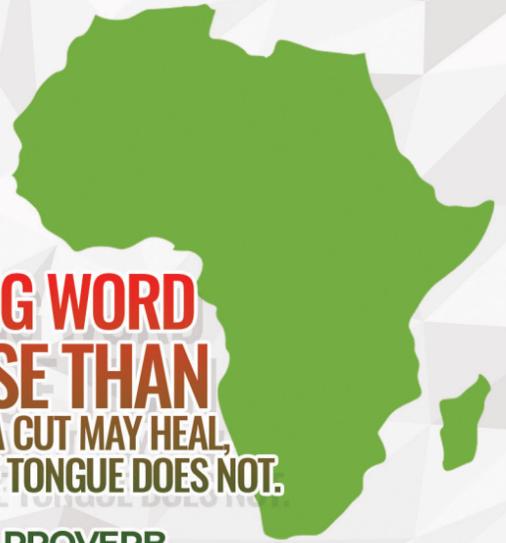


THE VOICE OF AFRICAN AMERICANS WORLDWIDE



**A CUTTING WORD
IS WORSE THAN
A BOWSTRING, A CUT MAY HEAL,
BUT THE CUT OF THE TONGUE DOES NOT.**

~AFRICAN PROVERB

AUGUST 2019 KEEPING THE COMMUNITY INFORMED SINCE 1991 **Free**

MARCUS GARVEY COURSE ON AFRICAN PHILOSOPHY



By Conrad Worrill

As we prepare to celebrate the 132nd birthday of Marcus Garvey on August 17, let us begin to review some of his ideas.

It is quite clear that African people in America continue to be miseducated. This problem is discussed in a variety of ways in conversations everyday in our communities throughout America.

From time to time we should consult the wisdom of those who have addressed this problem whom we may have forgotten. One such person who addressed this problem is the Honorable Marcus Mosiah Garvey, when he presented his formula for learning in his courses on African Philosophy in the 1930s. I think it is only appropriate to review Mr. Garvey's formula for learning in his courses on African Philosophy in the 1930s. I think it is only appropriate to review Mr. Garvey's formula for learning as we continue to build the Reparations Movement and seek specific guideposts to our development as a people.

These lessons and guideposts in learning can be found in Marcus Garvey, Message to the People, The Course of African Philosophy, edited by Dr. Tony Martin.

Lesson 1: One must never stop reading. Read everything that you can read, that is of standard knowledge. Don't waste time reading trashy literature. The idea is that personal experience is not enough for a human to get all the useful knowledge of life, because the individual life is too short, so we must feed on the experience of others.

Lesson 2: Read history incessantly until you master it. This means your own national history, the history of the world, social history, industrial history, and the

history of the different sciences; but primarily, the history of man. If you do not know what went on before you came here and what is happening at the time you live, but away from you, you will not know the world and will be ignorant of the world and mankind.

Lesson 3: To be able to read intelligently, you must first be able to master the language of your country. To do this, you must be well acquainted with its grammar and the science of it. People judge you by your writing and your speech. If you write badly and incorrectly, they become prejudiced towards your intelligence, and if you speak badly and incorrectly, those who hear you become disgusted and will not pay much attention to you, but in their hearts laugh after you.

Lesson 4: A leader who is to teach men and present any fact of truth to man must first be taught in his subject.

Lesson 5: Never write or speak on a subject you know nothing about, for there is always somebody who knows that particular subject to laugh at you or to ask you embarrassing questions that may make others laugh at you.

Lesson 6: You should read four hours a day. The best time to read is in the evening after you have retired from your work and after you have rested and before sleeping hours, but do so before morning, so that during your sleeping hours what you read may become subconscious, that is to say, planted in your memory.

Lesson 7: Never keep the constant company of anybody who doesn't know as much as you or (is) as educated as you, and from whom you cannot learn something from or reciprocate your learning.

See NATIONAL NEWS, page 9

Our 400 Year Sojourn: 1619-2019



I was not alone in my thoughts about a Black man being elected president of the United States, and I had good company. Julian Bond, the former political activist who served four terms in the Georgia House of Representatives and helped establish the Student Nonviolent Coordinating Committee in the 1960s, had this to say after Barack Obama was elected.

See URBAN SPECTRUM, page 8

How We Created The Migrant Problem



Every day the news includes coverage of the migrant problem at our southern border. Our President has called these people rapists, gang members and a threat to our national security. Actually, they are dirt poor people desperate for a chance at a better life. Why they are dirt poor and at our border is the reason for this article.

See COMMUNITY NETWORK, page 11

**A WISE PERSON WILL
ALWAYS FIND A WAY.**

~TANZANIAN PROVERB

SPECIAL SUPPLEMENT: VACATION GUIDE, SEE S1-S4

AUGUST 2019

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BY INVITATION ONLY



Rust College Alumni Call on President David Beckley to Resign CONCERNS WITH INADEQUATE LIVING CONDITIONS, POOR TECHNOLOGY, OUTDATED CURRICULA AND LOW WAGES



By Tommiea Jackson

(HOLLY SPRINGS, Miss.) – Nearly 1,000 Rust College alumni, faculty, staff, students and supporters have signed a petition asking that the college’s president, David L. Beckley, Ph.D., step down after 26 years at the college. The group says Beckley’s poor leadership has prevented the school from advancing and has created a culture of fear at the small, liberal arts college.

Cries from alumni, students and parents have been largely ignored over the past 20 years. Many are withholding financial support until Beckley is no longer president.

A letter from Leslie-Burl McLemore, Ph.D., a 1964 graduate and retired political science professor from Walls, Miss., has elevated the issue. McLemore’s July 1 letter, Thank You Dr. Beckley, But Your Time is Up sent to Beckley, the Rust College Board of Trustees and hundreds of Rustites, asked the president to step down.

“I have decided that I cannot remain silent any longer about conditions at Rust and the quality of leadership provided by Dr. David Leonard Beckley,” McLemore said in the letter. “Dr. Beckley has overstayed his tenure at Rust. It pains me that he has refused to move the College into the 21st Century.”

Following McLemore’s letter, more than 70 letters have been sent to the board citing concerns about dorms with mold and bedbugs, textbooks more than 10 years old, outdated curricula and unfair treatment of faculty, staff and students. Alumni and parents were upset to learn that the college’s prized Rust College A’Cappella Choir travels in a 23-year-old bus that does not have a restroom and is known to break down during many of its trips across the country.

Alumni say though they are happy that Rust College has no debt and boasts of a \$46 million endowment, those gains have been made on the backs of students who live in poor conditions and have limited access to technology.

Alumni, students, faculty and staff have long complained about poor technology. Recently, officials said the college was hacked on or about July 17. To date, Rust College employees have not been able to open or send emails. The extent of the damage is not known.

Faculty – who sign nine-month contracts, but must work ten months – are among the lowest paid in the state. Staff members are often required to work more than 40 hours per week without overtime pay. Employees make mandatory contributions to the school’s Chest Fund and, without direct deposit, must pick up their paychecks from the campus administration building.

The Board of Trustees denied an appeal from alumni to have Beckley retire in December of 2019. Instead, the board announced it would move forward with plans for Beckley to retire in 2021.

McLemore and a growing group of supporters are committed to making sure the college has strong leadership soon.

“Although I have been in love with Rust for 59 years, it is larger than I am,” said McLemore, also a former student government association president at Rust. “Rust College is all of us and many generations to come.

“Our criticisms regarding leadership at Rust are not criticisms of the institution itself,” McLemore continued. “Rust College is a treasured place in the hearts and minds of thousands around the world. In fact, we love Rust enough to do the painful work required to make it better.”

About Rust College

Founded in 1866, the private liberal arts college in Holly Springs, Miss. is the oldest historically black college in the state. Affiliated with the United Methodist Church, notable alumni include civil rights leaders Ida B. Wells-Barnett and Willie “Wazir” Peacock, and Anita Ward, recording artist most known for the 1970s hit “Ring My Bell.”

Tommiea Jackson | 863-606-8543 | rustcollegeconnect@gmail.com

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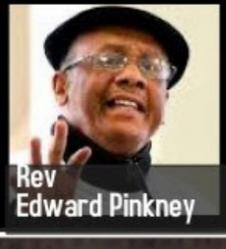
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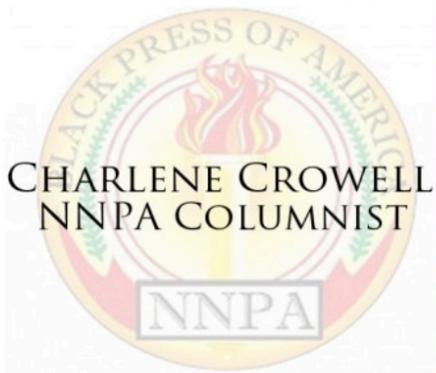
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CFPB TURNS ITS BACK ON FAIR LENDING ENFORCEMENT AND REPORTING

By Charlene Crowell



More than 50 years ago, this nation enacted legal guarantees that fair housing would be available to all Americans. Despite this federal assurance, however, a disturbing and ongoing stream of reports and lawsuits remind us that we are still on an aspirational journey. Aggressive enforcement of fair housing and other anti-discriminatory laws are supposed to bring punishments for violators, and restitution for those harmed.

But as with so many justice issues—either financial or criminal, what really happens in life seems a world away from the African - American experience.

Since its inception, the Consumer Financial Protection Bureau’s (CFPB) mandate was to protect consumers from discriminatory lending as well as to ensure fair access to credit. In addition to violations of the Fair Housing Act, CFPB also has the authority to refer potential violations of the Equal Credit Opportunity Act (ECOA) to the Justice Department.

Despite these and other enforcement options, CFPB’s most recent fair lending report to Congress acknowledged a full year without any fair lending enforcement actions.

“The Bureau must refer to the Justice Department (DOJ) a matter when it has reason to believe that a creditor has engaged in a pattern or practice of lending discrimination in violation of ECOA,” acknowledged the report. “In 2018, the Bureau did not refer any ECOA violations to the Justice Department...In 2018, the Bureau opened and continued a number of fair-lending-related investigations, however, it did not bring fair lending-related enforcement actions”, the June 2019 report continued.

While CFPB turned away from fair lending, several 2018 lawsuits were filed mostly by private and nonprofit advocates. Their collective actions realized large settlements, fair lending reports and continued documentation of illegal breaches

For example, nearly a year ago, New York’s Suffolk County Federal Credit Union signed a \$1 billion settlement rather than go to trial on discriminatory charges. The settlement resolved a case filed two years earlier, in 2016 that alleged Black and Latino consumers were denied mortgage approvals at a higher rate than that of the credit union’s white customers.

Later that same year, in a regulatory examination of Citigroup, the Office of the Comptroller of the Currency (OCC) found that consumers of color were not receiving the same mortgage rate discounts reserved for its large-deposit customers. That case was referred to the Justice Department.

Another 2018 discriminatory case involved lawsuits with several major banks on behalf of consumers in two Maryland counties, Montgomery and Prince George. The case alleged that as early as the mid- 2000s, consumers of color were steered into higher-cost, non-prime mortgages – a violation of the Fair Housing Act.

Some might contend that this sample summary might not be fair to CFPB and its mission.

To such questioning minds, I would add that this June a coalition of 158 state and national advocates filed written comments against another recent deregulatory move planned by the CFPB. This effort would exempt hundreds of lenders from providing vital data that tracks the market and consumer access to credit.

Every year, the Home Mortgage Disclosure Act (HMDA) report makes public details of the past year’s mortgage market. It is the only national report that includes the race and ethnicity of mortgage applicants, types of loan approvals as well as denials. Most importantly, the actual behavior of lenders – both banks and nonbanks record the total number of loans involved.

By exempting so many lenders, the highly anticipated report would lose valuable clarity and irrefutable data.

Among the organizations signing these comments were: NAACP, The Leadership Conference for Civil and Human Rights, the National Fair Housing Alliance, and the Center for Responsible Lending.

“A large loss of HMDA reporting will create a distorted view of lending trends in these underserved areas and will make it more difficult for stakeholders to determine if revitalization efforts are succeeding,” wrote the housing advocates. “The overall impact of raising the threshold will be to frustrate HMDA’s purposes of determining whether credit needs are being met and whether public investment has succeeded in rejuvenating the housing and lending markets in struggling neighborhoods.”

The coalition comments also include a litany of CFPB actions that have occurred since 2017, all with anti-consumer effects:

- Failure to issue any violations of the Equal Credit Opportunity Act;
- Declared its intent to ignore the Disparate Impact standard, a long-standing legal test that holds the effects of discrimination, not the intent are legal violations;
- Publicly praised the repeal of anti-discrimination auto lending guidance;
- Sided with payday lenders in their challenge of the Bureau’s payday rule promulgated under the previous director;
- Stripped the Bureau’s fair lending office of its supervisory and enforcement powers; and
- Relegated the development of regulation on fair lending for minority and women-owned businesses to a low-level concern.

In many ways, the Consumer Financial Protection Bureau has failed to live up to its name and reneged on its mission.

“This lack of enforcement demonstrates our journey towards fair lending still has miles to travel,” said Melissa Stegman, a CRL Senior Policy Counsel. “CFPB was created to protect consumers without exception.”



Charlene Crowell is the Center for Responsible Lending’s Communications Deputy Director. She can be reached at Charlene.crowell@responsiblelending.org.

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The Importance of Sleep



Sleep has an essential role in our life for physical and mental health, yet many people struggle to get enough of it. Insufficient sleep is a medical problem which is known as insomnia or sleeplessness. According to the National Sleep Foundation, acute insomnia is brief and often happens because of life circumstances (like the night before you have a big test) whereas chronic insomnia is disrupted sleep that occurs at least three nights per week and lasts at least three months. Acute insomnia usually goes away on its own while chronic insomnia may require treatment.

WHY SLEEP IS IMPORTANT

Sleep plays a critical role in all bodily functions, such as protection from physical and mental stress. It also promotes healing and repairing of cardiac blood vessels. According to a recent study published in the journal of psychology, those individuals sleeping less than 5 hours (the recommended amount is 7-9 hours for most adults) are at risk of developing sleeping disorders. A proper amount of sleep is crucial for maintaining your active lifestyle; poor sleep can lead to various health complications. Read the following list for some of the health advantages of sleep on your body and mind.

SLEEP REDUCES ANXIETY AND STRESS

Sleep plays a vital role in reducing anxiety and stress. Various research studies have reported that sleep is one of the best and most effective way to minimize the symptoms of anxiety and stress. Sleep provides improved mental stability and relaxation since you will feel more rested, energized and ready to take on everyday challenges.

SLEEP IMPROVES FOCUS AND PRODUCTIVITY

Sleep provides psychological and physical rest which gives you more mental energy for improved focus and productivity. Research studies have revealed that quality sleep is vital for promoting concentration at work and school.

SLEEP BOOSTS IMMUNE FUNCTIONS

Sleep has a close association with the immune system. According to the Mayo Clinic, studies show that individuals who don't get enough sleep (or quality sleep all night) are more likely to get sick after being exposed to a virus, such as a common cold virus. Conversely, a lack of sleep can also affect how fast you recover if you do get sick.

SLEEP IMPROVES MEMORY

Sleep is also associated with improved cognitive functions and boosting memory. According to a recent study, after two different groups were studied, the group with proper sleep showed a significant improvement in recollection of short and long term events.

SLEEP PROMOTES WEIGHT LOSS

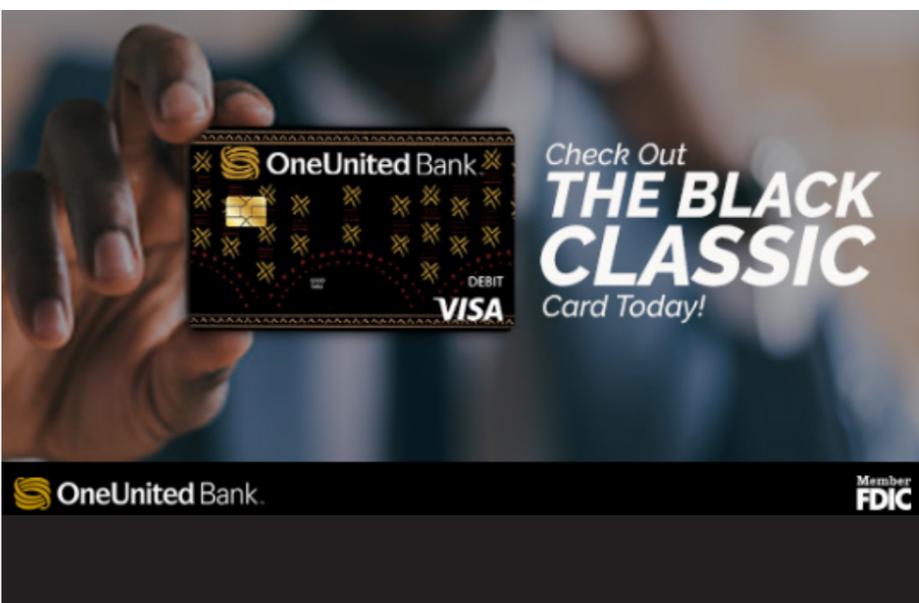
The amount of sleep you get directly affects your diet. People who are sleep deprived tend to weigh more and have more trouble losing weight than those who get adequate rest, even when they follow the same diet. When you don't get enough sleep, your body over produces the hunger causing hormone grehlin, causing you to feel hungrier during the day.

Getting enough sleep or quality sleep is very important as part of your overall physical and mental health plan. A lack of sleep can increase your appetite, decrease your energy levels and cause other adverse conditions, sabotaging your quest for improved health and wellness. If your condition is ongoing then it is chronic and you may want to speak with your healthcare professional.

Thanks for reading!

Contributor: Kim Farmer of Mile High Fitness & Wellness. Mile High Fitness & Wellness offers in-home personal training and corporate wellness solutions.

Visit www.milehighfitness.com/personal_training or email inquiries@milehighfitness.com



Kim Farmer

President

Health information provided by Mile High Fitness & Wellness

Kim Farmer is the president of Mile High Fitness & Wellness. Mile High Fitness & Wellness offers in home personal training, wellness challenges, onsite corporate fitness classes and seminars including cooking demos.

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The Evolution of the National Black Chamber of Commerce – Part 2

By Mr. Alford & Ms. DeBow

Kay and I came from two different worlds. She was born and raised in Indianapolis, IN from a prestigious upper-class family with business interests throughout the city. I was born and raised in sunny California - Oxnard, California to be exact. Ventura County was booming with transplants from all over the nation. It didn't take much to be a trailblazer. Most of the Black families were from the "Jim Crow" South. They were vigilant to detect any type of discrimination and would physically stomp it out. Indianapolis was close to the southern cities. Schools, movie theaters and public facilities were separate and of course not equal. Kay lived across the street from Riverside Park – an amusement venue. She and her siblings could only use the park on Wednesday's (colored day) which was common in the south. Movie theaters didn't integrate until the mid-sixties.

My roots were totally lower class. My father was a short-haul truck driver his entire adult life. My mother was a domestic for some rather rich white folks. Our relatives would pool resources and that allowed many of my relatives to get by without expending too much money. Utilizing our southern roots several families would get together and go buy a full-grown cow. Then we would go out to the country, shoot the cow, remove the insides and cut up the meat for distribution to the participating families. Our freezers would be packed with good beef for months. This is an example of how we got by on little salaries.

I realized my athletic ability early in life. It became apparent from watching college sports on television that a Black kid can go to college and have a great start in life if he could run, catch or pass. Football became my "hustle" and it took me to the

University of Wisconsin. It made me a star on campus and perks and unearned favors came easy. As I started nearing graduation a "glitch" appeared to be in my way. It was the military draft generated from our evil war in Vietnam. I was put into the first draft lottery and my birthdate was assigned Number 4. It was definite! I was going into the Army.

Procter & Gamble had already made me a job offer upon graduation. I would

join the sales force for Packaged Soap & Detergent. I informed my contact and he said that would not be a problem. He encouraged me to sign up instead of waiting for the draft call. That way I could apply for Officer Candidate School. He explained: "Harry, you have a future in corporate America and even in the military. Become an officer and that will enhance your portfolio immensely. Corporate American will regard you as a proven leader and your value would increase exponentially. A college-educated Army officer with a strong athletic background makes you have increased value. Procter

& Gamble will be here when you return, and our door will be wide open."

That was great advice! I spent two years, eight months and twelve days in the US Army and came out as a Lieutenant. I graduated from Ft. Benning Infantry Officer's School, Class #3-72. After two years of stateside service I returned to Procter & Gamble as a managerial candidate in Detroit, MI. Benefits were great, replete with a company car, good

riding my bike through Butler Tarkington and Broad Ripple with my best friend Lisa. We drank cherry colas at Butler University canteen. We bought matching t-shirts. Our family summered at Lake Michigan. All the cousins on the Stuart side of the family came too. We swam every day and at night we built fires and told horror tales. My parents enrolled me in Ladywood High School with real nuns as teachers. Um, no thank you. I enrolled myself in Shortridge High School. I breezed through high school and found that after just 3 years I had enough credits to graduate, so I did. I enrolled at Indiana University, Bloomington with Lisa, of course.

It's odd that I was not politically astute at that time because my parents were very politically minded. We had Senator Richard Lugar and Mayor William Hudnut campaign signs in our yard. These two men were Republicans and back then in Indiana it was ok for Black people to support them because they were good to the entire community. My parents had access to them. Oh my, how attitudes have changed.

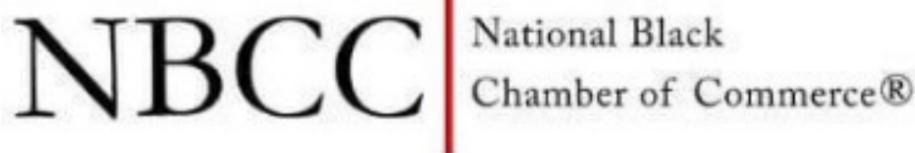
My parents sheltered me from adversity. I didn't know much about the Vietnam War except what Freda Payne told me "Fathers are pleading, lovers are all alone, Mothers are prayin', send our sons back home (tell 'em 'bout it), you marched them away, yes you did now, on ships and planes, to a senseless war facing death in vain. Bring the boys home bring 'em back alive."

How then did Harry and I connect?

Mr. Alford is the Co-Founder, President/CEO of the National Black Chamber of Commerce®. Ms. DeBow is the Co-Founder, Executive Vice President of the NBCC.

Website: www.nationalbcc.org

Emails: halford@nationalbcc.org kdebow@nationalbcc.org



Mission Statement

The National Black Chamber of Commerce® is dedicated to economically empowering and sustaining African American communities through entrepreneurship and capitalistic activity within the United States and via interaction with the Black Diaspora.

Organization Profile

The National Black Chamber of Commerce® was incorporated in Washington, DC in March 1993.

The NBCC is a nonprofit, nonpartisan, nonsectarian organization dedicated to the economic empowerment of African American communities. 140 affiliated chapters are locally based throughout the nation as well as international affiliate chapters based in Bahamas, Brazil, Colombia, Ghana, Kenya, France, Botswana, Cameroon and Jamaica and businesses as well as individuals who may have chosen to be direct members with the national office.

In essence, the NBCC is a 501(c)3 corporation that is on the leading edge of educating and training Black communities on the need to participate vigorously in this great capitalistic society known as America.

The NBCC reaches 100,000 Black owned businesses. There are 2.6 million Black owned businesses in the United States. Black businesses account for over \$138 billion in revenue each year according to the US Bureau of Census. The National Black Chamber of Commerce® is dedicated to economically empowering and sustaining African American communities through entrepreneurship and capitalistic activity within the United States.



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SPECIAL EDITION

BACK TO SCHOOL BLACK HISTORY

FERGUSON SHOOTING VICTIM MICHAEL BROWN



To some people who knew him, Michael Brown was an ordinary US teenager with much to like about him.

Court documents, however, portray him as a suspect in a convenience store robbery who assaulted the police officer who killed him.

These two profiles have framed the debate around his death on 9 August, when the black 18-year-old was shot dead by the white officer during an incident on a street in Ferguson, Missouri.

That shooting inflamed passions in Ferguson and across America, stirring up America's debate over race and justice.

School-leaver

In the weeks before his death, Mr Brown's life certainly seemed ordinary.

He had just left secondary school and was planning to study to become a heating and cooling technician.

In his spare time, he played video games, saw friends and spent time with his family.

On his Facebook page he posted photos of himself with his baby niece.



His friends and family knew the 6ft 4in (1.9 m) teenager as Big Mike or Mike Mike - so big, friends say, they named him twice.

Neighbours at the Northwinds apartment complex where he lived remember him as respectful. "If his grandma said 'go upstairs', he went," Kevin Seltzer told the Los Angeles Times. "He didn't bother people."

Despite his size, Mr Brown is remembered as a gentle giant. By all accounts he shied away from confrontation, using his bulk to intimidate people from fighting with him.

Shortly before his death, at the urging of his grandmother with whom he lived and his uncle the Rev Charles Ewing, he embraced Christianity.

Six shots

When a New York Times profile described Mr Brown as being "no angel", the comment sparked anger across social media, with people insisting he had only behaved as most teenagers do.

Like many teenagers he smoked marijuana and drank alcohol.

Some of the amateur rapper's songs contained violent lyrics such as "my favourite part is when the bodies hit the ground".

And then on 9 August he allegedly stole a pack of cigarillos from a shop, pushing the store clerk into a display case when confronted.

Shortly after this incident, caught on CCTV, police officer Darren Wilson received an alert in his patrol car.

Stopping Mr Brown and his friend

Dorian Johnson for walking in the middle of the road, the policeman grew suspicious that he had carried out the robbery.

Reports vary on the exact details but all say there was an altercation, Mr Wilson's gun was fired and the pair ran.

Mr Wilson fired more shots, hitting the unarmed Mr Brown a total of six times in the head and right arm.

The body lay in the street for four hours in a pool of blood before it was removed.

On Monday a grand jury ruled that they would not charge Mr Wilson over the shooting.

Mr Brown had received his leaving certificate only eight days before his death and had been due to start college that Monday.

His mother, Lesley McSpadden, told reporters the family had never had the time to celebrate her son's school-leaving. Instead they had had to organise a funeral.

www.bbc.com



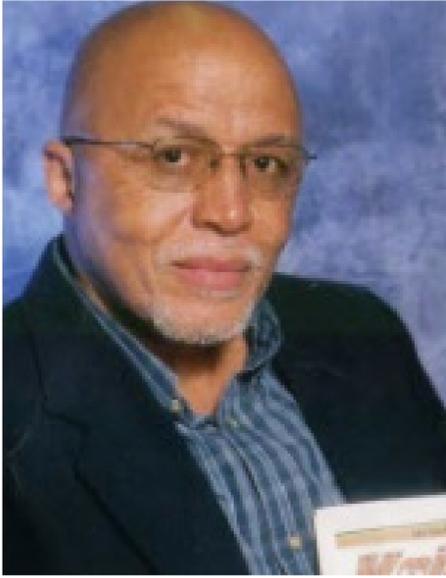
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ANOTHER BLACK MAN SHOT IN THE BACK



By Dr. James Tucker

Mayor John Suthers is not operating in good faith. He is anti-Black and fails to understand the African American community. Over the years, he has ignored and refused to address African American issues.

For more than four decades, I have demanded that elected officials of Colorado Springs create a Civilian Review Board. This Board would allow citizens to investigate law enforcement officers and local agencies unlawful acts.

On August 6th, John Suthers announced that the El Paso County Sheriff's Department would be in charge of investigating the brutal murder of 19-year-old De'von Bailey. Suthers' decision is yet another example of law enforcement officers investigating one another. There will not be a fair and impartial investigation for Bailey with the policing agencies investigating themselves.

The movie Black Klansman still rings true in Colorado Springs. Once again, we witness how Suthers and the good-ole-boy system continue to maintain the status quo.

Colorado Springs and El Paso County are not safe for African Americans. City and county elected officials do not protect African Americans civil and human rights.

African Americans demand that John Suthers identify police officers who are members of the Ku Klux Klan and fire them. We demand the firing of the police officer who killed Bailey by shooting him multiple times in the back. We demand an independent agency to investigate the killing of all citizens by law enforcement agencies. We demand the creation of a Civilian Review Board. We demand that the body-worn camera footage of the incident be released to the public, Black press, and mainstream media immediately.

John Suthers' response to this murder is unconscionable. Is John Suthers a Klansman?

The Bailey killing is no different than the brutal killing of Michael Brown, Sandra Bland, Eric Garner, Tamir Rice, Emantic Fitzgerald Bradford Jr., Travon Martin and many other. Blacks shot and killed by White policemen.

We demand justice for De'von Bailey and his family.

Dr. James Tucker
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Statement from Mayor John Suthers Regarding Officer-Involved Shooting of Devon Bailey

"The City of Colorado Springs and CSPD recognize the concerns of many citizens of our community following the officer-involved shooting of Devon Bailey on Saturday night. It is in the best interest of everyone involved, and our entire community, to ensure that the incident is fully and effectively investigated and an appropriate conclusion is reached. We know that there can be frustration with the time this takes, but we cannot compromise the investigation by failing to spend the appropriate time gathering the facts; that would serve no one.

We pledge that the City and CSPD will work cooperatively and diligently with the investigating agency, the El Paso County Sheriff's Office, to ensure a thorough evaluation of the evidence, and there is a robust process in place to accomplish this. The evidence gathered by the EPSO will be provided to the district attorney who will review the evidence and apply the Colorado law regarding use of force by police officers. The DA can decide whether or not to bring charges or refer the matter to a Grand Jury to make the determination. If the DA decides not to charge an officer with criminal conduct, he is required by law to issue a public report explaining his findings. A Grand Jury, in its discretion, can issue a report

concerning its decision.

A credible investigation and charging decision takes time and I ask the community to exercise patience as we allow the investigative and judicial process to work."

- Mayor John Suthers

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OP-ED: AFRICAN LANDING DAY AND THE 400TH LANDING COMMEMORATION

By Calvin Pearson

On August 25, 1619, the first ship carrying enslaved Africans to the Colonial Colonies of English North America landed at Point Comfort (today's Fort Monroe) in Hampton, Virginia. From that perilous landing, their presence has had a profound impact on the cultural manifest of America's past and still impacts the social, economic and political disparities facing families of color today. In 2019 our nation and other countries around the world will collectively come together to commemorate the 400th Anniversary of this dreadful but historic event.

The first Africans did not arrive at Ellis Island, Plymouth Rock, or Jamestown, but arrived as captured human cargo on the high seas during the transatlantic slave trade. In August 1619, the English privateer ship the *White Lion*, landed at Point Comfort carrying the first 20 and odd Africans who had been captured from the slave ship *San Juan Bautista* in a fierce battle in the Bay of Campeche in the Gulf of Mexico. In consort with the *White Lion* was another English privateer ship, the *Treasurer*, who also took enslaved Africans. This was the first time a privateer or pirate ship had unknowingly mistaken a Spanish galleon ship for a slave ship whose primary cargo was human Africans. The first enslaved Africans who were brought to Point Comfort were not immigrants, but their landing was one of the most significant events in our country's history. The first generations of Africans brought to Virginia were captured from the villages of Ndongo, Kongo and Kabasa in the Angola region of Africa. Those first enslaved Africans were skilled farmers, herders, blacksmiths and artisans. They had the perfect skill set needed for the colonies to survive. Along with their culture, they also brought many ideas and innovations including floodways, crop cultivation, music and dance. It was their unbridled spirit and labor that helped build Hampton, Fort Monroe, America, and the White House, but they toiled through many generations of unpaid bond- age servitude, civil unrest, and the march for civil rights, before their descendants became legal citizens.

Those first twenty and odd enslaved Africans who arrived at Point Comfort marked the beginning of 246 years of unpaid servitude. For the first two generations from 1619 until 1661 some of the enslaved Africans were granted their freedom and in some cases were able to purchase the freedom of their relatives,

relatives, start their own homesteads, and employ indentured servants. Yet others were held in bondage for life or until 1661 when Virginia established a law legalizing lifelong servitude of all un-free Africans.

Since 1994, Calvin Pearson, Founder, and members of Project 1619 Inc. have been the catalyst to change the narrative of the landing of the first Africans at Point Comfort in Colonial North America. In 2008, they created African Landing Day in the City of Hampton to commemorate the landing of the first Africans in Virginia at Point Comfort. They have been the champions for exposing and promoting the true history of our ancestors. Slavery is an indelible stain on America's soul. Slavery is the biggest human transgression perpetrated by one human being on another. And through it all their descendents have endured with dignity the cruelest barbaric acts of enslavement. They have endured through the Jim Crow era, segregation, and the disparity of basic human rights. The chains of slavery have now become the unfair prison sentences for minor crimes where other ethnic groups receive less or no prison time. The chains of slavery have now become racial profiling where you can get stopped merely because the color of your skin or arrested for a crime you did not commit. The chains of slavery are now the disparity of young brown and black people not being able to get a quality education or a job because of the socioeconomic, financial conditions of their living environment. Our people are being moved out of urban communities because of gentrification and may never return. Our young girls are being captured and forced into human trafficking and the sex slave industry. Our young people are hooked on crack; heroin and opioids as a way to deal with the deck of cards they have been dealt. When will it all end?

Two of the original Africans who arrived on the *White Lion* in 1619 at Point Comfort were Antony and Isabella. In January 1625, according to the Virginia census, those two Africans, Isabella, Antonio and their son William were living in present day Hampton in Capt. William Tucker's home, who was the commander at Point Comfort (today's Fort Monroe). Their son William is the first documented African child born in English North America. He was baptized on January 4, 1624

Capturing over 30 million Africans from West and East Africa, and killing millions more in battle, removed child bearing



The Above Sign was installed by the Virginia Department of Historic Resources at the Landing Site at Fort Monroe.

young women and African boys and men, that changed the dynamics of the African family forever.

Project 1619 invites you to come to Hampton, Virginia on August 23-25, 2019 to be a witness to the 400th Anniversary Commemoration. Walk on the hallowed grounds of your ancestors. Present day Fort Monroe in Hampton is ground zero for the landing of the first enslaved Africans. This is where the story of Africans in America began. On that fateful day on Tuesday August 25, 1619 two Africans, Isabella and Antony, captured from Angola, stepped off an English privateer on the land at Point Comfort to start a legacy and a 400 year odyssey to create a new home for generations of future descendants. Come to Hampton and be a part of history. For more information go to www.project1619.org.

Calvin Pearson, Project 1619 Founder said "Transatlantic slave trade, just like the systematic elimination of the Native American Indian in the United States, and the Holocaust in Germany, are human tragedies that changed the world. We

can not change history or the impact that it had on past generations. But we should always recognize and learn from the perils and transgressions of mankind's inhumanity against one another.

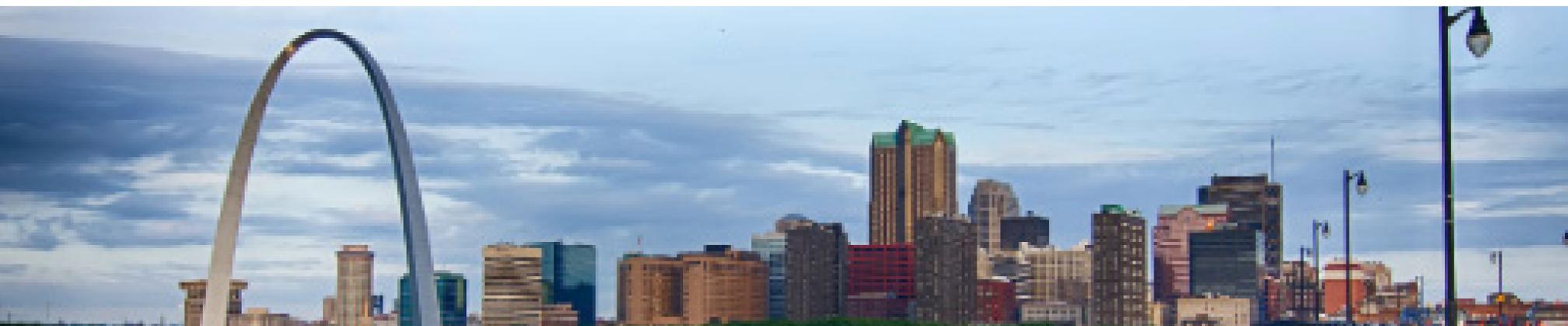
This article originally appeared in the Chicago Crusader.
www.blackpressusa.com

"ALL MONKEYS CANNOT HANG ON THE SAME BRANCH."

~ KENYAN PROVERB



SPECIAL EDITION



ST. LOUIS CITY AND ST. LOUIS COUNTY **BOYCOTT** FOR **ECONOMIC AND SOCIAL JUSTICE**

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NEWS



"WE HAVE TRIED EVERYTHING ELSE, NOW IT'S TIME FOR AN ECONOMIC BOYCOTT," ORGANIZER REV. DINAH TATMAN SAID IN A STATEMENT. "SINCE WE ARE A NATION WHERE ALL MEN ARE SUPPOSED TO BE CREATED EQUAL, IT'S TIME TO REDISTRIBUTE THE PAIN."



PRESIDENT, VETERAN HUMAN RIGHTS ACTIVIST AND LEADER OF THE UNIVERSAL PEOPLE ORGANIZATION "WE SUPPORT THE BOYCOTT." -ZAKI BARUTI

RED SUMMER AND ITS REVERBERATIONS



By Julianne Malveaux

One hundred years ago, starting on July 27 and for thirteen more days, Chicago was engulfed in violence. White mobs wantonly attacked Black people, and Black people fought back. It started when a Black teenager, swimming in segregated Lake Michigan, drifted to the “wrong” side of the lake. Whites stoned him, and he drowned. The Chicago police refused to take action, even though the white man who threw the fatal rock, George Stauber, was identified. A police officer, Daniel Callahan, declined to arrest the murderous Stauber. Word of the drowning and police indifference spread quickly, and it was “on” with white supremacy and unequal justice on full display. For example, Callahan, the racist cop who would not arrest George Stauber, arrested a Black man in the crowd based on just one white man’s complaint.

Cameron McWhirter recounts the jarring events of the 13-day Chicago manifestation of white supremacy and the Black response in his absorbing book, *Red Summer: The Summer of 1919 and the Awakening of Black America*. Chicago was the site of the deadliest violence in the Red Summer. It claimed 23 Black lives and 15 white ones, with whites being aggressors who just beat, killed, and burned out Black people because of their segregationist rage and economic envy. The deadly violence in Chicago was but one of at least thirty-eight deadly attacks by whites on Black people. NAACP Secretary James Weldon Johnson (the author, with his brother J. Rosamond, of the Negro National Anthem, *Lift Every Voice*) dubbed the Summer of 1919 the “Red Summer” because so much blood flowed. And while whites were accustomed to attacking Black folk without consequence, during the summer of 1919, with recent veterans on the scene, Black people weren’t having it. We fought back!

Most of the attacks took place in the South, and Chicago, with its teeming ethnic clashes and high Black population, might be considered “up South.” But the so-called liberal North was no stranger to

the racism that gripped our nation. Black people were also attacked in New London, Connecticut, led by white navy members. We were attacked in the cradle of democracy, Philadelphia, when a Black family moved into a white neighborhood. We were attacked in Omaha, where a Black man was accused of raping a white woman. The courthouse was burned by warped whites, and there was more than a million dollars’ worth of damage. In Chicago, mobs of depraved white outlaws destroyed Black homes and businesses, leaving hundreds of Black families homeless.

The white thugs who attacked Black people were rarely arrested and didn’t experience any consequences for their lawlessness. But the Black folk who fought back were sometimes arrested, beaten, or killed. In Washington, DC, the rumor that a young white woman was “attacked” (she admitted she was merely jostled) started white servicemen on a rampage, attacking random Black people, pulling them from streetcars and attacking them on the street. The white men were primarily members of the military, and the military too often turned a blind eye to their criminal members.

The Washington Post journalist Jefferson Morley recently wrote about the father and daughter Ben and Carrie Johnson, who shot and killed a police officer who invaded their home. They were charged with murder and spent 18 months in jail, but charges were dropped against Ben, and when Carrie stood trial she was found guilty of manslaughter, not murder. Her attorneys appealed, the appeal was granted, and there was no new trial.

The Red Summer occurred because Black men were coming home from World War I and were not inclined to tolerate white foolishness. It occurred because we had a president, Woodrow Wilson, who was a virulent racist, much like the current occupant of the House that Enslaved People Built. White people, brainwashed to believe in the fallacy of white supremacy, felt emboldened to attack Black people for

simple acts of self-determination.

Fast forward. Emboldened whites are still attacking Black people, some violently. Eric Garner lost his life because he was selling loosies (single cigarettes) in Brooklyn and because an out of control madman masquerading as a police officer Daniel Pantaleo attacked him with an illegal chokehold. While Department of Justice attorneys recommended trying Pantaleo in federal court, Attorney General William Barr, the acknowledged sycophant of the racist Occupant, declined to move ahead.

Fast forward. Roland Martin Unfiltered features a segment, “Crazy A\$\$ White People” that features the microaggressions that are a natural byproduct of virulent white supremacy. As a man attempted to propose to his fiancé at the Angry Orchard in New York, he was interrupted three times to be accused of stealing. The orchard has apologized (too little, too late) but it is yet another example of ignorance and stupidity. A deranged white woman, Nancy Goodman, approached three Black women dining at a Bonefish Grill and used the n-word on them because she thought they were loud. The warped white woman says she’d use the slur again. Let’s not even get into the BBQ Beckys and other fools.

Bottom line. One hundred years ago, enabled and emboldened by a racist president, white folks went buck wild on Black people. Here we go again! Red Summer has reverberations, but please remember that during the Red Summer, Black folks fought back. Let’s do it again, fighting with our vote, with our activism, and, when necessary, with our retaliation. The struggle continues.

Julianne Malveaux is an author and economist. Her latest project MALVEAUX! On UDCTV is available on youtube.com. For booking, wholesale inquiries or for more info visit www.juliannemalveaux.com



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The Black Press Creed

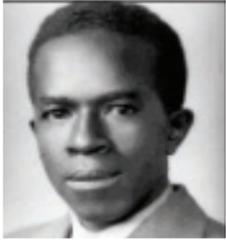
The Black Press believes that America can best lead the world away from racial and national antagonism when it affords to all people – regardless of race, color or creed – their human and legal rights. Hating no person and fearing no person, the Black Press strives to help every person in the firm belief that all are hurt as long as anyone is held back.

Our 400 Year Sojourn: 1619-2019

The Rise of Obama The Price of Electing A Black President, Part 5 of 5

By Thomas Holt Russell

In his book Mississippi to Madrid, author James Yates speaks lovingly and respectfully about his teacher, Thomas Blakeney, a strict disciplinarian who had also taught Yate's mother and grandmother in the same log cabin in Mississippi. Blakeney or Professor Blakeney, as he was called, was an exslave who was taught to read by his slave master's wife in secret sessions.



He developed a passion for books and would read under the moonlight when no sun or kerosene lamp was available. Blakeney was well over 80 years old, but his students were afraid of him and thought of him to be a little "nutty." They thought of him as being a bit crazy because this was 1912, and Blakeney was going around saying things such as this, as Yates recalled in his book;

"In less than one hundred years," he said one day, with so much conviction I wanted to look over my shoulder to see if the sheriff was listening, "we will have a Black President of the United States of America! A great day is coming when Blacks will be voting all over Mississippi! Blacks and poor whites are going to get together and vote their people into government. That's right! Mark my words. Get prepared. I don't want to hear any more complaints out of you when I say study!"

Yates then perfectly captures the reaction and the thinking of that time as he continued,

"We couldn't help but laugh at him, how could we think of a Black man as president, when all we saw of blacks was in the fields or in the white folks' kitchen, or as an occasional tradesman getting low pay like my father? Some of the boys kept on playing while the professor talked."

Professor Blakeney was thought to be crazy because he believed that a Black man could be president of the United States in less than 100 years. Forgive those students who could not take Professor Blakeney serious. In 1912, an estimated 61 Blacks were lynched across the United States. Blacks were kept from voting by dirty tactics such as grandfather clauses, poll taxes, literacy tests, and intimidation. Segregation was in the south, and a Supreme Court Justice was an active member of the Ku Klux Klan.

The idea of an African American becoming president of the United States was still thought of as a very remote possibility almost 100 years after that 1912 statement was made. Between 1912 and 2008, the lives of Black people changed dramatically. Lynching stopped, Jim Crow laws were eliminated, voting rights were strengthened and backed by law, and the civil rights era was swiftly followed by a brief Black militant era.

I was wrong about the possibility of a Black man winning the presidency of the United States. I thought that it was possible, but perhaps a long way into the future. I was wrong about two other big events I didn't see coming; one being the falling of the Berlin wall. I told my cousin it would happen, but not in our lifetime; it fell two months



like Donald Trump would never be elected. After all, America (collectively) has done some dumb things – but it would never choose a blustering simpleton to the presidency of the United States.

I was not alone in my thoughts about a Black man being elected president of the United States, and I had good company. Julian Bond, the former political activist who served four terms in the Georgia House of Representatives and helped establish the Student Nonviolent Coordinating Committee in the 1960s, had this to say after Barack Obama was elected.

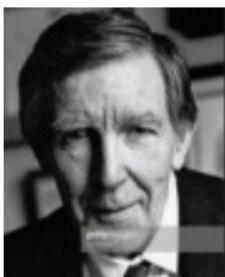


"...I had no indication that something like this could happen. I didn't think white Americans would vote for a Black candidate in any considerable numbers, and, as a consequence, there was no way this could happen. So it was not until Obama won Iowa, and I could see that in the whitest of American states a Black candidate could come out triumphantly, that it became possible to me."

Shirley Chisholm, Jesse Jackson, and Al Sharpton all ran for president before Obama but none of these efforts went past the inspirational stage and in the long view, none of them were taken as a serious threat to be president. Julian Bond himself flirted with the idea of running for president. When the National Black Political Assembly (NBPA), an all-Black political party organized by U.S. Rep Charles Diggs,



passed a resolution in January 1976 naming Bond as the assembly's presidential candidate, it was a radical move. Their platform called for national health insurance and a livable minimum wage. Before the convention, Bond declined his nomination, citing that it was too late to start campaigning for the 1976 presidential season. Instead, he threw his support behind the presidential bid of Democratic Senator Morris Udall of Arizona.



Before Obama announced his bid to become president, I was in the Hilary Clinton camp. That decision was made years earlier when



when George Bush won his first term. The main reason I supported Hilary was that she supported universal healthcare, and that was important to me because some of my family members could not afford comprehensive healthcare insurance. But when the Clintons started talking, I was turned off and switched to support Obama.



This is important to know. I supported Obama based on the information I received from both candidates – listening to where they stood on issues and then making an informed decision. I did not jump on that bandwagon because he was Black. Many Black people did vote for Obama because he was Black and paid little attention to where he stood on important issues. As Black people, we have been subjected to so much unfairness in the courts and reduced to marginalization in society, that for so many years, when the chance comes around for some historical first or a chance for a rare victory, we are all over it. O.J. Simpson was set free by a jury that contained nine Blacks in the face of insurmountable evidence of his guilt. Black people celebrated O.J.'s acquittal of murder. Many of the celebrators felt vindicated by the decision and celebrated as if it was an achievement. And it didn't make things better for Black people in the long run. It was like the Black Brazilians who get a few days of euphoria during a carnival but return to their slums and substandard of living when the carnival is over.

I could be forgiven for not jumping on Obama's bandwagon at first glance just because he was Black. I remember when Jesse Jackson ran, and a few people got worked up when he announced his intentions in 1984 and then again in 1988. He did not get far, and the gesture was mostly symbolic, even though he did better than expected. Al Sharpton ran for president in 2004 with the same results as Jesse. They both sparked excitement initially due to the audacity of the attempt.

There were others such as Alan Keys for the Republican Party in 1992, 1996, 2000 and 2004, and Tea Party Republican Herman Cain in 2012. Shirley Chisholm was the first African American female to run for president in 1972, and Carol Mosely Braun was the second African American woman to run for president when she put in a bid in 2004. But none of those candidates had any substantial following, and none of those candidates were considered to be serious contenders. Then came Obama.

After Obama's Inaugural Address on January 20, 2009, many Americans for the first time in their lives felt a massive



shift in their perception of what they think about America. He told the nation, "All things are possible." For many liberals, democrats, and people of color, Obama's election was nothing short of a miracle. Even the most jaded pessimists of liberals had to admit they felt a little bit better about the country because of the election. When we look around the world, we always seem to find a country that does better than us. One country has better education, another country has universal healthcare, and yet another country's political system is something to be admired. But no one from America is rushing to live in those countries. As a matter of fact, the opposite is true. Those people in countries with better systems still would rather live in America. What other countries, besides an African nation, would elect a person of African descent to lead their country? America must be an excellent place to live and work, relative to the rest of the world.

However, since Blacks experience more discrimination than whites, the election of Obama made them feel more optimistic than whites in general. So, it is no surprise, a large portion of white Americans did not feel the positive enthusiasm that was felt by the Democrats and others. For some white people, the election of Obama signaled their worst fears; America was not the sole doain and rule of white men. Their nightmare of a cultural shift towards people of color ruling the roost and white people changing into a minority in a country that they have ruled steadfast for more than 240 years, was a little too much for some to digest.

The election of the 44th President of the United States is considered historic by any measure. However, Blacks are under no delusion of what it meant to them Just because a Black man was elected president, life on the streets would change little. Blacks think about sociopolitical issues more than any other group. Obama's success is a sign of progress, given in context to legalized segregation and limited civil rights for most of the years America has existed. However, as far as everyday racism, both individually and institutionally, little has changed since 2008. In some ways, racism is worse now than it was 50 years ago. And for Blacks, racism is structural and rooted deep in daily life.

There is a price to pay for electing a Black man as President of the United States. By the midterms, the GOP controlled the House, had the majority of governorships and substantial gains in the Senate. Obama's election had caused animosity, a return to partisanship and racial resentment. The Tea Party, a parasitic twin to the Republican Party came into existence and like a parasitic bug, took over the mind of the Republican Party. The Tea Party helped shape the racial resentment of Obama. If there were no Obama, there would not have been a Tea Party movement. This is evident. Just two years after Obama's second term, the Tea Party was hardly a blip on the news radar. When Trump was elected, the Tea Party no longer had a purpose. I am convinced that if there were no Obama, there would not have been a Trump. Trump's election is a continuation of the backlash that started with the Tea Party.

Political partisanship has turned America into a divided nation. Trump, the President of the United States, publically called

Continued from COVER STORYa
page 1

Lesson 8: Continue always in the application of the things you desire educationally, culturally, or otherwise, and never give up until you reach your objective.

Lesson 9: Try never to repeat yourself in any one discourse in saying the same thing over and over again except when you are

making new points, because repetition is tiresome and it annoys those who hear the repetition.

Lesson 10: Knowledge is power. When you know a thing and can hold your ground on that thing and win over your opponents on that thing, those who hear you learn to have confidence in you and will trust your ability.

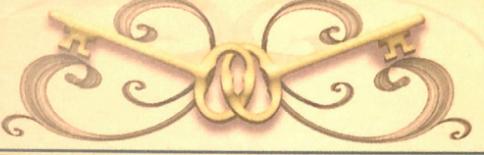
Lesson 11: In reading books written by

white authors, of whatever kind, be aware of the fact that they are not written for your particular benefit of your race. They always write from their own point of view and only in the interest of their own race.

Garvey had many other lessons of learning, in his formula that journalistic constraints will not allow me to elaborate at this time. However, I encourage you to read Marcus Garvey, Message to the

People, The Course of African Philosophy, and as we celebrate begin to internalize and incorporate these "Lessons In Learning."

Dr. Conrad Worrill, Professor Emeritus, Carruthers Center for Inner City Studies (CCICS). New office location is at 1809 E. 71st Street, Chicago, Illinois 60649, 773-592-2598. Email: cworrill@neiu.edu Website: www.drconradworrill.com



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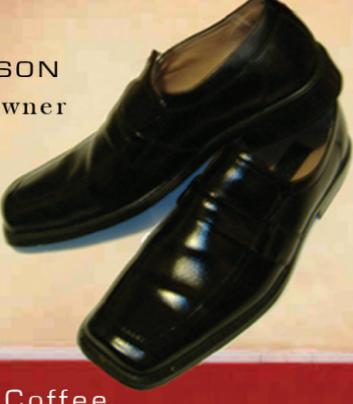
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Democratic Candidates Biden and Harris Chafe at Debate Limits

By John Whitesides

DETROIT (Reuters) - U.S. Democratic presidential rivals Joe Biden and Kamala Harris expressed frustration on Thursday with a debate format they said left them little time to explain their views and led to the combative exchanges featured in the first two debate rounds.

The day after a televised debate marked by a series of attacks on her record, Harris said the brief chances to talk - each candidate in Wednesday night's debate in Detroit was limited to 60 seconds to answer a question and 30 seconds to rebut an attack - allowed no real exploration of policy.

"It can be a frustrating process. There are so many of these issues that cannot be captured in 60 seconds," Harris, a U.S. senator from California, told reporters. "It is a process that is conducive to sound bites."

Biden, the former U.S. vice president and the Democratic front-runner, who came under withering attack over healthcare, immigration and criminal justice reform in the debate, said it was difficult to explain complicated topics in less than one minute.

"That's not a debate. I understand why it has to be that way, but I'm looking forward to getting to a place where we can actually exchange ideas," he told reporters after visiting a diner in Detroit.

The crowded field of more than two dozen candidates vying for the Democratic nomination to challenge Republican

Committee has doubled the fundraising and polling requirements to qualify for participation in an effort to reduce the crowd on stage.

Biden and Harris said they were not surprised they were the target of attacks from all directions during the debate.

"If you're considered a front-runner, you should be prepared to take a hit. So there was nothing about last night that surprised me," Harris said.

But Biden said it was "absolutely bizarre" that the immigration and healthcare policies of former President Barack Obama, still the most popular figure in the Democratic Party, came under sharp criticism during the debate.

"I hope in the next debate we can talk about how we can fix the things that Trump has broken, not how Barack Obama made all these mistakes, because he didn't," said Biden, who served as vice president under Obama for eight years. "This, going back 10, 20 or 30 years, is just a game to make sure we hand the Republicans an election," he said.

Harris and Biden clashed early in the debate over their healthcare plans. Harris criticized Biden for leaving too many people uninsured under his proposal, and Biden ridiculed the idea that Harris' plan would not require a middle-class tax hike.

"It's a complicated issue when you get into the details, so obviously a debate where you can only talk for seconds is not



President Donald Trump in 2020 has forced the party to set up back-to-back nights of debates featuring 10 candidates each. That has led to rapid-fire exchanges that frustrated not only candidates but some viewers.

Republican Mike Huckabee, a former presidential candidate, complained about the "game show rules" of the debate. "These people are trying to be president-not win a Buick!" he said on Twitter.

The party's next debate is not until September, and the Democratic National

the best venue to actually describe the detail," Harris said on Thursday.

Cory Booker, a U.S. senator from New Jersey who clashed with Biden in the debate on their criminal justice records, told a rally in Detroit Thursday night that the strife would eventually be forgotten.

"We may be having a primary debate right now, but we know we are going to close ranks behind the candidate," he said.

Reporting by John Whitesides; Editing by Leslie Adler
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Insurance Matters What To Do If You Lose Your Health Insurance



(NAPSI)—Losing your health insurance can be stressful and confusing as you explore the options for new coverage. To recover, it is important to understand all your options, their costs and potential restrictions before purchasing new coverage. Careful planning can help you find the coverage that best meets your needs.

If you are in the market for new insurance, you are not alone. Nonprofit Transamerica Center for Health Studies' annual consumer survey found that over one in three (35 percent) insured adults acquired new health insurance in the past 12 months. And a strong majority (61 percent) of uninsured respondents said cost prevents them from obtaining health coverage.

Do you need health insurance? While the Internal Revenue Service no longer penalizes individuals on their federal taxes if they do not have health insurance, New Jersey, Massachusetts, Vermont and the District of Columbia all require residents to be insured or pay a tax penalty. Other states are considering adopting a health insurance mandate as well, so be sure to check these tax requirements. Even in states that do not require it, health insurance can help protect you (and your loved ones) from high medical costs, expected or not.

It is a very difficult situation when you lose your health insurance—whether you lost your employer-based coverage, can no longer afford your current premium on individual coverage, lost your parents' or spouse's coverage, experienced a divorce, or have a new addition to your family. At that moment of uncertainty and concern for your health, what are your options for new health insurance coverage?

Join Your Parents' or Spouse's Plan

If you are under 26 years old, you may be added or remain on your parents' health insurance (if it covers children). Adult children can join or remain on a parent's plan even if they are married; not living with their parents; attending school; not financially dependent on their parents; or eligible to enroll in their employer's plan.

If you are married and your spouse's employer-based coverage covers dependents, you can be added to that health insurance. This change to your spouse's employer-based coverage may be limited to the company open enrollment period once each year.

Shop the Exchange

Another place to look is your state's Health Insurance Exchange. About 80 percent of customers purchasing a health plan through the Exchanges qualify for a subsidy on their premiums, depending on their income level. Health Insurance Exchanges are the only place to offer these subsidies, which are available for singles with a 2019 annual income between \$12,140 and \$48,560, or income between \$25,100 and \$100,400 for a family of four. (Income limits are different in states that offer "expanded" Medicaid coverage, in

states that offer "expanded" Medicaid coverage, meaning a wider number of low-income residents can qualify.) You can check for basic information about your state's Exchange on our website: www.TransamericaCenterforHealthStudies.org.

It is important to know that you have up to 60 days after losing your previous insurance or experiencing a life event (new baby, marriage, etc.) to purchase coverage in an Exchange. Otherwise, you have to wait until the Exchange open enrollment period each fall to sign up.

Determine Eligibility for Medicaid

If you are lower income or unemployed, you may qualify for Medicaid in your state. Generally, the income limit is about \$12,140 for singles and \$25,100 for a family of four, though state requirements vary. Medicaid provides full health coverage with little or no out-of-pocket cost to you and your family. Some states have work/community engagement requirements for adults. You can check a state's Medicaid income qualifications and requirements on our website: www.TransamericaCenterforHealthStudies.org.

Buy Direct

You can also purchase health insurance directly from an insurance provider. Health plans with the "essential health benefits" required by the Affordable Care Act can be purchased directly from health plans, often on the website. You might also consider working with an insurance broker who can help you understand the different plan options available to you and the levels of coverage.

Consider Gap and Short-Term Insurance

Some health insurance products that do not qualify as major medical health insurance are also available. They are sometimes called gap insurance, but you should know the limitations of these plans before purchasing.

- **Critical illness insurance** provides a cash payment if you are diagnosed with cancer, have a heart attack, suffer a stroke or another serious and costly illness.

- **Accident insurance** gives you a cash payout if you are in an accident. A plan may have daily payouts for specific events, such as a cash payment for every day you spend in the hospital.

- **Short-term health insurance** plans also do not comply with the Affordable Care Act, but they can provide you with health insurance if you need a stopgap until obtaining full coverage. Short-term health plans can provide catastrophic health coverage but some states limit their availability. It is important to note that short-term medical plans are not required to cover mental health services, outpatient prescription drugs, substance use disorder treatment, maternity care or other essential health benefits. Moreover, short-term plans do not cover pre-existing conditions and may deny you coverage based on your past medical history.

Before you sign up for health insurance again, do your homework and shop around. That is the best way to make sure you find the best option for your needs.

Transamerica Center for Health Studies, a division of the nonprofit private foundation Transamerica Institute®, is focused on empowering consumers and employers to achieve the best value and protection from their health coverage, as well as the best outcomes in their personal health and wellness. www.TransamericaCenterforHealthStudies.org.

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Greetings,

Our first Juneteenth programs held in Parkchester and surrounding community were a testament of inspiration and compassion. Everyone came together to celebrate a historical profound mark that changed the lives of Blacks in this country that ended slavery in America. Juneteenth events are to acknowledge the many lives who fought for freedom and equality in the United States and international. The mission is to see "Juneteenth independence day become a National Holiday Observance in America."

Many may know the challenges it takes to organize programs do know without sponsors, participants, performers, and those who provide unselfish acts of service add to the heart of a community. Much appreciation for all the sponsors, advisers, performers, speakers, volunteers, city and state elected officials who came out and supported, what an honor to the festive spirits that will never be forgotten. I just want everyone to know that the Bronx Creating Unity in the Community does hold cultural events as Juneteenth Jubilee and so much more.

I can only hope everyone will continue to join us in the next event for Creating Unity in the Community Parkchester Annual Celebration of Kwanzaa. Please contact if anyone is interested in the first phase of planning for Kwanzaa. Please pass the flyer to friends and family on social media.

A recap meeting is scheduled for July 2, 2019 @ 6:00 p.m. to 7:30 p.m. at the BOOGIE DOWN GRIND CAFÉ 868 HUNTS POINTS AVE. THE BRONX, NY 10474 (718) 986-8548 for anyone who want to share or express how we can make improvements.

Thank you for all that you do.

Best regards,

Debra Oguamah, Creating Unity in the Community, Founder/CEO
1966 Newbold Avenue Suite 502
Bronx, NY 10472
718-409-5253 – Home
646-671-2876 – Cell
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HOW WE CREATED THE MIGRANT PROBLEM



By Mabra Holeyfield

Every day the news includes coverage of the migrant problem at our southern border. Our President has called these people rapists, gang members and a threat to our national security. Actually, they are dirt poor people desperate for a chance at a better life. Why they are dirt poor and at our border is the reason for this article.

Actually, there could be a number of factors that could have contributed to their poverty. I will discuss one because I believe it's the most important – American Foreign Policy.

When President Obama first took office, one of the first things he did when he visited a number of countries was to apologize for past American behavior. He assured them that under his administration, their sovereignty would be respected. He is still being criticized for it by conservative media.

While he wasn't specific about the behavior he was talking about, the countries he was speaking to didn't need specifics – they already knew. It's the American people that are in the dark. Mainstream media usually avoid inconvenient truths, but authors write books about them.

Stephen Kinzer, in his book, "OVER Throw", details how America has overthrown the governments of 14 countries. In every instance, the action was taken in order for American corporations to gain control of the country's resources. In Hawaii, it was pineapples. When its

government was overthrown, Sanford Dole was named provisional president. Dole pineapples are still in grocery stores today.

Most Americans are not aware that some of these governments were overthrown because no shots were fired, and our history books don't mention them. American economic pressure, warships with Marines near their coast and a letter from an American President demanding that the leader resign is sufficient to bring about regime change.

John Perkins, in his book, "Confessions of an Economic Hit Man" describes how he played a role in the economic colonization of third world countries on behalf of corporations, banks, and the United States government.

According to media reports, most of the people trying to come across our southern border are from Honduras, Guatemala, and El Salvador. All three are on the list of 14 overthrown governments. The corporations got richer and the people got poorer. It's not complicated. If you keep taking food from hungry people, eventually

they are going to end up at your house. Essentially, that's what's happening at our southern border.

Presently, Venezuela is in danger of being overthrown. Recently, President Trump implied that military action might be needed to restore order. Venezuela has the largest know oil reserves in the world. I find it strange how our oil keeps ending up under other people's soil.

Mabra Holeyfield uses his decades of experience as Business owner and financial advisor; His book "Use What You Got" applies his business experience to offer strategies to address poverty in the black community. Available at Amazon.com.

Email Mholeyfield@banksandholeyfield.com

“Have a vision. Be demanding.”

-Colin Powell

Safety On The Road Avoiding Common Driving Dangers

(NAPSI)—According to the National Highway Traffic Safety Administration (NHTSA), there were nearly 6.5 million reported crashes in 2017 (the most recent available data), many of which were avoidable.

Among them are the three most common vehicle accidents:

1. Unintended lane departures. These, reports the Insurance Institute for Highway Safety, are among the deadliest collision types and are more likely to occur when the driver is sleepy, sick or distracted.

2. Frontal collisions. These can happen at high speeds and to drivers who are distracted or impaired—but their victims could be anyone.

3. Nighttime accidents. To reduce your risk of these, suggests the National Safety Council:

- Aim your headlights correctly and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- Clean the windshield to eliminate streaks
- If you wear glasses, get the anti-reflective kind
- Slow down to compensate for limited visibility and reduced stopping time
- Don't drive if you've been awake for 16 hours or more
- Stop every two hours to rest.

High Tech: Making a Difference

The experts on vehicle safety at luxury automaker Lexus point out that collision protection starts with collision prevention. And this is where innovative technologies can make a difference. In fact, the brand recently announced that its advanced Lexus Safety System+ (LSS+)—anchored by automatic emergency braking—will be a standard feature in all its vehicles starting with the 2020 model year.

“We are working to prevent accidents before they happen,” said David Christ, group vice president and general manager, Lexus Division. “That's why we have developed some of the most advanced safety features on the road today, and now those systems will be standard equipment on every model we sell.”

The system consists of an integrated suite of four advanced active safety packages anchored by automated pre-collision warning and braking. Here's how they work:

1. **Pre-Collision System with Pedestrian Detection:** This system is engineered to help detect a preceding vehicle or a pedestrian in front of the Lexus under certain conditions. Should the system detect a pedestrian or a potential frontal collision, it's designed to activate an audible and visual alert while automatically preparing Brake Assist for increased braking response. If the driver does not brake in time, the system is designed to automatically begin braking before impact and, in some cases, can even bring the vehicle to a stop.

2. **Lane Departure Alert:** This system utilizes a high-resolution camera to monitor visible lane markings and determine the vehicle's position within a lane. If an inadvertent lane departure or potential departure due to swaying is detected at speeds above 32 mph, the system attempts to alert the driver with audio and visual warnings and steering wheel vibrations.

3. **Intelligent High Beams:** To help provide added visibility for the Lexus driver as well as other motorists, Intelligent High Beams offer added illumination to help keep the driver focused on the road. When the road ahead is clear, the system defaults to high-beam mode, then temporarily switches to low beams when it detects the headlamps or taillamps of vehicles ahead.

4. **Dynamic Radar Cruise Control:** This system uses radar and camera technology to help maintain a preset speed and following distance from the vehicle ahead. If driving at highway speeds and the road ahead clears, the vehicle returns to its preset speed.

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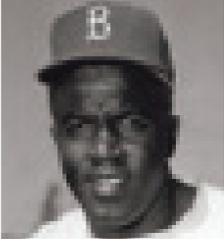
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(Old North St.Louis Historic District)
14th Street & St.Louis Ave

Continued from URBAN SPECTRUM page 8

NFL players that were protesting police brutality, “sons’ of bitches,” to cheering white crowds. He called Black reporter Abby Phillip “stupid,” for asking a legitimate question he did not want to answer. He called Omarosa Manigault Newman, a “dog,” and repeatedly insulted Maxine Waters by saying she had a “low I.Q.” As stated in an editorial from the St. Louis American, “Under Trump’s presidency, the country has regressed a century in its public discourse around race and women.”

We can look around at what is going on in this country and ask the question “Was it worth having a Black President only to give birth to an environment that elects a Donald Trump?”

We can look back at people like Jackie Robinson, Althea Gibson, and Sidney Poitier. All of them were the first in their profession. For the most part, all of them behaved in a way that would not upset white people. Many times they had to make decisions to keep a cool head, while they burned with rage inside. They were not only thinking about themselves; they were thinking about

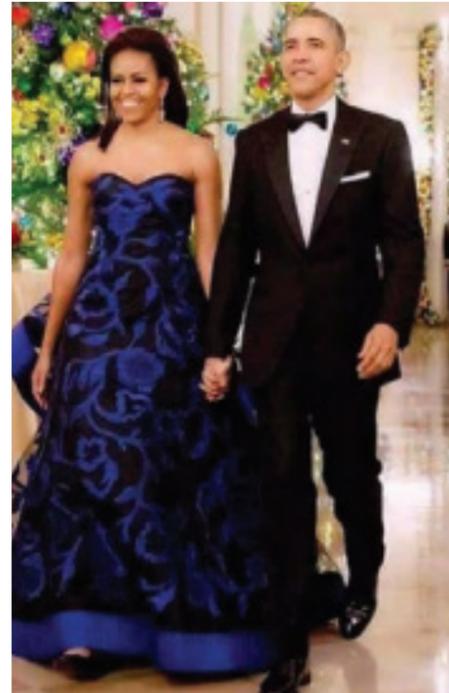


the ones that would come behind them. If they acted in a way that seemed overly aggressive or (God forbid!) defiant, the Black people behind them would have trouble getting through the door. Just as Robinson, Gibson, and Poitier cleared the way, Barry Bonds, the Williams Sisters, and Denzel Washington, the beating at the Selma Bridge and the signing of the Voting Rights Act of 1965 helped clear the way for a Black president. Obama sincerely tried to bridge the gap between Black and white people, conservatives and liberals and Democrats and Republicans. It is ironic that in hindsight, we understand that his very existence is what caused the gap to widen.

However, it is well worth the price for electing a Black president. Obama’s presidency did not create racism. His presidency shed light on the dark places of the American psyche. Evil is basking in the light which makes it easier to fight. Black people are built for hard times because of so many years of surviving harsh social and economic despair. Strength and resiliency are the fruits of hard times. As toxic and



divisive as our present political climate is now, we survived through times much worse from our past. We are proud of



Barack and Michelle Obama. They are pioneers and will always hold a special place in the collective hearts of Black people all over the world.

Obama faced the same challenges as pioneers of the past. His dignity, strength, and intelligence were on full display during his eight years in office. He greased the runway for the future presidents who may not be white, or male. Black people will outlast this current racial discord in America. Obama’s legacy will continue as America strives (sometimes reluctantly) to become the best it can be. Professor Blakeney would have been very proud of Barack Obama..

Thomas Holt Russell is a teacher, writer, photographer and modern day Luddite. For more information, visit <http://thomasholtrussell.zenfolio.com>



“Hate is too great a burden to bear. It injures the hater more than it injures the hated.”

-Coretta Scott King

“EVEN AS THE ARCHER LOVES THE ARROW THAT FLIES, SO TOO HE LOVES THE BOW THAT REMAINS CONSTANT IN HIS HANDS.”

~NIGERIAN PROVERB



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