

**THE****BLACK LENS**™**SPOKANE**

NEWS FROM A DIFFERENT PERSPECTIVE

# Congressman John Lewis

## America Loses the "Conscience of the Congress"

By Hazel Trice Edney

(TriceEdneyWire.com) - He was the son of a sharecropper who came to be known as the "conscience of the Congress" and has been described by a list of other heroic terms: From the Rev. Jesse Jackson, who called him the "founding father of American Democracy" to President Barack Obama's description saying Congressman John Lewis' "life is a lesson in the fierce urgency of now."

Even President Donald Trump, whose inauguration was skipped in protest by the Congressman who also voted for Trump's impeachment, has expressed "respect for the memory and longstanding public service of Representative John Lewis, of Georgia" as he ordered all U. S. flags to be flown at half-mast in his honor.

Perhaps best known in his final years as one who engaged in "good trouble, necessary trouble" – his best description of himself – Lewis died of pancreatic cancer July 17. He was 80. Civil rights leaders, dignitaries, his constituents and the millions of lives he touched poured out their memories and paid their respects this week.

"Although there were times when the movement left John, John never left the movement," said fellow Congressman James Clyburn (D-S.C.), Democratic majority whip, who worked with Lewis in the struggle for 27 years. "John continued his quest for equality right up to the bitter end. Just last month, he visited the Black Lives Matter plaza in Washington D.C., as if to pass the torch. He and I had talked about the current iteration of the movement — its intensity, its diversity. We felt that a sustaining movement for 'liberty and justice for all' had finally arrived."



And that's how he wanted to be remembered – for the impact that his leadership for racial justice had on America and the world – both Black and White.

"The United States and the world have lost one of the great public leaders of our time...I and everyone who cares about and works for justice will miss him," said Douglas W. Elmendorf, dean of the Harvard University John F. Kennedy School of Government.

"Representative Lewis fought his entire life for civil rights and against anti-Black racism. He fought with stirring moral

clarity: He stressed that all people deserve freedom and justice, and for 60 years, he spoke out again and again when people in this country and others were denied their basic human rights. He fought with remarkable personal courage: He was repeatedly beaten, harassed, arrested, jailed, and attacked, but he kept seeking ways to make a difference through 'good trouble, necessary trouble,' as he called it."

Although he was the youngest to speak at the March on Washington, August 28, 1963, Lewis is perhaps best known for his leadership on "Bloody Sunday", March 7, 1965. That was the day when Georgia state troopers brutally assaulted him and others as the Student Nonviolent Coordinating Committee (SNCC), which he chaired, crossed the Edmund Pettus Bridge, marching from Selma to Montgomery.

That moment, widely televised, led to the passage of the Voting Rights Act the same year after President Lyndon B. Johnson – touch by the violence - borrowed from the words of the civil rights anthem, "We Shall Overcome."

Lewis died on the same day as the Rev. C. T. Vivian, 95, also a foot soldier of Dr. Martin Luther King Jr. Vivian died at home in Atlanta of natural causes.

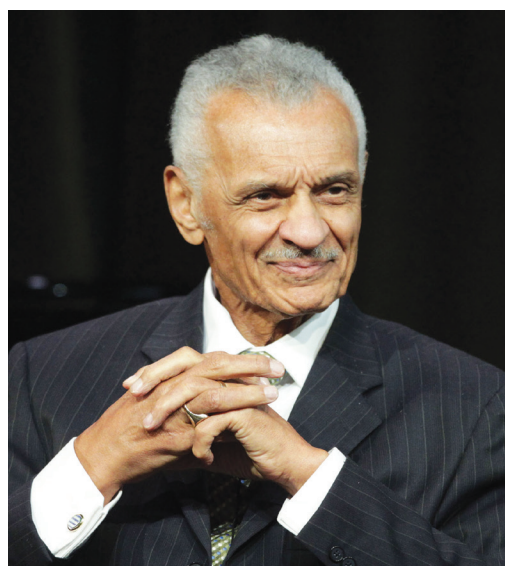
The following are excerpts from his congressional web page bio:

Often called "one of the most courageous persons the Civil Rights Movement ever produced," John Lewis dedicated his life to protecting human rights, securing civil liberties, and building what he calls "The Beloved Community" in America.

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# C.T. Vivian: Remembering a Civil Rights Icon

## Who Put His Life on the Line Because He "Loved" His People



By Hamil R. Harris

(TriceEdneyWire.com) - Rev. C.T. Vivian once said, "Leadership is found in the action to defeat that which would defeat you... You are made by the struggles you choose."

During the turbulent years of the Civil Rights movement, it was Vivian's job, as director of affiliates for the Southern Christian Leadership Conference, to poke at racists and set up confrontations in hopes of shaming their actions on the national news.

And it was dangerous.

"I almost got killed in St. Augustine," said Vivian in an interview with this reporter for the Washington Post while He was being honored at the John F. Kennedy Center for

the Performing Arts that was sponsored by the DC Choral Arts Society.

Cordy Tindell Vivian, 95, died July 17 at his home in Atlanta. He closed his eyes on the same day that Rep. John Lewis, 80, lost his battle with pancreatic cancer. It is almost ironic that both men would die of natural causes because of the battles they waged against racism and hate so long ago.

Former UN Ambassador Andrew Young said in an ABC TV interview that Vivian and Lewis were, "men of courage who risked death constantly. They came up with me and Martin Luther King and one thing that Martin King did before he died was to preach our funerals. It was like Richard Pryor, he had us laughing at the possibility of death."

But Young went on to say that what Vivian did was no laughing matter because many Civil Rights activists would make the ultimate sacrifice for freedom.

On June 22, 1964- Vivian and other Civil Rights workers staged a "wade-in" on a segregated beach in St. Augustine, Fl. He said in a 2015 interview backstage at the Kennedy Center. He said after being confronted by an angry mob wielding clubs. "I almost drowned."

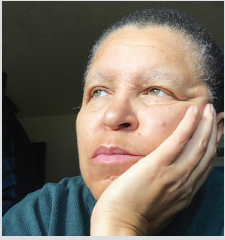
Three days earlier, a man poured what was thought to be acid into the pool at Monson Motor Lodge in St. Augustine after his group of Blacks and White protesters jumped in.

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# ON MY MIND

THOUGHTS FROM THE EDITOR

By Sandra Williams



This past week, I was invited by Terrain Spokane to be a part of their Instagram Lives-tream. Thank you to those of you who kept me company. I was pretty nervous. Not knowing what else to do, I chose to read some of my previous columns to the audience. One of the ones I selected really got under my skin. I realized that what I wrote more than two and a half years ago is exactly what I am feeling right now. Exactly! So, I decided that instead of trying to come up with a new way to say it, I'll just say it again.

## Good Negro or Bad Negro

(Reprinted from November 2017)

I was in the company of some non-Black people some time ago, not really a part of their conversation, just there on the sidelines. For some reason, that I can't now remember, the conversation eventually became a discussion, debate really, about the inner city, which is code for Black neighborhoods, and the inability of "those people" to improve their life circumstances. I heard the words lazy, uneducated, irresponsible and criminal, among others.

The discussion heated up and as their interaction went back and forth, they must have forgotten that I was in the room, but at one point, one of them noticed and stopped. Then they all stopped. Remembering I was there. And one of them said-- "but not you."

I was privileged to be raised in a middle class household, by two working parents who owned their own home, drove more than one car, and both made it their life's mission to ensure that my brother and I graduated from college. For that I am considered by some to be a good Negro. Respectable. Acceptable. Safe.

Throughout history, Black people have continuously been pitted against each other-- Slave Negroes vs Field Negroes; Light Skin Negroes vs Dark Skin Negroes; Educated vs Working Class; Suburban vs Inner City; Old vs Young; Natural Hair vs Relaxed. And those who have been in positions of power (not Black I might add) have historically been the ones to determine, based on their own self interests, which ones are the good Negroes and which are not. We have followed their lead.

It's a tactic as old as the day is long, and it's an effective one, unfortunately.

Take now, for instance, whenever an issue involving racial justice manages to make its way onto the scene, especially one that is gaining traction like Colin Kaepernick's National Anthem protest against the murdering of unarmed Black men and women by police, it doesn't take long for an opposing Black

person to be propped up as the good Negro, offering a counter to the bad Negroes who are protesting or questioning or making uncomfortable and "unreasonable" demands.

Good Negroes are embraced by the powers that be. They are held up as leaders, whether or not they have any legitimacy in the community that they purport to represent. They are given access and validation and recognition-- that is, as long as they stay good. As long as they don't make waves. As long as they don't cross unspoken lines. As long as they don't offer more than a tepid challenge to the structure that designated them as a good Negro in the first place.

On the slave plantations, there were slaves who would sacrifice their own lives or the lives of other slaves to protect and preserve the life of the Master that kept them in bondage. Now that was a good Negro for sure.

America loves good Negroes. Bad Negroes, on the other hand, are vilified by this country. Colin Kaepernick is considered a bad Negro. So are the Black Lives Matter activists and the Black Panthers and Malcom X, and if you had asked J. Edgar Hoover, Martin Luther King Jr. was a bad Negro too.

Bad Negroes, don't stand up and salute the flag because they are ordered to do so by their white owners, like the Houston Texans players that chose to kneel during the National anthem this past Sunday in response to their team owner's callous and racist comment.

Bad Negroes also won't be silent when they are ordered to do so, like Jemele Hill, the ESPN commentator who was suspended last week for suggesting to her followers on Twitter that they focus their attention on the NFL advertisers in response to the crackdown by two NFL owners on their players for protesting. Hill had already been reprimanded for a tweet that called Trump a "white supremacist who has largely surrounded himself with white supremacists."

Well, if it walks like a duck and quacks like a duck...

I believe that we have once again come to a crossroads as Black people. To speak up. To speak out. To dare to express justified anger. To publicly declare that Black Lives Matter, can risk a label of bad Negro. And a label of bad Negro can be financially, professionally and politically detrimental. And given the FBI's decision to identify "Black Identity Extremists" as a threat to this country, I suspect that in the near future, being labeled a bad Negro might be life threatening as well.

But as I walked through the African American museum (in Washington DC) last week and breathed in the air of my ancestors, I realized that many of them, the ones that I admire anyway, would have been considered bad Negroes too. So, don't be fooled by my perceived appearance, I am one BAD NEGRO. In case you didn't know.

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## THE BLACK LENS NEWS

The Black Lens is a community newspaper, based in Spokane, WA, that it is focused on the news, events, issues, people and information important to Spokane's African American/Black Community and beyond. The paper is published on the first of each month.

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# YOU SHOULD KNOW

(Or Things You Probably Didn't Learn In School)

## ART AND HISTORY *by Bertoni Jones Bey*

### Ona "Oney" Judge - George Washington's Slave

Ona "Oney" Judge was born a slave on the Mt. Vernon plantation in Virginia, Fairfax County around 1774. Her 1845 first-person interview is one-of-a-kind because out of the hundreds of slaves they owned, none had ever recounted their time with The Washington Family, nor had any been as intimately connected to them.

Oney's mother Betty was an enslaved seamstress and her father Andrew Judge an English tailor working out his indentured servitude on the Washington plantation. She had a brother Austin, fifteen years her senior, and a younger sister Delphy. Though her father could see freedom, Oney could not. The Christian Black Codes, March 1724 Articles 9 and 10 stated that the condition of the mother was the condition of the child.

Through her parents Oney was tremendously gifted in needlework and became a personal assistant to and favorite of Martha Washington (Custis). Upon Washington's selection for the presidency in April 1789, fifteen-year old Oney, along with seven other slaves, moved with the Washingtons to the nation's first capital in New York, then later to Philadelphia as the capital moved. As slaves go, Oney lived a very liberal quality of life in Philly. She was afforded fine clothes, trusted to run errands without supervision, and was given funds by George for circus and theater trips.

Philadelphia was fiercely anti-slavery and vigorously enforced the 1780 Gradual Abolition Act which was phasing out slavery in Pennsylvania. Among other requirements the act said that slaves who lived in Philly for six unbroken months became free citizens. To keep with public appearance, the Washingtons quietly replaced their slaves in Philly with Caucasian indentured servants from Germany, leaving Oney and two other "black servants". They flouted the law by sending slaves back to Mt. Vernon before the six-month deadline under the guise that they were rewarding them with family time. And Martha took slaves to New Jersey for overnight "outings" to break the six-month rule. George instructed his secretary to break Pennsylvania slave laws "...under pretext that may deceive both them [slaves] and the Public." But in reality, setting a slave at liberty in a city full of free people brought natural conflict. It didn't help that Oney met, associated with, and made friends with many free Moors and anti-slavery Quakers in the city.



In 1796 a fork in Oney's road appeared when Martha promised Oney as a wedding gift to her oldest granddaughter Elizabeth Custis. Oney had despised Elizabeth since childhood and knew her as a vindictive woman with terrible mood swings. She would never live with Elizabeth. In May of 1796, the Washingtons were leaving Philly for Mt. Vernon, as Oney recounts. "Whilst they were packing up to go to Virginia, I was packing to go. I didn't know where; for I knew that if I went back to Virginia [Mt. Vernon], I should never get my liberty... and I left Washington's house while they were eating dinner."

Oney simply walked away. Following her escape she saw her wanted poster - "...a light mulatto girl, much freckled, with very black eyes and bushy hair ... of middle stature, slender, and delicately formed, about 20 years of age" - \$10 dollars for her return. She got to Philly's waterfront and boarded a vessel "Nancy". Her captain, John Bowles, was rumored to take former runaways as sailors or "Black Jacks".

Oney sailed to Portsmouth, New Hampshire where she faded into the free community. One day as Oney walked the streets of Portsmouth, she was spotted by a Washington friend Elizabeth Langdon. She told the Washingtons, who

were beyond furious. How could this child that we treated almost as our own - "more like child than a servant" abandon her family after all we've done for her? The Washingtons even accused a recent French visitor of seducing, impregnating, then carrying her off, with not one shred of evidence.

Again, George Washington was willing to hide his dealings from the public, use deceit, and worse, break The 1793 Fugitive Slave Act he had just signed into law (a law he likely signed in the same house as Oney). The act states that owners must go to court with proof of ownership of runaways before crossing state lines for recapture or return. George ignored the act and asked the treasury secretary, Oliver Wolcott Jr., to have the Portsmouth customs manager, Joseph Whipple, catch Oney and put her aboard a vessel for home. Mr. Whipple believed George's story that Oney had been "carried off" but discovered once he spoke to her that she wasn't hurt, hadn't been seduced away, and certainly wasn't pregnant - "She had not been decoyed away as had been apprehended, but that a thirst for complete freedom...had been her only motive for absconding".

Oney had a return message for the Washingtons: she would return to slavery under the promise

that once the Washingtons were deceased they would immediately grant her freedom, but if not she would rather suffer death. Mr. Wolcott took Oney's message to the President who was beside himself in anger. How dare Mr. Wolcott take a slave's version of events over his own! And let it be known that he would absolutely never negotiate any matter with a slave much less a disloyal runaway.

Whipple was done with the entire matter but not George. Two years later, Washington sent his nephew Burnwell Bassett Jr. to Portsmouth for Oney. Married to a free sailor named Jack Staines in 1797 (they had three children Eliza, Will, and Nancy). Oney told Bassett, "I am free and choose to remain so". Bassett confided to Senator Langdon that he had orders from his Uncle George to this time take Oney AND her first born child by force if needed. Horrified the Langdons tracked down Oney and warned her while Bassett was having dinner. She fled for Greenland, New Hampshire with her child and Bassett returned empty-handed.

George Washington died in 1799 and Martha in 1802. Oney and her three children were technically owned by Martha's side of the family, but no one from either the Custis or Washington side ever again attempted her recapture. For the next forty years she lived in extreme poverty outliving her husband, a free black sailor named Jack Staines, and all three of her children. By the 1840's Oney, now in her seventies, was interviewed by an anti-abolitionist newspaper and asked if she ever regretted running away from the Washingtons, "No. I am free and have, I trust, been made a child of God by the means."

Oney Judge Staines passed in 1848, a free woman.

**For more information read: Never Caught The Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge by Erica Armstrong Dunbar**

Sources: [mountvernon.org/library/digitalhistory/digital-encyclopedia/article/ona-judge](http://mountvernon.org/library/digitalhistory/digital-encyclopedia/article/ona-judge); [todayifoundout.com/index.php/2015/12/the-life-and-times-of-oney-judge](http://todayifoundout.com/index.php/2015/12/the-life-and-times-of-oney-judge); [ushistory.org/presidentshouse/slaves/oney.php](http://ushistory.org/presidentshouse/slaves/oney.php); [wikipedia](http://wikipedia) - *An Act for the Gradual Abolition of Slavery (The 1780 Emancipation Act.)*; *GW to Tobias Lear, Apr. 12, 1791, Founders Online, National Archives*; <https://founders.archives.gov/documents/Washington/05-08-02-0062>.

## Nearly Half of Spokane's Public Schools Reveal a Legacy of White Supremacy

By Azalyn Elise

News Analysis

Across the country, the foundations of white supremacy are being shaken. Statues are toppling, racist mascots are leaving, and names are changing. We're starting important conversations about implicit racism through names and mascots.

Last Sunday, I read an article by Jim Allen in the Spokesman Review. In the article, Allen speculates on possible name changes in our public schools. Allen's article left much to be desired.

For starters, only three Spokane schools are named after people of color, not four

*Spokane is a Salish word. Why are so many of our schools named after white men that wanted Native people gone?*

(Balboa was a white Spaniard). Half of our students are not white, which is correct. The other statistics are unnerving. Only two schools are named after women, though half of our students are female.

Six schools are named after slave owners: Audubon, Lewis & Clark, Franklin, Jefferson, Madison, and Balboa.

Eighteen are named after people who aren't associated with Spokane or Washington at all.

The most damaging part of Allen's article, though, was when he called James Glover, Isaac Stevens, and Frances Willard "heroes."

Governor Isaac Stevens violently targeted Native people in the Yakima war (for land) and declared, "The war shall be prosecuted until the last hostile Indian is exterminated."

Frances Willard was silent on lynching. She believed that white women were fragile beings that needed protection from

Black men and that alcohol incited "inherent black criminality."

James Glover, the "father" of Spokane, fathered nothing. Native tribes had lived here for thousands of years. James Glover, like Christopher Columbus, is another white man who showed up to someone else's land, decided he liked it, and stole it.

It's true: Glover paid \$4,000 to two drunk white squatters with no land rights. A few years later, when the Nez Perce came through Spokane, Glover hid in his storefront and threatened to call the soldiers until they left. James Glover may have been the first Karen.

*Continued on Page 20*

# NAACP UPDATE:



**By Devon Wilson**  
*Spokane NAACP Criminal Justice Chair*

An officer kills a Black person. A community cries out for justice. Protests spread to other cities. A nation grapples with its role in perpetuating racism.

It's such an old song that we can sing along in harmony. Like a well-worn spiritual, it's difficult not to recognize the calls for freedom met with the equally familiar responses of violence, sup-

pression, and (occasional) concession. Even the labeling of local protestors as "outside agitators", an old tactic that was used on abolitionists and later civil rights activists, is making its way back into our lexicon as if on cue.

I still remember seeing Trayvon Martin and Michael Brown's faces on the TV - two boys who I felt were not that much different from me. I remember the confusion and anger I felt when their murderers walked free. I can't help but hear the echoes in the struggle for justice reinvigorated by the extrajudicial executions of Breonna Taylor and George Floyd.

And yet this time something feels different. The protests are larger, demands stronger, solidarity deeper. Maybe the years of collective organizing, writing, and educating are starting to pay off. Maybe these latest deaths are so egregious, so clearly outside the bounds of acceptability that it activated the indignation of those who would previously be unperturbed. Maybe folk just have more time and fewer distractions. Whatever the reason: we are clearly in a different moment than we were when I first took on the role of Criminal Justice Chair of the NAACP just a few years ago.

It is in this moment, one that is both familiar and foreign, that I share with you my decision to step down as Criminal Justice Chair of the Spokane NAACP.

I have been fortunate to work with an incredibly supportive and active Executive Committee. I have been honored with opportunities to organize with statewide coalitions, advocate alongside incarcerated community members for better conditions, and to help build platforms for local students to speak out against racism.

I cherish these experiences and recognize the need to make space for others to have the opportunity to advance this work in a similar capacity. The Spokane NAACP is the strongest it has been in recent memory, with a dynamic Executive Committee that has been at the front lines of advancing justice in our streets, schools, and statehouse. I have no doubt we will be able to attract the top-tier talent necessary to keep us moving forward. Perhaps that person is reading this right

now; perhaps it's you. If that's the case and you'd like to get involved I encourage you to reach out either through the Spokane NAACP's Facebook page or email me directly at SpokaneNAACPCriminalJustice@gmail.com.

I have learned and grown so much through this position. While I have no intention of sharing every bit of knowledge gained in this one article, I do have a piece of insight that I'd like to pass on. It is a quote I found that is attributed to Kwame Ture aka Stokely Carmichael. It has informed much of my work. It goes, "If a white man wants to lynch me, that's his problem. If he's got the power to lynch me, that's my problem. Racism is not a question of attitude; it's a question of power."

While changing the attitudes of the powerful is well and good, we must remember that it is our right to determine whether certain institutions or individuals are worthy of their power. We should also remember to build the power of our communities. Community control, whether it be over our law enforcement or city budget, is critical to anti-racist work.

In closing, I would like to make it clear that I am not stepping away from the work entirely, just stepping in a new direction - towards an opportunity that will allow me to expand and build on the skills I have developed through my time in this role. As the Rev. Dr. Otis Moss Jr said, "The struggle is forever. So, we are forever in the struggle." I look forward to continuing this struggle together.

## There's a Difference Between Mattering & Counting

**By Stacey Wells**

*Spokane NAACP Civic Engagement Chair*

There is a difference between mattering and counting. Counting implies a reckoning, and while your voice matters whether it is counted or not, it will only contribute to the reckoning of people and policies that impact you and those you love when it is counted. Vote. Be counted.

A vote is a shout. When we vote together, our voices are amplified in the universal shout of collective calls for change, collective outrage, and collective impact. Your voice matters, but the wisdom of your experience will only matter when your voice is shouted, and counted. Don't allow your significance to fade into the winds of apathy. Make it count. Vote.

There is a primary election in Washington on August 4th. Online and mail registrations must be received by the Elections Office 8 days before Election Day, which for this election is July 27th. You can still register to vote in person during business hours and any time before 8:00 p.m. on Election Day.

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Elect genuine representation of your voice by shouting not into the wind, but into the faces and places where decisions that impact you and your loved ones happen. A representative government depends on accurate representation of us; the represented, counted folks whose lives matter, and whose voices must be reckoned with.

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# BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

## Former Presidential Candidate Herman Cain Dies After Battle With Coronavirus

(Source: Ronn Blitzer, FoxNews.com; Bill Hoffmann, newsmax.com)

Herman Cain, the former Republican presidential candidate and affable business magnate, died Thursday, July 30, after a monthlong battle with the Coronavirus. He was 74. Cain, first went to an Atlanta hospital for treatment on July 1, two days after being diagnosed with COVID-19.

Cain's death was announced on his website (hermancain.com) and Facebook page.

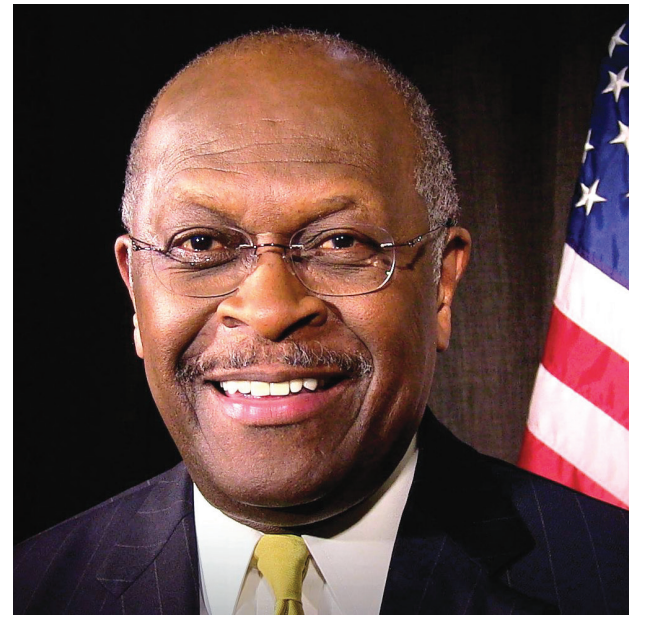


"Herman Cain – our boss, our friend, like a father to so many of us – has passed away," the statement on his website said, noting there were "hopeful indicators" in recent days that he'd recover but adding: "And yet we also felt real concern about the fact that he never quite seemed to get to the point where the doctors could advance him to the recovery phase." Just days earlier, Cain's staff had said in several tweets he was undergoing oxygen treatment but his organs and other systems were strong.

The co-chairman of Black Voices for Trump, Cain attended President Trump's rally in Tulsa without a mask on June 20, ten days before his diagnosis. But it is not known for sure where Cain was infected. He had been travelling in June, stopping in several cities.

Cain was born Dec. 13, 1945, in Memphis, Tennessee, and grew up poor in Atlanta, Georgia, where his father worked three jobs — as a janitor, barber, and chauffeur — while his mother toiled as a domestic worker. Cain graduated from Morehouse College with a mathematics degree in 1967 and a master's degree in computer science from Purdue University in 1971. He helped develop fire control ballistics for ships and fighter planes for the U.S. Navy.

Cain successfully steered food chains like Burger King and Godfather's Pizza to profitability and served as chairman of the Federal Reserve Bank of Kansas City. He first entered politics in 1996, when he was a senior adviser on Bob Dole's presidential campaign. He shot to prominence in 2012 when he launched a bid to be the Republican presidential nominee. While he had a strong following among Tea Party activists, his campaign was derailed when he was



accused of sexual harassment and misconduct during his time as CEO of the National Restaurant Association in the late 1990s. He denied the claims but dropped out of the race.

Following his 2012 presidential bid, Cain launched T.H.E. New Voice, an advocacy group focused on tax reform, energy policy, and national security, and has become a frequent commentator on news outlets. He also served as an ordained associate minister at Antioch Baptist Church in Atlanta. Cain is survived by his wife Gloria, and two children, Vincent and Melanie, and four grandchildren.

### LeBron James Helps To Pay Fees Of Floridians With Felony Convictions So They Can Vote



(Source: Lydia O'Connor, huffpost.com)

More Than A Vote, a voting rights group founded by NBA superstar LeBron James, is raising funds to help people in Florida with felony records pay the outstanding court debts that can prevent them from voting.

James started More Than A Vote with other Black athletes and artists in June to fight Black voter suppression. He is partnering with the Florida Rights Restoration Coalition (FRRC), a group that helped end Florida's lifetime voting ban for most people with felony convictions in 2018. They hope to raise \$100,000.

According to the FRRC, there are around 1.4 million Floridians with felony convictions, and as of 2016, one in five Black citizens in Florida were disenfranchised. As many as 775,000 people in Florida with felony convictions face financial penalties that render them ineligible to vote until they can pay them, according to Politico. The penalties come in the form of restitution, court fines or other fees associated with a past conviction.

The FRRC has already raised more than \$1.5 million for its fines and fees program, and hopes their teaming up with James' campaign will raise awareness around the issue.

For more information visit: [morethanavote.org](http://morethanavote.org)

### First Minority-Owned Stock Exchange Set to Launch in 2021



(Source: businesswire.com; Niki McGloster, afrotech.com)

Dream Exchange and Cadiz Capital Holding LLC have partnered to create the first-ever minority-owned stock exchange in the history of this country.

Dream Exchange will focus on small business capital formation and diversity using the power of the American investing public. This new stock exchange will allow investors to empower innovators and emerging businesses in a way that has never been done before.

Cadiz Capital Holding LLC, a minority-owned private equity firm, has agreed to become the majority owner in Dream Exchange.

Cadiz Capital Holding LLC is a private equity firm focused on North American companies with enterprise values between \$250 Million to \$1 Billion.

Dream Exchange Founder and CEO Joe Cecala shared: "The Dream Exchange is a real solution to the long-term systemic issues plaguing our country by providing a marketplace where money flows to any and all organizations that help us to survive better as a society."

For more information visit: For more information, please [dreamex.com](http://dreamex.com) or [cadizcapital.com](http://cadizcapital.com).

### East Texas Town Removes Fence Between White and Black Cemeteries



(Source: nbcdfw.com/news; Zak Weller, Longview News-Journal, news-journal.com; Photo Credit: Sarah A. Miller/Tyler Morning Telegraph)

On July 15, municipal crews began digging up a fence between two adjacent but separate historically Black and historically white cemeteries in Mineola, Texas, about 75 miles east of Dallas.

The removal project, which was expected to take four days, began with a morning ceremony, said David Collett, president of Cedars Memorial Garden, the cemetery historically reserved for the graves of white people.

Pastor Demetrius Boyd of the predominantly Black St. Paul Missionary Baptist Church in Mineola said that although removing the fence was the Black community's desire for decades, he began working toward it since arriving in 2007. The Texas African-American Museum in Tyler received a portion of the fence to display in the museum. "It will always be a part of history but from a positive standpoint," Boyd said.



# BLACK NEWS HIGHLIGHTS

## Local, State, National and Around the World

### Oprah Honors Breonna Taylor on Cover of September O Magazine



(Reprinted from blackenterprise.com)

**By Alisa Gumbs**

Oprah Winfrey is honoring the life of Breonna Taylor by putting her on the cover of the September issue of O, The Oprah Magazine—marking the first time in 20 years that Winfrey won't grace the cover.

"We can't be silent. We have to use whatever megaphone we have to cry for justice. And that is why Breonna Taylor is on the cover of O magazine," Winfrey writes in her What I Know for Sure column. "I cry for justice in her name."

The cover illustration was created by a Black woman, 24-year-old digital artist Alexis Franklin.

"When Breonna Taylor was killed, I couldn't even try to shut it out. I was uncontrollably angry and hurt," Franklin said in O magazine.

"So many things were going through my mind—Breonna's life, mostly, and how it

ended so abruptly and unnecessarily. Every stroke was building a person: each eyelash, each wisp of hair, the shine on her lips, the highlight on her cheek," Franklin said of the process of creating the cover.

"I was as up close and personal as I could ever get to this woman and, consequently, to this very real problem. I felt a new level of determination and pressure to get it right."

Winfrey's editor's letter features a second work by a Black woman artist: a silhouette of Taylor by papercut artist Janelle Washington. In it are written the names of 89 Black women and girls who have died by police violence or while in custody from the African American Policy Forum's #SayHerName campaign.

"I have a collection of property ledgers from former plantations. Names, ages, and prices of people, listed along with cattle, shoes, wagons, and all other earthly possessions," Winfrey writes.

### Spokane NAACP Accepting Applications for Lt. Colonel Michael P. Anderson Scholarship



The Spokane Branch of the NAACP is accepting applications for the Lt. Colonel Michael P. Anderson Scholarship. This year's scholarship recipients will be selected from students planning to enroll in the fall of 2021 in a post-secondary two-year or four-year college, university, vocational or technical schools, or in an apprenticeship program. There will be two (2) \$2,000.00 scholarships awarded at our 2020 fall/winter fundraiser.

For more information about Michael P Anderson and the scholarships, including how to apply, visit: <https://naacpspokane.org/michael-p-anderson-scholarship>

"Those ledgers come to mind when I see the names of Black women who were killed by police. Breonna Taylor and too many others like her. I see the names, I think of the ledgers, I feel the connection down the generations: the refusal to value Black women's lives. And I feel a personal connection. Because I am these women. These women are me."

The issue also includes a call to action for readers to continue the fight for justice for Taylor:

- 1) Sign the **Change.org** and Color of Change petitions to demand justice from Kentucky officials.
- 2) Call Kentucky's attorney general, mayor, governor, and the public integrity unit

of the Louisville Metro Police Department to demand the officers involved in Breonna's death are fired and charged with her killing. Visit [StandWithBre.com](http://StandWithBre.com) for guidance.

3) Donate to the Louisville Community Bail Fund to aid protesters fighting in Breonna's hometown.

4) Hashtag #SayHerName on social media—so no one forgets her: Breonna Taylor.

The September issue of O magazine, which celebrated its 20th anniversary in April and will stop publishing regular print issues after the December 2020 issue, will be on newsstands August 11th.

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# A Different View

with



Photo Credit: Maddie Pearson

Betsy Wilkerson, Spokane City Council

In my role as your Council Member, I serve on 17 (that's right 17) different Boards or Commissions. This month, I want to share the spotlight with one of them, the Spokane Regional Board of Health. So what is the mission of the BOH? According to their Mission Statement: As a leader and partner in public health, we protect, improve and promote the health and well-being of all people through evidence-based practices. Healthy Lives. Safe Environments. Thriving Communities.

Why the Board of Health? Well several reasons are they capture data about our community and region, provide treatment services, outreach and so much more. But when it comes to guidance, we look to Spokane County Health Officer Dr. Bob Lutz as the person making the decisions especially about COVID-19 and what phase we are in, restrictions when it comes to our work, religious and social gatherings and such. So it is with him that I would like to share my column.

Here's an Op-Ed that Dr. Lutz wrote about health equity:

"I ran through my neighborhood yesterday and didn't fear for my life..."

The protests we've seen across the country since the killing of George Floyd on May 25th are stark reminders that Black, indigenous and people of color have suffered generations of injustice at the hands of the dominant culture. The system isn't broken; it was built this way. We have been challenged, and many have come to realize structural racism defines our society. While some have been criticized for acknowledging its role, to deny it would be to deny history.

We've been further challenged by a pandemic that has infected more than 4.2 million Americans, taking the lives of almost 150,000 of them, and caused significant economic hardship. These combined have demonstrated our flaw and

blemishes – a public health infrastructure that has been historically underfunded and therefore not surprisingly ill-prepared; the lack of a national effort that has provided little more than excuses and blame rather than solutions; and repeated examples of racism and injustices that have led to civil unrest, again for which blame has been misdirected, has been politicized and has added to the reasons why almost three-fourths of Americans believe this country is going in the wrong direction.

Where and how people of color and other marginalized groups live matters, as race often determines home. The conditions in the places where people live, learn, work, and play are referred to a social determinants of health -poverty limits access to healthy foods and safe neighborhoods; differences in health exist in communities with unstable housing, low income, unsafe neighborhoods, and substandard education.

The system is broken – these determinants are themselves outcomes of longstanding societal and institutional policies and practices, which lead to health inequities. These differences in health status that are unfair and yet, preventable, lead to "embodied inequality." This inequality is based on socioeconomic position, race/ethnicity, nationality, nativity, immigration and citizen status, age, and gender. Discrimination and social injustice lead to poor health outcomes and are multigenerational.

The COVID-19 pandemic has highlighted the connections between inequities of health, society and the economy. "Essential worker" in sectors such as transportation, industry, food processing plants, and groceries, have neither been treated nor paid well. Have they been provided with appropriate PPE; have they been provided paid leave when they are sick? Have they learned about COVID-19 in their native language and been provided culturally-appropriate resources?

This has placed them (and family members) at increased risk, so those of us who can work from home could do so, assured we could still resource the essentials. We have emphasized physical distancing, which is easy to do when you are able to work from home, but is a privilege that for many does not exist – they have had to put themselves in harm's way to make ends meet.

Chronic diseases, such as diabetes, cardiovascular disease, and other kinds of respiratory diseases, increase the risk for contracting SARS-CoV-2 infection. Higher rates of chronic diseases exist among many populations of color, particularly Black and American Indian populations, when compared to White, non-Hispanic populations. Research has shown racial inequities in heart disease, diabetes, and their associated risk factors have their origin in the legacy of discrimination, racial injustice, and inequities in social opportunity. Decades of multigenerational chronic stress and trauma have taken their toll.

COVID-19 has demonstrated a society with long-standing inequities makes people more susceptible to contracting and dying of this infection. "Every person has infinite worth." Black and Brown lives matter. Are we willing to accept the status quo?"

Dr. Luz is definitely an amazing ally in our #BlackLives-Matter movement so wherever you see him whether it be on TV, in the newspaper or online believe he has our best interests at heart. I hope this little insight into the mind that is tasked with keeping us healthy during the global pandemic of COVID-19 has helped strengthen your resolve in the fight for health disparities in the Black Community.

Warm Regards,  
Council Member Betsy Wilkerson  
Spokane City Council District 2, Position 2  
bwilkerson@spokanecity.org



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# Tongues of Fire

By Beverly Spears



## The Gospel of John

I've said this before, but writing a column about the intersection between spirituality and politics can be beyond challenging. Sometimes I have to summon every ounce of Faith within me to find the sacred in what is so deeply profane. It's hard for me to hold onto hope when the forces of malevolence working against us are so powerful and formidable. It's a struggle to Love when so much hate surrounds us and threatens to consume us. It's nearly impossible for me to find a way to forgive people whose crimes against humanity are beyond heinous. By far my greatest struggle is the temptation to wish suffering on those who see evil, have the power to stop evil, but chose to do nothing.

I consider myself a person of goodwill, a person of Faith. Specifically, I am a Christian, and more accurately a Follower of The Way of Jesus. There is a lot about Christian scripture that's open to interpretation. But the Christian tradition, my tradition, is very clear on what it demands of those who practice Christianity. It calls us to compassion, inclusion, forgiveness and Love. In Christianity Love equates to God. They who abide in Love abide in God and God in them.

The bigots and haters who merely cloak themselves in Christianity want to ignore that very clear message. But no matter how they twist it to support their own agenda and their own greed, there is no way around it. The Gospel – the Good News message of Jesus – is that we are to Love one another.

I hope it goes without saying that Christianity has no proprietary lock on Love, but I'll say it anyway. It would be altogether impossible. Nothing can contain or restrain Love. Love is universal. Nor does Christianity have a lock on struggling to Love. Anyone who truly believes in justice, equity, and the inherent worth and dignity of all people, is living in Love and has those convictions put to the test every single day.

I heard a revered Catholic monk ask a renowned Buddhist philosopher why the philosopher, as a Buddhist, had such reverence and respect for Christianity. The philosopher's answer was, "because it's the only Faith tradition whose Master's prime directive was Love." Buddhism, he explained, extols compassion as a central tenant, but compassion is not equal to Love. Love encompasses all.

I'm a devotee—a disciple, or student of the Master Jesus, the revered teacher whose prime directive was Love. There is such simple splendor and enlightenment in that statement, and yet being Love in the world is incredibly difficult. Jesus found that out. Every day I want to rise and be the human being my better angels call me to be and most every day I fall short. But sometimes Love has its way with me, and that is glorious!

There are those people, rare gems who are the very embodiment of goodwill, of hope, of strength, of inclusiveness, of compassion, of

forgiveness—of Love. There are people who rise again and again in the face of immense adversity to actively Love in a broken world, working tirelessly to help heal it.

We recently lost one of those Saints: John Lewis. For John Lewis, Love was the nucleus, the radiating center, the driving divine energy of human action and interaction. In a 2012 book of his memoirs, *Across that Bridge: Life Lessons And a Vision for Change*, John wrote:

*"Anchor the eternity of Love in your own soul and embed this planet with goodness. Lean toward the whispers of your own heart, discover the universal truth, and follow its dictates. Release the need to hate, to harbor division, and the enticement of revenge. Release all bitterness. Hold only Love, only peace in your heart, knowing that the battle of good to overcome evil is already won. Choose confrontation wisely, but when it is your time don't be afraid to stand up, speak up, and speak out against injustice. And if you follow your truth down the road to peace and the affirmation of Love, if you shine like a beacon for all to see, then the poetry of all the great dreamers and philosophers is yours to manifest in a nation, a world community, and a Beloved Community that is finally at peace with itself."*

It is important, but it is not enough to remember John Lewis as a civil rights icon and one of the core of non-violent resistance leaders that included Dr. Martin Luther King, Jr. It is

important, but it is not enough to remember that in that struggle he was arrested many, many times, and brutally beaten to the point of death. It is important, but it is not enough to remember John Lewis the statesman as the moral compass of Congress. It is important, but it is not enough to remember that John Lewis was the embodiment of hope against hope, of never giving up and never giving in.

The most important thing to remember about John Lewis is that he was a person consumed and driven by Love. Love is not just enough; it's everything. I want to be like John Lewis, I want my actions and reactions to be centered in Love. It's hard, it's always going to be hard, but I'm going to get up tomorrow morning and try once again to "follow [my] truth down the road to peace and the affirmation of Love."

First Corinthians 13:

*If I speak in the tongues of men or of angels, but do not have Love, I am only a resounding gong or a clanging cymbal. If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but do not have Love, I am nothing. If I give all I possess to the poor and give over my body to hardship that I may boast, but do not have Love, I gain nothing... these three endure: faith, hope and Love. But the greatest of these is Love.*

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*Rev. Beverly Spears is an ordained American Baptist minister, teacher and preacher of Evolutionary Christianity.*

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# Home Ownership Statistics Reveal Race Gap in Spokane

## REALTORS® push equity measures for more attainable housing

It's no secret that buying a home changes everything. Our founding fathers linked the notion of property ownership to security, a stake in the ground, and general happiness. The same applies today as homeownership remains the cornerstone of the American Dream – providing families with a sense of emotional and financial stability and, historically, boosting household wealth through equity and appreciation over time.

Owning a home increases a family's well-being, even their health and longevity. Children do better in school, crime is reduced, and levels of social activism and civic pride are greatly improved. Homeownership plays a vital role in helping to build strong, stable communities. In addition to it bolstering your community's treasury through taxes, research shows the many social benefits it provides, including increased volunteerism, improved health, and less crime.

Home ownership is now the single most important investment Americans can make towards creating family wealth. Recent studies now reveal the number one source of funding for small businesses are home equity. In Spokane, the average home-owner has seen their personal wealth increase by about \$82,000 in the last three years alone.

But tragically, the gap between the "haves" and the "have-nots" is dramatically growing. In the first quarter of 2020, the homeownership rate in the U.S. was 65.3%. In Spokane it's about the same at 63.3%. For people of color, however, that number is 44.6%, with Black or African Americans at 25%.

"Following the Great Recession, people of color did not experience the same economic recovery as White Americans, [while] Black homeownership rates fell



Photo: Shutterstock

to levels not seen since the passage of the Fair Housing Act," NAR President Vince Malta wrote. "If action is not taken now, we fear that history will repeat itself and the racial wealth gap will widen and threaten the overall prosperity of our nation."

In Spokane's East and West Central Neighborhoods, low rates of homeownership have seen the biggest consequences. These neighborhoods suffer from the highest rates of crime, and student delinquency in Spokane.

One key reason is that Spokane suffers from a dramatic lack of housing at all levels, but especially entry level homes. The Spokane Association of REALTORS® (SAR) data shows we are at roughly the lowest level of available homes for sale since data was collected.

This is especially important to note because a recent poll conducted for SAR shows 55% of minorities in Spokane rent-

al housing truly want to purchase a home in the next few years.

The survey also revealed that most Spokane voters believe an affordable home to be under \$200,000.

But finding a home in an affordable price range can be extremely competitive. Many first-time home buyer loans and grants are based on an FHA model. As of this writing, there are roughly 12 homes in all of Spokane for sale that are FHA qualified in an affordable price range.

The National Association of REALTORS® is working with members of congress to offer some potential solutions. Specifically, the plan calls on the nation to (1) advance policy solutions at the local level; (2) tackle housing supply constraints and affordability; (3) promote an equitable and accessible housing finance system; (4) provide further outreach and counseling initiatives for renters and mortgage-ready millennials; and (5) fo-

cus on sustainable homeownership and preservation initiatives.

In partnership with this initiative, SAR is working on a plan to promote construction of more affordable homes for purchase, especially in neighborhoods where they are most needed.

When we asked voters which housing incentives or ideas options they would most support, the responses were as follows:

Change zoning regulations to allow the construction of more multi-family homes, like town homes, duplexes or apartment buildings (68%)

Change zoning laws to allow the development of alternative housing options, like carriage houses, garage apartments or tiny houses (73%)

Provide incentives for developers, like tax breaks or fee reductions, to build more housing that is affordable (74%)

Reduce local building regulations that increase housing costs (53%)

"Building the future begins with equal access to housing and opportunity for all," Malta concluded. "All Americans deserve to reap these benefits that extend beyond housing – helping families afford higher education and transferring wealth to later generations. Let's work together to make the American Dream work for everyone."

The Spokane Association of REALTORS® is a proud sponsor of the upcoming Inland Northwest Fair Housing Virtual Conference. Please join us August 5th at 5:30pm for our presentation – Overcoming the Obstacles to Home Ownership.

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# Real Table Talk About the 'Rona (COVID-19)

By Chaplain Debbie Walker  
BSN, RN, OCN, Texas Metro News Contributor

(NNPA Newswire, blackpressusa.com)

Take a seat, take a breath, and let me walk you through a straightforward and truthful perspective on this new entity that is the topic of our conversations nowadays, Coronavirus, or COVID-19 which is now a part of everyday conversation. For the next few minutes, I will give some helpful insight for self-preservation, and some care tips for your family, your neighbors, and your community circles so that we can get through this together.

I have divided this into seven (7) Action Plans for each day of the week. My prayer is that we shall get through this together, and that you and your family stay safe.

## Action Plan I

**Self-Care:** Take care of yourself and prevent yourself from being infected so you can take care of others. Simply stated, proper handwashing is your best protection. Wash your hands frequently and after touching common areas, follow shelter-in-place orders and travel restrictions, cough in the crook of your elbow, keep your hands away from your face, and call your health care provider if you feel ill.

Invest in a digital thermometer and take your temperature. If it is 99.6f orally, and you have a cough and/or feel sick, call your physician and get tested at a testing site directed by your health care professional. Many areas have drive-thru testing sites with certain criteria.

Until you are tested, stay away from others. A six-foot social distance is important when you go outside for food, gas, exercise, and if you are an essential business or employee. Please pay attention to ever changing instructions.

Toss away the worries about not having hand sanitizer or paper towels, the medical community prefers that you wash your hands with soap and water for 20 to 30 seconds. Sing "Happy Birthday" twice to make sure it is at least 20 seconds. You may dry with a clean washcloth.

Low on toilet paper? Well there is nothing wrong with a good old-fashioned bath or a shower for complete cleansing. It is not necessary to purchase expensive body-wash, a bar of soap still does the job.

When you go out, use your knuckles to press elevator buttons, commonly used pin pads, open doors with your elbow, use your back if possible, and use hand sanitizer if you have it. If you do not have hand sanitizer, take your bar of soap in a plastic baggie with you and wash your hands (if there is no soap).

Never dry your hands on your shirt or pants.

I make it a practice of making hand hygiene the first thing I do when I enter my home, and or touch a common surface. Many will spray commonly touched areas with disinfectant spray such as doorknobs, keypads and handles.

Remember, keep a social distance of at least 6 feet when you are out. I have chosen to use self-check-out and take my own bag into the store.

## Action Plan II

**Community Care:** Consider for a moment who on your street, in your building, in your family, in your circles are disadvantaged, by age (65 years or older), disability (physical and mental), and/or social (food insecure, laid off, or homeless), and reach out to them. If you have, share. If you need, ask.

There is a well-known proverb of the monkey trap that shows how the monkey holds



on tightly to the rice through a small hole in the coconut and is thus trapped by the idea of "what has worked in the past works now." (The Book of Awakening, 2018)

Only through generosity and care for one another, sharing as we are taught in grade school, can we make it through this together. Bartering is an old way of economics that may very well be a survival technique for a collective community.

Many of us have hidden artistic talents that in the absence of money may be our new business venture. Time is on our side. With many e-commerce sites, assisting others with \$5.00 can go a long way with meal planning. A bag of rice, pinto beans, and a pound of ground beef can feed a family of 4 dinner for about \$5.00.

We must become creative with how we shop, perhaps spending an extra \$5.00 at the store can buy a loaf of bread, a dozen eggs, and peanut butter for your neighbor. This puts everything in perspective now. Blessings will abound when they can return the favor.

## Action Plan III

**Faith in Humanity:** Be anxious for nothing, talk with one another. We are in this together, become creative with ways to connect with your circle. Make the old-school telephone calls to check on one another.

Use video conferencing mediums such as Zoom to create groups to have a fun evening out, to share your musical talents, and/or to share family events, prayer, stories, games. Sign up is FREE, here is the link: <https://zoom.us/signup>

Go into your hallways, your porches, your balcony, your stoops (6-foot distances) and introduce yourself. Be creative, have talent shows, share cooking tips (not the food), play guessing games. Group chat texts with humor can see you through. Do not be embarrassed to admit that you are struggling, share your tears and joys. Lift one another up.

If you are a faith community leader, check on your membership via a phone call, a text, or drop by their home (with social distance), to let them know they are not alone. This is the time to get a pet if you live alone, and/or a plant to have something depend on you.

Many animals are suffering during this outbreak, and many studies show how being a pet parent can help with loneliness. Many programs will give you free pet food.

## Action Plan IV

**Healthy Cells:** Keeping your immune system healthy by maintaining a balance between rest, activity, and nutrition. The cells charged in building our immunity must be

cared for. It is recommended to get about 7 - 9 hours of uninterrupted sleep daily to fight off infection according to Healthy Sleep 2020.

Take a moment to browse this link which also states that healthy sleep keeps blood sugar levels stable in diabetics as well. <https://www.healthypeople.gov/2020/topics-objectives/topic/sleep-health>. In addition, daily exercise outdoors is great for your mental and physical health.

When was the last time you threw a baseball in the park, or rode your bicycle? A simple walk around the block does not cost anything. Drink 6-to-8 glasses of water (three to four 480 ml water bottles) daily unless you are on a fluid restriction. I like to add a wedge of lemon or lime for the vitamin C.

If you are like me, and prefer tea, I make a mint tea with a little honey and lemon. Green tea is also an excellent choice as well. I avoid sugar, if possible and opt for honey. A list of inexpensive foods that I add to my pantry to keep me in good health are onions, garlic, greens, fresh ginger root, turmeric, tomatoes, oranges, pineapple (rich in Vitamin C and Zinc), Cinnamon, and red pepper flakes.

I have made an adjustment to purchase frozen fruits and vegetables which keep and store better. Wash your fresh produce prior to cooking, and try to shop during non-peak time, or during senior citizen/disabled times if you fall in this category.

Taking a brisk shower/bath daily will boost your circulation and help you to feel better. Remember your skin is an organ and keeping clean is very important, not just washing your hands.

Try to reduce your stress levels by adding music if you are also struggling with difficult diagnoses such as cancer. (The Effects of Music Therapy on Anxiety and Depression of Cancer Patients, 2016).

Follow your provider's directives for treatments, and make sure you have a 30 to 90-day supply of medications.

Many drug companies will assist with copays or reach out to the essential social workers to help you if you need assistance with your medications. Some pharmacies offer more cost-effective alternatives with your physician's approval. Reading, prayer, journaling, painting, are also other therapies, and can pass the time.

## Action Plan V

**If you have credible information share it.** Please do not share information that has not been verified, and/or is from untrusted news sites. Believe the responsible journalists and news sites. Make the adjustments with the most updated information.

If you have a degreed health care professional in your family, get updates from them if possible, and support them emotionally. We must flatten the curve so that our health care communities can take great care of those who must be hospitalized.

This is an excellent time to talk frankly with your loved ones regarding their Advanced Directives to Physicians and Family or Surrogates, Medical Power of Attorney, and Out-of-Hospital Do Not Resuscitate (DNR) Information forms filled out for your state. Be aware that most medical facilities will not allow visitors due to concerns for community spread of COVID-19, thus these documents are very important.

## Action Plan VI

**Routine for Sanity:** Set a Routine and stick to it. It is very important to get out daily and smell the air, listen to the sounds, stretch your arms up to the sky. Is it sunny today? Are the clouds out? Is it raining? Life will continue.

If you can, dig into the earth and plant something that you can eat. Teach your children about gardening, even a small tomato plant on a balcony has powerful messages of sustaining one's self. Watching a flower bloom for the first time is healing. Nurture one another, really listen. You may not agree with the other opinion, but allow the person to talk, two ears, one mouth is what our Creator gave us.

Play some old board games such as checkers, dominoes, truth or dare, or spades inside your home. Have the kids put on a talent show. Have your own church service, share it with streaming.

Do you have a sewing machine? Make something together from a favorite clothing item, or T-shirt. See who comes up with the best idea. This is a time for families to reconnect. Put the cell phones down during this time.

Limit your intake of the news to just 1 to 2 hours per day and sit down and have a what is "news" in your life conversation. Cook together at home, sit at a table together, make meal prep stations, assign a Chef, and Sous-Chef, add music, make it fun, post a menu for the night.

## Action Plan VII

**Illness/Recovery:** What if you are sick and test positive? Notify your employer, circle, community that you have come into contact with, so that they may get tested. Strictly follow your health care professional's advice. Know when to seek emergency medical attention. Look up your local municipality's coronavirus support hotline, call them and tell the person answering that you think that you have COVID-19. Put a mask on to limit your potential to infect others that may be nearby.

**When to Seek Medical Attention:** If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include\*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

\*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

The following is a trusted link for up to date information: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html#warningsigns>

Chaplain Debbie Walker, BSN, RN, OCN is the Executive Director of The American Black Cross, (theamericanblackcross.org), a 501(c)(3) NonProfit based in the Dallas, TX area. She is married to Ernest Walker, is a mother, an ordained minister and delivers community through print, radio and television since 1998, under 411Mag Ministries.

# COVID-19 RESOURCES

## Eviction Defense Project

(SPOKANE – July 20, 2020) The Spokane County Bar Association (SCBA) Volunteer Lawyers Program, VLP, received funding through the WA Office of Civil Legal Aid, distributed by the Legal Foundation of Washington, to assist Spokane County and surrounding county residents with legal services when they are facing an eviction.

The VLP is anticipating a high demand for eviction defense legal service after August 1st due to the expiration of the Governor’s eviction moratorium and the inability for community members to pay rent when unemployed, due to COVID-19 related layoffs from March through today.

“With so many of our most vulnerable community members facing eviction due to their drop in income, the Eviction Defense Project allows these individuals to work with an attorney who can ensure their legal needs are met,” states Taylor Malins, VLP Program Director. The Eviction Defense Project’s attorneys are working to resolve the eviction prior to the parties appearing in court.

Tenants seeking assistance with impending evictions should apply for services at [SpokaneVLP.org](http://SpokaneVLP.org) or call 509-477-2674.

## Pandemic Emergency School Meals Program (P-EBT)

*Get help buying groceries while schools are closed.*

Due to COVID-19 school closures, families may be eligible to get help with food benefits. These food benefits are called Pandemic EBT Emergency School Meals Program or P-EBT.

This is a program that will allow families that are eligible for free/reduced lunch to get up to \$400/monthly assistance (per child, in grades K-12) for food assistance.

Families who apply could receive back-pay to the start of the pandemic and the application is open to undocumented and mixed-status families.

Applications due by August 31st.

*For more information or to apply visit: [washingtonconnection.org](http://washingtonconnection.org) or call 877-501-2233.*

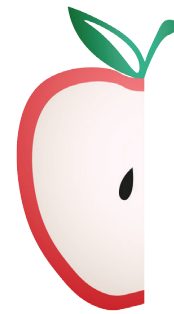
Can't get out for groceries or take-out?

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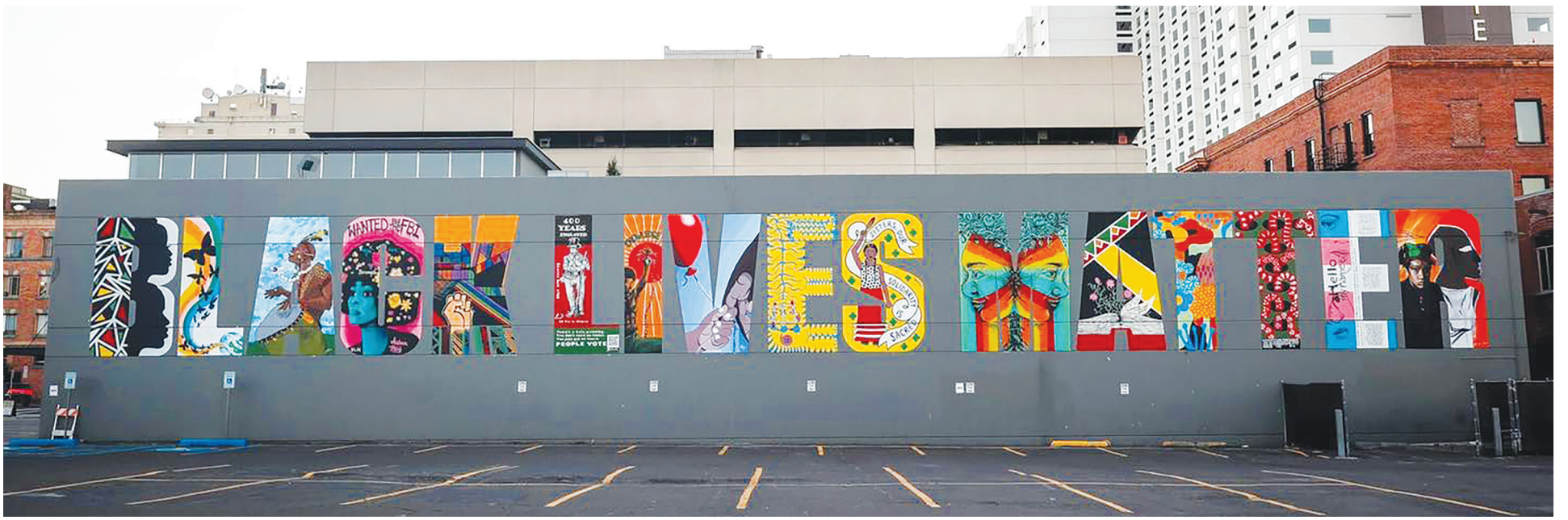
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**Carl Richardson**

**Sarah Torres**

**Nicolas Sironka**

**Amber Hoit**

**Shantell Jackson**



**Bob Lloyd**

**Israel Blackwell**

**Brandon Johnson**

**Jun Oh**

**Emma Noyes**



**Reinaldo Gil Zambrano**

**Brittany Trambitas**

**Jiemei Lin**

**Asia Porter**

**Remelisa Cuillitan**

**Daniel Lopez**

# Sixteen Artists Bring Black Lives Matter to Life in Downtown Spokane



Mural Artists (Left to Right): Carl Richardson, Sarah Torres, Amber Hoyt, Shantell Jackson, Bob Lloyd, Brandon Johnson, Jun Oh, Emma Noyes, Reinaldo Gil Zambrano, Brittany Trambitas, Remelisa Cullitan, and Terrain Executive Director, Ginger Ewing (far right).

Two businesses in downtown Spokane, 14Four and Seven2, used the one hundred and forty foot side of their building at 244 West Main Avenue, to make a powerful statement last month. Black Lives Matter. 14Four President, Jeff Oswalt, felt compelled to "do something" in the aftermath of George Floyd's murder. So he partnered with non-profit, Terrain and Executive Director Ginger Ewing, to select sixteen artists of color who would turn the large white letters, painted on the wall by staff, into works of art.

The artists, who are from a variety of backgrounds and walks of life, completed the mural on July 20, each letter a unique expression of what Black Lives Matter means to them. On Saturday, July 25, they gathered to celebrate their accomplishment. Creating something beautiful in the midst of so much ugliness right now.

Unfortunately, the art's beauty didn't hold the ugliness at bay for too long. The word Black was vandalized a few days later with red, white & blue paint (see below). But the community has already donated thousands of dollars towards the mural's repair.



A statement on Terrain's website said, "It took dozens of people working with love to make this project happen, and only one or two filled with hate to deface it. If the vandals wanted to inspire sadness and anger, they're going to be terribly disappointed. We are filled with joy, love and determination. And we will not be silenced."



## How I See It

By Robert Lloyd

If it's in black and white or you painted it in color, it is still only a symbolic gesture. The question is what does Black Lives Matter mean to you? When will you know you have it? Are your results measurable? What will you do to achieve it?

Our LIVES have been 400 years of enslavement and struggle. The L represents the support that Blacks have given to the country since its inception - in spite of "400 YEARS EN-SLAVED": 400 years of struggle. Our lives have not mattered. The L in lives commemorates Charles Ball, a War of 1812 Chesapeake Bay Flotilla sailor, and his slave narrative "Fifty Years in Chains".

Our ancestors have died in vain if we do not get those measurable results: economic, political, industrial, and media control. I am calling African Americans to action. Quoting Curtis Mayfield, People Get Ready. Please, the struggle continues. Organize and Vote.

Bob L, Spokane Civic Activist  
email: info@4comculture.com  
4comculture.com or on Facebook.



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# Reverend C.T. Vivian: July 30, 1924 - July 17, 2020

Continued from Page 1

These two incidents would focus national attention on St. Augustine and helped to convince uncommitted members of Congress to sign the Voting Rights Act of 1964. Vivian said the protest was all part of strategy that he and King's other aides learned from disciples of Mahatma Gandhi, an Indian activist about that used, "nonviolent direct action," to affect change.

"Martin King was the leader and without a doubt he had brought us a new method. Before [nonviolent direct action] nothing was happening," said Vivian, who during his acceptance speech at the Kennedy in 2015 had people laughing when he said, "We owe Alabama more than any place else. You have to go to the worst places to come up with the best stuff."

Vivian is a distinguished minister, author, and organizer. A leader in the Civil Rights Movement and friend to Martin Luther King, Jr., he participated in Freedom Rides and sit-ins across our country. Vivian also helped found numerous civil rights organizations, including Vision, the National Anti-Klan Network, and the Center for Democratic Renewal.

"Whether you are talking about Rep. John Lewis or Rev. C.T. Vivian, what is amazing is their life long consistency," Rev. Tony Lee, Pastor of the Community of Hope, in Temple Hills Maryland. "Those guys went the distance even until their dying breath."

Lee, whose ministry is located just miles from the US Capitol, said "a few years ago Dr. Vivian was in his 90's and he was taking part in a campaign that I was part of called Real Men vote. Even with John Lewis it wasn't about them but serving people."

Vivian was born in Boonville, Missouri. As a child he and his mother moved to Macomb, Illinois, where he attended Lincoln Grade School, Edison Junior High School and Macomb High School, graduating in 1942.



C. T. Vivian, Joseph Lowery, John Lewis, and Andrew Young (Left to right) msm.edu

Vivian attended Western Illinois University in Macomb, where he worked as the sports editor for the school newspaper. He also served recreation director for the Carver Community Center in Peoria, Illinois. There, he participated in his first sit-in demonstrations, which successfully integrated Barton's Cafeteria in 1947.

Vivian studied at the American Baptist College in Nashville, Tennessee. In 1959, he met James Lawson, who was teaching Gandhi's nonviolent direct action strategy to the Nashville Student Movement.

Other Civil Rights activist learning from Lawson included Diane Nash, Bernard Lafayette, James Bevel, John Lewis who were students at Fisk University and Tennessee State University. They would go on to organize nonviolent sit-ins at lunch counters in Nashville.

On April 19, 1960 more than 4000 people took part in a demonstration at Nashville's City Hall, where Vivian and Diane Nash confronted Nashville Mayor Ben West who agreed in principle that racial discrimination was morally wrong.

As a result, Vivian and Nash took on major leadership roles in both the Student Nonviolent

Coordinating Committee (SNCC) and the Southern Christian Leadership Conference (SCLC). In 1961, He participated in Freedom Rides And went on to work with Martin Luther King Jr. as the national director of affiliates for the SCLC.

In 1979 he co-founded, with Anne Braden, the Center for Democratic Renewal (initially as the National Anti-Klan Network), an organization where blacks and whites worked together in response to white supremacist activity.

In 1984 he served in Jesse Jackson's presidential campaign, as the national deputy director for clergy. In 1994 he helped to establish, and served on the board of Capitol City Bank and Trust Co., a black-owned Atlanta bank. He also served on the board of Every Church a Peace Church.

In 2008, Vivian founded and incorporated the C. T. Vivian Leadership Institute that developed the "Yes, We Care" campaign after the City of Atlanta turned the water off at Morris Brown College. He mobilized the Atlanta community and raised \$500,000 for Morris Brown.

"John Lewis and C.T. Vivian represented the heart for us," said Dr. Paula Matabane, a retired Howard University Professor and filmmaker who has moved back home to Atlanta. "They exuded love and I will never forget I was 13 years old and Wyatt T Walker came to our church in Atlanta, Providence Baptist Church and I remember sitting there and realized that somebody loved us enough to put their lives on the line."

Going forward Bishop Jamal Bryant, pastor of the New Birth Missionary Baptist Church, "In C.T. Vivian's hour the church was leading the Civil Rights movement, today the church is supporting the movement which puts us in a different position."

"The first Civil Rights movement was birthed out of the church," Bryant said. "I think that the church is as strong as ever. Pastor Tony Lee is feeding thousands, Look what Pastor Huber Brown is doing in Baltimore with urban gardens. Look at Pastor Mike McBride giving out 100,000 items. They are working in silos and not in front of a camera."

In terms of the upcoming election, Bryant said "We have always done souls to the polls but there has been a paradigm shift because of Covid-19 in that we are pushing for early voting."

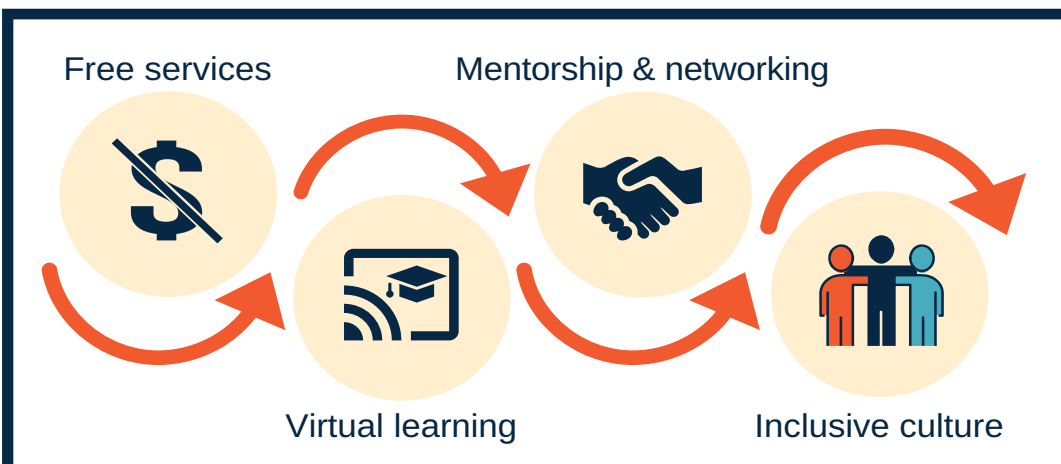
On August 8, 2013, President Barack Obama awarded Vivian the Presidential Medal of Freedom. The White House citation began by saying: "C. T. Vivian is a distinguished minister, author, and organizer. A leader in the Civil Rights Movement and friend to Martin Luther King, Jr., he participated in Freedom Rides and sit-ins across our country."

Vivian also helped found numerous civil rights organizations, including Vision, the National Anti-Klan Network, and the Center for Democratic Renewal. In 2012, he returned to serve as interim President of the Southern Christian Leadership Conference."



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# How Welcoming Is Spokane to Diversity?

## The Myth of the Lack of Diverse Professionals

By Roberta Wilburn

As I have worked in Spokane for the last thirteen years, a statement that I have heard repeatedly is that “we can’t find any qualified Black people” and that is why we don’t have adequate diversity in our workforce. Then I hear, “Black people don’t want to come work in Spokane.”

I’ve heard it in the public schools and I’ve heard it Spokane City Government, as well as in non-profits. This implies that there aren’t any educated Black individuals or there is a shortage of Black people who could be police officers, firefighters or a shortage of anyone interested in going into any of the professions that lack diversity in Spokane. This just isn’t true.

My husband and I moved here from Memphis, TN, and if you were to talk to many of the Black people who live in Spokane, you will find that they are transplants. Many of them came from the South, like I did, but others came from the north or overseas, when they were subsequently stationed at Fairchild Air Force Base.

We have several colleges and universities in the area and there are Black people and other people of color that attend all of them. However, one of the things that my husband says all of the time is that when African American students graduate from a college in Spokane, they get their degree, get a plane ticket and get out of town because they feel there is nothing

here for them and they have to pay back these student loans.

The problem is that across the nation there is an increase in Black graduates but there is still a wealth gap because we are not being hired, even when we are qualified.

There are several factors that come into play:

1) Discriminatory hiring practices limit the number of Black and people of color who even get to the interview stage. Many of them are weeded out by their name, accent, previous employment or where they were educated.

2) There is a glass ceiling. For those who get hired, they can only go so far within the organization. It is often difficult for Blacks to move into management and supervisory positions. In some cases, if a vacancy arises, they will be asked to train a person to take a higher level position within an organization but they won’t be promoted to the position.

3) Retention. If a Black person is hired, another factor is the climate in the organization. It is one thing to hire someone. It is another story to retain them. If the work environment and city in which they are living is not welcoming or conducive to them thriving, they aren’t going to stay.

Wilburn & Associates, LLC is committed to helping Spokane be a place where Black people not only survive but they

can thrive. Our mission is to help build cultural responsive workplaces and communities. We do this by working with local business in providing diversity, equity, inclusion training and coaching.

I am very excited to announce that through my position at Whitworth University, my department was able to hire the first African American Director of our Educational Administration (Principal) Program.

On July 1, 2020, Dr. Goldy Brown III joined Whitworth’s Graduate Studies in Education program as the new Director of Education Administration Program. He comes to Spokane from Rockford Illinois. He has served as a former professor and routine guest speaker in college courses, where he has gained valuable experience leading college level discussions on educational foundations and leadership.

In addition, he has conducted seminars on “what principals look for when hiring a teacher.” He also has 7 years of experience as a K-12 leader, serving as a principal. Schools that he has led received four state recognition awards for closing the achievement gap between low-income and affluent students.

Dr. Brown has also published five articles on school leadership. He is excited about living in Spokane and getting connected and rooted in the community.

### Wilburn & Associates Invites You to Join Us in Welcoming Dr. Goldy Brown III To Spokane



#### Whitworth's New Director of Education Administration Program

On August 21st at 6:30 pm, Wilburn & Associates will be hosting a Virtual Welcome Reception for Dr. Brown to get to meet members of the African American community.

He has moved to Spokane by himself, and we want to surround him with as much love and support as possible so he will want to stay in Spokane for at least as long as I have.

To register for the virtual event visit: <https://www.eventbrite.com/e/virtual-reception-for-dr-goldy-brown-iii-tickets-115327397350>

For more information or diversity training for your organization contact: [wilburnassociatesllc@gmail.com](mailto:wilburnassociatesllc@gmail.com) or visit our website at: [www.wilburnassociates.org](http://www.wilburnassociates.org).

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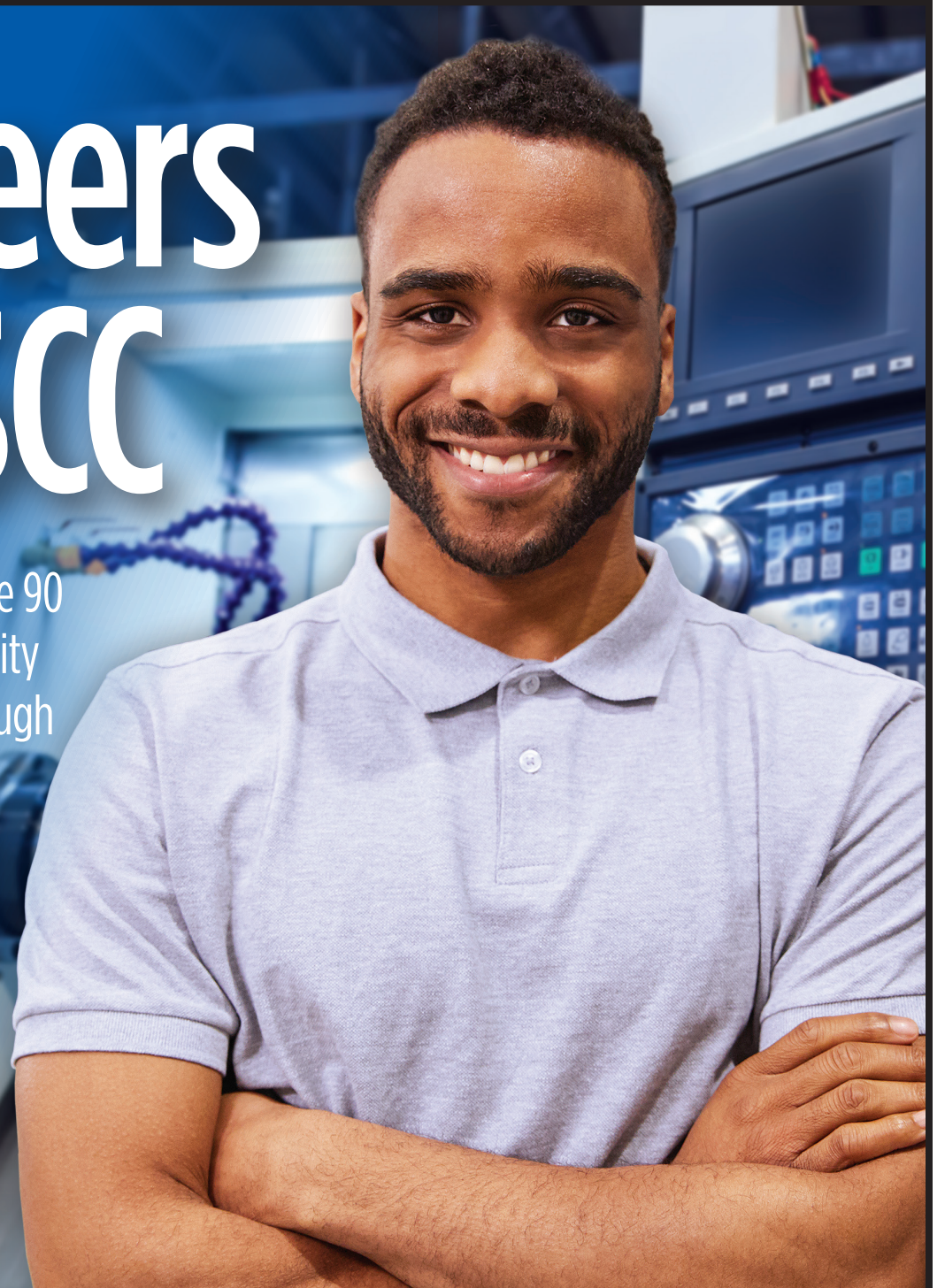
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# Spokane Falls Hires Keith Sayles as New Vice President

Keith G. P. Sayles began his new job in Spokane on July 21 as the new Vice President of Student Affairs at Spokane Falls Community College. He has 21 years of progressive leadership in college student services and personal experience in the life-changing power of community college.

“Keith embodies the community college student experience,” said Kimberlee Messina, SFCC president. “He was a first-generation college student and he understands the challenges many of our students face.”

Sayles grew up in Mississippi and dropped out of high school to go to work. He went back and got his GED and enrolled at a community college in St. Louis. He now has an MBA and is working on a doctorate degree.

“It is indeed a pleasure to have been selected as the next Vice President of Student Affairs for Spokane Falls Community College,” Sayles said. “I look forward to serving as a motivational member of the SFCC team and to providing continued growth to the greater Spokane community.”

Sayles is coming to SFCC from Camden County College in New Jersey where he is dean of the Camden City Campus and responsible for all college programs, facilities and outreach activities within the community.

Prior to that position, he was the chief student affairs officer of Henderson Community College in Kentucky. He

also worked as director of Enrollment Management at Central Louisiana Technical College and was in a variety of positions at St. Louis Community College where he started his career.

Sayles earned two associate degrees at St. Louis Community College and completed a bachelor’s degree in Business Administration Human Resources Management at Saint Louis University. He earned an MBA from Webster University and is working on a doctor degree in higher education leadership.

Sayles has extensive experience in diversity, equity and inclusion, including serving as the Director of the African-American Male Initiative, a college-retention program, at St. Louis Community College. He has a proven track record in grants, external fund raising and community partnerships. He has served as a Title IX coordinator and a student conduct officer.

He also served as an accreditation reviewer for colleges within the Southern Association of Colleges and Schools/Commission on Colleges and is now a peer reviewer for Middle States Commission on Higher Education.

Sayles succeeds Chrissy Davis Jones who has served as the interim vice president for the past three years. Davis Jones is the dean of Student Affairs at SFCC.



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# John Lewis: February 21, 1940 - July 17, 2020

## Continued from Page 1

His dedication to the highest ethical standards and moral principles has won him the admiration of many of his colleagues on both sides of the aisle in the United States Congress.

John Lewis was born the son of sharecroppers on February 21, 1940, outside of Troy, Alabama. He grew up on his family's farm and attended segregated public schools in Pike County, Alabama. As a young boy, he was inspired by the activism surrounding the Montgomery Bus Boycott and the words of the Rev. Martin Luther King Jr., which he heard on radio broadcasts. In those pivotal moments, he made a decision to become a part of the Civil Rights Movement. Ever since then, he has remained at the vanguard of progressive social movements and the human rights struggle in the United States.

As a student at Fisk University, John Lewis organized sit-in demonstrations at segregated lunch counters in Nashville, Tennessee. In 1961, he volunteered to participate in the Freedom Rides, which challenged segregation at interstate bus terminals across the South. Lewis risked his life on those Rides many times by simply sitting in seats reserved for white patrons. He was also beaten severely by angry mobs and arrested by police for challenging the injustice of Jim Crow segregation in the South.

During the height of the Movement, from 1963 to 1966, Lewis was named Chairman of the Student Nonviolent Coordinating Committee (SNCC), which he helped form.



**John Lewis stands with Washington DC Mayor Muriel Bowser on Black Lives Matter Plaza during protests sparked by the police killing of George Floyd. PHOTO: Khalid Aji-Allah**

SNCC was largely responsible for organizing student activism in the Movement, including sit-ins and other activities.

While still a young man, John Lewis became a nationally recognized leader. By 1963, he was dubbed one of the Big Six leaders of the Civil Rights Movement. At the age of 23, he was an architect of and a keynote speaker at the historic March on Washington in August 1963.

In 1964, John Lewis coordinated SNCC efforts to organize voter registration drives and community action programs during the Mississippi Freedom Summer. The following year, Lewis helped spearhead one of the most seminal moments of the Civil Rights Movement. Hosea Williams, another notable

Civil Rights leader, and John Lewis led over 600 peaceful, orderly protestors across the Edmund Pettus Bridge in Selma, Alabama on March 7, 1965. They intended to march from Selma to Montgomery to demonstrate the need for voting rights in the state.

The marchers were attacked by Alabama state troopers in a brutal confrontation that became known as "Bloody Sunday." News broadcasts and photographs revealing the senseless cruelty of the segregated South helped hasten the passage of the Voting Rights Act of 1965.

Despite more than 40 arrests, physical attacks and serious injuries, John Lewis remained a devoted advocate of the philosophy of non-violence. After leaving SNCC in 1966, he continued his commitment to the Civil Rights

Movement as Associate Director of the Field Foundation and his participation in the Southern Regional Council's voter registration programs. Lewis went on to become the Director of the Voter Education Project (VEP). Under his leadership, the VEP transformed the nation's political climate by adding nearly four million minorities to the voter rolls.

In 1981, he was elected to the Atlanta City Council. While serving on the Council, he was an advocate for ethics in government and neighborhood preservation. He was elected to Congress in November 1986 and has served as U.S. Representative of Georgia's Fifth Congressional District since then. He is Senior Chief Deputy Whip for the Democratic Party in leadership in the House, a member of the House Ways & Means Committee, and Chairman of its Subcommittee on Oversight.

John Lewis holds a B.A. in Religion and Philosophy from Fisk University, and he is a graduate of the American Baptist Theological Seminary, both in Nashville, Tennessee. He has been awarded over 50 honorary degrees from prestigious colleges and universities throughout the United States, including Harvard University, Brown University, the University of Pennsylvania, Princeton University, Duke University, Morehouse College, Clark-Atlanta University, Howard University, Brandeis University, Columbia University, Fisk University, and Troy State University.

Lewis' biography, published in 1998, is entitled *Walking With The Wind: A Memoir of the Movement*. He is survived by one son, John Miles.

## Half of Spokane Schools Reveal Legacy of White Supremacy

### Continued From 4

Later on, our hero divorced his wife, Susan, saying she couldn't have kids. Two days after the divorce, Glover married a woman 22 years younger than him. The divorce included terms that Glover would financially support Susan, but he did not keep them. She became penniless. In June of 1899, a homeless Susan Glover was arrested while sitting on the steps of the house she'd been evicted from. She was institutionalized for the rest of her life and is now buried at Eastern State Hospital in an unmarked grave.

Spokane celebrates Glover, Levi Hutton, and J.J. Browne, but did you know Glover and Browne exploited Asian immigrants to build railroads? Or that Levi Hutton was so despised by his mine workers that in 1899 they commandeered him and his train at gunpoint?

How about the other settler colonizers like Lieutenant John Mullan? He killed hundreds of Native people while building a road from Oregon to Montana.

Marcus Whitman, a white missionary, brought with him an influx of white settlers and new infectious diseases to Indigenous people. Tragically, Whitman's presence

caused half of the Cayuse tribe to perish from the measles, and nearly all of the deaths were of children.

Glover, Adams, Browne, Finch, Havermale, and Moran Prairie's namesakes all honor white men who stole land, broke treaties, and displaced Native people. Spokane is a Salish word. Why are so many of our schools named after white men that wanted Native people gone?

Balboa, Wilson, Jefferson, and Roosevelt were the few names Allen (rightfully) criticized. Allen's article conveniently left out the part of Vasco de Balboa's story where he raped, kept slaves, and made his war dogs rip apart a group of gay Native people for fun. This incident is immortalized in a carving by Theodor de Bry.

In 1920, David Bemiss published an article in the Spokane Chronicle saying it's "good to beat children."

Hubert Howe Bancroft, a historian, was discovered to have plagiarized nearly all of his work.

Oliver Wendel Holmes supported eugenics and believed that white people were at the top of a racial caste system.

John Logan helped pass a law in Illinois prohibiting Black people from settling there.

President Ulysses S. Grant waged bloody wars against Native people in the name of "Manifest Destiny." His administration was responsible for Little Bighorn, slaughtering over four million bison, and for cultural assimilation policies resulting in boarding schools that caused the destruction of Native cultures.

Grant's war lackey, Col. Philip Sheridan, is associated with the phrase "the only good Indians I ever saw were dead." Sheridan massacred hundreds of Indigenous people during Grant's "Indian Wars."

John James Audubon was raised on his father's plantation, saw the depravity that slavery was, and still decided to buy slaves in New Orleans for his land.

Lewis & Clark, storied explorers, called Native people "savages." William Clark literally owned a man. His name was York.

Benjamin Franklin, a "beloved founding father" owned slaves, advertised the sale of slaves, and kept silent when the matter of abolition was first brought up by Congress.

Thomas Jefferson not only owned slaves, his nail factory was "staffed" by child slaves. He was a rapist. He never freed the woman he raped.

James Madison owned over 100 slaves on a 5,000-acre plantation. He also did not free any of them: in life, or in his will.

Overwhelmingly, the names of our Spokane schools reflect a pattern of white supremacy, racism, and the undiluted praise of colonialization. This is not accidental. When these schools were being named, the white people who "settled" this area hated and mistrusted people of color. They wanted Native people gone, Black people to own, and Asian-Americans for cheap labor. It is no different now in 2020.

It is my hope that with the addition of new schools, Spokane will think hard about the names that will honor them. And perhaps in the future, we will reconsider renaming some of them.

Names have the power to uplift or dehumanize. Maybe it's time to end the celebration of genocide.

Bibliography available here: [http://blacklensnews.com/wp-content/uploads/2020/07/Spokane-Public-Schools\\_Bibliography.docx](http://blacklensnews.com/wp-content/uploads/2020/07/Spokane-Public-Schools_Bibliography.docx)

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Spokane Regional Labor Council

### Statement of Solidarity with our Black American Community

## Black Lives Matter

We recognize structural racism exists throughout our society and community, including our labor community. The death of George Floyd at the hands of police officers in Minneapolis is one of the latest in a string of unnecessary deaths and unconscionable murders by those entrusted by the public to protect and serve. Police violence has led to unnecessary deaths and injuries in Spokane and Eastern Washington. It must stop.

Structural racism negatively impacts Black Americans and communities of color, including our labor community. The consequences create turmoil impacting the liberty and freedom of every citizen. The militarization of police forces as part of the "war against drugs" and the "war on crime" along with "Zero tolerance" policies, have not made communities safer, but instead have broken the trust in community policing, particularly generating suspicion and fear in Black, Indigenous, People of Color (BIPOC) communities.

Labor has worked for generations to make gains for safety in the workplace. When working families cannot live without fear for themselves, their children, or other family members, it also impacts safety in the workplace. In Spokane, Black and Native Americans are disproportionately arrested, receive higher bail amounts, and are more likely to die in jail. Additionally, the worst pandemic we have faced in the last century is disproportionately affecting communities of color, in part due to real fear that wearing a mask in public will result in more immediate harm.

Two pillars of Labor have called upon us to do this work. A. Philip Randolph said: "The essence of trade unionism is social uplift. The labor movement has been the haven for the dispossessed, the despised, the neglected, the downtrodden, the poor." Mary Harris "Mother" Jones called upon us to "Pray for the dead and fight like hell for the living." An injustice to one is an injustice to all and in communities of color it is a matter of life and death.

We call for our elected officials and the agency leaders they have appointed and hired to have a full discussion with representatives of the Black, Indigenous, People of Color communities to create and present a plan for identifying and dismantling systemic racism in every office, starting with those that interact with the public. These systems were not built overnight and will take time to change, but a commitment to developing a clear path and establishing a timeline to meet specific goals should be the highest priority.

The Spokane Regional Labor Council will also do our part by looking inward at how we have perpetuated systemic racism in our own house. We will support the Washington State Labor Council's Race and Labor initiatives, work with our affiliates, delegates, and community partners to continuously evolve our equity lens to guide our committee work, and include implicit bias training in future Rank & File classes. All candidates that wish to receive our endorsement will need to demonstrate an unequivocal commitment to racial and economic justice.

"We cannot forget that the March on Washington was about freedom, economic equity and good jobs. The intersection of human rights, civil rights and workers' rights has always been a part of our struggles for independent power both here and abroad. We must continue to uplift those movements in an intersectional way to ensure we are able to win justice at the workplace and the ballot box to make a difference for those we serve."

James Settles Jr, UAW & NAACP, Robin Williams, UFCW & NAACP, Richard Womack Sr, AFL CIO & NAACP

**Civil Rights and Labor – Two Movements, One Goal**

*(Adopted June 23, 2020)*

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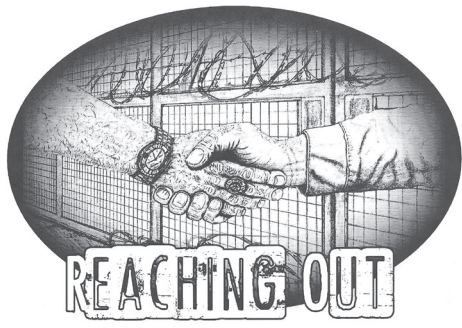
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# THE BLACK PRISONERS CAUCUS

## Coyote Ridge

### The Struggle Is Real

By Willie R. Holland Sir. #838113

**June 6, 2020** - I was taken to the hole for running a temperature of 100.3. The officer didn't allow me to take anything but my phone book. Placed in a cell and being told that I would be in isolation until I was tested for Covid-19 and the results would dictate what my fate would be concerning DOC's protocol. Which meant that we were not able to shower except for once a week and the only phone calls that could be made to our families had to be through the counselor. The medical staff seemed to be concerned and caring...

**June 11, 2020** - I found out that I tested positive for the virus and would be shipped to Airway Heights Correctional Center (AHCC) for closer observation. The transport vehicle seemed to be something out of a horror movie. The best way that I can describe it is... it looked like one of those old school dog catcher vehicles. Built to transport seven individuals, however, they packed us in twelve deep with no restroom.

Once we arrived to AHCC, all of the men whose conditions needed immediate attention were taken in the building first. Some men had wet themselves, due to not being able to use the rest room. Once I entered the building, which was the institution's chapel that they converted into a make shift hospital, the air was thick with sickness... men from all cultures laying in hospital beds struggling to breathe. While one individual was laying in his bed covered in his body fluids because he was too weak to get up and use the bathroom. All I could think about was "Lord please don't allow me to die in this place."

Being in the presence of people fighting for their lives without any loved ones there to comfort them is sobering. Every hour on the hour the staff brought us cases of bottled water, which seemed to never be enough. Primarily because we were always thirsty.

**June 12, 2020** - they woke us up early in the morning and told us that we were going to be transferred to Monroe Correctional Center to be housed for the next twenty one to thirty days. The odd thing was... our transport seemed to have been rushed.

While we were leaving Airway Heights, one of the guys started gasping for air and was slipping in

and out of unconsciousness. The officers stopped the vehicle and radioed for medical staff to come check his vitals. Once the medics arrived... this one female nurse grabbed the guy who was struggling to breathe and yelled at him... "Hey! Hey, what's wrong with you?" "You just don't want to go on transport." She slapped him three times in the face and then started smacking him on his back.

All of the incarcerated individuals started yelling at the nurse, asking her what she was doing. Then the male nurse told us to "shut up" which only made matters worse. Within an instant, the young man slipped into unconsciousness and his whole body began to shake uncontrollably. The nurses tested his pulse and the oxygen levels in his blood... only to realize that we would lose him if they didn't act fast. Right then, I knew that my life was as disposable to them as a piece of chewing gum on the sidewalk.

Once we arrived to Monroe... we were placed into their IMU unit for twenty one days on isolation showering once a week. It felt like we were placed in there for punishment. The only exception that made the place seem bearable was that the medical staff there were beyond professional. Which restored my faith in humanity.

After our isolation period expired, we were placed into a transport unit where we were able to shower and call our family every day.

**July 10, 2020** - we returned to Coyote Ridge Correctional Center to be informed that the national guard had erected two tents where sick inmates throughout all of the units were being housed. Staff from all over the state have come here to support CRCC, which comes with the perk of unmonitored overtime.

Men are still getting sick here, and at the end of the month they are taking the tents down due to undisclosed expenses.

It doesn't seem that our administration has a full grasp on how to contain those that are sick while at the same time protect others from getting sick.

Most of the population along with the staff seem to think that the whole Corona Virus Pandemic is a hoax.

This is real... and taking the suggested precautions could potentially save someone's life.

## Shelton

### Reality Check

By Michael Linear

My appreciation for life has increased tremendously. With so many things taken in a moment's notice, I have been moved to reflect upon the life that I once knew. The family dynamics that once existed are no longer, and I don't know if what I ever knew will return.

Feelings like this are not easy to overcome, but I am also aware that our African ancestors fought and battled through much harsher conditions. I stand before you today fully erect to tell you that their blood, strength, and ambition runs through us as well. And, we must stay stronger than we have ever been.

As a Black man or woman, there are attacks coming from several different angles: natural elements beyond our control, and the spirits thriving with blood of the slave master. When you ponder deeply about this truth, it seems almost impossible to overcome, but I will reiterate it again, we have the endurance, wit, and thought process of people who lived in fear of the whip, separation from children, rape, and even murder. The only person or entity that can overpower you is YOU!

It is time to lift your vision, and guide your homes, communities, and those who are lost by the mindstate that he or she may possess during these depressing times. Everything we need is rooted deeply within. We become the cure to our own problems by the leadership qualities we share with all those around us. Unite the households, and the front lines will mirror that unity.

Power is sought and put to use, but it goes to waste if found and unshared. You can never lead effectively if you never dwell with the people who are in need. Your voice is the voice of all the people's backs you stand upon. Are you selfish or selfless?

If you are a person who is only concerned about self, these times will produce a constant dissatisfaction within your every day life. We have been reminded to love those who are less fortunate. Extend a helping hand, and be courteous. Most importantly, restructure our Black societies that we have left unattended for the past two decades.

A sense of comforting my brother and sisters has overtaken the spirit that dwells within me. What has this pandemic put on your heart, mind, and soul?



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## We support the Platform for Change introduced by Spokane Community Against Racism (SCAR)

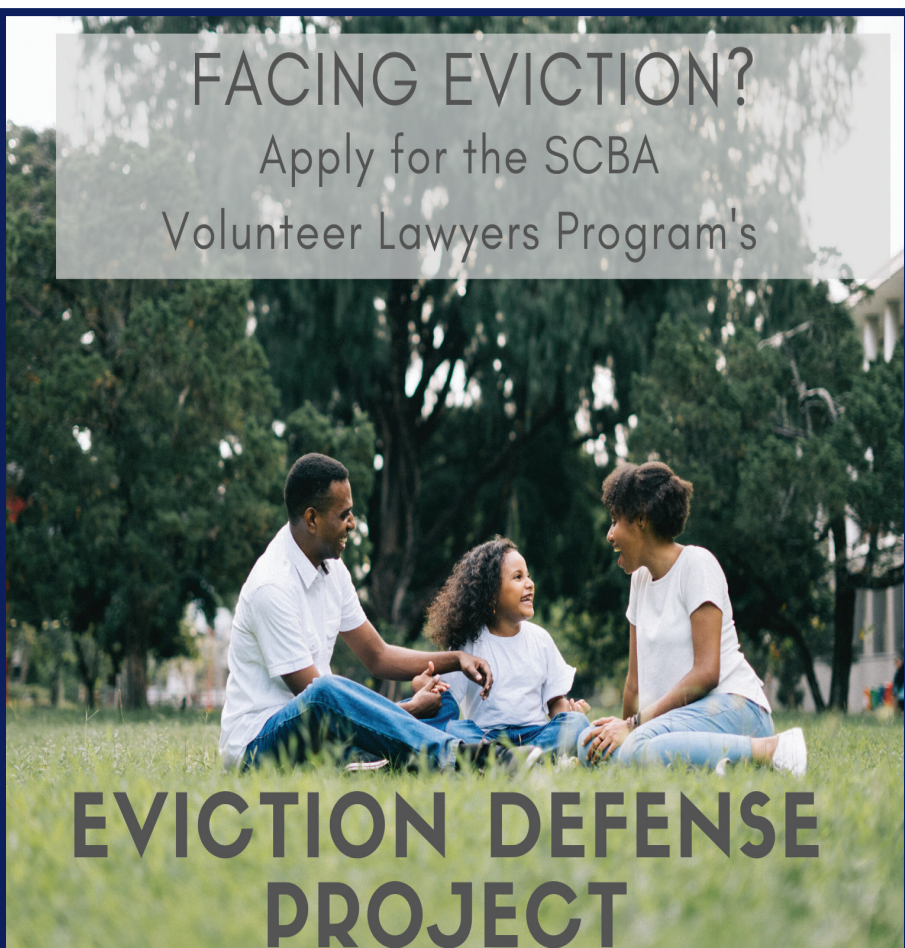
We who have benefited from national, state, and local systems of structural systemic racism and have been raised in a white supremacist culture that we are working to dismantle, declare that we are allies to our neighbors of color, who by their lived experience are the rightful leaders of this movement.

We will use our voices and our votes to join with all the Platform demands and specifically to demand that:

- the City and County policing forces be demilitarized;
- the Spokane Police Department negotiate a contract that gives independence to the Office of Ombudsman in investigating police misconduct in accordance with the City Charter;
- the Sheriff’s Office and County Commissioners cancel the “Mindset Boot-camp” and all trainings that encourage police brutality;
- the Sheriff’s Office implement independent oversight and body cameras; and
- law enforcement and prosecutors in the City and County implement measures to address the disproportionate impact of the justice system on communities of color, including disproportionality in rates of stops and incarceration.

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# OUR VOICES

## Together, You Can Redeem the Soul of Our Nation

By John Lewis

Reprinted from the New York Times, July 30, 2020

*John Lewis wrote this essay shortly before his death, to be published upon the day of his funeral.*

While my time here has now come to an end, I want you to know that in the last days and hours of my life you inspired me. You filled me with hope about the next chapter of the great American story when you used your power to make a difference in our society. Millions of people motivated simply by human compassion laid down the burdens of division. Around the country and the world you set aside race, class, age, language and nationality to demand respect for human dignity.

That is why I had to visit Black Lives Matter Plaza in Washington, though I was admitted to the hospital the following day. I just had to see and feel it for myself that, after many years of silent witness, the truth is still marching on.



Emmett Till was my George Floyd. He was my Rayshard Brooks, Sandra Bland and Breonna Taylor. He was 14 when he was killed, and I was only 15 years old at the time. I will never ever forget the moment when it became so clear that he could easily have been me. In those days, fear constrained us like an imaginary prison, and troubling thoughts of potential brutality committed for no understandable reason were the bars.

Though I was surrounded by two loving parents, plenty of brothers, sisters and cousins, their love could not protect me from the unholo oppression waiting just outside that family circle. Unchecked, unrestrained violence and government-sanctioned terror had the power to turn a simple stroll to the store for some Skittles or an innocent morning jog down a lonesome country road into a nightmare.

If we are to survive as one unified nation, we must discover what so readily takes root in our hearts that could rob Mother Emanuel Church in South Carolina of her brightest and best, shoot unwitting concertgoers in Las Vegas and choke to death the hopes and dreams of a gifted violinist like Elijah McClain.

Like so many young people today, I was searching for a way out, or some might say a way in, and then I heard the voice of Dr. Martin Luther King Jr. on an old radio. He was talking about the philosophy and discipline of nonviolence. He said we are all complicit when we tolerate injustice. He said it is not enough to say it will get better by and by. He said each of us has a moral obligation to stand up, speak up and speak out. When you see something that is not



right, you must say something. You must do something. Democracy is not a state. It is an act, and each generation must do its part to help build what we called the Beloved Community, a nation and world society at peace with itself.

Ordinary people with extraordinary vision can redeem the soul of America by getting in what I call good trouble, necessary trouble. Voting and participating in the democratic process are key. The vote is the most powerful nonviolent change agent you have in a democratic society. You must use it because it is not guaranteed. You can lose it.

You must also study and learn the lessons of history because humanity has been involved in this soul-wrenching, existential struggle for a very long time. People on every continent have stood in your shoes, through decades and centuries before you. The truth does not change, and that is why the answers worked out long ago can help you find solutions to the challenges of our

time. Continue to build union between movements stretching across the globe because we must put away our willingness to profit from the exploitation of others.

Though I may not be here with you, I urge you to answer the highest calling of your heart and stand up for what you truly believe. In my life I have done all I can to demonstrate that the way of peace, the way of love and nonviolence is the more excellent way. Now it is your turn to let freedom ring.

When historians pick up their pens to write the story of the 21st century, let them say that it was your generation who laid down the heavy burdens of hate at last and that peace finally triumphed over violence, aggression and war.

So I say to you, walk with the wind, brothers and sisters, and let the spirit of peace and the power of everlasting love be your guide.

## The Enemy Within

By Julianne Malveaux

(TriceEdneyWire.com) - At least six Black children were killed during the Fourth of You Lie weekend. They weren't doing anything wrong, just attending a community picnic, or going to visit a grandmother, or riding in a car with her mom.

One of the children, Secoria Turner, 8, was an Atlanta, and the day after the killing, Mayor Keisha Lance Bottoms, emotionally addressed the killers, "You shot and killed a baby," she said.

"This random wild, wild West, shoot 'em up because you can, it has got to stop. It has to stop." She went on to say, "Enough is enough. You can't blame this on a police officer. You can't say this is about criminal justice reform. This is about some people carrying weapons who shot up a car with an 8-year-old baby in the car. For what?"

In Washington, D.C., 11-year-old Devon McNeal, ironically attending an anti-violence cookout organized by his mother, was shot in the head by a bullet. An 18-year old has been arrested, and there are two other suspects.

In Atlanta, Philadelphia, Chicago, San Francisco and New York, our children are being murdered. We can get thousands to the streets for a Black Lives Matter protest. How many can we get out for Natalia, 7, killed in Chicago, or

Jace Young, 6, in San Francisco, who was killed attending a birthday party?

In 2019, 692 children (0-11) were killed or injured, up from 2014, when 603 were killed or wounded. The Gun Violence Archive, ([gunviolencearchive.org](http://gunviolencearchive.org)), which has been counting gun deaths since 2013, says there were 733 child deaths or injuries in 2017, the peak year since they began collecting the data.

The murdered children are never the intended victims. Instead, somebody with more firepower than sense, shoots into a crowd gathering, not caring who they hit. And they've been killing our children.

I could write dissertations about why angry and unemployed young men are running around with guns, settling scores, and securing reputations with no regard for others. But I'm sick of the sociological explanations and the excuses. I'm with Mayor Bottoms. Enough is enough. How do we stop it, though?

Devon McNeal's mother, Crystal, is an anti-violence activist. She organized her gathering to promote the end of violence. But she could not protect her baby boy since all the anti-violence talk in the world can't protect a child from a fool who is determined to use their weapon to rob, kill, or intimidate.

How do we dismantle the gun culture that dominates so many of our inner cities? Will it take new laws? Harsher penalties for illegal gun

use? As Mayor Bottoms said, this is not about the police.

Conservatives are right to say we may lose fewer Black lives to police violence than to street gun violence. It doesn't matter, because every George Floyd, Tamir Rice, and Briana Taylor matters. To lose lives because of police indifference, racism, and evil must be resisted, and the Black Lives Matter Movement does that effectively. Black Lives Matter street signs in Washington, D.C., and New York speak to that.

But even as we resist police brutality, structural racism, and other inequities, we must fight the enemy within, the callous young men who engage in gun play on public streets when anybody could be walking by. How to get through to them?

Cornel West once described these young men as nihilistic, believing that life has no intrinsic value, simply not caring about social norms and moral values. Anyone who would shoot a deadly weapon into a crowd has no regard for human life. And perhaps one could argue that these young men do not value human life because human life has not valued them.

But I'm sick of making excuses for sociopaths, even as I understand the forces that created them. These shootings have to stop!

I love looking at Black children, looking at their small, partly unformed faces, and wondering



what kind of adult they will evolve into. Too many gun-toting criminals ensure that some of our children won't have the opportunity to grow up. Class differences among African Americans mean that some fall asleep to the sounds of gunfire, while others know shooting from television. When we say it takes a village to raise a child, what happens to the villagers that would rob a child of life?

We need to call these villains out. We need to ask their associates to call them out. Enough is enough. When you say Black Lives Matter, when you march and chant, think of 11-year old Devon McNeal, 6-year old Jace Young, 8-year old Secoria Turner, or 7-year old Natalia Wallace. Their Black lives matter, too. What must we do to protect our children?

*Julianne Malveaux is an author and economist.*



# OUR VOICES

## Restoring Voting Rights Honors John Lewis

By the Reverend Irene Monroe

All Votes Matter!

(blackcommentator.com) Civil rights icon US Representative John Lewis, who died of Stage 4 pancreatic cancer, spent his life advocating equal access to the ballot for all Americans. Lewis nearly lost his life on Bloody Sunday, March 7, 1965, when he attempted to lead a nonviolent voting-rights march from Selma to Montgomery. He was beaten at the foot of the Edmund Pettus Bridge, resulting in a fractured skull.

To honor Lewis's life and legacy, Democratic lawmakers want the 2019 Voting Rights Advancement Act passed he fought for, and name it the John R. Lewis Voting Rights Act of 2020. The bill would reverse the deleterious damage done by the 2013 Shelby County v. Holder decision that invalidated a key portion of the Voting Rights Act of 1965.

Since the passing of the 1965 Civil Rights Voting Act giving African Americans the ballot, the GOP has had ongoing tactics to suppress minority voting. Such old Jim Crow tactics like literacy tests, poll taxes, and Grandfather clauses have given way to these new tactics- random voter roll purging, changing polling locations, changing polling hours or eliminating early voting days, reducing the number of polling places, packing majority-minority districts, dividing minority districts, and the notorious voter ID laws that disproportionately disenfranchise minority voters. They are all part and parcel of the Republican playbook.

In 2000, the outcome of the presidential race between Democratic Vice President Al Gore and Republican Texas Governor George W. Bush was decided in a recount of Florida ballots due to hanging chads. In predom-



inately black voting precincts, which are overwhelmingly Democratic, it was reported that piles of ballots were left uncounted. The U.S. Civil Rights Commission reported that of ballots invalidated by Florida officials, 53 percent were cast by black voters. The Florida vote was settled in Bush's favor winning him the presidency. His brother Jeb was governor at the time.

In 2013, by a 5-to-4 Republican majority, the U. S. Supreme Court case "Shelby County v. Holder" eviscerated Section 4 of the 1965 Voting Rights Act. Section 4 identified problematic voting precincts with shameful histories of racial discrimination. Not surprisingly, these precincts are predominately GOP strongholds. The Court ruled that Section 4 of the VRA was outdated. Section 4 historically protected African Americans and other disenfranchised people of color. The ruling contests a fictive post-racial premise that racial minorities, especially in the South, no longer confront discriminatory barriers voting, because Obama was president. At the time, the 1965 VRA applied to nine states in

South—Alabama, Alaska, Arizona, Georgia, Louisiana, Mississippi, South Carolina, Texas, and Virginia.

While many of us would like to think voter suppression only happens in the South, let me disabuse you of the notion with the scores of counties and municipalities in the North, like NYC, the Bronx, and my borough of Brooklyn that was covered in the 1965 VRA, too.

However, after the "Shelby County v. Holder" decision, NC targeted black voters "with almost surgical precision" since the black vote increased by 51.1 percent in the state in 2000, and blacks had a higher voter turnout with Obama on the ballot in both 2008 and 2012 presidential elections.

In 2018, the epic gubernatorial battle between Democratic candidate Stacey Abrams and Republican candidate Brian Kemp was a brazen example of how Republican "power grab" works in Georgia. Kemp, while running for governor, was Georgia's secretary of state. As Georgia's secretary of state, Kemp oversaw Georgia's elections and was responsible for the "exact match" policy. The "exact match" policy states that a voter application must "exactly match" their social security or driver's license information. According to the Associated Press, 53,000 applications were put on hold, of which 70% were Black voters.

The GOP tactics to dissuade people of color to the polls posed challenges for many transgender voters who transitioned, and may not have had a government-issued photo ID reflecting their gender. According to the Williams Institute, of the 137,000 transgender people who have transitioned and were eligible to vote, approximately 57 percent (78,000) may not have had the appropriate ID.

Last year, Senate Majority Leader Mitch McConnell voiced opposition to making Election Day a federal holiday. However, allowing American voters a more relaxed and stress-free trip to their voting precincts should be a no-brainer. And, H.R.1-For the People Act of 2019 would do just that. He mocked the legislation as the "Democrat Politician Protection Act."

H.R.1 would "expand Americans' access to the ballot box, reduce the influence of big money in politics, and strengthen ethics rules for public servants, and other purposes." The bill would improve access for voters with disabilities and voter turnout. It'd reform automatic voter registration and felon re-enfranchisement. In other words, H.R.1 would modernize a century-old bankrupt voting system to mirror America today; thus, allowing for a participatory democracy.

Lewis said, "Never, ever be afraid to make some noise and get in good trouble, necessary trouble." To honor John Lewis, good trouble this November election would be to vote out our present Republican thugocracy. As voters, we don't have to capitulate to the powers that be, because the power of the people is greater than the people in power.

*The Reverend Monroe is an ordained minister, motivational speaker and she speaks for a sector of society that is frequently invisible. Rev. Monroe does a weekly Monday segment, "All Revved Up!" on WGBH (89.7 FM), on Boston Public Radio and a weekly Friday segment "The Take" on New England Channel NEWS (NECN). She's a Huffington Post blogger and a syndicated religion columnist. Her columns appear in cities across the country and in the U.K, and Canada. Her website is irenemonroe.com.*

# ACLU

**Vote** like your rights depend on it.

# EMPLOYMENT & BUSINESS OPPORTUNITIES



## City of Spokane is Hiring!

The City of Spokane is seeking a dynamic and visionary leader for the position of Director of Neighborhood, Housing & Human Services!

The Director will administer the delivery of neighborhood, community and human services to citizens and develop and promote policy on solutions to affordable housing, homelessness, community development and public safety.

The ideal candidate is a creative and collaborative leader with a passion for public service and commitment to facilitating positive community engagement.

For information on this position, go to <https://my.spokanecity.org/jobs/classified/>.

Review of application materials begins on August 17, 2020. The salary range for this position is \$108,847.44 - \$148,122.72.

### WHITWORTH UNIVERSITY IS SEEKING TO FILL SEVERAL VACANT POSITIONS.

Most positions include a full benefits package including tuition remission for the employee and dependents.

For more information and to apply please visit [www.whitworth.edu/careers](http://www.whitworth.edu/careers).

Whitworth has a Christ-centered commitment to the principles of diversity, equity, and inclusion. In that spirit, the university encourages applications from populations underrepresented at Whitworth including members of racial/ethnic communities, women, and persons with disabilities. Successful completion of a background check required.



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## Be The Change You Wish To See In The World! - Gandhi

At Volunteers of America, we believe in the potential of every human to overcome the cycle of poverty and homelessness! We work alongside individuals from any and every background and identity and we celebrate diversity.

Everyday brings its share of new challenges and adventures, but whatever happens, you will have a great team, amazing clients, and meaningful work!

Currently hiring for multiple positions:  
[voaspokane.org/jobs](http://voaspokane.org/jobs)



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# AUGUST EVENTS

**AUGUST 6**  
**THE UNTOLD STORY OF BLACK WOMEN SUFFRAGISTS!**



This year marks the 100th anniversary of the constitutional amendment granting U.S. women the legal right to vote. In tribute, Radical Women will show two short films on Black women and the fight for suffrage: a locally produced documentary by the KD Hall Foundation, followed by a recent lecture by Chicago historian Marcia Walker-McWilliams.

Together they portray Black women's role in defending the right to vote for both women and African American men. Black women started agitating for these political rights from the time of slavery and are still fighting for access to the ballot today. Discussion will follow the films **7pm - Online**  
For more information: [RWSeattle@mind-spring.com](mailto:RWSeattle@mind-spring.com) • [www.facebook.com/RWSeattle/](https://www.facebook.com/RWSeattle/) • 206-722-6057

**AUGUST 12**  
**SALVATION ARMY'S 11TH ANNUAL BACKPACKS FOR KIDS**

The Salvation Army of Spokane, in collaboration with Cenex Zip Trip, will host its 11th Annual 'Backpacks for Kids' event. This FREE event will include the distribution of 4,000 new backpacks with school supplies to local students, grades K-12. All backpacks and supplies will be distributed on a first-come, first-served basis while supplies last. Due to COVID-19 and social distancing, the event will be a drive-through style this year.

Parents or guardians will need to bring the following items:  
\*Photo ID for parent or guardian  
\*Proof of every child living in your household (school registration, DSHS statement, ID card, medical card, etc.).

**9 am to 6 pm (or until all backpacks have been distributed)**  
**Spokane County Fair & Expo Center**  
**404 N. Havana St, Spokane Valley, 99202.**  
For more information visit [www.makingspokanebetter.com](http://www.makingspokanebetter.com) or call 509-325-6810.

**AUGUST 17**  
**NAACP GENERAL MEETING**

Join the NAACP for our monthly general membership meeting. Meetings are currently online. For more information please check social media or contact the NAACP at 509-209-2425 or visit: [naacpspokane.org](http://naacpspokane.org).

**\*\*UNITY IN THE COMMUNITY has been cancelled due to COVID-19. It will return on August 21, 2021. Visit [nwunity.org](http://nwunity.org).**

**NEW PODCAST**  
**Restored Life**



**Mondays at 6am**

Join hosts Andre Dove & Anthony Foster, for a new podcast called Restored Life.

Restored Life Podcast exists to make a global impact by addressing socio-economic, political, spiritual, and racial disparities.

Our goal is to effect at the micro level in discussion of these aforementioned subject matters by promoting unity through thoughtful, engaging and educated discourse.

Team members also include: Alexis Nicholson, and Erik Hildahl.

[restoredlifepodcast.com](http://restoredlifepodcast.com)  
[facebook.com/restoredlifepodcast](https://facebook.com/restoredlifepodcast)



**My Story**

Spokane Public Radio (SPR) wants to hear **YOUR** story!

"My Story" is a new initiative that invites listeners to submit video or audio clips sharing their personal experiences.

All clips that meet SPR guidelines will be posted online to help spark conversations with our neighbors.

Select clips will be edited for broadcast on air and posted on SPR's social media pages. The hope is that "My Story" can be a constructive forum for learning about the perspectives of people in our community.

For more information about topic areas and submission guidelines, visit: [spokanepublicradio.org/topic/my-story-spokane-public-radio](http://spokanepublicradio.org/topic/my-story-spokane-public-radio)

Send information about upcoming community events to [sandy@blacklensnews.com](mailto:sandy@blacklensnews.com) or call 509-795-1964 with information.






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- Keep Learning Teacher Lessons: [www.pbs.org/show/keep-learning/collections](http://www.pbs.org/show/keep-learning/collections)

Fun, creative educational activities available all summer & fall! Visit [ksps.org/education](http://ksps.org/education)





## COVID-19 Business Assistance for Multi-Ethnic, Multi-Cultural Businesses.

AHANA has been contracted by the Washington State Department of Commerce Small Business Resiliency Assistance Program to assist and provide technical support for small businesses in underserved and under-represented communities affected by the COVID-19 pandemic.

Technical support and assistance may include:

- Navigational and technical assistance with contracts and applications
- Translating and distributing information
- Mentorship, education and/or training
- Planning for recovery and re-opening and support of their workforce

**These services are available through August 31, 2020.**

### Contact:

Ben Cabildo at (509) 999-5365  
 ahana.meba10@gmail.com  
 www.ahana-meba.org



### Navigating through Covid-19 and Beyond

Join us for these 3 webinars in July!

- **July 8 - Noon to 1pm:**  
How to Plan for Reopening Your Business
- **July 14 - Noon to 1pm:**  
Building the Resilience of Your Business
- **July 21 - Noon to 1pm:**  
Designing Communication Strategies and Updating Technology

**Register on our website to receive the webinar link.**

