WOMEN’S HISTORY MONTH

THE THREE DIVAS: Part I
Poets Who Perform

By Marjorie J. Hurst

Left to Right: Lynnette Elizabeth Johnson, Latoya Bosworth (Brenda’s Child) and Crystal Senter-Brown

THINK OF IT: not one, not two but three Maya Angelou’s right here in our midst. Lynnette, Latoya and Crystal, three of Springfield’s most talented poets and spoken word artists. They are called, “The Three Divas,” an appropriate moniker for three gifted young women who write from the depths of their souls, sharing their voices with us in poetry and spoken word. Three friends who not only support each other but promote each other’s works every chance they get. I had an opportunity to sit down with them and came away utterly inspired.

The City of Springfield and Hampden County have three amazing women representing Western Massachusetts at the statewide level on The Commission on the Status of Women. Tahirah Amatul-Wadud, Denise Hurst, and Maria Puppolo have been appointed to serve as Commissioners of the Massachusetts Commission on the Status of Women.
Believe again!
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Resurrection Sunday
March 27, 2016
10:00 am
Griswold Theatre
American International College
1000 State Street
(corner of State & Homer Streets)
Casual dress. Everyone is invited.

Dr. Atu White, Pastor

Mt. Zion Baptist Church
Springfield, MA
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BRANDON HALL
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A growing number of men and women are discovering career-focused education as one of the fastest and most effective ways to start a new high-growth career.

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Donald Trump has really tricked his Republican Party. He’s not a Democrat, Republican or Independent. Rather, he is an opportunist who could care less about most of the issues he trumpets to adoring crowds of confused and fawning followers who overlook some of the worst transgressions to come out of the mouth of a presidential candidate since the nation was founded. The saddest part of it all is that Trump is serving as the mirror of his own followers. He senses their sentiments, gathers them up into his political portfolio and spits them back at his audiences as poisonous, nonsensical, vacuous vitriol. And they love him for his crude reflections and affirmations of their true feelings. The scariest part is that these Republican minions are not your mom and pop Republicans of the past. They are a loose amalgam of disenchanted, primarily White, working class folks who have been lured to the Republican fold by party regulars who never intended to do anything for them except use them as cannon fodder in their war to gain and hold power over Democrats. Some have always been law-and-order Republicans frightened into voting against the “Black menace” by Republican presidential candidates from Richard Nixon, George H. W. Bush to Ronald Reagan to George W. Bush. Many others, however, were drawn to the Republican fold by their disenchantment at the success of the Civil Rights Movement (Remember Ronald Reagan’s visit to Philadelphia, Mississippi?) and by their totally unjustified conviction that Black folks, through affirmative action, and Mexicans and other Latinos, through immigration, are taking away their jobs while the Republican elite have known all along that technology, trade deals that favor the rich and draw middle class jobs out of the country, and now rich corporations that move their headquarters overseas to avoid corporate taxes and increase their profits, are the real causes along with a greedy Wall Street psychological mindset that has helped widen the gap between rich and poor like never before. And the scariest part is that many of the disenchanted Democrats who support Sanders appear to share much in common with the Republican disenchanted and if Sanders loses to Clinton, many of them (with the exception of the young college crew) will go to the Trump side and that 30-35% ceiling that the mainstream media expects to stop Trump will crumble.

**THE REPUBLICAN DILEMMA**

“The Trump coalition isn’t conservative in the traditional sense, or ideological at all…. This is a populist coalition, and Mr. Trump has won its support in part by breaking defiantly with traditional Republican economic policies. He mocks free-trade agreements that have had broad support within the party, and particularly within its normally powerful business wing. He has shredded the more open Reagan philosophy on immigration. He can sound more like a Democratic populist than a Republican one when talking about taxing hedge funds and private-equity firms.” (Gerald T. Seib, *The Wall Street Journal*, February 23, 2016)

**THE GAME IS RIGGED!**

Residents of Massachusetts spend on average more than $700 per person on the lottery every year, more than triple the national average of around $200. But those numbers mean little without this context: Research shows that more than half of all lottery tickets are purchased by people in the poorest third of all households. Many report they buy tickets out of desperation….Yet, because of antiquated formulas, too much of the proceeds flow into many of the state’s wealthiest communities, essentially subsidizing the life of the rich at the expense of the poor.” (Which is another reason Bernie Sanders and Donald Trump resonate) (February 21, 2016, *Boston Sunday Globe*)

**RECENTLY DECEASED SUPREME COURT JUSTICE SCALIA**

“My mother always told me that if you can’t say anything good about somebody, don’t say anything at all, especially about the dead.

**JEB BUSH HAD NO CHOICE**

Jeb Bush spent $2,592 per vote between Iowa and New Hampshire while Donald Trump spent $87 for the same period. Jeb placed 6th in Iowa and 4th in New Hampshire while Trump placed a close second in Iowa and a wide 1st in New Hampshire and in South Carolina. We don’t yet know what Jeb spent on South Carolina but what we do know is that he should have saved his money and exited the race after New Hampshire.

**ECONOMISTS AND DRUGS**

The Wall Street Journal columnist, Tom Wainright (February 20-21, 2016) wrote an informative article on the war on drugs that he suggested would be waged better by economists rather than law enforcement. I agree. He points out that, among other things, our government spends billions of dollars destroying cocaine crops when “The raw leaf needed to make one kilogram of cocaine powder costs about $400 in Colombia; in the U.S., that kilogram retails for around $150,000, once divided into one-gram portions. So even if government eradication efforts doubled the price of coca leaf, from $400 to $800, cocaine’s retail price would at most rise from $150,000 to $150,400 per kilogram. The price of a $150 gram would go up by 40 cents – not much of a return on the billions invested in destroying crops. Consider trying to raise the price of art by driving up the cost of paint: It would be futile since the cost of the raw material has little to do with the final price.” Wainright’s point, of course, is that attacking the supply side of drugs rather than the demand side is futile as our drug war has proven unable to stem the increasing influx of drugs into the country. But, he wrote, “A dollar spent on drug education in the U.S. schools cuts cocaine consumption by twice as much as spending that dollar on reducing supply in South America; spending it on treatment for addicts reduces it by 10 times as much. Rehab programs for prescription-painkiller users might seem costly, but they prevent those people from slipping into the colossally more expensive problem of heroin addiction. Where demand cannot be dampened, it can be redirected toward a legal source, as a few U.S. states have done with marijuana – a development that has inflicted bigger losses on the cartels than any supply-disruption policy.” Makes a lot of sense!

**THE REAL BLACK HISTORY**

It doesn’t hurt to look at a different point of view, especially when it comes to the subject of Black History. Jason L. Riley wrote an article in *The Wall Street Journal* (February 10, 2016) that is revealing but not unfamiliar to those who regularly compare the history of black America during Jim Crow and now. He wrote, “The irony is that black history in the first half of the 20th century is a history of tremendous progress despite overwhelming odds. During a period of legal discrimination and violent hostility to their advancement, blacks managed to make unprecedented gains that have never been repeated. Black poverty fell to 47% from 87% between 1940 and 1960 – before the implementation of Great Society programs that receive so much credit for poverty reduction. The percentage of black white-collar workers quadrupled between 1940 and 1970 – before implementation of affirmative-action policies that supposedly produced today’s black middle class….In New York City, the earnings of black workers tripled between 1940 and 1950, and over the next decade the city saw a 55% increase in the number of black
The Commission on the Status of Women is an independent state agency that was legislatively created in 1998 to advance the women of the Commonwealth to full equality in all areas of life and to promote their rights and opportunities. The Commission provides a permanent, effective voice for Massachusetts women and is comprised of 19 diverse members who are appointed by the Governor, Senate President, Speaker of the House of Representatives and the Caucus of Women Legislators.

Tahirah Amatul-Wadud currently runs the Law Office of Tahirah Amatul-Wadud which provides full legal representation in the areas of family law and advocacy for religious rights. Amatul-Wadud was invited to the White House for a ceremony on celebrating religious pluralism in December 2015. She is active in local faith based and community initiatives directed toward religious tolerance and peace. She is also an executive board member for Council American Islamic Relations-Massachusetts.

Denise Hurst has been committed to working with children and families throughout the Pioneer Valley who have experienced mental illness. She is currently the Site Director for the Department of Mental Health, Holyoke/Chicopee area. Denise is also a board member of UMass Women into Leadership (UWiL), a mentoring program for undergraduate women interested in exploring careers in electoral politics or leadership positions within government.

Maria T. Puppolo currently heads the Law Office of Maria T. Puppolo, representing clients in mental health, alcohol and drug-related civil commitment proceedings and debt collection cases. Puppolo is an Assistant City Solicitor for the City of Springfield Law Department and a Certified Mediator.

Amatul-Wadud, Hurst and Puppolo have testified before the legislature in support of a bill to create the regional Hampden County Commission for Girls and Women.
We were very pleased early this year when the Massachusetts Department of Elementary and Secondary Education (DESE) released graduation and drop-out rates for districts across the state. We learned that Springfield Public Schools’ drop-out rate has been slashed in half since 2012. The reduction in the drop-out rate translates to the graduation of more than 300 additional students.

But that was not the only good news. We also learned that our graduation rate increased more than five points since last year, going from 61.6 percent to 66.7 percent. The drop-out rate declined 2.1 points since last year, going from 7.2 percent to 5.1 percent. Comparatively, the state saw an increase of just 1.2 points in the graduation rate and a slight decline in the drop-out rate from 2.0 to 1.9 percent.

The 2015 graduation data for Springfield Public Schools marks the second year in a row that the district has achieved a five point gain or better. I credit a laser-like focus on graduation initiatives by faculty and staff, student perseverance, family support and community commitment to the improvement in the rates.

Initiatives such as identifying students at risk for dropping out early and providing the necessary academic and social/emotional supports; the expansion of alternative and flexible pathways to graduation, such as on-line credit recovery courses, have proven to be effective in reaching more students and keeping them in school.

The addition of graduation coaches, ninth and tenth grade academies and a ninth grade transition course at every high school; as well offering free night and summer school courses are other contributing factors. And we cannot overlook the value of the community-wide Stay in School initiative, a partnership between the district and The United Way of Pioneer Valley.

But while progress to date has been significant, there is still much room for greater improvements. We want to see every single student graduate and no student drop out of school. We will remain focused on this work and have no intention of taking our foot off of the gas pedal.

More Graduates, Fewer Drop-outs

Superintendent Daniel J. Warwick

More often than not when I am cruising Facebook, I notice posts of teachers, patients, businesses, musicians, community activists, etc. holding signs that read “Help me get 1,000,000 Likes” or “Can I get 1,000,000 Likes” or videos filled with emotion and urgency pleading with Facebookers to “Like my page” or “Like my link” or imploring “I need a million likes.” When I see these, sometimes the person is at 999,999 Likes and I think why does just one more Like make such a difference? What about the value of the 999,999 who already took the time to click that coveted button? And then I start thinking, who am I to judge when I do the same thing in so many different ways...?

Though recognized by my high school and colleges and deemed so by my friends and colleagues as an eternal optimist, I, too, can fall prey to the 1,000,000 Likes trap. Each year, my family and I host a New Year’s Eve party with almost 100 family and friends joined together to celebrate each other and the new year. These hundred show up, mingle, sing along, cheer for our youth performers, share delicious goodies, and ring in the new year with music and fun. And each year, without pause, after all our guests have departed, I find myself checking the invite list and fussing over the one or two people who didn’t show up. Wondering why? Where were they? How come they didn’t call? Somehow, through the magic and mystery of human nature, the 100 or so who were there simply disappear. The love, laughs, and special moments with many guests swallowed by the void of the missing one.

Or, at school last month, when I coordinated an important Attendance...
Innovation or innovative practices are essential when thinking about child outcomes. How do we help children reach their full potential? This is the question we are constantly asking ourselves when designing a program that will meet the needs of children and families. We know that one of the keys to children’s success is directly connected to respecting parents as their children’s primary nurturers, teachers, and advocates and supporting them in those roles.

Over the years, HCS Head Start has offered a Survival English class to parents who spoke exclusively Spanish. Parents would sign-up for the classes but it became evident that this was not meeting their needs. Experts in teaching English as a second language (ESL) say that research shows a greater success of literacy in a second language when people are already literate in their first language. As a result, families will be better equipped to help their children prepare for school.

Our team went back to the drawing board, brought in a few community partners and redesigned the program to help parents become literate in their native language. *Planting Literacy* was the result of our rethinking about supporting families in their role as their child’s first teacher. This is a collaborative pilot project that intends to provide Spanish literacy skills to a group of Head Start parents with the ultimate goal of advancing the social integration of families into their communities and provide the tools to be active participants in the educational process of their children. We have partnered with long time partner Holyoke Community College (HCC) to teach the class and to have HCC students serve as volunteer tutors to the Head Start families.

All of that hard work has paid off. On January 26, 2016, during the Massachusetts Head Start Association’s Annual Meeting, HCS Head Start received the Innovation Award for the project. The Innovation Award reflects innovation and determination of a Head Start/Early Head Start program. This award is to celebrate local Head Start programs who have partnered to create high impact services to children and families. HCS Head Start was invited to present the Planting Literacy project during the annual National Migrant and Seasonal Head Start Association Conference in Washington, D.C. this past February.

Way to go Head Start!
For the special **WOMEN THAT WIN** in my life…

- I am never left WONDERING if I can depend on them, and for that I am eternally grateful!
- I make it a point to consistently OBSERVE them, sometimes taking notes, knowing that listening and behaving as they do will get me closer to where they are!
- I often MARVEL at all of the balls they are able to juggle at one time, while still taking care of themselves!
- I am always mindful to ACKNOWLEDGE and give them the respect they are due because they have earned it!
- I NOTICE that they have a fear for HIM! And with this fear, they will not only be praised but also rewarded by HIM!

So this month’s article is dedicated to all of the **WOMEN THAT WIN**, but especially to those who have impacted my life in ways they may never know.

For all of the times I needed a listening ear and you let me go on and on, THANK YOU!
- For all of the times I fell and you were there to pick me up, THANK YOU!
- For all of the times I needed encouragement and you found just the right words to say, THANK YOU!
- For all of the times I had no clue what I was doing and you guided and instructed me, THANK YOU!
- For all of the times you believed in me, even when I didn’t believe in myself, THANK YOU!
- But most of all THANK YOU for being among the elite **WOMEN THAT WIN**!

**“THANK YOU!”**
HERE’S TO THE 999,999!

continued from page 6
Policy Information Session for parents/guardians. Several community leaders and partners attended and presented respective information and resources supporting attendance initiatives, but only approximately 40 parents out of 350 showed up. I was disappointed by this turnout and from appreciation tainted by slight embarrassment that our leaders had taken time and care to present, I found myself apologizing to each for the low turnout. Why was I apologizing?

What about the time and effort of the parents who did participate?
And how about the handful of amazing sponsors who helped bring the dream of my book Education: Our Foundation to reality? Their generosity of heart and spirit are the only reasons this book was printed. Yet, I keep re-visiting the mental laundry list of organizations who declined sponsorship. There were many. But why should the deficit of these many be larger than the benevolence of the few?

Again, aside from human nature, the answers to these questions may never materialize, but writing this article reminds me that focusing on one more Like, one more guest, one more participant, or one more sponsor will not change what was done, but may hinder what will become…

I must not allow this to happen. I must instead focus on and operate from the core of hope that the heart of each brings and not the whole. I must appreciate the one, five, seven, fifty, hundred who do show up. Who devote time and energy. Who share love and resources. And I must thank them.

So here’s to the 999,999! Because I’ve stopped counting… ■

Here’s to the 999,999!
MoneyGram to Pay $13 Million in Multistate Settlement Over Wire Transfer Scams, AG Healey Offers Tips For Consumers

Settlement Funds Provide Restitution to Massachusetts Consumers; Company to Improve Anti-Fraud Program

BOSTON, MA – A national wire transfer service has agreed to pay $13 million to resolve a multistate investigation into fraudulent money transfer scams, Attorney General Maura Healey announced today. The settlement funds will provide restitution to eligible consumers and a payment to the states that participated in the multistate investigation. The settlement will also require the company to improve its anti-fraud program.

AG Healey’s Office, along with 48 other states and the District of Columbia, participated in the multistate settlement with Dallas-based MoneyGram Payment Systems, Inc. (MoneyGram). Today’s settlement resolves a multistate investigation into complaints from consumers who used MoneyGram’s wire transfer service to send money to third parties in foreign countries that turned out to be fraudulent.

“Consumers should always be wary of any requests for an immediate transfer of money through a non-bank money transfer service or reloadable payment card,” said AG Healey. “These types of scams range from ‘grandparent’ scams to lottery and contest scams and rely on money transfer services because there is often no way to trace the money, reverse the transaction, or recover the money once it reaches the hands of the scammer.”

Under the terms of the settlement, MoneyGram has agreed to pay a total of $13 million, of which approximately $9 million will fund a nationwide consumer restitution program. The remainder of the settlement funds will go to the participating states for costs and fees, including $210,000 to Massachusetts.

Consumers eligible for the nationwide restitution program will be contacted by a settlement administrator.

As part of the settlement, MoneyGram has also agreed to improve its anti-fraud programs to better prevent fraud-induced wire transfers. MoneyGram will be required to provide additional compliance training for agents, maintain guidelines regarding when an agent’s conduct warrants suspension or termination, operate a hotline system where employees and agents can report noncompliance with anti-fraud measures, and continually enhance its technology solutions to protect consumers.

AG Healey warns consumers to be extremely suspicious if they receive a telephone call from someone asking for money or personal information, including when:

- The caller is a stranger — in this country or anywhere else;
- The caller says he or she is a grandchild or relative in a crisis;
- The caller is in another country or a far-away location;
- The caller says he or she is in trouble and urgently needs money;
- The caller requests secrecy;
- The caller asks for the funds to be sent by wire transfer.


Additional information and resources pertaining to consumer scams are available on the Attorney General’s website. Consumers with concerns can call Attorney General Healey’s Consumer Hotline at (617) 727-8400. The FTC also provides information about money wire scams on their website, www.ftc.gov.

In Massachusetts, this matter was handled by Deputy Division Chief Monica Brookman and Legal Analyst Emily Garvey, both of AG Healey’s Insurance and Financial Services Division.
It was 1892, when Primus Mason, an African American born a free man, died and left $25,000 to found a home for aged men. Six years later, the Springfield Home for Aged Men was incorporated and a dream was born. Today that dream is known as Mason Wright Senior Living.

Since the first home officially opened in 1904, the name of Primus Mason has always been associated with the original address at 74 Walnut. Nothing else has stayed the same. In 1923 the original ten-bedroom home was replaced by one with thirty bedrooms. Twenty years later, a Caucasian cigar manufacturer, Horace Wright, died; he also left a substantial legacy to the home.

In 1973, twenty-eight independent apartments were added behind the home bordering Union Street. But the big step was yet to come.

It was 1998 when the thirty-bedroom “rest home” was closed and torn down to make room for a four-story, 90-room assisted living facility called Primus Mason Court. The new facility provided not only for more residents (both men and women by this time) but also for more services. Mason Wright now enables its residents the opportunity to have assistance with bathing and dressing, if needed; plus it provides housekeeping, three nutritionally balanced meals a day, and a wide range of activities both on-site and around the community.

Today, as it has through the years, Mason Wright stands true to its mission of providing affordable housing and services. While residents contribute to their rent according to their social security income, services are provided primarily through one of two Medicaid or Medicare programs—Commonwealth Care Alliance and Summit Eldercare. Mason Wright assists prospective residents to enroll in the program that best meets their needs.

In the early years after the beginning of Social Security, the old Mason Hall struggled to fill its thirty rooms because families were keeping their elderly relatives at home. Now, however, the 90-room building is almost always at full or near-full occupancy. Visitors to the campus—often characterized as “an oasis” in Springfield—are always impressed by the attention to cleanliness, decorating, and the variety in both menu choices and activities offered.

What is a surprise for many to learn is that Mason Wright succeeds financially, unlike many nonprofits, and it does so in spite of the limitations of Medicare- and Medicaid-supported programs. Unlike a for-profit where earnings benefit its owners, 100% of the “profits” stay within Mason Wright to provide more and better services for its residents. The “extreme makeover” of the main dining room is a fine example—a $50,000 project now underway.

Adding to Mason Wright’s financial success is its affiliated home care agency, Colony Care at Home. Created four years ago with the vision of building a successful company whose growth was not limited by the amount of space available at 74 Walnut, Colony Care provides personal aides, homemakers and companions where people live—including homes, assisted living facilities and rehabilitation centers. Colony Care’s home-care clients often rely on the same Commonwealth Care Alliance and Summit Eldercare programs as Mason Wright. Only four years old, Colony Care is also earning “profits” that return to Mason Wright to support the core mission. Primus Mason would be proud.
SPRINGFIELD — News of the Zika virus has exploded internationally in the past several weeks with the Centers for Disease Control and Prevention (CDC) issuing a warning to pregnant women visiting areas where the virus has spread.

The CDC has issued a travel alert that includes over 25 regions outside the U.S., where the Aedes aegypti mosquito (and possibly the Aedes albopictus) carries and transmits the virus. While both of these mosquitoes can be found in the South and other parts of the United States, no locally transmitted Zika cases had been reported until Feb. 2, when the CDC announced that the Zika virus had been sexually transmitted in Texas — the first known case of the virus being locally acquired in the continental United States in the current outbreak — by a person having sex with someone who had recently returned from Venezuela, one of the many outbreak sites. There have also been isolated cases of the Zika virus being transmitted during blood transfusions, but none confirmed in this country. Cases reported in the U.S. involving returning travelers are expected to increase. And, according to the CDC, these imported cases could eventually result in local spread of the virus in some areas of the U.S.

Massachusetts state health officials confirmed one case of the Zika virus in the state on Jan. 28, and said additional cases are possible, though the virus is not spread from one infected person to others. The Massachusetts Department of Public Health (DPH) is working closely with the CDC to coordinate testing for symptomatic pregnant women who have recently traveled to countries with identified Zika transmission. Currently all evaluations are being handled by the CDC.

Dr. Andrew Healy, a perinatologist in Maternal Fetal Medicine at Baystate Medical Center offers answers to important questions about Zika virus you need to know.

Q. What is the Zika virus and how is it transmitted?
A. The Zika virus is a mosquito-borne illness — in the same family as yellow fever, dengue, and West Nile viruses — and it is spread through the bite of an Aedes mosquito. While it is generally believed that it cannot be transmitted from person to person, observational evidence in some small studies suggest those infected with Zika can pass the virus to others through sexual intercourse. That belief has now been documented in Texas, where the CDC has confirmed a case of Zika transmitted through sexual intercourse. While most people (some 80%) will have no symptoms, some may experience fever, joint and muscle pain, rash, headache, and conjunctivitis. Severe cases resulting in hospitalization or death are rare. There is currently no vaccine or medication available to prevent or treat the virus, but research is currently being conducted.

Q. Who is at risk and should people be concerned about traveling to Zika-affected areas?
A. Everyone is at risk for contracting the Zika virus simply through mosquito bite when traveling in the alert areas. However, most people — with the great exception of pregnant women or women who are trying to become pregnant — should not be concerned about traveling to Zika-affected areas. The virus has been associated with an alarming rise in the number of babies in Brazil being born with microcephaly, a birth defect that results in smaller than normal head size, and other poor pregnancy outcomes, as well as Guillain-Barre syndrome — characterized by paralysis caused by the immune system attacking the nervous system. If you are pregnant and have plans to travel to regions where the Zika virus has spread, contact your doctor beforehand. While a direct causal link between Zika virus and birth defects has not been established, and more research is needed, the large increase in cases of microcephaly was enough of a reason for the CDC to issue a travel alert.

Q. What should a woman do if she was pregnant while visiting one of the infected areas, or became pregnant shortly after?
A. The federal Centers for Disease Control and Prevention (CDC) has issued interim evaluation and treatment guidelines for infants born to mothers who traveled or lived in areas with Zika virus outbreaks during their pregnancy, as well as interim guidelines for U.S. healthcare providers caring for pregnant women who have traveled to the areas where Zika virus transmission is active. Pregnant women with a history of concerning symptoms such as fever, joint and muscle pain, rash, headache, and conjunctivitis during their trip or within two weeks of travel are candidates for testing. Patients with a history of travel to at-risk areas, but no history of symptoms, should be offered a serial fetal ultrasound to detect microcephaly and/or intracranial calcifications. Amniocentesis may be also be considered depending on the results. Pregnant women should contact their obstetric provider if they have a history of recent travel to at-risk areas.

Q. How can you prevent being infected with the Zika virus?
A. The best way to prevent being infected with the Zika virus is to avoid being bitten by a mosquito in the affected areas. Insect repellents, especially those containing DEET, should be used. Also, wear protective clothing like long-sleeved shirts and pants, and avoid freestanding water. The Aedes mosquito breeds and rests in small pools of water and moist environments around people’s homes such as in flower pots or animal drinking pans. Keep windows closed and use air-conditioning, if needed, in these areas. Clothing should also be treated with permethrin prior to travel.

Q. What countries are included in the current CDC advisory?
A. As of Feb. 2, countries and territories with Zika virus transmission included in the current CDC advisory are in the Caribbean — Barbados, Curacao, Dominican Republic, Guadeloupe, Haiti, Martinique, Puerto Rico, Saint Martin, and US Virgin Islands; in Central America — Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, and Panama; Pacific Islands — American Samoa and Samoa; South America — Bolivia, Brazil, Colombia, Ecuador, French Guiana, Guyana, Paraguay, Suriname, and Venezuela; as well as Cape Verde and Mexico.

For the latest CDC travel advisories Visit: http://wwwnc.cdc.gov/travel/notices/

For more information on Baystate Medical Center, visit baystatehealth.org/bmc.
Of all the places in the world to receive cancer treatment, one stands out. In fact, there’s no place like it. With the Baystate Regional Cancer Program, you have access to some of the country’s best cancer experts and the latest treatment options right in western Massachusetts. As part of a teaching hospital, the Baystate Regional Cancer Program offers an exceptional patient experience where you will be treated, guided, and supported along your unique journey to recovery.

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The Lady Killer

By Anika C. Thrower, PhD

In women, heart attacks are known as the Lady Killer because episodes tend to happen with little-to-no warning signs. Heart disease is the number one killer in women. In 2009, it killed 1 in every 4 females. Of these women, two-thirds had no prior warning signs. Though Black and Hispanic women are more widely affected, White females have the same outcomes.

As a brief overview, a heart attack occurs with the narrowing of blood vessels that carry oxygen-rich blood through the body to the heart, causing a reduced blood flow or a complete blockage. The culprit is fat buildup, cholesterol, and other substances that together cause plaque to form in the blood vessels. This buildup is also known as a clogged artery.

Improving our Lifestyle

Unlike men, women are usually undiagnosed and therefore untreated at the onset of symptoms. Many times heart attacks happen slowly (see heart illustration within this article).

Unfortunately, some risk factors are out of our control and we cannot change them, including our age and family history of heart disease. The good news is that there are health-based risk factors that we can change and/or control to improve our lifestyle and lower our chances of heart attack. These actions are choosing high quality, healthy foods; limiting alcohol consumption; increasing physical activity levels; watching our stress levels; and eliminating smoking.

Dear Robust Reader,

Each day is a new day to make a new lifestyle choice. No one said it was easy, but the health habits we embrace can help or harm us. TODAY do the heart work of making a bold choice to eliminate one thing that does not enhance our wellbeing.

Next month we will cover 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. ■

Springfield to Train Students in Life Saving CPR

Building a New Generation of Life Savers in Massachusetts

SPRINGFIELD — All sophomores in Springfield high schools will be trained with the lifesaving skills of CPR after a policy was passed successfully by the School Committee on Thursday, February 4, 2016.

More than 326,000 people experience cardiac arrest outside of a hospital each year, and about 90 percent of those victims die, often because bystanders don’t know how to start CPR or are afraid they’ll do something wrong. CPR, especially if performed immediately, can double or triple a cardiac arrest victim’s chance of survival.

Springfield Public Schools is the largest school district in the Commonwealth of Massachusetts to be recognized as a CPR SMART School. CPR training will be provided as a part of the school’s Health Education curriculum, which all students take as part of their core graduation requirements. As the second largest school district in the Commonwealth, over 1900 students will receive hands-only CPR training, which conforms to the core teaching objectives for lay provider training as outlined in AHA Guidelines for CPR and will include:

- Instruction and an opportunity to practice the psychomotor skills related to CPR (hands on compression practice)
- Awareness of the purpose of an AED (Auto-

With the new policy in place, over 1,900 sophomore students will receive hands-only CPR training in the Commonwealth, building a new generation of life savers.

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Alzheimer’s is not normal aging, age is the greatest risk factor for the disease.

What exactly is Alzheimer’s disease? It is a degenerative disease of the brain, the most common form of dementia. Dementia is a group of brain disorders that causes confusion and problems with memory, judgment and reasoning. Dementia makes it increasingly difficult to do everyday tasks. Alzheimer’s disease causes gradual, irreversible changes in the brain. Alzheimer’s is not a normal part of growing older.

**Some warning signs of Alzheimer’s – Please see a doctor**
- Gradual memory loss that affects daily life
- Difficulty with familiar tasks such as cooking, hobbies or driving
- Forgetting simple words or trouble naming common objects
- Challenges in planning and problem solving
- Confusion with time and place
- Getting lost, even in familiar places
- Decreased judgment about things like money or how to dress
- Difficulty learning new things
- Unusual changes in behavior or mood
- Loss of initiative, sleeping more, less interest in activities

**Quick facts about Alzheimer’s disease provided by the Alzheimer’s Association:**
- Alzheimer’s disease is the only cause of death in the top 10 in America that cannot be prevented, cured or slowed
- Almost two thirds of Americans with Alzheimer’s disease are women
- One in three seniors dies with Alzheimer’s or another dementia
- Alzheimer’s is the sixth leading cause of death in the United States
- Only 45% of people with Alzheimer’s disease or their caregivers report being told of their diagnosis
- More than 90% of people with the four most common types of cancer have been told of their diagnosis
- In 2015, Alzheimer’s and other dementias cost the nation approximately $226 billion
- By 2050, these costs could rise as high as $1.1 trillion
- Every 67 seconds someone in the United States develops the disease.

Currently, more than 5 million Americans have Alzheimer’s. However, national funding for research has lagged behind other major diseases, according to the Alzheimer’s Association. Recent studies have also shown that Alzheimer’s may be underreported as a cause of death, since death often occurs from complications of the disease.

Furthermore, according to the Boomer report issued by Alzheimer’s Association — generation Alzheimer’s: the defining disease of the baby boomers, “Death rates for other major diseases — HIV, stroke, heart disease, prostate cancer, breast cancer — are declining. Alzheimer’s is the only top 10 cause of death without a way to prevent, cure or even slow its progression.

“There is great promise in Alzheimer’s research and a focused commitment from the nation’s leaders could make the difference in solving the crisis. Please Get the “Generation Alzheimer’s Report” to learn more about what can be done to conquer this devastating disease.”

Visit [www.alz.org](http://www.alz.org) for more information.

The Alzheimer’s Association provides education and support for those dealing with Alzheimer’s and is the leading non-profit funder of research into causes, cures and an eventual treatment for Alzheimer’s. Offices are located in Watertown, Raynham, Springfield and Worcester, MA and Bedford, NH. Information about Alzheimer’s is available at a 24/7 Helpline 800-272-3900 or [www.alz.org/MANH](http://www.alz.org/MANH).

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**Springfield to Train Students in Life Saving CPR**

continued from page 14

The American Heart Association would like to recognize many key school officials, Michelle Heim, Director of Wellness and Development for the Springfield Public Schools and Dr. Kate Fenton, Curriculum Director for Springfield Public Schools. The American Heart Association would like to also recognize Susan Canning, advocate and founder of Kev’s Foundation and Rhonda Hall, a Springfield teacher and an American Heart Association advocate who were both instrumental in bringing the concept of CPR training to the school leaders.

“Sudden cardiac arrest could happen at any time, anywhere and to anyone. It could happen in school,” remarked Rhonda. “We know that thanks to Springfield School’s commitment to teaching their students the lifesaving skill of CPR before they graduate, they will put thousands of qualified lifesavers in our community, year after year.”

Superintendent of Schools Daniel Warwick credited teacher Rhonda Hall, Chief Instructional Officer Dr. Kate Fenton, the School Committee and the American Heart Association for their work with this project. He said the initiative is one that holds positive implications for not only students but also the community.

“This is a wonderful opportunity and I am thrilled we are able to provide it to our students,” said Warwick. “You simply cannot put a price on the inherent value of arming students with potentially life-saving skills. It will enrich each one them and strengthen us as a community.”

For more information, please contact Allyson Perron Senior Government Relations Director at the American Heart/American Stroke Association at allyson.perron@heart.org.

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**HEALTH MATTERS**

**Generation Alzheimer’s: The Defining Disease of the Baby Boomers**

By Marcia McKenzie, M.Ed., Director, Diversity Initiatives & Western MA, Alzheimer’s Association®, Massachusetts/New Hampshire Chapter

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By the time this article is printed the Springfield City Council will have voted on whether to confirm Victoria Rowe, Mayor Domenic Sarno’s controversial appointment to the Historical Commission. While I’m impressed by the Mayor’s administration’s ability to rally the Urban League, NAACP, community leaders, clergy, radio pundits, and Springfield residents to come out in support of this young lady, I am quite baffled when I take a look at the many significant issues that these same folks had a chance to make their voices heard on, that this issue is the one that the “Black Leadership” chose to hang their hats on.

I am even more disappointed by our “Black Leaders” who continue to misguide members of our community by only giving them just enough information to channel them into getting emotional and reacting out of anger as opposed to putting all of the facts on the table and allowing people to draw their own informed conclusions.

The additional facts that in my opinion were purposely left out of the Victoria Rowe appointment discussion in an effort to mislead the community are as follows:

- Denise Jordan, the Mayor’s Chief of Staff, and Darryl Moss, a Mayoral Aide, have routinely run Black Candidates against Black Incumbents for seats on both the School Committee and City Council, thus ensuring the Black community remains divided, but have yet to run a White Candidate against a White Incumbent for any office during their tenure.
- In the most recent election, Darryl Moss not only ran multiple Black Candidates against other Black Incumbent Councilors, but he also endorsed those candidates while working in the Mayor’s office, giving the impression that he had the support of the administration, which he may or may not have had.
- But, coincidentally, after her loss Victoria Rowe, one of the Black Candidates Darryl Moss ran against a sitting Black City Councilor, E. Henry Twiggs, was nominated by the Mayor to serve on the Historical Commission, which suggests he may have.
- In stark contrast, Salvatore Circosta, who ran against the Mayor in the last election and lost, and who was already serving on a city board, was removed from his position on the License Commission for allegedly “being argumentative” but obviously because he ran against an Incumbent Mayor.
- And curiously, Victoria Rowe is slated to fill the seat on the Historical Commission that was previously occupied by Marjorie Guess, a well known and respected Black community member who had served on the Commission for over 12 years until she was purportedly removed by the Mayor, along with two of her colleagues, for being outspoken critics of the casino and not a single so-called “Black Leader” objected.
- Since the inception of Ward Representation, not one of the White Incumbent Ward City Councilors has been challenged by anybody out of the Mayor’s office. Are they somehow considered better than the Black Incumbent City Councilors?

As is evident from “the rest of the information” provided above, politics and “petty politics” continues to be par for the course. No wonder it is so discouraging for persons who just want to run for public office in order to serve the people.

What I don’t get is how the “Black Leadership” would choose the appointment of Victoria Rowe as the signature issue they would call people to rally around. Why didn’t we organize our community to protest for Marjorie Guess, a Black woman, who was removed from the Historical Commission with little to no explanation…or for any of the other individuals who were removed for that matter?

Where was the uproar when two white male Deputy Chiefs were appointed by Commissioner Barbieri to the 2nd highest position in the police department while a qualified African-American was passed up for the same position? Now the top positions in the police department are comprised of four white males, which is no reflection of the make-up of our city and, frankly, a travesty.

Why were we silent when the Police Hearing Review Board charged with providing information to the community about police misconduct and citizen complaints failed to release a report in nearly two years? Where was the “Black Leadership” hiding then?

Where is the outcry around the failure of the Mayor’s administration when it comes to minority contracting and the inability of this same administration to make the My Brother’s Keeper Program a priority in an effort to provide additional opportunities for Black and Hispanic males?

And, finally, where is the “Black Leadership” when it comes to calling out our own Black Chief of Staff and Black Mayoral Aide for repeatedly running Black Candidates against Black Incumbents and never once running a White Candidate against a White Incumbent or, for that matter, running a Black Candidate against a White Incumbent?

We deserve better as a community and as one of your leaders my hope is that this article is the start of providing an alternative to the same “Black Leadership” or lack thereof that I will continue to call into question.
“THEY Say That I Cannot Win”

By James Gill, Candidate for Hampden County Sheriff

James Gill, Assistant Deputy Superintendent at the Hampden County Correctional Center in Ludlow and a candidate for the office of Sheriff, says regarding his candidacy and campaigning efforts, “THEY say that I Cannot Win.”

I sincerely believe that there is a new Spirit of frustration rising from every corner of America, with a broken political system and politicians that are ineffective in performing the tasks that they have been elected to do. I believe that the voting public has a right and expectation to get what they pay for (so to speak) when they elect an individual to public office. These are challenging times that are driven by a new generation with a new set of problems that have helped to shape political agendas on both sides of the political aisle.

What is of a great interest and concern for me is not only the current, but, more importantly, the future state and direction of corrections within Hampden County. Therefore, I have willingly chosen, although not having the political connections of a well-oiled machine, to initiate my campaign for the office of Sheriff.

I have spent my entire career in corrections, working quietly, yet dutifully, behind the walls, learning and understanding the thinking, motives and habitual patterns of a person that has become pleased or comfortable with maintaining a lifestyle of crime. And as I enter my twenty-fifth year of service in corrections, salted with administrative experience, and being the only candidate for Sheriff with a Masters Degree in Criminal Justice Administration, I view this as a purpose driven moment in which I must answer the call for a service above self.

But, THEY say “that I cannot win.” I will leave it to you, the reader and voting public, to identify just who “THEY” are and what your vote says.

The Hampden County Sheriff’s Department 2014 Criminal Offender Assessment Report revealed that of some 3,626 men and 776 women released from custody, 51.6% had Anger Issues, 41.3% lacked a High School Education, 73% lacked Employable Skills, 87% were Substance Abusers, 44.4% of men had No Relationship With Their Father and 44.4% of the total 4,402 releases were at High Risk to Re-Offend. This nation’s recidivism rate was shown to be 49.7% while Hampden County’s rate was shown to be at 37%.

These statistics alone are alarming and reason enough for my interest in serving Hampden County as its next sheriff. But, THEY say that “I Cannot Win.”

The three leading Charges, or crimes committed during the same accounting period were, Property, Drugs and Violence for Sentenced Offenders and Drugs, Violence and Property crimes for Pre-Trial Detainees. These inter-related crimes signal that Hampden County needs James Gill as its next Sheriff, because as Sheriff, I will be tough on crime and not a Politician posturing for personal popularity!

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Albano Blasts Mill Street Site For WMACC

Governor’s Councillor and candidate for Sheriff Michael Albano again criticized the proposed relocation of the Western Massachusetts Correctional Alcohol Center (WMACC) to Mill Street in Springfield, the Albano Committee announced today (Feb. 9, 2016).

Councillor Albano began his opposition to the relocation of the former Howard Street facility in August, 2014 and joined neighborhood opposition in 2015 to the Wason Avenue proposal in Springfield’s North End.

The Mill Street site was rejected by the Division of Capital Asset Management & Maintenance (DECAMM) twice in 2014 and again in 2015.

Councillor Albano previously stated, “if Mill Street was twice a bad idea in 2014 and again in 2015, it’s highly unlikely it’s a good idea in 2016.”

According to Sheriff Michael J. Ashe, two emergency proposals for Mill Street were rejected in 2014: one issued on April 16 and rejected; and another issued on Oct. 22nd and withdrawn by the developer.

The Sheriff stated: “We were devastated to leave Howard Street, but we wanted Mill Street,” he said. The Mill Street property developer Lyman Taylor Realty withdrew its proposal for the site citing financial reasons.

In April, 2015 the state received two proposals – the Wason Avenue site and 155 Mill Street, again.

“It ends up that Wason Avenue prevailed. The key reasons are that it represents a $2.6 million savings over the course of 10 years, it’s a new facility and it’s in Springfield,” according to the Sheriff.

“So now we have a 3 time rejected site again under consideration. The site makes no sense financially and, more importantly, makes no sense for the neighborhood,” Councillor Albano stated.

The former Mayor of Springfield, who oversaw the construction and renovation of 10 public schools, the Basketball Hall of Fame and the Richard E. Neal Maintenance Building among other construction projects stated: “Why anyone would attempt to retrofit this dilapidated building is beyond comprehension. A complete waste of taxpayer dollars. A fiscal disgrace, not to mention the negative impact to the neighborhood.”

Regarding the Maple High Six Corners neighborhood, Councillor Albano stated: “The MGM investment is an opportunity to rebuild the Maple High Six Corners neighborhood. A correctional center 1/3 of a mile from a $1 billion project severely detracts from the potential development of the neighborhood – plain and simple.”

“No competent city planner would recommend a correctional center at that site as the highest and best land use.”

In December, 2015 Councillor Albano submitted a letter to DECAMM requesting a suspension of all activity relative to the RFP for WMACC until such time as (1) the pending litigation in Hampden Superior Court is resolved; and (2) the issue of M.G.L. c. 40A, § 3 or, the so-called Dover Amendment is clarified by judicial review relative to the siting of a correctional center in a community.

Councillor Albano has proposed a new addiction treatment model for western Massachusetts on the site of the Hampden County Correctional Center in Ludlow.

Albano’s proposal would include a collaborative relationship between...
The decision by the grand jury—or more accurately put, the prosecutor—not to indict the Cleveland police officers who murdered 12-year old Tamir Rice should come as no surprise and serve as yet another testament to the pervasiveness and unchecked power of institutional racism. While many look for racism in the form of white supremacists waving confederate flags or wearing white hoods and robes, in order to understand the real potency of racism, one need only look at a system that allows the murder of a black child and protects his killers under the cover of a tainted legal procedure.

When it comes to the extrajudicial killings of black people by law enforcement, what is ethical, moral, and right, gets thrown out of the window and only what is “legal” and beneficial to maintaining a system of racial oppression is considered. To that end, the lynching of Tamir Rice by Cleveland police is just as legal today as the murder of Emmett Till by the Ku Klux Klan was 60 years ago. Despite video evidence that Rice was shot dead within 0.75 seconds of police arriving on the scene, his murder has been justified and cloaked in the trappings of legitimacy by a prosecutor posing as an unbiased and “objective” arbiter of justice.

The decision to empanel a grand jury in this case, as in the cases of Michael Brown, Eric Garner, and Sandra Bland, was no more than an elaborate cover up to protect officers Timothy Loehmann and Frank Garmback and to once again clearly send the message that Black lives do not matter. When it comes to police murdering unarmed black citizens, the grand jury process is a farce. The fact of the matter is, grand juries do whatever a prosecutor leads them to do. Time and time again, prosecutors have led grand juries to indict innocent Black and Latino people who were eventually convicted and jailed until DNA evidence proved their innocence. Yet, every time a police officer murders a black person, the same grand juries that conventional wisdom says will “indict a ham sandwich,” fail to find sufficient evidence for an indictment. The decision by Cuyahoga County prosecutor Timothy McGinty to recommend that the grand jury not indict the officers was made long before any evidence was presented. The “evidence” presented by McGinty was orchestrated to produce a vote against an indictment.

Sending cases with clear evidence of police misconduct in the murder of black people to the grand jury is a clear indication that a prosecutorial farce is taking place. While the grand jury usually serves as a rubber stamp for the prosecutor presenting a case where an indictment is sought, in cases involving killer cops, they are most always presented with exculpatory evidence, which is usually presented by a defense attorney before a trial jury. In gross miscarriages of justice, grand juries are turned into what are actually, in effect, trial juries, where evidence favorable to the police is presented without opposition or cross examination.

The normal procedure for a grand jury is for the prosecutor to present evidence and witnesses that will show to the satisfaction of the grand jury that there is “probable cause” that a crime was committed. There is no allowance for the presentation of evidence or defenses on behalf of the accused. Sadly, there is one system of justice that applies to the masses and another that applies to the wealthy, the well-connected and the police. The conduct of prosecutors that manipulate the system to ensure there is no trial of police officers who take the lives of innocent, unarmed black people is inexcusable. Secret, behind closed doors “justice” cannot be respected or accepted. Justice must be meted out in the light of day and in accordance with moral and ethical standards, which engender trust and help to build confidence in a system that has Failed black people since the dawn of this nation.

Describing the way black men were treated during America’s lynching era, historian Joel Williamson wrote in The Crucible of Race, “Their blackness alone was license enough to line them up against walls, to menace them with guns, to search them roughly, beat them, and rob them of every vestige of dignity.” Williamson may as well have been writing about the way black men, women, boys and girls are treated in 2015. The present-day experience of black people is not much different today than it was in those dark days of America’s history. In The Cross and the Lynching Tree, theologian James Cone posits that by seeing a suffering Jesus Christ on the lynching tree, lynching-era blacks experienced the presence of God in the midst of unbearable suffering. He wrote, “In the mystery of God’s revelation, black Christians believed that...
Aaron Roberson was my father. By day, he was a presser at a dry cleaner. On second shift, he was a machinist for Spalding. Dad was hard-working, organized and detail-oriented until the day he died, but expertly pressed suits and perfectly dimpled golf balls weren’t the only results of his high standards.

His six kids all became successful, pursuing careers in banking, the clergy, management, corrections, health care and public service. Dad was a good provider for my Mom, brothers and sisters, a strong proponent of education, and a community-minded man. Crucially, he was present in our home. I don’t simply mean that he was there, which he was. Dad had a presence in our home.

He was the family voice of reason. He’d discipline me, all right, but he’d also talk with me about why what I’d done wrong was a bad decision and how I could do better next time. My siblings and I learned to appreciate his guidance, even when it was stern, because he was keeping us on the right path.

I was fortunate to have a present father, but most African American kids aren’t so lucky today. Once I worked with an adolescent boy who was facing a serious charge. On his court day, his mother had him dressed in a shirt and tie, but the tie was just draped over his shoulder. I asked him why. “I never learned to tie a tie,” he said. Your dad didn’t teach you, I asked? “My dad never lived with me.” I could have tied it for him. Instead, I taught him how. It was no big deal, but he was proud of himself.

Tying a tie, changing a tire, balancing a checkbook, fixing things around the house, standing up for yourself – these are things that present fathers teach their kids. In my role at CHD, I see adolescents, boys in particular, struggling in their young lives for lack of a positive adult male role model at home. Without it, they strive to feel connected in some way to other males. Too often they gravitate toward bad influences, like gangs, and find themselves in trouble with the law.

Sometimes their bad choices land them in secure treatment where good role models can steer them right. At CHD, we’re excited about a new program, made possible with funding from MassMutual. It will enable us to embed a full-time Employment Specialist at the Secure Residential Treatment facility we operate at the Massachusetts Department of Youth Services Western Regional Office in Springfield. The Employment Specialist will work directly with residents – adolescent boys committed to secure treatment by direction of the juvenile court – to teach them job skills and connect them with local businesses offering employment opportunities. The goal is for residents to begin working at a job immediately upon their release from secure treatment.

Do more African American men need to embrace their responsibility as present fathers? Absolutely. But as a community we also must embrace kids in need who grew up without benefit of a present father. I invite you to volunteer with CHD or any community-minded organization. Mentor an adolescent boy who needs a strong male role model, someone who is confident, supportive, hard-working and accountable. A leader. A father figure. A man like Aaron Roberson.
Around Town & . . .

Mayor Domenic J. Sarno read “A Home Run For Bunny to Mrs. Adona’s 3rd grade class at Pottenger School on Tony King’s birthday. L to R: Principal Valerie L. Williams; Sarno; Tony King, portrayed in the book; Richard Andersen, author of the book; and Springfield Superintendent of Schools Daniel J. Warwick.

The artist “Seymour” with his aunt, Donna Seymour (left), and Art for the Soul Gallery director Rosemary Tracy Woods at Seymour’s “New English” Exhibit opening event. (See article on page 31)

Cornell West spoke recently at Smith College. L to R: West, Theresa Cooper-Gordon, Karen Brown, and Aquila Ayana McCants.

Members of the local Springfield Cultural Council attend the Massachusetts Cultural Council (MCC) Statewide Assembly in Boston. L to R: Members Benjamin Smith and Waleska Lugo-Dejesus, MCC Executive Director Anita Walker, State Representatives Jeffrey Sánchez and Carlos Gonzalez and member Andrew Cade.

Members of the Xi Xi Omega Chapter of the Alpha Kappa Alpha Sorority held a dance-a-thon fundraiser to benefit the Dunbar Community Center.

The Mason Square Senior Center recently held their Go Red for Women Heart Health Month event and welcomed Nikki Burnett (standing 7th from left) of the American Heart Association who presented a short discussion on heart health.
During the Lift Every Voice Speaker Series, the Healing Racism Institute of Pioneer Valley was presented the Community Service Award. L to R: Bishop Talbert Swan II, Davis Foundation director Mary E. Walachy, Healing Racism director Waleska Lugo-Dejesús, Keynote Speaker Julianne Malveaux, and Mistress of Ceremonies Alysia Cutting.

Dr. Sampson Davis, STTC Diversity Council Speaker, met with students from the “100 Males to College” Initiative after his presentation. The Initiative represents a partnership between the State Dept. of Higher Education and the Springfield Public Schools to increase college access for low-income males and males of color.

The annual Black American Heritage Flag Raising Celebration was held at Springfield City Hall. Begun by the late Ruth B. Loving, it is being continued by the Prince Hall 3rd Masonic District Masons. In attendance were city and elected officials, members of the Peter Brace Brigade, friends and family of Ms. Loving, Springfield Public School students and staff, Westover Job Corps students and staff and community members.

State Rep. Benjamin J. Swan (front row 6th from right) secured $200,000 for the Black Men of Greater Springfield to operate its DuBois Academy Saturday School and summer camp, and provide unity grants to over 20 collaborating youth serving organizations.
CASE, the national Council for the Advancement and Support of Education, has named Dwight Bachman, public relations officer at Eastern Connecticut State University, as recipient of its Quarter Century Circle Award. CASE presented the award, one of its major awards, to Bachman at its Annual District One Conference on Jan. 27 at the Westin Copley Place Hotel and Resort. The award recognizes advancement and communications professionals who have served for 25 years or more for higher education institutions and other educational nonprofits.

Former Eastern President and Connecticut State University System Chancellor David G. Carter hired Bachman at Eastern in 1990. He is responsible for helping to create and manage a comprehensive public relations plan to preserve and enhance the image of Eastern. He has written thousands or press releases and feature stories, and produced award-winning publications promoting the University, placed hundreds of Eastern’s students, faculty and staff on radio and television shows and established numerous mutually beneficial relationships between Eastern and the community.

Students are Bachman’s pride and joy. In May 2013, Nana Owusu-Agyemang, in her senior class address at Commencement, described Bachman as “a wonderful boss.” Kate Harner, Eastern’s 2012 Barnard Scholar Awardee, described him as “one the most influential people in her life during at Eastern,” based on all the fun she had “learning about public relations from Mr. Bachman.”

In 2014, Bachman participated in the White House Initiative on Africa. In 2013, he was a finalist as a “Special Person” for the Connecticut Department of Higher Education Distinguished Service to the Community Award. In 2012, Bachman was inducted into the East High School (Waterloo, IA) Hall of Fame for his accomplishments in the public relations profession.

In 2007, he was awarded Eastern’s prestigious Dr. Martin Luther King Jr. Distinguished Service Award. His internationally-televised, 12-part television series, “Dr. Martin Luther King Jr.: A Look Back,” has been described as “a gift for future generations.” In 2002, Eastern Returns, Eastern’s annual back-to-school comprehensive marketing tabloid on which Bachman served as managing editor, won the Inde...
During Black History Month in 2015, PBS news anchor, Gwen Ifill, on “The News Hour,” interviewed author James McGrath regarding his newest biography, “Eye On The Struggle,” the biography of Ethel Payne who was considered and referred to as “The First Lady of the Black Press,” and maybe the most influential journalist and activist most people hadn’t heard of.

“Ms. Ethel Payne, born in 1911, was an African American journalist, publisher, civil rights leader and educator. A native of Chicago, Ms. Payne began writing full time for the Chicago Defender in 1951. She became chief of the Chicago Defender’s Washington Bureau in 1954, reporting on the Montgomery Bus Boycott, and desegregation effort at Little Rock Central High School.”

One of Ethel Payne’s most memorable articles was a series written for the Chicago Defender, “The South at the Crossroads,” chronicling the Civil Rights period. In 1966, Payne provided on-site coverage of African American troops in Vietnam. She traveled often to Africa and was on the front lines of the Montgomery Bus Boycott and the March on Washington in 1963.”

“When CBS NEWS hired Ms. Payne in 1972, she became the first female radio and television commentator at a national news organization. She worked there for 10 years. In the early 1980s she campaigned for the release of South African leader, Nelson Mandela, from prison.” It was trail blazer Ms. Payne who showed us the way. Noted Genise Clark, writer for the Newark Metro News at that time, “Ethel Payne was not only a journalist and Washington correspondent, she was also an important influence on civil rights due to the press coverage she received and gave. The articles she wrote and questions she asked in press conferences greatly helped the movement of African American’s continuing fight for equality.”

“As a child, Ms. Payne did not consider journalism as something that would interest her. However, she did possess a special kind of talent for writing. She did not work on her school paper, but did submit articles on a regular basis. Early on, race and culture held interest for Ms. Payne. Eventually, it would be the focal point of many of her articles. She also wrote fiction pieces that she submitted to a few magazines.

“Ms. Payne had the desire to become a lawyer and applied to law school. However, she was turned away due to the exclusiveness of the school. During that period, in the late 30s and early 40s, Blacks were not being accepted at the University of Chicago. She did take evening classes at Medill School of Journalism while working as a library clerk. One of her classes was Creative Writing which helped her later on in her Journalism career.”

The First Lady of The Black Press once declared, “Creative Writing developed for me a particular style of writing. I have a manner of what they call ‘pithy writing.’ If I do a story seriously, I invoke a little satire, and maybe – well actually, some of my own feelings go into it.” This pithy writing was evident in the civil rights articles she would later write. As an African American journalist, Ms. Payne could not be a so-called objective witness. She, also, could not divorce herself from the problem because she was part of it. Ethel Payne passed away at the age of 79.

Sources: PBS News Hour and Wikipedia

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**A SPECIAL MOMENT IN WOMEN’S HISTORY**

**Ethel Payne, The First Lady of the Black Press**

By Arlene Davis-Rudd

**EASTERN CONNECTICUT STATE UNIVERSITY**

CASE Names Dwight Bachman, Eastern Public Relations Officer, Recipient of Major Award

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pendent Newspaper Publisher’s Association “Best in the Nation” Marketing Insert Award. Bachman also serves on the national Public Relations Society of America’s Diversity Committee, and the board of directors for Willimantic, CT-based Project Genesis.

Prior to Eastern, Bachman served as a radio and television news producer for 13 years in Washington, D.C., Baltimore, NYC and in Stamford and West Hartford. WTOP All-News Radio in Washington, D.C., where Bachman served as morning editor, nominated him for a George Peabody Award, the world’s oldest and most prestigious prize in electronic media, for researching, writing, and producing an eight-part series on the highly celebrated Allan Bakke affirmative action case. ■

Nana Owusu-Agyemang (’13) concluded her Senior Class Address at Commencement saying, “And I want to thank Mr. Dwight Bachman for being such a wonderful boss!”
Hello, I’m writing to share my view on Visionary Black Leadership (POV, February 1, 2016). You raise important, challenging questions, “Where did that sense of selfishness and sacrifice go?” and “How do we get it back?” I think part of the answer regarding a lack of selfishness in our leadership is American society as a whole has become more selfish: 1-pads, 1-phones, parents not exemplifying hard work and selfishness. Our community has seemingly turned away from Christian values which characterized and underlied the success of our civil rights movement.

How do we get it back? One family member, one community leader at a time, reflecting decency and goodness to one another even when we disagree; stepping up within our own families to save young people we can readily see are in trouble; removing that plank in our eye before broadcasting the splinter in someone else’s; identifying and working together on policies which strengthen families; education and service to others may help us to get back to where we’ve come from.

Betsy Williams (2/11/16)

On behalf of the Healing Racism Steering Committee we want to congratulate you on your award of 100 Men of Color in CT! Witnessing the work that you do in the community, through your personal life and with your UW PV family, it’s amazing to learn that one of our own members of the Healing Racism Institutes’ Steering Committee members was honored!

I was moved by your life’s story along with the picture of your mom, Karen J. Bender in the Point of View’s article this month. Proud to call you a colleague and friend… much continued success brother!

Waleska Lugo-DeJesús (2/2/16)

Dear Mr. Hurst:

We share your concern about how things will go in future dealings with MGM. For example, we find it hard to believe they will really spend $9.25 million in a market the size of Springfield. The fact that they became secretive when the Massachusetts Gaming Commission requested more details only added to our concern. (POV, December 1, 2015 Af-Am Newsbit)

Keeping in mind the MGM operates world-wide and is experienced in handling “us locals,” we have made a request of the City Council and the Massachusetts Gaming Commission to do the following. If you agree, please do whatever you can to promote the idea:

WHAT WE ASK:
That you (City Council or Gaming Commission) seek financial advice to help you determine the accuracy of MGM’s claims. We need a person or firm that understands large corporations and how money can be run through that worldwide corporation and shifted around in order to deceive. That advice must come from outside Massachusetts to be sure those doing the analysis are not in any way benefitting from the short-term money or prestige that comes with any of the Massachusetts gaming projects.

Respectfully,
Eileen & David Pratt (12/14/15)

continued from page 4

lawyers, a 56% increase in the number of black doctors and a 125% increase in the number of black teachers….The number of black nurses, accountants and engineers grew at an even faster clip over the same period.” Riley wrote the article during Black History Month to emphasize the point that “You don’t hear much about this black history during Black History Month (or any other month, for that matter) because it undercuts the dominant narrative pushed by the political left and accepted uncritically by the media….

The black family was also more stable during this period. Every census from 1890 to 1940 shows the black marriage rate slightly higher than the white rate. In 1925 five out of six black children in New York City lived with both parents. Nationally, two out of three black children were being raised in two-parent homes as recently as the early 1960s. Today, more than 70% are not….Black nuclear families used to be the norm. Now they are the exception. Jim Crow did less damage to the black family than well-intentioned Great Society programs that discouraged work and marriage and promised more government checks for having more children. But that black history is also kept largely under wraps by those who have a vested interest in blaming the decimation of the black family on slavery and discrimination.”

Justin Hurst
COMING OF AGE

Justin, from a father who has been around, take my word for it: If all those people who say they are mad at you are mad at you because you were the lone and principled opposition to the mayor’s appointment to the Historical Commission, don’t sweat it. You must be doing something right.
**POLITICAL HAPPENINGS - HAMPDEN COUNTY SHERIFF’S RACE**

**“THEY Say That I Cannot Win”**

continued from page 17

But, THEY say that “I Cannot Win.”

As an answer to that statement, here is what I say: “If the voting public of Hampden County wishes to elect a candidate as their Sheriff who is politically connected and must be more concerned with party line politics instead of people’s lives . . . then I Cannot Win.

If the voting public of Hampden County wishes to elect a candidate as their Sheriff who lacks an understanding of past criminological theories and how to create, shape and/or advance a theory for dealing with this new generation of criminal offenders throughout each of the coming 2,190 days of the next Sheriff’s term in office . . . then I Cannot Win.

If the voting public of Hampden County wishes to elect a candidate as their Sheriff who will not begin each day with a renewed vigor for holding serious and violent offenders accountable for their actions by their mandated participation in evidence, cognitive and reality-based programming that challenges criminal thinking and rehabilitates the behavior of all in-custody detainees . . . then I Cannot Win.

If the voting public of Hampden County wishes to elect as their Sheriff a politician, instead of a Corrections Administrator with a proven record of leadership that has been earned and not given, earned and not coerced through back room or off-the-record dealings, earned and not hustled by the perfected wiles of well hidden personal or political agendas . . . then I Cannot Win.

But, and if, the voting public of Hampden County is interested in electing a candidate as their Sheriff who has a commitment to being the “People’s Sheriff,” a commitment to reaching out to both sides of the political aisle from a middle ground in addressing this new era of criminality that is now being perpetrated by offenders who have little to no fear of punishment, little to no respect for life or the rights of law abiding citizens . . . then I say, Yes, I Can Win!

If the voting public of Hampden County is interested in electing a candidate as their Sheriff who endures to the end. By the way, to the swift or to the strong, but to the one that there is an enhanced emphasis in caring for the total well being of all Sheriff’s Department employees without regard to rank or status . . . then I say Yes, I Can Win!

If the voting public is interested in electing a candidate as their Sheriff who will ensure that a career path for all Sheriff’s Department employees is clearly seen with attainable goals, that a process for promotion to positions of increased responsibility comes with respect and is not only competitive but fair, genuine and unbiased because it will also include the will of their peers, not just nepotism or the power of position, and will ensure that correctional officers feel heard and supported by not having to bargain for common sense measures and methods to improve and strengthen officer safety . . . then I say, Yes, I Can Win!

Throughout the span of my correctional career and the full body of my efforts to lift the fallen, strengthen the weak, give hope to the hopeless and inspiration to the discouraged, I have become deeply persuaded that we are all members of the human family with connections that will never be severed. Therefore, with the release of this statement I say to each person who has stated publicly or privately that I Cannot Win, “Thanks for the Motivation!”

Today I am more steeled in my belief that the race is not given to the swift or to the strong, but to the one who endures to the end. By the way, and for the record, “I still say . . . I Can Win!”

---

**A Tribute To Springfield’s Howard Drew**

**“The Fastest Man in the World”**

Many people think that Jesse Owens was the first notable African-American Track & Field athlete but one year before Owens was even born, Howard Drew became the first African-American athlete recognized in national sport commentary in papers from coast-to-coast including the NY Times.

Howard P. Drew, a 1913 graduate of Springfield (Central) High School, a sprinter who broke world records, a 1912 Olympic athlete, a scholar, lawyer and judge, will be the focus of a program presented by Historic Classical, Inc. on Sunday, March 6 from 3:00 to 5:00 p.m. at Classical Condominiums, 235 State St., Springfield. The program will include a slide program and lecture by Larry Libow, an area track and field coach, who has been instrumental in championing this great athlete and scholar and judge. Short re-enactments depicting key times in Drew’s life will be incorporated with the lecture.

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**Albano Blasts Mill Street Site For WMACC**

continued from page 17

the Sheriff’s Department, Public Health, area Hospitals and private providers “which would offer treatment on demand to those in need of services for all individuals, including those not serving sentences; and, at the same time, save the State millions of dollars in the short and long terms.”

“Rather than retrofit and lease an existing building for alcohol treatment for only those serving sentences, the State should build new on the site of the Hampden County House of Correction and expand services to all in need.”

“...The Mill Street proposal is the wrong program in the wrong location” the Councillor stated.

In addition, the candidate for Sheriff went on to say, “Why a lame duck administration is proposing a plan that will impact Springfield for the next 50 years is also beyond comprehension.

Elections are about the future, not the past. The next Sheriff should be calling the shots.”

Councillor Albano will seek a meeting with Lt. Governor Karyn Polito at the Assembly of the Governor’s Council on Wednesday to discuss this matter.
Money Matters: Black Wealth, Women, and Educational Disparities

Rev. Catharine A. Cummings

There is a pervasive myth running rampant in our community regarding the alleged privileges that black women possess over black men. If this is the case, why do black women earn less than black men despite excelling in almost all academic achievement categories? Black women’s weekly earnings average $608 compared with black men’s weekly earnings of $652. This is about 90% equivalence in pay despite black women’s increased education. What happened to equal pay for equal work?

This disparity in pay between men and women significantly hurts the black community in all aspects of generational wealth, education, advancement opportunities, and incarceration rates. Put differently, how many men do you know who would trade places with women—especially black women? Not many men want to walk a mile in our shoes, carry our purses, or even exchange positions for an extended amount of time. To add insult to injury, black women on average only earn 63% of non-Hispanic white men while white women fare better at 78%. It will take black women almost seven more months of work to earn the same as white men.

On some level, most men recognize the devastating effects of sexism, patriarchy, and misogyny, but this often is unacknowledged. Patriarchy affords all men unearned social privileges and economic benefits for one’s class and educational level across the board. The effects of gendered oppression negatively impact both men and women. Gender-based oppression is not simply joking that “women belong in the kitchen” or “bare-foot and pregnant” while men “bring home the bacon” so to speak. It’s about the gender-based violence that women experience daily, whether physically, spiritually, economically, or legislatively.

Socializing people to believe that one race, gender, or culture is superior while others are inferior is problematic in our society. From slavery through the Black Civil Rights Movement, many have learned that rallying only against the harmful effects of racism and white supremacy without addressing patriarchy is not enough to mitigate the plight of blacks—especially black women.

Professors Patricia Hill Collins, Bell Hooks, and other women scholars of color have long argued that race, class, and gender must be critiqued as interlocking systems of oppression to benefit the entire Black community.

We are fearfully and wonderfully made in God’s image—both male and female. In order for Black Americans to stand tall in this global economy, we have to work together consistently and collectively to fight for equal pay across the board. It is time that we value each other’s achievements in our homes, schools, boardrooms, neighborhoods, media, and churches.

The Pastors’ Council of Greater Springfield
Lenten Service Schedule 2016

All services begin at 7:00 pm.

<table>
<thead>
<tr>
<th>Date</th>
<th>Preacher</th>
<th>Church</th>
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<tbody>
<tr>
<td>March 2</td>
<td>Rt. Rev. Andrew Daubon</td>
<td>Progressive Baptist Church</td>
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<tr>
<td>March 9</td>
<td>Rev. Gail Hill</td>
<td>Bethel African Methodist Episcopal Church</td>
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<tr>
<td>March 16</td>
<td>Rev. Paul Starnes</td>
<td>Spring of Hope C.O.G.I.C.</td>
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<tr>
<td>Monday</td>
<td>Rev. Timothy Bouknight</td>
<td>Zion Community Baptist Church</td>
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<tr>
<td>March 21</td>
<td>Rev. Dr. Walton Rose</td>
<td>Bethlehem Baptist Church (Holyoke)</td>
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<tr>
<td>Tuesday</td>
<td>Rev. Dr. Atu White</td>
<td>New Life Calvary Baptist Church</td>
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<tr>
<td>March 23</td>
<td>Holy Communion</td>
<td>Wesley United Methodist Church</td>
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<tr>
<td>Maundy</td>
<td>Rev. Dr. W.C. Watson, Jr.</td>
<td>Church</td>
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<tr>
<td>Thursday</td>
<td>All clergy will wear white robes.</td>
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Good Friday, March 25 (7-10 minutes)

<table>
<thead>
<tr>
<th>Seven Last Words</th>
<th>Preacher</th>
<th>Church</th>
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<tbody>
<tr>
<td>1</td>
<td>Rev. Nathaniel Smith</td>
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<td>2</td>
<td>Rev. Catherine Presil</td>
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<td>3</td>
<td>Rev. Leroy Dixon</td>
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<td>4</td>
<td>Rev. Maxine Moore</td>
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<td>5</td>
<td>Rev. Herbert Eddy</td>
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<td>6</td>
<td>Rev. J.P. Morgan, Jr.</td>
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<tr>
<td>7</td>
<td>Rev. Barbara Headley</td>
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2016-2017 Leadership
Rev. Angelo Dawson, President
Rev. J.P. Morgan, Jr., Vice President
Rev. Dr. W.C. Watson, Treasurer
Rev. Joyce Whetstone, Asst. Treasurer
Rt. Rev. Andrew Daubon, Secretary
Rev. Leroy Dixon, Chaplain
afam point of view

RELIGION

RELIGIOUS DIRECTORY

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.

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

Sundays

Tuesdays
Bible Study 7:00 p.m.

Rev. Joe C. Long Jr., Pastor

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

Alden Baptist Church

Mount Calvary Baptist Church
Acts 5:12

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) 737-8533

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

Shiloh Seventh-Day Adventist Church
797 State St., Springfield, MA 01109
413-734-0183
clerk@shiloh1.comcastbiz.net

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.—1.00pm.
Prayer Meeting
Wednesdays 7.00p.m.
Church School (SSA)A
Monday — Friday

Dr. Walton H. Rose, Pastor
The Church In The Heart of The City

New Life Calvary Baptist Church

Progressive Community Baptist Church
599 State Street
Springfield, Massachusetts
(413) 736-8844

“A Church Determined To Follow Christ”

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

Solid Rock Community Baptist Church
821 Liberty Street, Springfield, MA 01104
Telephone (413) 734-5441
Fax (413) 734-5438
Transportation (413) 575-4035

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

Canaan Baptist Church of Christ
1430 Carew Street
Springfield, MA 01104
413-739-5053

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

Wesley United Methodist Church
“Open Hearts. Open Minds. Open Doors.”

741 State Street
Springfield, MA 01109
413-734-3333
Office & Fax
WesleyUMCSpringfield
Email: wesleyumcspfld@verizon.net

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.

Overflowing Love
Church of the Living God
22 King Street, Springfield, MA 01109
(413) 734-0164
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 Naomi Barber

Solid Rock Community Baptist Church
821 Liberty Street, Springfield, MA 01104
Telephone (413) 734-5441
Fax (413) 734-5438
Transportation (413) 575-4035

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

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Bishop Naomi Barber
March 8th is International Woman’s Day and we celebrate the month of March as Women’s History Month so I would like to bring to light some of the many women who have been instrumental in moving forward the Puerto Rican people and culture.

I was going to mention the many women right here in our own city who have worked and continue to work for justice and equality in all areas of our community. I know if I do that I will inadvertently forget someone and then I will feel bad about it so, instead, I am going to mention some women from my land of origin who have had an impact on Puerto Rico and our people. They are Afro-Boricuas or Black Puerto Ricans and they are truly innovators from Puerto Rico. The partial list is from “La Repuesta” magazine from March 2014. I will list them in order and not mention all 20 for the sake of space and time.

Ana Irma Rivera Lassen, J.D. (1955-) is a feminist, activist and a lawyer. She was the third woman and first Puerto Rican of obvious African descent and openly gay President of Puerto Rico’s Bar Association.

Ana Roque de Duprey (1853-1933) was a teacher and feminist. She founded the first “woman’s only” magazine in Puerto Rico. She also helped to found the University of Puerto Rico campuses in San Juan and Mayaguez.

Dr. Antonia Pantoja (1922-2002) was an educator and organizer who founded the educational institution, ASPIRA, in 1961, Boricua College in 1970 and others. She was instrumental in getting bilingual education in New York City schools and was awarded the Presidential Medal of Freedom in 1996.

Blanca Canales Torresola (1906-1996) was a teacher and a revolutionary who played a leading role in the 1950 Nationalist Insurrection, where she declared the Second Republic in Puerto Rico. She was in prison for 17 years because of this.

Caridad de la Luz “La Bruja” (1977-) is a Bronx born and raised poet and actress who started performing at the Nuyorican Poets Café. She also facilitates writing workshops for inner-city youth and was named in 2005 by El Diario/La Prensa as one of the 50 most distinguished Latinas.

Esmeralda Santiago (1948-) was born in Puerto Rico and raised in New York. She graduated from Harvard University and is the author of When I was Puerto Rican and other critically acclaimed novels and memoirs. She is a spokesperson for public libraries and has advocated for women survivors of domestic violence.

Dr. Evelina Lopez Antonetty (1922-1984) was called the “Hell Lady of the Bronx” for her fierce advocacy on behalf of Puerto Rican, Black and other historically oppressed people in New York City. She fought for bilingual education, community control of public schools, the creation and survival of Hostos Community College and founded the community institution, United Bronx Parents, in 1965.

These are only 7 of the 20 Afro-Boricuas or Black Puerto Rican women listed in the magazine and I know there are probably a million other women out there who have and continue to make an impact in our society. I celebrate them all today and encourage you to celebrate yourself and the wonderful, challenging and rewarding work you do on a daily basis.

What is Vicarious Trauma?

By Sweets H. Wilson, PhD

Vicarious trauma has a narrower focus. Someone affected by vicarious trauma may be harmed by the work they do, experiencing intrusive imagery, even a change in worldview.

Caregivers who reported experiencing vicarious trauma, expressed such feelings as, “I frequently dissociate and felt that I walked around in an altered state. I didn’t realize that I had been in a gray space all year. The dissociative feeling had sort of crept in and got to the point where I would feel physically sick and nauseous before the appointment.” Others described that they picked up their client’s symptoms and explained that they had tightness in the exact same spot as their clients and continued to carry the sensation sometimes for days.

The helpers’ symptoms, frequently unnoticed, may range from psychological issues such as dissociation, anger, anxiety, sleep disturbances, nightmares, to feeling powerless. However, professionals may also experience physical symptoms such as nausea, headaches, general constriction, bodily temperature changes, dizziness, fainting spells, and impaired hearing. All are important warning signals for the caregiver that need to be addressed or otherwise might lead to health issues or burnout.

Symptoms of Vicarious Trauma

- Having client/work demands regularly encroach on personal time
- Feeling overwhelmed and physically and emotionally exhausted
- Having disturbing images from cases intrude into thoughts and dreams
- Becoming pessimistic, cynical, irritable, and prone to anger
- Secretive self-medication/addiction (alcohol, drugs, work, sex, food, gambling, etc.)
- Becoming less productive and effective professionally

Vicarious trauma is also known as compassion fatigue, secondary traumatic stress, second hand shock and secondary stress reaction. Regardless of the term used, vicarious trauma affects those in the helping professions, including the legal profession, and is treatable.

continues to page 32
Trombone Shorty & Orleans Avenue Band

By Moyah Smith

I had heard some of their music but was not very acquainted with the group overall. After a long workday on a very cold Thursday evening, I admit I was not really looking forward to a 45 minute drive to go to the University of Connecticut to see a band that I was only vaguely familiar with.

I did a little research to become more aware of his history and discovered that Troy "Trombone Shorty" Andrews is a thirty-something year old New Orleans native who began his career as a bandleader at a mere six years old. He began touring internationally at the tender age of 12, and joined Lenny Kravitz’s horn section at 19 years old for a 105-date world tour.

Trombone Shorty & Orleans Avenue performed at the 56th Annual Grammy Awards with Macklemore & Ryan Lewis, Mary Lambert, Madonna and Queen Latifah. They have appeared on virtually every late night talk show from Jimmy Fallon to Arsenio Hall and everything in between. Shorty even played himself in a recurring role on the HBO hit series “Treme.”

According to the band’s website, they are going on tour this summer with Hall & Oates. I encourage you to check out www.tromboneshorty.com to see if they are coming your way. I know I’ll be at the next show and I’ll be wearing my dancing shoes.

---

A Tribute To Springfield’s Howard Drew

continued from page 25

While still in Springfield High School, and during an era of pervasive racism, Drew publically refused to be an “attraction” for the Boston Athletic Association by competing in their track meets because of their policy that “No Negro would ever represent the association in any way.”

Although Drew was recognized locally as “the man who helped make Springfield famous,” somehow this extraordinary man has been forgotten. As the greatest track & field athlete of his time, he returned to Springfield every July 4th to be part of the Springfield City Games, where he won his first track medal as a 15 year old in 1905.
“Women Who Broke The Rules: Coretta Scott King”

By Kathleen Krull, illustrated by Laura Freeman

c.2015, Bloomsbury $16.99 / $19.99 Canada 48 pages

Reviewed by Terri Schlichenmeyer

At first, Coretta didn’t think much of Martin Luther King, Jr. He wasn’t her type, and he was awfully outspoken. On the other hand, he spun dreams of a wonderful future. Their dates led her to a church, to a concert, dancing, and eventually to marriage.

But being the wife of Martin Luther King, Jr. wasn’t always a happy life. Coretta worried about Martin constantly, though she was proud of him. Their work together on the civil rights movement was one thing that calmed her: music.

So many biographies of King begin with her marriage to Martin, but author Kathleen Krull starts much earlier, putting an emphasis on Coretta Scott King’s lifelong love of music and her desire to have a career, despite that woman generally didn’t do that sort of thing then. That gives the story a tone of determination and quiet inspiration, a note that gets louder as the book progresses. I especially like that Krull writes at length of King as a child, which will resonate with young readers who likely won’t have any first-hand memories of this remarkable woman.

Don’t feel guilty for enjoying this book before you give it to your 9- to 12-year-old. It’s a quick and pleasant story you’ll both like; in fact, if she needs a biography to read this spring, you can put “Women Who Broke the Rules: Coretta Scott King” in the lead.

PEN & INK


Sir Guy

By Juanita Torrence-Thompson

He is Sir Guy — named after the famed Guy de Maupassant. He doesn’t look anything like the famous Guy since he is four-legged with fluffy white fur, cute floppy little ears and big black eyes you can get lost in. Sir Guy wanders the house like the aristocrat he is. He cruises the white carpeted, high ceilinged living room with gold fireplace, huge windows, posh sofa, Queen Anne chair and rich maple entertainment center. When I walk in, he wags his short poodle tail furiously and snuggles up to me on the sofa saying please pat me. I comply until he jumps onto the sofa and I think he probably should remain on the floor.

Sir Guy follows me upstairs to the library/TV room where I proceed to read One Life by Ellen Holly with Sir Guy in my lap.


With that Sir Guy deserts me, leaping off my lap like a swift arrow.

Copyright 2007 By Juanita Torrence-Thompson
Marlon Seymour, AKA SEYMOUR, is a native of Springfield, MA. A self taught artist, Seymour started painting and taking an interest in the Arts at a very young age. From music to theater, fine arts, and poetry, Seymour is what some may call a modern Renaissance man. Having the talent and skill of any seasoned artist, Seymour has the ability to express himself in a unique and compelling way. Through his new and first time formally introduced “New English” exhibit, he tells a different story sharing the details of his life on canvas while incorporating outside elements into his work such as metals, fabrics, and other various items.

His work is both socially and politically charged and typifies the many artistic sensibilities and sociopolitical attitudes that coexist today. It includes black history, popular culture and graffiti-related symbols.

Seymour strongly hates to be identified with other artists. But the imagery in “New English” and the heavy influence of crowns, includes an art form and an important cultural symbol, but also brings to memory the works of Jean-Michael Basquiat. Both artists have made racism, sexism and inequality the subject of their art. “New English” is not one of a new language versus image, conceptualism versus expressionism, or even intellect versus instinct.

The exhibit is featured at Art for the Soul Gallery, located on the 2nd floor of Tower Square, 1500 Main Street, Springfield, MA until April 15, 2016. Gallery hours are Tuesday through Friday from 11 am to 5 pm, and Saturday by appointment only.

Art for the Soul Gallery, along with the many other residents of Springfield, is proud of Springfield’s native Son….. SEYMOUR.
What is Vicarious Trauma?

There are ways to mitigate vicarious trauma:

- **Awareness.** Understand what vicarious trauma is and periodically self-assess for it.
- **Debriefing.** Talk regularly with another practitioner who understands and is supportive. This involves talking about the traumatic material, how you think and feel about it, and how you are personally affected by it.
- **Self-care.** Proactively develop a program of self-care that is effective for you. This includes healthy eating, exercising regularly, getting adequate rest, and learning how to turn off the “fight-or-flight response” of your sympathetic nervous system and turn on the “relaxation response” of your parasympathetic nervous system.

- **Balance and Relationships.** Take steps to simplify, do less, ask for help, and stop trying to be all things to all people, including your clients. Start thinking about how you can work on balance rather than the reasons you can’t. Working to develop and maintain healthy interpersonal relationships will also increase your resiliency.
- **Professional Assistance.** Treatment from a licensed provider specializing in trauma may be beneficial.

Be intentional, if you are overwhelmed and struggling with depression, anxiety, substance abuse, or vicarious trauma, put a plan for change in place.


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**Vegetarian Chili**

- 1 onion
- 1 red bell pepper
- 15 oz can kidney beans
- 15 oz can pinto beans
- 2-15 oz cans diced tomatoes
- 3 tbsp chili powder
- 1 tsp cumin
- 1 tsp smoked paprika
- Salt to taste

Dice onions and bell pepper. In stock pot over medium heat, sauté onions and peppers. Add tomatoes, beans and seasonings. Simmer for 10 minutes.

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**What A Feeling**

By Rhonda Jones

Here it is March, my birthday month, and I am feeling blessed and highly favored. Ever since my church had a 21-day span of fasting and praying, which I participated in back in January, I have been on cloud nine. The days up to the fast I went grocery shopping to make sure that I was prepared for what was to come. It’s amazing that when you eat healthy the groceries are really expensive. I was at the checkout line thinking about how long this would last because it was hitting my pocketbook hard.

Another thing I did wrong, besides having thoughts about giving up before the fast even started, had to do with my addiction to coffee. Since I’m so smart, I tried to overdose on coffee the night before the fast, only to have headaches, fatigue, and mood swings for the next few days. The headaches lasted for five days then miraculously they were gone. Thankfully, my church offered prayer continuously throughout the fast which helped me stay focused on taking my prayer life to another level.

Everything was going smoothly until we got to the end of the second week. My husband also participated in the fast seeing that we work well together and we could pick each other up if one of us was done. We noticed that we were getting bored with eating the foods that we had prepared and wanted something different. For our entire lives, this was the first time and the longest time we had gone without meat.

After sleeping one night, I woke up to the idea that I would make vegetarian chili. This was a life saver! We were so happy and giggly at the thought of this new food dish that I would make for supper. And let me tell you, that was the best chili I had ever made and it tasted like it had meat in it. I cooked enough to last three days and then I would cook more. We ate chili up until the nineteenth day. Unfortunately, we’re never having chili again because we wore it out like a pair of basketball shoes. With that being said, we came out a winner!
I Want To Testify

By Jay Griffin

Jay Griffin, your reporter of the Good News column, wants to testify to the Good News of surviving C 3 & 4 neck surgery, which caused me a great deal of weakness and discomfort for many months prior to the surgery.

I want to thank the many people who assisted me then and continue to do so now. I especially want to thank my wife, Freda, and daughter, Imani, for putting up with the medical emergencies at the house where we had to call the EMT and my family members who become prayer warriors on my behalf.

Thanks go out to Mayor Domenic Sarno for his calls and support, A. P. who was my major source of communication and George Bruce who provided strategic transportation and laid hands on me when needed. Awilda Sanchez provided me with health drinks. Chris Scott and Al Griffin with transportation and lottery. Thanks go to Joyce Davis and Karen Tyler for not taking advantage of my weak condition and arguing with me; to Lloyd Creswell – Dunkin Donuts and payday; to Jimmy Vassar for the electric scooter; to Ray Jordan, Roderick Ireland, Cee Jackson and Wayne Budd for encouraging me to take the surgery, which was a major decision for me. I want to thank Bud Williams for his support and Rev. McFadden, Rev. Williams and Archbishop Timothy Paul for their prayers and counsel.

I want to thank Rich Griffin, Andrew Griffin, and Al Griffin for the family “show down,” dictating the need for medical attention. I want to thank Pauline Norwood, Thelma Scott, and Germaine Sims for reaching out along with Melba Seabrook.

I want to thank Joan Porter for anointing me with oil. I want to thank all my friends and acquaintances for taking time to comfort me. I want to thank the Peter Brace Brigade under Commander Ron Brace, Marcia Vilpic, David Mack, Charleston Morris, Bernard McClusky, Harold Bell, George Marshall, Warren Barnett, Christopher Scott, Karen Tyler, Bill Griffin, Joyce Davis, Awilda Sanchez, Sheldon Griffin and Ray McClam, who were always willing to setup and represent in good fashion. I want to thank Tom Belton for his special attention and support. I want to thank Women in Recovery for their support. I want to thank all others who I have not mentioned for their calls, support and concern.

Stone Soul wants to thank Andrew Cade for stepping up and coordinating the 2016 African American Hall of Fame negotiation with Paul Lambert of the Naismith Memorial Basketball Hall of Fame. Andrew also coordinated the Black History Legacy Awards along with Porgy and Bess concert assisted by Joyce Davis.

The rehabilitation is a long road. I am expecting a musical performance from Ron Brace, Hamilton Wray, George Marshall, Donna Seymour, Henry Payne, and Sherman Davis at their convenience.

The Women in Recovery Empowerment Group: Mrs. Wilhamenia Allen will be the inspirational speaker on Thursday, April 21, 2016 at 6:00 p.m. for the Women of Destiny Outreach Conference: Women of Power, Passion and Purpose to be held at Canaan Baptist Church of Christ, 1430 Carew St., Springfield, MA, Rev. W. C. Watson, Pastor. Calling all women ages 18 and up, to be a part of this movement. If you are a leader in women’s ministry, come with your sisters and let us recognize your ministry.

Send us your good news (birthdays, births, weddings, anniversaries, etc.) by March 15th for the April 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 — Let’s get the Good News rolling!

COMMUNITY PERSPECTIVES

The Great Grand Jury Farce: The Denial of Justice

So today, we want justice. Black parents who lose their children at the hands of police for simply being who they are want justice. Husbands who lose their wives, wives who lose their husbands, sons and daughters who lose their parents, and people who lose their loved ones in senseless, deadly reactions by law enforcement officers who purportedly “fear for their lives” every time they see a black face, want justice. In a nation where there is an engrained belief that blacks and blackness are indications of criminal activity, we want justice. Most importantly, God wants justice. And make no mistake, our God is a God of justice. Even as God raised Jesus after His unjust death on a cross, today, we look for God to raise our hopes, which have been crucified on the lynching tree of injustice along with Tamir Rice, Eric Garner, Michael Brown, Sandra Bland and so many others, by His righteousness and through collaborative work and collective efforts to overcome the forces of oppression.

Regardless of race, gender, or class, we must be willing to acknowledge America’s sordid and painful race problem and to work together to transform the American dream of equality and opportunity into a reality for all. Our faith must be prophetic and we must see God as a just and righteous Liberator who opposes oppression and dehumanization in any and every form. Today, our faith must be expressed in every effort to overhaul a system that refuses to acknowledge that Black Lives Matter.
Nominees Being Sought for Annual Ubora and Ahadi Awards

SPRINGFIELD, MA — The African Hall Subcommittee of the Springfield Museums is seeking nominations for the 25th annual Ubora Award and the 7th annual Ahadi Youth Award. The African Hall Subcommittee is a volunteer group comprised of educators, business people and community leaders from the African-American community. The nomination deadline for both awards is March 31, 2016.

The Ubora Award is presented to an African-American adult who has demonstrated a commitment to the Greater Springfield area and exhibited excellence in the fields of community service, education, science, humanities or the arts. The Swahili word ubora means “excellence.”

HCC Expands Offerings of Free ‘Vet2Vet’ Classes

HOLYOKE, MA — Holyoke Community College will continue its series of free classes this spring for veterans and their families while expanding the number of locations they are offered.

Called “Vet2Vet,” the 10 single-session classes are designed to support, inform, educate and facilitate networking of veterans for personal and professional growth. The courses are all taught by veterans of the U.S. military and are open only to veterans and their family members.

HCC is running the classes in partnership with the Springfield Vet Center, the U.S. Department of Veterans Affairs office in West Springfield; the Holyoke Soldiers’ Home; Veterans Outreach into Community Action; Soldier On; Veterans Inc.; and Employment Support of the Guard and Reserve.

“We’re trying to offer these programs in a very collaborative and consistent fashion,” said Ken White, HCC’s dean of Community Services and the organizer of Vet2Vet. “We have twice as many partners now, and four new classes and three new locations.”

The Spring Vet2Vet series begins at HCC on Tues., March 1, with “Transitioning to Civilian Life” from 1-4 p.m.

The other classes include:

- Leadership Skills for Veterans: Mon., March 21, 6-9 p.m., Holyoke Soldiers’ Home, Cherry St., Holyoke.
- Getting Control Over Your Finances: Thurs., March 31, 1-4 p.m., Veterans Inc., Bldg. 1, STCC Technology Park, Federal St., Springfield. (NEW CLASS)
- Left, Right, Left: Sat., April 2, 11 a.m. – 2 p.m., Dept. of Veterans Affairs Hospital, N. Main St., Leedes. (NEW CLASS)
- Current & Pending Veterans Legislation: Fri., April 8, 6-8 p.m., Holyoke Soldiers’ Home. (NEW CLASS).
- Female Vets: Realities Back Home: Fri., April 15, 1-3 p.m., HCC, Homestead Ave., Holyoke.
- From Combat to Classroom: Fri., April 29, 1-3 p.m., Springfield Vet Center, Ashley Ave., W. Springfield.

Named for the Swahili word for “promise,” the Ahadi Youth Award is presented to a young African-American who has excelled in academics and performed admirable service to the Greater Springfield community. Eligible candidates must be age 19 or younger, live in or have strong ties to the Greater Springfield area, and be currently enrolled in grades 10, 11 or 12. (The Ahadi Award is not a scholarship and does not include a monetary award.)

The Ubora and Ahadi awards will be presented at a ceremony at the Springfield Museums in September. Nominations forms can be downloaded by visiting SpringfieldMuseums.org/ubora.

For additional information, please call 413-263-6800, ext. 325, or email to vcavagni@springfieldmuseums.org. Nominations may be emailed to Ms. Cavagni or mailed to African Hall Subcommittee, c/o Valerie Cavagni, Springfield Museums, 21 Edwards St., Springfield, MA 01103.

About The Springfield Museums
The Springfield Museums are located on the Quadrangle at 21 Edwards Street in downtown Springfield. The four-museum consortium includes The George Walter Vincent Smith Art Museum, the Michele and Donald D’Amour Museum of Fine Arts, the Springfield Science Museum, and the Lyman and Merrie Wood Museum of Springfield History.

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- Getting Maximum Benefit from Your Benefits: Tues., May 3, 1-4 p.m., Veterans Inc. (NEW CLASS)
- Veterans’ Life Forum: Thurs., May 26, 1-4 p.m., Holyoke Soldiers’ Home. For more information or to register for a class, go to \textbf{www.hcc.edu/bce} or call 413.552-2324.
I want to sign my child up for soccer, but there are all these different leagues, what are they? Or perhaps, this may be the first time hearing that there are other options. If you are in either camp, this article is for you.

There are multiple differences that separate the various leagues. For purposes of space, I will stick to three: First, the level of competition; secondly, the level of coaching; and thirdly, the exposure to college coaches.

First, the level of competition is a major difference between the various leagues. Pointing this fact out is not intended to be condescending of town leagues or the teams in them. I simply wish to argue that in order for continued player/team development, growth in competition is a must. In the lower to middle grouping (Park and Rec, Town, Pioneer Valley), the competition is restricted to the local or regional teams. For example, Springfield Park and Rec teams only play those teams within the city lines. This level of competition certainly has its place. However, restricting a player to continually compete within the boundaries of the city or town and playing the same opposition, restricts development in challenging the player to reach their fullest potential at higher levels. Premier leagues (MAPLE, NEP, ODP) offer a higher level of competition and play statewide and nationally. For example, Springfield Park and Rec teams only play those teams within the city lines. This level of competition certainly has its place. However, restricting a player to continually compete within the boundaries of the city or town and playing the same opposition, restricts development in challenging the player to reach their fullest potential at higher levels. Premier leagues (MAPLE, NEP, ODP) offer a higher level of competition and play statewide and nationally.

Secondly, the level of coaching varies amongst the leagues. Again, I wish to reiterate that pointing this out is not meant to devalue coaches within the park or town leagues. To the contrary, I commend those coaches for the work they do with our youth. This is strictly to point out the factual key differences between the leagues. Premier level leagues mandate that their coaches become licensed and frequent training seminars. This is to ensure accountability that the youth player is receiving the highest level of training. There are those coaches at the town level that have obtained licensing. However, it is not mandated nor regulated by the governing body. Furthermore, the premier governing body supports and informs the coaches of up-to-date information, college recruitment being one.

Lastly, exposure to college coaches is increased in the premier leagues. College coaches are more apt to attend a premier league game or tournament than a town or even high school game. Because the level of competition and, in many cases, the coaching level is more technical and tactical, college coaches are seeking this caliber of player. College Showcase Tournaments are organized for the premier teams to compete in and allow the player to showcase their abilities in a match as well as offer video to send out to college coaches.

Springfield FC will be holding tryouts for Boys and Girls of all ages for the Spring Season. Please contact Juan Hernandez at proplaya413@gmail.com for ages 11-18. Please contact Jessica Ballentine at jmb5_2000@hotmail.com for ages 6-10. Springfield FC participates both in town and MAPLE leagues.
**CONGRATULATIONS CORNER**

Congratulations to Caring Health Center for winning the MGM/Tishman Construction Drug Testing Program contract. CHC received notice of winning the competitive bid via an official letter and responded with their acceptance on January 8th 2016. The Caring Health Center offers Adult Medicine, Pediatrics, Behavioral Health, Wellness, WIC, Dental care and Pharmacy services to the community.

Congratulations to Ron Chimelis, The Republican’s columnist and opinion writer, who won a first place in a New England sports column competition with an article on the Red Sox in which he interviewed Rick Hurst, POV’s publisher.

Congratulations to Kathryn S. Dube who has joined Berkshire Bank as a First Vice President and Wealth Business Development Leader. Dube brings over 30 years of Banking and Financial Management experience to her new role. Involved in numerous community endeavors, Kathy is the current Chair of the United Way Women’s Leadership Council in the Pioneer Valley, member UWPV Board of Directors, and Co-Chair of the Endowment Committee for the United Way.

Congratulations to Tyrék Lee who is the first black male to lead a statewide union, SEIU Local 1199. Having begun as a telephone operator at Boston Medical Center in 2003, he is now executive vice president of the union which represents 52,000 health care workers.

Congratulations to Sen. Eric Lesser who was appointed by Senate President Stan Rosenberg to Launch Millennial Engagement Initiative. The Initiative aims to create a dialogue with millennials across the Commonwealth about the issues that matter most to them, including student debt, social media privacy and the new “gig economy.” Sen. Lesser, at age 30, is the youngest member of the Massachusetts Senate.

Congratulations to Macarthur Starks, Jr. who was appointed to the Springfield Technical Community College (STCC) Board of Trustees by Gov. Baker. Starks, a senior finance and leadership professional, is an assistant vice president/change agent, MassMutual Way Center of Excellence, at MassMutual Life Insurance Company. Starks also serves as board chair and treasurer of FutureWorks Career Center in Springfield.

Congratulations to Willie Thomas who has been elected chairman of the Board of Commissioners of the Springfield Housing Authority. Thomas has served on the board the past six years. He is the sole governor appointee to the board, and was reappointed in January to a second five-year term by former Gov. Deval Patrick. Thomas is Executive Director of West Springfield Housing Authority and has had a 41-year career in public housing.

Congratulations to Michelle Williams who has been named dean at the Harvard T.H. Chan School of Public Health, the first black dean to lead the School of Public Health and the first African-American to lead a Harvard faculty. Williams is currently chairwoman of the epidemiology department at the school.

...IN THE COMMUNITY

Alden Baptist Church’s 4th Annual Men’s Prayer Breakfast

Keynote Speaker retired Supreme Judicial Court Chief Justice Roderick L. Ireland (center) with Prayer Breakfast Co-chairs former State Rep. Raymond Jordan (left) and Deacon Dr. David Williams (right).

Attendance for the Prayer Breakfast was at capacity.

POV’s Publisher Rick Hurst and Editor Marjorie Hurst with retired Chief Justice Roderick L. Ireland and his wife, Alice D. Alexander.
MARCH 2016 EVENTS

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

ON-GOING

STCC Diversity Council Speaker Series presents Dr. Sampson Davis, physician, inspirational speaker, New York Times bestselling author, and founder of The Three Doctors Foundation
When: 11am
Where: STCC Gym, Scibelli Hall, Building 2, One Armory Square, Springfield, MA
Info: FREE & Open to the Public; stcc.edu/diversity; 413.755.4402

SATURDAY—5

B.U.I.L.D. presents Second Annual Constructing Kings Male Youth Summit for Young Men Ages 11-18
Info: FREE & Open to the Public; See Article on page 25

THURSDAY—10

DevelopSpringfield to host 5th Annual Celebrate Springfield Dinner
When: 5:30—8:30pm
Where: MassMutual Center, 1277 Main St., Springfield, MA
Info: $100 per person; developspringfield.com; 413.209.8808

Holyoke Public Library presents Marc Berger with a performance of his American western song cycle, RIDE
When: 7pm
Where: Holyoke Public Library, 250 Chestnut St., Holyoke, MA
Info: FREE & Open to the Public

SATURDAY—12

23rd Annual WAMDA 5K Run/Walk and Health Fair to benefit The Food Bank of Western Mass.
When: 10am Health Fair; 11am Run/Walk
Where: Garden House at Look Park, Northampton, MA
Info: register at www.racewire.com

MONDAY—14

Community Forum for Old Hill Residents: MAKE YOUR VOICE HEARD!
When: 5:30—8pm
Where: Brookings School Cafeteria, 433 Walnut St., Springfield, MA
Info: acruz@haphousing.org; See Ad on page 9

WEDNESDAY—16

STCC to host Open House
When: 4—7pm
Where: STCC, Scibelli Hall, Bldg. 2, 7th Fl., One Armory Sq., Springfield, MA
Info: www.stcc.edu/admissions; 413.755.3333; See Ad on page 9

SATURDAY—19

Brenda’s Child presents 2nd Bi-annual She Got H.E.R.S. Young Women’s Conference, Ages 18-25
When: 9:30am—1:30pm
Where: Springfield City Library, Conf. Rm. 220 State St., Springfield, MA
Info: FREE; Must register by 3/5 at www.fhcrconference.com; See Ad on page 5

SUNDAY—27

Mt. Zion Baptist Church Resurrection Sunday Service, Dr. Atu White, Pastor
When: 10am
Where: Griswold Theater, AIC, 1000 State St., Springfield, MA
Info: www.wearemtzion.com

APRIL

THURSDAY—7 & FRIDAY—8

10th Anniversary Fair Housing Civil Rights Conference
Where: Sheraton Springfield Monarch Place, Springfield, MA
Info: FREE & Open to the Public; Space limited; Register www.fhcrconference.com; See Ad on page 5

THURSDAY—26

Ward 3 Democrats to Elect 12 Delegates and 3 Alternates to State Convention
When: 9:30am
Where: Joseph Gentile Apartments Community Room, 85 William St., Springfield, MA
Info: See Ad on page 6

SATURDAY—26

Ward 3 Democrats to Elect 12 Delegates and 3 Alternates to State Convention
When: 9:30am
Where: Joseph Gentile Apartments Community Room, 85 William St., Springfield, MA
Info: Open to all registered Democrats in Ward 3; participants are warmly welcomed; 413.348.1431 or ilike2travel@comcast.net

TUESDAY—1 & TUESDAY—8

Dementia Planning Seminars
When: 7pm
Where: Loomis Village, 20 Bayon Drive, South Hadley, MA
Info: FREE & Open to the Public; Light refreshments; 413.588.5184

FRIDAY—4

STCC Diversity Council Speaker Series presents Dr. Sampson Davis, physician, inspirational speaker, New York Times bestselling author, and founder of The Three Doctors Foundation
When: 11am
Where: STCC Gym, Scibelli Hall, Building 2, One Armory Square, Springfield, MA
Info: FREE & Open to the Public; stcc.edu/diversity; 413.755.4402

THURSDAY—3 TO SATURDAY—5

15th Annual 94.7 WMAS Radiothon benefiting Baystate Children’s Hospital
When: 6am—6pm Thurs. & Fri.; 10am—2pm Sat.
Where: 94.7 FM WMAS
Info: www.baystatehealth.org/radiothon; 413.794.1486

SATURDAY—9

Afri(K)que Fashion Show, Speakers, Luncheon, Performances, Vendor Showcase
When: 1—5pm
Where: Boland School, 426 Armory St., Springfield, MA
Info: $10; 413.386.7563

THURSDAY—10

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When: 5:30—8:30pm
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THE THREE DIVAS: Part I

continued from page 1

The Three Divas

Lynette: I’ve known Lynnette since she was a child in Jack & Jill, participating in well-planned, adult-led activities with my sons. Somehow she grew up into an accomplished, talented young woman when I wasn’t looking. I’ll never forget the first time I went to see her perform at an open mic event about 6 or 7 years ago that was organized by Crystal and held at the Springfield Library. Witnessing her poise, listening to the melodic rhythm of her words and watching as she mesmerized the entire audience with her delivery, drawing us deeper and deeper into her personal orbit had my chest swelling with pride—as if I was her very own mother instead of my good friend, Willette. That experience was the beginning of me bursting with pride and proudly claiming her as my own whenever I attend one of her performances.

Latoya: I met Latoya through my son Justin. They were high school classmates and competed relentlessly in Ms. Hoffman’s (now Mrs. Sullivan) English class at Central High School, challenging each other as to who was the better writer (I know better than to comment!). I later got to really know and appreciate Latoya’s awesome talent when she became one of our two regular “Pen & Ink” writers. Her ability to express the most complex, difficult and sensitive topics in such fluid and moving verses leaves me in distinct admiration month after month. Her words at times can be raw and biting but the images they call forth are always truthful and honest and often reveal a surprising vulnerability. Her spoken word performances are bold and honest and often reveal a surprising vulnerability. Lynnette visits the subjects of love, injustice, motherhood and friendships in her writing. She has competed in poetry slams, winning a place on the 2014 Connecticut Slam Team, Verbal Slap. She will be competing in the Woman of the World Poetry Slam in Brooklyn, in March of this year. She visits universities and elementary schools leading workshops on poetry and journaling, titled The Power of Words. Lynnette writes and recites poems for special occasions: weddings, funerals, birthday celebrations, retirements and any other social gathering. She published her first collection of poetry titled “I’ve Been Meaning to Tell You” in February 2014. Collections 3 and 4, “Only Love Can Do That” and “Purple” were released in the fall and winter of 2015.

Crystal: Crystal is a more recent acquaintance. I first noticed her at some of the open mic performances I attended where she was encouraging others not grabbing the limelight for herself. I later found out that that’s what she does. Many new spoken word artists in the area have found their voices with her help. Her positive, self-assured demeanor makes her an easy person to like. She immediately puts you at ease and you almost forget you’re in the presence of someone with such immense creative ability. It’s no wonder that she is the glue that cements the friendship of the three divas, always willing to give her time and talent to showcase the talents of others. Her writing cuts across genres and reflects her ability, honed into an exquisite work of art, to express the mundane with sublime imagery.

I know that Maya would be as proud as I am of these three poetic divas. So now let me introduce them to you in their own words:

Lynette

Lynnette’s first love is poetry. She has made a name for herself as a spoken word artist and has had the opportunity to travel across the country performing her own pieces. Her gentle style and comedic delivery has allowed even admitted non-fans of poetry to be drawn in by her words. Lynnette visits the subjects of love, injustice, motherhood and friendships in her writing. She has competed in poetry slams, winning a place on the 2014 Connecticut Slam Team, Verbal Slap. She will be competing in the Woman of the World Poetry Slam in Brooklyn, in March of this year. She visits universities and elementary schools leading workshops on poetry and journaling, titled The Power of Words. Lynnette writes and recites poems for special occasions: weddings, funerals, birthday celebrations, retirements and any other social gathering. She published her first collection of poetry titled “I’ve Been Meaning to Tell You” in February 2014. Collections 3 and 4, “Only Love Can Do That” and “Purple” were released in the fall and winter of 2015.

Latoya

Brenda’s Child is the self-proclaimed diva on a mission to inspire and save lives. Born Latoya Bosworth, she dubbed herself Brenda’s Child at the age of 21, in honor of her late mother Brenda Kay Swinton. With a little bit of brass, plenty of bold, and the right amount of vulnerability, she has performed as a spoken word artist all over, from her hometown of Springfield, MA to San Diego, CA. In 2007, she published her first poetry collection. Since then she has published seven books, including two novellas and a memoir. In 2012, she challenged herself by collaborating with two fellow artists to help write, direct, and act in the stage play, “The Thick Chronicles...A Body Image Story.” With a special education teacher certification, a B.A. in Sociology, and an M.S. in Nonprofit and Philanthropy, this PhD candidate has also shared her parenting and self-esteem articles on Blackandmarriedwithkids.com and ForHarriet.com and Brenda’s Child continuously spreads her message of H.E.R.S - health, empowerment, resiliency, and self-worth in workshops, as a keynote speaker, in print and on stage.

Book Releases by Lynnette Elizabeth Johnson

Only Love Can Do That

I’ve Been Meaning to Tell You

My Thoughts in Poetry

Purple

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson

Lynnette Elizabeth Johnson
Crystal Senter-Brown was six years old when she discovered poetry in a Tennessee church basement. Since then she has been featured in Essence and Redbook and she has won numerous awards for her books and community service. Crystal is the author of six books: Gabby Gives Back (2016), But Now I See (2014), But you have such a pretty face (2013), Doubledutch (2006), and The Rhythm in Blue (2012). She holds a Masters in Nonprofit Management and Philanthropy and is an adjunct professor at Bay Path University. She is married to the love of her life (Corey) and they are the proud parents of son Adonte (an award-winning music producer and engineer) and their furry dog-daughter Venus.

Part II to be continued in April, National Poetry Month

**Book Releases by Crystal Senter-Brown**

**Book Releases by Latoya Bosworth**

(Brenda’s Child)
STCC Diversity Council presents

Electro-Jazz Collective

Four80East
and Matt Marshak

Thursday
April 7
2016

Jazz Musician

Jackiem Joyner
With Special Guest

Selina Albright

This program is supported in part by a grant from the Springfield Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency.

2015/16 Diversity Series

Springfield Technical Community College Scibelli Hall/ Gymnasium

Performances are at 11:00am & 6:30pm

For more event information contact the STCC Office of Student and Multicultural Affairs:
(413) 755-4402 • www.stcc.edu/diversity

Sponsored by: Baystate Health • MassMutual • PeoplesBank • An African American Point of View Health New England • Berkshire Bank • City of Springfield Department of Health & Human Services STCC Black Professionals Group

If you require accommodations to fully participate in this event, please contact the STCC Office of Disability Services at (413) 755-4785 at least two weeks in advance.