

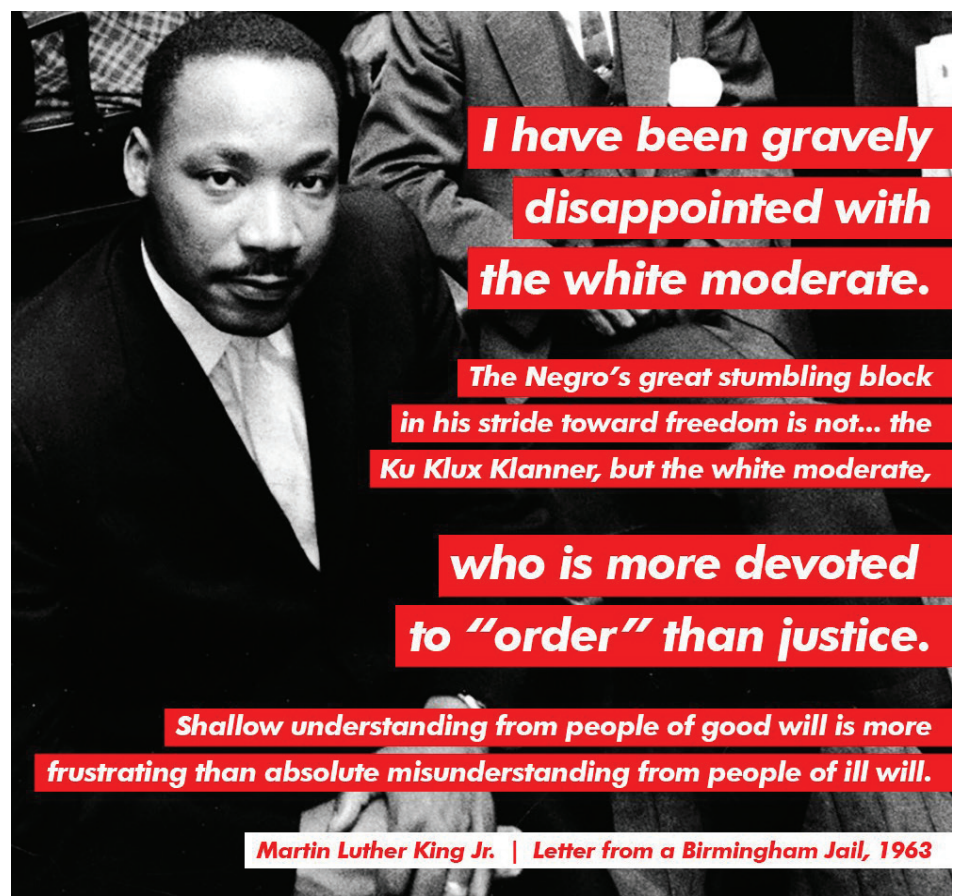
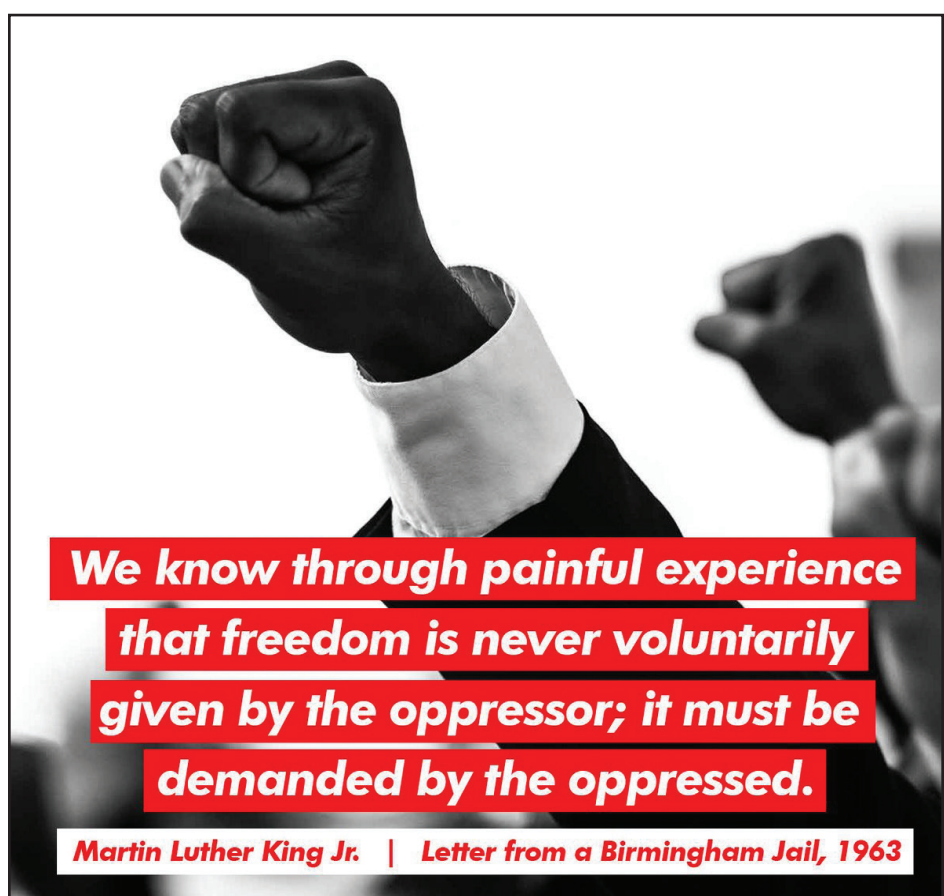
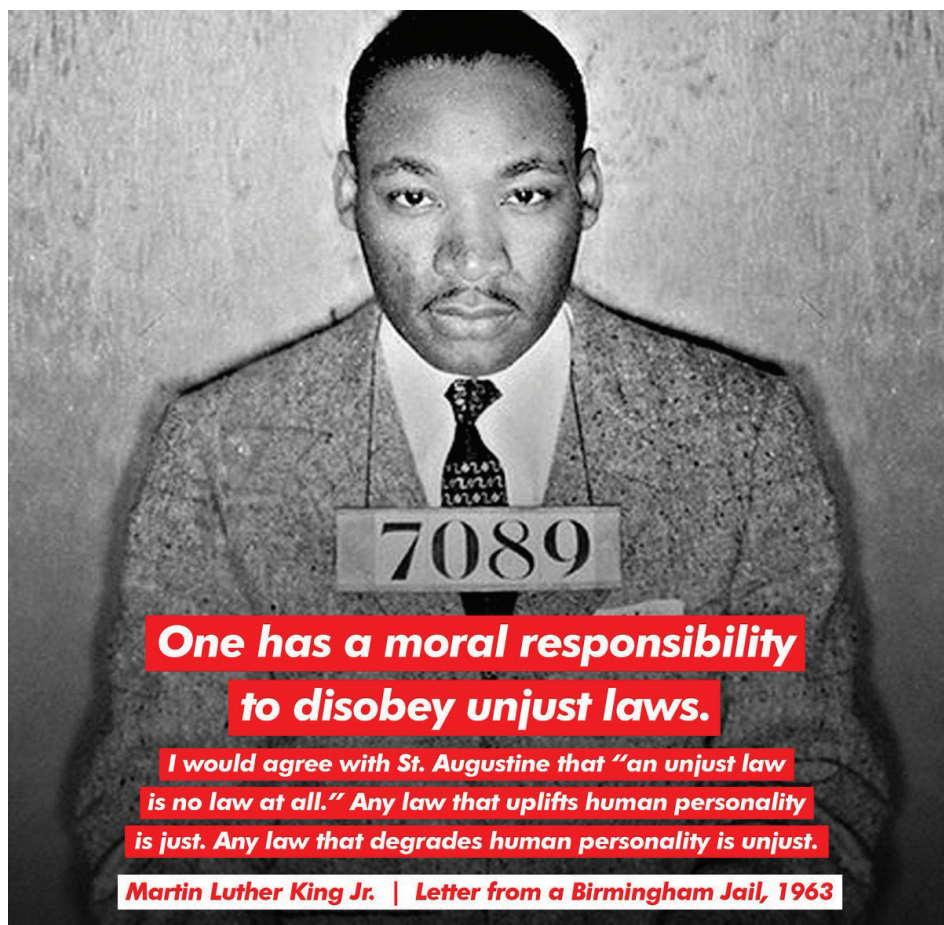
THE

BLACK LENSTM

NEWS FROM A DIFFERENT PERSPECTIVE

RECLAIMING MARTIN LUTHER KING

Artist Daniel Rarela Uses Letters From the Birmingham Jail To Stop “Whitewashing” of King’s Memory



Artist and graphic designer Daniel Rarela used black and white photos and quotes from Dr Martin Luther King Jr.’s “Letter from a Birmingham Jail”(4/16/63) in a series of memes that created and he posted on Twitter in early January to address what he considers the “whitewashing” of Dr. King’s memory. Rarela said, “As a graphic designer, I wanted to shatter this false image of a Martin Luther King who everyone loved, never got arrested, was universally popular and made zero privileged people feel uncomfortable or angry enough to want to kill him.” Daniel Rarela can be found on Twitter at @DJRarela. (Source: Mic Network, mic.com)

ON MY MIND

THOUGHTS FROM THE EDITOR

by Sandra Williams

Let America Be America Again

By Langston Hughes

Let America be America again.
Let it be the dream it used to be.
Let it be the pioneer on the plain
Seeking a home where he himself is free.

(America never was America to me.)

Let America be the dream the dreamers
dreamed--
Let it be that great strong land of love
Where never kings connive nor tyrants
scheme
That any man be crushed by one above.

(It never was America to me.)

O, let my land be a land where Liberty
Is crowned with no false patriotic wreath,
But opportunity is real, and life is free,
Equality is in the air we breathe.

(There's never been equality for me,
Nor freedom in this "homeland of the free.")

Say, who are you that mumbles in the dark?
And who are you that draws your veil across
the stars?

I am the poor white, fooled and pushed
apart,
I am the Negro bearing slavery's scars.
I am the red man driven from the land,
I am the immigrant clutching the hope I
seek--
And finding only the same old stupid plan
Of dog eat dog, of mighty crush the weak.

I am the young man, full of strength and
hope,
Tangled in that ancient endless chain
Of profit, power, gain, of grab the land!
Of grab the gold! Of grab the ways of satis-
fying need!
Of work the men! Of take the pay!
Of owning everything for one's own greed!

I am the farmer, bondsman to the soil.
I am the worker sold to the machine.
I am the Negro, servant to you all.
I am the people, humble, hungry, mean--
Hungry yet today despite the dream.
Beaten yet today--O, Pioneers!
I am the man who never got ahead,
The poorest worker bartered through the
years.

Yet I'm the one who dreamt our basic dream
In the Old World while still a serf of kings,
Who dreamt a dream so strong, so brave, so
true,
That even yet its mighty daring sings
In every brick and stone, in every furrow
turned
That's made America the land it has become.



O, I'm the man who sailed those early seas
In search of what I meant to be my home--
For I'm the one who left dark Ireland's
shore,
And Poland's plain, and England's grassy
lea,
And torn from Black Africa's strand I came
To build a "homeland of the free."

The free?

Who said the free? Not me?
Surely not me? The millions on relief today?
The millions shot down when we strike?
The millions who have nothing for our pay?
For all the dreams we've dreamed
And all the songs we've sung
And all the hopes we've held
And all the flags we've hung,
The millions who have nothing for our pay--
Except the dream that's almost dead today.

O, let America be America again--
The land that never has been yet--
And yet must be--the land where every man
is free.
The land that's mine--the poor man's, Indi-
an's, Negro's, ME--
Who made America,
Whose sweat and blood, whose faith and
pain,
Whose hand at the foundry, whose plow in
the rain,
Must bring back our mighty dream again.

Sure, call me any ugly name you choose--
The steel of freedom does not stain.
From those who live like leeches on the peo-
ple's lives,
We must take back our land again,
America!

O, yes,
I say it plain,
America never was America to me,
And yet I swear this oath--
America will be!

Out of the rack and ruin of our gangster
death,
The rape and rot of graft, and stealth, and
lies,
We, the people, must redeem
The land, the mines, the plants, the rivers.
The mountains and the endless plain--
All, all the stretch of these great green
states--
And make America again!

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.

Contact Information:

Square Peg Multimedia, 1312 N. Monroe St, #148, Spokane, WA 99201 (509) 795-1964, sandy@blacklensnews.com

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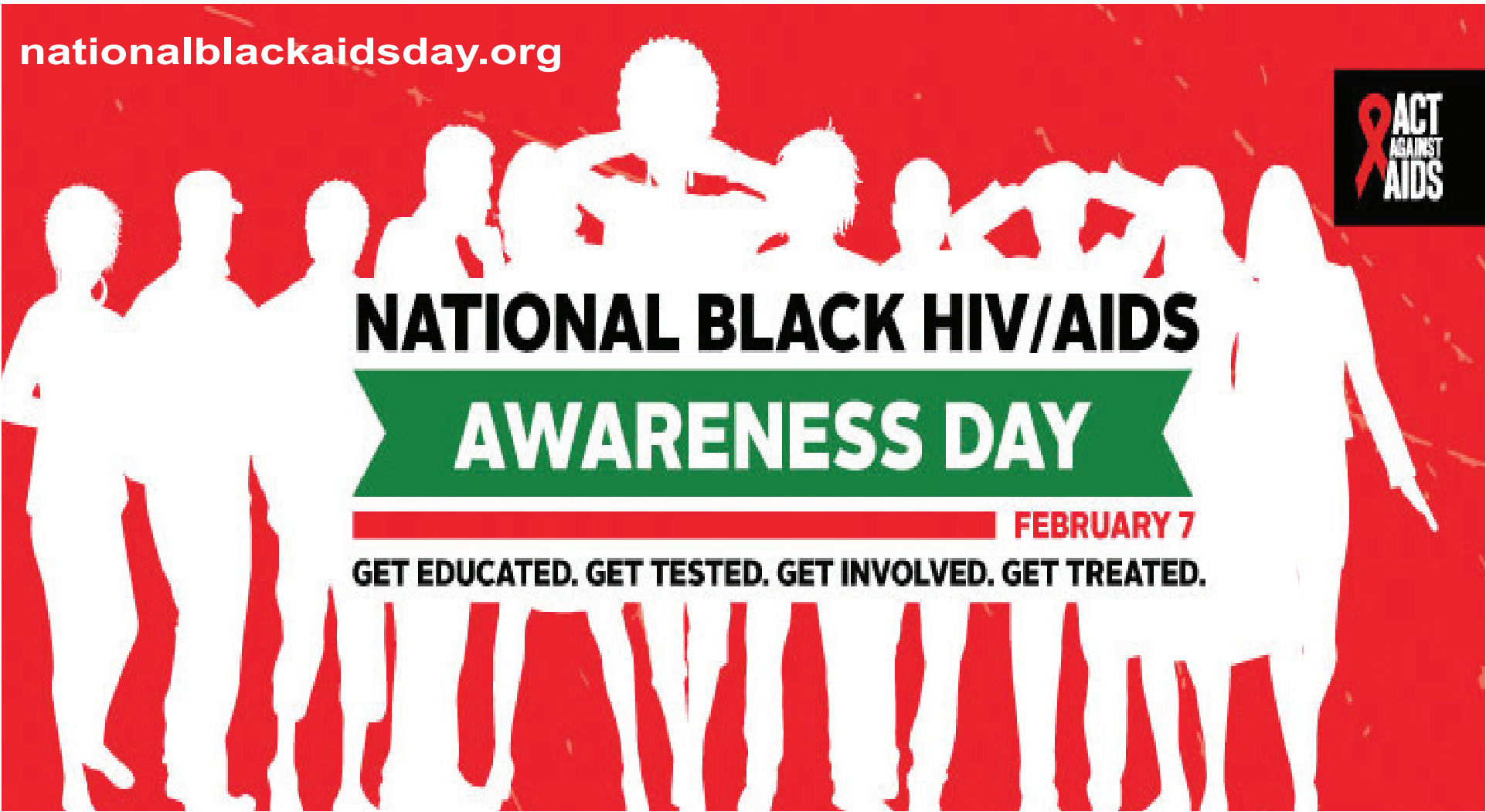
*A project of The Alliance for
Media Arts + Culture, The
Spokane Human Rights
Commission, Community-Minded
Television, The Jonah Project
and Spokane Arts Supply*

<http://www.thealliance.media>

January 9 - February 28, 2018
EXHIBITION

Photographs by Robert Lloyd
Video by Doug Dalton and DaShawn Bedford

A collaborative, interactive photography exhibition in honor of Human Trafficking Awareness Month in Spokane, these photographs were created with local women survivors and warriors. We hope these images and stories raise awareness, engagement, and political will, so all those still in risk may find safety and freedom.



BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

Civil Rights Activist Erica Garner Passes Away

(Source: The Associated Press,theorio.com)

The oldest daughter of Eric Garner, a New York City man killed by a police choke hold passed away after suffering a heart attack. Family members told the Daily News that the 27 year old went into cardiac arrest.

Garner’s father, Eric Garner, died after a white police officer put Garner, who is Black, in a choke hold while arresting him on Staten Island in 2014. Eric Garner was seen on video saying, “I can’t breathe” 11 times before he died. Erica Garner subsequently became a vocal advocate against police brutality.

Her mother, Esaw Snipes-Garner, says her daughter’s cardiac arrest was triggered by an asthma attack. Snipes-Garner says her daughter suffered her first heart attack not long after giving birth to a baby boy in August. Doctors said the pregnancy had put a strain on her heart, which was later found to be enlarged.

Newspapers reported that Garner had been in a coma since December 23. She gave birth to a son in August and named him after her father, according to news reports.



MLK Center Takes Over Mgmt of Spokane’s East Central Community Center



Photos Courtesy: Robert Robinson, Talent of Memories

Mayor Launches Initiative to Give Every Graduating Senior College Scholarship



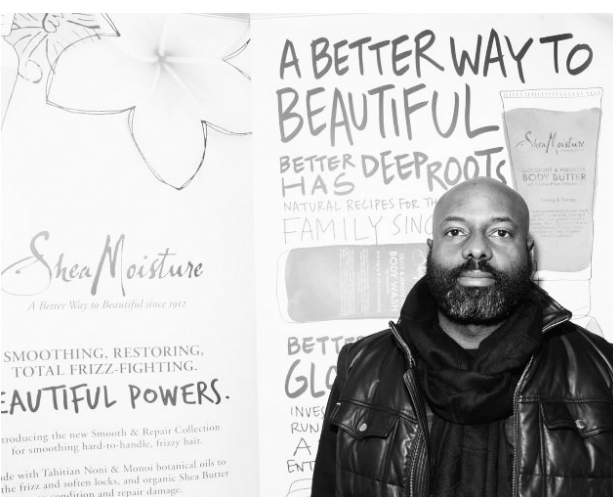
(Source: TonjaRenee, Blavity.com)

Stockton, California Mayor, Michael Tubbs made history by becoming the first African American Mayor in the city and the youngest mayor ever to serve a city with a population of over 100,000 people. The 27-year-old has announced a plan to help his city’s students afford college by offering scholarships to high school graduates. That initiative has received a \$20 million grant.

In a press release sent to Blavity, the Mayor’s office outlined Tubbs’ new “Stockton Scholars” initiative, which will provide all graduates from Stockton Unified School District with college scholarships. Students heading to four year institutions will receive \$4,000 (\$1,000 per year) and those going to two year schools will receive \$1,000 (\$500 a year). The program will begin in 2019.

“Stockton Scholars is a game changer that will reshape the trajectory of our city for decades to come. Today, I am challenging this city to raise a total of \$100 million, so that we can help cover the cost of college for all of our students,” Mayor Tubbs said. “The tallest building in Stockton is also our newest – a courthouse, which cost \$300 million to build. Surely, we can raise just one-third that amount to drive our youth towards a better future.”

Richelieu Dennis, Founder of SheaMoisture, Acquires Essence From Time Inc.



(Source: Angela Helm, <https://www.theroot.com>: Photo Credit: Bennett Raglin/Getty Images for SheaMoisture)

Essence Communications Inc., the 48-year-old mutliplatform brand that owns Essence magazine and the annual Essence Festival, was acquired by Essence Ventures LLC, an independent African-American-owned company, Essence Ventures announced in a press release.

Essence Ventures was founded and is chaired by Libe-rian-American Richelieu Dennis, who also is founder of SheaMoisture (in November, Unilever acquired the parent company for SheaMoisture, Sundial Brands).

“[W]e are excited to be able to return this culturally relevant and historically significant platform to ownership by the people and the consumers whom it serves, and offer new opportunities for the women leading the business to also be partners in the business,” said Dennis of the Essence brand acquisition.

Essence President Michelle Ebanks will continue at the helm of the company and will join its board of directors; she will also have an equity stake in the business.

Ebanks is quoted as saying, “This acquisition of Essence represents the beginning of an exciting transformation of our iconic brand as it evolves to serve the needs and interests of multigenerational black women around the world in an even more elevated and comprehensive way.

Anita Hill Selected to Lead Entertainment Industry Commission Addressing Sexual Misconduct



(Source: Daniel Peterson, <http://yourblackworld.net>)

Brandeis University professor and attorney Anita Hill has been selected to lead a recently formed commission that is tasked with addressing the current rampant sexual misconduct cases in the entertainment industry.

Kathleen Kennedy, who’s the president of Lucasfilm, and other top-ranking film executives joined hands in electing Hill to the position. She will be guiding the newly established department—‘Hollywood Commission for Eliminating Sexual Harassment and Advancing Equality’.

Hill first came into the public spotlight in 1991 when she accused the then Supreme Court nominee, and current Supreme Court Justice, Clarence Thomas of sexual abuse. In her public testimony, Hill cited sexually explicit comments that were made by Thomas while she was working with him, but despite Hill’s allegations, Thomas was still appointed to the Supreme Court.

In a statement, Hill vowed that she plans to channel the group’s efforts towards the “issues ranging from equity and fairness, power disparity, safety, sexual harassment guidelines, reporting and enforcement, education and training, research and data collection.”

“It’s time to end the current culture of silence,” Hill insisted. “I have been in this type of work for 26 years now. And this moment has presented us with an opportunity to make a real change.”

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

African Immigrants Give a Huge Boost to the American Economy

(Source: <https://www.jbhe.com/2018>)

A new report from the Partnership for a New American Economy Research Fund details the significant economic contributions to the United States economy made by immigrants from sub-Saharan African nations.

The report finds that between 2010 and 2015, the number of African immigrants living in the United States more than doubled reaching a total of 1.7 million people. Some 40 percent of African immigrants are college educated. This is a higher percentage than the White adult population of the United States. Furthermore more a third of African immigrants with a college education

have a degree in a STEM field. For the college-educated population as a whole, the figure is 25 percent,

The reports notes that African immigrants to the United States earned more than \$55 billion and paid more than \$10 billion in federal taxes. Almost 30 percent of Africans immigrants in the workforce were employed in industries related to healthcare, filling a pressing need in an area with large numbers of job openings.

The full report, Power of the Purse: How Sub-Saharan Africans Contribute to the U.S. Economy, may be downloaded at http://research.newamericaneconomy.org/wp-content/uploads/sites/2/2018/01/NAE_African_V6.pdf



Skin Color, Not Credit Risk, Tied to Auto Finance, Says Report

(TriceEdneyWire.com) - Nationwide, auto loans represent the third highest category of consumer debt. And according to new research, the color of your skin has a lot to do with how much debt is incurred.

Discrimination in Auto Lending, authored and published by the National Fair Housing Alliance (NFHA), found that despite federal laws banning credit discrimination by race or ethnicity, race remains a key factor in the cost of financing auto loans.

According to the report, “This discrimination has undoubtedly played a part in creating the racial and ethnic wealth gaps and credit access disparities that exist in the U.S. today, and it will ensure that they persist if allowed to continue unchecked.”

Like secret shoppers, NFHA sent eight teams of testers to dealerships to inquire about purchasing the same vehicle. Each team was told to ask the same questions and then report on their experiences. Seven of the teams were non-White and had both higher incomes and credit scores that of the eighth and White tester.

All testers encountered challenges to securing information needed to secure the best auto loan available. However, the Non-White testers noted being treated disrespectfully and receiving a pricier quote for finance than the White testers. Numerically, the sum of experiences found:

75 percent of the time, White testers were offered more financing options than Non-White testers;
62.5 percent of the time, Non-White testers who were more qualified than their White counterparts received more costly pricing options; and
On average, Non-White testers who experienced discrimination would have paid an average of \$2,662.56 more over the life of the loan than less-qualified White testers.

“Such high rates of discriminatory treatment are alarming and extremely rare in similar audit-style investigations conduct-

ed in the mortgage lending industry,” states the report. “Although it has its bad actors, the mortgage lending industry has been regulated and monitored for civil rights violations for decades. It is imperative that auto lending regulations, particularly those that are designed to fight discrimination, are similarly robust and regularly enforced.”

Earlier research by the Center for Responsible Lending (CRL) reached similar conclusions. A lack of transparency, dealer mark-ups on interest financing, and practices known as ‘loan packing’ and ‘yo-yo’ scams have all been cited by CRL.

Loan packing is a term used to describe how dealerships steer consumers into bundling several services and/or products that effectively boost purchase and finance costs. Often, many consumers do not know is that these products can often be purchased far cheaper if they were to secure them independently of the dealership.

Yo-yo scams in auto financing occur when a consumer drives a car off the dealer lot without finalizing its finance. Technically, if the loan paperwork has not been signed but the consumer has the use of the vehicle – especially overnight or longer -- the consumer unwittingly has taken delivery on the car. By the time the consumer returns, the dealership hikes the price of the vehicle and interest – the ‘yo-yo’. At that point, the consumer has next to no opportunity to negotiate price or finance rates. If a trade-in of an older car is involved, dealerships often tell these kinds of customers that it has already been re-sold.

Commenting on the new NFHA findings, Delvin Davis, a senior CRL researcher said, “Racial discrimination should not be tolerated with any financial product – which makes regulation especially important when the product is one of the most expensive investments a family will make.”

In recent years, the Consumer Financial Protection Bureau (CFPB) found racial

discrimination in interest rate markups, then sued and settled these issues with banks and financing arms of major auto manufacturers. For example, Ally Financial and Ally Bank settled its lawsuit in 2013 for \$98 million. In 2015, Honda’s settlement was \$24 million and Toyota’s in 2016 was \$21.9 million.

NFHA also likened auto discrimination to yet another more form of bias that burdens Blacks and other consumers of color.

“Too often the people in this situation are people of color whose neighborhoods have been starved of investment and whose ability to move to neighborhoods that better connect them to opportunity has been constrained by discriminatory policies and practices. And too often, when they seek a loan to finance an auto purchase, they face discrimination again.”

The Equal Credit Opportunity Act (ECOA) makes it illegal for creditors to discriminate against credit applicants based on race, color, religion, national origin, sex, marital status, or age.

Under this law, consumers have the right to: Know whether your application was accepted or rejected within 30 days of filing a complete application.

Know why your application was rejected. The creditor must tell you the specific reason for the rejection or that you are entitled to learn the reason if you ask within 60 days. An acceptable reason might be: “your income was too low” or “you haven’t been employed long enough.” An unacceptable reason might be “you didn’t meet our minimum standards.” That information isn’t specific enough.

Learn the specific reason you were offered less favorable terms than you applied for, but only if you reject these terms. For example, if the lender offers you a smaller loan or a higher interest rate, and you don’t accept the offer, you have the right to know why those terms were offered.



A second federal law, Unfair, deceptive, or abusive acts and practices (UDAAP) went into effect with the Dodd-Frank Wall Street Reform Act. Under UDAAP financial product and service providers are not allowed to coerce or deceive consumers into making unwanted purchases. They are also not allowed to mislead consumers through specific statements or through a lack of clear and full disclosure.

“NFHA’s investigation is timely and underscores the need to maintain strong anti-discriminatory protections and enforcement, including the Consumer Bureau’s indirect auto lending guidance that addresses discriminatory pricing in the auto financing market,” said Mike Calhoun, President of the Center for Responsible Lending. “We commend NFHA for their incredible work and urge lawmakers at the state and federal level to use their power to fight against this type of unlawful discrimination and financial abuse.”

Charlene Crowell is the Center for Responsible Lending’s communications deputy director. She can be reached at Charlene.crowell@responsiblelending.org.

YOU SHOULD KNOW

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

ART AND HISTORY by Bertoni Jones Bey

(jbaguart@yahoo.com)

Stone Statues of the Americas

It has been commonly taught in western education that the history of world migration of African peoples was limited to travel through slavery and that we offered nothing of value historically to the world. More specifically one of the great cover-ups in Western education is the suppression and outright denial of evidence regarding the Moorish presence in pre-Columbian (before Columbus) America.

The status quo in western education begins its historical narrative after the “new world” explorations of a man name Christopher Columbus, who himself discovered absolutely nothing. Therefore it hasn’t been in the general interest of European scientists and scholars to explain an African presence and influence in the new world before Columbus learned how to sail a boat. What isn’t taught is the long, rich history of Moorish explorers who used advanced maritime skills to navigate the seven seas establishing ancient colonies of high civilization based on advanced technology.

Archaeological evidence on the American Continent has brought to light many examples of the African presence in the Americas, with one of the more outstanding examples in The Olmec Stone Heads of Mexico. The first Olmec stone heads were basalt carvings known for many years by locals but first uncovered by Dr. Matthew Stirling in 1938.

To date, seventeen heads each carved from single slabs of rock have been found and radio-carbon dated to between 1200-400 BC. They measured from four to eleven feet in height, up to twenty-two feet wide, weighed between five and fifty tons, and all faced the east. Though three main sites were located: La Venta, Tres Zapotes, and San Lorenzen, the actual basalt used to

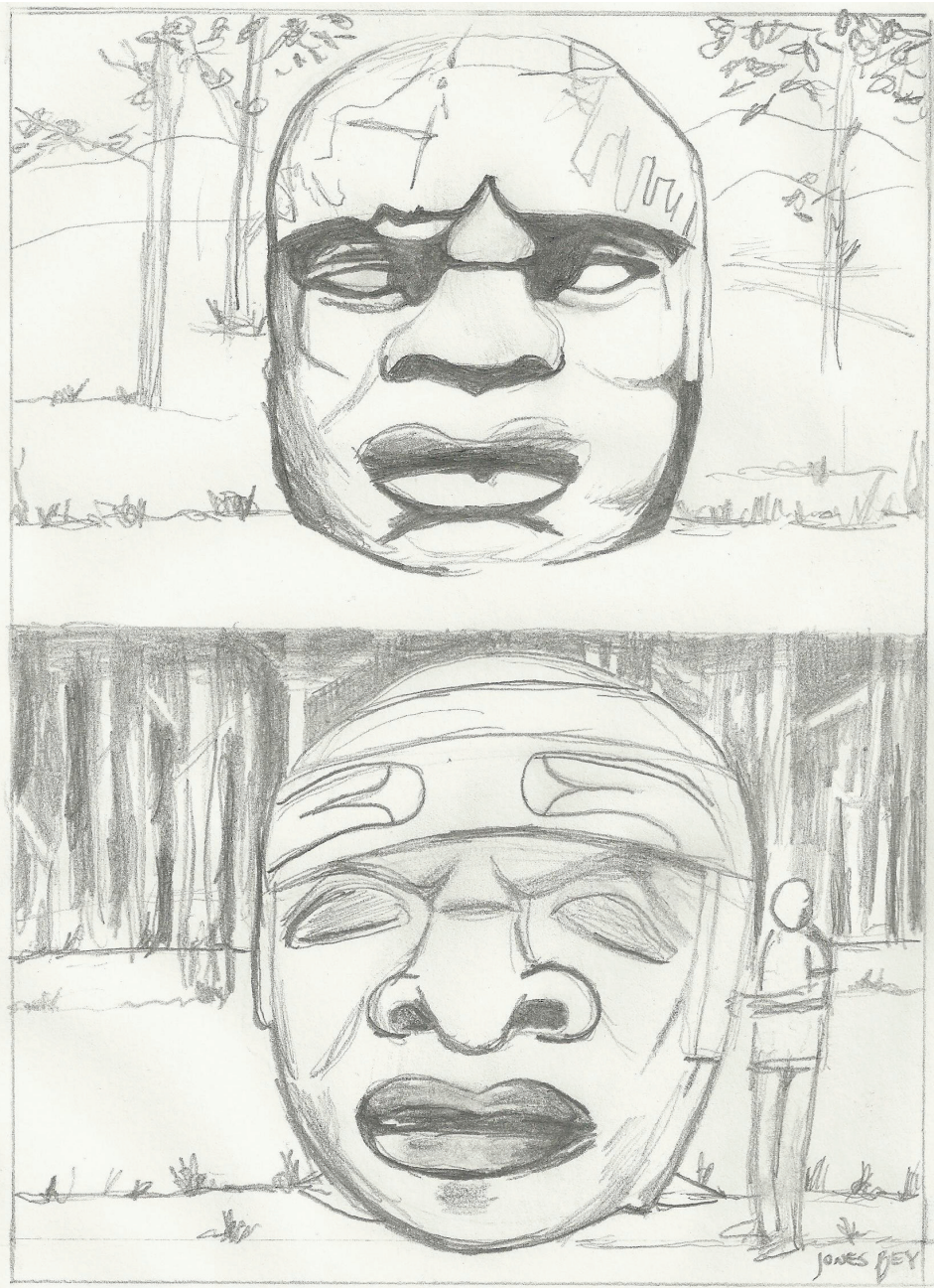
create them came from the base of Mount Tuxtla at least ten miles away (Sites of discovery are indicated in color on the map provided).

Modern scientists still cannot explain the engineering feat used to move these statues miles through dense jungle without the aid of animals or a wheel.

The biggest debate in question is the ethnicity of the Olmec figures. On the surface, one can obviously see in these faces broad noses, full lips, and Africoid-shaped cranial structures, which don’t remotely resemble classical Mexican features. In his book “Ancient Mexico”, Frederick A. Peterson states: “We can trace the progress of man in Mexico without noting any definite Old World influence during this period (1000-650 B.C.), except a strong Negroid substratum connected with the Magicians.”

The end of Mr. Peterson’s timeline connects us directly to the twenty-fifth dynasty rule of the Ethiopian pharaoh Taharqa in ancient Kemet (though misspelled, he is mentioned in The Bible - 2 Kings 19:9; Isaiah 37:9). Also in researcher Clyde A. Winter’s work, “The Nubian and The Olmec”, he notes that writings chiseled on some of the slabs are the exact same characters used by the Mande peoples of West Africa. Unearthed artwork, terra-cotta pottery, and other cultural/religious artifacts found throughout Mexico all possess profound evidence of an African cultural influence in early American civilization.

That Moors migrated to the Americas and set up colonies, leaving much evidence of their presence thousands of years ago doesn’t fit western theories in history. Yet the Olmec heads are undeniable evidence that we were world travelers before the in-



vention of a European, a language called English, or a man named Aristotle.

Sources:
Ancient Mexico – Frederick A. Peterson; They Came Before Columbus – Dr. Ivan Van Sertima;
The Nubian and The Olmec – Clyde A. Winter; The African Presence in America Before Columbus (Black World - July 1973) – Floyd W. Hayes III; King James Version of The Holy Bible; raceandhistory.com/historicalviews/ancientamerica.htm



“Nights Over Egypt (KMT)”

Bertoni Jones Bey Hosts January Art Show at Kress Gallery

Black Lens History and Art Columnist Bertoni Jones Bey hosted an art show in the Kress Gallery on the third floor of Riverpark Square during the month of January. I stopped by the gallery to see Bertoni and we sat down for a chat.

Can you tell me a little bit about your background?

I was actually born in California, but grew up in Spokane, most of my life as part of an Air Force Family. I started formal training at WSU. Got my degree in Fine Arts there and after school, I just came back to Spokane. I think I had my first show in 1999.

Were you always in to art even as a little kid?

Yes. I was always drawing. Messing up my books. All of my Dr. Suess books had my own kind of take on everything on all of the pages. It came in school too. There were classes in arts and crafts, and I got a lot of en-

couragement. When I went to the Falls (SFCC), I had some really supportive teachers who told me, maybe you should see what you can do with this going forward.

What was it about art that attracted you when you were young?

Because there were no rules. You could do whatever you wanted to do. There were no boundaries. Even though they’ve got some boundaries, you could still go outside of them and that’s okay. I just really enjoyed the freedom of expression. There’s no wrong way to speak on it. There’s really no right way. It’s just a personal journey of your own expression and I appreciate that.

Can you talk about this art show?

I think this is the best show that I’ve done to date. I think it’s the most original and I’m always trying to do something better and different and coming from another angle.

Explain the name of the show?

Nights over KMT. I use the word KMT. It’s the native name for what’s called Egypt. Greeks gave us the name Egyptus and that’s a foreigner’s name. It’s important to use our own native tongue to speak about ourselves. So, I use KMT, and what it’s talking about is the culture, the history, the spiritual iconography, and everything that makes up a civilization that we’ve lost because we never knew this part of ourselves, this ancient part of ourselves.

The spiritual systems of KMT really were sophisticated and fully developed before any of the three major western religions were here, and so we’re missing an entire body of understanding of ourselves before Rome, Greece, and the Hebrews. We’re missing a lot and what I wanted to do is bring forth some of the imagery, the symbols. *Continued on Page 21*

NAACP UPDATE:

http://www.SpokaneNAACP.com



By Sharon Randle, MSW
Spokane NAACP First VP

As I sit here thinking about everything going on around the world, it is clearly a time to come together and do what is right for humanity. It is time to unite as one and continue

moving in the direction of equity, equality and equal rights for all mankind.

However, one voice missing in the equation is the voice of our youth. We can no longer afford to leave anyone out. The Spokane NAACP branch is working to break the silence and lift up the voices of youth through our Spokane Youth Council, first formed in 1977.

Even though we established a youth Council 40+ years ago, it has been inactive for quite some time. In an effort to reactivate our Spokane Youth Council the Spokane NAACP branch has formed the Youth Task Force Committee (YTF). The main task of the YTF is to provide a platform for youth and get the Youth Council back in compliance with NAACP national guidelines.

Like any successful project, we know that collaboration is key. We have partnered with local universities, community colleges, high schools, middle schools and the community in an effort to recruit members, mentors and allies.

The Youth Council has four different avenues for engagement: 1) College Chapter 2) High School Chapter 3) Junior Council and 4) General Council. The YTF will focus first on reactivating the General Council. The General Council can be any individual birth to 25 years.

The Youth Council is independently run and separate from the main NAACP city branch. They have their own executive committee and follow the same mission and principles of the main branch. The Youth Council is made up of youth in the community addressing political, educational, social and economic equality of all citizens from a youth's prospective. The Youth Council will appoint their advisor and needs 25 dues paying members to be recognized as an official chapter. The main branch can help the youth council, but they are not a governing body of the Youth Council.

The YTF has been hard at work strategizing how to get the word out about the Youth Council and exciting innovating ways to get youth engaged. We are working with one of the local high schools to implement a Facing Racism in a Diverse Nation curriculum. Our target population for now is students with IEPs, 504 plans and students who have high suspension, expulsion rates or may be at risk of dropping out of school.

The Facing Racism in a Diverse Nation curriculum teaches youth that racism affects every community and every person's quality of life. It shows up in inequities between groups and in tensions among people from different ethnic backgrounds. In order to have healthy communities and a strong country, we need to face racism head-on. In a democracy, there must be ways for everyone to have a voice in finding the solutions and in carrying them out (Facing Racism in a Diverse Nation). We want to give these students the tools to advocate for themselves and to be allies for other people that may be faced with inequalities and racism in a diverse nation.

Problems of racism are emerging in new and complex ways. A growing number of people recognize that racism

and its effects are embedded in our institutions, our practices, and our culture, preventing all of us from having the kind of country and communities we dream of. As we continue to talk about the importance of democracy around the world, issues of race, here at home, present an opportunity to work on our own democracy (Facing Racism in a Diverse Nation).

If this pilot project is a success it will be opened up for implementation in the Spokane School district and surrounding areas.

As a result of learning about racism and how it affects everyone, we hope that it ignites the fire in the souls of our youth to be agents of change. This is one of many avenues we are using to get young people excited about joining the Youth Council and fighting for social justice. The YTF will also hold forums in the community to give an overview of the NAACP and the benefits of becoming a member.

Do you have the drive and passion to be part of an organization that works to ensure the political, educational, social and economic equality of all citizens? If YES, please consider becoming a member of the Spokane NAACP Youth Council. It is Open to anyone 25 and under.

Please visit our website www.NAACPSpokane.org to register using youth code 1173-B, or contact the Spokane NAACP at 509-209-2425 ext: 1141 if you have any questions.

We are excited to help the voices of our youth be heard and invite you to join us!

YTF Members: Kurtis Robinson, Sharon Randle, Wesley Gardner, Imani Warden, Shamerica Nakamura and Devon Wilson.

Spokane NAACP Healthcare Committee Is Asking For Your Feedback

The Spokane NAACP Healthcare Committee is asking for input on which health issues have the greatest impact on our communities of color. The Committee will use that input to focus its efforts on initiatives to improve the health of our community members. We have identified the following potential issues: Drug use, alcohol use, use of tobacco products (cigarettes, vaping or other), HIV/AIDS, STDs, childhood obesity, mental health/suicide, and child abuse. Please take a minute to let us know which one to three of these issues you feel are the most critical in our community. If there is a health issue you feel we have left out, please include it in your list.

For more information or to submit your answers, contact us at spokanenaacp@gmail.com. Please type the words "health care" in the subject line. We appreciate any and all responses!

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By Beverly Spears



Deliver Us from Evil

I’ve used the word “evil” to describe certain actions and the people responsible for those actions more times in the past year than I have in my entire life. Immoral and indefensible things are happening in this country, either directed by or sanctioned by elected government leaders. I realize to call something wicked and someone evil is extreme and damning, so I’ve been doing some soul searching and some researching. What is the nature of evil? What criteria must be met in order to deem something or someone evil?

Evil has always been the purview of the spiritual, the theological and the philosophical. As with anything having to do with spiritual belief and philosophy, the nature and cause of evil varies and evolves according to the school of thought and the religious tradition.

I’m tempted to say that evil is one of those you know it when you see it things. But that’s not necessarily true. The evil that dwells in this country is woven into its fabric. For instance, systemic racism is so American, that except for those impacted by it every day, it is all but invisible.

Rev. Dr. William J. Barber II, is the chief architect of the Forward Together Movement, a coalition of educators, church leaders, and others building a national social movement to organize strategies with which to pursue socially, racially and economically just governmental policies. A dynamic leader, preacher and author, Dr. Barber says that Donald Trump is a symptom of a much deeper moral illness in American society.

This moral illness is a malignancy. It is malevolency that has metastasized over the centuries.

Social evil in America today is the result of hundreds of years of accepted white supremacy and privilege. It is the result of inhumanity, power mongering, and greed. What we are experiencing now, has its roots in slavery and the genocide of the indigenous people of this country. Evil

in America springs from a long history of suppression of women, exploitation of unskilled workers, and promulgation of economic disparity.

Evil is the fruit of this country’s intervention and manipulation in the affairs of foreign governments for decades. Often, the United States initiated, directed and funded the overthrow of sitting governments, some democratically elected, and covertly brought brutally oppressive dictators to power in Latin America and in the Middle East. These actions by the American government enabled subsequent crimes against humanity perpetrated by the very despots the United States empowered.

I am a follower of the way of Jesus. Jesus’ ministry endeavored to transform individual hearts, but he also demanded change in the political, economic and social power structures of his time. He sought to bring about a new social order. We forget that Jesus was killed for the crime of sedition; language or behavior that is intended to persuade people to oppose the government. We are taught as Christians to understand this as a trumped-up charge by the Roman oppressors. Jesus never concerned himself with bringing down the Roman Empire; but there was however a governing body he opposed. Jesus did not hesitate to call out evil where he saw it, and he saw evil in the religious leaders of his own people. Jesus scathingly called them, blind guides, and white washed tombs, full of the bones of the dead and all kinds of filth. “You brood of vipers! How can you say anything good, for out of the overflow of the heart the mouth speaks.” (Mathew 12:34)

After my soul searching, this is the definition of evil on which I stand today: Evil is conscious and deliberate discrimination and humiliation of people, designed for no other reason than to diminish their dignity. Evil is belief in the supremacy of one human being over the other based on race, ethnicity, sexual identity or economic status. Evil is destructiveness, and acts of unnecessary or indiscriminate violence. Evil is the silence of those who witness it

and recognize it, but say or do nothing. Evil is the willful ignorance and denial of evil doing.

I am calling out the President of the United States of America and all lawmakers who enable the war mongering, racist, xenophobic policies of this evil doer. I am calling out all those lawmakers who support voter suppression, underfunded education, inadequate healthcare, economic disproportionality, and other policies with malevolent intent. You are a brood of vipers! Nothing true and good can come out of your mouths because your hearts are hardened against what is equitable and just—what is life giving instead of life taking.

Dr. Barber says, we need a moral revival “to help us become the country we have not yet been.” To do that he says we must shift the moral narrative. Toward that end, people across the country are mobilizing in diverse fusion coalitions to pursue policies and governance for the common good. We cannot simply complain and rail against the enablers of evil in America, we must act once again to bring about a new social order.

Rinku Sen, author, activist, executive director of Race Forward, and publisher of Colorlines.com, when asked what is required to build a movement in the millions, said “In my humble 33-year view of social change, I believe that it takes everything. Everything we’ve got. Every member, every leader, every ally, every platform, every tactic and every dime—all directed toward specific goals at specific moments. The moments when your big ideas have the potential to become reality don’t come around that often. When they do, we have to move. We can’t predict what will come out of each tactic, but we move fast and big and on faith.”

We cannot expect God to do it for us, but for people of faith and goodwill, God guides our way as we deliver ourselves from evil.

Rev. Beverly Spears is an ordained American Baptist minister, teacher and preacher of Evolutionary Christianity who currently lives in Northern California.

Heads Up (Spokane)

By Kiantha Duncan

We all just want to be chosen.

I remember feeling anxious. Abnormally anxious. Wondering if someone took the time to hand write my name on the outside of that small half sealed white envelope, the one with the generic perforated Valentine card on the inside. Somehow it would be validation that I was the object of someone’s elementary affection.

You see, this was before schools got all politically correct and required each child in the class to bring a Valentine card for every student in the class room, so as to not hurt any feelings or send anyone home without a bag full of cards and chalky heart shaped candies.

In just a moment’s time my anxiety was eased as the first Valentine card was placed on my desk. It was as if my name was written in lights. I was chosen. Someone chose me to confess their undying love to (as undying as your love can be in 3rd grade). Over time, through conversations and countless Facebook friend request from former classmates, I learned that those times were awkward for all of us and that we all were just hoping to be seen by our classmates. We were young and wanted so badly to fit in and be liked.

February can be a very sad month for many people. Folks who are single and searching for love are often inundated with commercials peddling beautiful diamonds and jewelry that has been “hand crafted for the special person in your life”. Social media seems flooded with millions of people telling tales about the moment they “knew” their person was “the one”. Love seems to be floating in the air for some, while others wonder if or when their true love will come along.



My heart aches at the thought of anyone living a life in search of true love, never having felt the gentle caress of the hand of someone that chose them. My heart mourns no less for those who have given up on love, deciding that it is better to be alone than to be vulnerable enough to love again after having had your heart broken. The thought of finding someone who will love you unconditionally, not playing games, having no hidden agenda, seems almost a thing of the past.

Let us not forget those who have marriages that have dried up and become nothing more than a gentleman’s agreement to stay together. For wives who feel unappreciated and unattractive and husbands who feel emasculated and ignored, Valentine’s day and the month of February can be

a reminder of the lack of love they receive on a daily basis. Not everyone feels loved. Not everyone feels seen.

Anything that is routine will become your norm. Existing in a space alone for long enough will begin to feel safe. Stepping out of your comfort zone to experience love again can feel overwhelming and overrated. “I’m fine by myself” becomes a verse in the Bible.

For those in relationships that are barely hanging on by a thread, “this is just how it is and always will be between us” or “ain’t nothing going to change or get better we’ve been together 28 years”- secretly in truth, they too long to be seen. To be chosen. Although they too have settled into the routine that has become so familiar.

And to the lucky few who are in marriages, partnerships or committed relationships in which every day another human being wakes up and declares their love for you, shows up emotionally and sees you as your best self- even you want to continue to be chosen over and over again.

February may be the month that love is over commercialized, but in truth, every month and at every age, through every phase in life, we all want to be loved and chosen. For those who have yet to find love, I assure you if you remain open, allow yourself to be vulnerable, you will soon look up and find that the universe has sent someone your way and they will gently sit a card on your desk partially sealed with your name on it

Wherever we are in life, however we choose to show up- we all want and need Love. Not the kind of love that is only celebrated in February but the kind that is everlasting year to year, decade to decade. The kind that whispers your name over and over again.

Kiantha Duncan is a Principal Development Strategist with The Duncan Brown Group. She can be reached at 206-225-4736.

Health Notes

By Faith Washington, BSN, RN



This Valentines Day Love Your Heart--- Not Just Your Mate

February is National American Heart Month

Heart disease is the leading cause of death for both men and women:

- In the United States, someone has a heart attack every 40 seconds. Each minute, more than one person in the United States dies from a heart disease-related event.

- Heart disease is the leading cause of death for people of most racial/ethnic groups in the United States, including African Americans, Hispanics, and whites. For Asian Americans or Pacific Islanders and American Indians or Alaska Natives, heart disease is second only to cancer.

- Did you know that being a Diabetic can put you at a higher risk for Heart Disease (fact)

You can make healthy changes to lower your risk of developing heart disease. Controlling and preventing risk factors is also important for people who already have heart disease.

To lower your risk:

- Maintain a healthy weight.
- Quit smoking and stay away from secondhand smoke.
- Call 1-800-QUIT-NOW for FREE support.
- Control your cholesterol and blood pressure through Diet or Medication.
- Lower Your Salt / Sodium Intake. Use more spices instead
- If you drink alcohol, limit your alcohol use. Drinking too much alcohol leads to health problems. For more information, visit CDC's Alcohol and Public Health Web site.
- Get & Stay active, choose to eat healthy.

Heart Attack Warning Signs

Chest Discomfort:

Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

Discomfort In Other Areas Of The Upper Body:

Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.

Shortness Of Breath:

This feeling can occur with or without chest discomfort.

Other Signs:

These may include breaking out in a cold sweat, nausea or lightheadedness.

Women:

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

This year don't just send a Valentine, take Care Of Your Heart!



LINKS, Inc. and Inland Imaging Host Annual Mammogram Party

Inland Imaging and the Spokane Chapter of the Links, Inc. invite you to their Annual Mammogram Party!!

Breast cancer is the most common cancer among women in the United States. A 2015 report published by The American Cancer Society, titled "Breast Cancer Facts and Figure" noted that Black women are more likely to die from breast cancer in every age group.

Two of the reasons cited in the report for the higher death rates amongst Black women are that Black women are more likely than other racial/ethnic groups to be diagnosed at later stages of the disease and therefore have the lowest survival at each stage of diagnosis. Black women are also more likely to be diagnosed with triple negative breast cancer, which is an aggressive subtype that is linked to poorer survival.

"Without the mammogram my cancer would have gone undetected."

-Tamela Richards

To combat breast cancer, and detect breast cancer earlier, when treatments are more likely to be successful, the American Cancer Society recommends that women should begin having yearly mammograms by the age of 45. Yet, despite the risk, many African American women do not follow that recommendation.

In an effort to encourage Spokane's African American women to get mammograms and breast cancer screenings, Inland Imaging has been partnering with the Links, Inc. to offer Mammogram, or "Mam" parties each year.

The annual parties, spearheaded each year by Faith Washington, a nurse manager at Inland Imaging, started as a part of My Sister's Temple, which

is a non-profit organization that was established in 2008. The "Mam Parties" seek to break down many of the barriers that keep Black women from seeking medical treatment. The atmosphere is relaxing, and much more like a gathering of sisters than a visit to a medical clinic.

About the Mammogram Party:

For: Women over 40 who are due for their routine exam around this time or for those aged 35-40 who wish to be screened.

When: February 13, 2018
5:30 PM – 7:00pm

Where: Inland Imaging, located inside of Holy Family Hospital, north entrance on the lower level, 5715 N Lidgerwood St, Spokane

****IMPORTANT****

You MUST Pre-Register to participate by contacting Faith Washington. Call 509-363-7833, Text 509-999-9728 or e-mail fwashington@inland-imaging.com



Photo Source:
Atlantablackstar.com

Pastor Happy Watkins to Retire in March

By Sandra Williams

Reverend Percy Happy Watkins is nothing short of an institution in the Spokane community and beyond. His annual rendition of Dr. Martin Luther King Jr’s, “I Have A Dream” speech, for many, has become the highlight of the MLK holiday, and they travel from across the region to hear him speak the words, over and over and over again. Year after year. Bringing their children with them and then their grandchildren. Closing their eyes. Soaking in the power and the passion of the words.

Over the years, Happy, as he likes to be called, has recited the famous speech upwards of 30 - 40 times or more during the weeks surrounding January’s Martin Luther King holiday, but in the past three years his steps have slowed. This year, he says, he delivered the speech “only ten times.” That marks a change for one of the city’s most recognizable figures. This year, also, will mark another change. Happy will be retiring in March as Pastor of New Hope Baptist Church, a church he has been devoted to for the past twenty-eight years.

The road that led Happy to Spokane and to New Hope was a long and winding one and one that started on the other side of the country. Happy graduated from Bronx Vocational High School in New York City in 1961. Already an exceptional orator, he came in third place, that year, in a public speaking contest for all of the vocational high schools of the city. The accolades that he received, however, did not help him find employment after graduation, so he enlisted in the Air Force in August of that same year.

Although, life growing up in the Bronx was difficult, money was scarce and he and his siblings went without the finer things, Happy speaks fondly of his childhood and of his family, especially his mother. He often recounts the story of his mother praying over him when it was time to leave New York to join the service.

He was on a Trailways bus getting ready to leave for basic training, when his mother, “wearing a do-rag”, got on the bus. “Where’s Percy?” she called out, calling him up to the front of the bus. “She asked me to come and pray,” Happy recounted. “It was embarrassing. Very embarrassing, but the crux of this prayer was that God would watch over her oldest son. She didn’t know where I was going.”

Where he was going was to Boot Camp in San Antonio, Texas at Lackland Air Force Base. He would be there for two months. When he graduated from Boot Camp, they told Happy he was going to Spokane, Washington. He was overjoyed, thinking he was going to be close to home.

“I was giving everybody high fives, because I thought I was going to Spokane, Washington DC. But when they said there ain’t no such thing as Spokane, DC, and started telling me Washington was up there by Utah and Alaska, Montana and Idaho, and they were talking about grizzly bears and stage coaches, and cowboys and Indians, I started crying. I mean really crying.”

Happy arrived in Spokane on October the 7th, 1961. There were no grizzly bears, fortunately, but in 1962 he met and fell in love with Etta, a Lewis and Clark graduate, and after a year of “courting”, they were married. “And then they shipped me over to Okinawa.”

Since he couldn’t take his wife with him, because his rank was too low, Happy spent the next eighteen months in Okinawa playing a lot of handball, meditating, reading books, and asking God “to send him back to New York.”



But, somehow, Happy says, “it just came to me, the spirit of God, I don’t know, but it said Spokane’s not that bad of a place.” So he went back, and the two of them made Spokane their home. Etta had her first child, Percy, while Happy was in Okinawa. Following Percy would be Paul, John and their youngest James.

Being a minister was not something that Happy thought about growing up, but others had. He was raised in the AME Zion Bronx Church, a prominent church in New York, and was very active, doing recitations for Christmas and participating in other church activities. The members saw something in him and told him that he was going to be a pastor one day.

“I put that in the back of my mind,” Happy recalls. “In my high school year book, I said I was going to be a minister or a pastor. Everybody was saying it, so I said it too.”

In Spokane, Happy joined Morning Star Baptist Church. “It wasn’t the oldest church,” he recalled, “but it was an old landmark, and had a lot of great Deacons, I mean powerful Deacons. I learned a lot from those Deacons and my son’s still talk about that because they remember how the Deacons would set the Devotion period on fire.”

There were twists and turns in Happy’s journey before he arrived at New Hope, including owning a restaurant in the Shadle Park area called Happy’s and several years attempting to revive a church called Sharon Temple. But in 1990, Rev. Percy Happy Watkins stepped into his purpose and was elected Pastor of New Hope Baptist Church.

The first time that Martin Luther King’s “I Have A Dream” speech crossed Happy’s path was in the late 1980s, after President Reagan signed the legislation to make Martin Luther King’s birthday a holiday. He was invited to Hutton School to talk about Martin Luther King and he read the “I Have a Dream” speech to the children. But it was the next invitation that would change everything for him.

“Governor Booth Gardner was traveling around the state,” he remembered, “to the Seattle area, Pasco, Yakima, and he was coming here. Mrs. Simms, who was the NAACP President, said Happy can you read this speech for a luncheon. I said, yea, I could read it.”

The luncheon was to be held at the Ridpath, and Happy decided that instead of reading the speech, he would commit it to memory.

“I never shall forget as long as I live. I told Rev. Andrews, listen I’m going to go down and spend the night there and work on the speech. I got some lunch and locked myself in. By 2 or 2:30 the next morning, I had it memorized. We were at the Ridpath and Mrs. Simms got up and announced ‘Happy Watkins is going to read I have a Dream’ and I recited it from memory. Oh my God, people were crying. I was crying. The thing exploded. That same day, Fairchild called me and I went out to Fairchild. I think I did five speeches that day.”

Happy has delivered Martin Luther King’s speech all over Washington and Idaho. He recounts a few times that were unpleasant, when a high school student was loudly biting on an apple at the height of the speech or when he could tell that the audience “just wanted somebody to do the speech” but they weren’t “holding Dr. King in their hearts.”

The vast majority of the places that invite him, though, have been overwhelmingly positive. For example, Rathdrum, Idaho, a place that he admits he was a little afraid to go to, but he went to three elementary schools, about two years ago and it was “the best time I’ve ever had.”

And there was the school in Sandpoint that sent him a package three days after he spoke to them, filled with typed letters from students thanking him for his words and for challenging them to believe in themselves despite their circumstances.

One school, though, still sticks out for Happy because it brought him to tears. “I went to a Catholic school first and I always ask the students what is your goal in life. Of course they said, I want to be a surgeon, and things like that. But when he went to the next school and asked what their goals were, they said ‘that mom and dad will stop fighting’, because there was high drugs and poverty. There was a little girl, she was in school and all she had on was a snow suit. Other people had dresses, but that’s all she had on. It was hard.”



This year, Happy was invited to speak at Freeman High School, a community that is still reeling from a school shooting in September that took the life of one student and left three others wounded, and he was struck by how heart-felt the program was.”You could tell they really wanted to hear something. They kept clapping and clapping, and after I stood by the door, they all wanted to shake my hand.” At his grandson, Ephraim’s school, the students did the same thing. “My grandson introduced me and this is the second year. I stood by the door and they all shook my hand.”

That his words are able to offer hope, that he is able to bring joy to lives through the many weddings he has officiated and comfort during the funerals that he has performed over the years, is exactly what Happy hopes he will be remembered for. “Just to give people hope.”

In thinking about retirement, he says, “I want to get out of James’ way and let him steer the ship.” James Watkins, Happy’s youngest son, was elected by New Hope Baptist Church to succeed Happy after he retires. “Whatever he needs me to do. Maybe a bible class. Maybe get on a couple of committees to support New Hope at our new location. I just want to be there for him, his wife and kids, so that he can grow.”

But in addition to offering whatever support is needed by the church, Happy also has his sights set on a bigger project in Spokane. When asked what do you see yourself doing after you retire, Happy gestured to a book he recently purchased, “The Third Reconstruction: Moral Mondays, Fusion Politics, and the Rise of a New Justice Movement by William J. Barber II, Jonathan Wilson-Hartgrove.

Rev. William Barber is a Protestant minister, political leader and former NAACP President in North Carolina, who resigned to take on leadership of the Poor People’s Campaign, a national movement aiming “to unite tens of thousands of people to challenge the evils of systemic racism, poverty, the war economy, ecological devastation & the nation’s distorted morality.”

“I want to find out more about this.” Happy said smiling. “I think Spokane is ready for a movement. I just believe that. This is fertile ground. I think it is.”

Happy has already reached out to Rev. Barber and he is reading the book diligently. Reading one chapter and then going back over the chapter. Taking notes. “There’s something Barber says here, he remarks, “If you’re going to be loud, make sure you’re not wrong.”

Happy says, you can look for him to be a part of the community, and to get involved. But not in everything. “I’ll pick my spots.” He says, he’s ready for a movement, and judging by the impact that he has already had on Spokane, I am confident that a movement is certainly on the way.

You are invited to join New Hope Baptist Church to celebrate Rev. Happy Watkins on Sunday, March 4 at 4pm at New Hope, 9021 E. Boone, Spokane Valley, WA 99206. Wayne Johnson, the Baptist Convention President will be the speaker.

**Calvary Baptist Church 203 East 3rd Avenue
Spokane, Washington 99202
(509) 747-8793**



***Calvary Baptist Church celebrates 128 years!
Please join us as we rejoice in another year of praise.***

Sunday, February 11, 2018

10:00 a.m. Morning Worship

3:00 p.m. Celebration Service

Guest Speaker: Reverend C. W. Andrews, Jr., • Jacksonville, Florida

Theme: "This far by Faith" • Hebrews 11:1

"The oldest African-American church in Washington State."

Reverend C. W. Andrews, Sr., Pastor

Chairperson: First Lady, Doris Andrews

SPokane CELEBRATES

2018 Dr. Martin Luther King Jr March and Rally



Peggie Troutt
I came here today because every year I want to keep being reminded of what Martin Luther King was all about, what his teachings were all about, and I just enjoy seeing all of the kids.



Barry Thornton
I came today to break the ice. This is my first time here at the event and I've been missing out on the culture and the support that's needed. I just felt obligated to get out here and represent and do what I can to help out and to make this world a better place.

Randy Harris
I'm here because of a man's dream that we are all one person, together, to serve one nation under God. That we believe in his cause. To show a purpose. That's why I'm here.



Richard Sanford
I'm down here to pay my respects to Martin Luther King for all of the things that he's done to change my life.

Allen Battle
The reason I came to the march is just continued support for the cause because I grew up back east in the 50s and 60s and I think it's important to continue to come out and support what this is all about.



Isaac Tucker
The reason I came to the Martin Luther King march today is to make a difference. I started off in 2018 with a decision to take an action to make a difference and help my community. If it wasn't for Martin Luther King imagine where would we be right now. I feel as a society we wouldn't be as advanced.



Sandy McMillan
I am here to support everyone at the march but mainly to honor Martin Luther King and all those that walked with him, and hopefully that the impact that he had back then will somehow run on to us and the children today. I'm watching them shaking hands and speaking to everybody. I hope it doesn't stop just today, but to continue meeting people on the streets and saying hello to them, whether you know them or not. That's something that I feel that we have lost as a people and hopefully today it will go forward.

Michelle Marufu
I'm here to show my support and to acknowledge that what Martin Luther King did was so significant, but you want to continue to see the changes, even now, and progress even further.



Barry January
I came to the march because normally in Spokane we're not really that culturally diverse, so I came down here to show support and to show that there are many types of people in Spokane and also to be a part of the message.

Nandhi Carter
Martin Luther King didn't march in the streets and Martin Luther King didn't stand up for what was right and go to jail for us not to stand and march with him today.



Ivan Corley
Being a principal and a leader and someone who has influence in our city and our community with our families and with our kids, I need to be here, I must be here today. It's my imperative to give back and to continue to represent what Dr. King represented for our kids, for our community, for all races of kids and people.



Ike Emeche
The reason why I came here is because I think it's good to remember the people who made this possible for us and obviously Martin Luther King was one of the most well known people to help fight for civil rights for everyone and I feel like it's important to realize that he did do a lot of good stuff, but there is still a lot more work to be done. So I'm here to show my respect and pay my respects to the people that made it possible for people like me to interact in this world.



Kamau Chege
I'm the cultural events coordinator for Whitworth University and we took two buses of students from the university and came to the march as a part of our Martin Luther King week events.

Walter Kendricks
I'm here to support the dream of hope.



Photos Courtesy Eugene Muzinga



Jaeylin Snyder
I decided to participate today because I have a firm belief that Martin Luther King had a dream so that I could have my dreams today, with my friends that I call family, you know my white best friend and my half black sister, and I think we're all very equal despite the fact that we might look different. This day is special because it's the one day that we can all forget differences and know that we all love each other.



Sally January
We decided to come down today because of the climate that's in America right now. We have to show support. We just want our voice to be heard. That it's not okay.

Tito Ellis
Why I'm here at the march today is to show support, to be with everyone in the community and to celebrate the spirit of Martin Luther King.



Eric Lampkin
I'm here because of Martin Luther King and how he brought everyone together and he fought for a cause that brings us all together, so I'm glad to be here to represent not only Black people but to represent the cause of bringing everybody together.

Garfield Hilson
I'm representing here at the Martin Luther King memorial to make a change. Love, peace, happiness for everyone.



Marvin Leon Tucker
The reason why I came to the march today is because Diversity Matters.

MARTIN LUTHER KING

Rev. Dr. Martin Luther King Jr Community Church Service

Presented by the Spokane Ministers' Fellowship, Kingdom Fellowship Alliance and The Martin Luther King Center

January 14, 2018

Holy Temple Church of God in Christ



Photos Courtesy: Rev. Robert Robinson and The Black Lens

FOODS FOR THE SOUL

Recipes for a Balanced Life By Faye McMillan



Faith: Main Ingredient of the Soul

Food is the celebration of life and the celebrating of love. The key ingredients for the soul: Faith, Hope, Love....and now these three remain faith, hope and love, but the greatest of these is love. (I Corinthians 13:13).

Faith

Being the main ingredient of the soul, we must believe beyond believing. This is when we no longer look through the eye of reason. Faith can be accomplished by making time to walk with God. First, we must never be so busy to pray. Make God the center of your life. Second, take time to study the Word of God; and third, meditate on the Word until it fills every part of your being. Consider faith and prayer to be food for the soul and nourishment for the heart, body and mind.

God’s desire for us is to live a balanced life. That is why He said “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” 3 John 2. Our health is important to God and therefore we should take good care of our bodies. We can achieve this by exercise and eating healthy. We do not have to give up the foods we grew up on and love. We just need to change the way we prepare them.

Growing up

I had the opportunity to enjoy many meals of love prepared by the hands of both my grandmothers and mother. When called upon at an early age to assist in the kitchen, one of my tasks was prepping each dish to be cooked. My mother noticed that the meals we prepared looked the same but tasted better than what she had made her-



self. From that moment on I was given the opportunity to create dishes of love. During my career in the U.S. Navy my special love for cooking was noticed. It allowed me to win three Navy Achievement awards and a letter of commendation. Moving to Spokane has given me the platform to share many of my family favorite dishes with others in the community.

It is said the difference between a real Chef and a Cook is that a Chef creates from the heart and a Cook follows instructions. As I sit today reading from the bible about the feeding of the great multitude, I would like to share a fun and healthy recipe for frying fish. Some of us love fried fish but can’t have it because of dietary limitations. Here is a healthy and tasty way to fry your fish.

Faye’s Fried Tilapia

- 1 small onion, sliced horizontally
- 1 small bell peppers (red, yellow, orange) sliced horizontally
- 8 garlic cloves lightly smashed
- 2 lemons
- 2 cups Cornmeal (White or Yellow)
- 2 Tablespoon Garlic powder
- 2 Tablespoon Onion powder
- 1 teaspoon Paprika
- 1 teaspoon ground Red Pepper
- 1/2 cup Parsley flakes
- 11/2 cup Coconut oil
- 1 cup Grape Seed oil
- 2 lb. Tilapia (fish of your choice)

In a medium bowl combine first three items (onion, bell peppers, garlic), set aside. Cut lemons in half, set aside. In a large freezer bag, combine the next six ingredients (cornmeal, garlic powder, onion powder, paprika, red pepper, parsley) shake well, set aside. Wash and pat dry fish, place in a medium bowl. Squeeze lemon juice over fish, let set until cooking. Heat medium frying pan, add coconut & grape seed oils (take a pinch of cornmeal drop in the oil, if bubbling it’s ready for the fish). Place fish in dry ingredients and shake until all the fish is coated. Place fish and some of the onions, bell peppers and garlic in the oil (vegetables will turn lightly brown, remove from skillet). Repeat this step with each batch of fish, this adds more flavor to the fish. When fish is brown on both sides remove and place on a serving plate. Enjoy.

Give it a try and let me know if you like it. If you don’t, please share why not. If you have an idea for a healthy dish, let me know that too. I can be reached through the Black Lens by sending an e-mail to sandy@blacklensnews.com. Put Foods for the Soul in the subject line.



Pastor Otis Manning
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Tower of Power

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I read your bio and I was really fascinated where you talked about you moving to Fremont, and you said life changed when we moved to CA and the transition was tough but music made it easier. Can you explain that a little bit?

Well, I grew up in Detroit, MI, since I was 11. My parents had some financial difficulties and my dad lost his job. He had always wanted to go to the Bay Area. The guy that sort of taught him how to be a bartender had moved to San Francisco and always said you'd do well here. He figured he could be just as broke in the Bay Area as in Detroit, so we did this long trip, and went out to San Francisco. Eventually we bought a house in Fremont CA, which is a suburb, sort of south of San Francisco, between San Jose and San Francisco.

When I said, "it was tough and, music made it easier," what I really should have said was that once I found music, life had meaning.

I got caught in a little crime, me and my brother and my friend. We thought we'd go into this store and steal these t-shirts, you know, put on three of these t-shirts that the young men were wearing and put our shirt over it and continue on to the pool where we were headed to go swimming. I got caught first time off. We walked out of the store and the manager was waiting for us.

My dad came and got us. Made us apologize to the guy. Gave me a notebook and said fill this with the reasons you're never gonna steal again for as long as you live and while you're in there I want you to think of something that will distract you. The summer was just starting and the Beatles had just come out. We always enjoyed music and I used to watch music on TV

with dad and we said, "We wanna play music dad." A lot of kids were getting into music. He took us to the store and said, "Anything you want." I pointed to sax, my brother to the drums and we started a band that day. We didn't practice for years and join a band, we started a band and then learned how to play. We did it backwards. But from that moment on, the band consumed me.

So what was it about music that changed your life, that captured you, inspired you, sparked you?

Well you know, looking back, I can tell you that it moved me emotionally. I always loved music since I was a little boy. My mother told me at 6 years old I used to sit on the toilet and sing "Only You" by The Platters verbatim, you know, all the high falsetto, the intricate little licks. I was a little mimic and I loved music. My parents played records, they weren't musicians, but they played records. That's when the hi fi and albums first came out, listening to Elvis Presley, The Platters, Dinah Washington, Nat King Cole, Van Cliburn. They played music all the time and I loved it, so when I got the band started it just worked for me because that's how my mind thought. I always loved music, songs, singing, and that became my passion.

What was the name of your first band?

The first band was the Roadrunners.

Talk about Tower of Power. How did that happen?

We were the Roadrunners. We were just kids. We didn't know how to play. We learned by having the band and every day and practicing. My dad hired this teacher to come in once a week and teach us literally to play songs. He'd say what do you wanna learn and he would teach us how to play it.

We changed our name to the Extension 5, and then the Batman show came out and we put on these costumes and became the Gotham City Crime Fighters. That lasted about 3 months and then crashed and burned. We saw this band called The Spiders and they were the tightest, most soulful band in the East Bay, and that was the day I discovered soul music. I said, "I'm gonna be like those guys," so I hired a trumpet player and started trying to imitate them.

By then we were starting to play really good, and I was getting really good at leading the band. I showed the band the songs, taught them the parts, bass, guitar, and the



drum part. I was always sort of uniquely changing things to make it sound our own way. And then I met Doc (Stephen "Doc" Kupka), my songwriting partner and baritone sax player, and we hired him to play in the band. He came in and he was the creative force. Between me and him, we started writing songs.

We decided we were gonna aim for the Fillmore Auditorium. We wanted to get into the big hippie ballroom that the famous bands are playing in. But by then our name was The Motowns and we knew we'd never get in to the Fillmore with a name like that. We were wearing suits and had razor cuts, so we started growing our hair long and that's how we ended up getting signed by Bill Graham, the rock impresario of the Bay Area.

So where did the name Tower of Power come from?

It's kind of a boring story. I picked it off a list. All these bands at the Fillmore had these weird names, Grateful Dead, Quicksilver Messenger Service, Big Brother and the Holding Company, stuff like that. None of that really fit us, but we needed a name that would fit in there. We were doing this recording at this little recording studio in Hayward, CA and we were on a break and I was sitting at the owner's desk and there was this list of potential band names and they were all these weird names like Strawberry Alarm Clock, and I was going down the list. I saw the name Tower of Power and for some reason I thought that described our sound. I went out to the guys and said, "How about Tower of Power?" and they all went, "Yeah!" And that was it. I don't think it really fit in with the psychedelic theme but that's what we became.

How would you describe Tower of Power to folks who are coming up now and are not familiar with you or your music?

Well, Tower of Power is a soul band. We write and play original soul music. We play the kind of soul music that moves you

emotionally. That's one of the points I was gonna make when you asked me what it was about music, it moves me emotionally, and that's what we try to do with our shows. Physically get you on your feet, and when we play our love songs, we try to wring you out like a rag with emotion. That's what it is.

Over the years people have changed, but you have stayed very popular, very well-known over the years - how has the group changed, how have you changed over the years from how you were when you started?

Well, when I started I was a very immature young 17 year old at the time when there was a lot of drugs, alcohol, you know, sex, drugs, rock and roll. I did a lot of that for 20 years until I crashed and burned. I made every mistake possible that a band leader and musician could make. By the grace of God I got sober in '88. Once I got sober, I started seeking a spiritual path, then I started to pray, then, I started to believe in God.

Pretty soon, totally by fluke, we all started praying together. I noticed once before a show a few of my guys were praying together - a Muslim and a Christian guy - and I was a new age guy at the time. They saw me and said, "Hey, come over here," and the next night it was four of us, and pretty soon we just started praying together as a band.

I became a Christian, gave my life to Christ, studied the Bible a lot, so I've changed profoundly in the latter part of my career as a person, and that has caused me to hire men that are more sane. Back in the first twenty years, you know, I looked at, "How did they play and were they cool?" Now I look for, "Are they sane and are they principled individuals?" because I'm gonna be living my life twenty hours a day out there on the road with them.

Has it changed your music too?

You can't really do that sort of life change without it changing everything about your life, so, yes.

Is there anything else you want to add?

We have two brand new albums. We're signed to Mack Avenue records and they're going to release both of the albums in 2018. One, maybe even both, will be released around May right before we celebrate on June 2 our 50th anniversary at the Fox Theater in Oakland, CA. When we do that, we're going to record a live DVD and live CD as well.



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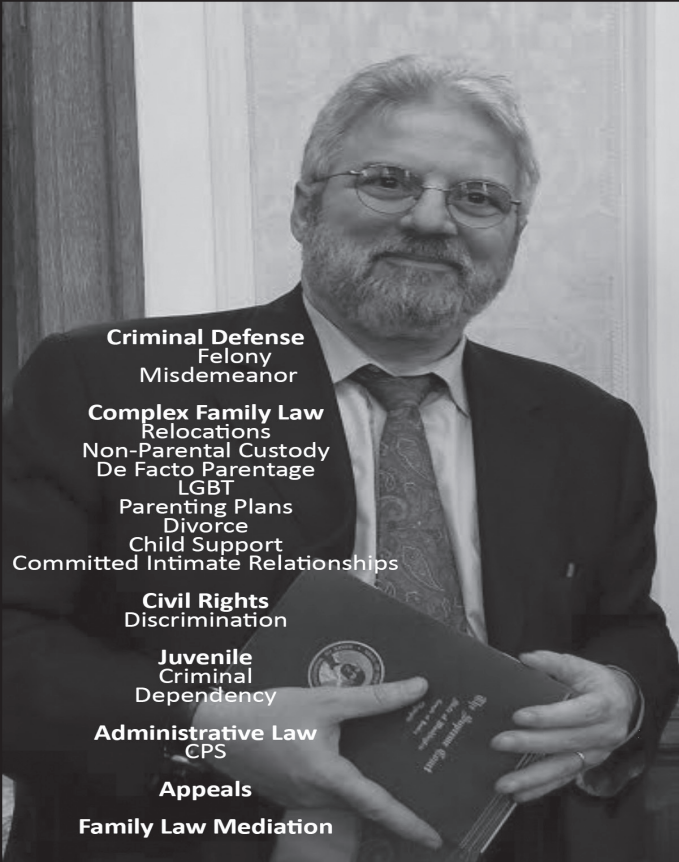
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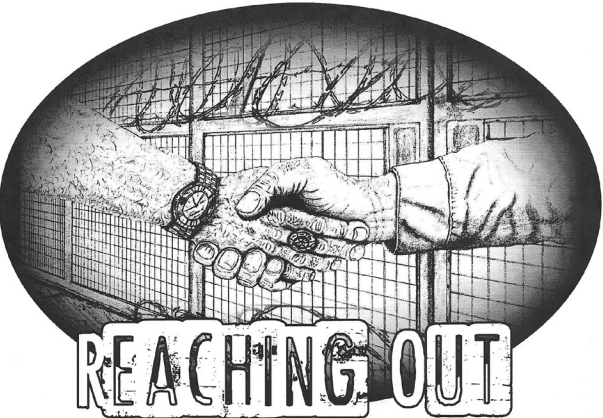


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THE BLACK

Coyote Ridge

PRISONERS CAUCUS

Reach Out and Touch Somebody’s...

By: Harry “Brocq” Whitman
and Alvin “Ameen” Jones

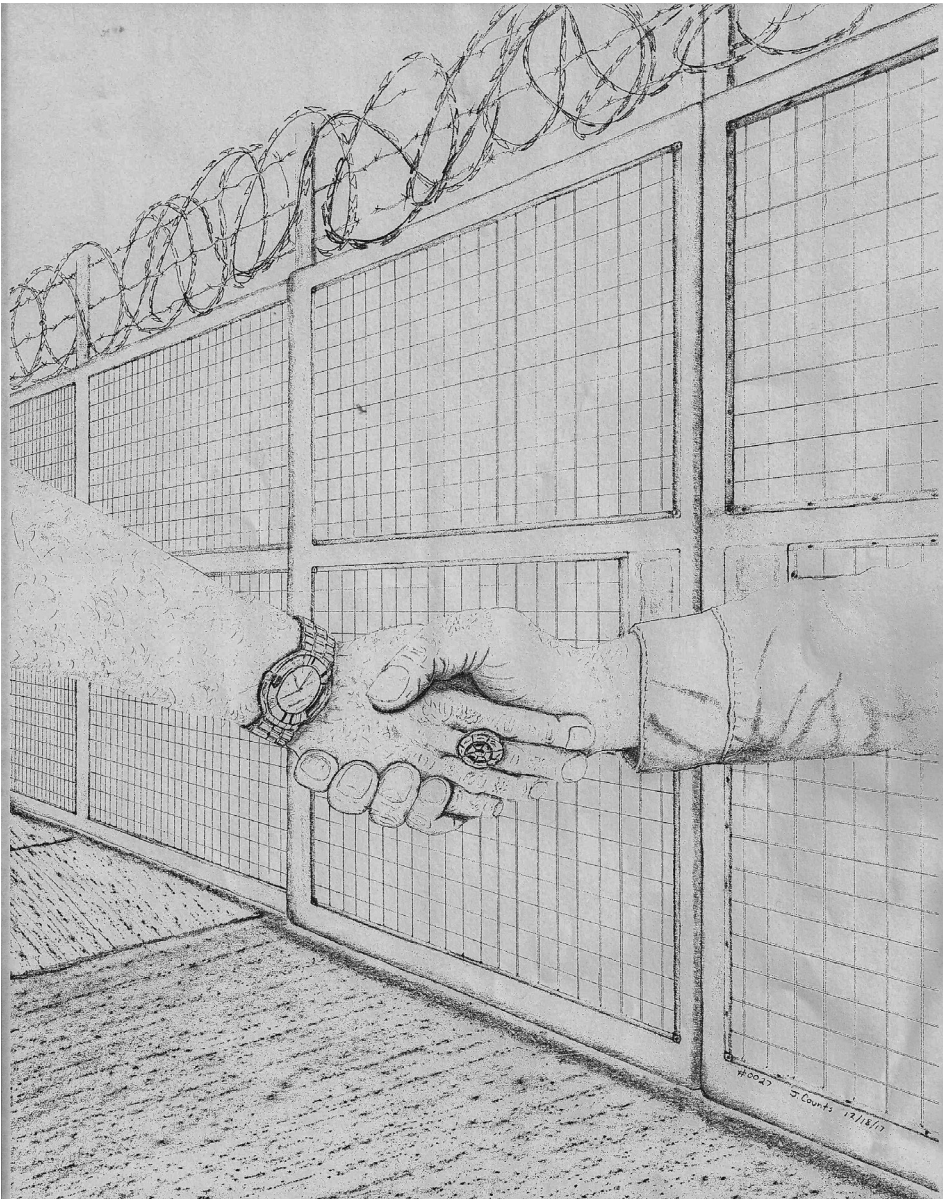
One of the challenges of writing about our ongoing social movement is that it is a dynamic process that unfolds daily. It is like writing the history of the civil rights movement after the 1963 Birmingham demonstrations. Events cry out for documentation, but each scene is but one in a very lengthy play. The most recent saga involving Omarosa Manigault is such an event that caused us to deviate from our promised follow-up to our previous message to share this...

In the wake of the Omarosa departure from the “Big House” many in the Black/New Afrikan community have taken a pro-active stance against those who claim they represent our community.

Those of us who are conscious enough to see through this woman’s deceptions, as she took to the national media circuits, were not “hoodwinked” by her artfully crafted words. We as a community are long past the time when we can be played for fools by the black skin white mask routines performed by those like Omarosa! She practically sold her soul to the devil, aka Donald Trump, when she took on the role of a token Negro in the “big house”.

However, this is not new to us, it is simply the same song fourth verse. To see in this new millennium a Black person accepting the role of the good ole house negro, as we have seen this scenario play out on more than a few occasions with the likes of O.J. Simpson, Tiger Woods, and the late Michael Jackson just to name a few.

Individuals who literally shed their Blackness (unless it suits them of course) and choose to disassociate themselves from our community in order to advance their own careers and social status. However, the moment their “masters” no longer need their services in the “big house” and send them back to the fields, so to speak, it is only then that they want to run back to our community from whence they came in hopes that we will embrace them after having be-



trayed us and misrepresenting our interests so unapologetically.

For clarity, Omarosa was one of Donald Trump’s most staunch supporters and defenders and acted in furtherance of his brand, which has been used to enrich himself and his family and to denigrate people of color. To add insult to injury, Omarosa blocked the hiring of every other credentialed Black republican who have backgrounds in the area of New African community outreach.

Certainly, it’s true that we as Afrikan Americans are no more monolithic than any other ethnic group, we don’t all think alike and vote the same but the one thing that cuts us all bone deep, is when some-

one attempts to insult our intelligence by pissing on us and telling us that it’s raining!

Now Omarosa, while desperately trying to squeeze out a tear, tells us that Donald Trump was racially disparaging to her “people”, yet, she never found it necessary to expose this until “Massa” literally threw her out of the “big house”! What is sad is that like Omarosa, many of our people feel that they cannot achieve a certain level of success without cow-tow catching and fetching at the feet of those who are blatant bigots, racists, misogynists, and outright liars.

I know, we Black folk are very forgiving people, so some may suggest that we are being a bit harsh on Omarosa, or that we are not looking at the situation from a

broader perspective. Well, I beg to differ. Omarosa is not a naive child or a novice when it comes to the history of our people or the history of the man and the agenda she chose to support.

The fact that she ignored the human story of ordinary Black people, our hopes lifted by Emancipation, dashed at the end of Reconstruction, crushed further by Jim Crow, only to be finally, at long last revived when they found the courage within themselves in the era of Obama to break free, is deserving of our whooping!

Like a common crack addict, Omarosa exhibits an element of the old vicious cycle. Since she cannot recant without loss of face, she resolutely fortifies herself against the rude awakening. This inability to come to terms with reality, of course, is one of the surest symptoms of the “house negro syndrome”.

A person’s character is a reflection of their values, and if our values are derived from our culture and our God, then the kind of person we become depends directly upon the object of our worship. In the case of Omarosa, she worshipped Donald Trump, and in doing so, Omarosa was trying to divide her loyalties, split herself. Once she was no longer integrated into our community, her personality became equivocal and ambivalent. Clinically this is known as the “House Negro Syndrome” (as diagnosed in African American terms).

What our sister Omarosa reminds us is that he who entrusts himself to a false standard therefore flies in the face of reality. Their behavior will resemble that of a crack head’s in its incongruity with the facts of life, and whose greatest desire is to emulate, whose greatest fear is to deviate and whose greatest skill is to be all things to all people. The crack head house Negro mentality.

And now Omarosa has stumbled out of the “big house” and back to the black porch in her crack induced stupor trying to play us like any everyday mellow meat head and so let’s collectively say to her in the words of Ice Cube in the movie “Friday”, simply, “Bye Felicia”!

Any comments or questions contact us at: www.bpceast@gmail.com

Black History

By Afaria McKinney



Wait Until the next verse

Emotions at their purest cause the soul to open up, that’s why you cry when you’re about to die. Allow yourself to live, don’t suffocate, initiate, express, expose, ignite So don’t get mad at me, when I tell you to shut up that does not mean shutdown.

It’s funny how everyone is just waiting for another cultural fight and that ain’t right, whenever I truly try to express myself I feel like I might as well arrest myself, this world ain’t ready to see “me just being me”.

when was the last time you apologized for ““You just being you”” that’s ok, you don’t have to say, I already know! our words, are feelings, and opinions RIP without you there’s only half of me.

And to the rest of you! Don’t play dumb you look at me as if I have a gun, you know We don’t even make guns, so where the fuck did they come from? Quick to shoot off opinions at your easiest convenience is the reason we bow our heads and close our mouths, yet you respond “I aint racist” And I respond, “you’re just a conservative you see a Black man in a hoodie and you get nervous like your about to get hurt again”

Quick to put a brotha in a prison cell or a wooden box, just to get us to stand in our fucking spot! And you have the nerve to make a face when you hear

a Black man gets a gun, but what about your president whose holding nuclear warheads over everyones home!

You’re living at the penthouse and i’m just sweeping the floors, and you get mad at me, when all i want to do is explore another reality and be free!? Your forefathers were all robbers, trying to build a wall on stolen land, this plot that you got ain’t yours so please just stop, and you wonder why no one wants to support your lazy ass plans, why not start by giving me what you got!?

Hold on! because I’m still on the clock and before you say that I need to “shut up and be grateful for what I got ..” I keep checking the amazon store and realize happiness can’t be bought, no wonder why we don’t have the will to succeed, when will Africa get a clinic labeled slavery PTSD if I’m wrong now then show me what you got, and I’ll show you what we need.

Black lives matter, Power to the Poetry.

THOUGHTS FROM A GRANDMOTHER

No Grandparent Visitation Rights in Washington State

By Evelyn Anderton

What rights do grandparents have when they have been denied access to their grandchildren? The sad truth is that grandparents do not have automatic rights to their grandchildren.

For me personally, becoming a grandparent was one of the many highlights of my life. Those nine months were the longest ever, just the anticipation of seeing him or her for the first time was overwhelming. I couldn't wait to babysit, read bedtime stories, comb her hair, buy pretty dresses, and offer unconditional love.

Yes, my heart was wishing, praying, and dreaming for a little girl. Yes, my prayers, dreams, and wishes were fulfilled with a healthy baby girl. I thank God for my granddaughter Jillisa and her wonderful mother Julie, and the friendship we have developed over the past 24 years and counting.



Therefore, when I learned that grandparents are being denied the rights to visit their grandchildren and grandchildren are being used as bargaining chips, with no law to protect either of them, it broke my heart.

It is sad when parents can just get angry and deny the grandparents visitation rights. The thought of not being part of my grandchildren's lives would have made my life miserable and incomplete.

What has made me happy however, is to learn that in most states family courts do recognize the invaluable role that grandparents have to play in their grandchildren's lives and it is very rare that the court would refuse a grandparent access to grandchildren, unless there is evidence of abuse or violence.

I wish there was a one size fits all state law, but unfortunately that is not the case. It seems every state is its own governing body and the laws differ from state to state.

What has made me mad is to learn Washington state is the only state where the supreme court has ruled grandparents' visitation stature unconstitutional. This issue may seem very small to many, but it can be devastating to others who have no protection under the law.

You can text, email, twitter, Instagram, or Facebook your governor, senators, and congressmen and let them know something needs to be done. Let's get Washington state off the books as the only state that does not give grandparents any visitation rights?

POWER 2 THE POETRY

EXPRESS, EXPOSE, IGNITE

Millennials Voice New Revolution



Bethany Montgomery is the founder of a new movement on the rise. The movement is called **Power 2 the Poetry**. The core of the group currently consists of 3 transcending Black millennial poets, Bethany Montgomery (22), Afaria “AJ The Wordsmith” McKinney (26), and Lynn’Marie White (23). They call their trio, The Collective of Philosophic Perspectives. Infiltrating consciousness by expressing truth. Shedding light onto subjects that expose legitimate issues. They

are the spark that ignites the flame to stand up and be the change. They consider themselves revolutionaries with the goal to motivate the masses to participate. They believe in the words they we speak. Which is why they believe in their movement, Power 2 the Poetry.

Power 2 the Poetry is currently based in Spokane. The movement is motivated to give a platform to the under represented demographic, whether that be people of color, LGBTQ+, women, millennials, etc. Hoping to raise awareness to social, domestic, cultural, and political issues. Encourage poets to address topics that make people uncomfortable. They want to initiate in depth discussions and promote our audience to engage in meaningful dialogue that will inspire change. They aim to express, expose, and ignite.

Power 2 the Poetry has two events coming up this February in honor of Black history month. **Tuesday, February 20th**, they will be hosting a poetry event at the Downtown Spokane Library on the 3rd floor at the stage/view area from 6pm to 7:30pm. There will be featured poets and open mic for the public to speak. Poems relevant to Black History Month are encouraged.

Power 2 the Poetry will be hosting a Poetry Slam Competition at Auntie’s Bookstore on **Wednesday, February 28th** starting at 7:00 pm. Sign-ups for the competition will begin at 6:30pm and conclude at 6:50pm. 1st place will receive a \$100 cash prize! Courtesy of the events sponsor, House Of Soul, located on 120 N Wall, right in the heart of Downtown Spokane. Entry into the competition is FREE! Twahan Simultaneous will be the special guest host accompanied by 5 guest judges.

Please check out the website to learn more about the movement:
power2thepoetry.com

Also check out Bethany’s piece called #blacklivesmatter so you can get a taste of what this movement has to offer and the talent we possess:
<https://www.youtube.com/watch?v=c2cw-HULVyk>

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OUR VOICES

Martin's Birthday Sermon: The Negro Is Your Brother - This is No Time for Silence

By Keith Magee

(TriceEdneyWire.com) - As the world pauses to honor one of the greatest African Americans, Dr. Martin Luther King Jr.'s birthday, most conscious Americans are bowing our heads, though not in prayer.

We are enraged that Donald Trump, who garnered the presidency through his "birther" inquisition, questioning President Barack Obama's legitimacy and identity, continues to display vulgar bigotry, hatred and racism. He, and the GOP, have spent his first 360 days, literally, attempting to turning around the Obama Administration's policies to support the disenfranchising of non-White Americans and nations.

Equally, many of us are appalled by the silence from the African-American "faith leaders" who flood the airwaves, pulpits and megachurch auditoriums with messages of deliverance, hope and prosperity in the face of this adversity and darkness. If we've ever needed "a Word" from the Lord, as a community, we sure do need it now. Yet as my grandmother would say, "you can hear a rat piss on cotton" from those leaders who have such stark messages that will free you from every defiling form of deviant, lustful, immoral and heart-wrenching sin that will send you to the hell.

Dr. King was a global humanitarian, yet his primary calling was as a prophet. He used his prophetic voices to spare not and cry aloud, addressing the concerns across racial identity, leading the charge for equality for the least advantaged. King, and his contemporaries, jailed in Birmingham understood, that they weren't just wrestling against being bitten by dogs, hosed down and lynching's but there were principalities, powers, rulers of darkness, spiritual



wickedness in high places. And, those high places had seats that effected public and social policy.

In the book, *Where Have All The Prophets Gone*, Marvin McMickle reminds preachers that they have no right to preach prophetic words with their fists balled up and index fingers pointing out and pointing away from themselves. I contend that preachers all need to point a finger toward themselves and examine their calling. Jesus was a prophet who came to set at liberty them that were bruised. We can't just deliver a superficial message of faith without works.

Sitting in a shithole because of injustice, Dr. King pens, "The Negro Is Your Brother," commonly known as the Letter from the Birmingham Jail. About the letter, McMickle says "King preaches

from the prophetic text and becomes a prophet in our midst."

In the absence of any of the modern day celebrated and proclaimed apostles, (arch) bishops, and right-reverends having a prophetic word, in response to the recent Trump debacle, we will let King preach for them this Sunday morning. "Never again can we afford to live with the narrow, provincial 'outside agitator' idea. Anyone who lives inside the United States can never be considered an outsider anywhere within its bounds."

King refers to himself, Jesus and other great reformers as extremists. "So, the question is not whether we will be extremists, but what kind of extremists we will be? Will we be extremists for hate or for love? In that dramatic scene on Calvary's hill three men were crucified. We must never forget that all three were crucified for the same crime - two were extremists for immorality. Jesus Christ, was an extremist for love and thereby rose above his environment. Perhaps the nation and the world are in dire need of creative extremists."

And I believe this creative extremism fused in love should compel clergy to come out from their silence and stand up for justice, for equality and inhumanity. In other words, silence in the face of such demeaning rhetoric and practices from the White House is ungodly and demands a godly and bold response.

Keith Magee is a public intellectual with a focus on social justice and theology. He is currently Senior Fellow, Culture and Justice, University College London; Director, Social Justice Institute at Howard Thurman Center on the campus of Boston University, where he is a Scholar in Residence; and Senior Pastor, The Berachah Church, Dorchester Centre, MA. For more information visit www.4justicesake.org or follow him on social media @keithlmagee.

Cancellation of Roland Martin Show: Sign of Black Powerlessness

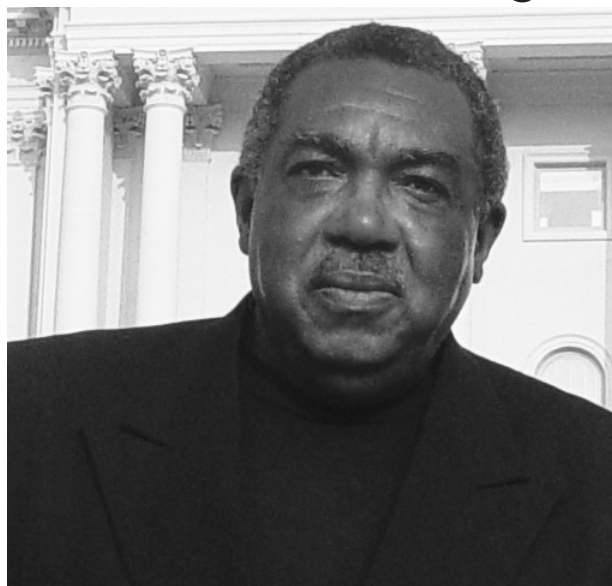
By A. Peter Bailey

(TriceEdneyWire.com) - When first hearing about TV-One's cancellation of Roland Martin's show for "budgetary" reasons, my immediate reaction was bull crap. I am convinced that his show was canceled because some advertisers and some Trumpets were outraged because of Roland's Afrocentric perspective when reporting and interpreting news.

Though I didn't always agree with Roland's positions on certain issues, for the past five years his thought-provoking, informative, meaningful show was a valuable source of information on what is happening in this country. He introduced his audiences to knowledgeable black folks with expertise in the arenas of economics, education, culture, politics, etc., who are never seen or heard on CNN, MSNBC, Fox News, NPR, CBS, NBC or ABC. And he did it with an honest swagger that black commentators on those networks had no opportunity to match. White advertisers and political Trumpets were unable to deal with that kind of honest black assertiveness. So they threatened to create "budgetary" problems for TV-One.

Which brings me to a second reaction when hearing about the cancellation: "This is what happens to a group of people who resolutely refuse to organize a comprehensive, national movement that will promote and protect their economic, cultural and political interests in this group-oriented society.

For the past half-century, we, as a group of people, have acted as though we no longer live in a country in which



White supremacy/racism is the dominant ideology. White people may disagree among themselves about many things. But one thing that most of them agree upon is that they should be in control of the United States of America. This is still true despite the election and re-election of President Barack Obama.

Too many of us rejoice over symbolic individual achievements such as the first Black president of this or that major corporation, institution, club or organization. When I express disdain about what these symbolic, individual accomplishments do for us as a group of people, I am accused of being "stuck in the 1960s."

I accept this accusation before reminding the accuser that most firsts haven't halted the killing of unarmed Black males by police officers, the rising incidents of overt White supremacy on numerous White college campuses, the disgusting way that too many Whites portray Michelle Obama on the Internet or the respectability given to known members of the Ku Klux Klan by Trump and his Trumpets.

These are the consequences of our refusal to organize a national movement to promote and protect our interests. Impulsive marches and protest demonstrations while chanting "No Justice, No Peace," to counter the above manifestations of White supremacy do not a movement make. Many of these actions have become basically profiling for television.

What is difficult is to organize an ongoing movement that would have made it impossible for TV-One to have cancelled Roland's show. The station would have let the organization know who was doing the threatening and it could have warned the threateners that messing with that should would inspire a national boycotts of whatever they were advertising to sell to us.

That's how a group with real power takes care of business. Our most potent weapon against such incidents in this money-driven country is our collective economic resources. If we don't effectively use those resources in our war for equal rights, equal justice and equal opportunity, we are basically blowing smoke.

*A. Peter Bailey, whose latest book is *Witnessing Brother Malcolm X*, the Master Teacher, can be reached at apeterb@verizon.net.*

OUR VOICES

Ahed Tamimi is the Palestinian Rosa Parks

David A. Love, JD

(Reprinted from blackcommentator.com)

It is possible for a single person to engage in an act of resistance against oppression and change the world. A 16-year-old Palestinian girl named Ahed Tamimi is such an individual. On December 19, in a simple yet profound act of defiance against the occupation, she slapped Israeli soldiers who had entered the yard of her house. Just hours earlier members of the Israeli armed forces had shot her teenage cousin Mohammed in the face with a rubber-coated bullet. The young boy was placed in a medically induced coma as doctors operated on him to remove the bullet fragments embedded in his skull.

Much like American civil rights icon Rosa Parks - who was arrested six decades ago by breaking the law for refusing to give up her seat on a Montgomery, Alabama bus to a white man - Tamimi has become the face of a nonviolent movement against injustice.

Ahed Tamimi is from the West Bank village of Nabi Saleh, where Israelis have confiscated the villagers' water source and land and built settlements. The village of 600 has regularly protested these encroachments, and the Israeli army has shot, maimed and killed Ahed's family members.

The Israeli authorities arrested Ahed, and an Israeli military court indicted her, with prosecutors portraying her as a terrorist. She could remain in prison until the end of her trial, and, if convicted, she could serve up to 10 years in prison. Ahed's mother, Nariman faces five charges, including incitement for posting the incident on Facebook.

Israeli military tribunals have a conviction rate nearing 100 percent.

The real crime this 16-year-old Palestinian girl committed was resisting a hostile and racist military occupation and its human rights violations, and having the temerity to challenge the toxic masculinity of the Israeli military. This has made her the target of ridicule, with Israelis giving her the nickname "Shirley Temper", and chalking up the incident to "Pallywood" (Palestinian "propaganda" discrediting Israel). There have been accusations that the Palestinians such as Ahed stage hoax incidents wearing "American clothes" to garner support among Americans and other Western audiences.

One Israeli journalist, Ben Caspit, called for her rape and murder, saying: "In the case of the girls, we should exact a price at some other opportunity, in the dark, without witnesses and cameras." Member of the Knesset Michael Oren, former Israeli ambassador to the US, accused the Tamimi family of using their children as "pawns" in a propaganda war, and suggested that Ahed may not even be their daughter.

As Martin Luther King, Jr - wrote in "Letter From Birmingham Jail, an unjust law "is a code that a numerical or power majority group compels a minority group to obey but does not make binding on itself." Just as people have a legal and moral responsibility to obey just laws, King argued, "one has a moral responsibility to disobey unjust laws".



On a December day in 1955, Rosa Parks refused to yield her seat on a public bus to a white man, breaking the local racial segregation law requiring Black people to sit in the back of public transportation vehicles. Her arrest triggered the Montgomery Bus Boycott, a yearlong boycott of the city bus system by African Americans, of which King was a leader. Ultimately, this boycott led to the US Supreme Court ruling the segregation of Montgomery public transportation unconstitutional. Parks' arrest was the catalyst for a movement.

"Any law that uplifts human personality is just. Any law that degrades human personality is unjust," King said. "All segregation statutes are unjust because segregation distorts the soul and damages the personality. It gives the segregator a false sense of superiority and the segregated a false sense of inferiority."

Like Rosa Parks before her, Ahed Tamimi is struggling against unjust laws, in her case the injustice of a 50-year military occupation that denies Palestinians their land, right to travel and self-determination. Israel maintains an apartheid system of democracy for Israeli Jews - and discrimination against Israelis of colour - second-class citizenship for Israeli citizens of Arab descent, and dispossession and disenfranchisement for Palestinian Arabs in the territories.

Consider that Israel is the only nation that systematically detains and prosecutes children in a military court system lacking the right of due process. The Israeli military detains hundreds of Palestinian children between the ages of 12-17 every year, including many who are locked up for throwing stones - something that would never happen to Israeli children. Palestinian children face mistreatment by the military, according to Defense for Children International-Palestine, with 75 percent subjected to physical violence upon arrest, and 97 percent interrogated without a parent present.

UNICEF calls the ill-treatment of Palestinian children in military detention "widespread, systematic and institutionalised," and according to the US Department of State, Pal-

estinian children are tortured through "beatings, long-term handcuffing, threats, intimidation, and solitary confinement."

Further, the United Nations Office for the Coordination of Humanitarian Affairs (UNOCHA) found that last December, at least 345 Palestinian children were injured by the Israeli military, of which over a third involved live ammunition. The Israeli military killed at least 32 Palestinian children in 2016. This, from a force which calls itself "the most moral army" in the world.

In Israel's apartheid system of justice, Palestinians face the army, but West Bank Jewish settlers face civil courts. A West Bank settler teen who beat a left-wing rabbi and human rights activist at knifepoint received community service. Yifat Alkobi, a Jewish West Bank settler who slapped a soldier who tried to stop her from throwing stones, was released on bail the same day she was arrested and sent home. Prior to the incident, she had been convicted five times for disorderly conduct, throwing rocks and assaulting a police officer, yet never faced jail time. And Eliraz Feiz, another settler who called for violent action, even lethal force against Palestinians and Israeli soldiers was sentenced to five months community service.

Israel threatens Ahed Tamimi with years in prison because they fear her power, the power of a resistance movement to the occupation that has gained momentum. The BDS movement (Boycott, Divestment, Sanctions) supported by Palestinian civil society is working, creating a backlash and a blacklist in which the Israeli government has banned such human rights groups as the American Friends Service Committee - which saved Jews from Nazi Germany - and Jewish Voice for Peace from entering Israel.

Meanwhile, the extremist right-wing, ethno-nationalist settler regime of Benjamin Netanyahu, and the white nationalist government of Donald Trump have no intentions of allowing a just peace settlement of the conflict. Israel seized 1012 hectares of Palestinian land in 2017, a threefold increase in settlements in the West Bank and Jerusalem over the previous year.

At the same time, the Palestinian population is expected to soon surpass the number of Jews in Israel and the occupied territories. With the two-state solution now impossible, we will be left with only two alternatives: a fully democratic state in which Palestinians have citizenship and equal rights to Jewish Israelis, or what is taking place now, an apartheid state where one group rules the other.

The continuation of the status-quo is unacceptable. Whatever form self-determination takes for the Palestinians, the injustice of the occupation must end. And youth like Ahed Tamimi are leading the resistance that will eventually make the Israeli apartheid regime crumble. Ahed is the Rosa Parks of Palestine.

This commentary was originally published by Aljazeera.com

David A. Love, JD - Serves BlackCommentator.com as Executive Editor. He is journalist, commentator, human rights advocate and an adjunct instructor at the Rutgers University School of Communication and Information based in Philadelphia.

Nights Over Egypt (KMT) - Bertoni Joney Bey

Continued From Page 6

As you can see Uraeus, the snake. The snake and the vulture, represent upper and lower KMT. Where he is the ruler of the two lands. So, a lot of our symbology was lost and appropriated, by some other people who helped themselves to that. I wanted to revive some of the old aspects of ourselves and hopefully people would be curious to ask questions about who we were and what were our beliefs and spiritual

system before we ran into the foreigners. We've lost a lot of that, I think, and that's really what the show was about, trying to revive or bring back the old ways.

When are you going to do another show?

I guess when I finish putting it together. This next series will still be based on KMT but these are going to be pretty serious. They're going to be more about our ancient past and our modern present, and the prob-

lems we have with everyday society. Our young men getting murdered in the street by enforcement and the authority. I want to mix our old past with those realities of how we're still struggling to deal with some things in this society.

So, I'm going to be using actual symbols of maybe our relationships, the history of us with the police, and some of the names of those who have lost their lives as a result. I'd like to incorporate some of those who

have died and bring that back, and find a way to formulate that with our ancient Egyptian culture, our KMTic culture.

And I think they (the art) will be bigger, because I keep building frames bigger and bigger and bigger. They probably will be 4x7 or 4x8. I just want to keep exploring and figuring out and finding out new stuff.

Bertoni can be reached by e-mail at jbaguart@yahoo.com

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Vibrant, forward looking local non-profit seeks full time Development Director to oversee fundraising, events marketing & communications aspects. Visit www.help4women.org for job description & application.
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Provide case management, life skills training, career/vocational exploration, & parenting support services to women & children. Visit www.help4women.org for job description & application.
Open until filled. EOE.

Career Opportunities

SPOKANE

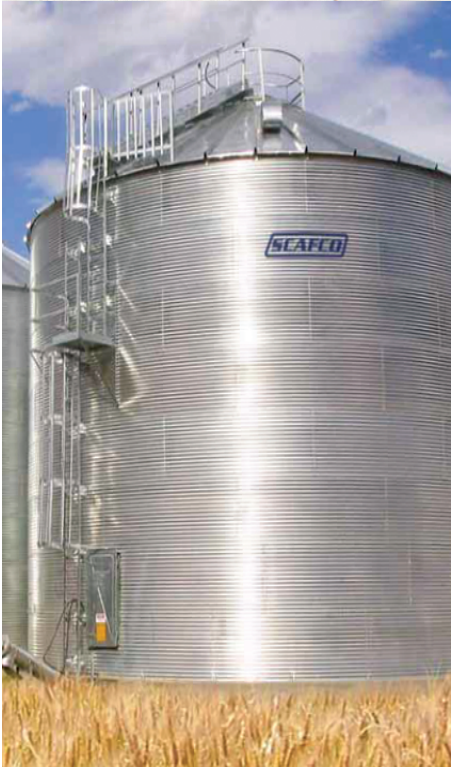
Long established manufacturing company is seeking energetic and hard-working individuals for management, sales, office, machine operators and laborer positions. To view all of our current openings, please visit our website www.SCAFCO.com and/or CWalla, our authorized distributor of SCAFCO products www.CWalla.com to fill out an application.

You can also send your resume to SCAFCO at **2800 E Main Ave Spokane, WA 99202.**

Benefits Package Includes:

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To advertise your employment opportunities in the Black Lens call 509-795-1964 or e-mail sandy@blacklensnews.com

Black Business Owners
Does the Community Know That You are Here?

Black-Owned Business Expo

Sunday, February 25
2-5pm
Emmanuel Family Life Center
631 S. Richard Allen Court, Spokane

FREE to participate, but businesses MUST REGISTER at blacklensnews.com or by calling 509-795-1964.

Sponsored by The Black Lens, The Spokane Ministers' Fellowship and The Spokane NAACP

FEBRUARY EVENTS

FEBRUARY 2

YORK

A one-man play that tells the “Untold story of York, the only Black man on the Lewis and Clark Expedition.” By David Casteal & Bryan Harnetiaux. Directed by Susan Hardie.

7:30pm (with talk back after the show)
Spokane Civic Theater
Margot & Robert Ogden Main Stage
1020 N Howard St, Spokane, WA 99201
 Tickets: Adult: \$22, Students (5-25): \$15
 For more information contact the Civic Theater at (509) 325-2507 or visit: <http://spokane-civictheatre.com/productions/york>

FEBRUARY 2 - 4

SATURATE: SPOKANE ARTS TOUR: Celebrating Artists of Color

Saturate is a city-wide collaboration calling attention to Spokane’s diverse yet under-recognized artists of color. Art exhibits and performances will take place in venues around Spokane from February 2-4, 2018. For the schedule of artists visit www.spokanearts.org/saturate, or you can call Spokane Arts at (509) 321-9614.

FEBRUARY 8

YORK

A one-man play that tells the “Untold story of York, the only Black man on the Lewis and Clark Expedition.” By David Casteal & Bryan Harnetiaux. Directed by Susan Hardie.

6:30pm - 8pm
MAC (Northwest Museum of Arts & Culture)
2316 W. First Avenue, Spokane,
 Tickets: \$10, Tickets are available online at <https://www.northwestmuseum.org> or at the Museum’s admissions desk during normal business hours. Sponsored by the Spokane NAACP.

FEBRUARY 8

JUSTICE NIGHT

Justice Night is a walk-in legal clinic, **no appointment necessary**. Free legal information in the following areas: Family law, Consumer Protection, Housing, LFO/ex-pungement, Police & Govt Accountability.
5:30-7:00pm
Community Building Lobby
35 W. Main Street, Spokane
 Questions? Center for Justice: 509-835-5211

FEBRUARY 8

THURGOOD

George Steven’s Jr’s renowned Broadway play performed by Dr. Timothy Golden. THURGOOD depicts the life of Thurgood Marshall, the first African American Supreme Court Justice, and his role in the historic decision on the Brown v. Board of Education case.

6pm - 8pm
Barbieri Courtroom
Gonzaga Law School
35 W. Main Street, Spokane

Sponsored by YWCA Spokane, Gonzaga Law School, Spokane NAACP, Community Building Foundation, The Law Office of D.C. Cronin, Center for Justice, Diversity Section of the Spokane Bar Association and The Black Lens.

FEBRUARY 8

DIVERSE VOICES MONTHLY WRITING GROUP

ADULTS & TEENS // A writing group for all experience levels that supports and elevates diverse voices.

5:30-6:30pm
Spark Central
1214 W Summit Parkway
Spokane, WA 99201

For information law-WSAJ@lawschool.gonzaga.edu or visit: <http://spark-central.org/events/diverse-voices-writing-group2>

FEBRUARY 10

21ST ANNUAL GOSPEL EXPLOSION

Join Whitworth students for this annual campus celebration.

7:00 pm
Seeley Mudd Chapel
Whitworth University
300 W Hawthorne Rd, Spokane, 99251
 Cost: Free and open to the public. An offering will be accepted for one of Whitworth’s student clubs. For more information contact Stephy Nobles-Beans at 509.777.4568 or email sbeans@whitworth.edu or visit their website at <http://www.whitworth.edu/calendar/master/diversity.aspx>.

FEBRUARY 11

CALVARY BAPTIST CHURCH 128TH ANNIVERSARY

Calvary Baptist Church, the oldest African American Church in Washington State, celebrates 128 years. Please join us as we rejoice in another year of praise.

10:00 a.m. Morning Worship
3:00 p.m. Celebration Service
Calvary Baptist Church
203 E. 3rd Avenue, Spokane
 Guest Speaker: Rev. C. W. Andrews, Jr of Jacksonville, Florida.
 For more information contact Calvary Baptist Church at (509) 747-8793

FEBRUARY 11

BLACK HISTORY MONTH CELEBRATION CONCERT

Gonzaga’s choirs and jazz combo partner with Spokane churches and the Black Student Union to host a celebration of the U.S. African-American musical tradition.
3:00 pm
Hemmingson Center Ballroom
Gonzaga University
702 E Desmet Ave, Spokane, WA 99202
 Cost: Free, Donations benefit Martin Luther King, Jr. Family Outreach Center.

FEBRUARY 12

CHRIS ABANI: VISITING WRITERS SERIES

Born in Nigeria, Chris Abani is a novelist, poet, essayist, screenwriter and playwright who has resided in the United States since 2001. He is the recipient of the PEN USA freedom-to-Write Award, the Prince Claus Award, and Lannan Literary Fellowship.
7:30pm
Hemmingson Center Ballroom
Gonzaga University
702 E Desmet Ave, Spokane, WA 99202
 Cost: Free. For more information contact gucas@gonzaga.edu

FEBRUARY 13

LINKS ANNUAL MAMMOGRAM PARTY

Hosted by Inland Imaging and the Links, Inc. For women over 40 who are due for their routine exam or those aged 35-40 who wish to be screened. While you wait for your mammogram, enjoy refreshments, a relaxing massage, and assorted gifts.

5:30 - 7:00pm
Inland Imaging
Located inside Holy Family Hospital
(North Entrance on the lower level)
5715 N Lidgerwood St, Spokane, 99208
****IMPORTANT****
 You MUST Pre-Register to participate by contacting Faith Washington at 509-363-7833 or Text 509-999-9728 or e-mail fwashington@inland-imaging.com.

FEBRUARY 17

UNMASKING RESILIENCE: THE BOLD, THE BLACK AND THE BEAUTIFUL

Gonzaga Black Student Union Annual Banquet Dinner
5:30 pm
Gonzaga University, Cataldo Hall
1200 N Addison Avenue, Spokane
 Tickets \$15 or \$120 for table of 8.

FEBRUARY 19

LECTURE: NATE BOWLING 2016 WASHINGTON STATE TEACHER OF THE YEAR

Tacoma teacher, Nathan Gibbs-Bowling, described by Bill Gates as one of his “fave favorite fanatics”, will be speaking on the subject of community, neighborhoods, and the systemic issues that effect his work.
4:00pm
Hixon Union Bldg (HUB) MPR
Whitworth University
300 W Hawthorne Rd, Spokane, WA 99251
 For more information contact Kamau Chege at 509.-777-4790 or : mchege18@my.whitworth.edu

FEBRUARY 19

NAACP MONTHLY MEETING

Join the NAACP for our monthly general membership meeting
7:00pm
East Central Community Center
500 S. Stone Street, Spokane
 For more information contact the NAACP at 509-209-2425 (ext 1141) or visit <http://spokaneNAACP.com>

FEBRUARY 20

POWER 2 THE POETRY

A poetry event sponsored by Power 2 the Poetry. Featured poets and an open mic for the public to speak. Poems relevant to Black History Month are encouraged.
6:00pm -7:30pm
Spokane Public Library (Downtown)
3rd Floor - Stage/View area
906 W. Main Street, Spokane
 Visit: power2thepoetry.com for more info.

FEBRUARY 21

FUSE BOOK CLUB

February’s selection is Citizen: An American Lyric by Claudia Rankine
6:00pm -8:00pm
Spokane Public Library (Downtown)
Level-up Classroom
906 W. Main Street, Spokane
 Free, inclusive, welcoming, open to the public. For more information contact Erin Pringle-Toungate at EJToungate@gmail.com.

FEBRUARY 21

DR. KHADIJAH WHITE, Rutgers University

Race, News, and Right-Wing Populism: The Tea Party and the Media
6:00pm
Hemmingson Center Auditorium
Gonzaga University
702 E Desmet Ave, Spokane, WA 99202

FEBRUARY 22

JUSTICE NIGHT

Justice Night is a walk-in legal clinic, no appointment necessary. Free legal information in the following areas: Family law, Consumer Protection, Housing, LFOs, Police and Government Accountability, etc.
5:30-7:00pm
Spark Central
1214 S. Summit Pkwy, Spokane
 Questions? Center for Justice: 509-835-5211

FEBRUARY 23-24

PEACE AND JUSTICE ACTION CONFERENCE

Hosted by the Peace and Justice Action League of Spokane. The 9th Annual Peace & Justice Action Conference: Building Beyond the Moment. Keynote: Eric K. Ward, Western States Center. Full Schedule including workshops and keynote information at pjals.org/2018conference
Unitarian Universalist Church
4340 W. Ft. Wright Drive, Spokane
 Cost: \$55 General Public; \$40 members of PJALS and co-sponsoring groups; \$15 Living Lightly (self-identified low-income, students, seniors, etc); Limited “workshare volunteer scholarships” are available. Contact Megan at mjuneau@pjals.org for info.

FEBRUARY 25

BLACK-OWNED BUSINESS EXPO

Join the Black Lens, the Spokane Ministers’ Fellowship and the Spokane NAACP as we learn about and celebrate the Black Owned Businesses in Spokane.

2pm - 5pm
Emmanuel Family Life Center
(next to Bethel A.M.E. Church)
631 S. Richard Allen Court, Spokane
 Cost: Free. Businesses MUST contact the Black Lens to register sandy@blacklens-news or 509-795-1964.

FEBRUARY 27

SANCTUARY CITIES, THE REFUGEE PROCESS AND DACA PANEL

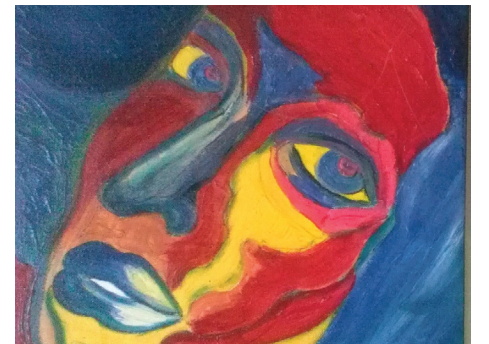
The Washington State Minority and Justice Commission is hosting a panel of immigration law attorneys to address the law behind the recent changes to the federal DACA program.
5:30-7:00pm
Barbieri Courtroom
Gonzaga Law School
35 W. Main Street, Spokane
 For information law-WSAJ@lawschool.gonzaga.edu.

FEBRUARY 28

POETRY SLAM HOSTED BY POWER 2 THE POETRY

Power 2 the Poetry will be hosting a Poetry Slam Competition.
6:30 6:50pm M Sign-Ups
7pm Competition
 Auntie’s Bookstore
402 W Main Ave, Spokane, WA 99201
Twahan Simultaneous will be the special guest host, accompanied by 5 guest judges. 1st place will receive a \$100 cash prize! Courtesy of the event sponsor, House Of Soul, located on 120 N Wall, right in the heart of Downtown Spokane. Entry into the competition is FREE!

Art By Salik Seville and Friends



Downtown Spokane Library
First Floor
906 W. Main, Spokane

Art from Salik’s annual art sale is available through the month of February by donating a bag of food or a warm coat. Proceeds will support Meals on Wheels, Health Care For Homeless Vets, St. Jude’s and Sacred Heart Hospital.

Send information about upcoming community events to sandy@blacklensnews.com or call 509-795-1964.

THURGOOD

A Play By George Stevens, Jr. | Starring Dr. Timothy Golden



Feb 8, 6pm
FREE ADMISSION

Gonzaga University School of Law
Barbieri Moot Courtroom
721 N Cincinnati St
Spokane, WA 99202

“If you want to leave the theatre thinking anything is possible,
no matter your shortcomings, you need to see ‘Thurgood’.
It’s not just a story about African Americans, it is a story about all of us.”

In honor of the 50th anniversary of the appointment of Thurgood Marshall to the Supreme Court of the United States, a FREE performance of George Steven's Jr's renowned Broadway play "THURGOOD" performed by Dr. Timothy Golden will be held Thursday, February 8th at 6 pm at the Gonzaga University School of Law in the Barbieri Moot Courtroom. THURGOOD depicts the life of Thurgood Marshall, the first African American Supreme Court Justice, and his role in the historic decision on the Brown v. Board of Education case. THURGOOD won numerous awards when it was staged on Broadway.

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