

# The Nubian News

Loving the Black Perspective

## The Black Panther Party

### For Self-Defense: Vanguard Of The Black Liberation Movement

by Al Alatunji

The mid-1960s to the early 1970s was an exciting time to be young, conscious and Black in the US. Black political, social and economic power was the goal and the revolution which the Last Poets ensured would not be televised was right around the corner.

The last four years of craziness as orchestrated by the village idiot and the 9/11 terror attacks were pale as compared to the year 1968 when it seemed that the US was one more incident away from all out civil war.

Dr. Martin Luther King, Jr., was assassinated and before the nation could fully grieve Bobby Kennedy, the former president's brother and candidate for president was assassinated. Nothing found on today's reality television shows can compare to what viewers witnessed coming from the Democratic National Convention in Chicago. Americans at times seemed to be fighting two wars, one in Vietnam and the other at home.

There was not one major or minor American city with a significant population

of Blacks which did not see fire, fury and fatalities. Americans and the world watched in bewilderment as US cities went up in flames and protest and blood filled the streets. There was even upheaval in Trenton, where Harlan Bruce Joseph, a 19-year-University divinity student died at the hands of a man.

The traditional rights leader-unprepared and to address the situation that was by many Black Black youth. handkerchief preachers and pimps were New Black as to speak for the movement but that movement.

These new activist-longer Negroes. and they were no appetite to and eat crumbs. They wanted their own tables created in their own image where they would eat abundantly. They wanted and were prepared to have it by any and all means necessary.

The Nation of Islam under the Honorable Elijah Muhammad provided a haven for many who saw integration and the white man's Christianity as chains of enslavement. Many admired the images of the sisters all in white and the brothers in their Fruit of Islam uniform and others in their suits, white shirts and bow ties.

They found the white man as devil rhetoric meaningful and powerful. There was a small mosque, Mosque No. 44 located on Reservoir Street in Trenton. Some who were drawn to the beauty and power of the Nation of Islam found some of the teachings and tenets, for example, the mad, evil scientist Dr. Yukub who graphed whites from the original Black man just as unbelievable and uninspiring as the Virgin Mary and the white Jesus.

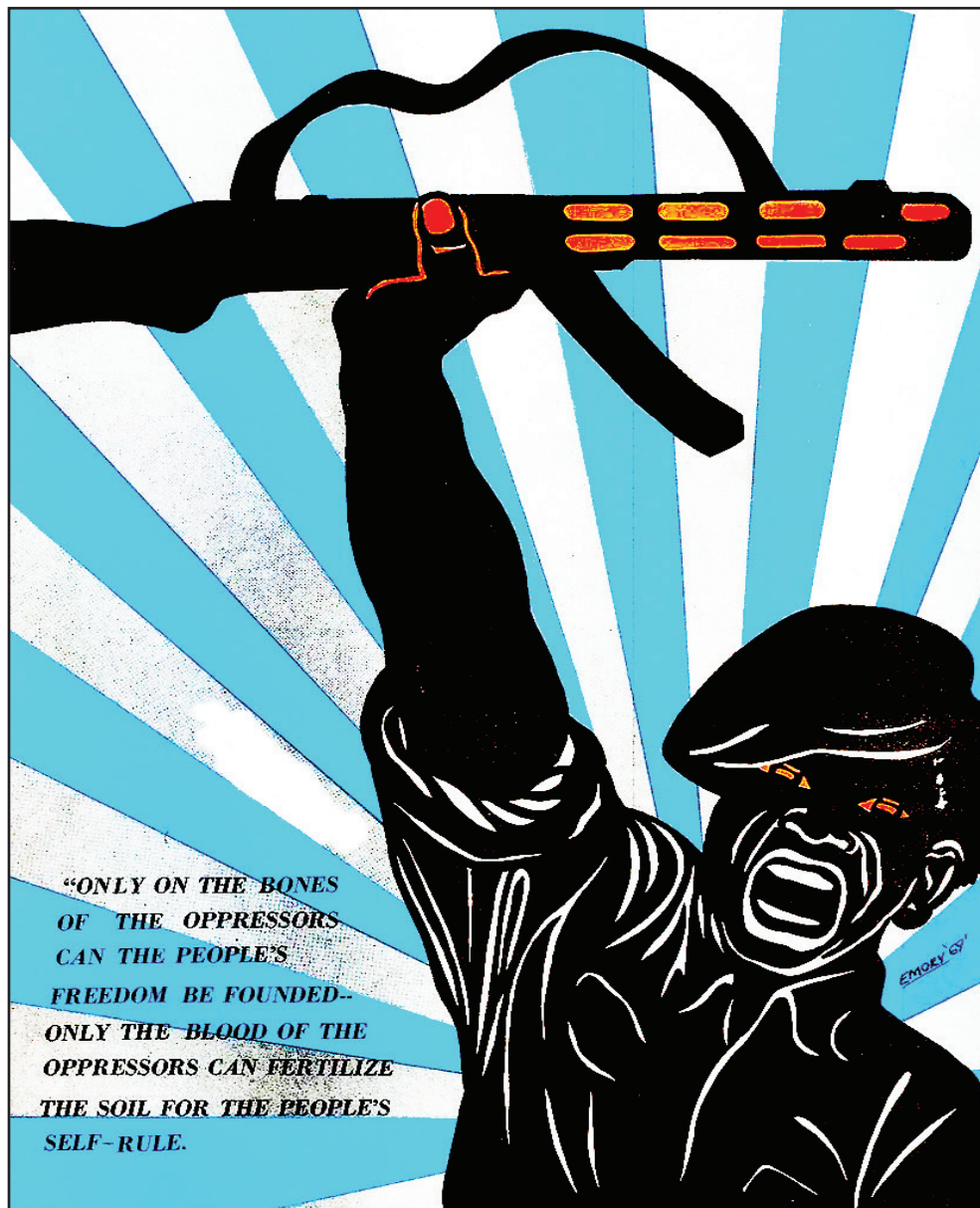
Although Malcolm X was dead his essence and revolutionary spirit with its emphasis on Black Power and Black Revolution was alive and growing. That revolutionary spirit for a time seemed most prominently embodied within the Black Panther Party of Black Panther - Continued on page 3



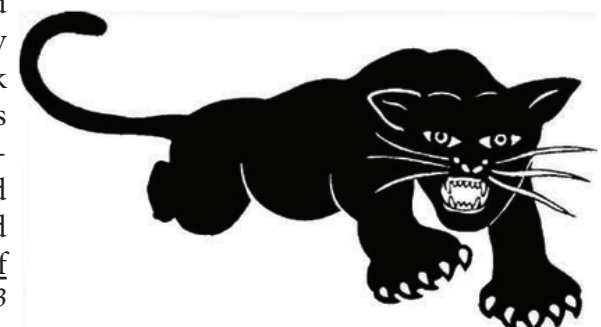
old Lincoln city student died Trenton police-

Black civil ship seemed ill-equipped anger and frustration expressed people especially The Negro head politicians, other poverty dismissed by the not only unable Black Power the very enemy of

ists were no They were Black proud. They had integrate tables



"ONLY ON THE BONES OF THE OPPRESSORS CAN THE PEOPLE'S FREEDOM BE FOUNDED-- ONLY THE BLOOD OF THE OPPRESSORS CAN FERTILIZE THE SOIL FOR THE PEOPLE'S SELF-RULE."



El Latino News En Contacto con la Comunidad Trenton - Mercer County

If you do not understand White Supremacy (Racism) --- what it is, and how it works --- everything else that you understand, will only confuse you." Neely Fuller Jr. [1971]

# LeBron James' Group Launches Criminal Justice Reform Campaign

By AL ALATUNJI

More Than a Vote, the organization launched a year ago by NBA superstar LeBron James and other Black athletes and entertainers to protect Blacks' voting rights, in late July launched a second campaign. This time the focus is on the nation's criminal justice system.

The campaign, called Protect Our People, kicked off with an episode

"2020 proved that when athletes speak out about the issues that matter to them, people listen. As we said at the beginning of this year, this effort was never about one election," said Michael Tyler, a spokesman for More Than a Vote. "The Protect Our People campaign will replicate the successful model of harnessing athlete activism in electoral politics and apply it to the ongoing fight to move public opinion



of the HBO series "The Shop," which is produced by LeBron James and Maverick Carter, James' close friend and business partner. James was among the charter members of More Than a Vote.

The episode features a conversation about racial justice and police killings between Miami Police Chief Art Acevedo; Natasha Cloud, the pro basketball player who skipped the 2020-21 WNBA season to focus on social justice concerns; Benjamin Crump, nationally renowned civil rights and personal injury attorney who has represented families of Blacks killed by police; Philonise Floyd, the brother of George Floyd; the journalist Jemele Hill; and Meek Mill, the rapper and criminal justice activist.

and change criminal justice policies that regularly victimize Black communities."

The Protect Our People campaign has also produced advertisements online urging senators to pass the George Floyd Justice in Policing Act, which passed the US House of Representatives in March but remains stalled in the US Senate. The campaign also intends to push for local legislation, including a proposal in California to implement a statewide system for revoking the license of police officers who commit serious misconduct and a referendum in Cleveland that would create an independent oversight panel to investigate police misconduct.



This week Mayor Reed Gusciora put out the list of old buildings which would be demolished by the City. The list included The Tree House (on the left) which stood on N. Clinton Ave. The Tree House has been empty and in poor shape long enough to have a tree growing out of it. We're glad it's gone, only hope it doesn't take that long for all bad housing to come down.

## COMPENSATORY-FUNCTIONAL DEFINITIONS

Compiled from "The United Independent Compensatory Code/System/Concept by Mr. Neely Fuller Jr.

### Explanation of Racism as Related to the Law of compensation:

Question: How does the law of compensation relate to Racism?

Within the vastness of a phenomenon commonly known as "Space", there exists a phenomenon commonly known as the "Universe".

When people are treated "unjustly", they are deprived of, and/or denied access to, something of "value" to which they are entitled.

When people are deprived of, and/or denied access to something of value to which they are entitled, it is correct for them to ask for that to which they are entitled.

When people ask for that to which they are entitled, and are refused, they are then entitled to compensation.

When people seek ask for compensation from others, and are refused that compensation, they must then acquire compensation for themselves through their own efforts.

When people seek to acquire compensation for themselves through their own efforts, they must establish a "Compensatory System" to use as a basic guide for thought, speech and/

or action.

Most people of the known universe "classify" themselves as being individual persons.

Some people of the know universe have classified themselves on the basis of the "Non-Color" (White). These people call themselves "white People" and/or "Caucasian".

Some people of the known univese have been classified on the basis of the "Color(s)" (Non-White). These people are generally referred to as being "Black", "Brown", "Red" and "Yellow" and/or collectively, as being "Non-White People".

There is no such thing as a so-called "right" color or "wrong" color.

All known color, shades of color, or absence of color, have a correct claim to existence.

it is incorrect to either "hate" or "love" color, "shades" of color, or absence of color.

To treat people unjustly, and/or incorrectly, by utilizing factors "associated with" color, is to contribute to one of the major reasons for the absense of "peace" in the known universe.

You can order the digital edition of "The United Independent Compensatory Code/System/Concept online at: <https://producejustice.com/product/the-united-independent-compensatory-codesystemconcept-textbook/>

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*Black Panther - Continued from page 1*  
Self-Defense.

The Black Panther Party for Self-Defense was a Black Power political organization founded by Bobby Seale and Huey P. Newton in October 1966 in Oakland, California while they were college students. Newton and Seale created the party's manifesto which consisted of a ten-point program.

The ten point program which was the guidelines for how the Black Panther Party was to operate consisted of two sections. The first section, titled "What We Want Now!", described what the Black Panther Party wanted from the leaders of the US.

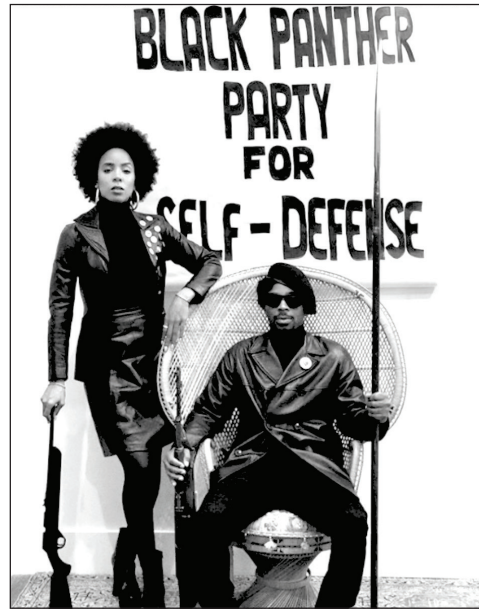
The second section, titled "What We Believe," outlines the philosophical views of the party and the rights that Blacks should have, but were denied. It was structured similarly to the Bill of Rights of the US Constitution.

"What We Believe" expanded on the first section, making demands of what was deemed sufficient payment for the injustices committed against Blacks. For example, one section stated that, "We believe that this racist government has robbed us and now we are demanding the overdue debt of forty acres and two mules. Forty acres and two mules was promised 100 years ago as a restitution for

slave labor and mass murder of Black people".

It went on to state that "We will accept this payment in currency which will be distributed to our many communities."

Huey P. Newton and Bobby Seale believed that Blacks had been deprived of these benefits over the years, and that the only way to correct this injustice was in repayment of



assets that had been lost to them over many years of slavery.

The ten-point platform was important for the Black Panther Party because it laid out the "physical needs and all the philosophical principles" they expected and that could be

understood by everyone.

From the outset the Black Panther Party's core practice was its open carry armed citizens' patrols ("copwatching") to monitor the behavior of officers of the Oakland Police Department and challenge police brutality in the city. They brought attention to the unlawful and criminal actions of police that were directed at Blacks. They referred to such officers as pigs.

The Party also offered a variety of community social programs including a Free Breakfast for Children Program to address food injustice, and community health clinics for education and treatment of diseases including sickle cell anemia, tuberculosis, and later HIV/AIDS. The party relied heavily on Marxist-Leninist terminology as well as that of Chairman Mao's "Red Book" in its advocacy of class struggle and revolution. The Black Panther Party believed it was the lumpen proletariat vanguard of the coming revolution.

Government persecution initially contributed to the growth of the Black Panther Party, as killings and arrests of Panthers increased its support among Blacks. The party grew from its Oakland headquarters and chapters of the party were established in New York, Chicago, Los Angeles,

Seattle, and Philadelphia and many other cities around the country and world.

The Black Panther Party went to the top of the FBI's most dangerous organization list. The head of the FBI J. Edgar Hoover, by far the most dangerous person in the US during his time as head of the FBI, became obsessed with the Party.

Hoover directed the FBI in conjunction with local police departments to ambush and murder several Black Panther leaders and members. The FBI also used the mainstream media to spread lies and misinformation about the Black Panther Party.

Perhaps, the most successful technique used by Hoover and the FBI was the infiltration of the Party with uncover operators, informants and agent provocateurs to spread dissension and conflict inside the organization. It remains a classic case study in divide and conquer to neuter and bring down an organization and movement.

The Black Panther Party was one of the most influential Black movement organizations of the late 1960s, and one of the strongest links between the domestic Black liberation movement and global opponents of US imperialism.

## Farewell and Thank You, Sarah Dash, Trenton Sista and International Singing Legend

BY AL ALATUNJI

Sarah Dash, the Trenton-born singer who gained national fame starting in the 1960s, singing in vocal groups with Patti LaBelle and fellow Trenton-native Nona Hendryx died on September 20. Sarah Dash, the seventh of 13 children born to a pastor and nurse, joined with Nona Hendryx and Philadelphia-born singer Patricia Holte (Patti LaBelle) as a teenager, and created an all girl singing group.

The group became known as the Bluebells after a couple of name changes and adding a fourth member to the group, Cindy Birdsong. The group later changed its name to Patti LaBelle and the Blue Bells.

Patti LaBelle and the Blue Bells became known for their emotional live performances and soulful renditions of such classics as "Over the Rainbow," "Danny Boy" and "You'll Never Walk Alone." The group was in competition with other all girl groups like the Chantels, Shirelles and Supremes. The group would

later lose Birdsong to the Supremes when Florence Ballard left the group. The group went through another



name change and became LaBelle. It was during the period the group was known as LaBelle that it had its biggest hit, "Lady Marmalade." It was famed for its "Hey sista, go sista" intro and its popular refrain "Voulez-vous coucher avec moi ce soir?" which translates to "Do you want to sleep with me tonight?"

Sarah Dash and LaBelle were pioneers; recording materials which included sexual and political lyrics at

the time unheard of by an all Black female group. The group broke up in 1976 with the singers going solo.

In 1974, LaBelle became the first rock group to play the Metropolitan Opera House. The group also became the first Black vocal group to grace the cover of Rolling Stone magazine.

Dash never stopped singing and performing, becoming a solo artist and noted session singer. Dash released a self-titled debut album in 1978, which included the disco hits "Sinner Man" and "(Come and Take) This Candy from Your Baby." She went on to tour with the Rolling Stones and with Keith Richard during his solo efforts, and was signed to Manhattan Records in 1988, releasing the album, "You're All I Need."

Dash returned to the Trenton area frequently to sing and lecture about music and her career, as well as attend community events; some in her honor. She always called Trenton's West Ward her home.

In 2017, Dash was named the city's musical ambassador by then Mayor Eric Jackson.

In February, when the city opened a COVID-19 vaccine center, Dash

arrived in a sequined mask and invited the media to draw attention to the effort.

She was inducted into the New Jersey Hall of Fame in July this year. A ceremony was scheduled for later in October.

Patti LaBelle released a statement saying "Sarah Dash was an awesomely talented, beautiful, and loving soul who blessed my life and the lives of so many others in more ways than I can say. And I could always count on her to have my back! That's who Sarah was ... loyal friend and a voice for those who didn't have one." "She was a true giver ... always serving, always sharing her talent and her time," LaBelle said. "I am heartbroken, as I know all of her loved ones and fans are. But, I know that Sarah's spirit and all that she has given to the world live on. And I pray that her precious memory brings us peace and comfort. Rest in power my dear sister. I love you always!"

The Nubian News recognizes and appreciates the music and creativity of our sista Sarah Dash. We mourn your passing and wish you godspeed on your transition. Your music and your spirit live on.

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# 55+ Program: Create a Stress Toolbox!

Thursday, October 7, 2021 | 9 a.m.  
Zoom Meeting



Senior living can be stressful, but being aware of your physical and mental stressors can help ease your burden. Join **DR. RAJIV K. VYAS**, a board certified psychiatrist from Capital Health – Behavioral Health Specialists, to learn effective ways to reduce stress and increase well-being.

Dr. Vyas will also share an easy but powerful mindfulness meditation exercise to help bring mental ease and balance back into your life.

This event will be taking place virtually using Zoom. Register online at [capitalhealth.org/events](https://capitalhealth.org/events) and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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# Understanding Concussion and Chronic Traumatic Encephalopathy

Wednesday, October 13, 2021 | 6 p.m.  
Zoom Meeting



Chronic traumatic encephalopathy (CTE) is a condition of the brain that occurs as the result of repeated head traumas that cause concussions. Join **DR. EMIL MATARESE**, director of the Concussion Program at Capital Health’s Capital Institute for Neurosciences, for a discussion of the signs and symptoms of concussion, current treatment options, and potential long-term consequences of repeated head trauma. The current understanding of CTE dementia will also be reviewed.



This event will be taking place virtually using Zoom. Register online at [capitalhealth.org/events](https://capitalhealth.org/events) and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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Trenton – Mercer County



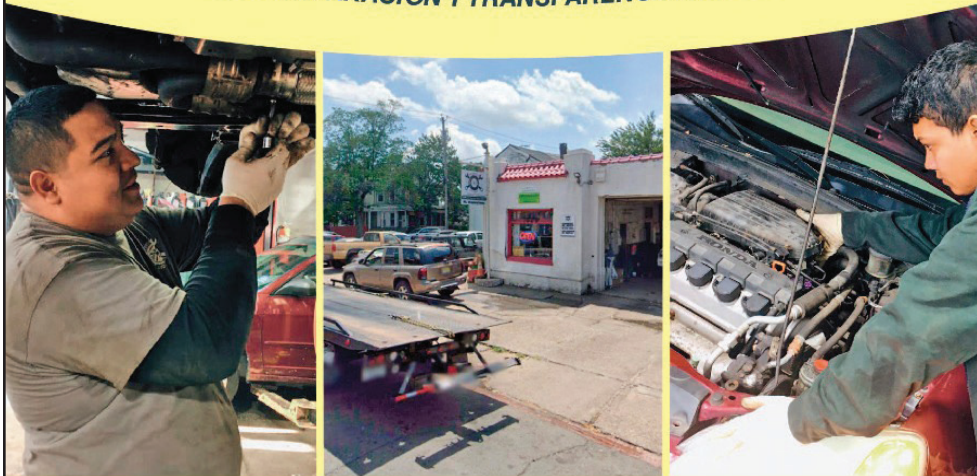
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## MES DE LA HERENCIA HISPANA

Por CARLOS AVILA

TRENTON-Del 15 de septiembre al 15 de octubre se celebra en los Estados Unidos el Mes de la Herencia Hispana

mexicanos son el grupo más grande dentro de la comunidad hispana que vive en los Estados Unidos. En California, la población latina por primera vez se convirtió oficialmente en el



grupo étnico más grande del estado. La comunidad hispana ahora representa el 39,4% de los californianos, según el Censo 2020.

“Con más de 20 naciones hispanas y más de 60 millones de hispanos residentes solo en Estados Unidos, el Mes de la Herencia Hispana celebra una amplia variedad de culturas en la diáspora latinoamericana”, manifestó a través de un comunicado de prensa la asambleísta Yvonne López (D-Middlesex). La asambleísta animó a todos los habitantes de Nueva Jersey a que aprovechen este tiempo para honrar y celebrar su

o Mes de la Hispanidad. Durante este mes se rememora los logros, aportes y contribuciones de nuestra gente

que vinieron a vivir y trabajar, desde inicios del siglo 20 y otros que acaban de llegar con el mismo objetivo de



que vinieron a vivir y trabajar, desde inicios del siglo 20 y otros que acaban de llegar con el mismo objetivo de

identidad hispana.

Organizaciones hispanas, asociaciones cívicas y escuelas públicas durante este mes están llamados a realizar diversos actos y actividades para resaltar la literatura, las culturas y tradiciones de nuestros países para que nuestros niños pequeños puedan conocer y aprender acerca de



buscar nuevas oportunidades que les permita alcanzar un mejor porvenir en esta gran nación que es de todos. La población hispana en Estados Unidos es la minoría más grande, más del 70% de la población hispana está concentrada en 6 estados – California, Texas, Arizona, Nueva York, Nueva Jersey y Florida. Los

dónde venimos. De dónde somos: Argentina, Nicaragua, Bolivia, Panamá, Chile, Perú, Colombia, Paraguay, Costa Rica, Puerto Rico, Cuba, El Salvador, República Dominicana, España, Ecuador, Uruguay, Guatemala, Venezuela, Honduras, Nicaragua, México, Panamá y más.

# CENTROAMERICANOS CELEBRA BICENTENARIO DE INDEPENDENCIA

POR CARLOS AVILA

TRENTON- El pasado martes 14 de septiembre se realizó el izamiento de la bandera guatemalteca en la capital del Estado Jardín. A pesar de la pandemia y del surgimiento de otras

variantes trasmisibles de COVID-19, los miembros de la Asociación Guatemalteca de Trenton no quisieron dejar pasar por alto esta fecha importante, sobre todo por cumplirse 200 años de su independencia. Bicentenario

(1821-2021).

Centroamérica: Honduras, El Salvador, Nicaragua y Costa Rica, quienes también conmemoraban sus fiestas patrias el 15 de septiembre de 1821. Esta es una de las pocas actividades que se han dado en nuestra comunidad durante esta época de pandemia.

Se espera que el próximo año ya pase esta crisis de salud pública y se pueda disfrutar de los desfiles y festivales que, en la capital de Nueva Jersey desde hace más de una década, se había convertido en una tradición que permite reunir a la comunidad en un ambiente de fiesta y algarabía. Mientras tanto hay que seguir guardando distancia y cuidando a nuestros seres queridos.

La actividad se realizó en el parque de la Unidad, donde se reunieron decenas de personas no solo guatemaltecas sino de diferentes países de

La actividad se realizó en el parque de la Unidad, donde se reunieron decenas de personas no solo guatemaltecas sino de diferentes países de



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## The Nubian News Celebrates Roberto Clemente and Hispanic Heritage Month

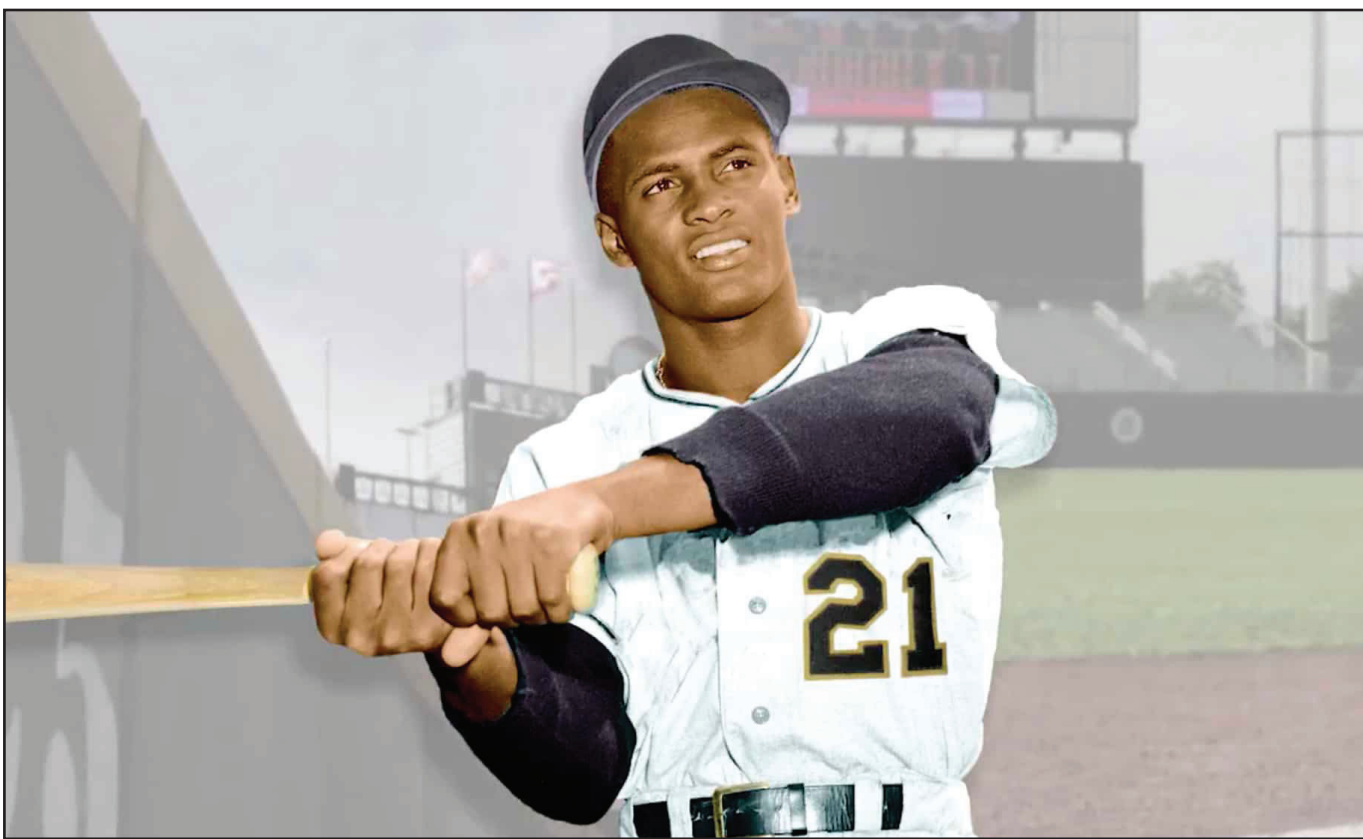
By AL ALATUNJI

September 15th to October 15th is National Hispanic Heritage Month. The month-long celebration recognizes the valuable contributions made by residents of Hispanic descent to all aspects of American life, including leadership in public service, sports, business, the arts, science, technology, education and civil and human rights.

Hispanic Heritage Month, which was first observed in 1968, begins each year on September 15th, the anniversary of the independence of five Latin American countries; Costa Rica, Guatemala, El Salvador, Honduras, and Nicaragua. Mexico, Chile and Belize also celebrate their independence days during this period.

Hispanics have had a profound and positive influence in the US through their strong commitment to family, faith, hard work and service. Hispanics have shaped and enhanced US society with centuries-old traditions that reflect the multi-ethnic

and multicultural customs of their communities. Hispanic Heritage Month provides



a special opportunity for educators, schools, as well as public and private institutions to focus on the many Hispanic Americans whose lives and works have shaped the history and fabric of American society. One such Hispanic American whose influence and inspiration looms large is Afro-Latino Roberto Clemente. Puerto Rican-born Roberto Clemente

was the first Hispanic player elected to the Baseball Hall of Fame and was a highly respected ball player for his achievements on and off the field. Among those achievements as a player: 15-time All-Star, 12-time

after his death, Roberto Clemente became only the second player in MLB history to have the mandatory five-year waiting period waived for Hall of Fame induction.

MLB created the Roberto Clemente Award which is considered by MLB as "the most prestigious individual honor for major leaguers," and honors the late Pittsburgh Pirates star's legacy as a humanitarian. The award is given to the player who best represents the game through "extraordinary character, community involvement, philanthropy and positive contributions, both on and off the field."

Today, 57.5 million people are classified as Hispanic representing 18% of the American population. There are 1,730,000

Gold Glove winner, member of the 3,000-hit club, four-time batting champion and National League and World Series MVP.

Roberto Clemente died in a plane crash on New Year's Eve 1972, as he accompanied a cargo plane departing San Juan, Puerto Rico. He was on his way to bring humanitarian aid to people affected by a devastating earthquake in Nicaragua. Months

any killing to break the hearts of the community. Businesses flourish and government service abound, like post offices throughout every community. Transportation is well supported and health care is abundant.

Hispanics in New Jersey, 19% of the total state population. The city of Trenton is home to 29,996 Hispanics representing 35.5% of the city's total population. The Nubian News celebrates the life of Roberto Clemente and so many other Hispanic Americans who have helped shape this nation. The Nubian News celebrates Hispanic Heritage Month.

## Publisher's Corner

Ouch!

We all know the pain. "Have you heard about the young girl who got killed yesterday? And the other one who is in bad shape at the hospital?" Yeah we all know. We all hurt. We all shake our heads and say "It just don't make no sense."

Then we move on. We don't want to carry that hurt any further than we have to. We think about the friends and families who can't walk away. It's so debilitating. We offer our prayers and go on with our lives.

We want to do something, but what? What can we do to stop this madness? We don't know. But we all hurt. We all want to do something, but what is there to do. We hope there won't be another, but there always is. Then we're right back where we started.

I know our political and administration leaders feel just as we do but there's a difference. It's their job to solve problems in our lives. They accepted that responsibility when

they put their names up for office. And we gave them the authority to do what was needed to solve our problems. But the killings continue to happen. We go on grieving and praying. That's not right.

As a community we have given our votes to the Democrats for many years and it is our votes which have kept them in office. Trenton and Mercer County have been Democratic for as long as I can remember. Look around you. You don't need glossy reports or complicated thesis to know what they've done. All you have to do is look around you.

What you see is ugly. You see a white donut with Trenton as the black hole. All around us there are clean, well run neighborhoods. Schools are operating in a 'thorough and efficient' manner. Unemployment is down and incomes are up. Police protect and defend the population, while keeping crime down. There are few if

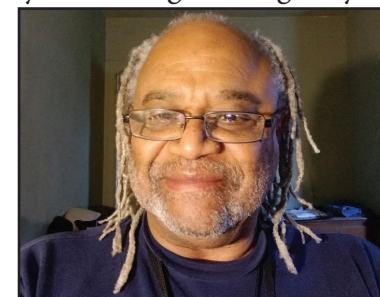
supremacy (racism) decided to abandon us and pulled as much away from Trenton and Black people as they possibly could. For more than 50 years most of the ugliness of Mercer County has been heaped on the Black and now Brown people of Trenton. They can stop these senseless killings if they wanted to. They did it for themselves, white people. Trenton had a lot of poor whites, at one point. The Democrats came up with plans and ideas to change that narrative. They could do the same for Black people but they won't. So long as our babies are dying in the streets why vote for them. They ain't doing nothing for you.

It used to be communities like Hopewell were back woods farm country, Lawrence, Ewing and Hamilton supported Trenton and the entire state developed Trenton as the state capital. That all changed around 1968 when Black people stood up for our rights and dignity. When we stood up for ourselves, the system of white

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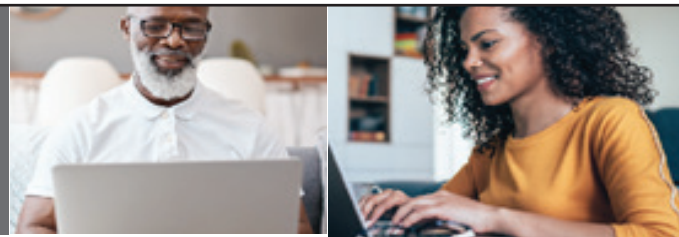


Kamau Kujichagulia - Publisher





# Patient Education



## How Multiple Myeloma Affects the Black Community

*Did you know that Black Americans have twice the incidence of myeloma as white Americans? What's more, recent studies show that Black Americans are significantly less likely to receive the latest treatments, and are more likely to experience treatment delays.*



**Craig Emmitt Cole, MD**  
Assistant Professor of Medicine  
Division of Hematology/Oncology  
Director of Clinical Research-Breslin Cancer Center  
Department of Medicine, Michigan State University

Join LLS and Dr. Craig Cole for a free virtual education program for patients, their families, and members of the Black community interested in learning more about Multiple Myeloma.

Tuesday, October 19th  
4:30-6:00pm (EST)

National support for this program provided by:



ONLINE REGISTRATION  
<https://na.eventscloud.com/myeloma2021>



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# Nubian News Book Review

BY TERRI SCHLICHENMEYER

## “The Forgotten First:

Kenny Washington, Woody Strode, Marion Motley, Bill Willis, and the Breaking of the NFL Color Barrier”

BY KEYSHAWN JOHNSON AND BOB GLAUBER

c.2021, Grand Central Publishing  
\$28.00 / \$35.00 Canada 335 pages



Photo: Chris Scaglione

This weekend, your team is going to win.

You can see it already, the way they've been playing so far this season, and you're sure they can take it all the way to February. For now, though, this weekend's a must-see and everybody looks good; as in “**The Forgotten First**” by **Keyshawn Johnson and Bob Glauber**, some even play on the shoulders of giants.

If you're a baseball fan, you surely know the story of how Jackie Robinson became the first Black ball player in the major leagues. What you might not know is that four Black men integrated pro football a year before Robinson's history-making at-bat.

Abandoned by his mother and raised by a paternal uncle because his father had other interests, Kenny Washington, who signed with the Los Angeles Rams on March 21, 1946, was first drawn to baseball but the truth was, he could play *any* sport. Having battled rickets as a young boy, he suffered deformities in both his legs, but that didn't matter – Johnson and Glauber report that Washington was *fast*.

So was Woody Strode, who signed up with the Rams not long after Washington. Strode's mother was Native American; his father was Black, and though Strode had a modeling career as a young man (he'd once posed nude for a Nazi artist) and he'd served in the Army Air Corps, his life always circled back to football.

When he was a child, Marion Motley grew to be so much larger than his peers that when he was at football practice, other kids'

parents begged for him to wear more padding so that collisions with him “wouldn't hurt quite so much.” Much later, Motley played for the Cleveland Browns, along with Bill Willis, who almost didn't take up football because he didn't think he could play as well as his brother, Claude.

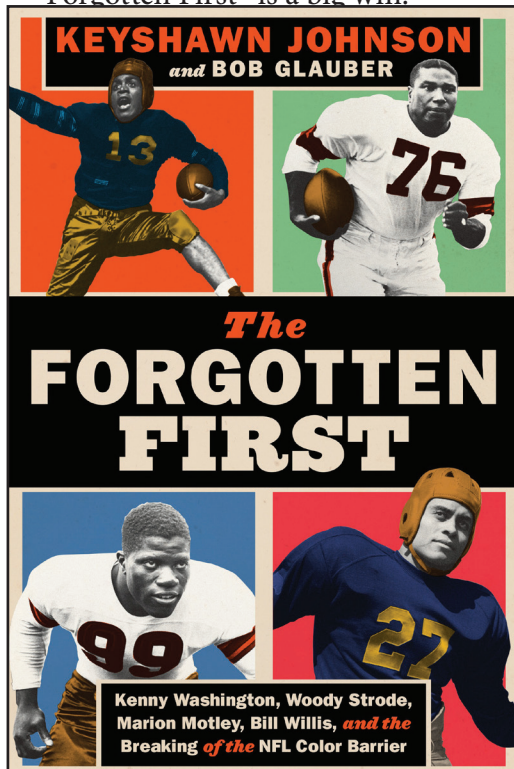
Within mere months, these four men broke the color barrier in pro football. And, say the authors, “That history is not told enough...”

Another thing that's not told enough: what happened before these four men signed on with their respective teams, and how their first year proceeded. It's infuriating, it's astounding, and it's all laid out here inside “**The Forgotten First**.”

And yet, getting to it might not be so easy.

Authors Keyshawn Johnson and Bob Glauber are a former pro-baller and an NFL columnist, respectively, and the tale they tell speaks to the heart of the fan with *deep* knowledge of mid-twentieth-century football teams, players, coaches, and college ball. It's a wide story that encompasses decades and dozens of peripheral people who had a hand in integrating the sport generations ago, from secondary education on up. Then it brings readers full-circle to reveal the inside of the game as it is today.

And all this will be irresistible *if you're a fan*. If you're not a history-minded, live-for-football-season, paint-your-face fan, you may be in well over your head with this book. If you're obsessive about the game, though, “**The Forgotten First**” is a big win.



## “Black Health Matters”

BY RICHARD W. WALKER, JR., MD

c.2021, Square One Publishers  
\$16.95 321 pages

This morning, your head hurt something terrible.

Is it anything to worry about? Your grandfather had heart problems and died after a stroke. Your grandmother suffered from diabetes and

how probiotics can help your “GMB.” Then, especially if you could stand to lose a few pounds, understand obesity, why it matters, and how you became overweight. Did you know culture has something to do with it? Yes, and though he only briefly touches on “food deserts,” Walker addresses these issues.

Walker says that Black adults are forty percent more apt to have high blood pressure than their white neighbors. Hypertension is a killer; knowing more about it – how to read a BP monitor, how smoking and salt intake figure in – will help you keep it under control.

Know the general symptoms of diabetes and what to do about them. Learn how kidney disease may start with another disease altogether. Read up on cancer, aging, sickle cell disease, and how dental care really matters. Finally, memorize the signs of a stroke or heart attack; your life may depend upon it.

Your regular physician is all tied up and it's hard

HOW TO OVERCOME THE MOST COMMON HEALTH CHALLENGES FACING AFRICAN AMERICANS



# BLACK HEALTH MATTERS

THE VITAL FACTS YOU MUST KNOW TO PROTECT YOUR HEALTH AND THOSE OF YOUR LOVED ONES

**RICHARD W. WALKER, JR., MD**  
FOREWORD BY FORD BREWER, MD

you know there's got to be a way to avoid their fates. Does your headache have anything to do with that? Do you need “**Black Health Matters**” by **Richard W. Walker, Jr., MD** to calm your fears?

While growing up in Spanish Harlem years ago, Walker noticed how much diseases like heart disease, diabetes, and kidney failure affected the people in his neighborhood. It made him “angry,” he says, and it spurred him to study medicine as a profession.

It still dismays him that “poor health among our Black population” is almost epidemic but there is a solution. Walker says that if you take an “approach to wellness” and take steps to remain healthier, you could lower your chances of developing the more-common but most-serious diseases that plague a higher number of African American people.

First of all, he says, be aware of your “gut-microbiome-brain” connection and know what foods are best for you. Know what *not* to eat, too, and

to get in to see her. That doesn't make you feel any better, but with its clear-cut, easy-to-understand chapters on a variety of illnesses both major and minor, “**Black Health Matters**” might. And yet, there's one important thing to remember, once you get this book: it shouldn't take the place of a physician with your medical chart in-hand. That's a reminder that author Richard W. Walker, Jr., MD offers, but caution and prudence don't seem to be stressed here quite enough. Then again, readers *will* want to bear in mind that this book is about *proactive and preventative wellness*, not fixing what's already broke.

The best use of this book, perhaps, is in the basics it offers: overviews, learning to read charts, understanding numbers, and making easy health-changes. That's all in here, it's do-able, and it could make “**Black Health Matters**” an patient-empowering tool for understanding major health-issues, recognizing them, and keeping ahead.

# Black Economic Power of The Boycott

BY AL ALATUNJI

Blacks in the US have an annual purchasing power of \$1.3 trillion. They spend more money than any other ethnic group.

If Blacks in the US were a separate nation apart from the US their purchasing power would be surpassed by the gross domestic product of only 14 countries; the US, China, Japan, Germany, India, United Kingdom, France, Brazil, Italy, Canada, Russia, South Korea, Australia and Spain. To put it another way, Black purchasing power is greater than the individual gross domestic product of 176 countries in the world.

Blacks clearly are not poor. Just poor in how they spend their money. They have enormous economic power which used more efficiently would create enormous social and political clout.

In the very early days of the civil rights movement, Blacks understood their economic power. When Blacks in Montgomery, Alabama decided they would no longer stand or go to the back of the bus so whites could sit, they stopped riding the buses. They didn't march and chant "no justice, no peace." They launched a bus boycott.

When the bus company owners no longer saw those Black dollars coming in, that is when the bus owners and the white owners of other businesses expressed to the all white governing body of Montgomery that change was needed. Those business owners did not have a change of heart, but an economic epiphany.

Today's activists seem to either be unaware of the strategic importance of the boycott or are just stuck on marching and coming up with catchy but empty hashtags. If Black lives matter then perhaps Black dollars matter as the strategic importance of using Black economic power to bring systemic change.

Earlier this year, the Georgia legislature was considering legislation that was viewed as an attempt to suppress the votes of Blacks and other people



Would boycott of NJ Lottery get Black people closer to justice?

of color. There was talk of boycotting Coca Cola which is headquartered in Georgia. The thought was if Blacks throughout the US and others threatened and actually boycotted Coca Cola, perhaps the threat or the boycott would be enough for Coca Cola to use its power in Georgia to convince those in the Georgia legislature and its governor to rethink their efforts to enact a voter suppression law aimed at Black voters.

Unfortunately, no boycott was launched. If it had, Coca Cola would

have been forced to put pressure on Georgia legislators and its governor to back away from the racist legislation. Corporations headquartered in other states would have been forced to take notice and have conversations with legislators and governors in their states about not going down the same path as Georgia seemed to be headed. If Blacks had launched a nationwide boycott of Coca Cola and brands associated with Coca Cola, the message would have been loud, clear and quite effective. That is Black power, Black economic power.

It would have been a message that went far beyond voter suppression and would have forced companies and state and local governments to take notice. It was a missed opportunity.

Which brings us to New Jersey. In July, the NJ Lottery Commission announced that for the fiscal year that ended on June 30, 2021, the lottery posted a record \$3.68 billion in sales, the highest in lottery history and 14.6% higher than fiscal year 2020.

New Jersey State Lottery contributed \$1.08 billion in profits to the state as of June 30, 2021. The Lottery Commission in its announcement pointed out that whereas the other state government revenues; income tax, sales tax and casino revenues, were down significantly in 2020 because of the pandemic, "Lottery sales were boosted because consumers had fewer options for entertainment spending during the COVID-19 pandemic. The lottery offered players an inexpensive and convenient form of entertainment and could be purchased when consumers were out buying necessities."

The Lottery Commission went on to explain that its "classic" lottery games Pick-3 and Pick-4 collectively had sales of approximately \$743 million, up more than 10% from last year. Pick-3 and Pick-4 bring in more revenue than any other lottery games including the Mega and the Powerball.

Black and Latinx lottery players in New Jersey, as in other states, overwhelmingly play the Pick-3 and Pick-4 number lottery games. They are the backbone of the lottery.

If Black and Latinx players were to boycott their state lotteries there would be significant holes and short falls in state budgets. States would be forced to raise taxes to fill the void or cut services.

If Blacks want significant and meaningful police reform, reallocation of public funds that go to police units, among other changes, maybe they need to boycott their state lotteries. Change would come and come quickly. You can bet on it.

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Sunday Morning Worship 11:00am

Sunday Evening Worship 7:00pm

Wed. - Day Prayer 12:00pm

Wed.- Bible Study/Prayer 7:00pm

Fri. - Evening Worship 8:00pm

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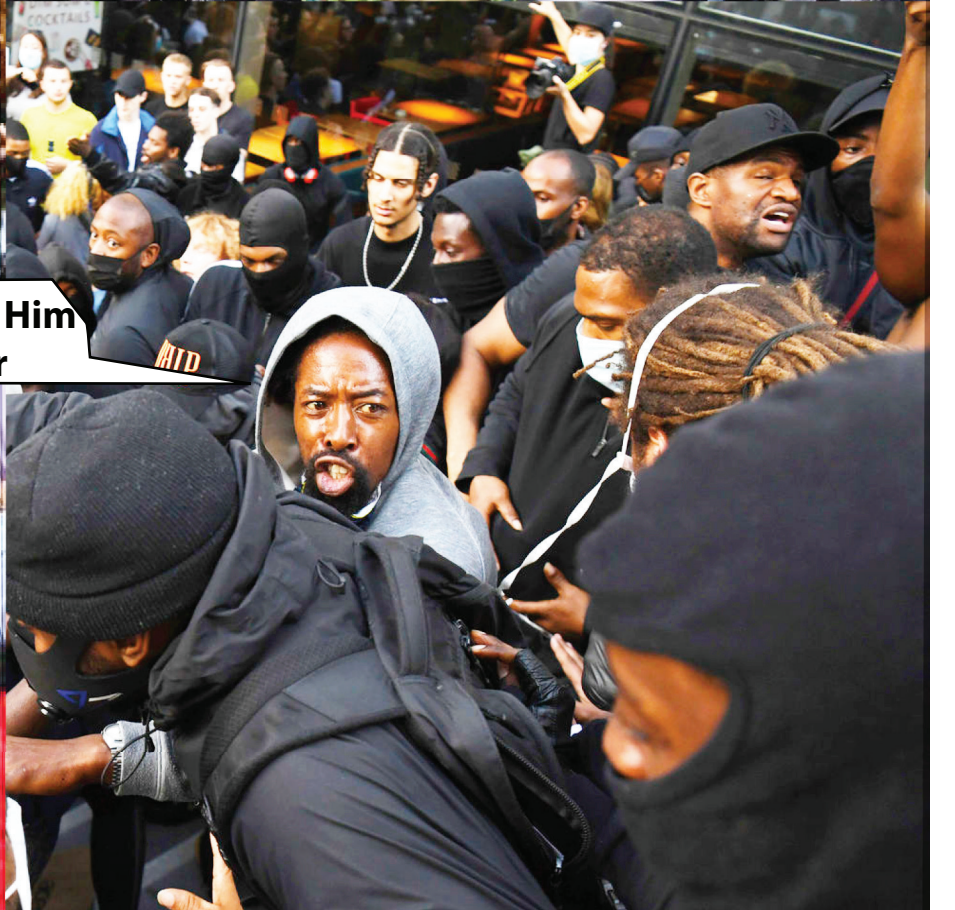
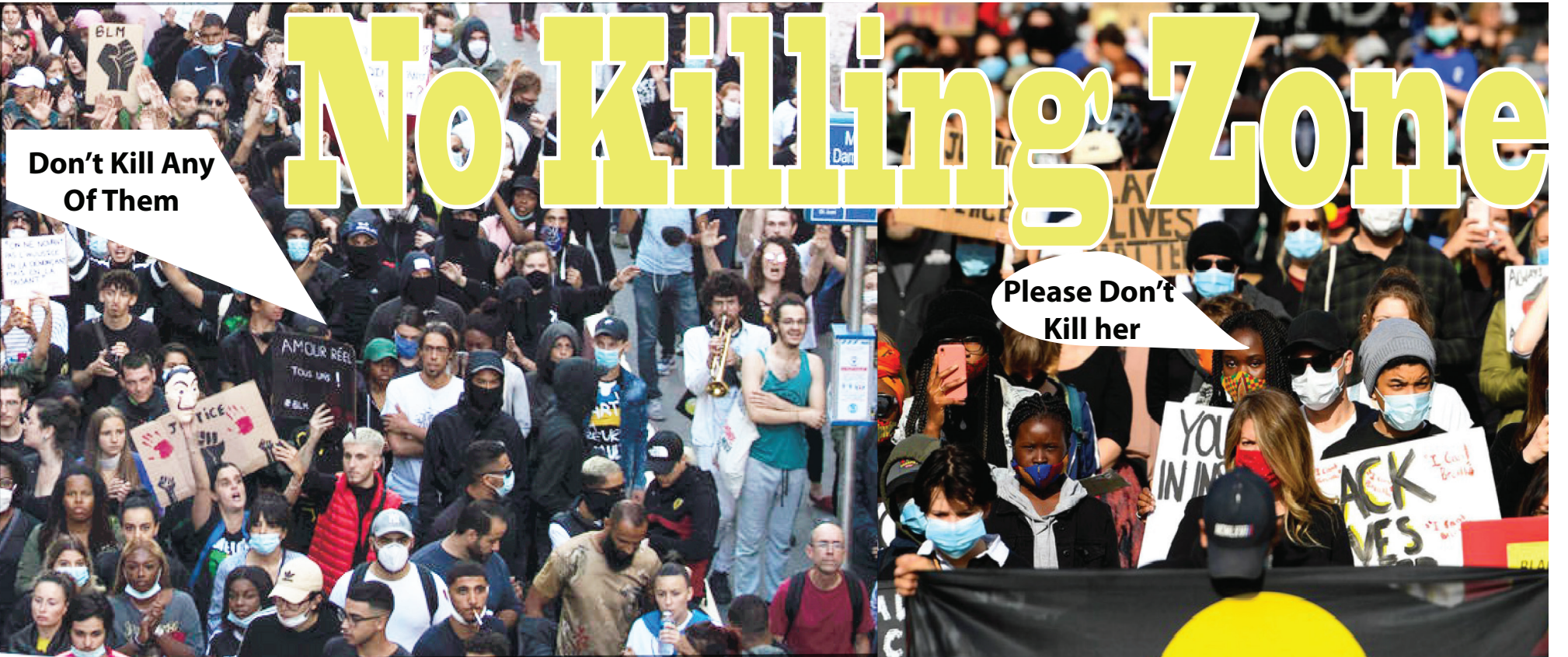
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