

THE CAPITAL NEWS

Certified Business Enterprise

The Untold Stories

Big Changes Coming to Capitol Services Management, Inc



Capitol Services Management, Inc

By: Alexis Williams

For the first time in 50 years, Phinis Jones, President of CSMI (Capitol Services Management Inc.), is passing on leadership which may signify his retirement. CSMI, a Certified Business Enterprise, is stationed in Washington DC and is based in Ward 8. CSMI was chartered in 1985 with the goal of improving employment rates, economic development, as well as address the social service needs of the community. Jones has run the company since its inception; however, it is still unclear what his role will be going forward as Jones has not yet confirmed nor denied his retirement.

Stepping into the role of Vice President of Operations is Jasmin Thomas. As Vice President, Thomas will be responsible for overseeing the day to day operations and the finances of the busi-

continued on P2

UDC Coming to Congress Heights



By: James Wright and Courtney Williams
Special to the Capital News

The community college arm of the District of Columbia's only public university will move east of the Anacostia River soon. The University of the District of Columbia Community College, an institution that has focused on embracing the needs of District residents for 10 years will set up in Congress Heights in the near future. The historically Black, urban-based school which is active in all eight wards will continue to work to ensure that its students are reaching their highest potential despite financial limitations.

The move also makes Congress Heights, popularly known as 'The Soul of the City' a higher education haven for those who live in the eastern section of the District.

continued on P15

Community News



38th Annual Congress Heights Day Parade

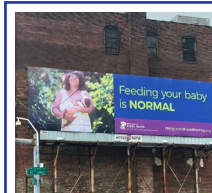
Read More on P4

Community News



Police and Community: Stronger Together
Read More on P3

National News



National Breastfeeding Month: Crucial to the Black Community
Read More on P14



THE CAPITAL NEWS

THE UNTOLD STORIES

MONTHLY CONTRIBUTORS:

James Wright
Niles Niemuth
Phinis Jones
Donald Isaac
Paul Ruffins
Jerry White

Please email the editor with any comments, questions or concerns:
thecapitalnewsteam@gmail.com
and visit the website:
<https://www.thecapitalnewsdc.com/>

UPCOMING NEWS:

If you would like to write a letter to the editor of The Capital News or submit an opinion piece to the newspaper, please submit the article to thecapitalnewsteam@gmail.com by the 17th for publishing.

If you would like to place a small job advertisement, housing advertisement or automobile advertisement in the paper please email the editor with the information and the paper will contact you about pricing for your ad.

Big Changes continued from pg. 1

ness. Thomas will also be taking on the role of editor for The Capital News; an independent, CBE community newspaper. Though she will have many responsibilities she is well qualified for the job and has previous experience in leadership positions.



Jasmin Thomas attended Virginia Polytechnic Institute and State University in Blacksburg, Virginia. In 2015 she received her Bachelors in economics and communications. Even before receiving her bachelor's degrees, Thomas was in administrative roles on her campus. While she attended university, she became a research assistant where she analyzed and compiled data to make projections of changing demographics along with economic conditions.

Thomas later joined the Alpha Phi Omega National Service Fraternity, becoming the Vice President of service. She eventually worked her way up to President and then to Mid-Atlantic Representative. Her service during her time at Virginia Tech was recognized when she received the John Mack Service scholarship and the Stanley A. Huffman Award for Leadership and Service.

Upon receiving her master's she worked as a Financial Service Representative IV at a SunTrust Bank, in Blacksburg, VA. While working at SunTrust Bank she strategized with branch management, maintained customer relations along with discussing plans of action catered to fit her clients' needs. In 2017, Thomas accepted the position of Assistant

Branch Manager III of a SunTrust Bank in Washington D.C. where she worked prior to accepting the position at CSMI. As a top sales performer, she exceeded sales targets at 125 percent or more each quarter.

There is no doubt that Jasmin Thomas is qualified to hold her title as Vice President; however, the question of who will work alongside her as president is yet to be determined.

Monica Ray, President and Chief Executive Officer of the Congress Heights Training and Development Corporation (CHCTDC), has been an integral part of CSMI for more than 26 years. Working alongside Phinis Jones in numerous capacities she is first in line to assume the title of President of CSMI.



The CHCTDC is a training group which bridges the gap between equal opportunity and financial circumstances. Ray also oversees the Destination Congress Heights Main Street Initiative which aims to revitalize downtown areas of the Congress Heights neighborhood in Southeast. Although there is no current indication as to who will take the helm of CSMI, or when, Monica Ray is well positioned to take the company to the next level.

Urban Farming An Unsung Hero

By: Courtney Williams
Special to the Capital News

If you imagine a city the busy streets, the sirens and the traffic are all characteristics of urban living. Something a little uncharacteristic: A farm. And not just any farm, but a

farm with sustainable growing practices and effective produce yield. It may seem odd but it has been made possible even in major cities like Washington D.C. The practice is called urban agriculture and it can make major differences in Southeast communities.

The concept of urban agriculture is to bring fresh produce into dense communities, that often times can be classified as food deserts. A food desert is a residential area that lacks accessibility to a variety of healthy foods. According to the American Nutrition Association, in a food desert, the nearest grocery store is more than half a mile away in walking distance. This leads residents to develop an over-reliance on fast food or dollar stores. The quality of this food is often poor with a harmful amount of artificial ingredients.

Food deserts typically develop in areas with high rates of poverty and unemployment. The Anacostia neighborhood and other neighborhoods in Wards 7 and 8 have the lowest median household income. Unfortunately, this is the reason more than half of all DC food deserts are located in Ward 8 while almost a third are in Ward 7.

The result of having limited access to healthy food is the over-reliance and over-consumption of food with little nutritional value. This not only wears on the health of the individual but also the health of the community. The issue of food deserts disproportionately affects predominantly black Communities. According to the American Diabetes Association, approximately 13.2 percent of all African Americans over 20 years old have been diagnosed with diabetes. Unsurprisingly, non-hispanic whites are less likely to contract diseases such as diabetes or obesity.

To ensure that the opportunity for a healthy lifestyle is given to all efforts such as the Ward 8 Farmers Market have been focused on bringing residents of Ward 7 and 8 fresh, sustainable produce from 100 miles of DC. The Ward 8 Farmers Market is located behind Martin Luther King Elementary School and even has a garden on the school's campus. The Farm-

ers Market partners with other organizations such as the DC Office of the Deputy Mayor for Greater Economic Opportunity, DC Urban Greens and local vendors. Because the market is focused on improving the community, those who are part of SNAP (Supplemental Nutrition Assistance Program) can receive healthy produce at double the value.

Health starts in the home; however, some may not be aware of how something as simple as where or how they buy their food may be affecting their health. The Ward 8 Farmers Market, DC Urban Greens and other organizations offer a variety of volunteer and educational opportunities catered for all ages. With the resources created by urban farming people can be exposed to the world of agriculture that is right in their backyard. By developing a better understanding of nutrition they can make better choices for themselves and their families. Urban farming creates a positive change in the community, a change that continues to grow as more people become aware of how it is improving the health of their neighborhood.

Stronger Together Changing the us versus them narrative of police

By: Alexis Williams
Special to the Capital News

As part of Mayor Bowser's Safer Stronger DC agenda, steps have been taken to prevent crime in the most targeted areas of the district. With June's kick off of the annual Summer Crime Prevention Initiative, the Metropolitan Police Department (MDP) is not only hoping to surpass 2018's results but also to reconnect the community with the officers who serve them. In efforts to reach this goal, the MDP is currently taking applications for officers to take part in the new Police for Tomorrow Fellowship.

In partner with Georgetown University's Program on Innovative Policing, members of the MPD participating in the two-year sched-

ule will attend monthly workshops. These workshops will focus on developing effective strategies as well as tactics for patrolling communities with diverse populations. The hope of the Policing for Tomorrow and Georgetown University's Innovative Policing is to rewrite the legacy of toxic relations between the community and law enforcement.

The MDP has continuously been present in community outreach, especially ones geared toward children. In previous years they have hosted the Junior Police Academy, the Officer Friendly Program and Youth Advisory Council activities. These programs create an environment that expose youths to a possible career path all while changing the "us versus them" narrative often portrayed in media.

The MDP also hosted their Beat the Streets DC community festival, which came to Anacostia July 10. For a few hours, people of all ages got to hear live music, browse vendors and see a more light-hearted side of law enforcement. Fostering positive police and civilian interactions like these can assist the public in seeing officers as an asset to public safety and not an obstacle.

In 2018 the number of violent crimes decreased by 15 percent while the overall crime rate decreased by 13 percent in targeted areas. With continued activities to improve public and police dynamics it is reasonable to suggest that this number may get even higher. By standing together and not apart, officers will not only be able to more effectively serve their community but will allow the community to better care for one another. Once this happens, everyone will reap the benefits of a safer, unified DC.



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COMMUNITY

NEWS

It's time to register for the 38th Annual Congress Heights Day Parade

It is that time again when the Congress Heights Community Association hosts it's 38th Annual Congress Heights Day Parade culminating with Art All Night - Soul of the City.

SAVE THE DATE: This year the parade will be held on September 14, 2019 starting at 4pm.

The parade will **start** at **Ballou High School, parking lot** located at
3401 4th St SE, Washington, DC 20032

The parade will **conclude** at
2700 Martin Luther King Jr Ave SE, WDC 20032.

We are counting on you, your family and/or organization's participation to make this year's event a success. This year has been the year of great things in Ward 8 and Congress Heights, we look forward to everyone coming to the Soul of the City to be a part of the greatness !

Registration for this event closes September 10, 2019

Register NOW: www.2019chparade.eventbrite.com

If you have any questions or concerns please feel free to contact
Dominique Rice at 202.563.5200 or email: dominique@chctdc.org

Hope to hear from you soon and please share our flyer on your social media pages and with your neighbors. Thanks in advance!

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September 14th, 2019

Dominique Rice - Email: Dominique@CHCTDC.ORG Phone: (202)563.5200
www.congressheights.biz #Congressheightsweek



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Kingdom Care Senior Village *Join the Village Today!*

Kingdom Care Senior Village (KCSV) was established in March 2017 in partnership with the DC Department of Aging and Community Living- DACL (formerly DC Office on Aging). KCSV is member-based community of adults (60 years and older) whose theme is *"Where the Village Becomes Your Family."* Since inception, KCSV has remained committed to being a community organization focused on the well-being and increased quality of life of its members. KCSV's goal is to assist members to age in place, that is continue to live comfortably in their home as they age.

Again this Summer, KCSV received a grant from DALC to increase our service to Seniors. The grant allows 75 qualifying seniors, 60 and over living in Ward 8 to receive free produce and other food items once a month from June to September 2019.

KCSV offered great workshops during July: Nutrition Workshop followed by a Cooking Demonstration with Chef Nick; Comfort Care/ Palliative Workshop and two Health and Fitness Exercise Workshops.

KCSV members also enjoyed outings to the movies and a trip to Dutch Market and Shopping. KCSV operates the Kingdom Care Free Pantry Food with shopping every 1st and 3rd Tuesday for members. Groceries are delivered to members who are homebound as well as prepared food is delivered to homebound members on a weekly basis.

KCSV is looking forward in developing new ideas, resources, workshops, events and networking with more organizations, to enhance the life of the Village members. KCSV is located at 814 Alabama Avenue, SE, Washington, DC 20032. KCSV's membership continues to grow – consider joining us!

Where the Village Becomes Your Family

814 Alabama Avenue, SE
Washington, DC 20032
202.561.5594 main | 202.561.5591 fax

info@KingdomCareVillage.org
www.KingdomCareVillage.org



CONTACT US TODAY!

Join as a Member
Become a Volunteer,
or Make a Donation

"LAST BITE OF CHOCOLATE CITY?"

Photo Exhibition & Chocolate City Experience



© Dee Dwyer



© Dee Dwyer

"Last Bite of Chocolate City?" is a photo exhibition of Southeast, D.C.'s native "Dee Dwyer." The photos are a documentation of black humanity in the "Chocolate City" with most of its focus being on "Southeast D.C." The city used to have a high population of blacks but due to gentrification there has been a huge decline. Southeast, is the "Last Bite of Chocolate City" that hasn't been affected heavily by gentrification like the other quadrants, however it is slowly happening.

DEE DWYER

DEE DWYER



A diversified Photographer and Art Educator from Southeast, Washington, D.C who captures awe-inspiring moments. She has been anointed as "The Visual Voice for the People". Her narratives focus on aspects of daily life while centering the concept and practice of her subjects' humanity. Her raw and compelling candids unveil the souls of her subjects, exposing their truth, adversities, beauty, and culture. Dee has traveled to various locations such as Salvador, Brazil, Cuba, Jamaica and across the U.S. While in Brazil, she spent times in the favelas documenting their culture. In Cuba and Jamaica, Dee lived with and worked closely with the natives capturing memorable moments of revelation and hope. The "Last Bite of Chocolate City" holds special meaning as Dee's lens focuses on the people and customs that raised her as a Southeast girl. Her fascination with the "Misunderstood" and her goal to offer honest depiction that challenge the misconceptions of those who are marginalized earned her a "Tribe Truth Teller" award in her own community of Southeast.

Artist Statement

Art, to me, is "Life." I use photography as a form of art. It is a way to stop time and reflect on a moment that can possibly shift history going forward. As a person who's witnessed and experienced struggle, I am naturally drawn to its core. While out creating photographs, I spend time trying to understand human experiences. This is essential to my process. I create photographs that capture people in their element. My goal is to show all aspects of human life with the primary focus being humanity. I'm fascinated with photographing the "Misunderstood". I hope that my work will clarify many misconceptions of which the world has dumped on people that aren't socially accepted into society and who are economically disadvantaged.



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The Knowledge Garden

Progress, Politics and Reality
Where do we go from here



By Eric Johnson

W.E.B. DuBois, a noted sociologist, civil rights activist, and scholar once famously said “A system cannot fail those who it was never meant to protect.” The prophecy of those words is both uncomfortable and illuminating. Uncomfortable in the sense that factors such as race, class, ethnicity, and gender still have an enormous impact on the lived experiences of too many people. Illuminating in the sense that the words themselves are in many ways instructive. They not only identify inequality but they also plainly provide an explanation. In other words, the bottom and top of a social, economic, and political system is not and never has been solely determined by the deeds of the people in question. Moreover, the bottom of the economic rung has traditionally been over populated by racial and ethnic minorities and that trend continues today. Systematic outcomes become far more predictable when we examine who mostly benefits and who is mostly harmed. This examination oftentimes comes down to one question: How are the people at the top social structure affected compared to the folks at the bottom? The outcome of that question makes many people uncomfortable but when it is applied to systemic effects it forthrightly reveals who was meant to be protected and who was not.

Current political and economic trends unfortunately serve as evidence for the systemic analysis provided by the Dr. DuBois. While the President and many of his supporters tout an economic boom, it is not shared evenly across the American public. Black unemployment during the Trump presidency has consistently doubled the rates in the White community. Furthermore, there continues to be disparities in wages between the Black


and White communities. Black unemployment over the last year has actually been on the rise, while it appears to be 6.8 percent currently, it has been as high as 7 percent in 2018 more than doubling the rates in the White community. Wage disparities for the year 2018 were pervasive at every level of wage distribution. In 2018 White people who had high school diplomas earned 21% on average more than Black folks with the same qualifications. The wage disparity for people with advanced degree was 18%. While the wage disparities cannot be explained by differences in education levels because even when Black and White people have similar education levels there are still unemployment and wage disparities that tend to advantage people in the White community. As we look at current trends in education there is no reason to be optimistic for any significant systemic change in the near future.

There is an intimate relationship between politics, education and economics. As we apply this metric to any number of contemporary relevant social tensions and conflicts, we can see a pattern that is in no way refutable. The current college admissions scandal that has recently revealed the undue influence of money, privilege, and race on university admissions is in some ways not surprising, but it does disclose a deliberate attempt to maintain the status quo. It seems that the already disproportionate advantage that White students have in college admissions was not enough for some privileged families. Black and Hispanic students with 3.5 or higher G.P.A.s are nearly three times more likely to attend community colleges than white students with similar academic profiles. In addition, Black and Hispanic students tend to be clustered in less selective universities while selective top tiered universities are mostly composed of White and Asian students. Enrollment in the top 468 best funded universities are 77% percent white, while enrollment at the 3, 250 lowest funded community colleges and universities are nearly 50% Black and Hispanic. Black and Hispanic students take on more debt to finish college and this is further complicated by the fact that white students tend to finish college nearly two years sooner, which not only contributes to less college debt but often translates to more years in work force. However, these advantages apparently were not enough for some privileged White families. It raises the stakes for the punishment that these accused privilege white families face or does it?

While people at the bottom of the economic rung are disproportionately Black and Brown, they are nonetheless compelled to support and participate in a system that appears to have no interest in equality or justice for all. The politics surrounding police violence is not irrelevant to the discussion given the power of police officers to impact the lives of citizens based on their ability to arrest and detain. However, who holds them accountable. A recent study that included 85,000 officers from over 700 police departments found that officers were investigated or disciplined for nearly 200,000 offenses. It is important to point out that this study represented a small sample given that there are 750,000 officers in the country from over 18,000 departments, but the results of this study are still relevant. While most incidents were relatively minor, many did include allegations of Rape, Excessive force, and abuse. In fact, there were more 2,200 cases of evidence tampering or falsifying reports and 32 people became Police Chiefs or Sheriffs despite serious misconduct allegations. These facts seem to validate DuBois’s analysis and frame the tenuous political and legal reality confronted by many Black and Brown folks and in many ways all people who feel marginalized and disenfranchised systemically.

The political and economic hypocrisy evidenced in these facts demonstrate a warranted suspicion of uneven systemic outcomes. Access to an educational process and system that supports a tide that raises all boats is little more than economic fantasy. It is difficult to call it a systemic failure when one can make the argument that the social and economic outcomes are by design. While nothing excuses each of us from the results of our decisions and personal responsibility, it is difficult to ignore the stubborn and persistent manifestation of inequality. Any change in our long-term economic forecast requires a complete reset of a process that benefits some at the expense of many. While there are no easy answers, our road to recovery includes an honest assessment of the challenges we face. The legacy of economic inequality and political hypocrisy is not an accident, it is the result of deliberate forces that serve a function. Our path to empowerment is a realization that there are those who benefit from the exploitation of others. As a result, there are some difficult questions we have to confront. How long will we allow ourselves to pitted against one another for crumbs that fall from a table where we not welcome to dine?

continued on P15



**MAYOR MURIEL BOWSER'S
MATERNAL & INFANT
HEALTH SUMMIT**

Tuesday, September 10, 2019
Walter E. Washington Convention Center
801 Mt Vernon Place NW • Washington, DC 20001

This summit will be an opportunity for DC residents, elected officials, and healthcare professionals to explore strategies to improve perinatal health and address racial disparities in birth outcomes. For more information, please go to www.dcmaternalhealth.com or call 202-442-8150.

WORD ON THE STREET

What do you think about UDC opening a campus in SE?



“Amazing. Inspiring. It’s right here in our home and our comfort zone. It’s definitely needed. I’m so glad Mr. Jones was able to orchestrate it.”-
Simona Evans ~Entrepreneur



“I think it’s good for the community. Some people can’t make it all the way up to Connecticut Avenue and some people don’t have the means for public transportation so for those that live in the heart of Southeast I think it’s good for the community.”
Kemari Greene ~ Teacher assistant



“I think it’s a great idea to have them [University of the District of Columbia] in the community.”
Antionette Quick ~ Business owner/ realtor

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MAYOR MURIEL BOWSER'S MATERNAL & INFANT HEALTH SUMMIT

Tuesday, September 10, 2019
Walter E. Washington Convention Center
801 Mt Vernon Place NW • Washington, DC 20001

This summit will be an opportunity for DC residents, elected officials, and healthcare professionals to explore strategies to improve perinatal health and address racial disparities in birth outcomes. For more information, please go to www.dcmaternalhealth.com or call 202-442-8150.

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We're **HIRING**

Overview of the South Capitol Improvements Project

The former South Capitol Street Shopping Center is being redeveloped by City Interests, LLC and The Michaels Organization. This mixed-use project is comprised of a 195-unit affordable multifamily building and 5,500 sq. ft. of community/office space that includes a neighborhood grocer space, community room, and office space for ANC 8D. The multifamily building also has several resident amenities, which include a business center, lounge areas, fitness center, and private courtyards.

The Congress Heights Community Training and Development Corporation CHCTDC is currently leading the workforce development initiative that includes facilitating local small, minority and women disadvantage businesses participation and local hiring on the project as agreed upon in the Community Benefits Agreement CBA.

The South Capitol Improvements project is subject to DC First Source Agreement, Small Business Enterprise (SBEs), Certified Business Enterprise (CBE), and Section 3 requirements which are being monitored by the neighborhood CDC.

If you are a D.C. Certified subcontractor (see below) or D.C. resident and you would like to work on the South Capitol Improvements project please contact us ASAP.

Current Subcontracting Opportunities

- Fencing
- Landscaping
- Kitchen Cabinets
- Overhead Doors
- Ceramic Tile
- Carpet and Flooring
- Painting
- Trash Chutes
- Fire Extinguishers and Cabinets
- Wire Shelving
- Signage
- Wire Mesh Partitions
- Toilet Partitions

Please contact our office at 202-563-5200

SPECIAL

EVENTS

Soul of the City Music Series: “Queens of Soul”, Thursday, August 8th

QUEENS OF SOUL

SOUL OF THE CITY

MUSIC

SERIES

An experience of arts, food, and live music performances. This is a fun and friendly community gathering.

THURSDAY, AUG 8TH, 2019

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We're calling on the following vendor types:

- **Information Vendors** - get the “word out” by sharing informative community news, +collateral.
- **Hand-made Crafters/Vendors** - sell & exhibit “hand-made” only creative products
- **Live Art Painters/ Vendors** - showcase & paint live during a cooking demo and. /or musical performance + exhibit/sell original art + prints.

This a **FREE & outdoor event -- there is no vendor fee!**

For more details and inquires please contact:
Ebony -or- Quann
202-563-5200 - ebony@chctdc.org
quann@chctdc.org

National Breastfeeding Month

Why Breastfeeding is Crucial to the Black Community

By Courtney Williams
Special to the Capital News

August is National breastfeeding month across the nation, the 25 through the 31 being Black Breastfeeding week. According to the CDC black women breastfeed 50 to 60 percent less than white women and 80 percent less than hispanics. This racial barrier is often caused by the stigma of breastfeeding in the black community, a lack of educational support for women and the spread of misinformation.

Breast milk has an abundance of nutrients that can alleviate many issues that newborns face such as infections, low birth weight and can even decrease the chances of SIDS (Sudden Infant Death Syndrome). Breastfeeding is also the most inexpensive way to feed and bond with the baby. Despite the benefits, less black mothers choose to breastfeed. Black Breastfeeding week raises awareness to this disparity and provides support for new mothers who may be unsure if breastfeeding is a good choice for their families.

The truth is that black mothers actually do breastfeed when they first have their babies. The CDC reports that four out of five women start off breastfeeding but stop before the recommended six months due to a lack of support and the belief that their milk is inadequate for the baby. Many other myths about breastfeeding still linger that can make it seem as breastfeeding is not the proper way to nourish a baby. In a CDC report, hospitals in zip codes with a larger black population found that hospital practices did not promote or initiate breastfeeding. The infant mortality rate in the black community is twice as high as other races. Though a lack of breastfeeding is not the sole cause for this number it could prevent many of its components.

The Black Breastfeeding week aims to stress the importance of education for new mothers. The Chocolate Milk Mommies group of Birmingham, Alabama aims to empower women African American women on the topic of nursing. Through the power of education and medical support the stigma of breastfeeding in the black community can become a thing of the past.

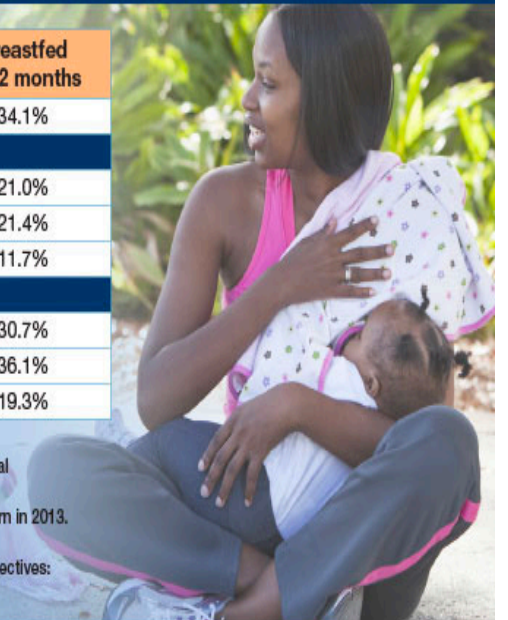


BREASTFEEDING OBJECTIVES & DISPARITIES

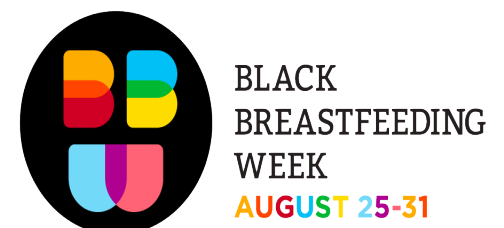
HEALTHY PEOPLE 2020 GOALS	Ever Breastfed	Breastfed at 6 months	Breastfed at 12 months
All Races/Ethnicities	81.9%	60.6%	34.1%
Babies Bom 2003-2006			
All Races/Ethnicities	73.4%	41.7%	21.0%
Non-Hispanic White	74.3%	43.2%	21.4%
Non-Hispanic Black	54.4%	26.6%	11.7%
Babies Bom 2013			
All Races/Ethnicities	81.1%	51.8%	30.7%
Non-Hispanic White	84.3%	57.9%	36.1%
Non-Hispanic Black	66.3%	39.1%	19.3%

SOURCES:

CDC. Racial and ethnic differences in breastfeeding initiation and duration, by state—National Immunization Survey, United States, 2004–2008. (Accessed Dec 12, 2016).
 CDC. Rates of Any and Exclusive Breastfeeding by Socio-demographics among Children Born in 2013. National Immunization Survey. (Accessed Dec 12, 2016).
 U.S. Office of Disease Prevention and Health Promotion. Healthy People 2020 topics and objectives: Maternal, Infant, and Child Health: Infant Care. (Accessed Dec 12, 2016).



Babies who were not breastfed in the first 6 months of their lives are 25 times more likely to die than those who experience exclusive breastfeeding from the time they were born.



UDC coming to Congress Heights continued from



UNIVERSITY OF
THE DISTRICT
OF COLUMBIA



“The community college will bring workforce development education to Congress Heights,” Monica Ray, the executive director of the Congress Heights Community Training and Development Corporation, said. “This center will help residents earn more money and be able to stay in Washington, D.C. instead of having to leave because they cannot afford to live here.”

The building is located on Martin Luther King Jr., Ave., S.E. the former Democracy Prep Congress Heights Charter School. UDC and the Old Congress Heights School Redevelopment Company LLC owned by Ward 8 entrepreneur Phinis Jones came to an agreement on a 15-year lease of a 49,341 square foot school building with the option to buy the property within the first six years of occupying the space.

Ray said the Congress Heights campus will combine the operations of UDC-CC Shadd located in Ward 7 on East Capitol Street., S.E. and P.R. Harris, another campus of UDC in Ward 8. She said there will be an automotive center and other vocational offerings in a building that will have the latest technological advances and be environmental efficient. The Congress Heights campus will be in concert with UDC’s goal of increasing graduation rates and student retention and improving workforce enrollment and industry certifications by 2022. Jones’s company worked closely with UDC officials to make sure that costs weren’t an issue.

Jones’s company has had almost full possession of the property since leasing it from the city and with renovations being finalized, the building is almost ready for its new occupants. The D.C. Council overwhelmingly supported the move, with only D.C. Councilmember Elissa Silverman (I-At Large) voting no and D.C. Councilmember Trayon White (D-Ward 8) didn’t vote because he had a personal matter to attend to. Jones said the sky is the limit for UDC coming to Congress Heights.

Knowledge Garden continued from pg. 8

Is real collective progress possible in a system that requires exploitation? Is it possible that the people who require our uninformed complicity will supply the resources for our empowerment and their decline? These questions require serious collective soul searching because chances are, we and our children will spend the rest of the lives in system not designed to protect us. And as a result, we find ourselves in an eternal struggle between the haves and the have nots. The hypocrisy is that we are both and neither.

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Twitter: Strategies2Succeed

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(strategies2succeed)

UDC coming to CH continued from pg. 15

“This should have been done years ago,” he said. “This is a really good time now for this to take place. With Amazon setting up in Northern Virginia, there will be a lot of jobs that need to be filled and UDC students in Congress Heights can take advantage of those jobs.”

Jones said the Congress Heights Metro Station “is only eight blocks away” and numerous “A” buses pass by the campus on a constant basis to the Anacostia Metro Station.

When the UDC campus isn’t filled with students and faculty, members of the community can use the space for meeting and other events. Ray says that the new UDC campus will continue the commercialization of Congress Heights and give students the chance to utilize their skills in the community. Some Congress Heights residents believe that UDC coming may mean that they will be going. Not so, Ray said.

“I know the fear of gentrification and displacement is real,” Ray said. “But the addition of the university can actually mitigate gentrification and displacement by providing more opportunities for adult education. Once someone has the education and the qualifications to enter a competitive market, they will be able to afford to live without the threat of rising costs of living.”

Ray also said that UDC should be viewed by residents for something that is its, of high value.

“I think it is a perception,” Ray said. “As Black people we tend to believe that the more something cost the more of value it is to us.” Ray said community engagement is the key for UDC in Congress Heights to be a success for students and residents.”

Ray said the new campus will work because Ward 8 has the youngest residents in the city on average and the highest unemployment rate not only in the District but in the Washington region.



“This university could increase the earning potential of Ward 8 residents, particularly the younger ones, and change the appearance of the ward within the next 10 years,” she said. Jones said the new UDC campus falls in line with what is taking place positively in the ward. “The ward is moving in the right direction,” he said. “Marion Barry had the vision of having the city buy St. Elizabeths East campus that now has the Entertainment and Sports Arena and will soon have residential and commercial options. If the ward had more commercial space, businesses would do better.”



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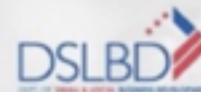
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Barbershop
3506 12th St NE

Department of Human Services
920-A Rhode Island Ave. NE

Department of Veteran Affairs
1500 Franklin St. NE

Fish King
403 Rhode Island Ave NE

Good Old Reliable Liquor Store
1513 Rhode Island Ave NE

Israel Baptist Church
1251 Saratoga Ave. NE

Jet Set Hair
3530 12th St. NE

Lucky 7 Liquor
2317 Rhode Island Ave. NE

M&S Barber Services
2900 12th NE

Murry's & Paul's
3515 12th St NE

Neighborhood Market
1611 Rhode Island Ave. NE

Newton Food Mart
3600 12th St. NE

Salon Shear Madness
2014 Rhode Island Ave NE

Sammy Carryout
2801 Franklin St NE

Woodbridge Public Library
1800 Rhode Island NE

WARD 7

Anacostia Library
1800 Good Hope Rd. SE

Benning Road Library
3935 Benning Rd. SE

Capitol View Neighborhood Library
5001 Central Ave SE

Deanwood Recreation Center
1350 49th St. NE

Ft. Davis Community Center
1400 41st St. SE

Francis A. Gregory Public Library
3660 Alabama Ave SE

Hillcrest Community Center
3100 Denver St. SE

Hillcrest Recreation Center
3200 Camden St SE

New 7 Market
1406 Good Hope Rd. SE

Safeway
2845 Alabama Ave. SE

Washington Seniors Wellness
3001 Alabama Ave SE

WARD 8

Allen Chapel AME Church
2498 Alabama Ave. SE

Andrews Federal Credit Union
1556 Alabama Ave. SE

The Arc/ Parkland Community Center
1901 Mississippi Ave. SE

The Big Chair Coffee Shop
2102 MLK Jr. Ave. SE

Brighter Day Ministries Congress Heights
421 Alabama Ave. SE

Brighter Day Ministries A.P. Shaw Campus
2525 12th Pl. SE

CSAM's America's Islamic Heritage Museum
and Cultural Center
2315 MLK Jr. Ave. SE

Cedar Tree Academy
701 Howard Rd. SE

Community College Preparatory Academy
2405 MLK Jr. Ave. SE

DHS Congress Heights Service Center
Dept. of Human Services Child Care
4001 South Capitol St. SW

Excel Pharmacy
3923-A S Capitol St SW

Excel Care Pharmacy @United Medical Center
1310 Southern Ave SE

Fort Carroll Market
3705 MLK Jr. Ave. SE

Good Wash Laundromat
1603 Good Hope Rd. SE

Hope Village
2844 Langston Pl SE

IHOP
1523 Alabama Ave. SE

Industrial Bank
1800 Good Hope Rd. SE
1800 Martin Luther King Jr Ave SE

Kingdom Care Senior Village
814 Alabama Ave SE

Marion Barry's Ward 8 Office
2100 MLK Jr. Ave. SE

My 3 Sons Barbershop
3125 Martin Luther King Jr Ave SE

Opportunities Industrialization Center
3016 MLK Jr. Ave. SE
3707 MLK Jr. Ave. SE

Park Southern Apartments
800 Southern Ave. SE

Parklands-Turner Neighborhood Library
1547 Alabama Ave SE

P.R. Harris School
4600 Livingstone Rd. SE

UPO/Peetey Greene Community Center
2907 MLK Jr. Ave. SE

R.I.S.E. Demonstration Center
2730 Martin Luther King Jr Ave SE

The Roundtree Residences
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Secrets of Nature
5923 South Capitol St. SW

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1100 Alabama Ave. SE

Southeast Tennis and Learning Center
701 Mississippi Ave. SE

SunTrust Bank
1340 Good Hope Rd. SE

Secrets of Nature Health Food Centers
3923-B South Capitol St SW

UDC at Congress Heights
3100 Martin Luther King Jr Ave SE

United Medical Center
1310 Southern Ave. SE

August Horoscopes

PISCES

(February 19 to March 20)

Dismiss the retrogrades. Forget the eclipses. Erase the predictions. Ignore Saturn. Never mind the prophecies. Sleep through the new moon. The whole universe is already inside of you. The end.

ARIES

(March 21 to April 19)

This month, I'm giving you a simple reminder that just because you are "supposed" to like something doesn't mean you have to like it. Keep this in mind when it comes to art, people, careers, ideas — everything.

TAURUS

(April 20 to May 20)

Waiting for the other shoe to drop is a way of protecting ourselves from fear of the unknown. I'm not telling you to stop waiting. But you should be aware that's what you're doing and that it has very little to do with reality.

GEMINI

(May 21 to June 20)

Schadenfreude is a natural feeling. We all love to gossip and even delight in other people's misery on occasion. But this month, if you find yourself a little more into this behavior than usual, ask yourself what your own life is missing that's making you look outward.

CANCER

(June 21 to July 22)

Sometimes it seems like it might be kind of soothing to be numb. It's not easy having feelings. But remember, every feeling always changes, because everything changes. Also, the only good numbness isn't numbness at all but the presence of serenity, which is underneath every feeling if you get very still.



LEO

(July 23 to August 22)

Happy birthday, Leo! This month, if you are filled with self-centered fear, it's time to help somebody else. If you are obsessing about somebody else, it's time to focus on yourself for a minute. And if you feel free, congratulations — just keep doing what you are doing.

VIRGO

(August 23 to September 22)

When people are talking to me, I often feel like life is elsewhere, usually somewhere deep within, away, cloistered, and sheltered from the hum of the world. Maybe you aren't that kind of Virgo. But if you are, let's both practice engaging in the hum a bit more attentively this month and see what surprises wait there.

LIBRA

(September 23 to October 22)

Look at the thing you think you want and ask yourself why you want it. Go deep. If the answer is genuine passion, you should know that the passion lives in you and can be relit again and again, even if you don't get this thing. And if you want what you want solely out of pride, be careful what you wish for.

SCORPIO

(October 23 to November 21)

The adage "We can't control the direction of the wind, but we can control our sails" is the only thing you have to remember this month. Also, I'd like to add that sometimes we don't feel like we can control our sails either, and that's OK too.

SAGITTARIUS

(November 22 to December 21)

It's easy to see that certain concepts sold to us by the media are an illusion. But for each of us, there are always goals, states of being, and ideas regarding who we should be that we buy into. What if the only thing worth having is what you have right now? That would be cool.

CAPRICORN

(December 22 to January 19)

It's lonely at the top, but it's also lonely in the middle and at the bottom and everywhere. This month, conduct a brief interview with your loneliness. See if perhaps it isn't actually some kind of friend, warmer than you thought, a creative space.

AQUARIUS

(January 20 to February 18)

You might trust the process of life, or you might not trust the process of life, or those feelings may alternate depending on the given day or minute. But most of us have sticking points: those things we simply feel we must control, regardless of how much faith we have. Make a list of those. Make a check mark every time you are gripping one of them with an iron fist.

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