CONNECTICUT’S BIG CITY MAYORS SPEAK OUT

News And Community Statement

August 11, 2012 — Mayors Pedro Segarra, John DeStefano and Bill Finch released the following statement after the announcement that Mitt Romney has selected Wisconsin Representative Paul Ryan as his running mate.

“Today’s announcement should strike fear into the middle class and everyone who fights daily to make ends meet. Ryan’s budget proposal would kill cities like Bridgeport, Hartford and New Haven. It is already difficult enough for Mayors; every day is a battle to invest in the right job-creating initiatives, make whole on our promise of a high-quality education for every student and maintain a high quality of life. Ryan – and clearly Mitt Romney – thinks that slashing critical funding for social services, dismantling Medicare and tax cuts for the very wealthy is the best solution for America."

PECS FORMED

PASTORS’ EDUCATION COUNCIL OF SPRINGFIELD

By Marjorie J. Hurst

A group of pastors have stepped up to answer the call of “So What Do We Do Now?” (POV, July 1, 2012) with an action plan designed to make certain that the African American community is represented at the education table and they’ve taken their first step by meeting with Springfield’s new superintendent, Daniel J. Warwick.

Back in March, Point of View began to alert the community to what appeared to be an obvious politicizing and steering of the superintendent search in favor of a local candidate.

PAY IT FORWARD

Sir Winston Churchill once said, “We make a living by what we get. We make a life by what we give.”

By Kirk Smith – 14

THE WALKING WOUNDED

“Wounds in our heart take place when we allow unresolved past emotions, unforgiveness, discouragement and feelings of rejection to control our lives.”

By Shanée Brown – 24

AS A CHRISTIAN, I’VE STILL GOT HIS BACK

“…for the sake of argument, let’s pretend that I am supporting President Obama because he’s black…. My ancestors prayed for nearly four centuries for the day when a person of color could sit in the Oval office. They led over 200 slave revolts, fought in 11 wars, including the Civil War…. My ancestors were lynched for sport, died in the fight to pass the Civil Rights Bill of 1964 and the Voting Rights Act of 1965. It took over two centuries to even HAVE a black candidate to vote for – so what if the only reason I voted for Barack Obama was because he’s black.”

By Rev. Talbert W. Swan, II – 26

VOTE THURSDAY, SEPTEMBER 6, 2012

PECS FORMED

PASTORS’ EDUCATION COUNCIL OF SPRINGFIELD

By Marjorie J. Hurst
3RD ANNUAL ANTI-BULLYING BACK-TO-SCHOOL 5K ROAD RACE/2K WALK

SPRINGFIELD — The 3rd Annual Anti-Bullying Back-to-School 5k Road Race/2k Walk is being held on Saturday, September 15, 2012 in memory of Carl Joseph Walker-Hoover, a student at New Leadership Charter School in Springfield, who committed suicide at age 11 after suffering repeated bullying and torment at school.

The 5k Road Race/2k Walk not only serves to remember Carl, but also as a fundraiser to raise money to support future scholarships to local high school seniors. This year the Carl Joseph Walker Foundation awarded 15 graduating high school seniors with a total of $10,000 in scholarships.

“The reason we sponsor the Road Race is to bring awareness to the drastic effect and impact that bullying has on our children and to keep the memory of Carl and others like him alive,” said Gwynnetta Sneed, founder of The Carl Joseph Walker Hoover Foundation.

Registration starts at 8:00 a.m. and the 5k Road Race/2k Walk starts at 9:00 a.m. at CYR Arena Forest Park, in Springfield.

There will be cash prizes for the 1st place male and female runners, tee shirts for those runners who register before September 3rd, and food and refreshments for all participants. For more information please visit our website at http://www.carljoseph1.org or the Carl Joseph Walker-Hoover Foundation Facebook page.

About

The Carl Joseph Walker-Hoover Foundation was established in 2010 to bring awareness to the extreme measures that some children will take as a result of bullying. Eleven-year-old Carl Joseph Walker-Hoover took his life after being repeatedly tormented at school. The Foundation’s mission is to help ensure that bullying is no longer tolerated in our community. The Foundation has established an annual community scholarship gala and an anti-bullying walk in memory of Carl.

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CONTRIBUTING WRITERS: THIS ISSUE

Melon Wm. Bell, Editor
Kirk Smith
Terri Schilemenager
Nicole Blais
Wieterl D. Woodett
Samuel N. Wilson, Jr.
Bette Anderson-Frederic
Anika C. Johnson
Walter D. Woodgett
American Heart Assn.
Betty Andersen-Frederic
Doris Harris, Editor

CHRISTIAN AFRICAN AMERICAN POINT OF VIEW

688 Boston Road, Springfield, MA 01119
Phone: (413) 796-1500 • Fax: (413) 796-6100
E-mail: info@afampointofview.com • Website: www.afampointofview.com

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african american point of view

bits
By Frederick A. Hurst

TEACH YOUR KIDS TO SWIM

Only about 30 percent of Black kids can swim, which is half the percentage for White kids. And the drowning rate for Black kids ages 5 to 14 is nearly three times that of White or Hispanic kids. What a waste of young life! Especially considering that whether or not a parent knows how to swim, plenty of other teaching resources are available for little or nothing.

URUGUAY MAKES SENSE

Having already made the use of marijuana legal, the President of Uruguay, Jose Mujica, proposed a law to make its production and sale legal in order to curb crime. The plan is for the government to tax the sale of marijuana with the proceeds going to rehab programs. Maybe this country of 3.3 million can teach the United States a thing or two about how not to spend billions on a failed drug war.

THE FLYING SQUIRREL

Congratulations to Gabrielle Douglas, known in gymnastic circles as the “Flying Squirrel,” for making Olympic history by becoming the first U.S. female gymnast to claim a gold medal in both the individual and team all-around competitions in the same Games and the first African American to win gold the all-around competition.

WHITE MALE DEMOCRATS BECOMING THE MINORITY!

“…white, male Democrats will constitute a minority of the Democratic House caucus for the first time in history….In 1950, white men made up 98 percent of Democrats and 97 percent of Republicans in the House; today, 86 percent of Republicans are white men, but only 53 percent of Democrats….As these numbers make clear, the parties are separating by race and gender.” (Joshua Green, The Boston Globe, August 3, 2012)

TROUBLING?

While Americans of every race and gender are optimistic about the future and united in their support for a free-market economy…whites (53 percent) and especially Republicans (59 percent) tend to believe that the pace of the country’s shifting racial profile is “troubling” and “changing the character and values” of the nation.” (Joshua Green, The Boston Globe, August 3, 2012)

MONDAY?

A White Massachusetts cop yelled a racial slur at Boston Red Sox’s Black player Carl Crawford. He called Crawford a “Monday,” which it turns out is a racial slur (the “N” word) cloaked in legitimate language, one that some say originated in Boston, and one that I had never heard of, which goes to show you how clever racists’ minds have become. Of course, the officer also had a history of uttering racial slurs, including saying to a Black man wearing a Guinness beer shirt, “I didn’t know they serve Guinness in Africa.” The good news is that he was fired for his indiscretions.

IT’S ABOUT TIME!

Wall Street Journal editorial applauds the U.S. for rushing to catch up to China, India, Brazil and countries in Western Europe in its African investments. “Over the last year, there’s been a fundamental shift in how the U.S. government talks about Africa,” says Greg Marchand, president of the American Chamber of Commerce in Lusaka, Zambia, and founder of information-technology firm Gizmos Solutions Ltd. “And there’s a growing feeling among American companies that if you’re not already here, you’re late.” (The Wall Street Journal, August 7, 2012)

How long, I might ask, has this column reported on the business opportunities in emerging African nations that China and other nations were benefiting from that America was losing out on? It’s about time we woke up.

WE KNOW THAT!

“…Barack Obama has been a good foreign policy president. He, Vice President Joe Biden, Secretary Hillary Clinton and the rest of his team have created a style of policymaking that is flexible, incremental and well adapted to the specific circumstances of this moment. Following a foreign policy hedgehog, Obama’s been a pretty effective fox.” (David Brooks, The Republican, July 24, 2012)

Of course, we already know that.

SYLVIA’S FOUNDER IS GONE

Harlem’s Sylvia’s restaurant founder and namesake passed away. She and her husband started the world famous restaurant in 1962 and it became a must stop at the corner of Lenox and 127th for locals and visitors from around the world. But the legacy goes on as her kids and grandkids will keep the restaurant going.

YOU GOTTA LOVE LEONARD PITTS: ATTACK ON VOTING RIGHTS

“NOW THE THREAT IS REAL. There is a sustained effort to suppress the black vote as we approach this pivotal election. And what is our response? Silence….Keep in mind that blacks are already disenfranchised by laws denying the ballot to former felons. Given the phenomenon of mass incarceration – i.e. a criminal injustice system that will bypass 10 white cocaine dealers to jail one black guy dealing crack – disenfranchising former felons largely means disenfranchising us….Systemic injustice, and we should be just as exercised about it, if not more so….And yet? Silence….From the barber shops, silence….From the beauty parlors, silence….From the pulpits, silence….In the face of a naked attempt to steal not just an election, but a right that was purchased for us at a cost of bones and blood, silence. It’s happening now, right under our noses.” (The Republican, July 17, 2012)

THINK TWICE BEFORE GOING TO LAW SCHOOL

This is the worst legal job market in 20 years. Just 55% of 2011 law school graduates had found full-time positions requiring a law degree nine months after graduation….Legal staffing companies, which supply temporary lawyers who are paid $25 to $30 an hour to review documents, have eaten into the work that had been done by law-firm associates for several hundred dollars an hour. Disgruntled law school graduates after being hit with high tuition, have filed more than a dozen lawsuits accusing law schools of dressing up their employment figures to attract prospective students. Believe it! (The Wall Street Journal, July 16, 2012)

THANK GOD FOR WHITE WOMEN!

According to a recent poll, Mitt Romney leads President Barack Obama by 54% to 33% among White men and among all men, he leads Obama by 47% to 40%. Thank God for White women!

IT’S ABOUT TIME, MICHAEL!

You might remember, when he refused to support the Democratic candidate for president, Michael Jordan made the selfish comment, “Republicans buy shoes, too.” Well, he seems to have experienced an attitude adjustment. He sponsored a basketball game to raise funds for the Obama campaign and joined with NBA Commissioner David Stern to host a $20,000 dollar per person fundraiser on the same day. He is carrying a host of star and former star Black players along with him who also lagged in their political obligations. It’s about time!

IT JUST MADE ME MAD!

I’m glad that Springfield is finally beginning construction on the $45 million Phase I Union Station Regional Intermodal Transportation Center with the selection of O’Connell’s Sons as the Construction Manager. But I’m damn mad that not a single Black political figure stood up and demanded substantial minority participation in the project both in jobs and subcontracts and safeguards to assure it. The press conference looked like the “same old same old” in Springfield with a set of Caucasian characters acting as though Springfield’s minorities do not exist. Where are our minority representatives when they are really needed?
HIGH SCHOOL COMPLETION CAMPAIGN

Are you looking for a second chance to earn your high school diploma?

Do you know someone who does not have the credentials to enroll in college or enter the workplace?

SPRINGFIELD PUBLIC SCHOOLS IS HERE TO ASSIST YOU.

For additional information, please contact our school counselor at (413) 787-7183 starting on August 15, 2012. This opportunity is open only to former Springfield Public Schools high school students.

“A Culture of Equity and Proficiency”
Belief Makes Things Happen!

By Patricia Spradley

Hurdles in life are meant to be jumped over, not show stoppers. So I decided to consistently start listening to “The Magic of Believing” because I know that Belief Makes Things Happen! I also started paying more attention to who and what I was listening to and why. Because it really matters!

I began being more prescriptive and deliberate about how I spent my time. I quickly realized that it was perfectly all right for me to discard some of my old beliefs. In fact, it was necessary to make brain room for the grander things that He is preparing for me! As my new beliefs started forming, I noticed that I paid less attention to the noise around me. Instead, I planted these new beliefs in my subconscious mind, moving them closer to realization. You can't entirely control your subconscious mind, but you can voluntarily hand over to it any plan, desire, or purpose that you want to become reality. That made sense to me and I didn't care if it made sense to anyone else.

So what relevance does any of this have to parenting? Well, clearly, believing is a transferable skill — one that parents must possess. It is essential that we believe how vitally important we are to our children and that we consistently demonstrate this to them. We must believe that we are our child's first and greatest teacher. We must believe that our children are going to graduate high school, further their education and become productive citizens. We must believe that we have what it takes to help them or know where to go to get help. And we must believe that we have the power and the right to change our beliefs to positively impact ourselves, our families and others. After all, Belief Makes Things Happen!

Attendance in Preschool Matters

By Nicole Blais

For some programs like Head Start, funding may depend on attendance and enrollment. The monthly average daily attendance rate in a Head Start classroom, for example, must be at a minimum of 85%. Head Start programs are required to analyze the cause of absenteeism by studying the patterns of absences for each child, including the reasons, as well as the number of absences that occur on consecutive days. If the absences result from other factors besides illness, such as temporary family problems that affect a child's regular attendance, the staff must initiate appropriate family supports. Conversations with families emphasize the benefits of regular attendance, while at the same time remain sensitive to any special family circumstances that may influence poor attendance patterns. If, however, chronic absenteeism persists and it does not seem likely to improve, the child's slot must be considered an enrollment vacancy.

When children miss too much school, they fall behind and may have a hard time catching up. We must not underestimate the importance of good attendance as it will help build habits necessary for success in school and in life.
I n June 2012, I was blessed to spend a week with my family at Disneyworld in Orlando, Florida. My husband, Lee, and my children, Sontino (9) and Cecelia (6), and I landed in Orlando during Hurricane Debby and numerous tornado warnings. Not exactly an auspicious start. From the minute we stepped foot on Disney grounds, however, not even the weather could dampen the pervasive happiness and positivity that is Disney.

Every staff member with whom we connected greeted us with “How are you enjoying your time in Disney” or “Is there anything you need?” or “Anything I can do to help you be more comfortable?” Everywhere I turned, someone was smiling at us or extending a hand in support to make our visit truly “magical.”

As each day passed, I became more and more aware of the Disney “super brand.” The epitome of customer-service. And I couldn't help but think that our educational system — with all of its challenges — would be much more poised for reform if we functioned in the model of Disney.

As Educators, we need to “live the brand” by providing stellar customer service. Because education branding has not yet been finessed, however, our families and community partners and we are still left wondering why customer service is so important for reaching a culture of excellence or delivering on the promise of education. We are unaware that through our customer service, we are selling education and raising awareness for the value of what our service provides individually and collectively as Educators.

To achieve this common understanding, Education needs to be about positive experiences in our schools and learning environments — formal and informal. These customer-service “touch points” are the offices, halls, classrooms, teachers, counselors, custodians, nurses, coaches, kitchen staff, administrators, central office leaders, etc. who form our educational system. Education has to be about the feelings evoked by interacting with these touch points. How do you feel when you enter the Main Office at school? How do you feel when a teacher calls you? How do you feel when you are invited to a school function? How do you feel when you read or hear a story about Education?

Most people cannot articulate what the overall vision of Education means or why it is important, but we can explain what we are feeling. A brand is tangible or concrete and invokes feelings in Educators and “customers.” In companies with strong branding, such as Disney, most people can describe the brand. What it looks like; feels like; sounds like. In that vein, we need to promote that in the “business” of education, success looks like a child reading; sounds like a spelling bee; feels like pride at Graduation…

By connecting Educators and citizens with those feelings, we build on the brand of Education as the foundation for life. We help them feel so that we are compelled to support Education in any way we can because we understand its importance and not because we feel obligated as a society. Education is a long way from the fantastical world of the Magic Kingdom, but we can get there together by acting on our feelings — furthering the activities that evoke positive emotions and curbing and resolving those that elicit negative ones. We can get there simply by asking each other “how may I help you…?”

Author’s Note: Check out www.ordinalia.org to obtain information on Education advocacy, follow the blog and join the branding movement.
Within a marriage, a man and a woman's financial circumstances are generally pretty much equal. But if a divorce occurs, the woman's situation tends to be somewhat more challenging than that of her ex-spouse. And that's why, during this major life transition, you may want to meet with a professional financial advisor to go over your spending needs and your cash flow, so that you know what you absolutely need today — and how you can plan for tomorrow.

Before we get into some possible steps you can take, let's look at some of the reasons that women may fare somewhat more challenging than that of her ex-spouse. And that's why, during this major life transition, you may want to meet with a professional financial advisor to go over your spending needs and your cash flow, so that you know what you absolutely need today — and how you can plan for tomorrow.

Walter D. Woodgett can be reached at 413-827-8383 or talkincash@comcast.net

Financial Tips for Newly Single Women

Lower income — The average woman's family income drops by 37% after divorce, according to the U.S. Census Bureau. In many cases, divorce exacerbates a situation in which women were already trailing men in earnings. In fact, women still only earn 77 cents for each dollar earned by men, according to the U.S. Bureau of Labor Statistics. Smaller retirement accounts — The average balance on women's defined contribution plans (such as 401(k) plans) is only 60% of men's average balances, according to LIMRA, a financial services research organization.

Of course, “averages” are just that — averages. But whether you recognize yourself in the above numbers or not, consider these suggestions: Create an emergency fund. Try to save six months' worth of living expenses in a liquid account. Once you've established this emergency fund, you won't have to dip into long-term investments to pay for unexpected costs, such as an expensive car repair, a new furnace or a large medical bill.

Contribute as much as you can afford to your retirement accounts. Even if you will eventually receive some of your ex-spouse's retirement funds, you need to take full advantage of your own savings opportunities — because it's pretty hard to save “too much” for retirement. If money is tight, it won't always be easy, but contribute as much as you can to your 401(k) or similar employer-sponsored retirement plan. At a minimum, put in enough to earn the employer's match, if one is offered. Rebalance your investment portfolio. If you are now investing for yourself, you'll want to take a close look at your asset mix to make sure it is appropriate for your situation. For example, your risk tolerance may be quite different than that of your ex-spouse's. So if you now have total control over an investment portfolio, you need to make sure it reflects your needs and preferences. Consequently, you may need to “rebalance” your holdings. Above all, get some help. As mentioned above, now is a good time to meet with a financial advisor. And if you don't have much experience in managing your finances, you may even find it helpful to work with a trust company, which can collaborate with your financial provider to manage your assets and also provide a variety of other functions, including bill payment and record keeping. A trust company's services can prove especially valuable to you and your family should you ever become incapacitated.

Unfortunately, a divorce may leave you feeling “at sea” in many areas of your life. But by following the above suggestions, you can at least help keep your financial ship in calmer waters.
In a landmark decision, the U.S. Supreme Court generally upheld the constitutionality of the controversial 2010 health care law, the Affordable Health Care Act. In addition to preserving mandates for health insurance coverage, certain tax provisions will take effect as scheduled in 2013, barring any subsequent legislation. Here's a summary of the main tax changes for 2013.

**MEDICARE SURTAXES:** The health care law includes the following two Medicare surtaxes that could affect individual taxpayers:

A 3.8% surtax on the lesser of annual net investment income or the amount by which modified adjusted gross income (MAGI) exceeds $200,000 ($250,000 for married couples). “Net investment income” includes interest, dividends, royalties, rents, gains from dispositions of property and income from passive activities, but not tax-free interest or distributions from qualified retirement plans and IRAs.

A 0.9% surtax on earned income (e.g., wages) exceeding $200,000 ($250,000 for married couples).

**FLEXIBLE SPENDING ACCOUNTS:** Currently, there’s a $5,000 limit on pre-tax contributions to a flexible spending account (FSA) used for dependent care expenses, but there’s no such limit on health care FSAs. The law caps health care FSA contributions at $2,500 starting in 2013.

**MEDICAL DEDUCTIONS:** For 2012, you may deduct unreimbursed medical expenses in excess of 7.5% of your adjusted gross income (AGI). The law raises this AGI floor in 2013 to 10% for taxpayers under age 65.

Other tax-related provisions in the law were also upheld by the Supreme Court. For instance, an individual will generally have to obtain “minimum essential health insurance coverage” or pay a nondeductible penalty, beginning in 2014. Another provision, which took effect in 2010, allows a qualified small business to claim a tax credit for part or all of the cost of providing health insurance.

This remains a complex area of the tax law. Feel free to contact us regarding your personal circumstances and the effect the Supreme Court ruling could have on your taxes.
YOUR IMMUNE SYSTEM: GUARD IT WELL

By Anika C. Johnson

Our body is equipped with the best security system ever — your immune system. It guards against foreign bacteria and harmful virus strains invading the body. When a potentially harmful substance tries to enter the cells within the body, our ‘home defense system’ thoroughly inspects the foreign substance/intruder and destroys it as necessary. It works hard to keep us healthy. Unfortunately, some foreign substances that cause havoc (i.e. common cold) do sometimes get through and are not successfully fought off and destroyed.

Our body has many defenses it uses as part of our ‘home defense system’. Our skin is one of the initial layers, in addition to the thymus and lymphatic system. Other defenses used include sneezing, mucus production, coughing, and even nose hairs (to trap potential foreign substances). Though we do not know all the mechanics of the immune system, there are things we can do to keep things in good working order.

HAND WASHING:
According to the Center for Disease Control and Prevention, hands can simply be wet with clean warm or cold water along with soap then rubbed together. It is important to rub between fingers and get under fingernails for about 20 seconds. Hand washing should not only happen at meal times or after using the rest rooms, but whenever we feel our hands are unclean or have been exposed to bacteria. This means hand washing should happen often.

PROPER NUTRITION:
We can help our immune system through maintaining our (T, B and white) cells. A tremendous help is consuming proper nutrients on a regular basis. Vitamin C is great for the immune system. Many people only associate vitamin C with orange juice but it can be consumed through a supplement, and also through many foods such as tomatoes, (red) peppers, as well as winter and summer squash. Taking vitamin C before the onset of a common cold may be helpful. The amount of vitamin C needed daily varies by individuals sometimes greatly. The average adult male and female need about 90 milligrams and 75 milligrams daily, respectively. This equals a few cups of fruits and vegetables. Persons who are ill or breastfeeding may need more of the nutrient. A primary care doctor can assess individual needs.

MANAGE STRESS:
Unfortunately, there is no way to avoid stress. However, continuous overloads of stressful circumstances can make us more susceptible to infections. Research shows that stress, along with other factors like lack of positive social connections (friends and family), can have adverse effects on our immune system. Social connections with positive people can foster wellness. These connections can potentially encourage healthy lifestyles (i.e. moderate physical activities like walking together) and eating healthier foods. Who would have thought that being neighborly could help our cells?

SPRINGFIELD’S COMMUNITY GARDENS

By Zaida Govan

By this time everyone who has a garden has enjoyed the fruits of their labor. We have eaten fresh salads with lettuce, tomatoes, cucumbers, basil and had fresh kale and eggplant among other things. This would be a great time to visit the community gardens in the city of Springfield. Below is a map courtesy of Michael Tully of the City Planning Department. Maybe you might like to think about creating a community garden in your community. This is a great time in light of the community gardening ordinance.

If you are a member of a community garden, call me so that I can highlight your garden in the 'Point of View'. If you want more information on community gardening, please call me 413-301-2533 or email me at zcearules@aol.com or contact the Springfield food Policy Council. We would love to have you grow fresh food everywhere.
Know how to find the right surgeon?

FACING SURGERY IS DIFFICULT ENOUGH, without the worry about how to find the best surgeon.

We’re pioneers in performing surgery without incisions, which is a new advancement in minimally invasive surgery. We have surgeons who dedicate their practice exclusively to breast surgery. We do breakthrough work in thoracic surgery and cardiac surgery, as well as in many other areas, including vascular, orthopedic, colorectal, spine, liver, gynecologic, pancreatic and pediatric surgery.

So, when you need surgery, know your options. Ask for a Baystate surgeon. For a complete list of surgeons call 800-377-HEALTH (4325).

Welcoming patients at Baystate Medical Center in Springfield, Baystate Franklin Medical Center in Greenfield, and Baystate Mary Lane Hospital in Ware.
September is National Preparedness Month ("NPM") which will provide an opportunity for an awareness campaign, a time to educate and raise awareness about emergency planning. Having witnessed multiple disasters up close this past year, the message is not lost on us that planning before the event saves lives, lowers stress and aids in recovery.

National Preparedness Month is an annual campaign to encourage residents to take steps to prepare for emergencies in our homes, schools, organizations, businesses and neighborhoods. Activities which help us to be ready are participating in an emergency drill, making a plan, putting together a go-kit of supplies for your family, or taking the time to review how to respond to a natural disaster. If you recall from last year's stories, there were many who were able to survive, assist neighbors and do good work. Through training and preparation, a greater portion of the community will be better prepared and fit for survival. According to Springfield Health and Human Services ("SHHS") Director, Helen Caulton-Harris, "Last year's disasters teach us that it is never too early to begin, continue and complete our emergency preparedness for personal and family survival."

NPM was originally created by the Federal Emergency Management Agency's (FEMA) READY Campaign in response to the tragic events of 9/11 in order to educate the public on how to prepare for emergencies. This year's NPM campaign focuses on the theme: Pledge to Prepare. FEMA, SHHS and the READY Campaign urge neighborhoods in Springfield to take the pledge and be better prepared for disasters.

Emergency Preparedness is the responsibility of every citizen in Springfield. In other words, Rapid Emergency Action Depends on You (READY). It takes a team effort to ensure that we are ready for any disasters. Agencies and organizations working in partnership with the Springfield Department of Health and Human Services (SHHS) are the Western Region Homeland Security Advisory Council (WRHSAC), Pioneer Valley Planning Council, Hampden County Health Coalition, Faith Communities, Medical Reserve Corps, Boards of Health and Mayor Domenic J. Sarno.

Listed below are events in Springfield designed to provide information, education and outreach:

- September 6th at 10 a.m. – Proclamation and Banner hanging on the steps of City Hall with Mayor Sarno
- September 18th at 11 a.m. – "GET READY DAY" at Tower Square on Main Street – Food Court
- September 21st at 1:30 p.m. – "LET'S MAKE A PLAN" training at 95 State Street, Suite #201
- September 24th at the BIG E Better Living Center – Chiefs of Police Booth
- September 30th at 9 a.m. – MassMutual Center Outreach during the Suicide Prevention Community Walk

"Out of the Darkness"

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**Emergency Preparedness: Individual Family Survival**

- Develop a family survival plan
- Create a family survival kit
- Establish communication 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
Earlier this summer, I had the good fortune to attend the national conference of the Association of Leadership Programs. More than 60 leadership professionals from around the country gathered to discuss best practices and learn from one another. I was struck by the lack of diversity in the room, myself included, but was not surprised. Part of the program included a series of attendee-directed discussions at tables around the room. The attendees suggested topics for discussion and were free to join any discussion that piqued their interest. I was glad to see that a diversity discussion was created and was well-attended. After about ten minutes at another table, I was asked to join the diversity discussion. Leadership Pioneer Valley was held up to the group as a model program with respect to diversity and inclusion.

I was flattered to be recognized for our achievements in this area, which we have been purposeful about. This is a core component of our mission that we take seriously. In no way are we experts or exceptional in this arena, but we have been successful in ensuring that our steering committee is diverse, our program is diverse, inclusive and allows honest dialogues about complex issues, and we teach greater understanding, respect, and cultural competency. As we discussed our programs, I learned that our class composition of 40% people of color was well beyond what most programs achieve or even strive for.

I was asked to explain the secrets to our success. I wish I could give us credit for discovering some amazing formula, but it is much simpler and more difficult than that. The key for us was being deliberate and persistent in our actions.

Ensure leadership is diverse — Our early steering committee members and chair recognized that the steering committee is both the leadership of the organization and its visible ambassadors. They need to walk the talk.

Diverse isn’t just one of each — Both our steering committee and program recruitment emphasize the need for true representation of people of color.

Being deliberate — Many organizations send out signals that they are welcoming of people of color but don’t make the effort to reach out. We have to go where people are instead of expecting them to come to us.

Be honest and open — We have created ground rules for conversations and created safe spaces over time where members could feel comfortable speaking their truths.

Listen actively

I am proud that Leadership Pioneer Valley has gained a reputation in the Valley and among leadership programs around the country as an organization that is diverse and inclusive. I am excited that organizations are coming to us to help them diversify their own boards with our graduates. Despite these gains, I’m still not satisfied. We need to further diversify our trainers and speakers that will lead our next class. We need to continue to improve our training to ensure we graduate culturally competent leaders. We need to reach beyond our own organizational borders to ask other leaders, businesses, and organizations in our region to take deliberate steps themselves to become more inclusive and cultural competent.

Lastly, we have to model the way and speak out.
The camaraderie among the officers contributed to an engaging, safe and judgment-free environment for all, regardless of age or ability. Laughter abounded, despite the profound grief of the officers at the recent and tragic loss of their beloved colleague and brother, Officer Kevin Ambrose. He was honored and acknowledged by all during a poignant tribute by Sergeant John Delaney, who humbly and graciously thanked all of the women for “allowing a return to the sense of normalcy.”

It was especially inspiring to see women who arrived with trepidation and left ferociously emboldened by new skills and self-confidence. At each session we were encouraged to begin by getting “big and loud;” and we did. We learned hands-on self-defense techniques that were simple, practical and highly effective. We had a chance to try out our skills on officers dressed in protective suits. We were encouraged to be relentless and not hold back. With repetition and practice on one’s own, the skills will become second nature.

The Women’s Self-Defense series was started by Commissioner William Fitchet. The lead facilitators included Officers Eleni Mendez, Richard Rodrigues, Edward Vanzandt and Charles Youmans.

Take advantage of this great public service; you’ll have a life-changing experience and a new sense of self. May you never need to apply the skills, but if you do, they could save your life. There will be another session this September. For information, contact the Spirit of Springfield at (413) 733-3800.

CALL TO THE CAUSE

Without question, every single one of us is a receiver of these gestures, but are we all givers? If you are a giver, are your motivations pure? Enhance your life and the lives of others. Answer the call to the cause by becoming a giver and paying it forward.

PAY IT FORWARD

By Kirk Smith

Sir Winston Churchill once said, “We make a living by what we get. We make a life by what we give.” I believe that anyone who has enjoyed real success in their life knows this to be true.

Throughout my adult life, I have had the good fortune of surrounding myself with people who adhere to this belief – first while I served in the military and later in my career as a human-services professional. I have been blessed to experience genuine goodness. I have seen people put themselves in harms way to protect a perfect stranger. I have seen people donate blindly to individuals and organizations in need, with no expectations for recognition or thanks. I have seen children give their only dollar to help another person who is experiencing hardship, simply because they know in their hearts that it is the right thing to do. I have seen elected officials and business leaders dissent from popular belief after realizing that they were being given the opportunity to truly affect positive change in the lives of others.

We all know that doing the right thing is not always convenient or easy. Sometimes the calling to give of ourselves to do the right thing – whether it’s through our time, talent or treasures – can be a daunting task. But just imagine what this world would be like if Mother Theresa had chosen a different path. Imagine how different our world’s technology would be today, had someone not donated their liver to Steve Jobs years ago.

Not all heroism has to be in the form of such large-scale actions. A bright smile or a simple cup of coffee and a pleasant conversation could be all it takes to turn someone’s day around. Sometimes going an extra inch is as significant as going the extra mile. I tip my hat to all of those men, women and children who practice volunteerism and recognize that this can come in the form of an effortless handshake, a leadership role or a financial donation.

COMMUNITY

LATIN® GROOVE

GETTING STREET SMART

By Magdalena Gómez

The Women’s Self-Defense series was attended by 63 women of all ages and walks of life. I was very grateful to be one of the participants. The multi-faceted training included a broad spectrum of practical techniques for self-protection and avoiding potentially threatening situations. The core message conveyed by Officer Dave Standen and all of the facilitators was trust your instincts.

Officer Dave Standen and all of the police department (“SPD”) sponsored a Women’s Self-Defense course that was hosted at 1350 Main Street, downtown Springfield. The series was a collaboration among the SPD, realtor, Evan Plotkin of Samuel D. Plotkin and Associates, and building manager, Mariclaire Smith, and the Spirit of Springfield.

The series was attended by 63 women of all ages and walks of life. I was very grateful to be one of the participants. The multi-faceted training included a broad spectrum of practical techniques for self-protection and avoiding potentially threatening situations. The core message conveyed by Officer Dave Standen and all of the facilitators was trust your instincts. Too often we are so busy being polite and “nice” that we can become victims. Being alert, intentional and fully present to our surroundings are key to evading predators. “Predators are looking for women who may be distracted, like when you’re walking around with i-Pods,” cautioned Standen.

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THURSDAY, SEPTEMBER 6TH

THEIR FIGHT IS OUR FIGHT

Rev. Dr. Martin Luther King, Jr.
“Our lives begin to end the day we become silent about things that matter.”

Attorney General Eric Holder
“We need – and the American people deserve – election systems that are free from discrimination, free from partisan influence, and free from fraud. And we must do everything within our power to make certain that these systems are more, not less, accessible to the citizens of this country.”

“Protecting the right to vote, ensuring meaningful access, and combating discrimination must be viewed, not only as a legal issue – but as a moral imperative. And ensuring that every eligible citizen has the right to vote must become our common cause.”

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Springfield School Volunteers is seeking readers for the Springfield School Volunteers/Babson Capital Management LLC Read Aloud Program, now in its 27th year. Volunteers will read to students in grades pre-kindergarten through 5 in the Springfield Public Schools once a month, October – February.

To sign up for this popular program contact Springfield School Volunteers at 413-787-7015 or volunteer@sps.springfield.ma.us

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THE SOUNDTRACK OF LOVE

By Azell Cavaan

When I was little, my parents had huge parties almost every weekend. They probably didn’t think of them as parties, but on those Saturday nights when I snuck out of bed and poked my head through the rails of the basement steps, I’d see a bunch of friends talking and laughing as they grooved to the soulful likes of crooners from Percy Sledge and Sam Cooke to Thelma Houston and Martha Reeves.

When you’re a kid, things always seem bigger than they really are and now that I think about it, maybe what I remember as a huge party was nothing more than a few friends getting together. I mean, truth be told, I can’t even remember how many people were there and maybe the “get-togethers” were more like once a month than every weekend. But, there is one memory in all of that, which remains totally vivid – the music.

My parent’s music.

I can still see the vinyl 45s packed in their white sleeves and the intriguing album covers. My parents had neatly tucked them in a cabinet next to the record player but the records and their covers fascinated me and I would often sneak downstairs just to ruffle through them.

Stevie Wonder’s “Songs in the Key of Life” reminded me of a rose in bloom. And Earth, Wind & Fire’s album covers always blew my mind with their edgy, African-ness. Even the plain-old 45s captivated me. Some were brassy and arrogant (Atlantic records was bold with red and black), while others just had swag (like Stax records with that cool illustration of fingers snapping).

I’d manage to peel my eyes away from the covers just long enough to lift and lower the record player needle onto the vinyl. That’s when the real magic began.

I didn’t know it then, but that music would become the soundtrack to my parents love – at least in my mind. Today, just the first four notes of “Love Train” by the O’Jays and my mind’s eye is picturing my folks – young and hip – gathering their daughters for a cross-country road trip, making sure the eight-tracks are in full supply.

I’m grateful my parents saved their old albums. Even though I rarely pull them out anymore, I know exactly where they are all stashed. And it’s great to know I can go back and touch the past anytime I want.

COMMUNITY FOCUS

SPRINGFIELD CITY SOLICITOR EDWARD M. PIKULA RECOGNIZED BY THE MASSACHUSETTS BAR ASSOCIATION FOR VOLUNTEER EFFORTS FOLLOWING LAST YEAR’S TORNADO

The Massachusetts Bar Association recently recognized Springfield City Solicitor Edward M. Pikula for his volunteer efforts when the Bar Association celebrated the efforts of its volunteers at their Annual Volunteer Dinner held in Randolph, Massachusetts.

Pikula, who has served as Springfield’s City Solicitor since January 2006, is the vice chair of the Massachusetts Bar Association’s Public Law Section. He was recognized for his volunteer work in aiding the public and the bar in the wake of last June’s devastating tornadoes, and sharing his knowledge and experience in the Lawyers Journal, a publication for the Massachusetts Bar Association.

“City Solicitor Pikula was an essential part of my team in the days and weeks that followed the June 1st tornado and other unprecedented weather disasters last year,” stated Mayor Domenic J. Sarno. “This is a terrific opportunity to express my congratulations to Attorney Pikula for his ongoing efforts on behalf of the City and our residents.”

Edward M. Pikula stated “It is an honor and a privilege to serve the City as its Lawyer, where I grew and have raised a family. Public service through the Bar Association is a chance to give back.”

LIVING OUR LOVE

THE SOUNDTRACK OF LOVE

By Azell Cavaan

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COMMUNITY FOCUS

UBORA AWARD AND AHADI YOUTH AWARD RECIPIENTS TO BE HONORED

SPRINGFIELD – The African Hall Subcommittee of the Springfield Museums will present the 21st annual Ubora Award and the 4th annual Ahadi Youth Award at a ceremony on Saturday, September 15, at 6 p.m., at the Michele & Donald D’Amour Museum of Fine Arts at the Quadrangle. City Councillor E. Henry Twiggs has been selected to receive the Ubora Award, and Miss Dana Adrianna Lawes will receive the Ahadi Youth Award.

The Ubora Award, which means excellence in Swahili, is presented to an African-American who has made a significant contribution to the greater Springfield area. The Ahadi Youth Award, which means promise, is presented to an African-American young person who demonstrates strong character, leadership, academic achievement, and future potential.

Mr. E. Henry Twiggs, Springfield's Ward 4 City Councillor, has been actively involved in Democratic Party politics at every level for more than 50 years. Councilor Twiggs’ voice is heard and respected by the Democratic Party leadership in Springfield, Boston and Washington.

As a tireless civil rights organizer, Councilor Twiggs was one of the people who crossed the Edmund Pettis Bridge during the Selma to Montgomery March. He was an active participant in the 1963 March on Washington for Jobs and Freedom and strove to keep Dr. Martin Luther King’s dream alive through his work on the 1968 Poor People’s Campaign march on Washington.

He has also been active in fraternal organizations and civic affairs for many years. A proud Shriner, Councilor Twiggs has held many significant posts within Masonic lodges, and was recognized as Master Mason of the Year in 1999 and 2003. Among his many civic activities, he has served as Chairman of the McKnight Neighborhood Council, President of Harambee Holiday, Inc., and was a founding member of 5A, the youth mentoring organization that uses sports to provide academic assistance and leadership development to young people.

Dana Lawes, the Ahadi Youth Award winner, is a 2012 graduate of Springfield Central High School and is attending Newbury College in Brookline this fall.

In high school, she challenged herself by taking honors and advanced placement courses and earned a 4.2 grade point average. Her success was recognized when she was selected for the MassMutual Academic Achievers and the National Honor Society. She also put tremendous effort into applying for scholarships to ensure that she would be able to attend college.

Dana’s values are deeply grounded in her family and faith. She and her two siblings are the children of Jamaican immigrant parents. Her mother instilled in Dana a strong work ethic and the commitment to focus on her goals. Dana completed a Teen Mini Medical School program at Baystate Hospital and participated after school for three years in the Baystate Springfield Educational Partnership, where she interned in the nutrition, injury prevention, environmental services and distribution services departments. Through this experience, she determined that she would like to investigate a business career in either the medical or hospitality fields.

Dana is an active participant in her church and is a volunteer for the Springfield Rescue Mission which serves homeless people in the city. As part of a 2010 church youth group initiative, “Youth Against Suffering,” she worked on a campaign to raise money and awareness for a group called Ending Now Violence Against Women.

In everything she does, Dana is dedicated to excellence and thoroughness. She has the drive and skills to continue being an important and contributing member of her college community as well as of the larger community.

Admission to the event is $15 for adults and $10 for children under 12. For information or advance reservations, call 413-263-6800, ext. 325.

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DON'T FORGET TO VOTE ON THURSDAY, SEPTEMBER 6, 2012
Around Town & . . .

“CELEBRATING FAMILY”

The Caulton Family Reunion

The Families United Family Reunion (Spinks, Burge, Johnson, McCullough, Naylor and Lowe Families)

The Spivey Family Reunion
The City of Springfield recognized the Caribbean Parade and Festival Committee with a proclamation.


The Greater Springfield Women’s Summer Showcase held the Kara Wolters Dream Big Invitational Championship Game between the Motley Crew and the Springfield Slamm, which the Springfield Slamm won.

Springfield area Beauty Professionals & Barbers take part in “Let Ur Hair Down” to benefit for St. John’s Cornerstone Build.

Beauté Within holds its annual Back-to-School Hair Styling Extravaganza.

College Interns from Gov. Deval Patrick’s Western MA Intra-Agency Summer Intern Program and their supervisors pose with Elizabeth Cardona (seated center), Director of the Western MA office.
**COMMUNITY INFORMATION**

**COMMUNITY PARTNERS COME TOGETHER TO PROVIDE CPR TRAINING**

**Event To Benefit Tiffany Hall Memorial Scholarship Fund**

**SPRINGFIELD** – In an effort to better serve the greater Springfield community, a collaboration of local businesses and non-profit organizations are joining forces to lead a hands-on CPR training opportunity.

The event will be held at the Dunbar YMCA Family & Community Center in Springfield on **September 22, 2012**. Sessions will be held at 8:00 a.m. and 10:30 a.m. The event will honor Tiffany Hall, a Springfield resident who lost her life suddenly on April 18, 2012. Minimum donations of $10 to support the Tiffany Hall Scholarship Fund are being requested.

Partners include: The American Red Cross, United Way of Pioneer Valley; Baystate Health; Mason Square Health Task Force; Springfield Department of Health and Human Services; Schatz, Schwartz and Fentin, PC; d'if Design; the YMCA of Greater Springfield, and numerous community organizations and businesses.

For more information or to register for the event, please call or visit the Dunbar YMCA Family & Community Center, 33 Oak Street, Springfield, MA, 413.781.8233.

**STCC TO OFFER FREE MCAS PREPARATORY CLASS IN SEPTEMBER**

**SPRINGFIELD** – Springfield Technical Community College (STCC) will once again offer free Massachusetts Comprehensive Assessment System (MCAS) preparatory classes to students from the classes of 2003–2015 who did not pass the MCAS test in math, English language arts, or biology.

The “Transition to College” program is made possible by a $34,000 grant from the Massachusetts Department of Elementary and Secondary Education.

“The program is for those who need academic remediation to pass the MCAS, obtain a high school diploma, and transition to post-secondary education,” said STCC Director of Returning Adult Services Sue Soffen.

The next “Transition to College” session will begin on **Monday, September 5**. Classes will be held at STCC on Mondays, Tuesdays, and Wednesdays from 4:30 p.m. to 7 p.m. in the Adult Education Center (Building 27) through Oct. 31. In addition, independent study and tutorial support will be available on Tuesdays and Thursdays from 9 a.m. to 3 p.m. Curriculum materials are free to “Transition to College” attendees enrolled in the program.

Program space is limited; those interested in enrolling should visit the STCC Adult Education Center (Building 27) Monday through Friday between 9 a.m. and 3 p.m. For additional information, please call (413) 755-4300.

*Stacey Bond*
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FAIRFIELD, CT — The Honorable Dannel P. Malloy, Governor of Conn., is expected to be one of the special guests of the Fairfield Museum and History Center at its 2012 Benefit Gala, Saturday evening, September 22nd, 6:30 p.m. to 9:30 p.m., commemorating the 150th anniversary of the Emancipation Proclamation. Governor Malloy will join several other special guests in previewing the Museum’s one-of-a-kind, ground-breaking exhibition Promise of Freedom: Emancipation Proclamation, which officially opens Sunday, September 23rd from noon to 4 p.m.

To further capture the theme of the occasion, there will be a special reading of the actual Proclamation and entertainment from the University of Bridgeport Chamber Singers, according to Michael Jehle, executive director of the Museum. The UB Chamber Singers made their Carnegie Hall debut in May, 2011.

“Having Governor Malloy is really going to be a major cornerstone of this gala event,” Jehle said. “We have expanded our reception space this year by adding a tent to accommodate up to 300 people and this gala is going to be one of the most memorable events the Fairfield Museum and History Center has ever hosted. We are anticipating an excellent response.”

Jehle said that tickets to the benefit gala have been tiered in three categories. The Harriet Tubman Level is $125 per person; the Frederick Douglass Level is $250 per person and the Abraham Lincoln Level is $500 per person.

The gala will include an exclusive viewing of the Promise of Freedom exhibition and the unveiling of Lincoln-signed copies of the Emancipation Proclamation and the 13th Amendment.

Guest curator for Promise of Freedom: Emancipation Proclamation will be Louis P. Masur, Ph.D. noted historian and a William R. Kenan, Jr. Professor of American studies and history at Trinity College in Hartford, Conn. Masur’s new book, Lincoln’s Hundred Days: The Emancipation Proclamation and the War for the Union, published by The Belknap Press of Harvard University Press, has just been released.
We do not support Romney’s decision, nor do we support Ryan’s “Path to Prosperity” plan. As Mayors of Connecticut’s largest cities, we encourage every resident in our respective cities to look at the facts, especially Representative Ryan’s voting record in Congress, to see what kind of future he has in mind. November’s election will not only impact our collective future, but also our immediate quality of life and the bottom line of middle class Americans. We’ve already had to endure the disastrous Bush/Cheney years. At no point in recent history has it been more important that we learn from our past mistakes.

President Obama and Vice President Biden have a clear vision for America: one that is built on fairness, equity, rewarding hard-work and increased opportunity. From saving the American car industry, to making health care more accessible and affordable, to raising educational standards – like we’ve done in Hartford and New Haven and are doing in Bridgeport – it is clear that we already have a team in the White House that is best equipped to tackle our biggest problems.”

My name is Shanée Brown. I grew up on the East Side of Bridgeport. I attended Luis Muñoz Marin School and Harding High School (where I was the valedictorian of the Class of 2008). This June, I graduated from Dartmouth College and I will start graduate school this fall at Columbia University with the goal of becoming a public school teacher.

Growing up, Bridgeport schools were wonderful in many ways, but, also, often disappointing. Much of this disappointment came from the discrepancy between being told that everyone had high expectations for me and actually feeling like this was the case.

A few negative experiences during my senior year of high school clouded my view of what I deserved as a student. An once favorite teacher experienced many unfortunate events in her personal life and apparently didn’t have the proper support to deal with these situations in a healthy way. Thus, she took much of her pain and anger out on my class. I will never forget the day when she told us that we would never be lawyers or doctors or distinguished professionals when we grew up.

In hindsight, I realize that this teacher probably faced a tremendous amount of obstacles; however, such language and discouragement has no place in the classroom. It can be very disheartening when a teacher talks to students in a condescending, demeaning manner. Negative comments made towards a student by a teacher usually stay with the student for a long time.

But this experience, among others, is one of the many reasons why I want to become a teacher. I’d like to right a wrong by being the kind of teacher that this teacher could have been, by loving, empowering and respecting my students at all times. I will be the kind of teacher who harnesses my students’ talents and points them toward promising directions.

Bridgeport schools need to foster confidence in students so all of them feel they are capable of fulfilling their dreams. Our schools need to provide students, as well as our overworked teachers, with academic and personal support because the lack of such support tends to spill over in the classroom.

More social workers, guidance counselors, early interventions, and support groups should be made available to help both students and teachers deal with the hectic and traumatic events that often come along with living in a city like Bridgeport.

The education of children should be a community effort. Our schools must work hand-in-hand with the many resources and support agencies around the city. When things go wrong, it is unfair to blame only students, only parents, only teachers, or only the school district. There is enough blame to go around, but blame won’t get us anywhere. Solutions are the only thing that will help us confront the problems in our schools.

It takes everyone working together simultaneously to ensure that all students have what they need academically, socially and emotionally. With the community’s involvement and participation, we can improve the educational experiences of Bridgeport students so they don’t encounter the same things that my senior class at Harding did.

Excel Bridgeport is working to do just that. Excel Bridgeport is an organization that gives citizens a chance to change policy from a bottom-up approach. It is the experiences of the citizens in Bridgeport that will inform the changes we need in our schools and improve the lives of all children.
There was a time in my window shopping years that an advertisement declaring something “free” was a legitimate reason to explore the matter further. Sometimes it was buy one, get one free or buy two, get two free. Regardless of the arrangement, the catch was doable, and I often did it. Lately, I am flabbergasted when I detect an old, familiar “free,” but on closer look, I determine that someone was simply reeling me in like a fish on a hook.

Marketers who target a certain segment of the population long ago discovered that “free” initially gets (even when the warning states spending more than you win, what can’t win if you don’t play. I say, if we’re getting a bargain of some kind.

Regardless of the arrangement, the free or buy two, get two free.

Sometimes it was buy one, get one free. Even though we were (even when the warning states things, causing untold damage that things, causing untold damage that needs to be dealt with. Some of us have difficulty in relating to others because of the hurts in our lives. This affects the way we communicate and also the way we handle ourselves. It’s one reason why we intentionally or unintentionally hurt others. Until we face the truth and/or soak in God’s presence by reading his word daily.
Continued from page 1

specific casino will also know the specific alternatives that face them.

Recent reports that Springfield's mayor will select a specific casino developer before a vote on whether or not to allow a casino, and then ask residents to vote on that selection is nothing less than toxic. First of all, such an approach won't encourage competition as has been suggested. To the contrary, it will discourage competition as evidenced by what is happening in Boston where the larger casino developers in the country are declining to participate in the competition because they believe the bid is in the bag for a Suffolk Downs proposal, so much so that a frustrated Casino Commission has appealed to Wall Street to invest in the competition.

One of the more significant points, of course, is that if the Suffolk Downs proposal is, in fact, in the bag, then somebody powerful put it there, which raises the more toxic issue of conflict or the appearance of conflict of interest that we all should be most concerned about. The casino developers who are avoiding Boston are not unsophisticated people. They've been in the game for a long time. Their decisions are based on much more than their "gut" feelings. They are processing the available data and declining to participate based on their careful analysis of the facts. And, the most generous conclusion that one can arrive at is that their declarations are based on the conclusion that the appearance of conflict of interest is too close to real conflict to justify the financial risk of an upfront investment in Boston's casino competition. Their behavior strongly suggests that the Boston game is, more likely than not, rigged. Right or wrong, their participation has been discouraged.

And, that's what is worrisome about Mayor Sarno's suggestion that it is okay for his administration to select a developer among the many potential competitors and, only then, allow voters to vote on his choice. It is an approach that is toxic beyond belief. It is not only an enormous potential conflict of interest. It is arguably a direct and substantial conflict of interest that will likely spawn a wave of sub-conflicts by smaller political players demanding a piece of the action.

The scuttlebutt and rumors are already floating around. Names of both elected and non-elected folks, whose prominent hands are allegedly dippedit in the predetermined pie, are out there. We know because we get information, solicited and unsolicited, that suggests that some people (some of whom we have contacted for a follow-up article) might well end up in jail unless Springfield adopts a selection procedure that is more irreproachable, one that leaves a lot of influence under the umbrella of the rules and regulations adopted by the State Casino Commission that guarantee an open and aboveboard competition that will not discourage potential developers and not encourage graft, which is the very opposite of what the mayor's published plan of action is inclined to do.

At this very moment in time, Springfield has avoided Boston's problems. But, if it continues on its current path, it will fall into the same trap and worse. Mayor Sarno's approach is a recipe for disaster that can easily be avoided by the injection of a little common sense. (Common sense may have arrived in the form of a very sophisticated Chicago attorney.)

I am writing not as a representative of any organization, but simply as an individual who serves as an Educator and Community Volunteer in Springfield, to express my sincerest gratitude for your coverage of the positive events and activities in and around our city. Most especially, I am appreciative of your time and interest in the productive efforts of the Mayor's Citywide Violence Prevention Task Force and Elias Brookings Elementary School.

Springfield and our surrounding areas have so many compassionate and energetic organizations and individuals dedicated to enhancing quality of life for all; and your sharing of their stories serves to promote our efforts and increase our chances for success in furthering those positives.

In particular, I am most thankful for your support in that there is always a chance families will become engaged in our efforts. Notably, at the Task Force Springfield Unites on Tuesday, July 31, one family joined us for the picnic because they had seen an article on Masslive that morning. If the successes come only one family at a time "we are still moving forward..."

Again, as one individual who serves with hope and belief in our city and citizens, I sincerely thank you for your continued support.

In peace,

Gianna Allentuck

LETTERS TO THE PUBLISHER

What a pleasant surprise to see my picture in your paper (POV, August 1, 2012). Donald Jones was my first cousin. When I saw Cookie (Rosalie Sutton), I had to stop whatever I was doing and had to talk to her and get a picture of us together.

Also, that was a great article about Ray Jordan. Ray and I rode together to Pratt & Whitney and I got dismissed at the same time he did, me, for too many absences. “Go Six Corners!!!”

James Harden

(James, sorry for misspelling your last name in “Pictures, Pictures.” You know I know how to spell it! The Editor)

Thank you for publishing an informative and different perspective about this area.

Jim & Lois Harris

POV_September_1_2012_POV_September_1_2012.qxd 8/28/2012 4:02 PM Page 24
At about the same time, Veta Daley, Chief Schools Officer of Zone 1 for the Springfield Public Schools made it clear to me that much more was at stake.

With the understanding and knowledge of an insider, she knew that in order for the type of change to occur in the educational lives of our children that would lead them to success—regardless of who serves as the superintendent—we needed powerful voices representing our community at the table.

Not voices demanding quid pro quo’s for having supported this new superintendent. Not voices selfishly looking to augment their own political importance in the community. Not voices that are here today, gone tomorrow. But real committed voices. Unselfish, concerned voices. Voices of leaders of people who stand for something. Voices that have the best interests of children and families and community in mind. Voices that have been missing for too long.

And so began a uniting of purpose: POI’, Veta Daley, and area pastors who answered the call and stepped up to the plate to form the Pastors’ Education Council of Springfield (PECS). The founding group of PECS is comprised of Rev. Maxine A. Moore, pastor of St. Mark’s Christian Methodist Episcopal Church and president of the Pastors’ Council of Greater Springfield; Rev. Gail L. Hill, pastor of Family Church; Rev. Dr. Calvin J. McFadden, Sr., pastor of St. John’s Congregational Church; Rev. Dr. Brett Snowden, pastor of Progressive Community Baptist Church; and Rev. Talbert W. Swan, II, pastor of Spring of Hope Church of God in Christ and president of the Springfield Branch of the NAACP.

PECS has determined its purpose is “To advocate for and assist in the academic success of all children in the Springfield Public School System, which will mean holding students, parents, and educators accountable.” Key elements in the actualization of their purpose will be bi-monthly meetings with Superintendent Warwick, regular meetings focusing on education with their respective congregations and a monthly column in Point Of View.

At the group’s first meeting with Superintendent Warwick on August 14th, which was arranged by Veta Daley and hosted by Point of View, the pastors stressed the need to partner and collaborate with the superintendent around issues of quality and equitable education for all students. They expressed their concerns about student attendance, suspension rates, truancy, MCAS testing and services for at-risk students, while acknowledging that they have not partnered effectively with the school system in the past.

Superintendent Warwick thanked the pastors for meeting with him and welcomed their help. He said that while percentages for attendance and truancy have improved, he needs their help in sending out the message to parents that attendance is important to their children’s educational success. He also spoke of his vision of ensuring equity and proficiency across subgroups and in each school. The high rate of minority suspensions is one of his concerns and he intends to engage parents more, be proactive instead of reactive, and work to improve the school climate. Another of the superintendent’s goals is to engage the community through the development of a new strategic plan and he stressed that he would like PECS to be represented in that process.

PECS was pleased to learn that Superintendent Warwick has hired a staff. This is certainly a concern since, according to the superintendent, approximately 23-25% of the student body is African American; 63-64% is Hispanic, 1% is Asian and 14% is Caucasian, and the staff should be reflective of the clientele they serve.

The superintendent is also instituting 9th grade academies at all of the high schools to assist with student transition into high school; aligning the curriculum to the national Common Core State Standards Initiatives to provide a consistent, clear understanding of what students are expected to learn, so teachers and parents know what they need to do to help them. Mr. Warwick expects there will be a change in the state assessment system (MCAS) to coincide with the new curriculum and he is implementing a new teacher evaluation system.

While appreciating the comprehensiveness of their first meeting with the new superintendent, PECS realizes this is only the beginning and plans future meetings around issues of safety in the schools, special education, testing data for subgroups and percentages of highly qualified teachers at each school. In reflecting on the success of this first meeting, both Rev. Snowden and Veta gave it high marks. Veta commented, “This is a landmark for the African American community where your voices will be heard in the decision making process that will be significant in transforming the lives of all our children.” And Rev. Snowden stated, “I believe this is a monumental move on behalf of the pastors’ by collaborating and partnering with Superintendent Warwick and the School Department in an effort to secure a quality and safe educational experience for all students in the Springfield School System.”

We hope so. We will be watching.

Letters to the Publisher

July’s AF-AM NEWSbits coverage, “We’re Killing Ourselves!” was so solemn. I’ve stated to key White and Black people that we must provide reading tutors for those in need in early grades. I’ve provided thousands of Black History books because you don’t know their history, along with sets of ugly, brutal laminated pictures to several groups who work with at-risk youth.

The first requirement is being able to read. The second is not to exceed five children with a tutor. Third, I’m not talking about having Black books in the school library; they must be in the classroom!

We would then see positive changes with White-Black youth and homicide reductions! Many who could make changes are disinclined and don’t!”

Millie Dunbar

Letters to the Publisher and other content MUST be sent electronically to: mjhurst@afampov.com

(Please reference a subject matter or e-mail is automatically deleted.)
I received the following letter on June 25, 2012.

Rev. Swan,

You posted on your Facebook the picture that I have attached to this email. It says, “I’ve got his back.”

As a Christian how can support a man that is for abortion, same sex marriages and he also says that America is NOT a Christian Nation...

With all due respect, I would hope that you would not support a man that is so against Christian values... And I would certainly be disappointed if you support him because of the color of his skin.

We need Christians to stand up for what is Right no matter what...

JP

Dear JP,

Allow me 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 supporting him because of the color of his skin.

(See August issue of POV addressing the first and second part of Rev. Swan’s answer.)

Finally, concerning you comment implying that I couldn’t possibly support Barack Obama on the basis of my religious beliefs, so perhaps my support was based solely on “skin color,” let me first inform you that you have unwittingly revealed your own racial bias.

Why would you assume that any African American voted for Obama strictly on the basis of race? Is it impossible for black people to support him because he’s qualified? Is it inconceivable that we would vote for him out of a belief that he is the best candidate? Is it beyond reason to consider that Barack Obama best speaks to the issues which concern us? Would I be accused of “playing the race card” if I stated that white folks voted for the last 43 presidents simply because they were white?

I voted for Barack Obama because he was the best qualified candidate and spoke to the issues that concerned me most. I supported him because I believe he would make a better leader than John McCain. I will support him again because I believe he will make a better president than Mitt Romney, whose leadership I experienced when he was the governor of the state in which I reside. However, for the sake of argument, let’s pretend that I am supporting President Obama because he’s black.

My ancestors prayed for nearly four centuries for the day when a person of color could sit in the Oval office. They led over 200 slave revolts, fought in 11 wars, including the Civil War where over 600,000 people died over the issue of whether or not black people deserved to be free. My ancestors were lynched for sport, died in the fight to pass the Civil Rights Bill of 1964 and the Voting Rights Act of 1965. It took over two centuries for us to even HAVE a Black candidate to vote for — so what if the only reason I voted for Barack Obama was because he’s black? What if it just felt good to be able to vote for a black man for President of the United States of America?

Only white privilege allows you the audacity to ask such a question and I suggest that perhaps you may want to ask some white folks if the reason they are voting against Barack Obama is because of the color of his skin. Ask them if that is the reason the place of his birth has been questioned and why, for the first time in history, a sitting president had to show his birth certificate. Ask them if that is the reason a congressman would disrespectfully yell out and call him a liar in the middle of his State of the Union speech or why the Speaker of the House would refuse to accept the dates that he desired to address the Congress. Ask them if that is the reason they put bumper stickers on their cars that read: “Don’t Re-Nig in 2012” or “Put the WHITE back in the White House.” Ask them if being black is the reason a reason tea party protesters held signs admonishing him to “Go back to Kenya” or why an Arizona governor would wag her finger in his face on national television. Ask them if being black is why he has been the most disrespected president in the history of the nation. Why ask me such a question? Have you asked any white people if they’re voting for Mitt Romney because he’s White?

I submit to you that Christians can participate in the political process without relying on it to teach their children about life, family, morality or choices. Having abortion as a choice in the political realm does not mean Christians must submit to it. Having legalized gay marriage in the civil sphere does not mean that Christians have to support it.

Consequently, Christians should not give wedge issues more weight than the true moral questions of how we treat our fellow man and whether respect for life includes all lives, at home and abroad, infant or adult, black or white. Reducing the Christian vote down to simply views on homosexual marriage and abortion minimizes our message and reduces our effectiveness. Can we at least insert the biblical command to welcome the stranger and the call to be peacemakers and peaceful people into the discussion? As I fore stated, morality isn’t something to be legislated; it’s something to be lived.

While I am not arguing that Barack Obama is perfect by any stretch, I do believe he has respect, understanding, and regard for the rights of people of faith to live their principles, teach their children, and help them to make choices that are good, moral, and help, not harm, others. Does President Barack Obama hold some views and practice some things that are upsetting to biblically astute Christians? The answer is undoubtedly, “yes.” Does President Obama hold some views and practice some things that are obviously Christian and friendly to biblically astute people? Again, the answer is yes. So, how can I, as a Christian, vote for Barack Obama?

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Adventist Youth Services - 3:00pm
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WHAT'S GOIN' ON?
Music and Movement in 2012

By Heshima Moja

The corporations owe, they gotta give up the dough to the town or else we gotta shut em down”(Public Enemy).

But the battle cry was never silenced. As recorded in Exodus 15:20- Miriam took a tambourine and led the people in worship. “What silenced the battle cry? First, with as much things in our world, reactionary fervor tends to die down with time. People naturally react to conditions that pose a threat to their life or comfort. However, very few people tend to concern themselves with the bigger picture. What silenced the battle cries? Second, up until now, record labels played a major role in what was released to radio and what was shelved. We must remember that for a long time, many of the artists producing what were called “message songs,” were artists signed to African American-owned labels or smaller independent labels which gave their artists greater creative freedom. However, as many of these smaller labels were absorbed by major labels such as Sony, Colombia, and Universal, creative voices were summarily silenced in an effort to reach larger crossover markets and thus, the need to quell potentially offensive messages directed at corporate sponsors (who back tours) and the larger Anglo market.

However, there is a happy ending to this story. That is, that while commercial radio is not playing music that challenges the social/political status quo, there is a strong artist-driven movement that has managed to fill the void for those seeking music outside of the mainstream. Talib Kweli, Public Enemy (who recently released their newest album), Kyle Jason (lead singer for Bootsy Collins), and even Jill Scott, have released music railing against social conditions that continue to plague African American communities across the United States. Will you support them with your dollars?

The Movement Continues......

The Second Annual Miriam’s Gift Award Banquet

“Honoring True Worshipers that effectuate communal worship in a multi faith context”

Community Award Recipients

Mr. Ron Johnson: BRIANNA FUND
Mrs. Donna Johnson: BRIANNA FUND/Western Massachusetts Office of the Governor
Ms. Paula Moore: Y.S.E.T. Founder & Executive Director

The Miriam’s Gift Award Banquet is Friday, September, 14th at 6:00PM, at the Clarion Hotel, 1080 Riverdale St., MA. Gospel Radio’s own Denise Maize Stewart will be the Mistress of Ceremonies for the evening. For ticket information, please contact the church at 413-737-9583 or our website: mountcalvarybaptistchurch-springfield.org
The Bookworm is Terri Schlichenmeyer. Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 11,000 books.

one of your favorite things to do in the world is to color and draw.

You love adding colors to a picture and using your creativity. Why can’t a pony be purple? Why not give someone blue hair? What’s wrong with drawing your Dad with a flower growing out of his head? It’s your picture, right?

As long as there’s a box of crayons by your elbow, you’re a happy kid and someday, you might be a world-famous artist. But what if there was a picture of you hanging in a museum? In the new book, “Hope Somewhere in America” by Sydelle Pearl, illustrated by Astrid Scheckels, you might see what it’s like.

Hope Sequoyah was born just as the Great Depression began. Her mother gave her a unique name because everybody needed hope, and because her mother wanted her to stand tall like Sequoyah trees.

Five years later, Hope got another name and this is her story.

It all started because her mother loved to paint. Mama had a job as a librarian, but knitting and painting were her favorite hobbies so she practiced and took classes until she could paint a canvas apple that looked good enough to eat! She was so good, in fact, that she was invited to show her paintings at an exhibit.

It was a special exhibit, which called for a special painting, so Hope’s Mama decided to create a portrait. She asked Hope to pose with her teddy bear and that was hard.

Hope had to sit for long hours and hold very still.

Even a few weeks later, the painting wasn’t finished but Mama was very excited with it. She took it to show her teacher and he got very excited, too. He asked to meet the little girl with the unique name.

At the studio, Mama’s teacher, Mr. Brackman, asked Hope some questions. He asked about her hair bow and her teddy bear. Then he told her he’d like to paint her picture, if that was okay.

Hope liked the idea, and she liked Mr. Brackman. Staying still for him wasn’t as hard as it was for Mama, but Mr. Brackman’s painting took a lot longer.

Three months later, he called his finished painting “Hope Somewhere in America” which was, he said, almost like calling it Hope…

“Hope Somewhere in America” is cute and colorful, charming and a little cheeky, and based fictionally on a real painting. That very interesting “extra” may lend more meaning for 5- to 8-year-olds who might appreciate what’s going on in author Sydelle Pearl’s tale, especially if you can catch the real painting on tour or in the Smithsonian.

As for smaller kids, I think that, while Astrid Scheckels’s illustrations are wonderful, this book may be a challenge for a flock of wiggly toddlers. They may like the story, but it’s longish for that age group.

Still, give it a whirl and see what happens, particularly if your child loves to draw. For little artists-in-the-making, “Hope Somewhere in America” will paint a wonderful picture.

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Reviewed by Terri Schlichenmeyer

Terri has been reading since she was 3 years old and she never goes anywhere without a book. She lives on a hill in Wisconsin with two dogs and 11,000 books.

As long as there’s a box of crayons by your elbow, you’re a happy kid and someday, you might be a world-famous artist. But what if there was a picture of you hanging in a museum? In the new book, “Hope Somewhere in America” by Sydelle Pearl, illustrated by Astrid Scheckels, you might see what it’s like.

Hope Sequoyah was born just as the Great Depression began. Her mother gave her a unique name because everybody needed hope, and because her mother wanted her to stand tall like Sequoyah trees.

Five years later, Hope got another name and this is her story.

It all started because her mother loved to paint. Mama had a job as a librarian, but knitting and painting were her favorite hobbies so she practiced and took classes until she could paint a canvas apple that looked good enough to eat! She was so good, in fact, that she was invited to show her paintings at an exhibit.

It was a special exhibit, which called for a special painting, so Hope’s Mama decided to create a portrait. She asked Hope to pose with her teddy bear and that was hard.

Hope had to sit for long hours and hold very still.

Even a few weeks later, the painting wasn’t finished but Mama was very excited with it. She took it to show her teacher and he got very excited, too. He asked to meet the little girl with the unique name.

At the studio, Mama’s teacher, Mr. Brackman, asked Hope some questions. He asked about her hair bow and her teddy bear. Then he told her he’d like to paint her picture, if that was okay.

Hope liked the idea, and she liked Mr. Brackman. Staying still for him wasn’t as hard as it was for Mama, but Mr. Brackman’s painting took a lot longer.

Three months later, he called his finished painting “Hope Somewhere in America” which was, he said, almost like calling it Hope…

“Hope Somewhere in America” is cute and colorful, charming and a little cheeky, and based fictionally on a real painting. That very interesting “extra” may lend more meaning for 5- to 8-year-olds who might appreciate what’s going on in author Sydelle Pearl’s tale, especially if you can catch the real painting on tour or in the Smithsonian.

As for smaller kids, I think that, while Astrid Scheckels’s illustrations are wonderful, this book may be a challenge for a flock of wiggly toddlers. They may like the story, but it’s longish for that age group.

Still, give it a whirl and see what happens, particularly if your child loves to draw. For little artists-in-the-making, “Hope Somewhere in America” will paint a wonderful picture.
What's the real truth behind Chinese food? About every other month, I get this craving for Chinese food and I don't mean the PuPu platter either, which usually consists of fried wonton, chicken fingers, some spare ribs, wings and an egg roll. I'm more into Egg Foo Young or the whole fried Snapper with Szechuan Sauce and Chicken with Garlic Sauce. Nonetheless, we all have our favorite Chinese delicacy. Depending on my location when that craving hits me, either will go to this Chinese restaurant in South Windsor, CT, downtown Springfield or dine in at my old faithful restaurant from my college days in Amherst.

You probably wonder why I would go to such lengths just for some Chinese food when I can practically get it on any street corner. Well, it's just like pizza, everyone's pizza doesn't suit my taste, and if the place doesn't have the appearance of cleanliness, I'm out of there. As long as I don't look too hard in the kitchen, I'm all right. It might just be me but when I eat Chinese food, it's so delicious going down, but like an hour later, I get this sick feeling. Is it the MSG or is it the cats and dogs that my daddy used to tell us he used to see in the back kitchen when working for UPS. Yes, to this day, I'm not sure if my dad was telling us the truth or not but I've always heard rumors of this nature, so there must be some truth behind it.

MSG, monosodium glutamate, is a flavor enhancer used in Japanese and Chinese cooking; it has the ability to intensify the flavor of savory foods. Some people have reactions to MSG such as dizziness, headaches, flushing and burning sensations. Maybe, it's just me; you know how the mind can play tricks on you. On the positive side, I have learned to cook a few staple Chinese dishes that get me through the hard times when I give up Chinese food for the month, only to return during weak moments when I'm craving it, or when I want an inexpensive meal. Most Chinese restaurants say all dishes can be made without MSG, which is a good gesture, but will it taste the same and what about the cats and dogs? Is that a myth my dad left me with?

Seriously, I love all types of Chinese cuisine, and I'm always up for a challenge to try something new and different. I may not always like it but it's nice to open your pallet to different cultures and to be able to share your knowledge with others.

### Fried Rice

- 2 eggs, beaten
- ½ cup oil
- 1 onion chopped
- 2 stalks celery chopped
- 1 cup frozen peas and carrots
- ½ cup soy sauce
- 4 green onions, sliced

Heat oil in skillet or wok. Add onions and celery. Cook for about 5 minutes. Add peas and carrots. Cook for 2 minutes more. Push vegetables to one side of skillet. Add eggs, scramble and mix with vegetables. Add soy sauce to mixture.

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### Historical Black Colleges and Universities

#### JOHN STALLWORTH

**Alabama A&M University & Pittsburgh Steelers**

Johnny Lee Stallworth was born July 15, 1952, in Tuscaloosa, Alabama. He is a former football wide receiver who played fourteen seasons in the National Football League (NFL) for the Pittsburgh Steelers. He played college football at Alabama A&M University (AAMU). He was the Steelers' fourth-round draft pick in 1974. Stallworth played in six AFC Championships. He went to four Super Bowls. His career statistics included 337 receptions for 8,723 yards and 63 TDs. His receptions were a franchise record until that record was surpassed by Hines Ward in 2005. Stallworth played in four Pro Bowls and was the Steelers' two-time MVP.

A native of Tuscaloosa, Alabama, Stallworth was an All-Southern Intercollegiate Athletic Conference (SIAC) receiver for Alabama A&M in 1972 and 1973. He earned a Bachelor of Science Degree in Business Administration and an MBA with a concentration in Finance from AAMU.

Stallworth was the 82nd player taken in the 1973 NFL Draft. After a rookie year as an understudy, he became a starter in his second season. He held that job for the rest of his 165-game career. He did battle a series of fibula, foot, ankle, knee and hamstring injuries that forced him to miss 44 regular-season games.

In Super Bowl XIII, he caught a record-tying 75-yard touchdown pass from Terry Bradshaw that would later be a crucial touchdown in a 35-31 Steelers win over the Dallas Cowboys. He suffered leg cramps later and played sparingly in the second half, finishing with 3 receptions for 115 yards and 2 touchdowns.

One year later at Super Bowl XIV, with the Steelers trailing the Los Angeles Rams 19-17 early in the fourth quarter, Steelers' Coach, Chuck Noll, called for “60-Pretend-Slot-Hook-And-Go,” a play the Steelers failed in practice prior to the big game. With 12 minutes remaining, Bradshaw dropped back, and threw it long to Stallworth, who caught it and beat Rod Perry to the end zone for a 73-yard touchdown that would pave the way for the Steelers’ 31-19 win and their fourth World Championship. Sports Illustrated considered the catch notable enough to put Stallworth on the cover of a subsequent issue. Overall, Stallworth recorded 3 receptions for 121 yards in the game.

Stallworth holds the Super Bowl records for career average per catch (24.4 yards) and single-game average, 40.33 yards in Super Bowl XIV. He had 12 touchdown receptions and a string of 17 straight games with a reception in post-season play. He also scored touchdowns in eight straight playoff games at one point (1978–1983), an NFL record.

He led the American Football Conference (AFC) with a career-high 1,395 yards gained on 80 receptions.
Pettis Burch Norman was born January 4, 1939, in Lincolnton, Georgia. He is a former professional football tight end in the National Football League (NFL) from 1962-1970 for the Dallas Cowboys and from 1971-1973 the San Diego Chargers.

He is a graduate of Johnson C. Smith University in Charlotte, North Carolina. The University’s annual award given to the school’s most outstanding student-athlete is named after him.

Norman was going to enlist in the Air Force until he received a football scholarship by then coach Eddie McGirt, sight unseen, without ever having seen him play.

Norman was to enlist in the Air Force until he received a football scholarship by then coach Eddie McGirt, sight unseen, without ever having seen him play.

Norman started Super Bowl V for the Cowboys at tight end, which was a loss to the Baltimore Colts.

Through hard work and discipline, he became an All-Conference tight end.

In 1977, he was inducted into the Central Intercollegiate Athletic Association (CIAA) Hall of Fame.

He was drafted by the Dallas Texans in the sixteenth round of the 1962 American Football League (AFL) Draft, but opted to play for the NFL’s Dallas Cowboys instead.

Norman became a fulltime tight end in 1963, and manned the Cowboys tight end position for nearly a decade, helping start the franchise’s legacy of great tight ends that includes: Mike Ditka, Billy Joe Dupree, Jackie Smith, Doug Cosbie, Jay Novacek and Jason Witten.

During his career, he was known for his toughness and his blocking.

When Mike Ditka joined the Cowboys in 1969, after having been a 4 time All-Pro tight end with the Chicago Bears, Norman remained the starter, but split time with Ditka to provide great blocking along the offensive line.

Norman started Super Bowl V for the Cowboys at tight end, which was a loss to the Baltimore Colts.

The sports announcer Jack Buck during his two-year stint covering the Cowboys, famously referred to him on the air as Norman Pettis. Prompting Blackie Sherrod, a sportswriter in Dallas, to write: “Dallas fans are tired of Pettis Norman constantly being referred to as Norman Pettis by broadcaster Buck Jack.”

Norman became part of the “Bambi” trade in May 1971, that brought Hall of Famer Lance Alworth to the Cowboys, for his final two seasons (1971, and 1972).

His first season with the San Diego Chargers, Norman had a career high 27 catches and 358 yards.

He played with the Chargers until he retired after the 1973 season because of a degenerative knee condition, having played 12 seasons, 162 games, and caught 183 passes for 2,492 yards and 15 touchdowns.

**PETTIS NORMAN BIO**

**Date of birth:** (1939-01-04) January 4, 1939

**Place of birth:** Lincolnton, Georgia

**Career information:**

<table>
<thead>
<tr>
<th>Position(s):</th>
<th>Tight end</th>
</tr>
</thead>
<tbody>
<tr>
<td>College:</td>
<td>Johnson C. Smith</td>
</tr>
<tr>
<td>AFL Draft:</td>
<td>1962/Round:16 /Pick: 123 (By the Dallas Texans)</td>
</tr>
</tbody>
</table>

**Organizations:**

| 1962-1970 Dallas Cowboys |
| 1971-1973 San Diego Chargers |

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The Western Mass Warriors are the Springfield franchise of the New England Football League, an AAA minor league football program that is part of a system of 64 leagues from all over the United States.

The Warriors were organized in 2003 and began in Holyoke, MA. The team moved to Springfield in 2010, after beginning to see some success under the new ownership of Junior Williams. 2010 brought the Warriors their first AA New England Championship, and in January 2012, the United States Football Association AA National Title against the Detroit Diesel at National Bowl Weekend in Deland, FL. After that win, the Warriors were moved up to the AAA minor league.

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Sept 15th Warriors vs Connecticut Gamblers
Location TBA  3pm
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Sept 22nd Warriors vs Connecticut Bearcats
Veterans Field, Wallingford, CT  7pm

Sept 29th Warriors vs Connecticut Panthers
AIC, Springfield, MA  3pm
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When: EVERY WEDNESDAY
Where: Wilbraham Branch Office, 2005 Boston Road, Wilbraham, MA
Info: call 413.739.5053 or wbf农贸市场@hampdenbank.com

Mason Square Farmers Market
When: EVERY SATURDAY from 10am—2pm
Where: Baystate Mason Square Neighborhood Health Center, 11 Wilbraham Road, Springfield, MA
Info: (See Ad on page 36)

SEPTMBER THRU—FRIDAY, OCTOBER 19
Local Vibes and Flavors Art Show Celebrating the Local Presence and Influence of Latino and Caribbean Culture
When: RECEPTION?Saturday, September 22
Where: Springfield Pulse, 11 Pearl Street, Springfield, MA
Info: 413.732.7788; springfieldpulus@yahoo.com

THURSDAY—6
PRELIMINARY ELECTION IS TODAY
VOTE! VOTE! VOTE!
Exchange Club of Springfield—“New Membership Meet and Greet”—Join the Exchange Club
When: 5—7pm
Where: 350 Grill Steak House, 350 Worthington Street, Springfield, MA
Info: FREE; Complimentary wine, cheese and hors d’oeuvres

SATURDAY—8
Giant MUMS Sale to Benefit Action Centered Tutoring Services (A.C.T.S.)
When: 9am—1pm
Where: St. Andrew’s Episcopal Church, 335 Longmeadow Street, Rt. 5, Longmeadow, MA; or Wilbraham United Church, 500 Main Street, Wilbraham, MA
Info: To preorder, contact willettej1324@gmail.com

SATURDAY—15
Annual Miriam’s Gift Award Banquet
When: 6pm
Where: Clarion Hotel & Conference Center, 1080 Riverdale Street, Springfield, MA
Info: For tickets, call 413.737.9583 or go to mountcalvarybaptistchurchspringfield.org

SATURDAY—18
Back-To-School Anti-Bullying 5K Road Race/2K Walk in Memory of Carl Joseph Walker-Hoover to Benefit Scholarship Fund
When: 8—8:45am Registration; 9am 5k Road Race/2k Walk
Info: The Mount Calvary Baptist Church of Springfield’s 2nd Annual Miriam’s Gift Award Banquet
Where: Forest Park, Sumner Avenue, Springfield, MA
Info: $25 Runners; $5 Walkers; Prizes; Entertainment; Refreshments; 413.219.3118; carljoseph11@gmail.com (See Ad and Article on page 1)

SATURDAY—21
Celestial Praise Church of God, Daughters of Virtuous Essence, holds annual Women’s Conference 2012, “Passionately Embracing Your Purpose”
When: 7pm Nightly
Where: Celestial Praise Church of God, 321 Wilbraham Road, Springfield, MA
Info: FREE; 413.783.4763 (See Ad and Article in POV’s August 15th Back To School Special Issue)

SEPTMBEBR 2012 EVENTS
COMMUNITY FOCUS

CELEBRATING NATIONAL HEALTH CENTER WEEK
“Powering Healthier Communities”

In 2011, community health centers across the U.S.A. provided comprehensive, high quality preventive and primary medical care to 20.2 million patients. Locally, Baystate Health’s three community health centers: Baystate Mason Square Neighborhood Health Center, Baystate Brightwood Health Center/Centro de Salud, and Baystate High Street Health Center, served over 23,000 patients, in keeping with their mission to “improve the health of the people in our communities everyday with quality and compassion.”

In celebration of National Health Center Week (8/5 - 8/11), each health center hosted community health fairs and showed appreciation to their patients and staff!

The Springfield Fire Department, along with Health Professionals and community residents, gather at a health fair at Kenefick Park

Baystate Brightwood Health Center/Centro de Salud also participated at health fair at Kenefick Park

Mason Square Community Health Center professionals and community residents hold health fair

1ST ANNUAL RICHARD ALLEN LODGE #30 FLAG FOOTBALL TOURNAMENT

VOTE THURSDAY SEPTEMBER 6, 2012
DALLAS — If you drink coffee regularly in moderation, you could reduce your risk of heart failure, according to new research in the American Heart Association’s journal Circulation: Heart Failure.

Researchers, analyzing previous studies on the link between coffee consumption and heart failure, found that moderate coffee drinking as part of a daily routine may be linked with a significantly lower risk of heart failure. In contrast, indulging excessively may be linked with an increased chance of developing serious heart problems.

“While there is a commonly held belief that regular coffee consumption may be dangerous to heart health, our research suggests that the opposite may be true,” said Murray Mittleman, M.D., Dr.P.H., senior study author and director of the Cardiovascular Epidemiology Research Unit at Beth Israel Deaconess Medical Center in Boston.

“We found that moderate consumption — which we define as the equivalent of about two typical American coffee shop beverages — may actually protect against heart failure by as much as 11 percent,” he said. “On the other hand, excessive coffee drinking — five to six commercial coffee house cups per day has no benefit and may even be dangerous. As with so many things, moderation appears to be the key here, too.”

Researchers reviewed five high quality prospective studies of coffee consumption and heart failure risk published between 2001 and 2011. Combined, the studies included 6,522 heart failure events among 140,220 males and females. Four of the studies were conducted in Sweden and one in Finland.

The study defines moderate consumption as four Northern European servings per day, the equivalent to about two typical 8-ounce American servings. Excessive coffee consumption is 10 Northern European servings per day, the equivalent to four or five coffees from popular American coffee restaurant chains (servings sizes vary from 9 to 20 fluid ounces per serving).

Researchers didn’t account for brew strength, but coffee is typically weaker in the United States than it is in Europe. They also didn’t differentiate between caffeinated and decaffeinated coffee, but most of the coffee consumed in Sweden and Finland is caffeinated.

“There are many factors that play into a person’s risk of heart failure, but moderate coffee consumption doesn’t appear to be one of them,” said Elizabeth Mostofsky, Sc.D., lead study author and research fellow at Beth Israel.

“This is good news for coffee drinkers, of course, but it also may warrant changes to the current heart failure prevention guidelines, which suggest that coffee drinking may be risky for heart patients. It now appears that a couple of cups of coffee per day may actually help protect against heart failure.”

The American Heart Association recommends that heart failure patients consume only a moderate amount of caffeine — no more than a cup or two of coffee or other caffeinated beverage a day.

Researchers didn’t definitively say why coffee offers a heart-health benefit. But evidence suggests that frequent coffee drinkers develop a tolerance to the beverage’s caffeine, which may put them at a decreased risk of developing high blood pressure.

Habitual coffee consumption is also associated with a lower risk of type 2 diabetes, with most studies showing the greatest reduction in risk with higher levels of coffee consumption.

“Diabetes and hypertension are among the most important risk factors for heart failure, so it stands to reason that reducing one’s odds of developing either of them, in turn, reduces one’s chance of heart failure,” Mittleman said.

Other co-authors are Megan Rice, Sc.D., and Emily Levitan, Sc.D.

Submitted by Mary Ann Burns, Director of Communications Connecticut and western MA American HEART Association American STROKE Association
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The Empowerment Experiment
Author of Our Black Year, has appeared on CNN, MSNBC, Fox News, C-SPAN, PBS NewsHour, and CBS Morning News, among many other appearances.

David Hinson
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National Director, oversees a national network of 40 MBDA business centers, including centers in Alaska, Hawaii and Puerto Rico and the first of its type Federal Procurement center located in Washington DC, Presidential Appointee.

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