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Spokane's Black Community News Source

THE BLACK LENSTM SPOKANE

NEWS FROM A DIFFERENT PERSPECTIVE

POWER TO THE PEOPLE

The Black Panthers Celebrate 50 Year Anniversary



"We do not fight racism with racism. We fight racism with solidarity. We do not fight exploitative capitalism with Black capitalism. We fight capitalism with basic socialism. And we do not fight imperialism with more imperialism. We fight imperialism with proletarian internationalism." ~Bobby Seale

The Black Panther Party for Self-Defense was founded in Oakland, California in October of 1966 by Huey P. Newton and Bobby Seale, who met at a West Oakland junior college in the early sixties. Both were active in Black

political groups for years before forming the Panthers with the four other original members, Elbert "Big Man" Howard, Sherman Forte, Reggie Forte, and Bobby Hutton.

Continued on Page 15



SATURU NED: CONVERSATION WITH A BLACK PANTHER



Saturu Ned first came in contact with The Black Panther Party in 1967. He had skipped high school to go downtown. Ronald Reagan was speaking at the California State Capitol. Ned saw a group of armed Black men approaching.

"I saw these brothers walk in, two hundred yards down the line, and I went behind them. They were talking about the 'Mulford Act'. It was Bobby and Emory Douglas, and they accidentally went on the main floor."

What Saturu had stumbled into was a Panther Party protest against a California Bill named after Republican Don Mulford. The

We used to say, you want to call me a revolutionary because I say I want people to have food, then I'll be a revolutionary. If I say I want them to have a decent education and I'm a revolutionary, then that's what I'll be.
- Saturu Ned

Mulford Act sought to repeal an earlier law that allowed citizens to carry loaded weapons in public places so long as the weapons were openly displayed. It was a direct response to the Black Panthers who advocated self defense and had been conducting armed patrols of Oakland neighborhoods, or what they referred to as "copwatching."

The Panthers took a wrong turn as they marched into the capitol building and gained international notoriety when the armed black men ended up on the capitol's main floor.

"They went to go onto the balcony, but when they went on to the main floor it was an unbelievable sight. I never will forget. It looked like something out of one of those movies. Black men walking in and taking over a capitol of a nation. The legislators were under the tables cowering."

Ronald Reagan would later sign into law the act which had been dubbed the 'Panther Bill' by some in the media. *Continued on Page 15*

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ON MY MIND

THOUGHTS FROM THE EDITOR



by Sandra Williams

Alright, You Asked

“If you stick a knife nine inches into my back and pull it out three inches, that is not progress. Even if you pull it all the way out, that is not progress. Progress is healing the wound, and America hasn’t even begun to pull out the knife.”

-Malcolm X

The people in my life who have come to know me, know that I don’t readily offer up my opinion about things. Over the years, I have learned that it is much better that way. Most folks aren’t really interested in opinions anyway, unless the opinion is something that supports their position.

The role that I have found myself playing in this life is to be the one that offers an alternative perspective on most things, and for better or worse, that tends to ruffle feathers. So--- I keep it to myself. Unless--- you ask me. If you ask me, then all bets are off.

Such is the case with that embarrassment of a Presidential Election that is thankfully in our country’s rear view mirror. Or, so I hope. Mum was going to be the word. No commentary. No analysis. No reflections. After all, having survived my experience as a National Democratic Convention Delegate, I felt that I had done far more than my fair share of suffering for one Presidential election cycle,

So, I made a decision that on election night I would excuse myself from the hysteria and faux political commentary and watch a movie instead, a line-up of the sappiest G-rated romantic movies that I could find, my favorite, before peacefully drifting off into the Trump vs Clinton-free zone of my dreams.

That was the plan, and I almost made it too, until a phone call interrupted my peaceful slumbering, prematurely dragging me into this country’s painful post-election, Trump is our new President apocalyptic reality.

What do you think about the election, was the question that came from the other end of the phone, and it is a question that I have been asked over and over and over again since election night. Alright--- you asked.

When I walked out of the Democratic Convention in July, my heart was broken. My soul was crushed. Whatever belief I managed to hold on to about the potential for our “democracy” to do right by its people was left on the convention floor with the confetti.

I had traveled to Philadelphia believing that as delegates we could yell loud enough for this country and our leaders to hear our warnings about the direction that we, as a country, were headed. But very few, if any, were listening, and even fewer cared.

After the convention, when I was grieving what I saw as the death of our “Democratic” Party, nobody really cared about that either.

My progressive allies, who I had marched with, struggled with, and fought against the system with, patted me on the head, feigning empathy, as they inquired, but you’re still going to vote for Hillary Clinton? Right?

I saw the writing on the wall back then. My anger, multiplied by millions of people who felt even more disenfranchised than I did. I didn’t understand the saying ‘chickens coming home to roost’ when I heard it as a child, but I certainly understood it on November 8th.

If you dared to read any of the WikiLeaks e-mails, instead of hiding your head in the sand as Donna Brazile and the Democratic Party Leadership were insisting that loyal Democrats should do, you would have seen that the party that we Black folks have unwavering pledged our allegiance to for generation after generation had a hand, or two, in Donald Trump’s ascension to the presidency.

While stiff-arming Bernie Sanders, the Democratic Party and the Clinton campaign were simultaneously strategizing to legitimize and elevate Donald Trump, because they believed that he (along with Carson and Cruz) would be easier for Clinton to defeat. Well...when you play with fire, sometimes you get burned.

So, forgive me, if right now I am having a difficult time mustering up feelings of empathy for progressives who feel that they have lost their country, when I, and others like me, have been saying for years that this country has never really felt like it was mine to lose.

For progressives who are clinging to the narrative that prior to Trump’s election we were living in some sort of post-racial utopia that the Democratic Party had ushered into existence, as if Democrats themselves, and other left-leaning liberals, had not been willing and sometimes enthusiastic participants in the structural racism, covert policies, and unspoken biases that enabled the existence of a candidate like Donald Trump in the first place.

For the progressives who are consoling themselves by telling me that their fear of a Trump presidency is rooted in their deep concern for the possible harm that a Trump administration might inflict on me as a Black, Gay, Woman, when the fact that this Black, Gay, woman had armed private security positioned in front of me at the Democratic Convention to keep me in line didn’t seem to raise an eyebrow.

The gift of Donald Trump is that he is forcing us into conversations that we would not be having if Clinton were elected President. So.... at least there’s that.

THE BLACK LENS NEWS

The Black Lens is a community newspaper, published on the first of each month, and focused on the news, events, issues, people and information important to Spokane’s African American Community and beyond.

Contact Information:

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

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Career Opportunities SPOKANE

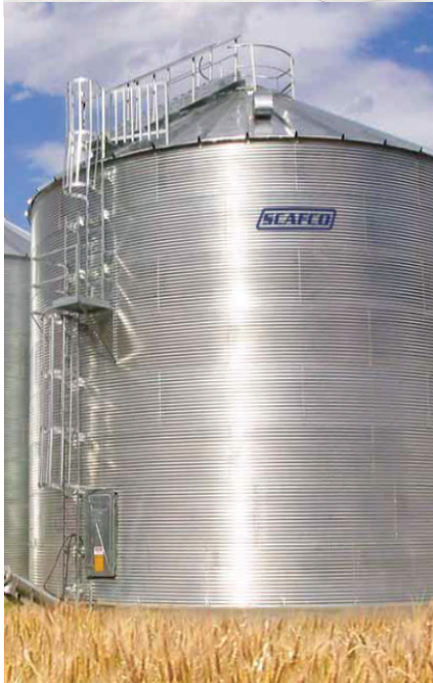
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YOU SHOULD KNOW

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

ART AND HISTORY by Bertoni Jones Bey

(jbaguart@yahoo.com)

Jack Johnson

Arthur John Johnson was born March 31st 1878 in Galveston, Texas. The world knew him as Jack Johnson, the first Moorish heavyweight boxing champion of the world. The son of ex-slaves, Johnson lived by his own rules, refusing to play the role society demanded of him. Johnson was everything caucasians hated: He was tall and dark, flashed a smile full of gold teeth, loved fast cars, and openly dated caucasian women. No one in American newspaper history was ever portrayed with more racial animosity and open disrespect than Jack Johnson.

Johnson started fighting for money on the docks of Galveston, Texas, then traveled the nation making little money but slowly climbing prizefighting ranks and making a name. Boxing took Jack all over the world making fans in England, Germany, and notably Australia, where after two years of challenging and chasing champion Tommy Burns, Johnson cornered him on December 26, 1908 in Sydney, New South Wales. During their one-sided fight, Burns challenged Johnson. Taunting him. "Come on and fight, nigger". "Fight like a white man!" Johnson flashed his golden smile and knocked Burns out in the fourteenth round winning the world heavyweight title.

Johnson's championship title, fame, and his public displays with caucasian women galvanized the United States Government and the "Justice" Department against him. On October 15, 1910 Johnson and his second wife Lucille Cameron-Johnson, who was white, drove from Pittsburgh to Chicago on a casual outing. Johnson was charged with violating the Mann Act (Title 18 U.S.C. § 2421). The law was created

by Illinois Republican Congressman James Robert Mann, who said – "The white slave traffic...is much more horrible than any Black-slave traffic ever was in the history of the world". The allegation was that Jack had transported his own wife between interstate lines for acts of immoral sexual purposes for financial gain. Rather than face jail, Johnson, his wife, and his entourage fled to Europe for more than seven years before he returned home to face the music. On September 19, 1920 Jack Johnson became Federal Prisoner No. 15461 to serve one year and one day at Leavenworth State Penitentiary for violating the Mann Act (He was released after 8 months). Jack Johnson was the first in a long line of African-American boxers who once they claimed the championship prize were singled out by American Institutions for private, personal destruction: Joe Louis and the IRS, Rubin "Hurricane" Carter and corrupt New Jersey Police, and Muhammad Ali and the Unites States Draft Board, to name a few.

Jack Johnson died in an automobile accident on June 3, 1946 outside of Raleigh, North Carolina. He was laid to rest at Graceland Cemetery in Chicago. When his third wife, Irene Pineau, was asked by a reporter at Johnson's funeral what she had loved about him, she replied, "I loved him because of his courage. He faced the world unafraid. There wasn't anybody or anything he feared."

Sources:

The Autobiography of Jack Johnson – Jack Johnson.

Unforgivable Blackness – Geoffrey C. Ward.

Justice.gov/usam/criminal-resource-manual-2027-mann-act



The Wyoming Black Fourteen (1969)

Reprinted from BlackPast.org,
Contributor Carey Holwell Hamilton



Ten members of the Wyoming Black Fourteen at the University of Wyoming

The Wyoming Black Fourteen were African American members of the 1969 University of Wyoming (UW) football team who protested playing a game with Brigham Young University (BYU) because of the Church of Jesus Christ of Latter-day Saint's ban on black males holding the priesthood in the church and other racial restrictions. The priesthood ban applied exclusively to men of African descent.

The 14 players, Jerry Berry, Tony Gibson, John Griffin, Lionel Grimes, Mel Hamilton, Ron Hill, Willie Hysaw, Jim Isaac, Earl Lee, Don Meadows, Tony McGee, Ivie Moore, Joe Williams, and Ted Williams, were part of a successful Wyoming football team. Under Head Coach Lloyd Eaton, the Wyoming Cowboys had won three consecutive Western Athletic Conference (WAC) championships and in 1969 it was considered the best football team to ever play for the University.

The protest began on October 15, 1969 when Willie Black, a 32-year-old math graduate student and head of Wyoming's Black Student Alliance, upon learning of the LDS ban on black male priests, brought a letter titled "We Must Protest," to University administrators. The letter described the race issues of the Mormon church, including the priesthood restriction and other prohibitions such as barring all women and men of African ancestry from participation in temple rituals. Black's letter called for all Wyoming football players and students to protest LDS church policies during the scheduled game with BYU three days later.

Two days before the game, the 14 black players walked to the athletic complex to discuss options for how they might protest. They eventually decided to wear black armbands but nonetheless compete in the game. On Octo-

ber 17, the day before the game, Coach Eaton upon hearing about their decision, ordered the players to the bleachers where he reprimanded them, and then released them from the team, revoking their athletic scholarships. The University announced that the Board of Trustees supported Coach Eaton's decision and said "the players will not play in today's game or any [other] during the balance of the season." The Cowboys, now an all-white team, went on to beat BYU 40-7, and won two more games but lost four of the remaining games in the season.

The dismissal of the 14 brought swift, unwanted local and national attention to the University. First, the UW Student Senate passed a resolution which said in part, "The actions of coach Eaton and the Board of Trustees were not only uncompromising, but unjust and totally wrong." By the end of October, the UW College of Arts and Sciences, the largest college on campus voted to support the student athletes. The major networks, ABC, CBS, and NBC all covered the story as did Sports Illustrated.

In response to the Black Fourteen being expelled from the team, a number of athletes of all races wore black armbands in support including the entire San Jose (California) State Team that lost to the Cowboys in their last season game. The protest of the Fourteen would eventually spark nationwide focus on LDS church practices and other protests by student athletes. Students at

the campuses of almost every BYU opponent protested at the games regardless of the sport and called on their institutions to ban contests with BYU athletic teams. Stanford University President Kenneth Pitzer announced that his institution would no longer participate in athletic contests against Brigham Young University and the University of Washington Faculty Senate voted to sever all ties with BYU athletics.

Despite their dismissal, several of the 14 received college degrees from Wyoming and other institutions. Jerry Berry, one of the 14, became a sports anchor for TV stations in Tulsa, Oklahoma, Chicago, Illinois, and Detroit, Michigan. In 2002, a statue to the 14 was erected in the Student Union on the University of Wyoming campus. In 2009, the 40th anniversary of the Black 14, the LDS Institute at the University of Wyoming made black arm bands in tribute to the events of 1969 and handed them out to all in attendance.

Sources:

"The Black 14: Race, Politics, Religion and Wyoming Football," WyoHistory.org, <http://www.wyohistory.org/essays/black-14-race-politics-religion-and-wyoming-football>; William Ashworth, "Inside Story of Fired Black Athletes, Jet Magazine 37:4 (Nov. 11, 1969); Ryan Thorburn, Black 14: The Rise, Fall, and Rebirth of Wyoming Football (Boulder: Burning Daylight, Pearn and Associates, 2009).

For more Black History visit
<http://www.blackpast.org>

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

CUBA’S FIDEL CASTRO: DEAD AT 90

A Black Man’s Guide to Understanding His Death

Fidel Castro died on November 25 in Havana, Cuba after a long illness. He was 90. Castro launched his revolutionary overthrow of Cuba’s government in November 1956 with an army of 82 recruits. Castro led the country for 50 years, defying the power of 10 U.S. presidents and numerous attempts to assassinate or overthrow him.

By Khary Pestaina

Reprinted from <http://www.theblackhomeschool.com>

1. 900,000 Slaves were brought to Cuba, 3rd most slaves ever.
2. Cuba practiced slavery until 1886, it was high intensity, high death rate, industrial slavery all the way to the end too...longer than any country in the Western Hemisphere.
3. By 1900, 90% of all Cubans were Black.
4. In the early 20th century, Cuba joined other Latin American countries in purposefully whitening their population by allowing unrestricted immigration from Europe while simultaneously imprison-

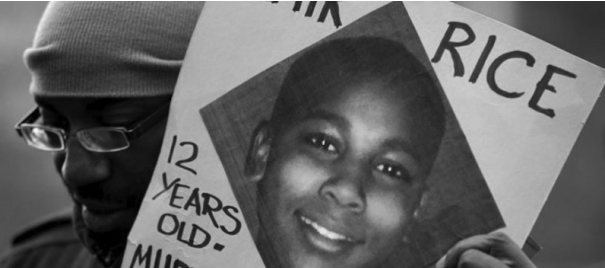


- ing, exploiting and killing its black population (blanqueamiento).
5. Until the Cuban revolution, dictators like Machado and Batista oversaw incredibly corrupt and unequal societies which featured over a 1/3rd of the population living in abject poverty and illiteracy, disproportionately black.
 6. Until the Cuban revolution, the American Mafia had unlimited access and power in Cuba with the pain of drugs, childhood prostitution felt dis-

- proportionately by Cuba’s black society. It was Las Vegas before Las Vegas.
7. Until the Cuban revolution, the burden of penal society rested on the backs of black people in Cuba. Vegas.
 8. Today, 65% of Cuba’s population describes itself as white. This number would be even higher, if Miami’s exiles returned. This should highlight the degree of racist attack, Cuba’s black population has been under for over a hundred years.

9. The Revolution led by Castro aimed to erase inequality, remove corruption, and destroy racism. No one knows how successful the social goals of La Revolucion would have been except for interference and embargo by the USA.
 10. Cuba, under Castro, was a consistent ally in the fight against global racism and colonialism. Cuban soldiers and doctors were present all over the African and Third World.
 11. Cuba, under Castro, successfully erased illiteracy, offered free health care to its citizens, and offered free medical school to any citizens of the western hemisphere.
- There is more. Educate yourself about this revolutionary country. They did more than most, and certainly more than the United States in tackling the legacy of slavery. Don’t just count on the American media to bring you information on the significance of this event.
- Khary Pestaina is a writer, historian, and award winning educator based in South Florida. He is grounded in the history of African diasporic traditions and trends on the continent of Africa, the Caribbean, Latin and North America*

On Second Anniversary of Tamir Rice Shooting His Mother Demands Justice



(Source: Ken Patterson, <https://blackmattersus.com>)

Activists and supporters demonstrated for twelve hours outside of the First District Police Headquarters in Cleveland, OH, marking the second anniversary of the death of Tamir Rice who was killed by police officers on November 22, 2014. They demonstrated one hour for each year of Tamir’s life.

Tamir’s mother, Samaria Rice, gave a statement to the crowd, demanding justice and a meeting with Attorney General Loretta Lynch. WKYC Channel 3’s Carly Flynn Morgan was there and captured Rice’s speech on Facebook Live.

“Two years too long; I have no justice ... many, many sleepless nights,” Rice said, joining the demonstrators on the steps of the police station, many who had arrived as early as 6:00 a.m. “There’s no reason why we should have dead babies in the state of Ohio or in this country which y’all call America ... I’m disgusted with America,” Rice said.

Tamir Rice was shot by Cleveland police at the Cudell Recreation Center. Investigators say he was handling an air soft pistol, which the officers say they thought was a real gun. Video of the incident shows a police cruiser racing to the front of a recreation center and pulling up alongside the boy. One of the officers quickly fires two shots and the child crumples to the ground and dies. The officers involved, Timothy Loehmann and Frank Garmback were not charged, although they could still face disciplinary action.

“My first demand is the immediate firing of the officers, which are still working in this building behind us,” Rice told the crowd.

Oldest Surviving Tuskegee Airman Dies at Age 101



(Source: Paul Guzzo, Staff Writer, <http://www.tampabay.com>)

Willie N. Rogers, a longtime resident of St. Petersburg, Florida, passed away Friday, November 18, from complications of a stroke. At the age of 101, Rogers was the oldest surviving member of the original legendary 100th Fighter Squadron known as The Tuskegee Airmen.

Born in Apalachicola in 1915, Rogers was a Master Sergeant in the all-Black unit during the era of racial segregation in the U.S. military, doing his work on the ground in logistics and administration. He felt that “the real heroics” took place in the sky, but he was involved in military action and was shot in the stomach and leg by German soldiers during a mission in Italy in January 1943. Rogers spent three months in a hospital in London and then returned to the war.

After Germany’s surrender, Rogers witnessed the Dachau concentration camp in Germany. He arrived after it was liberated by American troops April 29, 1945, but his daughter, Veronica Williams of Douglasville, Ga, wonders whether evidence of the horrific crimes there haunted him.

“He could give dates, names, locations of events from the war,” Williams said. “But he didn’t like to give specifics about what occurred to him. He saw things that were bad. And he experienced treatment because he was African-American that wasn’t fair.”

In 2007, President George W. Bush saluted 300 surviving Tuskegee Airmen at the White House and apologized for any indignities they endured. They were then awarded the Congressional Gold Medal. In recent years, Rogers was presented with the keys to the cities of Lakeland and St. Petersburg, and his portrait hangs in the St. Petersburg Museum of History. Roger’s daughter said, “he would always say there were many who deserved attention more, but were not here to receive it.”

26-Year Old Michael Tubbs Becomes Stockton, CA’s Youngest and 1st Black Mayor



(Source: Genetta M. Adams, <http://www.theroot.com>)

On election night, while most of the country’s attention was focused on the President race, Michael Tubbs was making history in Stockton, California. Not only did he become the city’s first Black mayor, but he also became the youngest mayor in the city’s history, according to the Stockton Record.

Tubbs defeated embattled incumbent Anthony Silva, 41, who recently became embroiled in scandal after he was arrested at his youth camp and accused of giving alcohol to minors and recording them playing strip poker.

A Stanford University graduate, Tubbs had internships at Google and the White House. He decided to go back to his hometown to help make a difference after his cousin was killed at a Halloween party in 2010, according to Complex. For the past three years, he’s served on the City Council, working to bring health clinics to his district and improve the relationship between the community and the police.

At his victory party, Tubbs told the audience, “I’m tired of talking about where we’ve been. I’m more interested in talking about where we’re going. We have to mature as a community and start demanding solutions.”

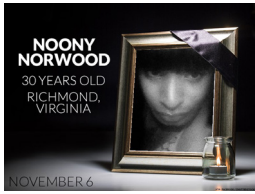
Speaking about Tubbs, Bobby Bivens, President of the local chapter of the NAACP said, “It’s a very important milestone, in particular someone as bright and energetic and with the ability to gather and garner resources around the state and country,” according to the Stockton Record. Bivens added, “I’m looking forward to some more positive things happening here in the city.”

BLACK NEWS HIGHLIGHTS

Local, State, National and Around the World

TRANSGENDER DAY OF REMEMBRANCE - NOVEMBER 20, 2016

The Majority of Those Murdered Each Year are People of Color



This year will go down on record as the deadliest yet for Transgender people living in the United States. According to Advocate.com, there were twenty-six Transgender and gender variant people murdered in the United States from January through November of 2016, up from twenty-one last year. Across the world, nearly three hundred lives were violently taken during that same time period.

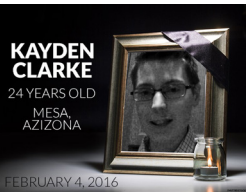
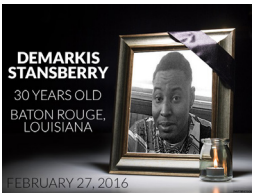
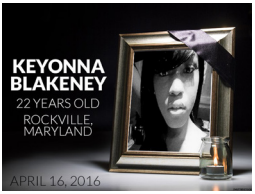
Each year in cities across the globe, Spokane included, communities pause on November 20 for Transgender Day of Remembrance. The internationally recognized day is set aside to remember the lives lost to anti-transgender violence during the previous year, to celebrate and support those in the trans communi-

ty, and to raise awareness about the threat of violence and persistent prejudice faced by Transgender men and women on a daily basis.

Transgender people of color, in particular Trans women of color, are disproportionately impacted by anti-transgender violence. Of the twenty-six U.S. murders this year, twenty-one were people of color. Last year it was nineteen out of twenty-one. The pattern is repeated throughout the world, but very little has been done to address it.

Transgender Day of Remembrance is held in November to honor Rita Hester, an African American Transgender woman who was murdered on November 28, 1998. The murder of Rita Hester, like most anti-transgender murders, has not been solved. For information visit: <http://nbjc.org>

Photos Reprinted from Advocate.com, "These are the Trans People Killed in 2016"



Colin Kaepernick Hosts 'Know Your Rights' Camp for Oakland Youth



(Source: <http://www.espn.com>)

San Francisco 49ers quarterback Colin Kaepernick hosted a camp for Oakland-area youth. The camp called, "Know Your Rights," was designed to expand his focus on social and racial injustice beyond his national anthem protest. "This is exciting for me because I see a lot of hope, what is to come," Kaepernick said beforehand, in an interview with The Undeclared's Marc J. Spears.

Kaepernick said the campers, who numbered around 100, would have sessions to learn about situations with police, their rights, holistic health, financial literacy, and understanding both community and self. He said the camp's aim is to "empower youth, give them resources and tools" to deal with difficult situations.

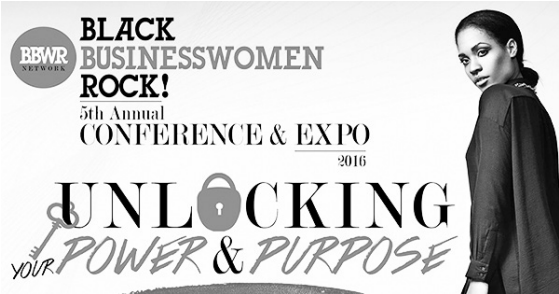
"We want to let them know they have options and people that are behind them to help them," he said. "And that's a powerful thing, for someone else to have belief in you."

Kaepernick said he appreciated all the support he has received since he first sat for a pre-game national anthem in August. He said people had told him they've had more conversations about issues of racial inequality in the past two months than they had previously in their entire life.

"Football is my job, my profession," he said. "This is part of what I am as a human and what my beliefs are. Though football gives me a platform, these are issues that exist even if football doesn't."

For information visit: <http://knowyourrightscamp.com>

Black Business Women Rock! Hosts 5th Annual Conference & Expo in Los Angeles on December 10th



(Source: <http://www.blacknews.com>)

Los Angeles, CA — The 5th Annual Black Business Women Rock! Conference & Expo is set to take over L.A. on Saturday, December 10th, 2016 from 9am-4pm. This year's event, titled "Unlocking Your Power & Purpose," will be held at the Renaissance Hotel LAX.

The event will bring together over 1,000 women and men of all ages, who have a passion for business, entrepreneurship and community. Attendees experience powerful speakers & panel discussions, while igniting new relationships with other guests.

A few of this year speakers include actress Kimberly Elise, casting director, Leah Daniels-Butler, brand strategist, Tieko Nejon, and Karim Webb, owner of Buffalo Wild Wings.

Black Business Women Rock! (BBWR) was founded by entrepreneur, Natalyn Randle-Matthews, who is the visionary that produces the event. Natalyn and her two daughters, Kawai and Kanasha Matthews have made BBWR a family venture that targets a multi-generational audience of Black women entrepreneurs, business professionals & creatives from various industries.

For more details about the upcoming Black Business Women Rock! Conference & Expo, visit the website: www.blackbusinesswomenrock.com

In Memoriam: Gwendolyn Ifill, 1955-2016



(Source: *Journal of Blacks in Higher Education*, <https://www.jbhe.com>)

Gwen Ifill, the pioneering journalist and recipient of honorary degrees from 20 institutions of higher learning, died on November 14 at a hospice facility in Washington, D.C. She was 61 years old and had suffered from uterine cancer.

Ifill was born in Jamaica, New York, the daughter of immigrants from the Caribbean. She earned a bachelor's degree in communications at Simmons College in Boston and worked as a reporter for the Boston Herald-American, the Baltimore Evening Sun, the Washington Post and the New York Times.

Her first job in television was for NBC News. She then joined the Public Broadcasting System in 1999 and served as co-anchor of NewsHour and moderator of Washington Week. Ifill moderated two vice presidential debates and a primary contest between Hillary Clinton and Bernie Sanders.

Ifill was the author of *The Breakthrough: Politics and Race in the Age of Obama* (Doubleday, 2009). Upon her death, President Obama said that Ifill was "an extraordinary journalist; she always kept faith with the fundamental responsibilities of her profession asking tough questions, holding people in power accountable, and defending a strong and free press."

GOVERNMENT / POLITICS

I-873 PUTS POLICING LAWS IN THE HANDS OF VOTERS

250,000 Signatures Needed on Initiative by December 30th



Content provided by Washington for Good Policing: <http://www.w4gp.com>

Under Washington State's current statute, prosecutors must show that an officer acted "without malice and with a good faith belief" in order for a public officer or peace officer to be held criminally liable for using deadly force.

Malice is legally defined as "evil intent", meaning you literally have to prove an officer was thinking evil thoughts at the time of an incident in order for them to be charged. That standard, critics say, makes it nearly impossible to charge an officer in Washington.

Prosecutors across the state, who has been faced with this issue, have cited the malice clause as the reason they didn't or couldn't press charges against a police officer. The one exception, a prosecutor that did charge an officer, ultimately failed in securing a conviction "because the jury couldn't get past the malice clause."

The international human rights organization Amnesty international says that Washington has the most egregious statute in the nation when it comes to officer accountability.

There have been efforts at the legislative level to change Washington state law. HB 2907, proposed in 2016, did not pass, but the Legislature approved House Bill 2908 which established task force to address the issue.

Although the task force was successful coming to a consensus regarding recommendations that include language similar to I-873, those recommendations were not unanimous. (See page 16)

Law enforcement at the table strongly opposed the proposed changes to the statute, and the recommendations will likely face steep opposition in the legislature. There is no guarantee any of it will be adopted as law at the legislative level.

As a result, Washington for Good Policing intends to put the issue in front of Washington voters through an initiative: I-873.

The I-873 campaign is largely fueled by families who have lost loved ones to police violence. The family members became activists and experts on the law almost overnight when their family member was killed. For the family members, there were two tragedies, because soon after the death of

their family member, they realized that because the incident happened in Washington State there could be no justice.

I-873 is historic on a national level. Washington is the first state in the nation to attempt to put policing laws in the hands of the voters. The laws, until this point, have been exclusively legislated. If Washington is successful, the state will be laying down a roadmap for other states to reform their policing laws.

Washington for Good Policing is gathering signatures across the state, but is behind in the signature count.

"Our volunteers have been amazing", said Lisa Hayes, campaign manager for I-873. "We never imagined it would be possible to do what they have done."

The group needs to submit 250,000 by December 30 in order for the initiative to make the 2017 ballot.

"The bottom line," Hayes said, "we are too close to quit and not close enough for me to be sleeping well at night."

For more information or to get involved with the campaign visit www.w4gp.com.

TRYING TO GET CORPORATE MONEY OUT OF ELECTIONS

Largest U.S. Civil Disobedience Action in this Century Spawns Surge in Wolf PAC volunteers for Washington State

In April 2016, 1300 Democracy Spring marchers gathered in Philadelphia and proceeded to the steps of the Capitol in Washington D.C. Among them were Washingtonians who went to join others in a historic civil disobedience action that resulted in a surge of volunteers for a little known grassroots organization called Wolf PAC.

Wolf PAC is a non-partisan political action committee that was formed in 2011. The goal of the volunteer driven organization is to restore true, representative democracy in the United States by pressuring State Legislators to pass a Free and Fair Elections Amendment to the U.S. Constitution.

The force behind Wolf PAC is Cenk Uygur, host of The Young Turks (TYT) Network, the largest online news program in the world, with over 5 billion views. Uygur is disturbed and angry at what he sees as the toxic link between large donations to political campaigns and the public policy outcomes formulated by politicians who have been tainted by dark money. A link Uygur illustrated in his 2014 documentary "Mad As Hell".

The 2011 Occupy Wall Street movement brought Cenk Uygur together with Harvard Law professor Lawrence Lessig. After the 2010 U.S. Supreme court decision in Citizens United vs the F.E.C., which made it unconstitutional to restrict independent expenditures by corporations, unions, and other associations, Lessig had determined that only an amendment to the U.S. constitution could break the stranglehold that large corporations and Super PACs have on our elected representatives.

So, Lessig proposed a convention of the states as a means of reversing Citizen's United. There is precedent for utilizing a convention of the states. The Bill of Rights was passed this way and America's founding fathers wrote the Article 5 convention clause into the constitution just for this purpose. Lessig drafted a resolution calling for a convention of the states and Wolf PAC was born.

Thanks to dedicated volunteers working across the country, Wolf PAC has already passed the resolution in Vermont, California, Illinois, New Jersey, and Rhode Island.

Washington State's Wolf PAC is making progress as well. HJM 4000 (the Washington State version of the anti-Citizen's United resolution) passed the Washington House of Representatives in the last session and will be reintroduced again in 2017.

If you would like to help Wolf PAC in Washington state contact Jeff Eidsness at Washington@wolf-pac.com or visit: <http://www.wolf-pac.com/washington>.

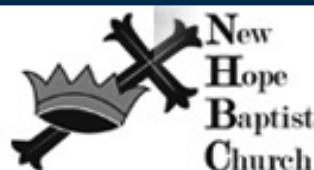
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Pastor Happy Watkins



YOUTH & YOUNG ADULTS

Halloween isn't Happy, Christmas isn't Merry: Banning "Religious" Holidays in Public School

Why is it that everything has to be associated with religion anymore? Why can't holidays just be special and why can't special days be celebrated freely?

Recently, we had Halloween. Halloween is very seldom associated with anything that isn't free candy, costumes and anything scary. I remember when I was in elementary school with my kid sister (she is now a middle schooler), we weren't ever allowed to wear our costumes to school. No costume paraphernalia, masks, face paint, wigs, NOTHING. I never understood why, and little did I know that understanding why would fuel me to write this column.

When Camryn and I were in elementary school, I remember one year she wore a bat costume. It was so beautiful, and she looked gorgeous in it. It came with arm warmers, boot cuffs and a bat ear head band. The day of Halloween, the school district sent out a reminder that we could not wear any costume or anything that can be mistaken as a costume. I remember laughing because my mother said, "I'll be damned if my kid is not able to wear at least SOMETHING to her costume on HALLOWEEN." Needless to say, Camryn went to school in arm warmers, her skirt and her bat ear headband.



In the Spokane Public School District, there are many different religions, ethnicities, beliefs, backgrounds and views. My family is not religious, but we still celebrate holidays freely. We don't think of Jesus on Easter and Christmas, but we think of family and friends. We don't associate Halloween with Satan, but we think of zombies, ghosts and goblins. Christmas celebrations vary from

house to house, family to family; it just so happens my family is practical and basic.

On the day of Halloween, I posted in a Facebook group for my high school asking if costumes were prohibited. People responded with the usual, "Yes" and the "No costumes." Even after I got the gist of it, one person in particular decided to go further and said, "Yeah, costumes are prohibited because some people don't celebrate Halloween."

Naturally, me being the person I am, I got kinda irritated. Why take the privileges of Halloween away from everybody that celebrates it because people that don't celebrate it might be offended?

I call baloney. It is not fair to the celebrants to suppress their feelings because someone else might not like it. If you do not celebrate a holiday, do not take part in celebrations. It is that easy. If we were here to take care of everybody and respect all religious and political preferences, it would all be segregated.

Likewise, if non-Christian people want to celebrate, please do! Just don't take away my privileges as an American citizen to celebrate holidays.

South African Teen Wins Google Prize Using Orange Peels Against Drought



(TriceEdneyWire.com/GIN) – The grand prize winner at this year's Google science fair was a 16 year old South African schoolgirl who earned a full scholarship for her project "No More Thirsty Crops" aimed at ending the country's punishing drought.

Kiara Nirghin bested students from around the world with her project that transformed simple orange peels into a cheap super-absorbent material to help soil retain water.

She said her work was in response to the recent drought that has hit South Africa, the worst since 1982, which has led to crop failures and animals dying.

Ms Nirghin, an eleventh grade student in Johannesburg, said she made three experiments over 45 days before coming up with an orange peel mixture as an alternative to expensive and non-biodegradable super-absorbent polymers.

The mixture was made out of waste products from the juice manufacturing industry, she said.

The only resources involved in the creation of the orange peel mixture were electricity and time. No special equipment nor materials were required, Ms Nirghin added in her online submission.

The teenager received the \$50,000 scholarship at the annual fair in California. She said she hoped it would help farmers save money and their crops.

GLOBAL INFORMATION NETWORK creates and distributes news and feature articles on current affairs in Africa to media outlets, scholars, students and activists in the U.S. and Canada. Our goal is to introduce important new voices on topics relevant to Americans, to increase the perspectives available to readers in North America and to bring into their view information about global issues that are overlooked or under-reported by mainstream media.

2017 AFRICAN AMERICAN SCHOLARSHIPS

Generation Google African American Scholarships

Application Deadline Feb to May

Award Amount up to \$10,000.

This Generation Google scholarship for blacks is for students majoring in computer engineering, computer science, or software engineering. Graduate or undergraduate degree. For more information and to apply online see www.google.com.

National Achievement Scholarships for Blacks

Application Deadline fall each year for juniors planning to attend college after high school

Award Amount \$2500

These scholarships are part of the National Merit Scholarship programs. The process starts with the PSAT test in the fall of the junior year of high school. Semi-finalists are notified the following spring, and finalists, who are eligible for \$2500 one-time scholarships for black college students, are notified in February. See additional requirements for National Achievement Scholarships for Blacks at www.nationalmerit.org/nasp

Jack and Jill African American Scholarships

Application Deadline March each year

Award Amount \$1500 - \$2500

These scholarships for African Americans women and men are offered to high school seniors planning to attend a 4 year college full time, in any state. Must have a GPA 3.0 or better. Funds may be used for tuition or board, Dependents of member of Jack and Jill are not eligible. For detailed Scholarships from Jack and Jill requirements see www.jackandjillfoundation.org

Herbert Lehman Education Fund Scholarships for Blacks

Application Deadline March each year

Award Amount multiple awards of \$2000

These scholarships are for high school seniors, recent high school graduates and college freshmen dedicated to advancing the cause of civil rights. Academic excellence, leadership potential, service to others and financial need are considered. For scholarship application see African American Scholarships at the NAACP website www.naacpldf.org

Thurgood Marshall College Fund Scholarships for Blacks

Application Deadline April each year

Award Amount multiple awards average \$2200 per semester

These scholarships are for students attending public Historically Black Colleges and Universities (HBCUs). Both merit and need based. Academic excellence (GPA 3.0 or higher), leadership qualities, service to others and financial need are considered. For TMCF Scholarship application see www.tmcf.org

Gates Millennium Scholarship

Application Deadline January each year

Award Amount full scholarship - tuition, fees and living expenses after other sources of aid

These scholarships for African Americans with GPA 3.3 or higher, and will enroll first time as a student at a college or university. Must meet the Pell Grant eligibility, and demonstrate leadership skills. Requires student application, educator's evaluation, and community service/leadership recommendation. For application: <https://nominations.gmsp.org>

United Negro College Funds Scholarships for Blacks

Application Deadline varies

Award Amount varies

These African Americans scholarships, including scholarships for black women, are administered by the United Negro College Fund. They offer a great list of scholarships, that support more than 65,000 black college students at more than 900 colleges and universities in the U.S. See the African American Scholarships on their website at www.uncf.org

POST ELECTION REFLECTIONS

BEVERLY AARONS

Supported Hillary Clinton

Why did you support the candidate that you supported?

I supported Hillary Clinton because I felt like she had what it took to lead the nation in the direction that I agreed with. She was going to take Obama's platform and advance it and keep important things in place, and move us forward. Also I felt like she was a pragmatic person and knew how to compromise and work with people.

What were you thinking/feeling on election day?

On election day, I was worried because I felt that a lot of the third party people and a lot of the Sanders people never really got on board with Hillary Clinton. I also felt that there was a large cross section of the United States that was backing Trump, and a lot of the propaganda that was being spread about Hillary Clinton was being eaten up. People were believing it. So I was worried, but at the same time hopeful. By the time Florida went to Trump, I was pretty convinced that we weren't going to make it, and when I saw some of the states like Wisconsin go to Trump, I knew that was it. It felt like doom. We're going to be taken very far back. Our rights are going to be rolled back. It just felt like a death march. A lot of people are going to die. A lot of people are going to suffer. That's how I felt.

It's been a week (or two) since the election, what are you thinking/feeling now?

Some of my worst fears are confirmed and even worse than I initially thought they were going to be. The President-elect has installed a white supremacist into his cabinet. He's unapologetic. This guy is unbelievable. Some of the things that he's doing. His overly sensitive responses to criticism. Him confronting the press about their not giving him a chance. Everything feels wrong, and it reminds me of just what it was like to live under the Reagan era. I just feel like it's going to be a lot worse than that. Especially for people who are poor, vulnerable populations, racial minorities, sexual minorities. People who are vulnerable are going to be hit hardest and everyone is going to pretend like nothing ever happened. I just don't feel hopeful at all.

What has been the most challenging/difficult thing about supporting your candidate?

I think I felt frustrated by what I saw as extremist elements that didn't sound reasonable to me, on the left. I felt like I would talk about day to day things, the way that things practically impacted people, and everybody else kept talking about the corporate powers that are in control of the Democratic party. To me that's frustrating because I just feel like when you talk about corporate control of things, we live in a capitalist society. It's almost impossible to dismantle that and to focus almost exclusively on this idea reminds me of these people who are always talking about revolution but when you look down the street that they live on, people are impoverished or people



are afraid of the crime that's surrounding them. They have no solutions for the everyday things, but they've got these big ideas. Nothing practical. Nothing pragmatic. Nothing concrete. For me, that was frustrating, and still is.

What assumptions do you think people made about you because you supported Hillary Clinton?

I was called a corporate shill. The biggest thing that I heard was that I didn't know what was in my best interest from a lot of the white Bernie Sanders delegates. They kept telling me that Bernie Sanders was the right person for me based on the fact that I'm Black, and that's without them even knowing anything about me. Those were assumptions that I ran into from the precinct level all the way up to the national convention. Even now.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

I think that Donald Trump creates an environment where people feel free, feel emboldened, to act out their darkest desires, and to show their biases towards people. I think that even if Donald Trump doesn't pass one policy that turns back one thing, one gain in this country, the whole energy and vibe of the country has changed, but I do think he is going to turn some things back for sure. In terms of being afraid, I think for me, I know that I'm going to be much more vulnerable and so are other people, especially once Donald Trump and his cabinet get their hands on our Medicaid system and other safety nets.

The country is polarized. What do you think needs to happen now to bring the country together?

I don't know. I don't think that's possible. I think the country has already been polarized, that's how we got Trump into office. There's always a division. There are people who are more liberal. People who are more conservative. And some people who just want to roll the country back to the 1950s. If you're talking about bringing people together from the right and the left, I don't know if that's possible. I don't know if it's ever been possible.

What are your hopes for the next four years?

My hope, well, I hope that we can survive the Trump presidency without too much damage to our nation. I'm hoping that it won't cause too much damage to our country and to the people inside the country, that people won't literally lose their lives because Trump has decided to mess around with our healthcare system and our safety nets. Those are my biggest concerns.

VAJAHN JACKSON

Supported Donald Trump

Why did you support the candidate that you supported?

I was kind of on the edge, so I kind of find myself a little more independent now than I thought I really was. I kind of liked Bernie Sanders. I didn't really like some of the ideas. Some of the ideas didn't really make sense. One thing that I think Obama was good at, he talked about fixing us. Fixing the school system, things that are most important to us, and things that we need to be working on. Trump didn't talk about it that much, but he was the one candidate that really talked about education. People might not believe in it, but he talked about a wall. He talked about planned parenthood, and when he would get new information, he would change. That's what I liked about it. I thought that his rhetoric was way too much, and I thought that he was too over the top with some of the things that he said, but I just agreed with some of his political views. Not all of them, but his stuff made more sense to me than anything.

What were you thinking/feeling on election day?

I braced myself because of the media. Trump was down by five points going into it, so I braced myself because I was a huge Mitt Romney fan. I was like 12 or 13 at the time and it really hurt me. I just remember being really let down when he lost. So, I tried to brace myself for the loss. I saw that he was down in Florida and South Carolina and I got a little worried, but he ended up coming back. He broke the blue wall that Clinton needed. I knew by 10 o'clock our time that he was going to take it. I was super excited, but then I was a little nervous, because this is a guy that I've supported for the past year. So, when he messes up, I mess up.

It's been a a week (or two) since the election, what are you thinking/feeling now?

I haven't really thought about it. I was interested to see what Obama had to say when he went to the White House. When Obama gave his speech the next morning and how Obama still kind of threw some digs in there, and wasn't like we need to all unite around him. I was really excited until I started looking on social media and looking at Portland and Chicago and everybody's like "that's not my president". Yes, he's said some stupid things, but we all need to come together and unite as one because really blue and red yes, but at the end of the day, we're all friends, we're all family, and we all need to come together.

What was the most challenging/difficult thing about supporting your candidate?

Knowing where I stand. My roommate's girlfriend was a huge Bernie Sanders fan and switched over to Hillary Clinton. She was like, "how can you support a rapist, how can you support a racist", and things like that. I heard that and I was like, hey I like some of the things he stands for. Or when people would come to me, like my mom is a huge Hillary Clinton fan, my dad is a huge Hillary Clinton fan, so it was pretty interesting.



Just knowing where I stand and what I believe in, and the research that I've done.

What assumptions do you think people made about you because you supported Trump?

Everybody here thinks you can't be Black. You're not Black. I've lost friends over it, because people are mad because I support somebody who said that all Mexicans are rapists and he wants to get rid of all illegal immigrants and things like that. But I've also gained another network of people that's outstanding.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

I was reading the story on KHQ about how they tagged the Martin Luther King Center. I understand protesting is your right and you have the right to say what you want, but not when it becomes violent. I go to the University of Montana, I'm a freshman, and on our freshman Facebook page they were trying to start a protest, like a riot, kind of, and I said, a riot's not going to do anything. We've already elected Trump, so how is that going to help. So, I kind of watch it. People could be doing so many other things. It's just really sad to see where we're at as a society now.

The country is polarized. What do you think needs to happen now to bring the country together?

I don't think anything will now. Even with like Mitt Romney and Obama, Mitt Romney didn't say the things that Trump said, so I honestly don't think Trump can ever make it back with some Latinos and with Blacks. I don't know if there is coming back now. I think we are kind of to where we are now until four years down the road and somebody else runs against him.

What are your hopes for the next four years?

I'm hoping that we can all unite. I don't think it will happen, but I'm hoping that we can all at least try to come together just to make it through the next four years hopefully. I hope that people will give him a chance at least. I was telling somebody on Facebook, he could be the biggest dud ever, but we don't know that yet. I liked that he was an outsider. And he wasn't a lobbyist and didn't receive money from lobbyists and things like that. I kind of hope that we can all just give him a chance and see where it goes. Everybody's saying, that's not my president, but he could be the greatest thing ever.

Anything else?

I'm just really happy. I'm really excited. I'd like to see what the next four or eight years hold.

POST ELECTION REFLECTIONS

LEROY CUNNINGHAM

Supported Bernie Sanders

Why did you support the candidate that you supported?

For the majority of people, I know that the nation is broken. There's too many people suffering and nobody in the political field was paying attention to the needs of the people. So, when Bernie Sanders came on the horizon, I'm like, okay this is the guy who's saying the right thing. That got me motivated, because he was saying something totally different, just like Trump was. I was dedicated, just like everybody else that got involved. We really believed that it was time and that we could change things. We know that didn't happen. This whole election thing has turned me around 180 degrees, 360, and it made me think really deeply about what it is that is actually going on. When the general election came on, I didn't support Hillary Clinton, like I said I wouldn't. I voted for Jill Stein because I believe that if we don't bust the two party system at this point and stay on top of these folks, they are going to run us into the ground and we'll be back in the same position four years from now.

What were you thinking/feeling on election day?

I was disgusted days before the election, and on election day I was really irritated because, from my viewpoint, I could tell that the media and the entire establishment was full of it, everybody was full of it, because they were all sitting behind this one candidate. Nothing of substance was being talked about. As election night started going on, I started paying attention. When Trump started winning, I started feeling better, and when he won, I said, there you go. We told you she was a horrible candidate. The American public was saying, no no no, we don't want her. We don't want more of the establishment, and now look at what's happening. Look at the stupidity of what's going on.

It's been a week (or two) since the election, what are you thinking/feeling on now?

People are out there in the streets demonstrating against Trump. He hasn't even done anything yet. I don't like the man, you know what I'm saying, I don't like him, but give the man a break. People say he's a racist, well racism has been here every since I've been here. Philando Castille... Sandra Bland... No one is demonstrating about Flint Michigan. People are just falling in line, hollering at each other, and listening to the same people who brought Donald Trump into power.

What has been the most challenging/difficult thing about supporting your candidate?

Sitting in that convention center and watching all of those dedicated people, including myself, everybody, getting stomped on, spit upon, and just being totally beat up by the establishment. That's was the hardest thing. It showed me everything that I needed to see.

What assumptions do you think people made about you because you supported Bernie Sanders



and then Jill Stein?

A lot of people thought I was just talking stupid for supporting a candidate who "could not win". Some people told me that I was stupid for voting for Jill. What about the supreme court? What about this? What about that? But no one ever said to me, but what about our country? What about the corruption? What are we going to do about that? For the most part people were really brainwashed to a large extent believing in the system and in Hillary Clinton. I just didn't understand it.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

I look at what's happening with the swastikas and the name calling and the school taunting and all of this and guess what I remember, it's the same thing that happened when Obama came to office. Exact same thing. So it's not Donald Trump and it's not Obama. It's those people. But I'm happy in a sense that all of this is actually going down, because now America can really see that we have a problem in this country with race to begin with.

The country is polarized. What do you think needs to happen now to bring the country together?

It's very possible, but the population at large needs to stop listening to the media and listening to their hearts and being willing to talk. You know that old saying, if you're living in fear of the people around you, then there is no way that you're going to see what the people above you are doing. They've got us so confused and distracted with the media and everything else, and that is the problem. We have to start talking to each other. We have to start listening to independent media. We have to go back to the base, which is humanity. There's no critical thinking. Until we get people thinking together, we're in trouble.

What are your hopes for the next four years?

I hope Trump keeps being who he is, because the more he is who he is, and the more he does what he does, the more the shit gets exposed. If anything can happen out of this, it's that the fear of the American public will change from being afraid of the government to being afraid of being taken over by some crazy right wing or left wing faction. Where we're going to go will depend on the public

Anything else?

I'm pissed about what is actually happening and I want people to wake up. Through this whole process, all the people that I talked to, the bottom line is that we all had the same complaints. We all felt the same way. We just expressed it in different ways.

AHLMAHZ NEGASH

Supported Bernie Sanders

Why did you support the candidate that you supported?

Honestly, politics was not my thing. If anything, I was more interested in local issues than I was in national issues. Bernie Sanders was the one that I supported in the primaries and what inspired me was that he was a very real person. You could tell that he loved this country and wanted the best for American people. I loved his message of environmental justice, economic justice, social justice. The message of justice is what resonated with me. That's why for the first time in my life I actually caucused.

What were you thinking/feeling on election day?

I kind of had a feeling that Trump was going to be elected. Some people that I had been talking to and people that I trusted had predicted that Trump was going to win, so I honestly was not surprised. I didn't stay up all night and wait. I actually went to sleep and found out the next morning. I didn't stay up for it. I kind of expected it.

It's been a a week (or two) since the election, what are you thinking/feeling now?

It's been mixed. I think we're kind of lucky to be in Seattle and I try to remind myself of that. You hear of things happening around the country and because I'm Muslim, I'm more likely to hear of things that are happening in the Islamic community. So you'll hear things about Muslim women being targeted or Mosques being sent hate mail. It was last week on Monday that the sign outside the Mosque that I attend was vandalized. There was no hate message, but the first thing that came to everybody's mind was that it was a hate crime. The President of the Mosque sent out a letter to the community addressing the vandalism and in response to that we got an outpouring of support from the non-muslim community. I was looking at that and I said if somebody hadn't come and broken that sign, we wouldn't have had that beautiful moment. Hate crimes are on the rise, there's not doubt about that, but the support and the solidarity that people are showing in the face of all of that is unbelievable, and it's something that we probably would not have seen had he (Trump) not been elected. So it's truly the silver lining of this election.

What assumptions do you think people made about you because you supported Bernie Sanders?

You know what I found pretty fascinating and it kind of made me feel bad a little bit, is that most of the people that I know were supporting Bernie Sanders. My Muslim friends, my non-Muslim friends, Christian, Jew, all of them. Very few people were voting for Hillary Clinton, and I just didn't know anybody who was voting Republican. I think that's unfortunate because when you're around so many people who think like you, you lose the opportunity to share ideas. So that made me think that I should be reaching out to people who don't think like me. I need to make a better effort toward that.



There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

Absolutely, everybody is worried about the rise in hate crimes. There's no doubt that there's been a spike in hate crimes. At the same time, I'm lucky to be in a very progressive city, in a very progressive state. So I don't personally experience the brunt of it, but even still, I'm in a community that is very much aware of what's going on outside of the little echo chamber that we live in. We're all in a heightened level of security and people are taking precautions, even though we know that we're in a relatively safe environment compared to other places in the country.

I know a lot of people give Trump credit for taking the veil off of a lot of the social ills in society, racism, sexism and things of that nature. People who have been awake know that these things have already existed. That homophobia already existed before Trump. Sexism was here. Racism was here. I'll give it to the people that say he gave license for these people to come out of the dark and be open, but I don't believe that he created new racists or new sexists. I don't believe that he incited that in people who were not already racist or sexist. So, the silver lining is that when it's brought out into the light, we can be more effective at addressing it.

The country is polarized. What do you think needs to happen now to bring the country together?

A friend of mine brought up a good point when we were talking about the election. Everybody talked as if everybody was voting for Hillary Clinton. She wondered if we even gave a space for people to feel comfortable to say that they were voting for Trump or even to say why they were voting for Trump. They couldn't come out and publicly support someone who was so disliked in this city. We don't have to all agree, but I think we have to do a better job of reaching out and listening to each other.

What are your hopes for the next four years?

I am being vigilant to be honest. I am not going to pretend that this is not potentially history repeating itself. Since I happen to be Muslim and a lot of Trump's policies have to do with treating us the way we treated the Japanese in this country and the way Jews were treated in Germany, so I'm not going to pretend that the words that he is saying are not repeating history. I'm not pretending like this isn't happening. But at the same time, I am taking every opportunity to bring the positive out of this. But at the same time, I will not be fooled into thinking history cannot repeat itself.

Another(ed) Voice

By Shanice Applewhaite



RECOVERING FROM WHIPLASH

Whiplash, also termed “neck sprain” or “strain” is a reper-cussion of forced trauma. Injuries range from moderate to severe, but tend to have involved rapid movement, stretch-ing and tearing. The definition of whiplash is the extension of soft tissue beyond its typical range of motion.

Individuals suffering from whiplash may notice pain and stiffness, headaches, weariness, problems with concentra-tion, and the inability to sleep.

Treatment begins with an initial rest period. 24 to 48 hours of heating or icing the injury. Early movement however is encouraged to prevent immobilization. Techniques are taught to the individual in order to prevent further injury. A change of posture and application of relaxation techniques are the best remedies to prevent future symptoms.

As a country, we experienced whiplash on Tuesday, No-vember 8: a blunt trauma, and as a country we must work toward recovery before our injuries worsen.

Healing will be a process. For some of us, this is a reoc-curring injury (possibly dating back to the 70’s), for others this is the initial blow. Some individuals experience weariness and inability to sleep, while others pain and headache. All feel constrained, tightened and immobile. Blame and criticism are often expressed; though offer little aid in the healing process.

It is important to remember the rest period. To prevent fu-ture injury we must deal directly with the source of injury, paying close attention to the causes, and noticing any re-

percussion of our symptoms. While applying heat (through dialogue) to the injury may release pain for some, applying cold (meditation, time for self) may be more suitable for others. Doctors recommend a variety of healing practices including; screaming, crying, hibernating, talking to other victims, and laying out recovery options.

Rehabilitation requires flexibility as well as action. Flexi-bility must be of priority, allowing the individual to with-stand future injury. Action must be intentional and well planned before being applied. For the strongest recovery a well stratagized treatment plan is essential.

For each of us recovery time may look different. It is im-portant to allow full recovery before attempting to mo-bilize. Recovery is a timely process, and should not be rushed. This injury, though common, is delicate, and must be treated accordingly. Once our treatment plan is mapped out, and symptoms have subsided we may begin our next steps towards recovery.

No matter the phase of rehabilitation, we must be gentle with ourselves. As 2016 comes to a close, and the possi-bilities of 2017 approach, I reemphasize self-care, as well as care for one another. Many are still fighting through the pain, unaware of the injury, and unable to take the time necessary to heal.

For those who have begun the healing process, we must be ready to support and carry those who have been forced to carry on. We must be ready to take action, filling their places when it is their time to rest. We must take this injury

personally, and realize that each one of us can play a vital role in our nation’s recovery.

This injury has been deep and traumatic. Its repercussions have caused damage to our environment, and ignited anger between those who are injured and those who didn’t feel the crash. We must remember that blaming those who have injured us is of little use. Instead understanding where the injury came from and working to prevent such injury in the future takes value.

As we welcome 2017, I know recovery time may feel rushed. I hope that as President-elect Trump lays his 100 day plan into action; we will be ready to mobilize, armed with defenses against his environmental and humanitarian havocs.

With any injury comes the tearing of a muscle group, but with tearing comes the possibility of regrowth, and a tighter bond. I pray for strength and endurance as we face our next four years. We have all experienced trauma, yet obtain the power and resolve to overcome our injuries, and take action. Out of our suffering comes the opportunity to stand united and strong, ensuring fully recovery.

We were not the cause of our injury, but we now have the power to be the solution. Let us stand together in 2017, bandaged and ready to fight for change. This is a fight not only for our own health and well-being, but for the health and rejuvenation of the country. Our prescription has been given, let us now begin recovery.

SPOKANE SHOWS SUPPORT AFTER MLK CENTER BECOMES TARGET

Within a couple hours of the staff at the Martin Luther King Jr. Family Outreach Center discovering racist graf-fiti tagged onto the side of one of their buildings and onto the van that takes the children back and forth to school, over a hundred people from all across Spokane, including government officials, faith leaders and law enforcement, had gathered on the grounds of the center to offer support and show solidarity against the message of hate and divi-sion that had been scribbled in bright red paint.

Spokane Mayor David Condon, and City Council Presi-dent Ben Stuckart, who were both in attendance, issued the following statement:

“The outpouring of community support for the Martin Luther King, Jr. Family Outreach Center today was re-markable, humbling and exemplified everything that is right about Spokane. To see more than one hundred peo-ple assemble with very short notice to stand with the Mar-tin Luther King Jr. Center staff and the families they serve sent a strong, clear and undeniable message that hate will not be tolerated in our community. Not today. Not ever.”

After an impassioned and tearful message to the crowd from Freda Gandy, MLK Center Director, community members joined together to paint over the racial slur. The Spokane Police Department is investigating the incident as a hate crime Crime Stoppers of the Inland Northwest will offer a reward for anonymous information about the person(s) responsible. To support the MLK Center visit: <http://mlkspokane.org> or call (509) 455-8722.



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BUSINESS / ECONOMICS

THERESA’S SALON & SPA: BUSINESS IS GROWING

Theresa’s Salon & Spa is a full service pampering center that is housed in a warm and cozy re-furnished home on busy Freya Street, between 4th and 5th Avenues.

Theresa Fischer was born on Fairchild Air Force Base in 1953. Her father was in the military and with the exception of a three year tour in Guam, she was raised in Spokane, attending Eddison Elementary, Libby Middle School and graduating from Ferris High School.

Theresa had her sights set on becoming an attorney. “When I graduated from high school I really wanted to be a lawyer. I loved mysteries, and Perry Mason was my favorite show. In middle school and high school, I would just read his books and I thought, oh yeah, that’s me. I’m going to be a criminal lawyer. I got this, and then reality came.”

Theresa was a natural salesperson. She sold both Avon and Mary Kay products when she was growing up, so her focus turned from criminal law to business law to make more money, but “then I decided to get married.”

The marriage didn’t work and Theresa, now a single mom, found herself working at Kaiser Mead, an aluminum plant on Spokane’s north side. The company was in the process of cutting



back and Theresa was going to lose her job. The legal profession began calling to her again.

“I wanted to be a court reporter and I checked on that, but the school was in Idaho, it was at night, and I had a young son. I was going to Al on Wellesley. He was doing my hair and I was telling him what was going on in my life and he said, ‘have you ever thought about being a hairdresser’. I said, you’ve got to be kidding me. He said, but you have the personality for it, and you can make good money and set your time and your hours.”

Little did Theresa know that the conversation with Al, a well known hairdresser in the African American community, would change her life. When she got her “walking papers” from Kaiser, she used her unemployment money and went to beauty school.

Attending school was challenging. Theresa was the oldest person in the class, and her unemployment ran out before she finished, but with support from her family, she completed the program and got her license in 1984.

Her first location was inside of Larry’s Barber Shop. “I was looking for a place to work. I went to Larry and he said okay, come on in. I knew Larry because he cut everybody’s hair in town. Larry sat down and talked to me and asked me what I wanted to do. He was a good mentor. He gave me good advice, like paying yourself first and handling your finances.” She smiles, “I didn’t follow it.”

Theresa started in the back of the barber shop and stayed there for a couple of months before moving into the empty shop next door. It was Larry that gave her the name, Salon East. She was next door to Larry for seven months, but was working seven days a week to pay rent for the shop and maintain an apartment for her son. “It was too much.” She ultimately moved Salon East into a home that her brother bought for her, and the shop flourished there for 28 years.



Over the years, Theresa says she has been inspired by her journey. “I have just met so many wonderful people that have inspired me and totally encouraged me. People that I started with at Larry’s are still coming to me. I have generations that have continued to come back and support me. I’m so grateful and so blessed with all of the people who have come through the doors who supported me when I was low and told me not to give up on myself.

Theresa embarked on the newest chapter in her life four years ago when she opened Theresa’s Salon and Spa. This time the name came from her son, and the location came from one of her long time clients, Joadle Sirmans, who asked Theresa, “what is your real dream?” After Salon East closed, Theresa had been considering getting a job and working for somebody else, but Joadle’s question stuck with her.

“My dream was to have a full service salon. That’s what I always wanted. Joadle said, okay, I want you to go look at this house. The first thing that I saw were the French doors. It’s like the way my salon was set up. And I said, oh yes, I can do this. I couldn’t have asked for a better location with the traffic, and I could vision what

it was. The property owner, Terry Tombari, asked me what do you need. He told me to write my dream list, and everything that I wanted and more he put in here for me. That’s God.”

Theresa put an ad on Craigslist and got her first two employees, Melissa Campbell, who did facials, waxing and skin care, and Deb Thompson, who was a braider. Both women eventually moved out of the state.

“They were both excellent at their craft and that’s what I wanted to keep in here. Good people. Who loved what they did. I have a certain brand that I want. I want an upscale salon, but I want whoever walks in here to feel comfortable and respected.”

Theresa’s commitment to her customers is paying off and her business is growing. So is her staff. Jennifer does lash extensions, facials and waxing. Tammy does nails and will be doing pedicures starting this month. Meser is a part time braider and Jeanette works out of her home. Theresa is also looking for another stylist to help keep up with the demand.

Theresa’s Salon & Spa is located at 424 S. Freya Street, Spokane. Phone: 509-534-2470.

ENGINEER’S “HUSTLE” BECOMES SUCCESSFUL CONSTRUCTION COMPANY

By Avis Thomas-Lester, Urban News Service

(<https://urbannewsservice.com>) Brunson L. Cooper dreamed of starting his own construction firm—but he had no money, no investors, and no connections. He decided to become his own rich uncle.

The engineer spent 16 years working at Turner Construction, one of America’s largest builders. He always lived below his means and saved what he could. But his nest egg wasn’t enough to start his own construction firm in 2009. So he kept his “day job” at Turner for three years, while starting Corenic Construction Group on the side. Keeping his job at Turner gave him money to get started, and time to raise additional funds, assemble a team and land his first few projects.

“Then I never looked back,” said Cooper, 43, of Bowie, Maryland. “The company had grown enough that it needed my full-time attention, and I could actually take care of my family as well as I had at Turner.”

Corenic Construction, based in Washington, D.C., employs 30 people who have completed more than 1,000 projects, including a 30,000-square-foot showroom addition at BMW of Sterling, Virginia, and renovation of a 9,500-square-foot space at George Mason University in Fairfax, Virginia. Corenic’s clients have included the Army, Navy, the Department of Homeland Security, LOWE Enterprises and the Penzance Companies. Corenic earned \$20 million last year, Cooper said. Quite a turnaround from a business he started on the side in 2009.

Cooper’s secret is simple and old-fashioned: integrity, honesty and hard work. Cooper said these principles were instilled in him as he grew up in tiny Hemingway, South Carolina, a three-traffic-light town 32 miles – as the crow flies – from Myrtle Beach.



His father, the late Brunson Cooper, Jr., worked as a mill foreman at International Paper. His mother, Gladys, 79, taught second grade. His older brother, Calvin Davis, still lives in town and coaches high school basketball. Letia Cooper, his younger sister, is the IT coordinator for the Williamsburg County School District, where each of the Coopers went to school.

When Cooper’s father wasn’t at the factory, he tended a huge garden behind the family’s home. It supplied vegetables for the Coopers and several senior citizens to whom he regularly provided food. The elder Cooper also ran a catering company which barbecued whole pigs. Little Brunson was his assistant.

“My dad always said, ‘Have your job and have what you call your hustle.’ Your hustle is a job to help you make extra money,” Cooper said, laughing. “Catering was his hustle.”

Cooper’s chores included tidying the family’s 2.5-acre spread with a push mower every week and washing his father’s Chevy pick-up every three or four days. “He kept me very grounded in terms of working to get what you want or need in life,” Cooper said.

In high school, the six-foot-4-inch Cooper excelled on the basketball court and in the art studio. He spent one summer in the coveted South Carolina Governor’s School for the Arts and Humanities program. He worked another summer at a local Tupperware plant, and started at North Carolina A&T University as a graphic arts major, but later switched to architecture and civil engineering. His bachelor’s degree is in civil engineering.

Cooper’s first job after college was in Turner’s D.C. office. In his first major project, he supervised construction of the Society of Human Resources’ building on Duke Street in Alexandria, Virginia. He credits industry friends and colleagues for spurring him to start Corenic, saying that he first considered launching his own company while performing home-improvement projects for acquaintances on the side – his hustle – while working for Turner.

Cooper often works 12-hour days, necessary if he’s to reach his dream to double his company within five years. He’s also a busy family man. He and his wife, Tia, a financial manager, have two children – Lillian Corine, 9, and Brunson Dominic, 7. The name “Corenic” is a contraction of his childrens’ middle names.

“He doesn’t mind working hard and doing whatever he thinks he needs to do to complete the job,” said Corey Pressley, 43, of Alexandria, Virginia, who has known Cooper since high school. “Because he’s got charisma, he’s able to network well. That’s important, because if people think you work hard and they respect you, they’ll work with you.”

OUR COMMUNITY

PEOPLE
SERVICES
PROGRAMS

97TH ANNUAL FREEDOM FUND BANQUET

November 12, 2016 - Northern Quest Resort and Casino



Photos Provided By Robert Robertson of Talent of Memories

WORD
OF FAITH
GIVES
THANKS

Word of Faith Christian Center, located at 9212 E. Montgomery Avenue in the Spokane Valley, was the location for this year's Spokane Minister's Fellowship Thanksgiving Service. Word of Faith's Pastor, Otis Manning, delivered the message, sharing what it means to truly be a "Bible Believer." The Spokane Community Choir gave thanks through song, and Pastor Walter Kendricks, Fellowship President offered his thanksgiving as well. To reach Word of Faith or Pastor Manning, call 509-891-5253.



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OUR COMMUNITY

PEOPLE SERVICES PROGRAMS

LOCAL WOMEN RUN ECCC YOUTH PROGRAM

By Renika Williams

In the past, The East Central Community Center (ECCC) had been considered a cornerstone of Spokane's African American community. Its doors were open to generations of thriving, young minds who were looking for a place to learn, play and grow.

Today, two local women, Sydnee Penn and Taelor Wilson, are hoping to revive the community's connection to ECCC by opening the doors once again to the community's youth, through their Youth Development and Benn Burr Day Camp Summer programs.

Sydnee and Taelor, each participants in the Americorps program, with college degrees in Communications and Sociology respectively, have extensive knowledge of what will be required from our children to be successful.

"I worked for six years for this [degree] and didn't really have any knowledge of what was next," Taelor stated.

Both programs were developed to give students that edge.

"Our goal," noted Sydnee, "is to promote educational and personal development,



while offering trust, guidance, and a safe space to play."

Their hope is to develop the students, to go beyond simply assisting with school work, and to offer them true leadership and direction. Sydnee and Taelor even hope to launch a supplementary lesson plan that

will give the youth a chance to learn ethics in a more tangible and realistic manner.

The ECCC program currently caters to elementary and high school students, with K-6 students being picked up from school and bussed to the community center Monday through Friday from 3:00 pm – 6:30pm.

The gym is open Fridays 4:30-6pm for grades 9-12.

While the East Central Community Center provides the space, Sydnee and Taelor provide the lessons and the mentorship.

"As youth aids we have the role of helping the youth develop," proclaimed Taelor. "It is our youth. Our community. Our kids. And they should be safe and excited to learn and play!"

By investing in the next generation, The East Central Community Center's youth program is providing our youth with the opportunities to succeed that they deserve. Sydnee and Taelor are hoping to make the community aware of the programs and get them involved, so that parents will take advantage of this important opportunity.

Parents interested in the ECCC youth programs can start by simply filling out a registration package for their child, including an immunization form. The cost for DSHS approved families is reduced to \$35/week, while all other families pay only \$65/week per child.

For more information visit the ECCC website at <http://www.ecspokane.org> or call Sydney Penn at 509-868-0856.

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IN THE SPIRIT

IF YOU PRAY TOGETHER DO YOU STAY TOGETHER?

Harvard Study Links Church Attendance With Marriage Stability

Source: Bob Allen, <https://baptist-news.com>

The old adage “the family that prays together stays together” is statistically sound, according to a new study by a Harvard University professor.

Couples who attend religious services are 47 percent less likely to subsequently divorce than other couples, according to a study on religious service attendance, marriage and health by Tyler J. VanderWeele, an epidemiology professor at the Harvard T.H. Chan School of Public Health.

While a number of previous studies have shown that those who attend religious services are about 30 to 50 percent less likely to divorce than those who do not, critics say it is possible the numbers are skewed because people contemplating divorce may be more likely to stop attending church.

VanderWeele said the Harvard study was able to control for that possibility by looking at the timing of changes in religious service attendance.

In addition to greater marital stability, the study found a correlation between church attendance and better health outcomes including lon-



ger life, lower incidence of depression and less suicide.

VanderWeele speculated that attending religious services reinforces the idea that marriage is something sacred. Religious teachings

also censure divorce and discourage adultery, one of the strongest predictors of divorce.

Religious institutions offer various types of family support, and studies find that people who attend church

are generally happier and have a greater sense of meaning in life, factors generally associated with greater marital satisfaction and lower divorce.

“Religion is, of course, not principally about promoting physical health or decreasing the likelihood of divorce but about communion with God,” VanderWeele said. “However, it turns out that the pursuit of this goal also has profound implications for numerous other aspects of life, including health and marriage.”

VanderWeele said religion might be understood “as the pursuit of complete human well-being: physical, mental, social and spiritual.”

“Religion is about both communion with God and the restoration of all people to their intended state of complete wholeness and well-being,” he said. “The evidence suggests that it can indeed accomplish both.”

“The family that prays together stays together” phrase is attributed to Patrick Peyton, a Roman Catholic priest who used it as a slogan for his Family Theater of the air radio program that ran 22 years and at one point reached 5 million weekly listeners.

Tongues of Fire *By Beverly Spears*

In Hebrew and Christian Scriptures, the Holy Spirit is represented by names that denote breath and life, wisdom and understanding, empowerment and action in the world. Spirit comes as the sound of a mighty rushing wind— as Tongues of Fire descending. In this form it is radical, fierce and purifying.

In the wake of the presidential election, America is in crisis. It is a moral crisis stoked by hate and bigotry cloaked in political ideology. How do we respond?

The central tenants of Christianity are love, inclusiveness and reconciliation. Based on these principles, I categorically reject any interpretation of Christian scripture that sanctions racism, sexism, homophobia, and xenophobia. I categorically reject ANY justification for a follower of the Way of Jesus to overlook, or condone open, unabashed, unrepentant bigotry by any person or institution.

Jesus named and called out the religious hypocrites of his time. I will not stand silently by while the hypocrites and haters of our time despoil the Christian tradition. In the vernacular, if you come in the name of Jesus, you’d better come correct. Anything else is blasphemy.

I understand the anger and pain of those white Americans who feel oppressed, excluded, disaffected, and disrespected—those who think they are being robbed of their basic human dignity. I understand it, but I struggle to empathize with it because I am an African-American woman. For Native Americans, and African-Americans, denial of human dignity, social and economic oppression, exclusion and disrespect has been the status quo throughout the history of this nation. If you are one of those disaffected white Americans, you are walking in our shoes, and we know all too well that they are killing your feet. But immigrants



and people of color did not fit you with these shoes. Your bitterness toward us is misdirected. Your hatred will not bring back jobs, but it will devour the soul of our country.

One problem with hatred is that it breeds hatred. Donald Trump’s hate and fear mongering threaten to unleash the demons that lie dormant in all of us. Not one of us has a lock on righteousness. We are all complicit. One of the most racist incidents I’ve ever experienced came in a church community of largely so-called progressive white liberals. Some of the most xenophobic rhetoric I’ve ever heard came from the mouths of African-American pastors in a public meeting.

A friend shared this thought with me recently: “We can disagree and still love each other unless your disagreement

is rooted in my oppression and denial of my humanity and right to exist.” This resonated with me immediately, but then I reflected on what Jesus said about love: “...I tell you, love your enemies and pray for those who persecute you....” This is the fire walk of the Christian path, and all people of good will.

We are an ideologically, racially and economically divided nation. Economics and race are inextricably bound together in the United States. This is not news to people of color in America, and now white America no longer has a place to hide from this reality. As tempted as I am to indulge in righteous indignation, my better self—my spiritual self— knows it is absolutely the wrong thing to do. This division among us is not sustainable. There is work to be done.

In Christian scripture, the Holy Spirit descended upon Jesus’ disciples as Tongues of Fire. The fire purified and forged them in preparation for their ministry. It burned away their personal agendas, and opened their hearts, enabling them to bring the Good News of love, inclusion and reconciliation to the people.

To begin our work, let Spirit purify our hearts. Let’s look within, name our own demons and call them out. It is then that Holy Wisdom can inform our actions. Only when we bring our hearts together with our heads can we effectively resist and oppose hatred and bigotry; only then can we do the vital work of repairing, reconciling and recreating this nation in the name of what is good, and true, honorable and right, excellent and praiseworthy.

To be continued...

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

TREVOR NOAH VISITS WSU

By Karen McCormick

Trevor Noah says the ‘n’ word. A lot. Noah, the latest host of Comedy Central’s The Daily Show, is a comedian originally from Johannesburg, South Africa. Noah brought his stand-up act to Washington State University’s Beasley Coliseum on Nov. 4 for their annual Dad’s Weekend.

To start off his act, Noah commented on how small the airport was in Washington, making himself relatable to local residents. Noah then brought up the approaching election, poking fun at Donald Trump, saying, “I used to say African dictators to Donald Trump. Now I need to go apologize to those dictators.”

What Noah does well, and what makes him so easy to enjoy, is that he makes you feel like you are his friend. The majority of his act surrounds his South African back-



ground, and being raised by his mother. He says the “n” word a lot, making some audience members clearly uncomfortable. The “is it okay if I laugh?” kind of uncomfortable. However, Noah explains, where he comes from, the “n” word means “to give.” He says he did not know it was a taboo word until visiting the United States.

Noah does not believe the word itself is racist. Rather, it is the way the word is perceived. This was one of the more serious moments of his act. Explaining briefly, the word is not racist, but the mentally behind it is.

This made Noah transparent, and likable. The ability to say serious things that were meant to bring a mixed audience together, as well as to make everyone laugh about something like race.

Noah’s strength is with his accents. He tells a charming story about taking his friends to an Indian restaurant, attempting to impress the waiter with an Indian accent, when it backfires on him. His stories shape him as a naive, trying to have fun with life, kind of guy. Another likable quality.

Noah’s laid back vibe, political punchlines, and sometimes self-deprecating sense of humor, had Beasley Coliseum roaring with laughter. Though some audience members may have felt uncomfortable at times, Noah’s ability to push racial boundaries with humor are what make him great.



Black Panthers: 50 Year Anniversary

Continued From Page 1

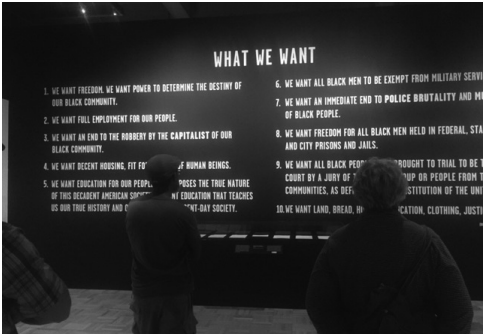
November of this year, marks the 50th anniversary of the formation of The Black Panther Party and in honor of that important milestone, the city of Oakland planned a week of activities, the highlight of which is an exhibit in the Oakland Museum of California that took three years to put together., titled: All Power to the People: Black Panthers at 50.



The exhibit includes rare historical artifacts, never-before-seen photographs, first-person accounts from former Panthers, scholars, and community members, a never-before-seen, handwritten draft of the Panther’s 10-point platform, and a stunning full wall display of the Black Panther newspaper. The

exhibit offers a contemporary view of the Black Panther Party and the story behind the superficial images of armed Black men and women wearing black leather.

All Power to the People: Black Panthers at 50 is supported in



part by the Ford Foundation, the Oakland Museum Women’s Board, Sheila Duignan and Mike Wilkins and members of the Donor Forum including Eileen Ash and Frank Arthur, Quinn Delaney and Wayne Jordan, and Peter Pervere and Georgia Cassel.

If you are planning a trip to Oakland, The Black Panther exhibit runs through February 12, 2017. For more information, visit <http://museumca.org>.

CONVERSATION WITH A BLACK PANTHER

Continued from Page 1

“Now we see the reversal of that with state’s open carry laws, but it was being passed against Black people because we were advocating for the right to self defense, which is in the constitution.”

Ned’s encounter with the Panthers made an impression on him, but he didn’t join the party right away. He finished high school and went to college, but it was the murder of Dr. Martin Luther King Jr. that brought him back to the Panthers.

“When Martin Luther King was murdered, I’ve explained to a lot of people from various cultures who said, what were you thinking. I said, I’ll put it to you simply, to us, it was our 9-11. The nation had made a statement. They killed a man of peace. The war was on, and we as young people would no longer deny ourselves the right to exist. We were going to defend ourselves, our families and our community, and build our communities for ourselves.”

Although the messages presented to the public about who the Panthers were painted them broadly as gun-toting criminals, the focus of the party was on uplifting their community and they brought a range of needed programs into the neighborhoods that they served.

“We realized that they were not planning on ever doing anything about the conditions. Every program that we created was before the social programs, so we actually were the catalyst for modern social services. There was no breakfast program. There was no food program. We were giving away bags of groceries. Preventative medical care. Sickel Cell Anemia Foundation. The WIC program. We started Seniors Against a Fearful Environment (SAFE) and we used to transport seniors around. That was back in the days when they got their checks in the mail.”

The Panthers utilized the people and resources that were readily available in their communities.

“We recruited, I don’t know if you have ever heard of a gentleman name Felix Mitchell. He was a big heroine dealer. He was making between 700,000 to a million dollars a week, and we persuaded him to allow the kids to come to the Oakland Community school.” Ned says, that the Panthers got the local drug dealers to help change their community and contribute to the various programs. It was an unusual, but effective partnership.

“I can say this, the only ones that didn’t know what the Panthers were doing was mainstream America.

“There wasn’t a community of color or oppressed people, including poor whites, who didn’t know what we were doing. Any nation is going to paint you the way they want you to be seen, and they were absolutely right, we were a danger to them. We were a danger to the American government as it stands, which was oppressing, killing, murdering, and destroying our people’s ability to survive. Yeah, we were a danger to them.”

The Panther Party, according to Ned, was made up of a cross section of people from across the nation. Students. Veterans. Community members.

“Many people came from different cities. They were already leaders in their own right; young leaders in their own cities, and we said, we’re going to do it this way. We’re going to learn the ideology, the ten point platform, and when you call NY, you’re doing the same thing. That scared them. The organization.”

Ned says, that when the Panthers came on the scene, it was like there were “thousands of Malcolm X’s running around”, and it was their dedication and the decentralization of the party’s power structure that made the Panthers a target.

“Bobby and Huey, they were in and out of jail, so it was the party members, the project managers, who had no blueprint about how to set up a full fledged clinic, but were told you need a health clinic, you guys figure out how to do it. So that’s what we did. And then they realized, they’re doing it. How did they get fourteen full fledged health clinics? They didn’t know nothing about that. How are they feeding all of those kids and we’re not doing nothing. We didn’t think they could do that. These people are serious. We’re killing them and they still won’t go away. We’re locking them up and they still won’t go away. Now the community is rallying behind them. So that’s what we did, and that’s what made us dangerous”

Ned reflected on the fifty year anniversary of The Black Panthers. “Here we are fifty years from then and we weren’t supposed to be here. We were earmarked to be destroyed by cointelpro and the government and other agencies, and the thing now is that we are in such a dire straits, our community is at the eleventh hour, and we’re at a position where we’re being recognized by the world and all of the work that we did is being recognized as historical, and it works. So now it’s up to them. It’s up to the young people to say, “teach us.”

THE LAW & CRIMINAL JUSTICE

Police Use of Deadly Force State Commissions Host Community Forum

The Washington State Commissions on African American Affairs, Asian Pacific American Affairs and Hispanic Affairs convened a community forum in Spokane on November 5. The purpose of the event, which was hosted by the Gonzaga University Law School Clinic, was to address the issue of Police Use of Deadly Force.

Currently, a public officer or peace officer cannot be held criminally liable for using deadly force when it is used "without malice and with a good faith belief" that the use is permitted under the law. Critics say that these words in the law have made Washington State one of the hardest states in the country to get a conviction against a police officer that inappropriately uses deadly force.

Advocates for police accountability proposed legislation in 2016 that would have changed Washington state law on the legally permissible uses of dead-



ly force by police officers. HB 2907 did not pass, but the Legislature instead approved House Bill 2908.

HB 2908 established a Joint Legislative Task Force on the Use of Deadly Force in Community Policing. The three Commissions, as well as The Governor's Office on Indian Affairs and the NAACP all have representation on the task force.

Prior to the Spokane forum, the Task Force had held three meetings in Olympia and a community forum on the west side of the state to get community input. However, there had not been an opportunity for people in Eastern Washington to partic-

ipate directly in the task force meetings or offer input to the process.

As a result, the Commissions partnered with the Spokane NAACP, I Did the Time, Peace and Justice Action League, Spokane Minister's Fellowship, Center for Justice, Spokane Police Accountability and Reform Coalition (SPARC), Smart Justice, and the Washington State Human Rights Commission to put on the community forum.

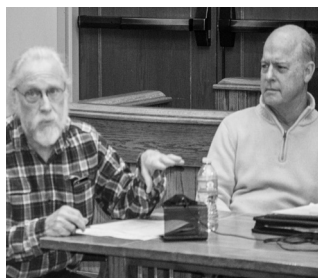
Task Force members Toshiko Grace Hasegawa and De'Sean Quinn, who traveled to Spokane from Seattle, along with local representative Gloria Ochoa-Bruck, were joined by Dr. Ben

Krauss, Gonzaga University; Jeffry Finer, Center for Justice; Tony Hazel, Spokane County Prosecutor's Office; Michael Ormsby, U. S. Attorney's Office; Chief Craig Meidl, Spokane Police Department, Tim Connor, Spokane Police Accountability and Reform Coalition; Sheriff Ozzie Knezovich, and Kurtis Robinson, I Did the Time, who each weighed in on the deadly force statute from their area of expertise.

Community members had the opportunity to ask questions before sharing their feedback and recommendations. The Task Force will submit its report to the Governor and the appropriate committees of the Legislature by December 1, 2016.

For more information on the Legislative Task Force on the Use of Deadly Force in Community Policing visit: <http://leg.wa.gov/JointCommittees/DFTF/Pages/default.aspx>

Photos courtesy of Robert Lloyd, <http://4comculture>.



Task Force Recommends Changes to Washington's Deadly Force Statute



After a marathon meeting on November 21, and with a vote of 14-10, members of the Washington State Task Force on the Use of Deadly Force in Community Policing narrowly passed a recommendation to remove BOTH the "Malice" and "Good Faith" standards from the current state statute.

Critics have said that the inclusion of the malice and good faith language in the current law makes it all but impossible to convict a police officer who wrongfully uses deadly force in the state of Washington.

Additional task force recommendations included statewide standards for reporting and collecting data on the use of force, officer training in deescalation techniques and alternatives to deadly force, and establishing an independent body to conduct investigations in cases involving the alleged misuse of force.

The Task Force recommendations will now be submitted to the Governor and the State Legislature.

Community Engagement and Criminal Justice Reform in Spokane County



"I've said this before -- in too many communities around the country, a gulf of mistrust exists between local residents and law enforcement. In too many communities, too many young men of color are left behind and seen only as objects of fear.... I'm personally committed to changing both perception and reality. And already we're making some significant progress as people of goodwill of all races are ready to chip in. But that requires that we build and not tear down. And that requires we listen and not just shout. That's how we're going to move forward together, by trying to unite each other and understand each other, and not simply divide ourselves from one another. We're going to have to hold tight to those values in the days ahead. That's how we bring about justice, and that's how we bring about peace."

— President Barack Obama

By Francis Adewale

If there is anything the past few years have taught us, it is this basic fact: we direly need a reform of our criminal justice system. Thanks to groups like the Black Lives Matter movement, we can no longer side step the fact that too many people of color distrust the criminal justice system because they are disparately impacted in a negative way. The failure of our criminal justice system is failure of community safety. The litany of issues that undermine the community stability, cohesion, and public safety is limitless, from overaggressive enforcement, to misuse of incarceration for quality of life crimes.

The fight for equity, fairness, and justice in Spokane County starts with the leadership provided by Hon. James Murphy, Philip Wetzels and Jim McDevitt. The three member Criminal Justice Commission wrote a 61 page document aptly titled "A Blueprint for Reform". Their monumental work led to reinstatement of our Spokane County Regional Law and Justice Council, which applied for and was successfully awarded the Safety and Justice Challenge Grant of the MacArthur Foundation.

The grant application specifically hinged on the Regional Law and Justice Council's readiness to establish a Racial Equity Disparity Subcommittee. The subcommittee consists of members from communities of color, law enforcement, crime survivors and individuals involved in criminal

justice. Some of the ongoing work of the subcommittee includes focus on training on implicit bias, as well as efforts to publish a Racial Equity Toolkit that will seek to guide our criminal justice policies.

The subcommittee has been hemorrhaging members largely due to job transfers out of state. The subcommittee recently published a vacancy for its open position in The Black Lens and I would like to urge readers of The Black Lens to apply.

If we are going to get a criminal justice that treats individuals with dignity and respect, we have to step up, engage and participate in making our dream of a just, fair and equitable criminal justice a reality.

Community engagement is a necessary work that we need to invest in if we are going to repair public trust in our justice system. As President Obama stated in the quote above, "That's how we're going to move forward together, by trying to unite each other... We're going to have to hold tight to those values in the days ahead. That's how we bring about justice, and that's how we bring about peace."

The Racial Equity subcommittee meets on the 1st Thursday of each month at City Hall in room 5A from noon to 1:30 p.m. These meetings are open to the public. For more information on the Spokane County Regional Law and Justice Council or the Racial Equity Subcommittee, visit <http://www.spokanecounty.org/872/Spokane-Regional-Law-Justice-Council>.

HEALTH & MEDICINE

CARBS, SUGAR AND THE HOLIDAYS

By Glenn Ellis

(TriceEdneyWire.com) - The holiday season is upon us and we're about to be bombarded by deliciously addictive sugary and starchy foods. Cookies, candy, desserts, and holiday breads are added to the usual array of crackers, chips, and rolls.

How are you supposed to say no to those homemade treats that will be everywhere you go between now and the New Year?

So why not just give in for the season? You can just go back to healthy eating in January, right? That's how I used to think. I believed I could make up for weeks of splurging by "being good" again. I thought that overeating sweets and starches only affected my weight, and that as long as I got back on track after the holidays and lost the 10 or 15 pounds I'd gained, then no harm done. But I've come to understand that this is not true.

During the holiday season, most people attend tons of festive events—and nearly all of them center around fattening food. Add seasonal stress and zero time to cook or hit the gym, and you have a recipe for holiday weight gain.

When people hear the word "sugar" they often think of the familiar sweetener in the sugar bowl. That sugar is sucrose and is the most familiar form of sugar to home bakers. But there are many types of sugars, which scientists classify according to their chemical structure. Sugars occur naturally in a wide variety of fruits, vegetables, and dairy foods.

They can also be produced commercially and added to foods to heighten sweetness and for the many technical functions they perform, including: contributing to foods' structure and texture, sweetening and flavor enhancement, controlling crystallization, providing a medium for the growth of yeast in baked goods, and preventing spoilage.

The sweetening ability of sugar can promote the consumption of nutrient-rich foods that might not be otherwise be consumed. Some examples are a sprinkle of sugar added to oatmeal or adding sugar to cranberries in the juice-making process.

More than 50 percent of Americans are already insulin-resistant, pre-diabetic, or diabetic.

1) This means there's more than a 50/50 chance that you, and most of the people you love, are in the same sugary boat. And it's not just obesity or type 2 diabetes waiting for you down the road; insulin resistance is the single most powerful risk factor, by far, for the health problems we all fear the most, including cancer, heart attacks, and dementia.

Carbohydrates provide energy for the body. Once consumed, they travel to the liver, which breaks them down into glucose, or blood sugar. Carbohydrates are especially



used to provide energy to the brain and to the central nervous system. Carbohydrates are labeled as complex or simple; reflecting how fast the sugar is absorbed into the bloodstream.

Carbohydrates are the body's most important and readily available source of energy. Even though they've gotten a bad rap lately and are sometimes

blamed for the obesity epidemic in America, carbs are a necessary part of a healthy diet. But there is a BIG difference between the natural, wholesome, 'good' carbs we are designed to eat and the unnatural, highly-processed, 'refined' carbs so many of us consume on a daily basis!

Bad carbs are refined, processed carbohydrate foods that have had all or most of their natural nutrients and fiber removed in order to make them easier to transport and more 'consumer friendly.' Most baked goods, white breads, pastas, snack foods, candies, and non-diet soft drinks fit into this category. Bleached, enriched wheat flour and white sugar - along with an array of artificial flavorings, colorings, and preservatives - are the most common ingredients used to make 'bad carb' foods. These 'bad' carbs are contributing to a health crisis in America and other parts of the world in the forms of obesity, diabetes, heart disease, and cancer.

Health problem can develop when you eat too many complex carbohydrates that contain refined sugars. These sugars lack vitamins and fiber but offer a lot of calories. Eating too much refined sugar will lead to weight gain. Examples of these foods include white flour, polished rice, table sugar, and white pasta.

A good rule to remember when eating carbohydrates is to eat them in as natural a form as possible.

Here's a suggestion: decide now what your goal will be. Will your goal be to splurge only on Thanksgiving Day and Christmas Day? Or only at the Kwanzaa celebration? Only on New Year's Eve? Or are you planning to go the distance and stay true to your diet throughout the season? And if you do decide to take a holiday from your healthy diet, what will your definition of splurge be? You may want to set your heart on very specific indulgences that will really be worth it, as opposed to having a free-for-all. If you establish very clear goals you're more likely to stick to them than if you try to wing it. Then, once you've decided on your goal, tell other people about it so they can support you.

Take good care of yourself and live the best life possible!

This column is for informational purposes only. If you have a medical condition or concern, please seek professional care from your doctor or other health professional.

Glenn Ellis, is an author and Health Advocacy Communications Specialist. For more good health information, visit: www.glennellis.com.



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POST ELECTION REFLECTIONS

BRUCE CARTER

Supported Bernie Sanders

Why did you support the candidate that you supported?

Initially I supported Bernie Sanders from my understanding that America is full of the inequalities. The history that Bernie had, and then hearing the passion that he had for trying to provide everyone with equal opportunity. Fast forward, based on the fact that the DNC, and as I call it, the Clinton mob, did everything that they could to ensure that he (Bernie) didn't have a fair chance, it left me trying to figure out what do I do, or do I just not do anything. When I looked at the remaining candidates and options, I felt that Donald Trump provided the best opportunities for families to be restored.

What were you thinking/feeling on election day?

I started election day in Philadelphia and I ended up election night in Florida. When I looked at the polls and the amount of people that were at the different polling sites in Philly, I was excited. In the urban core, meaning especially where Black voters were, there just weren't lines like there had been in the past. When I got to Florida and we started seeing the results happening, it was the feeling of I knew it could happen. There was a sense that you were able to be a part of something historical again, as we were in Michigan when Bernie Sanders ultimately had a historical victory against Hillary Clinton.

It's been a week (or two) since the election, what are you thinking/feeling now?

We're still trying to wrap our head around it. Now that the election is over, the work really starts. Me and so many others, especially African Americans that supported Trump, have to do everything within our power to make sure the administration fully understands what we want to happen, and provide solutions for the things that we take to them. I could so easily have been on the outside looking in had I not made the decision that I made. I feel very confident that it's important to have someone at the table that's fighting for urban communities.

What has been the most challenging/difficult thing about supporting your candidate?

A lot of African Americans that I talk to, they are mad at me. They are bitter. They feel like they've been betrayed. I've had different African Americans text and call to say man it's your fault that he won. Being called coon. A sell out. Being told that I will be assaulted with a cane, or that I'm an Uncle Tom. People may not know that I went to the roughest part of every city, because I understood that the people that the Democratic party relied on the most were poor people, uninformed voters. All they know is Democrat. It's not until you start to educate them and ask them, hey guys the district that you live in has voted for democratic candidates for 60 years. Look at your streets. Look at the homes. Look at your bank account. You are poverty stricken and you want to vote that way again. Why?



What assumptions do you think people made about you because you supported Bernie Sanders and then Donald Trump?

A lot of people thought that I had to be getting this big pay check. I can proudly say I didn't receive one dollar from the Trump campaign when a lot of dollars were definitely needed, just as I didn't receive a dollar from the Bernie Sanders campaign and we went through 40 states. I'm fighting for those that are just out here, and they don't appear to have any value to people.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

First of all America was built on racism, let's never forget that. I had a friend that was hung in 1988. Donald Trump was not the president-elect then. I'm from Texas and there have been 40+ Black men that were sentenced to prison based on a racist district attorney, who were let out after some of them had served 25-30 years. When Obama became President, I had never experienced racism to the level that I had seen it in America. Has Donald Trump getting elected caused people who were already in that place to feel empowered, that's possible, but I also want to ask the question, how much racism and prejudice have we seen from non-Donald Trump voters, because the people that called me all of those names, they were not voting for Donald Trump. So, we have to make sure that we check everybody for who they truly are, regardless of who they voted for.

The country is polarized. What do you think needs to happen now to bring the country together?

We can't wait four years, the work has to happen now. We can't even wait until January 20. We need to be working now to find those that are willing to work together. Bring them together. Initiate a plan and hit the ground running. In the next year, we need to see things happen. If you're going to bring jobs back, bring those jobs back. Make sure the people are being paid a fair wage. Make sure those that are left behind actually have a shot.

What are your hopes for the next four years?

I am 100% confident that people will be better this time next year than they are this year, and than they were last year, because they are going to be presented with opportunities. They may not be millionaires, but they can at least have pride and dignity that they have a job or they are in training so they can become employed somewhere and that's what's important to me.

RANDY KELLEY

Supported Hillary Clinton

Why did you support the candidate that you supported?

I supported Hillary Clinton. Hillary Clinton is a person that I've known for a number of years. Bill and Hillary. I am the state Vice Chairman of the Alabama Democratic Party, I am a member of the Democratic National Committee and I'm the chaplain of the Black Caucus. She was the most qualified candidate. The best candidate. She had tremendous odds against her. She had to fight the FBI, the Russians, and everybody else.

What were you thinking/feeling on election day?

Actually, it was an interesting phenomenon. I had seen the way things were shaping up. What we were up against was the backlash from the angry white man. That was another battle she had to fight. She had to fight the battle of the hatred of a Black man being in the white house. A scandal free administration. A brilliant Black man and that was too much for white America to take. Especially white racist America. The election was not about experience, qualifications, education, or even moral values. In America, I find that racism is the number one religion amongst the masses of white folks. When it comes down to voting for what's white or what's right, white folks are going to vote for what's white every time. So, the key variable that won the campaign for Trump was racism.

It's been a week (or two) since the election, what are you thinking/feeling now?

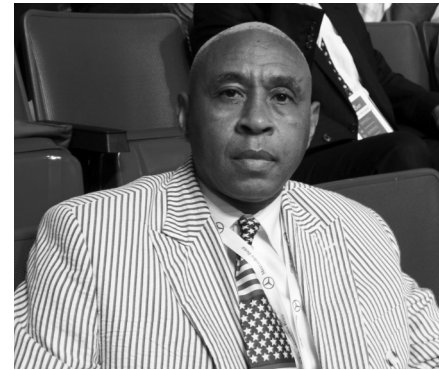
Nothing has changed, it's just brought a lot of things out. It's just brought the fact out that racism was laying dormant. The same thing happened in this election that happened after reconstruction, when Black people had achieved a lot of political power. So your hate groups, the KKK, the white citizen's council, all rose up, in order to roll back the gains of Black folk. Trump played on their fears because in many of his speeches he told them that it was their last chance.

What has been the most challenging/difficult thing about supporting your candidate?

It wasn't difficult for me. I have been in the civil rights struggle for a long time. I have worked for most of the major civil rights legends, those that are living and many of them are deceased, and I realized that being Black in America is a struggle every step of the way. In fact, we had to struggle for the right to vote. So whether Hillary had won or not, she wouldn't have solved all of our problems, we would still have to struggle. That's something that I look forward to doing. In fact, it energizes me, fighting for social justice. So, politics and civil rights is just an extension of my religion.

What assumptions do you think people made about you because you supported Clinton?

Well in my circle at least, people feel great about me because most Blacks in our area voted for Hillary. In this specific county over 90 percent of the folks, or



probably somewhere in the area of 90% of the folks, voted for Hillary Clinton. I don't know anybody that's Black that voted for Donald Trump. So, we were all on the same team. We voted for Hillary with the same zeal that we voted for President Barack Obama.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

Racism is on the rise again. Much of it was laying dormant, but Trump's campaign has kind of legitimized it. So, I think that the overt racism is bad in one sense, but in another sense it's going to be good because it's going to let Black folks know where we stand with white folks. I think some Black folks, were under the illusion that we were just chocolate covered white folks. So, we tried to be more like white folks than we identified with our own people. That goes back to cultural mis-orientation, when you don't know who you are. I think it's going to bring us back to knowing who we really are in America and how we got where we are. We have come too far and fought too hard and died too young to turn back now. So, I'm going to hit another gear. I'm the type of person that is going to fight racism in all of its forms and manifestations, whether it's social structural, institutional, interpersonal, or intrapersonal. If I can't kick it, I'm going to sock it. If I can't sock it, I'm going to bite it, and then if I don't have any teeth, I'm going to gum it to death.

The country is polarized. What do you think needs to happen now to bring the country together?

It's polarized, but I think it could be a wake up call to bring Black folks together. I see that many of us had a false sense of achievement. We thought we had made more progress than what we had, and we thought that racism was dormant. Some folks were talking crazy talk about this was a post racial society, but I think the campaign was a wake up call to let us know that the struggle is not over., so that we can mobilize amongst ourselves and fight for our rights.

What are your hopes for the next four years?

I guess my hope is to make sure that we pull together, and also educate the people on the fact that the vote is one of our weapons. Dr. King talked about "one of the greatest weapons of the civil rights movements was the short walk to the voting booth." I hear in the city some young people talking about the vote doesn't count. Well, that's crazy talk. I think this will be an administration that will show us that our votes count. We've got to use our votes wisely, and mobilize, and stick together as a people.

POST ELECTION REFLECTIONS

DINEA EVANS

Supported Bernie Sanders

Why did you support the candidate that you supported?

I supported Bernie Sanders. There was something really special about Bernie and what he stood for. When he spoke about the issues, it really resonated with me. When he talked about health care for all and free public universities and getting children out of poverty and the corporate interests and getting big money out of politics. Everything that he stood for kind of lit the fire inside of me and I wanted to do everything that I could do to help. So I joined his campaign and started working for his campaign. That's why I supported him. I strongly agreed with his views.

What were you thinking/feeling on election day?

Well I was at Standing Rock the night of the election and that week of the election. I had very strong feelings. I really felt that Hillary's presence, and this is also mirrored in the voices from the campgrounds, her presence should have been there at some point in time to show support for Standing Rock. Things were really intense that night. At the same time, when I went back to take a shower at the hotel, the election was not on the big screen at the casino, and they refused to put it on. I don't want to speak for the tribe, I'm not an official representative of the Sioux Tribe, of the Lakota, or for Standing Rock, but I did get the sense that there was some anger in the air. So, things were kind of intense the night of the election. Definitely a night I will never forget.

It's been a week(or two) since the election, what are you thinking/feeling now?

The aftermath of the election is an awakening for the whole country. Donald Trump is the elected president of the United States of America and I am choosing to stand with the Democratic Party and support the Democrats and hopefully building a progressive future, building unity, engaging millennials, and still being engaged in the process. I'm going to continue being an activist and standing up and fighting for the things that I truly believe in.

What has been the most challenging/difficult thing about supporting your candidate?

Being a national delegate, it was very difficult for me not to campaign for a candidate either way. I knew that there were people following what I was saying and watching what I'm going to do. I did not want to influence the election, because I believe that everyone should vote their conscience. So the hardest thing for me to do was to just take a step back and let people vote the way they wanted to vote. The other thing that was very hard was to see the hate from people this election. From friends. From family. To hear racists comments from people that I've known for years. To see my friends have to battle with their friends and their families. I don't think I've ever witnessed this much hate before from people that are mutual friends



and that was bothersome and it was kind of sad.

What assumptions do you think people made about you because you supported Bernie Sanders?

I think they made the assumption that I was probably going to be Bernie or Bust and mess up the whole election and not vote for Hillary Clinton. I feel pretty safe in saying that is the assumption that was made about a lot of the Bernie delegates, that we were not going to vote for the Democrat's elected nominee, Hillary Clinton.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

Yes I am seeing a lot of messages of hate, slander, bigotry, racism, sexism, among just my friends and family. So, yes it's out there, yes it's at an all time high. If we don't want the hatred to spread, we just don't engage in that. Yes, we draw awareness around it, but we don't engage. On the back end of that, it's important that you have the tools necessary to protect yourself. Find out what it takes to keep you safe, whether that's a self defense class or just not engaging or stepping back, or choosing not to go to protests. I think that's important, to know your boundaries and your limits and what you can do to stay safe. But I think not engaging with hate is kind of the overall message.

The country is polarized. What do you think needs to happen now to bring the country together?

My best suggestion and my best advice to people is that if they want to see unity, if they want to see change, the only thing that we can do now is come together and fight for what we believe in, and use our talents and our skills to fight the good fight. I think people just need to get involved. Go to protests. Go to rallies. Join your local LD office. Continue to be involved in the process, because with the country being polarized, extremely polarized may I add, people are feeling hopeless and helpless. Getting involved and staying involved, I think, is the best thing that we can possibly do at this point and time. And to not fuel the fire. To not fuel the hate. Stand up for what we believe in, in peace and civil disobedience. I think that's really important.

What are your hopes for the next four years?

May God help us. For the next four years it's really just to maintain where we're at with our Democratic platform on our key issues, on women's rights, on minorities, on our LGBTQ communities. Just to not go backwards. I think that's the fight. Just to maintain.

KWADAY CORPPETTS

Supported Donald Trump

Why did you support the candidate that you supported?

I liked the policies, like veteran affairs reforms, his tax plan, getting rid of regulations, foreign policy, education - getting rid of common core, protecting the second amendment and improving the economy. All of his policies. That's the reason why I voted for Trump. I can't see anything that would be a big deal, rather than health care, because health care is actually kind of complicated, and you can't really just get rid of health care. So, that's why I supported him.

What were you thinking/feeling on election day?

When I got home, I opened up my laptop and I watched the polling map on Fox news and was watching the percentages go up and down every 30 seconds, and I was mainly just watching Florida because I knew that if Trump won the state of Florida we'd be in good hands to win the election. After Florida was red, and I saw the other states were turning red, like Ohio and Wisconsin and Michigan, I was like okay. I was really excited that Trump won the election. He also has the House and the Senate, and there's really no checks and balances, so you really have to pay attention to your candidate and make sure that he's doing everything right, rather than passing things that you wouldn't expect or not passing things that you want to have passed. That's the only concern that I have, that there's really no checks and balances, and the citizens have a hard time catching up with everything, so I don't know what will happen, but I'm hoping that everything that he has structured will pass.

It's been a week (or two) since the election, what are you thinking/feeling now?

Really there hasn't been a lot going on for me since November 8. I've just been checking the website, making sure that everything is staying the same and not changing, because that's the only worry that I have is that you have to keep checking on him and making sure they're not doing anything different.

What has been the most challenging/difficult thing about supporting your candidate?

The most challenging thing was people coming up and being like why are you voting for Trump when you're Black, and things like that. First of all this is not about race. You pick a candidate that is going to help the country. You're targeting a candidate that is supposedly racist and he's not racist when he's trying to create infrastructure for the U.S. economy. How is a tax plan when it's 0% when you make 25,000 per year, or getting rid of regulations so that businesses can thrive, or with health care reform and getting rid of common core, and all of that doesn't sound like he's racist to me. So when people came up to me and said why are you voting for Trump when you're Black, that didn't make any sense.



What assumptions do you think people made about you because you supported Trump?

When I get in political debates outside of my area of comfortability, I get called a sell out. People come to me and we'll be talking politics and everything and I'll be like, oh yea, I support Trump, this is why I support him and they'll say, oh yea you're a sell out, he's a racist, that's the usual thing that comes out of people when they see a Black supporter of Trump.

There have been instances of racists slurs/graffiti, etc since the election and many people are saying they are afraid. What are your thoughts?

There's a lot of stuff happening on both sides. I just watched a video of African Americans beating up people who voted for Trump. There's a whole lot of protests happening, L.A., Oakland, Chicago, Seattle, Portland, that's just crazy. There's a lot of violence happening, you know the country is divided. The popular vote was split in half about 6 million each, so I wasn't surprised that there was mayhem happening.

The country is polarized. What do you think needs to happen now to bring the country together?

I think it's very much possible. Once people start seeing, once they realize these policies are good things. If it's beneficial for everybody, if it's benefiting the U.S., then I don't think they will have the prejudice of Trump's racist or Trump's this or Trump's that, when the policies will help the U.S. If it doesn't, then it won't unite the people. If it does then I very much think that it will unite the populace.

What are your hopes for the next four years?

I hope all of these policies pass. I really don't like the fact that we're still fighting in Afghanistan and Iraq and Syria, I want the troops to come home because we've been at war for like 20 something years, and our debt is skyrocketing, and people are dying. We're going to war for no reason in my opinion, because we go over there and we don't benefit from it. We just spend more money on wars and we don't get anything from it. That's the thing I don't want to see in the next four years is more wars. But I want to see all of these other policies come to life.

Anything else?

Just waiting for January 20th when he gets inaugurated and we'll see what happens in the first 100 days, because there's actually a contract with the American voters that Trump put on his website that states what he's going to do in the first 100 days. So, we'll see if all that's true.

OUR VOICES

IT IS IMPERATIVE THAT BLACK PEOPLE BEGIN TO THINK CRITICALLY AND ANALYTICALLY

By A. Peter Bailey

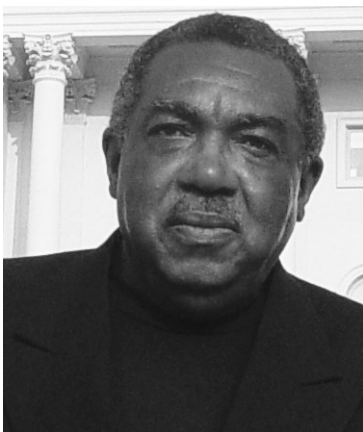
(TriceEdneyWire.com) - Recently when browsing through a July 1974 issue of Ebony magazine, I came across an opinion piece by the late Frances Cress Welsing. In the article, “On Black Genetic Inferiority,” the brilliant psychiatrist made observations that are as relevant in 2016 as they were when she wrote them 42 years ago.

In the opening paragraph, she noted, “It is absolutely imperative that we as Black people get very quiet and calm and begin to think critically and analytically in a very broad perspective and cease doing push-button reactions to social

events that happen around us and that relate negatively to us.”

She cites as an example of what she considered our knee-jerk reaction to statements by white supremacist Dr. William Shockley who said Black folks are genetically inferior to Whites.

Wrote Frances, whom I was fortunate to know as a colleague, “In recent months, in response to Dr. Shockley’s appearance, we as Black people have been behaving as though we are shocked by Dr. Shockley (no pun intended) and as though he has some message we have never heard before. If we begin to relate to our past and



present history as a people we immediately become aware that the effective majority of white people have always believed or spoken and acted as though they believed

that people of color were genetically inferior to whites.”

“Don’t we understand,” Welsing continued, “that the white concept of Black genetic inferiority is the basic underlying reason and logic behind the whole of our experience since leaving Africa in slave ships and our subsequent mass confrontation with Europeans (whites)?”

Frances, if she was still here physically, would pose that same question to Black folks today who are “shocked” at statements made by some of Donald Trump’s supporters or at attempts to suppress the Black vote.

It is to be extremely naïve or willfully ignorant to be shocked about expressions of white supremacy/racism when that has been a dominant and fundamental concept in this country for nearly 400 years. We need to follow Frances’ advice to think critically and analytically and cease having push-button reactions to those who want to harm us physically and psychologically.

A. Peter Bailey is an acclaimed Journalist, Author, and Lecturer. His latest book is “Witnessing Brother Malcolm X, the Master Teacher”. He can be reached at apeterb@verizon.net or visit <http://apeterbailey.webs.com>.

AN OPEN LETTER TO WHITE LIBERAL FEMINISTS

By Rhon Manigault-Bryant

(Reprinted from The African American Intellectual History Society blog, <http://www.aaihs.org>)

Dear White Liberal Feminists,

After Donald J. Trump’s election to the highest and most powerful political office of the United States last week, many of you have approached me, and my Black brothers and sisters especially, with tearful eyes and somber faces. In person, in private, in public, and in the digital sphere, you have bemoaned the state of this world and our political landscape. You have lamented the deep-seated divisiveness of this country. You have wept, you have hugged, and you have gingerly asked, “how are you?”

And yet, your actions and inquiries are especially loaded, as much for their selfishness as their disingenuous nature. Your hugs and tears are of the self-soothing kind. Your inquiries seldom derive from a true desire to learn about how I, as an African American woman, really feel. Rather, your queries posit, in the most passive aggressive way, “Aren’t you as upset about the election results as I am?” “Aren’t you embarrassed to be who you are?” “Aren’t you sorrowful that your parents, and your in-laws, and your siblings, and your friends in towns and cities and states voted for Donald Trump?” “Aren’t you ashamed to know that the women of your race also voted against so very many of theirs and others’ interests?” “Aren’t you devastated that the first female candidate—our candidate—to earn the Presidential nomination for a major party did not win and allow us to make history for women?”

I am none of those things and I share none of these sentiments, in large part because these queries are not my narrative.

I am ultimately not surprised by the most recent outcome of the election (and I am familiar enough with history to recall the inimitable, Shirley Chisholm, the queen of the “unbossed and unbought” perspective). I find your overall shock at the role white women voters played in the election curious for its naïveté and annoying for its obtuseness.

If there is a sentiment we share, it is disappointment. I am disappointed that it has taken you this long to actually get what Black women—and namely Black feminists and womanists—have been trying to help you see and feel for a very long time. We now, for example, share fear. But my fear has been tempered by the legacy of slavery and anti-Black racism in this country. You now worry for your children, your family, and your brothers and sisters. I have been worrying for mine.

And if I am being honest (and we can be honest, right?), I am also a bit delighted. I am delighted that you have received the potential awakening of a lifetime, and that now you might



actually get what so many of us have been describing all along. Welcome to that deep perpetual angst. Embrace it, and allow it to motivate you to a deeper form of action.

I am also thrilled about how this moment might signal an end to the dangerous, disingenuous version of feminism that so many (though not all) of you embrace, and which promotes white women’s success over and against anyone else. It is the brand and tenor of white feminism that allows for a recapitulation of white male patriarchy (à la white women merely behaving as white men in drag and putting on the farce of gender equity). It has long been your trope and now it is your bane.

But what will you do with this newfound dismay? How will you interrogate and sustain your recent enlightened perspective about how white women remain complicit in the oppression of so many non-white folks, and even themselves? Given your responses this week, and the last, I am already seeing a kind of writing on the wall—that of denial. So few of you have commented on the implications of large numbers of white women voting against Hillary Clinton. So few self-proclaimed white liberal feminists interrogate racism, imperialism, capitalism, and sexism because they benefit from it and are too busy being protected by it.

What then, is the efficacy of this particular brand of white feminism in our current moment? If this most recent presidential election has revealed nothing else, it has shown that this specific ilk of white feminism must die.

In this moment, if I have any regret, it is that you are trying to force me to be complicit in your self-denial, and that you expect me to do yet another kind of labor. You look, of

all places, to me to help you deal with your feelings. Rather than holding up your weeping, weak selves, I have a few questions for you to consider: Who will you be in this hour? What will you do to enact change and with whom will you partner to do it?

By all means, use whatever mechanism you require to move through the stages of grief as you bury your false idol of faux feminist solidarity. You must now do the intensive work to heal your troubled soul. And after you have come to terms with your own guilt, embarrassment, and pain, I encourage you to run with your newfound perspective. There is a terrifyingly beautiful lineage of Black resilience—seasoned by Black suffering—that you might turn to for hope.

I especially urge you to read up. A host of syllabi and materials posted here on AAIHS (including #Lemonade: A Black Feminist Resource List) can help you, as can this powerful reminder from The Combahee River Collective’s “A Black Feminist Statement:”

The most general statement of our politics at the present time would be that we are actively committed to struggling against racial, sexual, heterosexual, and class oppression and see as our particular task the development of integrated analysis and practice based upon the fact that the major systems of oppression are interlocking. The synthesis of these oppressions creates the conditions of our lives.

For more recent commentary, Kali Holloway’s “Stop Asking Me to Empathize with the White Working Class: and a few other tips for white people in this moment”, and a current call for a “Meeting in the Ladies Room” (Amy Butler and Leslie Copeland-Tune, <http://www.patheos.com>), offer important perspectives, as does Yolanda Pierce’s lament about the state of an already-fragile hope for racial and gender justice (Watching 81% of my White Brothers and Sisters Vote for Trump has Broken Something in Me, <http://religiondispatches.org>). Also, pay attention to brother Van Jones, who is truly out there doing God’s work, and making a sustained, deep effort to get at what really divides us.

In the meantime, please stop assuming, listen attentively, and look deeply within yourselves to purge racism and sexism (and a whole litany of other ‘isms). Most significantly, get yourselves together. And in so doing, remember that Black bodies have historically been your solace in a myriad of ways. Embrace this opportunity to dismantle oppressions.

Ashes to ashes. Dust to white liberal feminism.

LeRhonda S. Manigault-Bryant is Associate Professor of African Studies at Williams College. She is the author of *Talking to the Dead: Religion, Music, and Lived Memory among Gullah/Geechee Women* (Duke University Press), and co-author of *Womanist and Black Feminist Responses to Tyler Perry’s Productions* (Palgrave Macmillan) with Tamura A. Lomax and Carol B. Duncan.

OUR VOICES

THE PARADOX OF POLICE CAMS Who Do You Believe the Cams or Your Lying Eyes?

By Jamala Rogers

(BlackCommentator.com) - When I read of Los Angeles cops disabling recording devices by removing antennas from their cars when they enter Black neighborhoods, I know there are limitations to this technology.

Here in St. Louis, the public found out the police code for being recorded from the video tape of the 2014 beat-down of Black teenager Cortez Bufford. When Bufford's attorneys recently released the tape, you can hear Officer Kelli Swinton warning her co-conspirators to "Hold up!...We're red now...just wait."

"Red" means there's recordings going on--make nice and look legal. It could be a police cam or a citizen's camera. All charges were later dropped against Bufford and he has filed a law suit against the St. Louis PD for its brutality.

Some cities, like San Diego, have seen a significant reduction in excessive police force. Comparative studies have shown the cops who didn't wear cams are more likely to issue citations or make more arrests.

The demands for police body cams is growing as urban communities experience more blatant forms of police terrorism. The demands are coming from a place of utter frustration and profound grief. And while I understand the desperate need for anything that can aid citizens in holding officers accountable along with the departments that often cover their behinds, I suggest we slow down and look both at what we know and what we don't know.

The first such police video that was widely publicized was the beat-down of Rodney King by Los Angeles police officers in 1991. Tasered, stomped unmercifully,

and hit numerous times with police batons, King suffered nine skull fractures, a broken leg, a concussion, injuries to both knees, a shattered eye socket and cheekbone and a paralyzed face. He would never be the same mentally or physically, dying at the premature age of 47 years old.

Black and brown communities thought the video would be vindication of our long expressed experiences with police violence often hidden from the mainstream society. But by the time the attorneys for the police officers involved in the beating got finished interpreting the video, jurors were made to believe that all King's defensive moves to protect himself were aggressive moves towards officers.

It was a case of who do you believe- us or your lying eyes? All of the white officers were acquitted of criminal charges which resulted in South Central going up in flames.

In the last twenty-five years since that infamous video, there have been thousands of police encounters videotaped, and once the internet emerged, they were uploaded on the World Wide Web.

Many of these videos show the actual murder of the citizen by police. Examples of unarmed Black men like Eric Gardner, Walter Scott, Kajieme Powell and most recently Terence Crutcher and Keith Scott have unfortunately become commonplace in our public consciousness.



Videos have not proven to make such cases a slam-dunk because of the same kind of police interpretation presented in the Rodney King case. Add to that the almost indisputable claim of an officer feeling "threatened", and a visual accounting of the incident as evidence of criminal action literally evaporates like a Snapchat photo.

It's no surprise that nearly 80 percent of police dashboard cameras of Chicago PD and LAPD reported experiencing "audio problems" which police officials blamed on "officer error" and "intentional destruction." If there's no audio, police get to make up their own script about an incident.

The use of body cams also brings with it a truckload of legitimate privacy issues. What situations should be recorded? Which incidents will be exempt from recordings? How long will footage be stored as well as how and where? Who has access to the footage? What is the process for complying with open records requests? And what about cops who fail to turn their cameras on or who sabotage the video tape.

The Movement for Black Lives released its policy platform on a host of issues this summer facing the African American Community. Regarding body cams, the group adopted the guidelines set forth by the Leadership Conference on Civil and Human Rights. The Conference urges police departments to "commit to a set of well-defined

purposes for camera use, and need to specify clear operational policies for recording, retention, and access."

That's probably not going to happen without interference from the usual suspects. Police associations are doing all they can to block the use of body cams and block the public's access to video and audio tapes.

It appears that the use of body and dashboard cameras by police departments is inevitable. A recent national survey of nearly every large police department by the Major Cities Chiefs Association indicates that nearly 95 percent plan to move forward with body cams or have already instituted their use.

After the murder of Mike Brown, Ferguson PD rushed to buy cams. St. Louis County Police is phasing cameras in as well. NYPD's court-ordered implementation of body cams is a result of its unconstitutional stop-and-frisk policy.

The Department of Justice plans to buy 50,000 body cameras for departments with a \$75 million price tag over the next three years.

We, as citizens, cannot make the demand for cameras without staying around for the necessary fight to implement fair and effective policies on the use of the cameras and the subsequent recordings. If we don't, citizens should count on a very expensive program that we pay for but only serves to shield police from the very accountability that the public has been demanding.

Jamala Rogers is an Editorial Board member for BlackCommentator.com, founder and Chair Emeritus of the Organization for Black Struggle in St. Louis, an organizer, trainer, speaker and author of *The Best of the Way I See It - A Chronicle of Struggle*. Other writings can be found on her blog <http://jamalarogers.com>.

THREE IMPORTANT THINGS WE CAN LEARN FROM DONNA BRAZILE'S BANISHMENT FROM CNN



By Dr. Boyce Watkins

I was really saddened to see the resignation of Donna Brazile from CNN. Her departure appeared to be related to pressure coming off the release of debate questions that Brazile allegedly sent to Hillary Clinton Campaign Chairman John Podesta. According to various sources, Wikileaks revealed the emails to the public, which have served to stain the reputations of Brazile, CNN, Hillary Clinton and the entire Democratic Party itself.

I don't know Donna directly, but I know a lot of people who know her. The one thing that always stood out when people mentioned Donna is that she is as sweet and honorable in person as she is on television. I would trust her to babysit my own children. But this incident might also show that even good

people can be caught doing bad things, and I am sure Donna has many regrets.

Brazile's debacle sparked a few thoughts that came to mind as we walked into one of the most ridiculous and embarrassing presidential elections in recent American history.

1) The Democratic Party is crooked: Yes, the Republicans are crooked too, but they aren't the ones under the spotlight. Instead, the Republicans simply look too incompetent to nominate a quality candidate, while the Democrats appear to be as dirty as the Drug Enforcement wing of the LAPD.

The release of private information from the Democratic National Committee has not only revealed debate cheating, but a series of other serious and simply humiliating indiscretions that would get nearly any of us fired from our jobs. I don't trust this party as far as I can throw them, and if they are screwing over other white people, then you already KNOW Black people are going to be at the back of the bus.

2) Television Networks will spit you out in a second, especially if you are Black. I watched the insanely untimely and sudden dismissal of Marc Lamont Hill from Fox News a few years ago over his support of Assata Shakur. I

saw Roland Martin get bullied out the door of CNN after his fight with the LGBT community. We also saw Melissa Harris-Perry lead a parade of exits of Black faces at MSNBC after the network no longer found Black people to be useful (Yvette Carnell calls them "Negro Whisperers," which I think is hilarious). Even I spent a year in exile, banned from CNN several years ago after my public fight with Bill O'Reilly.

The fact is that none of these networks really want Black people around anyway. But like the homeless orphan that nobody loves, we keep begging them to let us into their institutions, instead of pooling our resources and developing outlets of our own. Our greatest hope for intelligent black news and commentary might be TV-One and the lawsuit that Byron Allen has filed against the Obama Administration for allowing Comcast to pretend that Black people don't exist.

One consistent theme in the stories of Martin, Hill and Harris-Perry is that all three of these individuals retreated to urban or African American spaces, where their views are more readily accepted and won't subject them to unfair persecution. The bigger question that should be asked is, "Why did you feel the need to mess with those bigots in the first place?"



3) Beware of digital footprints. They tend to last forever. I have one rule when it comes to sharing private or personal thoughts on digital media - If I am not prepared to defend my words on CNN, then I won't put them in an email, a blog post a facebook status update, a text, a youtube video, a vine, an instagram post, or a tweet. Wikileaks is teaching the public a valuable lesson: Nothing digital is permanently private, and anything can be released to the entire world.....FOREVER.

So, without being judgmental of Donna Brazile (whom I still love) or any other victims of Wikileaks' peculiar crusade, I only want to remind young people to be careful about the booty shots on Instagram or the text message you sent to your ex-boyfriend saying that your cousin Pookie could make him disappear. Maybe next time, you should just tell him over the phone.

Let's be real: Most black people can tell a thousand stories about being kicked out of white companies for doing the same thing that a white guy got away with last week. But the bottom line is that these are not our companies, and that is not our community.

The only way I was able to feel safe and secure from the tyranny of racist institutions was when I built a space of my own. Now, even when I call Bill O'Reilly an asshole, tell how the Democratic Party is racist, or tell the truth about racism in America, I don't have to worry about some white guy tapping me on the shoulder and sending me on my way. Freedom is absolutely priceless.

Dr Boyce Watkins is the founder of *The Black Business School* (blackbusiness-school.com) and author of the book, *"The New Black Power."* For more information visit <http://boycewatkins.com>

POLITICS IN BLACK AND WHITE

BY AUSTIN WASHINGTON

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DECEMBER EVENTS

DECEMBER 3

GOOD NEIGHBOR CONFERENCE

The conference will provide citizens with the tools to fight bigotry and hate in the Spokane community. Conference organizers include SpokaneFāVS, the Spokane Interfaith Council, Gonzaga's Institute for Hate Studies and the Spokane County Human Rights Task Force.

Saturday, Dec. 3

6-9 p.m.

**Gonzaga University, Jepson Center
E. 330 DeSmet Avenue, Spokane**

The event is free and open to all, though a \$20 suggested donation is requested at the door. For more information contact Oberst at spokanefav.skyler@gmail.com or (360) 989-8217.

DECEMBER 6

TAPROOT SPEAKER SERIES:

**Featuring Sandra Williams -
Behind the Mask**

Spark Central's Taproot Speaker Series features Spokane cultural and community leaders sharing their life stories.

7-9pm

Spark Central

1214 W Summit Pkwy, Spokane

An audience Q&A follows the performance. Come sip wine with us and be inspired! Open to the public.

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

DECEMBER 9

MLK CENTER FUNDRAISER

Cookies and Cocktails

Appetizers, silent auction, LIVE MUSIC!

Friday, December 9

5:30-7:30pm

**Spokane Community College (Bldg 6)
1810 N. Green St, Spokane**

Tickets are \$35 in advance or \$40 at the door. All proceeds will benefit the Building Dreams Capital Campaign.

DECEMBER 19

NAACP MONTHLY MEETING

Join the NAACP for our monthly general membership meeting

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>

DECEMBER 24

CHRISTMAS EVE SERVICE

The Spokane Minister's Fellowship is hosting a Christmas Eve Service

6pm

**New Hope Baptist Church
409 S. Greene Street, Spokane**

Call (509) 535-1336 for information.



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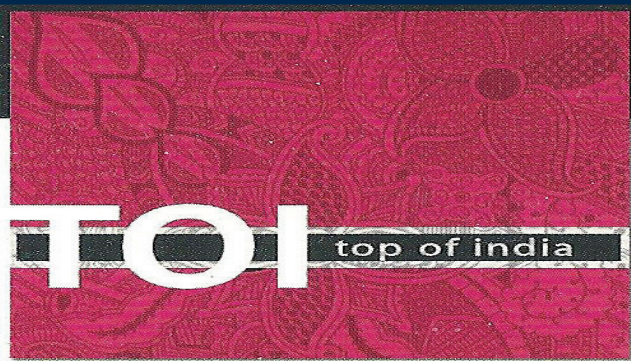
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Building 6, The Lair, in the Sasquatch Room**

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