

THE CAPITAL NEWS

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The Untold Stories

The Capital News proudly endorses Veda Rasheed for Ward 7 DC Council

The Change Ward 7 needs in 2020 is Miss Veda Rasheed. The Capital News recognizes Miss Rasheed as an inspiration to a community tired of politics as usual. We proudly endorse her for the Ward 7 DC City Council seat. She has committed to fighting for a new normal and to work from day one to repair the damage that insider politics and broken promises have caused her beloved hometown.



Born and raised in Ward 7, Democrat Veda Rasheed is a mom of two, an attorney, and community activist whose first priority is serving Ward 7 with unflinching integrity and resolve. Leadership in the nation's capital requires a heart for the diverse culture of DC residents who live there. Miss Rasheed has emerged as a service leader who is unafraid to stand up, speak out, and fight for the future of Ward 7 by putting education first, advocating for affordable housing, and working to stop

the violence that continues to rip our community apart.

Continuing in her commitment beyond her appointment to the Mayor's Commission on African American Affairs, Rasheed has continued to engage in outreach and advocacy as DC faces one of its most challenging times managing the novel Coronavirus outbreak. Rasheed is on the front line, collaborating with Martha's Table, a community non-profit organization, to champion distribution of



continued on P8

Community News



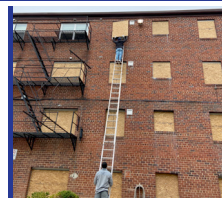
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Community News



Home for Lease
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National News



Tragedy Unfolded-Hope Village Closed
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THE CAPITAL NEWS

THE UNTOLD STORIES

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UPCOMING NEWS:

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If you would like to place a small job advertisement, housing advertisement or automobile advertisement in the paper please email the editor with the informa-

TRIBUTE

Henry Grimes

November 3, 1935 - April 15, 2020



Photo by Hollis King

This pandemic is hitting home. It has taken our loved ones.

After a LifeTime of kindness, the great musical genius, Henry Grimes, has joined the multitude of angels playing their music in the spirit world. I like to imagine that these great musicians are still helping to strengthen us all with their music - having joined the cosmic vibration that keeps us in balance.

He was born and raised in Philadelphia, PA. He became one the premier bassist in all areas of jazz during the 1950s and 60s with Jazz greats such as Benny Goodman, Gerry Mulligan, Charles Mingus, Thelonious Monk, Stan Getz, Sonny Rollins, Perry Robinson, Albert Ayler, Don Cherry, Cecil Taylor, among others. Grimes disappeared for about thirty years until 2003. Since then, he soared across the musical world, with a spirit filled with freedom and love with his wife, Margaret Davis Grimes at his side. Henry Grimes was acknowledged for his Lifetime of Achievement at Vision Festival in 2016.

With Love and Condolences to all of us who have been touched by this beautiful human being.

Patricia Nicholson
 Founder of Arts for Art

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Veda Rasheed continued from pg. 1



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Veda ★★★
Rasheed
DC COUNCIL ★ DEMOCRAT
★ WARD 7 ★

The Change We Need
ELECTION DAY IS **JUNE 2, 2020**



AUTHORIZED AND PAID FOR BY VEDA FOR WARD 7, SEAN WATSON, TREASURER. A COPY OF OUR REPORT HAS BEEN FILED WITH THE DIRECTOR, DC OFFICE OF CAMPAIGN FINANCE



Due to COVID-19, DC is making it easier for everyone to request a mail in ballot and vote by mail for the June 2, 2020 primary.

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 - The Board of Elections will mail a ballot directly to you
- 3** **COMPLETE YOUR BALLOT**
 - Vote for **Veda Rasheed #4** on your ballot
- 4** **MAIL YOUR BALLOT & CAST YOUR VOTE BY JUNE 2**
 - Return your ballot by mail
 - Postage will be free

For more information contact Veda at 202-573-7247 or go onto the website at vedarasheed.com
Veda Rasheed
DC Council ★ Democrat ★ Ward 7
4 on the ballot
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Coronavirus: Why has the virus hit African Americans so hard?



To a lot of Americans, the racial disparities shown in the number of people dying of coronavirus-related causes have sadly been unsurprising

By: Aleem Maqbool
Special to The Capital News

The cities of Chicago, New Orleans, Las Vegas and states of Maryland and South Carolina are among those now starting to report data based on race, and show an over-representation of victims who are black.

While some of this could be due to the long-standing inequality issues in the US that we have become familiar with, other reasons are perhaps more unexpected and could potentially have been dealt with.

Here are the experiences of three people affected by the crisis in different ways - their stories explore why black Americans appear to be more at risk.

'It's ravaging my community'

"My sister Rhoda was the matriarch of our family. She was the first in our family to go to college, got a degree and became a public, school teacher," says Reverend Marshall Hatch of Chicago.

To a lot of Americans, the racial disparities shown in the number of people dying of coronavirus-related causes have sadly been unsurprising

Reverend Hatch had been extremely close to his elder sister who had often played the organ in his church. But 73-year-old Rhoda Hatch passed away on 4 April after spending eight days on a ventilator.



Reverend Marshall Hatch with his sister Rhoda

Two days earlier Reverend Hatch's best friend, Larry Harris, also died. He was 62. Both had contracted Covid-19.

In fact, four people close to him have now died from it and he talks of it utterly ravaging the mainly African American (AA) neighborhood of West Garfield Park in which he lives.

"We have been trying to find a grave for my sister for a Saturday burial, but it has been harder than ever," says the Reverend.

"But it's almost like we could have predicted that when a plague like this came along, that it would disproportionately affect people who are already under siege of economic violence."

According to census data, West Garfield Park already had a life expectancy a full 16 years lower than a predominantly white neighborhood of Chicago just three miles away.



African Americans hit hard by coronavirus

- **33%** of those hospitalized are AA
- **13%** of the US population is AA
- **68%** of coronavirus deaths in Chicago were AA

Source: CDC, Chicago Department of Public Health

The data released so far shows 68% of the coronavirus deaths in the city have been of African Americans, when they make up around 30% of the population.

People in Reverend Hatch's area are less likely to have health insurance and more likely to live in overcrowded accommodation as compared to the general population.

Young black men have also posted on social media that they have been harassed by security guards in shops or even told to leave if they use a cloth covering for their mouth and nose.

Coronavirus hit black American continued from pg. 6 across the country.

'If I get sick, I'm still working'

"The customers who are coming up in there, you never know who's got something."

Twenty-four-year-old Clarionta Jones from New Orleans is scared of catching the virus, but feels she has few options. She works in a shop and as such is considered essential.



"I've got the only income that's coming into our house and even with everybody getting laid off, they have still told us we have to come up with April's rent," Clarionta tells me.

"And honestly, if I'm sick I'm just going to take something for it and go to work. I don't want to miss my check; I have two kids. This is not a choice."

Clarionta tells me her managers have even told staff they cannot wear gloves and masks when interacting with customers. She did not feel she could argue for fear of losing her job.

In countries around the world we are seeing essential and service workers, often with low incomes, in the line of Covid-19's fire. In the US, "low income" disproportionately means "black" or "brown".

But then Clarionta said something surprising.

"First I heard black people weren't affected by the coronavirus. I mean there aren't really black people in China and when it started here it was a lot of other races affected."

This was not just misinformation in New Orleans but was widespread in communities

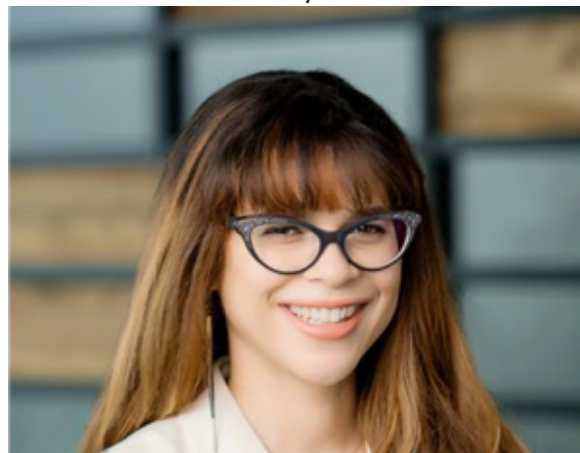
In mid-March, Atlanta rapper Waka Flocka appeared on a radio show and said: "Minorities can't catch coronavirus. Name one. It doesn't touch them soul food folks."

In retrospect, some health experts feel more could have been done to fill a vacuum in knowledge about the virus much earlier.

Structural racism is to blame'

As health commissioner in a city where nearly 40% of the residents are black, this misinformation was something Dr. Jeanette Kowalik dealt with on a daily basis in her work in Milwaukee, Wisconsin.

But just as her department was forming strategies to counter the narrative that the virus was something associated with foreign travel, Covid-19 struck her city.



"In the first week, there were maybe 80 cases in the city, and 70% of them were black," Dr. Kowalik tells me.

She lays bare what she thinks is the major reason why African Americans are at a disadvantage when it comes to Covid-19.

"African-Americans have more of the underlying health conditions associated with fatality (among those with coronavirus); the heart disease, diabetes, asthma, obesity," says Dr. Kowalik.

African American health

- 50% more likely to have heart disease than white people
- 40% more likely to die at an early age from any cause
- 19% could not afford to see a doctor

Source: Centers for Disease Control

She also talks of more subtle ways in which the health of African Americans may be compromised, pointing to studies that suggest that prolonged raising of stress hormone levels like cortisol lead to premature aging of the body, and that some of that "weathering" has been tied to encountering racism.

"These are all things that can be tied back to the structural racism, the policies and practices that have been in place in this country for a very long time," she says.

Dr. Kowalik says the way African Americans are being impacted by this crisis and the difficulties that remain in getting a coronavirus test in low-income communities has left people feeling they are being neglected yet again.

Additional reporting by Eva Artesona

The story behind the myth - BBC Disinformation Team

Rumors that people with dark skin may be immune to Covid-19 have been circulating on social media since late January.

The speculation was apparently initially fueled by the absence of coronavirus cases reported in Africa and the successful recovery in China of a Cameroonian student infected with the virus.

Several posts circulated on Facebook in mid-February wrongly claimed that the 21-year-old had been cured of the disease "because of his black skin".

But of course, there is no evidence that his recovery had anything to do with his complexion.

Nonetheless, the inaccurate claims were picked up by several English-language news websites and spread on social media in a number of African states, including Nigeria, Kenya, Uganda and Zambia.

The immunity myth has also been widely circulated online in the African American community, where it has featured in memes and viral jokes.

Olga Robinson, Disinformation Team, BBC Monitoring

REAL ESTATE NEWS

Top Tips for Working from Home

By: Rosalind Jimason
Special to The Capital News

When you're used to driving to the office every day, sitting through long meetings, and sharing a community microwave, working from home can sound pretty darn good.

It's a nice option to have, but working from home takes a special kind of discipline and flexibility. This is especially true if your spouse is also working from home or if your kids are out of school. If you're new to home-office life, here are a few tips to help it go smoothly.

Eat and drink—the right stuff at the right time

It's easy to get caught up in work and forget to eat or stay hydrated during the day. It's also easy to take too many trips to the kitchen for snacks and overdo it on the potato chips. Try to stick to your usual mealtimes, and stock up on healthy food to resist the temptation to snack all day.

Build in exercise

Working from home means you're out of your regular routine. You're not moving around your office or stopping at the gym on your way home. Make exercise a part of your new routine. Schedule it on your calendar or set a reminder on your phone. There are tons of ways to get in a workout from home—especially now, since a number of gyms and fitness experts have put their workouts online for free.

Be one with the mute button

It might be cute to hear the dog or kids in the background of a call—once, but don't make a habit of it. Even small noises, like ruffling papers, can be amplified over a cell phone. Get used to hitting mute when you're on calls from home to eliminate the background noise and embarrassing interruptions.

Designate a work-only space

This may be easier said than done. In some homes, there just isn't space for a dedicated home office or even a bedroom with a door you can close. Do what you can to find a private space you can make your own while you're working from home. It can increase productivity, and it also allows you to separate work from your personal life.

Make a schedule

“Set a schedule, and stick to it...most of the time,” said PCMag. “Clear guidelines for when to work and when to call it a day helps many remote workers maintain work-life balance. That said, one of the benefits of remote work is flexibility, and sometimes you need to extend your day or start early to accommodate someone else's time zone. When you do, be sure to wrap up earlier than usual or sleep in a bit the next morning to make up for it.”

Be social

Working from home can feel isolating, especially if you get energy from your regular workspace and colleagues. “One undeniable loss is the social, casual ‘water cooler’ conversation that connects us to people,” said NPR. “To fill the gap, some co-workers are scheduling online social time to have conversations with no agenda.” Use chat and video apps if you miss real-time interaction.

“Mattress Money” and Mortgages

While it might not literally be stashed under your mattress, **“mattress money” is a catch-all term to describe money saved without a documented paper trail.** The money could come from selling a car, a small inheritance, or an outright gift. One might assume that cash is cash, but when it comes to real estate transactions, it's important to understand that the way you save your money is nearly as important as having it in the first place.



One of the most important things lenders look at when evaluating a home loan application is how much money is available for the transaction. You need to be able to prove you'll be able to cover the down payment, closing costs, and cash reserve requirement. This verification is done by reviewing recent copies of bank statements, and if your savings account is short by \$5,000, you can't simply deposit your mattress money into your bank account right then to cover the gap.

Lenders must be able to verify the source of the money you're using for the transaction, as they're on the lookout for money laundering and illegal activity. If you've been saving cash at home and you plan to use those funds to buy real estate in the future, move the cash out of the vault (or mattress) and into your bank account ahead of time. This will let the funds “season,” i.e., sit in your bank account for a couple months, and the lender will not question where the funds came from. While there's no universal guideline, **funds generally should be “sourced and seasoned” for at least 60 days or two bank statement cycles.**



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Rasheed Endorsement from pg. 1

food to hundreds of needy families with children and our seniors.



Veda Rasheed has demonstrated she's in touch with the heartbeat of Ward 7 and fights for education, senior care, healthcare, public safety and economic empowerment. The Capital News endorses Veda Rasheed and reveals the untold stories impacting communities in Wards 4, 5, 7 and 8. Rasheed has expressed, "It is time for leadership that views the job of Ward 7 Councilmember as a public service, an honored duty, a sacred trust". The well-being of Ward 7 is in the blood of Veda Rasheed and that is why she wants to represent it on the D.C. Council starting January 1, 2021.

"It is time for leadership that believes again. It's time for leadership that we can believe in again." Rasheed said. Leadership with energy, tenacity and innovation will be required as D.C. manages and navigates its course back from the impacts of COVID-19. "For example, we have known for decades that we have needed a new hospital east of the Anacostia River. The healthcare gap and other are not reasonable or fair to the residents of Ward 7," Rasheed said.

Rasheed has also expressed and demonstrated a commitment to building community schools and the capacity of students and families, as former Chair of the Ward 7 Young Democrats, Ward 7 Parent Leader for My School D.C. Advisory Council, and as a Ward 7 Pave Parent Representative. Partnering with networks,

such as the Catholic University of America Law (CUA Law) Pro Bono, she coordinated back to school supply collection and delivery to Ward 7 Schools: Anne Beers, Kimball, DC Scholars and Randle Highlands. On the council, Rasheed wants to improve Ward 7 schools "so our students don't have to travel across the river to get a good education" and help more residents become homeowners. Her goal is to represent all of the ward's 23 neighborhoods, whether they be upper middleclass Hillcrest, working-class Marshall Heights or gentrifying Deanwood.

Miss Veda suggests that time has revealed and it's becoming even more apparent that change is needed. "The old ways aren't working," she said. "There is a saying that doing the same thing and expecting different results is the definition of insanity—we need to do things differently to create a new normal." Some of the work Rasheed has already done included the annual March Against Violence and Rally to Increase the Peace or the expungement fairs she has put on, bringing the Public Defender Service and other attorneys out to work pro bono to help our returning citizens and clear barriers on our residents' records. She has also served as an Advisory Neighborhood Commissioner in 7E01 since 2019. She hopes to continue serving our community in the City Council halls and in Ward 7.



D.C. Voters are encouraged to vote for the change Ward 7 needs by voting for Veda Rasheed. Current social distancing and stay-at-home orders have resulted in voting by mail. Vote Safe DC is making it easier for everyone to request a mail in ballot and vote by mail for the June 2, 2020 Primary.



D.C. voters must request a mail in absentee ballot by May 27, 2020. To request the ballot, go to the D.C. Board of Elections (BOE) web-page at dcb.elections.org or call 202-741-5283. You can also download and use the "Vote 4 DC" app on your smart phone or device. The BOE will mail a ballot directly to you. When you receive the ballot in the mail, Veda Rasheed is #4 on your ballot. To have your vote counted, mail your ballot and cast your vote by June 2, 2020; postage is free.



Veda Rasheed for Ward 7 DC Council On The Issues

Education

High standards for students, teachers, and facilities are critical to success. Schools must be kept in good repair, resources must be available for teachers and students to ensure success, and teachers and students should be held to a high standard to ensure professional and academic success. In turn, this will help lower teacher turnover rates and promote positive relationships between teachers, their students, and their families.

Encouraging community engagement between schools, their students, and the surrounding communities is crucial. It truly takes a village to raise a child, and everyone benefits when teachers and students feel supported by the community.

Families want to know how much is being spent by the school district and what kind of support their child is receiving. By increasing transparency, we can grow stronger relationships between our schools, residents, and officials.

Senior Services

Seniors are some of our most vulnerable residents, and elected officials must protect them. Seniors must have a right to live as they wish. Ward 7 must increase access to elder care facilities and assisted living facilities for those who require further assistance with everyday tasks, as well as increased resources for those who wish to continue to live independently.

We must ensure a high quality of life for our seniors. Keeping drug prices and the cost of living low while ensuring access for the medical care seniors need to remain independent and healthy is crucial to the collective health of our community.

Healthcare

Ward 7 has long suffered inadequate resourc-

es, and the lack of grocery stores is a continuing issue in our communities. The food insecurity much of our Ward suffers leads to other health issues, such as diabetes and obesity, and is creating generations of people suffering from chronic but preventable illnesses. This makes us even more vulnerable to diseases such as Coronavirus. We must make food deserts a thing of the past and give access to high-quality and healthy food to every resident of Ward 7.

It is unacceptable that Ward 7 residents need to leave our Ward to get high-quality emergency healthcare services. Opening a hospital East of the Anacostia River tailored specifically to the needs of our community will save lives, encourage healthier habits, and bring jobs to our Ward.

Washington, DC has one of the highest maternal mortality rates in the country, and Ward 7 mothers suffer from this statistic at higher rates than almost everywhere else in the city. No mother should fear for the safety of herself or her baby due to a lack of access to quality prenatal care and birthing facilities. It is imperative that we aggressively address racial and socioeconomic disparities in maternal and infant health.

Public Safety

Gun violence is an issue that is always in mind for all of us in Ward 7. That needs to end. No one should have to live in fear of gun violence and no family should have to mourn the senseless death of a loved one. To reduce this violence, we need proven public-health strategies that treat violence like a disease that can be interrupted, treated, and stopped from spreading. We must act aggressively to take and keep illegal guns off our streets.

The recent increase in crime is not a problem that we can simply police our way out of with the same tactics we've been employing for decades. We must emphasize rehabilitation in

our criminal justice system because locking people up without working to repair the root issues of criminal behavior creates a vicious cycle of crime and generational trauma.

We need to focus on community policing that can stop crimes before they happen, especially for our children. Our children need education and support, not handcuffs and a rap sheet. We need to promote reforms in our juvenile justice system to encourage rehabilitation and minimize recidivism, which will help our children grow up to be contributing members to our community.

Economic Empowerment

So many of Ward 7 residents are in danger of being priced out of neighborhoods they have lived in their whole lives. By focusing on revitalization rather than gentrification, we can keep our neighborhoods affordable places to live without discouraging economic growth.

Despite economic growth in most of the District, Ward 7 continues to fall behind on job creation and unemployment. Our Ward has one of the highest levels of unemployment in the District, and in a city where the cost of living continues to rise, that is simply unacceptable. We need to encourage new industries and small businesses alike to give Ward 7 a chance. We need to improve local transportation to make it easier to travel to and from our Ward. And we need to revitalize our community, focusing on its history and charm, to encourage an increase in tourism by other DC residents and those traveling from out of town.

To realize true economic empowerment for Ward 7, encouraging entrepreneurship and locally-owned businesses is important. We must incentivize business ownership by Ward 7 residents to diversify our local economy and grow opportunities in every neighborhood. And we must demand that any development in Ward 7, involve work for people from Ward 7.



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Committed to Serving The People In Our Community

A Tragedy Unfolded Hope Village Closed!

By: Tieva Allen
Capital News Contributor

Hope Village, the only male halfway house in Washington, DC for returning citizens recently released from incarceration has CLOSED! Hope Village first opened its doors in 1978 and for forty-eight years has been the pathway for those serving the final 90-120 days of their sentence to obtain housing, re-entry counseling, job training, job search/placement, and, as needed, drug treatment. The closing of Hope Village is the end of an era, where the nation's capital offers returning citizens transitional housing opportunities in its city limits!

“I began this journey with Hope Village 33 years ago”, says Phinis Jones, who serves as its Community Relations Consultant. At that time, Hope Village was one of nine (9) male halfway houses located in various parts of the city. As the years passed, I watched eight (8) of them fold under political and community pressures; and, as we are now seeing with Hope Village no others to take their places. Engaging with the community and managing rules and regulations of the Federal Bureau of Prisons has been no easy undertaking. Hope Village has been vested in turning the negative stigma of housing ex-offenders into positive outcomes. Beyond that Hope Village has provided financial security for families through job opportunities offered by the facility to local residents. Hope Village has employed 111 residents from Wards 7 and 8, making it Ward 8's second largest employer.

Despite its many successes of providing vital rehabilitation and re-entry counseling to its residences, Hope Village has begun the process to close its doors on April 30, 2020. Employees have received lay-off notices, arrangements have been made with the Bureau of Prisons (BOP) to transfer remaining residences to another facility (outside the city); and the boards are going up on its windows and doors.

In 2018, the Bureau awarded Core DC a contract to build a new men's halfway house in



another part of the city; however, Hope Village challenged the award. The challenge was before the Government Accountability Office recommended that the Bureau revisit its decision to award the contract to Core DC as it failed to provide sufficient proof of an option to lease, which it has still yet to secure. D.C. Delegate Eleanor Holmes Norton (D) weighed in on the matter and said, “it is critical that this situation be resolved”. The Bureau then asked Hope Village to provide its “Best and Final”

offer. Upon doing so, Hope Village secured an extension through April 30, 2020 and was expecting to win the final award when the extension expired.

Now here we are, the last remaining men's halfway house in the city is CLOSED! I invite local advocates who rallied for closure, with no other viable options for returning citizens, to also proudly take credit and share the re-

Hope Village closed from pg. 12

sponsibility for the 111 newly unemployed district residents (average tenure of 20 years).

It is unfortunate that the current pandemic has been used as the backdrop for this action. Some have alleged that the closing of Hope Village has occurred due to failure of management to provide adequate testing, capacity for social distancing and appropriate quarantine of its residents. When, in fact, there have been no cases of the coronavirus at Hope Village.

When the country returns to “normal” and the Bureau has a better handle on pandemic policies and caring for its residents, there will be no facility for the men who have been incarcerated to begin the next chapter of their lives.



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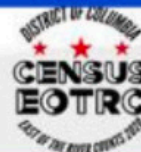
OR



Complete and return the paper questionnaire in your mailbox.

More information on why you should complete the Census as a DC resident is available on these websites -

WWW.DCCENSUS2020.GOV & WWW.CHCTDC.ORG/EOTRC2020



Are you curious about how many people in your community are responding to the 2020 Census? Stay up to date with a map of self-response rates from across the United States. [Click here.](#)

[Click here to respond now!](#)

May Horoscopes

Source: www.yearly-horoscope.org/



TAURUS

(April 20 to May 20)

This is indeed your birthday month and this means that not only do you celebrate a special day but a special month, all month long. The planetary positions now bring promises for the year ahead. Awareness is your keyword for this upcoming year. People and circumstances that enter your life now open you up to new experiences, in relating. That means your relationships take on new meaning. This would be all kinds of relationships: intimate, friendship, family and the world at-large. Travel is certainly amped up for you and there is much learning to be gained from those travels. So, keep your diary ready for journal entry. You may decide to sign up for a course of study that will make changes in your learning curve. Now that would be awareness, wouldn't it? Happy Birthday, Dear One!



GEMINI

(May 21 to June 20)

Is it your money, my money or our money? That question is spinning in your gray matter. Because dollars are often used as a mental stimulus for you, that question bears no threat. Rather, it promises a new way of looking at resources and how to use them. Try something different this, May 2020, with money. Close your eyes and try to 'feel' for your answers. This means you don't think your way through, you feel your way through. Who knows, you may come up with a new way of making decisions.



CANCER

(June 21 to July 22)

It may seem that life resembles a boulder blocking the mouth of a cave. That would be a cave that is holding you prisoner. This is a good time to do an assessment of the past months. Check off the events. What wisdom have you gained during this time? What are the new responsibilities that you have gained mastery over? Yes, life may continue to be heavy like a boulder but remind yourself, often, that you are in this world but not of it. The wisdom you have gained now are tickets to holding yourself upright, bold and regal while saying, 'I AM.' Congratulations!



LEO

(July 23 to August 22)

There is uniqueness in friendships this month. Reconnect with old friends and be open to the cultivation of new friendships. Don't pick and choose. Rather, stay open and let others pick and choose you. You may pull in some questionable characters. But they come as teachers, even though they aren't aware of their role. Additionally, open up to group activities. You may find yourself acting as a leader. Use the golden rule now. Love unconditionally and remember, to feel loved you must love. You will receive accolades from those you do love.



VIRGO

(August 23 to September 22)

Ask any artist how to paint and they will tell you first to back away from the canvas and second, to find your perspective point. Your perspective point is now found in backing away from the everyday grind and having good, old down-home philosophical discussions with many people. Be sure to choose to talk with some experts. You can't learn too much now, see too much or travel too far. Your mind is like a central switchboard, until June. You are on a quest for truth. What you find are the colors and hues that fill your life canvas. Nice.



LIBRA

(September 23 to October 22)

After the 18th of May 2020, you will have a chance to journey backwards. At first, it may seem like your drive has become like milk-toast. It is, however, the reverse. You indeed will have entered a sort of Alice-in-Wonderland kind of experience. And like Alice, you may go it alone. There will be questions. Should I take the blue pill or the red pill? Should I follow the white rabbit or stand in place? By late June, you will simply come to realize, like Alice, that mind power is only as vast as your imagination and adaptability.



SCORPIO

(October 23 to November 21)

If no one was watching and you knew that you would not be judged, would you let your hair down and play? Why not dedicate this month to doing just that – playing? The energies are right for the experience and you will find playmates. They may come as new friends, confidants or a new lover. Reach out for the experience and regain that youthful glow. As a side note: late in the month, resources will be made available to you. Go ahead and make your want list now.



SAGITTARIUS

(November 22 to December 21)

It may not be clear at the moment but your actions are setting you up for career success. Keep your network connections active even though they may look like they are dragging. Wherever you encounter challenges, know that they will turn toward fortune in some basic way. Be sure to contact with authority figures after the 10th of May. The more contacts that are made the greater the pay-off. Your partners bring in rewards and gifts to you now. Be sure to express your gratitude in a very special way.



CAPRICORN

(December 22 to January 19)

Seek out a guru this month of May 2020. You will recognize them, as he or she will have considerable dignity and psychological strength. They will have a clear understanding of responsibility that mirrors your own. You will find a level of friendship here that calls out to the inner child in you. In turn, this connection will allow you to play the guru role for someone younger or less experienced than yourself. Before the month is over, take a break; even a rock benefits from a change of scenery, every once in a while.



AQUARIUS

(January 20 to February 18)

The river of life continues to move in uncertain rhythms and tides. Along with those uncertainties lie frustrations and puzzlement, perhaps to the point of tears. How unlike you, Dear Aquarius. There must be some divine message in these experiences. If you would give yourself permission to be sensitive, soft, transparent, clairvoyant, slightly confused, emotionally vulnerable and receptive, you would take a quantum leap into a new world. Once you are there, you can lead others to new freedoms. Isn't that what your life is all about?



PISCES

(February 19 to March 20)

Can you hum that tune, 'On a Clear Day, You Can See Forever'? This is the tune you should hum all month. The image for you during May 2020 is a ride in a hot air balloon, over a calm sea of water. Don't do any complaining, moaning or groaning. Instead, count your blessings, for indeed you are in planetary graces. And those graces set you free. They allow you to be extraordinarily creative and vastly intuitive. So be honest. Do you really have anything to complain about? Not-Ta!!



ARIES

(March 21 to April 19)

Your personal focus is like a razor's edge this month of May 2020. Family responsibilities and involvement may take you away from your personal desires and plans. Don't struggle with the challenges or try to escape the duties. You are actually at a point in which you can release some old childhood memories or limitations. Sitting with patience, with family issues, can bring true release by late June. Keep those personal goals as dreams. The moment will come when you can forge ahead – you know, like you always do.

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Religious Corner

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Sunday Worship 8:00am & 11:00am
Sunday School 9:15am
www.acamec.org

“Teaching God’s Word and Serving God’s Word”
Brighter Day Ministries
Rev. Tommy Murray, Pastor
Multi-Location Church
Visit our website: @
www.brighterdaydc.org
A.P. Shaw Campus
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
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
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

Pennsylvania Ave. Baptist
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/>

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”
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Hattie Holmes Senior Center
324 Kennedy St. NW

Kwik Stop
4801 Georgia Ave NW

Midnight Deli
4701 Georgia Ave NW

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

Petworth Library
4200 Kansas Ave, NW

Starlight Foods
5425 5th Street NW

Senbeb Natural Foods
6234 3rd Street NW

Shell Gas Station/ 7 Eleven
4000 Georgia Ave, NW

Takoma Park DC Library
416 Cedar Street NW

Yes! Organic Market
4100 Georgia Ave, NW

WARD 5

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

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

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

Barbershop
3506 12th St NE

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

Department of Veteran Affairs
1500 Franklin St. NE

Fish King
403 Rhode Island Ave NE

Good Old Reliable Liquor Store
1513 Rhode Island Ave NE

Israel Baptist Church
1251 Saratoga Ave. NE

Jet Set Hair
3530 12th St. NE

Lucky 7 Liquor
2317 Rhode Island Ave. NE

M&S Barber Services
2900 12th NE

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

Neighborhood Market
1611 Rhode Island Ave. NE

Newton Food Mart
3600 12th St. NE

Salon Shear Madness
2014 Rhode Island Ave NE

Sammy Carryout
2801 Franklin St NE

Woodbridge Public Library
1800 Rhode Island NE

WARD 7

Anacostia Library
1800 Good Hope Rd. SE

Benning Road Library
3935 Benning Rd. SE

Capitol View Neighborhood Library
5001 Central Ave SE

Deanwood Recreation Center
1350 49th St. NE

Ft. Davis Community Center
1400 41st St. SE

Francis A. Gregory Public Library
3660 Alabama Ave SE

Hillcrest Community Center
3100 Denver St. SE

Hillcrest Recreation Center
3200 Camden St SE

New 7 Market
1406 Good Hope Rd. SE

Safeway

2845 Alabama Ave. SE

Washington Seniors Wellness
3001 Alabama Ave SE

WARD 8

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2498 Alabama Ave. SE

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1556 Alabama Ave. SE

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1901 Mississippi Ave. SE

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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
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Secrets of Nature Health Food Centers
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