resting plot.

If you have a problem
That you cannot solve
And it's on your mind
 Been on you mind
Won't leave your mind
 Confusing your mind
 Controlling your mind
 Get it off your mind
Before you lose your mind.

You need to tell somebody
 Not just anybody,
 Tell Jesus Christ.

Keep The Lord On Your Mind.
He Will Keep Your Mind.

Walk with God, and you will never be alone.
Let God into your life, and He will make you strong.
There are too many problems in this life to walk alone.
Sometimes, friends and family will do you wrong
and force you to walk alone.

Walk with God, and you will never be alone.
Let God into your life, and He will make you strong.
When you feel as though you can't go
on and the thought of taking your life has taken its toll.
Remember, no problem is too big for God to control
for He wants to save your soul.

Walk with God, and you will never be alone.
Let God into your life, and He will make you strong.
Your past problems God has already solved.
Now, keep the Lord on your mind.
He will keep your mind.

Walk with God, and you will never be alone.
Let God into your life, and He will make you strong.
He picked you up and carried you when you couldn't
go on.



Walk with God . . .

God can continue to pick you up when you
can't go on.

Walk with God, and you will never be alone.

Let God into your life, and He will make you
strong.

1999

"Darkness"

Darkness will enter into one's life
but never think that it is there
for you to end your life.

Know that God can help you
through the darkness of your life
and the sun will soon shine
through the darkness of your life.

Please don't end your life.

By Kenneth Everett

Think about death

And how it comes like a thief in the night,
At the blink of an eye, it could come for you.

Now, realize that death is not the end
for judgement day will come
then death will begin,

if you do not turn your life over to God
before the death angel comes for you
Your soul will burn and burn.

the pain will never end.

Death is not
the end.

1990





Message From The Author

Kenneth Richard Everett Jr. has always held a deep respect for all women, but **YOU SHOULD KNOW** (A BOOK OF POEMS EDIFYING BLACK WOMEN) is his heartfelt call to action to restore respect and admiration for Black women.

This powerful book includes poems written over 30 years ago that reflect the author's unwavering belief in the dignity of African American women. These poems counter the disrespect often perpetuated in media and music lyrics.

In 1997, Mr. Everett founded the "Respect the Women Movement," with his 10-year-old daughter, Princess Kamilyah, as its spokesperson. The movement aimed to highlight the importance of honoring Black women—a mission that remains as vital today as it was then.

As noted in *The Dallas Weekly* on August 12, 1997, Kenneth's passion for this cause stems from both personal and societal experiences, including witnessing the struggles of Black women and his mother's love and strength.



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In addition to poetry, **YOU SHOULD KNOW** features deeply spiritual reflections that invite readers to develop a personal relationship with Jesus Christ.

It also includes letters from former teachers, classmates, students, and childhood friends affirming Kenneth's lifelong dedication to treating all women with respect.

A devoted father and teacher, Kenneth was deeply concerned about the future of Black women, especially his daughters, in a world where Black women are often undervalued. This book is not just a collection of words; it's a movement—a tribute to the strength, kindness, and love that Black women embody.

Let **YOU SHOULD KNOW** inspire you to join the movement and recognize the immeasurable value of respecting Black women.







Age
20

Dad over the last three months
I've learned to appreciate the
little things but you dad my
appreciation of you is
big, cause you are more than
a father more than a provider
more than a friend. My love
for you is no little matter
it is so big. It's not because
of the things you buy me
or how you always wind up
on your feet but it's because
of the joy and laughter and
belief you always bring. I
believe in me cause you
believed in me first. I have
faith cause you had it first.
I love cause you loved first.
Thank you for being a man
of God. I can always
look up to and run to when
Satan gets me down. I always



Know your spirit can lift me
Off the ground. Thank you for
our relationship it truly is a
beautiful thing. Its an eagle
flying up for the mountain top
with its strong wings. Its love
and I love you and appreciate
you. I admire and respect you.
I will always hold our
relationship dear and thank
you for raising me without
fear. I am bold cause this
is how you help make me.
I am strong cause you help
put in the time to make
sure I was a leader born
to shine. I thank you for
sticking by me and most of
all always shaken by
Jesus. I've always been watchin
and I can never remember
a time you gived up so



I just don't know how to
quit. Thank you for raising
me to lead by leading
first. I will always be
your student of life and
I will always be a
thankful daughter. Love
you.

Kamileph
Everett

Ah A



Princess
Kamileph

Forever a
daddy's
little
girl



Although you can be difficult at times, I always wanted to tell you that I hope my future husband is a lot like you. Besides grandmother, I have never met someone as rooted in the word as you. In addition, you are an excellent spiritual leader. When it comes down to the most important things, you are an excellent father and husband (I assume). I hope that one day, I can find an amazing spiritual leader such as yourself.

In addition, no matter what the circumstances you always bring joy to the family. Even when you are in the outhouse, you still manage to joke your way to safety. Although, I hate it when you use this tactic on me, this is an excellent quality to have. It is because of this that I believe our family has never had any major issues.

I am truly thankful you are my father and the example I have of how a husband should be. Thank you for being this family's spiritual leader.

God is the answer.

Kandye

P.S.

5



although I would never admit it, thank you for always asking me "what happened to the other two points." If it was not for your constant pushing for me to do my very best I know I would not have some of the crazy goals that I do. I know if it was not for that constant push that I would be as successful as I am. As you know, this year has been fairly difficult, and even when I wanted to quit I still managed to give 110%.

In addition, thank you for always being there for me when I didn't achieve something or if achieving my goals seemed too difficult. I am so grateful that I have someone to turn to when I am in need of prayer. Not only that, but you have every believer that you know to pray for me as well.

This being stated, I know that all of my success is because of prayer, faith, and God. Even when things seem to be unbearable or unachievable I know God will see me through.

All these things I am thankful I learned from you.
Kandace

P.S.

Thank you (and mother) for being the greatest parents and my best friends.