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The Untold Stories

Ward 8 Law Firm 'MAY LIGHTFOOT' Selected National ZANTAC Litigation Leadership Team

Leadership Team National Gua

Pictured May LightFoot PLLC members

By: Tieva Allen

On May 8, 2020, the Honorable Judge Robin Rosenberg selected May Lightfoot, PLLC as a member of the multidistrict litigation (MDL) leadership team related to lawsuits filed against the makers and manufacturers of Zantac and generic versions, alleging that the drugs contain a chemical that causes cancer.

May Lightfoot is the only firm in the region selected to the team. Ward 8's May Lightfoot, PLLC, through veteran Attorney Je Yon Jung, was appointed to the litigation team as part of the Leadership Development Committee. May Lightfoot filed the first Zantac case in the D.C. federal district court on behalf of a D.C. resident.

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George Floyd protests: Minnesota fully mobilizes National Guard



Protesters took to the streets for a fourth night on Friday to demand justice over the police killing of George Floyd [Michael Ciaglo/Getty]

By: Lucien Formichella

Minneapolis, Minnesota, USA - The governor of Minnesota, where protests have erupted over police brutality and the death of George Floyd during the last week, has fully mobilized the National Guard to Minneapolis for the first time in state history.

MINNEAPOLIS BRACES FOR FIFTH NIGHT OF PROTESTS AS ACTIVISTS DEMAND CHARGES FOR ALL FOUR COPS INVOLVED IN FLOYD'S DEATH.

Governor Tim Walz said the deployment comes as part of an effort to help quell the protests, which have often started off peaceful before

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National News DC Mayor makes bold move - Black Lives Matter Plaza Read More on P4







THE CAPITAL NEWS

THE UNTOLD STORIES

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Participating on the leadership team provides its members an opportunity to play a key role in shaping the evidentiary and legal path that will affect the hundreds of cases filed in courts throughout the country. In announcing its decision, the Court stated that it "sought to appoint a diverse leadership team that is representative of the inevitable diversity of the Plaintiffs in this case, and a team that affords younger and slightly less experienced attorneys an opportunity to participate in a leadership role in an MDL."

Attorney Jung, who represents May Lightfoot on the MDL leadership team, joined the firm in 2019 after 23 years of civil rights and consumer protection enforcement, litigation, and regulatory experience at the Department of Justice and Consumer Financial Protection Bureau and private consulting. "Our communities of color, including those with limited English proficiency, have been typically excluded from or unaware of the egregious injuries that result from the actions or inactions of powerful corporations. We look forward to participating in this very important role on

this case and ensuring that our communities are represented in these cases against the largest pharmaceutical companies and corporations," said Attorney Jung.

May Lightfoot, formerly The May Firm, was established in Ward 8 by Former Council Member and Attorney LaRuby May in 2017. The May Firm transitioned to May Lightfoot in 2019 when Bill P. Lightfoot and his son, Will J. Lightfoot, joined the firm. As the only personal injury firm east of the river, May Lightfoot is comprised of seven attorneys, 100% of whom are people of color and/or women.

Attorney May commented about the appointment to the MDL, "Our firm is intentional about who it represents and why. Judge Rosenberg's novel vision for this leadership team to represent the diversity of potential plaintiffs is consistent with our firm's focus and purpose."

If you have taken Zantac or been diagnosed with cancer as a result of taking Zantac, contact May Lightfoot, PLLC at www.maylightfootlaw.com or 202.506.3591 for a free consultation.

Businesses Come Together to Help Those in Need in Ward 8

Dear Capital News Subscribers:

People around the world are experiencing difficulties and challenges that have exacerbated conditions that had already existed their day-to-day lives. Vulnerable people are even more at-risk in overcoming problems that are compounded by additional obstacles that further reduce the qualities of their existences. In the District of Columbia, many residents in Ward 8 are experiencing these challenges and need our support.

That is why I have asked a group of businesses to sponsor and cosponsor this project, with a mission to provide assistance to homebound seniors and vulnerable families, in these communities. Therefore, I am asking you to join us in supporting our residents, to reduce the burden of additional challenges and help improve the quality of their lives.

One hundred percent of the donations will be designated for medicine, food and wrap-around services, for Ward 8 residents who qualify for this assistance, during this COVID-19 pandemic. Tax deductible, charitable donations are due on June 15, 2020. The contact person for this project is Barbara J. Thompson. She can be contacted, Monday through Friday, from 9:00 a.m. to 3:00 p.m., at (202) 563-5033.

Thank you for your support!

- Phinis see page 3





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D.C. Mayor Muriel Bowser Takes a Bold Step in the Black Lives Matter Movement with Street Paint and Re-Naming

By: Phinis Jones

As thousands continue to protest in Washington against police violence and anti-black racism, D.C.'s mayor, Muriel Bowser, also renames part of the street leading to the front door of The White House, "Black Lives Matter Plaza." The Plaza is across from St. John's Episcopal Church where President Trump cleared out peaceful protesters for a photo-op holding a Bible.

Keyonna Jones, 31, was one of the seven artists to work on the street painting. Friday, June 5, 2020, she arrived at the scene on 16th Street, N.W. at 3 a.m., where Department of Public Works trucks had shut down the street and brought painting supplies. Jones, the director of Congress Heights Arts and Culture Center in Southeast, immediately got to work. "Honestly, I can't wait to see what Trump tweets," she said. "That's what I'm waiting for. It's really bold."



[DC Mayor Bowser and Keyonna Jones]

Keyonna Jones continued saying, "The mayor doing this right here outside The White House, taking up the whole stretch



- the symbolism is huge. We are saying it loud. We are here. Maybe you didn't hear us before, maybe you were confused, but he message is clear, black lives matter – period."

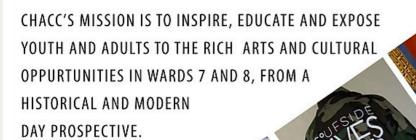
Mayor Bowser said in the press conference, "We want to call attention today to making sure our nation is more fair and more just."



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George Floyd protests from pg. 1

descending into chaos, with fires and looting - violence he largely blamed on outsiders.

Here is everything you need to know about the symptoms and transmission of Wuhan coronavirus.

We do not have the numbers," Walz said. "We cannot arrest people when we are trying to hold ground."

Minnesota National Guard General Jon Jensen said all the state's guardsmen had been activated, and some 2,500 members were expected to be mobilized by midday. "It means we're all in," Jensen said.

It is the "largest domestic deployment in the Minnesota's National Guard's 164-year history," the National Guard said on Twitter.

The deployment comes more than four days after the killing of George Floyd, which has set off angry protests across the United States against police brutality and the treatment of African Americans. Friday saw demonstrations and marches, sometimes violent, in Minneapolis, Louisville, Kentucky, Atlanta, Georgia, Houston, Texas, Washington, DC, and elsewhere

Floyd died on Monday after Derek Chauvin, a white officer, pinned the Black man's neck down to the ground with his knee for nearly nine minutes. A bystander video of the incident shows Floyd pleading for help, repeatedly saying: "I can't breathe."

Floyd eventually goes motionless, and Chauvin continues to kneel on Floyd's neck for nearly three minutes despite appeals by bystanders to get off of him, according to court documents.

The four officers involved, including Chauvin, were fired on Tuesday. Chauvin was arrested and charged with third-degree murder and manslaughter on Friday, more than three delays after the incident.

Governor Walz said he expected Saturday's protests in Minneapolis to be the most intense yet. Protesters have previously told Al Jazeera they plan to stay in the streets until at least all

four officers have been arrested and charged, despite nightly curfews and the presence of the National Guard.

"They would not need the [National Guard] if they would just listen to the people," said Aman Mohamed, another Minneapolis resident.

It's uncertain what exactly it's going to take for things to calm down, but Layla Ahmed, another resident, told Al Jazeera "having one person arrested is not enough. We need all four."

In a joint statement with the family of Floyd, Benjamin Crump, a prominent civil rights lawyer whose firm is representing their case, called the arrest of Chauvin "a welcome but overdue step on the road to justice".

Crump and the family also expressed disappointment with the charge itself. "We expected a first-degree murder charge," they said. "We want a first-degree murder charge. And we want to see the other officers arrested."



A protester holds her sign at the Hennepin County Government Center as protests continue over the death of George Floyd [Jim Mone/AP Photo]

The fact that the three other officers, identified as Thomas Lane, Tou Thao, and J Alexander Kueng, stood by while Chauvin pinned Floyd with his knee for almost nine minutes "demonstrates a breakdown in training and policy by the city" the statement said.

"We fully expect to see the other officers who did nothing to protect the life of George Floyd to be arrested and charged soon."

The bail for Chauvin has been set at \$500,000, according to an official document provided by CNN. If convicted, he could face up to 25

years in prison.

In addition to more arrests, Crump and the family said it is essential that Minneapolis "closely examines and changes its policing policies and training procedures to correct for their lack of proper field supervision; the use of appropriate, non-lethal restraint techniques; the ability to recognize medical signs associated with the restriction of airflow, and the legal duty to seek emergency medical care and stop a civil rights violation."

Crump also said the family had hired an independent medical examiner to conduct their own autopsy, following the release by the preliminary autopsy report by the Hennepin County Medical Examiner's office.

The report said there were "no physical findings that support a diagnosis of traumatic asphyxia or strangulation".

Floyd likely died from "the combined effects of ... being restrained by police, his underlying health conditions and any potential intoxicants in his system," the report added.

Responding to the report, Floyd's family said: "We are not surprised, yet we are tragically disappointed in the preliminary autopsy findings released today by the medical examiner. We hope that this does not reflect efforts to create a false narrative for the reason George Floyd died."

'A warzone'

Meanwhile, in south Minneapolis on Saturday morning, community members cleaned up from the previous night's protests as National Guardsmen continued to arrive in the city.

"It doesn't seem like [the National Guard] contained much," said Stefanie Rangel, 27, who helped organize the clean-up crew that has been picking up "lots and lots" of broken glass in the hopes that children can walk around safely.

It's not hyperbolic to say that every business has been affected, but many locally owned ones were spared in comparison to the major corporate outlets.

Wahab T, a resident of 25 years, who said he contined on pg. 10



Call now: 202.506.3591 or info@maylightfootlaw.com

On September 13, 2019, the U.S. Food and Drug Administration reported the discovery of the carcinogenic contaminant N-nitrosodimethylamine (NDMA) in Zantac (ranitidine), a common heartburn medication available in both prescription and over-the-counter versions. Lawsuits have been filed against the drug companies accusing them of manufacturing, marketing, and selling a product they knew or should have known had been contaminated with an industrial chemical known to cause cancer.

While our law firm, May Lightfoot, is accepting clients who took Zantac and have been diagnosed with cancer of any kind, we are very interested in speaking to you if you took Zantac and have stomach cancer. Some studies show that Koreans have the highest rate of stomach cancer.

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The Minnesota paradox: how race divides prosperous Minneapolis



Plumes of smoke rise in the aftermath of a protest in Minneapolis, Minnesota, on Friday. Photograph: Carlos Barría/Reuters

PROTESTS OVER KILLING OF GEORGE FLOYD HIGHLIGHT REALITY OF TENSIONS IN THE TWIN CITIES.

By: Peter Beaumont Special to The Capital News

It has been called the "Minnesota paradox". The Twin Cities, comprising the conjoined urban areas of Minneapolis and St Paul, regularly tops the list of places in the US with the best quality of living.

Largely low rise and sprawling, set around the cities' lakes and the Mississippi, the area is marked by affordable and largely good quality housing with lawns, parks, museums and treelined streets.

Its politics too have long reflected a strong progressive strand, represented by figures such as the late senator Paul Wellstone, once described as the most liberal member of the Senate. Employment – pre-pandemic, at least – was high, and St Paul serves as the global headquarters for 3M.

But there is another side to living in Minnesota, often ignored. Factor in the black and ethnic minority experience, and the state is suddenly not such a good place to live.

Despite Minneapolis celebrating itself as the city of Prince and Paisley Park, Minnesota's black education and employment outcomes by US national standards have long been dismal in comparison with those of the state's white population.

Rated in 2018 second in terms of overall best states in which to live in the US, in the same year Minnesota ranked close to the bottom for both employment gap by race (47th) and income gap by race (38th).

According to a report released last year, even before the mass unemployment triggered by the coronavirus took hold, some 10% of black American residents of the Twin Cities were unemployed compared with just under 4% of white American residents. Given the pandemic's disproportionate impact on communities of color, that already bad situation has now worsened.

The reality of Minneapolis and St Paul is that behind the veneer of "Minnesota nice", behind the reputation of a socially liberal and highly tolerant metropolitan area (in contrast with the state's more conservative rural areas), there have long been glaring divisions along racial lines in a place where 20% of the population is African-American.

Despite having a white mayor, Jacob Frey, who has been outspoken about the problems of structural racism, and being located in the same congressional district that elected Ilhan Omar, the state's first non-white woman to be elected to Congress, race relations have foundered on chronic inequalities and a series of high-profile killings of black people involving the 800-strong police force.

As the academic Samuel Myers, who coined the notion of the Minnesota paradox, pointed out two years ago, it is not only in employment and income gaps that the paradox exists, pointing to racial disparities in incarceration rates, in child maltreatment report rates, educational outcomes, and even racial disparities in drowning rates.

Among all these indicators, it is education that has witnessed one of the worst disparities, despite this being acknowledged as a problem by state officials and leading to a current restructuring effort to try to address the inequalities.

According to a report last year, while 95.9% of white adults in the Twin Cities metro area have a high school diploma, one of the highest figures in the US, just 82.2% of black adults do, a number below the national black high school attainment rate of 84.9%.

Add to all that the dangerous accelerant of the issue of police violence against black people, including the police shootings of Philando Castile in 2016 and Jamar Clark in 2015, which led to protests that shut down some of

contined on pg. 10

George Floyd Protest from pg. 7



knows half of the small business owners in the area from living just a few blocks away, is ambivalent about the National Guard's involvement. "They're here to help," he said. The bad part, he thinks, is that kids have to see guardsmen walking around with guns. "They think this is a warzone."

Another longtime resident, Marvin Smith, who describes himself as a peaceful bystander that was at the Plymouth protests of 1966 in North Minneapolis, said the Guard "should have been here", but that "you can't tell people not to protest 400 years of injustice."

Smith said he "hopes it's peaceful forever," that it was unfair to compare brick and mortar buildings to "blood, sweat, and tears". He said he believed there is still a long way to go before people of color have the same opportunities and freedoms as white people. "The idea that this is going to go away when the rioting stops is asinine."



In addition to the National Guard, the Pentagon on Saturday ordered the Army to put military police units on alert in case they are requested in the city, The Associated Press news agency reported.

US President Donald Trump, who reportedly requested the rare move by the Pentagon, has - without providing evidence - blamed the violence on "radical left" protesters.

But Minnesota Governor Walz said on Saturday authorities believe some of the violence in Minneapolis is the work of a "tightly controlled" group of outsiders, including white supremacist groups and drug cartels. He did not elaborate.



A protester holds her sign at the Hennepin County Government Center as protests continue over the death of George Floyd [Jim Mone/AP Photo]

Layal Ahmed, a resident, also had her suspicions.

"I believe these fires are not being started by the youth," she said,

"I believe it's being started by people coming from the suburbs, or even white supremacists," she added. "People that live here love this city, but we don't stand for injustice."

Minnesota Paradox from pg. 9

the city's highways, and what occurred this week becomes more understandable.

Finally, as one resident pointed out to the Guardian, the impact of the coronavirus – not least its devastating economic impact on the poorest and least protected communities – has fed the simmering anger that existed before George Floyd's killing.

All of which has left a journey along Minneapolis's historic east-west thoroughfare Lake Street, location of the 3rd police precinct, which was attacked after the Floyd killing, as a metaphor for many of the tensions.

A longtime magnet for new immigrants, from Scandinavians in the 19th century through black Americans during the Great Migration and those who relocated from cities such as Chicago in the 60s and 70s, to Hispanic, Hmong and most recently Somali immigrants, this street underlines the disparities.

Running from uptown with its wealthy homes and bookended by the middle-class neighborhoods close to the river where Black Lives Matter placards proliferated on lawns in 2016 after Castile's killing, it also traverses poorer neighborhoods with immigrant-run businesses.

It was not always this way. While race relations in the state have largely mirrored the wider experience of the US, the Twin Cities in the 60s and 70s were seen for the African Americans who relocated there as a place with access to jobs and good schooling.

But race in Minnesota has become foregrounded even more in the Trump era, as some local rightwing politicians in towns such as Saint Cloud, outside the metropolitan area, have fostered anti-immigrant sentiment aimed largely at Somalis and Latinos.

All of which led Keeanga-Yamahtta Taylor to write in the New York Times that what is "unmistakable in the bitter protests in Minneapolis and around the country is the sense that the state is either complicit or incapable of effecting substantive change".



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South Africa teachers' union urges staff to defy return-to-work order



A worker performs disinfection tasks during the coronavirus pandemic at the Sibonile School for the Blind in Meyerton, South Africa, where there have been 27,000 confirmed coronavirus cases and 577 deaths [File: Siphiwe Sibeko/Reuters]

By: Special to the Capital News

South African teachers' unions and governing associations urged their staff on Friday to defy a government order to return to school next week, saying schools did not yet have personal protective equipment (PPE) to keep educators and pupils safe.

The country has had more than 27,000 confirmed cases but only 577 deaths from COVID-19, the respiratory disease caused by the new coronavirus.

Basic Education Minister Angie Motshekga said last week that schools would reopen, but only for grades 7 and 12, the last years of primary and secondary school, respectively.

Union says schools do not have the protective gear to keep educators and pupils safe when the economy reopens on Monday.

Africa's most industrialized state will reopen its economy on June 1, after two months of lockdown that deepened a recession and left millions jobless. President Cyril Ramaphosa imposed the lockdown to prevent a COVID-19 epidemic on the kind of scale that has devastated Western nations.

"The education system ... is not ready for the reopening of schools. If the PPE (protective equipment such as masks and hand sanitizer) have not been delivered by now, chances are slim that all schools will have them on Monday," the joint statement said.

"We therefore call on all schools ... not to reopen until the non-negotiables have been delivered."

Motshekga has urged the teachers' unions not to obstruct those who want to go back to school.

On Monday, South Africa's economy will mostly return to full capacity, as it moves to "level three" lockdown, lifting a curfew, a restriction on outdoor exercise and a ban on alcohol sales in addition to partly reopening schools.

Many of South Africa's government schools are in poor shape, especially in rural areas, and analysts say a quarter of them have no running water - making handwashing nearly impossible.

South Africa's state-run Human Rights Commission on Friday also urged the government to reconsider its decision to start opening schools until they are better prepared. _





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REAL ESTATE NEWS Your Essential Spring Lawn Care Guide

By: Rosalind Jimason Special to The Capital News

Tired of looking out the window at your dull, dormant lawn? A little prep now will give you a green lawn all summer long.

RAKE

First things first, gently rake leaves, twigs, and dead grass off your lawn, and remove snow mold if you live in colder climates. This allows air and sunlight to reach down to the grass roots. Avoid power-raking, as hacking away at the ground can damage shallow grasses and good soil.

WEED

Weeds like dandelions, hairy bittercress, common chickweed, and henbit go dormant in winter and re-emerge in the spring. For best results, pull as many weeds as possible by hand or use a hoe. Be sure to get the entire plant, roots and all. If you use a pre-emergent weed killer, make sure it's a calm day. Wind can spread the chemicals onto plants you don't want to kill and into waterways you don't want to pollute.

AERATE

Aerating — making small holes in your soil — lets air, water and nutrients reach the roots of your lawn, encouraging healthy growth. On newer lawns (1-3 years old), aeration is encouraged twice a year, in the spring and fall. After that, you can switch to once a year in the spring. Don't rake the plugs; leave them on the

OVER SEED

Over-seeding is the practice of spreading grass seed over your existing lawn. Cover bare and thinning patches of grass using a mix of seed that includes slow-growing and low-growing grasses — fine fescue or centipede grass, for example. Cool-season grasses such as bluegrass and annual ryegrass benefit the most from over-seeding.

3 Signs Your Crawlspace Needs Professional Attention

1. Moisture:

Moisture can seep into the foundation of a house and cause damage over time. If that's not bad enough, a dark and moist environment like a crawlspace can offer an excellent breeding ground for mold. Most of the air in your house goes through your crawlspace at some point. That air can carry mold spores into your home and reduce the air quality of the entire house.



Keep an eye out for moisture in your crawlspace, especially after it rains. You can detect it in the air if you have a good nose. You can also touch the ground and the walls looking for wet spots

2. Rodents, insects, and other pests:

Keep an eye out for critters and signs of their presence, such as animal feces, nests, and gaps in the crawlspace that could serve as entrance and exit points. Insects and rodents should be eliminated quickly, as unchecked activity can quickly grow into an infestation. A pest control professional can help you determine the extent of the problem and recommend the best mitigation strategies.

3. Wood rot:

Rot can be a very costly problem. This form of fungus grows inside the wood, weakening



Rot can be a very costly problem. This form of fungus grows inside the wood, weakening it as it spreads. The good news is that there are lots of chemical products on the market that can kill and remove rot from wood. The bad news is that these methods don't work when rot damage is too extensive. Detecting the early signs of wood rot can save you the expense of having to replace huge chunks of a house's foundation.

There are two types of rot that may affect your crawlspace: wet rot and dry rot. Signs of wet rot include the wood becoming darker, feeling soft or spongy when pressed, and the appearance of cracks in the affected area, as well as localized fungus growth, which may resemble mushrooms.

Dry rot will also cause wood to feel weak and spongy. This tends to be a more destructive variety of rot, but it's also easier to spot due to the growth of the mycelium — a white substance that looks a bit like cotton or wool and clings to the affected wood. If you spot that, or any other sort of fungal growth or rot, get a professional involved.



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GEMINI

(May 21 to June 20)

You'll begin to feel more settled and serious-minded (this could apply either to work or to your private life). Whatever you achieve this year will stand you in good stead in years to come. Your inherent restlessness, which can always take hold if things become a little slow-loving and stodgy, will be less evident, and you'll feel that your general progress has become steady and positive. There is a definite accent on commitment and the achievement of ambitions - though this won't occur overnight, and a little patience (dread word!) will be necessary. Financially, things should move ahead steadily if not spectacularly - and your love-life should be steadily positive, too, with a relationship deepened. So not bad, altogether - but remember not to get too exhausted; keep some vitamins for days when you feel your energy needs a boost.



CANCER

(June 21 to July 22)

You'll definitely feel like giving your friends a good time, in one way or another. Don't worry about all those things you should be doing; let them hang for a while, or delegate them – none of them are likely to be life-threateningly important. One way or another, there'll be plenty of opportunities to enjoy life with whoever you want to be with, and everyone will appreciate the treats you arrange for them. Don't forget to relax and enjoy things yourself, too–perhaps especially when they're over and you can stop worrying about organizing!



LEO

(July 23 to August 22)

Though June is peppered with indications which suggest a lively social life, and the whole month is likely to be pretty frenetic in one way or another, you should cope as well as usual, while in the middle of the month your career should really take off. It looks as though you may develop a close and advantageous relationship with a colleague, perhaps a new one. Take the time to listen to other people rather than exercising your Leo determination, to take your own line about things; and if you don't agree with whatever they propose, tact will get you much further than stubbornness. A cunning plan will occur to you on the 21st – no doubt that'll be the New Moon putting her oar in.



VIRGO

(August 23 to September 22)

Make careful plans between the 4th and 13th, and then revise them, cutting out absolutely everything that you haven't GOTTEN to do. Otherwise you'll find yourself trying to crowd far too much into the day, and feeling the worse for it – then your digestion will start to suffer. The following weeks will be considerably more productive, rewarding and enjoyable. Venus indicates connections with people from overseas. If you're studying, beware of too many enticing distractions!

June Horoscopes

Source: www.yearly-horoscope.org/



LIBRA

(September 23 to October 22)

An emphasis on money and a positive one which suggests that an investment of some kind will pay off. This doesn't necessarily mean the stock exchange: maybe a lucky bet, or just an unexpected windfall from a chance you took ages ago. But, this same astrological indication could be interpreted to suggest that you'll make a wonderfully advantageous and profitable purchase – and even if you spend more money than you want, or even more than you have, you'll find that whatever you bought will, in the end, be more than worthwhile. Sorry we can't be more specific – but you'll soon know which way Venus is going to reward you, she's shining specially brilliantly for you at the moment.



SCORPIO

(October 23 to November 21)

Those emotions of yours could drop you right in it, this month, unless you make a real effort to keep them under control. It seems most likely that you'll just lose your sense of perspective about something and become far less logical than it's in your power to be. Try not to jump to conclusions – no, correction, DON'T jump to conclusions; if you do, you'll say more than you should, and more strongly than you should. This will be especially true if that cursed jealous streak of yours is involved. Be especially careful if that's the case, because we're here to tell you that it's 100-1 that it'll be completely unjustified.



SAGITTARIUS

(November 22 to December 21)

If you have the slightest hint of a gambling streak, it'll surface this month, whether in connection with a sport of some kind or just with a tendency to take risks in one way or another. We guess that it's most likely that sex will be involved – you'll perhaps just set eyes on that delicious girl or that gorgeous hunk, and leap as soon as you've looked. Well, fine; but be prepared for a put-down if you're tactless or over-forceful. However, the chances are that he or she will fancy you as strongly as you fancy them, and what could be more promising than that? So yes, take that gamble, and see how things turn out. The world's smiling at you at the moment: smile right back.



CAPRICORN

(December 22 to January 19)

Life may feel just a tad uneasy – something to do with events beyond your control, which during the first two weeks of the month, will add to your work-load and may contribute to some sort of breakdown in communication. Double-check on all arrangements and avoid disaster, or even any serious build-up of stress. While negativity trends are around, they should be centered on your work life,

and time at home with the family. Time spent with your lover should be enjoyable and restorative. The irritating indications will end on June 12st.



AQUARIUS

(January 20 to February 18)

Life really should be extremely pleasant and enjoyable for you at the moment. It's a good time of year for you in general, but this year will be specially so, provided you don't rely too much on other people. There are also chances of an irritating delay of some kind – maybe connected with clothes. Alright, yes, that sounds strange and unlikely, but if you have ordered something, taken something to the cleaner's – that sort of thing – be prepared for an unexpected delay which could in some way contribute to social difficulties (the laundry losing one half of that lingerie set, or mincing up your favorite pair of erotic briefs?)



PISCES

(February 19 to March 20)

Things will be somewhat trying both at home and at work. At home, there'll be delays of one sort of another – tremendous progress will be made, but you'll get involved in almost endless discussions (sounds to us as though you're redecorating but having problems with colors or patterns). While at work, you'll be very busy indeed, and not able to solve problems nearly as quickly or easily as you'd hoped. Try not to get irritated or exhausted, by these delays. Save your energy for coping when the decisions have been made. A friend or acquaintance will be specially encouraging, kind and complimentary!



ARIES

(March 21 to April 19)

The positive indications which were at work in May continue through in June, especially where your lovelife is concerned. You'll feel well settled and in tune with your partner. The financial situation looks fair, too – unless you allow a particularly generous impulse to get the better of you! If anything does start bugging you, vent your feelings rather than bottling them up, and direct your comments straight at the person with whom they'll most effect. Your words won't fall on deaf ears, though maybe the ears will turn light red with irritation because their possessor will know that you're in the right! You'll be most effective if you speak out between the 12th and 15th.



TAURUS

(April 20 to May 20)

Bliss! – the wonderfully warm, sentimental time you'll have! You'll have no difficulty at all in expressing your feelings, whether on paper or more intimately, and your own special he or she will positively shiver with pleasure. If you're thinking of making a declaration of love, then if you can bear to wait until the 6th!

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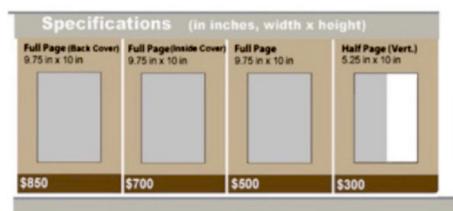
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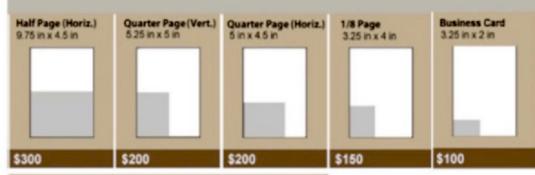
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Religious Corner

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

Allen Chapel A.M.E.Church Rev. Dr. Michael E. Bell, Sr., Pastor 2498 Alabama Ave. SE WDC 20020 (202) 889-3296 "The Cathedral of Southeast DC" Sunday Worship 8:00am &11:00am Sunday School 9:15am www.acamec.org

Brighter Day Ministries
Rev. Tommy Murray, Pastor

"Teaching God's Word and Serving God's World"

Multi-Location Church

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www.brighterdaydc.org

A.P. Shaw Campus

2525 12th Place, SE,

Washington, DC 20020

2525 12th Place, SE,
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

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

Bible Study Thursday 7:00pm

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.emmanuelbaptistchuurchdc.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
2625 Stanton Rd. SE WDC 20032 • (202) 678-8486
"A Church With a Living Hope in the Midst of Dying World"
Sunday Worship 10:00am
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
"Empowered to love and Challenged to Lead a
Multitude of Souls to Christ"
Sunday Worship 7:30am & 10:45am
Church School 9:30am
Prayer, Praise & Bible Study Wednesday 7:00pm
Bible Study Saturday 11:00am
Holy Communion 1st Sunday 10:45am

New Life Ministries DC
Reverend Ernest D. Lyles, Sr.
2405 MLK Jr. Ave SE WDC 20020
Sunday Worship 10:00am
https://newlifeministriesdc.org/
"A small church with a mega heart"
Phone: 202-304-2005
Email: joinus@nlmdc.org

Rev. Dr. Kendrick E. Curry
3000 Pennsylvania Ave. SE WDC 20020
(202) 581-1500

"Committed to the Cause of Christ"
Sunday Worship 10:45am • Sunday School 9:30am
Adult Bible Study Mondays 7:00pm
Young Adult Bible Study Tuesdays 7:00pm
Bible Study Wednesday 6:30pm
http://www.pabc-dc.org/

Pennsylvania Ave. Baptist

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/

St. Matthews Baptist Church
Rev. Dr. Maxwell M. Washington, Pastor
1105 New Jersey Ave. SE WDC 20003
(202) 488-7298
"Striving to be more like Jesus with
an emphasis on 'Prayer'"
Sunday Worship 9:05am • Sunday School 8:00am
Bible Study Tuesday 7:30pm
Prayer Meeting Tuesday 7:00pm
Hold Communion 3rd Sunday Morning
www.stmatthewsbaptist.com
stmatthewbaptist@msn.com

Union Temple
Pastor Anika Wilson Brown
1225 W St SE, WDC, 20020 • (202) 678-8822
"It's a family affair"
Sunday Worship: 8:00am & 11:00am
Thursday Night Worship: 7:30pm
www.uniontemple.com

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

> BP Gas Station 7000 Blair Rd. NW

Hattie Holmes Senior Center 324 Kennedy St. NW

Kwik Stop 4801 Georgia Ave NW

Midnight Deli 4701 Georgia Ave NW

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

> Petworth Library 4200 Kansas Ave, NW

Starlight Foods 5425 5th Street NW

Senbeb Natural Foods 6234 3rd Street NW

Shell Gas Station/ 7 Eleven 4000 Georgia Ave, NW

Takoma Park DC Library 416 Cedar Street NW

Yes! Organic Market 4100 Georgia Ave, NW

WARD 5

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

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

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

> Barbershop 3506 12th St NE

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

Department of Veteran Affairs 1500 Franklin St. NE

Fish King 403 Rhode Island Ave NE Good Old Reliable Liquor Store 1513 Rhode Island Ave NE

> Israel Baptist Church 1251 Saratoga Ave. NE

> > Jet Set Hair 3530 12th St. NE

Lucky 7 Liquor 2317 Rhode Island Ave. NE

> M&S Barber Services 2900 12th NE

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

Neighborhood Market 1611 Rhode Island Ave. NE

> Newton Food Mart 3600 12th St. NE

Salon Shear Madness 2014 Rhode Island Ave NE

> Sammy Carryout 2801 Franklin St NE

Woodbridge Public Library 1800 Rhode Island NE

WARD 7

Anacostia Library 1800 Good Hope Rd. SE

Benning Road Library 3935 Benning Rd. SE

Capitol View Neighborhood Library 5001 Central Ave SE

Deanwood Recreation Center 1350 49th St. NE

Ft. Davis Community Center 1400 41st St. SE

Francis A. Gregory Public Library 3660 Alabama Ave SE

Hillcrest Community Center 3100 Denver St. SE Hillcrest Recreation Center 3200 Camden St SE

New 7 Market 1406 Good Hope Rd. SE Safeway 2845 Alabama Ave. SE

Washington Seniors Wellness 3001 Alabama Ave SE

WARD 8

Allen Chapel AME Church 2498 Alabama Ave. SE

Andrews Federal Credit Union 1556 Alabama Ave. SE

The Arc/ Parkland Community Center 1901 Mississippi Ave. SE

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

Brighter Day Ministries Congress Heights 421 Alabama Ave. SE Brighter Day Ministries A.P. Shaw Campus 2525 12th Pl. SE

Busboys & Poets 2004 Martin Luther King Jr Ave SE

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

> Cedar Tree Academy 701 Howard Rd. SE

Community College Preparatory Academy 2405 MLK Jr. Ave. SE

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

> Excel Pharmacy 3923-A S Capitol St SW

Excel Care Pharmacy @United Medical Center 1310 Southern Ave SE

Fort Carroll Market 3705 MLK Jr. Ave. SE

Good Wash Laundromat 1603 Good Hope Rd. SE

Hope Village 2844 Langston Pl SE

IHOP 1523 Alabama Ave. SE Industrial Bank 1800 Good Hope Rd. SE 1800 Martin Luther King Jr Ave SE

Kingdom Care Senior Village 814 Alabama Ave SE

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

My 3 Sons Barbershop 3125 Martin Luther King Jr Ave SE

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

> Park Southern Apartments 800 Southern Ave. SE

Parklands-Turner Neighborhood Library 1547 Alabama Ave SE

> P.R. Harris School 4600 Livingstone Rd. SE

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

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

The Roundtree Residences 2515 Alabama Ave. SE

Secrets of Nature 5923 South Capitol St. SW

St. Elizabeth's Hospital 1100 Alabama Ave. SE

Southeast Tennis and Learning Center 701 Mississippi Ave. SE

> SunTrust Bank 1340 Good Hope Rd. SE

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

UDC at Congress Heights 3100 Martin Luther King Jr Ave SE

> United Medical Center 1310 Southern Ave. SE

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Web: http://idshomes.com