Former State Representative Raymond A. Jordan's close friends nicknamed him "Barracuda." According to the many web sites that I visited, the Barracuda is a fearsome ocean fish with prominent, sharp-edged, fang-like teeth. It is a voracious, opportunistic predator that relies on surprise and short bursts of speed to overtake its prey. It is swift and powerful, bold and inquisitive; a formidable hunter that lives at the top of the predator food chain and anybody who makes the mistake of thinking otherwise is bound for trouble as many of Raymond Jordan's adversaries over the years have learned the hard way.

As summarized in Part I of this series (July 1, 2012), the last thing on Ray Jordan's mind after graduating high school was politics. Work was. Ray started out as a youngster delivering groceries and newspapers and after graduation landed on the night shift mopping floors at Providence Hospital. He moved to a well-paying machinist job at Pratt and Whitney where he planned to spend the remainder of his career but, through no fault of his own, was forced to leave after only two months and twenty-nine days. He took a job at Savage Arms where he met Roger Williams who, in 1968, offered him a job as supervisor of Recruitment at the Concentrated Employment Program (CEP). After two outstanding years at CEP and just nine years out of high school and without a college degree, Ray was recruited to run the new American International College African American Cultural Center where he was given a free hand to make it the center of activity in Springfield's African-American community. He simultaneously served as Director and Chief Operations Officer of the Harambee Holiday Festival which attracted thousands of people to DeBerry Playground for a week each summer. Unknown to Ray, he was perfectly positioned for a long career in politics and it was not long in coming thanks to a colorful, funny man named Morris (Mo) Jones.

ST. JOHN'S CHURCH HOLDS GROUNDBREAKING CEREMONY FOR FUTURE WORSHIP SITE

From left: Pastor Timothy Jones, Margrett Upshaw, James Ward, Trish Smith, Carolyn Ware, Jesse Lanier, Rev. Dr. Calvin J. McFadden, Sr., Jay Adams, Tania Hinds and Atty. V. Van Johnson

Hard-won voting rights must not be denied

Two score and seven years ago this month, on August 6, President Lyndon B. Johnson signed the 1965 Voting Rights Act.
It’s been 100 years since Springfield’s St. John’s Congregational Church (SJCC) has built a new worship center, and church members are excited about the groundbreaking for a new, state-of-the-art, 22,000 square feet facility that began in July. “This is a new season for our church,” stated Trish Smith, Chairwoman of the SJCC Cornerstone Building Team. “We’ve been planning for a number of years to get to this point and we are overjoyed that the time has finally come.”

The Rev. Dr. Calvin J. McFadden, Sr. is the church’s 13th Senior Pastor and is humbled by the church’s progress in the two years since his arrival. “Words cannot express the joy we have in the significance of this moment in the life of our church,” stated Dr. McFadden. “The members of St. John’s have labored in love to purchase properties and make commitments to fund this building project. This is both a history-making and historical event as it has been 100 years since our church last built a worship facility.”

The new facility will include an 800-seat sanctuary, a fellowship hall with seating up to 250, a nursery, multiple classrooms and administrative offices. The new sanctuary will be located directly across the street from the church’s current site. Plans for the current site include youth ministry space, a museum with historical artifacts, as well as being available for rental usage. Several key community leaders were on hand for the initial groundbreaking ceremony that occurred on July 11th, including Mayor Domenic J. Sarno, State Representative Benjamin Swan, and YMCA/Dunbar President & CEO Kirk Smith.

The historic St. John’s Congregational Church is one of the oldest and most active Black Churches in New England. Currently the congregation claims more than 1,500 members. Throughout St. John’s history, it has maintained relationships with nationally known human rights advocates. Abraham Lincoln knew one of the founding members of the church personally. Other honored guests and visitors to the church have included Sojourner Truth, James Baldwin, Langston Hughes, Jesse Jackson and Deval Patrick.
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STOP PRETENDING RACISM IS OVER

“Bro, you running from the cops or something?”

“What’d you steal this time?”

(Comments made to a Black Harvard seminary student by a group of White people he passed as he was running to catch his bus.)

“Whatever I want is for us to stop pretending. I want us to stop pretending that racism is over. If it were, tipsy strangers wouldn’t have heckled me. I want us to stop pretending that it’s not harder to be female than male, that it’s not harder to be gay than straight. I want us to stop pretending that we live in an equal society. We don’t. It’s not one person or one group’s fault. Instead of blaming or evading, we can encourage and confront, together. Instead of pretending that all these “isms” are over, we can say “Things are better than they’ve ever been, and there’s so much more to be done.” (Victim Kenny Wiley, seminarian at Harvard Divinity School, The Boston Globe, July 14, 2012)

OVERCHARGED!

It cost Wells Fargo, the largest mortgage lender in the nation, $175 million dollars to settle a complaint by the Justice Department’s Civil Rights Division that it discriminated against more than 30,000 minority borrowers across the country by charging them higher fees than they charged White buyers with the same credit risk and for steering more than 4,000 minority borrowers into costlier subprime mortgages when White borrowers with similar credit profiles had received regular, lower interest loans and better terms. Borrowers who were steered will receive an average of $15,000 and those who were overcharged will receive $1,000 to $3,500. But, isn’t it a shame that such racist behavior continues?

STUDENT LOAN BURDEN

Nearly 30 percent of college students who took out loans dropped out of school, up from less than a quarter of students a decade ago….College dropouts are also among the most likely to default on their loans, falling behind at a rate four times that of graduates….The plight of “noncompleters” has grown in magnitude as student debt tops $1 trillion…. (The Boston Globe reprinting a Washington Post article by Suzy Khimm and Ylan Q. Mui, May 29, 2012)

THE NAACP IS RIGHT!

Since 2010, at least 10 states have passed laws requiring people to show a government-issued photo identification card when they go to the polls. Kiards to the NAACP for focusing on the negative, disparate impact these laws have on legitimate minority voters who are most likely to not have the necessary identification.

NONSENSE!!!

“The time has come to ask whether the current occupant of the Oval Office is getting a reverse racial pass; that is, is he exempt from criticism of ignoring or worsening the welfare of blacks simply because he’s African-American.” Cornelius Chapman, Boston Herald, June 28, 2012. Nonsense!!!

BETTER LATE THAN NEVER!

Even as some less than knowledgeable White folks run around talking about how Black folks didn’t fight in America’s wars (We fought in all of them and with distinction), Black marines who fought in World War II were recently belatedly awarded the Congressional Gold Medal for being the first to fight as marines after President Franklin Delano Roosevelt ordered the Marine Corps to integrate. One grateful Senator was quoted as saying, “You were young, brave and committed to serving a country that did not yet appreciate your sacrifices.” You’re damn right!

I RECALL WHEN WE COULDN’T EVEN GET INTO UMASS

Congratulations to Henry M. Thomas III, CEO and president of the Urban League of Springfield, for his appointment as chairman of the University of Massachusetts Board of Trustees. I can recall when Black folks could hardly attend the state school and would never be tapped as a trustee. Henry is doing us proud.

THEY KNOW THEIR OWN

White politicians know their own. There are enough of those among White voters to whom racist appeals are attractive. And even White presidential candidates can’t resist the appeal. Mitt Romney joined the crowd of presidential candidates who brazenly appeal to the racist element when he cleverly provoked the crowd at the NAACP convention into booing him over his rejection of the Affordable Care Act and then made overt public statements suggesting the audience was looking for “handouts.” Ugly stuff. But, Ronald Reagan did it effectively as did many other lesser White candidates for office who defeated their Black opponents by the margin of their racist supporters. Even Bill Clinton tried to slip the race appeal in to promote his wife over Barack Obama but quickly backtracked when her constituency protested. Whether you like George W. Bush (and his father, by the way) or not, neither played that game.

BUT THE WALL STREET JOURNAL WAS EVEN UGLIER WITH ITS RACIST GENERALITIES

The mistake (commenting on Romney’s attendance at the NAACP convention) is thinking that the NAACP represents average black voters. While it has a venerable history through the civil rights struggle, the group has become a partisan liberal operation that is less and less relevant to the real problems of black America….The group supports the usual government transfer programs that lead to permanent dependency, rather than the empowerment that is the only path to advancement for the black poor. That’s why Mr. Romney was boosed.” (The Wall Street Journal, July 12, 2012). Is that so WSJ editorial board! We all think alike and want the same things! We all don’t want empowerment for poor Black people! What “we” are you all talking about? Is for one don’t know the “we!” But I can certainly direct you to a diverse group of Black folks who have diverse beliefs but who always gather together under the NAACP umbrella around their singular Jeffersonian belief in equality for all.

BLACK FOLKS, GET SMART!

You must admit—NAACP conventioneers took the bait. Romney tossed that hook, line and sinker out about “Obamacare” with such obvi ous deliberation and mal-intent that a kindergartner should have seen it. But the primarily Black audience foolishly bit with boos and gave Romney the ammunition he needed to go hunting for the votes of the racist ele- ments in his party, which he shamelessly did the very next day. We need to get smarter.

THE PROBATION INVESTIGATION IS FAR FROM OVER

The grand jury investigating the relationship between state lawmakers and the Massachusetts Department of Probation is far from over and the lawmakers themselves are the new targets according to a Boston Sunday Globe report (July 15, 2012) that also portrays an incredible conspiracy to corrupt the probation department that involved legislation to take it out from under the court and place it in firm control of the legislature, which generously increased funds for the department that were used to hire unqualified probation officers recommended by individual legislators. In fact, the evidence suggests that the Speaker himself, who as head of the House Ways and Means Committee, engineered the steering of $6 million dollars to the probation office which was used to buy votes from legislators for his election to the speakership. This thing is getting big!

NOTABLE QUOTES

“I know that you believe you understand what you think I said; but I am not sure you realize that what you heard is not what I meant.” Rev. Dr. Everett W. Frye, Sr. quoting Robert McCloskey. In one of his last sermons at Bethlehem Baptist Community Church, Rev. Dr. Frye with his characteristic bluntness also opined, “If you don’t know how to move on, you'll stagnate and become a dead sea.” Right on, Rev. Frye!
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“A Culture of Equity and Proficiency”
Looking back but focusing on the future
By Patricia Spradley

We spend much of our time reflecting on the past. But, I can’t think of a better time to look ahead. Looking back is fine, but not so much that you neglect to focus on the present and the future. Looking back is important as it shows us where we were right and where we went wrong. But we should always remember to press forward! Looking back also means you are divorcing from the present and the future. The reality is that we can’t change the past. But we can plan to make a better future—one that is pleasing to HIM.

When it comes to the past some would say we shouldn’t look back, but we have a memory so that we can remember things in the past. Why? Because when we look back at the past and think how well things have been for us, we should say “thank you!” we’ve been spared, in spite of our- selves. When we look back it should remind us of where we’ve been brought from and help us to keep things in perspective for today. And it should always cause us to look ahead, to the possibilities, hopes and dreams of the future.

We are fortunate to have committed, dedicated and compassionate educators who have worked together on behalf of our children in the Springfield Public Schools. This work has helped to move the needle in a number of areas over the last few years. We should keep these as reminders of what can be done when we work together on one accord. We must, however, be mindful not to get stuck in the past. When we know better, we are to do better, pressing on to higher ground.

And at the risk of taking some liberties here, we should especially do as is stated in Phil 4:8-9 “Finally brethren, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on those things. The things you have learned and received and heard and seen in me practice these things, and the God of peace will be with you.”

In the past we may not have done everything to the best of our abilities, but the future affords us another chance. Our children’s futures depend on us taking advantage of not only getting it right, but also making it better! Making it better requires that we take what was good, leave behind what was not so good, and work together to create an even better future.

When I look back it reminds me to thank Him. When I look around it reminds me to serve Him (and therefore our children). And when I look ahead it reminds me to trust Him! Look back at the encouraging things that we’ve been able to accomplish. Remember to listen to the youth. Remember that there is a season for reflection on the past. Why? Because when we look back at the past we have a memory so that we can create an even better future.

Looking back is important as it shows us where we were right and where we went wrong. But we should always remember to press forward! Looking back is fine, but not so much that you neglect to focus on the present and the future.

For further information visit www.sps.springfield.ma.us or contact the Springfield Public Schools Family Education Department (413) 787—7908
E D U C A T I O N
EDUCATION & HOPE

“CELEBRATE GOOD TIMES, C’MON!”

By Gianna Allentuck

Students and Educators from Brookings gifted us with art, poetry, song, and dance all worthy of Symphony Hall, City Stage, and the Museum of Fine Arts. Super hearts in the arts!

The Official Youth Club Boxing program demonstrated what it means to stand strong after making a comeback following the destruction of the program from the June 2011 tornado. Fifty youth, families, and friends of the program cheered each other on at the Certificate of Achievement Ceremony in June 2012. Way to KO adversity!

BusinessWest recognized “40 under 40” women and men for outstanding service to their professions and communities. So young. So compassionate: So amazing! Brookings is especially proud of our Principal, Mrs. Terry Powe, as one of the 40. You rock, Terry!

The Mayor’s Citywide Violence Prevention Task Force united us in Forest Park for the Second Annual Springfield Unites picnic supper with a special celebration of the Task Force’s 20th anniversary. A Force to be reckoned with...congrats!

In the spirit of the jazzy, funky, soulful Kool & the Gang “Celebrate good times, c’mon...!” Get on your feet, Springfield...

Author’s Note: At Brookings, we start celebrating in September with monthly Positive Behavior parties and monthly Perfect Attendance recognitions. Check out your local school or community-based organization to see how you can help create or support a celebration. Your contribution can be as simple as writing names on certificates or donating a packet of “Way to Go!” pencils or bookmarks or as detailed as planning a special celebratory event or ceremony. For more ideas, call me at 703.930.0243.

BUZZ, BUZZ
continued from page 6

and have them point out the letters when you are reading a book, walking in the neighborhood, or driving so s/he will begin to recognize the letters of their name and more importantly the alphabet. You can do the same with their age to help build pre-math skills. Other school readiness skills to keep in mind are to support your child in mastering self-help skills like picking up toys, learning how to zip, snap and button, brushing their teeth, and making their bed.

While your child is in preschool, develop a relationship with his/her teachers because this is where the magic happens. When parents and early childhood teachers partner on behalf of the child to maximize his/her learning potential, it doesn’t get any better than that. More importantly, continue to be involved and engaged in your child’s education because you do make a difference. If you are interested in enrolling your child in Head Start, please call 788-6522.
The app includes Adult, Child, and Infant CPR Anytime, has everything needed to teach CPR and the proper use of automated external defibrillators (AED) boost survival rates from sudden cardiac arrest. Whereas only 5% of out-of-hospital cardiac arrest victims survive on average, in schools involved in the study where emergency skills were taught and emergency procedures set-up, up to 45% survived.

Also recommended is the “Pocket First Aid & CPR” app available through the Android market and iTunes. The app includes Adult, Child, and Infant CPR, Adult, Child, and Infant Choking, AED use, medical, injury and environmental emergencies and Emergency First Aid.

**Caveat:** The above suggestions are based on the assumption that your children are fiscally responsible and have your best interests at heart. If you have doubts, consult your attorney about arranging for a professional trustee to administer your affairs should you become incapacitated.
**HEALTH MATTERS**

**BREASTFEEDING AT HOME AND BEYOND**

By Anika C. Johnson

Breastfeeding is the best gift you can give your bundle of joy. Health benefits for the baby are countless but include less chances of developing asthma, obesity and cancer. In addition your baby may experience fewer chances of speech problems and increased IQ. A mother’s benefits include but are not limited to reduced chances of certain types of cancers and returning to pre-pregnancy weight faster. Be mindful, there are some instances in which breastfeeding is not the best option. Besides your doctor, a WIC nutritionist or a La Leche League leader can discuss your individual circumstances and assess your individual circum-
stances.

Sometimes mothers may prefer to breastfeed in the comfort of their own home. However, breastfeeding should be accessible whenever and wherever mom and baby are ready—on demand! Some mothers have no choice but to return to work or school. With support from family, planning, and patience, continuing to offer your breastmilk while you are away is doable. This may require waking up earlier to express or pump milk and adhering to a schedule. Milk production is usually more abundant in the morning. Expressed milk can be stored in the refrigerator or freezer and put in clean bottles and containers. Helping the baby make the transition to drinking breastmilk from the bottle, before returning to work/school, is a slow process and essential. The gift of giving breastmilk does not have to stop at home. According to the Connecticut Breastfeeding Coalition (CBC), mothers can generally breastfeed at a time, place and manner of their choosing while in a place of public accommo-
dation. They do not have to go to a special area or go into the restroom. They do not have to cover the baby with a towel or blanket. The owner, manager or employee of a place of public accommodation cannot request that the mother stop breastfeeding her baby, cover up, move to a different room or area, or leave (Connecticut Breastfeeding Coalition 2012). For more information consult the CBC or visit their website at http://www.breastfeedingct.org/. With regard to expressing milk at work, the United States Department of Labor has specific guidelines in place to help mothers understand their rights.

Based on the Labor Laws, employers are required to provide reasonable break time for an employee to express breastmilk for her nursing child for one year after the child's birth each time such employee has need to express the milk. Employers are also required to provide a place, other than a bathroom, that is shielded from view and free from intrusion from coworkers and the public, which may be used by an employee to express breast milk. For more information there are many ways to contact the United States Department for Labor including visiting their website at: http://www.dol.gov/whd/regs/compliance/whdfs73.htm.

Dear Robust Reader,

Consider being your baby’s hero. Did you know breastfeeding has been done since the beginning of time? Don’t allow anyone to keep you from giving your baby the very best—your milk.

Next month we will be discussing another topic. Please forward your thoughts, comments and ideas, as they are important to me to: ajohn006@waldenu.edu attention: Anika.

---

**MEDICAL MOMENT**

**What is raw honey? How does it differ from regular honey? Are there any benefits for using it? Why should children less than one year of age have it?**

Christine of Amherst, MA

**A:**

a) Raw honey has not been heated over 118 degrees Fahrenheit and has not had its pollen or crystals removed which would remove its health benefits. It is the way it exists in the bee-
hive.

b) Raw honey has been shown to be an anti-bacterial, anti-
viral and anti-fungal substance.

c) Raw honey can help the actions of some cancer drugs.

d) It can raise blood levels of protective anti-oxidant com-
pounds in humans.

e) It can help digestion.

f) It has been shown in some studies to have some anti-
cancer properties in rats and mouse tumors. It was shown to have moderate anti-tumor and anti-
metastatic effects.

**Q:**

Next month we will be discussing another topic. Please forward your thoughts, comments and ideas, as they are important to me to: ajohn006@waldenu.edu attention: Anika.

---

**Emergency Preparedness: Individual Family Survival**

- Develop a family survival plan
- Create a family survival kit
- Establish communicate options
- Stock food
- Establish safe areas

“Preparation through education is less costly than learning through tragedy.”

For more information or to schedule a training contact:

Springfield Department of Health/ Human Services  
(413) 787-6761/787-6458(fax)  
Email: bafrederic@springfieldcityhall.com

Helen R. Caulton-Harris  
Director
UMASS SEEKING ASSISTANCE FOR BREAST CANCER PROJECT: THE BREAST MILK STUDY

Dr. Sanford James

BOSTON, MA - Researchers at the University of Massachusetts Amherst are seeking assistance from African American women for their breast cancer project. A recent grant award from the AVON Foundation will provide recruitment incentives for African American women willing to participate in the project and give support for researchers to study risk factors for the development of breast cancer.

The Avon Walk for Breast Cancer tenth birthday season concluded with the annual Avon Walk in Boston during the weekend of May 18-20, 2012. The annual walk raised $4.7 million to advance access to care and to finding a cure for breast cancer. The Avon Walk Boston attracted more than 2100 participants from 37 states plus Washington D.C., ranging from 16 – 75 years of age, including 242 breast cancer survivors who joined together to raise life-saving funds and awareness for breast cancer.

Carol Kurzig, President of the Avon Foundation for Women, announced during the closing ceremony a total of nearly $2.7 million in grants to local organizations, ensuring that the funds raised immediately benefit the community. “Our beneficiaries here in New England are leaders from your communities who are dedicated to the fight against breast cancer,” said Kurzig. “These organizations are providing breast cancer screening, care and support services every day. They are also researching the causes and improved treatments for breast cancer, but also a way to someday prevent it altogether.”

Among the recipients of these funds were researchers at University of Massachusetts Amherst, who received a grant of $300,000 to study epigenetics and breast cancer risk in African American women. These researchers are interested in understanding the factors that cause African American women to be diagnosed at younger ages as compared with other groups. Research on breast cancer is currently being done by studying cells that are contained within the breast. One study involves evaluation of cells found in breastmilk. Dr. Kathleen Arcaro, a researcher at UMASS and member of the American Association of Cancer Research (AACR), is currently doing research on the changes found in breastmilk to learn more about what causes breast cancer. Her study is called the Breast Milk Study and represents the type of research that is uncovering the mysteries of breast cancer.

BLACK WOMEN ARE NEEDED FOR RESEARCH

In order to truly learn about breast cancer in African American women, it is necessary to engage the population in a concerted effort to discuss the disease. This involves evaluation of African American women who do not have breast cancer and to compare these women with African American women who have been diagnosed with breast cancer. One significant method to do this has been to study the breast itself and learn more about structures and differences.

According to the latest statistics from the American Cancer Society, there are some 19,000 cases of new breast cancer among African American women each year. This is based on the 258,000 women who will be diagnosed with breast cancer. Although African American women are diagnosed at a lower rate when compared with Caucasian American women, the cancers are normally found to be more aggressive. Almost 6,000 African American women die every year from breast cancer. Breast cancer is the most commonly diagnosed cancer for African American women and yet the numbers of women who undo mammograms or other breast cancer screenings remain low.

The basic facts about African American women and breast cancer are as follows:

- African American women are significantly less likely (at least 25%) to develop breast cancer than non-Hispanic white (NHW) women. However, African American women are diagnosed with breast cancer at a younger age. The rate of premenopausal breast cancer is significantly greater in African American women than in NHW women. The reason for the higher incidence of premenopausal breast cancer in African American women is unknown. Upon a diagnosis of breast cancer, African American women are found to have larger, higher grade breast tumors. African American women with late stage triple negative breast cancer have the poorest survival rates of all racial ethnic groups. The overall 5 year survival rate after a diagnosis of breast cancer is over 90% for Caucasian American women, but lowers to 77% for African American women. Over the last 20 years, death from breast cancer has steadily declined for all women but less so for African American women. African American women less than 40 years old are twice as likely to die from breast cancer as are NHW women with the same stage of breast cancer. African American women are at a higher risk of death when diagnosed at both young and older ages in all stages of disease.

One thing that is necessary to truly lessen the burden of cancer among African American women is to have a conversation about the disease. Women who are interested in participating should contact Dr. Arcaro’s lab at 413-545-0813 or visit the website at www.breastmilkresearch.org for information. Local contact will be through Asiala Dickson, the Outreach Coordinator for Springfield; her contact is 413-218-2949 for those women interested in participating.
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Welcoming patients at Baystate Medical Center in Springfield, Baystate Franklin Medical Center in Greenfield, and Baystate Mary Lane Hospital in Ware.
"BLACK GOLD"
By Zaida Govan

The Bay Street Community Garden is growing wonderfully as are many other gardens throughout the city. We have been enjoying an abundance of fresh salads from the garden and some people have even harvested fresh eggplant. The wonders of community gardening are evident all over the city now that we have a community gardening ordinance that our Mayor is very excited about.

A secret to community gardening is a thing we call “black gold.” Plants love “black gold.” It is compost. Composting is a technique used to accelerate the natural decaying process. The technique converts organic wastes to mulch which is used to fertilize and condition soil. Composting can take as long as a year or as little as 14 days, depending on the amount of human control.

Most yard wastes can be composted, including leaves, grass clippings, plant stalks, vines, weeds, twigs and branches. Compostable food wastes include fruit and vegetable scraps, coffee grounds, eggshells and nutshells. Other compostable materials are hair clippings, feathers, straw, livestock manure, bonemeal and bloodmeal.

Materials should NOT be composted if they promote disease, cause odors, attract pests, or create other nuisances. These include meat, fish, poultry, dairy products, foods containing animal fats, human/pet feces, weeds with developed seed heads, and plants infected with or highly susceptible to disease, such as roses and peonies.

Materials that should be composted only in limited amounts include wood ashes (a source of lime), sawdust (requires extra nitrogen), plants treated with herbicides or pesticides (the chemicals need time for thorough decomposition), and black and white newsprint (composts slowly, so it should comprise no more than 10% by weight of the total pile).

Finished compost is dark brown, crumbly, and has an earthy odor. Depending upon seasonal temperatures, a well-built, well-tended pile generally yields finished compost in 2 weeks to 4 months. An unattended pile made with un-shredded material may take longer than a year to decompose.

Compost adds humus to the soil, making it easier to work and more fertile. Delivers more oxygen and water to root zones by increasing pore space in the soil. Boosts soil’s water-holding capacity, without making it soggy. Feeds and vitalizes microbe populations by storing nutrients and releasing them when needed. Moderates extremes of pH, by acting as a buffering agent. Suppresses disease organisms of many plants.

The source of this information is recyclepa@state.pa.us.

Our compost pile on Bay Street should be ready for use this fall. Next spring/summer, our soil will be much better because of the compost we will be adding to it when we put the garden to rest.

For more information, please contact me at zeerarules@aol.com.

Check us out online at:
www.afampointofview.com
African American Point of View

We learned that we could teach our gatekeepers; we learned that we could we learned that all of us would never be able to do that; many of us had given up our own culture to be white; we learned that some of us would never be able to do that; we learned that all of us could be gatekeepers; we learned that we could be courageous today and tomorrow; we learned that we could teach our kids about systemic racism much younger than we had learned ourselves.

We learned that some of us were part of every dominant domain in American society; we learned that many of us had given up our own culture to be white; we learned that some of us would never be able to do that; we learned that all of us could be gatekeepers; we learned that we could be courageous today and tomorrow; we learned that we could teach our kids about systemic racism much younger than we had learned ourselves.

Leadership Pioneer Valley graduated from the nine-month program in early June. Each participant in the program was tasked with becoming part of a project team that would work together on an issue and make a difference in the Pioneer Valley. Seven individuals formed a team around the following issue: “A variety of geographic, socioeconomic, and racial barriers fracture our region. Present creative programmatic solutions to begin breaking down these divides.” At our opening retreat, the Bridge Builders decided to focus on racism, as they felt that it is the biggest barrier in the region. Below is an excerpt from their project presentation. We applaud them for their honesty, bravery, growth, and commitment to undoing racism in their lives and in their communities.

“We chose to focus on ourselves, to open ourselves up, to expose our fears, childhood memories, and hopes for our children’s future. We invited Amherst Media to film us, we invited UROC to educate us through an Undoing Racism training, and we promised we’d journal at home in quiet. We talked, we cried, we laughed, and we encouraged each other. Some modeled the way, some empowered us, and some inspired our hearts.”

“We started to learn that it was bigger than ourselves. We learned that there were systems put in place; we learned that some of us were racists; we learned that some of us were part of every dominant domain in American society; we learned that many of us had given up our own culture to be white; we learned that some of us would never be able to do that; we learned that all of us could be gatekeepers; we learned that we could be courageous today and tomorrow; we learned that we could teach our kids about systemic racism much younger than we had learned ourselves. We learned how to forgive ourselves for not being bold when we were young and we learned to forgive others for being ignorant. We encouraged each other to take risks; we encouraged each other to own the privileges that we have, so that we could make things right. We are expanding our circle and encouraging you all to take risks with us.”

The following is one of the statements read by a team member during the presentation. “I know now that I have had privileges and status from an early age that I did not earn but was born into. I see more clearly how our society has systematically excluded and discriminated against people of color, and I see my role in that because I have always accepted and embraced my privilege as a white person. I see now that I internalized and bought into the idea that white people are the norm, the standard by which everyone else is measured. I no longer allow this to stand unchallenged. As I become aware of my old assumptions, I have begun to question and counteract them. As I see inequities, I am pointing them out and talking about them. I am doing this with myself and, gently, with others to begin to change a worldview that is unjust and wholly inaccurate. I am helping to ‘undo’ racism.”

Each member of the team has pledged to work to undo racism in their lives both personally and professionally. Their video of this journey will be distributed widely and will be available on our website. We hope that future classes will continue this important project. The Bridge Builders are Raymond Berry, Jessica Collins, Zaïda Govan, Tony Maroulis, Marla Shelsky, Sam Stegeman, and Lori Tanner. For more information, go to www.leadershippv.org.

UNITED STATES DISTRICT COURT
DISTRICT OF MASSACHUSETTS
PUBLIC NOTICE FOR APPOINTMENT OF NEW MAGISTRATE JUDGE

The Judicial Conference of the United States has authorized the appointment of a full-time United States magistrate judge for the District of Massachusetts, serving in the Central Division, with a duty station in the Donohue Federal Building & United States Courthouse in Worcester, MA.

The duties of the position are demanding and wide-ranging, including, but not limited to: (1) conduct of most preliminary proceedings in criminal cases; (2) trial and disposition of misdemeanor cases; (3) conduct of various pretrial matters and evidentiary proceedings on delegation from a district judge; and (4) trial and disposition of civil cases upon consent of the litigants. The basic authority of a United States magistrate judge is specified in 28 U.S.C. § 636.

To be qualified for appointment an applicant must

(1) Be, and have been for at least five years, a member in good standing of the bar of the highest court of a state, the District of Columbia, the Commonwealth of Puerto Rico, the Territory of Guam, the Commonwealth of the Northern Mariana Islands, or the Virgin Islands of the United States, and have been engaged in the active practice of law for a period of at least 5 years (with some substitutes authorized);

(2) Be competent to perform all the duties of the office; be of good moral character; be emotionally stable and mature; be committed to equal justice under the law; be in good health; be patient and courteous; and be capable of deliberation and decisiveness;

(3) Be less than seventy years old; and

(4) Not be related to a judge of the district court.

A merit selection panel composed of attorneys and other members of the community will review all applicants and recommend to the district judges in confidence the five persons it considers best qualified. A list of the members of the panel constituted by the Court is set forth in the attached Order. The court will make the appointment following an FBI full-field investigation and an IRS tax check of the applicant selected by the court for appointment. An affirmative effort will be made to give due consideration to all qualified applicants, including women and members of minority groups. The current annual salary of the position is $160,000. The term of office is eight years.

Application forms and more information on the magistrate judge position in this Court may be obtained from the Clerk of Court, Sarah Allison Thornton, U.S. District Court, District of Massachusetts, 1 Courthouse Way, Suite 2300, Boston, MA 02210. The application form also is available on the Court’s Internet website at: www.mad.uscourts.gov. Submitted applications (original and 14 copies) shall be marked “CONFIDENTIAL,” signed by the applicant personally and must be received before 5:00 PM on September 28, 2012 to be considered.

All applications will be kept confidential, unless the applicant consents to disclosure, and all applications will be examined only by members of the merit selection panel and the Judges of the Court. The panel’s deliberations will remain confidential.

July 16, 2012
Sarah Allison Thornton
Clerk of Court

UNITED STATES DISTRICT COURT
DISTRICT OF MASSACHUSETTS
Order

After consideration by this court of Section 3.02 of the “Regulations of the Judicial Conference of the United States Establishing Standards and Procedures for the Appointment and Reappointment of United States Magistrate Judges,” it is hereby ORDERED that the following persons are appointed members of the Merit selection Panel, effective July 16, 2012.

James J. Gribouski, Esq., Chair
Daniel J. Bennett, Esq.
Sarah B. Christie, Esq.
Ms. Vangie Cuascut
Margaret J. Hurley, Esq.
Sarah G. Kim, Esq.
Ms. Emily Piovoso
Jeffrey E. Poindexter, Esq.
Douglas W. Salvesen, Esq.
William F. Sinnott, Esq.
William J. Trach, Esq.

The Panel will, in accordance with the above regulations, report to the court by January 15, 2013 its recommendations regarding prospective candidates to fill the vacancy of United States Magistrate Judge for the Worcester Division.

Dated: July 16, 2012 /s/ Nathaniel M. Gorton
For the Court, Nathaniel M. Gorton
United States District Judge
“As the proud parent of two young boys, I understand the value of a strong education system. I am committed to providing every child access to a complete and competitive education.”

Jim Welch
State Senator

Democrat-Hampden District
510 Boston Road
Springfield, MA 01109
413-737-7703

Paid for by Committee to Re-Elect Jim Welch—Treasurer Mary Welch
Raymond A. Jordan—Part II

THE BARRACUDA RISES

continued from page 1

The late Mo Jones was a character. He talked as though he kept marbles in his mouth and walked with a gait that made him sway from side to side. If you didn’t know him, you would think Mo was a clown, a caricature that ran contrary to his brilliance and one that he promoted like a fox. Mo lived for many years at his beloved 12 Amherst Street where he regularly gathered with his politically astute friends to entertain and woo politicians and to otherwise plot political strategy in his famous finished cellar which was set up like a small Irish pub. Mo and his adult companions also carefully groomed groups of young people for political involvement. Ray Jordan was one of them (as was Bud Williams, by the way). And so wasn’t Henry Payne, a tall, thin, handsome High School of Commerce basketball superstar who should have played in the pros.

Since 1950, Italian incumbent Tony Scibelli had dominated the State House district Ray lived in. He rose to the chairmanship of the Massachusetts House Ways and Means committee, which made him almost impregnable at election time…that is until Black communities in the North End of Springfield and the Hill merged when Urban Renewal (we called it “Urban Removal”) all but destroyed the North End Black community, which had nowhere else to go but to the Hill, running White folks out as each wave arrived and causing the district to reach a racial tipping point that left Tony Scibelli politically stranded.

Mo Jones was the first to recognize that Scibelli was vulnerable to the expanded African American demographic and seized upon the opportunity to run the popular cross-over basketball hero, Henry Payne, against him while making Raymond the campaign’s fundraiser. Characteristically, Ray worked his heart out. Henry didn’t and Scibelli cruised to victory oblivious, it seemed, to the continuing ethnic threat to his reign and unaware that a sleeping giant had awakened.

That sleeping giant, of course, was Raymond Jordan. Ray had stayed in his place and had worked for the “brand.” But his virgin political experience left him with the budding realization that he could run for Scibelli’s seat and win. And with his new consciousness, the Barracuda began to rise.

Though not flawless, Ray’s rise was rapid.

Raymond with Sen. Ted Kennedy and wife, Victoria

Henry Payne faded into the political background as Ray began plotting his path to power. As a prelude, he demonstrated his potential by launching a formidable voter registration campaign titled “Operation Statehouse” in which his many followers registered 537 Black folks in one day. It was a powerful message but it carried a double-edged sword.

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COMMUNITY

MASSON SQUARE FARMERS’ MARKET KICKED OFF ITS SIXTH SEASON

The Concerned Citizens of Mason Square Farmers’ Market began its sixth season last month at 11 Wilbraham Road at the Baystate Mason Square Neighborhood Health Center. The “Friendly Market on the Hill” is every Saturday from 10 A.M. to 2 P.M. through the end of October and is a great place to experience the sights, smells and tastes of summer. Every week the market is a gathering place for the community; it is kid friendly and is a family event. Often there is music at the market along with community organizations and special activities like cooking demonstrations. The market offers a wide variety of fruits and vegetables from different farms throughout the Pioneer Valley. This year the Wholesome Wave Foundation will be providing money to “double” SNAP (Food Stamps/EBT) up to 10 dollars a week; that means if you spend at least ten dollars you get an extra ten to spend on fresh fruits and vegetables! The market also accepts WIC and Senior Farmers’ Market Coupons.

The market’s success has depended upon community support and the loyal farmers who have come every week to sell, rain or shine. Glenroy Buchanan of Pioneer Valley NE Growers Co-op was raised in Springfield and played a large part in bringing a market back to the area he knew as Winchester Square growing up. Founded in 1988, the purpose of Glenroy's enterprise is “to distribute locally grown fruits and vegetables to inner city communities in areas where traditional outlets are not available.”

Gardening the Community is another local favorite that has been at the market from the beginning. GTC, as it is known, employs youth from around Mason Square Neighborhood and beyond to grow fruits and vegetables on vacant and abandoned lots, revitalizing them and making them productive. In addition to offering a local flavor, the market has farmers from throughout the Pioneer Valley, like Green Acres Fruit Farm from Wilbraham, which offers apples, plums, pears, and peaches. This year looks to be the biggest most eventful year yet for the market as it continues to expand with the growing support of the community. So mark all the remaining Saturdays on your calendar until October 27th and create your own Mason Square Farmers’ Market tradition.

Glenroy Buchanan

Youth Members of Gardening The Community 2008 file photos
COMMUNITY FOCUS

LOCAL CYO TEAM OLSH BLUEJAYS WINS NATIONAL CHAMPIONSHIP!!

The Our Lady of Sacred Heart (OLSH) Bluejays 9th grade basketball team completed a 6-0 run the weekend of June 16-17 at Bridgewater State University to capture the Under Armour/Zero Gravity National Finals Championship for their grade level. The Bluejays defeated the Greater Boston Lions in the semifinals (59-58) and defeated the highly touted and nationally ranked Anthony Atkinson All-Stars from North Carolina (68-52) in the championship game.

Leading the charge for the Bluejays were Davidson Pacheco (New Leadership Charter School), Darrick Boyd (Cathedral High School) and Joshua Malone (Springfield Central High School). Boyd and Malone were also named co-MVPs of the championship game.

From left: Coach Michael Slaughter, Andre Ruiz (West Springfield H.S.), Darrick Boyd (Cathedral H.S.), Jacob Martinez (Duggan M.S.), Isaiah Headley (Westfield H.S.), Antonio Slaughter (Chicopee H.S.), Davidson Pacheco (New Leadership Charter School), Joshua Malone (Springfield Central H.S.), Eric McGregor (Sabis International Charter School), Johnny Cintron (Chicopee H.S.), Luqman Abdur-Rauf (New Leadership Charter School) and Coach Thomas Hodge Jr. Not pictured are Jaylen Franklin (East Longmeadow H.S.), Brian Pacheco (Sabis International Charter School) and Charles Davis (St. Joseph’s)

CONGRATULATIONS CORNER

Congratulations to Alysia Cosby, radio host of WEIB 106.3 Smooth FM “Weekend Grooves,” on being named a 2012 Top Business Woman in the Pioneer Valley by Women Business Owners Alliance of the Pioneer Valley, Inc., and recognized at their 30th Anniversary Gala.

Congratulations to Helen R. Caulton Harris, Commissioner of City of Springfield Division of Health and Human Services, for being elected to be the Chair of the Board of Trustees of Holyoke Community College. Ms. Caulton Harris is the first African-American and one of four women to lead the board. She began her duties in April.

Congratulations to MaryLou T. Kittrell for winning the Howdy Award on May 15, 2012. MaryLou is a concierge at Baystate Medical Center. (POV’s editor can affirm how her smile and engaging manner uplifts the visitor to Baystate, even in difficult times.)

Congratulations to Anita Ford Saunders, a seasoned veteran of creating and implementing strategic communications plans for corporate and community-based organizations and an Emmy Award-winning journalist, television producer and broadcast, social media and marketing professional, who has been named Manager of Communications for Yankee Gas in Berlin, CT.

Congratulations to Tiera Nicole Wright, who graduated Magnum Cum Laude with a Bachelor’s Degree in Liberal Studies from Bay Path College on May 13, 2012. She is the eldest child of Tracy Kittrell, bonus child of Ronald Caulton, and granddaughter of MaryLou and Edward V. Kittrell Jr. Tiera plans to be a copy editor as well as a writer.

Congratulations to Hartford’s Hispanic Health Council which was named an Honorable Mention Winner in First Lady Michelle Obama’s Let’s Move! Video Challenge. (See article on page 31 for more about “Let’s Move!”)

Congratulations to the City of Springfield on being named a 2012 All-American City based on its plan to improve third grade reading. Springfield was also named a Community Solutions PaceSetter by the Campaign for Grade-Level Reading “for its exemplary leadership and innovation in addressing the vexing challenges that keep many low-income students from learning to read proficiently.”
The Peter Brace Brigade participated in a Civil War reenactment at Old Deerfield on July 4th and then led a discussion about life during the time of the Civil War.

The Performance Project unveiled a new mural completed by community youth. From left: Artistic and Managing Director Julie Lichtenberg, Hampshire College Professor and Keynote Speaker Chris Tinson, Artists Marcus, Malik, Ricky, Kamari and Camry, Department of Youth Services District Manager Justin King and Youth Program Director James Arana.

During the recent Caribbean American Heritage Month Celebration, Lester Bowin (left) and Rose-Ann Gaskin Rice (right) present the Errol Barrow Luminary Award to Yvonne Bogle (2nd from left) of Western New England University in recognition of her dedicated and distinguished service in the field of education as well as her community service, and the Marcus Garvey Lifetime Achievement Award to John Hoyte (2nd from right) in recognition of his dedicated and distinguished community service.

The 14th Annual HCS Head Start “Dads Make a Difference Parade” honored fathers on Fathers’ Day weekend.

St. John’s Congregational Church Gospel Fest was held in collaboration with Baystate Health Systems and other local agencies in the parking lot adjacent to the church.

The Springfield Chapter of Alpha Kappa Alpha Sorority held their annual “Hats Off” Scholarship Luncheon. From left: Scholarship Committee Chairperson Yolanda Johnson, Scholarship Recipients Taylor Showell-Miller, Jasmine Parker and Patricia Johnson-House, and Scholarship Committee Member Brenda Scott.
The Springfield Chapter of Alpha Phi Alpha Fraternity held their annual Lee B. Revels Scholarship & Mentoring Foundation, Inc. reception. Pictured from left: Foundation President William B. Strother, Sr., Chapter President Eddie W. Lee, Jr., Scholarship Recipients Dahuris Fernandez and Kamau Crawford, Mother of Scholarship Recipient Raul Centeno Pedraza, Scholarship Recipient Brandon Arizmendi, and Chapter Director of Education Ronn Johnson.

Father Dee Wellington Bright, rector of St. Peter’s Episcopal Church, and members celebrate another successful Patronal Festival.

The Western Massachusetts Warriors Minor League Football team march in the East Longmeadow July 4th parade.

Above, the Harmony Lodge #140 and Forget Me Not Temple #302 of the Improved Benevolent Protective Order of Elks of the World attended the memorial service and provided last rites for their long-time member Donald Jones.

Left, old friends Rosalie Sutton and James Hardin, who journeyed from Georgia for Donald Jones’ services, share a lighter moment.

D.R.E.A.M. Studios Shakers Summer Camp and Design Camp students and staff after a recent Shakers Summer Performing Art and Costume Design production of “Beauty is a Beast” and a Design Camp fashion show.

Arlene Smith (center) is feted as she celebrates her retirement from the Department of Social Services after 32 years. From left: Wanda Cappas, Joyce Davis, Shelda McLaurin, Arlene, Cindy Stovall, Emily Rodriguez and Maria Estrada.
RAYMOND A. JORDAN—PART II
THE BARRACUDA RISES
continued from page 15

Tony Scibelli was no fool. He got the message. The Barracuda was on the prowl and any illusions of invulnerability Tony Scibelli held were shattered. Operation State House woke him up and forced him to launch an expensive, all-out counter attack that won him the election by a mere 300 votes, a margin of victory that he, ironically, might well have missed absent the alert sent to him by the spectacular success of Operation State House.

Now sensitive to the drastic alteration in the demography of his district by the Barracuda’s sneak attack and mindful of his razor thin margin of victory and unwilling to test Ray’s metal a second time, the wily Scibelli quickly engineered a redistricting that protected his seat and created a district that Ray was well positioned to win, though the late Paul Mason and Benjamin Swan thought otherwise.

Ray never considered Paul Mason a viable political threat. He was a popular, crossover Black city councilor who had served multiple terms but whose time had passed. He ran against Ray in the new district and lost twice by wide margins. Benjamin Swan, on the other hand, was avant-garde. He came into town in the mid to late 60’s from Washington, D.C. like he was Clint Eastwood in “High Plains Drifter,” the experienced outsider who drifted in just on time to rescue the timid townsfolk from the bad guys—in Ben’s case—brutal Springfield police.

Ray became one of Ben’s followers as did hoards of others who were awed by Ben’s willingness to confront local authority. The infamous police assault on Black patrons at the Octagon Lounge became a Springfield civil rights flashpoint, which is how Ray happened to be one of the demonstrators sitting on City Hall steps when the police charged the protestors after Ben refused the Police Chief’s order to vacate. Ray was arrested twice during the days of demonstrations. In one arrest he was clubbed unconscious and woke up in jail staring up at Ben and the late community organizer Oscar Bright. Ironically, Ben Swan, who so inspired him, and who Ray continues to respect, became Ray’s fiercest opponent in three of his subsequent re-election campaigns.

In his first year in office, Ray never missed a single roll call (which few legislators could claim then and now). He was determined to counteract the entrenched myth held by White legislators and others that Black folks were unwilling to work hard. He was also determined to avoid the “radical” stigma attached to many of his fellow African-American legislators (One of their main goals was to liberate the Black Boston Roxbury neighborhood from the City of Boston.) even though it made some of them consider him an “Uncle Tom.”

Ray had other ideas fueled by his natural instinct for power. He traveled to and from Boston with White freshman legislators, Sean Cahillane and Robert J. Howarth, with whom he roomed in Boston, and others and continued to learn from them. Unlike the Black legislators who were new to power, the White legislative initiates had powerful, seasoned White legislative mentors who shared valuable information with them about the intricate workings of the body. They, in turn, shared their information with Ray, who lapped it up as he built powerful relationships through them continues to page 24
The regional magnet school is the first high school to be built in Bridgeport in 50 years and Mayor Bill Finch declares it will be ready to open for the 2013-2014 school year. The ceremony took place on June 6th.

Mayor Bill Finch welcomes major anchor tenant, national outdoor retailer, Bass Pro Shops. (See article on page 22)

Seated from left: Mrs. Elsie Cofield — Immanuel Missionary Baptist Church, New Haven, CT; Mrs. Brenda Gill — Anointed Word COGIC, Bridgeport, CT; Mrs. Fran Collier-Clemmons — Miracle Temple COGIC, Norwalk, CT; Mrs. Janie Charles Holmes — Community Baptist Church, New Haven, CT — Advisor, Mrs. Gardenia Dixon — Word of Life Ministries, West Haven, CT — State President, Mrs. Irene Jenkins — Immanuel Missionary Baptist Church, New Haven, CT, and Mrs. Shirley Alexander Hart — Mt. Zion Baptist Church, Norfolk, VA — Founder Spirit, Bridgeport, CT; Mrs. Cassandra Sherrod — Jesus Saves Ministries, Bridgeport, CT; Mrs. Patricia Higdon — Citadel of Greater Life Ministries, Hamden, CT, Mrs. Lauretta Plummer — Full Gospel Pentecostal COGIC, Bridgeport, CT; Mrs. Jacqueline Roberts — Thomas Chapel Church, New Haven, CT; Mrs. Angela Gaskins — Jesus Saves Ministries, Bridgeport, CT; Mrs. Elouise Floyd — New Jerusalem Baptist Church, Norwalk, CT, (Not shown — Pastor Vashti Skyers — Shiloh Apostolic Church, Bridgeport, CT)

A unique exhibition commemorating the 150th anniversary of the Emancipation Proclamation at the Fairfield Museum & History Center, 370 Beach Road, Fairfield, CT.

SEPTEMBER 23, 2012-FEBRUARY 24, 2013

The only exhibition in nearly 300 miles to display a copy of the Lincoln-signed Emancipation Proclamation. Explore America’s quest for freedom through this important series of programs commemorating the 150th Anniversary of the Emancipation Proclamation.

This September 23rd, the Fairfield Museum located in Fairfield, CT will present an exciting five-month-long exhibition and series of school programs entitled Promise of Freedom commemorating the 150th anniversary of the Emancipation Proclamation. Visitors will learn the history of slavery, and how Lincoln’s declaration that “all persons held as slaves…shall be, then, thenceforward, and forever free,” started the long journey towards emancipation that eventually freed more than 4 million Americans from bondage. Educational programs will examine contemporary scholarship on the subject of slavery and freedom from the Civil War to the Civil Rights movement forward to the present day.

This unique and nationally-significant exhibition will feature a rare Lincoln-signed copy of the Emancipation Proclamation, as well as other fascinating documents, paintings and artifacts that narrate this decisive moment in the quest for human freedom.

Promise of Freedom will provide students and families in southwestern Connecticut with a rare and important opportunity to connect to that crucial period of American history, to experience firsthand this great document of human freedom and to reflect on the ongoing efforts of everyday citizens in advancing liberty.

For more information, visit www.fairfieldhistory.org

Fairfield Museum and History Center
370 Beach Road
Fairfield, CT 06824
or call 203-259-1598
DON EVERSLEY WILL BE AROUND!

Bridgeport Mayor Bill Finch’s announcement that Donald Eversley, who has served as Director of the city’s Office of Planning and Economic Development since July 2008, has been appointed head of the Bridgeport Economic Development Corporation (BEDCO) is good news. His primary role is to help reinvigorate BEDCO, which counts among its successes the Read’s ArtSpace project and the renovation of the Arcade Mall and Hotel as a mixed-use commercial/residential project in downtown Bridgeport. Paul Timpanelli, CEO of the Bridgeport Regional Business Council said, “It is our hope that this will add to our toolbox of public/private resources in pursuit of continued economic development for Bridgeport.”

In his new position, Eversley will initially be focusing on the Eco-Industrial Park in the city’s South End, one of Mayor Finch’s top sustainability and economic development goals. He also will be working with the Bridgeport Port Authority to re-position the Bridgeport Shipyard, and a new minority contractor bond assistance program, which was recently authorized and funded through the state legislature. Plans for the Eco-Industrial Park include a solar array to be placed on the Seaside Park landfill in conjunction with United Illuminating, and an anaerobic digester facility, among other projects.

“One of my long-standing goals since taking office was to re-form and reinvigorate BEDCO to provide greater support and incentive for private sector development in Bridgeport,” said Mayor Finch. “Don’s wide-ranging knowledge of economic development, city, state and federal development programs, and his extensive contacts in the public and private sector make him the right person to breathe new life into this public/private venture.”

During his tenure at OPED, Eversley successfully led the city’s support of a number of prominent projects, including the revitalization of Bijou Square, the Mechanics & Farmers building, 333 State Street and the five-block area at the north end of Main Street, which was recently awarded to developers. On Steel Point, he is credited with dividing the project into phases with ownership remaining with the city until the developer is ready to proceed with each parcel. Implementing the city’s new Master Plan and Zoning Code, the Bridgeport Arts Fest, Downtown Thursdays and a storefront improvement program were other key initiatives.

DAVID KOORIS: NEW HEAD OF OFFICE OF PLANNING AND ECONOMIC DEVELOPMENT

Mayor Bill Finch also announced that he has appointed David Kooris as the new Director of the city’s Office of Planning and Economic Development.

For the last seven years, David Kooris has held various positions at the Regional Plan Association of New York, New Jersey and Connecticut (RPA), culminating in his role as Vice President. In his role at RPA, he managed the organization’s Connecticut and Hudson Valley programs from its Connecticut office located in Stamford’s city center. He has worked to help individuals, communities, and agencies better understand the link between social, economic, and environmental factors and better position the region and its neighborhoods for a sustainable future through coordinated land use and transportation planning.

“I’m incredibly excited to come to Bridgeport at this time of remarkable opportunity. Bridgeport has the fundamental assets and the high-quality neighborhoods that position it for revitalization during the coming years. I look forward to bringing the skills I have honed working in cities across the Northeast and abroad to the benefit of Fairfield County’s greatest urban center,” said Kooris.

Under Kooris, RPA helped coordinate the city of Bridgeport’s comprehensive sustainability initiative, BGreeen 2020, which is presently involving hundreds of community leaders, business owners, and city staff in a process that is implementing dozens of recommendations to make the city more green and prosperous for all. In addition to his sustainability work, Kooris has led or been involved in several transit-oriented development and downtown revitalization plans in Connecticut, including the Downtown Master Plans for both Bridgeport and Stamford, and a comprehensive neighborhood strategy for the area surrounding Fairfield’s third train station.

“We’re very pleased that David will be joining the city in this critical role,” said Mayor Finch. “His background in sustainability, land use and transportation planning will be a great asset to the city as we continue to move forward on revitalizing our downtown and our city to meet 21st century needs.”

Kooris received an Honours Bachelor of Arts in Anthropology and Geography from McGill University in Montreal, Canada and a Master in City and Regional Planning and a Master Certificate in Urban Design from PennDesign at the University of Pennsylvania in Philadelphia. He has lived in New York City, Vancouver, Canada and Sydney and Perth, Australia. He was born in Bridgeport, and raised in the adjacent town of Fairfield, and he returned to the state in 2007 where he currently lives in Stamford, Conn., with his wife, Jessica, and daughter, Michaela.

BRIDGEPORT’S STEELPOINTE DEVELOPMENT STEAMS AHEAD WITH ANCHOR TENANT AGREEMENT

More than 400 people gathered at Steelpointe Harbor to welcome a major anchor tenant, national outdoor retailer Bass Pro Shops, to the 50-acre development situated on Long Island Sound. Mayor Bill Finch, Governor Dannel Malloy, Bass Pro Shops Founder Johnny Morris, developer Robert Christoph Jr. and his son, Robert Christoph Jr., and a host of outdoors celebrities from the world of fishing, bull riding and NASCAR joined a crowd of local, state, and federal dignitaries to unveil the plans for the 150,000 square-foot store, the size of 4½ football fields.

“This is about jobs, and it’s great news for the city of Bridgeport,” said Mayor Finch. “I want to thank Governor Malloy and his commitment to broadening economic development and job creation in our state. We stand ready, willing and able to support this project and to work with the Governor’s office and the DECD commissioner to bring jobs to Connecticut,” Mayor Finch added.

The agreement is the culmination of almost a year of discussions and meetings between the city, state and Bass Pro Shops.

“This is about jobs, and it’s great news for the city of Bridgeport,” said Governor Dannel P. Malloy. “Bass Pro will be a draw for people from throughout the region, one that will help revive the local economy. I look forward to solidifying state support for the agreement in the coming weeks. I want to congratulate the Mayor and his team on a job well done and welcome Bass Pro to Bridgeport.”

Nationally, Bass Pro Shops will host over 113 million people visiting their 58 stores across America and Canada this year. The average customer stays 2½ hours and drives an average distance of 50-plus miles. Bass Pro Shops was recently named by Advertising Age magazine as one of the Top 10 Hottest Brands in America along with name brands such as Old Spice, M&Ms, iPad and Droid. “The announcement of Bass Pro Shops as a major anchor tenant at Bridgeport’s Steelpointe Harbor redefines this community’s retail image for years to come. When open, shoppers from all over Connecticut, Long Island and Eastern New York will be coming to Bridgeport to shop and enjoy the new Bridgeport experience,” said Robert Christoph Sr., of Bridgeport Landing Development, developers of Steelpointe Harbor.

(See photo on page 21)
FROM HARTFORD, CONNECTICUT

AFFIRMING LOVE
By Dr. Sweets H. Wilson

With there being so many mixed messages of unconditional love, we need to take some time to explore the meaning of the term. Unconditional means without conditions or reservations; it is absolute. However, when it comes to love, human love is limited. Amidst basic human necessities are the emotional needs of unconditional acceptance, unconditional self-regard, unconditioned self-acceptance and unconditional love. This last basic human need—unconditional love—is essential to a person’s sense of well-being. We are taught that individuals need to be loved and accepted unconditionally without any preconditions of performance.

Some individuals believe that unconditional love is a myth and that humans are naturally self-biased and the heart is so deceitful that one can fool himself into thinking that he loves unconditionally, when in fact he has all kinds of conditions. We believe that humans would find answers to their own dilemmas and naturally blossom into their best selves in an atmosphere of unconditional love and acceptance. But, people are not able to love unconditionally.

The human spirit craves unconditional love and experiences disappointment when it cannot be achieved. When God is brought in as the source of unconditional love and acceptance, our eyes open to the subtle deception that can turn individuals’ eyes from God to self. The basis of this deception is an eagerness to dispute the claim of the scripture: “For God so loved the world that He gave His only begotten Son that whosoever believeth in Him, should not perish, but have everlasting life” (John 3:16). The wideness of God’s love has been the theme of the Gospels throughout the ages; for to know His love is to know Him, and in order to know His love, it is highly important that our beliefs be based on the revelation of Himself rather than on the imagination of men.

Having unconditional love means that there are no prerequisites or contingencies to the promise of salvation. Love is generally defined in three ways: 1) Eros love — romantic love which is the feeling of incredible attraction to someone; 2) Philos love — caring love which is meeting someone’s needs. (When you are in love, you feel something; and when you care, you do something); and 3) Agape love — spiritual love, which is above eros and philos love. It is a love that emulates the love of God, which is totally selfless, where a person gives love to another person even if this act does not benefit her/him in any way. Whether the love given is returned or not, the person continues to love even without any self-benefit.

Romantic love is created when someone is meeting important emotional needs. When the romantic love threshold or feeling of incredible attraction is reached, then romantic love is experienced indefinitely. It is not what I do that causes me to be in love; it is what is done to me. Caring love makes unconditional love seem possible. I believe a relationship of any sort should meet each person’s important emotional needs and avoid hurting each other. Affirming love or agape love is a bilateral relationship with God where we must fulfill our commitment for the relationship to function.

We are encouraged, every day by our success team, to never settle for good enough. Greatness is waiting to be achieved.

I remind you about the word of the Lord that His plan is to prosper us. “Eye has not seen nor ear heard nor has it entered into the hearts of man all that God has prepared for those who love Him” (I Corinthians 2:9). If you have a desire to achieve greatness and faith that gives you confidence and power in attaining that greatness, then I strongly encourage you to keep on striving for excellence. If you see that you have settled for good enough, take a deep breath, take inventory of your situation, reactivate your plan for success, and get moving. If you think you can, you can.

African American Point of View
Raymond with John (brother), Bruce King (longtime friend), Ralph (brother) and Joyce McDowell (cousin)
hard-won voting rights must not be denied

continued from page 1
In a perfect world, that’s where the story would have ended.

But the world isn’t perfect. Johnson’s signature on that historic legislation, which ensured every American’s right to vote free from interference and intimidation, was just the beginning.

It was the beginning of a backlash that took several forms. Some states that were determined to withhold the power of the vote from certain populations resorted to their own legislative action, establishing laws as a way to circumvent the federal mandate. In some local communities intimidation efforts intensified, albeit in ways that might not attract widespread attention. (It was, to be sure, the violent resistance to voting rights marchers in Alabama “Bloody Sunday,” March 7, 1965— which was chronicled by the news media— that sparked Johnson’s commitment to getting the federal voting rights legislation passed.)

Entrenched opposition to fair and inclusive elections, which can be traced as far back as the post-Civil War Reconstruction period, has become a salient issue in the 21st century. The outcome of the 2000 presidential election was delayed due to voting-machine irregularities that ultimately resulted in the disenfranchisement of a significant number of Florida voters. In 2008, reports that substantial numbers of voters in predominantly African-American communities were turned away from the polls further eroded the country’s one-person-one-vote ideal.

As we look toward the 2012 elections, we can already see how several states are seeking to limit the voting rights of their citizens. Requiring photo IDs. Changing guidelines for voter registration. Such hostilities against voters used to take the form of poll taxes and literacy tests. The intent of the more subtle, modern-day practices is the same: disenfranchisement.

But there is good news. Some states are taking proactive steps to support and encourage voter participation. Connecticut, for example, this year adopted voting rights legislation that allows web-based, as well as Election Day, registration. The state also is considering a constitutional amendment expanding access to absentee balloting. Many states already have a similar provision.

Five months before President Johnson signed the 1965 Voting Rights Act into law, he solicited bipartisan congressional support and took to the airwaves to explain to the nation why the legislation was so important. He was speaking, he said, “for the dignity of man and the destiny of democracy.”

President Johnson did his part. So did the thousands of marchers and protestors and voting rights supporters who worked so hard for the legislation that ensures this basic, fundamental aspect of human dignity: One person, one vote. We cannot allow their efforts to have been in vain; we also have to do our part.

vote.
insist on it.
vote.

connecticut bits

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HARTFORD SIGNS ON TO NATIONAL PARK PRINCIPLES

On April 30, Mayor Segarra announced that Hartford joined more than 250 other local, state and national organizations in support of the National Park Principles. The 6 Principles, released after the America’s Summit on National Parks in Washington, D.C. this past January, include:

1. Keep America’s Promise to Our Children;
2. Protect and Cherish Our Heritage;
3. Promote Powerful Partnerships;
4. Evolve with a Changing America;
5. Enhancing our Quality of Life; and
6. Deliver Lasting Memories.

“I truly believe that the Capital City Parks System is an extraordinary asset for Hartford. With almost 2,000 acres of park land, it only makes sense to continue our investment in rehabilitating our long neglected parks. Last year we committed over $5 million dollars in repairs and improvements and this year’s Capital Improvement Plan includes an additional $2 million dollars for similar efforts. As we continue to work with our major partners, including Congressman John Larson and the state of Connecticut, in having Coltville designated as a national park, it is wholly appropriate for the city of Hartford to join in support of this worthy effort,” said Mayor Segarra.
As a Christian, I’ve Still Got His Back in 2012, Part I

By Rev. Talbert W. Swan, II

Thomas Jefferson was completely suspicious of the traditional belief that the Bible is “the inspired word of God.” He rewrote the story of Jesus as told in the New Testament and compiled his own gospel version known as The Jefferson Bible, which eliminated all miracles attributed to Jesus and ended with his burial. The Jeffersonian gospel account contained no resurrection, a twist to the life of Jesus that was considered scandalous to Christians but perfectly sensible to Jefferson’s viewpoint as a Deist. James Madison, the main author of the Constitution and the First Amendment, once asked: “Who does not see that the same authority which can establish Christianity, in exclusion of all other religions, may establish with the same ease any particular sect of Christians, in exclusion of all other sects.” Clearly, Madison wanted no part of a nation founded on the principles of any one religion. Finally, Benjamin Franklin is quoted as saying, “I have found Christian dogma unintelligible” and “Early in life I abstained myself from Christian assemblies.” Do the words of these three founding fathers sound like they were establishing a “Christian nation?”

(To be continued in September issue of Point of View)

Dear JP,

Allow me to answer your questions in three parts: First, I’ll explain how I can support Barack Obama “as a Christian;” Second, I’ll deal with the myth of America being a Christian nation; Third, I’ll address your disappointment with me for supporting him “because of the color of his skin.”

I completely understand why many people are concerned about their theology and that they are trying to figure out how faith should ideally inform their vote. What I have learned is, no matter who sits in the White House, God is yet in control. While our shared values matter, we must realize as diverse individuals living in a pluralistic society, that we can vote for someone who doesn’t share our faith without compromising our religious identities.

Furthermore, people from different spiritual backgrounds can share the same political values. Let me remind you that Barack Obama is the President of the United States of America, not the President of Christian Americans. We’re electing a president, not a pastor, therefore, my choice of a political candidate doesn’t require that they walk in lock step with my religious views. I choose to live my faith and not legislate it. The Constitution that many conservative and Christian Americans hold so dear, is designed to protect the rights of all citizens.

I encourage those that I influence not to be one-issue citizens as we can ill afford to allow a candidate’s stance on gay marriage or abortion, neither of which the President has any control over, to be the deciding factor in how we cast our ballots. The possible issues about which any of us may be concerned are literally infinite. Finding a candidate that falls in line with our religious views on all issues is nearly impossible. Case in point, many Christians supported George W. Bush and voted against Senator John Kerry on the basis of their respective positions on abortion. Many of the same Christians that oppose abortion are staunchly against war, especially an unprovoked war fought on the basis of weapons of mass destruction, which never existed.

Please tell me, which, in your view as a Christian, was worse: supporting a candidate that was pro choice, although his pro choice stance would hold no sway over the state of abortion in America; or supporting a candidate that sent young soldiers to both die and to kill innocent people in an unjustified war that was based on a lie?

Holding a candidate’s views on abortion or gay marriage as the most important issue during what may potentially be the most important election in the last century makes no sense. There are far too many threats to our nation as a whole to base one’s vote solely on one or two issues. This mentality is absurd – especially when a president’s impact on the issues of concern is minimal. Voting for the candidate who is most vociferous in his or her defense of one or two pet issues to the exclusion of everything else shows little maturity.

As far as your assertion that President Obama says that “America is NOT a Christian nation,” I agree! History does not support the myth that America was “founded on biblical principles.” If you take the time to study history and to read the writings of the “founding fathers,” you would certainly agree with this point. While time does not permit me to go into full detail in this communiqué, let’s consider the words of three American pioneers.
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797 State Street, Springfield, MA 01109; Tel: 413-734-0103
email: clerk@shiloh1.comcastbiz.net

**NEW LIFE CALVARY BAPTIST CHURCH**
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**Order of Services**
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Wednesdays: Bible Study 6:00 p.m.

**AND THEY WERE ALL JOINED WITH ONE ACCORD OF HEART.**
*Acts 2:42*

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(413) 734-7611

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**TRINITY UNITED METHODIST CHURCH**
361 SUMMER AVENUE
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Contact Bishop Emanuel Brown, President

**Solid Rock Community Baptist Church**
821 Liberty Street, Springfield, MA 01104
Telephone (413) 734-5441
Fax (413) 734-3438
Transportation (413) 575-4035
Sunday Morning Worship 10:30 a.m.
Weekly Bible Study/Prayer Service Tuesday 7:00 p.m.
Bishop Curtis L. Shaird, Pastor
Reverend Harold P. Dixson, Assistant Pastor

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THE ART OF LISTENING

By Heshima Moja

With just a few weeks left before students begin another school year, parents, teachers and young people are beginning to focus their attention again, on establishing routines and adjusting schedules to meet the demands of academic and extracurricular activities. Soon, students will be overwhelmed by a plethora of information. But it’s inevitable that roughly two-thirds of that information will be forgotten. Later the question will be asked by parents and teachers: “Why can’t you be responsible and remember what you are supposed to do?” The answer is simple: Listening is a skill, which, like any other, must be taught and developed.

Just 40 years ago almost 95% of Americans owned a radio. Most homes at that time owned either one television or, in some cases, none at all. And almost certainly, those who owned a television found that the parents ruled the remote control (which consisted of having the child get up and turn the channels as directed). The radio and record player were still owned a television found that the parents deliberately ignored the data which proves that young people perform at higher levels when music is a regular part of the curriculum. I believe it’s time for families to do what the school system isn’t doing.

I challenge every parent reading this article to take at least one hour a week with your child and listen. That’s right just listen. Shut off the television and cell phone and whatever music it might be, sit down and don’t engage in anything else, but listening. Just focus completely on listening. How does the music make you feel? What grabs your attention? What are the lyrics really saying? I guarantee, that if you sit and listen with your child, and listen deeply to their responses, you will find yourself hearing things that you’ve never heard—both in the music—and in your child’s voice. And you will be teaching a lesson that no textbook can ever teach: The art of listening.

However, in the past 10 years, the increase in technological diversions has caused the extinction of the household stereo. Now, the average American watches 28 hours of television a week. Texting and emails have replaced engaging in conversation as the primary vehicle of communication. In the classroom, teachers must repeatedly convey the same instructions because, while students hear the words, they lack the listening skills to comprehend what is being asked of them. So many have lost the ability to listen and decipher what is being said because listening is a skill that must be taught and reinforced. And what is the one activity that can strengthen one’s listening ability? Of course, music!

In the Springfield Public Schools, where music programs are, virtually non-existent (with a few exceptions), teachers work tirelessly to help students struggling academically and socially. Yet and still, school officials deliberately ignore the data which proves that young people perform at higher levels when music is a regular part of the curriculum. I believe it’s time for families to do what the school system isn’t doing.

Check us out online at: www.afampointofview.com
Mom says you’re getting to be a “big-enough” kid.

This summer, she says, you’re big enough to start making the family's lunches. She says you need to learn how to cook and make meals — and that does not mean PB-&-J every day, either.

You learned a little about food in school but since you want to do a good job with this new chore, you want to learn more. So why not grab “The World in Your Lunch Box” by Claire Eamer, artwork by Sa Boothroyd?

You know how much you hate the same old boring lunch. That’s why you’re determined to make something new, a variety of dishes that will excite your senses and make you think about the foods you eat.

“Food doesn’t have to be fancy to be interesting,” says Claire Eamer. “Almost everything you eat includes a story that’s historical, scientific, or just plain weird.

Take, for instance, the sandwich.

Back in the 1700s, there was an Earl who loved to gamble. He once gambled for 24 hours straight and when he got hungry, he asked for some slices of beef between pieces of bread. He was The Earl of Sandwich.

The Earl was lucky, though. Once upon a time, poor people in Europe couldn’t afford ingredients to make bread. Their main meal was a kind of stew known as pottage, made from whatever could be thrown into a pot: some beans or a little pork, maybe onions, vegetables, or wild root. Mostly, though, pottage was made of barley and if you were a medieval peasant kid, you could count on eating it for every meal, every day.

There was a time in Europe when potatoes were the main food for poor people and prisoners because taters were cheap and easy to grow. But when a French army officer who’d been a prisoner in Germany returned home, he brought potatoes to King Louis XVI. The royal family loved potatoes so much that Marie Antoinette used potato flowers to decorate one of her gowns.

Tomatoes were once thought to be poisonous. Watermelons are 90 percent water and are sometimes used as canteens on desert journeys. Hot dogs were once made of “mystery meat” that was swept off the floor. And if you live in parts of Australia, you’d better be hungry. You just might find your plate filled with grubs!

So you've got a growing gourmet in the house? Think you’re raising the next Food Network superstar? Then make mealtime even better with “The World in Your Lunch Box.”

Starting with the humble sandwich, author Claire Eamer takes kids on an around-the-world and through-the-centuries tour of the foods they love to eat (and a few they might think are icky). Blend Eamer’s stories together gently with history and science, stir in artwork by Sa Boothroyd, serve it on an otherwise boring summer afternoon, and this book becomes a treat kids will relish.

I think budding young foodies and adults who love to eat will want to bite into it soon, in fact. For the 7-to-12-year-old who’s epi-curious, “The World in Your Lunch Box” is a recipe for fun.
HELP IN THE GARDEN

By Rhonda Jones

I'm looking for some help. Every spring I have intriguing conversations with friends and family about vegetable gardening. I find myself all hyped up and motivated to start my own vegetable garden regardless of the snakes that slither around the yard. I begin to plan my garden in my head: a row of collards, a row of summer squash and some pots of different hot peppers. I even envision making some vinegar and hot peppers—from my very own garden—to give out as gifts.

At the beginning of spring, I went around to the big garden centers to see what type of raised structure I was going to get to plant my vegetables in. I was so obsessed that I purchased all these garden design magazines and looked through them every night as they piled up on the side of my bed. I wanted a raised garden bed for esthetics and because I felt that if it was raised off the ground, I wouldn't have to worry about certain animals messing with my plants. I came across this really nice wooden box that needed to be put together and since I don't deal with tools that I can't cook with, my husband volunteered to put it together if I bought it. He later suggested that he could just build me one without me having to spend money on a kit.

While waiting patiently for my vegetable box, I continued to purchase my starter plants. I picked up some summer squash and some yellow squash, a few different herbs and cucumbers. Maybe I should have waited to buy my plants since a month passed, and it was well into June, and my plants were looking pitiful. One morning before I left for work I instructed my daughter to find a bare spot on the side of the house and put the vegetable plants in the ground before they died. What I am trying to explain is that my husband hoodwinked me because I should have known that he wasn't going to build me a garden box and that I needed to stick to soliciting fresh vegetables from my friends and neighbors. Gardening is so overrated!

My mother never taught me how to plant a vegetable garden but I did grow up working in the flower garden, and I must say my flowers look pretty good. I'm not too bummed out about the fact that for the past decade my bed has been my pleasure of dressing the men for weddings from here to the end— to give out as gifts.

Rent or Buy?

By Jeffrey S. Clemons Sr.

I always compare apples to apples when I talk to a couple inquiring about dressing their wedding party. Look at it as an investment, and you definitely want the most for your money. I did a wedding recently and they decided to rent tuxedos. I was not happy with the batch of tuxedos that they bought. I told them that they MUST rent tuxedos for their wedding and that simply is not the case. Look around and see what is out there! You can catch some deals, especially from small businesses (HINT). I do have a tuxedo rental service like I said and I do well with it; however, I'm just not a fan of it myself.

Whatever stage you are in when it comes to your wedding planning, ask questions and find out what is out there before you make a move. Dressing the men for a wedding is one of the last things on the list when it comes to weddings, but it does not have to be. This is one area in wedding planning that is taken for granted. And, guys, make the move for yourself. Let your wife-to-be have one less thing to worry about. Agree on a theme for your wedding and make the plan. This a suggestion that I can share with you based on my experience with dressing men for weddings!
Childhood Obesity to review current programs and potential risks and consequences: psychological and behavioral factors, including asthma, hepatic steatosis, sleep apnea, and type 2 diabetes.

Today, nearly one in five children in the U.S. between ages 6-19 are obese, and one in three are overweight. The childhood obesity rate tripled from 1980-1999 creating an epidemic and a generation where children may have shorter life spans than their parents.

The Let’s Move! initiative focuses on the reform of behavioral factors and environmental factors by focusing on active lifestyles and healthy eating through community involvement, including but not limited to schools, parents and healthcare providers.

To promote healthy eating, the Let’s Move! initiative focuses on nutrition information, the next generation food pyramid, empowering consumers and having pediatricians as partners. The United States Department of Agriculture (USDA) has put Dietary Guidelines together to form a food pyramid that can be personalized, which can be located at MyPyramid.gov.

First Lady, Michelle Obama

Michelle LaVaughn Robinson Obama is the wife of the 44th and incumbent President of the United States, Barack Obama. She is the first African-American First Lady of the United States.

Let’s Move! is a campaign to end childhood obesity in the United States. The campaign was started by First Lady Michelle Obama. The initiative has the goal of “solving the challenge of childhood obesity within a generation so that children born today will reach adulthood at a healthy weight.”

The campaign was announced on February 9, 2010, by the First Lady. She indicated the campaign would encourage healthier food in schools, better food labeling and more physical activity for children. On the same date, President Barack Obama signed a Presidential Memorandum creating the Task Force on Childhood Obesity to review current programs and develop a National action plan.

Let’s Move! seeks to combat the epidemic of childhood obesity and encourage a healthy lifestyle through “a comprehensive, collaborative, and community-oriented initiative that addresses all of the various factors that lead to childhood obesity [. . .] engaging every sector of society that impacts the health of children to provide schools, families and communities the simple tools they need to help kids be more active, eat better, and get healthier.”

A song was released to promote the campaign called Let’s Move! Flash Workout. The song was by Beyoncé Knowles and Swizz Beatz. It was called “Move Your Body.” The video was shot in a school cafeteria where Beyoncé was dancing with children.

Body Mass Index (or BMI) is a measurement of weight in relation to height that can help to determine weight status. In children, the Centers for Disease Control and Prevention (or CDC) determine that a child is overweight if he/she is above the 85th percentile and lower than the 95th percentile and obese if at or above the 95th percentile.

The CDC indicates that there are several factors that can contribute to childhood obesity: genetic factors; behavioral factors, including energy intake, physical activity and sedentary behavior; and environmental factors. Overweight and obesity pose many potential risks and consequences: psychological issues; cardiovascular disease; among additional risks including asthma, hepatic steatosis, sleep apnea, and type 2 diabetes.

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SPORTS GREATS: SAM JONES

North Carolina Central University and Boston Celtics

Samuel Jones is a retired professional basketball player at shooting guard and a member of the Naismith Memorial Basketball Hall of Fame. He was known for his quickness and game-winning shots, especially during the National Basketball Association’s (NBA) Playoffs. He has the most NBA Championships as a player (10), next to Bill Russell (11).

Jones was born June 24, 1933, in Wilmington, North Carolina.

He graduated from North Carolina Central University after a spectacular career there. He scored 1,770 points playing for Hall of Fame coach John McLendon. He was a 4-year letter winner and was a 3-time All-Conference Team selectee.

Jones spent all of his twelve seasons in the NBA with the Boston Celtics, who drafted him in the first round in 1957. He was known as a clutch scorer, and scored over 15,000 points in his career. He participated in five All-Star Games. He is usually recognized as one of the best shooting guards of his generation.

Jones was named to the All-NBA Second-Team three straight years (1965–67). He played on ten championship teams (1959–60 and 1968–69), a total exceeded only by teammate Bill Russell in NBA history. He was 6-foot-4 and weighed 200 pounds.

He was originally claimed by the Minneapolis Lakers, but returned to college upon completion of military service, and therefore没有必要了 NBA rules.

Jones’ perfect form when shooting a jump shot, along with his great clutch shooting led opponents to nickname him “The Shooter.” He was particularly adept shooting the bank shot, where the shooter bounces the ball off the backboard en route to the basket. Many coaches, including UCLA’s great John Wooden, believe that when a shooter is at a 20 to 50 degree angle to the backboard and inside of 15 feet, a bank shot is always the preferred shot. At 6-foot-4, Jones was the prototype of the tall guard who could run the floor, bang the boards and had a rangy offensive game that gave opponents fits. One of the “Jones Boys” in Boston, Sam teamed with K. C. Jones in the Celtics’ backcourt to create havoc in NBA arenas around the country.

He led Boston in scoring in the 1962–63 NBA season (19.7 points per game), 1964–65 NBA season (25.9 points per game) and 1965–66 NBA season (23.5 points per game). He produced four consecutive seasons averaging 20 points or better (1965–68). He owns Boston’s fourth best single-
## SPORTS GREATS: SAM JONES

### SAM JONES BIO

**No. 24**  
Shooting guard

### PERSONAL INFORMATION

- **Born:** June 24, 1933, Wilmington, North Carolina  
- **High school:** Laurinburg Institute  
- **Listed height:** 6 ft 4 in  
- **Listed weight:** 198 lbs

### CAREER INFORMATION

- **College:** North Carolina Central  
- **NBA Draft:** 1957/Round: 1/Pick: 8th overall Selected by the Boston Celtics  
- **Pro career:** 1957–1969

### CAREER HIGHLIGHTS AND AWARDS

- **1957–1969 Boston Celtics**  
- **154 playoff games (18.9 points per game), 15th best game scoring output (51 points vs. Detroit Pistons on October 29, 1965).** He scored 2,909 points in 154 playoff games (18.9 points per game), 15th best in history.

   - **Listed height 6 ft 4 in**
   - **Listed weight 198 lbs**

### CAREER STATISTICS

- **Points:** 15,411 (17.7 ppg)  
- **Rebounds:** 4,305 (4.9 rpg)  
- **Assists:** 2,209 (2.5 apg)

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### SPORTS GREATS: SAM JONES

**CAREER INFORMATION**

- **College:** North Carolina Central  
- **NBA Draft:** 1957/Round: 1/Pick: 8th overall Selected by the Boston Celtics  
- **Pro career:** 1957–1969

### CAREER HIGHLIGHTS AND AWARDS

- **1957–1969 Boston Celtics**  
- **154 playoff games (18.9 points per game), 15th best game scoring output (51 points vs. Detroit Pistons on October 29, 1965).** He scored 2,909 points in 154 playoff games (18.9 points per game), 15th best in history.

   - **Listed height 6 ft 4 in**
   - **Listed weight 198 lbs**

### CAREER STATISTICS

- **Points:** 15,411 (17.7 ppg)  
- **Rebounds:** 4,305 (4.9 rpg)  
- **Assists:** 2,209 (2.5 apg)

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### BLACK SPORTS INTERNATIONAL

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### LET’S MOVE!

**continued from page 31**

This website has made a page just for children so they can become more interested in healthy eating. Let’s Move! also wants to give more power to consumers through the U.S. Food and Drug Administration (or FDA)’s “New Front-of-Packaging Labeling Initiative” and “New Menu and Vending Machines Labeling Requirements.”

Let’s Move! advocates healthy eating habits to be promoted by families, schools, and communities. Let’s Move! urges mothers to eat more healthily when pregnant and offers links to a special “MyPyramid Plan for Moms” so they can create a personalized and healthy diet. The initiative also provides guidelines for parents to set up and promote healthy eating habits for their entire family. In order for healthier eating to be promoted at schools, Let’s Move! promotes the USDA’s HealthierUS School Challenge.

“The HealthierUS School Challenge (HUSSC) is a voluntary initiative established in 2004, to recognize those schools participating in the National School Lunch Program that have created healthier school environments through promotion of nutrition and physical activity. In February 2010, First Lady Michelle Obama introduced Let’s Move!, incorporating the HealthierUS School Challenge into her campaign to raise a healthier generation of kids. At the time, monetary incentive awards became available for each HUSSC award level: Bronze, Silver, Gold, and Gold Award of Distinction.”

The CDC recommends that children engage in one hour or more of physical activity every day. It states that children should do three different types of activity: aerobic activity, muscle strengthening and bone strengthening.

Let’s Move! looks to promote physical activity through the support and cooperation of families, schools and communities. On children, the initiative states, “Those who feel supported by friends and families or are surrounded by others interested in physical activity, are more likely to participate.”

Let’s Move! also provides several guidelines for schools to promote physical activity, including strong physical education programs, and indicates the subsidizing of such guidelines with several government programs. Guidelines by which physical activity can be promoted in communities are also outlined on the Let’s Move! website.

### FOR MORE SPORTS GO TO: www.bstmllc.com

**SOON! 1‐800‐292‐3228 or NAA.edu**

**Today! FAA Approved. CLASSES STARTING**

**Today! FAA Approved. CLASSES STARTING**

**African American Point of View**

**African American Point of View**

**African American Point of View**

**African American Point of View**
Hampden Bank Farmer’s Market
When: EVERY WEDNESDAY
Where: Wilbraham Branch Office, 2005 Boston Road Wilbraham, MA
When: EVERY FRIDAY
Where: Indian Orchard Branch Office 187 Main Street, Indian Orchard, MA

Mason Square Farmers Market
When: EVERY SATURDAY from 10am—2pm
Where: Baystate Mason Square Neighborhood Health Center, 11 Wilbraham Road, Springfield, MA

SATURDAY—4
Flag Football: Raising Awareness of Childhood Obesity presented by Richard Allen Lodge #30
When: 8am?5pm
Where: Duggan Middle School 1015 Wilbraham Road, Springfield, MA
Info: $10 per child; 10 children per team; Age groups 6-8, 9-11, 12-14; 413.355.6664; 413.530.9363; 413.219.5903

Family Day sponsored by Redemption Gate Mission Society
When: 9am Basketball Tournament;
11am?4pm Music, Games, Water Slide, etc.
Where: Magazine Park, Corner St. James Avenue and Magazine Street, Springfield, MA
Info: FREE; 413.626.6807

United Way of Pioneer Valley and PVTA to hold Third Annual STUFF the BUS Program to Benefit Homeless Children in Chicopee, Holyoke, Springfield, Westfield and West Springfield
When: 10am?4pm
Where: Holyoke Mall in front of Target, Holyoke, MA
Info: Community is asked to donate New School Supplies to be Distributed to Homeless Children; 413.737.2691

SATURDAY—11
United Way of Pioneer Valley and PVTA to hold Third Annual STUFF the BUS Program to Benefit Homeless Children in Chicopee, Holyoke, Springfield, Westfield and West Springfield
When: 10am74pm
Where: Holyoke Mall in front of Target, Holyoke, MA
Info: Community is asked to donate New School Supplies to be Distributed to Homeless Children; 413.737.2691

Beauty Professionals & Barbers present “Let ur Hair Down” to benefit St. John’s Cornerstone Build
When: 2pm & 6pm
Where: Springfield Central High School 1840 Roosevelt Avenue, Springfield, MA
Info: $20; $25 at door (See ad on page 2)

Kimdon Productions presents Springfield Talent Exposed Youth Talent Show (7 to 12 year olds)
When: 4:307:30pm
Where: Dunbar Y, 33 Oak Street, Springfield, MA
Info: 413.693.4463; 413.221.6824

AUGUST 2012 EVENTS
For Updated Events, go to: www.afampointofview.com/events.htm

THRU OCTOBER

THURSDAY—AUGUST 9 thru SUNDAY—AUGUST 12
Crystal Senter Brown performs in The Wiz
When: 89 at 7:30pm; 8/10 at 8pm; 8/11 at 3pm & 7:30pm; 8/12 at 3pm
Where: Charter Oak Cultural Center 21 Charter Oak Avenue, Hartford, CT
Info: $15-20; http://www.mapeaches.com/mapeachproductions-presents-the-wiz; Family Friendly

THURSDAY—9
Civil Rights and Anti-Bullying Leadership Summit
When: 1pm4pm
Where: Legislative Office Building 300 Capitol Avenue, Hartford, CT
Info: 860.541.3408; vianca.diaz@ct.gov

SATURDAY—18
The C.H.A.I.N. Fund, Inc. presents Breakfast and a Movie, “SPARKLE,” benefiting cancer survivors
When: 7:30am Doors Open; 8?9am Breakfast Served; 9:30am Movie Begins
Where: Entertainment Cinemas Springfield Plaza 1250 St. James Avenue, Springfield, MA
Info: $; For tickets 413.314.3221 or www.breakfastandamovie.com (See ad on page 2)
Kimdon Productions presents Springfield Talent Exposed Teen Talent Show (13 to 19 year olds)
When: 6:307:10pm
Where: Dunbar Y, 33 Oak Street, Springfield, MA
Info: 413.693.4463; 413.221.6824

SATURDAY—25
Springfield Public Schools, Sodexo and Springfield Parent Academy host annual Back To School Celebration 2012
When: 10am72pm
Where: Blunt Park 2460 Roosevelt Avenue, Springfield, MA
Info: FREE backpacks with school supplies distributed to first 5,000 students accompanied by an adult (See ad on page 6)

THURSDAY—30
Pioneer Valley Chapter of the Green-Rainbow Party scheduled to meet to discuss School Desegregation
When: 6:30pm
Where: Mason Square Library, 765 State Street, Springfield, MA
Info: FREE and Open to the Public

ENTREPRENEUR WORKSHOPS IN AUGUST AT NEW HAVEN PUBLIC LIBRARY
T
he New Haven Public Library will host a series of weekly workshops in August that are designed to help those who are either planning to start a business, or who recently launched. The series is presented in collaboration with the Connecticut Community Investment Corporation, the Small Business Administration, SCORE (Service Corps of Retired Executives) and other consultants, and takes place at the downtown library, 133 Elm St.
All workshops are free of charge and scheduled for Wednesdays at 5:30?7:30 pm. For more information or to register, please call the library at 203?946?8130 x 211 or email sgodfrey@nhfpl.org.
Aug. 1: Business Planning with Dennis Brown, CT CIC
Aug. 8: Purple Marketing with Art Mollengarden, SCORE
Aug. 15: Managing Your Business in the Cloud with Vishu Rao, Tata Consultancy Services
Aug. 29: Money and Finance with Tom Mazzaferrro, CMA

SATURDAY—15
continued from page 24

Raymond Jordan—Part II

THE BARRACUDA RISES

Ray was not timid. On Saint Patrick's Day, along with one aide, he boldly crashed the John Boyle O'Reilly Club's annual Irish party where Keogh and a key supporter, former State Senator Martin T. Reilly, were co-masters of ceremony. Ray commandeered the microphone and spewed out one of his classic short speeches to the boisterous crowd and ended it with the not-so-subtle, chilling warning to Keogh, “There’s an old brown bear asleep in the woods; too old to die; to mean to care; but show some caution for he's still the bear.” The Irish audience roared its approval.

And, to the surprise of many who foresaw his defeat, Ray beat Keogh by a comfortable margin with 89% of a large Black vote and a comfortable share of the White vote.

But even Keogh’s defeat was not Ray’s greatest accomplishment, not by far. Ray’s greatest accomplishment is the many good jobs he provided for so many of his constituents. Ray pointed to the more than 50 people who are about to retire or are already retired from jobs he helped them acquire, state jobs in probation (Bud Williams and Jim Prevost), Massachusetts Department of Revenue (Tommy Brown), Clerk of the Housing Court (Bishop Curtis Shaird), state police (John Gibbons), Department of Education (George Marshal), Westfield State College (Kamal Ali), Springfield District Court (Judge George Sheehy) and so many others on the turnpike authority and elsewhere.

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RAY JORDAN’S “SECOND” RETIREMENT PARTY! (But is it his LAST?)
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