

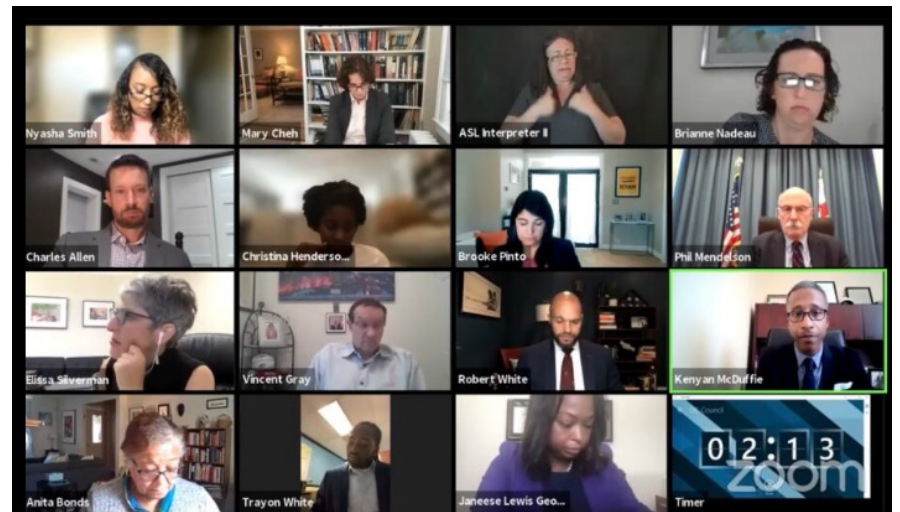
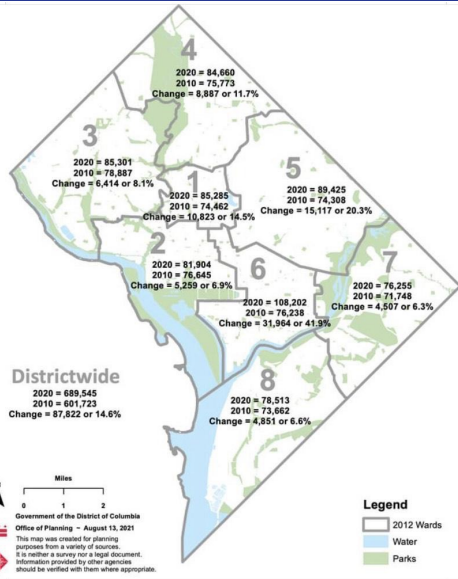
# THE CAPITAL NEWS

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The Untold Stories

## Redistricting of the District of Columbia

## DC Council Votes for ‘Baby Bonds’ to Close Wealth Gap



[Pictured: D.C. Government Office of Planning Map]

By: Sherice A. Muhammad

WASHINGTON, DC— At-Large DC Councilmember Elissa Silverman (I) and Chairperson of the Redistricting subcommittee along with Councilmembers Anita Bonds and Christina Henderson have begun hosting hearings, by ward, to engage DC residents on how best to balance ward populations and ensure representation in the legislature. After the hearings, the subcommittee will submit recommendations to the full DC Council on redrawing ward boundaries. Sounds simple enough. Hardly.

The subcommittee is composed of At-Large Councilmembers only, to avoid conflicts of interest on the part of ward elected Councilmembers.

continued on P4

Pictured: D.C. Council

By: Christen Hill

Last month, the D.C. Council unanimously approved legislation that creates “baby bonds” for children born into low-income families.

Under the Child Wealth Building Act, every child that qualifies would start with a publicly funded trust of \$1,000, with contributions of up to \$2,000 a year following that, depending on their family income.

The bill was introduced by Ward 5 Councilmember Kenyan McDuffie, who said the bonds will help bridge the city’s racial wealth gap.

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**Community News**

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**National Healthy Skin Month November 2021**  
**3 Tips for Flawless Fall Skin**  
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# THE CAPITAL NEWS

## THE UNTOLD STORIES

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## Fall Crime Prevention Crack-Down is in Play



Last month the Mayor identified five focus areas for the 2021 Fall Crime Prevention Initiative (FCPI). These areas include:

- Columbia Heights (Third District)
- Brightwood Park (Fourth District)
- Benning (Sixth District)
- Historic Anacostia (Seventh District)
- Washington Highlands/Bellevue (Seventh District)

“There is no place where gun violence is acceptable in our city,” said Mayor Bowser. “This is precisely why we are committed to making sure that we are investing in targeted programs and initiatives that protect our residents and bring resources to the communities that need it most.”

The Fall Crime Prevention Initiative runs from October 1st to December 18th, and focuses all available MPD resources and the latest crime-fighting technology in an effort to eliminate violent crimes in the specified areas.

“Year after year, we come to the same conclusion that strategic crime prevention and focused enforcement works, and that crime prevention initiatives are successful in reducing violent crime,” said Chief Robert Contee. “We will be laser-focused on providing these

areas with all available resources, and will utilize evidence-based and intelligence-driven strategies to combat crime.”

Since 2010, MPD has selected four to six areas that have experienced a high density of violent crime, specifically homicides and other gun-related incidents as part of the Summer Crime Prevention Initiative. Through these initiatives, MPD has seen reduced violent crime from nearly 15% to more than 35% in the previous focus areas.

In 2019, MPD collectively decided to continue these efforts by establishing a Fall Crime Prevention Initiative that aims to do the same. In the upcoming months, MPD will work closely with our partner agencies and organizations to focus resources on repeat violent offenders through intelligence, tactical operations, gun recovery, technology, and patrol enforcement. The Metropolitan Police Department, and local and federal partners, strive to provide the DC community with a feeling of safety and security and to improve the quality of life within each community during the Fall Crime Prevention Initiative.

To learn more about MPD’s Fall Crime Prevention Initiative, please visit [mpdc.dc.gov/page/crime-prevention-initiatives](http://mpdc.dc.gov/page/crime-prevention-initiatives).

## Turkey Day Giveaways



[Photo Credit: Getty Image]

According to DCHunger.org, over 1 in 10 households in the District reported they were food insecure as of 2020 – before the pandemic. The struggle to afford enough food is almost twice as high in households with children. 77 percent of D.C. children rely on free or reduced price school meals. D.C. has the second highest percentage across the nation with 30.5 percent of households with children who face food hardship.

According to the National Foundation to End Senior Hunger, 14.3 percent of D.C.'s nearly 120,000 seniors are currently food insecure. D.C. - the highest rate of seniors facing the threat of hunger in the nation.

Therefore, we have compiled a list of places where you can go to find complimentary Thanksgiving Day meals for you and your family.

### So Others Might Eat

71 O St NW, Washington, DC 20001

(202) 797-8806

Donating gift cards on

Nov 2nd - 2 p.m. - 5 p.m.

Nov. 4th - 2 p.m. - 5 p.m.

Nov. 6th - 1 p.m. - 4 p.m.

### Community Family Life Services

Provides families with Thanksgiving food baskets that include all the necessary items for a traditional Thanksgiving meal. Baskets can be delivered by November 18th to: 305 E Street NW, Washington, DC 20001

Martha's Table will be hosting a grab-and-go, drive through distribution contact 202-328-6608

### The National Center for Children and Families' Annual Thanksgiving Basket Drive

will be providing Thanksgiving meals to vulnerable families that work with NCCF in the region

301-365-4480

info@nccf-cares.org

Central Union Mission will continue scheduled distributions in the parking lot bi-weekly Monday - Thursday at 9:30 am and 12:30 pm daily  
202-745-7118

Union Temple Church will be holding a turkey giveaway at 1225 W Street, SE

*"Baby Bonds" continued from pg. 1*

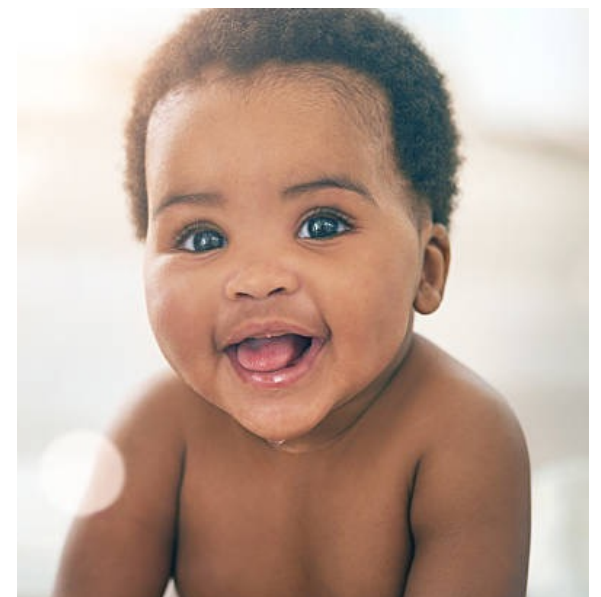
According to The Urban Institute, (Urban.org) Researchers found that, in 2013 and 2014, the average white household in the District had a net worth of \$284,000, 81 times the average Black household's net worth of \$3,500.

The Urban Institute says that, "These enormous wealth disparities did not arrive with the housing crisis or recession. Black people in DC have faced more than two centuries of deliberately constructed barriers to wealth building, and some of the highest barriers were embedded by design in law."

They document wealth gap disparities dating all the way back to the 1840s. Most recently, the recession of 2007 only made DC rife for gentrification.

If this new legislation is approved, once the child turns 18, they would have up to \$25,000 available to them to help buy a home or a business, create an investment account for retirement, or pay for education.

The bonds will cost about \$32 million over the next four years. Now, the bill will go to Mayor Muriel Bowser for her signature. Upon her approval it will become a law.



[Photograph Credit: iStock. Image]

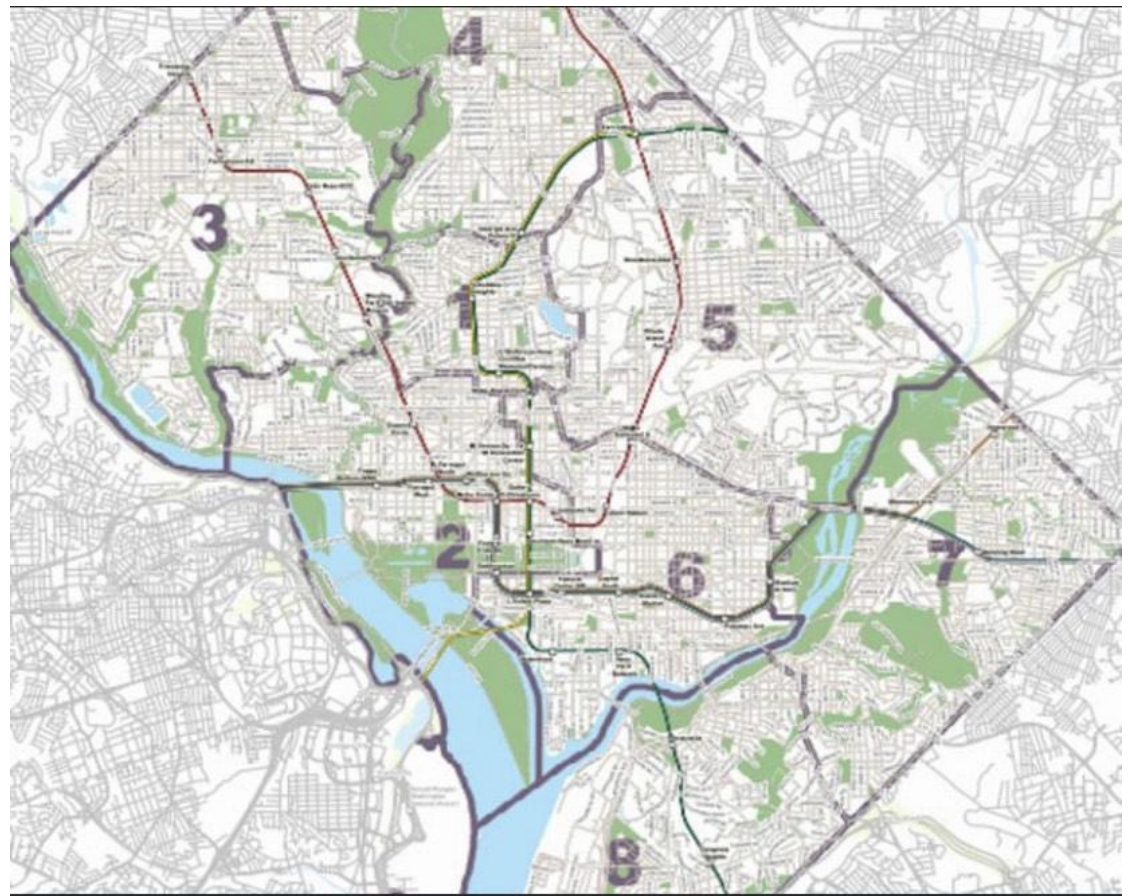
*Redistricting the district continued from pg. 1*

cilmembers, choosing voters of their own wards. The subcommittee has committed to a transparent and equitable process with public hearings on the proposed ward maps.

Every ten years, following the Census, the District of Columbia assesses its population growth and declines, by ward, and performs the arduous task of rebalancing ward populations based upon the 2020 Census data. As it stands, in the past ten years, there are some wards with as much as 25 percent more population than others. In order to compensate for such growth, new political boundaries will be established of roughly equal size to avail residents of equitable representation. In the past, redistricting began in the month of April when Census data is normally released. However, a five-month delay in the release of the 2020 Census data caused the redistricting process to launch in September. The DC Council has 90 days after the data is released to redraw the ward lines.

The official Census data was released on September 16, indicating when the clock begins on the 90-day period for the subcommittee to complete its mission of redrawing ward boundaries. Promptly, the next day, the [Redistricting website](#) launched to provide Census data, reference guides and tools to allow the public access to the overall process of how to make its voices heard on redrawing ward and ANC boundaries. The subcommittee along with ward-specific task forces, will also make recommendations on redrawing Advisory Neighborhood Commission (ANC) boundaries to meet balancing and equitable representation objectives.

For the month of October, the subcommittee will convene hearings in all eight wards, followed up with a final redistricting hearing on November 5. The subcommittee (which falls under the Committee of the Whole) mark-up of the ward redistricting bill will continue through November. The first vote by the full DC Council is scheduled for December 7, followed by a second vote on the bill on December 21. The Ward Task Forces are to begin meeting in December and report out its recommendations at some point in February



[Photo: D.C. Council proposed ward maps]

2022. The subcommittee mark-up of the ANC redistricting bill is set for May 2022 followed by the DC Council vote on the ANC redistricting bill in June 2022.

Considering all of the moving parts in the redistricting process, it is a sensitive issue and highly contentious among DC residents. At the kick-off hearing with the DC Council, Chairperson Silverman began her opening remarks with the chart (below). As the chart indicates, Ward 6 has had exponential population growth in comparison to the other wards. Conversely, East of the River indicates declines in population in both Wards 7 and 8.

Community members East of the River have expressed apprehension with the redistricting process citing that it is a tool for gentrification and mass displacement. ANC Commissioners have noted the low response and turnout for the 2020 Census. It is also important to note the great lengths were made to communicate the significance of residents completing the Census and the impacts of being unresponsive.

Redistricting is a culmination of the released 2020 Census data, in which the federal govern-

ment distributes more than \$6 billion annually to the District of Columbia for vital programs. As the process builds momentum, the shifting of ward boundaries will reflect population levels, age, race, voter turnout, income, education, geographic continuity, and other data points. The DC Council must ensure each ward has 86,193 residents, plus or minus 5 percent, which works out to between 81,883 and 90,503 people in each ward. While some are optimistic about the public engagement, there are many who are skeptical. At the last Census, there were protests, objections, and outcries at the 2011 redistricting outcomes. In light of the process this go around, Councilmember Silverman said in the first hearing, “What I can demonstrate is that I’ve tried my hardest, and our committee has tried its hardest to make this process understandable to you... and we’ve listened to you.”

For more information about the redistricting process, how to get involved, or simply follow the process, visit <https://www.elissasilverman.com/redistricting>. Anyone can email Councilmember Silverman at [esilverman@dccouncil.us](mailto:esilverman@dccouncil.us) or the redistricting subcommittee at [redistricting@dccouncil.us](mailto:redistricting@dccouncil.us).

Redistricting the district continued from pg. 4

| Table 1. District of Columbia 2010 & 2020 Ward Population and Change |            |         |                      |         |
|--|------------|---------|----------------------|---------|
| Geographic area  | Population |         | Change, 2010 to 2020 |         |
|  | 2010       | 2020    | Number               | Percent |
| District of Columbia.....  | 601,723    | 689,545 | 87,822               | 14.6    |
| <b>LEGISLATIVE DISTRICT</b>  |            |         |                      |         |
| Ward 1.....  | 74,462     | 85,285  | 10,823               | 14.5    |
| Ward 2.....  | 76,645     | 81,904  | 5,259                | 6.9     |
| Ward 3.....  | 78,887     | 85,301  | 6,414                | 8.1     |
| Ward 4.....  | 75,773     | 84,660  | 8,887                | 11.7    |
| Ward 5.....  | 74,308     | 89,425  | 15,117               | 20.3    |
| Ward 6.....  | 76,238     | 108,202 | 31,964               | 41.9    |
| Ward 7.....  | 71,748     | 76,255  | 4,507                | 6.3     |
| Ward 8.....  | 73,662     | 78,513  | 4,851                | 6.6     |

Source: U.S. Census Bureau, 2020 Census Redistricting Data (Public Law 94-171) Summary File



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## Bowser Adds \$22 Million to Support DCPS COVID-19 Mitigation



*[Photo: D.C. Mayor Muriel Bowser with DC “51” Statehood Face Mask]*

Last month, Mayor Muriel Bowser announced an additional \$22 million to support COVID-19 mitigation efforts in DC Public Schools (DCPS). The funding will allow DCPS to strengthen its layered mitigation strategy over the school year and hire an additional staff person for every school to support COVID-19 response operations. The District will also make available over \$17 million to further support COVID-19 response at public charter LEAs, including providing funding sufficient for an additional staff person for every charter school, floating supervisory nurses, and stipends for school-based staff supporting the COVID-19 response.

“We know that the best place for our students to learn and thrive is in the classroom, which is why we’ve made significant investments in safely opening all of our schools,” said Mayor Bowser. “After a strong

reopening, we are focused on supporting our school communities as they continue to implement robust mitigation strategies. In addition to these critical investments, we need every eligible resident to get vaccinated to protect themselves, our students, and our families.”

DCPS will also double the size of its COVID-19 response team. The funding builds on the Mayor’s significant investment of more than \$300 million for COVID-19 recovery and health and safety operations in DCPS schools. In addition to positions supporting the COVID-19 mitigation efforts, funding will also be allocated to expand the substitute teacher pool.

“We appreciate the tireless work of our students and staff to learn new routines and take the necessary steps to keep each other safe,” said Chancellor Lewis D. Ferebee. “This addi-

tional funding will allow us to enhance critical operations throughout the school year and provides critical support directly to our school staff.”

DCPS has a robust mitigation strategy based on three key areas: prevent, screen and inform. DCPS is focused on preventing the spread of COVID-19 with universal masking, physical distancing, enhanced air filtration and cleaning, and a robust campaign for our community to get the COVID-19 vaccine alongside a vaccination requirement for staff. DCPS screens for COVID-19 symptoms with daily health assessments for students and staff, and conducts regular asymptomatic testing for students. DCPS is also committed to keeping families informed if there is a COVID-19 case within their school.

## 3 Tips for Flawless Fall Skin

By: Vickey D. Casey

November is National Healthy Skin month and sadly, the seasonal change can wreak havoc on all skin types and colors. While it's tempting to just hide indoors and avoid the harsh, cold winds and unnecessarily dry feeling air, there are a few ways to keep our happy glowing and monitor it for anything dangerous.

### WATER

Humans are kind of like walking, talking plants. We each need a unique combination of sunshine, nutrients, and hydration to survive and look our best. Water helps to remove toxins from our systems, protects sensitive tissues, lubricates and cushions joints, and regulate the body's temperature, according to the Mayo Clinic. The U.S. National Academies of Sciences, Engineering, and Medicine recommends 15.3 cups of water daily for those assigned male at birth and 11.5 cups for those assigned female at birth.

In cooler seasons, we battle dry air both inside and outside of our homes. As annoying as that sticky summer humidity might be, the top layer of our skin misses that moisture once the temperature drops. A humidifier can help ease some of this skin stress by replacing a little of that moisture lost during the day. [Harvard University Women's Health blog](#) recommends setting it to around 60% "a level that should be sufficient to replenish the top layer of the epidermis." Just don't forget to clean it regularly.

### CHECK YOUR SKIN

In the spirit of National Healthy Skin month, take a few moments to really look at your skin. Beautiful isn't it? Get familiar with all the beauty marks you show off and the hyperpigmentation that you might not love to see. This is important since a significant change to these normal body markings might be a sign of something unpleasant.

While Black people are less likely than those of other races to contract skin cancers, according to a study by the [NIH National Cancer Institute](#), it still happens. However,



Photo Credit: Getty Images

the most common form found on Black skin is called acral melanomas. These are usually found on places hidden from the sun. "When was the last time you had a sunburn on the palms or soles?" says [Dr. Adewole S. Adamson](#), Assistant Professor of Internal Medicine (Division of Dermatology) at the University of Texas at Austin. "Famously, Bob Marley died from an acral melanoma on his [big] toe, but sunscreen would not have helped." What could have made a difference for him then and many others now would be better access to medicine and more information about these cancers in people of color, Adamson adds. There's no need to panic if you have a mole. However, if your mole is new or it has grown, if it changes color and texture, bleeds, or becomes painful, seeking a doctor's opinion might be a good idea. Just to be safe.

### AVOID STRESS

This is not the easiest thing to do during this global Covid-19 pandemic and with the holiday season approaching, but it is important to try. Stress shows on your skin and can manifest in different ways on everyone.

"An intact epidermal barrier is essential for healthy skin; when disrupted, it can lead to ir-

ritated skin, as well as chronic skin conditions including eczema, psoriasis, or wounds," says Neera Nathan, MD, MSHS in [Harvard Health Publishing](#). Whether the source is environment or psychological, our skin is constantly exposed to harmful conditions, causing it to produce stress hormones, like cortisol. This can lead to your skin overproducing oil, which causes the breakouts you become more stressed over.

There is no one method that will alleviate stress for everyone, but with some trial and error you can find what works for you. Some people love meditation or exercise, others like being still or vegetating on the couch. You could take a spa day, spend some time in nature, or even a Covid-19 conscious, vacation. Or maybe, you could just get some sleep. Remember to give your skin some extra TLC as the days grow darker and cooler. Keep your whole body and your skin hydrated, avoid stress as much as possible, and remember to check on those marks and moles occasionally. Your skin, regardless of the hue, deserves it.

Happy National Healthy Skin Month!

## Diabetes in the DMV

# DIABETES AWARENESS MONTH

**By: Lewis Mcilwain**  
Special to The Capital News

November is American Diabetes Month and it's a great opportunity to bring awareness to a disease that affects many DC residents.

People with diabetes have a high blood sugar level over an extended period of time and symptoms can include fatigue, thirstiness, blurred vision, itchy skin, and a wide range of other things. Type 1 diabetes, also known as juvenile diabetes, has no preventative measures and the cause is unknown. Type 2 diabetes, which makes up about 90% of diabetic cases can be managed through exercise and diet.

"We've been conditioned to eat a certain way. To encourage people to make a lifestyle change, we have to meet people where they are without judgement," says Sharon E. Hawks, a licensed dietician from Glendale, MD.

"You can't give people too much at one time or they won't make the necessary adjustment. Take small steps, and show people how to watch their portions. It's more effective."

Hawks went on to stress the importance of making healthier decisions before getting into the diabetic range.

"Pre-diabetes is what a person has right before they actually develop diabetes. We look at a person's A1C (which reflects a person's average blood sugar level for the past two months) to determine if it is in the normal range of 5.6 or below. People in the 5.7-6.4 range are classified as pre-diabetic. Our research shows that if a person exercises, eats healthier, and can lose roughly 5-7% of their body weight, we can get their A1C back into the normal range."

Exercise and diet play a big factor in a person developing type 2 diabetes. And in wards 7 and 8 east of the river, access to healthy food can be a struggle.

"It's a food desert where I live," said Avery James, 34, of ward 7.

"I was diagnosed in October 2020 with type 2 diabetes and it's still hard. I struggle with having to check my blood sugar daily. I still don't like puncturing myself."

Though checking blood sugar daily can be a daunting task, it is necessary for people living with diabetes to ensure they are making the necessary changes to their diet to stay healthy. Alexa Tydings, 28, of Southeast D.C. shared her experience living with type 1 diabetes.

"It was rough growing up. I always wondered, why me?"

Tydings was diagnosed with type 1 diabetes at the age of six and recounted how she went struggled maintaining her health during adolescence.

"I would get rebellious and overwhelmed and stop taking my meds. A lot of teenagers go through that stage. I ended up hospitalized. But the worst time I had with this disease was when I got older and was pregnant. I had seizures, and doctors had to change my medications almost every two weeks as my body was changing."

DC Health study conducted in 2019 suggests that 13.4% of DC residents living in wards 7 and 19.7% of residents living in ward 8 have diabetes. This is twice the national average. Exercising and eating a nutritious diet is essential to preventing the disease and maintaining one's health if diagnosed.







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# Congress Heights Training and Development Corp Leads Art All Night

By Imani Jessamy

Art All Night (AAN) is a festival that celebrates visual and performing arts in Washington DC, including painting, photography, sculpture, crafts, fashion, music, dance, theater, film, and poetry. The festival took place in 16 different Main Street corridors in DC and is held in both indoor and outdoor public and private spaces, including businesses. The festival was presented by Mayor Muriel Bowser in partnership with Anacostia BID, Destination Congress Heights, Eastern Market Main Street, Historic Dupont Circle Main Streets, H Street Main Street, Minnesota Avenue Main Street, Pennsylvania Ave East Main Street, North Capitol Street Main Street, Shaw Main Streets, Tenleytown Main Street, The Parks Main Street, Uptown Main Street, Ward 7 Business Partnership, Georgetown Main Street, Van Ness Main Street, Upper Georgia Avenue Main Street with support from the DC Commission on the Arts & Humanities and the Department of Small and Local Business Development.

Due to the Pandemic, Art All was not held in 2020. This festival was last celebrated in 2019 but made its way back this year, on September 25, 2021. Over 8,000 people were in attendance to this year's festival and among those people were many VIPs of Washington DC. Chairperson Reggie Van Lee, Ward 8 Representative Kristi Whitfield, and even a few DMPED Leaders were a few of the important faces seen at this event. If the name did not give a big enough hint, all of the artist who performed at Art All Night were just as much VIPs as the officials.

Guest appearances included Sugar Bear, Trouble Funk and Black Alley, just to name a few. Attendees crowded the streets to show off their moves to any song performed.

"This was my first Art All Night event. I really enjoyed the art the most. All of the vendors were very friendly, and the music was live! I will definitely have to invite more of my



[Photo: DC Art All Night 2021 in the "Soul of the City" vendor]

friends the next time." said Jordan Taylor an attendee. With Seventeen different locations to visit, attendees never had a dull moment. From 6:00pm to 2:00am there were endless activities to enjoy. The moon couldn't stop the fun. "For this being my first time vending at the Art All Night Event, it was a great experience. We really enjoyed ourselves and was a pleasure to work the event. I look forward to participating in the event in the future.", said Da Boss Catering.

Congress Heights Community Training and Development Corporation and all of the planning committee spent countless hours preparing for this event. Jasmine Joyner, the project assistant said, "I think it was amazing watching the community come together at an event. I was a non-violent event with love and peace in the air. I really enjoyed myself and I hope to get the opportunity to do it again someday." Next Year will be an even more exciting event.



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## Ghana's role in honoring US civil rights hero WEB Du Bois

### Special to The Capital News

A cadre of radical African-American intellectuals and artists moved to Ghana after its independence in 1957 and contributed to the invigorating atmosphere of those times.

WEB Du Bois - the famous African-American scholar and black activist - was probably the most high-profile figure among the coterie of African diasporas' who came to live here.

The first African American to earn a doctorate from Harvard University in 1895, he fought prejudice and racism in the US, speaking out against lynching and calling for the equality for all citizens.

He was one of the founders at the turn of the 20th Century of the National Association for the Advancement of Colored People (NAACP).

And he was seen generally by many Africans as the father of modern Pan-Africanism.

His role in establishing the Pan-African Congresses in the early 1900s and his agitation for an end to colonialism made him an inspiration to many African leaders.

By the time Du Bois came to live in Ghana in 1961 at the invitation of then-President Kwame Nkrumah, he was frail, sick and 93 years old.

Officially he came to start the big Encyclopedia Africana project, but it was obvious time was not on his side.

However, he did find the peace, and was accorded the respect, that America had denied him throughout his life.

He and his wife, Shirley Graham Du Bois, were given a comfortable seven-room government house in the capital, Accra, on an acre of land - No 21 First Circular Road,



**IN OUR SERIES OF LETTERS FROM AFRICAN JOURNALISTS, ELIZABETH OHENE LOOKS AT PLANS TO BUILD A STATE-OF-THE-ART COMPLEX IN GHANA TO HONOUR THE PIONEERING US BLACK CIVIL RIGHTS ACTIVIST WILLIAM EDWARD BURGHARDT DU BOIS.**



*[Pictured: WEB Du Bois Centre  
WEB Du Bois (L) celebrating his 95th birthday with Ghana's President Kwame Nkrumah in 1963]*

*Ghana honours DuBois continued from pg. 12*



*[WEB Du Bois, seen here with his wife Shirley, not long before they left the US for Ghana /Getty Images]*

Cantoments - and they had a staff of four: a steward, a cook, a night watchman, and a driver who was responsible for the two cars given to them.

To set the tone for the conversation in the home which was a hive of activity, the Du Bois couple decorated it with the busts of Karl Marx, Lenin and Chairman Mao.

The diasporan intellectuals were known as “Afros” by the locals, who kept well out of their sometimes-furious internal ideological rows.

Some of those names still ring a bell: Maya Angelou, George Padmore (there is a library named after him here in Accra), Marcus Garvey, Bill Sutherland, Julian Mayfield and the dentists Robert and Sara Lee.

### **PULL FOR US TOURISTS**

There will certainly be a beautiful symmetry to the story when No 21 First Circular Road, the current Du Bois Memorial Centre in Accra where the couple are buried, becomes a world-class destination for scholars and heritage tourists.

### **WEB DU BOIS ON BECOMING A GHANAIAN CITIZEN**

The government of Ghana and the Du Bois Foundation recently signed an agreement in New York to transform it into “a vibrant, cultural and research centre.”

It is already the fulcrum of African diaspora activity, playing host to the yearly Emancipation Day wreath laying, the annual Nkrumah-Du Bois-Padmore Memorial lecture series and serving as the offices for the African-American Association of Ghana and the Diaspora African Forum.

It attracts heritage tourists who come to pay homage and is also a popular pop-up market for artefacts and fashion items during weekends for Ghana’s growing African diaspora community.

The proposed multi-million dollar complex will be designed by, who else: Sir David Adjaye, the famous Ghanaian-British architect.



*[‘I have returned so that my remains may mingle with the dust of the forefathers’ /Getty Image]*



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*Ghana honours DuBois continued from pg. 13*

He's the designer of Ghana's National Cathedral, which is currently being built, and for the purposes of the Du Bois-American connection - the National Museum of African American History and Culture in Washington DC, which opened in 2016.

The complex will emphasize the fact that Ghana has always sought to attract the African diaspora.

The historic 2019 "Year of Return" and "Beyond the Return" campaigns that encourage the return to the continent, and to Ghana in particular, of African diaspora from around the world is not new to us.

This is a drive that has been ongoing since independence. More than half a century on, Stevie Wonder and other black Americans are continuing the tradition by taking the decision to come and live in Ghana.

During the Year of Return in particular there were many high-profile black visitors to Ghana, including Idris Elba, Boris Kodjoe, Steve Harvey, Cardi B and Naomi Campbell - treading a well-known path.

## GRANTED GHANAIAN CITIZENSHIP

Du Bois died in his Cantoments home on 27 August 1963, a day before the famous March on Washington, at which US civil rights leader Martin Luther King made his "I have a dream" speech.

As is well known, no-one does a funeral like Ghanaians and he was given a full-scale state funeral.

During the ceremony, reports say there was a brief and powerful rainfall that stopped as suddenly as it had started.

According to our traditional beliefs, the rainfall signified that Du Bois had been welcomed among the gods of the land.

Five months before he died, he was granted Ghanaian citizenship - after the US government refused to renew his passport.

He said that becoming a citizen of Africa's first independent country south of the Sahara was the happy end of a journey begun by his great grandfather who had been stolen away from the continent into slavery.

"I have returned so that my remains may mingle with the dust of the forefathers," he said.

"Now my life will flow on in the vigorous young stream of Ghanaian life which lifts the African personality to its proper place among men. And I shall not have lived and worked in vain."

## THE AFRICAN AMERICANS DISCOVERING GHANA

The hope here is that the new Du Bois Museum complex will attract more returnees. The aim is to create a living museum that revives the transformative spirit and vision of Du Bois for a unified ancestral home for Africans in the diaspora.

The complex will serve as a historic memorial site where visitors can honour his life and legacy, connect to their cultural and ancestral roots, and serve as an impetus to inspire solidarity between people of African descent.

Ghana is hoping that having been one of the main gate ways through which most of the slaves were transported during the transatlantic slave trade, the country will be the main source for Africans in the diaspora to reconnect to the continent.



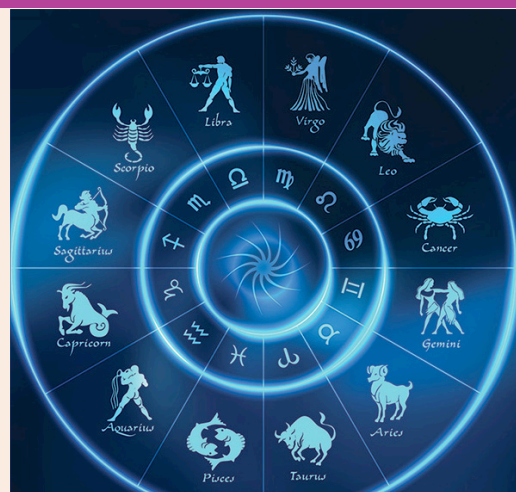
*[Pictured: Tourists visit Cape Coast Castle from where many slaves were transported./AFP]*



*[Pictured: Elizabeth Ohene Journalist] According to our traditional beliefs, the rainfall signified that Du Bois had been welcomed among the gods of the land"*

## November Horoscopes

Source: [www.yearly-horoscope.org](http://www.yearly-horoscope.org)



### SCORPIO

(October 23 to November 21)

Happy birthday! November is your most powerful month yet as your sign bring you energy, drive, and the gift of gab. With so much cosmic energy at your disposal, you are being called to reinvent yourself under this month's powerful November 4 New Moon. Make sure to set intentions around this time, and follow through with actionable items during the aftermath. November 19 Full Moon Lunar Eclipse arrives, you will be ready to say goodbye to the connections that no longer serve you. Better ones are on the horizon, dear Scorpio!

### SAGITTARIUS

(November 22 to December 21)

You are a fun soul, but in November, the cosmos will be asking you to rest and unwind, in preparation for your upcoming solar return. Your subconscious mind will be so activated that you might even be surprised at how much time alone you need in order to connect with your intuition.. This energy will peak. This energy will peak during the November 19 Full Moon Lunar Eclipse, when deep-seated patterns will be released for once and for all!

### CAPRICORN

(December 22 to January 19)

Take advantage of her sweet vibes by focusing on dating, resting, and practicing self-care. This is also the perfect time to take a vacation if you feel like you're in need of a break. You might also suddenly feel the need to merge with someone at a deeper level.

### AQUARIUS

(January 20 to February 18)

Change is coming, Aquarius, can you feel it? November will bring you a lot of developments in the realm of career and public visibility. As you happily accept these upgrades, do remember how important it is for you to stay true to your nature. Going with the flow will be required of you to make radical changes in this area of your life

### PISCES

(February 19 to March 20)

This is the perfect month to sail on a physical or intellectual journey by taking a trip or starting a new class. This a good month to upgrade your electronics and purchase any items that will take your life routines to the next level. Lastly, an important message could arrive as this month's.

### ARIES

(March 21 to April 19)

This is a great time to learn more about surrender and to synchronize with the timing of the Universe. This will be a very important lesson at mid-month when Sun and Mars (two powerful planets for Aries) conjoin in your sixth house of ambition and life direction. In advance of this period take the time to feel passionately about what you'd like to manifest in your life.

### TAURUS

(April 20 to May 20)

It might feel like people are challenging you left and right. But behind this tension, there's a side of your authenticity that is begging to come out. And allowing it to express itself by making considerable (even radical) changes could bring you not only more freedom—but a huge rush of energy and creativity your way. We get it, Taurus, you don't like change, but change is inevitable. Make the best of this exciting energy—you deserve it!



### GEMINI

(May 21 to June 20)

November will be a fast-paced month, just how you like it! You're ready to make headway with the energy helping you strike a better work/life balance. Your focus will be on socializing and having fun. This month looks amazing for planning a vacation or short getaway, signing up for a class, or doing something that expands your mind



### CANCER

(June 21 to July 22)

Commit to building meaningful bonds and long-lasting contacts. This is a fabulous month for dating and romance, but also for pursuing one-on-one connections that will help you in the future. If you've been considering working with a coach, this is the time to find one, as the cosmic weather is primed to get you the support you need to make some of your juicier projects happen.



### LEO

(July 23 to August 22)

November could put you through some tests, Leo, but it's nothing you can't manage. In fact, the more you go with the flow, the better things will turn out. Tension could be building up between your career and home life. The secret lies in asking for help! You do so much for people, so why not let them return the favor when you need it the most? Rely on your support system. Near month end the energy will flow easier for you!



### VIRGO

(August 23 to September 22)

W Good news, Virgo! November will be a relatively easy month for you,. It will be busy, and it will be about communication. All the emails, projects, and ideas that stalled in October will suddenly take huge leaps.. things will be moving fast, so pace yourself! Also, make sure to also leave room for fun because,



### LIBRA

(September 23 to October 22)

Scorpio season is all about money, expect surprises in this area! You could suddenly get a check in the mail, but you could also receive an unexpected bill. All this to say that it's not the time to make any big purchases. If you need to buy a big-ticket item, leave it for the last days of the month.



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# Religious Corner

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## WORD OF FAITH



**Spotlight**  
**Reverend Howard Garrett**  
**Grace DC**

“AND HE SAID TO THEM.... “FOR TRULY I SAY TO YOU, IF YOU HAVE FAITH THE SIZE OF A MUSTARD SEED, YOU WILL SAY TO THIS MOUNTAIN, ‘MOVE FROM HERE TO THERE,’ AND IT WILL MOVE; AND NOTHING WILL BE IMPOSSIBLE TO YOU. MATTHEW 17:20

### FAITH OF A MUSTARD SEED

The faith of a mustard seed still has the power to move mountains. Isn't it funny that the big things, huge things, small things, and medium-sized things that we desire for our lives all begin either something as tiny as a seed? These small things parallel how we have to initiate our faith walk. It takes baby steps. One small step at a time, moment by moment, and second by second type of faith is often the key to unlocking our next. Experience after experience is how you will have the capability to build your faith. Many people think you have to start off asking and praying for cars or houses, but yet are disappointed when those things do not come to pass. It's ok to start off asking for that job, asking for a bow tie, or even asking for that passing grade on your next test. Building a foundation of faith has to start somewhere and comes with many failed opportunities. The key to keep pushing through failed opportunities is still having the belief that God is still able to bring what you are expecting to come to pass.

Even though the situation may not reflect what God has promised, just know that when your season does come, you will reap the harvest prepared for you. Once you believe, you then have to speak and expect God for just that. You must be comfortable with walking before you start running. Walking in faith starts from crawling. It's ok, you have to start somewhere. Baby steps. Mustard seed Faith still has the power to move mountains. What's stopping you from building your foundation of faith.

Allen Chapel A.M.E.Church  
Rev. Dr. Michael E. Bell, Sr., Pastor  
2498 Alabama Ave. SE WDC 20020  
(202) 889-3296  
[www.acamec.org](http://www.acamec.org)

Brighter Day Ministries  
Rev. Tommy Murray, Pastor  
Multi-Location Church  
Visit our website: @  
[www.brighterdaydc.org](http://www.brighterdaydc.org)

A.P Shaw / Congress Heights Campuses  
2525 12th Place, SE, WDC 20020  
421 Alabama Avenue, SE, WDC 20032  
Office: 202/889-3660

Campbell A.M.E. Church  
2568 Martin Luther King, Jr. Ave. SE, WDC 20032  
(202) 678-2263  
Sunday Worship 8:00am & 11:00am

Christ Ministries  
30 Atlantic Street, SE WDC 20032  
Services: 11 am and 3pm

Covenant Baptist United Church of Christ  
Dr. Dennis and Christine Wiley, Co-Pastors  
3845 South Capitol St. SW WDC 20032  
(202) 562-5576  
Sunday Worship 10:00am  
[www.covenantbaptistucc.org](http://www.covenantbaptistucc.org)

East Washington Heights Baptist Church  
Rev. Kip Bernard Banks, Sr., Pastor  
2220 Branch Ave. SE WDC 20020  
(202) 582-4811- Office  
(202) 58202400- Fax  
Sunday Worship 11:10am  
[www.ewhbc.org](http://www.ewhbc.org) [ewhbc@aol.com](mailto:ewhbc@aol.com)

Emmanuel Baptist Church  
Christopher L. Nichols, Pastor  
2409 Ainger Pl., SE WDC 20020  
(202) 678-0884-Office • (202) 678-0885- Fax  
Sunday Worship 8:00am & 10:45am  
[www.emmanuelbaptistchurchdc.org](http://www.emmanuelbaptistchurchdc.org)

Greater Mt. Calvary Baptist Church  
Archbishop Alfred D. Owens, Pastor  
Evangelist Susie Owens, Co-Pastor  
610 Rhode Island Ave. NE WDC 20002  
(202) 529-4547  
Sunday Worship 8:00am & 10:45am  
[www.gmchc.org/](http://www.gmchc.org/)

Israel Baptist  
Rev. Dr. Morris L. Shearin, Pastor  
1251 Saratoga Ave. NE WDC 20018  
(202) 269-0288  
Sunday Worship 10:45am  
<http://www.israelbaptistchurch.org/>

Johnson Memorial Baptist Church  
Rev. Henry A. Gaston, Pastor  
800 Ridge Rd. SE WDC 20019  
(202) 581-1873  
Sunday Worship 7:45a. & 11:15am

Kingdom Care Senior Village  
Place of Worship:  
Greater Fellowship/Gospel Baptist Church  
814 Alabama Ave SE, WDC 20032  
Phone: 202-561-5594

Macedonia Baptist Church  
Rev. Garfield Burton, Pastor  
2625 Stanton Rd. SE WDC 20032 • (202) 678-8486  
Sunday Worship 10:00am  
[www.macedoniadc.org/](http://www.macedoniadc.org/)

Matthews Memorial Baptist Church  
Dr. C. Matthew Hudson Jr., Pastor  
2616 MLK Ave. SE WDC 20020  
(202) 889-3709 Office  
(202) 678-3304 Fax  
Sunday Worship 7:30am & 10:45am

New Life Ministries DC  
Reverend Ernest D. Lyles, Sr.  
Sunday Worship 10:00am  
<https://newlifeministriesdc.org/>  
Phone: 202-304-2005

Pennsylvania Ave. Baptist  
Rev. Dr. Kendrick E. Curry  
3000 Pennsylvania Ave. SE WDC 20020  
(202) 581-1500  
Sunday Worship 10:45am  
<http://www.pabc-dc.org/>

St. John C.M.E. Church  
Reverend John A. Dillard III  
2801 Stanton Rd. SE, WDC 20020  
(202) 678-7788  
Sunday Worship 11:00am  
<http://www.stjohncmecdc.org/>

St. Matthews Baptist Church  
Rev. Dr. Maxwell M. Washington, Pastor  
1105 New Jersey Ave. SE WDC 20003  
(202) 488-7298  
Sunday Worship 9:05am  
[www.stmatthewsbaptist.com](http://www.stmatthewsbaptist.com)  
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Pastor Anika Wilson Brown  
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Thursday Night Worship: 7:30pm  
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Hattie Holmes Senior Center  
324 Kennedy St. NW

Kwik Stop  
4801 Georgia Ave NW

Midnight Deli  
4701 Georgia Ave NW

Petworth Action Committee @  
Raymond Recreation Center  
3725 10th Street NW

Petworth Library  
4200 Kansas Ave, NW

Starlight Foods  
5425 5th Street NW

Senbeb Natural Foods  
6234 3rd Street NW

Shell Gas Station/ 7 Eleven  
4000 Georgia Ave, NW

Takoma Park DC Library  
416 Cedar Street NW

Yes! Organic Market  
4100 Georgia Ave, NW

## WARD 5

5th St. Laundromat  
415A Rhode Island Ave. NE

A Cut Above the Top Barbershop  
2377 Rhode Island Ave. NE

American Quality Home Care Services Inc  
2312 Rhode Island Ave, NE

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

Busboys & Poets  
2004 Martin Luther King Jr Ave 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

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814 Alabama Ave SE

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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

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2907 MLK Jr. Ave. SE

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

The Roundtree Residences  
2515 Alabama Ave. SE

Secrets of Nature  
5923 South Capitol St. SW

St. Elizabeth's Hospital  
1100 Alabama Ave. SE

Southeast Tennis and Learning Center  
701 Mississippi Ave. SE

SunTrust Bank  
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