

THE CAPITAL NEWS

Certified Business Enterprise

The Untold Stories

Good Hope from Abroad

By: Chris Hill

Rodrique Mbah and Ceasar Nyam are two Cameroonian friends who run a tire repair shop at the corner of Good Hope Road and Naylor Road in Southeast, DC.

Customers can pull up to their garage and get tire holes plugged or replacement tires. They have all sorts of tires and they serve the community diligently.

“I met them and they serviced my truck and they are two of the hardest working young men I have met in a long time. They are courteous, and I encourage people to do business with them,” said Phinis Jones, local resident.

At first sight, you see them as hard working immigrants just trying to support themselves in a large city. Under the surface, these businessmen have proven to be some of the most resilient people.

Older brother, Milton who owns the Good Hope Tire, found himself in the United States after fleeing war-torn Cameroon, then invited his brother and dad to come to the states, finally they hired Ceasar just a few months ago.

The tire shop is filled to the brim with all sized



Pictured: Rodrique Mbah and Ceasar Nyam of Good Hope New & Used Tires

tires from compact car sizes to giant monster truck tires. However, this is not the first career for either of these immigrant men.

“I was an HVAC technician in Cameroon,” said Mbah. “I have a wife and kids in Cameroon,” he said.

Nyam was a bank administrator and a university student.

Mbah was detained by Cameroonian police on a military stop. They apprehended him as a

part of the political division between ----

On my way back to my shop, the military stopped the car and they asked us to present our documents. They found some goods in my car and told me that I was part of those who are fighting against the government. I was taken to the police station. I was tortured... they beat me there and I was tortured. I was locked up. A lady police officer helped me escape.”

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THE CAPITAL NEWS

THE UNTOLD STORIES

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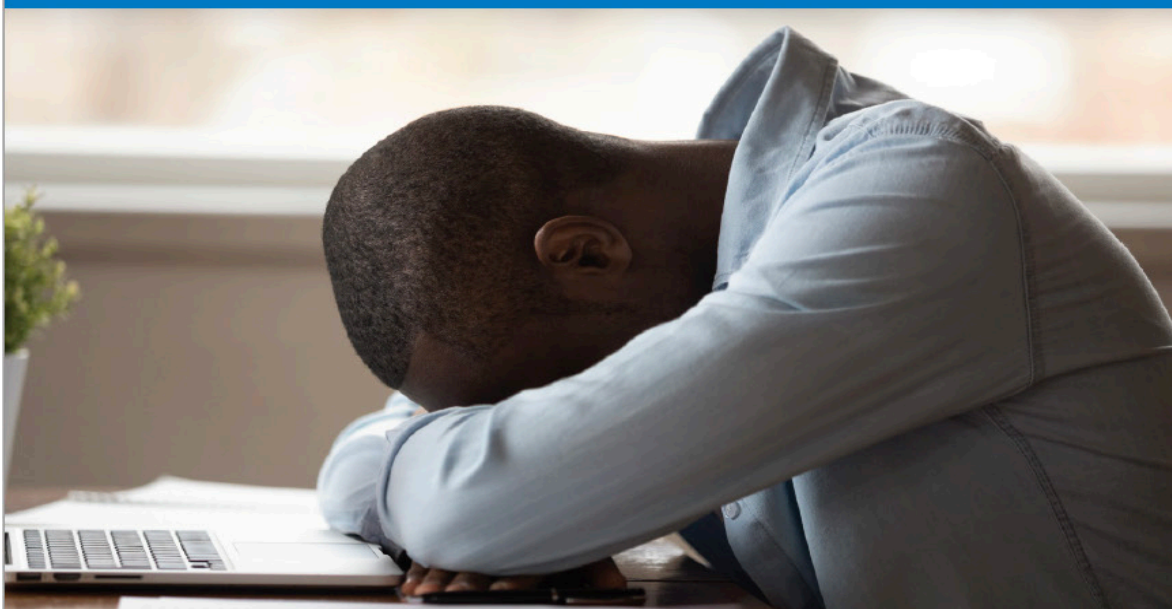
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Benning Rd Bridge is Falling Down, Falling Down, Falling Down...



Pictured: Pedestrian bridge collapse on DC 295 in NE Washington DC

The collapse of the pedestrian bridge on DC-295 in Northeast Washington, D.C. crippled the city a couple of weeks ago. It left at least six people injured and trapped a truck that leaked diesel fuel into drains. Investigators believe a truck struck the bridge, causing it to come loose and collapse and the most recent inspection of it determined the bridge was in poor condition.

It happened around 11:50 a.m. and spurred more crashes and hours of backed up traffic. Fencing hung over three lanes of traffic in the opposite direction. Slabs of concrete and metal fencing were piled over a truck at one end of the bridge, which appeared to have completely detached from a staircase and platform. Many people on social media caught some astonishing footage of the bridge tumbling down.

A construction worker who was on his way to work said he heard a crack, saw the bridge fall and slammed on the brakes.

“The Kenilworth corridor needs much attention. Pedestrian bridges are in poor condition that is not a shock to me,” said Sherice Mu-

hammad, former ANC commissioner for Kenilworth from 2012-2019.

“This is a public safety issue at its finest. You’re really crossing at your own risk,”

Muhammad said they residents in the Deanwood area have been concerned about the whole Kenilworth corridor since 2012. They established a transportation and infrastructure committee when she was in office. The residents said they petitioned DDOT and the local government improve the ingress and egresses along the road. Now, they say they want local government to invest in the whole remediation of Kenilworth Ave, which is a major artery emptying out of Maryland from the BW parkway

“I would like to see the city government to come and talk to the citizens. They’ve been doing patch work all this time on the bridges over on in Kenilworth all over the neighborhood. For the past year only \$19,000 total has been invested in all three pedestrian bridges in Deanwood,” said Muhammad Kenilworth, Parkside, Eastland Gardens, and Deanwood are among the areas affected.



Pictured: Pedestrian bridge on DC 295 in NE Washington before the collapse.

Good Hope from Abroad continued from on P1

Nyam witnessed a shoot-out during the middle of a college class lecture. 350 students and teachers had to run for their lives away from rebels.

Students don’t go to school on Mondays. Locals considered Mondays a ghost town because it’s too dangerous to be on the streets.

“You don’t have freedom of speech. If you say anything against the regime, you get sent to jail. So it’s all about the Anglophone. People want to separate from the French Cameroon, because we’ve been asking for equal rights. And it was never been approved, long ago.”

The Anglophone Crisis is an ongoing armed conflict in Cameroon in Central Africa, where English-speaking Ambazonian separatists are seeking independence from the French-speaking, former British colony of Southern Cameroon.

Hundreds of civilian Cameroonians have been killed since January 2020 in the North-West and South-West regions, where violence has been intense since the crisis began in late 2016, as separatists continue to seek independence for the country’s minority Anglophone regions.

“When I was doing the detention in California, it was difficult because if they don’t find you credible, you’ll be deported. So I was privileged that I got to tell my story and was released in January,” said Mbah.

Mbah is currently in asylum within the U.S.

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Dr. Fauci & Mayor Bowser Take to the Streets to fight COVID-19

By: Chris Hill

Mayor Muriel Bowser and Dr. Anthony Fauci took to the streets of Washington to get more people vaccinated. Before that, they sat down to host a fireside chat in Ward 8 last month. They discussed the current issues concerning black communities and the COVID – 19 vaccine. While the vaccine has been administered to about 58% of all DC residents, there is still quite a bit of reluctance in Black neighborhoods to get vaccinated.

These factors range from a lack of understanding about the vaccines, the time it took to produce the vaccines and a general distrust of the U.S. medical system.

The Mayor's event was held at THEARC in Southeast. The room was filled with concerned citizens and volunteers of her new door knocking campaign.

Mayor Bowser and Dr. Fauci walked door-to-door on her day of action on June

Dr. Fauci, who boasted his contentment with living in DC, has been the head of the National Institute Infectious Diseases and the National Institutes of Health since 1894. He has researched HIV and AIDS, Zika virus, and Ebola Virus, then he became 'America's Doctor' at the onset of the COVID-19 pandemic in 2020.

Mayor Bowser wasted no time in asking Dr. Fauci, pressing questions as it concerns the black community.

"We are forced to focus on our communities in Ward seven and eight with our door knocking, why is it so important for these residents to get the vaccine?" said Mayor Bowser.

"First of all, given the nature in which African Americans have jobs, so many of those jobs are essential to the running of society. So they're out there, not behind the computer," said Dr. Fauci.

"Some of them are, but many are out there, getting exposed, which means they have a higher incidence of getting infected. Once they get infected, they have a higher likelihood of a severe hospitalization and or death,"

[Photo credit: Khalid Naji-Alla] Mayor Muriel Bowser and Dr. Anthony Fauci took to the streets of Washington.]

he said.

African Americans have a higher incidence and prevalence of the underlying comorbidities, - diabetes, hypertension, obesity, chronic renal disease, and chronic lung disease. These diseases are the result of the social determinants of health specific to African Americans. "People on one side of our city live much longer than people, we have to close those gaps," said Mayor Bowser.

"And so we're doing things like investing in more affordable housing. We know that that is linked to healthier people investing and having more good food stores, in all wards of the District of Columbia, making sure that our young people and residents are insured," said Mayor Bowser.

"I've heard people say, 'I don't want to get them (children) vaccinated because it took them, you know, they didn't take long to develop it. It happened too fast,'" said Bowser.

"The virus was discovered in January of 2020. That's 11 months. That is indeed the fastest

in the history of any vaccine. But that wasn't rushing. What that was, was the reflection of the decades of basic and clinical research that anticipated the development of the vaccine to allow us to hit the ground running," said Dr. Fauci.

"The only issue however, is that we've got to do better with young people. Because our young people feel that they're invulnerable, usually aren't enthusiastic about getting vaccinated," said Dr. Fauci "Even if you don't get sick, from getting infected, you can inadvertently and innocently be a vehicle to transmit it to a person who has an underlying condition - that could be someone's mother, or father, or wife or husband," said Dr. Fauci.

"African Americans are frequently reluctant because of the history of experimentation with African Americans. What would you say to those families?" said Mayor Bowser.

"This isn't an experiment. This is an attempt to preserve your health." said Dr. Fauci. "There was a shameful time many decades ago, when

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COVID Vaccine Straight to Your Door in Congress Heights

By: Shanai Jones

The Congress Heights Community Training & Development Corporation began training for the COVID-19 Community Ambassadors on June 7, 2021 with Mayor Bowser's Office. Currently, they have hired 53 employees who will canvass DC areas and promote and share the importance of the COVID-19 Vaccines. The National Retail Federation Customer



[Photo: CHCTDC COVID-19 Community Ambassadors going door to door].

Bowser Fauci continued from on P5

the federal government did not use ethical principles and how they treated African Americans in medicine, the infamous Tuskegee experiments that will never happen again. Because the ethical constraints that have been put in place would never allow that to happen. There's no experimentation here, it is an attempt to preserve public capital," said Dr. Fauci.

Mayor Bowser is adamant about closing the gap of vaccination disparities in the District. She has deployed door-to-door outreach to the city's most vulnerable through September.

Service Certification is being offered to the team.

On June 16, 2021, they participated in a Financial Literacy Workshop hosted by Chase Bank. During this workshop, the importance of credit, establishing an account, banking information, etc. they're presented. They officially began canvassing on Saturday, June 19, 2021 and participated in the Day of Action beginning at Kramer Middle School. The purpose of the Day of Action was to inform residents about the various sites for vaccination for children ages 12 and up as well as adults.

Their ambassadors will continue to share resources with the community to include receiving entries for free groceries for a year, a year's worth of Metro cards and a chance to win a brand new truck. They look forward to helping to increase the number of vaccinations for Washington, DC residents!

For more employment opportunities and careers training go to [CHCTDC.org](https://www.chctdc.org) and register for upcoming classes and job listing.



[Photo: CHCTDC COVID-19 Ambassadors in the community.]



[Photo credit: Khalid Naji-Allah] DC Mayor Muriel Bowser with Dr. Anthony Fauci door to door speaking with DC residents about the COVID-19 vaccine.

Bowser's Big Investments Brings Back Jobs

By: **Phill Jackson**

Mayor Muriel Bowser was joined by community members and business leaders to highlight her robust investments in bringing jobs and business back to DC.

The Mayor's Fiscal Year 2022 Fair Shot Budget proposal uses the significant federal aid received through the American Rescue Plan to invest more than \$250 million in the coming fiscal year, and more than \$630 million through Fiscal Year 2025, in business attraction and retention, earn and learn workforce programs, skills training and career navigation programs, and financial support and empowerment for workers and job-seekers. By ensuring Washington, DC is competitive in attracting new high-growth companies, these investments will create jobs, support the city's strong economic recovery, and restore the vibrancy of downtown.

"One of the best ways we can help our residents, workers, and businesses recover is by bringing jobs back to DC," said Mayor Bowser. "When we bring business and jobs back to DC, that is really about bringing opportunity to our residents. We're not just investing in jobs, we're investing in the people who we want to fill those jobs and the residents whose lives – and livelihoods – were disproportionately impacted by this pandemic."

The COVID-19 pandemic exacerbated economic inequities in the District, with Black and Brown workers and residents without college degrees experiencing disproportionately high rates of unemployment and job loss. Additionally, while there was a 1.3% decrease in men's workforce participation during the pandemic, there was a 5.4% decrease in women's workforce participation. To address these disparities and make DC's prosperity more inclusive, the Mayor's workforce investments are focused on ensuring DC residents are trained and hired for high-demand, high-wage DC jobs. Investments in the Mayor's #FairShot FY22



[Credit: Getty Images /iStockphoto]

budget proposal include:

- \$30 million for a new Employment Center Vitality and Local Job Creation fund to attract high-impact employers to the District
- \$23.2 million to address urgent increased demand from unemployed residents through a surge in high-impact credentialing and by connecting more job-seekers to employment:
- \$5.9 million for Rapid Reskilling Fund providing high-demand workforce certifications for 700 residents.
- \$12.8 million for DC Futures – tuition and student support to provide free AA/BA degrees to 1,500 residents
- \$4.5 million for Career Coaches to support 5,000 unemployed residents in connecting to the employment and training opportunities that best meet their skills and experience
- \$49 million to reimagine our workforce system through expanded paid opportunities to learn on the job and prioritizing an employer-driven training system
- 333 apprenticeships for youth and adults, including apprenticeships within DC government
- Subsidized employment for 1,825 residents with barriers to employment
- On-the-job training funding for 82 residents
- Expansion of the DC Infrastructure Academy to serve 355 residents
- Employer-led training grants to create

new training programs that meet employers needs and train 750 residents

- \$1.5 million to expand Solar Works DC, training an additional 75 DC residents a year for careers in the solar energy industry
- \$4.2 million to add 4,200 seats to the Summer Youth Employment Program for an Earn and Learn model for high school students who need credit recovery or summer learning
- \$500,000 for workforce training for LGBTQ+ residents

"Mayor Bowser's investments in the Fair Shot Budget will create jobs for DC residents and give more Washingtonians a fair shot," said Deputy Mayor for Planning and Economic Development John Falcicchio. "We have always seen our comeback in three phases: relief, recovery and growth. As we begin our recovery, job creation needs our attention and our investment, and we call upon the Council to support these initiatives to support our comeback."

"Mayor Bowser's budget reimagines how the DOES and the District as a whole can operate," said Department of Employment Services Director Unique Morris-Hughes. "The Mayor knows that investing in reskilling, education, and infrastructure has long lasting, transformative potential. These priorities can provide a path to the middle class for District residents across all 8 wards."

The budget builds on the Mayor's efforts throughout the pandemic to prioritize sup-

Bowser Jobs from pg. 8

ports for residents and businesses hardest hit by the pandemic. Already, DC has awarded more than \$155 million in relief funding to local businesses. The District's continued efforts to meet the existing and future COVID-19-related needs of our community include managing and disbursing:

- The \$100 million Bridge Fund to support the hotel, restaurant, retail and entertainment industries;
- \$34 million to 6,500 businesses through our DC Small Business Recovery Microgrant Program;
- \$3.5 million in Sreatery Winter Ready Grants;
- Over \$5 million in COVID-19 relief funding to local child care facilities;
- \$793,166 to 183 businesses through the DC East of the River Small Business Economic Relief Microgrant Program; and
- Fully implementing numerous new programs including Paid Family Leave and Pandemic Unemployment Assistance.

“We are grateful to Mayor Bowser and Deputy Mayor Falcichio for their leadership in helping our city recover from the impact of this pandemic,” said Leona Agouridis, Executive Director of the Golden Triangle BID.

“The FY 2022 budget proposal illustrates a strong commitment to bringing back jobs to DC residents while re-establishing a thriving central business district in our Golden Triangle community and across our nation’s capital.

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The Fight for DC Statehood Continues

On Tuesday, June 22nd Mayor Muriel Bowser testified before the U.S. Senate Committee on Homeland Security and Governmental Affairs at a hearing on the Washington, D.C. Admission Act (S. 51).

The Mayor has been pressing the U.S. government vigorously about statehood since 2016. But it was after the 2020 summer protests following the George Floyd protests that made the need for D.C. Statehood glaringly clear to the rest of the nation.

President Trump's controversial use of the D.C. National Guard to clear protesters from near the White House angered Washingtonians. Adversely, during the January 6th insurrection of the U.S. Capitol, Mayor Bowser was unable to call on the National Guard as many state governors have the right to do so. In 2016, D.C. residents voted overwhelmingly in favor of statehood, with 86% of voters voting to advise approving the proposal.

In March 2017, the District's congressional delegate Eleanor Holmes Norton introduced the Washington, D.C. Admission Act to the House of Representative to no avail.

On June 26, 2020, the House of Representatives passed the "Washington, D.C. Admission Act". It died in the Republican-controlled Senate. January 2021, Delegate Norton reintroduced H.R. 51 with a record 202 co-sponsors. With a democrat-led government in our favor, D.C. just might have the shot it needs to become the 51st state.

Below are snippets from the Mayor's testimony:

Senators, right the wrong that occurred some 220 years ago when the residents of the District of Columbia were stripped of their full congressional representation and do it now. The Constitution left the issue of democracy for the residents of the District of Columbia to the Congress. The House of Representatives has passed the Washington, DC Admission Act twice, and the White House has indicated its support for the bill through a Statement of Administration Policy. Our democracy is truly in the hands of this Senate. It is time for the U.S. Senate to support our petition for DC Statehood.



[Photo: DC Protestors rally for Statehood Credit:Getty Images]

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There is no legal or constitutional barrier to DC Statehood; the prevailing constitutional issue is the civil rights violation of 700,000 DC residents who fulfill all obligations of U.S. citizenship but are denied any representation in this body. I can say unequivocally that the bill before you today, S. 51, the Washington, D.C. Admission Act is constitutional. Dozens of America's most recognized constitutional experts have testified before Congress and penned letters to that effect.

--
The 23rd Amendment to the Constitution, which granted DC residents a vote for President in 1961, does not pose a constitutional barrier to statehood either. The bill addresses it head on by repealing statutory language that enables the appointment of electors and including expedited procedures for consideration of the repeal of the unnecessary constitutional amendment, thus virtually ensuring quick and certain ratification by the states to ensure no ambiguity about electoral votes for an unpopulated federal enclave. S.51 outlines a clear path forward on how to address the 23rd Amendment. Any concerns about the ramifications of the amendment can be ad-

ressed post-DC Statehood.

It is particularly contradictory that the 23rd Amendment, which was passed to expand democracy to taxpaying DC residents, is now being held up as the main barrier to further expanding constitutional rights in the District. This flies in the face of the amendment's intent.

To be clear, DC's current status is due to generations of inactivity by lawmakers, including the Founding Fathers themselves, failing to address the contradiction that residents of the U.S. capital are treated as second-class citizens.

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With no constitutional underpinning, the disenfranchisement of Washingtonians is the most glaring civil rights and voting rights issue of our time. In fact, we are the only capital city among the world's democracies without voting rights in the national legislature. In two weeks, the country will celebrate Independence Day and the establishment of the United States as a sovereign nation, free from taxation without representation. Yet the 700,000 predominately Black and Brown Americans living in our nation's capital have continued to

continued on P11

Celebrate Fourth of July in the Nation's Capital

By: Phil Jackson

Following President Biden's announcement about Fourth of July fireworks on the National Mall, Mayor Bowser echoed the President's enthusiasm and called on Americans nationwide to celebrate the holiday in Washington, DC. The announcement comes just days after DC fully reopened, lifting capacity limits as residents and workers continue to be vaccinated and health metrics continue to improve.

"DC is open and ready to welcome back visitors to celebrate the way we came together as a city and as a nation this year. We have shown once again that when we come together, there is nothing we can't do," said Mayor Bowser. "We thank President Biden and his team for acting with urgency to get the vaccine to the American people so that we could save lives, get our country open, and celebrate together once again."

After making incredible progress with getting Americans vaccinated and getting the nation back open for business, President Biden announced today that he will host essential workers and military families on the South Lawn to celebrate the Fourth of July. The District will support the White House in hosting the traditional Fourth of July fireworks celebration on the National Mall.

In addition to the celebrations hosted by the Biden Administration, this year, local DC will also celebrate the return of the Barracks Row and Palisades 4th of July Parades.

In May, Mayor Bowser and the Office of the Deputy Mayor for Planning and Economic Development, in partnership with Restaurant Association Metropolitan Washington, launched the DC SHOP, EAT, PLAY, STAY giveaway to encourage residents and visitors to take advantage of all the District has to offer. Already, 14 people have won and claimed their prizes – ranging in value from \$500 to \$10,000.



[Photo Credit: Getty Images /iStockphoto]

Residents of DC, Maryland, and Virginia can still apply and two additional rounds of winners will be picked, including multiple grand prize winners who will be awarded \$25,000 to host a special event utilizing DC's amazing venues, hotels, services, entertainment,

restaurants, and hospitality providers. Individuals interested in entering and/or hosting an event in DC are reminded that as of June 11, all capacity limits and restrictions have been lifted in Washington, DC.

DC Statehood from P10

pay taxes without representation for over 200 years.

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I cannot emphasize enough: the civil rights and full democracy of DC residents are in your hands. We are 700,000 people; some born here, others from all 50 states and the many nations of the world.

We Washingtonians serve proudly in our military and fight for our country – yet have no representation or voice in this Senate.

We Washingtonians have served as front line and essential workers during the pandemic - doctors, nurses, firefighters, schoolteachers - yet had no say in this Senate when the District was shortchanged in the CARES Act funding in 2020.

We Washingtonians heroically defended our nation's capital during the January 6th insur-

rection by answering the call to support our federal partners – despite not having a voice in this Senate.

We Washingtonians have no say when this Senate considers presidential nominations, Supreme Court justices, and large investments like the American Jobs Plan.

I ask you today to treat District residents the same as all other taxpaying American citizens. Your inaction could doom yet another generation of young native Washingtonians to being locked out of their constitutionally-given political power and human rights. Will this body perpetuate this civil rights and voting rights wrong by parroting false arguments? By what authority would this body have Washingtonians continue to pay federal income taxes without a voice? Today, I am asking this U.S. Senate to usher in a new age of fairness and equality for 700,000 District residents.

A Black Hollywood Walk of Fame, Unveiled in Atlanta

By: Shanai Jones

The Walk of Fame in downtown Atlanta is a monumental landmark that celebrates the art of Black American artists and honors their impact on Black culture. The Black Music & Entertainment Walk of Fame induction ceremony was on June 17th, which was also during Black Music Month.

Prior to the start of the outdoor celebration, the Pebblebrook High School marching band performed a march down Martin Luther King Jr. Drive, which was followed by remarks by state Rep. Erica Thomas. On the morning of June 17, Georgia State Representative Erica Thomas spoke to a small, intimate crowd.

For the first time, she was introducing the awardees of Atlanta's Black Music & Entertainment Walk of Fame. Twelve enormous bronze and gold plaques were placed on a sidewalk across from Mercedes Benz Stadium, celebrating the work and lives of music legends.

Icons such as James Brown, Otis Redding, Quincy Jones, Stevie Wonder, Michael Jackson, OutKast, Usher and Beyonce were the "Foundational Inductees." Other legendary entertainers were celebrated; including Missy Elliot, Big Boi, and even notables Kirk Franklin and Shirley Caesar were honored for their gospel contributions.

After being presented by her longtime manager Mona Scott-Young and through videos from Janet Jackson, Da Brat, and Timbaland. Missy Elliott gave one of the most touching speeches of the afternoon. Despite her reservations about attending in the midst of the COVID -19 pandemic, she says she chose to accept her entrance in person since Black people had shown her so much love.

This immense celebratory event does so much more than highlighting the Black cre-



Pictured: Walk of Fame in downtown Atlanta, Missy Elliott

atives of our time. It also shines light on the Black Community and showcases the artistry behind our stories our music tells. The Walk of Fame was developed earlier this year in

January, and has now finally commemorated the vast contributions of so many great and talented artists that have provided a voice for our community in the music industry.

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Ilhan Omar is once again being attacked by her own party for speaking out

By: Arwa Mahdawi

Democratic leadership chimed in to rebuke the progressive congresswoman for what was clearly a mischaracterization of her comments.

Nobody getting publicly outraged by Omar appears to have any interest in annoying things like context.

THE BAD FAITH BRIGADE COME FOR ILHAN OMAR YET AGAIN

Here are the rules, OK? The United States is the greatest, most moral country to ever exist. It brings democracy to all the poor savages in the rest of the world, who are incapable of knowing what's good for them. It doesn't commit war crimes, there's just some occasional collateral damage amid all that democracy-building. Its allies are morally righteous, its enemies are entirely evil. Do not question any of that, do not query American exceptionalism, and you will have a very fruitful career in US politics or cable news.

Ilhan Omar, alas, seems to have a hard time remembering these rules. The progressive Democratic congresswoman is once again being censured by her own party for what appears to be the crime of being an outspoken black Muslim woman. Nobody getting publicly outraged by Omar appears to have any interest in annoying things like context, but here's the context for the latest manufactured controversy.

On Monday, during a hearing by the House foreign affairs committee, Omar asked the secretary of state, Anton Blinken, a question about America's stance toward the international criminal court (ICC) at the Hague. Omar noted that the US had opposed ICC investigations into potential crimes committed in Palestine and Afghanistan and asked how victims of war crimes are supposed to go for justice if domestic courts won't pursue justice. Blinken replied with an evasive answer, saying the US and Israel "both have



[Photograph: Wolfgang Schwan/Rex/Shutterstock]

the mechanisms to make sure that there is accountability in any situations where there are concerns about the use of force and human rights". Understandably unsatisfied with this, Omar later tweeted a video of the exchange, saying: "We must have the same level of accountability and justice for all victims of crimes against humanity. We have seen unthinkable atrocities committed by the U.S., Hamas, Israel, Afghanistan, and the Taliban. I asked @SecBlinken where people are supposed to go for justice."

Promoting accountability and justice shouldn't be controversial. But anytime Omar opens her mouth, rightwingers – most of whom probably think the ICC is a cable channel – rush to deliberately misinterpret her words. Omar was immediately accused of antisemitism and promoting false equivalencies by the right. And, as per usual she was accused of being an ungrateful immigrant. The delightful Tom Cotton chimed in to not-so-subtly suggest that the Omar should go back to where she came from. "@Ilhan was a refugee from Somalia and America welcomed her," Cotton

tweeted. "If she really believes America is a hateful country on par with the Taliban and Hamas, she's welcome to leave."

You expect bad faith attacks from the right. That's what they do. Omar could say "I like roses" and the right would find a way to accuse her of promoting communism and hating America. But Democrats should know – and do – better. They should be in the business of protecting their colleagues from bad faith attacks. Instead, the highest levels of Democratic leadership chimed in to rebuke Omar for what was clearly a mischaracterization of her comments.

The "Squad" are constantly described as divisive and accused of sparking in-fighting among the Democrats. But what's more divisive than helping to incite hatred towards a colleague? If Democrats had a problem with Omar's wording, they could have talked to her in private. But, as she noted on Twitter, they didn't. They chose to add fuel to bad faith Republican attacks and incite violence towards a congresswoman who is already a prominent target for abuse. "Pretty sick &

continued on pg. 15

Ilhan Omar from pg. 14

tired of the constant vilification, intentional mischaracterization, and public targeting of @IlhanMN coming from our caucus,” Alexandria Ocasio-Cortez tweeted. “They have no concept for the danger they put her in by skipping private conversations & leaping to fueling targeted news cycles around her.”

I’m sick and tired of it too. This latest episode is about more than Omar’s thoughts on the ICC – it’s about Diversity™ more generally. Democrats seem to love “diversity” when it’s just diverse faces around a table. They’re not so keen on diverse voices, however. There’s this implication that if you’re a minority you should just shut up and be grateful for being given a seat at the table. You shouldn’t ask difficult policy questions. You shouldn’t suggest America isn’t the most benevolent place on earth. You should toe the line and be grateful.

What I admire about the Squad is that they are very vocal about their refusal to be used as tokens. In a 2019 speech at the Netroots Nation conference, Ayanna Pressley – who has defended Omar from this latest attack – said she wasn’t interested in bringing “a chair to an old table”. It’s time to shake that table, she said: “We don’t need any more black faces that don’t want to be a black voice.” What she was saying, her spokeswoman later stressed, was that “diversity at the table doesn’t matter if there’s not real diversity in policy”.

By suggesting that the US actually be held accountable for its actions, Omar is pushing for real diversity in policy. It’s depressing her colleagues would rather wage bad faith personal attacks than engage with that.



Photo credit: Nancy Pelosi rebukes Ilhan Omar for tweet on Israel, Hamas and Taliban

Good Hope from Abroad from pg. 2

American Dream is not lost on these men. They simply want to make an honest living.

“We’re just trying to do something that’s going to help, not only us, but the community around here,” said Nyam. “I mean, it’s, it’s the greatest thing that ever happened to us,” he said.

The Cameroonians have left everything behind to pursue safety and the possibility of a better life in Southeast DC selling tires.



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II

GEMINI

(May 21 to June 20)

Share your creativity so this is a great month to write some poetry, go live on Instagram, or start writing that manuscript you've been putting off for too long. This transit is highlighting anywhere in your life where you feel called to creatively use your words. Meanwhile, the full moon in Aquarius is calling you to not only express yourself through your words but to share your creative works and message with the world – take that next step and share something you've written or created, even if it feels a little bit scary!

♋

CANCER

(June 21 to July 22)

The whole month will be an impactful one for you but the new moon in Cancer on July 9 will be especially activating and may feel like “new year, new me” vibes, (even in July.) Take some time this month to reflect on and set intentions for your holistic self-care practices, addressing your physical, mental, emotional, and spiritual needs. How can you nurture yourself in all of these areas effectively?

♌

LEO

(July 23 to August 22)

You're likely to be feeling highly creative and inspired to set some goals for yourself around being even more authentic and in sync with your truth so that you can take aligned action to create everything you desire. Meanwhile, the full moon in Aquarius is activating your relationships – celebrate the way you relate to, uplift, and lean on those closest to you.

♍

VIRGO

(August 23 to September 22)

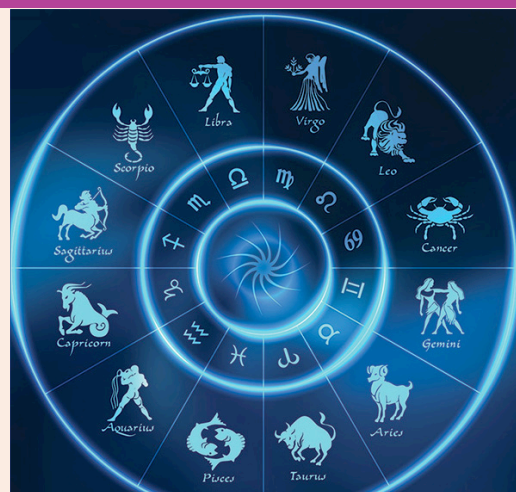
Your need for safety in your community and self-care practices is being highlighted this month. You can be very self-sufficient and self-reliant but you have a deep, tender need to feel safe in order to be able to fully and effectively nurture yourself. Seek out spaces that allow you to create this safety for yourself or where others can hold space for you to feel safe so you can truly rest.

♎

LIBRA

(September 23 to October 22)

This month is all about work-life balance and how you can serve your own needs while also serving the needs of the collective! You're feeling called to discover how you can integrate more rest into your workday and what's expected of you in your professional life. You'll be amazed to discover that the more you nurture yourself, take the rest you need, and practice self-care, the more effective and efficient you'll be at achieving your career goals as well.

July HoroscopesSource: www.yearly-horoscope.org/

♐

CAPRICORN

(December 22 to January 19)

You're nurturing your relationships and practicing self-care in the form of connection this month. Getting closer with your romantic partner(s), best friends, and colleagues may come naturally this month and the more you feel intimately connected with them, the more you'll be filling your own cup as well. This isn't about serving or taking on their burdens or pampering them, nor is it necessarily about asking them to do those things for you; rather, this is about genuine, mutual connection where you feel safe to share your truth and to witness theirs.

♒

AQUARIUS

(January 20 to February 18)

Self-care rituals are a must this month! This is a great opportunity to create daily rituals that holistically nourish your physical, mental, emotional, and spiritual needs. This could include everything from setting a timer on your phone for when you have to get up from your desk and go eat lunch to a morning meditation, gua sha, and tarot card pull. Your rituals can include anything, really, so long as they feel right and nourishing for you.

♉

TAURUS

(April 20 to May 20)

find a creative outlet to nurture yourself. Art therapy, taking an art class, or relaxing with some fun coloring books would be perfect options for nurturing yourself this month. Meanwhile, the full moon in Aquarius is asking you to step into your higher calling and to celebrate your contributions at work and to society. Reflect on how your actions and ideas have a meaningful impact on the world around you.

♓

PISCES

(February 19 to March 20)

You're nurturing your creativity and inner child this month with self-care that lights you up from the inside out. Whatever your preferred art form is – whether it be painting, music, dance, writing, architecture, website design, fashion, cooking, or literally anything else – make it a priority right now. Some inner child work through visualization, meditation, and journaling, such as writing a letter to yourself at 10 years old or meeting your 6-year-old self in meditation, will be very healing and nourishing for you. With Jupiter retrograding through your sign right now too, you're leaning into how your intuition can help you expand and receive abundance.

♈

ARIES

(March 21 to April 19)

You're feeling called to rest and relax – on a beach or poolside, if possible – and are wanting lots of alone time, although you may also feel drawn to spend more time than usual with your closest friends and family, (or chosen family.) You may want to indulge in some classic self-care vibes with bubble baths and massages. Nourishing your intuition is also called for this month through meditation and leaning into trusting yourself more fully.

♏

SCORPIO

(October 23 to November 21)

You're nurturing your insatiable curiosity and love of learning this month as you expand your mind and horizons. A big part of self-care for you is exploring the options and staying agile in your practices. Take this month to nourish your desire to get out in nature or on the open road and find movement in your physical body, your spaces, and your decisions.

♐

SAGITTARIUS

(November 22 to December 21)

This month, you might be feeling a little bit more tender than usual as you nurture the deepest, darkest parts of yourself and face some shadows. Shadow work doesn't need to be a big scary thing – it's actually a way to integrate and come to love the parts of you that you've always been told are too much or too messy or too emotional, so shadow work is actually a beautiful act of self-love. It can make you feel a bit raw at times though, so nurturing your heart and creating lots of space for rest and retreat might be a good idea.

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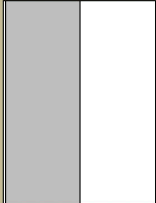
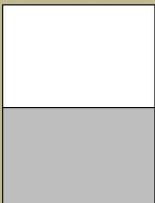
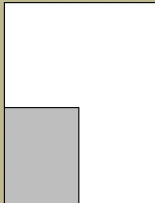
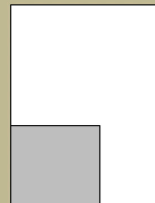
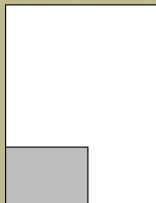
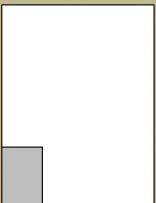
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Washington, DC 20020
11am Sunday Worship
Congress Heights Campus
421 Alabama Avenue, SE,
Washington, DC 20032
8:30am Sunday Worship
Office: 202/889-3660 • Fax: 202/678-5213
Email: churchoffice@bdmdc.org

Campbell A.M.E. Church
2568 Martin Luther King, Jr. Ave. SE, WDC 20032
(202) 678-2263
Sunday Worship 8:00am & 11:00am
Sunday School 9:30am
Prayer Service Wednesdays 6:30pm
Bible Study Wednesday 12noon
Bible Study Thursday 7:00pm

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
“Ministries for the Mind, Body and Spirit”
Sunday Worship 10:00am
Wednesday Bible Study 12noon & 6:30pm
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
Sunday School 9:30am
Devotional Service 10:45 am
Bible Study Wednesday 6:30pm
Children’s Church 2nd & 4th Sunday 11:00am
www.ewhbc.org ewhbc@aol.com

Emmanuel Baptist Church
Christopher L. Nichols, Pastor
2409 Ainger Pl., SE WDC 20020
(202) 678-0884-Office • (202) 678-0885– Fax
“Moving Faith Forward”
Sunday Worship 8:00am & 10:45am
Family Bible Study Tuesdays 7:00pm
Prayer Service Tuesday 6:00pm
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
“It doesn’t matter how you feel,
God is still worthy to be praised”
Sunday Worship 8:00am & 10:45am
Super Sunday Service 3rd Sundays of month 6:00pm
Wednesday Night Prayer 6:30pm
Wednesday Bible Study 7:30pm
www.gmchc.org/

Israel Baptist
Rev. Dr. Morris L. Shearin, Pastor
1251 Saratoga Ave. NE WDC 20018
(202) 269-0288
“We Enter to Worship, We Depart to Serve”
Sunday Worship 10:45am • Sunday School 9:15am
Senior Bible Class Tuesday 10:30am
Wednesday Prayer Noon & 6:30pm
Bible Study Wednesday 7:00pm
Holy Communion First Sunday 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
Church School 9:30am
Bible Study Wednesday 8:00pm
Prayer Meeting Wednesday 7:00pm

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

Macedonia Baptist Church
Rev. Garfield Burton, Pastor
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Sunday School 9:00am
Prayer & Bible Study Wednesday 7:00pm & 7:30pm
Saturday Sacrificial Prayer 7:00am
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
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Multitude of Souls to Christ”
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Church School 9:30am
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Bible Study Saturday 11:00am
Holy Communion 1st Sunday 10:45am

New Life Ministries DC
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Email: joinus@nlmdc.org

Pennsylvania Ave. Baptist
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Young Adult Bible Study Tuesdays 7:00pm
Bible Study Wednesday 6:30pm
<http://www.pabc-dc.org/>

St. John C.M.E. Church
Reverend John A. Dillard III
2801 Stanton Rd. SE, Washington DC 20020
(202) 678-7788
Sunday Worship 11:00am
Sunday School 9:00am
<http://www.stjohncmecdc.org/>

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Raymond Recreation Center
3725 10th Street NW

Petworth Library
4200 Kansas Ave, NW

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5425 5th Street NW

Senbeb Natural Foods
6234 3rd Street NW

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1800 Rhode Island NE

WARD 7

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5001 Central Ave SE

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Ft. Davis Community Center
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Hillcrest Community Center
3100 Denver St. SE

Hillcrest Recreation Center
3200 Camden St SE

New 7 Market
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WARD 8

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2315 MLK Jr. Ave. SE

Cedar Tree Academy
701 Howard Rd. SE

Community College Preparatory Academy
2405 MLK Jr. Ave. SE

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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

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1603 Good Hope Rd. SE

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2844 Langston Pl SE

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1523 Alabama Ave. SE

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

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