

THE BLACK LENSTM SPOKANE

NEWS FROM A DIFFERENT PERSPECTIVE

Fresh Soul Set To Open July 19

Michael Brown's Restaurant Begins Revitalization of East Central's 5th Avenue

By Sandra Williams

The East Central section of Spokane is one of the oldest and largest neighborhoods in the city, and it was a diverse working class collection of livable homes and thriving businesses when in the 1950s the I-90 freeway was built as a part of the Federal-Aid Highway Act of 1956, splitting the neighborhood in half and effectively gutting it down the middle. East Central has never been the same.

Still one of the most diverse areas of Spokane, the neighborhood however struggles with lower incomes, employment rates and even life expectancy, as compared to other parts of city. While some portions of East Central (East Sprague and the University District on the north side of the freeway) are reaping the benefits of a full throttle development boom that is making dodging barricades and navigating around closed roads an everyday occurrence for Spokane residents, it seems that south of the freeway (ie. 5th Avenue) hasn't quite yet been caught up in the revitalization fervor.



But Michael Brown, President and Founder of the Spokane Eastside Reunion Association (SERA) is committed to doing something about that.

SERA has been a part of the Eastside of Spokane for as long as I can remember and SERAs Eastside Reunion BBQs, held in Liberty Park, were a thing of legends. But over the years, the organization has grown in to much more than that.

SERA's mission is to "feed the soul of Spokane through our neighborhood ministry--bringing restoration and opportunities to the Eastside community," and the organization has been doing just that.

SERA has a summer youth basketball camp that served over a hundred youth last year in Underhill Park and recently started a mentor/tutor program that operates out of SERA's newly opened Tutoring and Rec-

reation Center, located just east of Larry's Barbershop.

SERAs next endeavor is Fresh Soul, which will be a "vibrant soul food restaurant" that will serve pulled pork sandwiches, collard greens, corn bread, ribs and fried green tomatoes, among other yummy things. But in addition to the finger lickin' good food, Fresh Soul will also "double as a youth workforce development initiative". The restaurant will offer life skills and job training programs to youth ages 14-18.

Fresh Soul is set to open its doors on Thursday, **July 19 at 3pm**. I don't know about you, but I plan to be one of the first in line to check out the barbeque and I hope you will join me. Michael has worked really hard to make this happen. The address is **3029 E. 5th Avenue, Spokane, 99202**.

There has been a great deal of anticipation throughout the community that Fresh Soul is just the beginning of new and exciting things to come for the 5th Avenue corridor in East Central. I am excited to see what's next!

Countering the Alt-Right Threat to Spokane

Standing Room Only Crowd Attends SCAR Presentation at Morning Star Church



By Brittanyana Pierro

On Monday, June 25, the civil activist group 'Spokane Community Against Racism' (SCAR) held a presentation called 'Countering the Alt-Right Threat to Spokane'. The event, which drew a standing room only crowd, was focused on taking action against the rise of white supremacist groups in the last few years, and was held at Morning Star Baptist Church.

SCAR was formed after an all-white jury acquitted the murderer of 45 year old William Poindexter in March of 2017. SCAR's Facebook bio states 'SCAR was formed out of necessity. In order to understand why harassment, assaults and shootings continue to happen in our community, we must understand how things work in the police department, the sheriff's department, at the Spokane Regional Law and Justice Council and in the judicial system.'

Guest speaker Dr. Joan Braune came to Morning Star Baptist church to speak on her extensive knowledge of the hate groups that plague the Spokane area. Braun works in the philosophy department at Gonzaga University and specializes in Social and Political Philosophy. She also works with The Council of Experts for the Institute for Hate Studies. This council is focused on 'researching and putting that research to the service of the community around hate groups,' Braune said.

Southern Poverty Law Center reports a rise of White Nationalist groups since the Trump election, with a rise of 22% from 2016 to 2017. In Spokane County area, and North Idaho in particular, our history with hate groups is well known. In her presentation, Braune focused most heavily on calling out the white supremacist group Identity Europa.

Continued on Page 21



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ON MY MIND

THOUGHTS FROM THE EDITOR

by Sandra Williams

The Best Part About A Car Wash

There are a lot of things that I enjoy about the work that I do with The Black Lens. I have to admit that some of the perks are nice (free entrance into events and getting to talk to people that probably would not give me the time of day if I didn't represent the press). The perks can be really nice, actually. Smile.

But, for me, the best part about this endeavor, and the thing that helps me forget how much I hate deadline week every month, is the wholehearted, over the top support that I keep getting from people in the community. So, I wanted to take a minute to say thank you very much!

Despite the threat of rain, our car wash in June was a huge success and I am extremely grateful!!! I am grateful for those who washed and dried; who directed people our way; who made our signs look more professional; who brought us food and drinks; who went out of their way to get their cars washed (even though their cars didn't look very dirty); who donated a lot or donated a little or donated all that they had, like the homeless man who told me, "Spokane has been hard," but said he was grateful for The Black Lens as he handed me three crinkled up dollar bills. For that and more, I am beyond grateful. See you next time!



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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Phase I

Purchase Building and the
Lot Next Door (\$375,000)

Phase II

Remodel

- Work Training Program
- Green/Sustainable Building
- Technology
- African American History

Phase III

Manage Building

- Community Events/Classes
- Gathering Place
- Rental Spaces
- Social Enterprise
(ie. AA Bookstore/Crafts)

Phase IV

Expansion (Up & Out)

- Affordable Housing
- Mixed Use -- Offices/Retail
- Business Incubator/
Co-Working Spaces



Need:

In Spokane, racial disparities exist in education, criminal justice, health, housing, employment, and most determinants that exist. It is challenging for a community to create the infrastructure that is needed to uplift itself without a strong base—a place to focus its attention and efforts. Spokane is in need of such a place.

Solution:

The vision of Friends of the Black Lens is to launch **The Carl Maxey Center** which will be a sustainable and technologically forward gathering place on 5th Avenue in the East Central neighborhood that will focus on Cultural Enrichment, Economic Development and Social & Racial Justice. The goal of the center is to uplift, empower and transform the community from the inside out.

Friends of the Black Lens:

Friends of the Black Lens is a non-profit organization whose mission is to change lives and improve the well-being of Spokane's African American community. The FOBL fiscal sponsor is the Smith-Barbieri Progressive Fund.

Visit our Website to See How You Can Help!
www.carlmaxeycenter.org

Or call 509-795-1964 or e-mail carlmaxeycenter@gmail.com for more information.

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

Police Killings Challenge the Mental Health of Black Americans

By Frederick H. Lowe

Special to the Trice Edney News Wire from NorthStarNewsToday.com

(TriceEdneyWire.com) - Police killings of unarmed African-Americans have a deep psychological effect on the entire Black community, causing many who weren't in the line of fire to feel psychically wounded, according to a study published by The Lancet, a weekly peer-reviewed general medical journal.

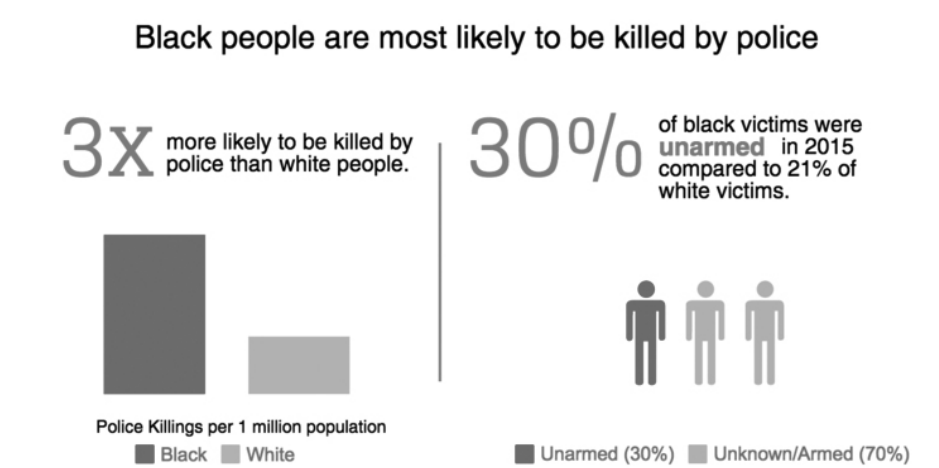
Police killings of unarmed Black Americans add 1 to 7 additional poor-mental health days per person per year or 55 million excess poor mental-health days among Black Americans, resulting in their suffering from depression and post-traumatic stress disorder, according to the report titled, "Police killings and their spillover effects on the mental health of black Americans: a population-based, quasi-experimental study."

The report focused on the number of days in which the person questioned said his mental health suffered noticeably after learning of deadly police shooting of an unarmed Black person in their city



or state. Police kill more than 300 Blacks each year and at least a quarter of them, or 75, are unarmed. The list of unarmed Black men killed by police is long and continues to grow. These victims include Oscar Grant, Eric Garner, Walter Scott, Freddie Gray and Stephon Clark.

Most recently, Antwon Rose, Jr., 17, was killed when Michael Rosfeld, an East Pittsburgh, Pennsylvania police



officer, shot him three times in the back as he ran from a traffic stop. In 2017, 25 percent of the people killed by police were Black although Blacks comprise only 13 percent of the nation's population. Some were armed and some were not.

There were only 17 days in 2017 when the police did not kill someone. Following the police murder of Michael Brown, which set off days of civil unrest and demonstrations in Ferguson, Missouri, where the shooting occurred, researchers said Blacks reported suffering from high rates of depression. Dorian Johnson was walking with Brown when the teenager was shot to death by Darren Wilson, a police officer.

Johnson said he suffered from de-

pression following the shooting. The study did not address how deadly police shooting in other parts of the country affected Blacks who read about them in the newspapers, hear about them on the radio, watched television news reports or read news stories about the deadly shooting online. The study also did not report how deadly shootings affected Blacks when police are assigned to desk duty but are later acquitted of all the charges related to the killings.

The website Mapping Police Violence reported that in 2015 99 percent of cases have not resulted in involved officers being convicted of a crime.

Source. Mapping Police Violence

Richmond, Va. School Board Changes Confederate Named School to Barack Obama Elementary

By Ronald E. Carrington

Special to the Trice Edney News Wire from the Richmond Free Press

(TriceEdneyWire.com) - Barack Obama in. J.E.B. Stuart out. The Richmond School Board voted this month to change the name of J.E.B. Stuart Elementary School to Barack Obama Elementary School. The new name for the school at 3101 Fendall Ave. in North Side Richmond should be in place by August for the new school year, officials said. "Students will now have the opportunity to attend a school that honors a leader who represents the great promise of America," said Superintendent Jason Kamras.

"In the former capital of the Confederacy, we decided to stop honoring an individual who fought to preserve slavery and to begin honoring our first African-American president instead."

Roughly 18 schools in 14 states have either been named for former President Obama or are proposed to be named for him.

Among them is Barack and Michelle Obama Elementary in St. Paul, Minn., and Barack and Michelle Obama Academy in Atlanta, both of which are public schools. The change ends six months of debate in the region about changing the names of schools named for Confederates. In February, the Petersburg School Board voted to rename three elementary schools, while the Hanover County School Board in April voted to retain the names of a high school and middle school named for Confederates.



In Richmond, the only school named for a Confederate was J.E.B. Stuart, which was opened in 1922. It serves nearly 500 students in kindergarten through fifth grade. About 95 percent of the students are African-American. Board member Kenya Gibson, 3rd District, voted against the name change, saying she wanted the vote delayed so the board could consider other names.

"There's no local person on the finalist list," Gibson said. "This is Richmond. We are about history and we have so many great local stories to tell. Our local stories are so important to cherish." Absent from the meeting were board members Jonathan Young, 4th District, and Dr. Patrick Sapini, 5th District. After signaling its desire to rename the North Side school, the School Board held several community meetings to get recommendations.

The list of 38 recommendations was narrowed to seven names, which were presented to students at the school for a vote earlier this month. They were Barbara Johns Elementary for the 16-year-old who led a student strike at her Farmville high school in 1951 that led to the desegregation of public schools; Oliver W. Hill Sr. Elementary for the late Richmond civil rights attorney who led Ms. Johns' legal case that went to the U.S. Supreme Court; Albert V. Norrell Elementary for the longtime Richmond educator; Henry L. Marsh III Elementary for Richmond's first African-American mayor, former state senator and noted civil rights attorney; Northside Elementary for the school's location; Wishtree Elementary for the children's book that celebrates different cultures in a diverse neighborhood; and Barack Obama Elementary. Among students, Northside Elementary was the leading vote-getter with 190 votes, while Obama Elementary won 166 votes and Wishtree, 127 votes.

The three top names then were sent to the School Board for the final selection. Kamras told the board he recommended the school be named after former President Obama. Kamras, who was named the 2005 National Teacher of the Year, served as an adviser on education issues to the former president's 2008 campaign. RPS officials estimated that the renaming will cost \$26,000, which includes \$10,000 for the new name to be put on the school's stone facade; \$4,000 for a bronze plaque; \$5,000 for a new sign outside the school and a new marquee; \$4,500 for new mats, stationery and office supplies; \$2,000 for T-shirts with the new name for students and staff; and \$500 for a banner.

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

Congressional Black Caucus Wants Marijuana Decriminalized

By Frederick H. Lowe

Special to the Trice Edney News Wire from NorthStarNewsToday.com

(TriceEdneyWire.com) - The Congressional Black Caucus has announced its support of decriminalization of marijuana, the centerpiece of the nation's war on drugs that landed thousands of Black men and women in prison until states began legalizing it for recreational use when it was openly being used by Whites.

The 43-member caucus also said it supports expunging criminal records of individuals arrested for possession of small amounts of the drug.

"Some of the same folks who told African-Americans 'three strikes and you're out' when it came to marijuana use and distribution, are now decriminalizing the drug and making a profit off of it," said U.S. Rep. Cedric L. Richmond, chair of the CBC.

Some who will make a profit off of marijuana are Black. Mike Tyson, the former world heavyweight boxing champion, recently broke ground for a California farm to grow marijuana.

The Congressional Black Caucus announced its position days after Cyrus Vance, Jr., the District Attorney for Manhattan, N.Y., said his office would decline to prosecute marijuana possession and smoking cases. The district attorney's office said the new policy is expected to reduce marijuana prosecutions from 5,000 a year to approximately 200.

New York's decision follows Seattle's in which the district attorney and the mayor announced in early May plans to vacate convictions and dismiss charges for marijuana possession for men and women prosecuted by law enforcement from 1997 to 2010.

Washington State and Colorado legalized marijuana for recreational use in 2012.

On the same day the Congressional Black Caucus announced its position, President Donald Trump said he would support ending a federal ban on marijuana, putting him at odds with U.S. Attorney General Jeff Sessions, longtime opponent of marijuana possession. Sessions said he did not like members of the Klu Klux Klan because they smoked marijuana.



U. S. Rep. Cedric Richmond, CBC Chairman

The use, sale, and possession of all forms of cannabis in the United States is illegal under federal law. It was classed as a Schedule I drug under the federal Controlled Substances Act of 1970. Under President Barack Obama, states were given leeway in enforcing laws against marijuana.

U.S. Senator Cory Booker (D., N.J.), a member of the Congressional Black Caucus, has introduced legislation that would remove marijuana from the list of controlled substances, making pot legal at the federal level.

Certain episodes of "Parts Unknown" hosted by celebrity chef Anthony Bourdain also contributed to the changing attitude about marijuana. Bourdain, a former heroin addict, took his television show, "Parts Unknown," to parts of almost all White New England to show whites of all ages smoking marijuana and using harder drugs like heroin. (Bourdain was found dead June 8th of an apparent suicide.)

Maine Governor Paul LePage charged, however, that Blacks from New York were bringing drugs into the state.

Before Bourdain, many people were led to believe through the news media, feature films and law enforcement that marijuana use was a problem only among blacks.

The way in which marijuana offenses were prosecuted convinced many people to think that way.

In 2013, the American Civil Liberties Union published "The War on Marijuana in Black and White: Billions of Dollars Wasted on Racially Biased Arrests," which reported that between 2001 and 2010 there 8 million marijuana arrests. The study also reported that a black person is 3.73 times more likely to be arrested for marijuana possession than a white person although blacks and whites use marijuana at similar rates.

The report concludes that the war on marijuana, like the larger war on drugs, which is universally regarded as a failure, has had a staggeringly disproportionate impact on African Americans.

The CBC reports that 40 percent of federally convicted drug offenders are black and 12 percent of drug offenders in the prison population are there for marijuana offenses. The CBC also noted that 14 percent of drug offenders' population is African American.

Decriminalization of marijuana is not a slam dunk in the black community. In his book "Locking Up Our Own: Crime and Punishment in Black America," author James Forman Jr. wrote that some blacks opposed legalization because they saw it as tantamount to giving up on black youth.

The CBC supports rescheduling marijuana from a Schedule 1 controlled substance. In addition, the CBC members want research conducted on the long-term health effects of marijuana. Some early research suggests that heavy marijuana users are at greater risk of developing Alzheimer's disease later in life.

Further, the organization wants money spent on the war on drugs allocated instead to rebuild the nation's black neighborhoods.

U. S. President Fails to Land Deal with Buhari

(TriceEdneyWire.com/GIN) – Try as he might, President Trump couldn't land a deal with Nigerian leader Muhammadu Buhari at their tête-à-tête in Washington last month.

Deploying his usual tough talk on trade, the U.S. president was shooting for a deal that would open the doors to U.S. farm products by "ripping down" Nigerian trade barriers that protect the fragile state of that country's agricultural economy.

Nigeria had too many trade barriers, President Trump complained, and should lift those barriers ASAP. He pointed out that Nigeria receives significant aid from the U.S. to fight terrorism and questioned whether the U.S. was getting its money's worth.

"We give Nigeria well over \$1 billion in trade every year, and we have already started talking with the President [Buhari] about taking down the trade barriers; very substantial barriers to the United States trade," Trump said, adding: "We think we are owed that."

Nigeria is one of the largest trading partners for the U.S. in Africa and the Nigerian business climate has improved under Mr Buhari's anti-corruption watch. If Nigeria "rips down those trade barriers" it could pave the way for



"growing our trade relationship on a principle of fairness and reciprocity," the U.S. president said.

Details of the conversation were revealed in a recent press briefing by the Nigerian Minister of Foreign Affairs.

To Trump's demand, Buhari pushed back, saying that while a lot of Nigerian oil was being sold to the U.S.,

American trade barriers also posed obstacles for Nigerian farm products seeking markets in the U.S.

Nigeria currently supports thousands of U.S. jobs through its export sales, according to the U.S. Dept. of Commerce. In 2015 (the latest data available), Nigeria supported an estimated 35 thousand U.S. jobs - 17 thousand in goods exports and 18 thousand in services exports.

By developing its own agricultural sector, Nigeria could reduce mass unemployment and an over-reliance on oil which has already left a huge scar on the local environment.

During the same visit by President Buhari, a multi-billion dollar deal with General Electric was signed for the rehabilitation of Nigeria's dilapidated railways. Partners in the deal include China's Sinohydro, South Africa's Transnet and APM Terminals of the Netherlands.

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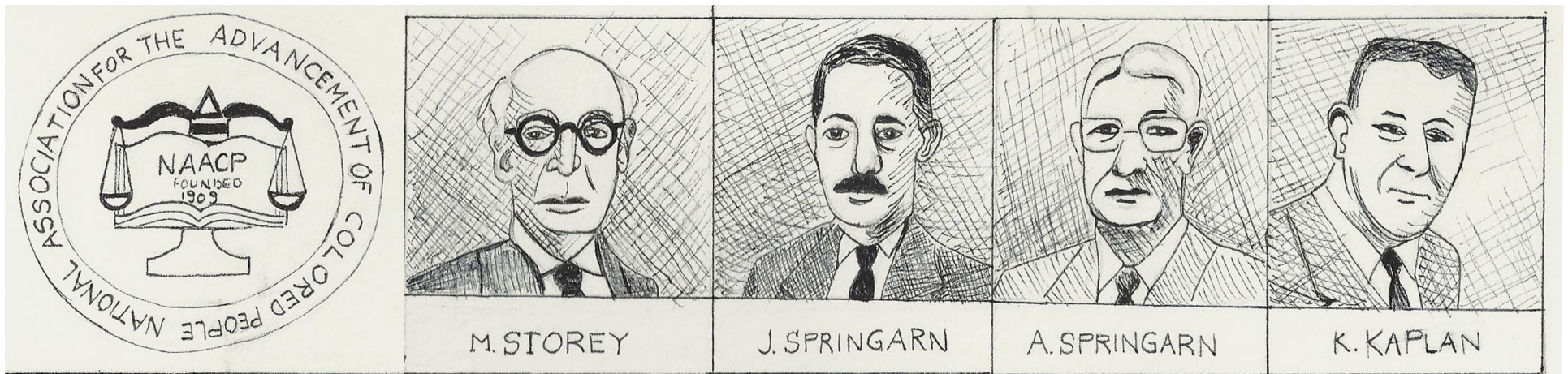
YOU SHOULD KNOW

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

ART AND HISTORY

by *Bertoni Jones Bey*
(jbaguart@yahoo.com)

National Association for the Advancement of Colored People



The NAACP was founded February 12, 1909 as a response to race riots and lynchings in Springfield, Illinois in 1908.

NAACP is an acronym for National Association for the Advancement of Colored People. Following in the footsteps of the defunct Niagara Movement as a civil rights organization the NAACP held its first meeting in New York City at Henry Street Settlement House – A charity home and social services agency.

The NAACP’s first meeting’s attendees were overwhelmingly European American. Amongst its African American founders were Ida B. Wells, Archibald Grimke, Mary Church Terrell, and W.E.B. Dubois. Its European American founders were Mary White Ovington, Henry Moskowitz, Joel Springarn, William English Walling (descended from wealthy slave-owning Kentuckians), and Lillian Wald, founder of The Henry House.

They first agreed to the title “National Negro Committee”, but on May 30, 1910 the group agreed to its current title: National Association for the Advancement of Colored People. Its mission statement promised to “promote equality of rights and eradicate caste or race prejudice among citizens of the United States; to advance the interest of colored citizens; to secure for them impartial suffrage; and to increase their opportunities for securing justice in the courts, education for their children, employment according to their ability, and complete equality before the law.”

In 1910 under editor-in-chief W.E.B. DuBois, the NAACP published a magazine called “The Crisis” bringing consciousness to social wrongs in the country.

As an organization that claimed to “promote equality of rights”, an examination of the ethnic make-up of those running the organization would appear to show otherwise.

Below is a list of the first executive officers for the 1910 NAACP:

Moorfield Storey – National President (Caucasian); **William English Walling** – Chairman of the Executive Committee (Caucasian); **John E. Milholland** – Treasurer (Caucasian); **Oswald Garrison Villard** – Disbursing Treasurer (Caucasian); **Frances Blascoer** – Executive Secretary (Caucasian); **W.E.B. Dubois** – Director of Publicity and Research (African American).

Following is a chronological history of NAACP Presidents:

1910-1929 - Moorfield Storey – A wealthy European American lawyer and former national President for The American Bar Association. Mr. Storey became the first NAACP national president.

1929-1939 - Joel E. Springarn – A wealthy Jewish professor of literature from Columbia University. He developed much of the NAACP’s early strategies then became its second president. The highest award one can claim in the NAACP is called “The Springarn Medal,” named after this second national president. (*So in the NAACP the highest award one can claim is named after a non-African American person.*) Mr. Springarn dictated in his will that this highest award always have funding to remain in his name.

1940-1965 - Arthur Springarn – Joel E. Springarn’s younger brother, who had a law degree from Columbia University, to date is the longest serving president in NAACP history.

1966-1975 - Kivie Kaplan – Mr. Kaplan came from a wealthy Jewish family who garnered success in the leather business. He was also a trustee for two African-American colleges (Lincoln University and Tougaloo College). Mr. Kaplan held the title of national president until his death in 1975.

1976-1982 - William Montague Cobb – An African-American scientist with a Ph.D. in Anthropology from Case Western Reserve University. Through research papers and doctoral debates, Dr. Cobb fought his whole life to dispel racial myths and biases long held in the sciences.

Dr Cobb represents the first national president in the history of the NAACP to resemble its supposed beneficiaries.

From its beginnings in 1909 until 1976 the NAACP was managed nationally by European American males. One would have to wait sixty-seven years for a “CP” to become national president over the NAACP.

With such a lack of executive and ethnic representation in an organization supposedly about African Americans, one must ask the question who does the organization belong to and why did European American males have such a personal and financial interest in managing its affairs?

Sources: mlive.com/opinion/kalamazoo/index.ssf/2013/09/julie_mack_facts_about_the-naa.html; [Wikipedia.com](https://www.wikipedia.com); [NAACP.org/old-est-and-boldest](https://naacp.org/old-est-and-boldest)

Willie O'Ree: Inducted Into NHL Hall of Fame

By Renika Williams

Hockey is my favorite sport. And as would be expected, there aren't that many Black players or many players of color at all. When I see a Black player on the ice or a Black person in the stands, I feel a sense of satisfaction and also a sense of excitement.

Sixty years ago, O'Ree broke the color barrier in the NHL when he suited up on January 18, 1958 for a game between the Boston Bruins and the Montreal Canadiens at the Montreal Forum. This year, on June 26, O'Ree became only the third Black player chosen for the Hockey Hall of Fame, joining 2003 inductee Grant Fuhr and 2010 inductee Angela James.

O'Ree was raised in a large family in Fredericton, New Brunswick—in Canada. He was the youngest of 13 children, born to parents Rosebud and Harry. O'Ree's grandparents traveled to Canada from the United States through the Underground Railroad to escape slavery, and while he was growing up, only two Black families lived in Fredericton.

O'Ree started playing hockey at age three and organized hockey at age five. He instantly had a passion for the game, regularly playing on the backyard rink of the family home and skating to school when weather permitted. At age 19, O'Ree moved to Québec and played the 1954–55 season with the Quebec Frontenacs of the Quebec Junior Hockey League, where he had 27 goals and 17 assists for 44 points in 43 games. (Which is really good!)



During the 1955–56 season, O'Ree lost about 95 percent of the vision in his right eye after he was hit by a puck that also broke his nose and cheekbone. He was advised by a doctor to stop playing hockey, but he was back on the ice within two months. However, O'Ree could not tell anyone about the injury because according to NHL bylaws, he would not have been eligible to play. But O'Ree was determined to make the NHL and to compensate for his blindness while playing left wing, he had to turn his head far over his right shoulder. He made his NHL debut in 1958.

O'Ree did experience racial taunts from opposing players and fans. One night while playing in Virginia, fans tossed cotton balls and a black cat on to the ice. While playing with the Bruins in the 1960–61 season, he was the victim of racial taunts from a Chicago Black Hawks player. The player also butt-ended O'Ree with his stick and knocked out some of his teeth. O'Ree retaliated by breaking his stick over the player's head. According to O'Ree, throughout his time playing hockey he was treated worse in the United States than in Canada.

When he retired, O'Ree became the NHL's Director of Youth Development and an ambassador for the NHL Diversity program. He traveled throughout North America to promote grassroots hockey programs, with a focus on serving economically disadvantaged children. In 2003, he was named the Lester Patrick Trophy winner for his outstanding service to hockey in the United States. In 2010, he received the Order of Canada for his outstanding service to youth development and promoting hockey within North America. O'Ree also received the Order of New Brunswick (2005) and was named an honored member of the New Brunswick Sports Hall of Fame, where he was inducted in 1984. He was inducted to the American Hockey Hall of Fame in June 2018.

Sources: <https://www.britannica.com/biography/Willie-ORee>; http://www.bostonherald.com/sports/bruins/2018/06/bruins_notebook_hockey_pioneer_willie_o_ree_elected_to_hall_of_fame; <http://theundefeated.com/features/willie-oree-the-first-black-hockey-player-in-the-nhl-hockey-hall-of-fame>; https://en.wikipedia.org/wiki/Willie_O%27Ree

Silent No More: Why Didn't You Go To The Police?

By Karen Boone

Senior Advisor, Women United Against Sexual Molestation

In the current climate of the “Me Too” Movement, as allegations of sexual abuse continue to surface, questions like “Why did you wait so long to tell someone?” and “Why should anyone believe you now?” have become the norm. These questions are simple but lack easy answers. In the midst of this climate, the inability to reason or understand this type of victimization has caused great doubt and confusion among the general public.

“Sexual violence is the most under-reported crime.” 63% of sexual assaults aren’t reported to police according to the National Sexual Violence Resources Center’s Statistics about Sexual Violence. 2016 data for the U.S. Equal Employment Opportunity Commission reports that sexual harassment allegations are not discussed as much as 94% of the time.

Spokane native Sherri Jones, Founder/CEO of Women United Against Sexual Molestation, recalls her victimizations and what motivated her after years of being quiet, to finally break her silence.

Home alone, as a teenager, Sherri questioned whether she should respond to the ring of the doorbell. Peering through the peek-hole she recognized a familiar face. She felt safe in opening the door for her family member. With her cousins peeking through the windows of his car, he entered her home, raped her and departed minutes later, leaving her numb, shocked, and in utter disbelief. She wondered what she had done to cause this assault and blamed herself for opening the door.

She wanted to tell her parents, when they returned, but she remained silent as she felt guilty and believed she would be punished. She worried about what the family might think if she disclosed the assault. She hoped her parents would sense that something was wrong, that she was depressed and had lost her joy and cheerful nature.



They failed to recognize her emotional condition and she chose to remain silent about the assault.

A few weeks after the assault, Sherri left her home heading for school. She kept her eyes alert, fearful that her assailant, who lived around the corner, might be out driving that morning. She felt a sense of calm as a family friend and her church minister pulled along-side of her, in his car, and offered to give her a ride to school.

Fear arose within her as the minister turned in the opposite direction of her school. Frozen with fright, Sherri found herself unable to speak or to fight off the sexual attack that came next. He drove in silence and dropped her off at the steps of her school shortly after the rape occurred. She entered the school in pain, numb, shocked and very unsure of what next to do. This man was a family friend who had spent many hours in her home. He was the minister who performed many of the Sunday services of the church her family attended.

Sherri recalls experiencing shame. She felt very abandoned and alone in the world.

She wanted to speak out, to tell someone what had happened to her and of the pain she carried in her soul. But she didn’t because she was fearful and afraid of the unknown.

She was fearful of backlash that might occur if she disclosed this assault, frightened of what the people in the church might think of her and very petrified of having her privacy invaded. Carrying this stigma, she was also concerned about ruining the Minister’s family and his way of life.

She chose to remain silent. Entering the dark tunnel of the justice system without actual promises of justice at the end of the tunnel felt hopeless and futile. With the desire to get beyond the pain she decided to remain silent and attempted to just get on with her life.

30 years later, Sherri was grabbed from the rear by a stranger while walking down a public street in Jacksonville, Florida. The stranger took a firm grip and began to drag her into a wooded area adjacent to the street. Fearing for her life she began to scream which alerted a car that was

passing by. The car stopped and a man got out of his car to assist Sherri. The stranger dropped her and ran. The police were called and her perpetrator was captured, booked, arrested, held for a short time but released without being formally charged. One month later he was arrested again for breaking into another woman’s home and sexually assaulting her.

Riveted with the knowledge of her assailant’s re-arrest, Sherri decided it was time to share her story with the public, explore opportunities to work with legislators around the creation of new policy’s and laws. In-addition she went on to create a non-profit, Women United Against Sexual Molestation (WUASM). Today, the non-profit provides a safe, compassionate place for victims who are in need of disclosing their abuse and a compassionate environment for suitable for healing.

Victims of sexual violence experience pain long after the initial act, according to the Rape Abuse and Incest National Network. Many feel guilty for their perpetrator’s action. They don’t want to hurt the family and feel guilty – like they did something wrong. They can have physical and lasting psychological effects. Many may experience flashbacks, post-traumatic stress disorders and depression.

Many sexual assault survivors believe our society, in large part, continues to hold them responsible for the violence committed against them. They believe they will be reprimanded if they speak out and condemned if they don’t.

Sherri Jones often wonders about the lives of others that might have been spared from abuse if she had been able to find the words, the courage, and the confidence to disclose her first incidents of abuse. She regrets she can’t change the past but has dedicated her future to creating a space in which others can experience freedoms in finding their voice.

For more information about WUASM e-mail sherri.jones@wuasm.org.

Black Men Share Their Lessons from Fatherhood

By Kenae Damon

(TriceEdneyWire.com) – Educator, author and speaker, Dr. Jawanza Kanjufu, says, “We encourage every man to be a responsible father. There has never been a time when we did not need our fathers.”

As Father’s Day rolls around each year we reflect on the brothers, uncles, cousins, and friends who have become dads over the years and vowed to take care of their children. In interviews this week, we talked to Black men on their perspectives on fatherhood, what they want their children to learn from them and the most essential lessons they learned from their own Dads.

Howard John Wesley, 42, is a born and raised native of Chicago. He moved to Washington D.C. to become the pastor of Alfred Street Baptist Church in Alexandria, Virginia. Despite his service to his nearly 10-member congregation and to the community, it is fathering his sons that’s among his most greatest callings.

Rev. Wesley is a father of two young boys, 13 and 6. “Being a father is one of the best roles I have, it is an honor to raise my two sons and no matter how trying being a Dad may be sometimes, I always do my best to remember that,” Wesley said.

Charles Reyes, 43, is an assistant principal of a high school in Philadelphia. He has been a father for 19 years and is the proud father of five kids. He grew up in a two-parent



home and had a close and personal relationship with his father. Reyes appreciates his father for setting the tone and being a strong man of the house hold. When asked how his relationship with his father affected his personal relationship with his kids he said, “I am the kind of father I am today because of the sacrifices my father made for me years ago.”

Also, from Philadelphia, **Wade Gordon**, 55, has been a father for 31 years and is a father of two adults children.

His father passed away when he was very young, but he has amazing memories of him. On this upcoming Father’s Day, his advice to all the fathers is to “always cherish the time you have with your kids because you never know when that time will be no longer. I always do my best to be extremely proactive in my kids’ lives.”

Three fathers in particular stood out the most in interviews. They are **Cortez Holland**, 23, **Tracy Garrett**, 56, and **Kirk Riley**, 51. All three of these dads experienced unique and traumatizing situations with their children.

Cortez Holland had his 5-year-old daughter when he was just a teenager. He says nothing was planned. But his daughter has become his world.

“Having a daughter at a young age forced me to grow up and I would be lying if I said it wasn’t a wakeup call for me and her mother.” He and the mother didn’t always get along at first and with both being very young, raising a child alone was a struggle. He said his relationship with his father was not the best because his father was not around. But that only encouraged him to be the opposite.

Tracy Garrett on the other hand had a pretty good relationship with his father and says he has an outstanding relationship with his son. He always pushed his son to follow his dreams and when asked what important lesson he wants his son to always remember him by, it is to never let anyone stop you from your success. *Continued on Page 21*

Reunite the Asylum Seeking Families

Demands from Faith Leaders and Leaders of Conscience

Eastern Washington State

We the Faith Leaders and Leaders of Conscience declare before you and this nation that the separation of children from their families is immoral. We demand the administration immediately create and execute a plan for family reunification. We call on the enforcement of Judge Dana M. Sabraw’s preliminary injunction that all children must be reunited with their families within 30 days, children under 5 must be united in 14 days and all parents must be allowed to speak by phone with their children within 10 days. We will not accept excuses. This immoral act of separating children from parents and siblings, taking away their toys, using of drugs to control the children, and keeping them from phone contact with parents, was done quickly and must be resolved quickly.

Further, we demand that the health and welfare of the children be made public. All children get sick, small children even more so. We demand weekly reports from Health and Human Services (HHS) to be released to the public containing the exact number of children being held, the exact numbers of those sick and being treated, and exact information of who is tending to the needs of the children. We demand that all who have contact with children go through the same background checks and finger printing required of all child service providers. We ask all citizens to communicate this to HHS through letter, phone call, or through their Representatives and Senators.

Finally, we stand in solidarity across faith and non-faith communities to say again that this is immoral. It must stop now. We will continue to demand transparency and accountability as long as we have people of all ages in detention on our borders. Reunite the asylum seeking families. Release them to a fair process. Provide clear weekly, public reports about the condition of the children for as long as they are held by US government agencies. Produce documentation that all who have contact with the children have the background clearance needed by child service providers. We are counting the days.

Faith Leaders and Leaders of Conscience, Eastern Washington:

The Reverend Genavieve Heywood
Veradale United Church of Christ, Spokane Valley, WA

Sister Pat Millen
OSF, Sisters of St Francis of Philadelphia, Justice, Peace & Integrity of Creation Committee, Spokane, WA

The Reverend Debra L. Conklin
St. Paul’s and Liberty Park United Methodist Churches and The Oak Tree, Spokane, WA

Venerable Thubten Chonyi
Sravasti Abbey, Newport, WA

The Reverend Richard Matters
Episcopal Priest, Diocese of Spokane, WA

Mark Hilditch
New Community Church, Spokane, WA and
Vino y Aceite, Tecate, MX

The Reverend Liv Larson Andrews
Salem Lutheran Church, Spokane, WA

The Reverend Christopher Snow
North Hill Christian Church (Disciples of Christ), Spokane, WA

The Reverend Jeannette Solimine
Colfax, WA

The Reverend Heather Tadlock
Interim Pastor, Bethany Presbyterian Church, Spokane, WA

Barbara Brock
Spokane, WA

The Reverend Kaye Hult
UCC, Post Falls, ID

Skyler Oberst
Director, Spokane Interfaith Council, Spokane, WA

Barbara Miller
SVCRC Director, Kellogg, ID

The Reverend Stephen Van Kuiken
Community Congregational United Church of Christ, Pullman, WA

The Reverend Andrea CastroLang
Westminster Congregational UCC, Spokane, WA

The Reverend Jim CastroLang
First Congregational UCC, Colville, WA

William Aal
Tools for Change, Spokane Valley, WA

The Reverend Dr. Jane Simmons
Spokane, WA

Dora “Duaa. Rahemaah”Williams
The Washington Islamic Chaplains Organization (WAICO)

The Reverend Dr. Roberta J. Wilburn
Jesus is the Answer City Church, Spokane, WA

The Reverend Michael Denton
Conference Minister, The Pacific Northwest Conference of the United Church of Christ

The Reverend Joan Broeckling
co-Director, One Peace, Many Paths

Miralem Cosic
Director, Muslims for Community Action & Supports, Spokane, WA
and President of BHHAOS - Bosnia and Herzegovina
Heritage Association of Spokane, WA

Pastor Steve Eriksen
Shalom UCC, Richland, WA

Liz Moore
Director, Peace and Justice Action League of Spokane, WA

The Reverend Walter Kendricks
Morning Star Missionary Baptist Church, Spokane, WA

The Reverend Beth M. Jarrett

The Reverend Nathaniel Mahlberg
First Congregational Church of Walla Walla, WA

The Reverend Dr. Scott R.A. Starbuck
Manito Presbyterian Church, Spokane, WA

The Reverend Pamela J. Starbuck
Manito Presbyterian Church, Spokane, WA

Rev. Dr. Todd F. Eklof
Unitarian Universalist Church of Spokane, WA.

Susie Leonard Weller
Spiritual Director, Spokane, WA

John N. Sheveland, Ph.D
Professor of Religious Studies, Gonzaga University, Spokane

The Venerable Thubten Chodron
Abbess, Sravasti Abbey, Newport, WA

The Reverend Alissa K. Bertsch
Cheney United Methodist Church, Cheney, WA

The Reverend Linda Bartholomew
The Episcopal Church of the Resurrection Spokane, WA

The Reverend Adam Bartholomew
The Episcopal Church of the Resurrection Spokane, WA

The Reverend Katy Shedlock
Audubon Park United Methodist Church, Spokane, WA

The Reverend Richard E. Melin
Executive Presbyter Emeritus, Spokane, WA

The Reverend Edie Rice-Sauer
Transitions, Spokane, WA

Rabbi Tamar Malino
Temple Beth Shalom and Congregation Emanu-el, Spokane, WA

Nov. Election - 5th Congressional District

Meet Your Congressional Candidates

How much do you know about the candidates that will be running for office in the upcoming *November 2018 election*? The decisions that members of Congress are currently making and will make in the future stand to have a significant impact on our community. Due to the importance of the upcoming November election for the 5th Congressional District, The Black Lens will be running a monthly column featuring the two primary candidates. I encourage you to read their answers, educate yourself, and vote like your life and your community depend on it. Because they do!



Black Lens June Questions

Topic - Immigration - According to a Pew Research Center analysis of U.S. Census Bureau data, there were 4.2 million Black immigrants living in the U.S. in 2016, up from 816,000 in 1980. Additionally, Black immigrants and their children make up roughly one-fifth (18%) of the overall Black population in the U.S. This makes immigration an important issue for the Black community. The Center for American Progress reported in January 2018 that nearly 11,000 DACA (Deferred Action for Childhood Arrivals) recipients were from countries where more than half of the nations’ immigrants to the United States are Black, and estimates from the Migration Policy Institute conclude that roughly 36,000, or 3 percent of African immigrants would have been eligible for DACA. Last year, President Trump cancelled the Deferred Action for Childhood Arrivals (DACA) program, impacting thousands of Black dreamers, and there are regular reports of arrests, detentions and deportations. A bi-partisan solution to immigration reform still has yet to be reached, leaving immigrant communities in a constant state of fear.

Questions: Where do you stand on the issue of immigration reform and on DACA? Do you support the president’s cancellation of the DACA program? Why? Why not? Which current immigration policies are working and which are not? What do you feel needs to be done now that is not being done to address the immigration crisis?

Cathy McMorris Rodgers

Q: Where do you stand on the issue of immigration reform and on DACA? Do you support the president’s cancellation of the DACA program? Why? Why not? Which current immigration policies are working and which are not? What do you feel needs to be done now that is not being done to address the immigration crisis?

It’s clear that our immigration system is broken, and it’s been broken for decades. Whether it’s DACA, agriculture guest-worker shortages, or issues with legal immigration processes, most of the discussion we are having today is a direct result of the fact that our immigration system is simply broken.

First, we need to fix the family separation problem at the border. The government should not separate children from parents who are awaiting adjudication for breaking federal immigration law. As Americans, a people who are warriors for human rights and dignity, these policies are inconsistent with our nation’s values and everything we stand for. Administrative action is good, but Congress needs to permanently fix this problem by passing legislation that clarifies separation shouldn’t happen when families are apprehended illegally crossing the border.

Here in Eastern Washington, we rely on tens of thousands of migrant workers every year to help with our states’ number one industry—agriculture. Agriculture guest visa workers comprise around 20 percent of the seasonal labor force in Washington. We rely on these workers to keep this industry thriving. Currently, the agriculture guest worker program doesn’t support the amount we need for our farmers to be successful, which is why I support reforms to allow needed workers into the country to support Eastern Washington agriculture. Later this year, I look forward to working on a bill that creates a workable agricultural guest worker program that recognizes our labor needs.

To be clear, I believe we must start by securing the border. I want people to come to America legally. While there are many changes needed to make our legal immigration system work better, we need to know who is coming into our country. Plain and simple: a country without borders isn’t a country. In some places, I think a physical barrier along the southern border makes sense. In others, increased technologies and patrols are needed. Neither solution works purely on its own.

We also need a DACA fix. We should recognize the unique circumstances DACA recipients face, and the value they



bring to Eastern Washington as students, job-holders, members of the military, and members of society. I’ve long said I didn’t agree with the way the Obama Administration went about enacting DACA, but that we must protect children who are already here, and those who are currently protected under DACA. That principle is fundamental for me.

I believe the best way to find a successful solution is through a bipartisan deal—understanding that neither side will get everything they want. As a member of leadership, I have been working to find an agreement that will protect DACA recipients and improve border security so we don’t have this situation happen down the road. I also want a solution that is actually going to get signed into law.

The Border Security and Immigration Reform Act, which I helped negotiate, has the best chance yet. It will fix the family separation problem, which I have publicly called on the administration to end, and authorize funding for construction of the border wall and border security efforts, close enforcement loopholes, end catch and release, reform the legal immigration system, create a merit-based visa program, and provide the DACA population a bridge to the legal immigration system and earn legal status in our country.

If we can secure the border and make reforms to legal immigration so those who want to come to America legally have the option to, we can begin to solve many problems within our immigration system. We can be a compassionate country, while enforcing our laws and advocating for the safety and security of Americans.

Lisa Brown

Q: Where do you stand on the issue of immigration reform and on DACA? Do you support the president’s cancellation of the DACA program? Why? Why not? Which current immigration policies are working and which are not? What do you feel needs to be done now that is not being done to address the immigration crisis?

This country has a shameful past of separating families, from African slavery to Native American boarding schools. But we also have principles, values, and a Constitution that should prevent us from repeating the worst chapters of our history.

That’s why the recent crisis on our border caused by a policy introduced by the Trump administration to prosecute everyone who crosses our border seeking asylum without proper documentation and, most notably, to separate children from their families is so unacceptable.

This policy – not a law – was partially rescinded by the administration. However, it only goes part-way: it still allows the administration to detain families indefinitely without due process and does nothing to provide a path for the more than 2,000 kids already separated back to their parents.

That’s not the only pressing immigration issue we’re facing. Since September, Dreamers across the country – including 1,200 in this district – have been living with uncertainty and insecurity about their futures. They’re in this situation because of decisions made by the Trump administration that Congress has not reversed or solved for almost 10 months.

But despite months of controlling every branch of government, Republican leaders have failed to pass any immigration reform that addresses the situation our Dreamers and families at the border are in.

Our Dreamers still don’t have a fix. These are students – whom I met at Eastern Washington and Gonzaga Universities – who were brought here as children. Under the previous administration, they were asked to come out of the shadows and register with the government in exchange for the promise that they wouldn’t be sent home for immigration violations they had nothing to do with. But their lives were turned upside-down last fall, and they still don’t know if they’ll be able to stay here to complete their education or continue in their careers.

Instead of acting in a bipartisan way to finally come up with a solution for these kids, Congressional leadership has used Dreamers, as well as kids separated



at the border, as a bargaining chip for funding for Trump’s border wall. These kids don’t deserve to be used as leverage. They needed a fix almost 10 months ago when the administration threw their status into uncertainty, and the fact that we still haven’t addressed DACA is unacceptable.

Both political parties have failed for decades to enact comprehensive and fair immigration laws. Today, we need to pass bipartisan immigration legislation that restores DACA and secures the status of Dreamers, upholds our American values to accept those who come here seeking asylum from violence and persecution, and allows agricultural employers to hire adequate numbers of visa workers, a major concern for farmers in eastern Washington.

My opponent stated recently that she would bring forward a bill that “fulfills the President’s campaign promises.” I am running for Congress to work for eastern Washington’s priorities, and will put country over party in respecting human rights and advancing the American Dream.

Yes, protection from drug smugglers and violent offenders and consequences for those who cross the border illegally should be included in our immigration laws. We also need fair practices to admit refugees and to grant asylum to those fleeing human rights abuses and opportunities for people to come here to study, work, and apply for citizenship.

What’s not working is Congress’ continued inaction and use of Dreamers in their partisan, internal fight to secure funding for Trump’s wall.

VOICES OF OUR NEXT GENERATION

Life

By Danielle Hunt

You plan to publish my copy,
I plan to make another,
You plan to paste my piece,
You can't even hold it together,
You tremble and quake like
the signs of forever,
At the wisp of my words, broken
and severed, how bout you listen,
While I spit something in your ear, listen to what your missing.
Cause it's stronger than your greatest fear,
I call it real, but I don't rep it like I rep life,
You either know or you better twist your heads on right,
Everybody partying they life away like this day is the last night,
But you never find nobody that's down to be on your level,
Cause all you got is , you, God, even the devil,
He's in that picture hiding behind a face,
It looks so different,
All it is is an empty space,
Filled with an imaged description of a demon without a face,
Evil has no name ,
But it has a time and place,
I'm a cold piece,
But my meaning is always heard,
Flow on beast mode, skin deep is my words,
On the tip, it's just that close,
No one understands this life,
more than the one that lived it the most,
The turntables of life are still spinning,
I'm still here trying to make life the only lotto worth winning,
So knock those hatas off ya shoulder;
Pop'em of the hinges,
Cause life done got colder
Baring the mark of life's stitches
Don't stay hating life ,
You can stay hatin' me,
Puttin faith before my pride,
Not even satan can mistake me
he replays this life,
Every part he plays a scene,
This life is a movie, uncut and unclean
Filled with tragedy,
life is a burden but everyday things happen,
When the devil puts his work in,
When all the pain is still hurting,
Life is what you make it,
and this life is definitely worth it,
Say cheese
Smile cause you deserve it,
This life is but a photo,
but every picture isn't perfect,
You set life as your wallpaper,
Whether it be you or someone else,
Living, breathing, with life as your seatbelt,
Ready to hang on for the ride,
But some treat life like it's already gone out this lifetime,
Nothing more than dead,
Breathe in, take a whiff,
Take life to the head
Think smart, Not brain dead,
We make up life and everything in it,
God put us in a world never once thought to be invented,
Certainly not by love,
Simply because we never thought we'd be his finishing touch,
I always thought life would come to a dead end,
But we've still got so far to go,
So much to still see,
It's just hard to let go for this life to still breathe,
And what's left in between,
No air, No pulse,
Just a silence of screams,
Better love, live, laugh, and hope
And let faith cast the next scene...



Kyroh Fwerro



My Trip to Costa Rica

By JaVaughn Corbett-Sparks
(17 years old)

In my junior year at City Charter High School, in Pittsburgh, PA, I was honored with the chance to go to Costa Rica. This international opportunity allowed myself and 19 other students to help improve "ghettos" in La Carpio and ecotourism in the rainforest.

This trip isn't for the average person. There are so many challenges and obstacles, that any lazy individual would give up on day one. This includes walking across bridges that are thin and about a hundred feet in the air. They were basically ladders with boards placed on top connected by 4 wires.

As a person who admires a risk, this was no challenge for me. However, when in La Carpio, ANYONE would be instantly humbled. Especially, when on the way in to the town, our guides and leaders warned us not to interact with any pets or drink any non bottled water.

The first hand confusion we had while being told this, quickly disappeared when we approached the broken city. From dirty stray dogs defecating wherever, to the



lively children who played right next to a sewage rutt. Though these are few of the limitations La Carpio natives face, they are still some of the warmest, kindest, and thankful individuals I have ever met.

We had endured so much the first five days, all of which are considered life-changing. Costa Rica is so beautiful. It exceeded my expectations, and going in, I already had a positive view on it. This is due to the lengthy research the 20 of us had to do before going on the trip.

Being an American, you become accustomed to the loyal, patriot-

ic lifestyle. Specifically, towards our military. Be that as it may, I was surprised when I learned that Costa Rica had gotten rid of its military almost 70 years ago, to improve their educational system. It is amazing to see the funding they once chose to engage in international (and sometimes civil) conflict, is now being used upon the knowledge of their youth.

This is just one culture shift that could benefit everyone in the US. For example, Costa Ricans today treat everyone as family. This is done through great hospitality and conversation, even if you do not speak Spanish. This principle is key to the lopsided ways of Americans. It's that "stand for my own and my own only" mentality that could be fixed by travel. It allows everyone to understand one another, not as a category, but as a peer and companion.

Overall, the delicious food, the kind locals, and the bonding between all of us during our service work made this trip special.

Travel can and will open the heart of anyone. I am honored to have been one of its spokesmen.

A Brand New Future: From Telemarketing to Construction

Headstart to the Contruction Trades Apprenticeship Training Graduates All Women's Class

Lanisha Jackson was born at Sacred Heart Hospital in 1985 and has lived in Spokane her whole life. She went to Rogers High School, but didn't graduate. She got her GED in 2005, but only ever had one job, doing political surveys over the phone. She got married, and by 2018 she had five daughters. Lanisha wasn't happy with the direction her life was headed.

"I was getting tired of just sitting around talking on the phone, I wanted to do more with my hands and I actually went to a resource fair that WorkSource put on, me and my husband, and that's where I found out about the program."

The program Lanisha is referring to is the Head Start to the Construction Trades Training Program that is put on by the Inland Northwest Associated General Contractors of America (AGC).

What attracted Lanisha to the program was the potential income. She and her husband were no longer together and she was struggling to make ends meet.

"Because I'm a single mother, I was looking for something that would pay me what two parents would make. I wanted a new career, so that's what got me."

Lanisha applied for the all-womens class that Inland Northwest AGC had put to-

gether with sponsorship from the Women Helping Women fund and although she was excited to be a part of the program, she was still very nervous on the first day of class.

"I was nervous, but I really liked that it was all women. I was excited to learn. To be learning something new. I was excited for the opportunity."

The program was a challenging one. The schedule was 9am - 3pm, Monday through Friday, five days a week, for six weeks, and despite the schedule, Lanisha still needed to take care of her daughters while she participated in the class. Picking them up from school. Making sure that they were cared for. It wasn't easy, but she was committed--and she completed the program.

On June 14, Lanisha joined nine of her classmates for a graduation ceremony at the Northeast Community Center to celebrate their accomplishment. They were the second All-Women class to graduate from the AGC Apprenticeship program.

Joining in on the celebration were a room full of family, friends, community members and elected officials, including Senator Michael Baumgartner, and City Councilmembers Lori Kinnear and Candace Mumm. The women heard words of inspiration and encouragement before



receiving certificates and tools to get them started.

In reflecting on the program, Lanisha said that she enjoyed everything about the class, especially the shed that the students learned how to build. "I really enjoyed it from start to finish, the whole course. There was so much fun and excitement, learning something new everyday and working on that shed. That was an accomplishment."

What she learned about herself in the process is that she has found the thing that she loves to do.

"Omigosh, I love construction," Lanisha said laughing. "I wish I had gotten into this sooner. Most of my life I've been getting into trouble. I didn't really go to work or nothing like that. I learned that I can do things, follow through, be there everyday, that I can do the hard work."

Lanisha says the class has made her feel more optimistic. "I feel more empowered now, and I feel like I'm bringing more to the table now." To anyone considering trying the apprenticeship class she says, "my advice would be to show up everyday, keep an open mind and absorb as much as you can."

Ready to Change your Life?

HEADSTART TO THE CONSTRUCTION TRADES NO COST - CO-ED CLASS

Offered through Inland NW Associated General Contractors Apprenticeship in collaboration with Spokane Community Housing & Human Services

**JULY 16 - AUGUST 24
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For information and/or an application contact:

Judith Gilmore, Grant Program Coordinator
judithg721@comcast.net or 509-990-956

Mike Ankney, Apprenticeship Director
MANkney@NWAGC.org or 509-319-4143



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FOODS FOR THE SOUL

Recipes for a Balanced Life By Faye McMillan



Sticks and Stones

Recently our media has been full of troubling news. What keeps jumping out to me is the word rejection. Rejection is the underling mask for bullying. Rejection is part of the business of this world. It comes in an endless variety of forms-not getting the job, a parent whose approval always seems to be just out of reach, a parent who decided not to be your parent after all, a spouse who comes home one day to say he no longer loves you or that he loves someone else, a friend that suddenly blindsides you with betrayal, a child who turns his or her back on your love.

There is no doubt that rejection causes an acute kind of suffering. It cuts lingering wounds that can splinter in many directions. It lodges itself deep into the memory, altering the way we see ourselves, others, situations, even God.

Recently I bought my granddaughter a new outfit for school with shoes and accessories to go with it. I heard some of the children compliment her on the dress but one of the girls told her it looked stupid and everyone laughed. Mmy granddaughter said “sticks and stones may break my bones but words can never hurt me” and came inside to change her clothes, with tears running down her eyes. We had a conversation about what had happened and how she felt about what was said. I told her its important to be honest with our-selves and when we are hurting to admit it.

I was able to help her understand that words do hurt and its all about how we deal with the hurt, and that she should never say that old tale again. My granddaughter put the dress back on and went outside and played with the children and had the best time ever.

As I thought about all these people in the media and how rejection has colored their life and mind, I want to share what scripture has to say. “Jesus is not a high priest who cannot be touched with the feeling of our infirmities” (Hebrew 4:15).



Did you know that Jesus was rejected many of times while here on earth? From family members (John 7:5) they rejected him as the Messiah. He was rejected by his community, when in his hometown of Nazareth, neighbors that he grew up with and family friends “took offense at him” (Matthew 13:57). Jesus knows rejection from a parent, the night he was arrested (Matthew 26:38).

Rejection is a significant source of pain for many of us. It truly is a sweet comfort knowing that Jesus understands our pain in the most real way, that he shares the burden. You see Jesus redeemed us from that curse by taking it upon himself. To redeem is to buy back, to accept, to choose. That is the opposite of rejection. We have received the “Spirit of adoption” (Romans8:15). That’s permanent, binding acceptance. We know, now, nothing can separate us from the Father’s love (Romans 8:38,39).

Man’s rejection is made so small in light of the truth that, through the gospel, we have God’s eternal love and acceptance, unconditionally. What can man’s rejection do to us if Almighty God is for us?

Faye’s Tea Cakes

- Ingredients**
- 1/4 cup unsalted butter, room temperature
 - 1/4 cup butter-flavor shortening
 - 1 cup granulated sugar
 - 1 egg, room temperature
 - lemon zest (1 small lemon)
 - 1/2 vanilla bean, scraped
 - 2 cup flour
 - 2 teaspoon baking powder
 - 1/2 teaspoon salt
 - 1/4 teaspoon nutmeg
 - 1/4 cup buttermilk
- Instructions**
1. In a large bowl cream together butter and shortening until creamy.
 - 2.Mix sugar until well combined
 3. Mix in egg
 4. Mix in lemon zest and vanilla bean paste. (set aside)
 5. In a medium bowl, sift together baking powder, salt, and nutmeg.
 - 6.Mix dry ingredients into the wet ingredients, alternating with the buttermilk.
 - 7.Turn dough onto a smooth surface and knead until dough is soft.
 8. Shape into a disk and cover with plastic wrap.
 9. Refrigerate for 1 hour (or freeze for 30 minutes)
 - 10.Preheat oven to 350 degrees F.
 11. Line a large baking sheet with parchment paper. Set aside.
 12. Remove dough from fridge and plastic wrap.
 - 13.Knead dough to soften it.
 14. Roll dough to a 1/4 inch thick (roll dough on parchment to prevent sticking).
 15. Use a round cookie cutter to cut out circle shapes.
 16. Place cookies on prepared pan about 2 inches apart.
 17. Bake for 8-10 minutes until bottoms are lightly golden.
 18. Remove from pan and place on cooling rack to finish cooling.
 - 19.Once cooled store in airtight container.

- Notes**
1. The dough should be cold when going into the oven. So if needed pop the cut cookies into the fridge to chill it again.(If you work at a steady pace you probably won’t need to chill it again since it does stay cold for a while).
 - 2.Do not over cook the cookies!! They will not get golden on the tops and will continue to cook as they cool.

Give it a try and let me know if you like it.

SAVE THE DATE



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Spokane's 2018 Juneteenth Celebration



The 2018 Juneteenth Celebration was held on Saturday, June 16 in Liberty Park. Despite a few scattered rain showers and park grass that was as dry as the Sahara Desert, all those who were in attendance shared good food and great conversation.

Local organizations staffed information tables, community members entertained with song, dance and spoken word, individuals and organizations were honored with pillar awards, and a couple of local candidates

running for political office even stopped by to join the celebration- Lisa Brown running for congress, who spent time with some of our best and brightest young adults, and Dennis (DC) Cronin, running for Superior Court Judge, who made time to listen to requests for legal advice.

The annual celebration honors the end of slavery in the United States and is sponsored by the Inland Northwest Juneteenth Coalition: <http://www.inwjc.org>.



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Links 2018 White Rose Brunch



The Spokane Chapter of The Links, Inc. held their annual White Rose Scholarship Brunch on Saturday, May 19 at the Red Lion Hotel at the Park in downtown Spokane.

The Links organization consists of nearly 15,000 professional women of color in 289 chapters located in 41 states, the District of Columbia, the Commonwealth of the Bahamas and the United Kingdom, who contribute more than 1 million documented hours of community service annually to strengthen the communities that they live in.

In addition to raising money for their scholarship fund, during this year's brunch the Links also recognized in-

dividuals for their work and service to the local community. Recognized were Charles Williams on behalf of the Neighborhood Networks Teen Program in the South Perry Learning Center and Bishop, Shon L, Davis, Pastor of Jesus is the Answer City Church

This year's scholarship recipient was Michael Kamau, a student at Shadle Park High School.

The brunch also featured Links members strutting their stuff down the runway to the music of D.J. Barry Thornton in a lively and colorful fashion show that was sponsored by Audrey's Boutique.

Photos courtesy Rev. Robert Robertson, Talent of Memories.



Black women in the U.S. are nearly 40% more likely to die of breast cancer than white women. Let's change that.

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Heads Up (Spokane)

By Kiantha Duncan

A Noose is a Noose.



A noose is a noose. Even when it comes with my warm rolls, Belgium whipped butter and the bone in filet mignon.

Not just any filet mignon, but a delicious, dry aged, 12oz “holy grail” of a filet. It happens every time. I’m prepared to order as soon as I walk through the huge wooden door.

First things first, bring on the warm yeast rolls that are always baked golden brown with a slight crunch- when you bite into them.

Don’t forget the imported Belgium butter that’s always served room temperature. I repeat “always served room temperature” to assure its perfect texture, which happens to be super damn creamy (I digress). Back to the noose.

Why must I love art? Why do I pay attention to the art selection everywhere I go? Why couldn’t I just leave without seeing the noose?

This noose, this painting was about to jeopardize whether I could ever return and patronize my beloved Churchill’s Steakhouse again.

I had to see it. It had to be me.

Here’s what I saw. A large painting. A portrait of ten or so white men sitting jury style. Two rows. One holding a noose.

To my way of thinking, everyone should be offended by this painting. Clearly no one had ever noticed. Unfortunately, I had to see it, and I had to express my disdain for the piece of art and what it represented to me.

After seeing “it”, of course I was angry. I’d love to sound like the perfect social justice soldier and say my first thought was about how “this type of thing will no longer be accepted” and “we must use our voices and influence to assure that things like this don’t go unnoticed and this art really should be taken down.

But in all honesty, as a consummate bread lover, the first thing I thought was “oh, Lord why? Why Lord? This damn painting is going to make me not be able to go and eat those delicious warm yeast rolls slathered in that Belgium imported whipped butter. Why Lord? Why me, why Churchill’s lol…”

Little did I know that not only would the outcome of my conversation with the restaurant’s General Manager lead to both positive and swift action (at the command of the owner), it would also ensure that those delicious yeast rolls, that Belgium butter and my bone in filet would remain a part of my diet for years to come.

I don’t know that the details of my conversation with the General Manager are important so, here is the long and short of it.

Me: “The painting is offensive blah, blah, blah…”; “People of color have historically been lynched blah, blah, blah…”; “This type of painting is offensive in its implication of blah, blah, blah…”

General Manager: “We have never had anyone bring this to our attention blah, blah, blah…”; “Thank you for letting me know your feelings behind it and of course I will communicate your concerns to the Owner and be in touch blah, blah, blah…”

Within a few days I received a voice mail. I listened to it completely prepared to fight for my “people” and my “warm yeast rolls and Belgium whipped butter”.

To my surprise, the owner of Churchill’s Steak House was not only in support of the paintings being removed, he shared his concern with the state of not only our country but the world.

You see, what happened was more than I could have asked for or expected. The owner of Churchill’s Steak house understood the need to be socially responsible and sensitive to the things that hurt/have hurt or affect others, namely minorities.

He didn’t need to be schooled on why a painting like this could not hang in a restaurant that “brown people” patronized. He got it on his own.

The paintings were scheduled to come down and I and my beloved (rolls and bone in filet) could remain in relationship!

The point, speak up and be committed to using your power/voice to influence change. Be willing to walk away from the things you love- on principal alone, and last but not least…order the Bone in Filet and tell them “Duncan sent you”.

P.S.

I was seeking resolution so there was no need to go into why the damn painting ever made it to the wall in the first place. I’m telling you those rolls are good lol…

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

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Tongues of Fire

Fresh Hell

By Beverly Spears



I’ve long been tentative on the subject of celebrating America’s greatness, but I promise you the words *Happy Fourth of July* will not cross my lips this year. I won’t so much as light a sparkler, let alone ooh and aah at those bombs bursting in air. My family will not grill one hamburger, smoke one rib, or take so much as a single bite of potato salad in celebration of the birth of American Independence.

I haven’t had the occasion to place my hand over my heart and sing the National Anthem in a few years, but should I find myself at a baseball game this summer, I will take a knee right on the filthy concrete in front of my bleacher seat and keep my mouth shut. I will definitely not pledge allegiance to this country’s flag, because right now I do not respect “the Republic for which it stands.” I do not consider it “one nation under God” because it is in fact becoming a very Godless nation. And as for “liberty and justice for all,” that’s been pure hypocrisy since the words were first spoken. Some say, while it’s true this country is far from perfect, it’s the ideal of America to which we pledge allegiance. My answer to them: Ideals are like good intentions, the road to hell is paved with them, and the United States of America is in Hell!

I want to think that a country is not its government. A country is its people. I want to think that a country should not ultimately be judged by the actions of its government, but by the heart and soul of its people. But in a representative democracy, a country is its government, and the people are ultimately responsible for that government.

America is a country led by a government that cruelly separated thousands of children from their parents; parents who came to its borders desperately seeking asylum from violence and tyranny in their own countries. It is a country that would warehouse these separated families in chain-link cages with nothing but mats and blankets on a cold floor. Is such a country worthy of my allegiance?

America is a country with a government that would order its law enforcement officials to seize wailing babies from their mother’s arms and lock them away in detention centers, euphemistically called Tender Age Shelters. Is such a country worthy of my allegiance?

This is a country whose President traumatized innocent children and desperate families, by using them as political pawns in order to advance his xenophobic legislative agenda. Is such a country worthy of my allegiance?

Donald Trump had plenty of historical precedent on which to stand in the heartless and cruel separation of migrant children from their parents. The Washington Post recently ran a story on an exhibit at the Smithsonian’s Museum of African American History and Culture, which documents the tragic U.S. history of enslaved children being separated from their enslaved parents. The exhibit is called “The Weeping Time.” Part of the exhibit is a narrative recalled in 1849 by Henry Bibb, a former slave.

“A mother unleashed a piercing scream as her baby was ripped from her arms during a slave auction. Even as a lash cut her back, she refused to put her baby down and climb atop an auction block. The woman pleaded for God’s mercy, but the child was torn from the arms of its mother amid the most heart-rending shrieks from the mother and child on the one hand, and the bitter oaths and cruel lashes from the tyrants on the other.”

Beginning in 1860, thousands of American Indian children were forcibly separated from their families and sent to government-run or church-run boarding schools. At these schools far away from the reservations, Native children were forced to cut their hair and give up their traditional clothing. From the same Post story, “They had to give up their meaningful Native names and take English ones. They were not only taught to speak English but were punished for speaking their own languages. Their own traditional reli-

gious practices were forcibly replaced with Christianity. They were taught that their cultures were inferior. Some teachers ridiculed and made fun of the students’ traditions. These lessons humiliated the students and taught them to be ashamed of being American Indian.” The motto of Richard Henry Pratt, the long-time head of the Carlisle Indian School in Carlisle Pennsylvania was, “Kill the Indian and Save the Man.” It was not until 1978 with the passing of the Indian Child Welfare Act that Native American parents finally gained the legal right to deny their children’s placement in off-reservation schools. Nineteen Seventy-Eight!

After tremendous public outcry, Donald Trump reluctantly issued an Executive Order discontinuing his family separation policy. Now families at the border are being indefinitely detained together to await their fate. Here again there is historical precedent. President Franklin D. Roosevelt’s Executive Order 9066 ordered the internment of Japanese Americans in the United States during World War II. From 1942 to 1945, between 120,000 and 127,000 people of Japanese ancestry, most of whom lived on the Pacific coast, were forcibly removed from their homes and incarcerated in camps in the Midwest. Sixty-six percent were American-born citizens of the United states. Their only crime was that they were of Japanese ancestry. Without any evidence, they were suspected of being loyal to Japan.

Those arriving at American borders today seeking asylum from violence and terror are mostly from Honduras and Guatemala. It is an indisputable fact that the common denominator in the heartless practice of interning families, and the separation of children from their parents, past and present, is that these are all people of color.

There’s one final example from world history that we need to call to mind: The forced separation and imprisonment of Jewish families in Nazi Germany. I’ve been told more than once that this is a false equivalency. But the difference is only one of degree and scale, and so far, no one has been exterminated. The principles and motive behind what the Nazis perpetrated upon Jewish families and what

the Trump administration is doing to migrant families is the same: Xenophobia, hate and political expediency.

It is almost beyond comprehension that in 2018, in the United States of America, our government could once again deliberately and systematically force the wholesale removal of children from their parents.

I think Donald Trump was counting on the fact that most people would either support or ignore what was happening at the border. He is doing his best to make us feel threatened by people Trump calls “animals” that are “infesting” our country. But he cannot infest our hearts with hate unless we let him. There will always be people who harden their hearts and sell their souls. But the willful desecration of the parent-child bond, the most sacred of all human ties, is a grievous sin before all of humanity and before all that is Holy.

The American people, individually and collectively rose up against the Trump administration and forced him to end his cruel policy of separating migrant families. But this is just the end of the beginning. The fate of the children already separated, including infants and toddlers, is uncertain. Children are being disbursed and detained in undisclosed facilities in at least 14 states. No effort was made, no mechanism put in place to track children and parents in order to reunite them. There are already reports of parents being deported with their children still in custody in the United States. In all probability some may never see each other again.

We have to be ever-mindful of the divine Spark within us if we are to overcome the tide of evil we are up against. We must be ever self-reflective in order to avoid being consumed by hate. We must find a way to sustain long-term, right-relationship with each other. Only then can we finally transcend this country’s history of fear, hate and exclusion. If we don’t, we deserve the living Hell we have been complicit in creating. I cannot with integrity, blindly pledge my allegiance to America, but I will pledge to work to make America a country worthy of my allegiance.

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THOUGHTS FROM A GRANDMOTHER

Happy Memories

By Evelyn Anderton

I have thousands of happy memories in my lifetime, my wedding day, the birth of my children, the birth of my grandchildren and great grandchild. However, my childhood memories are most precious to me, that sound foundation has made me the person I am today.

One of my fondest memories was during the summer months. My sibling and I couldn’t wait until the last day of school because, we would be spending the summer at our grandmother’s home. We really didn’t have a choice because our grandmother was the summer time babysitter. After we arrived we had our summer chores that always came with the visit. We washed window, walls, cleaned mattress springs (old school), before box springs, and my brothers did a little painting if needed. Once our chores were all completed we looked forward to the rest of the summer.

No! we didn’t get ready for summer camp, we got ready for a week of vacation bible school. We met new friends, learned songs, bible verses, bible lessons and played games(outside). There was always a big picnic at the end



of the week. During the summer months, family members would often visit our grandmother. It seems every year we would meet a new uncle, aunt, and cousin. I remember how happy our grandmother was with each and every visit throughout out the years. She really loved and enjoyed immensely being around family.

What really got me and my siblings excited and anxious was the family reunion. It was always the most fun during

our summer visit at our grandmother’s home. It was much more than a time to get together for eating, it was a celebration of family history from our elders and parents.

Reunions are a time when children can meet and interact with grandparents who they may have moved away from, as well as to interact with family members who are a part of their own history. Reunions are a time for babies to be introduced to relatives getting on in years, for middle-aged family members to reflect on their accomplishments and for up-and-coming youngsters to share their plans for the future. Reunions might also be used as a time to share family traditions, such as crafting or joining together in shared beliefs.

It was nice to hear family stories from our elders and be able to share them with our children because they can learn things that they wouldn’t otherwise have learned. It gives you the opportunity to spend some quality time together and celebrate your love and family connections.

Family reunions are all about family bonding, preserving tradition, making happy memories and sharing them with our family members. If you have not gone to your family reunion you should. If you don’t have one, start one. You will probably find that your family isn’t as crazy as you think, but they are loving, caring and fun to be around.

Fried, Dyed and Laid to the Side: A Hair Memoir

By Jackie Rose



In 1955, I was five years old when Emmett Till's mother demanded an open casket so everyone could see what brutal white men had done to her child. I wasn't allowed near

the Jet magazine photographs then; years later, of course, I did view them. Righteous rage was immediate, and mingled strangely with memories almost forgotten from so long ago... Maybe what triggered those memories were the Black women in the photos, with carefully and beautifully styled, straightened hair. As my grandma used to say, "fried, dyed, and laid to the side".

To get that look wasn't easy. By the time I was five years old, I dreaded Saturday because that was usually the day to get my hair "done", which, let me tell you children, about "done" me in. The first place I recall undergoing the every-two-weeks procedure was in Miss Margaret's second-best front room, which doubled as a beauty parlor. The authorities in Cincinnati had no idea it existed, of course. In those days, as now, Black folks operated an underground economy, to try and keep our little bit of cash out of official hands and in our pockets. Miss Margaret had never been to "beauty school", like my great-aunt Betts down in Louisville had been, but she knew how to fry hair. And I mean "fry", because you could hear it sizzle and smell it near ready to combust (though you didn't say so). This was before "relaxers" came in – more on those in a minute.

First, I got a shampoo, which wasn't too terrible. Then, the hair dryer, sample of the hell to come. If it was summer in Cincinnati, with 100% humidity and air conditioning a sci-fi fantasy, I was already sweating by the time I sat in The Chair



and the hot comb was pronounced ready by application of Miss Margaret's wetted fingertip. The dampness in my hair – then shoulder-length due to diligent brushing and greasing of my scalp – would crackle and smoke. Trying to get my "kitchen" to behave required going back over it several times, not to mention my sides over my ears. Flinch and you got scorched. I would stare straight ahead and pretend to be made of stone. Mama was watching, after all...

Finally, the curling iron was readied. That thing would roll up tight to your scalp, I'm telling you children, and hold there for what felt like a week, then be clack-clack-clacked loose. The relatively cool air of Miss Margaret's second-best front room was the kiss of an angel on my burning head.

And somehow, when the curls were fluffed out and the bangs just so and the mirror presented, I liked what I saw and thought it was pretty. I ask myself now, why? Because the hair matched what magazines and movie posters presented as beautiful? Good grief, I tell myself, that was White People Beautiful; What the dickens was I

thinking? I guess there are scholarly explanations all about the psychology of the oppressed, and the need to blend in and not be singled out as "different" simply in order to survive, but I was just a little girl then. All I understood was to do everything in my power to prevent my shiny curls and neat "kitchen" from "going back" too much before Sunday church and the next hair appointment. "Going back" – back to Africa...

Later, we had Miz Brown to do our hair. She would come to the house with her suitcase full of hot combs, curling irons, pomades, hair dryers, and bobby pins to hold pin curls in place while they set. She would heat her instruments (shades of a medieval torture chamber, uh-huh) on the gas burners of the enormous old range that took up the entire back wall of our kitchen. Ventilation in there came by way of two windows that faced Crazy Jenkins's backyard and so couldn't always be open in summer because of his yelling. And in my memories it is always high summer when I'm getting my hair done.

By the time I hit junior high, "relaxers" had made the scene. So you could risk your life at home using one of the kits on your own, or you could go to a real beauty shop and have a (you hoped) professional do it. On would go the rubber gloves, and the stuff would be slathered on your head and worked in and left to cure, or set, or blow up. After about five or six minutes, child, your scalp would start tingling, then prickling, and when the stuff was just short of burning its way through your head-bone, the operator would rush you to the shampoo bowl. The relief of getting that mess rinsed off your head was indescribable. And if it was done just right, you came up out of that shampoo bowl with some straight, "good" hair, ready to be styled. And if you'd held out till flames were coming out of your scalp, that relaxation would last a good long time, till your African hair started working its kinky way up from your roots.

I went with this program till the auto accident around about 1968. Windshield and me met, and I lost, but won 32 stitches on my forehead, and so much glass in my hair, I had to cut off the pretty part. What was left was nappier than a Labradoodle. And short. And soft. And, good grief – pretty. Hair was becoming politics by the 60s, as you know; so why not, I thought. Why the hell not? Mama didn't say anything, but I knew she wondered what had gotten into me. Looked at the photos of Emmett Till and his beautiful mother, looked at my kinky do in the mirror and have never regretted that auto accident's accidental revelation.

Looking at you lovely children today, with your rainbow braids and extensions and your blonde and red-headed Queen Bey tresses, I say more power to you and go on with your bad selves! But try to understand why this old woman is still happy to be nappy and does not ever want to see a hot comb, a curling iron, or a "relaxer" again!

Photo Credit: Wari Lace Blog: <https://warievent.wordpress.com>

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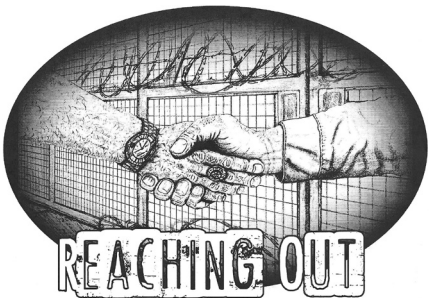
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THE BLACK PRISONERS CAUCUS

Coyote Ridge

It's Time to Be The Change We Speak

By: Michael Linear

My African American brothers and sisters, it's time we can rise up to the call of accountability. If your actions are not congruent with your words, I respectfully ask that you put your hand down and quietly have a seat. We're not in need of anyone to hypnotize the crowd with a fanciful speech, or bring our people together only to say, "Its time to come together". Present day our leaders are not our speakers, and the voice of our teachers carry a hidden agenda in every echo of their tone. Since when has philanthropy been accompanied with publicity?

With intentions like this, we see the destruction of our people vividly; Black men warehoused in prisons; and Black women left raising children on their own. Statistics say, in the absence of the father, the male child is destined for prison, or life on the streets, and the female child will find a man who resembles her father (good and bad traits). With facts likes this, it's enough to become the change we speak.

There are journeys we have to make without a soul in our physical presence, but when sincerity exists within your move-

ments, really, you are never alone. Inside your mind, you begin to consult with great people who journeyed on before you. The ones that possessed the courage to rise to the slave master and his black whip and say NO MORE! No more! Sleeping and living in conditions unfit for the horses they patrolled the cotton fields with. No more! Whips slammed across the backs of our men, woman and children No more! Children separated from their siblings and parents.

Have we forgotten the methodology of our ancestors? Is your human vessel not sturdy enough to carry a couple of spiritual wounds? I ask you again: with facts like this is it enough to be the change we speak.

Can you look inside the mirror and honestly say to yourself: I am satisfied with the results; am I pleased with the outcome of my efforts; I have done enough, and I can rest peacefully.

My spirit is deeply disturbed brothers and sisters. Since when has change only been displayed with words? Nouns and adjectives didn't release our people from the manacles that embraced their neck, wrist, and feet coming off those slave ships. Kind words didn't lead over 200 slaves across the underground railroad. It was blood, sweat and tears that helped our people march in

Selma and to get president Johnson to sign the voting rights for African Americans in 1965. When did the people giving up appear in the midst of this movement? Where are all our fellow soldiers in this fight: men and women? Abandon the Facebook. Turn off your phones and gather the bodies who are willing to make a sacrifice and let their voices be heard in the "streets."

I wrote down this quote I saw on television recently. "We can't determine where we die or how we die, but we can determine what we die for." I strongly believe that anything worth fighting for is worth dying for, but most of all worth living for. Its seems the mass majority of us are fighting for all the wrong things: recognition, money, men, women, and even fashion. These types of people have abandoned their post. The genuineness is absent in the characteristics of the individuals doing all the talking. If the message is teach one reach one, why are we still struggling to teach just ONE?

The most important time in any of our lives is right now: we have to be stronger than we have ever been. It is incumbent upon us all to familiarize ourselves with our brothers and sisters who had great success. This is the guaranteed recipe for our ultimate achievement. Remember the saying "united we stand, and divided we fall." With so many of us standing in the back, it is no

surprise why we continue to fall. Every second, minute, hour, we must stand up and be accounted for, for what we believe in. If this is not you, then it is most definitely time to reevaluate your personal morals and beliefs. Just merely speaking about the change can no longer cut it. We must be the change we speak.

In closing, please understand that as a Black community, we have come a very long way, yet there is still a ways to go. Traces of the injustices that were placed on us through slavery and Jim Crow laws still exist to present day. But the restrictions that once held us captive are no more. We can lift our voices and be heard. All it takes is for one to come forward and express actions of courage.

We are stronger and much wiser than we have ever been, therefore capabilities are immeasurable with the right types of efforts. Talking about change and coming together is a speech we can do away with in the present day. If you are waiting for someone to enter your life and demonstrate guidance, it is you my brothers and sisters that must rise up and be the change that we seek.

Be the change you speak!

Any questions or concerns reach me at memberatBPCeast@gmail.com

HOW I SEE IT



By
**Robert
Lloyd**

I once lived in a community that believed in and fought for self determination. We fought!! But now this is 2018. What are you doing? What have you been doing? Has your church joined the Poor Peoples Campaign? If not, why not? No one will save you but you.

Community Meetings, Chicago Illinois, 1962

Meeting to Stop Richard J Daley and Neistein

JANUARY 1962

DEEP RESENTMENT AMONG NEGRO RESIDENTS

Chicago Westside community meetings 1963

Robert J Lloyd © 2011

We Would Have No Black President If 29th Ward Did Not Fight For Home Rule

Grilling Can be Bad for Your Health



By Glenn Ellis

(TriceEdneyWire.com) - If well-done burgers or charred hotdogs are your thing, you might want to read this:

Regularly consuming well-done or charred meat may increase your risk of developing pancreatic cancer by up to 60 percent.

So this means that ruining a piece of meat isn't the only thing you need to worry about if you're cooking at high temperatures. High heat can also produce chemicals with cancer-causing properties. Cooking meat at the high temperatures you use to grill—as well as broil and fry—creates heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs), compounds linked with some cancers.

Grilling is double trouble because it also exposes meat to cancer-causing chemicals contained in the smoke that rises from burning coals and any drips of fat that cause flare-ups. How long the meat is cooked is also a factor in heterocyclic amine formation; longer cooking time means more heterocyclic amines. Depending on the temperature at which it's cooked, meat roasted or baked in the oven may contain some heterocyclic amines, but it's likely to be

considerably less than in grilled, fried, or broiled meat.

PAHs form when fat from meat drips onto the charcoal. They then rise with the smoke and can get deposited on the food. They can also form directly on the food as it is charred. The hotter the temperature and the longer the meat cooks, the more HCAs are formed.

HCAs can also form on broiled and pan-fried beef, pork, fowl and fish, not just on grilled meats. In fact, National Cancer Institute researchers have identified 17 different HCAs that result from cooking "muscle meats" and that may pose human cancer risks. Studies have also shown increased risk of colorectal, pancreatic and breast cancers associated with high intakes of well done, fried or barbecued meats.

But the small cancer risk associated with grilling meat isn't so great that you need to forgo hamburgers, hot dogs and steaks altogether. Try these safer ways to grill up a storm and stay safe in the process:

Go old school. Got spare ribs (and spare time?). Traditional BBQ methods are a safer route to take, since it involves slow cooking of meats over indirect heat.

Marinate wisely. Scientists have found marinades can make grilling safer by reducing the amount of carcinogenic compounds released in the air. (It's still unclear why exactly they help.)

Nuke it. Pre-cooking meat in a microwave will kick-start the cooking process and lead to less time on the grill. Cooking meat in the micro for two minutes can reduce HCA content up to 95 percent!

Get a trim. When fat drips onto an open flame, flare-ups can spread nasty chemicals onto the meat. So remove the skin from chicken, and skip fatty meats like sausage and ribs. When food is burned, these chemicals stack up, so remove all charred or burned bits before eating, too. Flipping meat frequently at a lower temperature will also help avoid charring.

Use a thermometer. To prevent cooking at temps too high, use a thermometer to regulate how hot the grill gets. Steak should be cooked to 145 degrees F, hamburgers at 160 degrees, and chicken at 165 degrees. (To measure, place the thermometer in the thickest part of the meat, avoiding the bone, fat, and gristle.)

Clean the grill. Make sure the grill is nice and clean to avoid cooking on leftover grease and pieces of char. But heads up: cleaning with metal bristles could leave a few pieces of wire behind (to be accidentally eaten later on!). The solution? Clean off the grill with a non-wire brush (or an onion!) instead.

Color it up. Try eating grilled meats with cruciferous vegetables (like broccoli). These superfoods contain fancy anti-inflammatory nutrients called isothiocyanates that change the way the body breaks down dangerous grilling chemicals, making the meat safer.

Don't go well-done. Meat that's overcooked is associated with no-good chemicals and the health problems that can follow. So follow the recommended temps for safe meat, but make sure not to eat meat that's too undercooked or raw either.

Leave the meat alone! The easiest solution to stay away from harmful chemicals

is to say no thanks to meat. Luckily, there are many meat-free options that are great on the grill.

Unlike meat, veggies don't create carcinogens when cooked to a crisp. Still, there's no need to become a vegetarian or toss the grill completely. Fruits and vegetables that work well on the grill include onions, green and red bell peppers, zucchini, broccoli, carrots, potatoes, pineapple, papaya or mango. Skewers that alternate small bites of meat with vegetables or fruit are an easy way to maximize flavor and minimize unhealthy chemicals. Don't substitute processed (luncheon) meats for grilled meat, though. Processed meats contain different kinds of carcinogens that may be even more harmful.

What you eat is even more important than how it's cooked.

Remember, I'm not a doctor. I just sound like one. Take good care of yourself and live the best life possible!

The information included in this column is for educational purposes only. It is not intended nor implied to be a substitute for professional medical advice. The reader should always consult his or her healthcare provider to determine the appropriateness of the information for their own situation or if they have any questions regarding a medical condition or treatment plan. Glenn Ellis, is a Health Advocacy Communications Specialist. He is the author of Which Doctor?, and Information is the Best Medicine. A health columnist and radio commentator who lectures, nationally and internationally on health related topics, Ellis is an active media contributor on Health Equity and Medical Ethics. Listen to Glenn, every Saturday at 9:00am (EST) on www.wurdradio.com, and Sundays at 8:30am (EST) on www.wdasfm.com. For more good health

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OUR VOICES

Slave Owners and Nazis Quoted Romans 13 to Justify Immorality Too



By Jesse Jackson

(TriceEdneyWire.com) - The Trump administration has separated some 2,000 children from their parents, most of whom have come to the United States seeking asylum. Attorney General Jeff Sessions cited the Bible, Romans 13, as justification for this zero-tolerance immigration policy.

The first verse reads: “Everyone is to obey the governing authorities, because there is no authority except from God and so whatever authorities exist have been appointed by God.”

The Apostle Paul wrote the Book of Romans. But Paul spent many days and nights in jail, so he did not always abide by the rule of unjust governors. Romans 13 has been invoked by scoundrels throughout its history. British Royals cited it to chastise rebellious American revolutionaries.

Slave owners in early America justified the institution of slavery by quoting it. American law authorized slave owners to separate black sons and daughters from mothers and fathers by selling them to another slave owner. Jeff Sessions is an old school Alabamian raised in the ways of the segregated South, so maybe such thinking is not unfamiliar to him.

The Nazis in Germany and apartheid South Africa quoted Romans 13 to give religious authority to genocide and apartheid. Former first lady Laura Bush wrote in the Washington Post on Sunday that warehousing children in a former Walmart and a Texas tent city is “eerily reminiscent of the Japanese American internment camps of World War II, now considered to be the most shameful episodes in U.S. history.”

“This zero tolerance policy,” she concluded, “is cruel. It is immoral. And it breaks my heart.”

Even as President Trump was defending the policy, first lady Melania Trump called for immigration reform in a statement, saying she “believes we need to be a country that follows all laws, but also a country that governs with heart.”

Sessions says he is merely enforcing the law, but there is no zero-tolerance immigration law. The law hasn’t changed; Sessions invented a new interpretation to justify an immoral policy change. He said the Justice Department would begin prosecuting everyone who crosses the southwest border and separating children from parents as a deterrent.

Sessions said he wanted to send messages that if you don’t want to be separated from your children, don’t come. This immoral theory hasn’t worked in practice. Desperation, not calculation, drives parents to leave their homes and seek asylum. Asylum is enshrined in both the United States and international law. Seeking asylum because of government oppression, domestic or gang violence, sex trafficking or natural disasters is not a crime.

Contrary to Trump, these parents are not illegally breaking the law. They are legally seeking asylum. The current immigrants coming to the U.S. are mainly poor people from Central America escaping government or gang violence — boys recruited by gangs, girls recruited for sex traffickers. They may or may not be granted asylum.

But there is no justification — moral, legal or simply human — for ripping their children from them as they wait for a hearing on their status. No subject in the Bible is mentioned more than caring for the poor — the stranger on the Jericho Road — treating them with respect and allowing them to maintain their dignity, which is the opposite of Trump’s and Session’s harsh immigration policy. In the New Testament, Matthew reports Joseph and Mary took Jesus to Egypt to escape King Herod’s order to kill every newborn. Jesus’ parents became immigrants in Egypt seeking asylum for their son Jesus from Roman violence.

All major religions — Christianity, Judaism and Islam — value keeping families together, rather than tearing them apart. Even conservative evangelical and Roman

Catholic Christians allied with Trump are taking issue with his immigration policy. One of his strongest advocates, evangelist Franklin Graham, called the separations “disgraceful; it’s terrible to see families ripped apart and I don’t support that one bit.”

The Southern Baptist Convention passed a strong resolution calling for immigration reform that maintains “the priority of family unity” and called for a legal path to citizenship. Trump keeps railing against immigrants, warning Democrats that they should accept his policies before the election “because you are going to lose.” That reveals the foul motivation behind this human horror.

As former Trump strategist Steve Bannon has argued, as long as Democrats are arguing about immigration, Trump is winning. Sessions and Trump are traumatizing innocent children to serve their partisan political purposes — and trying to use the Bible as a cover story. Congress will vote on two immigration bills this week. Both give the president much of what he has demanded, including billions for the inane border wall (that he pledged the Mexicans would pay for). The more moderate bipartisan bill also would allow families to be detained together.

As of this writing, it does not have sufficient Republican support to pass. The trauma these children are experiencing will scar them for a lifetime. Is there no shame? Are the hearts of partisan politicians so callous that they will turn their backs on innocent children?

Advice to Graduates: Pursue a PhD in Common Sense

By Marc H. Morial

(TriceEdneyWire.com) - This time of year brings great pride and congratulations for graduates at all levels, from high school to doctorates. But the most important degree I can recommend is a PhD in common sense, with a concentration in thriving and surviving in 21st-Century America.

Common sense is genius wrapped in work clothes. And to achieve it, we must learn four lessons.

First lesson: Don’t ever forget from whence you came. Along the long journey of life, one need only recognize that as graduates of 2018, you’re standing on the shoulders of those who came before. As you celebrate your success after many years of hard work, financial sacrifice, long nights – in many cases working and going to school at the same time – there are many out there from your hometowns and neighborhoods, maybe in your own family, who will not have the opportunities you have today.

This nation has too many children who are born into and grow up in poverty. This nation has a problem of mass incarceration. This nation still has too much gun violence. To whom much is given, much is expected, demanded and required. Go back to your high school, to your community, to the young people, and let them see your success. Let them hear your story. Let them understand what you had to do to get to today.



Lesson two: Pursue excellence in every instance. It is still an unfortunate fact that to be Black, you’ve got to be better. Your grandmother and mother will tell you that time and again. But you can be the best. Say no to mediocrity. Say no to half-stepping. Say no to foot-dragging. Be excellent. And remember, excellence is not perfection. No one is perfect. What excellence means is the pursuit of perfection and the faith that in all of our endeavors, you have given everything that God has given you to accomplish, to achieve, and to pursue your goals and your dreams.

Lesson three: In this nation today, racism is real. But you are not going to let racism break your spirit. Whether it’s Starbucks or Waffle House. Whether it’s Trayvon Martin or Michael Brown or Eric Garner. Whether it’s a student taking a nap from studying too hard in a student lounge at Yale university. Implicit and explicit bias is still a part of American life. It’s in the criminal

justice system, where people of color who serve longer sentence than white men who commit same crimes. It’s in the scourge of hate crimes that have spiked over the last two years. It’s in the leaders talking about building walls when we should be talking about building bridges.

Racism is real. But you’re not going to let it break your spirit. Frederick Douglass didn’t let racism break his spirit, and he didn’t let Lincoln’s hand shake when he signed the Emancipation Proclamation. Racism didn’t break the spirit of Harriet Tubman, who carried members of her family through the back woods on the Eastern Shore of Maryland, time and time again, to freedom. Racism didn’t break the spirit of Thurgood Marshall in 1954 when he persuaded the Supreme Court to declare unanimously that school segregation is unconstitutional. Racism didn’t break the spirit of Booker T. Washington or W.E.B. DuBois. Remember that Rosa sat so Martin could march, so Barack could run, and Barack won so you can soar.

Finally, America respects economic power and political power. Now that you have a college degree, it’s time for you to build your assets. Building assets means investing in things that appreciate in value. Yes, you need a car but even the fanciest car doesn’t appreciate in value. Fancy handbags and fancy shoes don’t appreciate in value. Glam and glitter do not appreciate in value. Real estate does. Stock portfolios do. I know many of you are saddled with student loan debt. But don’t ever think

any dime you invested in yourself was a dime wasted. If it is within your vision for yourself and the skill set that God has given you, build a business. Hire more people. Grow that business and sell that business and build a new business. Economic power is what we need.

This nation understands political power. We shirk our duty and our responsibility when an election comes and we don’t vote. We surrender our power to others when an election comes and we don’t vote. We need to send a message to the people who lead this country that we do not want a divided America. We do not want an America of walls; we want an America of bridges. We do not want an America of hate; we want an America of cooperation and an America of love. We want an America where everyone, regardless of race, creed, color, religion, orientation, or national origin is respected and honored as one of God’s children. That’s the America we want.

Of all the honors I’ve been humbled to receive in my life, and all the things I’ve learned from attending great institutions, the most important degree I got is the PhD in common sense I got from my mama. It came from these four lessons: Remember from whence you came. Pursue excellence. Racism is real but will not defeat us. And America respects economic power and political power and while we do not worship it, we will build it each and every day of our lives.

Congratulations to the class of 2018!

OUR VOICES

Elite High School Admissions Test Fostered Racism at Brooklyn Tech

By Dante De Blasio

(Reprinted from NY Daily News, <http://www.nydailynews.com>)

A year after I graduated from Brooklyn Technical High School in 2015, the hashtag #BlackinBrooklynTech started appearing on my social media. Black students and recent alumni were using it to share stories of overt acts of racism at the school.

The stories included a teacher laughing at a Black student when that student shared her dream of becoming a doctor, white and Asian students using racial slurs to bully Black students, and faculty members ignoring a Black student's complaints after he was called the N-word and "monkey" by his peers.

Older Black alumni soon got involved, and they shared many of their own stories at a public meeting with the principal. The current and former students who drove the campaign were sick of having to defend their right to earn an elite education in the face of adversity from the students and faculty meant to support their success.

I understood exactly where my fellow Black alumni were coming from. I'd had many of my own experiences. Some of them might seem innocuous. For example, I remember being the only Black kid in many of my classes (something that seemed normal to many of my classmates). However, many experiences displayed the racism which was all too common in the school.

Once, I was sitting near a loud group of white students during lunch when a Black cafeteria worker walked over and asked the group to be quieter. As the cafeteria worker started to walk away, one of the white students asked her friends why the cafeteria worker didn't "back off and go back to Africa."

When I told some of my white and Asian classmates that I'd gotten into Yale, they were immediately dismissive. More than one said to my face that I'd probably only got-



ten in because of affirmative action or my last name. These same classmates then often complained that Black and Latino students were able to get into elite colleges without "working hard."

I believe that this line about not working hard enough is especially revealing. When you hear things like "we worked harder to earn our place," the subtext is that there is a "they" in the school who aren't deserving of admission. Indeed, academically successful Black students were treated as outliers by their fellow students, and it was commonly assumed within the school that Black students must have gotten lower test scores to attend Tech in the first place.

There are many reasons for this, and not all of them are particular to Tech. But it seems obvious that a major contributor to the toxic nature of race relations at the school is the simple fact that so few people of color are offered admission.

During my final year at Tech, just 16% of seniors identified as either Black or Hispanic. These numbers have ac-

tually decreased slightly and now it's 15% for the class of 2018. The numbers are even worse at other specialized high schools like Stuyvesant. This is in a city where Black and Hispanic students make up about 70% of the public school population.

When I went to Tech, it was clear that people were missing. Fort Greene, the neighborhood that houses the school, is majority Black and Latino, and I remember the constant discontinuity of walking through this neighborhood of Black faces in order to enter a school where hardly anyone looked like me.

Proponents of the SHSAT (Specialized High School Admissions Test) are quick to point out the test's apparent objectivity and colorblindness. They argue that we should simply keep increasing access to test prep and expanding existing initiatives like the discovery program.

However, the staggering lack of Black and brown students show that more meaningful action is required. Given these schools' complete reliance on the test, it's no wonder kids are quick to take away a false narrative that certain students don't belong at top high schools.

Let me tell you what I appreciated most about Brooklyn Tech. The school takes people from all across the city — many of them from immigrant backgrounds and who will be the first in their families to go to college — and offers them a quality of education that many public schools can't.

But the way these schools choose students is offering them another education: a distorted lesson in who belongs in the upper reaches of education in this nation, and who does not. Imagine if the specialized high schools represented the diversity of New York City. Maybe then stories like mine and those of #BlackinBrooklynTech wouldn't be so common.

Dante De Blasio is the son of New York City Mayor Bill de Blasio and Chirlane McCray. He is a senior at Yale University.

Countering the Alt-Right

Continued from Page 1

This group, who has an increasing presence in Spokane, has been recruiting in local high schools, and putting up recruitment banners throughout the downtown area.

Braune went into a deep discussion, at the beginning of her presentation, about the intersection of fascism and racism. Fascism, Braune says, "is not actually a coherent belief system. It has many different avenues of influence, it draws from many different sources, but is inherently a justification for violence and for blaming the other."

According to Braune, fascism and the white supremacist alt right go hand in hand. In contrast, many groups that are anti-fascist or 'Antifa' are present at white supremacist events, in opposition to their message.

The other strong focal point of Braune's message was the necessity to get more groups

together that counter the narrative of white hate groups by supporting the voice of those who are targeted by the inherently violent beliefs and actions of white supremacists. A few local groups that support marginalized communities were at this event, and are hosting events of their own in the upcoming weeks.

Families Against Bigotry (FAB) is hosting an event on June 30th to counter the recent mass deportation and familial separation by I.C.E. The event is titled Familias Unidas No Dividas/ Families Belong Together and it will be hosted at 1pm in Grant Park, Spokane.

The group Socialist Alternative (Spokane Branch) is hosting a protest for the same issue at the downtown Greyhound bus station titled 'No More Racist Deportations!' It will be held on July 7th at 1pm.

For more information about Spokane Community Against Racism (SCAR) visit <https://www.scarspokane.org>.

Black Men Share Fatherhood Lessons



Continued from Page 7

Garrett's father has always been an advocate for higher education so when his own son received an acceptance letter from Howard University he was thrilled. A year into his son's college career he became aware that his son's GPA had dropped severely and that he could no longer attend school.

His son being a college dropout definitely put a strain on their relationship. But Garrett now looks at it as an unexpected blessing. He said the situation forced him to be less hard on his son and through it all, he discovered his son's hidden love for music. His son, Trey, enrolled in classes at the community college and now Garrett is working hard to pay for his sons' music lessons.

And then there's Kirk Riley, born and raised in New York City. Riley is a father of four and recently experienced one of the most heart-breaking stories a parent can go through. A few months ago, his 21-year-old daughter, Joy Riley, was in a terrible car accident where her entire body went through the front windshield and she was hospitalized for three months.

"When I got the call, my heart dropped. Me and her mother co-parent and we are no longer together. But this accident brought the entire family together. I called her mother up and she was on the next bus to New York. I prayed every hour- night and day - and I never left her bed side. Now that she is healed I hope and pray if she learned nothing else from me as her father, she knows the power of prayer and her relationship with God is greater than all."

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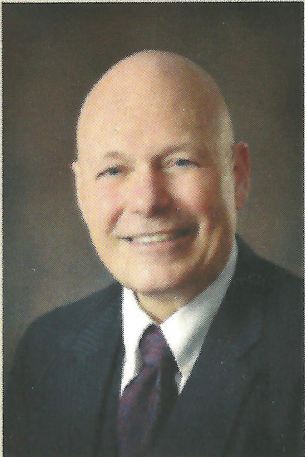
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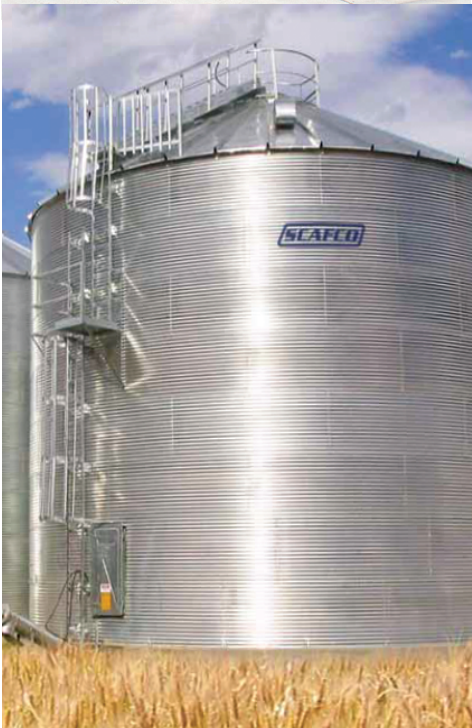
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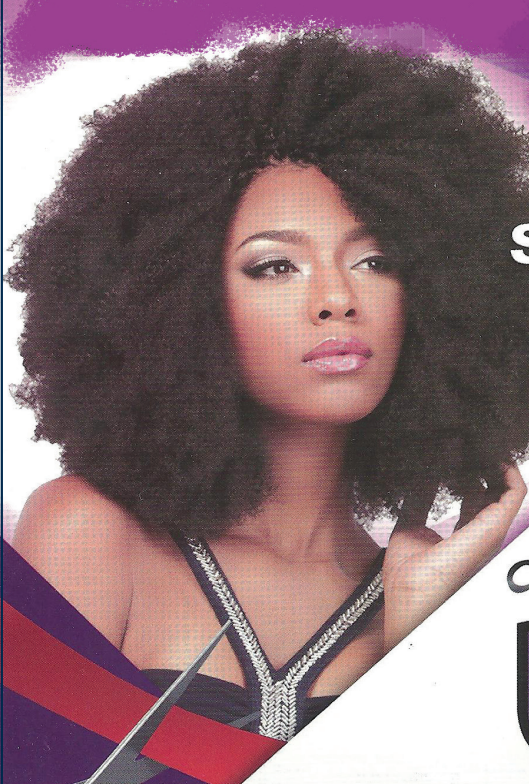
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JULY EVENTS

JULY 9

NAACP FUNDRAISER KICK-OFF

View a Documentary on Civil Rights and the Right to Vote, with conversation to follow.

6pm-Appetizers, 6:30pm-Viewing, 7:30pm-Conversation

Community Building - Lobby

35 W. Main Street, Spokane WA

\$10 donation requested. For more information contact the NAACP at 509-209-2425 (ext 1141) or visit the website at <http://spokaneNAACP.com>

JULY 10

STATE BOARD OF EDUCATION HOSTS

COMMUNITY FORUM

The State Board of Education (SBE) and the Educational Opportunity Gap Oversight and Accountability Committee (EOGOAC) will be jointly hosting a community forum. The goal of the forum is to have participants collaborate to provide feedback to the Board to inform its upcoming strategic planning process and to inform the EOGOAC's next annual report. Refreshments.

5:30-7:30pm

Joel E. Ferris High School

3020 E 37th Ave., Spokane, WA 99223

RSVP requested. For more information contact Alissa.Muller@k12.wa.us.

JULY 16

NAACP MONTHLY MEETING

Join the NAACP for our monthly general membership meeting. This meeting will feature Alliance Mobile Health Clinic to discuss meeting healthcare gaps in the community through the mobile clinic.

7:00pm

Community Building - Lobby

35 W. Main Street, Spokane WA

For more information contact the NAACP at 509-209-2425 (ext 1141) or visit the website at <http://spokane-NAACP.com>

Send information about upcoming community events to sandy@blacklensnews.com.

SERA & ECNC Presents

Community Celebration

August 11th 12pm to 4pm **Underhill Park**

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Activities for All Ages

Senior Resource Area

Unity Parade
(register to participate)

Career, Education and
Health Fair

Cultural Village

Activities for All Ages

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Live Entertainment

Free K-8
School Supplies

Free Kids Helmets
(while supplies last)

Senior Resource Area

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