



## TRUMP IS A REPUBLICAN CREATION

"...as every honest person in the world knows, most of the Republican animosity toward Obama has to do with the fact that he is Black, a fact that Trump understands and is effectively exploiting since he and his operatives are aware of the ever-present White (especially the poorest) anti-Black subculture that has always benefited wealthier Americans at the expense of both Black and White Americans, whom they have always been so successful in deliberately dividing."

By Frederick A. Hurst – 4

## WILL THE REAL MIDDLE CLASS PLEASE STAND UP

"I love America. But I am angry, sad, skeptical, frustrated, embarrassed, and, most of all, scared of where we are headed. I want to say something to reverse this course; but I don't know what or how because it's scary to jump into this fray of divisiveness."

By Gianna Allentuck – 6

## PARENTS ARE THE MOST IMPORTANT FACTOR IN PREPARING THEIR CHILDREN FOR SUCCESS

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

By Sally Fuller – 8

## APRIL IS PUBLIC HEALTH MONTH

"Racial and ethnic disparities in health have more to do with differences in physical and social contexts than with individual biology and behavior. Some researchers have concluded that individuals' zip codes have a greater impact on your health than one's genetic code."

By Brenda Evans – 12

## WHO GETS TO BE ANGRY?

"The construct of 'race' will continue to perpetuate disunity among us so that the few elite, who hold all the winning cards in a fixed game, will continue to rule the table. The gambling analogy is more than appropriate here – the house always wins."

By Magdalena Gómez – 18

## SUBTLE HINTS FOR WOMEN

"I have lost track of the number of times that the person I had been talking to deferred to the male at hand for information. Over the years, I have been overlooked, made less money, and outright ignored in relation to male colleagues."

By Lora Wondolowski – 19

## WE AREN'T THE "MINORITY"

After marching over the Edmund Pettus Bridge in commemoration of the 50<sup>th</sup> anniversary of "Bloody Sunday" where people were beaten and incarcerated in pursuit of the right to vote, it must have been like a slap in the face to have to acknowledge that black people... don't exercise their right to vote."

By Zaida Govan – 28

# "BEST" OF POV WRITERS' CHOICES: 2015

## WHERE IS HER SOUL?

By Frederick A. Hurst

Reprinted from July 1, 2015

I'm a bit bothered by the hypocrisy that seems to undergird the outrage over a White woman in Spokane, Washington who led the Spokane NAACP while passing for Black. Rachel Dolezal abandoned her White family years ago for her new Black identity and six months ago became Spokane's elected NAACP leader. Her White background remained a secret until her alienated, disgruntled parents ex-

posed her by publicizing her Montana birth certificate that showed her ancestry to be Czech, Swedish and German and a bit American Indian. What followed was a news media frenzy that made much more out of the story than it deserved and that forced her to resign.

First, before analyzing this silly, mainstream media-generated frenzy a bit more closely, let me make a cogent point. If every White person in

America sincerely committed to be Black, the race issue in America might disappear. It certainly would diminish substantially and give way to other sinister demons like income inequality and the like. And all these various folks who oppose affirmative action and frown derisively at the term "diversity" would lose their operational steam. In fact, the whole conversion process from White to

*continues to page 5*

## THE THREE DIVAS: Part II Poets Who Perform

By Marjorie J. Hurst



*Lynnette Elizabeth Johnson*



*Latoya Bosworth  
(Brenda's Child)*



*Crystal Senter-Brown*

Last month for Women's History Month, I was privileged to introduce you to three re-

markably talented, young female poets, Lynnette Elizabeth Johnson, Latoya Bosworth (Brenda's Child)

and Crystal Senter-Brown: *The Three Divas*. And this month, in celebration

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# AF-AM NEWS **bits**

By Frederick A. Hurst

## JUSTIN HURST IS RIGHT

**J**ustin Hurst is right and I'm proud of him. It takes a lot of courage to stand up to a boisterous Black Springfield crowd to send a principled message, even if you are right – as Justin was. And especially when all of your cohorts back down – which all twelve of them did – in the face of a crowd of folks who, for the most part, knew nothing about the facts or the logic that motivated Justin's vote against Mayor Sarno's nomination to the Historical Board.

One of the facts that still has not emerged publicly is that the Black woman who was the subject of a Springfield City Council nomination vote to the city's Historical Board, is (was?) the “alleged” girlfriend of mayoral aide Daryl Moss, whose immediate supervisor is Denise Jordan, who is Mayor Sarno's top assistant. It has been strongly rumored, and for the most part verified, that Moss, with the okay of Ms. Jordan, ran this young lady and two other people against Black incumbent councilors in the last election.

The young lady challenged Ward 4 City Councilor E. Henry Twiggs, who won handily, and had garnered enough votes to stop her subsequent appointment to the Historical Board, which is what any threatened politician, with or without testicles, would be expected to do – just like Mayor Sarno who, strangely, rewarded Daryl Moss' “alleged” girlfriend with the nomination to the board but ejected his own failed opponent from a city board.

But Twiggs backed down at the last minute in the face of overwhelming Black community opposition, which led to all of the others who supported his move, except Justin Hurst, to also back down, which, of course, meant that Justin was the sole opposition vote out of thirteen.

What many people missed was that the young lady was not Justin's direct target. She was more what one might call unavoidable “collateral damage” in Justin's quest to stop the mayor from allowing his top aides to operate out of his office and under his apparent authority to systematically target Black elected officials.

The point that Justin was making – and I support – is that Mayor Sarno must be held politically accountable for the behavior of his top staff and for rewarding that behavior. That is not rocket science. And it is something that I know Mayor Sarno, whom I have always supported, understands and, I hope, acts on.

The other and even more important point Justin made is that the overwhelming Black community response that turned the young lady's nomination into a racial issue was silly and out of proportion, espe-

cially since not a peep was heard from all of these so-called concerned Black citizens when the Black Marjorie Guess was summarily dismissed from the same city board simply for voting a position different from the mayor's. Justin's absolutely correct main point here, however, was, and is, that there are far more important issues than a minor appointment to a city board that would justify Black community mobilization that go ignored by most members of the same crowd (key appointments, residency, city management jobs, minority contracts, MGM and so much more).

I must say, Black folks – with prominent so-called Black leaders at the point – looked like idiots pouring downtown to defend a fabricated dispute that was fueled, for the most part, out of the Mayor's office by telephone and social media during work hours by Black aides who were promoting their personal and political agendas, when so many have sat back on some of the most important decisions affecting the future of our city, including the recent appointments of all White top personnel in the police and fire departments.

All that to say, I'm proud of my son, Springfield City Councilor Justin Hurst, because he took a principled stand on some very important matters and was willing to stand alone in the face of certain defeat in order to drive home his carefully and well-thought-out, important message. That's called integrity, something our body politic could use more of.

## TRUMP IS A REPUBLICAN CREATION

**I** read *The Wall Street Journal* because it provides me with a lot of good business and financial information while also providing me with an alternate point of view that often contrasts with my own and most often contrasts with that of the liberal media, with whom I am also often not in agreement. I actually enjoy the challenge of attempting to reconcile a contrary point of view with my own. It is intellectually stimulating and, though not often convincing, informative and fodder for good discussions.

But the recent editorial in *The Wall Street Journal* (March 12-13, 2016) blaming President Barack Obama for the Republican's Donald Trump phenomenon was so over the top and devoid of all intellectual honesty that I came close to eliminating *The Wall Street Journal* from my daily readings.

I couldn't believe what I was reading. And I won't quote it herein. But suffice it to say that the writer's blaming of Black President Barack Obama – the ultimate victim of the Republican Party's mon-

strous and deliberate racially divisive strategy for political dominance stretching from Richard Nixon's “Southern Strategy” to George W. Bush's Willie Horton campaign in 1988 to today's Republican divisive debacle – is about as duplicitous a distortion of historical reality that I have ever witnessed by a “mainstream” medium that claims to be legitimate.

*The Wall Street Journal* ought to be ashamed for not clarifying for its readers – in this time of profound need – the damage the Republican Party has brought upon itself. Donald Trump is a perfect example of chickens coming home to roost to a nest that has been perfectly prepared by cynical Republican Party operatives who felt no shame in wooing the George Wallace Democrats with promises of taking them back to past glory and no shame about repeatedly promoting all Black Americans as criminals and no shame about disgracefully treating our first Black president like no other president has ever been treated in history and no shame about whipping up the vilest of ignorant White sentiments for the sole purpose of gaining power and continuing policies that promote the top 10% while leaving the remaining 90% longing for a share of the American dream that began dying long ago at the hands of people just like Trump.

Donald Trump is not even close to being a product of the policies of Barack Obama. Rather, he is a Republican-constructed Frankenstein and very possibly an inadvertent Republican reincarnation of Hitler or Mussolini or Venezuela's late Hugo Chavez. America has been lucky to have had Obama to bring it back to life after Republicans, under George W. Bush, almost destroyed it even as those same Republicans did their best to destroy Obama for no reason other than that he is Obama.

And that, of course, is putting it gently. Because, as every honest person in the world knows, most of the Republican animosity toward Obama has to do with the fact that he is Black, a fact that Trump understands and is effectively exploiting since he and his operatives are aware of the ever-present White (especially the poorest) anti-Black subculture that has always benefited wealthier Americans at the expense of both Black and White Americans, whom they have always been so successful in deliberately dividing.

So, for some shallow-minded *Wall Street Journal* White guy to suggest, under the cover of an allegedly reputable newspaper, that Obama is the cause, rather than the ultimate victim (We are all the other victims.), of a White and now predominantly Republican paradigm that has defined the political and racial history of America for generations, is an insult to all insightful folks, who completely understand that a large part of White America, by way of a wayward Republican Party, is trampling on itself because of itself. And Donald Trump is their standard bearer. ■

# WHERE IS HER SOUL?

*continued from page 1*

Black could be viewed legitimately as a short cut to the racial equality that America has long proclaimed but never realized. Like her approach or not, this lady may have found the perfect solution to the most complex problem that has vexed America since its founders decided to cheat and pursue economic supremacy and personal enrichment by enslaving Black folks. Rather than pillory Rachel Dolezal, maybe we should embrace her.

It puzzles me that some Black folks have taken offense at the idea that a White woman would dare rise to the top of the Spokane NAACP while passing for Black. But when you think about it, her rise is not such an anomaly. We mess with history so much that we cause our historical facts to be muddled. So much so, in this instance, that we overlook the fact that the NAACP was not founded by the Black Dr. W.E.B. Du Bois but in 1909 by a White woman in New York who was appalled by the lynching of Black folks in the South. She and her White colleagues wisely invited Du Bois into the group after his 1905 Niagara movement had fizzled out. And he consented and played a major role in the growth of the NAACP and the publication of the *Crisis* magazine, which remains in circulation to this day. Yet even today, most publications refer to Dr. Du Bois as the NAACP's founder even though their editors and writers know better.

And as for Ms. Dolezal passing for Black, there is not a family among us Black folks who cannot point to a relative or a friend of a relative who has "passed." And I don't mean "passed away." Black folks who "passed" were very much alive but light skinned enough to secretly pass for White if they chose to. The decision to "pass" was a very personal, individualistic decision that carried both benefits and consequences. The benefits were mostly materialistic but the psychological consequences of hiding out in the open must have been incalculable; although those of us who wouldn't or couldn't pass got a special pleasure at seeing White folks fooled.

But all who chose to pass did so because they believed the benefits of being White were superior to the benefits of being Black. And there were a lot of dark-skinned Black folks who wished for a lighter skin who provided a ready market for Nadinola, a popular skin-lightening cream. In fact, an entire culture grew up around the distinction between "preferred" light-skinned Black people and those less-preferred who were dark. And though this bizarre cultural distinction has faded dramatically since the advent of the Black Pride movement

beginning in the '60s, remnants of it still exist. So to put it mildly, it's peculiar that Black folks would take offense at a White woman who chooses to be Black and who lives among Black folks and champions their causes.

We need to ask ourselves some basic questions before we allow the mainstream media to trick us into attacking the White Rachel Dolezal as some kind of interloper. And I start with the motives of her parents. What were they thinking? If you have raised kids, you know the pain of alienation – even the thought of the pain of it. No question about it, some kids have a distorted perspective of independence that you hope time might temper. They are often perfectly comfortable with the notion that they owe nothing to those who gave them their start and they nurture this convoluted notion with the syrup of righteousness. They very often abandon context for certainty and logic for emotion. They

often stretch our emotional limits almost beyond controllable margins and challenge us to react so that they can say "I told you so." All while they leave you shipwrecked on the shores of regrets over having raised them in the best way you knew how and wondering whether you should have had them at all. It is not uncommon for our own kids to make us feel betrayed. But with all that said, the fact is they are our kids. And to sabotage them as Rachel Dolezal's parents deliberately sabotaged their own daughter is bizarre and unacceptable behavior.

And that is the big story that the mainstream media seems to have found it convenient to ignore. The parents' motive was innocent appearing but far from clean. It was spiteful and over the top.



## ***White Rachel Dolezal chose to be Black: WHY NOT?***

They "outed" their own daughter. They could have cared less whether she was doing good things or bad things. Their motive was pure and ugly revenge. And to get that revenge, Rachel Dolezal's parents played everybody. And most fell into the trap, including the media. Her parents played the race card so smoothly that few saw it in the hype that was so appealing to a meat-hungry media and to bigots on both sides of the racial spectrum, as

*continues to page 24*



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# EDUCATION

## PARENTS & COMMUNITY

### Is That All You Got?

By Patricia Spradley

Reprinted from June 1, 2015



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

**H**ave you ever had a period in your life when it seemed like everything was going wrong? Things kept happening that threw you off of your game. When you thought you fixed one situation, there came the next. Sometimes you were actually preoccupied that something would go wrong. Why?

We spend time thinking about the people who hurt us, who spoke evil of us, and the people who discouraged us, who talked about us, who closed doors in our faces, who disrespected us. Why? Caring about what someone has done or said to you, when they don't add value to your life, is senseless and a waste of time. **IS THAT ALL YOU GOT?**

I learned early that nothing ever happens without a reason. Life is full of obstacles and challenges. Accept that it's just that way. But intentionally expect that *good* things are going to happen!

What would happen if you didn't look at obstacles as setbacks or mishaps, but instead, as Opportunities and Successes? You'll be amazed at how your perspective and behavior changes. A Transformation of the Mind! Your new mantra: **IS THAT ALL YOU GOT?**

Think About the Possibilities:

- A situation happens that the ordinary person has difficulty recovering from; but you don't even recognize that there's anything that warrants recovery. This is perplexing to most, but not to you. You know there's a solution for everything! **IS THAT ALL YOU GOT?**

- Pink slips are being handed out. People keep asking if you're worried. You say "not at all." You know that when one door closes, another one opens! And the new door will be an even better opportunity! **IS THAT ALL YOU GOT?**

- People ask if you're having a bad day. "No, it's actually fabulous! You understand that being granted another day to make a difference, can be nothing but a great day! **IS THAT ALL YOU GOT?**

- You receive frantic calls being warned to "beware" of something that "they" are saying about you. They don't understand that you are completely covered! It matters not what "they" say, only what HE says. **IS THAT ALL YOU GOT?**

- The enemy thought he had your back against the wall, with nowhere for you to go. But you tap him on the shoulder and say, "Turn around, I'm behind you." **IS THAT ALL YOU GOT?**

- You always have an encouraging word for those who haven't yet transformed their minds, wondering what they're waiting for. And then you have the nerve to walk around happy and care-free because you just can't help it! Life is good! And it's not about what you have. It's about *who* you have! That's why you're able to say: **IS THAT ALL YOU GOT?**

Things will happen that may cause you to worry, but don't. You have someone who is already working it out! Don't let anybody spoil your day. Sometimes the finish line looks like you'll never reach it. But you will. And when you break through the tape, say: **IS THAT ALL YOU GOT?**

Transform your thoughts. Transform your words. Transform your responses. You are equipped to handle everything that comes your way, as long as you believe HE has you. This is why you can confidently say: **IS THAT ALL YOU GOT? ■**

## EDUCATION & HOPE

### WILL THE REAL MIDDLE CLASS PLEASE STAND UP

#### Please Stand Up; Please Stand Up!

By Gianna Allentuck

Reprinted from February 1, 2015



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

**I** am a white woman who lives in the suburbs. Who grew up in the suburbs. I have never suffered oppression or discrimination in any form. Never endured poverty or neglect. Never battled personal disability or adversity. Never struggled with hardship. And I have never faced trauma other than surviving cancer and living daily with the fear that that cancer might one day return...

Despite this ease, I also have never felt entitled. Never acted spoiled. Never forgotten to be grateful. Never rested on my blessings. Never stopped believing there is hope for those who have suffered. Are suffering...

I have, however, hesitated in ever sharing my thoughts on race-related issues because I often don't feel I have the right to comment on matters that I can never understand. As a kind-hearted human being, I can empathize. But I can never truly comprehend living life and walking in the shoes of a man or woman of color. It's just not possible. I get this. And so I remain silent.

Until now...

The escalating racial tensions of the past several months are igniting emotions in me that I don't want to have; but need to have in order to navigate this—new to me—but in actuality re-emerging territory of a country divided. Of a union no longer aiming to

be perfect.

I love America. But I am angry, sad, skeptical, frustrated, embarrassed, and, most of all, scared of where we are headed. I want to say something to reverse this course; but I don't know what or how because it's scary to jump into this fray of divisiveness. Even as I write this article, my heart is beating a little faster and my blood pumping a little stronger. Nerves and adrenaline course through me on high alert. They know I am taking a step from which I can never return. Once I enter the conversation regarding race, I am out there. A white woman with an opinion regarding matters seemingly beyond my life's scope.

I will be judged. Supported. Reprimanded. Challenged. Applauded. And I will fear. Fear being labeled another white person pretending to know what it feels like to be black. Or being perceived another white person siding with white folks in a "white system" based on my race and not on my ability to form an opinion beyond my skin color. Or being construed as a wannabe savior, the great white hope. That's not me. But honestly I am not sure how to be a white woman in this conversation of race without falling into one of those categories. Without getting lost in the divide. Forever stuck in the middle. I fear I have nothing profound to share and that my thoughts will go unnoticed and unheard along with the similar thoughts of thousands of others who are afraid to stand up.

Where is the space for my voice – the voice of the middle who recognizes and understands pieces from both sides but because of the blind rage of both will hold no merit with either. Because the perception is that I

*continues to page 7*

# EDUCATION

## EARLY EDUCATION & CARE



Nicole Blais is Director of Community Engagement HCS Head Start, Inc. [blaisn@headstart.org](mailto:blaisn@headstart.org)

Helping children develop healthy eating habits is a challenge in this day and age. My children knew what the golden arches meant before they could even read. The convenience of fast food, processed food and sweet tasting drinks isn't so convenient when it comes to our health. March is National Nutrition month so let's celebrate with some healthy eating tips.

Head Start does its part by implementing what's called a Family Style Meal Service. HCS Head Start engages in family-style meals during breakfast, lunch and snack time. This

## Family Style

By Nicole Blais

Reprinted from March 1, 2015

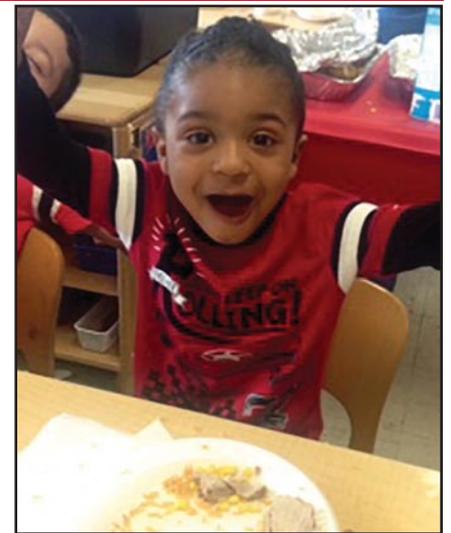
practice is designed to provide children with an opportunity to learn healthy eating habits. We encourage parents to use this strategy at home to initiate conversations with their children, serve as a role model for healthy eating habits and to teach proper table manners at home.

Serving foods family-style in Head Start is simply serving foods in bowls or dishes on the table; and children are encouraged to serve themselves or serve themselves with help from a teacher. Family-style meals allow children to identify and be introduced to new foods, new tastes and new meals. We know that some children are picky and unsure about new foods but, sometimes, when they are

introduced to new foods and see others serve themselves, it gets them interested too. They may be more willing to try a small serving when they see other children trying new foods.

While at the table, children also get to practice good table manners and new skills with their hands and fingers. When children serve themselves, it gives them the time to practice skills like passing, pouring and scooping foods. Taking turns, sharing and politely turning down foods are all a part of the table manners children learn by participating in family-style meals. It can sometimes get a little messy but the outcomes are well worth the clean-up.

Parents are some of the busiest people in the world and it isn't always possible to sit down family-style for a



Patrick enjoying his lunch

meal; however, when more meals are prepared and eaten together, it equals better nutrition. Families can connect, healthy eating habits get established and children carry those habits over into adulthood. Family-style isn't just about the way food is served, it's about spending time together as a family. ■

## EDUCATION & HOPE

### ... MIDDLE CLASS PLEASE STAND UP

*continued from page 6*

waffle or am safe. Is there no room for middle ground?

Even now I fear these words will be misconceived as me being concerned for my personal well-being when my fear is more that these labels and misperceptions will become another distraction on the road to resolution. Will be another barrier to people like me who genuinely wish to help by engaging in positive and productive conversation and action but don't know how.

My whole being is built around connecting, uniting, collaborating, supporting, bringing people together. Functioning in a society or situation where the challenges of division seem insurmountable is foreign to me. So I am turning to what I know best: Education. I want to ask questions. Share insights. Exchange ideas. Be informed. I want to inspire those who have been afraid like me to speak to join the conversation and populate the divide with inquiries and offerings that

result in teaching and learning and progress toward understanding and peace.

I want to stand up from the middle and not only scale the divide but help bridge it...

**Author's Note:** The Mayor's City-wide Violence Prevention Task Force hosts monthly meetings the second Tuesday of every month from 3:00 pm to 4:30 pm at 1550 Main Street, Second Floor. Meetings are open to the public; and individuals and organizations are invited to join us and share information and resources, and collaborate on strategies that promote peace and unity for our citizens and city. The Task Force encourages positive and productive conversations and actions, and is a safe place for all of us to learn from and support each other. To help us stand up... Please contact me at [gallentuck@aol.com](mailto:gallentuck@aol.com) for information on the Task Force.



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# EDUCATION

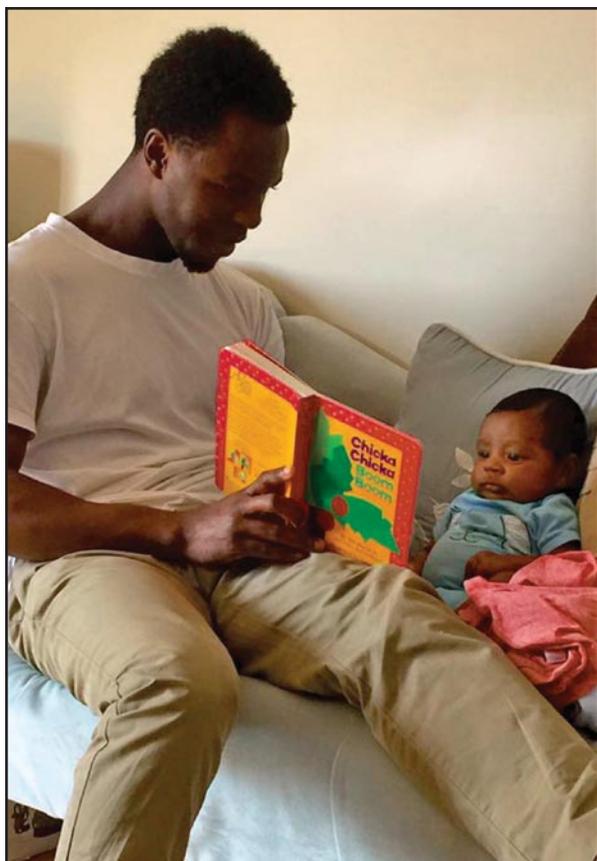
## READING TO SUCCEED



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

## Parents are the Most Important Factor in Preparing Their Children for Success

By Sally Fuller, Project Director, Reading Success by 4th Grade  
Reprinted from August 15, 2015 (Back To School Special Issue)



**R**eading Success by 4<sup>th</sup> Grade is part of a national movement – the Campaign for Grade Level Reading. Cities, towns and communities all across the country have recognized the importance of the 3<sup>rd</sup> grade reading milestone in a child's development.

These same communities have recognized that the role of parents is the most important factor in preparing a child for success because 85% of a child's brain development takes place in the first 5 years of life.

If we were in charge of the world and all the parents in it, here's what we would ask them to do:

- Talk/read/sing/play/write with your children, *beginning at birth*, in the language in which you are most comfortable.
- Read aloud with your child for 20 minutes every day. 5 minutes at a time is okay...it doesn't have to be a 20-minute chunk of time. **(Did you know that for every year you read with**

**your child, their average lifetime earnings increase by \$50,000?)**

- Have back and forth conversations with your child. Ask a question. Listen for the response. Respond to what they say.
- Let your child pick his/her own books. They will be more likely to read if the books interest them.
- Don't always try to answer their questions. Children are natural explorers and scientists. Let them use their curiosity to figure things out.
- Let your child see you reading. You are their role model.
- Send your child to school every day. Beginning in preschool. Good attendance habits begin early and carry through life.
- Set routines for your child. They thrive with established bedtime, reading-together time, family meal time, homework time.
- Take your child for walks in the park and talk about what you see. Talk about the importance of fitness and exercise.
- Take your child grocery shopping and talk about healthy eating. Talk about the foods that they see... what color are they? What letter do they

begin with?

- Engage your children in enriching summer activities at home or in the community. There are lots of free summer activities, like the Springfield City Library Summer Reading Club.
- Send your child to school every day. Every minute they spend in the classroom is a teachable moment.

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

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# EDUCATION

## COMMUNITY INFORMATION

### TELL, WRITE and SHARE

### YOUR STORIES

People have a lot to say about the City of Homes, its struggles, successes, and its future. This spring, city residents will have the opportunity to TELL their stories, WRITE their stories, and SHARE their experiences about living in Springfield. With permission, the library will compile these narratives and interviews into a digital exhibit, available to all city library card holders.

**Springfield Speaks:** On Saturdays, April 23rd and April 30th, between 12:00pm to 3:00pm, patrons are encouraged to join us in the Mason Square Branch's community room where city library volunteers will conduct brief oral history interviews focusing on life in Springfield,

past and present. Do you have photographs of the city, your neighborhood, or Springfield events that you want to share? Feel free to bring them in. We'll be adding photographs to the exhibit as well.

**Springfield Writes:** Next, on Saturdays May 7th and May 14th, from 1:00pm to 2:30pm, patrons of all ages and writing backgrounds are invited to put pen to paper in a free, two-part memoir writing workshop, led by local author, Haven Williams.

The first workshop will help to answer the question: What is a memoir? How does one get started in writing one? Students will complete practice exercises designed to develop a focus in their writing.

In the second workshop, stu-



**SPRINGFIELD, MA** – Applications are available for the 2016 Farris Mitchell Scholarship, awarded every spring to a senior attending a Springfield high school who lives in either public housing or has a Section 8 Housing Choice voucher in the city.

The amount of the scholarship, given by the Springfield Housing Authority, is \$1,000 for each student selected. This year, three students will be chosen for the award. Applications are available in guidance offices at all city high schools, by writing to Jimmie Mitchell, care of the Farris Mitchell Scholarship Committee, 186 Arcadia Boulevard, Springfield 01118, or by emailing him at [jmitchell@shamass.org](mailto:jmitchell@shamass.org).

Applications are also available at all city high school guidance offices.

**The deadline to apply is May 1, 2016**

The scholarship, begun in 1995, was named after a man who lived for many years with his wife and 10 children at Riverview Apartments in the Brightwood section of the city. Mitchell, who died in 1994, loved children, and instilled in his children and many others a desire to improve their future through education. All of his children finished high school and went on to college.

dents will bring in samples of their writing and workshop one another's work with assistance from Williams and librarian, Caitlin Kelley.

Please note: All participants will have to sign off on a permission slip,

so that the library may use the content provided during each program. Anyone who does not wish for their work to be included in the digital exhibit is still encouraged to participate. ■



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# BUSINESS & FINANCE

## BLACK BUSINESSES



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olivetreebooks@msn.com*

## When She Makes You Cry, Her Job Is Done! DomDee Photography

*By Zelmon Johnson  
Reprinted from January 1, 2015*

It's funny how you think you know a person, but you really don't until you actually have a conversation with them. That was my experience with Denise Stewart. Although I knew Denise as a radio personality with WTCC, 90.7, I learned a lot more about her as she celebrated moving into her new location, Dom Dee Photography, 34 Front Street in Indian Orchard.

Given the era of technology, I was very interested in how a professional photography business could survive the "selfies," instant Facebook pictures, and staged poses. Her answer was "photo images are authentic and last a lifetime." As I continued my conversation with Denise, it became clear that she has a love for using "the camera and plans to share her gifts."

Although photography was an integral part of her childhood, beginning with her father who used a Polaroid camera, it was a gradual discovery for Denise. The strong desire to take photographs actually surfaced about seven years ago at her daughter's wedding. Being the mother of the bride left little room for her to take photographs so she handed the camera to Dominique, her 10-year-old grandson. To her amazement, he perfected the art of taking pictures, a partnership called DomDee Photography was formed, and the rest is history.

When I asked her, "Why the passion for photography?" she mentioned she had always had a camera and been the "family keeper of photographs," documenting milestones and successes. Her philosophy is that "photographs show an image that



*Gabrielle Stewart and Dominique "Dom" Burgess flank Springfield Mayor Domenic J. Sarno at the opening of proud grandmother Denise Mari Stewart's photography studio, DomDee Photography at 34 Front Street in Indian Orchard.*

lasts forever, and everything is deserving to be remembered." She reflected back on a time when as a young adult, all her family photographs were lost. As she spoke of this experience, it was clear she never wanted anyone, including herself, to experience such a loss again, commenting that "the images lost had their own meaning in time."

It was easy to see how deeply she felt about using photography to tell a story: maybe a smile, a touch, an embrace or even a glimpse of a person can be captured in a single photo. Her passion for what she does was revealed in her statement, "When you look at a photograph and you cry, my job is done!"

Photography includes many different subject matters but DomDee Photography focuses on "people" not objects. This includes proms, family celebrations, funerals, including military funerals, and anything that will

remind you of the person's existence. Her client base includes repeat customers, referrals and mostly clients over the age of 30.

Denise is very humble in acknowledging those who have helped support her passion. Among them are Lenny

Underwood of Lenny Underwood Photography, a colleague, trainer and friend who is not afraid to share his knowledge, and Rosemary "Tracy" Woods of Art For the Soul Art Gallery who gave her "tough love and advice" as a mentor during the very challenging early years. In return, Denise is giving back to the community by providing camera instructions to groups such as "Ladies Who Love the Lenses."

DomDee Photography is a unique photography business. It is a business that combines talent, passion, family and memories. "Every passage in life is noteworthy: Life, death, sickness, joy and a photo image will create a lasting image of the moment in time." Visit DomDee Photography at [Domdeephoto.com](http://Domdeephoto.com). ■

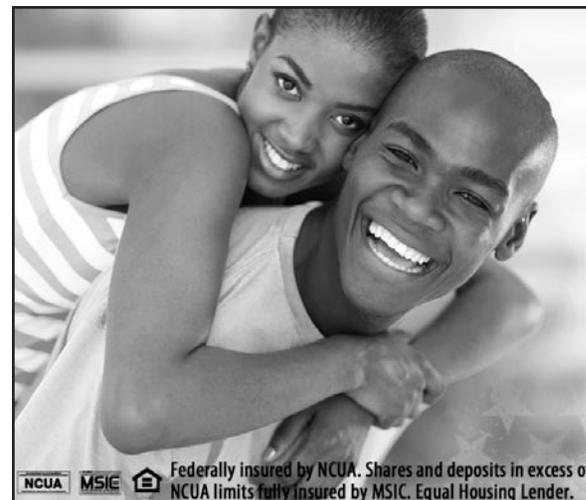
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# BUSINESS & FINANCE

## MINORITY BUSINESS DEVELOPMENT

### President Obama's FY 2017 Budget Supports Innovation and Research within the Minority Business Community

WASHINGTON (February 26, 2016) — Today the U.S. Department of Commerce, Minority Business Development Agency (MBDA), outlined President Obama's fiscal year 2017 budget proposal in support of the growing number of minority-owned businesses in the United States. The budget would enable MBDA to continue offering valuable programs and services to minority businesses and support a coordinated approach to engage, educate, and build capacity among minority entrepreneurs.

"These additional resources would help us serve an even greater number of minority businesses across the nation," said Alejandra Y. Castillo, MBDA National Director. "We also would be able to reach and empower the next generation of minority business leaders through a new program targeted at young entrepreneurs."

Recent Census Bureau data show that the number of minority-owned businesses continues to grow at a fast pace, but these companies continue to lag other businesses in revenues and employment. The President's FY 2017 budget proposal requests \$35.6 million for MBDA to expand its services and assistance to the nation's eight million minority businesses. This represents an increase of \$3.6 million over FY 2016 appropriations.

MBDA currently funds a national network of minority business centers in 29 states, the District of

Columbia and Puerto Rico that provide a variety of services to minority-owned firms, including business consulting, procurement matching, and private equity and venture capital sourcing. Additional funding in the FY 2017 budget would build MBDA's capacity to work with young entrepreneurs and conduct research that will enable government, business, and community leaders to make policy, programmatic and business decisions based on accurate and current information.

**Specifically, the President's FY 2017 budget includes the following program increases for MBDA:**

#### Business Innovation for Young Entrepreneurs

Consistent with the Department of Commerce's efforts to fuel increased innovation across the economy, MBDA's Business Innovation for Young Entrepreneurs program will provide federal grants in regions of the U.S. with high concentrations of minorities, high youth population and high minority unemployment rates in order to engage, educate, and build capacity among

young minority entrepreneurs. These grants will help to support outreach efforts at colleges and universities and in lab-to-market technology, financing, and business development.

#### Minority Business Policy and Research Program

The FY 2017 budget proposal would also fund three research projects. One will explore the latest data on the characteristics of Minority Business Enterprises. A second will develop a national inventory of Minority Business Enterprise disparity studies, and the third will create a national inventory of procurement laws impacting Minority-owned Enterprises. The availability of timely data analysis will ensure business decisions concerning minority-owned firms are based on accurate and current information. ■

### April is National Financial Literacy Month

#### Protecting Your Assets. Are Your Assets At Risk?

**SPRINGFIELD, MA**— In recognition of Financial Literacy month, Springfield Partners for Community Action (Springfield Partners) will be offering a workshop on "Protecting Your Assets" to be held on Thursday, April 21st from 6pm – 7:30pm at Trinity United Methodist Church, 361 Sumner Ave. Those interested in attending should call 413.263.6500 to reserve their seat. Space is limited.

The workshop will feature guest speakers Julius D. Lewis of Lewis and Morrow Financial Services and Attorney Susan A. McCoy of the Law Firm Cooley and Shrair.

Paul F. Bailey, Executive Director of Springfield Partners said, "We are delighted to present this critical and topical information to the public which enhances and expands our commitment to economic opportunities for all residents."



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Springfield Partners for Community Action is the official anti-poverty agency serving greater Springfield. The agency offers several programs and services designed to meet the needs of low and moderate income residents, including: Weatherization; Volunteer Income Tax Assistance; Asset Development; Multi-Cultural Alzheimer's; Housing Counseling; Veteran Services; and quality Child Care.



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# HEALTH

## HEALTH MATTERS



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

### APRIL IS PUBLIC HEALTH MONTH

#### #“Healthiest Springfield 2030, Let’s Make Springfield The Healthiest City In One Generation”

By Brenda Evans

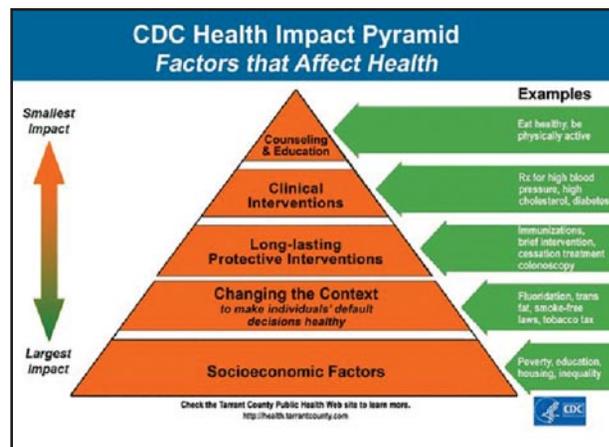
If it’s April then its Public Health Month in Springfield. Like the spring rains, tulips and daffodils, Public Health Month is celebrated throughout the city. For the past 21 years, the Springfield Department of Health and Human Services has served as the local organizer of National Public Health Month events. Along with our local partners, Community Based Organizations, health care facilities and public health advocates, we have waged a campaign to educate the public, policy makers and practitioners about issues related to public health and our theme.

We have experienced an increasing number of residents taking control of their personal health accounts and participating in community environmental issues impacting their overall well-being. We are at a nexus of in-

creased knowledge and participation which raises questions of how are the outcomes of improved health status measured and documented? How, as we continue to see health disparities corrected, are we then to see improvement in recognition, knowledge and action on some fronts.

Chronic disease and its precursors are not distributed evenly across the population but more likely to be present in minority and lower socioeconomic status populations (IOM, 2007, 2011). Racial and ethnic disparities in health have more to do with differences in physical and social contexts than with individual biology and behavior. Some researchers have concluded that individuals’ zip codes have a greater impact on your health than one’s genetic codes.

The social determinants that lead to poor health – poverty, lower levels



Some of the health prevention interventions and strategies are graphically noted in the CDC Health Impact Pyramid.

During the month of April and throughout the year – agencies, advocates and residents will observe and participate in healthy living guidelines – healthy eating; healthy movement;

of education, poor housing, nutrition, limited health literacy – are more likely to be present in populations marginalized by prejudice and poverty. The risk factors that arise from these determinants – obesity, tobacco and drug use, stress, depression, occupational and other environmental exposures – are also more prevalent as the diseases that result (RWJF, 2008).

healthy personal intra/inter relationships, stress avoidance; and increased health knowledge based on science which will lead to improved and quality decisions about your health.

Welcome to the “new” world of public health activism! Join us for our kick-off event at City Hall, Room 220, Monday, April 4, 2016, 10:00AM – 12:00 Noon. ■

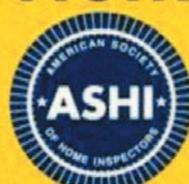
Monday	Tuesday	Wednesday	Thursday	Friday	Monday	Tuesday
4	5	6	7	8	11	12
<p><b>“Public Health Month Kick Off”</b>, City Hall, Room 220, 36 Court St., 10AM-12Noon, Sponsored by: S.D.H.H.S., (413) 787-6740 <i>(Open to the public)</i></p> <p>Please consider donating a package of cloth or disposable diapers for our diaper drive.</p> <p><b>“Light Aerobics”</b>, 773 Liberty St., 10:30AM-12PM, Sponsored by: Hungry Hill Sr. Ctr. (413) 733-9411 <i>(Open to the public \$ monthly fee)</i></p>	<p><b>“19th Annual Research Day”</b>, @ UMASS Amherst Student Union Ballroom, 2PM-5PM Sponsored by: UMASS, School of Public Health &amp; Health Sciences, (413) 545-4340 <i>(Free &amp; open to the public)</i></p> <p><b>“Walk To Farmers Market”</b>, 25 Barney Lane, Sponsored by: Forest Park Manor, (413) 787-7714 <i>(Open to the public)</i></p>	<p><b>“Coffee Hour”</b>, Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 <i>(Open to the public)</i></p> <p><b>“Literasee: Parent Child Activity, by Raising a Reader &amp; Eye Screenings for Children”</b>, Square One’s Family Square, 1095 Main St., 4:45PM-7PM, Sponsored by: Square One, (413) 858-3169 <i>(Open to the public)</i></p>	<p><b>“10th Annual Fair Housing &amp; Civil Rights Conf.”</b>, Sheraton Monarch Motel, Monarch Pl., Spfld., MA (Full Day Event) Sponsored by: HAP Housing, (413) 233-1609, <i>(Open to the public, pre-registration required)</i></p> <p><b>“It Is A Wonderful Time for Lunch”</b>, 1516 Sumner Ave., 11:30AM-1PM, Sponsored by: Mayflower Sr. Ctr., (413) 782-4536 <i>(Open to the public, pre-registration required)</i></p> <p><b>“Medical Reserve Corps, (MRC), Emergency Dispensing Training &amp; Exercise”</b>, UMass Amherst Campus Ctr., Lower Concourse, 12:30PM-6PM, Sponsored by: UMass, Hampshire Public Health Preparedness Coalition &amp; MRC of Western MA, (413) 781-6045 <i>(Open to the public, pre-registration required)</i></p>	<p><b>“10th Annual Fair Housing &amp; Civil Rights Conf.”</b>, Sheraton Monarch Motel, Monarch Pl., Spfld., MA (Half Day Event) Sponsored by: HAP Housing, (413) 233-1609, <i>(Open to the public, pre-registration required)</i></p> <p><b>Saturday</b></p> <p>9</p> <p><b>Sunday</b></p> <p>10</p> <p><b>“Holy Redeemer Cathedral Health Awareness Night”</b>, 44 Prospect St., 6PM-9PM, Sponsored by: HRC Ministries Men’s Dept., (413) 747-5755 <i>(Open to the public)</i></p>	<p><b>“Chair Exercise Class”</b>, Fitness Center, 310 Plainfield St., 10:30AM, Sponsored by: Dept. of Elder Affairs, (413) 886-5240 <i>(Open to the public)</i></p> <p><b>“Light Aerobics”</b>, 773 Liberty St., 10:30AM-12PM, Sponsored by: Hungry Hill Sr. Ctr. (413) 733-9411 <i>(Open to the public \$ monthly fee)</i></p> <p><b>“Maternal Child Health Commission , Annual Community Forum”</b>, Shriner’s Hospital, 516 Carew St., 11:45AM-3:30PM, Sponsored by: SDHHS, Maternal Child Health Commission <i>(For providers &amp; educators serving children &amp; families, registration deadline is April 4, 2016),</i> <a href="http://bringingupbaby.eventbrite.com">http://bringingupbaby.eventbrite.com</a></p>	<p><b>“Gandara Health Fair”</b>, Gandara Clinic, 2155 Main St., 9AM-2PM, Sponsored by: Gandara Center, (413) 733-9024 <i>(Open to the public)</i></p> <p><b>“Walk &amp; Strength Class”</b>, Clodo Concepcion Community Center., 1187 1/2 Parker St., 9:30AM, Sponsored by: Clodo Concepcion Cmty. Ctr. (Greenleaf), (413) 750-2873 <i>(Open to the public)</i></p>

continues to page 13

**APRIL IS PUBLIC HEALTH MONTH**

Wednesday	Thursday	Tuesday	Wednesday	Thursday	Saturday	Monday
<b>13</b> "Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 (Open to the public)	<b>14</b> <b>Friday</b> <b>15</b> <b>Saturday</b> <b>16</b> "Spiritual Health", Salvatore's Restaurant, 1333 Boston Rd., 11AM-2PM, Sponsored by: Western Massachusetts Black Nurses Assoc., (413) 348-9668 or (413) 794-4027 (Open to the public \$\$)	<b>19</b> "Project Baby Springfield, Acts of Kindness Quilt", Baystate Med. Ctr., 759 Chestnut St., 9:15AM-10AM, Sponsored by: Project Baby Springfield (413) 794-7622 (Open to the public)	<b>20</b> "Community Forum Breakfast" at the Deborah Hunt Health & Prevention Ctr., 38 Catherine St., 9AM-12PM, Sponsored by: New North Citizens Council, Inc., (413) 747-5755 (Open to the public)	<b>21</b> "It Is A Wonderful Time for Lunch", 1516 Sumner Ave., 11:30AM-1PM, Sponsored by: Mayflower Sr. Ctr., (413) 782-4536 (Open to the public, pre-registration required)	<b>23</b> "Chair Massage", 773 Liberty St., 12PM-2PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 (Open to the public, \$\$ monthly fee)	<b>25</b> "Light Aerobics", 773 Liberty St., 10:30AM-12PM, Sponsored by: Hungry Hill Sr. Ctr. (413) 733-9411 (Open to the public \$ monthly fee)
<b>17</b> "Reflexology", Hungry Hill Sr. Ctr., 773 Liberty St., 12PM-2:30PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 (Open to the public \$ monthly fee)	<b>17</b> <b>Sunday</b> <b>18</b> <b>Monday</b> <b>18</b> "13th Annual Teen Health Night", Baystate Mason Square Neighborhood Health Center, 11 Wilbraham Road, 6PM-8PM, Sponsored by: Baystate Mason Square Neighborhood Health Center, (413) 794-9663 (Open to the public)	<b>17</b> "COWNT Coalition: Beyond Basics—Tobacco Use Intervention", Central Library, 220 State St., 12PM-3PM, Sponsored by: P. V. AHEC/Spfld. Dept. of Health & Human Serv., (413) 787-6756 (Not open to the public)	<b>22</b> "Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 (Open to the public)	<b>22</b> <b>Friday</b> <b>23</b> <b>Sat/Sun</b> <b>4/23 &amp; 4/24, "Death Valley Family Fun Weekend"</b> , Dunbar Community Ctr., 33 Oak St., 1PM, Sponsored by: 2nd II None Consulting, (413) 285-0892 (Open to the public)	<b>23</b> "Reflexology", 773 Liberty St., 12PM-2:30PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 (Open to the public, \$ monthly fee)	<b>25</b> "The Raising of America", Deliso Ctr., Mercy Med. Ctr., 227 Carew St., 12PM-2:30PM Sponsored by: Square One, (413) 858-3109 (Open to the public)
<b>26</b> "Breakfast at Mason Sq.", Mason Sq. Sr. Ctr., Emerson Hall, 439 Union St., 9AM, Sponsored by: Mason Sq. Sr. Ctr., (413) 733-3917 (Open to the public, sign-up required)	<b>27</b> "Coffee Hour", Celebrating Public Health Month, 18 Gaucher St., 10AM-12PM Sponsored by: Spfld. Family Support Programs Family Resource Center (413) 733-7699 (Open to the public)	<b>28</b> "Health Research YOU Can Use—We Want to Hear From You", Mason Square Library, 765 State St., 11:30AM-1:30PM, Project ACCESS, Sponsored by: Baystate Health: Partners for a Healthier Cmty., & Spfld. Partners of Spfld., (413) 454-5148, Light supper, (Open to the public)	<b>29</b> "STCC, Earth Day Celebration", STCC Campus Green, Bldg. 2 if bad weather, 11AM-1:30PM, Sponsored by: STCC Student Activities & Development (413) 755-4721 (Open to the public)	<b>29</b> "3rd Annual WIC Health Fair", 11 Wilbraham Rd., 2nd Fl., 360 Conference Room, 1:30PM-4PM, Sponsored by: Tapestry Health/Spfld. North WIC, (413) 739-3133 X 104 (Open to the public)	<b>23</b> "Autism Fair", Spfld. Boys & Girls Club, 481 Carew St., 12PM-3PM, Sponsored by: No Small Victories, (413) 746-3655 (Open to the public)	<b>25</b> "Blind & Low Vision Exercise Class", 1516 Sumner Ave., 1PM, Sponsored by: Mayflower Senior Center, (413) 782-4536 (Open to the public, pre-registration required)
<b>27</b> "Fit Fest", Field House of the Wellness & Recreation Complex, 263 Alden St., 11AM-2PM, Sponsored by: Springfield College, (413) 748-3721 (Open to the public)	<b>28</b> "Chair Massage", Pine Point Sr. Ctr., 335 Berkshire Ave., 10AM-12:30PM, Sponsored by: Pine Point Sr. Ctr., (413) 732-1072, (Open to the public by appointment \$\$)	<b>29</b> "Caring Health Center, Staff Diaper Drive/Health Fair", CHC, 1049 Main St., 2:30PM-4PM, Sponsored by: Spfld. South WIC/Caring Health Ctr., (413) 693-1029 (Open to the public)	<b>30</b> "Spfld. Food Policy Council Film Festival Movie", Elias Brookings School, 367 Hancock St., 5:30PM-7:45PM, Sponsored by: Spfld. Food Council, (413) 263-6500 X 6539 (Open to the public, please R.S.V.P., for a place at the table)	<b>30</b> "Tap Dancing", 1516 Sumner Ave., Sponsored by: Mayflower Sr. Ctr., (413) 782-4536 (Open to the public)	<b>23</b> "Reflexology", 773 Liberty St., 12PM-2:30PM, Sponsored by: Hungry Hill Sr. Ctr., (413) 733-9411 (Open to the public, \$ monthly fee)	<b>25</b> "Parent Café: Keeping Privates Private", Square One Family Center, 1095 Main St., 5PM-7PM, Sponsored by: Square One, (413) 858-3132, (Open to the public)
<b>28</b> "Arise Public Forum: Springfield's Climate Action & Resiliency Plan", Focus Spfld. Studios, 1200 Main St., 6PM-8PM, Sponsored by: Arise for Social Justice (413) 885-7135 (By invitation only)	<b>29</b> "Arise Free School: Bridging the Economic & Climate Gaps", Arise for Social Justice Office, 467 State St., 5:30PM-7:30PM, Sponsored by: Arise for Social Justice, (413) 886-7135 (Open to the public)	<b>30</b> "This Changes Everything" Free Documentary Screening, Mason Sq. Library, Community Room, 765 State St., 6PM-8PM, Light Refreshments, Sponsored by: Arise for Social Justice (413) 886-7135 (Open to the public)	<b>31</b> "Great American Clean Up/City-Wide Clean Up", 74 Walnut St., 9AM-12PM, Sponsored by: Keep Springfield Beautiful, (413) 384-8036 (Open to the public)	<b>31</b> "Bicycle Parade", Riverview Senior Center, 122 Clyde St., 10:30, Sponsored by: Riverview Senior Center, (413) 787-5220 (Open to the public, sign up required)	<b>23</b> "Death Valley Family Fun Weekend", Dunbar Community Ctr., 33 Oak St., 1PM, Sponsored by: 2nd II None Consulting, (413) 285-0892 (Open to the public)	<b>25</b> "Parent Café: Keeping Privates Private", Square One Family Center, 1095 Main St., 5PM-7PM, Sponsored by: Square One, (413) 858-3132, (Open to the public)
<b>30</b> "Dunbar Y Healthy Kids Day", Dunbar Y Community Center, 33 Oak St., 10AM-2PM, Sponsored by: Dunbar Y Community Center, (413) 788-6143 (Open to the public)	<b>Healthiest Nation 2030</b> #Lets make Springfield the healthiest city in one generation  21ST ANNUAL SPRINGFIELD PUBLIC HEALTH MONTH 2016		<b>31</b> "Is Your Home Healthy?" Housing, Health & Homeless, Mason Sq. Library, 765 State St., 1PM-3PM, Sponsored by: P. V. Asthma Coalition/Partners for a Healthier Community, (413) 794-7600 (Open to the public)	<b>31</b> "Bicycle Parade", Riverview Senior Center, 122 Clyde St., 10:30, Sponsored by: Riverview Senior Center, (413) 787-5220 (Open to the public, sign up required)	<b>23</b> "Death Valley Family Fun Weekend", Dunbar Community Ctr., 33 Oak St., 1PM, Sponsored by: 2nd II None Consulting, (413) 285-0892 (Open to the public)	<b>25</b> "Parent Café: Keeping Privates Private", Square One Family Center, 1095 Main St., 5PM-7PM, Sponsored by: Square One, (413) 858-3132, (Open to the public)

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# HEALTH

## HEALTH MATTERS



**Dr. Anika Thrower,**  
MPH, CLC  
WIC Program Manager at  
Cornell Scott Hill Health  
Center Adjunct Facility at  
Springfield College

*Admire the storms...prioritize  
your health and enjoy your  
wealth*

It is difficult to sift through the latest health-based research and updates. With so much on our plate, who has the time? We reason that governmental regulations, laws and policies keep us safe where we live, work, play, and, of course, through the food that we eat. More and more we are hearing about genetically modified organisms (GMOs).

GMO was introduced worldwide in 1996. GMOs are plants or animals created through the gene splicing techniques of biotechnology (also called genetic engineering (GE) or transgenic). Within this process, technology merges DNA from different species, creating unstable combinations of plant, animal, bacterial, and viral genes that cannot occur in nature or through traditional crossbreeding. The "enhanced" product will look the same and usually taste the same as if GMOs were never added.

### Why GMOs are used

With GMOs it was reasoned that the process of adding ingredients to foods/crops (such as corn) and animals (beef) could help them grow at a much faster rate. With these crops and animals growing faster, more people could be fed quicker. It was also reasoned that GE-based crops would be grown to resist pests, therefore lowering the need for toxic chemical pesticides. **The use of GMOs does not increase the nutritional value of products.**

**GMO endorsement**

## To GMO or Not to GMO

By Anika C. Thrower, PhD (Reprinted from June & July, 2015)

Countless brand-name, profit-based manufacturers, along with government-based entities, reason that GE is advantageous to society. Additionally, the United States Food and Drug Administration (FDA), United States Department of Agriculture (USDA), the Environmental Protection Agency (EPA), and other governing bodies approve and endorse GMOs. These government-based entities are charged with ensuring the security of the food supply for the health of all people.

### Controversy behind GMO

Studies indicate that there is no conclusive information that proves GMOs are unsafe. With GMOs deemed safe for consumption, there are no standard government labeling regulations in place informing consumers about GE in products. Data asserts that GMOs are in 70%-80% of the food products we consume. However, health-based consumers are concerned because GE does not naturally occur in products. Finally, there are concerns about potential long-term effects on health statuses.

### Being In the know

The only sure way to avoid GMOs is to be very cautious of what we consume. Steering clear of GMO means developing a desire to know

more about foods we eat and feed our family. Common foods containing GMOs include breakfast cereals, canola oils (containing rapeseed), frozen foods and meats (which have not been certified organic or grass fed). A major item to watch is corn. This includes corn muffins, corn flakes, tortilla, etc. As health conscious consumers, our best option is to think about purchasing more quality foods. Other things to consider include:

- Read labels
- Use products bearing non-GMO labels (see example of signage in picture)
- Limit processed foods



### Dear Robust Reader,

I challenge you to consider organic foods. Yes, they are a bit more expensive-to-much more expensive than non-organic foods depending on the product. But we must aggressively invest in our health.

Next month we will be discussing another health-based topic. Please forward your thoughts, comments, and ideas, as they are important to me to:  
[anika.thrower\\_phd@yahoo.com](mailto:anika.thrower_phd@yahoo.com)  
m attention: Anika.



## YOU ARE INVITED TO ATTEND

**PUBLIC HEALTH MONTH CELEBRATION KICK-OFF EVENT**  
**Monday, April 4, 2016**

### HOSTED BY

*Helen R. Caulton-Harris, Commissioner*  
*City of Springfield, Department of Health and Human Services*

### PROCLAMATION PRESENTATION

*Domenic J. Sarno, Mayor*  
*City of Springfield, Massachusetts*

### KEYNOTE SPEAKER

(To Be Announced)\*

### PRESENTATION

*Director's Award (TBA)\**  
*Public Health Luminary Award (TBA)\**

**CITY HALL - ROOM 220**

10:00 AM—12:00 Noon

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# HEALTH

## YOUR HEALTH

Baystate  Medical Center

## Reducing Patient Falls in the Hospital and At Home

**SPRINGFIELD, MA** – Each year, somewhere between 700,000 to 1,000,000 people in the United States fall while a patient in the hospital.

The good news is that close to one-third of falls can be prevented, according to the Agency for Healthcare Research and Quality. Research shows that falls can be prevented by managing a patient's underlying fall risk factors, such as problems walking, medication side effects, confusion, frequent toileting needs and others.

Baystate Medical Center has long made patient safety a priority, and recognizing the fact that falls are the most common adverse events in

hospitals, has been focusing attention on reducing, and eventually eliminating, patient falls.

In an effort to raise awareness and encourage the engagement of patients, families, health care providers, and the public in patient safety, the National Patient Safety Foundation (NPSF) has designated March 13-19 as Patient Safety Awareness Week. This year's campaign, "United for Patient Safety," aims to improve the safety of the health care system for patients and the workforce, and seeks to instill the message that "every day is patient safety day."

*continues to page 23*

# COMMUNITY

## POLITICAL HAPPENINGS - HAMPDEN COUNTY SHERIFF'S RACE

## Springfield City Councilor Thomas Ashe Announces Candidacy for Sheriff



*Thomas Ashe*

**SPRINGFIELD** – On Friday evening, March 28th, before a standing room only crowd of supporters at the John Boyle O'Reilly Club, Springfield City Councilor Thomas Ashe announced his candidacy to serve as Sheriff of Hampden County.

Councilor Ashe was first elected to public office in 1999, having won a seat on the Springfield School Committee, collecting the most votes of any municipal candidate that year. Tom served on the School Committee until 2009 when he was elected to the Springfield City Council. A respected leader in public safety before, since his election to the City Council, Mr. Ashe has served as the only Chairman of the Public Safety Committee. In his most recent re-election effort in 2015, Councilor Ashe received more votes than any other City Council candidate.

In his remarks, Mr. Ashe pointed mainly to his vast professional experience in corrections. For over 17 years, Tom worked for the Worcester and Hampden County Sheriff's Departments in various capacities. Tom has worked as a Corrections Officer, a Day Reporting Officer in the Community Corrections Department, and a Classification Supervisor. In 2006, Tom was tapped by the Worcester County Sheriff's Department to serve as the Manager of Emergency Preparedness and Director of Community Corrections. Councilor Ashe has served under four different Sheriffs.

"I know corrections and what it takes to run the jail" said Councilor Ashe.

Councilor Ashe praised the

work of current Sheriff Michael J. Ashe, but claimed that the challenges that await the next Sheriff call for a "fresh approach" and a "new set of eyes."

"It is a political reality that the next Sheriff of Hampden County will be asked to do more with less and this campaign is going to face that head on."

Councilor Ashe pitched his candidacy as grounded in a belief that he is the most qualified and equipped candidate to lead the Sheriff's department through this transition.

"To be effective, the next Sheriff will need experience in corrections, management, and government. My record shows that I am the candidate best prepared for this undertaking."

Councilor Ashe referenced plans to address not only the opioid epidemic but the negative impact that all illegal drugs and violence have on all parts of our community. Other planned initiatives include a new focus on school systems and bringing parents into the discussion. Ashe also referenced the need to look at building a regional lock-up for all of Hampden County municipalities to utilize.

"I pledge to be an independent and honest leader who will make smart decisions on how to properly lead the Sheriff's Department."

*Michael J. Albano, Nick Cocchi, Jack Griffin, and James Gill are also announced candidates for the position of Hampden County Sheriff. Councilor Ashe is not related to current Hampden County Sheriff, Michael J. Ashe. ■*

# Seniors!



## Affordable Assisted Living and Memory Care

Medicaid and MassHealth based programs are available for those who qualify!

# Mason Wright

An Affordable Senior Community

74 Walnut Street ♥ Springfield, MA 01105 ♥ 413-733-1517 ♥ [masonwright.org](http://masonwright.org)

## Affordable In-Home Care

Medicaid and MassHealth based programs are available for those who qualify!

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# COMMUNITY

## POLITICAL HAPPENINGS - SPRINGFIELD



*Justin Hurst, Esquire*  
At-Large Springfield  
City Councilor  
[jhurst@springfieldcity-hall.com](mailto:jhurst@springfieldcity-hall.com)  
413-374-5844

### 4 New Year's Resolutions for the Concerned Citizen in 2015

By City Councilor Justin Hurst and  
School Committeewoman Denise M. Hurst  
Reprinted from January 1, 2015



*Denise M. Hurst,*  
Springfield School  
Committee Member  
[hurst4kids@gmail.com](mailto:hurst4kids@gmail.com)  
(413) 330-1030

- Contact your Elected Officials to express your concerns:**  
You have elected us to serve you!  
  
**City Council Office # 413-787-6170**  
**School Committee Office # 413-787-7874**  
  
**At Large City Councilors:** Thomas Ashe, Justin Hurst, Timothy J. Rooke, Kateri Walsh, Bud L. Williams; **Ward City Councilors:** Ward 1–Zaida Luna, Ward 2–Michael Fenton, Ward 3–Melvin A. Edwards, Ward 4–E. Henry Twiggs, Ward 5–Clodo Concepcion, Ward 6–Kenneth E. Shea, Ward 7–Timothy Allen, Ward 8–Orlando Ramos.  
  
**At Large School Committee Members:** Denise M. Hurst, Calvin McFadden; **District School Committee Members:** District 1 (Wards 1 & 3)–Rosa Perez, District 2 (Wards 4 & 5)–Barbara Gresham, District 3 (Wards 6 & 7)–Christopher Collins, District 4 (Wards 2 and 8)–Peter Murphy
- Get involved in your local Civic Association, Neighborhood Council and Schools:** These organizations have access to information and can leverage their influence to make a difference in communities. **For a complete list, go to [www3.springfield-ma.gov/neighborhoodcouncils](http://www3.springfield-ma.gov/neighborhoodcouncils) and [www.sps.springfield.ma.us/schools](http://www.sps.springfield.ma.us/schools).**
- Volunteer!** We are always amazed at how good it feels to help others.
- Register to vote or register someone you know to vote.** When you vote you have a voice, and I can assure you that your voice matters!  
  
**Election Office**  
City Hall, Room 8  
36 Court Street  
Springfield, MA 01103 ([map](#))  
Public hours vary by dept.  
Phone: 413.787.6190  
M-F 9:00 a.m.- 4:00 p.m.

### SPRINGFIELD CITY CLERK'S OFFICE PROPOSED - 2016 DATES

City Council Meeting Schedule  
**TIME 7:00 PM**  
(All Mondays Unless Noted)

<b>APRIL</b>	4	Regular	<b>SEPTEMBER</b>	12	Regular
	25	Hearings		27	Hearings (Tuesday)
<b>MAY</b>	2	Regular	<b>OCTOBER</b>	3	Regular
	16	Regular		17	Regular
	23	Hearings		24	Hearings
<b>JUNE</b>	6	Regular	<b>NOVEMBER</b>	14	Regular
	20	Regular		28	Hearing
	27	Hearings			
<b>JULY</b>			<b>DECEMBER</b>	5	Regular
	18	Regular		12	Hearings
				19	Regular
<b>AUGUST</b>	15	Hearings			

### SPRINGFIELD PUBLIC SCHOOLS SCHOOL COMMITTEE MEETING DATES

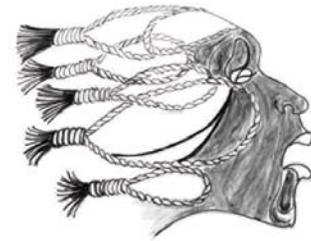
Reprinted from January 1, 2016

Unless otherwise indicated, all regular meetings will be held in Room 220, City Hall, 36 Court Street, Springfield, MA. **Working Sessions will be held at a location of the committee's choice.** The regular meetings will begin at 6:30PM. Working Sessions, Speak Outs and Meetings with Student Representative will begin at 6:00PM

<b>Thursday, April 7, 2016</b> 6:00PM Middle School Reps. 6:30PM - City Hall, Room 220	<b>Thursday, May 26, 2016</b> 6:30PM City Hall, Room 220
<b>Thursday, April 28, 2016</b> Regular Session 6:30PM City Hall, Room 220	<b>Thursday, June 16, 2016</b> 7:00PM Retirees Recognition Putnam, 1300 State Street
<b>Thursday, May 12, 2016</b> 6:00PM High School Reps 6:30PM City Hall, Room 220	<b>Thursday, June 23, 2016</b> Regular Session 6:30PM City Hall, Room 220

# Ashes to Ashes

Homegoing Celebration for the Unburied and Terrorized | **A Living Memorial**



# Lynched Terrorized America Ropes Poetry Brutalization Homegoing Learning Illumination Awakening Artistic Funeral April 29, 2016 A2A

## The awakening

The night before a funeral, it is the custom of most families to have a vigil of remembrance called "A Wake". For the thousands of African Americans that have lynched and terrorized, there will be an "Awakening and Illuminations" service. It will be a time dedicate to awakening our hearts and illuminating our minds towards the true meaning and purpose of "Ashes to Ashes".

**When:** Friday 29th — "Awakening & Illuminations Service" 6pm  
Saturday 30th — Funeral  
Procession from STCC to  
St. John's 10am;  
Funeral Service 11am

**Where:** St. John's Congregational  
Church, 45 Hancock St.,  
Springfield, MA

**Info:** Free & Open to the Public

## Funeral

This service will be similar to a real funeral. It will consist of a wooden pine casket made by local students at Putnam High School Academy under the guidance of Mr. J. Stephen. His plan is to use tools from the turn of the century. History teachers will stress the educational components of the project and photography classes will document the making of the casket. There will be a funeral procession from STCC in Springfield to the St. John Legacy Church where the service will be held.

The day of the homegoing service, Ambassador Suzan Johnson Cook, will deliver the eulogy and Mr. Avery Shape, an international bass player will premier a musical piece for his uncle who was placed on a railroad track because he was dating a white woman. The day will be celebrated with music and vignettes to honor our forgotten ancestors.

## Documentary

The production company, TREES, LLC of Massachusetts and UTAH has started documenting "Ashes to Ashes". This is in keeping with the opinion of Dr. Joan Braderman, Film Professor, Hampshire College and others that the documentation of this historic event is imperative.



[ashes2ashes4ever.com](http://ashes2ashes4ever.com)

# COMMUNITY

## LATIN@ GROOVE

### The Politics of Rage: WHO GETS TO BE ANGRY?

By Magdalena Gómez

Reprinted from January 1, 2015



Magdalena Gómez is the Co-founder and Artistic Director of Springfield's first and only Latin@theater, Teatro V!da. Ms. Gómez has been a teaching artist for over 35 years.

When righteous rage is expressed by people of color, we are perceived as threatening, “hot headed” or having a “chip” on our shoulder. We are pulling the “race” card. (In my case, I have white privilege among those who don’t know me; i.e., I don’t get followed in stores.) Images of a handful of looters making off with a widescreen television usurp images of the thousands of people who respond with well organized marches, gatherings, educational events and other productive and pro-active ways to voice resistance to racist violence, tyranny and exploitation.

Even during tragic events, like the devastation of New Orleans as a result of Katrina (and the environmental factors resulting from the overproduction and voracious consumption of worthless objects that contribute to aberrant weather patterns), even then, manipulated media representations implied that Black

people deserved it and good riddance: “Look at that greedy n\*\*\*\*\* stealing that loaf of bread” contrasted with images meant to elicit: “Oh, look at that nice (white) man courageously taking that loaf of bread off the shelf to feed his children who are hanging onto a tree branch for dear life.” The Black man stands alone. The villain, the thief, the welfare cheat, out for himself. Yes, it is that ugly, obvious, and even worse, people are still falling for it. I’m willing to bet you know someone who secretly thinks “Black people smell funny.” Even you might hold that secret thought.

The construct of “race” will continue to perpetuate disunity among us so that the few elite, who hold all the winning cards in a fixed game, will continue to rule the table. The gambling analogy is more than appropriate here—the house always wins.

It is an emergency to include media literacy in our school curriculums. Fractured depictions of resistance movements are just a small part of the cumulative impact of intentionally manipulated images in all forms of media that consistently place people of color in positions of subservience and criminalization in relationship to the white, European ideal. Those images become internal-

ized resulting in the assimilation of people of color into the fashions, work and education models, and the regurgitation of white dominant trends and lifestyles.

Too many still do not understand how media influences their self-perception and world view. If one does not pay attention, images, like song lyrics, seep into the mind and body, making decisions for us. Education is incomplete without the inclusion of media literacy beginning in early childhood. Our children are still “cowboys and Indians” and the cowboys are still winning. ■



Magdalena Gómez

“cowboys and Indians” and the cowboys are still winning. ■

#### Springfield Neighborhood Housing Services, Inc. HOMEOWNERSHIP CENTER (HUD Certified Housing Counseling Agency)

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- Workshops—First Time Homebuyers Workshops, Guest Speakers; Financial Literacy Workshops, Learn How to Repair or Establish Credit with One-on-One Credit Counseling before Buying a Home

##### ALREADY OWN YOUR OWN HOME?

- Looking for a Mortgage to Refinance, make repairs to your home;
- Foreclosure Prevention Help—Let us help you stay in your home,
- Workshops—Financial Literacy Workshops, Learn How to Repair or Establish Credit with One-on-One Credit Counseling

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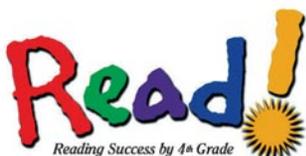
Springfield NHS is a Licensed Mortgage Lender/Broker (NMLS #49872) and can Pre-Approve you for a MORTGAGE. Visit us at 111 Wilbraham Road, Springfield, MA 01109 or Visit us on the Web at [www.springfieldnhs.org](http://www.springfieldnhs.org). Applications online also.



### Learn to Read, Read to Learn!

For our children to succeed in school and beyond, it is crucial they enter kindergarten ready to learn... so it is never too early to start cultivating a love of words with our children.

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# COMMUNITY

## LEADERSHIP PIONEER VALLEY



*Lora Wondolowski,  
Director of Leadership  
Pioneer Valley, she is  
passionate about  
strengthening the  
Pioneer Valley.  
Contact her at  
413-737-3876 or  
www.leadershippv.org*

## SUBTLE HINTS FOR WOMEN

*By Lora Wondolowski*

*Reprinted from March 1, 2015*

How many of our mothers and fathers told us girls that we could be anything when we grew up? Or were your career suggestions limited to nurse, secretary, or teacher? I was fortunate that my parents told both my brother and me that we could be anything. I was encouraged at an early age and never steered away from my interest in becoming a scientist, astronomer, marine biologist or veterinarian.

Even if I was told I could do anything, there were always subtle and not so subtle hints by others putting limits on my dreams. I remember going on an AP Physics trip to Argonne National Laboratories to see their electron microscope and particle accelerator, when

the tour leader suggested that the girls might like to see the cute lab animals. I have lost track of the number of times that the person I had been talking to deferred to the male at hand for information. Over the years, I have been overlooked, made less money, and outright ignored in relation to male colleagues. Every time it happens I am surprised and angry. These are the continual types of messages that tell women they can only go so far or don't matter as much.

In the work place, the glass ceiling can be much more subtle. In my career working for environmental non-profits in DC and Boston, there were always plenty of women colleagues. They led campaigns, departments, and coalitions. But women were and still are seldom the CEOs of organizations. I was fortunate to work for such an organization with a female

president that was also a powerhouse political organization. Our president, Deb Callahan, was a frequent guest on Hard Ball and other talk shows. I suspect one of the reasons she was asked was because she was a woman, but I know that she was asked back because she could hold her own against the men and do it in a nice way. From watching Deb and seeing how things could be different at a woman-led organization, I got a glimmer of how our national political discourse might be different if women were at the top. The organization fostered a collaborative spirit that was inclusive of everyone's ideas. This led to creativity and the ability of staff to try new roles and grow.

A recent study by McKinsey & Co. found a significant relationship between companies with women and minorities in their executive ranks and better financial performance. U.S.

businesses didn't register a financial benefit from gender diversity "until women constituted at least 22% of a senior executive team." So just sprinkling a few women into management doesn't make a difference. Yet women only represent about 16% of U.S. executive teams even though we comprise 47% of the overall workforce. Maybe the idea of a financial advantage will add some incentive to make changes.

I am the mother of two young girls and know that they can be anything when they grow up, but may not be easy. There are regular signals to girls and women that they can't do anything. The recent "run like a girl" campaign underscores how persuasive these biases are. I hope that my girls will have opportunities to lead if that's what they want. If not, I will help counteract those messages and prepare them to work harder for their dreams. ■

WHEN YOU COMMIT TO A COLLEGE,  
IT SHOULD COMMIT TO YOU.

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# Around Town & . . .

## Paying Tribute to the Honorable George A. Sheehy

For 20 years the Honorable George A. Sheehy (retired) served as a trail blazer in Springfield District Court. As the first African American judge to serve in the western part of Massachusetts, he was an imposing figure sitting behind the bench in his Black robe dispensing justice with a no-nonsense approach. We all stood a little taller and a lot prouder when we appeared in his courtroom. He inspired us to do our very best. Thank you, Judge Groce, for organizing this most fitting Black History Month tribute. But most of all, thank you, Judge Sheehy, for leading the way.

*(From L to R: Judge George A. Sheehy (retired), Judge Charles V. Groce III and Judge Jacques C. Leroy (retired))*



# ... In The Community



*Springfield Technical Community College President Ira H. Rubenzahl with STCC Diversity Council Speaker Maria Hinojosa and POV Editor Marjorie J. Hurst and Publisher Frederick A. Hurst.*



*Dorrine Sneed (front row center, blue gown) was feted at her retirement celebration by members of the Girl Friends, Inc. after 40 years of dedicated service to infants and toddlers.*



*Lift Every Voice Lecture Series—Photo at Left: Bishop Talbert Swan, II, Community Service Recognition award recipient Arise for Social Justice represented by its President Terrette Lowe and Board Member Monica Wright, Mistress of Ceremony Ayanna Crawford and Keynote Speaker Rev. Michael McBride. Photo at Right: Bishop Talbert Swan, II, Keynote Speaker Dr. Yolanda Pierce, Community Service Recognition award recipient WTCC Radio Station represented by its Station Manager Ernie Johnson and Master of Ceremony Keshawn Dodds.*



*Brooks Fitch addresses young men attendees at the Second Annual Constructing Kings Male Youth Summit.*



*Springfield Mayor Domenic J. Sarno poses with some of the participants from the "How to Wear Your Crown" Female Youth Empowerment Conference presented by W.I.S.E.*

# COMMUNITY

COMMUNITY FOCUS - EASTERN CONNECTICUT STATE UNIVERSITY

## Robert Hill, Marcus Garvey Scholar, Keynotes Eastern's MLK Awards Ceremony

By Dwight Bachman, Public Relations Officer, Eastern Connecticut State University



2016 Dr. Martin Luther King Jr. Distinguished Service Award Winners from L to R: Charles Chatterton, Courtney Callaway and Kevin Booker Jr.

WILLIMANTIC, CT – Kevin Booker Jr., Charles Chatterton and Courtney Callaway, winners of Eastern Connecticut State University's Dr. Martin Luther King Jr. Distinguished Service Awards this year, were given a special treat on Feb. 24. They, and a packed house in Eastern's Student Center Theatre, heard a lecture by Dr. Robert Hill, a Jamaican and the world's leading scholar on Marcus Garvey, who flew in from Jamaica to deliver the keynote address.

Hill, professor of history at the University of California-Los Angeles, discussed the origins and development of the Harlem, NY-based Marcus Garvey Movement, documenting how it started in the West Indies and became an African American movement.

Hill also explained that ethnic culture is more accurate than race in discussing the human experience and is at the crux of coalitions in the progressive Garvey Movement, noting that both many African American women and men from Jamaica served as vibrant leaders at the forefront of

the movement. He concluded, adding, "Ethnic groups of the African Diaspora should never deny or disavow their blackness, regardless of their ethnicity."

Prior to his lecture, Hill recognized Eastern alumnus Collin Bennett '83, who, Hill says, "left his mark on Eastern," through the Reverend Collin Bennett Caribbean Collection in the J. Eugene Smith Library. Hill also recognized former Eastern President and Connecticut State University System Chancellor, David G. Carter, saying, "This is a secret you must let the world know more about. What a remarkable man."

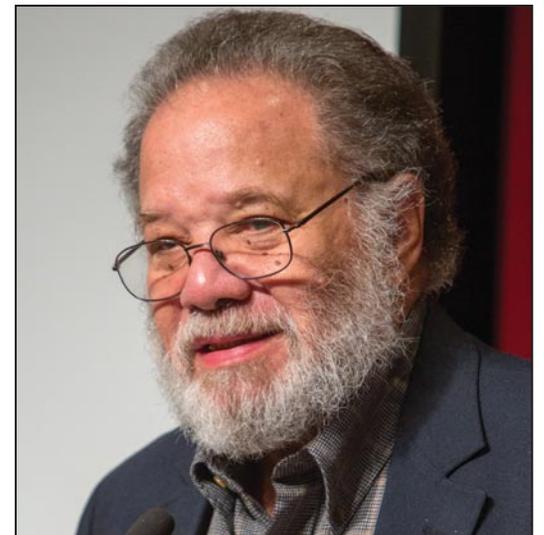
Hill also spent time with Mrs. Bennett and nearly three dozen members of the Jamaican community in Hartford. At Eastern, he met with Jamaican students, faculty and staff and, later, toured the Bennett Caribbean Library Collection at Eastern, a dream of Bennett's carried out by Dr. Beverley Anderson, a Jamaican who served as Eastern's dean of the School of Arts and Sciences.

### About the Dr. Martin Luther King Jr Distinguished Service Award Winners

Charles Chatterton, professor of kinesiology and physical education at Eastern, won in the faculty/staff category. In 2006, he created the initiative, "Taking Strides to Brake the Cycle of Poverty," to promote poverty and hunger awareness. He recently completed his 62nd marathon, far exceeding his initial goal of 46.

Courtney Callaway, of Manchester, is a senior majoring in social work. A first-generation college student, she has recently been accepted into Boston College's master's degree in the Advanced Standing Clinical Social Work (Master of Social Work) program. She reflects her passion for social justice and helping underrepresented communities by getting involved with the Women's Center, the Intercultural Center, Senior Class Committee and the Student Advisory Council.

Kevin Booker, Jr., who teaches in New London schools, where he also helps victims of sexual assault, facilitates leadership and diversity workshops and is a mentor, won the King award in the community category.



Dr. Robert Hill



A packed the house in Eastern's Student Center Theatre heard Dr. Hill speak.

## YOUR HEALTH

# Baystate Medical Center

## Reducing Patient Falls in the Hospital and At Home

*continued from page 15*

Recently, a pilot project at Baystate called ACE – Acute Care for Elders, tailored to the specific needs of hospitalized older adults, resulted in the reduction of delirium, a common problem for elder patients, a reduction in the use of antipsychotic drugs, reduced length of stay and hospital readmission, as well as in the number of falls on the ACE unit.

“Our attention in reducing falls for elderly patients on the ACE unit focused on the medications they were taking, which can increase their risk for falling because they cause side effects like dizziness. We also watched out closely for those patients, some of whom when getting up from lying down or sitting, who are at risk for falling because of a drop in their blood pressure. And, a large emphasis was placed on keeping our elder patients mobile, in other words up and walking, which can play a big role in reducing falls,” said Virginia Chipps,

unit manager on Springfield 3, where the pilot project is centered.

Baystate Medical Center also recently introduced a new hospital-wide falls prevention effort where employees, whether a nurse, doctor or other support staff on a unit, “watch for yellow.” Patients who are at risk for falls are now given yellow socks to wear while in the hospital, along with a wristband, and there are also door placards identifying them as “at risk.”

“The idea is to make it easier for anyone on a hospital unit to watch for falls risk patients, who may need assistance. And, it’s not just the clinical staff, everyone can help prevent falls,” said Chipps.

Outside of the hospital, falls continue to be a major threat for those ages 65 and older, one-third of whom fall each year and sustain serious injuries, such as head trauma, lacerations or fractures. Also, every 29 minutes an older adult dies from a fall.

“Geriatrics is all about a team based approach to improve outcomes for patients and families. Falls are a common and sometimes devastating problem for seniors. The key is to get a prompt, thoughtful and broad evaluation of all the problems that may be contributing to falls, such as poor vision, balance problems, hazards in the home, or drugs or alcohol that can impair a person’s walking,” said Dr. Maura Brennan, chief of Baystate’s



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# Come Worship With Us!

### Worship Times

**1st-3rd-5th Sunday**  
1st Service-----8:15 AM  
Worship-----10:00 AM

**2nd-4th Sunday**  
Bible Class-----8:30-9:15 AM  
Worship-----10:00 AM

**Tuesday Night Bible Study**  
6:45 PM

**Noah's Ark Children's Church**  
Sunday Mornings 10:00 AM

Geriatrics & Post-Acute Medicine Division, and medical director of Hospice for Baystate Visiting Nurse Association & Hospice.

“Then, the name of the game is to improve as many of those factors as possible. The time to focus on the problem is before an injury. Prevention is critical and the key to maintaining independence and joy in life for older adults,” she added.

**Healthinaging.org**, the official foundation of the American Geriatrics Society, recommends the following tips for making your home safe from falls:

- Keep cords away from areas where you walk.
- Remove loose carpets and rugs or tack down the carpets and only use rugs with nonskid backing.
- Add lights in dimly lit areas and at the top and bottom of stairs.
- Use nightlights in bedrooms, halls and bathrooms.

- Clean up clutter – especially near staircases.
- Put hand rails on both sides of any steps or stairs in or outside of your home.
- Add “grab bars” near the toilet and bath tub, and no slip decals or a rubber mat in the tub or shower.
- Wear firm shoes that are not slippery on the bottom.
- Don’t walk around in loose slippers or socks.

It’s a good idea to talk with your doctor if you have been experiencing falls, which could be the sign of a new medical problem that needs attention, or that a medication might need to be changed.

For additional information on Patient Safety Awareness Week, visit [www.npsf.org](http://www.npsf.org), and for additional information on Baystate Medical Center, visit the Baystate Health homepage at [www.baystatehealth.org/bmc](http://www.baystatehealth.org/bmc). ■

## YWCA IS ON A MISSION



**YWCA New Britain cordially invites you to join us and take a STAND AGAINST RACISM**

Thursday, April 28, 2016  
10:00 am - 4:00 pm

Central Connecticut State University  
Torp Theater  
1615 Stanley Street, New Britain

YWCA is on a mission to eliminate racism, empower women, stand up for social justice, help families, and strengthen communities. Join us by taking a Stand Against Racism this April. The event is FREE and open to the public.

### Schedule of Events:

10:00 a.m. Dr. Evelyn Phillips and Dr. Thomas Rein: “The Impact of Race on the Body”  
11:00 a.m. LaTanya Autry: “Making Black Lives Matter in Art Museums”  
1:00 p.m. Imam Sami Aziz: “Islamophobia is Real”  
2:00 p.m. Dr. Andrea Baldwin and Nana Brantuo: “This Bridge Called Our Backs”  
3:00 p.m. Ken Barone: “Police/Community Relations in Connecticut”

To learn more about the event and speakers, or to register for this free event  
<http://ywcamb.org/stand-against-racism/>

# EDITORIAL

FROM THE PUBLISHER'S DESK

MY POINT  
OF VIEW

Frederick A. Hurst



## IT'S ALL ABOUT COMMUNICATION

By Frederick A. Hurst

Reprinted from March 1, 2015

and I don't mind saying that we have many good ones.

But it was more than happenstance that she ended up sharing the February front page with me. The topical juxtaposition was excellent with her going out on a limb imploring White folks to have a candid discussion on race and me going out on a limb imploring Black folks to have a candid discussion on Black responsibility. You might have thought I planned it but I didn't. We both wrote our articles in complete isolation

from each other and it was our editor, Marjorie Hurst, who saw the connection and made the decision to put us together on the front page.

I thought it was a brilliant editorial decision because each article carried a powerful individual message but the combined message was even more powerful. That message, of course, is that we all must compel ourselves to be more candid and open in our discussions about race in America and embrace responsibility from all sides. And although race is

the main issue in both of our articles, both articles sent the message that open and honest communication is the bridge that can connect us if we are willing to try.

And although I can't take too much credit because going out on a limb on race issues has been a way of life for me, I give Gianna a lot of credit for demonstrating the kind of courage it will take for all of us to face race problems in America head on, which is the only approach that might work. ■

If Gianna Allentuck was intending to low-key it with her article in our February issue, "Will the Real Middle Class Please Stand Up," she certainly chose the wrong publication. Of course she has been writing for *Point of View* long enough for me to know that she is as thoughtful as she is courageous and hardworking. She is among our best writers

FROM THE PUBLISHER'S DESK

## WHERE IS HER SOUL?

*continued from page 5*

well as to those well-meaning folks who were simply confused and devoid of historical context. It doesn't take an expert reading of the facts and of human behavior to conclude that whereas Ms. Dolezal's shift to Black was sincere though secretive, her parents' behavior was pure malice and nothing to be celebrated.

As a people, we Black folks should closely analyze this situation before we overreact to it. We should be very leery about allowing the mainstream media to box us into the shallow idea of Black as a color. We should analyze this situation from the perspective of Black as a culture, Black as a way of thinking, Black as a frame of mind, Black as a state of consciousness, Black as a history of determined struggle that is ongoing. Before we allow ourselves to be goaded into castigating a woman who has opted to be Black simply because she has White skin, we need to find out who she really is. She might be the real McCoy, which means she won't be the first person with White skin to have made major contributions to the Black cause, including those White folks who sacrificed their lives. Though salacious and attractive in the minds of the mob, whether or not she concealed her skin color should be the most trivial of our concerns, especially since we know plenty of people with Black skin who are as White as the sheet of paper this article is written on.

Rachel Dolezal is not unlike White folks who went South to help register Black folks to vote, some of whom died for their efforts. And she can be distinguished from so many White liberals who mean well and talk a good game but keep a healthy distance from the action and from being labeled n—r lovers. While these fair weather warriors help at a distance, Rachel Dolezal appears to have devoted her life to helping up close – in the trenches – while taking on a Black identity. Think about it! What's really wrong with that? To quote an insightful *Boston Globe* letter writer (June 16, 2015): "If the genitalia you are born with no longer define your gender, why should the skin color you are born with define your race?"

I don't think the analogy is perfect but the point is clear. This entire business of drawing sharp racial lines based on skin color serves no useful purpose and is harmful to all involved. And it is also insulting. And the mainstream media ought to be ashamed for indulging it at the behest of spiteful White parents. I'm as pro-Black as anybody but I very much understand that "Black" is a beautiful, powerful, complex concept that goes far beyond the color of one's skin as was so well articulated by Black professor and radio personality Dr. Michael Eric Dyson in responding to questions



*What motivated her parents?*

from television commentators.

Furthermore, every person in the world has a claim to Blackness that most usually overlook. Africa, the "cradle of civilization," is, after all, indisputably the place of origin of all mankind. There was a time when we were all one. So no matter where we dispersed to or when, we all remain African at our roots and we can all legitimately claim membership in the same historical race regardless of the evolutionary melanin mutations that followed.

I don't mind saying that Rachel Dolezal and anybody like her can join my team anytime. I'll hold her and others to tough tests. But the tests won't be based on whether or not their skin color is White or Black. I'll want to know where their soul is. ■

Letters to the Publisher and other content MUST be sent electronically to:

[mjhurst@afampov.com](mailto:mjhurst@afampov.com)

(Please reference a subject matter or e-mail is automatically deleted.)

## LETTERS TO THE PUBLISHER

Mr. Hurst,

It is with great pleasure that I pen this email. Congratulations on a successful magazine that has maintained its integrity with addressing issues that are relevant, honest, and necessary. I must say I thoroughly enjoyed perusing your magazine. I especially enjoyed ... Visionary Black Leadership from your February issue in honor of Black History Month. The introduction provided a refreshing review of our issues candidly and sincerely. Even addressing the uncomfortableness of even approaching the subject without scrutiny or a feeling of supporting the white status quo of America.

I understand that fundamentally you are asking a question that is zeroing (in) on a specific population: Black leadership, but I would like to go further in on the word leadership. Or rather look at leadership from a spiritual point of view. Does it matter, Mr. Hurst, who we as a people envision when we think of GOD our spiritual leader? Can who we rely on for spiritual alignment, who we envision, who many of us consciously or unconsciously perceive of when we think of our SPIRITUAL savior (as a white Anglo Saxon male with recessive characteristics) affect our idea of a good self? When the image of our father GOD principle has the phenotype of our oppressor, does that have an effect on our understanding, our perception of SELF?

Consciousness is needed in order to identify truth. An acceptance of white Jesus some may argue has allowed us to easily accept and assimilate with white supremacy. If we are busy assimilating how can we ascend? It's movement in two different directions: horizontal vs. vertical. I reflect on the doll test that was first performed by Kenneth and Mamie Clark in the 1940s to study the psychological effects of segregation and to test racial perceptions. How is this conditioning manifested in perception of self? Are we fundamentally, spiritually, psychologically deserving? What are we deserving of? How does this glaring perception of self that is planted in our subconscious at a tender developmental age affect our mental health?

In this present day and time with

all the discussion of alignment and consciousness on virtually every other channel, where do we fit? The science daily reports on the original man involves discussions of Africa. The attack on indigenous people is well documented. Melanated people all over the Diaspora have faced some sort of reduction in their population size. They have even gone so far as creating evidence of their use of their psychological weapon with their depiction of Gods of Egypt that depicts all of our ancestors as Anglo Saxon white men. Egypt? Why? In this day and age of forensic genetic molecular biology...really? What are they afraid of? What do they understand about the power of that psychology? It is powerful! Because it is applied science of psychology and this perpetuates a psyche of self destruction. It is deeply embedded in the psyche and thus our DNA. We are unconsciously perpetrating a LIE.

So how can we be selfless and make sacrifices if when we think of right, we get the vision of white. It's a conditioning. Yes, I know we as a people have deep ties to the church, but even back then our church grounds were ground zero for planning and organizing a quest for change. Now it's questionable. Nonetheless, I am not questioning the word, or validity of the bibles', but questioning the visual image that we have been given to represent our spirituality, our consciousness. What would be the psychological benefit if the entire cast for Gods of Egypt reflected Melanated black Nubian people. I believe Michael Jackson is the only person who has provided that full visual stimulation in his video titled "Remember the Time..." Thanks, Waco Jacko!

I would like to thank you in advance for the opportunity to have the conversation; and I am very grateful for the time that will be taken to skim this email. It was absolutely refreshing to read such an honest conversation it seemed with one's self. I appreciate the questions posed and the opportunity and platform you have created for the conversations to occur. It is necessary. It is time.

Thank you for your time.

Lecelle Quamina (3/2/2016)

Kudos to the Point of View for its Visionary Black Leadership editorial (POV, February 1, 2016). While reading the editorial, I first came to the statement, "...it has always been my opinion that White ignorance and White comfort-level have been the biggest obstacles to resolving race problems in America," my experiential DNA acumen immediately reacted in the negative. It is only after I overcame my kneejerk reaction that I was elated to see that the editor and hopefully many of our people have begun to see that this is a problem that can only be solved today essentially by our resolving a longstanding internal contradiction with the help of others when possible.

When people have knowledge they use it to build institutions that further their interest, values and perspectives. Everyone else in America has done or is doing this except for African-Americans who are celebrating away our new found freedoms without using our resources to build much of anything that is worth preserving our inherited ethnic brilliance. Financial, educational, social structures for Black people have to be built by us to preserve those institutions we hold dear and will guarantee the preservation of our legacy for our youth. This will only come from work and honest, heartfelt dialogue between our "visionary leadership" with the black community that seem to have lost our way. Does the Point of View have a plan for continuing beyond the Hurst Family?

Again thank you Rick Hurst and the Point of View for posing the question and seeing above the status quo which is never good enough. Those who have a concern and seriously think about our peoples' growth and evolution have no choice but to commit to the call for and furthering this dialogue.

C. Mujahid Aleem (2/19/2016)  
Springfield Educator

## W.E.B. DuBois Honored During Black History Month



W.E.B. DuBois (1918)



Randolph Wilson Bromery  
1/18/1926 - 2/26/2013

**SPRINGFIELD, MA** – Springfield College, Westfield State University, UMass Libraries, W.E.B. DuBois Center and Beta Sigma Boule partnered to hold the 6<sup>th</sup> annual tribute for W.E.B. DuBois at St. John's Congregational Church in Springfield on Sunday, February 28 at 3:00 PM. The theme of the event was "why are WE here?"

During the W.E.B. DuBois Tribute, which was a celebration of his legacy, the Black Church, music and the arts, over 250 attendees saw performances by the Springfield College Community Choir, the Springfield College Repertory Dance Company, the Westfield State University Chamber Chorale, the UMass Amherst Cape Verdean Student Alliance, and a stepping presentations by the Westfield State University Top Flight Step Team, and the UMass Amherst Insanely

Prestigious Step Team.

UMASS Amherst student Josh Odam along with Westfield State University student Emmet Witherspoon served as Masters of Ceremony for the event.

As part of the DuBois Tribute, Dr. Randolph Bromery was highlighted. Dr. Bromery was a distinguished educator who served as President of Springfield College and Westfield State University as well as Chancellor of UMass Amherst. Dr. Bromery was responsible for bringing the "DuBois Papers" to UMass Amherst.

"The 2015 DuBois Tribute was a collaborative testimonial to the legacies of W.E.B. DuBois and Randolph Bromery and a 'fitting' end to Black History Month." Said Brooks Fitch, Chairman DuBois Tributes. ■

# RELIGION

## RELIGIOUS POINT OF VIEW



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

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

## Wake Up

By Pastor J.P. Morgan, Jr., Holy Trinity C.O.G.I.C

How many opportunities have we missed by being asleep? An R&B group by the name of Harold Melvin and the Blue Notes had a hit song some years ago called, "Wake Up Everybody." It basically spoke about the need to wake up and embrace the opportunities that we need to take advantage of in life. As spring is in the air, we find this as a season of renewal in nature's kingdom. New flowers are budding and animals are waking from hibernation. Unfortunately, there are far too many of us that have been sleeping in the cozy arms of apathy while the greater community has been forced to fend for itself.

It is time for us to wake up out of our slumber, grab life by the horns, and be agents of change for the better. I'll give you two reasons why:

The first reason is that it's the only way we can realize our true potential. Surely everything that is, was brought into existence to fulfill a purpose in the created order of this world. Every birth is a miracle with seeds of greatness implanted in its DNA because every miracle is a reflection of the Divine. Well, think about it. We expect amazing music from great composers. We expect phenomenally designed masterpieces of glass, steel and concrete from architectural masters. We expect our taste buds to be enthralled by the eclectic culinary wizardry of great chefs. Why would we expect anything less from ourselves as divinely reflected created beings?

The second reason is that what we do has an effect on others. A paper

in the 2004 "Journal of Personality and Social Psychology" suggests that just watching or reading about someone striving toward a goal can make you more likely to adopt that goal as well. So you see, our actions do influence the behavior of others, whether they realize it or not. We are all a part of a much larger community and our actions do take on a ripple effect for either the good or detriment of everyone else.

So how many opportunities have

we missed by being asleep? Harold Melvin and the Blue Notes encourage us by saying this, "The world won't get no better if we just let it be, the world won't get no better, we gotta change it, just you and me." The bees have already come out, the birds have already started singing again, and other animals have already risen from their slumber. What about you? It's time to wake up. ■



**Bishop J. P. Morgan**

## Women of Destiny Conference 2016 Calling on Women of Power, Passion, and Purpose

Min. Maureen Brown has been led to organize a very timely and inspirational, three-day conference entitled, "Calling on Women of Power, Passion, and Purpose." This conference arises from a ministry she founded, called *Women of Destiny*, that emerged from a very difficult time in her life. Through this outreach, she aims to empower and encourage women to develop a personal and transformative relationship with Jesus Christ. As she expresses it: "My mission is to minister to women through discipleship, bible study, worship, prayer, and fellowship to transform their lives from the ordinary to the extraordinary, so that they will become women of power, passion, and purpose."

The three-day conference, involving worship services, a fashion show, and entertaining fellowship, will be held at Canaan Baptist Church of Christ (April 21-22) and the La Quinta Inn, in Springfield (April 23).

Hosted by Min. Maureen Brown

### WOMEN OF DESTINY

OUTREACH MINISTRY

Conference 2016



Pastor Gail Hill – Spfld., MA

CALLING ON WOMEN OF POWER, PASSION  
& PURPOSE

April 21-23, 2016

Guest Preachers



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New Haven, CT

6:00 p.m. – Thurs., April 21 & Friday, April 22  
Hosted At  
Canaan Baptist Church of Christ  
1430 Carew Street, Springfield, MA  
Rev. Dr. W.C. Watson, Jr., Senior Pastor



Pastor Barbara Callender - Spfld., MA

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# RELIGION

## RELIGIOUS DIRECTORY

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Adventist Youth Services  
— 6:00pm  
**Adventist  
Community Service**  
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10:00a.m. — 1:00p.m.  
**Prayer Meeting**  
Wednesdays  
7:00p.m.  
**Church School (SSAJA)**  
Monday — Friday



**Dr. Walton H.  
Rose, Pastor**

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Sunday Worship— 10:45 AM  
Sunday School— 9:00 AM  
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With Lunch  
Thursday— Live Bible Study — 7:00PM  
Ordinance of the Lord's Supper  
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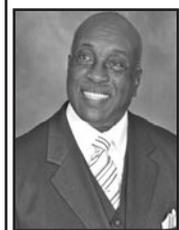
**Pastor's Bible Study**  
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9:00am to 9:50am

**Church School**  
Saturday  
11:00am

**Sunday Morning  
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Morning Worship Service ----10:45a.m.

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

# LIVING

## FOOD FOR THOUGHT

### We Aren't the "Minority"!

By Zaida Govan

Reprinted from June 1, 2015



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

I have been thinking about the word "minority" lately. Recently, I heard a group of very intelligent, successful men talking about finances and politics and they used the word "minority" to describe people who are not white. I cringed every time they said the word to describe people of color in this country.

The word "minority," as defined in Springfield's own Merriam-Webster dictionary, is "a group of people who are different from the larger group in

a country, area, etc., in some way (such as race or religion)." The word itself describes a lesser factor and makes me feel like I am considered to be less than.

In 2012 it was reported that the majority of babies being born in this country were not white therefore making all other races combined the majority. The term many people in this country who seek racial justice prefer to use is "people of color." This term has been used in other countries since as early as 1870.

Based on the numbers, people of color should be running this country; Congress should be filled with our choices as well as the Senate. So when President Obama has to suggest that voting should become mandatory in

*continues to page 36*

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## LIFE'S CHALLENGES

### The Fear of Being Successful

By Sweets S. Wilson, PhD

Reprinted from March 1, 2015



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

FROM HARTFORD, CONNECTICUT

Fear of success appears to be connected to the fear of failure. Research has shown that both conditions share many of the same symptoms. Both are marked by anxiety symptoms in certain situations, such as taking a test or a job interview. Both conditions can be crippling, leading the sufferer to take few risks and make only safe, conservative choices.

Fear of success appears to be related to the level of control that the sufferer feels in his or her life. Those who feel that external forces are in control tend to be at a higher risk for fear of success than those who feel that they are somewhat in control.

Some people seem to fear both success and failure concurrently. This can be a very difficult situation to be in, as every choice that the person makes must be weighed against these fears. It is entirely possible for someone in this situation to become paralyzed with indecision, unable to make any choices at all.

Have you become accustomed to life as it is for you now? Of course you have, even if what you have become accustomed to is not quite what you would prefer. We have all heard the expression "comfort zone," and most of us have been in a discussion or two about the role of the comfort zone in holding people back. Although some people miss the real power of this notion by wrongly assuming that the comfort zone refers to something about being comfortable.

You may realize that you are typically most comfortable in surroundings that are most familiar. Even if you do not particularly like some aspects of your life, you may find that you have become comfortable with them if for no reason other than the fact that they are familiar. Breaking out from the familiar may not be very comfortable and it may conjure up some fears or risks in your mind. The risks have more to do with new successful behaviors than they do with the fear of failure.

Here are some tips that may help you get over the fear of being successful:

- People are always scared of what they do not know, so learn.
- Take time to find your authenticity by taking the time to reflect on your life and figure out your purpose in this world?
- In the meantime, keep asking yourself what you want out of life and why you want it.
- Live in balance by taking each step feeling grounded and balanced.
- Continually remind yourself that you are part of something larger than you and it is important to make time for yourself.
- Create a library of inspirational quotes to use whenever you have self-doubts.

What have you told yourself about taking the risks necessary to create what you want? What have you found useful in overcoming obstacles, in creating your own version of success in life? Be positive by practicing daily mindfulness and you will notice how your negative attitude will start melting away. ■

# THE ARTS

## ENTERTAINMENT REVIEW

### STCC's Diversity Council's Soul Food & Jazz Luncheon

By Moyah Smith

Springfield Technical Community College's Diversity Committee is all about inclusion, entertainment, motivation and education.

Every year, the committee sponsors a series that is inclusive of a variety of authors, speakers, musicians, and more. You are sure to be entertained and enlightened whenever you attend one of the events. The annual February leg of the series is called *Soul Food & Jazz Luncheon*. This year's invitees were jazz electric guitarist Rohn Lawrence and local country/blues band, Hot & Heavy. Audience members were fed with delectable Soul Food, including all the fixings of baked chicken, macaroni & cheese, collard greens, red beans & rice, tossed salad, potato salad, mashed yams, cornbread and a variety of desserts to top it off.

Before the main act, there was plenty of toe tapping and hand clapping in Scibelli Hall at STCC with Hot & Heavy's high energy, guitar-driven Blues set. From Eric Clapton covers to Etta James, you are sure to enjoy something from this band's wide-ranging repertoire. They can be seen throughout Western Mass in various entertainment spots.

Once Rohn Lawrence hit the stage with Timmy Maia as his vocal front man, it was almost impossible to stay in your seat. Maia can be found singing with artists such as Phil Perry, and opening for many acts like Freddie Jackson, Phyllis Hyman



Jazz electric guitarist Rohn Lawrence and singer Timmy Maia

and Brian McKnight. Rohn Lawrence's bio includes working with everyone under the sun, including jazz group Pieces of a Dream, Marion

Meadows and other notables, such as Freddie Jackson, Diane Reeves, Johnathan Butler, Alex Bugnon, Najee and George Duke.

Although it was the middle of the afternoon, Timmy Maia's smooth, romantic vocals covering the likes of Luther Vandross and The Whispers provided the atmosphere of a small cabaret on an evening out on the town. Maia not only has great vocal ability, he impressed the audience with his abilities as somewhat of an "impressionist". There was a moment when we thought Nat King Cole himself showed up when he covered the song "Unforgettable". Lawrence's funky, power-filled guitar playing created the party. The demographics of the crowd went from ages 18 to 80+, with a mosaic cultural mix of people, and the music had everyone dancing in the isles.

I would say the STCC Diversity Council achieved their goal of inclusion, entertainment, motivation and even education. We all learned that you don't have to wait until night-time or the weekend to fully enjoy a good party!

Check out the following website to find out about upcoming shows and events provided by the Diversity Council: <http://www.stcc.edu/diversity>.



Moyah Smith



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## NATIONAL POETRY MONTH

# THE THREE DIVAS: Part II

*continued from page 1*

of National Poetry Month, we continue our focus on these gifted, artistic women and learn a little about what drives them.

Although their styles of poetry and their spoken word deliveries differ, it is uncanny how much alike they are in thought, motivation and direction. Both Lynnette and Crystal remembered how they first connected at Latoya's open mic at Blue Fusion

where they often were among the very rare female spoken word artists. Thereafter, the three became close and "built a relationship, supporting each other in creative and professional endeavors," stated Lynnette. These three ladies of the pen and voice are even in a book club together called "The Artsy Friends Book Club." Latoya summed up their friendship in a nutshell, "Our bond is tight and our love and support of each other is genuine."

The three even have some quirky similarities, such as all three being single parents at some point in their lives and all of them being mothers of only boys. Additionally, Lynnette and Latoya were pregnant at the same time and Crystal is the godmother to Latoya's 4-year-old son.

This month, *The Three Divas* graciously open up to *POV*, sharing their innermost selves, their future dreams and, most specially, a poem.

### What motivated you to start writing?

**Lynnette:** *Early encouragement from teachers cultivated an interest in writing. I got special attention for short stories and poems. It began as a way to please my teachers who I loved. Mrs. Brunelle in 3rd grade. Mrs. Rome in 4th. I discovered early how reading something made people feel.*

**Latoya:** *I discovered my gift through the last gift my maternal grandmother gave me. She raised me after my mother passed away when I was four. Unfortunately she died on Christmas Day when I was 13. The diary I opened on that day is where I wrote my first poem. It was journal writing and poetry that helped me to cope with my grief and anger.*

**Crystal:** *My mother enrolled me in a community poetry class when I was five, so I began memorizing poems at that age. I started writing my own poetry when I was in my late teens and shared my own poetry in front of an audience for the first time when I was 20.*

### How did you find your voice?

**Lynnette:** *It is very important to me that my writing voice is unapologetically black and timeless. I want my writing to be relevant and appropriate and funny in 100 years. Practice, reading, experimenting with style and humor helped me discover a way of saying a thing that sounds like I am speaking and not someone else. I'm still growing.*

**Latoya:** *I've always been out spoken or "sassy" is what it was called when I was a kid. Speaking up for myself was never an issue. Realizing that I had something important to say came along with personal and professional growth. My experience of working with the disempowered in education, social services and in the community is what helped me most. By helping them to find their voice, I found mine.*

**Crystal:** *A college professor gave me a copy of Lucille Clifton's poetry and it was the first time I read poems that reminded me of my own! That helped me to be more comfortable with my own work.*

### Describe your poetic style

**Lynnette:** *I would describe myself as a story teller and a love poet. I have a gentle and comedic voice in my writing. I tend to write with Black people and women in mind. I use language that will not allow the reader to hear anything but a Black Woman when they pick up my work.*

**Latoya:** *I think it's like a shot of flavored vodka—everyone can't handle it straight with no chaser. Sometimes it burns your chest and can be hard to swallow. Other times it makes you warm and tingly.*



Lynnette Johnson is celebrated by family, friends and supporters at the book signing of her book, *"I've Been Meaning to Tell You"*

**Crystal:** *My style is similar to Lucille Clifton and Nikki Giovanni because I don't really follow a format and my rhyming is very sporadic. My poems are also usually pretty short and to the point.*

### Who was/is your inspiration?

**Lynnette:** *Emotion inspires me. Disrespect. Joy. Kindness. Injustice. Living inspires writing.*

**Latoya:** *The unlived lives of people who die young, like my mother; other family members, and, unfortunately, students. I feel it's my duty to live my life to the fullest for those who couldn't. Poetically speaking, I adore Maya Angelou's wisdom, Langston Hughes' word play, and Nikki Giovanni's gangster.*

**Crystal:** *My husband and son, my mother, and my awesome life.*

### Did/do you have a mentor?

**Lynnette:** *Crystal Senter Brown has been a tremendous teacher in the process of publishing. Latoya Bosworth is awesome at promoting and branding. Darryl Moss was very influential in getting me in front of different audiences.*

**Latoya:** *I have yet to ask anyone to be my mentor, but I definitely have my own examples of powerful women of color who have set the stage for me. My work in nonprofit is all due to Dora Robinson who got me my first job in the field and has been there since. My work as a teacher is inspired by the teacher who had the greatest impact on my self-esteem, Carol Sullivan at Central High School. And watching you, Marjorie Hurst, run several businesses side by side*

*continues to page 31*

## NATIONAL POETRY MONTH

## THE THREE DIVAS: Part II

*continued from page 30*

with your husband makes me say “Why Not?” when it comes to my future goals. I don’t know if you remember, but it was you who said to me back in 2006 that I should put my poetry into a book. So I did, and then I couldn’t stop. 10 years later, I have published 8 books. I think what’s most important is surrounding myself with honest, supportive people who I can count on for honest, knowledgeable advice.

**Crystal:** I would love one! The last mentor I had was Professor Margaret Szumowski from STCC. She passed away a few years ago.

**Did you ever experience a breaking point in your efforts to promote your work?**

**Lynnette:** Not yet. I still feel like I am climbing. It is still early.

**Latoya:** Never. Because I know people are watching, people who are looking for me to lead by example. Whenever I’m discouraged about anything, I think of all of my students, my mentees, my sons, young women, who are watching and need to see someone who doesn’t give up on their dreams no matter the obstacles. Because our young people need positive examples right in their neighborhood instead of on TV or social media.

**Crystal:** Never! I love to write and share it with others.

**How do you get the courage to speak out loud about your innermost feelings and emotions?**

**Lynnette:** I think you have to be scared to be courageous. Writing is therapy. Sharing and connecting with an audience is wholly selfish. It is a chance to be heard and seen and felt. I feel most vulnerable when I am done speaking. I need courage to interact with people post performance or book release unless it is a very intimate setting.

**Latoya:** I know it’s my responsibility to be vulnerable. By telling my truth, I inspire others to tell their truth, to be resilient, to take action.

**Crystal:** I think writing heals others. People like to hear a poem and say “me too!”

**Do you consider yourself a diva? What is a diva?**

**Lynnette:** When I think of the word Diva, I think of someone grand and demanding and regal. I almost always imagine someone who is Black and mature in age. I receive it as a compliment but I have never called myself Diva. I think I need to be more traveled and experienced and older. Catch me in 15 years. Maybe that will be the name of a book.

**Latoya:** Yes. While this word can sometimes have a negative connotation, for me it’s all about the confidence it takes to show up and be who you are, to set a standard. For my Gifted Diva Showcase, a self-esteem exhibition for inner city girls, DIVA is an acronym—Determination, Intelligence, Values, and Attitude (Positive that is.)

**Crystal:** I’ve never considered myself to be a diva! I would like to think that I am a great writer, and I try to be as down to earth and humble as I can be!

**What is your favorite era and has that time period inspired your style in any way?**



*May 2014 photo archive*  
Brenda's Child (at left) had released her 6th book, “On Her Own Two Feet”

**Lynnette:** I feel very grateful to be alive right now. This is my favorite era. Everything feels possible.

**Latoya:** I’m definitely a 70s baby. I love everything big, bright and colorful. Big hair; big jewelry, funky color combos.

**Crystal:** I loved learning about the Harlem Renaissance, because it seemed like everyone really supported each other back then. The little circle I am part of helps me to feel supported, which I am thankful for!

**Do you feel threatened by other talent, i.e. when you perform?**

**Lynnette:** When I am performing I own my moment. I am confident and I always feel like I belong. Every now and then I will encounter a poet who has touched a subject that I have but done it with more power and passion. I get a little jealous of that. And then I work harder. I don’t need to be the best. But I want to be great. And I strive to be better than I’ve been.

**Latoya:** 10 years ago, yes. Today... absolutely not. For two reasons: First, I know I have something unique to offer. I am aware that I am living in my purpose;, I have a job to do. So while I may not be everyone’s cup of tea, I believe my words fall on the ears and into the hearts of those who they are meant to heal. Secondly, I’m fortunate to work alongside poets who are my true friends, whom I admire (like Crystal Senter Brown, Lynnette Johnson and others), and who support me 150% helping to promote my events and products.

**Crystal:** Not at all! I appreciate being around talented people! It inspires me to work harder and create more!

**If you were to give advice to younger spoken word artists, what would you say?**

**Lynnette:** Write, read, write, share. Be open to honest, useful feedback. Don’t be distracted by praise or insults. Keep reading and writing.

**Latoya:** Be unabashedly you. When you are true to yourself, your purpose will be revealed and everything that ever happened to you, good or bad, will make sense; everything will work out more beautifully than you could imagine.

*continues to page 38*

# THE ARTS

## CHILDREN'S BOOK CORNER



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

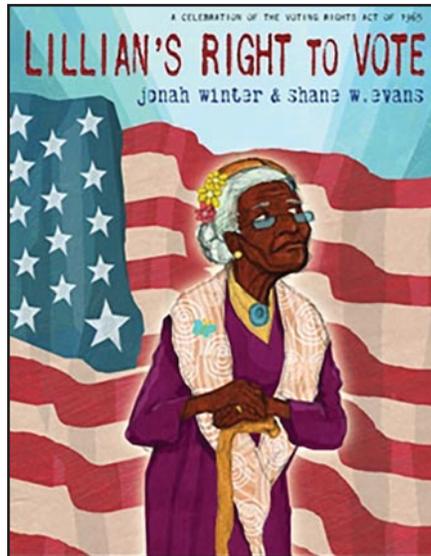
### “Lillian’s Right to Vote”

By *Jonah Winter & Shane W. Evans*

c.2015, Schwartz & Wade Books \$17.99 / \$20.99 Canada 40 pages

Reviewed by *Terri Schlichenmeyer*

Reprinted from *October 1, 2015*



“very steep hill.” It’s Voting Day and she’s going to take advantage of her rights.

As she looks up the hill, she sees things – not just a hill, but a slave auction. There are her great-great-grandparents: Elijah is wearing chains and Sarah is holding a baby. Lillian sees that they’re standing near a courthouse where only white men could vote.

It’s a long way up that hill and, as she climbs, Lillian sees more history: once a baby at that auction, her great-grandfather, Edmund, grew up to pick cotton. He didn’t have any more rights than his own parents did – at least not until after the Civil War.

Lillian can see Great-Grandpa Edmund, post-War, on his way to vote for the very first time. He approaches the polls, looking dignified in his finest clothes; Great-Grandma Ida is there, too, but she can’t vote yet. That, as Lillian knows, is many years away.

Then the hill seems to become higher, and the climb gets harder. Lillian sees her grandpa, Isaac, but he’s not voting because of a poll tax that he has no hope of paying. She hears her Uncle Levi, telling stories about im-

possible questions that had to be answered before anyone with brown skin could step up to cast a vote. She sees the same angry faces that surrounded her when she was a child, and women finally were allowed to vote.

White women, that is. Not people like Lillian.

Stopping in the middle of the hill, Lillian remembers. Once, she registered to vote and had to take a test that she didn’t pass. People were hurt and killed over votes. She starts walking again, soon reaching the voting place.

And Lillian steps to the door...

Did you ever buy a book for the kids that you ended up keeping for yourself? That’s what could happen once you’ve found “Lillian’s Right to Vote” – and that’s okay. I think you’ll understand it more

than your children will anyhow.

There’s no doubt in my mind that kids will love this book. Sharp-eyed children, those who wonder what the presidential-candidate fuss is about, will get a basic history of the importance of voting. Children in this books’ target age (3-to-6-year-olds) will appreciate the story that authors Jonah Winter & Shane W. Evans tell here. For sure, they’ll all enjoy the illustrations.

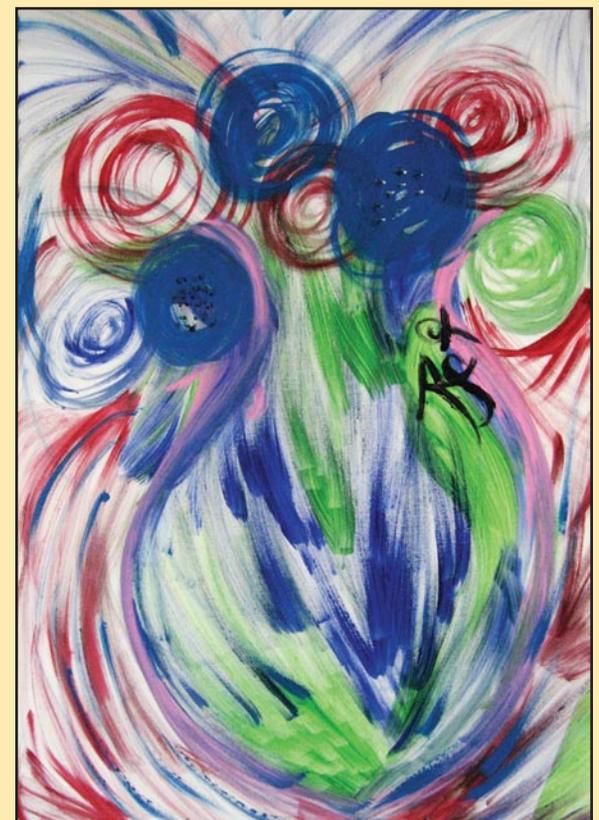
The real goodness in this book, however, is that becoming a children’s picture story doesn’t at all diminish its power. Indeed, “Lillian’s Right to Vote” is ten feet tall, and it’s something neither you nor your child will be able to leave. ■

## ARTIST IN RESIDENCE



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

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



**H**ow many leaves are on the tree outside your window?

That’s a question you may not be able to answer. How could you even count them all? Would you ever get an answer that’s right? It’s a silly question, for sure, and probably not very important. In the new book “**Lillian’s Right to Vote**” by **Jonah Winter & Shane W. Evans**, you’ll see why someone would even ask.

Lillian stands at the bottom of a



**T**he sold-out show “Filthtown” was held on Saturday, March 12 at the Polish Home in Chicopee. Filthtown is the brainchild of rapper “Eskay” and featured the popular rap group “Filthtown” which consists of Eskay, 22, Reek Lauren, 20, Petey, 21, Ship Da God, 22 and Joe, 20. Eskay also owns the Filthtown Records studio in Springfield, which specializes in music production and promotion.

For more info, visit [www.filthtown.com](http://www.filthtown.com).

# THE ARTS

## PEN & INK



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

### B.B. King Still Singing The Blues

*(Dedicated to the late, great blues legend, B.B. King, who died on May 14, 2015 at the age of 89)*

*By Juanita Torrence-Thompson*

Snatches of B.B. King have wafted  
From white cottages near the Bayou  
And Western surf to clapboard Cape Cods.  
Quarters were pumped into old juke boxes  
From small towns to racy cities  
Fathers sped by in Dodge Darts in sultry summers  
Heads nodding, fingers popping  
While teens hung out of the window  
Hoping to sop up a breeze.

B.B. King was pushing 79 when we saw him  
He sat in a chair and said, I've got diabetes,  
My knees are bad, my back hurts  
And I can't remember some things  
Then he tore up the stage  
Singing and playing the blues like no one else alive.

*(Copyright 2005 by Juanita Torrence-Thompson)*

## POETRY OUT LOUD

*Huntington Theatre Company Facilitates 11th Year Of  
The National Recitation Competition*



**BOSTON, MA** – Twenty-four students from across the Commonwealth of Massachusetts advanced from this weekend's four regional semi-final competitions of the 11th annual Poetry Out Loud National Recitation Contest to compete in the State Final competition held on Sunday, March 13 at the Old South Meeting House in Boston.

The winner—for the third time in three years!—was **Courtney Stewart of Springfield Central High School**, who will receive an all-expenses-paid trip to Washington, DC this coming spring to compete in the national finals.

### What A Difference A Day Makes

*By Tina Hurst*

I cut myself one day.  
It hurt like hell I must admit.  
But, I feel I must confess, it was not by accident.

What a difference a day makes.

I wanted my life to end.  
Yes, my time here on earth was too hard.  
I didn't see the need to stay.  
If this was my hand, if these were my cards.

What a difference a day makes.

So a knife I took to my arm like a pro.  
Just to let it all out, let it all go.  
No good to anyone in this state.  
Choking on all that was on my plate.

What a difference a day makes.

But, somehow the Great Big God up above;  
He said "not so, for this is my daughter and she just needs my love."  
He took all the wrongs and began to make them right. (still workin it)  
Oh what I would have missed, if I had died that night.

What a difference a day makes.

So my plea to you, "don't give up."  
I can attest, it really is darkest before dawn.  
Your life does have a purpose.  
You will see, if you just hold on.

What a difference a day makes.

I know you don't see any light at the end of the tunnel.  
Your soul is empty and your broken heart aches.  
So put your trust in my words and repeat after me.  
What a difference one more day will make.

The Huntington facilitates the Massachusetts competition with support from the Massachusetts Cultural Council. The program is facilitated nationally by the National Endowment for the Arts and the Poetry Foundation.

Poetry Out Loud is a national recitation competition that celebrates the power of the spoken word and a mastery of public speaking skills while cultivating self-confidence and an appreciation of students' literary heritage as they take poetry from the page to the stage. Since its inception eight years ago, Poetry Out Loud has inspired hundreds of thousands of high school students to discover and appreciate both classic and contemporary poetry.

*Photo by Gregory Liakos*

# FOOD TALK

## THE URBAN COOK

### YEAR ROUND



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

It's almost the end of summer and I'm thinking that at the rate I've been going with my latest barbecue skills, I will be barbecuing way into the winter. Sometimes I like to watch QVC or HSN at night when my family is asleep and I have time to myself. Unfortunately, I also like to order things I have no business ordering. They make everything look so good it's hard to resist. The worst time is when I'm hungry and they're trying to sell an automatic delivery of crab cake or a filet mignon special. That's a wrap because as I reach for the phone to try to place my order—

and since I've ordered before—they already conveniently have all my billing info. Lucky me, right? Wrong. Too many boxes coming to my house and I can't keep up trying to get home before my husband!

The straw that broke the camel's back occurred last year early April when this big box came to the house and he calls me on my cell and asks, "What's this big, heavy box outside the door, Rhonda?" I softly say, "It's nothing, Ken." Then he informs me well if it's nothing, it will stay outside the door. When I pulled up in the driveway, I saw the box still outside waiting for me to be truthful or try to bring this heavy box into the house myself. After telling my husband that I had bought an electric smoker from QVC and giving him the same pitch

By Rhonda Jones

Reprinted from August 1, 2014

that the TV sales person gave me on that night, he brought it into the house. I waited a whole year to use my electric smoker because even though my husband brought it into the house, I didn't have the nerve to ask him to bring it upstairs and put it together. So, a year later I got him on a good day and he brought it upstairs and put it together with the promise of me making some ribs and chicken with my new toy.

Those were the best ribs that I have ever made. I smoked them with apple wood chips and cooked them low and slow. This method was way better than my old smoking method. Since the first day I used my electric smoker, I haven't stopped. I smoke everything from poultry to meat and fish and vegetables. Next we're going

to try a turkey which will be interesting. As for me and late night shopping networks, let's just say all that spending caught up with my pocketbook so now I just play games on my phone when I can't sleep.

### BARBECUE DRY RUB WINGS

1 pound chicken wings, cut into pieces  
1 cup brown sugar  
2 teaspoons black pepper  
1 teaspoon pepper flakes  
1 tablespoon paprika  
2 teaspoons garlic powder  
1 tablespoon chili powder  
1 tablespoon coarse salt

Mix all ingredients. Rub the wings and bake on 400 degrees in the oven until done or cook on the grill or smoker.



**Take a FREE COLLEGE CLASS while you're still in high school!**

You can take a class during the day, evening or weekend through STCC's **College Now!** program for eligible high school juniors and seniors. Visit your high school guidance counselor to apply to the **College Now!** program for Summer/Fall classes at STCC.

*College Now is funded in part by the Commonwealth Dual Enrollment Program.*

[www.stcc.edu/collegenow](http://www.stcc.edu/collegenow)

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**Springfield Technical Community College**

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# GOOD NEWS

## April 2016



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

Jay Griffin has returned home and is now continuing his rehabilitation and therapy at home. We are asking all to continue to pray for his full recovery and health as he has a long road ahead.

*Blessings,  
Stone Soul Volunteer*



### Thank you Crystal Copeland

The phrase, "being our brothers and sisters keeper," does not do you enough justice. You not only took on the call to assist the residents of Flint, Michigan with their water problems, but you asked the Springfield, Massachusetts residents to also think about the residents of Flint, Michigan. The Springfield area responded to the call and the weight of the water exceeded the capacity of the truck that was originally going to transport the water, so an 18 wheeler was needed to take the water to the residents of Flint, Michigan. Thank you, Crystal Copeland and the Springfield area residents, for thinking of our brothers and sisters in need.

Karon Tyler

- *The Legacy Awards* and the *Porgy and Bess Concert* was a success.
- *Happy Birthday* to **Melvin** (peanut) **Wheeler** on his 80th birthday.
- *Happy Birthday* to **Sherman Davis** on his 80th birthday.
- *Happy Birthday* to **Robert Henderson** of Henderson Funeral Home on his 72nd birthday.
- *Happy Belated Birthday* to **Jay Griffin, Sr.** on his 72nd birthday (3/20).

Send us your good news (birthdays, births, weddings, anniversaries, etc.) by April 15th for the May 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!

## CONGRATULATIONS CORNER

Congratulations to City Councilor **Justin Hurst** and School Committee Member **Denise Hurst** on the birth of their son, **Jackson Douglas Hurst**, on Wednesday, March 15th. Jackson was welcomed to the family by big brother, **Justin Jr.**

Congratulations *to the Massachusetts Legislature and Gov. Charlie Baker* for the landmark legislation to address the deadly opioid and heroin epidemic plaguing the Commonwealth. The bill is titled *An Act relative to substance use, treatment, education and prevention*. It passed with unanimous votes of both legislative chambers and was signed into law by the Governor on March 14th.



Congratulations to State Representative **Angelo Puppolo** who was honored with a proclamation by the Springfield City Council for being named UNICO Person of the Year. Rep. Puppolo served on the city council before being elected to the state legislature.



Congratulations to **Dr. Arlene Rodriguez**, Vice President of Academic Affairs at Springfield Technical Community College, who was honored by the Springfield Women's Commission during their 19th annual observance of International Women's Day. Dr. Rodriguez is the first woman and the first Latina to rise to this position at STCC.

Congratulations to the **Springfield Public Schools**, which was placed on the College Board's Gaston Caperton Opportunity Honor Roll as one of 130 school districts in the United States being recognized for creating opportunities for traditionally underrepresented students and students from lower-income backgrounds participating in AP®, taking the SAT®, and applying to four or more colleges.

Congratulations to Mass Humanities Board Member **Bianca Sigh Ward** and husband **John** on the birth of their son, **Matthew Julian Sigh Ward**, on Sunday, March 6th.

### Councilor Marcus Williams to Open Rotating Office Hours

Springfield City Councilor Marcus Williams will be opening rotating office hours for Ward 5. Williams will meet both in Sixteen Acres on every fourth Wednesday of the month at 6 p.m. and in Pine Point on every second Tuesday of the month at 6:00 p.m. before the Pine Point Community Council meetings.

Office hours for Sixteen Acres will be held at the Clodo Concepcion Community Center (aka Greenleaf Community Center), 1187 1/2 Parker Street and meetings for Pine Point will be taking place at the Pine Point Community Center, 335 Berkshire Ave., Springfield, MA

# COMMUNITY

## COMMUNITY BEAT



*Kenneth Harris is a graduate of the High School of Commerce and STCC. He has served as a Special Police Officer, Atlanta Corrections Officer and Courthouse Officer.*

*Springfield policing is organized by Sectors with a Police Department Commanding Officer over various groups of Sectors. This new monthly article will report on their community meetings. To find out your Sector, contact Kathleen Brown at 413.787.6359.*

### Sector E

On March 3, 2016, the Sector E community meeting was held at Emerson Hall on 439 Union Street. This sector consists of the South End, Maple-High-6 Corners and Downtown. In attendance were Deputy Chief William Cochrane, Ordinance Officer Steve Tyburski, Lt. Richard Labelle, Community Liaison Officer Kathleen Brown, and concerned residents.

### Events that prompted concerns

- An altercation between females resulted in an attack with the heel of a shoe that resulted in a serious head wound for one of the participants.
- At the Mardi Gras, a fistfight between males lead to one being stabbed.
- A male victim was robbed at the Citgo gas station on Mill Street after allowing a male and a female to use his cell phone upon request. The party refused to return the device. A scuffle ensued and terminated when the victim was threatened with a knife.
- There have been other instances of purse snatching on Main St., particularly at the bus station and in the North End.
- A narcotics bust involving 3 males and 4 females at 31 Madison Street near a school not only led to mul-

## Community Beat Management Team Meeting Highlights

By Kenneth Harris

multiple drug violations but also charges for dealing drugs near a school. This home was later determined to be unsafe and condemned.

### Hot Spot Calls

Armed Robbery	3
Drugs	39
Gang	1
Gun	4
Shots fired	3

### Shots fired/shotspotter

Shots	3
SHSP	7

### Quality of Life Calls

Unnecessary Noise	51
Suspicious MV	10
Suspicious Person	62
Suspicious Activity	25

### Looking Ahead

Residents indicated they were observant of their neighborhoods and many have expressed their concerns about the selling of drugs on Central Street and the dumping of excessive “bread and stuff” between the areas of 34 to 42 Byers Street by a charitable organization. The items are reportedly useful for members of the community that collect some but there is too much left behind and it remains outside for 4 or 5 days, enough time for animals to show up to consume leftovers.

Residents at the meeting also feel some members in the community, who are not homeowners, don’t realize they have a right in the community to speak up on issues of concern.

### Sector A

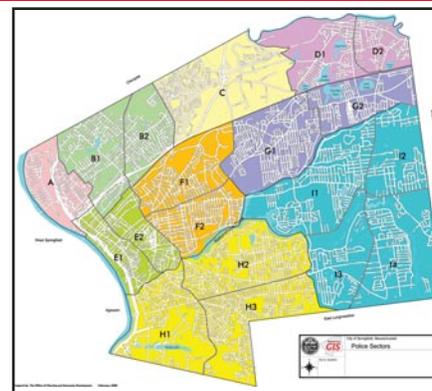
On March 10, 2016, the Sector A meeting, comprising the Brightwood/Memorial Square section, held a public information meeting with the Massachusetts Department of Transportation Highway Division. Emphasis centered on a proposal for an underpass below the Connecticut

River Line Railway which would link Plainfield Street and Birnie Avenue.

Present were Deputy Chief Mark Anthony, Officer Ivan Rosas, Community Liaison Kathleen Brown, Chairpersons Joane Morales and Tomasa Picot, and MassDot representatives which included Thomas Tinlin and Patricia Leavenworth, along with City Council members.

Concern was expressed about who will maintain the condition of the projected \$4.3 million state funded infrastructure upon completion. It was revealed that Springfield’s Public Works Department would incur that responsibility.

Kathleen Brown reported that the crime period, between February 7th to March 5th was quiet in comparison to other times.



### Major Offenses

Robbery	3
Aggravated Assault	5
Burglary	3
Motor Vehicle Theft	5

### Hot Spot Calls

Drugs	7
Robbery	2
Weapons Offense	2

### Quality of Life Calls

Unnecessary Noise	21
Suspicious MV	6
Suspicious Person	34
Suspicious Activity	14

## FOOD FOR THOUGHT

### We Aren’t the “Minority”!

*continued from page 28*

this country, I feel bad. I imagine how he must have felt, especially as a black man, to have to suggest something like that after so many people fought and died to get the right to vote. After marching over the Edmund Pettus Bridge in commemoration of the 50th anniversary of “Bloody Sunday” where people were beaten and incarcerated in pursuit of the right to vote, it must have been like a slap in the face to have to acknowledge that black people—especially—don’t exercise their right to vote.

As long as we see ourselves as the “minority” and continue to let the “majority” use that word to describe people of color, there will be no vision of the power we have. “I don’t know who to vote for” is what people tell me and what that really means is: “I am too lazy to find out who is run-

ning, what they stand for and how their being in office will affect me.” Or “my vote doesn’t count,” which means they don’t want to vote. Their vote doesn’t count because it is *not* cast, or as someone more pointedly said: “Their vote *does* count—in the negative!”

Some people don’t vote for religious reasons, saying they don’t have any interest in the government in this country. But they are being affected by the policies and decisions being made. The apathy that most people of color in this country have when it is time to vote in local elections, meaning city elections like the one that is coming up this Fall is amazing. If you don’t like what is happening in our city then do something to change it. The least you can do is vote. If you want to stay home and chill after you get out of work, fine, but every few years, VOTE and stop saying “minority” because we aren’t the minority. ■

# APRIL 2016 EVENTS

For more events, go to: [www.afampov.com](http://www.afampov.com)

## ON-GOING

### TUESDAYS, APRIL 12—MAY 10

Western New England University School of Law Five-Week Mini-Law School

**When:** 6—8pm

**Where:** Western New England University, 1215 Wilbraham Rd., Spfld., MA

**Info:** \$95 for participants obtaining CEUS/\$35 general public; [law.wne.edu/minilaw](http://law.wne.edu/minilaw)

### APRIL 13, 27, 28 & MAY 5

Springfield Public Schools Recruitment Events

**When:** 4pm

**Where:** See Ad on page 5

## MONDAY—4

Public Health Month Celebration Kick-off Event

**When:** 10am—12noon

**Where:** City Hall, Room 220, 36 Court St., Springfield, MA

**Info:** FREE & Open to the Public; Ad on page 14 & Calendar on pages 12-13

## TUESDAY—5

Poetry Reading and Musical Performance by Joy Harjo

**When:** 7pm

**Where:** Dodge Room, Flynn Campus Union, Springfield College, 263 Alden St., Springfield, MA

**Info:** FREE & Open to the Public

## THURSDAY—7

STCC Diversity Council presents Electro-Jazz Collective Four80East and Matt Marshak

**When:** 11am & 6:30pm

**Where:** STCC Gym, Scibelli Hall, Bldg. 2, 1 Armory Square, Springfield, MA

**Info:** FREE & Open to the Public; [www.stcc.edu/diversity](http://www.stcc.edu/diversity); 413.755.4402

### 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](http://www.fhcrconference.com)

## FRIDAY—8

STCC Diversity Council presents Jazz Musician Jackiem Joyner with Special Guest Selina Albright

**When:** 11am & 6:30pm

**Where:** STCC Gym, Scibelli Hall, Bldg. 2, 1 Armory Square, Springfield, MA

**Info:** FREE & Open to the Public; [www.stcc.edu/diversity](http://www.stcc.edu/diversity); 413.755.4402

## SATURDAY—9

The Kenny Hamber Revue

**When:** 8—10:30pm

**Where:** Infinity Music Hall & Bistro, 32 Front St., Hartford, CT

**Info:** \$24-34; [maryannclerkin@infinityhall.com](mailto:maryannclerkin@infinityhall.com)

## WEDNESDAY—13

MotherWoman Annual Fundraising Dinner

**When:** 5:30—7:30pm

**Where:** Log Cabin, 500 Easthampton Rd., Holyoke, MA

**Info:** Donation requested; [brandee@motherwoman.org](mailto:brandee@motherwoman.org)

## THURSDAY—14

STCC Foundation's 7th Annual *Not Just Business As Usual* Networking Event for Business Leaders

**When:** 5:30—7pm Reception; 7—8:30pm Dinner & Keynote Speakers

**Where:** Naismith Memorial Basketball Hall of Fame, 1000 Columbus Ave., Springfield, MA

**Info:** \$175; 413.755.4475 or [ccthohey@stcc.edu](mailto:ccthohey@stcc.edu); For tickets [www.stcc.edu/njbau](http://www.stcc.edu/njbau)

Robert Randolph and The Family Band

**When:** 8—10pm

**Where:** Infinity Music Hall & Bistro, 32 Front St., Hartford, CT

**Info:** \$4-64; [maryannclerkin@infinityhall.com](mailto:maryannclerkin@infinityhall.com)

## SATURDAY—16

Springfield Partners hosts *Home Fair 2016: Homeownership for Stronger Communities*

**When:** 10am—2pm

**Where:** Duggan Middle School Gymnasium, 1015 Wilbraham Rd., Springfield, MA



**Info:** Free & Open to the Public; 413.263.6500 x6545;

[augustuse@springfieldpartnersinc.com](mailto:augustuse@springfieldpartnersinc.com)

Christianity & Al-Islam—In Search of Brotherhood and Mutual Respect

**When:** 12noon—3pm

**Where:** Mason Square Library, 765 State St., Springfield, MA

**Info:** See Ad on page 40

Ujima presents "Painting with the Stars" featuring live jazz and instructional painting

**When:** 6—8pm

**Where:** Emma's Place, 1464 Parker St., Springfield, MA

**Info:** \$35; [ujimapresents@gmail.com](mailto:ujimapresents@gmail.com)

## WEDNESDAY—20

Springfield Food Policy Council hosts screening of the documentary film "A Place at the Table"

**When:** 5:30—7:45pm

**Where:** Elias Brookings School, 433 Walnut St., Springfield, MA

**Info:** FREE & Open to the Public; Lite meal; RSVP to 413.263.6500 x6539 or [springfieldfoodpolicy@gmail.com](mailto:springfieldfoodpolicy@gmail.com)

## THURSDAY—21

Springfield Partners offers "Protecting Your Assets" Workshop

**When:** 6—7:30pm

**Where:** Trinity United Methodist Church, 361 Sumner Ave., Springfield, MA

**Info:** FREE & Open to the Public; RSVP to 413.263.6500 as space is limited; See page 11

## THURSDAY—21 THRU SATURDAY—23

Women of Destiny Outreach Ministry Conference 2016

**When:** Apr. 21 & 22 6pm Guest Preachers

**Where:** Canaan Baptist Church of Christ, 1430 Carew St., Springfield, MA

**When:** Apr. 23 Fashion Show & Gospel Comedian

**Where:** La Quinta Inn, 100 Congress St., Springfield, MA

**Info:** 413.523.3305; See Ad on page 26

## THURSDAY—28

Common Threads, an Evening of Empowerment

**When:** 5:30—8:30pm

**Where:** Carriage House, Storowtown Tavern, The Big E, West Springfield, MA

**Info:** \$50

## FRIDAY—29

Bay Path University 21st Women's Leadership Conference featuring Arianna Huffington

**When:** 7:30am—4:30pm

**Where:** MassMutual Center, 1227 Main St., Springfield, MA

**Info:** \$350/ person; [baypathconference.com](http://baypathconference.com)

The Food Bank of Western Massachusetts presents *A Recipe to End Hunger*

**When:** 6:30pm

**Where:** Naismith Memorial Basketball Hall Of Fame, 1000 Columbus Ave., Spfld., MA

**Info:** \$75/person; RSVP by 4/15 at 413.247.9738; 1950s or cocktail attire recommended

## FRIDAY—29 & SATURDAY—30

Ashes to Ashes, a Homegoing Celebration for the Unburied and Terrorized

**When:** Fri—29 "Awakening & Illuminations Service" 6pm

Sat—30 Funeral Procession from STCC to St. John's 10am  
Funeral Service 11am

**Where:** St. John's Congregational Church, 45 Hancock St., Springfield, MA

**Info:** Free & Open to the Public; See Ad on page 17

## SATURDAY—30

Tres Chic Ladies Brunch celebrating Sisterhood & Empowerment

**When:** 11am—2pm

**Where:** La Quinta Inns & Suites, 100 Congress St., Springfield, MA

**Info:** \$28 in Advance; \$35 at Door; 413.886.2325;

[www.swan-events.com](http://www.swan-events.com);

See Ad on page 29

Please visit, follow, subscribe, comment, like, tweet, read or explore on our website at: [www.afampointofview.com](http://www.afampointofview.com) or [www.afampov.com](http://www.afampov.com)



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

## NATIONAL POETRY MONTH

# THE THREE DIVAS: Part II

*continued from page 31*

**Crystal:** *Write every day! Practice your poems. Memorize at least one poem that you can perform whenever asked. And read!!!*

### Where do you see yourself in the future?

**Lynnette:** *I see myself teaching. I see myself at luncheons at the White House. I see myself writing more. Being more vocal about sexism, racism and injustice. Traveling farther. Encouraging young mothers. Being pleased at the beautiful man my son will turn out to be. I see a bright future.*

**Latoya:** *In the near future, I see myself walking across that stage a Dr. Boz. And then I see myself on more stages, in classrooms across America, telling my story with a combinations of poetry and motivational speech; providing professional development to teachers and nonprofit staff who work with youth; selling 6 million copies of my next book, thus saving countless lives. (You'll just have to see what I mean. It's kind of top secret right now). I also plan to open a transitional home for young women and expand my mentoring and arts program, Keep Youth Dreaming and Striving (KYDS).*

**Crystal:** *Teaching full time at a university and touring part time as part of my multi-book deal with Random House or Penguin books.*

As I said in Part I in the March issue, to know these young women is to be utterly inspired—inspired by their awesome talent, inspired by their tremendous accomplishments, inspired by their remarkable aspirations and thrilled at the thought of what they bring to the next generation. Ladies, you are indeed “Divas” and we are very proud of you!

### It's Going to Rain on your Head

*By Lynnette Johnson*

You are well overdue  
 any minute now  
 the winds of change  
 will bring you something to celebrate  
 You will be drowning in favor  
 and not debt  
 rejoicing with new love  
 and increase  
 it will be a downpour  
 a cleansing shower  
 a joyous occasion  
 the drought is over  
 I caught a glimpse of your forecast in a dream  
 it is your turn to splash in the puddles  
 it's going to be torrential  
 take off your shoes  
 and get ready to dance in the rain.

*Johnson, Lynnette. "Purple." Massachusetts: Createspace, 2015. 34. Print.*

### Purpose

*By Brenda's Child*

My purpose in life is to use my story as a testimony  
 So those in the darkness can't see that  
 There is no such thing as excuses or limits  
 Restrictions or boundaries  
 It starts with acceptance, and self-love  
 Which leads to confidence,  
 Then anything can be accomplished.  
 My past is significant  
 It shaped me, but it doesn't define me  
 The world owes me no favors  
 Because I suffered awful tragedies.  
 As a matter of fact I owe it to my mother and her mother to continue their  
 legacy  
 Of love, encouragement and stern nurturing  
 I must lead by example and set high expectations  
 For those who don't recognize their potential, their magnificence,  
 I'll quote Maya,  
 “She stands in the classroom loving children into understanding”  
 That's me,  
 This is my burden but it's more of a blessing  
 I'm the wounded healer.  
 learning about myself, while teaching life lessons

*Excerpt from the poem, "Purpose"*



*January 2013 photo archive*

*Young readers of the Martin Luther King Charter School Literacy Team eagerly welcome Springfield author and poet Crystal Senter-Brown, who read her book, “Gabby Saturday,” at Literacy Night at the school.*

### Loving out loud

*By Crystal Senter-Brown*

He hates opera.  
 says hip hop is the future!  
 I nod - say nothing.

## NATIONAL POETRY MONTH

# THE THREE DIVAS: Part II

*continued from page 38*

Turn it down! I beg.  
he's happy when his music  
harasses the birds.

While driving, we're more  
like strangers than man and wife,  
one- third of our lives

have been spent this way:  
in his car, fighting about  
which station to play.

As the steam rises  
from my ears, he calls me "dear",  
turning the channel to

NPR, where we  
listen to other people  
fight about nothing.

He knows my strange ways-  
he has helped write my story.  
Seeing me at my

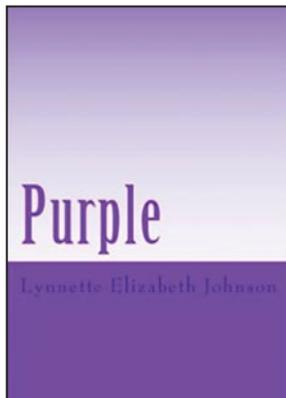
very best, and worst,  
he wipes my tears, calming me  
with just a glance.

He is my Sunday  
revival, my sonnet, when  
I can't find the words-

he taps his fingers  
along my spine, pulling the  
poems out of me.  
He sails my spirit  
to the clouds...who needs music  
when love's this loud?

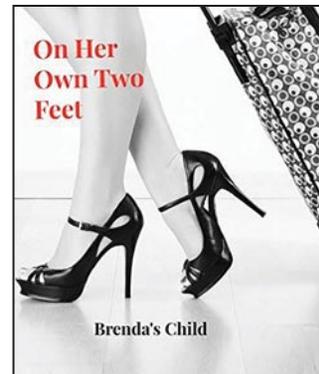
*(c) 2014 Crystal Senter-Brown*

### Lynnette's favorite book:



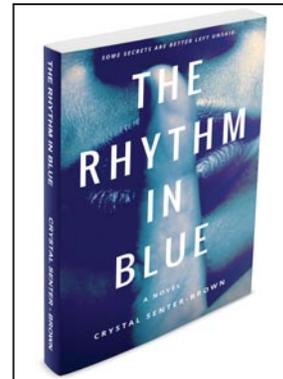
*Purple* is my favorite. It is my most deliberate collection. It is also my most recent. You grow and develop as an artist and a person. The ideas in *Purple* are still fresh and relevant to me. *(Lynnette is the author of 3 books of poetry.)*

### Latoya's (Brenda's Child) favorite book:



Right now, I think it's my novella, *On Her Own Two Feet*, because it's the story that's representative of H.E.R.S. It's about growth, dreams, love, closure, acceptance and it's sexy, funny and realistic. *(Brenda's Child is the author of 3 books of poetry, 2 novellas, a memoir and is the editor of a teen anthology of poems and essays.)*

### Crystal's favorite book:



I would have to say my favorite is *The Rhythm in Blue* because it brought so many awesome people into my life, and it allowed me to travel to see it being made into a full-length movie! I also personally think it is a great story. *(Crystal is the author of two books of poetry, 2 children's books, 2 novels and several music CDs)*



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**MASON SQUARE LIBRARY**

**12:00 - 3pm**

Join us, Muslims and Christians, Believers and show our way to the Creator together along different paths as kindred souls!!

\*\*\*\*\*

“Say: O People of the Book! Come to common terms as between us and you:...”

Ch. 3, Verse 64

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