

PASSION AND PURPOSE

"We're hard-wired not only to satisfy our personal desires but also to care for others. These motivations are not mutually exclusive either."

By Patricia Spradley – 6

BLACK WOMEN ARE THE FASTEST GROWING SEGMENT OF ENTREPRENEURS IN THE U.S.

"...Black women are launching companies in droves. The number of businesses owned by African American women has grown by 322% since 1997. So why aren't we getting funded?"

By Natasha Clark – 8

OWN IT

"The best way to move forward with our wellness goals is simply not to stop."

By Anika C. Thrower, PhD – 9

"OUR MOTTO IS, WHEN THEY GO LOW, WE GO HIGH"

"...when you have the nuclear codes at your fingertips and the military in your command, you can't make snap decisions. You can't have a thin skin or a tendency to lash out. You need to be steady, and measured, and well-informed."

First Lady Michelle Obama – 12

QUESTIONS SWIRL AROUND SPRINGFIELD'S MEDICAL MARIJUANA DISPENSARY

"...many citizens want to know "what are the benefits to Springfield by offering a monopoly to Hampden Affordable Care, Inc. for ten years, excluding any other company from opening up a medical marijuana dispensary in the city?"

By Justin Hurst, Esquire – 14

GET ANGRY BUT...

"Righteous anger seeks resolution. Righteous anger concludes that the friendship, relationship, and/or kinship is more valuable than the offense. Righteous anger seeks the mature path.

By Rev. Dr. Atu White – 26

OUR NEW GARDEN HOME

"We don't mind if our neighbors come by the garden and get some tomatoes, lettuce and cucumbers so they can go home and make a fresh salad for their supper. It is part of community gardening and that is the part I love. We would just rather you ask."

By Zaida Govan – 28

YOU ALREADY KNOW

"I like the fact that by having my own business I can make my own hours doing what I love to do and don't have a boss watching my every move."

By Rhonda Jones – 34

Echo of Change

By Gianna Allentuck

*Angels we have heard on high, sweetly singing o'er the plains.
And the mountains in reply, echoing their joyous strains...
Angels we have heard on high, singing sweetly through the night.
And the mountains in reply, echoing their brave delight...*

Angels we have heard on high, offering forth a message of birth and hope. Joy and deliverance. A message of joining and unity. Of glory and promise. A message of life. A life that was eventually sacrificed because of fear and ignorance, but endures on in our faith and in our hearts to fortify and guide us in seeking internal and eternal peace – for ourselves and for each other.

A life that mattered...

In February 2015, I wrote a piece for *POV* titled *Will the real middle class please stand up; please stand up; please stand up*. That article detailed how I, as a white woman who has never endured oppression, hardship, adversity, or despair, am trying to navigate the increasingly complex and conflicting race relations in America. Trying to help. Not for my own benefit. I don't need more. I am the privileged. But for the benefit of the many.

At the core of my thoughts was the challenge of figuring out where, when, and how my voice fits into the dialogue; or, as I questioned then, if my whiteness prohibits me from being heard or respected in the conversation at all. Also at the core is my belief that education is the only means through which these racial and justice

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Gianna with son Sontino and daughter Cecelia



Michael Albano

DID THIS MAN SAVE THE DUNBAR?

By Frederick A. Hurst

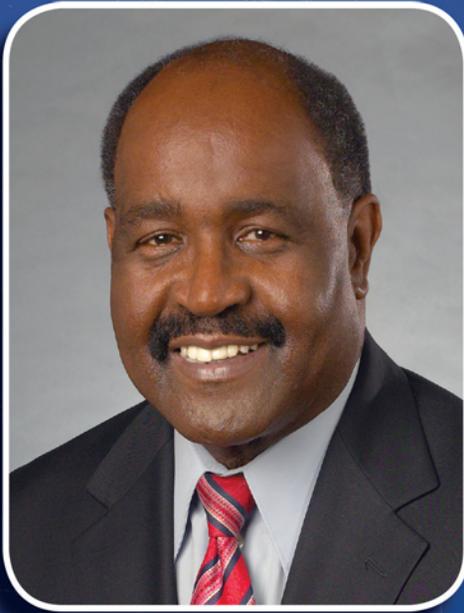
I don't know how many people have been paying attention but if you have followed recent events then you might be wondering whether or not Governor's Councilor and candidate for sheriff of Hampden County Michael J. Albano should be credited with saving the Dunbar Community Center building from foreclosure.

The most important point to realize is that no deal to purchase the Dunbar out of foreclosure is final-

ized. But there are two competing active offers on the table, one from the mayor of Springfield and the other from Mt. Zion Baptist Church ("Mt. Zion"), whose pastor is Reverend Dr. Atu White, who also happens to be the religious editor of *Point of View*.

I had heard some time ago that, at the urging of church members, Mt. Zion was exploring the possibility of purchasing the Dunbar building and moving its sanctuary into the old sec-

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PUBLISHER: Frederick A. Hurst **EDITOR:** Marjorie J. Hurst

CONTRIBUTING WRITERS: THIS ISSUE

<i>Art for the Soul</i>	Rosemary Tracy Woods	<i>Life's Challenges</i>	Anika C. Thrower, PhD
<i>Artist in Residence</i>	Renée Flowers	<i>Mama's Boyz</i>	Sweets H. Wilson, PhD
<i>Black Women Entrepreneurs</i>	Natasha Clark	<i>Parents & Community</i>	Jerry Craft
<i>Children's Book Corner</i>	Terri Schlichenmeyer	<i>Pen & Ink</i>	Patricia Spradley
<i>Early Education & Care</i>	Nicole Blais		Brenda's Child
<i>Education & Hope</i>	Gianna Allentuck		Juanita Torrence-Thompson
<i>Entertainment Review</i>	Moyah Smith		Crystal Senter-Brown
<i>Features</i>	First Lady Michelle Obama	<i>Political Happenings</i>	Justin Hurst, Esquire
	Ellen Freyman	<i>Reading to Succeed</i>	Sally Fuller
	Ann Clayton	<i>Religious Point of View</i>	Rev. Dr. Atu White, Editor
	Richard Andersen	<i>The Urban Cook</i>	Rhonda Jones
<i>Food for Thought</i>	Zaida Govan	<i>Your Health</i>	Baystate Medical Center
<i>Good News</i>	Jay Griffin		Artistic/Multimedia Director - Marie Zanazanian
<i>Health Matters</i>	Doris Harris, Editor		Distribution Manager - Shawn Merriman
			Photographer - Ed Cohen

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AF-AM NEWS **bits**

By Frederick A. Hurst

DON'T BE SO HARD ON CEE JACKSON!

Folks shouldn't be so hard on Cee Jackson for making the comment at a Raymond Jordan rally for sheriff candidate Tom Ashe that – “Springfield is not ready for a Black sheriff.” (Mayor, State Senator, Congressman, Clerk of Courts, District Attorney, Governor's Councillor, Cee's choice) It was a lame comment but Cee probably really believed it. But he is hardly alone. Lots of Black folks believe the same thing just as a lot of White folks, who claim not to believe it, want Black folks to believe it so that it becomes the self-fulfilling prophecy that it has become. And Ray Jordan's comment that he doesn't agree with Cee Jackson but that he was endorsing Tom Ashe instead of the Black sheriff candidate, James Gill, because he wants a candidate who can win is just a variation without a difference on Cee Jackson's comment. I like Ray because he has such leadership potential. But he's been selling that superiority of “Whitey” to his followers for decades so that it has now sunk in as reality. It has been a major part of the fundamental, philosophical differences that have kept him and me in conflict. I like Ray. I like his grit, his toughness. But I've always wished he was a little “Blacker” and didn't see himself as the water carrier for White folks, who reward him accordingly at the expense, I believe, of the greater Black community. And Cee's comment that Springfield is not ready for a Black sheriff is merely a mirror reflection of that relationship and why Black Springfield is on the edge of missing out on its political potential ... and why White Springfield may forever remain in the dark over what it has lost by encouraging the Ray Jordan style relationship that has stifled so much Black potential over the years.

IF YOU CAN'T BEAT 'EM, CHEAT 'EM

Republicans in states across the country have embraced voter I.D.

laws that are designed to suppress the minority vote and the federal courts have pushed back on their efforts. The most recent decision handed down by the 5th U.S. Circuit Court of Appeals found that the Texas I.D. law requiring one of seven specific types of I.D. was unconstitutional in that it had a disproportionate impact on minorities and the poor. The Circuit Court returned the case to the lower court to craft a solution that would eliminate the discriminatory impact. These repugnant Republican-inspired laws are being struck down across the country and rightfully so. No study has been able to show a significant problem of voter fraud anywhere in the country and it is good that the courts are exposing these voter I.D. laws for what they are: A Republican Party attempt to manipulate the vote in their favor even if it means denying the vote to a significant portion of the population. One would hope that the emergence of Donald Trump as its unanticipated and much unwanted Republican nominee for president of the United States, driven to the top of their ticket by a reactionary and motley crowd of lesser players, many of whom are the products of Richard Nixon's and Ronald Reagan's deliberate “Southern” strategy that is wrought with racism and ethnocentrism, will finally make responsible Republicans realize the need to take drastic action to save their party before Trump wins and guarantees that the Republican Party as they know it and want it to become will no longer exist. And the first steps they must take are to recognize the failure of the “Southern” strategy and the immorality of the racist “If you can't beat 'em, cheat 'em” strategy that undergirds these fake voter I.D. laws.

THEY INDICTED YOU BECAUSE YOU'RE STUPID

Black U.S. representative Corrine Brown of Jacksonville, Florida is not a Clinton. And her claim of racism after the charity for poor stu-

dents that she and her chief of staff, Elias Brown, were indicted for because of allegations that the money was used to enrich themselves, rings hollow. The fact is, they got a little power and forgot they were Black in America. They thought they could do what is nearly routine among their White counterparts and like so many other prominent Black folks who made the same mistake and are spending or spent time in federal prison (some very recently), she and her chief of staff will be joining them. Come on! It's not rocket science! Black elected officials do not only have to be better than their White counterparts, they also have to be “cleaner” before the law in a political system that is built on corruption. If I was giving the congresswoman advice, I would advise her that they didn't indict them so much because of racism. They indicted them because they are stupid!

MARIJUANA MAY BE THE ANSWER

A recent study suggests that medical marijuana laws in 17 states have led to a decline in the number of prescriptions written by doctors. “The study, one of the first to investigate whether medical marijuana laws alter prescribing patterns, analyzed data from 17 states and Washington, D.C. It found that after medical marijuana laws were adopted, doctors wrote fewer prescriptions for Medicare patients diagnosed with anxiety, pain, nausea, depression and other conditions thought to respond to marijuana treatment.” (*The Boston Globe*, July 7, 2016)

“GUN CONTROL WON'T FIX CHICAGO”

The headline in a Jason Riley Opinion article in *The Wall Street Journal* (July 6, 2016) heralded the fact that gun control won't fix Chicago where 64 people were shot over the Fourth of July holiday weekend after 69 had been shot over the Memorial Day weekend. Riley pointed out that “51% of rural residents own a firearm, versus only a quarter of city dwellers, but urban areas have much more gun violence.

Similarly, only 19% of blacks and 20% of Hispanics report owning guns, versus 41% of whites, yet gun violence among blacks and Hispanics is much more common.” And Riley arrives at the asinine conclusion that “If the overwhelming majority of gun owners in the U.S. act responsibly, is the bigger problem the number of guns or the small minority of irresponsible owners? And if the perpetrators of gun violence are consistently concentrated among certain racial and ethnic groups, isn't it more likely that culture – say, attitudes toward established authority in general, and officials in the criminal justice system in particular – tells us more about gun violence than the number of firearms in circulation?” It's his use of the word “culture” in tandem with the terms black and Hispanic that I take offense at. He could have referred more gently to a culture of poverty or of unemployment. Or have been a bit more generous and referred to a culture of exclusion or a prison-industrial-complex culture or a “let them eat cake” culture. Or, more on point, a “gun profit” culture! I might have even let him off the hook if, in his ignorance, he used the term “inner-city culture,” as inaccurate and overly inclusive as the term is. But to suggest – all but declare – that gun violence in the inner city is a product of “Black culture” and “Hispanic culture” is unspeakably racist and unbecoming of a *Wall Street Journal* contributor. The explanation for gun violence in predominantly Black and Hispanic urban areas is far more complex than that.

TRUMP CAN WIN

Don't get caught up in the denials of all these folks who say they don't want Donald Trump as our next president. Many of the naysayers simply don't want you to know that they want Trump, bigotry and ignorance and all. He makes them feel good. He is the leader they have been waiting for. He says what they believe and often deny they believe even though he doesn't believe it himself. He's a master huckster ... a salesman *par excellence*. He's herd-

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DID THIS MAN SAVE THE DUNBAR?

continued from page 1

tion and retaining the new section for traditional Dunbar events. Since that time, the church voted to give the pastor authority to move forward.

In the meantime, it was brought to the attention of *Point of View* that former state representative Raymond Jordan had summoned the candidates for sheriff individually to meetings at his home to explain to those present why that particular candidate should receive the Black community's votes. Mike Albano attended in his turn and the subject of the Dunbar was raised and Albano expressed his intention to do all that he could to save the Dunbar and offered to meet with some of those present and expressed concern that more had not already been done.

From that point on some strange things began to happen in rapid succession. Mayor Domenic Sarno, who had been absolutely silent on the matter of the Dunbar's future, suddenly, within a few days of Albano's commitment, came out with a vague statement that the city was going to consider ways to help save the Dunbar.

In the meantime, Albano went to work. He made several moves but the most important was his meetings with the Mt. Zion folks whose efforts had not yet gained traction, although they had made an initial May 9, 2016, unanswered inquiry to the Dunbar "Board," as confirmed in a letter from Pastor White to Albano, a copy of which Albano recently released in a newsletter as an attachment to a July 21, 2016 news release in which Albano stated, "On Monday, a financial agreement was negotiated with Republic Financial Corporation ... by Councillor Albano which halts foreclosure proceedings; saves this community landmark from closing; and will allow Mt. Zion to operate the (Dunbar) center going forward."

I have spoken to enough people involved in the process to know that Albano's comment is substantially accurate. An offer has been made by Mt. Zion that it appears has been ac-

cepted by Republic Financial Corporation (the mortgage holder), and the normal "due diligence" for closing on a property deal has commenced.

In the meantime, while all of this was taking place quietly behind the scenes, City Councilor Bud Williams, who is a member of Mt. Zion, wrote a news release, which City Councilor Justin Hurst signed, demanding that the city do more than just talk and step up to purchase the Dunbar and preserve its programming. Whether or not Bud Williams knew at the time that his church had made an offer is unknown. Councilor Hurst certainly did not know.

Within a few days of the release of Councilor Williams' news release, Mayor Sarno, who had ignored the Dunbar dilemma for years, suddenly made an offer of \$500,000 to buy the Dunbar building, which placed the city in direct competition with Mt. Zion. Nobody will ever know for sure why the mayor suddenly stepped up to the plate after all these years except for the inside players. And they are not talking publicly. But it appears that he was feeling the heat.

The sudden emergence of competition between Mt. Zion and the city for the salvation of the Dunbar is most certainly connected to the race for sheriff. The mayor and his associates, including Raymond Jordan and his followers, have thrown their support to City Councilor Tom Ashe, who wouldn't have been given a second thought until the in-crowd feared a win by Albano.

And, rightfully so. Ashe is a nice guy with featherweight credentials while Albano is, by far, the most qualified candidate in the race. But unlike Ashe, Albano will not go along to get along and the Tom Ashe supporters know it, which is the primary reason they are suddenly and frantically supporting Tom Ashe *en masse*.

So the last thing that the Ashe supporters want to happen is for the vitally important Black voters to know that sheriff's candidate Albano cares more about the salvation of the

Ben 
Swan Jr
State Representative



From Springfield, For Springfield

"Springfield is my hometown, where I was born and raised by activist parents who instilled in me a commitment to community, an appreciation for justice, personal confidence, as well as a sense of humility.

From my decades of experience working in the corporate world at the cutting edge of technology, parenting three awesome daughters and a foster son, and actively volunteering in the community with a number of organizations, I have witnessed some of the most dramatic changes in our history. However, despite all of the technological changes, our human understanding and development sometimes fall short.

I recognize that in our society what we all share is our Constitution and the rights that flow from it. We must defend those rights. Further, we should exercise responsible ownership of our government and our communities. In that vein, I offer myself to be the next State Representative of the 11th Hampden District.

I will not make hollow promises. However, I do promise to be a deliberate steward of the office, to listen and to responsibly represent your concerns and interests in Boston, and to provide effective constituent services here in Springfield."

www.BenSwanJr.org
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Dunbar than the mayor and his associates because that knowledge might stampede the Black vote for sheriff in Albano's direction.

Nobody knows for sure what the final outcome will be for the Dunbar. All we know is that for the first time in years of the community agonizing over the fate of the Dunbar, the move to save the building and the legacy that surrounds it has taken wings.

We also know that Republic Financial Corporation ("Republic") and its predecessors have repeatedly rejected offers of \$500,000, an offer which the mayor has repeated. And we also know that Mt. Zion has offered more than \$500,000 after Mt. Zion members voted to give Pastor White a million dollar negotiating ceiling and the authority to pursue financing, which is presumably part of the reason why Republic is rumored to be cooperating with the church and not with the city.

We also know that Ellen Freyman, chairperson of the Dunbar board, who is organizing a tremendous fundraising campaign for Dun-

bar programming for October, supports the mayor's offer. And we know that Alton King, who is also a member of the Dunbar board, supports Mt. Zion in a big way. And we know that to purchase the Dunbar building without the support of the board would be complicated. And we know that whoever gets the cooperation of the board will have the easiest time of it. So, unless the two parties come together and work out the details, get ready for a board war.

But with or without the support of the board, the real key is the mortgage holder, Republic Financial Corporation. It doesn't need the cooperation of the board to foreclose on the property and to then sell it to whomever they please at auction or otherwise. On the other hand, Republic can simply sell the note on the mortgage to whomever it pleases and the purchaser can foreclose on the Dunbar board.

I know it is legal gobbledygook but I give credit to the intelligence of our readers who want to know what's

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EDUCATION

PARENTS & COMMUNITY

Passion & Purpose

By Patricia Spradley



Patricia Spradley is Chief Administrator for Parent and Community Engagement, Springfield Public Schools (413) 787-6597

Most of us have heard the expression “follow your passion.” So what about young people, or even older people, who don’t have a clear idea what they’re passionate about? This can be challenging. It takes time to develop a direction that feels so right that you never want to turn away from it.

One way to figure out what might be your passion is to close your eyes and envision a life that makes you light up—the things you love to do more than anything else. You don’t have to think twice about it. You wish you could do it whenever you want to. It’s that dream or strong desire you have, but others think is ridiculous. It’s the stuff that business and entrepreneurs thrive on!

You may not yet be able to determine your passion, but moving toward what interests you is a good start. Highly engaging career paths are developed, not discovered. Julia Child had no idea when she graduated from college that she would fall in love with French cuisine and start writing cookbooks in her late 30s. Similarly, independent business owners and entrepreneurs, who for many years worked for someone else, consciously choose to venture out on their own. The reasons are endless. Consider your first job as an opportunity to begin an unpredictable, inefficient trial-and-error process. This job and every subsequent one allows you to pick up valuable skills and insights. All worthwhile.

Don’t overthink it, though. Sometimes you need to just go for it,

like the Nike slogan says “Just Do It”! Because the ability to pursue your personal dreams and desires is exhilarating and rewarding, putting you in the driver’s seat! You get to determine how slow or fast, the ride.

He has a purpose for each of our lives and it’s up to us to seek it. We’re hard-wired not only to satisfy our personal desires but also to care for others. These motivations are not mutually exclusive either. In fact, personal interests and caring for others are dual engines for real motivation. We ask ourselves things like, “What problem can I help solve? What way can I contribute to the world being a better place? How can I help others? How can I make a difference?” Questions like this can be gratifying for us and others. It’s amazing how reflecting on these core values positively affects our motivation. It’s what drove me to finally realize that my purpose is to “Mentor and Motivate Millions”!

When your purpose is revealed, everything begins to make sense. I oftentimes wondered why He took me out of the private sector, into the public school system. But the great fortune I have to mentor, motivate and build capacity within parents and families, is all a part of His plan. Writing for the *POV* for the last 10 years, being able to inspire and uplift my readers, is an opportunity that I don’t take lightly. And being business partners with my husband for an International Health & Wellness organization is an absolute blessing and no accident! He provides opportunities and people in our lives for a purpose. It is up to us to pay attention to the signs. So, find your passion. Seek your purpose. And work your passion, with purpose! ■

READING TO SUCCEED

The First 5 Years Of A Child’s Life Is Critical

By Sally Fuller



Sally Fuller heads the Reading Success by 4th Grade (RS4G) initiative for the Irene E. & George A. Davis Foundation, to build community support and align efforts for all Springfield’s children to read proficiently on the 3rd grade MCAS. www.readby4thgrade.com

Eighty-five percent of a child’s brain development takes place in the first 5 years of life. This means that the interactions of parents with their children in the first 5 years of life will determine the children’s pathway to success.

What does that mean?

Parents, you are your child’s first teacher, and every moment with you is a nurturing, loving, teachable moment.

So....if we were in charge of the world and all the parents in it, here’s what we would ask them to do:

Talk/read/sing/play/write with your children, *beginning at birth*, in the language in which you are most comfortable.

Read aloud with your child for 20 minutes every day. 5 minutes at a time is okay...it doesn’t have to be a 20-minute chunk of time. **(Did you know that for every year you read with your child, their average lifetime earnings increase by \$50,000?)**

Have back and forth conversations with your child. Ask a question. Listen for the response. Respond to what they say.

Let your child pick his/her own books. They will be more likely to read if the books interest them.

Don’t always try to answer their questions. Children are natural explorers and scientists. Let them use their curiosity to

figure things out.

Let your child see you reading. You are their role model.

Send your child to school every day—beginning in preschool. Good attendance habits begin early and carry through life.

Set routines for your child. They thrive with established bedtime, reading-together time, family meal time, homework time.

Take your child for walks in the park and talk about what you see. Talk about the importance of fitness and exercise.

Take your child grocery shopping and talk about healthy eating. Talk about the foods that they see... what color are they? What letter do they begin with?

Engage your children in enriching summer activities at home or in the community. There are lots of free summer activities, like the Springfield City Library Summer Reading Club.

Send your child to school every day. Every minute they spend in the classroom is a teachable moment.

Parents, you are your child’s first teacher, and every moment with you is a nurturing, loving, teachable moment. ■

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EDUCATION

EARLY EDUCATION & CARE



Nicole Blais is Director of Community Engagement HCS Head Start, Inc. blaisn@headstart.org

Children Are Blooming At Head Start

By Nicole Blais

Summertime provides the perfect backdrop to incorporate fresh fruits and vegetables into your family's diet. The recommended approaches to living a healthy lifestyle include eat at least 5 fruits and vegetables a day, keep screen time (like TV, video games, computer/tablet) down to 2 hours or less per day, get 1 hour or more of physical activity every day, and drink 0 sugar-sweetened drinks and swap out

soda, sports drinks and even 100% fruit juice with milk or water.

Eating at least 5 fruits and vegetables every day can be a challenge but the summer months make it a little easier with the abundance of produce available at local farmers markets and grocery stores. Bring your preschooler with you to the market and examine the native tomatoes, shuck corn, smell peaches and describe the differences between the various greens that can be found during this fruitful season. It just might entice your picky eater to try something new.

Head Start classrooms have in-

roduced the topic of good nutrition through gardening. Children learn valuable lessons when gardening such as patience and responsibility and they begin to understand where food comes from.

A great way for the children to enjoy the fruits of their labor is when they prepare a healthy snack and the children have enjoyed making salsa. Children who are well nourished have the energy to learn and helping children establish healthy eating habits early are critical for a child's developing mind and body. I have included a salsa recipe that I hope you will enjoy as well as the children do.

Ingredients

5 medium tomatoes cut into ½-inch pieces
1-2 jalapeños seeded and minced
2 garlic cloves minced
¼ medium red onion chopped
3tbsp. fresh lime juice
½ tsp. salt
⅛ tsp. black pepper
1 tbsp. cilantro chopped

Instructions

In a bowl, gently stir together all the ingredients.

Enjoy!

(Recipe from Cooking with Kids, Inc.)

Happy gardening!

EDUCATION & HOPE



Gianna Allentuck is an Adjustment Counselor at Elias Brookings School, Volunteer, Wife and Mother. For questions or comments on uniting in hope, call (703) 930-0243

Echo of Change

By Gianna Allentuck

continued from page 1

tensions will be resolved. More specifically, education through communication of the messages from both sides.

In writing this piece – now almost two years later – I realize that the questions I asked then regarding space for my voice have since gone unanswered because the voice I really need to hear from is the voice of the leaders on either side of this canyon of conflict. The angels on high.

I am not asking that all causes have the same message, but rather that all those representing a specific cause speak the same language and share the same message for that cause.

There is a difference.

In order for me to be a positive, productive, active participant of change, I need to be educated by the leaders on the true, genuine messages of the groups so that I no longer fall

prey to the partial media reports, data from unnamed sources, controversial Facebook posts, unsubstantiated blogs and vlogs, doctored videos, and premature breaking news accounts...

My ears bleed, eyes tear, and heart breaks from the voices claiming to bring the word from above. Many preaching for unity and peace while factions and fractions from within unknowingly widen the divide...

On a daily basis, I am being told as a white woman to speak up because my silence means I am siding with the oppressor. That my silence is equal to the death of a black man. Then I am told when I speak what I say means nothing because I am white and cannot understand what it means to be black. If I support Black Lives Matter (BLM), I am anti-cop. If I support cops, I am anti-Black. That Black Lives Matter doesn't call for or condone killing cops while videos, pictures, and posts of black men and women in BLM t-shirts and holding BLM banners stomping on the American Flag and calling for the killing of

cops and screaming "f the pigs" splatter the internet. These images clogging my thinking space along-side posts and accounts that cops aren't racist that are refuted by pictures or audio tapes of cops using the "n word" or other derogatory terms to describe black people. Or cops posting and posing with images and symbols of racism. Or cops using excessive force in incident after incident.

My media streams are filled with quotes from Ronald Reagan, Donald Trump, the Bible, Reverend Martin Luther King, Jr. and Malcolm X; talk of Civil War and a real life purge; historical references modernized and diluted by hashtags; and people saying that just because one black person commits a crime does not mean all black people are criminals, while a split screen shows those same people calling out all cops as racists because a few actually are.

Since my request for help standing up from the middle, mixed messages from all sides and pockets of

anger, hate, love, peace, frustration, clarity, understanding, misunderstanding, hope, despair, unity, and division have filled that void of knowledge from which I was trying to escape. That chasm of separatism that I wanted to help bridge with my voice is now filled with layers of discrepancy and suffocates me. Stealing my air – my ability breathe. To speak. To move with my voice in any direction.

The irony of my suffocation is not lost on me, so I remain silent. Paralyzed by confusion.

And I wait. I wait for a message of clarity. Conviction. Consistency. Move myself to no longer aim to speak to that of which I do not – cannot – know, but rather to pray to the angels on high to reveal themselves; bringing with them a message of guidance so that I know where to go and whom to follow.

In my prayers, I ask the angels to sing us their songs of truth. Justice. Accountability. Diversity. Deliverance. Grace. Unity. Strength. Freedom. Of peace. I tell them that we, the people, are the mountains of change, and implore them to educate us – and trust that we will echo... ■

BUSINESS & FINANCE

BLACK WOMEN ENTREPRENEURS



Natasha Clark is cofounder of Lioness, the digital magazine for female entrepreneurs.

Black Women Are The Fastest Growing Segment of Entrepreneurs in the U.S.

By Natasha Clark

A few months ago, I called up Felecia Hatcher, founder of Code Fever, a coding and startup school for low opportunity and high potential students in Miami. She is one of many Black women who are leading the way during a season of change in the entrepreneurial landscape in America. I couldn't help but admire the fierceness in which she advocates for what she wants – to even the playing field.

While women are a driving force behind new successful companies on the scene, Black women are launching companies in droves. The number of businesses owned by African American women has grown by 322% since 1997. So why aren't we getting funded?

I would be remiss if I didn't note that it's only been 28 years since legislation eliminated state laws that required women to have a male relative cosign a business loan. That's not that long ago. So while things are progressing, it's moving at the speed of a leaky, dripping faucet. It's obvious the problem has many complexities

and visibility is just a slice of it. In a 2013 article for Forbes magazine, CEO Lisa Nicole Bell of Inspired Life Media Group named mindset, one-woman businesses that aren't scalable and being able to properly pitch our businesses as some of the reasons women of color have issues with funding.

This year digitalundivided released their #ProjectDiane report, a proprietary research study about the state of Black women in tech entrepreneurship in the United States. They studied more than 88 startups led by Black women founders. One of the many startling reveals is that Black women startup founders raise \$36,000 on average, while the average (mostly white male-led) failed startup raises \$1.3 million.

When I asked Hatcher about the current state of Black women in tech, you could hear the disappointment in her voice: "God, we are so far behind," she said. But thanks to women like Hatcher, Kathryn Finney, Angela Benton and a host of other Black women tech entrepreneurs, the con-

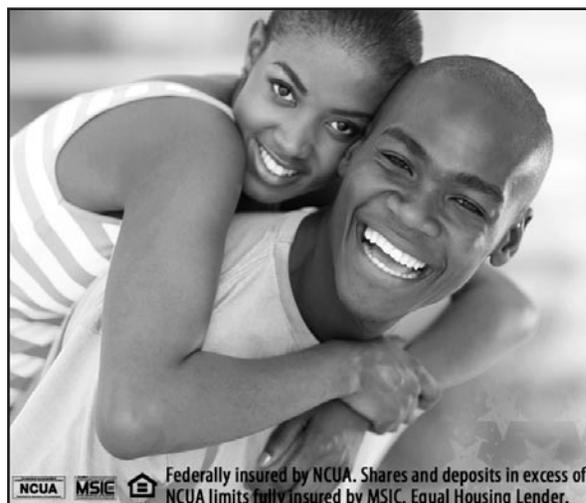
versation is changing. Their work pushes women of color to the forefront, not only by shining a light on what needs to change, but by creating opportunities for their fellow entrepreneurs to find funding, publicity and the access to the basic necessities startups need in order to have a chance to survive.

Kathryn Finney has recently launched a new accelerator for Black and Latina women.

"We're super excited to announce that applications for the first class of the BIG Accelerator is now open. BIG is the first accelerator program for exceptional startups led by

Black and Latina women founders. Based in Atlanta, the accelerator is supported by the SBA Growth Accelerator Fund, Surdna Foundation, Wells Fargo and Echoing Green," Finney said.

The BIG accelerator is a 4-month world class tech accelerator program that provides training in start-up methodologies, access to 100+ powerhouse mentors, office space for up to a year, an open door to digitalundivided's alumni network of women of color founders, and possible seed funding from Maya Venture's Harriet Angel Syndicate. Learn more at digitalundivided.com. ■



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*Doris Harris, Editor
Prevention Specialist
Caring Health
Center, Inc.
Doris can be
contacted at
dorharris77@hotmail.com*

Support Your Local Farmers Market

By Doris Harris

Whether you live in a city or suburban area, a farmer's market is a wonderful venue to buy a variety of fresh produce at an affordable price. This means that the food that you are purchasing comes from nearby and is grown in your own environment,

where it has perfectly-created nutrients for your specific climate and region. The advantage of a farmer's market is that the consumer has the opportunity to talk directly to the farmer, learn about growing methods, discuss what the product is, and how to cook and store it.

Eating fresh, locally grown fruits and vegetables are great for your health. There is usually an amazing variety of fruits and vegetables at your local farmer's market. Each farmer

may have his own growing methods and varieties of tomatoes, greens or peppers. Also, by shopping at your farmer's market you are supporting local individuals which results in better deals for consumers.

The produce and food that are grown both naturally and organically offer the best taste quality because the products are picked at their very peak of flavor and are able to retain their nutritional content and do not need to travel very far to get to you.

Overall, eating fresh, locally grown fruits and vegetables are great for your health. Farmers' markets are fun for the whole family and can be an exciting place to meet, greet and increase your health for your body, mind and wellness.

Farmers' markets are located throughout western Massachusetts and the city of Springfield. Contact Masslive to find one nearest to you. ■

Own It

By Anika C. Thrower, PhD



*Dr. Anika Thrower,
MPH, CLC
WIC Program Manager at
Cornell Scott Hill Health
Center Adjunct Facility at
Springfield College
Admire the storms...prioritize
your health and enjoy your
wealth*

As health-minded individuals, we are always trying to find ways to be healthier. During the warmer months, we tend to try to make good use of our extended days full of sunlight. Goals could include taking the dog for an extra walk, resolving to get more rest on the weekends or playing summer sports. In our quest to be healthier, it's easy for us to make comparisons to those people around us. It's healthy to admire or aspire to be better. However, when we allow other people's perspective to overshadow the work we are doing on ourselves, we unknowingly set ourselves up for failure. Let's review some ways we can own our journey:

Without regret

The best way to move forward with our wellness goals is simply not to stop. Many

times we get on a good streak of being conscious of incorporating new health habits then we fall off the wagon. Sometimes these reasons are out of our control. It happens to the best of us. In the times when we cannot be as health consistence as we would like, consider other ways to be healthy. This could mean watching portions, limiting snacks and/or resting more. As soon possible pick back up on the wellness journey. Move forward without regret but know a toolkit full of lessons learned is invaluable.

Embrace the solo journey

Motivating ourselves is not always easy. Though our friends and families wish us well and respect our journey, we will not always have their full support. This does not mean they care less. It could simply mean our close friends and families have different viewpoints and priorities. The times when someone shares our inter-

ests or inquires about our progress should be seen as the cherry on the top. There will be times where we have to resolve to be our own cheerleader. Embrace the solo journey; cheerlead on!

Know your why

It's imperative that we know why we want to accomplish a particular health-based goal. Is it for weight loss? Decreasing dependence on medication? There could be several reasons; whatever the case, try to be precise. Knowing the why allows us to hang our hat onto our vision even when it becomes blurred or we feel weak.

Speak it into the universe

Being a lone ranger (or our own personal cheerleader) is courageous! But why not enlist an army of supporters? It's a way to keep positive conversations flowing about special goals and more importantly a way to be ac-

countable. Literally speaking our goals out loud and to others who have an interest in our well-being indirectly, has a way of keeping us on track more often.

Dear Robust Reader,

Our journeys are unique. It is when we live without regret, embrace the solo journey, know our why and speak our goals into the universe that we begin to reap the cost to positively surpass our current health status. Simply put, we can rightfully own it.

Next month we will be discussing another health-based topic. Please forward your thoughts, comments, and ideas, as they are important to me to: anika.thrower_phd@yahoo.com attention: Anika. ■

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HEALTH

YOUR HEALTH

Baystate  Medical Center

Baystate Medical Center Physicians and Nutritionist Weigh in on FDA's New Voluntary Guidelines for Restaurant Chefs and Food Manufacturers To Reduce Sodium in Their Foods



SPRINGFIELD, MA – Put down that salt shaker!

At least that is what the Food and Drug Administration (FDA) wants restaurant chefs and food manufacturers to do with the knowledge that half of the money spent by Americans on food goes to restaurant food. On June 1, the FDA issued draft guidance to the food industry for voluntarily reducing sodium in processed and commercially prepared food. They are asking them to reduce the salt they add to their food products by one-third over the next decade, falling short of making their recommendations mandatory.

Their action aims to empower consumers and reduce sodium consumption to prevent premature illnesses and deaths. The goal is to cut average adult salt consumption from 3,400 milligrams a day to 2,300. The average American consumes almost 50 percent more sodium than recommended by most experts, says the FDA. However, most research suggests that there is a lower limit of salt intake – at about 1,000 mg of sodium per day – below which reducing your salt intake does not add any health benefits.

“It is important to remember that, for the large majority of Americans, more than 80% of their dietary sodium intake primarily comes from pre-processed foods. Chances are, if

you buy food in a box, package, or container, the food industry has probably added much more salt than you realize. For example, frozen chicken is soaked in salt before freezing. Most canned vegetables have been salted. Most cereals, breads, and grains already have salt in them,” said preventive cardiologist Dr. Quinn Pack of the Heart & Vascular Program at Baystate Medical Center.

“This is great news. Excessive consumption of sodium may cause high blood pressure, which can contribute to heart disease and stroke, the leading causes of death in the United States,” said Allison Clark, RD, a clinical dietitian at Baystate Medical Center.

“Avoiding excess salt is important for general health, but it is particularly important for people with high blood pressure. Reducing salt intake and eating lots of fresh food is often as strong a medicine as an actual drug for high blood pressure,” added Dr. Pack.

Clark noted that although the request to lower salt in foods is voluntary, it may be a useful marketing strategy for businesses to add appeal to their menus.

“A gradual change in the sodium content over time will help with a less noticeable product transformation. When dining out, it is difficult to know the sodium content if nutrition facts are not readily available and this may help to bring it to the spotlight,” said Clark.

According to the FDA, as a food ingredient, sodium has multiple uses, such as for curing meat, baking, thickening, retaining moisture, enhancing flavor, and as a preservative.

Some common food additives – like monosodium glutamate (MSG), sodium bicarbonate (baking soda), sodium nitrite, and sodium benzoate – also contain sodium and contribute, although in lesser amounts, to the total amount of “sodium” listed on the Nutrition Facts Label.

There are five kinds of salt that should be avoided: white, black, red, green, and yellow salt. Most people are familiar with white table salt, but watch out for soy sauce, ketchup, pickles/relish, and mustard. “These are loaded with salt,” said Dr. Pack.

Surprisingly, some foods that don’t taste salty can still be high in sodium, which is why using taste alone is not an accurate way to judge a food’s sodium content, say FDA officials. For example, while some foods like pickles and soy sauce are high in sodium and actually taste salty, there are also many foods like cereals and pastries that contain sodium but don’t taste salty. Also, some foods that you may eat several times a day, such as breads, can add up to a lot of sodium over the course of a day, even though an individual serving may not be high in sodium.

What’s a person to do? Clark noted there are many ways to reduce your sodium intake:

- Experiment with your baked goods – reduce the salt in half, or even omit it from a recipe. Use lettuce for a wrap instead of bread or a roll.
 - Try fruit with whipped cream instead of a pastry for dessert.
 - For breakfast, old-fashioned or quick oats are a low-sodium option rather than instant oatmeal and can be made in the microwave as well.
 - Don’t forget about your beverages. Sports drinks and some sodas contain sodium.
- “For people on a high salt diet who are concerned that food won’t taste good, most research suggests that if you just give it at least two weeks, your taste buds will re-adjust to the lower salt diet and begin again to taste the salt that is in your food,” said Dr. Pack.
- And, cardiologist Dr. Heba Wasif of the hospital’s Heart & Vascular Program has yet another idea.
- “Why don’t grocery stores consider establishing a low-salt aisle to assist those looking for low-salt options. It’s a good way to keep their customers and our patients healthy and out of the hospital,” she said.
- For more information on heart disease and stroke and their association with high blood pressure from too much salt, visit the Baystate Heart and Vascular Program at www.baystatehealth.org/bhvp. ■
- Invite friends over for a home-made meal rather than going out to eat as often.
 - Check food labels and omit salt when cooking.
 - Add extra vegetables (fresh, frozen or no added salt canned) to a dish for a low sodium ingredient.
 - Use lemon juice, herb blends or fresh herbs to season your foods.

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“OUR MOTTO IS, WHEN THEY GO LOW, WE GO HIGH”

First Lady Michelle Obama’s Speech at the Democratic National Convention



First Lady Michelle Obama Speaks at the DNC

Philadelphia — July 25, 2016 — Thank you all. Thank you so much. You know, it’s hard to believe that it has been eight years since I first came to this convention to talk with you about why I thought my husband should be President. Remember how I told you about his character and conviction, his decency and his grace — the traits that we’ve seen every day that he’s served our country in the White House.

I also told you about our daughters — how they are the heart of our hearts, the center of our world. And during our time in the White House, we’ve had the joy of watching them grow from bubbly little girls into poised young women — a journey that started soon after we arrived in Washington, when they set off for

their first day at their new school.

I will never forget that winter morning as I watched our girls, just seven and ten years old, pile into those black SUVs with all those big men with guns. And I saw their little faces pressed up against the window, and the only thing I could think was, “What have we done?” See, because at that moment, I realized that our time in the White House would form the foundation for who they would become, and how well we managed this experience could truly make or break them.

That is what Barack and I think about every day as we try to guide and protect our girls through the challenges of this unusual life in the spotlight — how we urge them

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**Helen R. Caulton-Harris
Director**



Meet and Greet Candidates for Local and State Office

Library, Elections Office Co-sponsor Civic Engagement Event on August 10th

SPRINGFIELD – July 26, 2016 – The Springfield City Library is partnering with the City’s Election Commission to offer Springfield residents an opportunity to meet candidates for local and statewide offices. Participants can bring their concerns, ask questions and hear directly from candidates at the free event planned for the **Central Library, located at 220 State Street in Springfield, on Wednesday, August 10th from 5:30 p.m. to 7:30 p.m.** While there, people can also check their voter status, find out where their polling place is

and register to vote. The event is timed to allow people to get registered before the August 19th deadline for the September 8th primary.

“Typically, most of the attention is paid to November elections. But many races will be decided at the September primary elections, so we wanted to highlight them. Partnering with City of Springfield Election Commissioner Gladys Ovalo means that this event can be one-stop shopping for residents: learn about all the races and the candidates, and make sure you are registered to vote at the same time,” said Assistant Director for Public Services Jean Canosa Albano, leader of the Springfield City Library’s Civic and Community Engagement Team, who added, “We expect that candidates for all the offices on the ballot will be in attendance.”

City of Springfield - Board of Elections

City Hall - 36 Court St, Room 8 - (413) 787-6190

Important election dates and deadlines...

- Last day to register before the State Primary - Friday, August 19th - 8pm.
- STATE PRIMARY - THURSDAY, SEPTEMBER 8TH
- Last day to register before the General Election - Wednesday, October 19th - 8pm.
- GENERAL ELECTION - TUESDAY, NOVEMBER 8TH

3 Things to Know Before You Go!

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ARE YOU REGISTERED?

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2

ARE YOU ACTIVE?

If you are inactive you may have to spend extra time filling out forms at the polls.

3

WHERE DO YOU VOTE?

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First Lady Michelle Obama's Speech at the Democratic National Convention

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to ignore those who question their father's citizenship or faith. How we insist that the hateful language they hear from public figures on TV does not represent the true spirit of this country. How we explain that when someone is cruel, or acts like a bully, you don't stoop to their level — no, our motto is, when they go low, we go high.

With every word we utter, with every action we take, we know our kids are watching us. We as parents are their most important role models. And let me tell you, Barack and I take that same approach to our jobs as President and First Lady, because we know that our words and actions matter not just to our girls, but to children across this country — kids who tell us, “I saw you on TV, I wrote a report on you for school.” Kids like the little black boy who looked up at my husband, his eyes wide with hope, and he wondered, “Is my hair like yours?”

And make no mistake about it, this November, when we go to the polls, that is what we're deciding — not Democrat or Republican, not left or right. No, this election, and every election, is about who will have the power to shape our children for the next four or eight years of their lives. And I am here tonight because in this election, there is only one person who I trust with that responsibility, only one person who I believe is truly qualified to be President of the United States, and that is our friend, Hillary Clinton.

See, I trust Hillary to lead this country because I've seen her lifelong devotion to our nation's children — not just her own daughter, who she has raised to perfection — but every child who needs a champion: Kids who take the long way to school to avoid the gangs. Kids who wonder how they'll ever afford college. Kids whose parents don't speak a word of English but dream of a better life. Kids who look to us to determine who and what they can be.

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COMMUNITY

POLITICAL HAPPENINGS - SPRINGFIELD



Justin Hurst, Esquire
At-Large Springfield
City Councilor
jhurst@springfieldcity-hall.com
413-374-5844

Questions Swirl Around Springfield's Medical Marijuana Dispensary

By Justin Hurst, Esquire

After reviewing the special permit and host agreement again for the impending medical marijuana dispensary and hearing from many residents who continue to raise questions about the process, I felt it necessary to write this letter outlining their concerns, and mine, in hopes of getting answers for those residents who have not had the opportunity to address Hampden Care Facility, Inc., the Mayor, or the selection committee that decided that Hampden Care Facility, Inc. was to be the sole provider of medical marijuana in the city of Springfield.

The first concern deals with a lack of transparency in the selection process. Phase 1 of the process began in December of 2014 and apparently did not end until January of 2016 when Phase 2 of the process began and nine companies were deemed eligible to move forward. During Phase I of the process, which took over a year to conclude, the public was kept in the dark as to who applied, what the city was looking for in an applicant, and what minimum requirements were necessary to move on to Phase II.

Similarly, in Phase II of the process which began in January of 2016 when six qualifying responses were received, there was no explanation as to how any of the six applicants met the qualifications to move on or even what those qualifications were. Nor were there any reasons given as to why three applicants from Phase 1 were not permitted to move on. While there was one public meeting held in Phase II of the process, many residents felt as though that was not enough considering the significance of the project and impact on the community.

Furthermore, it appears that there was no way for the public to weigh in on the selection process after they heard from the applicants at that one meeting. Questions have arisen surrounding who the key individuals are who own or are managing these companies, how the selection committee ranked each of the applicants, and why the scores have not been made public.

There has also been a lack of information around why Springfield couldn't house their own growing operation as opposed to relying on a plant in Easthampton where that town will be able to capitalize on the jobs and tax dollars stemming from the build-out of a new facility and ongoing growing operations. It raises a significant question as to whether there were any other applicants who included a growing site in Springfield as part of their application. If not, at the very least, a deal should have been negotiated for Springfield residents to reap the benefits of the contracting jobs that will accompany the build-out of the Easthampton facility as well as a percentage of the jobs realized from operating the facility.

The host agreement negotiated by the City of Springfield with Hampden Care Facility, Inc., as it stands now, leaves a lot to be desired and has residents wondering what were the other potential applicants offering. And even more importantly, why was the public not given a chance to scrutinize the host agreement prior to a City Council vote? As a matter of fact, the first time the City Council saw the agreement was four days prior to being asked to approve it at our June Hearings Committee meeting, which means that the City Council was kept in the dark just as much as the general public, giving the impression that this

was the intent. What makes this even more concerning is that our City Solicitor advised many councilors not to engage in discussions with any of the applicants until the process was complete and a host agreement was agreed upon, essentially excluding us and the general public from the process.

Having wisely sent the host agreement to sub-committee, there are still many lingering questions that must be addressed before, in my opinion, it should be approved by the City Council. For example, many citizens want to know, "What are the benefits to Springfield by offering a monopoly to Hampden Affordable Care, Inc. for ten years, excluding any other company from opening up a medical mar-

ijuana dispensary in the city?" If the demand for medical marijuana is there, why are we then going to limit other companies from opening up a dispensary for such a long period of time? This provision appears to solely benefit the company at the expense of the citizens of Springfield.

There is also a provision in the host agreement to give \$50,000 annually to the Police Department yet no one has specified what role they will play in the policing of the facility. Surprisingly, Hampden Affordable Care, Inc. said that they will be responsible for all of the security at the facility and that our Police Commissioner has consented to their security plan, which

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Springfield Technical Community College

COMMUNITY

POLITICAL HAPPENINGS - SPRINGFIELD

Questions Swirl Around Springfield's Medical Marijuana Dispensary

continued from page 14

makes many wonder whether this money could be better spent elsewhere.

The host agreement also calls for “best efforts” to be made in hiring Springfield residents for the 15 new full time jobs created at the dispensary, which we all know is a euphemism for “we will hire who we want from where we want” knowing the city has no way of assessing what “best efforts” looks like. The language is archaic, has never worked to increase the hiring of city residents, and shouldn't be included in this contract or any others entered into by the city. The number of residents to be hired from Springfield should be spelled out in detail using language that is enforceable.

It is also appears from the host agreement that Hampden Affordable

Care, Inc. is committed to working with the East Springfield Neighborhood Council, the Indian Orchard Neighborhood Council, the Springfield Public Schools and the Department of Public Health to negotiate good neighbor agreements. However, many residents I've spoken to want more clarification as to what that entails and why these particular organizations and departments were chosen to receive funds at the expense of others. Furthermore, people want Hampden Affordable Care, Inc. to specify how much they will contribute yearly to these groups prior to us entering into an agreement and I believe it would be irresponsible for us not to put these details in writing.

Lastly, the general public would like the Mayor and his administration to specify their plan for the use of the money that they will receive from the gross revenues of the medical mari-

juana dispensary. I've spent the last two years trying to answer this same question from constituents regarding funds to be received by the city from MGM and I have not been able to give them a definitive answer. As City Councilors, I think we have an obligation to get specific answers for our residents from the Mayor as to how this money is going to be spent prior to approving any host agreement.

Here are a few ideas from Springfield's residents as to what should be done with the additional funds: (1) Open up Putnam in the evenings to offer city residents access to training in different trades, (2) Expand summer employment for our youth, and (3) Hire a Chief Diversity Officer to ensure minorities, women, and veterans have equal access and opportunity to employment similar to what Mayor Walsh has done in Boston. ■

COMMUNITY INFORMATION

Senate Votes To Restore Funding For Early Voting

Funds would implement provision of 2014 election reform law

Boston (July 23, 2016) – Today the Massachusetts State Senate voted to override Governor Baker's veto of funding for early voting, scheduled to be implemented for the first time this year under a 2014 law. The state legislature originally approved a state budget that included an estimated \$1.2 million according to Secretary of State William Galvin to fund early voting. As part of a larger set of vetoes, Governor Baker vetoed funds for early voting, effectively disrupting early voting from beginning this year.

“Early voting encourages civic participation by making it more convenient to vote,” said Senate President Stan Rosenberg. “People lead busy lives, and having only 13 hours to get to your polling place, particularly for people who work long hours, have disabilities, or have family care or health issues, can make it unduly difficult to vote. It is extremely important that we implement our early voting law as intended.”

“My constituents are very excited now that they will have expanded hours to vote in this year's

Presidential election, one of the most important elections in our history,” said State Senator Pat Jehlen. “No one should have to miss out.”

The 2014 law applies to all state elections, excluding primaries, and provides for early voting by mail as well as requiring cities and towns to provide at least one polling place to be open for up to 10 days prior to election day. With passage of the law, Massachusetts joined 36 other states which provided for early voting. ■



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THURSDAY SEPTEMBER 8



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Paid for by The Committee to Elect Mary Hurley



Look for POV's Annual Back to School Education Issue on August 15, 2016.

COMMUNITY

COMMUNITY FOCUS



Mamie Duncan Gibbs

Ellen: We are very excited that you are returning to Springfield to help the Dunbar. What is your history with the Dunbar?

Mamie: I started going to the Dunbar when I was 11 years old. That would have been in 1973. I took acrobatic class for 4 years. I came from a religious home and dancing wasn't allowed. My cousin, Clinton King, convinced my mother that acrobatics was exercise, not dance. Frank Hatchett saw me and said I should be taking ballet. He talked to my mother and then I added ballet, tap, jazz and African dance to my schedule. Dunbar was my home away from home. I would eat and sleep at home and other than school and church, I was at the Dunbar. The friends I had there have been my friends for over 40 years now. I had a later start in dance than the other kids. Some started at ages 3 or 4.

Ellen: You have performed in major Broadway shows. How did you go from Springfield to Broadway?

Mamie: Frank Hatchett staged a production of the Wiz and called it "The Wiz is a Wow!" It was the first time I sang at the Dunbar. I auditioned with "The Feeling We Once Had" and afterwards, you could hear a pin drop. No one knew I could sing. I was like a butterfly coming out of my cocoon. Frank brought performers from Broadway to the Dunbar to work with us and someone told me that I was good enough to do Broadway. We got exposed to so much. We didn't know we were working with famous people. I went to Boston Conservatory of Music for one year. I wanted to be in New York and I had a sister whose job transferred her to Hempstead, New York. She let me live with her, telling me that I could stay with her for free as long as I woke up each day with a purpose. So I went to auditions and also worked at Jack LaLanne Health Spa, teaching exercise classes. They started advertising jazz classes and told me I was the teacher. I knew right then that I needed to be more

Broadway Comes to Springfield! Part II

By Ellen Freyman

This article is an interview with Springfield native Mamie Duncan-Gibbs, who along with some of her Broadway friends, will be coming to Springfield to perform at a fundraiser for Dunbar Community Center on October 9th at Symphony Hall. Ellen Freyman, who is helping to organize the event, spoke with Mamie on July 17th.

serious if I wanted to be on Broadway so I quit the gym and started taking classes with Frank who taught in New York City (as well as Springfield). He gave me a scholarship and I studied like I was in college. I went to auditions and was told I was good. I made sure I was properly prepared. I realized early on that it wasn't always the best dancers who got hired, but the ones who were best prepared. My first show was "Give Me Gershwin." It was a traveling show and we were to perform in Ft. Lauderdale. But when we got there the theater was boarded up. We all stood there crying but long story short, we ended up in a union theater and got our Equity cards.

Ellen: What was your first show on Broadway?

Mamie: My first Broadway show was "Dangerous Games." It opened and closed rather quickly. My first "hit" Broadway show was "Jelly's Last Jam" with Gregory Hines and Savion Glover. Another favorite was being featured with Liza Minnelli at Radio City Music Hall.

Ellen: What is it like performing the same show over and over; the same show day after day?

Mamie: I love it! I am happy to be on stage trying to get it perfect. I know that there is always a person in the audience who worked hard to buy a ticket, so I want to make sure I give my best. Years ago I went to see a show that I was going to audition for and I remember seeing a performer just

walk through the show without putting any effort into it. I had used my last \$40 to buy the ticket and I remember how disappointed I was with her performance. I've never forgotten that and always think about the audience. When I performed in the revival of "Chicago," there was always someone famous in the audience. I was also in the original workshop production of "The Tap Dance Kid" but when it went to Broadway, I didn't get it. My tap was not strong enough. It was upsetting but I focused on my tap training and eventually I got stronger. It was a challenge that I conquered. I share this story because I don't want people to think that show biz is easy! I eventually got another show and was fortunate to work steadily in the business for over twenty years.

continues to page 17



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COMMUNITY

COMMUNITY FOCUS

Broadway Comes to Springfield! Part II

continued from page 16

Ellen: We are so grateful that you are coming to Springfield to perform. And you're putting so much time and effort arranging the show and coordinating with other Broadway performers who you've asked to participate [who are all donating their time]. What made you agree so readily to do this benefit for Dunbar?

Mamie: When I met you in New York and you said you were from Springfield and involved with the Dunbar, I screamed and got so excited because I

love the Dunbar! I grew up there. It was my life. I would go to the Dunbar and stay there 2 to 3 hours practicing. I loved the atmosphere there. The Dunbar was an important part of my life so I want to give back. I ran a youth program in Yonkers, New York called Youth Theatre Interactions for ten years. I started a fundraiser for the non-profit called "Broadway Comes to Yonkers" and it was a great success. I thought we could do the same thing in Springfield. The only difference is that we are bringing in performers who have a connection to Frank Hatchett. Many of the performers started at the Dunbar and

went on to perform on Broadway and in film and television. Others studied with Frank in NYC and went on to have successful recording careers. Frank touched many lives and I'm so grateful they are willing to come to Springfield and say "Thank you." Hopefully, audience members will be inspired in some way after coming to the performance.

You can see Mamie Duncan-Gibbs and additional Broadway stars perform at Springfield's Symphony Hall on October 9th at 3:00 p.m. Tickets are available at foreverdunbar.org. Proceeds from the event will go to the programming at the Dunbar. You can direct any questions regarding the event to Ellen Freyman at 413-575-8655 or efreyman@ssfpc.com. ■

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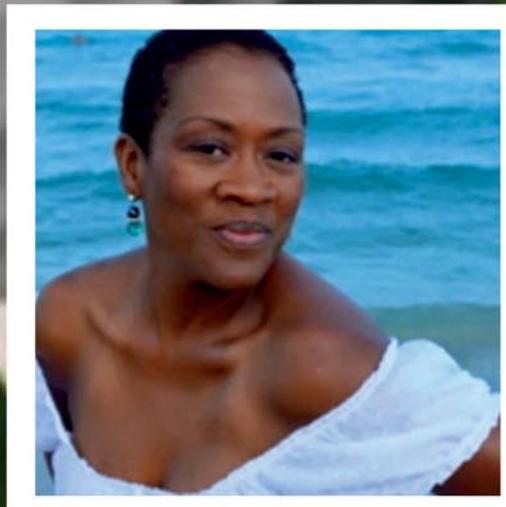
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COMMUNITY

COMMUNITY FOCUS

Leadership Pioneer Valley's 5th Class Presents Community Projects

Thirty-four emerging and established leaders graduate from regional leadership development program



Leadership Pioneer Valley 2016 Graduating Class

Northampton – On Wednesday, June 15th from 2- 6 p.m. at the Smith College Conference Center, 34 Leadership Pioneer Valley participants presented community partnership projects and received certificates of graduation from the 10-month program. Six participant-planned team projects served as the capstone experience for graduates, providing hands-on learning while benefiting communities within the Pioneer Valley.

LPV project teams collaborated with non-profit partners to reach self-produced goals and meet partner expectations. The team projects included working with Girl Scouts of Central and Western Massachusetts on a video, creating a marketing and outreach plan for the Community Music School of Springfield, working with Catholic Charities on a mentoring program for refugee women, organizing an internship program for Amherst Regional High School, and creating a marketing plan for the Franklin County Opioid Task Force.

To fulfill graduation require-

ments, each participant attended day-long monthly sessions from October until May featuring seminar-style leadership development sessions and hands-on field experiences in local communities. Monthly sessions are designed to put the LPV curriculum into action. Throughout the program, participants refined leadership skills, networked and made meaningful connections, and developed a greater capacity for both community trusteeship and cultural competency.

“I’ve greatly enjoyed my year with Leadership Pioneer Valley and am sorry to see it end. Through the program, I have created lasting relationships, explored much of this wonderful region and learned about both leadership and myself. It’s been a terrific experience,” said Jim Pignatiello, MassLive and Class of 2016.

Class of 2016 graduates are a culturally diverse group of 34 men and women representing non-profit, private, educational and public organizations throughout Hampden, Hampshire, and Franklin Counties. Leadership Pioneer Valley Class of

2016 is the fifth graduating class of its kind.

“I know that LPV has a reputation for providing emerging leaders an amazing opportunity to develop their leadership skills and grow their network. As a supervisor, it’s important that managers know they’re supported and that we are investing in them. Our LPV graduates are increasingly influencing programs and services in meaningful ways and, as an organization, our capacity grows,” re-

marked Dr. William Davila, Center for Human Development.

“We congratulate this enthusiastic and eager group of emerging leaders. It has been a pleasure to see the LPV Class of 2016 develop over the past 10 months, and we are very impressed. These graduates have the tools and the desire to really make a positive difference for the Pioneer Valley and its communities,” said Lora Wondolowski, Executive Director of Leadership Pioneer Valley. ■

2016 GRADUATES

Monica Borgatti of Springfield, WGBY • Heather Budrewicz of South Hadley, Town of Southampton • Lakisha Coppedge of Springfield, Mema’s II Family Childcare • Donald Courtemanche of Springfield, *Amherst Area Chamber of Commerce • Adrian Dahlin of Holyoke, Conway School • Damon DePaolo of Torrington, CT, MassMutual • Yvonne Diaz of East Longmeadow, *Health New England • Charlene Elvers of Williamsburg, Springfield College • Joshua Garcia of Holyoke, Pioneer Valley Planning Commission • Desilynn Gladden of Springfield, D.R.E.A.M Studios • Lisabeth Jasniewicz of Northampton, *Smith College • Cathy Jocelyn of Westfield, Westfield Bank • Amy Lantaigne of Springfield, Sisters of Providence Health System • Wilfredo Lopez Jr. of Springfield, NAI Plotkin • Joshua Lubas of West Springfield, MassMutual • Laura Masulis of Springfield, MassDevelopment • Alison Messier of Springfield, Springfield City Library • Latonia Monroe Naylor of Springfield, United Way of Pioneer Valley • Daniel Montagna of Feeding Hills, UMass Center at Springfield • Callie Niezgoda of Holyoke, Common Capital, Inc. • Christy O’Brien of South Hadley, *Center for Human Development • Jacquelyn Ouellette of Easthampton, Cooley Dickinson Health Care • Noel Petrolati of Springfield, Travelers Insurance • James Pignatiello Jr. of East Longmeadow, MassLive • Amy Proietti of Greenfield, Greenfield Community College • Shirley Rodriguez of Springfield, *Health and Human Services, City of Springfield • José Saavedra of Springfield, Latino Education Institute • Lucesia Scammon of Springfield, Baycare Health Partners • Jeffery Sexton of Agawam, Comcast • Sonja Shaw of Springfield, MassMutual • Katherine Sliwa of Chicopee, Health New England • Jennifer Smith of Enfield, CT, MassMutual • Kathleen Snow of Windsor Locks, CT, Baystate Health • Brad Turner of Belchertown, UMass Amherst

** changed positions during program*

COMMUNITY

SPECIAL TO POINT OF VIEW

“Happily Broken” Clementine Bihiga to Address West Springfield Summer Program

By Ann Clanton

Clementine Bihiga, a native of Rwanda, was forced to flee the young country with her family at the age of eight as bullets shot past her head as her mother and youngest siblings piled into a car. Not enough room left for the rest of the family, Clementine and her brothers walked beside the vehicle as bombs exploded beside them. Clementine’s family is among the two million plus refugees from Rwanda.

From April to July 1994, members of the Hutu ethnic majority in the east-central African nation of Rwanda murdered as many as 800,000 people, mostly of the Tutsi minority. Those who survived found themselves shipped to refugee camps in neighboring countries as they waited to be resettled in the United States, Canada or the United Kingdom.

The Pawtucket, Rhode Island resident and her family lived as refugees in multiple refugee camps and settlements before they were admitted to the United States in 1999.

On August 10th, at 11 a.m., miles and memories away from the Rwandan Genocide, Clementine, now educated with a Masters Degree and fluent in five languages, will share her journey with the graduates of the Summer Institute at West Springfield Alternative High School. Among the graduates are refugees, survivors of South American and African settlement camps.

“Hopefully they will be able to relate to Clementine’s message of hope and survival,” says Judi Ferri. Ferri, director of the West Springfield

Alternative High School, sought Clementine out to address the graduating class after reading her compelling story.

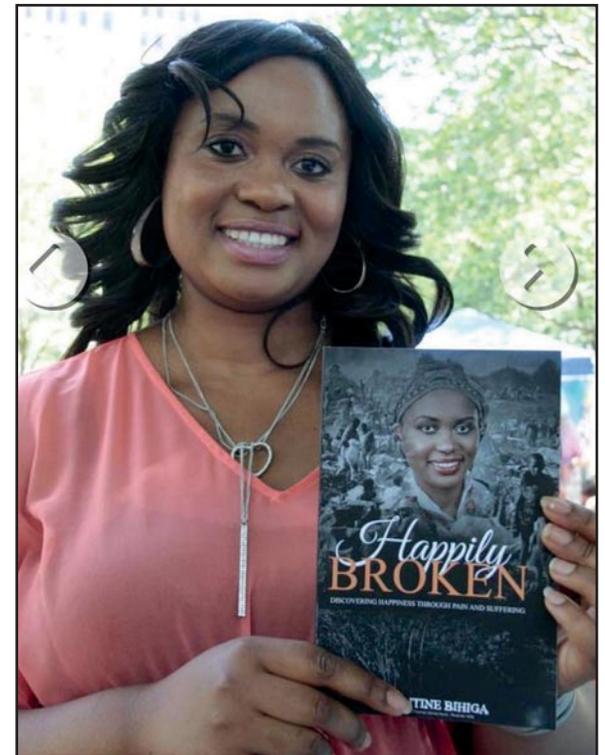
“In a time when there is so much resentment and distrust of refugees coming to the United States, Clementine’s message is what is needed to keep my students going,” added Ferri.

In these times of mistrust and discrimination against immigrants, a positive message of hope and inclusiveness is one that we all need to hear.

In a presentation for Refugee Day last month, Clementine refers to them as “majestic gems.” She has adopted this term when speaking with affection and pride for the refugees who risk everything to leave their countries seeking a new life of independence.

On August 10th, these majestic gems will take their first step towards independence motivated by a “Happily Broken” Clementine.

Clementine Bihiga will be signing copies of her book, “Happily Broken,” at the graduation which is open to the public. To learn more about Clementine Bihiga, go to her website, www.clementinebihiga.com ■



Ann Clanton is a freelance writer and principal of TobyArch Communications.

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Around Town & . . .



Rev. Angelo S. Dawson, pastor of Bethel AME Church, with other religious leaders and police officials, held an anti-violence march through the church's neighborhood to protest violence in the community.



Dream Studios participated in the annual Juneteenth celebration held at St. John's Congregational Church.



Latonia Naylor (center), with friends and family, was acknowledged as a business and civic leader at Business West's 10th Annual 40 Under Forty gala.



Latoya Bosworth (Brenda's Child), with her dad Curtis Bosworth, was acknowledged as a business and civic leader at Business West's 10th Annual 40 Under Forty gala.



Brookings held an appreciation event for members of the community who supported the school during the year. Pictured are members of the school's choir and community supporters.



Three students were recipients of the Farris-Mitchell scholarship this year. L to R: Steve Mitchell, scholarship recipients Khia Leny Pena and Briana Lee, Jimmy Mitchell, scholarship recipient Fergie Perez, and Penny and Julia Mitchell.

... In The Community



Members of the Lady Migs basketball team with supporters Art Jones (left) Rep. Ben Swan(center) at a recent fundraiser held at the Springfield Boys and Girls Club Family Center.



Again, the Springfield Urban League's Opportunity Nets Set Tennis Program provided area youth with tennis instruction.



Springfield branch of the NAACP President Bishop Talbert Swan speaks at the recent Black Lives Matter demonstration on Springfield City Hall steps



Black Lives Matter demonstrators converge at the federal Courthouse in Springfield after a recent march.



Baystate Medical Center's team participated in the 2016 Dragon Boat Festival hosted by the Pioneer Valley Riverfront Club.



The Big Will Express recognized outstanding community service and awarded scholarships to area students. L to R: Scholarship recipients Jake Roberts, Erin Washington, Janya Hernandez and Imani Gladden; Fruits of Labor Honoree Dawn Creighton, President Joyce Calhoun, and honorees O'Rita Swan, Jacqueline Williams-Hines and Darryl Denson.

ACTS Celebrates 30 Years of Free Tutoring

Action Centered Tutoring Services (ACTS) celebrated 30 years of “providing free one-to-one tutoring and mentoring to the elementary children of Springfield in the Spirit of Christ” on May 9th at the Evangelical Covenant Church in Springfield.

A highlight of the evening was hearing Alan Johnson, the first President of the Board of Directors, talk about the “perfect storm” that brought about the creation of the program: the influence of a tutoring program in Chicago’s Cabrini Green housing project, a youth group trip from the Covenant Church to Philadelphia to work with inner city children, and the expressed need of Captain Anita Turlington of the Hunter Place Salvation Army Church for serving the children of her church. The youth who went on the trip, led by Mary Lou McElmurray, began tutoring the children at Hunter Place which then led to a group of people from different churches launching ACTS.

Charlene Abrahamson tutored Crystal McGowan Mozell at that first site and has remained friends with her ever since. Crystal now has two boys, William and Giovanni, who are tutored at J.C. Williams Center in the Six Corners neighborhood of Springfield which is the newest ACTS site. Francine Pina-Council, a former principal in Springfield is the Site Director and Terry Powe, principal of Brookings School, was instrumental in establishing the site.

The dinner was also held to honor and appreciate the 70 volunteer tutors in the program. Burt Hansen, Executive Director of ACTS, quoted former Director John Howell, who was also a founder, as saying that tutors are “pure gold.” With nine sites now operating around the city, it’s the volunteers who give two hours per week to meet with a student one-on-one who make the program successful.

Weinhold scholarships, established in memory of Russ and Dot Weinhold, founders and former tutors, were awarded to three graduating students who have been tutors. Danielle



*ACTS Board of Directors
Marcus Alston, Ernie Toussaint
and Alan Marshall*



*Dr. Gloria Cabelle-Arce and
Francine Pina-Council*

George graduated from Putnam Vocational Technical Academy and will be attending the Culinary Institute of America. Nick Shelley graduated from Longmeadow High School (LHS) and will be attending Lasalle College, and Savannah Baran also graduated from LHS and will be attending the University of New England. These three students have been outstanding tutors and also have learned a great deal from interacting with the children and adults. Nick says that “the ACTS tutoring program has taught me a lot about responsibility and consistency. It has taught me that just showing up can make a difference. Ever since I started tutoring, my grades have also increased.”

Volunteer tutors are needed for the 2016-17 school year. On-site training is provided and tutors work with their student in a group setting. Please call Burt Hansen, 413-636-3768, for more information. Check out the website at www.acts86.org and find us on Facebook. ■



*ACTS Board of Directors Willette Johnson, Burt Hansen,
Executive Director, Linda Howell, Steve Lewis, Ruth Carlson and
Joe Welch. Seated are Mary Ellen Brush and Jen Cushman*



*Charlene Abrahamson, Crystal McGowan Mozell, Vicky Toney,
Mary Louise Rutherford and Giovanni and William*



*Weinhold Scholarship winners: Bev Weinhold, Savannah Baran,
Nick Shelley, Danielle George and Sharon Weinhold Davis*

DID THIS MAN SAVE THE DUNBAR?

continued from page 5

going on. Just remember: The Dunbar building is still owned by the Dunbar board and will remain so owned until it is either foreclosed upon by the mortgage holder or purchased by a buyer.

What most don't understand is that the city made its \$500,000 offer to the Dunbar board which in turn made the same offer to the mortgage holder to settle its debt. It's a perfect triangle if all three are in agreement. Even if the mortgage is greater than the \$500,000, which it certainly is by far, the mortgage holder can simply agree to discharge the balance and the city becomes sole owner. What happens to the Dunbar after that remains up in the air.

It's a bit different for Mt. Zion, which has offered to pay Republic more than the city has offered to pay the Dunbar board. Because its offer is not to the Dunbar but directly to the mortgage holder, the mortgage holder can foreclose on the Dunbar and sell the property to Mt. Zion or it can agree to sell the underlying note to Mt. Zion without foreclosing. In the last instance, the Dunbar board will still own the building but it will be liable to Mt. Zion which can acquire the building in at least two ways. It can work out a sale agreement with the Dunbar board or it can foreclose on the Dunbar board just as Republic could have done. If Mt. Zion succeeds, it has committed to remodel

the old Dunbar building for its sanctuary and to maintain the Dunbar programming in the new addition.

I'm certain I've missed a legal angle or two but I'm sure I am pretty close. Folks in the community need to join in the discussion or the Dunbar could end up in the wrong hands. Personally, I like the idea of the Dunbar returning to its church roots and remaining in the hands of folks in the community that founded it. Nevertheless, there are those who believe that the Dunbar would be most secure if purchased by the city. My final argument on this point is that the people should decide. So, educate yourself on the facts and weigh in on the decision.

But what this article was all about, of course, is whether or not Governor's Councillor and candidate for sheriff Michael Albano should be credited with saving the Dunbar. Without taking a position one way or the other as to whether Mt. Zion or the city should get the Dunbar, we think it is fair to say that Albano deserves the credit for getting the ball rolling, for getting the competition going, for sparking new interest and for providing *Point of View* with the opportunity to educate the community on the work yet to be done and the choices yet to be made.

One Mt. Zion advocate said of Albano: "We wouldn't even be where we are if it wasn't for him." I think that tells the whole story. ■



**Look for POV's
Annual
Back to School
Education Issue
on
August 15, 2016.**



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EDITORIAL

FROM THE PUBLISHER'S DESK

MY POINT
OF VIEW

Frederick A. Hurst

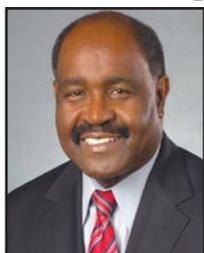


OUR PRIMARY PICKS

Vote Thursday, September 8th

By Frederick A. Hurst

For 11th Hampden District State Representative



**Bud
Williams**

We gave much thought to the choice between the seasoned City Councilor Bud Williams and the younger Ben Swan Jr. We chose Bud be-

cause we know he will hit the ground running in support of the residents of the 11th Hampden District. And we know he will be an aggressive part of any debate that involves the interests of his constituents and wherever possible, he will “bring home the bacon.” Over the years Bud has earned the chance to take his unmatched political skills to the next level and we are certain he will use those skills well in the rough and tumble politics of Boston.

For Governor's Council



**Jeffrey
Morneau**

We don't know Jeff Morneau well but we met with him in the *Point of View* office and were impressed by his candor, sincerity and independent thinking

as well as by his credentials as an attorney and president of the Massachusetts Bar Association. He comes across as a “breath of fresh air” in a political environment that has closed its ranks so tightly for so many years for a select few that too many people feel politically stifled. And just by his decision to run, Jeff is sending the refreshing message that he is not afraid to buck the political status quo.

We are well aware that if these three primary picks win, with the exception of Morneau, they will face competition in the November elections and we intend to start our endorsement process from scratch for all of the candidates in all of the local contests including those who did not have a primary race. Don't forget to get out and vote your conscience on Thursday September 8th and again on Tuesday November 8th.

For Hampden County Sheriff



**Michael
Albano**

We chose Mike Albano in the Democratic primary for sheriff for several reasons, the first of which he is the most experienced and qualified. He also

possesses a broad and deep understanding of the diverse community he must serve which has been recently demonstrated by his active support of Northend residents in their efforts to block construction of a substance abuse lockup in their community and in his active involvement in saving the Dunbar Community Center building. And he is not beholden to the status quo.

LETTERS TO THE PUBLISHER

Dear Rick,

I was deeply moved to read the commentaries on race and ethnicity by the 9th graders at the Baystate Academy Charter School (POV, July 1, 2016, pg. 33). Out of the mouths of babes!

I believe their sentiments capture true wisdom on the issue and perhaps a way forward in the current polarized climate in our country. They gave me hope.

Thanks for publishing them.

Mark (7/6/16)

Mark A. Keroack, MD, MPH
President & Chief Executive Officer
Baystate Health

Greetings

The following may not be your normal Letter to the Editor but the subject affects all of us – favoritism in property valuations for a select few that is costing the City an estimated \$2,000,000 in tax revenue that the assessors are leaving on the table for unknown motivations.

This favoritism is nothing new. I first saw it just over ten years ago while doing a volunteer stint in the Building Department when the Finance Control Board was in charge. It was an eye opener. A number of billboards and cell towers not even on the tax roll, not that they were hidden from view but that the assessors were not doing their job of valuing all real property at 100% of fair cash value.

Do the assessors value your property at 100% of fair cash value?

Russell Seelig (7/11/16)

AF-AM NEWSbits

By Frederick A. Hurst

continued from page 4
ing people in the direction he wants them to go while convincing them that he is leading them in the direction they want go. Trump's style is classic Friederich Nietzsche, Hugo Chavez, Vladimir Putin, Napoleon Bonaparte—nothing new; a combination of iron fist and herd instinct and the herd won't know until too late that it has been had.

THOU DOTH PROTEST TOO MUCH

All those White candidates for sheriff who are suddenly protesting Cee

Jackson's comment about Springfield not being ready for a Black sheriff should sit down and shut up. It's not their fight. And most Black folks question their sincerity. Watching them fight for us when it is a Black on Black conflict and saying nothing when it is a White on Black conflict, doesn't make us feel good about their “outrage.” ■



[www.twitter.com/
AfAmPointofView](http://www.twitter.com/AfAmPointofView)



continued from page 13

You see, Hillary has spent decades doing the relentless, thankless work to actually make a difference in their lives — advocating for kids with disabilities as a young lawyer. Fighting for children's health care as First Lady and for quality child care in the Senate. And when she didn't win the nomination eight years ago, she didn't get angry or disillusioned. Hillary did not pack up and go home. Because as a true public servant, Hillary knows that this is so much bigger than her own desires and disappointments. So she proudly stepped up to serve our country once again as Secretary of State, traveling the globe to keep our kids safe.

And look, there were plenty of moments when Hillary could have decided that this work was too hard, that the price of public service was too high, that she was tired of being picked apart for how she looks or how she talks or even how she laughs. But here's the thing — what I admire most about Hillary is that she never buckles under pressure. She never takes the easy way out. And Hillary Clinton has never quit on anything in her life.

And when I think about the kind of President that I want for my girls and all our children, that's what I want. I want someone with the proven strength to persevere. Someone who knows this job and takes it seriously. Someone who understands that the issues a President faces are not black and white and cannot be boiled down to 140 characters. Because when you have the nuclear codes at your fingertips and the military in your command, you can't make snap decisions. You can't have a thin skin or a tendency to lash out. You need to be steady, and measured, and well-informed.

I want a President with a record of public service, someone whose life's work shows our children that we don't chase fame and fortune for ourselves, we fight to give everyone a chance to succeed — and we give back, even when we're

First Lady Michelle Obama's Speech at the Democratic National Convention

struggling ourselves, because we know that there is always someone worse off, and there but for the grace of God go I.

I want a President who will teach our children that everyone in this country matters — a President who truly believes in the vision that our founders put forth all those years ago: That we are all created equal, each a beloved part of the great American story. And when crisis hits, we don't turn against each other — no, we listen to each other. We lean



on each other. Because we are always stronger together.

And I am here tonight because I know that that is the kind of president that Hillary Clinton will be. And that's why, in this election, I'm with her.

You see, Hillary understands that the President is about one thing and one thing only — it's about leaving something better for our kids. That's how we've always moved this country forward — by all of us coming together on behalf of our children — folks who volunteer to coach that team, to teach that Sunday school class because they know it takes a village. Heroes of every color and creed who wear the uniform and risk their lives to keep passing down those blessings of liberty.

Police officers and protestors in Dallas who all desperately want to keep our children safe. People who lined up in Orlando to donate blood because it could have been their son, their daughter in that club. Leaders like Tim Kaine — who show

our kids what decency and devotion look like. Leaders like Hillary Clinton, who has the guts and the grace to keep coming back and putting those cracks in that highest and hardest glass ceiling until she finally breaks through, lifting all of us along with her.

That is the story of this country, the story that has brought me to this stage tonight, the story of generations of people who felt the lash of bondage, the shame of servitude, the sting of segregation, but who kept on striving and hoping and doing what needed to be done so that today, I wake up every morning in a house that was built by slaves — and I watch my daughters — two beautiful, intelligent, black young women — playing with their dogs on the White House lawn. And because of Hillary Clinton, my daughters — and all our sons and daughters — now take for granted that a woman can be President of the United States.

So don't let anyone ever tell you that this country isn't great, that somehow we need to make it great again. Because this, right now, is the greatest country on earth. And as my daughters prepare to set out into the world, I want a leader who is worthy of that truth, a leader who is worthy of my girls' promise and all our kids' promise, a leader who will be guided every day by the love and hope and impossibly big dreams that we all have for our children.

So in this election, we cannot sit back and hope that everything works out for the best. We cannot afford to be tired, or frustrated, or cynical. No, hear me — between now and November, we need to do what we did eight years ago and four years ago: We need to knock on every door. We need to get out every vote. We need to pour every last ounce of our passion and our strength and our love for this country into electing Hillary Clinton as President of the United States of America.

Let's get to work. Thank you all, and God bless.

(Emphasis added)

RELIGION

RELIGIOUS POINT OF VIEW



Dr. Atu White, Editor, serves as Pastor of the Mt. Zion Baptist Church, 368 Bay Street, Springfield, MA and as Second Vice President of the United Baptist Convention of Massachusetts, Rhode Island, and New Hampshire. atuwhite@gmail.com

Pastors, Ministers, Professors and Theologians, please submit your articles for this page to Rev. Dr. Atu White at: atuwhite@gmail.com

Get Angry But...

Based on Ephesians 4:23-27

By Rev. Dr. Atu White

How we communicate when we are angry says a lot about what's really in our hearts. Psychologists define "anger" as "a corrosive emotion that can run off with your mental and physical health." I want to add to their definition by stating that "anger is a corrosive emotion that can run off with your mental, physical, and spiritual health." While anger is a natural and healthy emotion, the scripture warns us to not sin by letting it control you. Therefore, here are two principles to assist you in crisis moments.

1. Seek Resolution, Not Revenge

There are moments in life where our anger is completely justified. We should not let this anger unhinge us or cause us to forget our salvation. It is in those moments where we want to neatly fold our religion and gently place it on a chair while we prepare ourselves for verbal and often physical altercations. Scripture teaches us to seek resolution. We

are not to let the sun set in anger. The imagery of the sun setting is one of not allowing our anger to fester. We have surrendered so many sleepless nights due to festering anger. Upon the breaking of morning, we have magnified the offense and vilified the offender beyond the original attack.

Righteous anger seeks resolution. Righteous anger concludes that the friendship, relationship, and/or kinship is more valuable than the offense. Righteous anger seeks the mature path. Resolution could be a peaceful ending or a "Come to Jesus Conversation." Resolution does not mean automatic forgiveness. Resolution seeks to address the offense in a mature concerted effort.

2. Tackle the Problem and not the Person

Let us pause for a moment, take inventory of our own stupidity and immaturity, and consider the last time we hurt somebody. Through those vulnerable experiences, we find the grace to tackle the

problem and not the person.

Additionally, think about the moments that you exacted revenge on a person. At the end of your revenge, the problem still existed. Yes, we can tackle the person, alienate them, and publicly humiliate them, but is that the way we would want to be treated?

In dealing with people we love and who love us, we must learn how to fight fair. Yes, some situations call for a heated argument fueled by passion and disappointment, but *anger* should not overwhelm us to the point we resort to abusive speech or actions. Fighting fair means that I will not destroy the person while tackling the problem. We should ask the Lord to renew our thoughts.

Here is our prayer:

"Lord, grant me maturity so that I don't seek revenge on the person, but I'm willing to address, deal with, and tackle the problem."



Naismith Memorial Basketball Hall of Fame and Beta Sigma Boulé Announce Alliance

Local High School Students Celebrated at "Education & Leadership Luncheon"



Springfield (July 14, 2016) – The Naismith Memorial Basketball Hall of Fame announced its formal strategic alliance with Beta Sigma Boulé, the Springfield member boulé of Sigma Pi Phi Fraternity. The focus of Sigma Pi Phi and its 5,000 members is aspirational modeling, leadership, education and social action by supporting and mentoring young men in the African American community. The Basketball Hall of Fame aims to support this cause by helping to improve the opportunities and futures open to young African American males in the Springfield area.

"The men of Beta Sigma Boulé are some of the most important leaders and professionals in Western Mass.," said John L. Doleva, President and CEO of the Basketball Hall of Fame. "We commend them for the tremendous work they have done in our community and we look forward to expanding our relationship to support their efforts."

Founded in 1904 in Philadelphia, Sigma Pi Phi is the oldest African American Greek-lettered organization. The Springfield member boulé was founded in 1983 and now includes 25 leaders in various professions in Western Mass. including education, healthcare, law, business and social services.

"Beta Sigma Boulé is honored to partner with the Basketball Hall of Fame to help cultivate and celebrate the excellence of young African American males, as well as the greatness of our region," said Brooks Fitch, Sire Archon (President) of Beta Sigma Boulé.

As part of the 2016 Enshrinement Weekend, on September 9th, the Basketball Hall of Fame and Beta Sigma Boulé will host an *Education & Leadership Luncheon* at Springfield College. Local high school students will be rewarded for their perseverance and excellence. Students and local business leaders will have the opportunity to celebrate their

achievements and hear from inspiring Hall of Famers.

About Beta Sigma Boulé:

Springfield's member boulé of Sigma Pi Phi Fraternity, Beta Sigma Boulé, was founded in 1983 and now includes 25 leaders throughout Western Mass in education, healthcare, law, business, and social services. Its primary focus is to improve the opportunities and wellbeing of young African-American males. For more information, please visit the organization's website: www.betasigmaboule.org

About the Naismith Memorial Basketball Hall of Fame:

Located in Springfield, Massachusetts, the city where basketball was invented, the Naismith Memorial Basketball Hall of Fame promotes and preserves the game of basketball at every level – professional, collegiate and high school, for both men and women on the global stage.

RELIGION

RELIGIOUS DIRECTORY

New Life Calvary Baptist Church



Rev. Jesse E. Williams Sr.,
Pastor/Teacher

A NEW BEGINNING

Sunday School
9:00 AM
Morning Worship
Service
10:00 AM
Prayer/Bible Study
Wednesday
6:00 & 7:00 PM

981 Wilbraham Road
Springfield, MA 01109
(413) 796-1600

Shiloh Seventh-Day Adventist Church

797 State St., Springfield, MA
413-734-0103

clerk@shiloh1.comcastbiz.net



Dr. Walton H. Rose, Pastor

The Church
In The Heart
of The City

Sabbath School 9:00a.m.
Sabbath Services:
(Saturdays)
Divine Worship
11:00a.m.
Adventist Youth Services
— 6:00pm
Adventist
Community Service
Mondays & Tuesdays
10:00a.m. — 1:00p.m.
Prayer Meeting
Wednesdays
7:00p.m.
Church School (SSAJA)
Monday — Friday

Rev. Dr. Atu White

Join us this month as we learn how to overcome unspoken expectations through our new series

THE POWER OF WORDS

368 Bay Street, Springfield, MA
413.785.5664 • wearemtzion.com
Sunday Worship Services: 8:45am & 10:45am

Wednesday Adult & Youth Bible Study:
7:00pm-8:00pm

MT. ZION BAPTIST CHURCH
A PLACE OF HEALING, HELP & HOPE



Rev. Dr. W. C. Watson, Jr., Pastor

Church Life
Worship, Prayer,
Praise & Study

Canaan Baptist Church of Christ

1430 Carew Street
Springfield, MA 01104
413-739-5053

Sundays

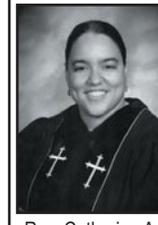
Sunday School (all ages) -----9:15a.m.
Morning Worship Service ----10:45a.m.

Wednesdays

Mid-day Prayer & Praise--12:00-1:00p.m.
Bible Study -----7:00 p.m.

Wesley United Methodist Church

"Open Hearts. Open Minds. Open Doors."



Rev. Catharine A. Cummings, Pastor

741 State Street
Springfield, MA 01109
413-734-3233
Office & Fax
: WesleyUMCSpringfield
Email: wesleyumcspld@verizon.net



Sundays

Sunday School (all ages) 9:30 a.m.
Morning Worship Service 11:00 a.m.

FAMILY CHURCH

Pastor Gail L. Hill, Senior Pastor



Sundays
Christian Education 9:00 a.m.
Morning Worship Service 10:00 a.m.

Tuesdays
Bible Study 7:00 p.m.

245 Bay Street, P.O. Box 2513
Springfield, MA 01101-2513
413-731-1288
familychurchaa@yahoo.com

BETHEL AFRICAN METHODIST EPISCOPAL CHURCH

27 Pendleton Avenue
Springfield, MA 01109
(413) 734-7611



Pastor's Bible Study
Sunday
9:00am to 9:50am

Church School
Saturday
11:00am

Rev. Angelo S. Dawson,
Pastor

Rev. Donald A. Thomas,
Associate Minister

Rev. Amelia Eddy,
Associate Minister

James D. Bullock,
Minister of Music

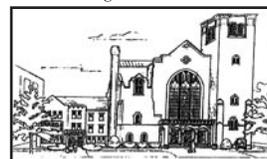
Sunday Morning
Divine Worship
10:00am

Bible Study/Prayer
& Class Meeting
Wednesday — 6:00pm

Alden Baptist Church

649 State Street
Springfield, MA 01109
413-788-9910

"We believe God has called us to be a vital sign of faith at work in the community. This vision is actualized through our Ministries."



Sunday School
9:00 a.m.

Sunday Morning
Worship Service
10:00 a.m.

Prayer Service
Mondays
6:00 p.m.

Wednesdays
Noon & 6:00 p.m.

Bible Study
Mondays &
Wednesdays
7:00 p.m.

Youth Ministry
Fridays
6:00 - 8:00 p.m.



Reverend Nathaniel Smith, Sr., Pastor

Third Baptist Church

149 Walnut Street
P.O. Box 91166
Springfield, MA 01139
413-734-4143

Join us for our Worship Services

Sunday School Sunday Worship Service
9:30 a.m. 10:00 a.m.
Prayer Meeting & Bible Study
Thursday 6:00 p.m.

"The Friendly Church" Since 1869
Where all who enter may be blessed

Solid Rock Community Baptist Church

821 Liberty Street, Springfield, MA 01104
Telephone (413) 734-5441
Fax (413) 734-5438

Transportation (413) 575-4035

Sunday Morning Worship 10:30 am
Weekly Bible Study/Prayer Service Tuesday 7:00 pm

Bishop Curtis L. Shaird, Pastor
Reverend Harold P. Dixon, Assistant Pastor



St. John's
CONGREGATIONAL CHURCH

Dr. Calvin J. McFadden, Sr.
SENIOR PASTOR

We Invite You To Join Us!

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9:30am

Wednesday Bible Study - 12pm & 7pm

45 HANCOCK ST., SPRINGFIELD, MA 01109
TEL: (413) 734-2283 - FAX: (413) 747-8892
WWW.SJKB.ORG

"A Diverse People who are
One on Solomon's Portico"

Mount Calvary Baptist Church

Acts 5:12b

Sunday Worship— 10:45 AM
Sunday School— 9:00 AM
Tuesday— Book Club — 7:00PM
Wednesday—"Noonday Hour of Power"
With Lunch
Thursday— Live Bible Study — 7:00PM
Ordinance of the Lord's Supper
First Sunday— 4:00PM

17 John Street, Springfield, MA 01104
(413) 737-9583

Dr. Mark E. Flowers, Senior Pastor
Mountcalvarybaptistchurchspringfield.org

PROGRESSIVE
COMMUNITY BAPTIST
CHURCH

599 State Street
Springfield, Massachusetts
(413) 736-8844

"A Church Determined To Follow Christ"

Rev. Joe C. Long Jr.,
Pastor

Sunday Worship - 10:00 a.m.
Sunday Bible School - 9:00 a.m.
Bible Study - Wednesday - 6:30 p.m.

Overflowing Love
Church of the Living God

22 King Street, Springfield, MA
(413) 739-0164
Overflowingloveclg@verizon.net

Weekly Service Schedule

Sunday School 10:00 am
Sunday Morning Worship 11:30 am
Morning Bible Study
Wednesday Morning 10:00 am
Adult & Youth Bible Study
Wednesday Evening 7:30 pm

Bishop Kaami Barber

LIVING

FOOD FOR THOUGHT

Our New Garden Home

By Zaida Govan



Zaida Govan is a native of Springfield via Puerto Rico with a passion for improving the community she serves. She can be reached at 413.301.2533 or zaida.govan@yahoo.com

I can't believe it's August already. This month I'll write about something I am very passionate about and helps me reduce stress.

One of the best ways that I find to de-stress is by gardening. I am glad to say that our Bay Street Community Garden, which was homeless for a couple of years, has found a new home. We are happy to be gardening at the Mason Square Library in partnership with them and our community residents. We built some raised beds because after the soil was tested, we found there is lead in the soil and we can't plant anything edible in it. It is very important to get your soil tested before you start planting, especially if you don't know what was in the space before. Who remembers what was in the place beside the library? I know someone probably does.

My dream is to have thriving community gardens all over the city so that more people will have fresh food to eat in addition to having more community. The garden now known as the Bay Street/Mason Square Community Garden is thriving and producing veggies for its members. The library has a seed library that anyone can access. If you want to plant something and want to learn how to do it then a garden group is for you. We meet on the 2nd and 4th Thursday of the month at the garden to talk about what is going on and to discuss any con-

cerns we might have.

For example, one of our gardeners put a hanging box on the side of her raised bed and someone stole it. That is an issue that we will talk about because that happens sometimes in community gardens unfortunately. However, it doesn't deter community gardeners from growing food and creating community. We always say that you have to plant twice as much as you need because squirrels and rabbits and other little animals like to munch on things at times. We don't mind if our neighbors come by the garden and get some tomatoes, lettuce and cucumbers so they can go home and make a fresh salad for their supper. It is part of community gardening and that is the part I love. We would just rather you ask.

I really don't know what I'm doing when I garden but I know I love the community and the fellowship when I am a part of a community garden. I'm so glad that we found a home. There are other community gardens in the city that you can be a part of and I encourage you to find an empty lot and see if your neighbors might be interested in having a garden in their neighborhood and being a part of it. The Springfield Food Policy Council can assist with getting the space. Our group can help you get organized. You don't have to know how to garden, you just have to have the desire to learn.

Our group is having a Community Garden get together on **August 25, 2016 at 6 pm** and we would love for you to come check out what is going on at the Bay Street/Mason Square Community Garden at the Library. See you then! ■

LIFE'S CHALLENGES

Are You Building Emotional Walls?

By Sweets H. Wilson, PhD



Dr. Sweets S. Wilson is a Christian life purpose coach, motivational speaker and CEO of Inspire ME, LLC. wilson.sweets@gmail.com or 860-869-8067

Many people everywhere are struggling through life with the effects of damaged emotions. There are individuals who are psychologically unstable, who have endured a great deal of negative 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. This is one reason why we intentionally or unintentionally hurt others. Until we are healed from our pains, we will always have difficulty in facing life.

Through many years of helping others through this process, I have come to realize that we are experts at building walls and stuffing things into dark corners, pretending they never happened. Wounds in our heart take place when we allow unresolved past unforgiveness, discouragement and feelings of rejection control our lives. The hurt in our hearts will be revealed during conflicts in relationships and times of crisis.

Individuals can spend many years of their lives in an abusive relationship environment, but as soon as they get away from the situation, they act as though nothing was wrong and they never tell anyone what has gone on in their private life. Why would we want to bring things like that into the open? We are afraid of what people will think. We are afraid of being rejected, misunderstood or unloved by those we care about or that they might

have a different opinion of us if they really knew all about us.

Life's realities can bring some common scars that can bring us to spiritual defeat and failure. What follows are some suggestions for breaking the cycle of abuse in your life and for beginning the recovery and healing process. They are easy to understand, but difficult to implement.

- Confess your faults or tell yourself the truth
- Work up the courage to share with someone what had happened and/or seek professional help and guidance
- You must assume some personal responsibility and/or get out of the trap of denial
- Set appropriate boundaries
- Find and maintain healthy relationships
- Face the truth and/or soak in God's presence by reading his word daily
- Forgive

Even though our problems may have been brought on us because of something done against our will, we have no excuse for allowing the problem to persist against our will. We can grow and take control of our life. Our past experiences may have made us the way we are, but we do not have to stay that way. With professional help and by following these suggestions you can break the cycle of abuse in your life and begin your healing journey. As you reach out to God and others, you can experience God's redemptive purpose in your life and become a channel of healing in the lives of others. Jeremiah 29:11 "I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." Make this your slogan. ■



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THE ARTS

ENTERTAINMENT REVIEW



Maxwell at the MGM Grand Theater at Foxwoods

The year of 2016 marks the 20th anniversary since the release of Maxwell's debut album titled *Urban Hang Suite*. Maxwell really paces himself when it comes to putting out his projects. The first six years of his career, he released three studio albums with one MTV Unplugged project somewhere in the middle. We then waited a solid eight years before the release of *BLACKSUMMERS'night*, the first of what was touted to be a trilogy project.

Years went by, and fans began to wonder if we would ever be blessed with the second piece of the project. An album of the same title with the only difference being a play on the letters, as the capitalization was moved over to the word *SUMMERS*. While we waited for the release of *blackSUMMERS'night*, we were forced to feed our hunger by indulging ourselves in his past work. Fortunately, his music is timeless. In 2016, when you hear songs from his debut album, such as *Ascension* or *When the Cops Come Knocking*, you don't feel like you are listening to twenty-year-old songs by any means. Maxwell openly speaks about how he takes his time making his projects because he wants to be sure to put out quality work that will be appreciated. So, was *blackSUMMERS'night* worth the wait? Absolutely! I do believe knows what he is doing.

Maxwell: A Black Summer Night to Remember

By Moyah Smith

Maxwell also knew what he was doing when he stepped out on that stage at the MGM Grand Theater At Foxwoods on Friday, July 8th. If his goal was to lose you in his music, he knew *exactly* what he was doing. If his mission was to incite the libido of every female audience member.....mission accomplished! It could have easily started with the tailor-made, *one shade of gray* suit that fit to a tee. Or possibly the way his super sexy smile captures your heart. It's hard to put a finger on what it is about Maxwell that makes women melt before he opens his mouth to sing even one note. I believe it is a combination of many attributes. Smooth sway of the hips with a drop to a split during a music break as he works the stage – not a bad addition. But luckily for him (and us), his beautiful gift is the thing that brings it all together. Maxwell's devastatingly hollow falsetto cannot be mistaken. The way he can drop from a high falsetto directly to a low tenor in one breath is luxurious to the soul.

His voice is untarnished, drenched with the multiplicity of Prince's octaves, and the sensuality of Marvin Gaye. Maxwell has a way of stimulating passion with his lyrics without the slightest hint of vulgarity. He can tempt you as he sings lines from *Bad Habit* – a song about a forbidden love – like, "Baby to tell the truth, when I'm sober I jones for you, when it's over I'm overdue. Girl there's no one as bad as you." Or seduce you with songs like, *Till the Cops Come Knocking*, dropping lyrics such as, "Gonna take you in the room suga"; Lock you up and love for days; We gonna be rockin baby till the cops come knockin." As he sang *Fortunate*, his sultry horn section filled the theater with undulating rhythms. Maxwell goes pretty deep into the love zone with his newest single, *Lake By The Ocean*, which represents falling in love after a rough period and finding contentment in the smallest things next to the biggest things, to paraphrase. To be content in a lake even while the

ocean is near. Sounds like a great space to be in life, wouldn't you say?

Maxwell's performance came in the midst of a tumultuous week in America when tension between Black America and police forces around the country had erupted to a high peak. He took a quiet moment to speak about being born of a Haitian mother and a Puerto Rican father and how as a Black man he agrees that while all lives do matter, at this time #BlackLivesMatter and need special attention. He sent a plea to put the guns down and spoke on how conversation, communication, respect and responsibility are necessary to begin to make change. At that moment, he performed *Lifetime*, which appropriately focuses on making changes in one's life.

His humble spirit shone through as he introduced his band and gave them so much love and considerable credit for the overall performance. His love for them did not feel pretentious at all. Nor did his love for his fans. He must have thanked everyone for their continuous support of his career and the support of true R&B and Soul music twenty times throughout the night. It did not seem fake or forced. Just as he expressed a ton of joy for having the platform to give an up and coming artist, Ro James, a chance to tour with him. Ro James did a fantastic job himself. You can look forward to hearing much more from him in the near future.

In the end, Maxwell is a consummate performer and a phenomenal singer who is sexy, fine as wine and full of Swagu. I give him and his performance a solid TEN! ■



Moyah Smith

CALLING ALL VOICES



Love to sing? Well, here's your chance. The Freedom Choir is looking for people who would like to be a part of its rich heritage. We will resume our rehearsals on **Monday, September 12, 2016 at 7:00 p.m. at Celestial Praise, 321 Wilbraham Road, Springfield, MA.**

If you're interested, please come and join us. — Oh, and don't forget to bring your voices!

For further information, you may contact:
Donna Seymour at (413) 782-6832.

THE ARTS

CHILDREN'S BOOK CORNER



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.

Your Mama is really tall. She can reach the cabinets where the cookies are stored. She can touch the upper shelf of your closet and the tippy-top of your bedroom door. Her arms can reach things that you never could. Your Mom is probably at least five feet tall – that's huge, isn't it? – and in **"Mama Loved to Worry"** by **Maryann Weidt**, illustrated by **Rachael Balsaitis**, this story is even taller!

Mama was a first-class, top-rate worrier. She was so good at it, she won awards – and when you think about it, she had reason to worry. She had the whole farm to take care of – the cows, the pigs, the chickens – and Baby Eli, who seemed to be into everything, every minute of the day.

One afternoon, while she was in the garden, Mama worried about a tornado. A twister like that, well, it could

"Mama Loved to Worry"

By *Maryann Weidt* Illustrated by *Rachael Balsaitis*
c.2016, Minnesota Historical Society Press \$16.95/higher
in Canada 32 pages

Reviewed by *Terri Schlichenmeyer*

carry the farm off! She worried and worried – and when Mama worries, she knits. That day, she knitted enough woolies for the pigs, chickens, and cows to wear – and when a tornado actually did "tumble tail over teakettle" toward the farm, she grabbed Baby Eli and ran. That Eli, he was always into everything.

Another day soon afterward, Mama started to worry about how truly hot it was. What if Crooked Neck Creek dried up? What would happen then? She worried and worried – and when Mama worries, she sews "faster than a hound dog after a squirrel." On that day, she sewed clothes for all the aunts, uncles, and cousins, and she worked up a sweat. There was no more need to worry about the creek – but where was Baby Eli?

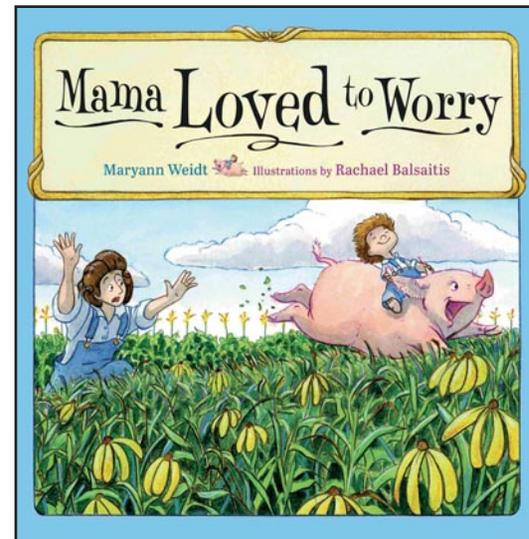
It was *even hotter* the next day, and Mama started to worry about all that heat. It could've popped the corn

in the fields! She worried and worried – and when Mama worries, she makes sauerkraut, strudel, and snickerdoodle twists. When the corn started popping in the field and the sugar cane melted, it smelled so good. But where was Baby Eli now?

Just as suddenly, where was Mama? Was it time to worry about her, too?

Paul Bunyan. Slue-Foot Sue. Pecos Bill. You remember them fondly as characters in those wildly fun Tall Tales you heard in grade school... and now Mama joins them in "Mama Loved to Worry."

There isn't a kid in the world who doesn't love exaggeration in a story, and author Maryann Weidt gives it with this rib-tickler that gets taller and taller as the tale goes on. The language in this book will really



make you grin, but what's even better are the illustrations by Rachael Balsaitis. She gives this book a homespun feel of a gentler time when laundry hung outside to dry, the waterin' hole was a right-fine place to swim, and summer never ended.

This book is a knee-slappin', leg-pullin' passel of fun for 5-to-8-year-olds, or anybody who knows how to spin a tale a mile high. And if that's either of you, then "Mama Loved to Worry" could be huge. ■

PEN & INK



BRENDA'S CHILD has made it her life's mission to inspire people through poetry and stories and through leading by example with courage, confidence, and integrity. In April 2007, she self-published her first book of poetry, "*A Piece of My Mind...Poetic Confessions of a Self-Proclaimed Diva*." Since then she has published four more titles. For more information, email: brendaschild@brendaschild.com

Admission

By *Brenda's Child*

Being a sista means
sometimes we suffer in silence,
don't have time for break downs
when there are bills to paid,
chores to delegate, children who ain't ate.
Besides, who'd believe me
If I said I was overwhelmed
and my spirit was undernourished,
that I was feeling tired,
hopeless and depressed?
Not me?

I'm supposed to be strong and solid,
not broken and weak,
That although essentially
I have everything I need
I'm consumed with worry and doubt.
I'm crying for no reason,
I'm over eating,
or consuming nothing at all,
or drowning myself in alcohol.

I have body aches
Ibuprofen can't get rid of.
But I was raised to believe
That prayer changes things,
still no matter how much I praise
HIS name, the emptiness I feel
creeps up in me.
They say when there's a problem,
admission is the first step,
I confess ... I'm no super woman
I'm a sista's who depressed.

THE ARTS

PEN & INK



JUANITA TORRENCE-THOMPSON: Pushcart nominee. Playwrite. Published fiction, children's stories, feature articles, hundreds of her award-winning poems in dozens of U.S. and international journals, 12 anthologies, 7 books including her *Talking With Stanley Kunitz* (2012). Writes print & online newspaper poetry columns; produces poetry salons and reads internationally. Former Editor-in-Chief and Publisher of award winning *Mobius*, *The Poetry Magazine*. Her poetry is translated into 15 foreign languages. *Talking With Stanley Kunitz* and *New York and African Tapestries* were best pick by *Small Press Review*. *Mobius*, *The Poetry Magazine*, best pick 2007 thru 2012 www.poetrytown.com

A Poem Can Be...

By Juanita Torrence-Thompson

Color blind
 Navigating through
 A myriad of colors
 Shadings of yellow, red, blue,
 Black, grey, green, and white
 Without prejudice or judgment
 Nor profiling

A poem can be
 Political or apolitical
 A poem does not say
 You're 65, go out to pasture
 It does not say
 You're a woman or
 Black or purple so you
 Can't do this or that

A poem can encourage:
 You're 65, but stay as long
 As you like, you have value

A poem may tell a woman
 Or person of color,
 The sky's the limit,
 You may be whatever you choose

A poem would not tell you,
 Clear out your office by today
 A poem would not say,
 Don't go to college,
 You'll never succeed

A poem would not leave you
 Scrambling for health care coverage
 Or if covered, would never say
 That's unnecessary procedure
 Find that \$300,000 on your own

A poem would not charge
 Moon-high prices for medicine
 A poem would not emit fumes
 Or drive machines endangering environment
 Or pollute our oceans with debris and oil spills
 Nor slaughter millions of trees to build high risers
 And line their deep pockets with cash
 That's why I love poems; they're congenial.

Copyright 2008 by Juanita Torrence-Thompson

Black Boy

By Crystal Senter-Brown



Crystal Senter-Brown

he never even had a chance
 dancing to the tune of being just another black brother
 his mother did all she could to clear his path
 make his life great

was this who he was destined to be?
 a chalk mark on the desolate street?
 blood pouring from his eyes and head
 he lies there dead
 assumed to be missed by no one
 but needed by everyone
 all hopes of Moorehouse and medical school
 erased by too much time on his hands

he deserved to become a man
 he deserved to be
 held, sang to
 loved, cooked for
 catered to
 walked with
 taught
 kissed
 graduated, celebrated
 fathered, uplifted
 wed

but *instead?*

he is
 scraped up, bagged
 washed off
 tagged
 drained
 sewn up
 powdered
 dressed
 prepared
 waked
 viewed
 cried over
 closed up
 carried out

lowered

buried

dead...

THE ARTS

ART FOR THE SOUL



Rosemary Tracy Woods,
Executive Director, *Art for the Soul Gallery*, Tower Square & 235 State St., Springfield. Showcasing the talent of diverse artists.
Gallery hours:
Tues.-Fri 11am-5pm,
Sat. 11am-3pm.
413-301-6314.

Tango: Contemporary Art of Argentina

By Rosemary (Tracy) Woods

When Billy Myers informed me that he was not only volunteering his time by assisting with lighting and gallery design but he was also willing to work on some joint exhibitions, I thought I had died and gone to heaven. Billy Myers brings with him years of experience, which included the Museum of Fine Arts, Springfield Museums, Worcester Art Museums, Iroquois Indian Museums and Smith College Museum of Art, where he created a Conservation Program, and is scheduled to begin teaching this program in fall of 2017, in Florence, Italy at the Florence Academy of the Arts.

His years of gallery design, ex-



Billy Myers (right), Artistic Director at *Art for the Soul Gallery* outside USA Consulate of Argentina, picking up artwork for his breathtaking show, *Tango: Contemporary Art of Argentina*, featured at *Art for the Soul Gallery*, July 7, 2016 through September, 2016.



pertise in lighting and doing what he does best were like hitting the Power Ball. His new role as Artistic Director

of *Art for the Soul* is indeed a wonderful addition. He has put together an exhibition that still has me pinching myself to see if this is a reality or am I dreaming?

Tango: Contemporary Art of Argentina, the title of exhibition, began to unfold so quickly. First, with Myers having access to a large body of work by contemporary Argentina artists owned by a private collector, including a large self portrait of Sol Halabi. Soon after that, Gallery intern Audira Cave and I ventured off to the International Expo in NYC. Upon arrival at the Expo, Audira immediately found the Argentina section and not only did we get to meet the six artists whose works are being exhibited in *Tango*, but the Deputy Consul of Argentina stated he would like to schedule a meeting to have the gallery participate in a joint exhibition. And the rest is history. . .

Myers has utilized the skills of the three gallery interns: Sierra Myers, who just happens to be his daughter; along with one of his top students, Tatalian Shannon, who is not only a prior conservationist student, but is also excellent in the field

of research; and Audira Cave, who, although not a former student of Myers', is interested in one day opening her own performing art center and who has assisted with networking with the artists as well as assisting with preparing the gallery for installation.

Why Argentina? In keeping with *Art for the Soul's* mission statement of exhibiting artists of diverse backgrounds and after reading *Tango: An Art History of Love*, it made the *Tango* exhibition even more exciting. *Tango* dancing and the history of *Tango* will be discussed in an upcoming lecture. The ever popular film, *Tango Negro*, further depicts the African influence that blacks have had on *Tango*, both in dancing and music.

We hope you will stop in to see the exhibition, participate in *Tango* dancing and demonstrations, enjoy some Argentinean food, wine, music, film and educational lectures. This program is sponsored in part by the Springfield Cultural Council, a local agency funded by the state agency, The Massachusetts Cultural Council.

Check with *Art for the Soul Gallery* at 413-231-4598 for a schedule of activities or visit us at www.art4thesoul.org.

ARTIST IN RESIDENCE



Renée Flowers is *Point of View's* Artist in Residence. You can contact her directly at (413) 209-9882 to arrange a private viewing of her work. (See May 1, 2014 *POV Community Focus* article on Renée by Emurriel Holloway for more information on the artist @ www.afampointofview.com.)

Every month different paintings created by **Renée Flowers** are displayed at *Point of View*



Advertising, Brochures,
Construction, Weddings,
Portraits, Products,
Digital Photography, etc...

**Ed Cohen
Photography**



413-244-1344

edcohenphoto@aol.com

COMMUNITY

COMMUNITY FOCUS

Déjà vu All Over Again?

By Richard Andersen



Tony King (sitting center), team captain and second baseman on the 1934 American Legion Post 21 team, with the two baseball teams from Springfield—East Springfield Post 420 and Springfield Post 21—at the teams' departure for Gastonia, NC to continue the intercity baseball rivalry.

This story of today starts in 1934. The American Legion Post 21 Championship baseball team has been invited to play in a national tournament in Gastonia, North Carolina. When the team gets off the train, the band stops playing. A bus pulls away from the curb. At the hotel, there's no bed for the only black player: Bunny Taliaferro. He has to sleep on a cot and be registered as the coach's valet.

More than two thousand Gastonians show up for the team's first practice. If the players insist on taking the field with Bunny, they'll never see another baseball glove. The Ku Klux Klan will kidnap them in the middle of the night, and they'll never see their families or friends again.

Bunny responds by hitting the first six pitches thrown to him out of the ball park. The people retaliate by filling the air with empty Coke bottles and half-eaten hot dogs.

Meanwhile, the teams from Florida and Maryland announce they will not take any field where Bunny has taken a position. The hotel manager tells the Post 21 coach that his team cannot attend the evening's welcoming banquet as long as Bunny is on the roster.

Coach calls for a meeting. The players are given a choice: they can play without Bunny or head home. Captain Tony King is the first to speak: "If Bunny doesn't play, I'm not playing either." The team votes unanimously and without debate to withdraw from the tournament.

A hero's welcome awaits the players back in Springfield. Thirteen years before anyone ever heard of Jackie Robinson, a group of fifteen- and

sixteen-year-old kids from Massachusetts stood up for their friend, made a statement against racism, and hit a home run for progressive-thinking people everywhere.

Post 21 protested the national headquarters' tolerance of racial discrimination; it retaliated by striking the team from its record books. The local chapter then disbanded baseball until the Legion leadership reconsidered its position. It never did.

In 2003, a monument honoring the team's heroic action was erected in Springfield's Forest Park. In 2010, Post 21 reinstated baseball. Governor Duval Patrick gave championship rings to the team's two surviving members: Danny Keyes and Tony King. My illustrated children's version of the story, *A Home Run for Bunny*, was published in 2013 and, in 2014, Springfield College named the Post 21 team the recipient of its first annual Humanics Achievement Award.

That summer I sent a copy of my book to Mayor John Bridgeman of Gastonia, who wrote a letter of apology to Mayor Sarno and the people of Springfield. The two mayors agreed to establish a home-and-away series to heal old wounds and build a different kind of relationship between their two cities. The first game of the series, scheduled for Forest Park on Father's Day in 2015, was rained out, so the game that was supposed to be played in 1934 was rescheduled for June 26th in North Carolina.

North Carolina. Last March, the state legislature passed a law requiring people to use public restrooms that correspond to the genders listed on their birth certificates. The response was swift and sure: PayPal canceled plans to build an office in the state

capital, Bruce Springsteen cancelled a concert; and the governors of Vermont, Connecticut and New York placed restrictions on employees conducting state business in North Carolina. Even corporate criminal Bank of America complained that the law would weaken their efforts to recruit employees.

Then there was the response to the response: eleven states sued the federal government for violating the Constitution; Republicans in the House of Representatives defeated a bill prohibiting federal contractors from discriminating against LGBT Americans; and the governors of Texas and Mississippi ordered their state schools to ignore President Obama's directive to accommodate transgendered people. Even Ted Cruz got into the act, claiming that allowing a man to enter a woman's rest room because he feels like a woman invites sexual predators.

What Ted Cruz & Co. forgot, or perhaps chose not to remember, is that during the time when Post 21 players were in Gastonia during the Jim Crow era, all-gender bathrooms were legal for black people. White people had their separate public restrooms, but black people shared theirs.

At the ceremony before the game that ended Post 21's protest against the American Legion for racial discrimination, Judge Danny Keyes appeared with a grandson he'd flown in from Florida. When one of the reporters asked the boy what he would do if he was given the choice of not playing in North Carolina in 1934, the twelve year old replied, "I'd play." A collective gasp sounded from all within earshot, and the face of the former player turned beet red.

What has happened since the time when Danny was a kid? How did the players on his team know that trust, loyalty, friendship, standing up to bullies, and protesting against racism were more important than winning a baseball championship? What would have happened if today's Post 21 players were given a similar choice? Would they have voted to play in Gastonia or advance the causes of equality, inclusion, and diversity by staying in Springfield? What would their decision have said about our community and our culture? We'll never know because the players were never given an opportunity to decide for themselves.

There may or may not be a transgender person on the current Post 21 team, but does there have to be for today's kids to play a knowing role in America's history of discrimination? What if they, like the players in 1934, decided to state their presence through an absence? Why didn't we have the courage to allow them to choose their own role in history? What were we afraid of? ■

FOOD TALK

THE URBAN COOK



*Rhonda Jones is a
Personal Caterer and
a Food Consultant
rjcooks@aol.com*

It's pleasing to know that you are missed. When I don't write an article for a month or two, my readers reach out to me asking why I'm not writing anymore. I'm so grateful but sometimes life gets ahead of me and I have to slow down, breathe and relax, then start all over again. Between my business and my cooking business, I often wonder how can I fit in one more thing but I do and I love it! It sounds weird but it's rewarding to do things that you love.

I plan on returning to the University of Massachusetts-Amherst

where I did most of my undergraduate studies and attempt to work on writing my book. That is a five-year plan, which means I have a lot of work to do. There's a plus side to owning your own business and a negative side as well. Having my own business is a blessing that my mother laid out for me and my siblings but along with having my own business comes long hours, no paid vacations, and occasionally the slow period. For some, having your own business means you have to search for your own health insurance unless you have a spouse that can carry you on their insurance.

I like the fact that by having my own business I can make my own

You Already Know

By Rhonda Jones

hours doing what I love to do and don't have a boss watching my every move. When business is good, it's good. People ask me all the time about owning your own business and say that they're sick of working for other people. I try to tell them that owning your own business is hard work but very rewarding if you're willing to sacrifice and put the work into it. Sometimes I tell them to start with a side hustle and keep their day job until they're fully established.

Personally, I have been thinking about selling cheesecakes or pound cakes on the side but when I really put thought into it, I'd rather make them when I feel like it just for the love of it and not sell them. If I had

to make them to sell for a profit, I think that would take the joy out of it and my side hustle business would fail. Stay humble and work hard and be kind!

Edible Cookie Dough for One

1/3 cup flour
1/2 cup light brown sugar
Pinch salt
1/8 tsp vanilla extract
2-3 tbsp butter
1 1/2 tbsp milk
2 tbsp chocolate chips

Mix all ingredients except chips. After mixing, add chips.

Congratulations Lieutenant Jessica Henderson!



Recently promoted Police Lieutenant Jessica Henderson, Springfield's first African American, female lieutenant, and her mom Betty Henderson at her recent "dream" celebration.



Members of her sorority, Delta Sigma Theta, celebrate the achievement of her dream with Jessica. L to R: Denise Jordan, Theresa Bryant, Jessica, Brenda Harvey and Willette Johnson.



Additional sorors celebrate the achievement of her dream with Jessica. L to R: Deryl Blanks, Gladys Lewis, Jessica, Lola Conley, Gail Walls and Emurriel Holloway.

GOOD NEWS

August 2016



Jay Griffin,
Stone Soul Festival
Program Chairman
hayjay252@msn.com
Tel: 413-636-3881
or
413-739-2947

- ◆ **Imani's** getting married!
- ◆ I want to thank **Mable Sharif** and **Brenda Evans** for over 20 years coordinating the Stone Soul Health Fair. We will miss them dearly.
- ◆ Congratulations to **Sam Bolden** on his successful open heart surgery. I understand a Pinochle game broke out in the recovery room.
- ◆ Congratulations to **Veronica McNair** – celebrating her 20 years of sobriety at the Marriott Hotel.
- ◆ Stone Soul is thankful for **Attorney Cynthia Tucker, Patty Woods** and **Desi Jackson** for assisting parade coordinator **Kenneth Barnett** with the Stone Soul Festival Parade scheduled for **Saturday, September 3, 2016**, which will be leaving Rebecca Johnson School at 11:00 a.m.
- ◆ We are thankful for **Desi Jackson** for stepping in and plugging up the leaks. He truly deserves All-American status.
- ◆ We are thankful for **Regina Evans** and **New England Farm Workers** for giving our youth employment skills and such.

If you or your loved ones are in need of assistance in recovering from substance abuse, gambling, alcohol or other addictions, please call (413) 737-1485, the first step to recovery.

Send us your good news (birthdays, births, weddings, anniversaries, etc.) by **August 15th** for the **September 1st 2016** edition of the *Point of View*. We will acknowledge the Good News each month. The maximum submission is 15 words. There is a \$5.00 cost that must accompany your Good News information. Send to: Stone Soul, Inc., P. O. Box 90031, Springfield, MA 01109

- ◆ We are thankful for **Cee Jackson** and his support of ticket distribution for the Stone Soul African American Hall of Fame event on **Thursday, September 1, 2016 at 6:00 p.m.**



Bro. Taj Mahal, Ambassador of the Blues for the Commonwealth of Massachusetts, performed at the Jazz and Roots Festival in downtown Springfield on **August 6th** and what a performance!



Congratulations to **Danielle Griffin** for receiving a basketball scholarship to Howard University. She is the daughter of Jerald J. Griffin, Jr. and wife Maggie.

- ◆ Thanks to **Phylis Gedeon** for administrative support.
- ◆ Thanks to **Donna Seymour** for your phone call of encouragement.
- ◆ **Elijah Ayers** to speak at City Hall for youth employment funds.



Congratulation to **Helen Caulton-Harris** Commissioner, Springfield Department Health and Human Services, on being selected for the Uhora Award sponsored by the Springfield Museum African American sub-committee.

CONGRATULATIONS CORNER



Congratulations to **Attorney Tahirah Amatul-Wadud** of the Law Office of Tahirah Amatul-Wadud for being named one of the 2016 Top Women of Law by Massachusetts Lawyers Weekly.



Congratulations to **Latoya Bosworth (Brenda's Child)**, *POV's* Pen & Ink contributor, on the release of her 4th poetry anthology, *Self-Titled*. Go to brendaschild.com to order a copy.

Congratulations to the **Children's Chorus of Springfield (CSS)** on their merger with the Community Music School of Springfield (CMSS). Both organizations have missions that are closely aligned. In their new home, CSS singers will have an opportunity to rehearse and perform in the acoustically fine Robyn Newhouse Hall and will be exposed to the expanded music programs offered by the school.



Congratulations to **Renee Flowers**, *POV's* Artist in Residence, and owner of Renee's Visuals Three Art Gallery, who is honored to display four of her most critically acclaimed paintings in the Gallery Display Exhibit Hall in the MassMutual Center. The pieces are: *Grace Pink, One, Vibrant Hues and Yellow Bow-Tie*. These works will be displayed in the Center for six months.

Congratulations to **ALL** of Business West's Class of 2016 "40 Under Forty" winners, including:

- ◆ **Latoya Bosworth** — Author, Teacher, Nonprofit Leader, K.Y.D.S.
- ◆ **Michael Clark** — Chief of Staff, Office of State Sen. Eric Lesser
- ◆ **Lamont Clemons** — Exec. V.P. S-Cel-O Painting, Sr. V.P. of Commercial Energy Sales, Proton Energy Group
- ◆ **Adam Gomez** — Owner, Brightwood Press Co., Springfield City Councilor
- ◆ **LaTonia Monroe Naylor** — Manager of Community Impact, United Way of Pioneer Valley
- ◆ **Lidya Rivera-Early** — GPSTEM Program Director, STCC
- ◆ **Shannon Rudder** — Executive Director, MotherWoman Inc.
- ◆ **Laura Walsh** — Project Manager, Springfield Dept. Parks, Buildings and Recreation Management

Happy 40th Anniversary!



Avery and Cheryl Sharpe recently celebrated their 40th wedding anniversary and held a celebration to commemorate the event. L to R: Maya with Regan, Avery and Cheryl, Nikosi and Jade.

— Let's get the *Good News* rolling!

COMMUNITY

COMMUNITY INFORMATION

Announcement Of The Establishment Of The Pesce Family Foundation

The Pesce Family Foundation, Inc. is a nonprofit corporation organized and operated exclusively for charitable purposes, specifically to provide assistance to students in need. We further our purposes under this program by conducting the following activities:

Provide scholarships to students in need. All awards to students will be given as an outright Grant of Funds for educational purposes. We will especially be looking for applicants who are studying to become Special Education Teachers in the areas of Learning Disabilities and Autism. In addition, we will accept applications from students who are training in other areas of Special Education.

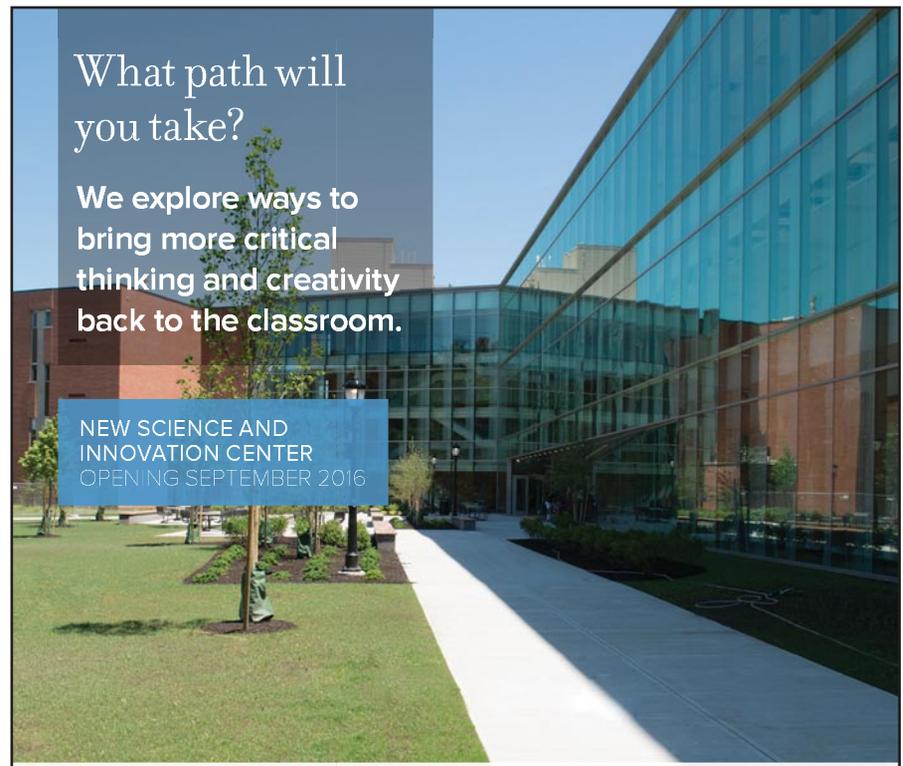
In that we are just starting and are in the process of assembling a sustainable fund level, our major push is fundraising at this time. Once we have established sufficient funds for distribution of awards, the appli-

cation period will be announced and applicants may apply directly to the Pesce Family Foundation.

The officers and board members who administer this program are as follows:

Robert L. Pesce
Dr. Augustus J. Pesce
Denise L. Pesce-Boratgis
Tia A. Altman
Joseph Carvalho,
Volunteer Consultant to the Board
Thomas E. Colli
Kathleen M. Krupczak
Betsy Gilrein-Marino
Dr. Karen P. Noone-Yvon
Dr. Bobbie L. Rennix

The Pesce Family Foundation is fully tax deductible as a donation in accordance with Internal Revenue Code (IRC) Section 501 (c) (3). Our Tax ID number is 47-3688342. For more information, contact Augustus Pesce <apesce7@comcast.net>. ■



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IF YOU USED THE BLOOD THINNER XARELTO and suffered internal bleeding, hemorrhaging, required hospitalization or a loved one died while taking Xarelto between 2011 and

the present time, you may be entitled to compensation. Call Attorney Charles H. Johnson 1-800-535-5727

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MISCELLANEOUS



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AUGUST 2016 EVENTS

For more events, go to: www.afampov.com

ON-GOING

THRU AUGUST 12

Springfield Museums present their "Summer Spectacular" Family Series

When: Monday—Friday, various times
Where: 21 Edward St., Springfield, MA
Info: Go to springfieldmuseums.org for information on times of special performances and appearances and if there is a cost

THRU AUGUST 19

Square One Welcomes "100 Acts of Kindness" Quilt as part of Project Baby

Where: 1095 Main St., Springfield, MA
Info: www.startatsquareone.org

THRU AUGUST 22

Springfield Museums Summer Hours

When: 10am Free 5pm
 Monday—Saturday;
 11am—5pm Sundays
Where: 21 Edwards St., Springfield, MA
Info: \$18 General Admission; \$12 seniors and college students with ID; \$9.50 children 3-17; Free for museum members, children under 3 and Springfield residents

THRU SEPTEMBER 25

Amherst Historical Society presents *Artifacts Inspire*

When: 12noon—4pm Fridays-Sundays
Where: Simeon Strong House, 67 Amity Street, Amherst, MA
Info: **Free and Open to the Public**

TUESDAY—2

Pine Point Improvement League 1st National Night Out

When: 6—8pm
Where: Former Balliet Park, 111 Seymour Ave., Spfld., MA
Info: **FREE and Open to the Public;** pizza, live DJ; raffle tickets

THURSDAY—4, 11, 18 & 25

2016 CityBlock Concert Series

When: 7:30pm
 4—Terry Sylvester
 11—Max Creek
 18—Blessid Union of Souls
 25—The Shadowboxers
Where: Stearns Square Springfield, MA
Info: **FREE & Open to the Public;** Go to SpringfieldDowntown.com/CityBlock

SATURDAY—6

3rd Annual 2016 Springfield Jazz & Roots

Festival featuring Taj Mahal, Jose Gonzalez & Banda Criolla, Terri Lyne Carrington Group and much more

When: 11am—11pm
Where: Court Square, Springfield, MA
Info: **Free and Open to the Public;** 413.734.8551;
www.springfieldjazzfest.com

MONDAY—8 & TUESDAY—9

Healing Racism Institute of Pioneer Valley will hold its Spring Healing Racism Two-Day Session

When: 8:30am—4:30pm
Where: Holyoke Community College, 303 Homestead Ave., Holyoke, MA
Info: \$\$; www.healingracismpv.org or 413.734.8336

WEDNESDAY—10

Genocide Survivor/Author Clementine Bihiga will share her Message of Courage and Hope

When: 11am
Where: West Springfield High School Auditorium, 425 Piper Road, West Springfield, MA
Info: **Open to the Public;** www.wsps.org/;
 See Article on Page 19

THURSDAY—11

Mason Square Library holds Fun Day/Information

Where: 765 State Street, Springfield, MA
Info: 413.214.2744

THURSDAY—11 THRU SUNDAY, AUGUST 14

West Side's Taste of the Valley

When: Thursday, 4—9pm;
 Friday, 4—11pm;
 Saturday, 11am—11pm;
 Sunday, 11am—6pm
Where: Park Street Town Common, West Springfield, MA
Info: www.westsidetaste.com

THRU MONDAY—15

Western New England University School of Law Accepting Small Business Legal Clinic Applications

When: Submit applications by 8/15
Where: 1215 Wilbraham Road, Springfield, MA
Info: **FREE and open to local businesses** needing this service; 413.782.1469 or mfletcher@law.wne.edu;
www1.wne.edu/cie/.

MAMA'S BOYZ

www.jerrycraft.net

JERRY CRAFT



SATURDAY—20

Springfield Caribbean Carnival 2016 Parade

When: 11am—8pm
Where: Kickoff State & Catharine St., to Blunt Park, Springfield, MA
Info: veraocn@aol.com; 413.726.9006

Info: 413.205.5115;
www.TheBigE.com

SEPTEMBER

Saturday—3 & 17

Library Holds Back-To-School Bingo for Children

When: 1:30—2:30pm
Where: Sixteen Acres Branch Library, 1187 Parker St., Springfield, MA
Info: All children will receive prizes;
www.springfieldlibrary.org

SATURDAY—17

St. Peter's Episcopal Church holds Annual Lake George Luncheon Cruise Trip

When: 7:30am Bus Leaves
Where: 45 Buckingham Street, Springfield, MA
Info: \$85; Call Vera O'Connor for details @ 413.726.9006

BUILD

a WINDOW of OPPORTUNITY with HCS HEAD START!

Our early childhood education programs prepare children for school, and for life.

- 1/2 day classes at no cost for eligible families
- Subsidized full-day classes
- Nutritious meals & snacks
- Health (mental, physical, and dental screenings) programs
- Family and community engagement programs and support services
- Services for children with disabilities
- We also offer a new, Early Head Start home-based program
- Age requirements for HCS Head Start: prenatal moms to children 5 years old
- Limited transportation is available

CALL US at (413)788-6522, or visit our website at hcsheadstart.org

Head Start, Inc.

EDUCATING children. SUPPORTING families. BUILDING healthy communities.
 30 Madison Ave., Springfield, MA 01105 (413)788-6522 www.hcsheadstart.org

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Rick & Marge Celebrated their 50th Wedding Anniversary among family and friends



July 16, 1966



July 16, 2016



*Rick (center) with all four groomsmen from wedding.
From L to R: George Marshall, Dennis Terry, James Hardin
and Raymond Jordan.*



*Rick and groomsmen with Marjorie and bridesmaid, cousin
Catherine Phillips.*



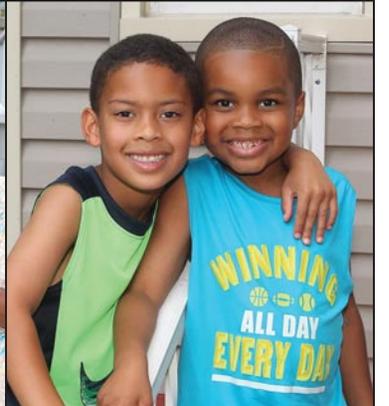
*The 50's Club—Couples who have been married for 50 years or
more: Top Row from L to R: Curtis and Carol Shaird, Frances
Rosemond, Earl and Bennette Willridge, Buford and Emurriel
Holloway and Monica Berry. Bottom Row from L to R: Raymond
and Donna Jordan, Thomas and Maxine (above) Brown, Gordon
and Juanita O'Neal, and Marjorie and Rick Hurst.*



*The Hurst family: Justin Hurst, Jr., Fred Hurst, Jr., Tracie Berry,
Justin Hurst, Denise Hurst and "Party Planner Par Excellence"
Maria Estrada.*

Rick & Marge Celebrated their 50th Wedding Anniversary among family and friends

Rick & Marge
Happy 50th
Anniversary
Thank you for all you do
for the community
Mrs. Lucille Merriman & Family



BEN SWAN CALLS MIKE ALBANO

★ "THE BEST MAN FOR THE JOB FOR
SHERIFF OF HAMPDEN COUNTY" ★



Mike Albano. Democrat. Sheriff.

PAID FOR BY THE ALBANO COMMITTEE