

BREAKTHROUGH FITNESS PLUS

"Keep a cooler with water, fresh cut fruits and veggies and hard boiled eggs. Pack a serving size of raw nuts and keep it in your car. Always eat before going to run errands or attending a function or event where you may be tempted. If you do give into a temptation, just get back on the plan."

By Shoshana Porter – 10

ACTOR ROBERT DE NIRO'S RECENT COMMENTS SPARK CONTROVERSY...

"Each day, nearly 12,000 babies are born in the United States who will need to be immunized against 14 vaccine-preventable diseases such as whooping cough and measles over six visits before age two. Yet, some parents are choosing not to vaccinate putting communities at risk for the spread of infectious diseases."

By Baystate Children's Hospital – 12

REPEAL MINIMUM MANDATORY SENTENCES

"The administration of justice was never intended to include mandatory sentences that disproportionately impact citizens of color and give elected prosecutors, not judges, the power to determine the length of prison sentences."

By Michael Albano – 13

BEN CARSON AND #COONING 101

"Neither I, nor do those whom I associate with it, disagree with (Ben) Carson's positions simply because he's a conservative Republican. We disagree because his positions are pure ignorance seasoned with racial overtones. How does anyone with an ounce of racial sensitivity claim that America under President Obama's tenure is comparable to a time in history when six million Jews were murdered? How does anyone with a rational mind compare a piece of legislation that provides healthcare to the devastating impact of the Atlantic slave trade, the destruction of African families, and the centuries long mistreatment of African-Americans?"

By Bishop W. Talbert Swan II – 16

BRIDGING DIVIDES

"This election cycle has surfaced some of the worst traits in Americans and perpetuated the idea that the world is divided into two camps that are diametrically opposed. At the same time, we have become more and more segregated in this country – only listening to certain radio or TV stations that agree with us, living in towns that are liberal or conservative based on our beliefs, and using social media as an echo-chamber with like-minded folks."

By Lora Wondolowski – 17

IF YOU HAVE A DAUGHTER, YOU NEED TO READ THIS

"So what do we tell our daughters? How do we raise and encourage more young women to go after their dreams and desires without compromising who they are? And when I say compromising, I mean the morals and values they've constructed for themselves."

By Natasha Clark – 25

HAPPY MOTHER'S DAY**Motherhood As A Relationship!**

By Patricia Spradley



Patricia Spradley

Motherhood sweeps you up, swiftly. One moment you're NOT a mother, the next you are! All of a sudden there's a baby in your arms, a tag on their wrist and a tiny face looking into your own astounded face. What a swift transition!

Even though most

mothers choose their way into motherhood, becoming a mother changes you. And while it doesn't change every mother in the same way, society often puts pressures on how mothers should mother their children. Don't let society dictate!

I believe motherhood is not a job—it's a relationship. Now this may create some havoc with old school thinking, but it may also start to create a rich conversation for motherhood in the 21st century and beyond.

continues to page 6

A Mother's Day Challenge

(Based on a true story)

By Anika C. Thrower, PhD



Anika C. Thrower

As if it was yesterday, I recall taking the flight of a lifetime. I was flying out west to see and meet (yes, meet) one of the most important people in my life, the one who gave me life, my mother. This was not an easy meeting but one that I passively knew was long unsettled. As I made the

journey, I made up my mind that this would simply be a check off of an item on my bucket list if all else failed. The meeting was like a Lifetime movie and definitely a story for another time. Little did I know my soul had been famished for decades.

By the way, I sought her out and met (yes, met) her after 28 years. Communication was lost since I was a pre-teen.

Since we have reunited, our interactions are woman to woman. There have been sweet discussions

continues to page 11



Gianna Allentuck

As a freshman in high school, I wanted to play soccer. "You're too small. Do cross country," people said. I tried out anyway. Made the team; made var-

sity the next year; earned Team Spirit award twice; and was selected Captain my junior year.

As a senior in high school, I wanted to attend Mount Holyoke College. "You won't be accepted. You'll be disappointed. Don't apply," people said. I applied anyway. Was denied;

By Gianna Allentuck

asked for a second interview; and was accepted on my "fighter's spirit" to start the Spring semester.

As a sophomore, I wanted to play soccer. "It's too late. You had to play as a firstie," people said. I tried out anyway. Made the team; and earned Coach's award two years running.

As a junior, I wanted

to change my schedule so I could graduate with my class when it was time. "The courses are too intense. You'll get burned out" people said. I changed it anyway. Took four instead of two to three courses each semester; and senior year walked across the stage with my class.

continues to page 5

What About You...?

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Dear Friend:

If you have read my articles in African American Point of View, you know that I consider myself blessed beyond measure for the family, friends, and opportunities that life has bestowed upon me as a wife, mother, Adjustment Counselor, and community volunteer. And though the neighborhoods in which I serve have been designated as some of the poorest most violent in the Commonwealth, you may also know how much faith I have in the power of education and hope; holding forth the steadfast belief that education is the foundation for life and that hope is the persistent shining light in that life.

Among these blessings, I have been gifted the chance by African American Point of View to share my opinions on topics grounded in education, but spanning content from advocacy, reform, purpose, teamwork, poverty, enrichment, mental health, community engagement, differentiated learning, leadership, etc. Woven within these themes and serving as the positive force behind each are the tenets of faith, hope, love, honor, respect, appreciation, inspiration...

My mission in expressing thoughts and feelings on an array of topics is to convey my understanding that the issues facing our city, community, and country are profoundly complicated, but that the answer to those problems is profoundly simple... Education. The guiding premise under each article is that as a society we need to understand the relevance of ed-

ucation. To see the grand vision beyond feeling satisfied that we have done our civic duty by supplying an education; and recognize that our vision should be not only the provision of the education, but an appreciation for the value that that educated person now brings to society. Our vision should be that education is not the end product of life, but the foundation for life...

Education: Our Foundation - A Portrait in Words and Beauty brings together my sentiments on education and hope along with the vibrant expressions of nature's beauty captured in photographs taken by my brother and fellow Educator, John Pedace. My pieces and the photographs themselves - traditional, abstract and artistic - symbolize the ways in which we find beauty in all forms in the diversity of our students, educators, schools and community. Some of the pictures are classically beautiful - waterfalls, sunshines, beachscapes and flowers, while others are dark, formidable, odd and quirky. These contrasts are purposeful and necessary in representing how we should find beauty in every shape and form. Adjust our view - our perception - to see past the brokenness, dishevelment, or disarray and see the glory in the diversity.

Educators on every level are beautiful in spirit; and education is beauty in its purest form - the giving of ourselves to others so that others may shine. Born from a passion and commitment to celebrating education, this book is a tool in

raising awareness for education - formal or informal - as the foundation for life; and honoring educators in any capacity who embody compassion and knowledge, and who are dedicated to serving others. Each page - a small but valuable piece in supporting that grand vision to which we should aspire, leaving a positive legacy for education...

Your generous donation of \$25.00 or more (cash or check payable to Sonelia Incorporated) for a copy of this book will play a significant role in the manifestation of this legacy by supporting educational and enrichment experiences that might not otherwise be possible for so many youth and families. These include, but are not limited to: The Officials Club Boxing program for at-risk youth, the Peace through Education Acceptance Courage and Expression (PEACE) Poetry Hip Hop program, Attendance incentives, United in Hope Celebrating Education Community Engagement event, Character RISE! Character Development initiative, Celebration of the Arts youth performance showcase, uniforms, field trips, and positive behavior incentives.

With questions or if you are interested in hosting a book signing, please feel free to contact me at 703.930.0243.

Thank you very much for your support.

Sincerely,
Gianna Allentuck

Education: Our Foundation A Portrait in Words and Beauty

Gianna Pedace-Allentuck



We need to understand the relevance of education.

See the grand vision beyond feeling satisfied that we have done our civic duty by supplying an education.

Our vision should be not only the provision of the education, but an appreciation for the value that that educated person now brings to society.

Our vision should be that education is not the end product of life...

but the foundation for life.

Dedicated in Memoriam to

John Joseph Pedace

October 20, 1938 – July 6, 2013

Beloved Father
Model Educator

Purveyor of strength, faith, and hope.



Sonelia Incorporated
53 Westmoreland Avenue
Longmeadow, Massachusetts 01106

Gianna Allentuck, Founder and President
GAllentuck@aol.com or 703.930.0243

Extra! Extra! Read all about it...!

For less than the price of a movie, popcorn, and candy or a couple of trips to Starbucks, you can help underprivileged youth and families in Springfield gain access to Boxing and Poetry Hip Hop programs, attendance incentives, field trips, books, uniforms, and so much more...

Local non-profit, Sonelia Incorporated, has published a book celebrating Education and invites you to join in the celebration at a book signing on

Friday, May 6, 2016

5:30 PM to 7:30 PM

Wilbraham Middle School

466 Stony Hill Road in Wilbraham

By donating \$25 (cash or check) for a copy of this book Education: Our Foundation – A Portrait in Words and Beauty, your generosity will directly support initiatives that benefit our less fortunate populations.

Sonelia Incorporated is a 501(c)(3) non-profit organization whose Mission is to support and promote the activities and programs of individuals and organizations who serve the community at-large; Vision is an environment of success for all people based on positivity, connectivity, and productivity; and Guiding Principle is that community members, and especially youth, deserve to live in a peaceful society, feel pride in themselves, and have hope for their future.

In the spirit of unity and hope on which the organization is founded, the name Sonelia is a combination of Founder and President's children's names - Sontino and Ceceilia.

AN AFRICAN AMERICAN *Point of View*

688 Boston Road, Springfield, MA 01119
 Phone: (413) 796-1500 • Fax: (413) 796-6100
 E-mail: info@afampov.com • Website: www.afampointofview.com

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CONTRIBUTING WRITERS: THIS ISSUE

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| Art for the Soul Artist in Residence Children's Book Corner Community Beat Community Focus-CT Community Perspectives Early Education & Care Education & Hope Entertainment Review Features Food for Thought Good News Health Matters | Rosemary Tracy Woods Renée Flowers Terri Schlichenmeyer Kenneth Harris Dwight Bachman Bishop Talbert W. Swan II Nicole Blais Gianna Allentuck Alysia Cutting Moyah Smith Azell Cavaan Natasha Clark Matthew Matera Zaida Govan Jay Griffin Doris Harris, Editor Shoshana Porter Anika C. Thrower, PhD | Latin@ Groove Leadership Pioneer Valley Life's Challenges Mama's Boyz Parents & Community Pen & Ink Political Happenings Reading to Succeed Religious Point of View School Comm. Happenings Youth Premier Soccer Magdalena Gomez Lora Wondolowski Sweets H. Wilson, PhD Jerry Craft Patricia Spradley Brenda's Child Juanita Torrence-Thompson Tina Hurst Justin Hurst, Esquire Sally Fuller Rev. Dr. Atu White, Editor Denise M. Hurst Dr. Davarian Baldwin Artistic/Multimedia Director - Marie Zanazanian Distribution Manager - Shawn Merriman Photographer - Ed Cohen |
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LOCATE OUR ADVERTISERS

| | |
|---|---|
| Alden Baptist Church-----27 American International College -----9 Baystate Medical Center -----40 Bethel AME Church -----27 Branford Hall Career Institute -----3 Canaan Baptist Church of Christ-----27 Caring Health Center -----14 Center for Human Development -----12 Devereux Therapeutic Foster Care -----18 Ed Cohen Photography-----31 Family Church-----27 Freedom Credit Union-----19 Gator Jazz-----5 Gentle Smiles Family Dentistry-----11 Hall & Hall Siding -----16 HCS Head Start, Inc. -----34 Holyoke Community College-----7 Home Inspections by Marco, Inc.-----13 | Mount Calvary Baptist Church-----27 Mt. Zion Baptist Church -----27 New Life Calvary Baptist Church -----27 Overflowing Love Church of the Living God----27 Progressive Community Baptist Church-----27 Roberta B. Johnson/Real Living Real Estate----19 Shiloh Seventh-Day Adventist Church----- 27 Solid Rock Community Baptist Church -----27 Springfield College -----18 Springfield Dept. of Health & Human Services -25 Springfield Neighborhood Housing Services ----16 Springfield Technical Community College-----37 St. John's Congregational Church -----27 Third Baptist Church -----27 Victory Cathedral -----19 Wesley United Methodist Church -----27 Westfield State University -----28 WTCC FM 90.7 -----36 |
|---|---|

| | |
|---|--------------------------------------|
| CLASSIFIED35 COMMUNITY Community Beat.....19 Community Focus – Connecticut23 Community Focus – Springfield.....14, 17 Community Information25, 34 Community Perspectives16 Congratulations Corner.....23 Events 37 Good News 35 Latin@ Groove15 Leadership Pioneer Valley17 Political Happenings.....13 EDITORIAL AF-AM Newsbits.....4 My View24 EDUCATION Early Education & Care.....7 Education & Hope (continues from cover).....5 Parents & Community (continues from cover).....6 Reading to Succeed6 School Committee Happenings8 FEATURES AP Courses Worth Serious Consideration8 Springfield Empowerment Zone Partnership9 Gardening the Community Takes Root in Mason Square11 May is Foster Care Month.....18 If You Have A Daughter, You Need to Read This25 HEALTH Health Matters10-11 Your Health.....12 LIVING Food for Thought.....28 Life's Challenges26 PHOTO GALLERY 20-22, 39 RELIGION Religious Point of View26 Religious Directory.....27 SPRINGFIELD SPORTS Youth Premier Soccer36 THE ARTS Art for the Soul32 Artist in Residence33 Children's Book Corner.....30 Entertainment Review29 Mama's Boyz.....37 Pen & Ink30-31 The Baystate Chronicle.....24 | C O N T E N T S |
|---|--------------------------------------|

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AF-AM NEWS **bits**

By Frederick A. Hurst

I SUPPOSE IT STRETCHES BEYOND THE MEDICAL

Headline: “SOME (White) MEDICAL STUDENTS STILL THINK BLACK PATIENTS FEEL LESS PAIN THAN WHITES.”

How could the alleged cream of the White crop be so ignorant? “In a survey of 222 white medical students and residents, about half endorsed false beliefs about biological differences between blacks and whites. And those who did also perceived blacks as feeling less pain than whites, and were more likely to suggest inappropriate medical treatment for black patients according to a paper published in the proceedings of the National Academy of Science.” (Ike Swetlitz, *The Boston Globe*, April 11, 2016) And some of the same crop of White medical professionals (and 28% of second year medical students) held the false belief that Black folks age more slowly than whites.” (I call it the “boy” factor.) It gets worse! *The Globe* also revealed that “A study published last year found that black children were less likely than whites to receive pain medication in the emergency room while being treated for appendicitis. (And) Two years ago, a study found that black veterans were less likely to be prescribed opioids than were whites for moderate or high levels of pain.” Lesson to be learned: If you’re Black and you feel pain after your dentist administers Novocain or your doctor administers painkillers to you, complain. And if your kid is on the table and a White doctor is in charge, watch closely and raise hell if your kid so much as winces.

MIKE ALBANO (FOR SHERIFF) IS ON THE MOVE

When the primary race for sheriff of Hampden County, Massachusetts is over, Mike Albano will be the winner or the most memorable and colorful candidate for a significant office that ever ran or both. He

has educated all of us with a constant stream of information that has revealed the seamier side of the “inside” crowd and exposed some real weaknesses in the man who would be the “insiders” “front runner,” Nick Cocchi. He’s got me wondering about the names and relationships of all those jail employee retirees (including the sheriff’s brother) who are receiving pensions while remaining on the jail payroll through “special” contracts. Are they actually working? Are they necessary? Are they depriving others from employment or advancement? And the Keough factor was revealing as was Cocchi’s after-the-fact effort to distance himself and his campaign from Keough after inviting Keough into his inner sanctum at the worst possible time. (Think East Longmeadow scandal!) I, like many other potential voters, am anxious to hear more! I know one thing: After watching Albano’s never-ending YouTube campaign messages, it is clear that he has a lot to say and isn’t the least bit afraid to say it. (I loved his last “Rocky” YouTube video.) I’m interested in the other sheriff candidates’ take on things. Usually vocal Tom Ashe (no relationship to Sheriff Ashe), who has been so vocal about law and order and pawn shops as a city councilor, jumped into the race with great fanfare and became suddenly silent. It’s not Tom’s style and it doesn’t become him. I’d like to know his views on some of the issues raised by Albano. He’s a viable opponent who will lose ground quickly that he hasn’t even gained yet unless he speaks up. Albano’s got the public’s ears and eyes. He’s actually colorful and attractive – a Donald Trump with class.

TALBERT SWAN IS RIGHT

I like Ron Chimelis because I think he is honest – not always right, but honest, which is not often a treasured attribute in the politicians he sometimes covers but an admirable one in a writer. Before Talbert Swan contributed his article, “Ben Carson and

#Cooning 101,” (see page 16), (which he had already posted on Twitter in social media format where he encountered a hailstorm of criticism that I did not hear simply because I am not a consumer of the social media madness), at the bidding of my cautious editor, I read the article very carefully and didn’t hesitate to send it to publication in *Point of View*. It reminded me of how so many of us supported Clarence Thomas for Supreme Court Justice and were betrayed to the bone by his self-hatred that led to his absolute rejection of his people and his past. I still call him “Uncle Thomas.” If history treats him well, it will only be because he will be the subject of a White man’s biography. Every time I think of Justice Thomas, Benedict Arnold comes to mind but only when I am not first thinking of him as Stepin Fetchit or Amos and Andy. So when I read Talbert’s article, it was easy for me to feel comfortable publishing it. It may seem a little over the top to some. But to me and to most other Black folks who read it, it is poetry. It is not designed to make folks comfortable so much as it was designed to make folks feel the experience of being Black and betrayed by your own. “Coon” may have been Swan’s perfect poetic choice of words to describe Dr. Carson. Niceties in prose would not have sufficed. Even my friend, the White Ron Chimelis, who is far from being a racist, winced and wrote an article in *The Republican* (April 10, 2016) suggesting that Dr. Carson could have been more appropriately referred to as a “black conservative” with a right to his opinions and beliefs. But, the fact is, Black folks don’t object to “Black conservatives” or their opinions. There are too many among us. We object to Black “sell-outs” who allow themselves to be used as White vessels to convey the false message to altogether too many willing White ears that we do not still have a struggle to wage. We often counter that false message with words like “coon” that sting Black perpetrators and that necessarily shock and are intended to seep down into the consciousness of well-meaning White folks and to rattle the worst

among the not-so-well-meaning White element that invented the term and used it historically to denigrate Black folks and to support their own racist belief that all Black folks are lesser mammals and even inhuman... except Ben Carson...except Clarence Thomas, the likes of whom they believe share their racist views and, thereby, affirm them. Ron Chimelis over-reacted to Talbert Swan’s unvarnished truth as did, I am certain, many other White folks who tend to over-judge Black folks by their “deportment” rather than by their “message.”

TA-NEHISI COATES: I APOLOGIZE

I owe an apology to Ta-Nehisi Coates who has become one of the finest writers about the condition of Black folks in America. I didn’t know him until I read reviews about his book, “Between the World and Me,” which was a long letter to his son about what to expect as he grew up Black in America. After reading reviews by media critics and after digesting the negative comments of a White friend, I had some negative things to say about Coates. For me to draw conclusions or pass judgment without doing my own research is uncharacteristic and my only saving grace is that I eventually purchased the book and recently completed it after which I fully understood why my White friend and the media critics, who also happened to be White, were put off by Coates who, like Swan above, spoke the unvarnished truth throughout an entire book, using a combination of prose and poetry (some call it “prose poetry”), about what his son could expect as a Black person growing up in a racist country. And the unvarnished truth about race in America is not pleasant reading for White folks, especially when poetry designed to provoke emotion is involved. But as any responsible Black parent knows, the unvarnished truth is absolutely necessary for the survival of Black youngsters. So I apologize to Ta-Nehisi Coates for allowing my judgment to be prematurely influenced.

continues to page 24

EDUCATION

EDUCATION & HOPE



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

continued from page 1

As a young woman fighting cancer, I wanted to work during my chemotherapy. "You're not strong enough. It's not healthy. You'll get sicker," people said. I worked anyway. Taking a shuttle and metro ride 1.5 hours each way every day and never missed a day unless I was in the hospital.

As a cancer survivor, I wanted to write a book about my experiences and use it as a fundraiser for The Children's Inn at NIH. "You're taking on too much. It's too expensive. Just make a donation," people said. I wrote a book anyway. Used it as a

fundraiser; and raised almost \$40,000 for the Inn.

As a brand new School Counselor in Springfield, I wanted to start a Boxing program for Middle and High school students. "It'll never work. You don't have any money or experience," people said. I created one anyway. A tornado hit our building during training; we still held our end of season celebration; and The Officials Club will be starting our seventh successful season at three different sites in a week.

As a passionate education advocate, I wanted to write a book raising up education and use it as a fundraiser for programs supporting underprivileged youth and families. "No one cares about education. It will be more effort than it's worth," people said. I wrote one anyway. May

6th I will gather with family and friends to celebrate the book and fundraiser launch.

Right now to the youth in Springfield some people and some societal messages are saying – directly and indirectly – "You're bad kids. Not good enough. Not smart. Never gonna change. Always in trouble. Not worth the time. Never gonna make it."

I don't believe this about our youth. And, if you're reading *POV*, then chances are you don't believe this either. So let's hear you. Show up to your local school or community center or open gym or ball field or church. Volunteer, Coach, Mentor, Lunch Buddy, Cheer, Read, Tutor. Speak with words and actions. Negate the naysayers.

With your time, strength, and

compassion, you will make a difference and you will change a life. I say.

Author's note: Please join my family and me on **Friday, May 6, 2016 between 5:30 p.m. and 7:30 p.m.** at the Wilbraham Middle School at 466 Stony Hill Road in Wilbraham for a special book signing and fun--draiser for activities, events, and programs for underprivileged youth in Springfield. *Education: Our Foundation – A Portrait in Words and Beauty* will be available for \$25 donation per copy. Donations are tax deductible. Family friendly event. Refreshments will be provided. Contact me at gallentuck@aol.com for more information or to RSVP.

Gator Jazz Presents Will Downing



Hukelau Dinner Theater
705 Memorial Drive, Chicopee, MA
Saturday, May 14, 2016
For ticket information call:
413-593-5222

How does an artist or his work withstand the test of time?

A famous designer once said: "I love things that age well – things that don't date, that stand the test of time and that become living examples of the absolute best"
- Giorgio Armani

While he was most likely referring to his own sartorial preferences, that quote is a perfect summation of one particular artist and his body of work..." The Prince of Sophisticated Soul" Mr. Will Downing. More than his considerable sales and accolades, this quote may hold the perfect key to best measure his ever growing legacy. Think about it...as in the quote...the music of Will Downing has aged well, doesn't date, has stood the test of time and over the course of a 27-year career he has unquestionably become a living example of the absolute best that smooth R&B and Soul has to offer.

Indeed it is time to give this man his due, time to recognize his unique stature amongst today's male vocalists. Time to fully appreciate...yes the very time and effort put into the process of consistently fusing classy romantic lyrical content with quality musical production. While we're at it, hell...it's even time we created new adjectives to describe the very voice that is Will Downing!



Introducing
Chocolate Drops
The Latest of Will
Downing



Chocolate Drops
WILL DOWNING

EDUCATION

READING TO SUCCEED

Congratulations, Springfield!

By Sally Fuller



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

Reading Success by 4th Grade (RS4G) was recently recognized as a 2015 Pacesetter Community by the Campaign for Grade Level Reading, one of 38 communities across the country so recognized.

“Pacesetter Honors are among the highest awards presented by the Campaign,” said Ralph Smith, the managing director of the Campaign for Grade-Level Reading. “We are very proud of Springfield and the numerous organizations and individuals behind them for joining forces and working tirelessly to uplift children and families. They remind us that we are seeing great progress and real results all across the country.”

2015 Pacesetter Certificates were presented recently to Mayor Domenic Sarno, SPS Chief Curriculum Officer Kate Fenton, Regional Employment Board (REB) CEO Dave Cruise and United Way of the Pioneer Valley LaTonia Naylor recently by Amy O’Leary, Massachusetts State Lead for the Campaign for Grade-Level Reading.

Springfield’s Reading Success by 4th Grade initiative and community partners were cited for making “measurable progress” on student attendance outcomes and chronic absenteeism. The Springfield Public Schools and the United Way of Pioneer Valley, partners in the Stay in School Campaign, have brought the community together on issues affecting the high school graduation rate including the importance of daily attendance and reducing chronic absenteeism. Chronic Absenteeism went from 36.0% in public PreK to 26.8% in 2014-15.

In the focus area of school attendance, for the first time the Stay in School Campaign awarded PreK Attendance trophies to two schools, Zanetti for Highest Attendance and Warner for Most Improved. LaTonia Naylor represented the United Way and the Stay in School Campaign.

Summer Learning outcomes were cited as part of the Pacesetter recognition for Hasbro Summer Learning Initiative. Hasbro Summer Learning Initiative collected compelling data for its Springfield programs – done in community-based organizations and in public schools – and results demonstrated significant



L-R: Attorney Ellen Freyman, Mary Walachy, Dr. Kate Fenton, Dee Thomas, LaTonia Naylor, David Cruise, Sally Fuller, and Amy O’Leary gather with students at Warner School at an event announcing the Pacesetter award.

improvement in all reading competencies measured, including reading comprehension, reading fluency expression, word recognition accuracy and reading rate assessment. Dave Cruise from the REB accepted the recognition on behalf of the Hasbro Summer Learning Initiative, which is housed as part of the REB.

RS4G was also recognized for overall campaign leadership, which was demonstrated by Springfield Public Schools’ purchasing and re-

opening an early childhood center at 15 Catharine Street, the data collection and planning that have resulted in a Community Scorecard, and the significant commitment of SPS leadership participation in RS4G Leadership Advisory Committee.

Reading proficiency by the end of third grade is a critical milestone toward high school graduation and success later in life because it marks the transition from “learning to read” to “reading to learn.” ■

PARENTS & COMMUNITY

Motherhood As A Relationship!



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

continued from page 1

Mothering has become complex and differs based on personal lifestyle, individual outlooks and aspirations. So couching motherhood in the context of relationships, let’s talk about love, work, desire, obligation and goals. We might then talk about

these things in a more authentic way—or at least without feeling as though there’s only one right answer to the question of what it means to be a mother.

After all, interpersonal relationships do bring about a desire and obligation to care. And caring relationships put us in touch with details of our own emotional clockwork—oftentimes changing us. Also, caring for others is not always easy or spontaneous, even when it is your

child. It can lead to new awareness about ourselves, pushing us to grow gracefully into motherhood.

When we look at motherhood as a relationship, we have an opportunity to explain why becoming a mother can be a profoundly transformative experience. For some, motherhood may work miraculous changes, but for the most part women enter motherhood with the full complement of qualities and flaws; just accept it!

Perhaps if we begin to think of motherhood as something other than a job, we might discover a new way to acknowledge that motherhood is full of options. It’s a changed life that’s still full of open-ended and unexpected possibilities, as well as added responsibilities. When we start talking about motherhood as a relationship, we take ownership of it. And by the way, fatherhood is also a relationship, not just a role.

continues to page 7

EDUCATION

EARLY EDUCATION & CARE



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

Move over Food Network! HCS Head Start has teamed up with Share Our Strength's Cooking Matters® to offer on-site cooking classes to Head Start parents. Share Our Strength's Cooking Matters® empowers low-income families with the skills to stretch their food budgets so their children get healthy meals at home, as part of the No Kid Hungry® campaign to end childhood hunger in America. The reality in Massachusetts is 1 in 9 people struggle with hunger; in Western Mass over 200,000 people struggle, most of them children.

Sixteen Head Start parents have enrolled in this unique program and every Wednesday morning for 6 weeks, our Indian Orchard Head Start Center turns into a test kitchen. Parents are cooking different recipes, learning the importance of nutrition and most importantly having fun. Crystal Rodriguez, a Head Start parent signed up for Cooking Matters "to

PARENTS & COMMUNITY

Motherhood As A Relationship!

continued from page 6

We are always completely who we are every minute of our lives. We can't conveniently shed selective aspects of our rational and irrational selves when we move into motherhood. So if we accept that motherhood is a relationship and not a job, it becomes clear there is no sliding scale to being a mother. Our motherhood isn't based on the number of hours we put into mothering.

What I find attractive about motherhood as a relationship is the opportunity to bring our maternal experience back to a personal scale, ac-

HCS Head Start Knows that *Cooking Matters*

By Nicole Blais

learn about healthier options and how to read food labels. Also, this is teaching me how to make cooking more interesting with my children." Cooking Matters is helping families think about their food choices by teaching parents how to read nutritional labels, discover new and different ways to cook, and, most importantly, budget in a way that is realistic and affordable.

Registered Dietitian and Cooking Matters Massachusetts manager and teacher of the cooking class, Jessica Caouette, had this to say about the program, "Parents are trying to do the best they can for their families. They want to feed their families well, and Cooking Matters is a great place for them to get the skills and knowledge they need to put this into action."

Most young children are picky eaters and when food options are limited it can become a stressful situation. Madeline Shaw said she came to the class to integrate vegetables into meals and find healthy alternatives for her son. "My son is very picky; he used to eat what I made, and nowadays he doesn't." This cooking class

knowledging that healthy relationships, including the relationship between a mother and child, are fluid enough to contain a range of feelings, from the most profound love to the deepest uncertainty. So rather than romanticizing motherhood, we might be able to speak more freely about how emotionally complicated and adaptable this whole business of mothering truly is. We might open up a world of possibility by starting to describe motherhood as one of the most intense, important, and complicated *relationships* in the world!

HAPPY MOTHER'S DAY!



Cooking Matters Class and Instructor

offers options to parents and helps brainstorm possible solutions to problems like feeding a picky eater.

Cooking is the connection that drives home the eating healthy mes-

sage. Every Wednesday we see the parents gain a sense of satisfaction from preparing meals their families

will enjoy by realizing that *cooking really does matter*. Bon appétit! ■

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EDUCATION

SPECIAL TO POINT OF VIEW

AP Courses Worth Serious Consideration

By Azell Cavaan, Chief Communications Officer, Springfield Public Schools

I never took an Advanced Placement (AP) class in high school. Not even English, a subject that I loved and always aced. Looking back, I realize I didn't know one thing about AP courses. If my high school offered them, it must have been a best kept secret.

Thankfully, that is not the case for high school students today. Since 2008, Springfield Public Schools (SPS) has steered a nearly 200 percent increase in the number of students enrolled in Advanced Placement courses. AP courses are tougher than regular courses, they are weighted more heavily (making it possible to graduate with a 4.5 GPA,

for example) and they grab the attention of colleges during the application process.

Peyton Shubrick, now a 22-year-old alumna of Holy Cross College, graduated from Central High School with five AP courses on her transcript. She admits the workload was heavy, but says she doubts she would have found the success she had in college without that preparation.

"What I was doing in my senior year of high school was very much in line with what I needed to do as a freshman in college," said Shubrick, a member of the Information Technology Workplace Solutions Team at MassMutual and a graduate student at

Bay Path University, where she is pursuing a master's degree in information and communication management.

"There was constant feedback from my AP teachers and I really valued that because it helped me grow as a student," she said.

This year, more than 1,000 SPS students are reaping the benefits of AP courses. And because more AP courses are being offered now than ever before, students who may have never considered taking AP Chemistry, for example, now have options like AP English or Psychology.

If you, your child or someone you care about is in high school, AP

courses are worth serious consideration, even if it's only one. AP courses actually count towards college credit in many places. That means a student entering college with several AP courses on their high school transcript may need to take fewer college courses towards their degree. That, of course, lowers the overall college bill.

I wish I would have known about AP courses when I was in high school. But I am happy that the opportunities have been widened for today's SPS high school students. ■



Azell Cavaan

SCHOOL COMMITTEE HAPPENINGS

It's a Matter of Fundamental Fairness

By Denise M. Hurst



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

School Committees across the Commonwealth have taken stances favoring and opposing the controversial "Charter Cap Bill". On April 7, 2016, the Springfield School Committee voted unanimously to request that the Massachusetts House of Representatives and the State Senate fully fund the recommendations of their own Chapter 70 Foundation Budget Review Commission. An additional vote was also passed to recommend the Legislature not pass the pending legislation that would increase the number of Commonwealth Charter Schools or Horace Mann Charter Schools without the condition that the local district be allowed to grant approval if the existing funding deficiencies continued to go uncorrected.

According to the Department of Elementary and Secondary Educa-

tion, Chapter 70 Aid seeks to ensure adequate and equitable school funding for all Massachusetts public pupils. It defines and calculates an adequate funding level for each district, given the specific grades, programs, and demographic characteristics of its students. It then determines how much of the foundation budget should be paid for by each city and town's property tax, based upon the relative wealth of the community. The remainder is funded by Chapter 70 state aid. The Foundation Budget is the state's calculation for the minimum amount that a district can spend in order to provide an adequate education to its students. This amount is adjusted each year to reflect the fluctuations in student enrollment, grade level population, low-income population, English language proficiency, inflation, and city income levels.

In 2014, legislation was passed to establish a Foundation Budget Review Commission. The Commission was charged with the responsibility of

assessing the appropriate level of funding for K-12 public education, and held six regional public meetings to gather input from citizens. The Commission was comprised of legislators, state administrators, educators and business leaders. In January 2015, Superintendent Daniel J. Warwick, School Committee Vice Chair Christopher Collins, Chief Financial Officer Patrick Roach and I attended the western meeting of the Review Commission to provide testimony regarding the importance of evaluating the current funding formula and its shortfalls for districts such as Springfield.

Charter schools have placed pressure on the Springfield School budget. For example, when a child leaves to attend a charter school the entire Chapter 70 tuition follows them. There are costs that do not decrease with changes to the student population. For instance, when a charter school opens and children opt to attend, the operating costs for Springfield schools does not de-

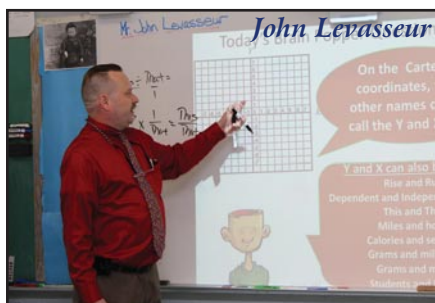
crease. To assist with the transition, the state is supposed to reimburse a portion of the charter assessment fee for the first few years. However, the state has not fulfilled that obligation and the mandate continues to be underfunded and Springfield schools have to contend with the fiscal shortfall.

The School Committee vote was not a vote against charter schools but a strong message to our state lawmakers that they heed the recommendations provided to the Commission, which includes a new formula that accounts for the rising cost of employee health insurance and special education services, as well as additional funding that will support programming and services for children of lower socioeconomic status, children who are English Language Learners and other underfunded mandates such as transportation.

For a full review of the recommendations to the Commission visit www.doe.gov. ■

Springfield Middle School Students Give Up Spring Break to Focus on Academics

Matthew Matera, Program Director, Empower Schools



While it was officially April vacation, more than 500 Springfield middle school students chose to spend the week of April 18 dedicating themselves to academics.

The Empowerment Academies program attracted students from across the city who wanted to work on math skills in small groups with outstanding teachers.

“I love the energy of all the students,” said Chalais Carter, the program manager for the Springfield Empowerment Zone Partnership. “They showed true dedication by being here this week to build their math knowledge and skills at a high-energy, rewarding program.”



Kitalina Lindsay, 6th Grade



LR-Kylee Anderson, 6th Grade and Christianna Brock

The Springfield Empowerment Zone Partnership (SEZP) managed the program, and participating students attend Duggan Academy; Kiley Middle School; Forest Park Middle School; Kennedy Middle School; Chestnut North, Chestnut South, and Chestnut TAG middle schools; and Van Sickle IB and Van Sickle Academy middle schools.



Louis Cintron, 7th Grade



LR-Noel Chambers, 7th Grade and Makenna Kelly, 7th Grade

Students focused most intensely on math, but there was also time for classes like gym and art, and Duggan Academy and Forest Park Middle School had classrooms that focused on supporting students who are English Language Learners.

Teachers had to undergo a rigorous selection process, and came from not only SEZP schools but other

Springfield Public Schools and out-of-district schools as far away as Boston.

Students worked intensely in groups of about 10 students on math for most of the day, and had the opportunity to receive prizes for attendance and participation.

“I was impressed with the focus I saw when I visited classrooms,” Carter said. “You could tell that students were engaged in the material, working to support each other’s learning, and were really making progress with their math.”

SEZP is a new, ambitious, educator-led effort to significantly improve student achievement for students at nine Springfield middle schools. Springfield Public Schools (SPS), the Massachusetts State Department of Elementary and Secondary Education, the Springfield Education Association, and Empower Schools have partnered to support these schools. This innovative collaboration is working to dramatically improve educational opportunities for the city’s middle school students and to provide a national model for addressing the distinctive challenges commonly faced in middle school education.

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HEALTH

HEALTH MATTERS



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

Breakthrough Fitness Plus

By Shoshana Porter

One of the most repeated statements at Breakthrough Fitness Plus is: The struggle is REAL! And it is...it starts the day you decide to change your old habits and start eating and exercising the right way, and continues even beyond the day you are at the weight of your dreams.

Obstacles are just a part of the journey...

Expect and accept challenges to be a part of the process and make them work for you instead of against you. This approach will help you to anticipate and prepare yourself for them when they arrive. One of the biggest obstacles for many is time. We are so busy and life seems to pull us in so many different directions that making time for exercise ends up on the bottom of the list. I often tell my clients and members, "Schedule your workouts. You know when you work.

You know when you cook, sleep, go to school, etc. so make your workout a part of your schedule." This approach forces you to find time and helps to eliminate that obstacle.

Another challenge for many is nutrition. We can all agree that proper nutrition is key to weight loss success but the information available is so vast and ever changing, that many find themselves completely confused. Even worse, foods high in sugars and fats are constantly pushed at us while healthier options are hard to find. This is why meal planning and preparation is key and your best defense. Choose a day to plan your week's meals and prepare them. Keep a cooler with water, fresh cut fruits and veggies and hard boiled eggs. Pack a serving size of raw nuts and keep it in your car. Always eat before going to run errands or attending a function or event where you may be tempted. If you do give into a temptation, just get back on the plan.

Discouragement can be yet another obstacle. Sometimes you may

not see the results you are looking for or they may not be coming as fast or you may hit a plateau. This often leads to a lack of motivation and—worse—a regression to old habits. Avoid this by turning to a fitness professional who will motivate you and hold you accountable. Armed with the right knowledge, guidance and a little patience, you *will* make your goal!

Breakthrough Fitness Plus is here to help you reach all your health and wellness goals. Our trainers are certified professionals ready to motivate, educate and guide you throughout the process and all its challenges! Our holistic approach ensures your success as we transform you from the inside out. You get so much more than just a gym. You get quality custom exercise and nutrition programs, access to education from medical experts, mindset and mindful eating workshops, access to muscle relaxing massage therapy and so much more. Stop in to see us at 481 Breckwood Boulevard and learn more.



Shoshana Porter is a wife, a mother of four and owner of Breakthrough Fitness Plus located in Springfield, MA. Shoshana graduated from Boston University in 2000

with a degree in International Relations and concentration in Business and Economics. She has always been passionate about business and started her first entrepreneurial experience at the age of 16 where she won first place for her business plan at Babson College through their National Foundation for Teaching Entrepreneurship (NFTE). She has since owned several businesses but found the most fulfillment in the health and fitness industry where she now focuses her passion on serving her clients at Breakthrough Fitness Plus. Her 5,300 square foot facility on Breckwood Boulevard houses a 2,500 square foot open training floor, a cycle room, private massage room, a locker room and more. She takes a holistic approach to health with all the elements necessary to experience complete mind and body transformation. Her plan creates structure and balance and includes workouts, nutrition, support, coaching, accountability and reward. Shoshana has been featured on Mass Appeal, Health Matters, The Point of View and a number of other mediums where she shares her expertise on health and fitness.

Caucus of Women Legislators Support American Heart Month in Massachusetts

Legislators gathered in support of Go Red for Women February 24th at the Massachusetts State House. Go Red For Women is the American Heart Association's national movement to end heart disease and stroke in women. The event featured remarks by Senator Gobi (D-Spencer) and Representative Fox (D-Boston), co-chairs of the Caucus of Women Legislators, Speaker Pro-Temp Haddad (D-Somerset) and American Heart Association volunteer and stroke survivor, Meaghan O'Brien (East Bridgewater). **Western Massachusetts legislators participating included Auditor Suzanne Bump (D-Great Barrington), Rep. Jose Tosado (D-Springfield), Rep. Tricia Farley-Bouvier (D-Pittsfield), Rep. Aaron Vega (D-Holyoke),**



Rep. Gailanne Cariddi (D-North Adams), Sen. Benjamin Downing (D-Pittsfield), Rep. Stephen Kulik (D-Worthington), Rep. Ellen Story (D-Amherst).

HEALTH

HEALTH MATTERS



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

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

continued from page 1

sions, debates, and arguments with tears while learning from each other from afar. Though she remains on the west coast and I on the east, we have the pleasure of meeting up at times. When we meet, like a curious child I noticed the small things. I am in awe over her infectious smile and her over-the-top sense of humor that even makes a liberal person like me scream “Mom!” I like to check out her fashion sense and her mannerisms and even studied her proud walk. I have

every family story she shared memorized and cataloged. Unbeknown to me, the price of the lost time was much more than an overdue library book.

For this special month, I wanted to share my story publicly in hopes of others loving their mom even more. We all have our own story. Like mine, every interaction may not be easy. In my case, each *non-interaction* cost me precious minutes, days, months, years, and decades. Every moment is precious.

The Mother's Day Challenge Listen with an open heart

Though we are adults with our own

A Mother's Day Challenge

(Based on a true story)

experiences and life lessons, we are never too old to learn something new. The moment we want to shut down what we perceive as a meaningless conversation may be the time we learn something new about ourselves and/or our heritage. It's important for our personal knowledge and our duty to share with future generations. Let's challenge ourselves to slow down and listen.

Let our word be our bond

With life's demands and our own immediate families, it can be easy to get caught up in everyday life. Our mothers want us to live a prosperous life. In doing so, there will be busy times.

Be mindful that when we make a promise to our mothers that we try to keep our word. Sometimes they depend on us like we once depended on them.

Dear Robust Reader,

I am here to denounce the old adage, “you can't miss what you never had.” If you are blessed enough to have a mother, pay her homage daily.

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

Gardening The Community Takes Root In Mason Square



For fourteen years, Gardening the Community (GTC) has grown food on formerly abandoned lots in the Mason Square community of Springfield while cultivating food justice and youth leadership. On Saturday, April 23rd, GTC broke ground on its newest farm site at 200 Walnut St, and celebrated owning land for the first time. The Groundbreaking Ceremony was open to the public and was followed by a volunteer work day, where attendees were invited to pitch in. The celebration included a short presentation, ceremonial tree planting and recognition of major funders and as well as a tour of the new site. They were also joined by John Lebeaux, Commissioner of the Massachusetts Department of Agricultural Resources, as well as other lead funders of the project including Harvard Pilgrim Healthcare.

GTC has grown tremendously since it began

in 2002 with 5 youth and a small ¼ acre lot. With the addition of its Walnut St. site, it will now cultivate 1½ acres and engage 30 youth in intensive urban agriculture and leadership development. In 2015 alone, it sold or distributed 21,500 pounds of locally grown, affordable produce to Springfield families. Exavier Lopez, 18, GTC youth leader, has worked hard to make this happen. “I'm proud to be a part of the journey. It's powerful. We have a real presence here now that we own this land.”

GTC will be developing the Walnut St. site into an urban farm that will eventually allow the organization to double the amount of food it grows in the community and for the community. It will establish a permanent, youthrun farm stand on site opening up healthy, affordable food access to hundreds of families. It will build a greenhouse so that it can farm and teach year round, as well as create a space to host workshops and trainings. Expanding onto this site will allow GTC to provide more access to healthy local food, and regenerate a beautiful green space in the heart of Mason Square.

“GTC is about changing the system,” says Liz Wills O' Gilvie, GTC Board Chair. “This land is both a reclamation and a promise. A promise that we have taken root and that we are here to stay.” The Groundbreaking also launched GTC's Take Root! Campaign, which will raise

\$15,000 for the development of the site.

“We're here to stay and change the neighborhood,” states Brandon Robinson Ortiz, 19, a youth leader at GTC. “It's a big deal that we own this land now.”

Major funders of GTC's expansion onto Walnut St were honored at the ceremony, including the Beveridge Foundation, the Massachusetts Department of Agricultural Resources, Harvard Pilgrim Healthcare Foundation and Mass Mutual's Mutual Impact Program.

About GTC: GTC is a diverse youth led food justice organization engaged in urban agriculture, sustainable living, and organizing for healthy and equitable communities.

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HEALTH

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Actor Robert De Niro's Recent Comments Spark Controversy, Again, Over the Safety of Vaccines

SPRINGFIELD, MA – Actor Robert De Niro's appearance on NBC's "Today" show on April 13 has once again ignited the controversy over the safety of vaccines.

De Niro's appearance on the popular morning show tied-in with the release of the anti-vaccination documentary, "Vaxxed: From Cover-Up To Catastrophe," which attempts to show a link between vaccines and autism.

"I, as a parent of a child who has autism, I'm concerned. And I want to know the truth. I'm not anti-vaccine. I want safe vaccines," said De Niro on the "Today" show.

Dr. Nathan Somers, a child and adolescent psychiatrist at Baystate Medical Center, works with many families with autistic children.

"Doctors can only reiterate once again that there is no scientific evidence of a correlation between vaccination and autism, despite the comments of various celebrities and the attention these claims have received in the media, and from a very vocal minority of parents," he said. "Unfortunately, this concern keeps resurfacing in the media every few years, and creates a great deal of unnecessary anxiety for families with infants and young children. It also diverts public attention from the importance of supporting legitimate research to help uncover the real causes of the rising incidence of Autism

Spectrum Disorders."

Each day, nearly 12,000 babies are born in the United States who will need to be immunized against 14 vaccine-preventable diseases such as whooping cough and measles over six visits before age two. Yet, some parents are choosing not to vaccinate, putting communities at risk for the spread of infectious diseases.

As for the safety of vaccines, the Centers for Disease Control and Prevention (CDC) maintains its stance that the United States has the safest, most effective vaccine supply in its history. The country's long-standing vaccine safety system ensures that vaccines are as safe as possible. And, CDC officials say that as new information and science become available, the system "continues to be updated and improved."

"Countless research studies have consistently demonstrated time and again that vaccination is safe, and that no link exists between immunizations and development of autism," said Dr. Michael Klatté of the Pediatric Infectious Diseases Division at Baystate Children's Hospital. "Vaccines prevent severe illness and death in our most vulnerable populations, and I have seen firsthand on numerous occasions unimmunized and incompletely immunized children who have succumbed to illnesses, which would have otherwise been prevented by immunization."

The CDC lists five important reasons to vaccinate your child:

- Immunizations can save your child's life.
- Vaccination is very safe and effective.
- Immunization protects others you

care about.

- Immunizations can save your family time and money.
- Immunization protects future generations.

One example of the seriousness of vaccine-preventable diseases is the increase in measles cases and outbreaks that have been reported in recent years. The United States experienced a record number of measles cases during 2014, with 667 cases from 27 states. This is the greatest number of cases since measles elimination was documented in the U.S. in 2000. Most of these people got measles in the United States after being exposed to someone who got measles while in another country.

Parents should follow the immunization schedule provided by the American Academy of Pediatrics, which is designed by experts to ensure maximum protection and safety for infants and children at various ages.

The schedule can be found online at the American Academy of Pediatrics website: www.aap.org/immunization.

"Healthcare professionals should be a parent's most trusted source of information about vaccines for their children. It is our role to help support parents in understanding why choosing to vaccinate their children is both the safest and healthiest choice they can make. I urge parents to talk with their child's doctor when they might be hesitant to vaccinate, and providers should be open to having these necessary discussions," said Dr. Klatté.

For additional information on child health, visit the Baystate Health website at baystatehealth.org/bch.



*Klatté James
(Michael)*



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COMMUNITY

POLITICAL HAPPENINGS - SPRINGFIELD

Enforcing the Residency Ordinance Will Make Our City Stronger

By Attorney Justin Hurst



Justin Hurst, Esquire
At-Large Springfield
City Councilor
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

POLITICAL HAPPENINGS - HAMPDEN COUNTY SHERIFF'S RACE

Councillor Albano: Repeal Minimum Mandatory Sentences

Councillor Michael Albano, representing western Massachusetts on the Governor's Council and a candidate for Sheriff of Hampden County, today (April 11, 2016) reaffirmed his opposition to minimum mandatory sentences and called for the legislative repeal of the laws on the state and federal levels.

In a major public policy statement, Councillor Albano reiterated his long held position that mandatory sentences, especially in the area of sentences for drug offenses, are discriminatory and not producing the desired result.

The candidate for Sheriff and former Springfield Mayor stated: "Clearly, the harsh sentencing philosophy which began in 1972 with Richard Nixon's "War on Drugs" is not working. We are not winning the war as evidenced by the current opioid crisis."

He went on to say, "Preventative treatment and treatment on demand makes far more sense than mandatory incarceration."

A former Probation Officer and Member of the Massachusetts Parole Board, Councillor Albano further stated: "The administration of justice was never intended to include mandatory sentences that disproportionately impact citizens of color and give elected prosecutors, not Judges,

the power to determine the length of prison sentences."

Chief Justice Ralph Gants of the Massachusetts Supreme Judicial Court, whom Councillor Albano confirmed to that position in 2014, recently stated at his first "State of the Judiciary" speech in October:

"The end of minimum mandatory sentencing for drug offenses would not mean the end of punishment and deterrence in drug sentencing," he said. "It would simply mean that sentences would not be higher than a Judge thought appropriate in accordance with the best practices that we will incorporate into an individualized, evidence-based sentencing model."

"I concur with Chief Justice Gants. Our criminal justice system will be far more just without minimum mandatory sentences," stated Councillor Albano.

Councillor Albano supports legislation filed by Representative Benjamin Swan of Springfield (H 1620) and in the Senate by Senator Cynthia Creem, both long-time champions of smarter drug sentencing laws, to repeal minimum mandatory sentences. ■



Michael Albano

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COMMUNITY

COMMUNITY FOCUS

Elementary Students Establish Scholarship for High School Senior in Honor of Gunnery Sgt. Thomas J. Sullivan



L to R: Jennifer Bello and her daughter, scholarship recipient Aaliyah Bello, Springfield Public Schools Superintendent Daniel J. Warwick and Frederick Harris School Principal Shannon Collins.

When students at Frederick Harris Elementary School wanted to do something special for the high school that has given so much to them over the years, they decided to connect that high school with a “special son” of the City of Springfield.

Students raised \$500 during a Veterans Day Fundraiser at school (they donated \$1 for the privilege to swap their uniform for an outfit of red, white and blue for a day). It was decided that the money would be presented as a scholarship in honor of Gunnery Sgt. Thomas J. Sullivan to a student who is graduating from the Roger L. Putnam Vocational-Technical Academy whose future plans include a career in the military. A Springfield native, Sullivan was one of four Marines killed in a deadly attack in Chattanooga, Tennessee last July.

Shannon Collins, principal of Harris Elementary School, said the opportunity to give back to the community in such a meaningful way has been exciting for her students.

“It encompasses so many impor-

tant aspects. It’s about honoring a patriotic hero, giving back to those who have helped you. And it helps foster a culture that, even at the elementary level, is very focused on college and career readiness,” said Collins.

On April 15th, Harris students presented the \$500 check during a ceremony at their school. The scholarship recipient, Aaliyah Bello, her mother, Superintendent Warwick and staff from Putnam attended. Following the ceremony, Putnam students who are studying horticulture planted a tree at Harris.

Collins said the scholarship is a way of thanking Putnam for their commitment to Harris students over the years. The high school works with Harris fifth graders in a partnership that allows high school students to mentor elementary students as they prepare for middle school and beyond.

COMMUNITY INFORMATION

Leadership Pioneer Valley Announces 5th Anniversary Class

SPRINGFIELD, MA— Leadership Pioneer Valley (LPV) is now accepting applications for enrollment in the Class of 2017, its 5th Anniversary Class, for their ten-month regional leadership development program which begins in September. LPV utilizes a ten-month, topically-relevant, ever-changing curriculum designed to challenge and engage emerging leaders from all sectors of the community within the Pioneer Valley region. The curriculum consists of both classroom and hands-on, experiential learning through retreats, day-long seminars, field experiences, and team projects. To date, more than 180 individuals representing more than 82 companies, organizations, and municipalities have participated.

LPV is seeking applicants from non-profits, businesses and government that are eager to increase their leadership skills and take action to better the region. Applicants are con-

sidered in a competitive application process that prioritizes diversity by employment sector, geography, race, gender and sexual orientation. Emerging leaders, mid-career professionals with leadership potential, and those looking to better the Pioneer Valley should consider applying.

In its five years running, the program has filled a critical need for a leadership program that builds a network of emerging leaders to address the challenges and opportunities of the region. Fifty-three percent of alumni have a new leadership role at work, 64% have joined a new board of directors, and 99% made new meaningful connections.

The deadline for LPV Class of 2017 applications is July 1, 2016.

Applications and further information can be found at www.leadershippv.org. ■



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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.



Shelton (Shel) Horowitz

Mindful Entrepreneurism: An Interview with Shel Horowitz

By Magdalena Gomez

the tools of marketing, and then reinvented them, which is exemplified by your tagline: “Doing well by doing good.” You could just as easily give yourself over to a life of self-serving wealth accumulation. Was there a specific event in your life that set you on your path of activism?

SH: Thanks for the praises! There were several specific events. My earliest activist memory was at about three years old. My parents were having a party; their friends were all hanging out and smoking, and I was reacting negatively to the smoke. So I crawled around under the coffee table and started breaking cigarettes in half.

At about age 12, I had the radicalizing experience of buying an adult ticket and being made to sit in the children’s section of a local movie theater. This is the first time I can remember experiencing discrimination against me personally. I was so annoyed that I vowed never to return to that theater. I’ve kept that vow for 47 years so far.

And then about a year after that was the first Earth Day, which really got me thinking about environmental issues. I haven’t stopped thinking about them, and I’ve become convinced that a lot of the solutions are surprisingly easy. As far back as 1980, I was talking about using NYC’s rooftops for solar energy and for food production. I was told the roofs couldn’t stand the weight of a garden—but a few years ago I interviewed the manager of a farm eight stories above the South Bronx.

I also started looking at other models of living besides working at a corporate job and coming home miserable. That led me to explore things like food co-ops and collective housing, and other parts of the alternative economy. It’s all connected. I got fired from my one and only corporate job in 1978 and have been basically self-em-

ployed ever since. I left the last part-time crap job in 1981.

MG: How have audiences responded to your work as an author and speaker? Your audience is global. Where do you feel your work and message have been most embraced?

SH: People have been very excited about the idea I’ve been spreading for several years that green can be profitable. They’re even more excited when I tell them we know how to turn hunger and poverty into sufficiency, war into peace, and catastrophic climate change into planetary balance—with the power of enlightened self-interest. That’s what the new book, *Guerrilla Marketing to Heal the World*, is about.

MG: Despite your keen analysis of the relentless political and corporate corruption in the United States, you maintain a tenacious idealism. How do you do it and for whom do you do it?

SH: I have to be optimistic and idealistic because the alternative is too depressing—and because I agree with Muhammad Ali’s statement that “Impossible” is not a fact, but a dare! Any one of us has the power to change the world. I do it for selfish reasons—because I want a better world to live in. So it’s up to me (and others) to do what I can to bring that about.

MG: Who and what have been your inspirations and influences to do what you do?

SH: A few among hundreds: Nelson Mandela, Gandhi, Alice Walker, Martin Luther King, energy futurist Amory Lovins, biomimicry expert Janine Benyus (both profiled in the book), Dave Dellinger, Ben Cohen...

MG: How would you describe the way you have chosen to live your life?

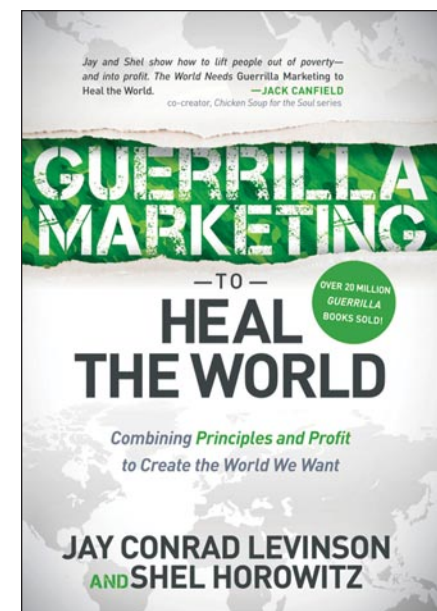
SH: I feel blessed by my life and

overwhelmed with gratitude. I spend time in nature, reading, cooking, hearing music, seeing theater... I work hard but in short bursts, and I play hard too.

MG: What accomplishments are you most proud of?

SH: Saving the Mt Holyoke Range when the “experts” said “there’s nothing we can do.” Getting the first non-smokers’ rights regs passed in Northampton, MA. Helping to show much better alternatives to nuclear power. Modeling ways to live in harmony with Earth. Starting and working in a lifetime of movements for social/environmental justice. Having fun with almost all of it. Bringing the business world in as an agent of transformational change.

MG: Tell more about your latest book, *Guerrilla Marketing to Heal the World*, which you have co-authored with Jay Conrad Levinson.



SH: A great book! Read about it/buy at <http://goingbeyondsustainability.com/guerrilla-marketing-to-heal-the-world/> or from your favorite bookstore

MG: Any advice for fledgling entrepreneurs of all ages?

SH: Find the intersection of your passion, skills knowledge and something the world needs. Make the world better with your company and your life. ■

COMMUNITY

COMMUNITY PERSPECTIVES



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

Ben Carson and #Cooning 101

By Bishop Talbert W. Swan II

Recently, *The Republican* writer Ron Chimelis wrote an editorial in response to one of my Twitter posts about Dr. Ben Carson's endorsement of Donald Trump for President. The post showed a still photo from the 2012 movie "Django Unchained" and featured a picture of Samuel L. Jackson, a smiling loyal slave standing over Leonardo DiCaprio, the slave master. The caption on the picture read, "Official Photo of Ben Carson's Endorsement of Donald Trump." In addition to the picture was the following: #Cooning 101 #NeverTrump #BlackLivesMatter.

Ron obviously took offense at the "Cooning" comment and notes that Carson did not deserve such an incendiary label. Let me explain why I was unapologetic about calling Carson a "coon."

First, there are plenty of other African-American leaders, including religious leaders, that share my sentiment. One that comes to mind is Althea Butler, who teaches religious studies at the University of Pennsylvania. She called him, "coon of the year." There are many others who have used the same term and other terms to describe Ben Carson.

Carson was always a folk hero in the African-American community. We have always admired the fact that he overcame hardship in inner-city Detroit to become the head of neurosurgery at Johns Hopkins University

and the first person ever to successfully separate twins conjoined at the brain. He shattered the stereotypes of young black men growing up with absent fathers and became a role model and an icon for many black families. His memoir "Gifted Hands" was made into a TV movie, starring Cuba Gooding Jr. My wife and I watched the film with our children several times. We played the movie before the youth group at our church on several occasions to provide them with a source of inspiration. Our oldest daughter went to Johns Hopkins to meet Dr. Carson and our family was privileged to dine with him after my father, Fred Swan, had him as the keynote speaker at the annual meeting of the Caring Health Center when he served as its president and CEO.

Therefore, when I used the word "cooning," I didn't use it lightly, flip-pantly or without cause.

Historically, a coon was a black person with one purpose: to entertain white folks. It included wearing black-face, big eyes and painted on lips while tap dancing, singing, playing instruments, telling jokes, and doing anything to fulfill the stereotypes white people had about black folks. We consider modern-day coons as black people who promote ignorance and bend over backwards to validate the stereotypes a racist society has promulgated about black people. Modern coons also serve as mouth pieces for conservative groups by spewing a racist ideology, which describes black people as shiftless, lazy, less intelligent, unmotivated, and prone to violence.

Carson's public commentary re-

garding black people has been outlandish and his political commentary borders on the insane. Calling Obamacare the worst thing that has happened to this nation since slavery is the most ignorant and ridiculous thing I have heard in many years. Comparing modern day America to the "the Gestapo age" of Nazi Germany only confirms that Carson has a penchant for sensationalism and nothing rational to offer outside of a medical facility.

Neither I, nor do those whom I associate with it, disagree with Carson's positions simply because he's a conservative Republican. We disagree because his positions are pure ignorance seasoned with racial overtones. How does anyone with an ounce of racial sensitivity claim that America under President Obama's tenure is comparable to a time in history when

six million Jews were murdered? How does anyone with a rational mind compare a piece of legislation that provides healthcare to the devastating impact of the Atlantic slave trade, the destruction of African families, and the centuries long mistreatment of African-Americans?

Unfortunately Carson's hands are anything but "gifted" when it comes to handling social dialogue. To African Americans such as myself, who used to admire him, Carson has sold out his legacy for the reward of receiving accolades from the likes of FOXNews, CPAC, the Tea Party, and whatever other far right wing groups or individuals that buy into his vitriol.

Dr. Carson's story used to be one of inspiration and hope; it has now become an American tragedy. Sadly, he epitomizes "cooning." ■

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COMMUNITY

LEADERSHIP PIONEER VALLEY

Bridging Divides

By Lora Wondolowski



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

Like many of you and Americans around the country, I've been thinking a lot about the national elections. As someone who worked for political organizations, it is disheartening to watch the kind of rhetoric, violence, and tone of this year's elections. I know that I am not alone in that feeling and observation. As the director of an organization that teaches leadership, it has been hard to watch folks exhibit what we would call negative leadership. I haven't known how to wade into this conversation or do more than wring my hands until last night.

I was fortunate to be invited to meet Mark Gerzon the author of the book *The Reunited States of America* and also listen to him address an overflowing crowd in Hartford about his ideas on bridging the partisan divide. Gerzon believes that civic leadership organizations like ours are already doing the work to bridge divides and can be the key to rebuilding our communities. I couldn't agree with him more.

This election cycle has surfaced some of the worst traits in Americans and perpetuated the idea that the world is divided into two camps that are diametrically opposed. At the same time, we have become more and more segregated in this country—only listening to certain radio or TV stations that agree with us, living in towns that are liberal or conservative based on our beliefs, and using social media as an echo-chamber with like-minded folks. There is absolutely polarization going on, but at the same time there are many that fall

into neither "camp." Hence, the fact that Gallup recently found that 42% of voters are independent, which is an historic high.

How do we engage the growing middle and create a third way? Gerzon believes that only through dialogue and not debate can we build bridges of trust and collaboration that will knit our communities back together. I whole heartedly agree with him and see it happening every month in our core leadership program. We bring together 30-40 individuals from different employment sectors, geographies, ages, cultural backgrounds to learn, collaborate, and problem-solve. I know that our participants don't all belong to the same party or agree on issues but they are still able to come together without partisan politics ever entering the conversation. We explore together some of the challenges faced by our communities and region. We don't purport to have the solutions but, instead, ask them to be part of the conversation and problem-solving. This is the best way to create a new way that is actually an old way.

It is easy to feel like things are broken beyond repair in America, but I am feeling hopeful again. Leadership Pioneer Valley and the hundreds of other community leadership programs around the country are already doing the work that connects people in meaningful ways across divides to tackle community challenges. We have the opportunity this year and after Election Day to get to work in a more deliberate way that engages more people in the dialogues that we are already engaged in.

Join the conversation: we are now accepting applications on our website until July 1 for the 5th Anniversary Class of Leadership Pioneer Valley.

COMMUNITY FOCUS

Zeta Phi Beta Sorority, Inc. Charters Springfield's First Graduate Chapter



Back Row L to R: Jovan Stovall, Cindy Edge, Dana Motley, Gillian Hinkson, Sheril Cooley, Myya T. Seago, Shakara Brown and Melinda Murphy. Seated L to R: Tri-State Director Annette Draper-Moore, National First Vice President Valerie Hollingsworth-Baker, Atlantic Regional Director Janet Y. Bivins, Esq.

Springfield, MA – On March 11, 2016, Zeta Phi Beta Sorority, Inc. chartered its first Springfield Graduate Chapter in the Sorority's 96 year history. During the Tri-State Leadership Conference, held in Dedham, MA, the Sorority's National First Vice President, Valerie Hollingsworth-Baker, inducted the chapter's charter members: Shakara Brown, Sheril Cooley, Cindy Edge, Gillian Hinkson, Dana Motley, Melinda Murphy, Myya T. Seago and Jovan Stovall, all of Springfield. Immediately following, the Sorority's Atlantic Regional Director, Janet Y. Bivins, Esq. officially chartered Beta Alpha Zeta Zeta Chapter.

"Zeta women have always been trailblazers, and as Zeta women we will blaze new paths in the areas of scholarship, service, sisterhood and finer womanhood here in Springfield, MA. We will reach out and share our time and talents with the community at large, through hard work and dedication to community based endeavors, build partnerships with other philanthropic organizations and support the community's needs. We are an eager, "community conscious, action-oriented" group of women who work to-

ward impacting the Springfield community," said Gillian Hinkson, Chapter President.

In continuing with the Organization's legacy of Service, the newly formed Chapter will be participating in their first Community Service event, the March of Dimes, March for Babies on April 23, 2016 at Stanley Park in Westfield, MA. by raising money and walking for this worthy cause. To learn more about Beta Alpha Zeta Zeta Chapter, please email: Info.Bazz@gmail.com

About Zeta Phi Beta Sorority, Inc.

Zeta Phi Beta Sorority, Inc. was founded January 16, 1920, on the campus of Howard University in Washington, D.C. Since its inception, Zeta has continued its steady climb into the national spotlight with programs designed to demonstrate concern for the human condition both nationally and internationally. The organization has been innovative in that it has chronicled a number of firsts. It was the first National Pan-Hellenic Council organization to centralize its operations in a national headquarters, first to charter a chapter in Africa, first to form auxiliary groups, and first to be constitutionally bound to a fraternity, Phi Beta Sigma Fraternity, Inc. The sorority takes pride in its continued participation in transforming communities through volunteer services from members and its auxiliaries. Zeta Phi Beta has chartered hundreds of chapters worldwide and has a membership of 100,000+. Visit <http://www.zphib1920.org>

COMMUNITY

MAY IS FOSTER CARE MONTH!

Becky and her husband, Ralph Ward, are foster parents for Devereux Therapeutic Foster Care. Becky is the primary foster parent in the home but Ralph supports Becky's efforts to care for the child. Although they began with the agency just over a year ago, they are no

If you know anyone who is a foster parent, thank them for all that they do. Devereux Therapeutic Foster Care considers them our "modern day heroes. They are willing to take the risk of caring for a traumatized child with challenging behaviors and provide a safe and secure environment in which a child can begin to trust again.



Becky and Ralph Ward

strangers to caring for children with trauma histories. They've fostered before with the Department of Children and Families. They are what we refer to as "seasoned foster parents." Although the couple had been foster parents before they took the mandatory M.A.P.P. (Massachusetts Approach to Partnerships in Parenting) training as a refresher, this training is required by all applicants interested in fostering. The couple was an asset to the new trainees in their group. They provided insight into the rewards and challenges of fostering. They stressed that the rewards have far outweighed the challenges they have come across.

Shortly after they were licensed, Devereux placed a young girl with them. This child has done very well in their care and has voiced that she would

like to remain living with them. She has been with them for one year now and will continue to reside with them until she moves on to a more permanent home. Becky and Ralph are sensitive to the child's needs and provide a safe, nurturing environment in which the little girl can flourish. Becky has an outgoing personality with a good sense of humor. She makes every effort when caring for a child to make them feel at home. Ralph, on the other hand, is quiet and has a nurturing demeanor that adds calmness to the home. Becky understands the need for new foster homes given the number of children awaiting placement. She has become one of Devereux's biggest cheer-

leaders having referred several individuals to the agency who have expressed an interest in fostering.

Devereux case manager, Deidra Graham, shared that the couple's commitment to foster children is evident in the level of caring and enjoyment they get from fostering. Becky showed Deidra numerous examples of refrigerator art from children who left their home a long time ago. Becky feels like she can't throw them away knowing they were the foster children's treasures. The couple often wonders about the children that they

have fostered over the years and hope that they have continued to do well. The Wards are always open to taking a child back to provide stability and continuity when possible. Becky and Ralph have made a great impact on the lives of the foster children placed with them, but feel the emotional reward they get from these children is a far greater gift.

Therapeutic or comprehensive foster care provides for children birth to 22 who are at risk with emotional, developmental, and educational needs. Many of the children Devereux serves have histories of neglect and abuse, both physical and sexual.

They may have even witnessed forms of violence in their homes. Many do not know what it is like to live in a stable home with supportive and loving caretakers. Devereux believes that "every child deserves a safe home."

You may think that you need to have specialized skills to become foster parents, but what we are looking for in potential foster parents is committed, concerned, caring individuals who are willing to provide for a child in need. Devereux will provide the ongoing training and support needed to strengthen the skills you may already have. It does not matter if you are single, married, have a live-in partner, or are a same sex couple; Devereux welcomes all types of families.

If you have questions about fostering, please call either Richard or Janet at 413-734-2493. Become another modern day hero! ■



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COMMUNITY

COMMUNITY BEAT

Team Meetings For April 2016



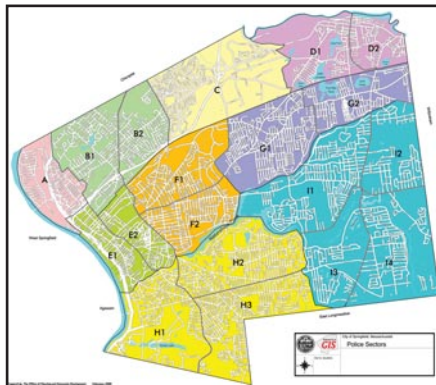
Kenneth Harris is a graduate of the High School of Commerce and STCC. He has served as a Special Police Officer, Atlanta Corrections Officer and Courthouse Officer.

Sector H: Residents Concerns

- An employer on Main Street expressed issues in relation to the dealing of drugs within the vicinity of his business. He said he had seen a woman on a regular basis deal drugs from out of her car. Such activities are reportedly bothering his customers. There was also mention of suspicious groups of people gathering in front of the Hippodrome between Monday and Thursday.
- A Clifton Ave. resident noticed footprints on his property over a fence that led him to believe someone is trespassing on his property possibly between night and early morning. There was no damage or loss of property.
- An apartment owner strongly suspected drug dealing is happening in and around her building. She was especially suspicious of a man who stands around the middle of the fence or sidewalk in a walkway. She claimed drug transactions are causing her to lose tenants. She also feels drug deals were going down in parked vehicles.

Sector A: Residents Concerns

- It was generally agreed that the expansion of pawnshops and second hand dealers can affect public safety. Some feel it can drive gambling addicts to desperately seek property to cash in to support gambling habits. Residents unanimously agreed that no more pawnshops are



needed in the North End.

- According to City Councilor Thomas Ashe, some pawnshops were shut down for not abiding by the rules. Most of them, however, are in compliance because they fear losing their licenses.
- In response to thefts that could arise from pawnshops, a resident stated he was robbed over 50 times and the last 2 times, he "lost a television and other junk." He admitted to physically catching the last guy that robbed him.
- Another resident expressed dissatisfaction of seeing bars in the windows of some businesses. Such an appearance shows a lack of trust and confidence within the communities.
- There was an assumption by a resident that if the pawnshop refuses to accept an item from a desperate person, then it could lead to illegal soliciting. Shea said some of these "businesses prey on the vulnerable and we limit that exposure the best we can."

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Sector D: Residents Concerns

- A resident said speeders on Parker Street have not changed. They don't stop for lights and there was mention of a fence and light pole taken down by reckless driving.
- There was an inquiry about a March 24th police pursuit around 11:00p.m. near a home that was previously broken into based on outside reporting. The suspect was seen on a bike eventually entering the backyards of property with 3 officers following. Lt. Tarpey said he

would look into it.

- A restaurant on Boston Rd. lost its permit to stay open 24/7 and must close at 2:00a.m. A resident was concerned about the effect on crime if it stayed open 24 hours. She is interested in the police input on how that could affect crime and the opinions of those who reside in Sector G who have no representation.

Deputy Cherry said the next coffee hour with a cop will take place on **May 25th at the Brick House Tavern from 5p.m. to 7p.m.**

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Around Town & . . .



Springfield Dept. of Health and Human Services Committee celebrates Public Health Month Kick-Off. Seated L to R: Joni Brewer, Barbara Gresham and Kendel Jester; Standing L to R: Ann Brantley, Keynote Speaker Eve Wilder, MA Dept. of Public Health, Teresa Austin, Mable Sharif, Brenda Evans, Taj Kamau-Robinson and Commissioner Helen Caulton Harris.



Friends and family joined in celebrating the publication and book signing of "Big Words to Little Me" by Sakina Ibrahim (center) at Olive Tree Books-N-Voices Bookstore.



The Springfield Cultural Council Commissioners held their Annual Citation Awards Reception "Gateway to Boundless Opportunities." L to R: Ben Smith, State Rep. Carlos Gonzalez, City Councilor Adam Gomez, Luz Lopez, Wilfredo Lopez, Andrew Cade, Waleska Lugo-Dejesús, Yvette Frisby, Rosemary Tracy Woods and Horacio Rodriguez.



Revitalize CDC staff, sponsors, city officials, and Green-N-Fit participants held a press conference with the Mayes family at their Lebanon St. home as part of their 4th Annual Green-N-Fit Neighborhood Rebuild 2016.



The 10th Anniversary of the Fair Housing and Civil Rights Conference took place recently. L to R: MCAD Commissioners Sunita Thomas George, Charlotte Golar Richie and Chairwoman Jamie R. Williamson, Ernest Green of the Little Rock Nine, HAP Housing Coord. H. John Fisher, and Exec. Dir. of the Mass Fair Housing Center Meris Bergquist.



Photo by Lenny Underwood

City Councilor Justin Hurst and Haydee Lamberty Rodriguez, B.S. were guest speakers at Prof. Denise Brown's (right) Cambridge College workshop, "BRANDING"~ How To Influence What Others Are Saying When You're Not In The Room.

... In The Community



Members of Baystate Academy Charter Public School attended the Link to Libraries Gala at the Log Cabin. L to R: Exec. Dir. Tim Sneed, Principal Joretha Lewis, Board Member Dr. Frank Robinson, Karen Moussette, Tiffany Munford, Lori Murphy, and Dan Rossi.



Baystate Vice President Frank Robinson reviewed a map of the Old Hill neighborhood and discussed public health issues at the Old Hill "Healthy Hill Initiative" sponsored by HAPHousing



Children's author Ty Allan Jackson (back row 3rd from left), a tireless literacy advocate, visited Talmadge Elementary School at no charge, held one of his "Author Rallies," and donated copies of his "Danny Dollar" book which promotes financial literacy and entrepreneurship to all 3rd, 4th, and 5th grade students at the school.



The Theta Iota Lambda Chapter of Alpha Phi Alpha Fraternity held an orientation workshop for its Oratorical Scholarship Competition. Participants seated L to R: Jordan Holbrook, John Gowan, Bruce Williams III and Wesley Days, Jr. Fraternity members L to R: Jeff Johnson, James Lightfoot, Arthur Cash, Workshop Speaker Judge Charles Groce III, Ronn Johnson and Arthur Shurn.



Students and staff of The Paulo Freire Social Justice Charter School with noted poet and author Sonia Sanchez (standing 3rd from right) at the Feminist Poetics-Legacies of June Jordan at the UMass-Amherst. University of Massachusetts in Amherst.



As part of the Springfield Technical Community College Diversity Series, Jazz Musician Jackiem Joyner and Special Guest Selina Albright and their group performed at the college. L to R: Joyner, Vonetta Lightfoot, Albright, James Lightfoot and Baby Xavier Lightfoot.

& More...

Happy Birthday



Deacon Lee Davis celebrates his 104th Birthday with family members.



Carrie Hall celebrates her 90th Birthday. Mrs. Hall with son, Sterling, granddaughter, Marlena, and great grandson Sterling II.



Happy Retirement

Carolyn Mutchison (seated) is celebrated by her family upon her retirement from Baystate Health Systems after 35 years of dedicated service.



COMMUNITY

COMMUNITY FOCUS - CONNECTICUT

Justice Lubbie Harper Jr. Named Recipient of Connecticut Bar Association's 2016 John Eldred Shields Distinguished Professional Service Award

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

Prospect, CT — The evening of Thursday, April 14 at the posh Aria Banquet Hall in Prospect, CT was appropriately coined “Celebrate with the STARS: A Night of Honor and Inspiration!” It was there, where more than 350 judges and attorneys representing corporations, state agencies and non-profit organizations across the state, as well as friends, produced thunderous applause when the Connecticut Bar Association (CBA), presented The Honorable Justice Lubbie Harper Jr. with its 2016 John Eldred Shields Distinguished Professional Service Award.

The award is given to an attorney who has performed outstanding service through or on behalf of the CBA, which has benefitted members of the association, legal profession or the community at large. “Your distinguished career presiding on the Connecticut Supreme Court, paired with your involvement in numerous community organization and universities, prove you to be a very worthy recipient of this award,” wrote Monte Frank, CBA president-elect in a letter to Harper. CBA President William Clendenen Jr. introduced Harper; President-Elect Monte Frank and Vice President Karen DeMeola presented the award to Harper.

Harper, obviously humbled and honored at receiving the prestigious award, noted that the award and the celebration represented the diversity of the CBA, and can and should be a part of the transformation of the legal profession.

“The CBA’s efforts to address the diversity issues that continue to plague our justice system is evident by its recent initiatives, and tonight’s award recipients, but it is very important that we all recognize that this continuing obligation does not end here. Everyone in this room has the ability to contribute just as much as, if not more than, each distinguished colleague accepting an award tonight. I charge all of you, and will continue to charge myself, to deliberately and actively effectuate changes that preserve the honor of our profession and satisfy the ethical responsibility to be the backbone of justice.”

Dozens of judges and attorneys paid tribute to Harper, describing his mentoring role and friendship in their budding careers. The Honorable Raheem Mullins who serves on Connecticut’s Appellate Court, said the CBA could not have chosen a more deserving individual for the award.



L to R: CBA President William Clendenen, Jr.; Justice Harper, Vice President Karen DeMeola and President-Elect Monte Frank.

“Justice Harper not only believes, but puts into action, the maxim that the power of one individual can truly make a difference in the lives of many,” said Mullins. “In his career, he has altered, in a positive way, the lives of countless school children, college students, young adults, law students, law clerks, lawyers, judges and justices. I know firsthand that he readily and selflessly gives his time and imparts his wisdom with no expectation of reward other than his delight in seeing others achieve and reach their potential. In short, Justice Harper truly embodies the ideals every public servant should have and that a recipient of this award must possess: benevolence, integrity and honesty. Justice Harper represents the very best of our legal profession.”

Justice Harper of New Haven, graduated from Wilbur L. Cross High School in 1961 and from the University of New Haven with a Bachelor of Science degree in 1965. He was awarded a Masters degree from the University of Connecticut School of Social Work in 1967 and a Juris Doctor degree from the University of Connecticut School of Law in 1975. In May 2012, he was presented an honorary Doctor of Laws degree from the Quinnipiac University School of Law, and on May 19, 2013, he received an honorary Doctor of Laws degree from the Univer-



Justice Harper with mentee Raheem Mullins, Connecticut Appellate Court Judge.

sity of New Haven.

Justice Harper currently sits by designation on the Appellate Court, following his tenure on the Connecticut Supreme Court. He also is currently the chairman of the Commission on Racial and Ethnic Disparity in the Criminal Justice System, as well as Connecticut’s representative to the National Consortium on Racial and Ethnic Fairness in the Courts. Harper has served as president of the board of directors of the New Haven Legal Assistance Association for 12 years, and a clinical tutor in the trial practice course at Yale University School of Law.

Among others, the CBA also presented The Honorable Maurice Mosley, a Superior Court Judge, its Citizen of the Law Award, and Quinnipiac School of Law Professor Marilyn Ford its Tapping Reserve Legal Educator Award. ■



Congratulations to **Hide (HE-day)**

Inga who has joined The Law Offices of John Q. Gale LLC as an associate attorney after eight months as a solo practitioner specializing in family law. Prior to starting his own practice, he served as a clerk to Connecticut Superior Court Justice Leslie Olear and as an associate attorney with Rappe & Bartlett LLC. Inga, a dual citizen of Nigeria and Southern University Law Center graduate, joins attorneys John Gale and Derek Poirier at the downtown Hartford practice.

EDITORIAL

FROM THE PUBLISHER'S DESK

MY POINT
OF VIEW

Frederick A. Hurst



Baystate Academy Charter Public School

By Frederick A. Hurst

In the scheme of life's adventures, certain experiences just give you that warm feeling of satisfaction more than most others, especially if you've been around a long time, gotten a bit jaded and struggle somewhat to keep on the positive side of things. And my two visits to Baystate Academy Public Charter School was such an experience. I honestly don't recall

how I committed to the first visit but under normal circumstances, I probably would have deferred to my editor, who happens to have been a founding board member, which is probably how it was decided that I should go.

And am I glad I went. It was such a pleasure, after being greeted at the door by the Executive Director, Timothy Sneed, to be placed in the hands of students who, with endearing senses of pride, guided me through a smooth tour of their new facility and provided me with pleasantly articulate

and precise descriptions of what was going on at the school and of its unifying health-oriented mission. And meeting the no-nonsense Joretha Lewis, their principal, was an equally rewarding experience. She is an unapologetic disciplinarian whose high expectations of excellence from Baystate Academy students have obviously been met by acceptance and enthusiasm.

One final result of my visit was a commitment to return to talk to students about how we started *Point of*

View and to give them tips on how to start their new school paper. On my return visit, not being one to mince words, I treated the students like any other professionals and in the end emphasized the need for quality. And I told them that if they did a good job, we would reproduce selected articles from their school paper in *Point of View*, which we have done below. And we have posted the entire first edition on our website. Springfield and the region can expect good things from Baystate Academy students. ■

THE BAYSTATE CHRONICLE

WE ARE THE FUTURE, JUST WAIT AND SEE...

Principals Corner

As we enter into the spring months, let's take advantage of this time and make sure our scholars continue to approach each school day with purpose. This purpose is to be college and career ready. It is important to remember that perseverance, integrity and hard work are essential for all BACPS scholars. As I reflect on this school year, I am impressed by the hard work and dedication displayed daily by teachers and scholars. As a community of learners each staff member is committed to the education of your child.

continues to page 33

8th Grade Expedition: Family Health Equity Report

By: Niyah and Faith, Grade 8

Baystate Academy Public Charter School is an EL Education institution. Here at BACPS we conduct quarter long projects called expeditions. The Expeditions are driven by an essential question. During this year's 8th grade expedition, their essential question was: How does social status affect our

continues to page 33

AF-AM NEWS bits

By Frederick A. Hurst

continued from page 4

DARK MONEY

A friend recommended that I read "Dark Money" by Jane Mayer, which I completed while on a recent trip to Cuba. I was stunned at the extent to which big money oligarchs have inveigled their way into America's body politic and nearly taken control. They certainly have engineered the Tea Party movement, launched a very effective attack on our tax code and, worst of all, purchased our politicians, especially far right Republicans but also most Democrats. I recommend the book to

everybody. I can only say this: Before I read "Dark Money" I disliked Donald Trump and reluctantly embraced Hillary Clinton, who I dislike almost as much. By the time I completed the book, Bernie Sanders was my choice for President and Trump on the Republican side, as opposed to Cruz, no longer seemed so bad. Rich billionaires in America are trying to return this country to the state it was in during the late 19th and early 20th century and they are succeeding. And that is not good for the bottom 99% of America. It is not hard reading and it is must reading.

"LEARNING FROM OBAMA"

New York Columnist Paul Krugman's recent article, "Learning from Obama," really puts the Obama administration in its proper perspective and removes it from the hands of the "crazies." Krugman's point is threefold. First, he points out that Obama's approval ratings have risen by 11% since 2015. Second, he points out that one reason for the rise is that "...voters have lately been given a taste of what really bad leaders look like." And third, he points out what many of us have known right along and many others are finally realizing: Obama has done a really good job as president in spite of ferocious and beyond reasonable opposition from Congressional Republicans. Krug-

man gives us a taste of Obama's successes. "We've gained 10 million private sector jobs since Mr. Obama took office, and unemployment is below 5 percent." And as for Obamacare, the health bill that Republicans swore would fail and increase health costs, not only are 90% of the nonelderly previously uncovered covered, it has happened "at a lower cost than expected." Krugman credits Obama for his environmental accomplishments and his reform of the financial system and more. His message to all of us is that "success doesn't have to be complete to be very real. You say you want a revolution? Well, you can't always get what you want – but if you try, sometimes you just might find you get what you need." ■

SPECIAL TO POINT OF VIEW



Natasha Clark, Founder,
Lioness Magazine
(413) 297-7934
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If You Have A Daughter, You Need To Read This

By Natasha Clark, Founder, Lioness Magazine

Women get mixed media messages all of the time. Women are given an invisible tightrope to walk. We're told if we want love, we need to "Act Like A Lady, But Think Like A Man." Be straight forward, not a bitch. You have the right to dress how you want to, but don't go out on the weekend looking like you're "asking for it."

If you hate the way you look, you're having an identity crisis. If you love the skin you're in, you're labeled "less classically beautiful" than your peers as in the recent case with award-winning actress Viola Davis.

Entertainment likes to push that agenda as well by telling us that men are in power and anytime that role is reversed, the woman's power is in sex.

For every Beyoncé fan who loves her all-woman band and take-charge stage presence, there is another woman shaming her risqué performances and sexualized lyrics. ABC's "Scandal" puts actress Kerry Washington into the spotlight as the first African-American woman to lead an American network drama series since 1974. Yet, the role could not escape backlash as it raised questions of what her role as the President's mistress means in the scheme of things when it comes to the image of black women in the media.

You take a character such as Tony Soprano, with all of his murdering, side affairs and vulgarities, and the conversation is usually kept to the character and its made for TV world. Men don't necessarily assume his character speaks volumes about men. Why is that? It could be because women are not often placed in the lead and every occasion when it occurs raises a question in the larger debate about our progress. Then women are divided as we are forced to choose whether we agree with the portrayal or not.

So what do we tell our daughters? How do we raise and encourage more young women to go after their

dreams and desires without compromising who they are? And when I say compromise, I mean the morals and values *they've* constructed for themselves. A larger part of the internal fight amongst our sisters starts with the fact that we all come from a varied background of cultural norms. It's easy to knock one another for exuding behaviors that we deem unacceptable.

The conversation starts at home. The greatest gift my parents gave me was telling me I could do whatever I wanted to do, if I put my mind to it. And it was told to me so often, with such sincerity, that I believed it. It is about creating an atmosphere for your children to explore who they are with your support. It doesn't matter if you're a biological parent, a grandparent or a teacher. Children need surroundings that reinforce them with confidence.

When I was a youngster, in our bathroom on Breckwood Blvd. in Springfield, Massachusetts,

we had this huge mirror that spanned the length of the wall and I would pull a dining room chair up to the sink and practice reading the nightly news. I was about nine years old when my uncle caught me one time in the bathroom and I was mortified. But instead he told me I should consider doing that for a living. That he thought I would be good at it. His words gave me a boost of confidence and I went back to pretending with renewed vigor.

A good friend reminded me the other day of how messy my room would be as a child (it's a tad better now. A tad). My mother would tell me to get up there and get down to the business of cleaning, but it would take me hours upon hours to finish the job because I could never focus on it long enough to get it done.

I'd pick up a notebook and get lost in stories I'd written that week or find a pen and start crafting a new one. Before I'd know it, time had lapsed and I was deep in character development and the clothes on my floor hadn't moved an inch. What others assumed was me goofing off was to me time "in my zone."

All I cared about was reading and writing. Anything else seemed like a huge waste of time. On Sundays my father would read the *USA Today* at the kitchen table and I remember mimicking him and holding up the broadsheet in my hands and thinking how amazing it would be to see my byline in a newspaper. You see, I wanted to do something important. I wanted to tell people "stuff" that was happening in the world.

And so I kept my head buried in books so that I could learn and be able to recite the knowledge I gained. My father treated me often to trips to the bookstore. One month I might be addicted to learning about dinosaurs, the next about fairytales and ogres. He didn't criticize my book choices or the hours I spent indulging in them, rather he fed my curiosity.

I share this to say that we must take the time to recognize the gifts in our daughters. Not what we perceive to be

continues to page 28



Emergency Preparedness: Individual Family Survival

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

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**Helen R. Caulton-Harris
Director**

RELIGION

RELIGIOUS POINT OF VIEW



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

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

Moms Need 'Me' Time

By Dr. Atu White

Numerous words are associated with the precious term 'mother,' such as nurturer, provider, spiritual leader, therapist and the list continues. Coincidentally, other words are associated with mom: stressed, unhealthy, and worried. With the powerful work of moms, they should exalt and cherish self-care. Too much negativity rests on the doorsteps of mothers and caretakers. Like a sponge, mothers absorb the problems and burdens of others. They serve as primary parents to the 2nd, 3rd, and even some 4th generations.

I write with a righteous frustration of knowing so many mothers,

grandmothers, aunts, and caretakers who are extremely frustrated with the demands of caring for subsequent generations—a noble task that requires balance of life and time. Has your life been corrupted by the interruptions of the decisions and choices of others? Negativity is the erosion of life and the disruption of your day. I urge all mothers and caretakers to practice self-care by implementing two principles:

1. Exhale the Negativity!

When was the last time you exhaled? At the beginning or the end of the day, your breath should tell the story of letting negativity go. You are guilty of meeting the

needs of people. You rescued people who called in the middle of night. You cared for and nurtured the dreams of generations. You should choose to exhale the stress and negativity. We practice breathing when we exhale the negativity. We alert our mind, body, and soul that we are letting it go.

2. Inhale the Fullness of Peace!

You should take control of your life and freedom. You do not have to be the resident babysitter. You should guard your time, schedule, and purpose. When you are a follower of Jesus Christ, nothing in your life has to be out of control. God is concerned about our self-

care. Accordingly, He grants us peace. Peace joins all essential parts. In practice, peace is the gift of wholeness. Our lives should reflect the fullness of peace and the vibrancy of life. We should use this peace to lower our stress level and boost our health. The fullness of this peace should lead mothers and caretakers to enjoy old or create new hobbies. Make healthy choices with your diet. Perhaps we should view the radiance of the morning sun and the celestial brilliance of the night sky. Psalm 24 states, "The earth is the Lord's and the fullness thereof." This earth belongs to God, so invest in getting to know God's creative genius. Make today a day that you start to explore the beauty of life, time, and adventure. ■

LIFE'S CHALLENGES

The Spirit of Perversion

By Sweets H. Wilson, PhD



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

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. ■

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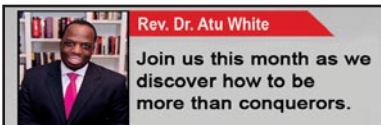
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Rev. Amelia Eddy,
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Sunday Morning
Divine Worship
10:00am

Church School
Saturday
11:00am

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

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

Transportation (413) 575-4035

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Weekly Bible Study/Prayer Service Tuesday 7:00 pm



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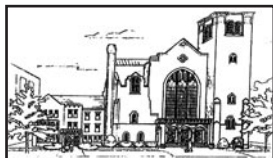
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Wednesday Morning 10:00 am
Adult & Youth Bible Study
Wednesday Evening 7:30 pm

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Acts 5:12b

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Morning Worship Service 11:00 a.m.

LIVING

FOOD FOR THOUGHT

Why We Can't Work Together

By Zaida Govan



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

I've been thinking about the community work that I've done for the last 25 years. It is so difficult to get people to work together even when they are neighbors and friends. It seems that there is always someone saying, "Are they getting more than I am?" or "What am I getting out of it?"

A few years ago the federal government had a big push towards collaboration and having communities apply for grants collaboratively. It seemed like a good idea and I think it would have been hugely successful if we could have gotten true collaboration. Unfortunately, people would come together to write the grant, they would work together while they had the grant and when the grant money was gone so was the collaboration.

It makes me wonder why. I can't imagine the power we as a people would have if we all worked together. There are some "Powers that be" that can imagine it and "they" do everything they can to make sure "the people" don't work together in any meaningful way that will effect true change. A time when "the people" tried to come together to make their lives better and effect change was in 1640 when a slave named John Punch and two other white slaves planned to run away from their master. The slave owners caught them and began to divide and conquer. The two white men were punished with a lengthening of their service. But, as the court put it, "the third being a negro named John Punch shall serve his master or his assigns for the time of his natural life."

This is out of the Peoples History of the United States by Howard Zinn.

That was the beginning of what continues today. In the 1960s, Martin Luther King, Jr. began The Poor People's Campaign which was a multiracial effort—including African-Americans, whites, Mexican-Americans, Puerto Ricans, and Native Americans—aimed at alleviating poverty regardless of race. The government and others, who thought this was a threat, saw it and began the divisiveness to dismantle it. Ultimately, they took out the leader, Martin Luther King, Jr., and the campaign suffered.

In recent times we've had Occupy Wall Street, the 99%, the Black Lives Matter movement and others with none having a real effect. I believe the reason these movements don't last is because we can't work together. In the Living Wage campaign, we are told the person who we work next to is making 50 cents more than we are and now instead of looking to "the powers that be" and point to them to alleviate the injustice, we go at each other.

This saddens me because if history is any indicator, these movements will end without making any real change because we can't work together. We would rather look to each other than look to the roots of our struggle. Economic injustice will continue and grow if we leave it alone. We need to work together regardless of race, gender, class or socioeconomic status. We have to figure out a way to work together. ■

SPECIAL TO POINT OF VIEW

If You Have A Daughter, You Need To Read This

continued from page 25

their strengths but what they show a natural magnetism toward – whether we love it or not. If you have a daughter you need to read this:

The greatest reward we can give our daughters is reassurance – that they're loved, respected, accountable, valued and special. Especially because there will be hundreds of situations that attempt to tell them the opposite. There will be boys that will tell them they aren't special, corporate structures where their skills won't be valued or rightfully compensated and messages in our society that easily make them feel worthless.

As parents we must stop thinking about our short-term game and

start parenting for the long-term. We are not raising girls, we are raising women. Keep that in your mind as you have conversations. We all know that sometimes it can just be a simple off-hand remark that can hurt and stay with us well into our adulthood.

Think about it? I'm sure there is something your parent has said to you in passing that still cuts like a knife when you recall it. And we're not perfect. We're going to screw a lot of things up (I joke with my son all of the time that it's my parental obligation to give him a few things to complain about in therapy. Ha!).

As we work to move the needle on women in leadership, entrepreneurship and the like, it is our duty to prep the next generation of women to pick up where we left off. Let's just make sure we are pulling them in a direction that is worth following. ■

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THE ARTS

ENTERTAINMENT REVIEW

Motown the Musical

By Moyah Smith



Photo by Joan Marcus

When Detroit's music mogul Berry Gordy wrote his autobiography in the early 90s, I wonder if he ever imagined it would make its way to a full musical production. His biopic and the history of his beloved Motown Records were brought to life as audience members experienced a joy ride through the Motor City. Even the new millenniums had the chance to get a glimpse of what life was like in the 1960s and '70s as we were whisked through, not only a musical journey, but a journey of the controversial racial and social issues that were prevalent during those times.

The story begins at a scene depicting the 1983 Motown 25 television special. Gordy was very unhappy with the idea of celebrating the Motown legacy at a time of the company's decline. He had no intention of attending the event, as he was disgruntled with many of his former acts who were expected to perform as a tribute to his work. Smokey Robinson begged and pleaded with Gordy, explaining that the artists wanted to show their appreciation for all he had done for them over the years. It was hard for Mr. Gordy to accept this, as some of the acts he discovered had left him with lawsuits as a sign of their "appreciation". The scene then cuts to a young Berry Gordy's family

home where we see how he was influenced by American boxer, Joe Louis' defeat of German boxer, Max Schmeling. Young Berry was so enthralled by the excitement and joy that Louis' win generated from his family and community, that at that moment, he knew he would do something to change the world. He too wanted to create that type of joy in others.

A couple of decades later, Gordy built his empire from a small two

story building in Detroit, Michigan. He was determined to get his Black artists' records played on traditionally White radio stations. That was no small task during the Civil Rights Era. We watched as Gordy broke barriers and tore down walls of musical segregation with records by young, talented teen artists that we have grown to love, such as Smokey Robinson, Jackie Wilson, Diana Ross, The Supremes, Marvin Gaye, The Temptations and The Jacksons, just to name a few.

It was enlightening that Gordy allowed us into the delicate moments between him and a young Diana Ross. Their relationship was often speculated on for years; however we were invited to even share in their "first" most intimate experience where Gordy was so nervous, he wasn't able to hit the high note.

There were plenty of high notes throughout the entire play. The music and the dancing was top notch. The actress who portrayed the young Diana Ross was the perfect Diva, not to mention that she sounded extremely close to the real deal. The

Marvin Gaye actor was as smooth as silk and cool as ice. Little Michael Jackson was slipping and sliding across the floor just like his mentor Jackie Wilson. There were also somber moments like when word spread that Martin Luther King was murdered and many of the other moments in history during those dark times were touched upon. We witnessed how the racial turmoil and the Vietnam War inspired Marvin Gaye to write arguably one of the most powerful songs of that era, "What's Going On?"

This production offered everything you could ask for in a play. A lot of laughter, some tears, a reflection of history—some you may have already known and some may have been news to you. But it was a great performance. So if you want to take a trip to Hitsville, U.S.A., go to www.motownthemusical.com and find them at a city near you! ■



Moyah Smith

Esperanza Spalding: The Creative Shift of "Emily's D+Evolution"

By Alysia Cutting



Alysia Cutting is a motivational speaker, radio personality, media professional and performer. Contact her at ALCMediaInc@gmail.com or www.ALCMediaInc.com

I first met and fell in love with Esperanza Spalding, the artist, at Tanglewood Jazz Festival's "Jazz Café" in 2008. Before winning multiple Grammy Awards, this jazz singer—songwriter—bassist and youngest faculty member in the history of Berklee College of Music, performed in the intimate pre-festival venue in the Berkshire mountains.

Her full and glorious afro crowned her petite frame, but her upright double bass still stood taller than her. She skillfully played and simultaneously floated between notes, seamlessly scatting and singing the jazz standard, "Autumn Leaves," with a bossa nova flair. Her lush vocals gave me chills and I was enamored by a musicality that seemed far beyond her years.

Almost a decade later, I witnessed her perform her new CD, "Emily's D+Evolution," in Northampton. Her trademark afro is now in long braids and a fretless bass replaced the upright bass I knew her for. I currently play the song "Noble *continues to page 32*



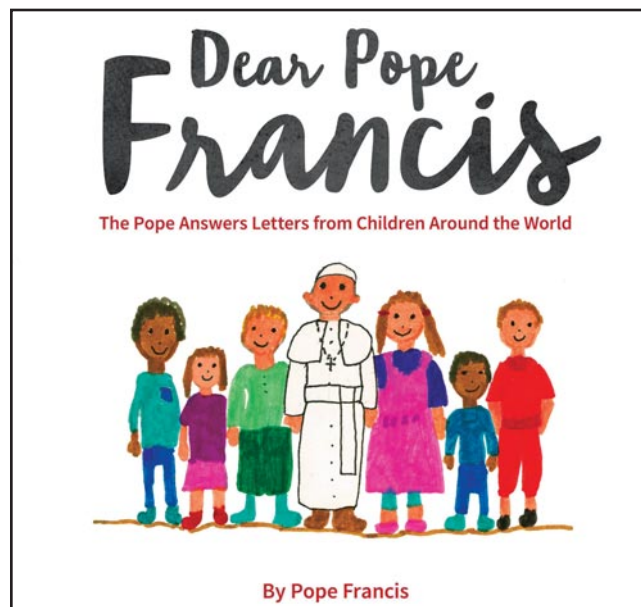
THE ARTS

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.

Getting something in the mail is a lot of fun, isn't it?



What was the last thing you got from the mailman? Maybe a birthday card with money. Maybe you got a postcard from Grandma or a package from your Auntie. Getting mail is a nice surprise, even for **Pope Francis**. He receives letters from all over the world, as you'll see in "**Dear Pope Francis**."

Imagine being the guy who brings mail to Pope Francis. That's what Antonio Spadaro did one day: on a "hot August afternoon," he took thirty letters written by children from all over the world, and gave them to the Pope. Then Spadaro waited for answers, which he knew the Pope was eager to give.

"...these are tough questions!" the Pope said. Even so, he knew just what to say.

Pope Francis loves children, and he likes to talk with them and see their drawings. He remembers how it was when *he* was young: he liked to

dance the tango, he liked soccer, and he recalls what it's like when people you love argue.

Don't argue, he says. "That will be good for everyone."

In his answers to the letters, the Pope explains a few mysteries: a Canadian boy wanted to know what God did before the world was created. A boy from Argentina wanted to know how Jesus decided on *twelve* men as Apostles, instead of more. A Nicaraguan girl wanted to know if bad people have guardian angels. A boy from Syria asked the Pope if the world might be "as it was in the past..."

Lots of kids asked personal questions of the Pope: What makes him happy? Does the Holy Father feel like a father? What was the hardest thing he ever had to do? If he could perform miracles, what would he change?

And then there are the really tough things: a Chinese boy asked if his grandpa will go to heaven. One child wanted to know if God can feed poor people. A Peruvian boy wanted to know where the miracles are. And an Australian boy asked if his mum in heaven has grown angel wings...

Out of the mouths of babes? I think so; the questions inside "Dear Pope Francis" are sweet and innocent, but heavy in nature and they may be issues that you wrestle with, too. That means you'll likely enjoy what you read, just as much as your child will.

"Dear Pope Francis"

By Pope Francis, in conversation with Antonio Spadaro, S.J.; Tom McGrath, Project Managing Editor
c.2016, Loyola Press \$18.95 / higher in Canada 72 pages

Reviewed by Terri Schlichenmeyer

The Pope you see from video and visits is inside this book: there's love and joy here, as well as gentle humor and a delightful amount of insight on his life and personal thoughts.

Fr. Spadaro, in his afterword, tells what it was like to spend an afternoon with the Pope, where the let-

ters came from, and how this book came to be.

For 6-to-13-year-olds, that makes the Pope more accessible. For adults, there's a lot of comfort and wisdom in this book. For both of you together, "Dear Pope Francis" will get your stamp of approval. ■

PEN & INK



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

Two Dedicated Women of Color

By Juanita Torrence-Thompson

A dedicated elderly woman
Planned and worked feverishly
With Ugandans to build
An Academy for girls
In Uganda, East Africa

She returned to the U.S.
For health reasons
And silently passed away
Never reaching her humanitarian goal.

Another black American woman – an icon
A mover and shaker
Forged ahead in South Africa
Fulfilling a promise to Nelson Mandela
And built the Oprah Winfrey
Academy for Girls

Bless them both for
What could have been
And what was achieved.

Copyright 2007 by Juanita Torrence Thomas

THE ARTS

PEN & INK



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

Never Forget

By Brenda's Child

Maybe because there was no video footage
like there was in Germany, or more likely
because we weren't European,

Whatever the reason, slavery and its impact
has been diminished, minimized.

People either deny or don't realize

That American slavery indeed was **genocide**.

We died!

On the middle passage, during childbirth,

Because we escaped, we died!

Our religion and culture were stripped away
never to be seen again, families broken,
children ripped from their mother's arms.

Can you fathom being beaten with cow whips, naked,
100 skin-lacerating lashes?

Yet there is no empathy.

We are told to get over it, to forget that

we were dehumanized, brainwashed to hate ourselves
to be distrusting of one another and those in power.

We were made to believe for four centuries
that lighter was better, and that we didn't matter.

Raped, deprived and bred,

appraised for sale based on teeth, size and sex.

Once free, we were no longer of value

so we were publicly executed,

tortured, used as a political scapegoats,

considered a threat to white purity,

castrated, testicles stuffed in mouths,

stripped of all dignity.

Malcolm X was right,

the United Nations should charge the U.S.

with crimes against humanity.

Because the denial is still evident,

we are still considered the culprit.

When it comes to our problems,

we alone are left to solve them,

to keep running the race,

at a disadvantage because of... race.

There is no empathy.

We are told to get over it, to forget,

to act as this purposeful annihilation

of a people never happened.

I can't.



Tina Hurst

Tired of Being Single?

By Tina Hurst

So, I heard you're tired of being single; that's a scary place to be.
For when you tire of being single, you'll settle for anything.

So embrace your oneness, the love you need is from within.
For when you look inward, a whole new journey you will begin.
Time is so precious when you embrace it as a friend.

Embrace your oneness, make it all that it can be.
Reach inside and ask, what will fulfill me?
To your surprise a man it will not be.

Your life doesn't start when you become two.
Real life begins when you learn to do you.

As I look at your beauty, at all that you have become.
All the battles you've already won.

You have accomplished so much I'd hate to see you waste it all.
On "The One" who's not "The one,"

You know;

That guy looking you up and down at the mall.

Don't allow the enemy to trip you up.

Just because of one lonely afternoon.

Your prince is searching for you.

And he will find you soon.

But, not until you find yourself first.

And you are happy and complete.

Because, with an unfulfilled woman

No man can compete.

What do you really need and want.

Do you know?

Trust me if you don't find that now.

You won't find it in a man, that's fo sho.

Go find what makes you happy.

Find the joy in being
you.

That's when your one

Will be ready to be-

come two.

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Ed Cohen
Photography

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edcohenphoto@aol.com



THE ARTS

ART FOR THE SOUL



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

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

Bill Costen, unlike some collectors did not start at an early age. Costen states he would have been a millionaire had he known the value of collecting sports cards. Can you think of how many children who bought cards only because of the gum inside or because putting them in the spokes of bicycles made a noise and had no idea of the wealth they threw away. So many mothers, cleaning out their son's room as they went away to college or just left home, have thrown away millions of dollars, particularly in the Black community. Card dealers would sell all their football, basketball and boxing cards for pennies only to find out that these cards are the most valuable today because of the NFL and NBA.

Bill, who was a professional football player, didn't care for baseball so he started his collection with football cards. After going to his first Baseball Card Show in 1987, he started to ask around to other dealers for football cards, and thus began his collection of football cards, basketball cards, unused boxing tickets.

He went to card shows all over New England and noticed that every dealer had a section for black history and they were among the highest priced cards that they were selling. The first postcard that he saw was of none other than Sammy Davis Jr. with Harry Belafonte being the second, and the rest is history. To date he has one of the largest black history collection in the U.S.

Costen later saw a postcard with an alligator eating a baby entitled "Gator Bait," which led to his collection of racist postcards that he made a part of his exhibit, featured recently



Bill Costen among his collection

photo from www.hartfordcourant.com

at Art for the Soul Gallery. Anything African American on postcards or ephemera was his next hot ticket item. Things that people threw away such as tickets, brochures, pamphlets, campaign badges, sport buttons, anything black that related to history he added to the collection. Most of these treasures were found in venues such as flea markets, garage sales, antique shops, memorabilia shows, and auctions. At one of these shows he met Springfield's own Rudy Banks, who was also an avid black history collector.

Through all his years of collecting, Costen never saw black folks at the shows. One of the reasons why black memorabilia became so collectible was that most people threw the items in the trash. Costen happened to meet a black female collector named Elizabeth Meaders who was putting on a major black memorabilia show in New York City. She has a collection worth millions of dollars that is known to be perhaps the largest collection in the U.S. and most likely the world.

Costen has always tried to tell a story about the items he collects, making it a source of education,

The Art of Collecting Art: The Costen Cultural Exhibit

By Rosemary Tracy Woods

community centers, insurance companies, and other venues. Being swamped with requests for Black History Month, he wanted to educate the children and others by turning his Traveling Exhibition into Black History Year. The Costen Cultural Exhibit covers everything from the Kings and Queens of Africa to Slavery to African American Accomplishments to Black Lives Matters.

Costen also has a very impressive Tuskegee Airmen traveling exhibition and is currently looking into loaning some of the items to the Smithsonian National Museum of African American History and Culture in Washington, DC which is opening on September 24, 2016. ■

which is how The Costen Cultural Exhibit was formed. He has taken the exhibition to schools, universities,

ENTERTAINMENT REVIEW

"Emily's D+Evolution"

continued from page 29

Nobles" on WEIB 106.3 Smooth FM, so I was familiar with the musical shift on her new CD, very much a departure from her previous releases. Unapologetically rooted in social commentary, she lyrically weaves stories of self-reflection, social justice and challenging social norms. Musically, Spalding effortlessly fuses her jazz/funk/soul/rock influences into her own authentic style; it is absolutely Esperanza Spalding, just under the guise of her "alter ego," Emily. In actuality, using her middle name reflects another aspect of Spalding's musical persona. Drawing upon her childhood influences, the "Emily's D+Evolution" performance provides an outlet for her many creative talents, merging her acting and staging skills into a piece of musical performance art.

Like many in the audience, I hoped she'd play a few of the jazzy

bossa nova or soulful grooves I knew and loved, but I quickly understood why she didn't include them in her set list: Spalding needed us to enter "Emily's" world and be completely immersed in it. Her musicianship and showmanship pulled us into her world, and had the audience collectively wondering "what's next?" Admittedly, the complex chord structures were jarring for me at times, but when she crossed back into soul funk grooves, the juxtaposition made perfect sense. This was "Emily's" evolution and we had to witness all of it.

"Emily's D+Evolution" is far more avant-garde than previous CDs, but it is VERY much Esperanza Spalding. If you seek a jazzy and smooth Spalding, you will find traces of it weaved in, but prepare yourself to challenge norms, push boundaries and expand your musical sensibilities – it's well worth the investment! ■

THE ARTS

THE BAYSTATE CHRONICLE

WE ARE THE FUTURE, JUST WAIT AND SEE...

Principals Corner

continued from page 24

On behalf of our staff, I want to thank you for your continued support. We look forward to working together as a team to provide your child with the educational experience that strives to meet Baystate Academy's mission. Remember at Baystate Academy, excellence is the expectation and should always be the norm.

Joretha S. Lewis – Proud Principal

8th Grade Expedition

continued from page 24

health and well being? The BACPS 8th grade students gathered information from households and the community to help answer the essential question.

The expedition was an academic activity but was loads of fun for the students and staff. The students worked hard for approximately two months. During the expedition, visitors came, including relatives, friends, and expedition experts. The ELA expert groups developed presentations about social determinants of health. The social determinants of health are the conditions in which people live with on a daily basis. These circumstances are shaped by the distribution of money, power, and resources at global, national, and local levels.

In the math portion of the expedition, students created charts about many severe chronic diseases such as asthma, diabetes, and cancer. Next door, in social studies, students worked on narratives relating to the Middle Ages and how equity relates to equality. They made armor and demonstrated the social status of knights, kings, serfs, and peasants and how their social status affected their health and well-being.

Lastly, in science, they made pamphlets on different chronic diseases. The pamphlets gave an overview of the disease, its signs and symptoms, demographics, support groups, management, and prevention. This expedition made 8th graders realize how our social status can affect our health and well-being. Living in either a rural, suburban, or urban community can play a part on whether we live a healthy life or not.

Sports

By: Lenox Hamilton, Grade 9

Baystate's journey towards creating a basketball team has been a slow and tough process. The journey started with the creation of club teams to the establishment of a phenomenal freshman/eighth grade team in 2015-16. Baystate's integrity and desire to want to be a successful team has lead them into an awesome place in the MIAA Conference. Though they were not eligible to play in the playoffs due to the lack of a varsity team, they plan to come back harder and stronger than ever with many talented 8th and 9th graders returning for the 2016-2017 season.

The team is coached by our own 7th grade Math Teacher, Mr. Ramos, and a local volunteer, Coach Johnson. BACPS is currently in the process of starting a Track and Field team, and working with local high schools to start a collaborative.

BACPS POETRY

Clarity

By: Zarría Washington, Grade 9

The clarity you gave to me, it shone like angle rays.
Like water rushed on golden sands that crashed along the bays.
The questions deep within my heart, confused my humble mind;
yet when you spoke your words aloud,
it seemed, no longer I was blind.

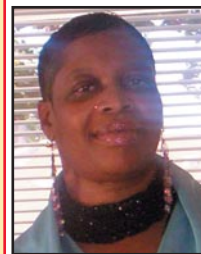
The answers all came flooding in;
they touched my inner soul.
The knowledge that you gave to me within my heart I hold.

I understood that the events, that troubled me somehow,
were nothing to be frightened of.
Instead I should be proud.

So I thank you BACPS Staff most graciously, these words I say aloud,
for the clarity you've given me, has made me feel quite proud.

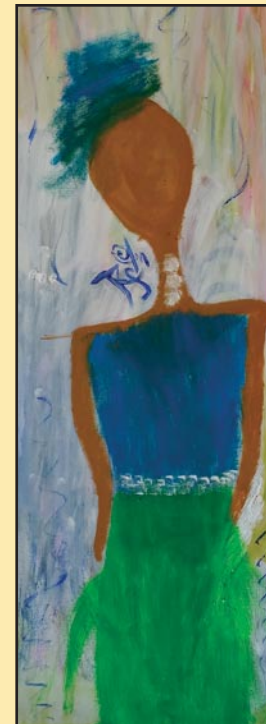
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ARTIST IN RESIDENCE



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

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



COMMUNITY

COMMUNITY INFORMATION

Partnerships To Supply Year Round Local Fresh Produce With Big Y, Baystate, Springfield Public Schools



Springfield will be home to its first large scale greenhouse this fall according to the Wellspring Cooperative Corporation (WCC), a new community development organization whose mission is to create jobs and wealth for low income city residents. Wellspring joined Baystate Heath, Springfield Public Schools and Big Y supermarkets on Wednesday April 20 to announce their partnerships to bring greenhouse produce to their customers and communities.

Local and healthy food is a priority for institutions and consumers alike, and Wellspring's greenhouse will help its partners meet this local demand year round. As Mark Jeffrey, District Manager for Sodexo in the Springfield Public Schools, says, "Sodexo, working with Springfield Public Schools, continues to expand its Farm to School Program and supports Wellspring Harvest in its efforts to create a worker-owned, urban hydroponic greenhouse that will provide fresh, local, year-round produce."

Wellspring Harvest's greenhouse will grow lettuce, greens and herbs in a quarter acre hydroponic greenhouse. Hydroponics is a very efficient way of growing plants in water and nutrient solutions without soil. "Our produce will be chemical and pesticide free, like organic but without the organic price," according to Wellspring Co-Director Fred Rose. Wellspring will build on the experience of suc-

cessful hydroponic growers in other communities in Massachusetts to bring greenhouse crops to the Springfield market.

While students eat locally grown lettuce and greens in their cafeteria's, Wellspring is also planning to develop an educational greenhouse where students can learn about growing food first hand. Putnam Vocational High School and Springfield Technical Community College are planning to use the greenhouse to teach their students about hydroponic growing as well.

The greenhouse will also contribute to the health of patients in area hospitals. Baystate Health's Manager of Supply Chain and Commissary Operations, Matt Perpetua, explains that "Wellspring is designing the greenhouse to meet hospital nutrition needs with the potential to expand over time as the greenhouse increases its crops and growing capacity. We have reviewed our menus to increase potential use of produce provided from the Wellspring greenhouse."

Consumers will be able to purchase Wellspring produce at local Big Y supermarkets as well. "Big Y Foods, Inc. is excited about working with Wellspring Harvest to purchase locally grown greens," according to Vice President of Corporate Communications Claire D'Amour-Daley. "Supporting local growers helps our entire region economically and helps

to sustain local agriculture within our community."

Other purchasing partners for the greenhouse include Worcester Public Schools, River Valley Co-op in Northampton, Franklin Community Co-op, Squash Trucking and Friends of the Homeless.

Wellspring has signed a preferred developer agreement with the Springfield Redevelopment Authority for a 1.7 acre site on former Chapman Valve land in Indian Orchard. Negotiations around the site continue. The Indian Orchard community has been very interested in the greenhouse to bring jobs and development to this long vacant site.

Worker cooperatives are owned and controlled by their members who share in company profits. As their companies grow, worker owners build

wealth that they can invest in homes, education and other assets, which makes it possible for families to move into the middle class. Wellspring companies serve the purchasing needs of its anchor institution partners, which include hospitals, colleges and universities that are the region's largest employers and the largest purchasers of goods and services. While these institutions purchase over \$1.5 billion of goods and services a year, less than 10% of those dollars are spent in Springfield. Wellspring companies are capturing more of those dollars to create jobs in the city.

For more information, go to <http://wellspring.coop> or contact Wellspring at wellspringharvest-coop@gmail.com. Or contact Fred Rose at 413-522-2204 or Emily Kawano at 413-323-7868. ■

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

Mason Square Old Hill neighborhood is waking up to the fact that expanded opioid services may become available to its addicted residents and their families. Thanks to the efforts of City Councilor Bud Williams and long-time advocates of services for African Americans and people of color such as Cedric Dennis, Men in Recovery; Bridgett Kelly, Sisters in Recovery; Johnny Muhammed of Muhammed's Mosque 13; Wilhamenia Allen of Women in Recovery; Pauline Norwood of Gerdon, Inc.; legendary Patricia Moore, original founder of Women in Recovery; Rev. Cummins, Wesley United Church; Rev. Edward Cooley; Mable Sharif, Mason Square Health Clinic; Helen Caulton-Harris, Commissioner, Springfield Health Department; Jay Griffin, Stone Soul, Inc. This group was hosted by Stone Soul, Inc.'s new president, Karon Tyler (K.T.), and program chairman, Jay Griffin former substance abuse and prevention & education program director at NES.

This meeting took place at Stone Soul Cultural Center, 41 Colton St., Spfld., MA. This was the 4th of a series of meetings resulting in Springfield 7 Point Recovery Manifesto, which are:

- 1. Provide and Develop:** A coalition of community people creating an atmosphere of transparent leadership representation addressing: Substance Abuse/Alcohol (Opioid) Treatment within the African American/People of Color communities inclusive of gambling.
- 2. Educate:** Individuals, Families and Communities on accessing and sustaining positive cultural competent treatment services utilizing peer-to-peer methodology supported by behavior change concepts.
- 3. Advocate:** To provide effective quality advocacy that represents and ensures fair equal rights for individuals and families in African

GOOD NEWS

May 2016

American/People of Color communities that are impacted by addiction. Mason Square/Old Hill empowerment.

- 4. Engage:** State & City Legislators and Political Officials, Hospitals, Agencies and any and all that will contribute to reinsuring the safety and quality of life.
- 5. Economic Development:** Provide and create sustainable lasting Jobs and Careers and self-propelled business within the African American/People of Color communities.
- 6. Organize & Implement:** A continuum of care that addresses the African American community through a holistic wellness wrap around approach—Mind, Body and Spirit.
- 7. 24 Hour Safe Haven:** To provide the surrounding African American community a Safe Haven for those individuals and families impacted by addiction and other substance abuse/alcohol/gambling related issues that are seeking help, recovery, refuge and treatment services.

This project is being supported by

various churches, Health & Human Services and community organizations. We are honored to support this effort to be included in the opioid services to the greater Springfield area.

- The funeral service for Thelma G. Scott was held Monday, 4/11/15, at St. John's Congregational Church. We want to thank all who supported the family through donations of food, drink, helping to serve and with personal comments during the repast. Thelma Scott was a dedicated mental health director at W. W. Johnson Center. At the repast, a citation sponsored by State Rep. Ben Swan was read. Former NES director, Norma Baker, recited a message for all women of color acknowledging the multiple challenges that they face. We also want to thank Rev. Dr. Calvin McFadden and Pastor Joe Long and congregation of Progressive Community Baptist Church for hosting the repast.
- Commander Ron Brace and the Peter Brace Brigade together with the female camp followers participated in the Ashes2Ashes produc-

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

— Let's get the *Good News* rolling!

tion sponsored by Dr. Shirley Whitaker at St. John's Church which provided a funeral ceremony for over 4,000 African Americans who were lynched during the Jim Crow era. The Peter Brace Brigade marched from Springfield Technical Community College to St. John's Congregational Church to complete the ceremony.

- The Stone Soul Culture Center is being used for meetings, birthday parties, baby showers, drill team practice by Naomi Naylor, captain, and several other events/activities. We want to thank Jamina Scippio McFadden of UMass Springfield for their support in this effort. The drill team practice is on Tuesdays at 5:30 p.m. for ages 8 to 12.
- Jay Griffin's Health Status: Slow but steady improvement. Thank you for your support and prayers.

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SPRINGFIELD SPORTS

YOUTH PREMIER SOCCER

More Than a Game: Preparation for the Globe

By Dr. Davarian Baldwin



David Kelley is the co-founder and Vice President of SFC. He serves as current Head Coach of BU15 Premier team and BU14 District Select Team. He can be contacted at: Dkelley@springfieldfc.net

When I was 11 years old, I had the wonderful opportunity to live in Paris, France through a foreign exchange program. In Paris many things were foreign to me, from the language to the food. But one thing that especially fascinated me was the almost universal passion for soccer. As soon as we got home from school, everyone raced to finish homework, grab a quick snack, and then the magic began. Kids between the ages of 5 and 15 just appeared at any empty cement lot filled with broken bricks, shards of glass, and pieces of trash. Many came adorned in the jersey of their favorite soccer player but everyone quickly pushed trash to the side and created makeshift goals out of what remained.

As an American from the inner city, this fervor for soccer was completely foreign to me and yet I knew that if I wanted to belong, I had to figure out this game. And to be sure for my entire time in Paris, we played soccer everyday, rain or shine, until we could no longer see the ball and I loved it, most importantly because the game brought the whole neighborhood together. There is no question that the Springfield Football Club (SFC) is the closest thing I have ever witnessed that even comes close to my Paris experience.

When I returned to the States, I was ready to play, looking for games anywhere I could, but only found soccer in predominately white suburban leagues. I joined my first American team but the style of play was slow and methodical and teams were based on signups instead of neighborhoods and friendships. I was stuck in a place on the field where I had no idea what to do and this version of soccer seemed so



Dr. Baldwin along with one of SFC players

out of touch with the rest of the world. Needless to say, I quit and never played again, or so I thought.

Flash forward 30 years and my sons developed their own interest in the game of soccer and it was

the coaches at SFC that expressed a passion that reminded me of Paris. SFC talked about soccer as a way to reach across cultural divides, as a way to mentor and develop youth through sport, and as a way to have fun. I was sold. All three of my sons play for the club, my wife is a team manager, and I have helped coach and even played on the adult team. Most importantly, I have seen the impact of the "SFC way" on my sons. SFC cultivated the skills in my oldest son that allowed him to play on his varsity high school team as a freshman. But bigger than that, the technical training has given them an amazing comfort on the ball. The tactical training has given them such an advanced ability to discuss the game with anyone in ways that not only builds confidence but also helps make them world citizens through a game that is truly global.

In fact, I took my middle son with me to Shanghai, China and, of course, he wanted to go to a soccer game. We were surrounded by people who knew very little English and we spoke no Chinese, but we were all armed with a shared passion for soccer. By the end of the game we had assembled an intricate collection of hand signals and facial expressions all bridged by the game. The people around us were so impressed by my son's knowledge that they asked us to come play with them that weekend at the park.

While not every member of SFC will have the chance to use their soccer knowledge out in the world, the beauty of SFC is that the world comes to them. I have never seen a more diverse collection of boys and girls from black and white to Caribbean, Latino and Asian American. This is why I call it the beautiful game. Our youth are learning more than a game. SFC is wielding soccer to cultivate future citizens of the globe.

And on any given weekend, at any SFC practice or game, I am reminded of Paris all over again. ■



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www.wtccfm.org

Dr. Davarian Baldwin is the Paul E. Raether Distinguished Professor of American Studies at Trinity College. He has coached soccer for teams in the Springfield Park & Recreation League, Pioneer Valley Junior Soccer League as well as the Maple League.

MAY 2016 EVENTS**For more events, go to: www.afampov.com****ON-GOING
THRU JUNE 18****Art for the Soul Gallery Art in the Atrium Artwork Sale**

When: 12noon—5pm
Wednesday—Friday;
1—6pm Saturday

Where: Classical Condominiums,
235 State St., Springfield, MA

Info: \$95 for participants obtaining
CEUS/\$35 general public;
law.wne.edu/minilaw

SUNDAY—1**Western MA Jobs with Justice presents
Voices of Working People's History**

When: 7—9pm; Doors open 6:30pm

Where: Holyoke Heritage State Park
Visitors Center
221 Appleton St., Holyoke, MA

Info: Space is limited: Reserve at
<http://wmjwj.org/voices>

MONDAY—2**Children's Book Week Scavenger Hunt**

When: 1—5pm

Where: Sixteen Acres Branch Library,
1187 Parker St., Springfield, MA

Info: FREE & Open to the Public

WEDNESDAY—4**STCC hosts screening of the documentary,
"The Hunting Ground" in recognition of
Sexual Awareness Month**

When: 3—4:45pm; Dinner & Panel
Discussion 4:45—6pm

Where: STCC Scibelli Hall, Building 2,
room 703/704,
One Armory Square,
Springfield, MA

Info: FREE & Open to the Public;
RSVP 413.755.4426 or
ktroman@stcc.edu

THURSDAY—5**Redlining and Housing Discrimination**

When: 5:30—7pm

Where: Harriet Beecher Stowe Center
Visitor Center,
77 Forest St., Hartford, CT

Info: FREE & Open to the Public;
Refreshments;
RSVP 860.522.9258 x317

FRIDAY—6**Springfield Science Museum hosts "Stars
Over Springfield" Observatory Program**

When: 7:30pm

Where: Springfield Museums,
21 Edwards St., Springfield, MA

Info: \$3 adults; \$2 children 17 and
under (best suited for children 8
and older); 413.263.6800 x318

SATURDAY—7**Passages Gallery presents Alvin Carter, Jr.
Quartet**

When: 6—9pm

Where: 509 Farmington Ave.,
Hartford, CT

Info: \$15; Light refreshments
\$5; BYPB RSVP seating at
860.523.3232 or
passagesgallery@aol.com

THURSDAY—12**Community Resource Block Party**

When: 4—7pm

Where: MLK Family Services Parking Lot,
Rutland St., Springfield, MA

Info: FREE & Open to the Public;
Vendors, Activities;
Free Hot Dogs & Hamburgers,
Raffles, etc.; 413.746.3655

FRIDAY—13 THRU SUNDAY—15**Starlight's Youth Theater present Into the
Woods**

When: 7pm Fri; 2pm &
7pm Sat; 2pm Sun.

Where: Academy of Music,



Info: Northampton, MA
\$10 children/seniors;
\$14 adults; Academy of Music
Box Office or online at
<http://aomtheatre.ticketfly.com>

SATURDAY—14**World's Largest Pancake Breakfast**

When: 8—11am

Where: Downtown Main St., Spfld., MA

Info: FREE and Open to the Public;
spiritofspringfield.org or
413.733.3800

**Springfield Science Museum presents As-
tronomy Day**

When: 12—4pm

Where: Springfield Museums,
21 Edwards St., Springfield, MA

Info: FREE with Museum admission;
Planetarium Shows \$3 adults;

\$2 children 17 and under;
413.263.6800 x318

SATURDAY—21**Double Dutch Team from Boston area to
perform**

When: 11am—12noon

Where: Clodo Concepcion Center,
1187-1/2 Parker St.,
Springfield, MA

Info: FREE & Open to the Public;
413.263.6858

**Passages Gallery presents XY Eli Blues
Band**

When: 6—9pm

Where: 509 Farmington Ave., Hartford,
CT

Info: \$15; Light refreshments \$5; BYPB
RSVP seating at 860.523.3232 or
passagesgallery@aol.com

SUNDAY—22**3rd Annual The Integrative Health Festi-
val**

When: 10am—4pm

Where: Better Live Whole Foods,
1500 Allen St., Springfield, MA

Info: FREE & Open to the Public; Food;
Crafts; Nature Walks, Scavenger
Hunt, Entertainment, etc.

JUNE**THURSDAY—2****3rd Annual Great Futures Dinner & Auc-
tion presented by Boys & Girls Club Fam-
ily Center**

When: 5:30pm Cocktails; 7pm Dinner
& Program

Where: Ludlow Country Club,
1 Tony Lema Dr., Ludlow, MA

Info: \$75; Call 413.739.4743 or email
bgauthier@bgcafamylcenter.org

SATURDAY—4**John J. Duggan will host their 17th Taste
of Duggan and More Annual Community
Event**

When: 8am—5pm

Where: John J. Duggan Academy,
1015 Wilbraham Rd., Spfld., MA

Info: FREE & Open to the Public;
Booths available;
call 413.787.7410;
Rain Date June 11th

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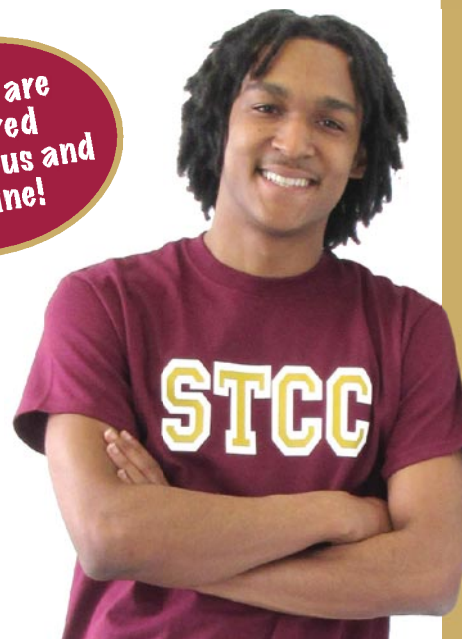
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As often happens with two independent people (and with two people who often tend not to communicate very effectively not withstanding 50 years of marriage), my husband, the publisher, and I, the editor, each had our own ideas of what would appear in this inaugural Student-contributed section of our newspaper. While he was speaking to a class that was starting the BACPS school newspaper and encouraging them to contribute their final product to our paper, I was speaking with a BACPS ELA teacher and inviting her class to contribute their work to be published.

Below are the thoughts of Ms. Alice Rainka's 7th grade ELA class at Baystate Academy Charter Public School, who recently read the book Lord of the Flies by William Golding and discussed the ways they could connect with the story even though it was written over sixty years ago. The students learned that the ideas and lessons within the story are still relevant to us even today. They wrote articles with that awareness in mind and to share their notions about how we can still connect to this timeless tale.



**Baystate
Academy**
Charter Public School

Exposure to Violence

By: Iyana Gordon

In Lord of the Flies by William Golding, we see a group of boys being extremely violent with each other. The setting for Lord of the Flies is during World War II when the boys crash on an island. So they have grown up in a time of violence. On the island, the boys have to hunt pigs for survival, but this violent exposure leads them to kill and be violent to each other. Being exposed to violence at a young age influences kids to be violent.

The time in a person's life when they are easily influenced is when they are younger. This is when they can easily pick up violent habits. When a young child sees someone older than them being violent, they think it is okay and begin to be violent themselves. In Lord of the Flies we see a character named Jack being the most violent. Jack made his own tribe when he did not like how the chief was leading. Jack was able to get all the little kids on the island to join him. The little kids on the island were so influenced by Jack that they helped him try to kill Ralph.

If you do not want your kids to be violent, then limit the amount of violence that they are exposed to. This can include video games, movies, and even the news.

Evil is Within All of Us

By: Alanis Castiovetia

A person who commits terrorism may not have always been evil. Lord of the Flies by William Golding is a book that focuses on the evil part inside people that comes out when society is gone. When a group of boys first gets stranded on an island, they try to keep order, but as time passes, it starts to fade. Everybody has good inside them. It's true. But there is also an evil side.

One of the characters in the book is Ralph. He is the one who got all the boys to come together and the one who got elected chief. Ralph came up with laws that had to be followed, and he tried to keep order. As time passes, things start to fall apart and another character Jack decides to make his own tribe. When Jack finally got almost all the boys to go with him, he decided to have a feast. At the feast, another boy named Simon was mistaken as a beast and got killed. The sad part is that Ralph contributed to that murder. Ralph immediately said that what they did was murder because looking back, he realized it was Simon and not a beast. This shows us that even a very nice person who tries to follow rules can turn to someone as bad as a terrorist in the right situation. Keep in mind that there is always evil inside you, so try to maintain the good.

Terrorists

By: Ashmita Sarki

People hurt people to have power. Many people fight to get what they want. Most students in school fight with each other to have control over each other. Many people are violent and have evil inside them. What they really want is to have all the power to themselves. In many countries, people overthrew the government to have their power.

In Lord of the Flies by William Golding, Jack yells at Piggy to show his power and how much stronger he is than Piggy. Jack takes control of his hunters and commands them. He hurts a boy just because he can. Hurting people to have power can lead to death. Jack being violent led other boys to be violent, and at one point, they killed Piggy. Lots of people on this earth try to have all the power. If we don't stop violence now, it could end our beautiful and wonderful world.

Fighting Isn't Minor

By: Nyiah Barrows

In society, violence is becoming more and more common through fights and world wars, and if we don't stop, we will become corrupt, and civilization will be broken. Violence comes from everywhere, but the root of violence is fighting. Fighting comes from two or more people who have some sort of conflict between them. Fighting may seem minor at first, but it leads to world wars and the deaths of many.

In Lord Of The Flies by William Golding, two major characters, Jack and Ralph, display an example of a minor fight, but it leads to Jack trying to kill Ralph towards the end of the novel. Also, the setting or era in the book is during the time of World War II. World wars stem from fights as well. Fights are almost everywhere. Even the smallest of conflicts can have the biggest of effects.

Fighting is seen in a younger generation through peer pressure and anger in kids. In Lord Of The Flies, the older kids have been picking on the younger kids, which then leads to the younger kids picking on each other. In the book, that small fight between Jack and Ralph sent the rest of the boys on a murderous rampage. Fighting isn't a minor situation.



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Ashes to Ashes

Homegoing Celebration for the Unburied and Terrorized | A Living Memorial



As part of Dr. Shirley Jackson Whitaker’s initiative to “Remember the Lynched,” Roger L. Putnam Vocational Technical Academy students and instructors built the casket, cortege and candelabra for usage during the ceremonies. The ceremony will acknowledge and mourn the many who were lynched at the hands of the Ku Klux Klan and others who used racial terrorization against people for simply seeking their economic, educational, political, religious and social rights. Students with the High School of Science and Technology Band learned a New Orleans-styled funeral march that will be performed at the Saturday procession and funeral being held on April 30th.



Photo by DomDee Photography

Dr. Whitaker accepts the ceremonial candelabra designed by Putnam students.



Photo by DomDee Photography

Putnam students with Dr. Whitaker



Putnam high school students and staff constructed the coffin to be used at the living memorial organized by Dr. Shirley Jackson Whitaker, Ashes2Ashes, a Homegoing Celebration for thousands of African Americans who were Unburied and Terrorized.

New Hope Pentecostal Church Children’s Easter Play Participants



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