

**THE FIRST FIVE YEARS...**

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

By Sally Fuller – 8

**HEALTHY HABITS AT HEAD START**

"For the past 50 years, health has played a critical role in the Head Start program; Head Start and Early Head Start work to help families better understand how to achieve and maintain optimum physical health."

By Nicole Blais – 8

**CLOCKING OUT TO CLOCK IN**

"Have your sleep and/or eating habits changed? Do you use food and/or drugs to feel better or not feel at all? Are you constantly irritated or impatient with people? Do you feel like you are on a hamster wheel?"

By Dr. Anika Throver – 9

**THE LINK BETWEEN DEPRESSION AND CARDIOVASCULAR DISEASE**

"The link between heart disease and depression hasn't received the recognition it should. We've known about the connection for over 40 years, but it doesn't come to the forefront like hypertension or high cholesterol, for example..."

By Baystate Medical Center – 11

**LEAD POISONING PREVENTION**

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By Neel Abdul-Hameed – 12

**HOLDING POLICE ACCOUNTABLE: THE DANGER OF THE SNITCHING ETHOS**

"...the 'good cops' are often ostracized and driven out of work by a culture of silence that protects the bad cops. In my speech at City Hall, I declared, 'A silent cop is not a good cop.'"

By Bishop Talbert W. Swan, II – 15

**JUSTICE FOR ALL**

"I would probably not be a police officer for long in light of the blue wall but I would not be able to stay quiet. I say that because I am not a police officer. But as a social worker, if I knew that another social worker was using their profession to take advantage of a vulnerable person or persons, I would report it."

By Zaida Govan – 16

**THOUGHTS ON THE PRESENT FATHER**

"Dad was a good provider for my Mom, brothers and sisters, a strong proponent of education, and a community-minded man. Crucially he was present in our home. I don't simply mean that he was there, which he was. Dad had a presence in our home."

By John Roberson – 18

## "BEST" OF POV WRITERS' CHOICES: 2016

### THERE'S STILL TIME

By Marjorie J. Hurst

Reprinted from September 1, 2016

#### The National Museum of African American History & Culture Opens September 24th

A century after first being proposed, the National Museum of African American History & Culture (NMAAHC) is finally a reality. On Saturday, September 24<sup>th</sup>, President Barack Obama will speak at the museum's dedication ceremony. How very fitting!

First proposed by African American Civil War veterans in 1915 and

authorized by an Act of Congress in 1929, there was no progress on the idea of building a museum dedicated to telling the history of African Americans, acknowledging our contributions, celebrating our vibrancy and educating coming generations on just what we have meant to the history of America because Congress, as it often does, failed to provide the funding. It took the singular,



The Museum at dusk.

Photo by Alan Karchmer/NMAAHC

dogged efforts of Representative John Lewis, who co-sponsored and introduced a bill in 1988 to build the museum, and then re-filed the same bill every

year for 15 years until Congress finally passed the needed legislation in 2003 and President George W. Bush signed it into law.

*continues to page 5*

## FORGET TRUMP!

### Worry About The Compromisers

By Frederick A. Hurst, Reprinted from December 1, 2016



Donald Trump President-elect of the United States of America

Yes, I voted. And I voted for Hillary Clinton although I didn't want to vote for her. And, I didn't particularly want her to win. It was the alternative that dragged my reluctant hand to pencil in a completed line for her on the ballot. But as I did it, I felt hollow and extremely disappointed at the probability of her victory.

I considered not voting. But that wasn't an option my conscience could absorb. I even briefly con-

sidered a vote for Trump for the same reason that I see a singular silver lining in his election. He is going to shake up Washington one way or the other and Washington needs shaking up.

I also must admit that I liked the way Trump beat the mainstream Republicans at their own subterranean, race-baiting game that they have followed since the law and order days of Richard Nixon and

*continues to page 24*

# Trump Alerts!

By Marjorie J. Hurst



## Impeach Trump Not The Solution!?!?

By Tristin Hurst, 5th grade student and Editor-in-Chief of his school newspaper, *The Gear*



**WALLINGFORD, PA, February 27, 2017** – We should stop being on edge about Trump and sit back in our seats. We're all getting worked up about Trump and crowding the streets with protests. Even though having Trump as president is scary, impeaching him will do us no good. All that is going to do is hand over the role of chief to Mike Pence.

As long as Mike Pence sits back in his seat as number two then America is safer. Mike Pence is not a nut

and will make major changes to this country. So if you look at it this way, America would be safer with a democratic president, but if you have to choose between Mike Pence and Donald Trump, maybe we should get out of the streets and sit down in our seats.

*(Written before he got "scooped" by his grandfather's March 1st AF-Am Bit "Whoa!!" and with absolutely no adult input! — The Editor)*

Tristin Hurst

## Mayors Will Fight Trump Plan To Eliminate Community Development Block Grants

**WASHINGTON, D.C., March 9, 2017** – The following joint statement was issued today from U.S. Conference of Mayors CEO & Executive Director Tom Cochran, National Association of Counties Executive Director Matthew Chase, and National League of Cities Executive Director Clarence Anthony following news of the Trump Administration's plan to eliminate the Community Development Block Grant program in his Fiscal Year 2018 budget for the federal Department of Housing and Urban Development:

"Community Development Block Grant (CDBG) funds are the heart, lungs and backbone of cities and counties, small, medium and large. By eliminating or cutting them, the Administration mortally wounds the places where the majority of Americans live, work and play. Such a move risks ending or harming programs that keep Americans safe, help them find

better-paying jobs, improve their health and keep public facilities in good shape. It is an attack on places the President said he wanted to help.

"On behalf of the elected officials of America's cities and counties across this nation, we urgently request a meeting with HUD Secretary Ben Carson to discuss our utmost concern before any proposal is sent to Congress.

"The National Association of Counties and The United States Conference of Mayors visited Congress last week and solidified support for CDBG. The National League of Cities will follow next week. Together, strongly united with the full force of our organizations, we will demand from Congress, representing the people that sent them to Washington, that they take action to speak and vote against any proposal to cut or eliminate this vital and successful federal program."

## Statement on HBCU Presidents Visit to White House

Date Released: March 1, 2017

To The Morehouse College Community:

I spent the last two days in meetings at the White House and on Capitol Hill. As some of you may know, all HBCU presidents were invited to a dialogue with President Trump and his new administration about support for HBCUs. Most of the 104 HBCU presidents attended, including all presidents from the Georgia-based HBCUs.

Many had high hopes about this meeting. There was much advance chatter about it being "historic," and there were many signals from key Trump administration officials that they would surprise HBCUs with favorable treatment. Given my experience in the Obama administration, I knew this would require an extraordinary announcement. Why? Because I knew that President Obama had invested \$3 billion more in HBCUs in his first six years than President Bush invested in his final six years. Therefore, since President Trump pledged to "do more for HBCUs than any other president has done before," we could have reasonably expected him to get started by announcing at least an additional \$500 million to HBCUs...*this year!* And beside the expectation of new funding, there was advance talk of changes like an aspirational goal of 5 to 10 percent for federal agency funding to HBCUs, a special HBCU innovation fund, large boosts in Pell Grant and Title III funding, and extra tax breaks for those in the private sector who contribute to HBCUs. But, instead of the long-awaited executive order containing or signaling any of those outcomes, the key change is a symbolic shift of the White House HBCU Initiative from the Department of Education to the White House. It is not possible to measure the impact of this gesture anytime soon, if ever.

It should also be noted that, in her luncheon speech to HBCU presidents

yesterday, Education Secretary DeVos struck a discordant note when she said of HBCUs, "They started from the fact that there were too many students in America who did not have equal access to education. They saw that the system wasn't working, that there was an absence of opportunity, so they took it upon themselves to provide the solution. HBCUs are real pioneers when it comes to school choice."

But HBCUs were not created because the 4 million newly freed blacks were unhappy with the choices they had. They were created because they had no choices at all. That is not just a very important distinction, it is *profoundly* important. Why? Because, if one does not understand the crippling and extended horrors of slavery, then how can one really understand the subsequent history and struggle of African Americans, or the current necessities and imperatives that grow out of that history and struggle?

Slavery has a long shadow and the school choice debate was not at all alive under the menacing loom of that shadow at emancipation! So, Secretary DeVos misstated that, but that does not mean she should be diminished or dismissed. From listening to her carefully for the last two days, I get the strong sense that she wants to get this job right. She should still have that chance. Only time will tell how much true support this administration will provide to HBCUs.

In general, the meetings were a troubling beginning to what must be a productive relationship. Trust that the HBCU community will continue to press for the kind of funding that educational excellence and national competitiveness require!

Steadfast,  
John Silvanus Wilson Jr.



Mayor Sarno

## Mayor Sarno Voices Concern on President Trump's Plan to Eliminate CDBG

**SPRINGFIELD, MA, March 10, 2017** – Mayor Domenic J. Sarno states, "I'm very much concerned, on one hand President Trump states that he wants to help cities, especially urban centers, and then issues an edict to eliminate Community Development Block Grants. CDBG is a 'lifeline' to urban mayors for empowerment initiatives for youth development, economic development, job creation, housing efforts etc. Once again, President Trump is sending a mixed-message and by the way – is there a replacement program? The elimination of CDBG would be absolutely devastating to cities, especially urban centers. Please hear us, so that we can work together for the overall betterment of our cities."

**AN AFRICAN AMERICAN *Point of View***  
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<i>Food for Thought</i>	Zaida Govan		John Silvanus Wilson, Jr.
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<i>Leadership Pioneer Valley</i>	Lora Wondolowski		
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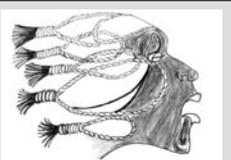
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**Remembering Terrorized and Lynched African Americans**  
**May 6, 2017 at 7:30pm**  
 St. John's Congregational Church  
 643 Union Street, Springfield, Mass 01109



**Ashes to Ashes**  
 Homegoing Celebration for the unburied  
 Ashes2ashes4ever.com

# AF-AM NEWS **bits**

By Frederick A. Hurst

## KUDOS TO SPRINGFIELD'S MAYOR SARNO

You might recall several years ago when Springfield was hit with a major snowstorm and many people who lived on side streets were stuck in their homes for days waiting for their streets to be plowed. I was among them and the rage that I felt was palpable and conveyed to the mayor in a comment in this column. He made the public statement that he was also angry about it. Well, he must have done something about it because the snow removal performance of the city during the recent big storm was brilliant and effective. It involved an apparently well thought-out strategy to clear the main roads just enough to allow traffic to flow, followed by a move to clear side streets just enough to free people from their homes, followed by a return to clearing the main roads and back again to the side streets and so on back and forth until all of the city's streets (that were not blocked by cars) were cleared of snow. Some of us had hunkered down at home with our office work expecting to be blocked in for at least several days and were surprised to find that we were able to drive from our homes within hours. The only inconvenience – and a reasonable one it was – was the need to clear and re-clear driveways as a consequence of the plows' multiple sweeps. We've got to give it to you, Mayor Sarno. You hit another home run!

## JOB WELL DONE!

Writing for public consumption is a contact sport especially if the writer tackles controversial subjects head on as I try to do. And anybody who does so knows that there will always be people who parse what is written. Sometimes they do so in a constructive way and sometimes not, sometimes in a critical way and other times while heaping on praise. No matter how it is done, I've learned that it comes with the territory and to

not take it personally whether it is meant one way or the other. I appreciate the praise and I appreciate the criticism. And I invite both and I reflect on them in a genuine effort to improve my work.

But one thing that bugs me a bit is when a reader picks out a detail or a sentence or a paragraph from a lengthy article that is only significant in its isolation from the total article and wants to argue with me about it. I usually decline to engage because it would drain too much of my time. I've made exceptions where I had reason to believe the detail or sentence or paragraph had a particular significance to the person that I had not considered even though it might have had little to do with the message of my article, but not often.

The people whom I engage regularly are those who approach me to discuss and debate the messages in the articles I write. Usually a message is an expression of a point of view. Sometimes it is my point of view exclusively. Other times it is a message that is intended to express the point of view of others as I interpret it, especially of African-Americans but not exclusively. Sometimes it is a combination of both. And I recognize, in every instance, that somewhere out there, what I write is being viewed by someone with an alternative point of view, which is fine with me.

I like to think that, more often than not, my messages provoke thought and conversation both pro and con. I don't strive to stroke. I strive to stimulate thought and discussion and to be an example of the fearlessness that open discussion requires, all while I remain fully aware that "openness" is not so normal. But it is for me. And as much as I view openness as a personal asset that helps my relationships and my writing, I am well aware that it is also a vulnerability that some people would exploit often,

I must humbly say, at their own peril.

My recent two articles on Leontyne Price provoked reactions from several quarters, Black and White alike. And both the Black (see the comment on page 25 from a Black Florida PhD) and the White reactions were mixed and different from each other. All of the reactions were diverse enough to make me feel I had done my job.

A Black friend criticized my article on Donald Trump (reprinted on the cover). She was upset that I had negative things to say about Hillary Clinton. And she suggested that it was an anti-women thing. I engaged her because she was sincere and such a good friend not because she said anything that suggested she might be right. After all, *Point of View* endorsed Hillary for president and I voted for her and I and my wife (and editor), who also voted for Hillary, encouraged all of our friends and family to do the same. But to go so far as liking her was beyond my capacity for compromise. Besides, Germany's Angela Merkel is my hero. And if Clinton even came close to Merkel's Obama-like cool and determined integrity, I might have embraced her. The important point, however, is that my feelings about Hillary, as expressed in the article, were peripheral to my message that I hope my friend didn't overlook.

Recently I had a visit from someone whose name I mentioned three different times in three different articles in what he perceived as a negative way. If I were him, I might have perceived the mentions the same way. To him, my focus on him was personal, which is probably why he never mentioned, and probably missed, the messages in the articles. What I write is never intended to be personal. If I mention the name of a person in a negative context it is usually only because the name is necessary for an understanding of the message. And I do so only if I think the message is more important than hurt feelings.

Of course, there are times when a negative reference to a person is the

message. My frequent mentions of former State Representative Raymond Jordan are perfect examples. He is my local example of a post-Civil Rights movement led by Black politicians that swept through Black communities across the country and left them in ruins. From my point of view, Ray and his fellow Black politicians are the story and the ruins are their legacy. It's not personal. It just is. And I would hope it would be instructional for current and coming generations and for newly-elected State Representative Bud L. Williams.

But I don't write with expectations that he, and his supporters, and all others will like or agree with what I write, which is why we at *Point of View* offer all readers the opportunity to respond. Some do and request anonymity which we respect. Others respond and we publish the responses. And some are so vitriolic and devoid of reason that we don't feel obligated to publish their words. Most form opinions and don't respond. And that's okay too.

All I am saying is that I, like so many others, many of whom are far better writers than I am and often more provocative, write for general public consumption and reaction. I expect blowback and encourage it almost as much as I appreciate praise. But I credit myself for being my most severe critic. And I am most pleased when I can honestly say to myself, regarding what I write and the public reaction to it, "Job well done."

## KUDOS TO CONGRESSMAN RICHARD NEAL

The Springfield Union Station renovation is a wonder to behold. But the real story is Congressman Richie Neal's dream, while he was mayor many years ago, to make the rehabilitation of what many considered a useless monstrosity a center of Springfield's attention and a centerpiece of its economic comeback. It has taken decades to overcome the obstacles, the biggest of which were

*continues to page 24*

## THERE'S STILL TIME

*continued from page 1*

And then the real work began. Although Congress appropriated \$250 million to help build the museum, they required that money be matched from private sources. Thus began a monumental capital campaign to raise the remaining \$250 million.

On February 22, 2012, the museum broke ground on a five-acre site next to the Washington Monument and within view of the White House. At its opening there will be 12 galleries with exhibits that will tell the story of the African American experience with objects and artifacts, many of which have been donated from African American family collections. The 12 galleries are: Slavery and Freedom • Defending Freedom • Defining Freedom: The Era of Segregation 1876-1968 • A Changing America: 1968 and Beyond • Double Victory: The African American Military Experience • Power of Place • Musical Crossroads • Sports: Leveling the Playing Field • Making a Way Out of No Way • Taking the Stage • Visual Art and the American Experience • Cultural Expressions • A Century in the Making: Building the National Museum of African American History and Culture.

In describing the aspect of the Museum and its mission that he's most proud of, Founding Director Lonnie G. Bunch III said:

"I'm particularly proud that we are fulfilling the dream of many generations that came before us—the dream to build a living monument to people whose experiences and contributions have so often been left out of our national story through ignorance, neglect, and even overt efforts to suppress accounts of African American struggles and triumphs. I feel that we are delivering on a sacred promise to our African American ancestors by ensuring that their stories will be told and honored. I wish I could say "thank you" to the for not giving up, for persevering through unimaginable trials to keep African American culture alive."

Thousands of donors have financially supported this commitment to tell the story of the ancestors upon which so many of us stand. Among the list of Founding Donors (those who contributed \$1 million or above) were the names of many recognizable corporations, organizations and foundations. It was especially nice to see the names of African American celebrities like Oprah Winfrey who, through her charitable foundation, was in the \$20 million and above Pinnacle Donor category, along with the Rhimes Family Foundation (I'm assuming Shonda Rhimes) which is listed as a Capstone Donor with a contribution of \$10 million and above.

As I continued to peruse this list, I was especially proud to see donations of \$1 million and above by the Alphas (Alpha Phi Alpha Fraternity, Incorporated), the Omegas (Omega Psi Phi Fraternity, Incorporated), the Links Foundation, Incorporated and Sigma Pi Phi Fraternity/Boulé Foundation. These are Black organizations whose members not only stood up to be counted, but had the resources to do so. And kudos to Brooks Fitch, president of the local Springfield chapter of Sigma Pi Phi Fraternity/Beta Sigma Boulé, who was responsible for presenting the resolution of support of NMAAHC at the national meeting of the group which was unanimously approved. Additionally, Brooks spearheaded the local Springfield organization to become the first African American male organization in the country to contribute \$1,000 to the museum.

And then there was the contribution that was the subject of an article in *The Washington Post* back in May that a friend sent to me that motivated me to write this article—a \$1 million donation made by the Alfred Street Baptist Church, the "largest donation by a faith-based organization." The Alexandria, VA church, whose pastor is the Reverend Dr. Howard John Wesley, formerly pastor of St. John's Congregational Church here in

*continues to page 13*

STCC Diversity presents



Willie Hill & Friends

Dr. Willie Hill: Director of the UMass Fine Arts Center, Music Education Professor, and Jazz Musician

Thursday

April 13

2017

11am



Kevin Nadal, Ph.D.

A conversation with Kevin Nadal: Author, Comedian, Professor, and leading expert on the effects of discrimination.

Tuesday

April 25

2017

11am

Springfield Technical Community College

Scibelli Hall/ Gym

Springfield Technical Community College

Scibelli Hall/ Room 701

# Diversity Series

2016/17

For more event information contact the STCC Office of Multicultural Affairs: (413) 755-4461 • [www.stcc.edu/diversity](http://www.stcc.edu/diversity)

**Sponsored by:**  
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An African American Point of View  
STCC Black Professionals Group

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# EDUCATION

## FROM THE SUPERINTENDENT'S DESK



*Daniel Warwick,  
Superintendent at the  
Springfield Public Schools*

## I Wish Us All Much More and Even Greater Success in 2017

*By Daniel J. Warwick  
Reprinted from December 1, 2016*

The holiday season is here and that means school has been in session for three months already. Time flies! As you spend this time of year with loved ones, there are few Springfield Public Schools developments that I think make for merry conversation around the dinner table.

Nine schools in Springfield have achieved a Level 1 designation, increased from a single Level 1 school in 2012. Level 1 is the highest designation in the state's accountability system for schools, which spans levels one through five. SPS now has 16 Level 1 and 2 schools, compared to

only five in 2012. In addition, the overall number of Level 3 and 4 schools has improved from 36 in 2012 to 29 in 2016.

Of course, we have much more work ahead and many more goals to reach, but it's important to recognize the steady progress of students over the past four years. For example, the district's Composite Performance Index (which measures academic progress toward proficiency) in English Language Arts is at 75, which is an increase of 4.3 points since 2012. Likewise, the Composite Performance Index in math is 66, up by 7.3 points since 2012. Both scores are the highest ever achieved by SPS since

the state began publishing districtwide aggregate scores.

Other exciting news so far this year, includes our "Go Higher!" initiative, which allowed for every senior to spend half a day at the Basketball Hall of Fame for an intense College Fair. A partnership between SPS and the Department of Higher Education, the program represented the first time a school district has worked with the state to organize a "Go Higher!" program that was attended by every one of its seniors.

Many other fun and exciting activities occurred in schools throughout the district this fall. Just a sampling would include: schools

winning citywide vegetable growing and scarecrow building contests; schools hosting special guests such as basketball sensation Bilquis Abdul-Qadir and national recording artists Seth and Nirva; students placing as finalists for prestigious national scholarships, and so much more.

As I wish all of our educators, students, family and education supporters a happy holiday season, I hope we all take time to celebrate the great things happening in our lives, which we work so hard every day to achieve.

And I wish us all much more and even greater success in 2017. ■

## SCHOOL COMMITTEE & CITY COUNCIL HAPPENINGS



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

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

*By School Committeewoman Denise M. Hurst  
and City Councilor Justin Hurst  
Reprinted from April 1, 2016 with revised information*



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

### 1. Contact your Elected Officials to express your concerns:

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**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.

#### \*2016-2017 City Council Changes:

\*Ward 1-Adam Gomez; \*Ward 5-Marcus Williams

**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

### \*2016-2017 School Committee Change:

At Large Member-Norman Roldan

- 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/neighborhood councils](http://www3.springfield-ma.gov/neighborhood-councils) 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.

# EDUCATION

## PARENTS & COMMUNITY

### Gratefulness Beyond Thanksgiving

By Patricia Spradley

Reprinted from November 1, 2016



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

The word gratitude comes from the Latin word *gratia*, which means grace or gratefulness. Gratitude is a thankful appreciation for what a person receives, whether tangible or intangible. With gratitude, people acknowledge the goodness in their lives. In the process, people usually recognize that the source of that goodness lies at least partially outside themselves. As a result, gratitude also helps people connect to something larger than themselves—whether to other people, nature, or a higher power.

Showing gratitude is typically thought of as being thankful and wanting to show and return appreciation and kindness. Sure, many things can make someone happy—from friends and family to a great Thanksgiving meal. But pausing to appreciate these things is beneficial in more ways than one and should not only happen one day a year.

Those who show gratitude tend to report being healthier, and “one study found those who wrote down what they were grateful for each week actually exercised more, had fewer health complaints, and generally felt better about their lives.” Gratitude has also been shown to instill feelings of hope, inspiration, and forgiveness, so why confine it to just one day?

And it can’t just be me, but being grateful feels so good because it helps jump start positive vibes that are hard to break. In other words, when we start being grateful, we’re more likely to continue to feel positive, well beyond

Thanksgiving, possibly turning it into a daily habit. And the people around us probably feel it, too!

Gratitude is a way for people to appreciate what they have instead of always looking for something bigger or better. Learn to be satisfied with what He has blessed you with already. You must not be ready for bigger or better, yet! And who’s to say it will make you happier? Gratitude helps people refocus on what they have instead of what they lack. And, although it may feel unnatural at first, this mental state grows stronger with use and practice.

But for those skeptics, let me leave you with a few helpful **WAYS TO DEVELOP GRATITUDE:**

- **Write a thank-you note.** You can make yourself happier and nurture your relationship with another person by writing a thank-you note expressing your enjoyment and appreciation of that person’s impact on your life. Make a habit of sending at least one gratitude letter a month. Once in a while, write one to yourself.
- **Keep a gratitude journal.** Make it a habit to write down or share with a loved one thoughts about the gifts you’ve received each day.
- **Count your blessings.** Pick a time every week to sit down and write about your blessings—reflecting on what you are grateful for. It might help to pick (3-5) things that you will identify each week.

So as we give thanks around the Turkey Day table, remember that gratitude shouldn’t only happen on World Gratitude Day or Thanksgiving. Everyone has something to be grateful for, each and every day!

**HAPPY THANKSGIVING!**

## EDUCATION & HOPE

### Destiny’s Story

By Gianna Allentuck

Reprinted from June 1, 2016



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

If you believe in angels the way I do then you see, hear, feel, and sense them in the smile of a carefree child; the laughter of a wise older woman; the hug of a best friend; or the love of a cherished family member. And though typically pictured with wings floating in the Heavens or flying high watching over us, angels more accurately often walk and breathe among us. Sometimes, they are us.

Destiny Gonzalez was an angel who graced our hearts, our lives, and our earth with her big bright eyes, beautiful spirit, and precious smile. Whether walking through school in the loving wake of her mama; running and playing with friends on the playground for recess; nestling in between her mama and papa reading her favorite book; or snuggling and giggling with her brother and sister on the couch, Destiny touched and changed our lives. She inspired us.

And she loved to read.

In May, I had the honor and privilege of participating with Destiny’s family and closest friends in a special lantern lighting ceremony at her graveside in celebration of her birthday. After sentiments were shared by her parents and loved ones, and her cousins took turns reading her a treasured story – one she was never able to finish – we lit the lanterns and floated them on the breath of God high into the clouds where they shone bright like stars. Little rays of hope winking to us and twinkling like the sparkle in Destiny’s eyes. Reassuring us that her light will forever shine in our hearts and her story will continue on...

#### Author’s note:

Please help us lift up Destiny’s memory and story by supporting The Destiny Gonzalez Memorial Book Drive and Scholarship Fund, a non-profit project created to honor the life of a special little girl who enjoyed the wonderful world of reading. She religiously went to the library in search of her next weeks’ worth of books until a tragic accident on one fateful trip to the library cost her her life. Even though she is not with us today, we would like to share Destiny’s love of reading and literacy with the community by collecting and distributing quality and age-appropriate books to children in our City. These books would enable them to start a home library or add to a pre-existing one. Our wish is to provide the books needed to develop reading habits which will build the foundation for their lifelong love of reading and academic success.

Additionally, through any monetary donations we receive, we hope to reward an Elias Brookings Elementary School (Destiny’s school) student who shows outstanding reading progress and creative writing skills with a scholarship to a Summer camp of his/her choosing. The recipient will be selected based on a school-wide essay contest.

Please help us keep the memory of Destiny alive through the smile a love of books can create on a child’s face. For more information regarding the Book Drive or Scholarship Fund, please feel free to contact me at 703.930.0243 or [gallentuck@aol.com](mailto:gallentuck@aol.com) or visit the Destiny Gonzalez Memorial Book Drive and Scholarship Fund Facebook page. **Or drop off new or gently used books to Elias Brookings Elementary School at 433 Walnut Street in Springfield, where they will be distributed to Brookings students on June 15.**

# 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)

## The First 5 Years Of A Child's Life Is Critical

By Sally Fuller

Reprinted from August 1, 2016

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

### What does that mean?

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

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

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

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

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

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

Don't always try to answer their questions. Children are natural explorers and scientists. Let them use their curiosity to figure things out.

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

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

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

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

Take your child grocery shop-

ping 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. ■*

## EARLY EDUCATION & CARE



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

## Healthy Habits At Head Start

By Nicole Blais

Reprinted from January 15, 2016

**H**ead Start knows that helping young children develop healthy habits is essential to their ability to learn. For the past 50 years, health has played a critical role in the Head Start program; Head Start and Early Head Start work to help families better understand how to achieve and maintain optimum physical health. This includes linking families to a pediatrician and a dentist, ensuring all enrolled children receive developmental, sensory, and behavioral screenings and ensuring all enrolled children get both a well-child physical and oral health examinations.

Barbara Gresham, Program Nurse here at HCS, shared her thoughts about working with young children: "As a program nurse here at



Ms. Barbara Gresham, Program Nurse for Head Start, conducts a vision screening on preschooler Joshua Clark.



Ms. Barbara Gresham, Program Nurse for Head Start, conducts a hearing screening on preschooler Joshua Clark.

Head Start, I have the opportunity to support the health, safety and well-being of our children. I have the pleasure of working with the little ones—our future. They are fresh, open, honest and full of life. I see their progress, their growth and their overall development and I have a strong desire to keep them healthy, happy

and ready to learn. Believe me it's worth every minute." Well said Ms. Barbara!

Children feeling good inside and out directly correlates to their yearning to learn and the adults in their lives must encourage and model healthy habits. Hand washing, tooth brushing, visiting both the pediatri-

cian and dentist, being active and choosing an apple over a cookie are healthy habits that start at birth and at HCS Head Start. We thank Barbara and the rest of the health team for working closely with staff and parents to make sure that our preschoolers get on and stay on the path towards a healthy, happy way of life. ■

# HEALTH

## HEALTH MATTERS

### Alternative and Holistic Health

By Our Journey  
Reprinted from September 1, 2016



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

**O**ur Journey at OD Fitness is a health and wellness facility located in the heart of Forest Park. We offer personal training, group exercise classes, nutrition classes, nutritional consultations, meal plans; we also have an organic smoothie and salad bar. Our mission is to heal our community through mind, body, and spirit.

Our Journey started as a mobile health and wellness company. We would train people at different health and wellness facilities throughout the city, and offer the service of meal preps. OD Fitness operations already focused on offering both fitness and nutrition classes, as well as personal training. We realized that there was a gap between personal trainer and client; and we wanted to bridge the

gap with more involved relationships. OD Fitness realized that there was a serious need to educate the public's knowledge of healthy eating habits.

Why organic? Organic food is that food for which the USDA (United States Department of Agriculture) sets guidelines such as fertilizer usage, soil maturity, and proximity to conventional grown foods. Organic foods are more nutrient dense because of the richer soil and lack of chemically made fertilizer. Let's say, for example, you grab a conventionally grown ba-



nana and an organically grown banana; the organically grown banana is going to have three times as much potassium than the conventionally grown banana.

When you eat nutrient dense organic foods you are focusing on cell health and feeding your cells the right

nutrients. When you eat an organic meal from Our Journey at OD Fitness, that's what our meals contain, nutrient dense foods which are all organic. Organic food that is naturally grown also have a much lower calorie count. So, not only are all of our meals higher in nutrients because they are organic, but lower in calories than processed foods, and conventionally grown fruits and vegetables. Cell health is the most important aspect of a healthy body. When you eat conventional foods, you increase the likelihood of cell mutations as a result of the chemicals. Eat organic fruits, vegetables, and meals for a month from Our Journey and you will notice an overall healthy difference. Our Journey is located at 441 White Street, Springfield, Mass. ■

## HEALTH MATTERS

### Clocking Out to Clock In

By Anika C. Thrower, PhD  
Reprinted from February 1, 2016

any of these questions resonate with you, then you may be burning the candle at both ends—and need a break.

Burnout can cause many negative bodily reactions leading to insomnia, depression, and ultimately increased vulnerability to poor health habits. These behaviors include being connected to negative influences, having a poor outlook on life, and eating foods for the wrong reasons. Consider these methods below to set your clock:

#### Hand Pick

We all have people in our lives who just make us feel good. For no apparent reason they have a

peaceful presence or simply a welcoming personality. Obviously, we cannot pick everyone we interact with, for example our co-workers. On a regular basis we should consider taking inventory and being sure we have a village of people who positively fuel us. In a society where we have choices, why not pick people who uplift us? Become a hand picker.

#### Attitude can Help or Harm

Sometimes we cannot make choices about other people's behavior. This is especially true of those people whom we must interact with which includes family and colleagues. However, taking on a positive attitude about how we in-

*continues to page 10*



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

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

**W**ith a mere 24 hours each day to take care of responsibilities at home and work, we are often running on fumes. Moving at such a frantic pace means we sometimes limit the time we care for ourselves. This constant cycle is a recipe for disaster and can cause havoc on the body.

Take a moment to assess yourself: Have your sleep and/or eating habits changed? Do you use food and/or drugs to feel better or not feel at all? Are you constantly irritated or impatient with people? Do you feel like you are on a hamster wheel? If

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# HEALTH

## YOUR HEALTH

### Baystate Medical Center

#### Calling All Expectant Parents

#### Baystate Medical Center Now Offers Online Childbirth Class

**SPRINGFIELD, MA** – Can't find the time in your hectic schedule to attend a childbirth class in the evenings?

No worries.

Baystate Medical Center is offering a new online childbirth class for expectant families. The user-friendly program – for both PC and Mac users – will guide parents-to-be at their leisure through sessions on the stages of labor, comfort techniques, common medical procedures, including epidurals and cesareans, and newborn and postpartum care.

Engaging videos, personal birth stories, 3D animations, games, and various activities will help to make the learning experience easy and fun.

Once registered online, parents will receive an access code and additional information. The online program will be accessible for 45 days following initial login. High-speed internet service is recommended.

The cost for the online childbirth class is \$80.

For more information, or to register, visit [baystatehealth.org/parented](http://baystatehealth.org/parented) or call 413-794-5515. ■

## HEALTH MATTERS

### Clocking Out to Clock In

*continued from page 9*

Interact with people can help lower our stress levels. Let's put the power in our own hands, knowing that our attitude can help or harm a situation.

#### Soul Food

We have a tendency to allow food to mask something inside us that needs to be addressed. Most people have "comfort foods," empty calorie foods like potato chips. Over time, too much of this food can lead to unhealthy weight statuses. Some foods that could improve mood or mental health include those rich in omega 3 fatty acids like fish (especially like salmon and tuna), eggs, nuts, black beans, and flax seed. Though food is a necessity, let's put new meaning into the term soul food.

#### Rest

There comes a time when even the busiest person needs to disconnect. Sleep should not be the only time we disengage. Every day we should find ways to decompress. These periods can include time to read a book, engage in a hobby, or simply sit quietly in a comfortable, dimly lit area.

#### Dear Robust Reader:

As keepers of others people's wellness, it is our duty to be responsible for our own health needs. Give yourself permission to clock out so you are able to clock in and help others.

Next month we will delve into a new 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), attention: Anika. ■



#### Emergency Preparedness: Individual Family Survival

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

"Preparation through education is less costly than learning through tragedy."

For more information or to schedule a training contact:

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

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# HEALTH

## YOUR HEALTH

Baystate  Medical Center



*Dr. Heba Wassif*

## The Link Between Depression and Cardiovascular Disease

**SPRINGFIELD, MA** – How many times have you heard the major risk factors for heart disease?

High blood pressure. High blood cholesterol. Obesity. Stress. Diabetes. Family history. Lack of physical activity. But, did you know depression plays a role as well?

“The link between heart disease and depression hasn’t received the recognition it should. We’ve known about the connection for over 40 years, but it doesn’t come to the forefront like hypertension or high cholesterol, for example,” said Dr. Heba Wassif, a non-invasive cardiologist at Baystate Health.

Cardiovascular disease is the leading cause of death in the United States. One in every three deaths is from heart disease and stroke, equal to 2,200 deaths per day.

The Baystate cardiologist noted that depression and heart disease has received growing attention in research studies. Some of these studies have reported a threefold increase in cardiovascular disease among depressed patients, while others note that people with heart disease, who later become depressed, have an increased risk of dying after a heart attack.

“While people who are depressed are more likely to develop heart disease, the good news is that

seeking help for your depression, which nobody should be ashamed about, can greatly improve both your mental and physical health,” she added.

Signs of depression include:

- Feeling irritable
- Having trouble concentrating or making decisions
- Feeling tired or having no energy
- Feeling hopeless or helpless
- Trouble sleeping, or sleeping too much
- Change in appetite resulting in weight gain or loss
- Loss of pleasure in activities you once enjoyed
- Feelings of worthlessness, self-hate, and guilt
- Thinking about death or thoughts of suicide.

Dr. Wassif noted that the connection between depression and heart disease goes both ways.

“Oftentimes, patients with no history of mental illness become depressed after suffering a heart attack or after developing heart failure, as well as after undergoing heart surgery such as bypass,” said Dr. Wassif.

These patients also have a greater mortality rate for reasons that are both bi-

ological and behavioral, noted the Baystate cardiologist.

“We know that stress hormones released into the bloodstreams of depressed individuals accelerate the build-up of plaque on artery walls. This results in ongoing inflammation and the possible dislodging of plaque into the bloodstream, which can trigger a heart attack,” said Dr. Wassif.

“Also, people who are depressed often do not adequately take care of themselves. They don’t eat properly and are more likely not to exercise. They are also noncompliant when it comes to taking their medications to control such things as high blood pressure or diabetes, which are two major risk factors for heart disease,” said Dr. Wassif.

As a result, they are at increased risk of having another heart attack

and “quite possibly dying,” noted Dr. Wassif, as well as being readmitted to the hospital and slowing down their ability to return to better health.

While screening for depression is more likely to occur in the primary care setting, as opposed to at the cardiologist’s office, Dr. Wassif said it is something that cardiologists need to address should a patient open up to them about feeling depressed.

“Helping them to get appropriate treatment will vary from simply talking with a behavioral health professional to taking antidepressant medicines,” said Dr. Wassif.

To learn more about Baystate Medical Center’s life-saving cardiac capabilities, visit [www.baystate-health.org/bhvp](http://www.baystate-health.org/bhvp). ■

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# HEALTH

## YOUR HEALTH

### Lead Poisoning Prevention Awareness Education

By Neel Abdul-Hameed, Springfield Healthy Homes Committee Member



According to a fact sheet titled “Lead as an Environment Pollutant in Springfield, MA,” Lead is harmful to adults and is more dangerous to children.

“Lead is a toxic metal that was used for many years in products found in and around our homes. Lead also can be emitted into air from industrial sources and leaded aviation gasoline and lead can enter Drinking water from plumbing materials.” (CDC)

“Public health advocates released a report on Feb., 15, 2017 “raising serious concerns about the lead in the drinking water at MA public schools.”

Some level of lead was detected in nearly half of more than 40,000 taps tested in MA public schools as of Jan., 6, 2017” (*The Republican*, Feb., 17, 2017)

Childhood lead poisoning is a major environmental health problem in the United States. Lead exposure can harm young children and babies (fetus) before they are born. Even children who seem healthy can have high levels of lead in their bodies.

“Lead is more dangerous to children because babies and young children often put their hands and other objects in their mouths. These objects can have lead dust on them. Children’s growing bodies absorb more lead and children’s brains and nervous systems are more sensitive to the damaging effects of lead.”(EPA)

#### **Effects of Lead Poisoning**

Children with low levels of lead poisoning – Problems:

- Learning Disabilities, Decreased Intelligence -IQ
- Speech Problems, Hearing Loss, Hyperactivity, Attention Deficit

Disorder, Aggressive and Violent Behavior.

Children with high levels of lead poisoning – Problems:

- Reduced Motor Control and Balance
- Developmental Disabilities, Coma, Convulsions, and death in rare cases.” (Green & Healthy Homes Initiative fact sheet)

Springfield, MA is ranked as the highest risk community for childhood lead poisoning based on data between 2010-2015, according to the Massachusetts Department of Public Health. Eighty-seven (87%) of the homes have lead paint and there were 287 cases of blood lead poisoning.

Areas in Springfield with the highest lead poisoning risk are: Mason Square neighborhoods of Old Hill, Upper Hill, McKnight, Bay, and Six Corners. Also, one area in Forest Park was on the list.

During Public Health Month in April 2017, the Mason Square Library will sponsor an event and have a Lead Poisoning Prevention Information Display.

Even if you don’t have children, adults who live in homes or apartments built before 1978 should be concerned because lead poisoning affects adults too:

- Adults with low levels of lead in their blood may be Fatigued, Irritable, Depressed, have Impaired Concentration
- Adults with high levels of lead poisoning may experience Hearing Loss, Anemia, Hypertension, Miscarriages, or Stillbirths, Seizures, etc.

Springfield Healthy Homes’ website has an article on Lead, with a list of prevention tips, resources, and Services at [www.springfieldhealthyhomes.org/lead](http://www.springfieldhealthyhomes.org/lead). ■

### Warning Signs: Ask Alexa



**American Heart Association®**

*Learn and Live*

**American Heart Association** –The voice-activated Amazon Echo device answers thousands of everyday requests, like setting a timer, playing music, ordering a pizza or changing a thermostat.

Now, this device can help save someone’s life.

Alexa, the friendly voice of the Amazon Echo, will for the first time give all three instructions for CPR, heart attack and stroke warning signs.

The information is crucial because prompt medical attention can make the difference between life or death, or significant disability, said Robert Neumar, M.D., Ph.D., chair of emergency medicine at the University of Michigan Medical School.

“Any system that can reliably reduce delays in medical care for cardiac arrest, heart attack and stroke has the potential to improve health outcomes,” he said.

To access this new information, people simply ask Alexa, starting with the phrase “Alexa, ask American Heart” to ensure they’re hearing the science-based information from the American Heart Association. So, you would say:

— “**Alexa, ask American Heart ... how do I perform CPR?**”

— “**Alexa, ask American Heart ... what are the warning signs of a heart attack?**”

— “**Alexa, ask American Heart ... what are the warning signs for stroke?**”

Every day in America someone has a stroke every 40 seconds on average. About 2,200 Americans die from cardiovascular diseases each day. Cardiac arrest claims more than 350,000 lives a year. Because these are emergencies requiring urgent treatment, Alexa first tells the user to call 911 be-

fore offering other instructions.

There are about 8.2 million Amazon Echo devices in the U.S., according to Consumer Intelligence Research Partners. This year, sales of the Amazon Echo line and newer Google Home devices are projected to reach 4.5 million, according to the Consumer Technology Association.

The ability to easily offer assistance in so many homes is enticing to healthcare providers, because time is so important.

“Anything we can do to have not only more bystanders do CPR but have them start sooner is likely to have an impact on survival,” Neumar said.

About 70 percent of cardiac arrests happen at home, but victims are half as likely to survive when they are at home as they are in a public setting. One reason could be that no one at home did CPR, Neumar said.

“We need to create a culture where everybody is expected to be able to perform CPR who has the physical capability,” he said. “It’s not feasible to have everybody do a CPR course.”

Alexa offers the steps of Hands-Only CPR for a teen or adult who suddenly collapses: push hard and fast in the center of the chest at the rate of 100 to 120 beats per minute, the same rate as the classic disco song “Stayin’ Alive.”

Shawn DuBravac, Ph.D., chief economist at the Consumer Technology Association, said he could envision a day when voice-activated services are one day part of the 911 system. A 2015 study reported that about half of all communities do not have 911 dispatchers trained to give CPR instruction, as the AHA recommends.

And, people are more likely to take this step reflexively as they grow more and more accustomed to conversing with their devices.

“When you can order a pizza, one would think certainly that you could request first responders,” he said. ■

# COMMUNITY

## POLITICAL HAPPENINGS - SPRINGFIELD

### Enforcing the Residency Ordinance Will Make Our City Stronger

By Attorney Justin Hurst  
Reprinted from May 1, 2016



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

The letter below was recently sent by myself, City Councilor Bud Williams and City Councilor Adam Gomez to Springfield Mayor Domenic Sarno, Director of Human Resources William Mahoney, and Fire Department Commissioner Joseph Conant in advance of a vote by the City Council to strengthen the residency requirement that limited the Mayor's ability to

grant waivers to Department Heads and Deputy Chiefs. I was pleased that my fellow councilors were willing to take a strong stand with me on this issue.

I continue to be confused as to why we refuse to embrace residency, which everyone knows will make our city stronger.

On numerous occasions I have cautioned the Mayor and his staff that the lack of enforcement of the residency ordinance will result in litigation that will ultimately cost the city money. My fear is the Mayor is letting the "good ole boy network" trump his ability to make decisions that are in the best interests of the citizens of Springfield.

March 30, 2016

Dear: Mayor Domenic Sarno  
Director of Human Resources Joseph William Mahoney  
Fire Commissioner Joseph Conant

It has recently been brought to our attention that there are five District Chiefs and one Deputy Chief . . . on the Springfield Fire Department who are not in compliance with the residency requirements as set forth in Chapter 73, Article II of the Springfield City Ordinance. Furthermore, Bill Mahoney clearly stated at our last City Council meeting that it is the City's position that all District Chiefs and Deputy Chiefs are bound by the Residency Ordinance.

If the Chiefs listed below have not filed a certificate of residency in the City of Springfield as of February 1, 2016, the ordinance requires that their names be stricken from the payroll and that that person shall cease to be employed by the City.

If the Chiefs are unwilling or unable to comply with the ordinance then there are qualified Captains currently residing in the City of Springfield who have passed the District Chiefs' test and are ready and willing to fill the positions. There are also Captains currently residing in Springfield who are slated to take the test who can be promoted to a provisional position pending the results of the promotional exam in accordance with the Civil Service rules.

Yours respectfully,  
Councilor Justin Hurst  
Councilor Bud Williams  
Councilor Adam Gomez

## THERE'S STILL TIME

continued from page 5

Springfield, was quoted in *The Washington Post* as he presented the \$1 million check to Lonnie Bunch, "This is a proud moment for us, and praise be to God we had the resources. Black stories matter (and) there's a need for claiming and proclaiming our own history and heritage."

There are others here in Springfield who believe that as well and have made individual contributions and are sustaining members of the museum. Some, like Maxine and Tom Brown and Mary and Art Shurn were motivated to give as a result of a visit by Adrienne Cobb Brooks to St. John's for the dedication of the Cobb Center, in honor of her father, the late Reverend Charles Cobb, Sr., a former pastor of St. John's. As part of her remarks, Adrienne gave an inspiring and informative talk on the efforts underway at the time to build the Museum and the support that was needed.

When I asked Maxine, who along with her husband, have given a substantial donation to the museum what had motivated them to become a sustaining member, she responded, "It is very important that the African American community be represented in Washington." She said she had been inspired by Adrienne's presentation and "felt strongly about being a part of this lasting legacy and tribute to our history. Too often we just pay lip service and don't act," she concluded."

There are others who learned of the museum's need for support through other means. I happened to be talking about the museum to a few of my girlfriends recently and Pat Spradley told me about her and her husband's support. I asked her husband what had motivated them to give and he said, "We donate to honor our heritage as African Americans and to share the blessings of God's favor. We visited the MLK Jr. Memorial with much pride knowing that we had a part in its realization. We look for-



The Rev. Howard-John Wesley, pastor of the Alfred Street Baptist Church in Alexandria, which donated \$1 million to the National Museum of African American History and Culture.

(Dayna Smith/for The Washington Post)  
Photo taken from [www.washingtonpost.com](http://www.washingtonpost.com)

ward to doing the same with our grandchildren when we visit the National Museum of African American History & Culture. It is imperative that we celebrate our history in ways that preserve it for the generations to come."

I'm sure there are many more stories like Maxine's and Willie's of other donors from this area. Rick and I are proud to be among them. If you let us know who you are, we will be happy publish an honor roll of donors.

Everyone can share in that pride. It doesn't matter how much you contribute, just that you do. You can become a Charter Member for a contribution of as little as \$25. In fact the museum states it has more than 100,000 donors who have made an on-going pledge of \$25 a year to become members. And, it's not too late. As of May according to *The Washington Post* article, the museum was \$25 million short of its goal. Make your contribution now and share in the pride of this monumental accomplishment. Simply go to [nmaahc.si.edu](http://nmaahc.si.edu) and follow the prompts. Yes, we can! ■

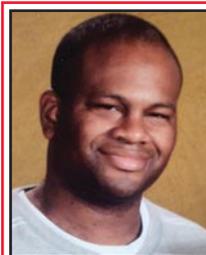
# COMMUNITY

## COMMUNITY BEAT

### Sector Updates

By Kenneth Harris

Reprinted from December 1, 2016



*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.*

#### Liberty Heights Sector B

After a bogus call, a pizza delivery driver was held up by six individuals armed with either a long rifle or a BB gun. \$15.00 and personal items were taken from the victim. In another incident, two males displayed silver handguns to a victim before fleeing. The startled victim dropped his car keys and was unable to find them.

There seemed to be a drop in burglaries. Eight is a low number for this period, considering previous reports that averaged two a week. In the past, some officers recalled receiving as many as five calls for burglaries within a week. In a separate incident, a burglar cut off the lock to a shed and stole a lawnmower. There were a total of three motor vehicle thefts and police were able to recover them.

Overall, crime is down significantly compared to this time last year. This includes robberies at 1% and aggravated assaults at 50%. Five of the seven drug activities in this category resulted in arrests.

Residents expressed concerns about the failure of drivers to abide by the NO PARKING SIGNS on Bur-

bank Avenue that go onto Carew Street. Conditions were described as “terrible” and “busy” during times children get out of school. There were complaints of seeing no signs on corners that need them and the unreadable, faded appearance of other signs and an account of seeing one knocked down. The traffic commission is implementing a new stop sign on the corner of Connecticut Avenue and Park Road.

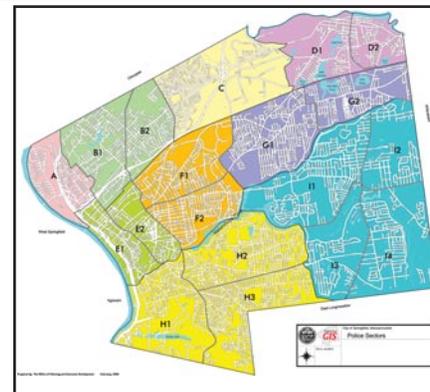
#### Pine Point/Boston Road Sector G

*Crime in Sector G is down 3% compared to this time last year.*

- An intoxicated male was attacked and beaten in a parking lot for \$200. In another case, a person was followed by individuals before they physically punched him. He was also hit with a firearm. The assailants took his car and crashed it before taking off. The victim refused to cooperate with the police.
- A store clerk was robbed at gunpoint by a masked man. Eight days later, an individual returned to the same establishment to hold up the place again. The intruder fled but with the K-9 unit, police were able to recover clothing, cell phones,

and money. This case was active, pending forensic analysis.

- An intruder robbed a bank at knife point. He was described as having a cigarette lighter that looked like a gun. He fled the scene with cash. The police were able to apprehend him on Barber Street. Officers found his ditched clothing used for the robbery on Boston Road. He is a suspect in other robberies.
- An 11 year old was chased by an unknown person dressed as a clown and carrying a machete.
- There was a weapons complaint of two males shooting at people with a BB gun and the discharges were referred to as “classic pellets.” Police determined it was actually a



toy gun.

- A man attempted to push a cart loaded with merchandise out of a store without paying. When he was confronted by an employee, he said he had a gun. The assailant left without the items.
- ATM machines in stores have been hit. There were at least nine in April and about three or more in August. Masked assailants are breaking in and cutting wires to alarms and videos to carry out thefts. ■

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# COMMUNITY

## COMMUNITY PERSPECTIVES



*Bishop  
Talbert W. Swan, II  
is Pastor of The Spring Of  
Hope Church Of God  
In Christ*

*“If you are neutral in situations of injustice, you have chosen the side of the oppressor” – Desmond Tutu*

In the wake of police brutality complaints and escalating hostility toward police following high profile incidents across the nation, you would think that Wilbraham, MA police officer Chris Rogers would be commended for having the courage to report the misconduct of a Springfield, MA police officer he observed kicking an unarmed, handcuffed teenager in the face after the boy and several associates commandeered an unmarked police vehicle for a joy ride. However, many are critical of Rogers and have labeled him a “snitch” and a turncoat for having the audacity to report a fellow police officer.

At a recent rally at Springfield City Hall, the question was asked, “Where are all the good cops?” Those of us who criticize police brutality and abuse of power often wonder this – sometimes aloud, often on social media. But there is an answer to that question – it’s not purely rhetorical – the “good cops” are often ostracized and driven out of work by a culture of silence that protects the bad cops. In my speech at City Hall, I declared, “A silent cop is not a good cop.”

In order to restore public trust of the police, there must be transparency and accountability. This includes making reforms to support cops like Officer Rogers, who risk their reputations, friendships, and careers by reporting police misconduct. Such officers should not have to feel like they’re under siege by the departments they work in or the communities they serve for simply doing the

right thing. Instead of being vilified, they should be praised for helping to weed out bad cops who make their job more dangerous and tarnish the badge, which should be worn with pride and honor.

Protecting bad cops with their own version of “stop snitching,” police departments across the nation create a public safety threat that endangers the lives of all police officers and citizens while costing tax payers billions of dollars each year in lawsuits. Springfield has doled out millions of taxpayer dollars in settlements resulting from the actions of rogue cops who were protected for far too long by a culture of silence that undermines accountability. Holding law enforcement agencies and officers accountable is a critical element in restoring public trust of the police. We simply cannot ignore the many problems in law enforcement and the vic-

tims of police misconduct, including police officers that have been retaliated against after reporting police misconduct.

Protection for good cops who blow the whistle on corrupt ones is paramount. Police brass must work to create an atmosphere where an honest police officer can act without fear of ridicule or reprisal from fellow officers. Officers need to know they will be protected and that the departments they work for have true integrity. The job of police is to create a safer world; however, abuse of power and brutality creates an environment that is unsafe for everyone, police officers included. We must challenge both police and citizens to support good cops and to speak out on behalf of those who face hostility for trying to do the right thing by reporting their peers who make an already difficult and dangerous job more dangerous by their misconduct.

## COMMUNITY FOCUS

### Answering the Call for Social Justice: April 8, 2017 Social Justice Awards

*By Lucie K. Lewis, Ed.D*

Social justice is a complex term charged with uncertainty about what it means. Though the speeches of Dr. Martin Luther King were replete with quotable comments about what social justice looks like in action, the debate over what it is continues. From the jail in Birmingham, Dr. King wrote:

“Injustice anywhere is a threat to justice everywhere. We are caught in an inescapable network of mutuality, tied to a single garment of destiny.”<sup>1</sup>

According to Ronn Johnson, CEO of Martin Luther King Family Services, the evidence of injustice continues to be seen through social disparities that directly impact health care, create food insecurities, restrict access to quality educational systems and compromise a family’s ability to achieve financial security; each limiting the lives

of far too many.

Doug King, editor and WebWeaver of the *The Witherspoon Society of the Presbyterian Church USA* re-envision Dr. King’s words as:

“Social justice provides the foundation for a healthy community. It grows out of our sense that each person—each created being—has value.”<sup>2</sup>

Driven by values like fairness, equity and mutual respect, this statement depicts the spirit of a community where actions are shaped by the urgent need to be just, evenhanded and honorable; to ensure that our shared humanity defines our interactions and institutions embrace the need to serve all equally. Until this dream is reached, the fight for social justice must remain on the forefront not just of social discourse but of social engagement as well.

On **April 8, 2017**, Martin Luther King Family Services will celebrate five activists who have not just heard the call but stepped forward in action to bring about social justice in five essential areas. The recipients of the Social Justice Awards will be:

**Rev. Dr. Atu White**, Mount Zion Baptist Church, for his community work in Economic Development using practical theology in leadership, church growth and capacity building;

**Patricia Spradley**, Springfield Public Schools Parent Engagement, for her work in Education as she strives to further student achievement through the strategic engagement of parents, community, and political and institutional partners;

**Marc Sparks**, Chez Josef, for his work in Entrepreneurship as his personal and professional work ethic allowed him to advance through the ranks from waiter to owner of the area’s premier banquet facility;

*continues to page 34*

# COMMUNITY

## LEADERSHIP PIONEER VALLEY

### Love is Love is Love is Love is Love

By Lora Wondolowski  
Reprinted July 1, 2016



**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](http://www.leadershippv.org)

With the Fourth of July around the corner and warming temperatures, I had meant to submit a different article for July. The mass shooting in Orlando on early June 12<sup>th</sup> has hit me hard and forced me to set aside my intended article. The old article can wait, but a massive hate crime cannot wait to be addressed.

A hate crime against any one group beckons to all of our humanity. We know that prejudice often knows no boundaries, while civil rights are fought one battle at a time and won one prejudice at a time. The gunman in Orlando allegedly made both homophobic and racist remarks, yet we tend to look at incidents in a vacuum. The recent crime is complicated by the fact that the attacker allegedly praised ISIS in a 911 call. I worry that this horrific act will get swept up in anti-terrorism and forget the targeted victims in our rush to connect this to something bigger. The fact is that it is a part of something larger—the intolerance and hatred of others that still plagues this nation.

News of the shootings reached my 10- and 7-year olds the same evening and I watched them try to understand an inexplicable act. They were clearly troubled that someone would target people just because they are gay. I know that this is the same conversation that is a regular part of the lives of people of color.

The evening of the shooting Lin-Manuel Miranda, creator and lead of the musical Hamilton, had this to say as he accepted the Tony Award, “We

chase the melodies that seem to find us until they’re finished songs and start to play when senseless acts of tragedy remind us that nothing here is promised, not one day. This show is proof that history remembers. We live through times when hate and fear seem stronger. We rise and fall, and light from dying embers, remembrances that hope and love last longer and love is love is love is love is love is love is love cannot be killed or swept aside.”

Nothing here is promised; it is up to us to make changes. Miranda reminds us that community and love matter. For the last five years, Leadership Pioneer Valley has built classes of leaders that reflect the rich diversity of the Pioneer Valley. This disparate group of leaders ends the year with deep connections and love for one another across difference, but more importantly with a better understanding of one another’s differences. It is this understanding and empathy that sweeps away prejudices and leads to broader inclusion and leadership. Leadership Pioneer Valley is proud to be a *community* leadership program which breaks down many barriers at once and not in isolation. If we are to be community, we need to understand that an attack on any one of our members is an attack on us all. ■

## FOOD FOR THOUGHT

### Justice for All

By Zaida Govan  
Reprinted November 1, 2016



**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 put off writing this article until the last minute because I didn’t know what I was going to write. The injustices that come to light on a daily basis seem insurmountable. From the Presidential campaign to our local activities, it seems there is no justice for ALL. There is no respect for all; there is no compassion for all. The scales are tilted toward the wrong side of history. One day my grandchildren’s children’s children will look back and be appalled at how we treat people.

On the one hand, I am tired of signing petitions urging the Justice Department to do their job by prosecuting the crime of murder by police officers paid to protect and serve. On the other hand, I am proud of our local community leaders who are on the right side of history. I would say that we are a progressive city with the far off attainable goal of justice for all. We have been able to prosecute and find guilty a police officer who assaulted one of our residents.

Unfortunately, there are still po-

lice officers out there who are allegedly raping women in lieu of criminal charges. If I was a police officer like many of my friends and family are, I would be upset at these officers who are giving my profession a bad name. I would be the one calling them out and telling their supervisors about it because I don’t want my profession associated with this bad reputation. I would probably not be a police officer for long in light of the blue wall but I would not be able to stay quiet. I say that because I am not a police officer. But as a social worker, if I knew that another social worker was using their profession to take advantage of a vulnerable person or persons, I would report it.

In our city we had to have a police officer from a neighboring town report that one of our officers was being unprofessional and assaulting suspects and threatening to plant evidence on them as if it was part of the job. Is it? I am proud of our City Councilors who came out and demanded that the officer in question be fired. At the least he should be fired. I believe that he should be prosecuted to the fullest extent of the law. If you or I beat someone up, we would be charged, prosecuted, judged and sentenced as we should be. This is not justice.

The election in November is very important, especially in our local offices. Who are you going to vote to lead the Sheriff’s Department? Who are you going to choose to appoint judges in our courts? Who will represent at the State House in Boston? There are many offices besides President that we have to vote in and the closer to home they are, the more important they should be to you because they are the ones that are affecting you the most. This is one way we can begin to achieve justice for ALL. ■

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# COMMUNITY

## LATIN@ GROOVE



*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.*

## CELEBRATING FIFTY YEARS OF N.O.W.

By Magdalena Gómez  
Reprinted from November 1, 2016

Writing job at Carl Byoir and Associates, the largest public relations firm of that era, and was rejected due to gender bias. Fox was relentless, and by 1956 became Byoir's youngest and only woman Vice President. By 1979, she was Executive Vice President and in 1976 had made the list of Business Week's 100 Top Corporate Women as the "Top Ranking Woman in Public Relations." Fox is also a narrator in the recent documentary, *She's Beautiful When She's Angry* by Nancy Dore and Nancy Kennedy, that, among other things, speaks to the question regarding the inclusion of women of color and working poor women in the movement. It addresses some challenging truths, perhaps the main reason it took Dore and Kennedy twenty two years to get it funded. Muriel Fox was one of the leaders who inspired and implemented N.O.W. and encouraged Betty Friedan behind the scenes, working as the main publicist activating the launching of the movement.

This year marks the 50th anniversary since the founding of N.O.W. and very little media attention has been given to this momentous and historic moment. I thank Marjorie and Frederick Hurst for allowing me to honor Fox here as one of the great unsung heroines and founders of the women's rights movement in the United States. A woman who fought as hard for women's rights as she did for the rights of Black people. A woman who has raised a family of activists and who, at the age of eighty-eight, is as fierce an advocate for the civil rights of all as she was when she was a young woman. Muriel Fox. Remember her name.

**MG:** Muriel, what inspired you to become an activist?

**MF:** There were wrongs that had to be righted. I was active in the racial civil rights movement, supporting organizations like C.O.R.E. and the Worker's Defense League in Florida. The racial civil rights movement led to the women's civil rights movement. It was personal for me; mostly because of my mother who was a very unhappy woman, and her life in many ways was wasted. She was a very intelligent woman, and very sad and angry. She had been assigned the job that was expected of her: to be a housewife. I hoped there would be another way for me and other women to live.

**MG:** You made history and changed the lives of countless women. How did you do it, juggling marriage, children and full time work?

**MF:** Yes, we did make history and we knew that it would happen when we founded N.O.W. in late October, 1966; we just didn't think it would happen so fast. It was very difficult. I didn't get enough sleep, I had no discretionary time to see friends or read a book. Everything was for my job, where I worked 50-60 hours a week, for the women's movement or for my family. I tried to be loyal to all three and sometimes I skimped on my family; I still feel guilty about that. Time was a big oppressor. The same is true for women today – in part because we still don't have good quality child care.

**MG:** Do you think that will change?

**MF:** The U.S. lags very far behind other developed nations in providing quality child care. This will make life

better for everyone, not just women and children. Good quality child care is still a big goal for N.O.W. and for me.

**MG:** How did you and your cohort choose your target audience for N.O.W.?

**MF:** The truth is, we wanted to reach the government, get the laws changed; we wanted to get the laws that were on the books enforced. The Equal Opportunity Commission was the agency that was supposed to enforce The Civil Rights Act. Franklin



D. Roosevelt, Jr. misused that name of his and made fun of women and there were jokes about Playboy Bunnies, and he treated civil rights for women as trivial. We knew that we

*continues to page 38*



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# COMMUNITY

POSITIVELY LIFE CHANGING



*John Roberson is Vice President of Children and Family Services for The Center for Human Development (CHD), 332 Birnie Avenue, Springfield, MA 01107, 413-733-6624*

## Thoughts On The Present Father

By John Roberson

Reprinted from March 1, 2016

**A**aron Roberson was my father. By day, he was a presser at a dry cleaner. On second shift, he was a machinist for Spalding. Dad was hard-working, organized and detail-oriented until the day he died, but expertly pressed suits and perfectly dimpled golf balls weren't the only results of his high standards.

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

He was the family voice of reason. He'd discipline me, all right, but he'd also talk with me about why what I'd done wrong was a bad decision and how I could do better next

time. My siblings and I learned to appreciate his guidance, even when it was stern, because he was keeping us on the right path.

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

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

tate toward bad influences, like gangs, and find themselves in trouble with the law.

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

them with local businesses offering employment opportunities. The goal is for residents to begin working at a job immediately upon their release from secure treatment.

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

A man like Aaron Roberson.

### COMMUNITY INFORMATION

## Ladies of St. Peter Claver's Washington, D.C. Sightseeing Tour

**T**he "Ladies of St. Peter Claver have tickets to the Smithsonian National Museum of African American History and Culture, Washington, D.C by night, and a trip to the Arlington National Cemetery, as a sightseeing tour. The Tour includes a deluxe motor coach, two nights at the Holiday Inn, 2 breakfasts, 2 dinners and driver gratuity. Total cost is \$467, **with a deposit of \$150 by April 28th** or \$617pp single. One can also buy insurance. Please contact Karen Hurd at: 413-530-1130 for further information.

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# LIVING

## LIFE'S CHALLENGES

### The Spirit of Perversion

By Sweets H. Wilson, PhD

Reprinted from May 1, 2016



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

FROM HARTFORD, CONNECTICUT

According to Ezra, scroll of scribes, the definition for lasciviousness means to be lewd and lustful in one's behavior. This behavior is similar to the life-force of perversion and Eros. Eros from mythology was the spirit of erotic love that focused on feeding fleshly desires and impulses in relation to sexual pleasures. This evil spirit Eros works hand in hand with lasciviousness to create an unnatural, perverted individual who participates in all abominable forms of sexual pleasures such as, sadomasochism. The main reason why the Higher Power destroyed Sodom and Gomorrah was because the inhabitants allowed these life-forces to dwell within them until the entire city was completely overtaken.

The life-force of perversion comes from the mental thought patterns and images a person sees through their eyes and ears that can come from movies, music and conversations. Every day television, movies, billboards, newspapers and magazines bombard us with lustful images. And when lustful thoughts become part of our lifestyle, we feel like prisoners to those controlling desires. But our Higher Power does not want us to suffer in the prison of lust. He offers hope and freedom when we turn to Him for help to understand the truth behind the lies of lust.

The roots of lust run so deep that it is almost instinctive. And once we begin to fulfill our own lusts, a vicious cycle begins. Lust leads to immorality

and breaks our relationship with our Higher Power (Romans 1:24-32). We become numb to lust's impact, so we continue to lust even more. That is the very nature of lust: an unquenchable thirst for more and more, such as more money, more fame, more power, more revenge, more food, more clothing, and more love. Unless our desires are turned over to the Lord, we will never be satisfied.

There are external lusts, including ungodly sexual appetites and overindulgence in food and drink; and there are internal lusts, such as the lust of power, fame or position. No matter the form of lust we face, we can be assured that we have an Advocate who "understands every weakness of ours" and "was tempted in every way that we are. But He did not sin" (Heb. 4:15). Try these practical steps and ask the Higher Power to lead you to victory.

- Ask the Higher Power for help
- Die to lust
- Walk in the Spirit
- Renew your mind
- Resist and flee

Entering into a robust, biblically mandated approach to overcoming lust opens the door for our Higher Power to work. Only our Higher Power can change us but He does not force His way on us. Self-improvement efforts and resolutions apart from surrendering to Him and His working in us is futile. Only He purifies the heart, filling it with His presence and love where once we were filled with sin. It is the Higher Power who transforms us, not we ourselves. The strategies described here are effective means for overcoming lust in your life. Initially, the battle may be bitter and daunting. Be encouraged. Trust fully in the Higher Power and you will be victorious. ■

# FOOD TALK

## THE URBAN COOK

### A Brief History On Soul Food

By Rhonda Jones

Reprinted from February 1, 2016



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

I went online and did some research on soul food to write this article. Let's journey together in this brief history of soul food.

"Soul Food" is a term used for an ethnic cuisine, food traditionally prepared and eaten by African Americans of the Southern United States. Many of the various dishes and ingredients included in soul food are also regional meals and comprise a part of other Southern US cooking, as well. The style of cooking originated during American slavery. African slaves were given only the leftovers and undesirable cuts of meat from their masters (while the white slave owners got the meatiest cuts of ham, roasts, etc).

We also had only vegetables grown by ourselves. After slavery many former slaves, being very poor, could afford only off-cuts of meat, along with offal (parts of a butchered animal considered inedible). Farming, hunting and fishing provided fresh vegetables, fish and wild game, such as possum, rabbit, squirrel and sometimes waterfowl. African Americans living in America at the time and since, more than made do with the food choices we had to work with. Dishes or ingredients commonly found in soul food include:

- Biscuits (a shortbread similar to scones, commonly served with butter, jam, jelly, sorghum or cane syrup or gravy; used to wipe up, or "sop," liquids from a dish).
- Black-eyed peas (cooked separately or with rice, as hoppin' John).

- Butter Beans (immature lima beans, usually cooked in butter).
- Catfish (dredged in seasoned cornmeal and fried).
- Chicken (often fried with cornmeal breading or seasoned flour).
- Chicken livers.
- Chitterlings or chitlins (The cleaned and prepared intestines of hogs, slow-cooked and often eaten with vinegar and hot sauce; sometimes parboiled, then battered and fried).
- Chow-Chow (a spicy, homemade pickle relish, sometimes made with okra, corn, cabbage, green tomatoes and other vegetables; commonly used to top black-eyed peas and as a condiment and side dish).
- Collard greens (usually cooked with ham hocks, often combined with other greens).
- Cornbread (short bread often baked in an iron skillet, sometimes seasoned with bacon fat).
- Cracklins (commonly known as pork rinds and sometimes added to cornbread batter).
- Fatback (fatty, cured, salted pork used to season meats and vegetables).
- Fried fish (any of several varieties of fish: whiting, catfish, porgies, bluegills dredged in seasoned cornmeal and deep fried).
- Grits (often served with fish).
- Ham hocks (smoked, used to flavor vegetables and legumes).
- Hog maws (or hog jowls, sliced and usually cooked with chitterlings).
- Hog head cheese.
- Hot sauce (a condiment of cayenne peppers, vinegar, salt, garlic and other spices often used on chitterlings, fried chicken and fish; not the same as Tabasco sauce, which has heat but no flavor).

continues to page 39

# Around Town & In The Community



*Malik Champlain spoke at the Constructing Kings Youth Conference at Springfield College.*



*Stone Soul Festival Legacy Award recipients from L to R: WTCC 90.7 FM Gospel DJ Kenneth Barnett, Springfield Police Lieutenant Jessica Henderson, WEIB 106.3FM owner Carol Moore Cutting and Robert "Cee" Jackson, owner and operator of Jackson Security.*



*2nd Associate City Solicitor Alesia H. Days, Esq. speaks at Domestic Abuse Prevention event at Springfield City Hall.*



*The African American Reading Circle took place at Olive Tree Books-n-Voices during Black History Month with owner Zelmon Johnson (right).*



*Buy Springfield Now Home Ownership Program event from L to R: Cindy Gaynor, NRG Realty; Moyah Smith, Buy Springfield Now Chair and United Bank Community Outreach Officer; Springfield Mayor Domenic J. Sarno; Rocco Leone, Mass Housing; Jasmine Clemons, \$500 Gift Card Winner; Miranda Ronke-Czeriecki, Vice President KeyBank; Laura Roy, Buy Springfield Now Co-Chair and KeyBank Mortgage Consultant; Mineral Marrero, Mayoral Aide.*



*Melaquan Allah and Laurice Jiggets did an African Drumming and Dancing workshop for students at Talmadge School in Springfield during Black History Month.*

# Around Town & In The Community



*Mayor Domenic J. Sarno joins participants at the "How to Wear Your Crown" Summit.*



*Jazz saxophone great Charles Neville with Blues legend Dr. John performed at the Academy of Music in Northampton.*



*Models gather at the International Women's Day event at Boland School.*



*Standing L to R in front of two MLK basketball teams, ages 5-6, are: Coach Gian, Referee Jason Feliciano, Coach Tammy Jones, Coach Skip Jackson and Referee Justin Feliciano.*



*Springfield Central High School Girls basketball team won the Division 1 Western Mass championship and went on to win the state championship.*



*Springfield Central High School Boys basketball team won the Division 1 Western Mass championship.*

# COMMUNITY

## COMMUNITY FOCUS - CONNECTICUT



## National Conference For Community And Justice Celebrating 90 Years In Connecticut

**HARTFORD, CT** –The National Conference for Community and Justice of Connecticut and Western Massachusetts, Inc., NCCJ, founded in 1927 as the *National Conference of Christians and Jews*, is celebrating 90 years of social justice work in the Connecticut region.

The mission of the NCCJ today is, as it has been in the past, to eliminate all forms of prejudice, bigotry and discrimination throughout every community, so that no one has to feel isolated or diminished because of their skin color, their gender, the way they worship or who it is they love.

“The purpose of NCCJ’s founding was to fight bias, bigotry and hatred in all its manifestations, while promoting understanding and respect among us all, regardless of our social identities. Today, it is

an understatement to say that our mission is as relevant as it was 90 years ago. Our post-election reality is filled with vitriol, hatefulness, and an unprecedented level of polarization among the people of our country. It is imperative that we do what we can to help our communities build a world that is inclusive and just, not just for some of us, but for all of us. NCCJ has a long history of providing the tools and skills to help individuals, schools and workplaces respond effectively to bias and bigotry. It’s a clear understanding of our history that allows us to follow a vision of kindness and inclusion into our future,” stated Dr. Andrea C. Kandel, President and CEO, NCCJ Connecticut and Western Massachusetts Region.

The NCCJ will kick off its 90<sup>th</sup> anniversary at

a celebration of the 2017 Human Relations Award Banquet held on **April 20, 2017** at Marriott Downtown, Hartford Connecticut. The Annual Human Relations Award will be presented to individuals who have distinguished themselves by conducting in their daily lives with open-mindedness and respect, showing leadership by example, and diligence in their fight for human rights and dignity.

### About the National Conference for Community and Justice

Formed 1927, NCCJ is a human relations organization that promotes inclusion and acceptance by providing education and advocacy while building communities that are respectful and just for all. Celebrating the diversity of races, religions, cultures, genders, abilities, and sexual orientations. Visit <http://www.nccj.org/> for more information.

## Windsor, CT Man Among Eastern’s 2017

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

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

**WILLIMANTIC, CT** – Elijah Oliver, enrollment services coordinator at Manchester Community College (MCC); Taylor Hemphill ‘17, a social work major and ambassador in the Women’s Center at Eastern Connecticut State University; and Kemesha Wilmot, associate director of the University’s Center for Community Engagement (CCE), have been named recipients of Eastern’s 2017 Distinguished Martin Luther King Jr. Distinguished Service Award. The award is presented to individuals whose service reflects the ideas of the late leader of the Civil Rights Movement and human rights in general.

A packed house was on hand when the University presented the awards on Feb. 23 in the Arthur L. Johnson Wing of the Student Center. Oliver ‘07, of Windsor, in addition to his full-time position at MCC, specifically founded **Take FLYGHT Enterprises** (TFE), an organization with programs designed to help young people “prepare for lift off” in life and be-

come the very best people they can be. **Isaiah’s Way**, a component of TFE, strives to empower, motivate, and encourage young males, allowing them to become thoughtful decision makers and productive, responsible members

of society. **Money & Math Works**, another TFE component, is designed to educate and prepare students K-12 to be fiscally responsible and independent, and covers a full range of financial topics that include income,

far-reaching, comprehensive and inspirational to hundreds of young people as they try to lead more fulfilling lives,” said Stacey Close, associate



Dwight Bachman



L to R: Kemesha Wilmot, Elijah Oliver and Taylor Hemphill



Keynote Speaker Malik Champlain

savings, debt, education, credit, budgeting, spending habits and many more.

“This effort by Mr. Oliver, a certified master life coach, is

vice president for equity and diversity at Eastern. “It demonstrates exemplary service to the wider community in the advancement in the cause of young people of color.”

continues to page 39

# EDITORIAL

## LETTERS TO THE PUBLISHER

### What Next?

In hearing the issues of the legislators wanting a pay raise from \$30-\$45 thousand dollars, it caused me some concerns so that is why I am writing this letter.

I have been working in the Human Service field for years and you see what goes on and what is needed by individuals and their families, such as housing, support systems, programs for children, health issues, mental health issues, residential housing, sober homes, and financial issues. Some of this money could be geared to these areas because there is never enough. The minimum wage just went up to \$11.00 an hour and these are the people who need it but most small businesses cannot afford it. A friend once stated: "The legislators forgot that they are there to service the people and this is not the 'Private Sector'." There are a lot of programs that can benefit from the \$15 million dollars as well as some cities that could use the money for some of their projects.

We all have employment that requires a lot from us and we have to pay some of our own expenses. If you find out that you need such a big pay increase then maybe it is time to move on; after all, you ran for this office knowing what it required. I am not trying to step on anyone's toes but this is my opinion because I have to pay my taxes like everyone else and I do not want people getting large pay raises just because they can.

The legislators may need a pay raise but not that amount just because they have seen the budget and they can ask for it. The voters put them in office and they should have a say about their raise. These raises equal some families' yearly income and others are struggling with less.

Corrina Houston (2/1/2017)

The League of Women Voters throughout its nearly one hundred year history in the United States has always maintained a primary focus on Voter Service. The League has particularly worked to ensure that every eligible citizen is supported in exercising the right to vote which is the foundation of our democracy. It has, therefore, been particularly troubling to hear #45 and his administration speaking since his inauguration about supposed voter fraud in U.S. elections.

Members of the local League of Women Voters agree with the recent statement by Chris Carson, President of the National League of Women Voters, in response to the unsubstantiated claim from the White House that millions of illegal votes were cast in the past election. Ms. Carson states:

*"President Trump is calling for a major investigation into voter fraud – in an election that he won! We know that wide-spread voter fraud is a myth perpetuated to push election laws that restrict voting. We cannot allow false claims to drive policies that will limit participation in our election process. There is no need for an investigation into a non-existent problem. The issue has been studied and put to rest."*

As a member of the Northampton Area League of Women Voters, I invite everyone to join us in speaking out against this attack on voting rights.

Zaida Govan (2/10/2017)

Board Member, League of Women Voters of the Northampton Area

### Dear Police Commissioner Barbieri:

It is with true regret, heartbreak and sadness that I even have to compose this email. Yesterday, my family attended what was a championship meet at the Springfield Jewish Community Center. We represented the Jewish Community Center of Greater New Haven located in Woodbridge, CT and were one of four teams in attendance. It was a great event and our family even patronized their concession stand, as we have done in the past. However, after spending over FIVE hours at the Springfield JCC cheering on our team from Greater New Haven, laughing, and spending time with all the children and parents, we walked to our vehicle and just a mere few blocks away were pulled over by a group of FIVE Springfield police officers. Apparently, there was a bomb threat TWO DAYS PRIOR, and someone reported us as suspicious. Never mind the fact that as parents (and a family) we arrived, congregated, and left with other parents all at the same time - someone reported us (two adults and one child) as suspicious individuals. We are both educated, tax-paying, law-abiding citizens and my boyfriend who was driving is a Veteran, which his license clearly marks.

Our family was racially profiled and I was quite verbal and outspoken with the officer as to the reason behind us getting pulled over as opposed to the hundreds and hundreds of other people present at this event. However, the officer could not offer ANY legitimate information. Who called? Why we were singled out? Were other people who left the event being pulled over as well? What exactly did we do wrong? What was suspicious about us? I was honestly horrified, afraid for my family, and disgusted all at the same time.

Our ride home was not filled with the excitement and recaps of the wonderful swim meet, but instead a NECESSARY conversation of expectancy to my son regarding what WILL happen to him as a young black man and how to handle himself accordingly. This nation is in a terrible state of intolerance and hatred. The world that we think is getting better is unfortunately slowly moving in reverse. If my son had any further swim meets at the Springfield JCC, we would NOT be in attendance. We will NEVER walk into that facility again.

Last, it has come to my recent attention (through my own investigation) that an officer was on site and called in the complaint. I cannot provide any further details. However, I need to know what kind of recourse and training Springfield police officers will receive to prevent these events from continuing to occur?

Regrettably,

Nicole Evans (3/6/2017)

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.)

# EDITORIAL

FROM THE PUBLISHER'S DESK

MY POINT  
OF VIEW

Frederick A. Hurst



*continued from page 1*

certainly would have followed with any other candidate with the same cynical chance of success. Trump simply raised their race-baiting strategy to higher levels by, among other tactics, forcing it right out into the open. It gave me a feeling of comfort knowing mainstream Republicans had been caught and beaten at their own game by a huckster whose political leanings still remain unclear.

Trump may have destroyed the Republican Party as we know it today. And that won't be so bad either. It has not only been a race-baiting party but it has systematically attacked the Black vote in ways not seen since before the passage of the Voter Rights Act of 1965 with very little opposition from Republicans

who claim to want to "expand their party." If I had to make a choice between these "lace curtain" Republicans and Trump, I think I would prefer Trump, especially if he continues to moderate his profile and behavior in a manner that suggests that much of his election sloganeering was an act, although I doubt he can go that far.

And there's even a rational argument for choosing Trump's new Republican Party over the Democratic Party, which, for most Black folks, has evolved over the years into the party of "I guess I'll just stay home" or the party of "I got nowhere else to go." Sure we were excited by Obama. But, believe it, by the time the Democratic Party picks up the pieces by appealing to Trump's White base, Black and Brown folks will become even less relevant to it. We'll need

something new. Admittedly, the Trump Republican Party will not be it.

But Trump showed everybody! He exposed the raw truth about America, the Republican Party and the Democrats all at the same time. Something about that, though scary, is pleasant. Maybe now we can all start dealing from the top of the deck with a new set of rules that reflect a refreshing new approach that we can all live with. But even if we can't, be sure that our body politic will never again be the same.

As for you "Baby Boomers" and "Millennials," don't worry. We got your self-entitled backs. We lived the past. And what we haven't lived, many of us have studied with a determination not to allow it to be relived, which is why we aren't overly concerned about White supremacists, the

alt-right, White nationalists, ku klux klan (small "k" intended) and not even the average White working men who, throughout history, have been duped into making Black folks their scapegoats while elite White folks enjoyed outlandish privileges and, often enough, got rich.

Don't quite yet overplay what you are seeing roll out. What you have seen so far should be the least of your worries. The "boy king" Trump, the alt-right Bannon, the racist Sessions, the delusional Giuliani, the perennially addled Gingrich, these should not be your biggest concern. Not one of them could be successful imposing the extremes of their beliefs on an American public.

If you have not already studied your history, just watch closely as it struggles to repeat itself over the next

*continues to page 28*

## AF-AM NEWS bits

By Frederick A. Hurst

*continued from page 4*

probably others' doubts, and to bring his dream to fruition. But the job is all but done. And, Richie Neal, the man who kept the dream alive, deserves full credit.

### KUDOS TO MARJORIE HURST

*Point of View* has started a new column called "Trump Alerts!," a product of the imagination of our editor, Marjorie Hurst, who probably wanted to take some of the weight off of me and my "Af-Am News Bits." And I am so relieved! I never thought America would elect a thug and consummate prevaricator and dictator wannabe as its president. And he's ignorant, too. And he is enough of a narcissist to believe his word is

gospel, which explains why his mindless twitters and verbal garbage to his dystopian base are such ripe fuel for my "Bits." But the diversity and creativity of my "Bits" would be overwhelmed by Trumpisms, which is why Marjorie's new "Trump Alerts!" section is so appreciated by me as I'm sure it will be by our readers.

### CPB, NPR, NEA: "ALL THE EMPHASIS SEEMS TO BE ON CUTTING"

"How about a little prudence and patience? The priorities should be jobs growth, social cohesion and an atmosphere, in Washington, of constructiveness. We don't need any new culture wars – we've got enough, thanks! Is the worst thing that could happen in the world right

now that a kid from New Jersey can come into Manhattan and see an off-Broadway show seeded with a \$30,000 grant from the National Endowment for the Arts? No, that's not the worst thing that could happen... The worst that could happen is that Congress is so exhausted as an institution, everyone's ideologies so played out, that they're all just playing a part, going through the motions, mindlessly replicating past battles in hope of some new reward." (Peggy Noonan, *The Wall Street Journal*, March 18-19, 2017)

### TRUMP CUTS

How sad! The very people who Donald Trump claims to represent will probably be most harmed by his proposed cuts to the federal budget and they don't even know it... yet. Those who will most benefit are the rich who will receive massive tax

cuts. Poor and middle class folks and the elderly will lose health benefits, food aid, education funding, legal services and arts and humanities support and much more. Cities will lose their Community Development Block grants that aid urban revitalization and Africa will lose the measly \$30 million in development aid that was dwarfed by a far sighted China that understands the future benefits of investing in Africa. AmeriCorps and Senior Corps programs and all other programs under the Corporation for National and Community Service will be completely wiped out as will be the Corporation for Public Broadcasting, Legal Services Corporation, National Endowment for the Arts and the National Endowment for the Humanities as well as the U.S. Interagency Council on Homelessness. And that's only a partial list. What is happening to America! ■

# EDITORIAL

## LETTERS TO THE PUBLISHER

Dear AfAm Point of View,



**Leontyne Price**

ensured her meteoric rise in opera? Is it possible that a Black family with the same wealth would have supported her? If so, why didn't they, and if they did, why has Ms. Price not told us that story?

In addition, I really am disturbed by Mr. Hurst's notion that by diverting Ms. Price from classical music that Black people could have made better use of her voice. I'm curious to know by having her sing what? Mr. Hurst seems completely remiss of that fact that Ms. Price's mother influenced her singing. Some Black churches, especially in the AME tradition and some Baptist traditions, sing with an operatic sound. Hence, we get Ms. Price's voice, where her natural talent was cultivated through study at Julliard. Ms. Price is who she is because she carved out a space in an art form that was unlikely to let her in by being extraordinarily gifted. Being Black was the icing on the cake. Mr. Hurst has the right to see things through his eyes. However, I'd like to encourage Mr. Hurst to consider a different take on the facts.

Sincerely,

Dr. Antonio C. Cuyler (3/4/2017)

Dear Dr. Cuyler,

I was pleased to read your reaction to my article on Leontyne Price. I hope you don't mind if we publish it in our April issue. I must say, however, that you and I were addressing two different issues. I happen to agree with both. Either you misunderstood my point or I didn't express it as well as I thought I had. Or both.

Frederick A. Hurst, Esq.  
Publisher (3/11/2017)

Dear Mr. Hurst,

Thank you so much for responding to my inquiry. I'm excited to continue this conversation with you. I'd like to assume that I misunderstood your point, and would love to hear you elaborate on it. The thing that is most clear, we both have an undying love for Ms. Price.

Sincerely,  
Antonio C. Cuyler, Ph.D. (3/11/2017)

I recently read the article, "Revisiting Leontyne Price." Initially, I was excited to read this piece as when I discovered Ms. Price in high school, she became a motivating factor for why I wanted to become an opera singer, and later an opera administrator. Although I agree 110% with the author's point of view about why Black people do not attend and appreciate classical music, I take issue with two assertions made by the author.

Mr. Hurst discussed the idea that Ms. Price was "discovered" by a rich White lady. I believe a more accurate rendering of the account is that a prominent White family provided the financial means for Ms. Price to study at Julliard. This to me seems an accurate portrayal of what happened even re-told by Ms. Price herself. So it seems that Mr. Hurst's interpretation of what he read is more the problem, than the fact of how Ms.

Price's career was assisted by a wealthy White family. Furthermore, what is so wrong with people with loads of privilege sharing their privilege? We do not know, but without their financial support, how likely is it that Ms.

Price would have attended Julliard where she received the education and networking that

### Our Thanks to You

*You didn't have to do it. It's not a requirement. But it sure makes us feel good to know you appreciate us.*

Hello Marjorie,

Thank you for allowing the Ladies of St Peter Claver to invite the Springfield community (and beyond) to pray for a cure and prevention of the Alzheimer's disease. Please accept these beautiful plants, one for each of you, as our thank you for kindness.

God Bless,  
Joy Danita Allen, Purple Mass  
Chairperson (2/2017)



Hi Marge,

Happy New Year! Thank you for the ad and placement of the BRIANNA Fund announcement in this month's POV. You and Rick have been so supportive of the BF and our efforts to support differently-abled children. Words can't express our deepest appreciation to you both. Thanks again for all that you do to support our community.

God bless!  
Donna Johnson (1/10/2017)

Good Morning Marjorie,

Just saw the article in Point of View. Thanks so much!

Warm Regards,  
Alesia Days (2/28/2017)

Hi Marjorie,

I'd like to thank you for publicizing my grandma's birthday celebration. She says she's famous now lol. Thank you for making her day. I appreciate it greatly.

Diane M Jacobs (3/2/2017)

It is with great appreciation that we thank the POV for helping to make Our Men's Prayer Breakfast a success.

Raymond Jordan, Chairman and  
The Men of Alden Baptist Church (3/4/2017)

# RELIGION

## RELIGIOUS POINT OF VIEW

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)



*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)*

It is important as we begin to look forward to remember the rich and tremendous history we as African American people have been blessed to possess. As we begin to reflect on our history, it becomes increasingly important for us to honor those who have paved the way and made invaluable contributions in our lives. Included in this reflection are the ordinary, hard-working, dedicated men in our lives who were given the monumental task of raising families and creating better futures for their sons and daughters.

It is important for us to remember that there is a legacy left behind each of us and along with this legacy comes the gift of love, determination, commitment, and extraordinary sacrifice. As a people, we ought to see it and become what it represents. Remembering the legacy and honoring the legacy is what will not only help us gain a better understanding of who we are, but it will illuminate the direction in which we should be headed. Far too many of us have lost sight of what is important in this world. We have lost our focus. It is time for us to regain our focus and begin to close the gap by taking back our rich heritage and begin to run “the race” that has been set before us.

As I reflect on my own legacy, I remember my father, Aaron Roberson, Sr., who traveled to Springfield in the early 1960s from Monroe, Louisiana. He was in search of a better way of life for his wife and children during a very difficult time in our nation’s history. I think of how he must have envisioned a future of promise for all of his children, despite the challenges he faced. It moves me to think of how much strength it took as a man for him to leave his place of comfort and go, not knowing what

## Men in Our Lives – Who Do You See?

By Pastor Anthony Roberson

Reprinted from June 1, 2016

the future would hold. He was courageous and ventured out realizing he was indeed on a mission. He was mission-minded and that is what I remember today. I think about how he would work two jobs while we were growing up and how he would get up early in the morning and work late at night just so we could have what we needed. I think of how he was a true leader, and how he led his family by

example—not just “talking the talk” but “walking the walk” daily.

He showed me, along with my three brothers and two sisters, how to live, and that family was most important. He taught us how to love and to be loved. He shaped us into the individuals we are today, and showed us how to become productive members of society. Therefore, as we look in the mirror, who do we see?

We should see the characteristics that Jesus wants all of us to exemplify. We should see more of Him and less of us. As we look deeper, we should see ourselves building our own legacy like the men in our lives have done for future generations to come. ■



*Pastor Anthony Roberson*

## See next page for the Lenten Service Schedule

### RELIGIOUS DIRECTORY

To place your Religious Directory ad, please email us at [info@afampov.com](mailto:info@afampov.com)

#### Solid Rock Community Baptist Church

821 Liberty Street, Springfield, MA 01104  
Telephone (413) 734-5441  
Fax (413) 734-5438  
Transportation (413) 575-4035  
Sunday Morning Worship 10:30 am  
Weekly Bible Study/Prayer Service Tuesday 7:00 pm



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



*Rev. Dr. W. C. Watson, Jr., Pastor*  
**Church Life**  
Worship, Prayer, Praise & Study

#### Canaan Baptist Church of Christ

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

**Sundays**  
Sunday School (all ages) -----9:15a.m.  
Morning Worship Service ----10:45a.m.  
**Wednesdays**  
Mid-day Prayer & Praise--12:00-1:00p.m.  
Bible Study -----7:00 p.m.

#### Shiloh Seventh-Day Adventist Church

797 State St., Springfield, MA  
413-734-0103  
[clerk@shiloh1.comcastbiz.net](mailto:clerk@shiloh1.comcastbiz.net)



*Dr. Walton H. Rose, Pastor*

*The Church In The Heart of The City*

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

#### New Life Calvary Baptist Church

**A NEW BEGINNING**



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

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

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



**ST. PETER'S EPISCOPAL (ANGLICAN) CHURCH**  
45 BUCKINGHAM STREET  
SPRINGFIELD, MA 01109  
413-736-8567

**SUNDAY** 8:00 AM RITE I  
10:00 AM RITE II  
**MONDAY** 12:00 NOON  
**THURSDAY** 5:30 PM  
**FRIDAY** 12:00 NOON  
(HEALING MASS)

The Rev. Michael DeVine,  
Interim Priest  
[stpetersma.com](http://stpetersma.com)

#### PROGRESSIVE COMMUNITY BAPTIST CHURCH

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

“A Church Determined To Follow Christ”



*Rev. Joe C. Long Jr., Pastor*

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

# FEATURE

## The Pastors' Council of Greater Springfield Lenten Service Schedule 2017

Date	Preacher	Church
April 5 <sup>th</sup>	Pastor Naomi Barber	Canaan Baptist Church of Christ
<b>Holy Week</b>		
Monday April 10 <sup>th</sup>	Pastor Paula Alexander	Grace Community Baptist Church
Tuesday April 11 <sup>th</sup>	Pastor Walton Rose	New Jerusalem C.O.G.I.C.
Wednesday April 12 <sup>th</sup>	Pastor Maxine Moore	Zion Community Baptist Church
Mauudy Thursday April 13 <sup>th</sup>	Holy Communion Pastor Calvin J. McFadden, Sr. <i>All clergy will wear white robes.</i>	Progressive Community Baptist Church

Good Friday, April 14 <sup>th</sup>		
Seven Last Words	Preacher	Church
1	Pastor Stephen Williams	St. John's Congregational Church
2	Pastor Shawn Devorce	
3	Pastor Timothy Bouknight	
4	Pastor Atu White	
5	Pastor Barbara Headley	
6	Pastor W.C. Watson, Jr.	
7	Pastor Gail Hill	
		10 Minutes each Preacher

### 2016 - 2017 Leadership

- Pastor Angelo S. Dawson, President
- Pastor J.P. Morgan, Jr., Vice President
- Pastor Dr. W.C. Watson, Treasurer
- Pastor Joyce Whetstone, Asst. Treasurer
- Pastor Andrew Daubon, Secretary
- Pastor Leroy Dixon, Chaplain

### Alternates

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# EDITORIAL

FROM THE PUBLISHER'S DESK

## FORGET TRUMP!

### Worry About The Compromisers

By Frederick A. Hurst, *Reprinted from December 1, 2016*

*continued from page 24*

four years and you will learn that what you need to worry about most are the “compromisers,” who will bargain away your fundamental interests to promote their own. You won’t know who they are yet because you’ve had no reason to know and they haven’t yet revealed themselves. But, trust me, just watch the process unfold and you’ll spot them coming out of the woodwork.

First, you must understand that Trump cannot possibly deliver on his promises, a fact he understood even as he was making them to garner votes from disenchanted White folks whose motivations for supporting him, admittedly, vary. Some are outright racists who migrated to the Republican Party after the passage of the Civil Rights Act of 1964 and the Voter Rights Act of 1965. These are people who are part of a culture that has always existed in America and will always exist. You needn’t worry that America will ever go back to the world they want, no more than it can go back to the world those less informed, working class White male Americans yearn for. The past is past. Besides, even if it was retrievable, we Black and Brown folks will not be returning to the past. We’re too smart and tough to let that happen. We’ll fight.

Nonetheless, you need to understand that compromises are about to be made and they will be historical. And if we are not all careful, Black and Brown rights will be the prime trade-off cards as will be the privileges promised to less informed White folks who “want their country back.” Trump can’t give them their country back because it wasn’t their country in the first place. It has always been all of our country.

But, what Trump can offer them is scapegoats. When it becomes obvious that he can’t build a wall and make Mexico pay for it, rationally reverse trade policies, send 11 to 12 million Hispanics, many of whom are absolutely essential labor to America, back to Mexico, make Russia’s Putin America’s friend, jail Clinton, win the war against terrorism overnight, unilaterally end the nuclear pact with Iran, re-align the world order starting with NATO, take away medical insurance from 20 million folks who just got it, dump the Cuba rapprochement, spend huge amounts of money and cut rich folks’ taxes without wrecking the economy, and can’t make the country that is already the greatest country the world has ever known, “great again” in the manner his supporters are expecting, Donald Trump is going to have to figure how to appease those White folks who get mad at him. And if history is any guide, Black and Brown folks will be on his radar screen because we are red meat to much of his base.

But Trump can’t sell us out without the help of the compromisers. You need to understand that compromise is both good and bad and often both at the same time. Remember, our nation was built on compromise by some of the greatest political thinkers the world has ever known. The Constitution they produced, separating the powers of government, was ingenious and designed to guarantee government by compromise. But two key compromises written into the same Constitution were to make Black folks three-fifths of a man and to deny women the right to vote.

And many historical compromises emerged from it over time. Remember the Fugitive Slave Act and the Dred Scott decision and the Sep-

arate but Equal decision that abandoned our kids to segregated and unequal schools and so many, many more. I could go on and on and on with examples of compromises that were made in the interest of folks who were willing to strip minorities of their rights in order to promote their own, often selfish, interests but I’m sure you get the point.

We are certainly going to suffer some political setbacks over the next four years. But Trump shouldn’t be your biggest concern, whether he stays far out to the right or moves to the middle. You should worry more about so-called “friends,” both Republican and Democratic, independent and unaffiliated, who took noble

stands against Trump but who seem to be already positioning themselves to compromise.

I don’t mind compromise. It’s the American way that Republicans shamelessly and recklessly abandoned when our first Black President, Barack Obama, was elected. It’s the substance of the coming compromises that we all need to keep a vigilant eye on.

I don’t think we are up for a repeat of some of the most egregious historical compromises or the like. No, I don’t. I think the Baby Boomers and the Millennials of all races who are inheriting this country are too smart to let that happen as are we who have been there before. But, nonetheless, we all must remain alert to what is unfolding from the 2016 elections and make certain that the compromisers don’t sell us out. ■



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# THE ARTS

## ENTERTAINMENT REVIEW



*Moyah Smith is the Community Outreach Officer and Mortgage Loan Officer for United Bank. Also a radio personality for WTCC, her show, Whispers After Dark, is every Wednesday evening from 8-10pm on 90.7fm or [www.wtccfm.org](http://www.wtccfm.org).*

## Music Is Essential!!

By Moyah Smith



*Jo Sallins and his All Star Open Band performed at the Music is Essential fundraiser at Palate Restaurant.*

Jo Sallins is a local phenom. It's very possible that he has been making music since he was able to walk. For the past 21 years, he has been sharing his talents with the youth in our area. As he makes his way from school to school with his mobile music program, our youth have the benefit of working with one of the greats. This man is gifted on five different instruments, including hand percussions, drums set, electric bass, piano and he even dabbles on the harmonica! When Jo works with these children, if there is a glimmer of musical talent, here is the chance of that spark being ignited by connecting with a genius.

In his school music program, Sallins works with ages beginning at the Pre-K level all the way through college. With the younger ages, the instrument of choice is primarily percussions. Toting Djeme and Sabar drums for groups of often up to 70 children is no easy task. The older

ones often request he bring the bass and keyboards. Keeping this program available at a quality level takes a bit of financing on his part. Jo has a GoFundMe account in which he requests modest donations of \$5-\$10 from supporters.

Sallins held a fundraiser at Palate Restaurant on Boston Road in Springfield this February. This was no ordinary fundraiser. It was a mélange of musicians, singers, dancers and multiple instruments. Palate is a Latin restaurant, which, by the way, has great food! So what pairs better with Latin cuisine than some palpitating Afro-Cuban jazz music and dance? It was a lively, festive event filled with audience participation.

Jo's interaction with the crowd is something to watch. He can put an instrument into the hands of someone who has never held an instrument, and the next thing you know...they are making *music*. There was not a foot that wasn't tapping, a hand that wasn't clapping or a head that wasn't bobbing in the place. Ms. I-Shea Shaikly got the crowd up on their feet for a brief African dance lesson with swaying hips to the pulsating rhythms of the

*continues to page 30*

## ENTERTAINMENT

## Indie Jones, A Rising Hip Hop Artist

By Kim Finklea (a very proud Mom)

Jarne Jones (aka Indie Jones) is a rising hip hop artist born and raised in Springfield, Massachusetts. He knew music was his calling from a young age. Will Smith was one of his inspirations.

Indie is off to a great start. He has performed in Lawrence, MA at the 6th Ward Club. In April, he will be participating in the coast to coast contest where the grand prize is \$20,000. Also in April he will be performing at the Hard Rock Café in Boston, MA. The ticket link is: [AFTONSHOWS.COM/INDIEJONES2](http://AFTONSHOWS.COM/INDIEJONES2). The tickets are only \$12.00. Come out and support him.

Indie's social media websites are **soundcloud**: Jarne Jones (where he has 3,000 hits), **Instagram**: Indie Savey, and **Twitter**: Indie Savey. Indie has also received feedback regarding his music from DJ Paine who has been linked to artists such as Jay-Z and Young Money. Indie writes all of his own material. He does write for other hip hop artists if requested and also live shows if requested.

It is so refreshing to see a young, black male doing something positive in the community. So remember the name Indie Jones and remember you heard the name first in the *Point of View*.



*Jarne Jones (aka Indie Jones)*

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# 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.

In its most basic description, it's a muscle.

Nothing computerized, no easy-to-follow instructions or list of parts. Nope, it's a muscle – a dub-thumping, miraculous group of cells that was beating when you were born, due to simple electrical activity. It's just a muscle, although in the audiobook **"Beast" by Brie Spangler**, the heart knows who it loves.

At six-foot-four and 260 pounds, fifteen-year-old Dylan Ingvansson was a beast.

And he hated it.

Not only did he tower over every single student and most of the teachers at St. Lawrence Prep, but he was also hairy as a fake-fur blanket. You might get teased, but you don't get bullied when you're like that. You don't have a lot of friends, either, and you don't get girls.

If it wasn't for his best friend, JP, Dylan wouldn't know what to do. They'd known one another since they were little and he was everything Dylan was not: well-off, well-groomed, and well-liked. Just walking

the halls with JP made Dylan cool, though there was a bit of a dark side to JP's friendship. Dylan hated that, too.

He hated his entire life, come to think, so he took risks. Big, stupid risks, which is how Dylan ended up on a roof, which was how he ended up falling and busting his leg, which was how he got sent to group therapy for self-harmers, which was how he met the girl of his dreams.

Her name was Jamie, she was the same age as Dylan, gorgeous, tall, smart, and she had the same struggles with the way her life was going. She only wanted to be friends, but he wanted so much more – partly because Jamie was funny and he liked her, partly because *she liked him*, and partly because she would prove to JP that Dylan could get a girl by himself.

But then everything fell apart. She *said* she told Dylan that she was transgender, but he didn't hear that. Was she a dude? He wasn't gay. She hadn't hidden anything, hadn't lied, but Dylan couldn't get over facts.

And he couldn't get over Jamie...

## "Beast"

By Brie Spangler, Read by Andrew Eiden

c.2016, Blackstone Audio, Inc. \$34.95/higher in Canada 8-1/2 hours, 7 CDs

Reviewed by Terri Schlichenmeyer

Two minutes. Get past the preliminary tracks in "Beast," and that's how long it will take before you'll be eager to know more about Dylan. Author Brie Spangler gave him the right words with the right attitude, Andrew Eiden reads them perfectly, and you'll genuinely like this kid with a tough exterior but a marshmallow center.

Spangler and Eiden make Dylan come alive in this boy-meets-girl-who-used-to-be-a-boy story, by giving him more than just one dimension. He's a warm, responsible, and complex, well-crafted character; with Dylan, Spangler beautifully tackles a could-be-thorny subject, wrestles with its conscious some, then lets it do its



own soul-searching. That leads to a new-old-fashioned love story that really couldn't be sweeter.

Be aware that this audiobook includes a delicately-presented make-out scene that turns surprising, but not graphic. It might be controversial for some, but it *fits*, so don't let it deter you. Start "Beast," and you'll (heart) it. ■

## ENTERTAINMENT REVIEW

### Music Is Essential!!

*continued from page 29*

drums. There were quite a few actual musicians in attendance. This allowed for the "All-Star Jam Session" bringing talents from the audience including singers, flutists, bass players, a saxophonist and some other instruments that I personally couldn't even identify properly.

Make sure you keep your eyes and ears open for more to come from Mr. Sallins. More fundraisers, more shows and more musical community

involvement. By the way, you can see him perform as he opens for saxophonist Marion Meadows at the Hu Ke Lau, presented by Gator Jazz Production. Also be sure to check out Sallins' upcoming CD/DVD, *War and Peace*.

To support the school music program, [www.gofundme.com](http://www.gofundme.com) - search "Jo Sallins Music Is Essential". Find Jo on Facebook (Jo Sallins) or on Twitter (@SallinsJ) where you can keep up with his music and videos. ■



WTCC is your source for music - from jazz to R&R oldies, gospel to salsa, R&B to blues, Motown and more, as well as Caribbean, Portuguese, Latino, Polish, Greek, Native American and Italian programming - plus talk shows with local hosts discussing local issues.

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[www.wtccfm.org](http://www.wtccfm.org)

# THE ARTS

## ART FOR THE SOUL

### Children's Books that Bring the Black Experience to Life

By Rosemary Tracy Woods



*Rosemary Tracy Woods, Executive Director, Art for the Soul Gallery, Tower Square & 235 State St., Springfield. Showcasing the talent of diverse artists.*

**Gallery hours:**  
Tues.-Fri 11am-5pm,  
Sat. 11am-3pm.  
413-301-6314.

As we leave the month of February, a/k/a Black History Month, and “March” towards April, a/k/a Jazz Appreciation Month (JAM), Art for the Soul Gallery is proud to present *Children's Books that Bring the Black Experience to Life*, an exhibition featuring illustrator and fine artist Frank Morrison. The *Children's Books that Bring the Black Experience to Life* Exhibit is a collaborative effort between Art for the Soul Gallery, Springfield City Library, and the Friends of the Springfield Library, and is sponsored in part by a grant provided by the Springfield Cultural Council, a local agency supported by the Massachusetts Cultural Council.

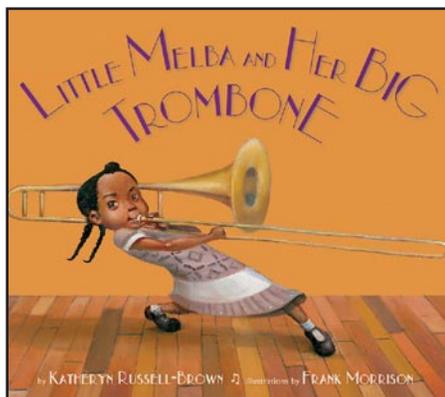
The exhibition will highlight renowned visual artist Frank Morrison and his work as children's book illustrator in an exhibit curated by Art for the Soul Gallery and designed by Artistic Director Billy Myers.

Who is Frank Morrison? According to his biography, Mr. Morrison was born in Massachusetts, and is a renowned, self-taught artist who began his career as a pre-adolescent graffiti artist. Breakdancing brought him around the world and to the Louvre Museum in Paris where he was inspired to be a painter. His work has been featured in many television shows and movies such as “Just Right,” “Malcolm and Eddie,” “New York Undercover,” “Cosby,” and “The Rookie.”

He has illustrated over 20 children's books such as “I Got the Rhythm,” “Play Louis Play” and his most popular “Little Melba and Her Big Trombone.” His most recent picture book biography, “Ali: A Champion is Born,” was released in February 2017, and the critics praised his “visceral, dynamic action shots”



Frank Morrison



rendered in oil paintings of “rich browns, shades of grays, and white highlights.”

Early in his career as a children's book illustrator, the American Library Association awarded him the John Steptoe Award for New Talent, which was followed up with a Coretta Scott King Illustrator Honor award for “Little Melba and Her Big Trombone.” In addition, Mr. Morrison has illustrated over 20 children's books, is collected by Queen Latifah, Bishop T.D. Jakes, and Dr. Lorraine Hale, and has exhibited at the Schomburg Center for Research in Black Culture. He is married to Consuela “Connie” Morrison and has three sons, Nyree, Tyreek and Nasir and two daughters, Nia' and Tiffani. He currently lives in Atlanta, GA.

Frank Morrison's work illustrates the old world values of family, community and religion. His subjects are often painted with exaggerated body parts and flowing motion, which are

his signature style, and evoke his dance background. Some of his influences are Ernie Barnes, Thomas Hart Benton, Charles White, Robert Riggs, Ron Adams, Richard Mayhew, Charles Bibbs, Albert Fennell, Paul Goodnight, Carl Owens,

Annie Lee and Elizabeth Catlett. Each of his paintings is accompanied by the initials “TTG,” which stands for “Thanks To God” and represents how grateful he is for his family and talent.

**An Opening Reception will be held on Thursday, April 6<sup>th</sup> from 5 to 8 pm, at the Art for the Soul Gallery in Tower Square in Downtown Springfield, 1500 Main Street. Mr. Morrison will be at the Mason Square Branch Library, 765 State Street, on Friday, April 7<sup>th</sup> to do a**

painting demonstration as well as a pre-teen workshop. Children are invited to attend the exhibition for guided tours as well to meet the artist. All events are free and open to the public, thanks to our generous sponsors. Olive Tree Books-n-Voices will be on-site with Mr. Morrison's books for sale, a book-signing, and other activities.

Please contact Art for the Soul Gallery at 413-301-6314 or the Library at 413-263-6828, ext. 291 for additional information or look for announcements at [springfieldlibrary.org](http://springfieldlibrary.org).

This exhibition is sponsored in part by the Springfield Cultural Council, the Friends of the Springfield Library, Springfield City Library, the Irene E. and George A. Davis Foundation and the Af-Am Point of View Community News Magazine. Community partners include the Boys and Girls Club Family Center, the William N. DeBerry Elementary School, and the Dunbar Community Center. ■

## 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**



# THE ARTS

## PEN & INK



**JUANITA TORRENCE-THOMPSON:** Pushcart nominee. Playwright. Published fiction, children's stories, feature articles, hundreds of her award-winning poems in dozens of U.S. and international journals, nearly 30 anthologies, 9 books including "When Morning Comes" (2016). 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)



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

## PRINCE: A NON-REVIEW of "WEAR SOMETHING PURPLE: 2"

By Juanita Torrence-Thompson (Dec. 4, 2005)

Reprinted from June 1, 2016

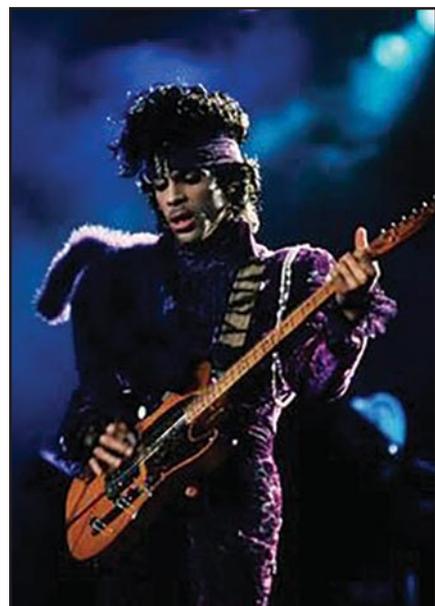


Photo taken from [pinterest.com](http://pinterest.com)

Prince ascended from below wearing red hat, red suit with a black vertical stripe up the sides and sleeves. Later he removed the jacket to reveal a red top and gold chains. Halfway through the concert, he ascended from below in a red shirt with white polka dots and red heels.

When he returned for his encore — the final being his signature, "Purple Rain," he sported a bright yellow shirt, white pants and white shoes, as white streamers dangled from the cavernous Madison Square Garden ceiling while purple lights showered upon them.

Now that the fashion show is concluded, this is more an experience by someone who went purely because I was intrigued and curious and was converted into a Prince fan. I know

people who were and are Prince fans, while I was listening to Sinatra, Ella, Streisand and the New York Philharmonic. I only knew Prince's work through osmosis. I saw his film, "Purple Rain," with relatives while on the West Coast.

So, in a way, I was at a disadvantage at Madison Square Garden because I was more or less a Prince virgin and didn't know the songs Prince sang except for about three, including "You Don't Have to be Rich to be my Girl" and "Purple Rain." So, it was as if I'd been on a mountaintop in Outer Mongolia or in the Mohave Desert with no computer, radio, TV or access to films or civilization. It was as if I was hearing Prince's songs for the first time and indeed many of them were on a virgin voyage to me.

Prince asked the audience to stand when he first came out and I did, but I sat down during most of the concert. However, by the time it was 9:45, I was so into the concert that I was up on my feet clapping with everyone else and grinning as wide as the Grand Canyon.

It is a dire understatement to say that Prince was enigmatic, intriguing, graceful, rhythmic, charismatic and more. He sang edgy, melodic, unpredictably as he punched or massaged the lyrics and caressed the microphone. He spinned, strutted and cast those sexy eyes at the audience like a naughty boy. At 46 it still worked! At one point early on he said something

## Purpose

By Brenda's Child

Reprinted from April 1, 2016

My purpose in life is to use my story as a testimony  
So those in the darkness can see that  
There is no such thing as excuses or limits  
Restrictions or boundaries.  
It starts with acceptance and self-love  
Which lead 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"

like "I'm never going to leave! Are you ready for me New York?" where-upon everyone shouted an emphatic "Yes!"

Towards the end of the performance, about 20 young women from the audience danced on stage while Prince sang, danced and played one of his five guitars. Each guitar a different color.

His band, Musicology, was incredibly good, especially John on drums, the keyboardist and female saxophonist. But the crowd and the decibels were a bit loud for me. The

male singer brought the house down and tears glissaded when he sang "Georgia on my Mind," in tribute to the late Ray Charles. He received nearly as much applause as Prince.

As much as I enjoyed the concert, my favorite part was when Prince sat on a stool and sang with his guitar. The volume was more subdued so I did not fear for my hearing. The music was so fine and Prince was enigmatic and in control, performing his magic. For that space in time, the world was transformed into paradise. ■

# COMMUNITY

## COMMUNITY INFORMATION



### Second Annual “Education & Leadership Luncheon”



*Local High School Students  
to be celebrated as part of  
Enshrinement Weekend*

**Springfield, MA, February 27, 2017** – Last year, the Naismith Memorial Basketball Hall of Fame announced its formal strategic alliance with Beta Sigma Boulé, the Springfield member boulé of Sigma Pi Phi Fraternity. The focus of Sigma Pi Phi and its 5,000 members is leadership, education and social action by supporting and mentoring young men in the African American community. The Basketball Hall of Fame is supporting this cause by helping to improve the opportunities and futures open to young African American males in the Springfield area.

“Last year, we were able to join the outstanding men of Beta Sigma Boulé in recognizing some of the most extraordinary students in our local community,” said John L. Doleva, President and CEO of the Basketball Hall of Fame. “To hold this luncheon during our Enshrinement festivities

and include scholar and Basketball Hall of Famer, Shaquille O’Neal, was a dream for all parties involved.”

“We were so pleased with our inaugural event and the support shown by the Western Mass. community,” said Brooks Fitch, Beta Sigma Boulé, Committee Chairman. “We hope to build on this momentum with the Basketball Hall of Fame in 2017, as we continue to celebrate the excellence of our local youth.”

This September, the Basketball Hall of Fame and Beta Sigma Boulé will continue this tradition by rewarding local high school students for their perseverance and excellence with a special Education and Leadership Luncheon at Springfield College. The event will be held on Friday, Sept. 8, 2017, in the Cleveland E. and Phyllis B. Dodge Room in the Flynn Campus Union. Local business leaders and community members are invited to purchase tickets to benefit the cause and have the opportunity to hear from a to be announced member of the Basketball Hall of Fame Class of 2017. ■

### Community Scholarship Available



**Springfield, MA, March 6, 2017** – Springfield Partners for Community Action announces that they are currently accepting applicants for their 2017 Community Scholarship available for Springfield residents. Application can be found at their website: [www.springfieldpartnersinc.com](http://www.springfieldpartnersinc.com) or can be picked up at their office at 721 State Street, Second Floor in Springfield.

Ten scholarships for \$1000 each are available. **Completed applications are due by noon on May 5th.**

“The scholarship program is designed to help high school seniors and adult learners meet their educational goals. Our scholarship program is unique in the fact that one of the criteria of the scholarship is a commitment to the community through volunteering. We don’t simply look at a student’s GPAs but we look at their goals and what they have done to help others. We do this because we believe in our mission to partner with people and the community.” – Paul Bailey, Executive Director - Springfield Partners.

**All recipients MUST be able to attend a scholarship award breakfast on Friday, June 16th.** ■

### Gardening The Community, One of Eleven Recipients of Transporting Healthy Food Grants

**Arlington, VA, March 2, 2017** – The Conservation Fund today announced the grant recipients for the 2016 Grant Program for Transporting Healthy Food. Eleven charitable organizations in Georgia, Florida, Louisiana, Kentucky, Maryland, Massachusetts, Michigan, North Carolina, New York, Virginia and West Virginia will receive grants ranging from \$5,000 to \$10,000 to strengthen transportation and distribution of fresh, local produce and other healthy food to underserved communities.

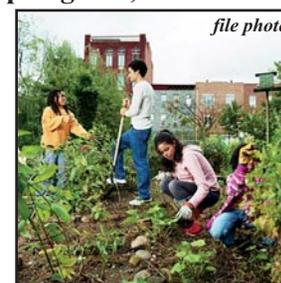
Now in its third year, the Grant Program for Transporting Healthy Food, sponsored by leading freight transportation company CSX, supports local food distribution organizations by improving their ability to store, package, transport and ultimately support community access to fresh, healthy food. This cycle’s grant funding will allow the 11 recipient organizations to serve an additional 40,000 families with 600,000 meals.

“The goal for the grant program is to help local food organizations fill in the gaps and enhance their ability to provide healthy, local food to nearby communities,” said Katie Allen, Director of The Conservation Fund’s Conservation Leadership Network. “The benefits of their work have a ripple effect, not only feeding communities in need of fresh produce and meats, but also supporting the working lands and farmers that grow them.”

The Conservation Fund, a national nonprofit dedicated to finding conservation solutions that balance environmental and economic needs, has partnered with CSX to address gaps in local food distribution and find local partners who can help enhance delivery capabilities. Since the program’s establishment in 2014, the grant funding is projected to enable re-

ipient organizations to collectively serve an additional 90,000 families with more than 33 million pounds of food and increase the number of meals provided by more than 28 million.

#### Gardening the Community, Springfield, Massachusetts



**G**ardening the Community is a food justice organization engaged in youth development, urban agriculture and sustainable living to build healthy and equitable communities. With the grant funding, Gardening the Community will construct a cold storage unit built from a refurbished shipping container to store locally grown produce at their new urban farm site.

#### Other Grant Recipients

**ACCESS West Virginia,  
Wayne County, West Virginia**

**Adirondack North Country  
Association, New York**

**Community Farmers Markets, Inc.,  
Atlanta, Georgia**

**The Executive Center for Economic  
& Educational Development, Inc.,  
Greenville, North Carolina**

**Gather Baltimore,  
Baltimore, Maryland**

**Hidden Harvest, Saginaw, Michigan**

**Keep Tampa Bay Beautiful,  
Tampa, Florida**

**Local Food Hub,  
Charlottesville, Virginia**

**Sustainable Berea,  
Berea, Kentucky**

**Top Box Foods,  
New Orleans, Louisiana**

# GOOD NEWS

## April 2017



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

**T**hank you to Vince Jackson, Sire Archon, Beta Sigma Boulé and their support and direction with the Legacy Award Ceremony. We congratulate them for maintaining their standard of brotherhood and community development.

Stone Soul is extending its outreach to the community to join forces in the planning and direction for Stone Soul 2017. We feel there are several opportunities throughout the year for organizations to acknowledge individuals and organizations who go above and beyond for Springfield families and the community. Join us and feel free to nominate "individuals" for various awards, i.e. Community Service, African American Hall of Fame,

Black History Legacy Award, and William H. Carney Medal of Honor.

Since the passing of Harold L. Bell, there have been several people who felt they would like to recommend Harold L. Bell for the William H. Carney award. William H. Carney was the first African American to receive the Congressional Medal of Honor. This is the highest military award of the United States.

Each year Stone Soul honors people with the William H. Carney award. If you or your organization plan to nominate individuals, the contact information is as follows: E-mail: [karontyler46@gmail.com](mailto:karontyler46@gmail.com) or call Karon at (413) 777-6693 or the office at (413) 737-1485.

2017 will be our 29<sup>th</sup> year. If it's God's will, in 2018 we will be planning our 30<sup>th</sup> whoop-de-do in anticipation of MGM's grand opening. Stone Soul and Mike Mathis of MGM are eagerly awaiting the 2018 celebration. ■

## Answering the Call for Social Justice: April 8, 2017 Social Justice Awards

*continued from page 15*

**Dr. Andrew Balder,** Baystate Mason Square Neighborhood Health Center for his work in Health Disparities as he works to ensure access to health care to the residents of Mason Square and address challenging issues such as the disparities in infant mortality in Springfield;

**Waleska Lugo-DeJesus,** Healing Racism Institute, for her work in Race Relations as she works to promote inclusion, civic engagement, leadership and to educate communities about 21<sup>st</sup> century race relations.

Their work will be celebrated by the dynamic keynote speaker Rev. Dr. Edward Harding of Prince George's Community Church of

Bowie, Maryland. Rev. Dr. Barbara E. Headley of Zion Community Baptist Church and Sy Becker, News Director WWLP News 22 will MC the event. Inspirational music will be provided by Psalmist Vanessa Ford and Aarif Bradley, Minister of Worship at St. John's Church.

Proceeds from the event will be used to support MLKFS's programs like the emergency food bank, after-school programs, college tours and so many more. *See page 40.*

1 [http://okra.stanford.edu/transcription/document\\_images/undecided/630416-019.pdf](http://okra.stanford.edu/transcription/document_images/undecided/630416-019.pdf)

2 <http://reachandteach.com/content/index.php?topic=socialjustice>

# COMMUNITY

## CONGRATULATIONS CORNER



**Parviz H. Ansari, Ph.D.**

**C**ongratulations to **Parviz H. Ansari, Ph.D.**, Westfield State University's new Provost and Vice President for Academic Affairs. Ansari will report to President Dr. Ramon S. Torrecilha and will provide vision, planning, and leadership to shape the university's future. He will assume his new role at Westfield State on July 1. According to Torrecilha, Ansari will most immediately provide key oversight to the university's move to a college structure and critical academic initiatives, including *The Westfield State Experience*, Westfield State's signature student success program that aims to increase student engagement, achievement, and retention.



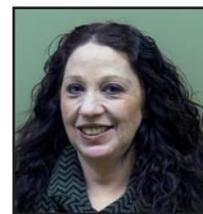
**A. Rima Dael**

**C**ongratulations to **A. Rima Dael** who was hired as Executive Director of Institutional Advancement & Foundation by Springfield Technical Community College (STCC). In her new role at STCC, Dael will be responsible for the planning and managing of activities of the Office of Institutional Advancement, the STCC Foundation and the college's alumni base. She will provide leadership in developing and implementing a comprehensive fundraising program that supports STCC's mission, strengthens its financial base and enhances its programs and student success.



**Harry E. Dumay, Ph.D.**

**C**ongratulations to **Harry E. Dumay, Ph.D.**, named 11th President of College of Our Lady of the Elms. Dumay, who was chosen after a nationwide search, has served in higher education finance and administration at senior and executive levels for 19 years. He holds a Ph.D. in higher education administration from Boston College, an MBA from Boston University, and a master of arts degree in public administration from Framingham State University. Dumay's appointment is effective July 1, 2017.



**Jennifer Fernandes**



**Chris Woods**



**LaTonia Naylor**

**C**ongratulations to **Jennifer Fernandes, Chris Woods and LaTonia Naylor** of the United Way of Pioneer Valley. Fernandes is the new Case Coach for Thrive Financial Success Centers in Westfield and Holyoke. Woods is the new part-time Volunteer Coordinator. Naylor was promoted from Community Impact Manager to Senior Manager of Community Investment and will be overseeing grants management for the education, basic needs, small grants and emergency food and shelter programs. She'll also provide technical assistance to United Way grantees and community partners and become the UWPV community liaison for education initiatives.



**Daniel Forster**

**C**ongratulations to **Daniel Forster**, Westfield State University's new Vice President for Enrollment Management. Forster, an alumnus of Westfield State, will report to President Dr. Ramon S. Torrecilha and will oversee admissions, financial aid and marketing at the university. He will provide leadership and support in advancing the overall enrollment goals. In addition to developing and implementing

# COMMUNITY

## CONGRATULATIONS CORNER

a comprehensive enrollment management plan, Forster will collaborate with other senior administrators on strategic planning across the institution.



*Dr. Felicia  
Griffin-Fennell*

Congratulations to **Dr. Felicia Griffin-Fennell**, Springfield Technical Community College's (STCC) Activity Director of the Hispanic Serving Institution-STEM (HSI-STEM) grant, funded by the U.S. Department of Education. Griffin-Fennell will be responsible for the day-to-day operations of the grant, leading the campus effort in supporting Hispanic and low-income students in STEM fields of study. Last fall STCC was awarded a five-year, \$3.4 million federal grant to support Hispanic and low-income students. With a Hispanic student population of 27.6 percent, STCC has officially been designated a Hispanic Serving Institution since 2013.

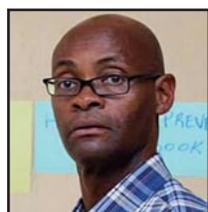
With a Hispanic student population of 27.6 percent, STCC has officially been designated a Hispanic Serving Institution since 2013.



*Samantha Hamilton*

Congratulations to **Samantha Hamilton** on her promotion by Martin Luther King Family Services, Inc. to the position of Director of Operations. Samantha assumed the duties of this newly created position effective July 1, 2016. This position consolidated several functions including accounts receivable management, vendor relations, transportation and Human Resources-related duties. Samantha joined the staff of Martin Luther King Family Services 14 years ago and has filled numerous roles with increasing responsibility.

Samantha joined the staff of Martin Luther King Family Services 14 years ago and has filled numerous roles with increasing responsibility.



*Dwayne Jackson*

Congratulations to **Dwayne Jackson**, 61, who begins his second Peace Corps service. Jackson has been accepted into the Peace Corps Response Program – which sends experienced professionals to undertake short-term, high impact service assignments. Jackson who had been interested in the Peace Corps since high school, was not able to pursue his goal of service then. Once he retired from the financial and aerospace industries in 2010, he revisited his dream of serving in the Peace Corps and became part of the growing numbers of volunteers who serve over the age of 50. Jackson previously served as a health volunteer in Uganda from 2012 to 2014.

Jackson previously served as a health volunteer in Uganda from 2012 to 2014.



*Attorney Courtney  
Reid*

Congratulations to **Attorneys Courtney Reid and Jaime Genua** who were selected by Massachusetts Mutual Life Insurance Company (MassMutual) as members of the 2017 class of Fellows, participating in a landmark program created by the Leadership Council on Legal Diversity (LCLD) to

identify, train, and advance the next generation of leaders in the legal profession. **Reid, Assistant Vice President and Counsel**, joined MassMutual in 2016 and practices in the areas of broker-dealer, FINRA and SEC regulations, FINRA regulatory examinations and contracts and distributions. **Genua, Vice President and Senior Counsel**, joined MassMutual in 2007 and practices in the areas of mergers and acquisitions, financing activities, investment governance and transactional matters.



*Attorney Jaime  
Genua*

Congratulations to **Springfield Public Schools (SPS)** who announced its 2016 Graduation and Drop-Out rates remain trending in the right direction. SPS is continuing to build on record-breaking improvements to the dis-

trict's 2015 graduation and dropout rates, which includes slashing the dropout rate in half since 2012. The reduction in the dropout rate translates to more than 300 fewer students dropping out in 2016 compared to 2012 and overall, represents a decrease of more than 50 percent – the highest in the state. The graduation rate has now increased 12.2 percentage points since 2012. Comparatively, the state saw an increase of 0.2 points in the graduation rate and no change in the dropout rate.

Congratulations to **Springfield Technical Community College Men's Wrestling Team** who became the first community college to win the National Collegiate Wrestling Association Northeast Conference Regional Championship. At the Regional's, STCC's men's team came out on top among 15 colleges and universities from New York, Massachusetts, Rhode Island, Connecticut, Vermont, Maine and New Hampshire. The Rams defeated the three-time defending champions from Alfred State College in New York and also topped the University of Maine, which finished third. STCC scored 166 team points to seize the championship. After the victory, coaches from the 15 teams in the NCWA voted Alberto Nieves 2017 Coach of the Year for the Northeast Conference of the NCWA.



*Janice Watson*

Congratulations to **Janice Watson** who has been appointed to the position of Director of Education and After-School Programs effective January 2, 2016 by Martin Luther King Family Services, Inc. In this position, Janice will be responsible for running all of the after-school programs and camps at the MLK Community Center on Rutland Street and at MLK Charter School. She will also be responsible for supervising staff, understanding billing and transportation, and communicating with the Department of Early Education and Care. Additionally, Janice will oversee a new parent engagement program that will be run in collaboration with Rebecca M. Johnson Elementary School.



*City Councillor  
Kateri Walsh*

Congratulations to **Springfield City Councillor Kateri Walsh** who has been selected to serve on the 2017 International Outreach Committee for the National Foundation for Women Legislators (NFWL), the nation's oldest non-partisan organization addressing the needs of elected women at all the city, county, and state levels of government. Using their expansive network of connections in areas across the world, International Outreach Committee members establish relationships with individuals, organizations, corporations, and government officials in regions outside the United States to identify and assess international travel opportunities. The committee is also responsible for selecting trip participants and building a transparent set of criteria for making this selection.

Congratulations to **Westfield State University** who ranked in the top 15 percent of U.S. News & World Report's "Best Online Bachelor's Programs" list, recognized for its distance learning that provides increased access and flexibility for students. The university was the second highest ranked Massachusetts public university among the six that made the list. Westfield State has offered online courses since 2002, online degree completion programs since 2008, and currently offers more than 600 online courses throughout the fall, spring, winter, and summer semesters. The university offers online degree completion programs in business management, criminal justice, history, liberal studies, sociology, and psychology. ■

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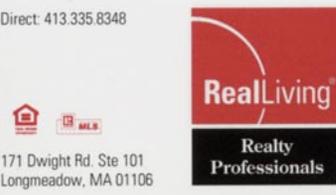
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# APRIL 2017 EVENTS

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

## ON-GOING

### THRU—APRIL 18

Springfield Partners for Community Action offers Volunteer Income Tax Assistance

**Info:** [www.springfieldpartnersinc.com](http://www.springfieldpartnersinc.com) for eligibility guidelines and local tax filing locations; by appointment only by calling 413.263.6500

STCC offers a free income tax filing assistance program for low-to-moderate income taxpayers through the Volunteer Income Tax Assistance (VITA) program

**When:** Wednesdays—Fridays from 12:30—4:30pm; Saturdays from 9am—3pm

**Where:** STCC, Scibelli Hall (Bldg. 2), Room 414, One Armory Square, Springfield, MA

**Info:** [www.stcc.edu/vita](http://www.stcc.edu/vita) or call 413.755.4215 for an appt.

### THRU—MAY 14, 2017

Turtle Power! Teenage Mutant Ninja Turtles and Samurai Heroes Exhibit

**Where:** George Walter Vincent Smith Art Museum, 21 Edwards Street, Springfield, MA

**Info:** [www.springfieldmuseums.org](http://www.springfieldmuseums.org)

## COMMUNITY MEETINGS

Every 1st Wednesday, Old Hill Neighborhood Council Board Meeting,

**When:** 6pm  
**Where:** 99 Eastern Avenue.  
**Info:** [oldhillcouncil@gmail.com](mailto:oldhillcouncil@gmail.com); 413.736.4575

Every 2nd Wednesday, Indian Orchard Citizens Council meeting,

**When:** 7pm  
**Where:** 117 Main St., Indian Orchard  
**Info:** [zaidagoven@yahoo.com](mailto:zaidagoven@yahoo.com)

Every last Wednesday through April, "Open Mic Night for Youth"

**When:** 7-9pm  
**Where:** Bing Arts Center, 716 Sumner Ave., Springfield  
**Info:** All languages welcome. Admission \$5 (no one turned away for lack of funds). Performers sign up at 6:45pm

### SATURDAY—1

An Evening of Hot Jazz and Poetic Truth, featuring Tantra-Zawadi from NYC, D. Moss backed by Jo Sallins 2 Man Trio

**When:** 8pm; 7:30pm Doors Open  
**Where:** Bing Arts Center, 761 Sumner Ave., Springfield, MA  
**Info:** \$15, \$10 students; Refreshments available; 413.731.9730  
[www.BingArtsCenter.org](http://www.BingArtsCenter.org)

### WEDNESDAY—5

Old Hill Neighborhood Council Board Meeting

**When:** 6pm  
**Where:** 99 Eastern Ave., Springfield, MA  
**Info:** 413.736.4575;  
[oldhillcouncil@gmail.com](mailto:oldhillcouncil@gmail.com)

### THURSDAY—6

Salons at Stowe presents With Justice for All? Mass Incarceration in America

**When:** 6—7:30pm  
**Where:** Harriet Beecher Stowe Center, 77 Forest Street, Hartford, CT  
**Info:** FREE and Open to the Public; 860.522.9258 x317

Mount Toby presents John McCutcheon Concert

**When:** 7:30pm  
**Where:** 194 Long Plain Road (Rt 63), Leverett, MA  
**Info:** Suggested donation \$20 to \$30; Reservations at 413.548.9394 or [mттobyconcerts.wordpress.com](http://mттobyconcerts.wordpress.com)

### SATURDAY—8

Maestro Kevin Rhodes & the Springfield Symphony Orchestra present "Nights in the Garden of Spain" with Guest Pianist Washington Garcia



**When:** 7:30pm  
**Where:** Springfield Symphony Hall, 34 Court Street, Springfield, MA  
**Info:** \$; 413.733.2291  
[www.springfieldsymphony.org](http://www.springfieldsymphony.org)

Willie Ross School for the Deaf, Baystate Health to Host Conference about Deaf Education

**When:** 8:30am—3:30pm  
**Where:** Baystate Education Center, 361 Whitney Ave., Holyoke, MA  
**Info:** \$70; Register at [learn.bhs.org](http://learn.bhs.org); 413.567.0374

### SATURDAY—8 THRU SUNDAY—16

School's Closed, But We're Not!

**When:** 1:30pm Family Tour  
**Where:** Harriet Beecher Stowe Center, 77 Forest Street, Hartford, CT  
**Info:** Ages 5-12 with an adult \$10/person (over 4 people up to 10 maximum \$5); [info@StoweCenter.org](mailto:info@StoweCenter.org); 860.522.9258 x317

### SUNDAY—9

God is the True Hero! Gardner Memorial African Methodist Episcopal Zion Church will Dedicate Its New Church Home at 368 Bay Street. Presiding Prelate, Bishop Dennis V. Proctor will be the Celebrant

**When:** 4pm  
**Where:** 368 Bay Street, Springfield, MA  
**Info:** All are welcome to join Rev. Samuel R. Saylor and Members for this momentous occasion

### TUESDAY—18

Springfield Partners present Protecting Your Assets! Part II

**When:** 6—7:30pm  
**Where:** Trinity United Methodist Church, 361 Sumner Ave., Springfield, MA  
**Info:** FREE and Open to the Public; Reserve by 4/13; 413.263.6500; Refreshments will be served

### THURSDAY—20

Calling All Babysitters; Baystate Medical Center to Offer Babysitters Academy

**When:** 9am—3pm  
**Where:** BRL Conference Room, Baystate Health Education Center, 361 Whitney Ave., Holyoke, MA  
**Info:** \$75; Open to ages 11½ to 15; Pre-registration required at 413.794.2229

Springfield Partners sponsor an Alzheimer's Panel Discussion

**When:** 5:30—7pm  
**Where:** Bishop Marshall Center, 260 State Street (enter on Elliot Street), Springfield, MA  
**Info:** FREE and Open to the Public; Reserve at 413.263.6539; Light Supper

Lynnette Johnson's One Woman Show "Supreme"

**When:** 6pm  
**Where:** Palate, 1168 Boston Rd., Springfield, MA  
**Info:** \$45 (includes dinner and copy of Lynnette's book, "Supreme"; [knottypoet@gmail.com](mailto:knottypoet@gmail.com))

### SATURDAY—29

Crystal Senter-Brown Poetry Reading

**When:** 1pm  
**Where:** Springfield Central Library Rotunda, 220 State Street, Springfield, MA  
**Info:** FREE and Open to the Public; [gabbygirlmedia@gmail.com](mailto:gabbygirlmedia@gmail.com)

## SPRINGFIELD PUBLIC SCHOOLS

Teachers & Educational Specialists Recruitment Events 2017-2018 School Year




**When:**

Wednesday, April 12, 2017  
PK-3, Elementary, Middle and High School  
Critical Need Teachers— Special Education  
Teachers of Students with Moderate or Severe Disabilities  
PK-3, ABA/Lab, Autism Program, Primary Learning Centers, Social/Emotional Program, Life Skills, Student Support, Language Learning Disability Program, Evaluation Team Leader & Sped Content area teachers.  
Mathematics, Science and English as a Second Language Teachers  
Vocational Teachers in the following areas: Electrical, Metal Fabrication, Carpentry, Design/Visual Comm., Health Assisting, Information Support Services & Networking.

Thursday, April 13, 2017 High School Teachers  
All Content Areas Teachers of Students with Moderate or Severe Disabilities  
Autism Program, Social/Emotional Program, Life Skills, Student Support, Language Learning Disability Program, Evaluation Team Leader & Sped Content area teachers.  
Mathematics, Science and English as a Second Language Teachers  
Vocational Teachers in the following areas: Electrical, Metal Fabrication, Carpentry, Design/Visual Comm., Health Assisting, Information Support Services & Networking.

Tuesday, April 25, 2017 Middle School Teachers All Content Areas & Special Education Teachers of Students with Moderate or Severe Disabilities  
Autism Program, Social/Emotional Program, Life Skills, Student Support, Language Learning Disability Program, Evaluation Team Leader & Sped Content area teachers.  
Mathematics, Science and English as a Second Language Teachers

Wednesday April 26, 2017 PK-3, Elementary, Middle and High School  
All Content Areas & Critical Need Special Education Teachers of Students with Moderate or Severe Disabilities  
PK-3, ABA/Lab, Autism Program, Primary Learning Centers, Social/Emotional Program, Life Skills, Student Support, Language Learning Disability Program, Evaluation Team Leader & Sped Content area teachers.  
Mathematics, Science and English as a Second Language Teachers

Thursday, May 4, 2017 Professional Educational Specialists All Grade Levels  
Adjustment and Guidance Counselors, School Psychologist, Speech & Language Pathologists & Assistants, SEBS Behavioral Specialists, Instructional Leadership Specialists, & School Nurses.

**Time:** 4:00 p.m.  
**Where:** Forest Park Middle School, 46 Oakland Street Springfield, MA

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## LATIN@ GROOVE

## CELEBRATING FIFTY YEARS OF N.O.W.

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had to change the mind of the entire American public as a pressure on the government. We wanted to reach and support all women. There were a lot of women who didn't work outside the home who felt very threatened by us. At the beginning we were only talking about women who worked outside of the home. We realized that women who worked in the home worked very hard also without getting compensated. I know there's a lot of criticism, especially of Betty Friedan, for writing *The Feminine Mystique*. She was aiming it at well educated women, most of whom had husbands who made good money. We felt these women were wasting their college educations staying home. It was based on a Smith College alumni interview that Betty did. Those were the first people who inspired her book.

**MG:** So what about working class women and women of color who did not have the same privileges?

**MF:** When N.O.W. was founded, we always thought about working women. Our first lawsuit was in California on behalf of a woman factory worker who wanted to be a foreman. She had been told women could work overtime, but not be promoted. Friedan's Statement of Purpose was very much built on all women and was very inspiring. She had help from Pauli Murray, a great Black woman poet who later became a lawyer and Episcopalian Priest. Pauli worked with Betty as her inspiration for founding N.O.W. and urged Betty to do it. I would not be surprised if Pauli was responsible for the statements in that document that made it clear that all civil rights are indivisible, and that we were not just working for the civil rights of women, but of all people, and would work beside civil rights activists in all fields.

**MG:** What would you say to a woman today who said to you that from the outside, the movement appeared to be a privileged white women's movement?

**MF:** I would say that almost all social movements are led by people who have enough leisure and enough money, frankly, to be able to spend the time and effort, money and travel to make the revolution. However, people from all walks of life were involved. For example, in the Colgate-Palmolive case, where there were separate seniority lists for men and for women, we fought that case on behalf of factory workers. We ultimately won that lawsuit. The first lawsuit we worked on was brought by Velma Mengelkoch, who worked for and sued

North American Aviation, based in California. It was one of the first sex discrimination complaints considered by the EEOC.

**MG:** Was attorney and N.O.W.'s second President, Eileen Hernandez, involved in that case?

**MF:** At the time we started N.O.W., Eileen, who had been a labor leader, was a commissioner on the EEOC so we had to be careful how we worked with her or there would be a conflict of interest. When she became executive vice president, and then president, she certainly worked with us on working class issues.

**MG:** When Hernandez, a Black woman, became President of N.O.W. in 1970, was she as visible in the white male dominated mainstream media as Friedan?

**MF:** She was not as visible, because she had been a commissioner, which is not the same as writing a best-selling book that millions around the world read. She later became a consultant to Sears & Roebuck and other corporations, so I can't say that she always worked on those issues.

**MG:** New York City was the epicenter of the movement, could that movement have happened anywhere else?

**MF:** Chicago had a lot of very active women and labor union women. And, of course, Washington, D.C. had a very active chapter and a lot of the lawsuits were started in D.C. by a group of wonderful lawyers, some of whom had to be under deep cover to file the cases. The women in Detroit, the United Auto Workers, handled our printings and mailings at the beginning and we had a lot of help from the UAW. What New York had was Betty Friedan. She was the founder of N.O.W., she was the inspiration, and she was the strategist. As a human being she was a terrible pain in the neck. Very few people could praise her personal skills, but she was the leader, and I hope she will go down in history as the leader of the modern women's movement.

**MG:** As the quiet power behind the movement, you're being very humble regarding your rightful place in history.

**MF:** I wrote a lot of things that Betty signed. I had a job, so I had to be very discreet.

**MG:** If you had not had to work and raise your family, do you think it would have been you instead of Betty Friedan?

**MF:** Betty did it, so you just have to give her the credit. Even the people who really disliked her personally, we all say "Betty did it." And then we had Gloria Steinem, who was just a saint.

**MG:** What do you think were your most successful attempts at including working class women and women of color in the *visible* movement? I emphasize visible because there were so many unsung heroines working behind the scenes. Until very recently, you were one of them.

**MF:** We had women and men of color on our first board of directors. Among them were Anna Arnold Hedgeman who was a great and very famous leader of the Black Civil Rights Movement; Inéz Casiano; and many labor union people, many of whom were people of color, worked closely with us. Enlightened union leaders, like Walter Reuther, were a big help to us. However, in the beginning it was the men who ran those unions who started the seniority lists that kept women from getting the good deals the men got. That began to change when we won the lawsuit against those separate lists. The labor unions still work beside us. In every one of our chapters there were people of color in leadership roles.

**MG:** In the early days of the movement, the nation was barely crawling out from under the horrors of Jim Crow. I imagine that made inclusivity a challenge in itself.

**MF:** Yes, it did. To be honest, we did our best to get people of color in the pictures we produced, as many as we could. At the beginning, frankly, we had a lot of successful, affluent white women. Also, Betty Friedan, in the first founding board of directors of N.O.W., went out to find people who were successful in government, labor, education, and business, maybe fewer in business – I was one of the few. In those days it was mostly the whites who were permitted to be successful.

**MG:** Was the movement able to mobilize with and for women who were extremely marginalized via abilities or incarceration, for example?

**MF:** I confess that they were not the focus of our activity at the beginning. We were thinking about jobs. And the truth is that the disabled were marginalized out of jobs. We should have thought more about the disabled and incarcerated. Our biggest concern was the gender issue regarding jobs.

**MG:** Was there much intersection between the

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## LATIN@ GROOVE

## CELEBRATING FIFTY YEARS OF N.O.W.

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Feminist movement and what was referred to then as the Gay Liberation Movement?

**MF:** Lesbians joined N.O.W. in tremendous numbers and were very important. There was a strategic debate in the earliest days of N.O.W. as to whether we should make lesbianism a feminist issue. At the beginning, a number of people, including Betty Friedan and a number of other leaders, felt that it was a separate issue, and that if we endorsed lesbian rights, that it might alienate the suburban housewives we were trying to reach. This was a bitter and heated strategic debate that, ultimately, lesbians won. The debate lasted maybe two years and in September, 1971 (I remember it well because that was the N.O.W. conference where I became Board Chair), a resolution was passed that lesbianism is a feminist issue and it would from then on be a priority of N.O.W.

**MG:** That was a time when closet doors had been nailed shut and discrimination and homophobia had been normalized.

**MF:** Yes, and it was no secret that Betty Friedan had her own prejudices referring to lesbians as the

“Lavender Menace.” But eventually, she evolved, too. At a Veteran Feminists dinner honoring Kate Millet, Betty stood up and apologized to Kate for not supporting her when she was attacked for being a lesbian. So we all learned.

**MG:** I know the second wave of feminists are very active now, including yourself. Do you see a third wave of feminism happening today?

**MF:** I think we’re still in the second wave, fighting for a lot of rights that we don’t have yet. A lot of younger women have said for twenty years that they’re in the third wave, as they fight for child care, which N.O.W. fought for in the very beginning. N.O.W. got a wonderful childcare bill passed in 1970 and Richard Nixon vetoed it. Young people are very much interested in lifestyle issues and world feminism. I think that feminism is once again becoming a respected and valued word. Up until about three years ago it was considered the F word. Betty used to joke about young women who said they weren’t feminist, but wanted to be the CEO of IBM.

**MG:** Do you think younger women today know on whose shoulders they stand? Are they aware of

the work and history that has opened the doors to the freedoms they now enjoy?

**MF:** There was a period when people thought feminism was old hat and we’d accomplished everything. Feminism is regaining popularity and the fact that we’re going to have a \*woman president (\*not a hint of doubt in Fox’s voice here) is going to make it sexy again. We don’t like to sound like we’re whining, but the truth of the matter is that people are too busy with their own needs and causes that they don’t think about what happened first. Thousands of people took on leadership and sacrificed their health, marriages, relationships, livelihood, to open those doors in little ways and big ways – in their colleges, towns, cities, their offices, their labor unions – and every one of them was a leader. That’s why the movement had been so successful so quickly. Our main goal now is to pass the torch. Next year in March, we’re having a big conference at Duke University about how to inform and reach the next generation of leaders using new technologies. We’ve come a very long way in fifty years and we still have a very long way to go.

**To learn more about Muriel Fox:**  
<http://www.makers.com/muriel-fox>

## THE URBAN COOK

*continued from page 19*

## A Brief History On Soul Food

- Macaroni and cheese.
- Milk and bread (a “po’ folk’s dessert in a glass” of slightly crumbled cornbread, buttermilk and sugar).
- Neck bones (seasoned and slow cooked).
- Okra (African vegetable eaten fried in cornmeal or stewed, often with tomatoes, corn, onions and hot peppers).
- Pig’s feet (slow cooked, sometimes pickled, eaten with vinegar and hot sauce).

- Ribs.
- Rice.
- Sweet Potatoes (often parboiled, sliced and then baked, using sugar, cinnamon, nutmeg and butter or Margarine, commonly called candied yams).

Though soul food originated in the South, soul food restaurants from fried chicken and fish “shacks” to upscale dining establishments are in every African American community in the nation. Even though I’m picky when it comes to eating at certain restaurants, I make it a point to support black-owned restaurants or at least try them before ruling them out.

*Ref. Soul Food online*

## COMMUNITY FOCUS - CONNECTICUT

*continued from page 22*

## Windsor, CT Man Among Eastern’s 2017 Dr. Martin Luther King Jr. Distinguished Service Award Winners

Oliver also is a highly-regarded minister at The First Cathedral Church in Bloomfield, where he has shared his spirit and Biblical wisdom with men in the church on Saturday mornings and delivered sermons and offered words of comfort at funerals. “Because of Mr. Oliver’s maturity, professional achievement and spiritual grounding, people, young and old, are richly benefitting from his counsel, service and his sterling contributions to society,” said Close.

Hemphill’s work ethic and focus with the Women’s Center field placement group “helped each member to center their attention on the needs of the com-

munity,” said Starsheemar Byrum, coordinator of the Women’s Center. Hemphill, of Trumbull, also volunteered in the Petey Green’s Prisoner Assistance Program, where she concentrated her efforts on igniting change in the lives of incarcerated women, strengthening the communication skills of inmates, enhancing their chances of employment upon release. Hemphill did this and more while earning Dean’s List distinction and serving as a resident assistant at Eastern.

Wilmot, of New Britain, has served in numerous capacities at Eastern: resident assistant; hall director; academic advisor; assistant director of Center for Internships and Career Development; and coordinator of the Intercultural Center, and as an adviser to several university clubs such as FEMALES, African Club, Asian Cultural Society and the United Voices of Praise.

Malik Champlain, a motivational speaker, real estate investor and urban school consultant, delivered the keynote address. ■

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## KEYNOTE SPEAKER



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