

# THE CAPITAL NEWS

Certified Business Enterprise

The Untold Stories

## HAPPY MOTHER'S DAY



*We want to take the time to show our appreciation to all of the mothers. Your love and sacrifice does not go unnoticed. From our family to yours, we wish you a very Happy Mother's Day.*

**From The Capital News Family**

### Antoine Jones Set to Become a Legal Precedent Name

By James Wright  
Special to the Capital News



Students of history and law study people like Dred Scott, Homer Plessy, Linda Brown and Allan Bakke for the purpose of learning about the U.S. Supreme Court and the litigants who helped to change the direction of America for better or worse. Antoine Jones, a District of Columbia resident, is likely to join those famous people who went to the highest court in the country to fight for his rights.

Jones was the plaintiff in the noted Fourth Amendment case, United States vs. Antoine Jones, that was presented and argued to the high court on Nov. 8, 2011 and the court ren-

continued on P2

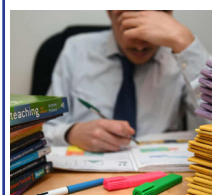
#### Community News



The Knowledge Garden

Read More on P8

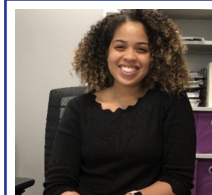
#### Community News



Fifth of teachers plan to leave profession within two years

Read More on P6

#### National News



Meet in-store nutritionist, Jillian Griffith

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:  
thecapitalnews1@gmail.com  
and visit the website:

## 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 thecapitalnews1@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.

## Antoine Jones continued from pg. 1

dered its decision on Jan. 23, 2012. The court held in the Jones decision that the government's attachment of a GPS device to a vehicle and the use of the device to monitor a vehicle's movements constituted a search under the Fourth Amendment. The Jones case was widely reported and is debated to this day.

The chief justice and the associate justices supported Jones unanimously though they split 5-4 on the fundamental reasons behind their decision.

Former U.S. Solicitor General Walter E. Delinger III, one of the nation's most prominent attorneys who represented Jones before the Supreme Court, said the decision was "a signal event in Fourth Amendment". Then FBI director Robert Mueller, who has gained national attention for investigating claims of Russian interference in the 2016 presidential election, testified to the U.S. Congress in 2013 that the Jones decision limited the Bureau's surveillance capabilities.

The case has led some to wonder who is Antoine Jones, who could be recognized in legal lore alongside Scott (Dred Scott vs. Sandford-stating that Blacks had no legal rights in the U.S.), Plessy (Plessy vs. Ferguson-segregation of the races is legal), Brown (Brown vs. Board of Education of Topeka-segregated schools by race is unconstitutional and illegal) and Bakke (Regents of the University of California vs. Bakke)-racial quotas are unconstitutional in college admissions). In an interview with the Capital News on Wednesday, April 3, 2019, Jones said he grew up in Barry Farm and remembers it as a tight-knit community.

"I had seven siblings and was considered a good-hearted kid," Jones said.

He did talk about a scrape with the law when he helped to rob a donut shop on Martin Luther King Jr., Ave, S.E. and got caught.

"It was the dumbest thing I ever did," he said. "I was the kid that everyone said would make it. My mother whipped me hard and she cried doing it".

Family struggles led Jones to become a part of the District's foster care system. He did a stint at Junior Village and stayed in foster homes throughout his teenage years. He started working at the age of 14.

By the age of 19, he was working two full-time jobs, at the D.C. Department of Recreation and at a Hyatt Regency.

Jones talked about the culture he was a part of while growing up. He noted that the role models in his sphere of existence were the motorcycle gangs, pimps and "other people doing illegal stuff".

He graduated from McKinley Tech High School in 1979.

By 2004, Jones owned nightclubs in the District and sold a kilo worth of drugs regularly. The FBI and the Metropolitan Police Department got wind of his activities and installed a GPS device on his Jeep Grand Cherokee without a valid warrant.

The device tracked the vehicle's movements 24 hours a day for a month.

Jones was arrested in 2005 by the FBI. He said the FBI accused him of selling 50 kilos and unfortunately associates of his who had serious crimes in their past were willing to provide information.

"I made bad choices and had to deal with the consequences," Jones said.

Jones worked with noted defense attorney A. Eduardo Balarezo, who has represented such clients as international drug kingpind, Alfredo Beltrán Leyva and Joaquín "El Chapo" Guzmán. While representing him filing multiple motions including suppressing the GPS data. The GPS motion was the basis of the eventually Supreme Court case.

Jones went through three trials, with the first and second producing no conviction but on the third try, in January 2008, he was found guilty of one count of conspiracy to distribute



and to possess with intent to distribute five or more kilos of cocaine and 50 or more grams of cocaine base.

He was sentenced to life in prison.

Jones's appeal for the GPS Fourth Amendment violation was ruled favorably by the U.S. Court of Appeals for the District of Columbia in August 2010 and they overturned his conviction, saying "it violated his reasonable expectation of privacy".

In June 11, the Supreme Court granted cert or the right to review the conclusion of a lower court case in the matter of Jones.

During the time of appeals and the Supreme Court case, Jones was incarcerated but used his time wisely. He organized a reading club and spent many, many hours in the prison law library learning about the jurisprudence system.

At one point, he got so frustrated with his attorneys that he fired them and began representing himself.

The successful Supreme Court case moved prosecutors to offer a May 2013 deal of 15 years with time served and he accepted it. Jones said he is considering offers to tell his

story in the form of a book or a film. He speaks to groups about how the criminal justice system works against African Americans or anyone who is poor.

He said many lawyers in the District have a cavalier attitude toward their Black clients who are accused of breaking the law and often are interested in staying in good with prosecutors and judges than protecting the legal rights of their clients.

"The system seems to favor people who are Spanish than those who are Black," he said. "There is a judicial bias against Blacks. I know of instances where innocent people will take a plea of guilty rather than deal with an incompetent lawyer representing them."

Jones is on supervisory probation at this point and is suing law enforcement officials of the District in federal court for violating his rights. After his release from prison, he stayed at Hope Village in Southeast where he said he had excellent support transitioning into his new life.

"Hope Village was a help," he said. "I might not have been ready for the real world or to go back to my family without Hope Village." ■

## 'I won't be silent': Ilhan Omar answers Trump 9/11 attack



Omar 'will not back down to Trump's racism and hate,' said Bernie Sanders. Photograph: J Scott Applewhite/AP

**By Martin Pengelly**

In the face of attacks from Donald Trump, Republicans and rightwing media outlets, the Minnesota representative Ilhan Omar said on Saturday no one could "threaten" her "unwavering love for America".

"I did not run for Congress to be silent," Omar wrote on Twitter, less than a day after the president shared a video that included footage of her speaking and graphic images of the 9/11 terror attacks. Trump retweeted his message on Saturday.

Omar thanked supporters for standing "against an administration that ran on banning Muslims from this country".

"No one person – no matter how corrupt, inept, or vicious – can threaten my unwavering love for America," she wrote on Twitter. "I stand undeterred to continue fighting for equal opportunity in our pursuit of happiness for all Americans."

In the hours after the president attacked Omar, who came to the US from Somalia as a refugee and became one of the first Muslim women in Congress, progressive Democrats condemned the president for "inciting

continued on P4

Ilhan Omar continued from pg. 3

violence” against her. Just last week, a Trump supporter from New York state was charged with threatening to kill Omar.

But while presidential candidates rallied behind Omar, House leaders did not immediately take the same approach.

The president is inciting violence against a congresswoman.

Leadership and some freshmen Democrats have disagreed over how to respond to attacks on Omar, including accusations that her criticism of US policy on Israel was antisemitic. Last month, Omar apologized “unequivocally” after suggesting support for Israel was fueled by donations from a lobby group.

On Saturday morning, Speaker Nancy Pelosi hedged her response to Trump’s tweet, saying “the president shouldn’t use the painful images of 9/11 for a political attack” but not mentioning Omar.

“The memory of 9/11 is sacred ground, and any discussion of it must be done with reverence,” Pelosi wrote, a comment that could be read as a criticism of Omar as well as the president. “It is wrong for the president, as commander-in-chief, to fan the flames to make anyone less safe.”

Trump tweeted “WE WILL NEVER FORGET!” with a video edited to suggest Omar was dismissive of the attacks. The video used part of a speech last month to the Council on American-Islamic Relations in which Omar discussed the problem of Islamophobia, describing “the discomfort of being a second-class citizen”. After September 11, she said, advocates “recognized that some people did something, and that all of us were starting to lose access to our civil liberties”.

Rightwing politicians were quick to say Omar was dismissing the gravity of 9/11. Dan Crenshaw, a congressman from Texas who as a Navy Seal was seriously injured in Afghanistan, falsely claimed Omar “does not consider [September 11] a terrorist attack on the USA



by terrorists”.

Two of the most progressive candidates for the Democratic nomination called on all lawmakers to condemn such attacks. Senator Bernie Sanders called attacks on Omar “disgusting and dangerous” and said Omar would not “back down to Trump’s racism and hate, and neither will we”.

Senator Elizabeth Warren said: “The president is inciting violence against a sitting congresswoman – and an entire group of Americans based on their religion. It’s disgusting. It’s shameful. And any elected leader who refuses to condemn it shares responsibility for it.”

Pete Buttigieg, the mayor of South Bend, Indiana who has surged in 2020 polls, wrote: “After 9/11 we all said we were changed. That we were stronger and more united. That’s what ‘never forget’ was about. Now, a president uses that dark day to incite his base against a member of Congress, as if for sport. As if we learned nothing that day about the workings of hate.”

Buttigieg added: “The threats against the life of [Omar] make clear what is at stake.” Among other candidates, former Hud secre-

tary Julián Castro said he stood with Omar and “others targeted by the president’s anti-Muslim rhetoric”. Former congressman Beto O’Rourke said: “We are stronger than this president’s hatred and Islamophobia. Do not let him drive us apart or make us afraid.” The California senator Kamala Harris wrote: “For two years, this president has used the most powerful platform in the world to sow hate [and] division. Putting the safety of a sitting member of Congress at risk [and] vilifying a whole religion is beyond the pale. I’ll be blunt – we must defeat him.”

Fox News and the New York Post, owned by Rupert Murdoch, have devoted high-profile coverage to misleading claims about Omar’s words. Republican party chair Ronna McDaniel has also attacked the congresswoman. Rashida Tlaib, the other Muslim American woman in Congress, was the first on Friday to call for Democrats to “speak up” in return.

“Enough is enough,” she wrote. “No more silence, with NY Post and now Trump taking Ilhan’s words out of context to incite violence toward her, it’s time for more Dems to speak up. Clearly the GOP is fine with this shameful stunt, but we cannot stand by.” Trump’s own comments and falsehoods about

September 11 have long attracted criticism.

He has repeated false claims about “thousands and thousands of” Muslims in New Jersey celebrating on the day itself; his business received money meant for small businesses affected by the attack, even though his businesses were not; he has claimed to have helped clear rubble from the attack site, a claim for which evidence does not exist; he has said he watched people jump from the World Trade Center towers from Trump Tower, four miles away, which would not be possible.

Perhaps most famously, in an interview hours after the attack on the World Trade Center, part of attacks in which 2,977 people were killed, Trump described his shock and disbelief. Then he added a comment that left his interviewers “stunned”.

Trump, claimed, falsely, that one of his own buildings had been “the second-tallest building in downtown Manhattan”, after the World Trade Center.

“And now it’s the tallest,” he said. ■

## *Capital News Crossword Answer Key*

### **Across**

3. Rosa Parks
8. Afeni Shakur
9. Madame C.J. Walker
10. Mamie Till

### **Down**

1. Aunt Vivian
2. Coretta Scott King
4. Sybrina Fulton
5. Clair Huxtable
6. Billie Holiday
7. Trudy Proud

## **Don’t Throw Out the Baby with the Bath Water: We Need a Halfway House In This City**

**By Alfonzo Holloway and Clarence Johnson**

Hope Village is not hopeless. We spent time at Hope Village and know that if you stay focused, follow the rules, and take advantage of the programs offered, there is hope at Hope Village. We came to the institution understanding the negative perceptions that are often spoke about. However, it must be understood that returning citizens inside of Hope Village are still in the custody of the Federal Bureau of Prisons. “They have too many rules”; “You can’t have a cell phone”; “You have to pay 25% of earning to the facility”; and the list goes on about the deplorable conditions that awaited us once we arrived. Hope Village does not dictate these rules; they simply follow the ones set by the Federal Bureau of Prisons. At the end of the day Hope Village is a place that gives back what you put into the experience.

A few years ago there were four halfway houses in the city. As a result of community development, we have been left with only one. Men from the district deserve the chance to re-establish connections in the community before they are released from their sentence. Still, it must be remembered that entering a halfway house like Hope Village does not mean you are home, even if you pass your house every day. Hope Village could very well be hopeless if you are confused about its purpose or refuse to do for yourself. Our experiences were grounded in self-will. We stuck to a plan, used our resources, and were prepared to network. “I stayed focused and completed the programs available...walked out of my class valedictorian and never looked back.” says Clarence Johnson. Hope Village offers programs that are beneficial if you have the mentality of wanting better and the action to follow through.

Hope Village offers clean apartment style

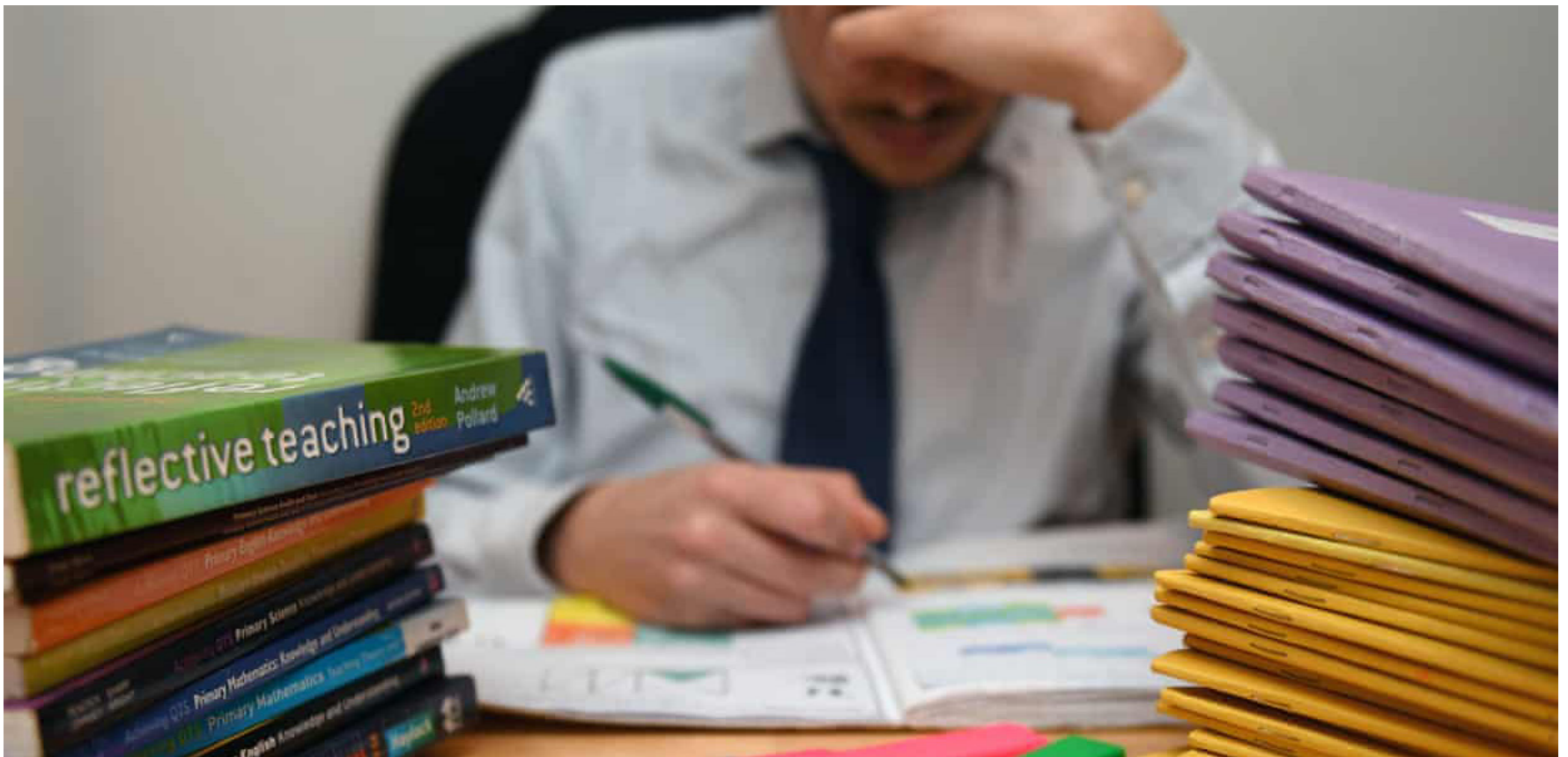
living, freshly prepared meals daily (bagged lunches, if we needed for work); laundry service, a friendly, helpful staff of vocational counselors, mental health services, life skills training, and an opportunity to spend time with our families. For those needs that Hope Village didn’t address inside, there were community based partners that filled the gaps in occupational skills training, clothing, transportation, vouchers to get IDs, and a GED program onsite.

The support systems and lessons gained were necessary for almost everything we do. Still, gaining these benefits required us to understand that we needed to be a part of our own solution. The regulations at Hope Village increased our ability to deal with real world issues once we left the program. The structure eased us into lifestyles that we hadn’t known for years. “I better understand the importance of submitting a timely leave request with my employer because of destination passes”, says Alphonso Holloway. Small features like these have large impacts when starting a career after serving 20+ years.

Since leaving Hope Village, we are in control of our futures. We have jobs, homes, and ambitions that have been earned because of programs and lessons learned over the course of incarceration and our stay at Hope Village. As long as we kept our heads down and pushed toward our goals, we were able to find success in the program. This can be the same story for anyone else as long as you remember the objective - to be your own solution. The Federal Bureau of Prisons has plenty of faults but we must be careful in throwing the entire resource of Hope Village away. The district had four halfway houses only a couple of years ago and Hope Village is the last to stand. We needed Hope Village and so will those that come after us. They all deserve that chance. ■

# Fifth of teachers plan to leave profession within two years

National Education Union warns of exodus caused by excessive workloads



By Sally Weale

Around one in five teachers (18%) expect to leave the classroom in less than two years while two-fifths of teachers, school leaders and support staff want to quit in the next five years – blaming “out of control” workload pressures and “excessive” accountability, according to a poll by the country’s biggest teaching union.

Despite recent government attempts to address teachers’ concerns, 40% who took part in the survey predict they will no longer be working in education by 2024.

Ministers will be particularly worried about a potential exodus among recently trained teachers after the poll by the National Education Union (NEU) found that more than a quarter (26%) of those with less than five years’ experience plan to quit by 2024.

Of those with less than two years’ experi-

ence, whose careers have barely begun, the figure was still 15%. When asked the reasons why they planned to leave, respondents blamed workload (62%) and the accountability regime (40%), amid complaints about the pressures of Ofsted inspections and school performance tables.

“My job is no longer about children,” one respondent said. “It’s just a 60-hour week with pressure to push children’s achievement data through.”

Many of those who took part in the survey, which was self-selecting, provided vivid accounts of the impact their work has on their everyday lives. “Working 70 hours a week for many years has meant my health and family life have suffered. I am getting out before the job kills me,” said one.

“My personal life doesn’t exist anymore,” said another.

“With a young family, and despite working

part-time, I have come to realize that a job in education is not conducive to family life,” another NEU member contributed.

The education secretary, Damian Hinds, announced plans in January to try to ease workload and help more teachers to job share, in an attempt to prevent experienced staff from leaving the profession.

The NEU joint general secretary Kevin Courtney accused the government of doing little more than “fiddling at the edges” in its attempts to address teacher workload. “So long as the main drivers of a performance-based system are still in place, schools will continue to be in the grip of a culture of fear, over-regulation, and a lack of trust,” he said.

“We need drastic action and a major rethink from government if we are to stop the hemorrhaging of good teachers from the profession.”

The NEU, which is holding its annual conference in Liverpool, is due to discuss work-

load, excessive working hours and bullying on Tuesday, with calls for the union to set aside a budget to take cases of workload breaches to tribunal and a national day of action to publicize the effect on children's education.

One of the conference delegates, Henry Emoni, a math teacher from Canvey Island in Essex who has been teaching for six years, said pressures had grown with class sizes up by around 10 pupils, fewer support staff, pressure to do holiday classes and fewer experienced colleagues to offer support.

Of the 30 colleagues he trained with, only four are still teaching in the UK. He said some had quit education, but others were teaching abroad in Dubai and the United Arab Emirates. "I think about leaving on a daily basis. I would like to learn from more experienced teachers, but there's no one around.

The poll of 8,600 teachers, school leaders and support staff found that 56% felt their work-life balance had gotten worse or much worse in the past year, compared with 31% who said it was unchanged and 12% who saw improvements. Worst affected were senior leaders, heads of department and middle leaders, 66% of whom complained their work-life balance had deteriorated.

Responding to the survey, a Department for Education spokesperson said: "We have worked with school leaders and teachers to create a workload reduction toolkit, which provides practical advice and resources that schools can use rather than creating new ones from scratch.

"We are also tackling excessive data burdens in schools, simplifying the accountability system to target the associated burdens and working with Ofsted to ensure staff workload

is considered as part of a school's inspection judgement."

When contributors to the survey were asked "what would be the one thing that would make your job better in the next 12 months?" responses were dominated by calls for a reduction in workload, with widespread complaints about heavy marking and over-assessment.

One respondent said: "Less assessment for pupils; it creates too much pressure on pupils and creates too much marking for teaching, which is taking away from valuable lesson planning, which would be much more beneficial for pupils."

"Trust being given back to the teachers," said another. "Less paper pushing and more focus on the children. Less emphasis on SATs results." ■



**CONGRESS HEIGHTS**  
ARTS & CULTURE CENTER

SOUFSIDE  
CREATIVE

CHACC'S MISSION IS TO INSPIRE, EDUCATE AND EXPOSE YOUTH AND ADULTS TO THE RICH ARTS AND CULTURAL OPPURTUNITIES IN WARDS 7 AND 8, FROM A HISTORICAL AND MODERN DAY PROSPECTIVE.



**ART EXHIBITIONS**

**RENTAL SPACE**

**WORKSHOPS**





@CHACC\_DC

**3200 MLK AVENUE, SE WASHINGTON, DC 20032**  
**202.505.1938 WWW.CHACC.ORG INFO@CHACC.ORG**

# The Knowledge Garden

## The Importance of Growth



By Eric Johnson

The role of growth in this life cannot be overestimated, it represents the ever-present challenge of us all to welcome the effort to see a better day. It is not possible to live this life without adversity, obstacles and flat out failures. We all fall but the question constantly remains; who is willing to do the work to get up? The difficulties and hurdles presented by this life are many and varied, none among us can escape the responsibility of owning our journey: the good, the bad, and the ugly. There are those who contend that growth is the state of increasing physical size, understanding or maturity. Certainly, each of those descriptions have appropriate applications, given the context. However, in the context of The Knowledge Garden, growth refers to all those things and more. Here growth refers to a sense of development that provides each of us with a deeper awareness of what our existence means to us. In this sense, what constitutes growth is less precise and more subjective. The presence and role of growth for families, communities and individuals is intimately connected to what they believe their existence means. Too often there is a desire to expect uniformity on the notion of growth and its metrics for measurement. Our understanding of growth has to be flexible enough to apply to the various circumstances in which we find ourselves but distinctive enough to make its presence known. In this approach, growth is the mechanism

by which we evaluate our journey as individuals, families and even communities. Asking the tough questions: Am I or are we better off? What does better mean? What are we willing to sacrifice to experience better? How do we or I know better when I see it? These are the kinds of questions that help assess the presence of growth and how we move toward it.

Growth is important because it is required to achieve any goal. More importantly growth cannot be bought or negotiated and often it is accompanied with some pain, regret or bad decisions. Complicatedly the most important forms of growth are likely accompanied by all three. So as individuals our growth is reflected in each of us asking ourselves hard questions like: What does my existence mean to me? How do I honor the gift of life I have been given? Ultimately why do I exist? These are questions that each of us can only answer for ourselves. While the answers can and should vary greatly, the effort toward growth by any metric you wish to apply begins with each of us doing the work to explore why we are here. Growth as it applies to family and community undergoes a similar process. Families and communities can only grow when all of the people who comprise it have a shared sense

of meaning about its existence. Asking difficult questions that include: What binds us together? What does it mean to be a part of this family or community? What are the potential elements that tear us apart? What does our existence mean to us as a collective and as individuals? These are not easy questions to answer nor are the questions comprehensive. There will be many times where different questions need to be asked. Moreover, sometime the same questions have to be answered more than once. In essence growth is important because its absence is an indicator of death. Let each of us take some time to consider: why we think we exist? And what do we think we owe to that existence? Whatever we achieve while we are here is informed by the way we answer these questions. While we all have the responsibility to tend our own gardens, if we do it well, we can share the crops. The Knowledge Garden as always seeks to feed our souls and invite us to be better. ■

Check me out on social media

Twitter: [Strategies2Succeed](#)

@BeyondSelfHelp1

Facebook: [Eric Johnson/strategies2succeed](#)

Instagram: [dr.eric\\_johnson](#)

([strategies2succeed](#))

# Capital News Giveaway

**1st Prize Winner Gets  
A \$100 Giant Gift Card**

Text "Capital News" to 31996 for more details



# May Weather Forecast

SUN	MON	TUE	WED	THU	FRI	SAT
28 43° 24°	29 44° 24°	30 Avg 51° 24°	1 Avg 51° 25°	2 Avg 52° 25°	3 Avg 52° 25°	4 Avg 52° 26°
5 Avg 53° 26°	6 Avg 53° 26°	7 Avg 54° 27°	8 Avg 54° 27°	9 Avg 54° 27°	10 Avg 55° 28°	11 Avg 55° 28°
12 Avg 55° 28°	13 Avg 56° 29°	14 Avg 56° 29°	15 Avg 56° 29°	16 Avg 57° 29°	17 Avg 57° 30°	18 Avg 57° 30°
19 Avg 58° 30°	20 Avg 58° 31°	21 Avg 58° 31°	22 Avg 58° 31°	23 Avg 59° 31°	24 Avg 59° 32°	25 Avg 59° 32°
26 Avg 60° 32°	27 Avg 60° 32°	28 Avg 60° 33°	29 Avg 60° 33°	30 Avg 61° 33°	31 Avg 61° 33°	1 Avg 61° 33°

## WORD ON THE STREET

What is the most useful thing your mother taught you?



My mother taught me to stay humble and always show gratitude for the things you have. She also told me to stay focused on your family, and to stay true to yourself.

Aaron Gadson  
Chef / Consultant ( MLK Deli )



My mother taught me to stand for something of value. She taught me to be courageous, outspoken, optimistic, and to love and cherish those who genuinely love and care for me.

LeQuante Rhodes  
Independent Contractor ( IDT / Pepco )



My mother taught me to always be a gentleman to people. She taught me to especially be a gentleman to all woman no matter their age, their race, or their religion.

Wade Briggs  
Construction Worker (Miller & Long)

## PERMIT EXPEDITING & CODE CONSULTING SERVICES

We work with owners, developers, architects, and contractors to navigate the permit process in a timely fashion.

### Services Include:

- Ground Up Development
- Tenant Improvements
- Traffic Control Plans
- Pick-up and Delivery Services
- Sign Permits
- Land development and much more!



202-563-5033

# *The MAY Firm PLLC*



The May Firm, a Washington DC Woman-Owned Business Enterprise, provides legal compliance to commercial, non-profit/not-for-profit, small businesses, government agencies and municipalities.

**Call For A FREE Consultation**

**202.506.3591**

## **SERVICES:**


- Wills , Estates and Trust
- Dispute Resolution
- Establishing Companies
- Legal Consulting
- Prepare Commercial Contracts
- Real Estate Development
- Government Relations
- Regulatory and Compliance
- Landlord and Tenant



## **PRACTICE:**

- Business Law
- Contract Law
- Family Law
- Construction Law
- Company Law

3200 Martin Luther King Jr. Avenue SE  
 3rd Floor: Washington, DC 20032  
 LaRubyMay@TheMayFirmPLLC.com  
 TheMayFirmPLLC.com



## CENTER FOR CIVIC INNOVATION

---

Need A Office?  
Join Our  
Shared Office  
Space Work  
Hubs Today

---

**Services Include: Phones; Faxes; Conference Room; and  
Much More. Weekly and Monthly Rentals.  
For more information, call Karen, 202.563.5033**

# THE EMERGENCE

WHERE INFORMATION & COMMUNITY COME TOGETHER

## GATEWAY TO CAREERS 2019

CONGRESS HEIGHTS COMMUNITY TRAINING AND DEVELOPMENT CORPORATION (CHCTDC) will be offering a new career development program for people who are looking for a career, but are still searching!

### COMPUTER ESSENTIALS

ADULT LEARNERS WILL EXPLORE COMPUTER SKILLS SUCH AS:

- Exploring the computer desktop
- Using the Internet
- Introduction to Word
- Setting up and using e-mail

### CAREER EXPLORATION

- Professionals from various occupations and careers will be coming in to speak with adult learners.
- Adult learners will receive virtual careers search instruction.

### DOLLARS AND SENSE

- Adult learners will receive basic money management skills that can be used in daily life.

### CAREER-BASED FIELD TRIPS

- Adult learners will have chance to go on industry specific field trips to observe first hand what actually occurs in the workplace.

### OSHA 10 AND FLAGGER CERTIFICATION

- Adult learners will have a chance to receive these two national certifications which will enhance your chances for employment.

Orientation  
Friday  
**APRIL 19<sup>TH</sup>**  
**2019**  
10:00AM

CALL TODAY



If anyone has any questions, they should be directed to  
CHCTDC  
**202.563.5200**  
info@chctdc.org

*The goal of this program is to get you ready to transition into career training and certification program that will lead to successful employment!*



**MALCOLM X OPPORTUNITY CENTER**  
1351 ALABAMA AVE SE, WASHINGTON, DC 20032

WWW.CHCTDC.ORG/HCD

## Your New Career = Your New Life

There is still time to take advantage of the perfect certification + career opportunities that are just right for you! If you are interested in securing these valuable certifications along with other nationally recognized ones, please call 202-563-5200 for further information. Choose between training options that include both: + Physical Security + Building Maintenance. A second cohort will start soon on Monday, April 29, 2019.



The building maintenance scholars received hands-on certification training to successfully install a toilet.



**SOUTH CAPITOL STREET HOUSING  
EMPLOYMENT OPPORTUNITIES  
AVAILABLE**

APPRENTICES / JOURNEYMEN / SKILLED WORKERS / LABORERS

**APPLY ONLINE OR STOP BY**

**CONGRESS HEIGHTS CTDC**  
3215 MARTIN LUTHER KING JR AVE WASHINGTON DC 20032  
**202-563-5200**  
**WWW.CHCTDC.ORG/APPLY**  
WARD 8 AND ALL DC RESIDENTS ENCOURAGED TO APPLY.

## 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**

# Meet in-store nutritionist, Jillian Griffith



**Jillian Griffith is the in-store nutritionist at the neighborhood  
Congress Heights Giant food —**

**Schedule your informative and engaging presentation for your workplace, special  
interest group, or club!**

**Jillian can also provide consultations in healthy eating, diabetes management, and  
helping to reach your wellness goals.**

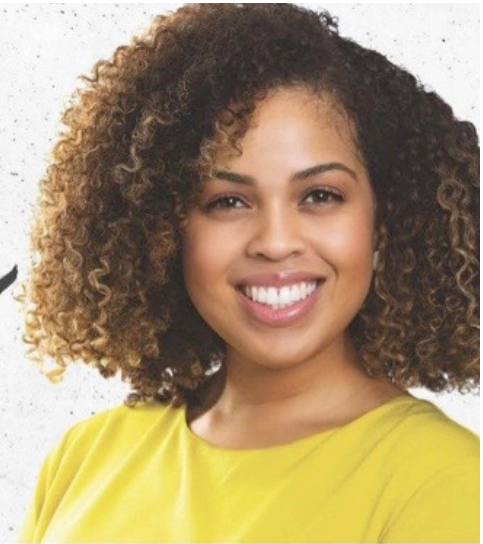
**Check out the Congress Heights  
Wellness Center TODAY**

**1535 Alabama Avenue #SE  
Washington DC 20032  
[Jillian.Griffith@Giantfood.com](mailto:Jillian.Griffith@Giantfood.com)  
202-610-6494**

# NUTRITION SEMINARS

## with Jillian

Contact Jillian, in-store nutritionist at your Congress Heights Giant, to schedule an informative and engaging presentation for your workplace, special interest group, or club!



### FOOD IS MEDICINE

Learn how to fill your cart and plan your menu to prevent cancer, heart disease, type 2 diabetes and other chronic diseases. Join Jillian for a lively discussion on disease-fighting foods and ways to reduce sugar, fat, and salt in your daily diet. You'll leave this session with practical tips and strategies for using your favorite foods as daily medicine.

### DIABETES: TAKE CONTROL

It's time to take control and learn practical and delicious ways to manage your prediabetes and diabetes. Discover the top ten diabetes superfoods as recommended by the American Diabetes Association and learn how to balance your carbs and protein to keep your blood sugars in check.

### PLANT BASED EATING

No matter your nutrition goals, adding plant-based foods to your diet is a great way to improve long-term health and maintain a healthy weight. Whether you are curious about vegetarian and vegan eating, or simply want to know how to increase your intake of plant-based foods, this lively discussion will provide useful answers and strategies that will get you moving in the right direction.

### POWER OF PRODUCE

Tired of eating the same old veggies? Join Jillian for this fun and interactive session to learn how to turn this season's vegetables into new and exciting dishes for your dinner table.

### MINDFUL EATING

Are you a mindful or mindless eater? Join Jillian to explore mindfulness concepts which can lead to more enjoyment of the foods you love to eat with less guilt. Learn tips and tricks to help you become more aware of how your environment influences what and how much you eat.

### EATING HEALTHY ON A BUDGET

If you think eating healthy is too expensive, then this presentation is for you. Learn how to stretch your dollars to provide nutritious and delicious meals for you and your family, while staying on budget. Jillian will share tips for meal-planning as well as affordable recipes that will help you stretch your grocery dollar a little bit further.

### EATING 9 TO 5: SOLUTIONS FOR WORKDAY CHALLENGES

Workplace survival isn't just about project deadlines and meetings. Knowing how to incorporate healthy habits throughout the workday can result in long lasting energy. Join Jillian to learn about the most common eating challenges at the office and explore simple solutions for better focus and productivity.

### LABEL READING FOR HEALTH

Want to eat healthy, but have trouble making the best food choices? Take advantage of this hands-on opportunity to learn how the Nutrition Facts Label can make it easier for you to choose healthy foods, control your weight and manage your cholesterol and blood sugars.

### HEALTHY RECIPE SWAPS

As you plan your summer cookout or holiday meals, try these simple steps to lighten the menu. We will discuss holiday favorites, recipe swap ideas and ways to boost nutrition while adding flavor, too!

### SNACK ATTACK

Eating a little something between meals gives you energy and keeps your hunger under control so you don't overeat at your next meal. This class will walk through the best types of snacks to deliver necessary nutrients to keep you going.

### 8-STEPS TO A HEALTHIER DIET

Whether you are concerned about your weight, managing an illness, or just maximizing your health, this class will help you identify simple and gradual changes that add up to major improvements! Let Jillian help you identify a step-by-step plan to help you meet your personal health goals.

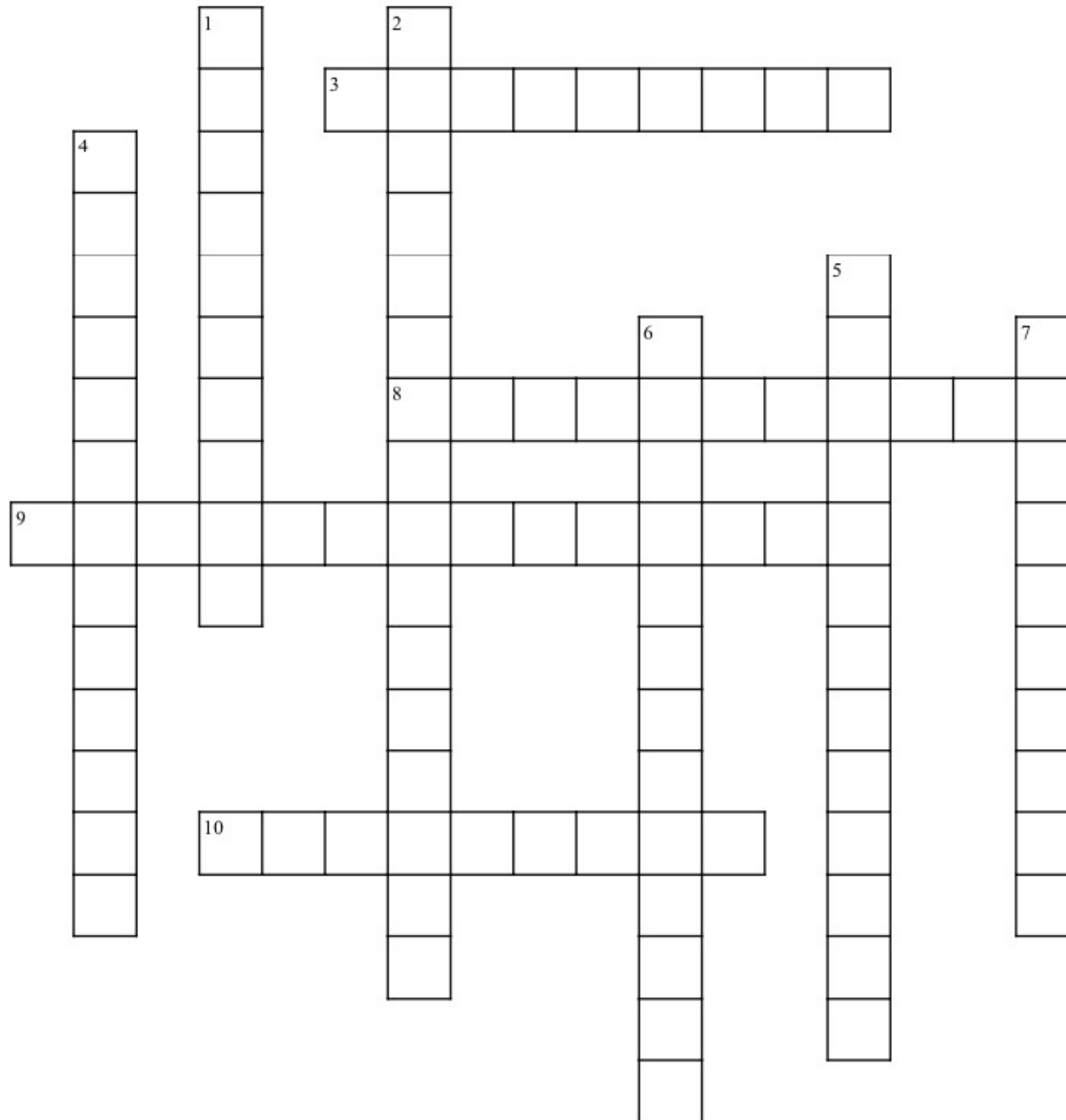
### SPICE UP YOUR LIFE

Herbs and spices are an easy way to add flavor, fragrance and powerful antioxidants to your food. Join us as we learn about the health benefits of common culinary spices. This seminar includes an interactive tasting experience that will awaken your senses.

### NOW TRENDING

Discover the season's hottest flavors and food trends. If you buy the same thing over and over, you may be missing out on your next favorite! This session includes an interactive tasting experience, so you'll leave with ideas on how to incorporate new

## The Capital News Crossword: Mother's Day Edition



**Across**

- 3. Mother of the Civil Rights Movement
- 8. Mother of Tupac Shakur
- 9. First Black Millionaire Mother
- 10. Mother of Emmett Till

**Down**

- 1. Mother of Carlton, Hilary, and Ashley from the Fresh Prince of Bel Air (Hint: Aunt \_\_\_\_\_)
- 2. Wife of Martin Luther King Jr.
- 4. Mother of Trayvon Martin
- 5. Mother from the Cosby Show
- 6. Founding Mother of Jazz
- 7. Mother from The Proud Family





## EXCEL PHARMACY

*committed to serving the people in our  
community!*

### *Helping you stay well is our priority*

- + Free delivery
- + Free blood pressure monitoring
- + No wait at the counter
- + Reliable and professional
- + All major insurances accepted
- + Generous discount for uninsured customers
- + Free medication reviews and consultation
- + Competitive prices
- + One refill date for all your medications
- + Consult with your physician for refills and other health care needs
- + Answers to all your health care questions

Visit us @ the shopping plaza across Auto Zone  
3923 South Capitol St. SW DC 20032  
Phone: 202-652-1776 Fax: 202-652-1951  
Hours: Mon - Fri: 9:00am - 6:00pm, Sat: 10:00am - 5:00pm

# SOUL OF THE CITY MUSIC SERIES

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

**SATURDAY, JUNE 8TH**  
F E A T U R I N G M O U S E Y



**12:00PM-4:00PM EST**

CONGRESS HEIGHTS  
**SOUL OF THE CITY**



**@DESTINATION\_CH**  
**@DESTINATIONCONGRESSHEIGHTS**










**#DCHBIZ**

PHONE (202) 563-5200  
EMAIL- [QUANN@CHCTDC.ORG](mailto:QUANN@CHCTDC.ORG)



**Congress Heights Plaza – 3109 Martin Luther King Jr. Avenue SE, Washington DC 20032**  
[www.congressheights.biz](http://www.congressheights.biz)



Specifications (in inches, width x height)				
<b>Full Page (Back Cover)</b> 9.75 in x 10 in  <b>\$850</b>	<b>Full Page (Inside Cover)</b> 9.75 in x 10 in  <b>\$700</b>	<b>Full Page</b> 9.75 in x 10 in  <b>\$500</b>	<b>Half Page (Vert.)</b> 5.25 in x 10 in  <b>\$300</b>	
<b>Half Page (Horiz.)</b> 9.75 in x 4.5 in  <b>\$300</b>	<b>Quarter Page (Vert.)</b> 5.25 in x 5 in  <b>\$200</b>	<b>Quarter Page (Horiz.)</b> 5 in x 4.5 in  <b>\$200</b>	<b>1/8 Page</b> 3.25 in x 4 in  <b>\$150</b>	<b>Business Card</b> 3.25 in x 2 in  <b>\$100</b>
<b>Frequency Discounts**</b> Deduct 20% from base rate if ad buy is for six (6) or more issues.				

**Billing Date:**  
 Advertisers will be billed immediately upon publication. Terms are net 30 days from date of invoice.

## DISTRIBUTION



### WARD 5

BROOKLAND  
 ECKINGTON  
 EDGEWOOD

RIGGS & MICHIGAN  
 TRINADAD  
 WOODRIDGE

**READERSHIP - 20,000** (pass-along rate of 4 readers per issue)

**CIRCULATION - 10,000** PRINTED

### WARD 7 & 8

ANACOSTIA  
 BENNING ROAD  
 MINNESOTA AVE  
 GOODHOPE ROAD  
 DEANWOOD  
 HILLCREST

CAPITAL VIEW  
 CONGRESS HEIGHTS  
 FAIRFAX VILLAGE  
 FORT DAVIS PARK  
 MARSHALL HEIGHTS  
 RIVER TERRACE

The Capital News is delivered monthly to high impact and heavily frequented public areas in Ward 5, 7 and 8. Our distribution includes churches, bus stops, post offices, community centers, clinics, coffee shops, barbershops, beauty salons, and IHOP and other restaurants.

# FREE SMALL BUSINESS TECHNICAL SUPPORT



## LET US HELP YOU

Start or Grow Your Business

# FREE SERVICES

- Access to Capital
- Business Start-up
- Business Site Selection
- Licensing and Compliance
- Business Plan Development
- Entrepreneurship Bootcamp
- Monthly Workshops
- Strategic Management
- Sales/Marketing Strategies
- Accounting Assistance
- Human Resources/Staffing
- Growth Strategy
- Technology
- Buy/Sell Businesses
- Certifications
- Contract Assistance

## CALL NOW 202-563-5200

Your Success Is Around The Corner!

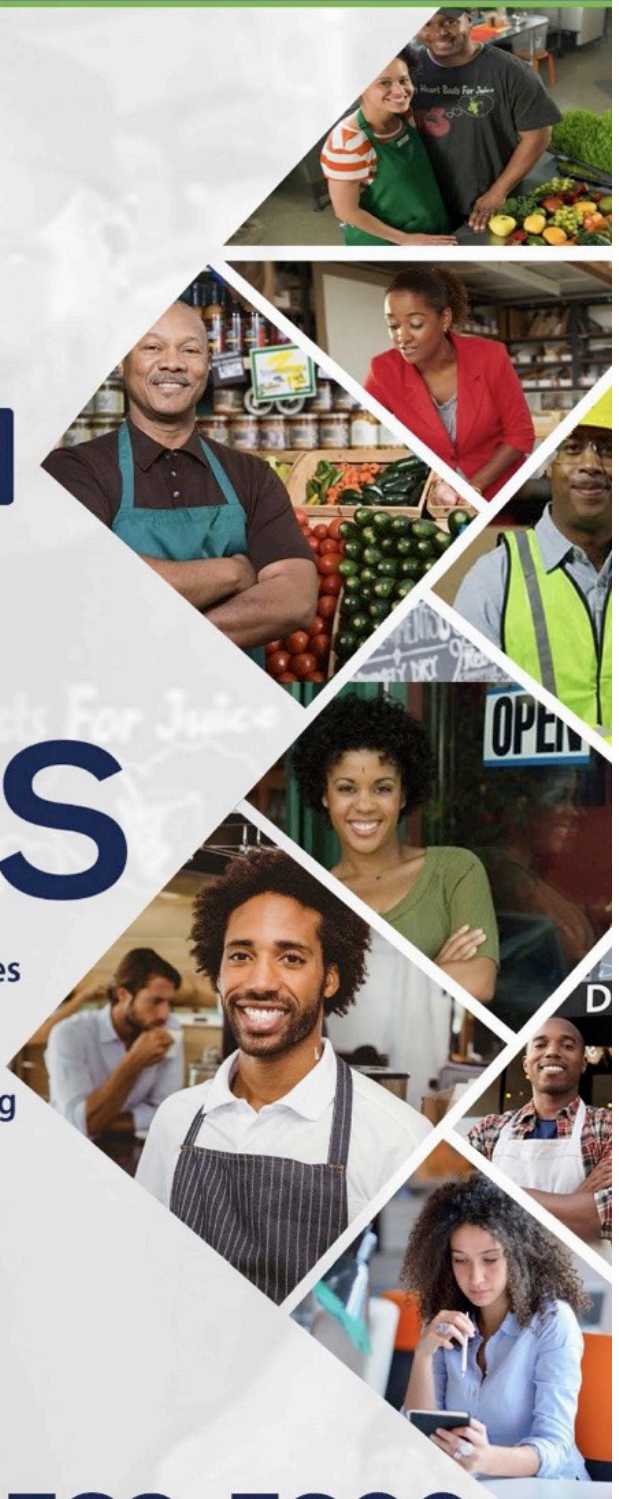
### WWW.CHCTDC.ORG

Follow Us On Social Media

@CHCTDC @CHCTDC @CHCTDC



3215 Martin Luther King Jr. Ave, S.E. Washington, DC 20032



# Our Distribution

You can pick up your monthly issue of Capital News at any of the locations below.  
If you would like to be included in the distribution please contact [thecapitalnewsteam@gmail.com](mailto:thecapitalnewsteam@gmail.com)

## WARD 4

Yes! Organic Market  
4100 Georgia Ave, NW

Petworth Library  
4200 Kansas Ave, NW

Midnight Deli  
4701 Georgia Ave NW

Kwik Stop  
4801 Georgia Ave NW

Starlight Foods  
5425 5th Street NW

Hattie Holmes Senior Center  
324 Kennedy St. NW

Andrene's Caribbean/Soul Food  
308 Kennedy St. NW

Senbeb Natural Foods  
6234 3rd Street NW

BP Gas Station  
7000 Blair Rd. NW

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

Shell Gas Station/ 7 Eleven  
4000 Georgia Ave, NW

Takoma Park DC Library  
416 Cedar Street NW

## WARD 5

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

Salon Shear Madness  
2014 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

Sammy Carryout  
2801 Franklin St NE

Barbershop  
3506 12th St NE

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

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

Neighborhood Market  
1611 Rhode Island Ave. NE

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

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

Woodbridge Public Library  
1800 Rhode Island NE

M&S Barber Services  
2900 12th NE

Jet Set Hair  
3530 12th St. NE

Newton Food Mart  
3600 12th St. NE

Israel Baptist Church  
1251 Saratoga Ave. NE

Lucky 7 Liquor  
2317 Rhode Island Ave. NE

## WARD 7

Deanwood Recreation Center  
1350 49th St. NE

Safeway  
2845 Alabama Ave. SE

Hillcrest Community Center  
3100 Denver St. SE

New 7 Market  
1406 Good Hope Rd. SE

Benning Road Library  
3935 Benning Rd. SE

Anacostia Library  
1800 Good Hope Rd. SE

Ft. Davis Community Center  
1400 41st St. SE

Francis Gregory Library  
2100 36th Pl SE

Washington Seniors Wellness  
3001 Alabama Ave SE,

Hillcrest Recreation Center  
3200 Camden St SE

Francis A. Gregory  
Neighborhood Library

3660 Alabama Ave SE

Capitol View Neighborhood Library  
5001 Central Ave SE

## WARD 8

Hope Village  
2844 Langston Pl SE

The Roundtree Residences  
2515 Alabama Ave. SE

St. Elizabeth's Hospital  
1100 Alabama Ave. SE

Community College  
Preparatory Academy  
2405 MLK Jr. Ave. SE

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

Southeast Tennis and Learning Center  
701 Mississippi Ave. SE

P.R. Harris School  
4600 Livingstone Rd. SE

Congress Heights Campus  
421 Alabama Ave. SE

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

Parkland Library  
1547 Alabama Ave. SE

Allen Chapel AME Church  
2498 Alabama Ave. SE

Andrews Federal Credit Union  
1556 Alabama Ave. SE

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

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

The Arc/ Parkland Community Center  
1901 Mississippi Ave. SE

Industrial Bank  
1800 Good Hope Rd. SE

Good Wash Laundromat  
1603 Good Hope Rd. SE  
A.P. Shaw Campus  
2525 12th Pl. SE

Fort Carroll Market  
3705 MLK Jr. Ave. SE

IHOP  
1523 Alabama Ave. SE

Secrets of Nature  
5923 South Capitol St. SW

Dept. of Human Services Child Care  
4001 South Capitol St. SW

United Medical Center  
1310 Southern Ave. SE

Cedar Tree Academy  
701 Howard Rd. SE

SunTrust Bank  
1340 Good Hope Rd. SE

Park Southern Apartments  
800 Southern Ave. SE

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

Cheers at the Big Chair  
2122 Martin Luther King Jr Ave SE,

Parklands-Turner Neighborhood Library  
1547 Alabama Ave SE

Industrial Bank  
1800 Martin Luther King Jr Ave SE

Democracy Prep Congress Heights Public  
Charter School  
3100 Martin Luther King Jr Ave SE

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

DHS Congress Heights Service Center  
4001 S Capitol St SW

Excel Pharmacy  
3923-A S Capitol St SW

Kingdom Care Senior Village  
814 Alabama Ave SE \Washington DC 20032

New Life Ministries - DC  
3309 Martin Luther King Jr Ave SE  
Washington DC 20032

## May Horoscopes

### ARIES

Aries, May will turn into a golden mine, from which you can extract the wealth of immense value. But do not forget, it's just a metaphorical comparison. The horoscope for the fifth month of 2019 wants to highlight that it is not just the material wealth what matters; even though your fate is favourably inclined in this point. Aries may develop mental talent and spiritual abilities in the first place.

### TAURUS

Taurus, the horoscope reminds you that you should be watchful in May. It's not wise for people born in Taurus to stomp on the gas pedal. Rather enjoy a safe ride. Surprisingly, it can make you happy more than you would expect.

### GEMINI

In the spring you will see many buds at orchard. They are important to give rise to sweet fruits later. Likewise, Gemini will have a wonderful chance to overcome fear in May; to harvest the crop of own courage in a few months. It does not matter whether you are afraid of snakes, spiders, heights, deep water, darkness or even confined space.

### CANCER

Cancer. Forget about the safety net, that is often provided by a welfare state or a wider family. May, according to the horoscope, will become a month when you will taste a strange feeling, familiar to many detective stories, that someone is trying to scare or poison you.

### LEO

In May, Leo will know what a real team fight means. The "team" may be a group of friends, colleagues at work, but also members of household who will not follow your well-intentioned advice; and all those who simply refuse to cooperate. Your "lion's" mind may soon get angry. However, instead of being especially wicked to retaliate, think of the pride you wear in your chest.



### VIRGO

The horoscope for Virgo-born people shows that May is an opportunity to move from the stereotype towards original and unexplored territory of life. You can chop all furniture inherited from your grandparents, if it drives you mad by its unfashionable design; than burn it in the stove. You can stop using salt in the kitchen to live healthier and to understand the true meaning of the fairy tale called "Salt over Gold".

### LIBRA

Libra, if you felt like being in a jail (lack of freedom in motion or decision-making) at the beginning of the year, then be sure you will enjoy the fifth month of 2019 as a true liberation. In May, horoscope says, a whole new life story starts for Libra.

### SCORPIO

Scorpio, May is the time of farming. Nothing will help to calm your nerves as much as the countryside, all natural elements and the contact with original Earth's energy. The horoscope suggests that Scorpio does not necessarily have to drive a tractor or stand with forks on a dunghill as if he/she was Zeus alone, the mighty ruler of Olympus.

### SAGITTARIUS

Sagittarius, if three stripes dominate to Adidas, your own new fashion collection will be happy with just one. We want to say: less is more. And it is you Sagittarius who can use this motto in love as well as in making attractive design. .

### CAPRICORN

Roald Amundsen raised the flag when he reached the South Pole in 1911. In May 2019, Capricorn may not be afraid of cold winter, but he or she can still look forward to achieve success that may be well recorded in a selected chronicle. Capricorn, according to the horoscope, it does not matter whether you're going to create strong rock waves with a rumble of electric guitar, whether you dig up some ancient mystery, or whether you will just finally solve the problem of crowded wardrobe or messy household.

### AQUARIUS

Aquarius, according to the horoscope for May 2019, it is necessary to prepare for various efforts of manipulation. Fake News can be just a morning exercise in comparison what struggle you will have to face if 1) your beloved will force you to believe that fish meat is or is not healthy at all, or 2) if your mother-in-law makes up her mind that your bond of marriage was a very unfortunate incident after all, or 3) if any from your colleagues decides that someone has to be blamed for all the failures, and it is best to be you!

### PISCES

Pisces, if you will slip and break your knee on a stone in May, bet that you will find a four-leaf clover even in such accident. In other words, May 2019 is a happy month for Pisces. You have good chance to slim down if you are a bit overweight. Or to buy new jeans with a 50% discount if you are looking for a new one.

# CSMI PUBLIC ENGAGEMENT



## Closing the Knowledge Gap and Raising Public Awareness.

For nearly 30 years, Capitol Services Management, Inc. (CSMI) has been regarded as an industry expert in public engagement and situational analysis. As a result of our numerous and diverse public outreach projects we have successfully implemented, CSMI is uniquely qualified to offer our clients a full array of community involvement and public engagement services.

**Some Core Capabilities:**

**Public Involvement Services** encompass planning, implementation, NEPA/SEPA environmental processes and one-on-one community outreach

**Facilitation Services** cover interactive workshops, policy facilitation and advisory staffing and management

**Outreach Services** include stakeholder and online public engagement, construction and crisis communications and project hotlines

**Event Planning** includes coordination and facilitation of your event from beginning to end.



Certifications: CBE, MBE/DBE, DSLBD, Section 3 Business, MDOT, MWAA

**For more information as well as a full list of our expert services, contact us today!**



Phone: (202) 563-5033 | Fax: (202) 563-0911  
 info@thecsmi.com | www.thecsmi.com  
 3200 Martin Luther King, Jr. Ave. SE  
 Washington, DC 20032

# We build more than homes... we build communities.



## District Development Group (DDG)

is dedicated to the creation of community focused projects. DDG develops housing and community facilities that provide both social and economic benefits. Our projects include housing that offers unique designs while preserving the diversity of the community, charter schools that offer alternative educational environments and public facilities created with both distinctive architecture and responsive program offerings. All of these developments share the common goal of creating financial viable ventures while enriching the local community.



**Development with  
a Moral Imperative**

**Address:**

3200 Martin Luther King, Jr. Ave. SE  
Washington, DC 20032

**Office:** 202-563-5033

**Fax:** 202-563-0911

**Web:** <http://idshomes.com>