

# THE CAPITAL NEWS

Certified Business Enterprise

The Untold Stories

## Contagious Healing through Art!

## Vincent Orange re-enters D.C. Council ballot



*From Our Travels Artwork Ethiopian artist*

By: Barbara J Thompson

**CONGRESS HEIGHTS ARTS AND CULTURE CENTER NOT ONLY IS AN ART GALLERY AND A PLACE TO DEVELOP ARTISTS AND DESIGNERS, IT IS A MULTIPURPOSE SITE THAT UTILIZES CREATIVE PRACTICES TO PROMOTE PERSONAL AND COPING CHANGES, HEALING AND WELLNESS.**

A very inspiring collection of artwork, titled, "From Our Travels" is on exhibition at Congress Heights Arts and Culture Center (CHACC). This exhibit opened to the public on March 14, 2020 and is still available

By: Tenesha Washington

The DC general election scheduled for Tuesday, November 3 has been shaken with the return of Vincent Orange as an independent at-large member candidate for the DC Council.

Orange was certified as a candidate by the board of Elections on June 16. Orange also announced his resignation as President and CEO of the DC Chamber effective June 30. A position he held for nearly four years.

continued on P2

continued on P4

### National News



**Angela Davis on Racism**  
Read More on P9

### Community News



**Real Estate News**  
Read More on P5

### National News



**Diabetic Medicine RECALL**  
Read More on P2



# THE CAPITAL NEWS

## THE UNTOLD STORIES

### MONTHLY CONTRIBUTORS:

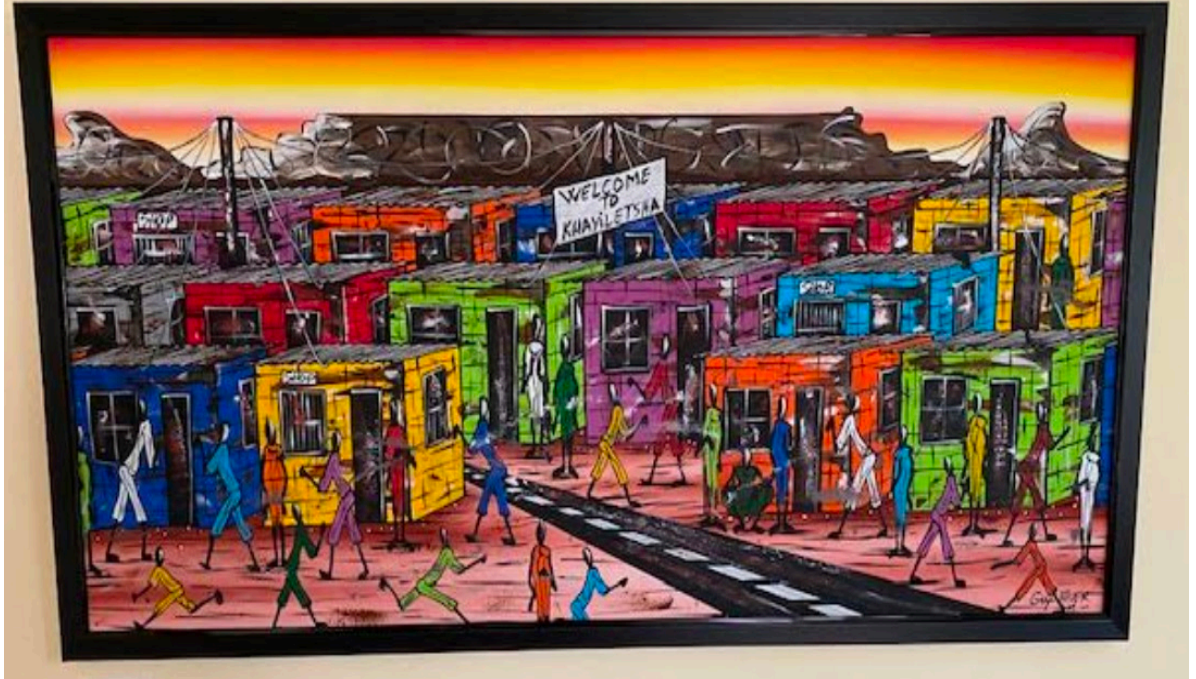
Tieva Allen  
 Kwasi Gyamfi Asiedu  
 Howard Brand  
 Donald Isaac  
 Phinis Jones  
 Niles Niemuth  
 Shelley Rice  
 Paul Ruffins  
 Jerry White  
 Courtney Williams  
 James Wright

Please email the editor with any comments, questions or concerns:  
[thecapitalnewsteam@gmail.com](mailto:thecapitalnewsteam@gmail.com)  
 and visit the website:  
<https://www.thecapitalnewsdc.com/>

If you would like to write a letter to the editor of The Capital News or submit an opinion piece to the newspaper, please submit the article to [thecapitalnewsteam@gmail.com](mailto:thecapitalnewsteam@gmail.com) by the 17th for publishing.

If you would like to place a small job advertisement, housing advertisement or automobile advertisement in the paper please email the editor with the information and the paper will contact you about pricing for your ad.

### Healing through Art from pg. 1



*Pictured From Our Travels Artwork South African artist*

for art lovers to enjoy. The exhibit features art from personal travels throughout the continent of Africa, with art pieces from South Africa, Ethiopia, Burkina Faso and more, and the artwork is for sale, at incredible prices. This is a collection you don't want to miss!



*Pictured: From Our Travels Artwork South African*

The "From Our Travels" exhibition opened prior to the temporary closure of CHACC due to COVID-19 pandemic, but the exhibit will remain when CHACC reopens to the

public. The exhibit is being moved to the website: [chacc.org](http://chacc.org), to be enjoyed, virtually, and art pieces can be purchased online.

Check the [chacc.org](http://chacc.org) website, for updates. Updates will also be provided through email blasts and on CHACC's social media sites: Instagram @chaccdc, Twitter @chacc\_dc and O on Facebook.com/chaccdc.

## **CHACC is a place that stimulates change, internally and externally**

In communities where many residents are underprivileged and art is not valued in the traditional sense, CHACC uses creativity to address mental health issues and promote emotional expression. The center has changed the value, worth and perception of art for residents in East of the River communities.

While most people may view art as an extra-curricular activity, staff uses this powerful expression to the betterment of each person, from a wholistic point of view. The center connects with communities using a comprehensive approach, in its offerings, aimed at improving people's lives through internal healing that fuels communal changes and, ultimately, global changes.

*continued on pg. 3*

Healing through Art from pg. 2

## Reopening phases of the center

The center will begin reopening in phases. They will start with outdoor classes that will include yoga, sister circle and small art classes. Plans are underway for artist call, outdoors exhibition, to welcome local creatives to apply to have their artwork exhibited on the gates of the center's outside exhibition.

## Don't forget the future return of art and design Classes

CHACC has art and design classes for all age groups. Whether want to create your own brand or make something unique for yourself, the brand-stamp, heat press classes. Creations these classes are being worn around the metropolitan area. The inspirational words for these classes "If you can spend 8 hours working for someone else's company, you can

spend 8 hours investing in your own dream!"

If you have a dream, CHACC is the place to start. Under the leadership of Keyonna, staff, volunteers and partners, the goal is to inspire visitors and event participants to move to the next level in creating their own brands or starting their own businesses; investigating higher education or trade school, in any field. The Uniqueness of CHACC is its work with all age groups to promote and develop creativity, inspire passions and provide sources for healing to improve oneself and the greater community.

In the encouraging words of CHACC's Executive Director, Keyonna Jones, during these difficult time. "We realize the center and our work is a vibe. It's not something we can just squeeze onto a virtual platform while, simultaneously, keeping the integrity of who we are. We miss our community family, but want to remain safe and true to we are."

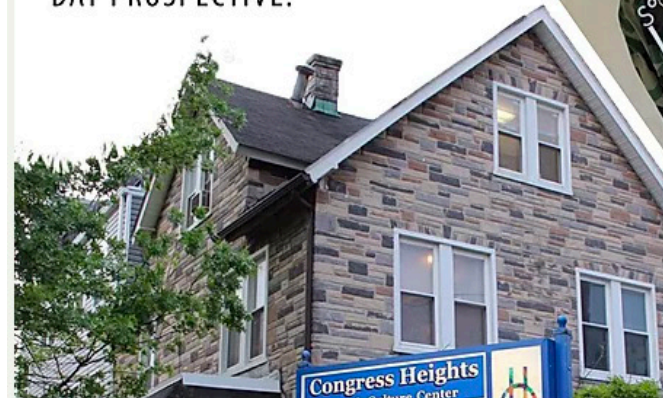


**CONGRESS  
HEIGHTS**  
ARTS & CULTURE CENTER

**SO UFSIDE  
CREATIVE**

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

# ART EXHIBITIONS RENTAL SPACE WORKSHOPS



@CHACC\_DC

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

*Vincent Orange renters ballot from pg. 1*

Vincent Orange states “the coronavirus pandemic and its effects on the everyday people of DC, and particularly people of color, the George Floyd murder and many others and the effects thereof, destruction of the DC Economy, the District’s Rainy Day Fund and the absence of an independent progressive democrat, got my attention”.

The make up of the DC Council and how it operates in the new normal is of grave concern. Most believe Brooke Pinto and Janesse George both Democrats will secure seats in the general election. These two young women joining the Council calls into the question whether to address the proper balance of leadership on the Council. A balance of thought on the Council will be more equip to address the difficult days and decisions forthcoming.

In the 2016 primary election the Washington Post stated “our endorsement goes to Mr. Orange based on his experience and how he has grown in the office to become a moderating force among the factions in government. A former two-term Ward 5 council member who has had an at-large seat since winning a special election in 2011, Mr. Orange has been a stalwart of school reform and a voice for small businesses.”

In a recent interview Orange was asked to comment on this 2016 endorsement. Orange stated” the DC Council needs an experienced moderating force with a record of achievement and a 2020 agenda to step forward. Today, I step forward to be that independent progressive democratic voice working for everyday people, and taking nothing for granted and leaving no one behind”.

Vincent Orange firmly believes the new liberal democrats controlling the Council must ensure their policies benefit DC residents, “the everyday people”and not exclude them for a national purpose.

For example, Orange cites the DC Universal Paid Leave program that excludes 94,000 DC tax paying residents from eligibility simply because they work outside the city. But the 322,000 non DCResidents who work in DC,

don’t pay DC taxes and slept in their nonDC beds every night are eligible to received paid leave benefits for the following:

1. Eight weeks of paid leave to bond with a new born child
2. Six weeks of paid leave to take care of an ailing family member, or
3. Two weeks of paid leave to address a personal serious illness ( like COVID-19)

It cost DC business taxpayers \$160 Million to provide this benefit to nonDCResidents, leaving only \$90 million for those DC resident fortunate to be eligible while many DC residents are not. East of the river residents receive only \$13 million of the total \$250 million tax to operate UPL. Vincent Orange indicates he will introduce legislation to ensure all DC tax paying residents are eligible for paid leave benefits and leaving no one behind.

Charles Whitaker, a Ward 8 businessman says I’m glad Vincent Orange is back. “When VO was in Office the clean teams, the main streets and great streets received increases in funding and he secured the \$13.85 living wage. Orange would routinely come walk the streets with us. Ward 5 ANC Commissioners’ Jacque Manning and Ursula Higgins are backing Vincent Orange “ because he is always working for the people and he delivers tangible benefits that you can see, feel and touch. He built pride in Ward 5 with economic development, school reform, park and recreation development and amazing celebrations.

Ward 4 ANC Commissioner Stacey Lincoln declared “all I can say is he created DC Emancipation Day as the District’s only public holiday and he got us the \$15 per hour minimum wage.” He’s my man!”

In short order, Vincent Orange will be releasing his unfinished agenda along with his finished agenda which serves as the foundation of his quest to become the independent progressive democratic member on the Council of the District of Columbia.

For more information on Vincent Orange visit [VincentOrange2020.com](http://VincentOrange2020.com). Make sure you vote on Tuesday, November 3, 2020. ■



## REAL ESTATE NEWS

# Has quarantine forced you to consider a split from your home?



**By: Rosalind Jimason**  
Special to The Capital News

Has spending more time at home lately had you reconsidering your space? The quirks you lived with just a few months ago might not be so easy to dismiss when you're stuck with them all day, every day. Here's how to tell if your relationship with your house can recover or if it's time to move on.

### You have no appetite for a renovation

Your home might be a good candidate for a makeover, but if the thought of living in a dusty construction zone with contractors coming and going is unbearable to you, then it's time to start over. There's no shame in foregoing renovations for something move-in ready. After all, there will be plenty of eager DIYers happy to make you an offer.

### You're not crazy about your neighborhood

You know what they say: location, location, location. We'll put up with a lot for our home to be in a nice spot, close to work and in a good school district. But maybe that spot doesn't work for you anymore. Do schools still matter or are your kids older now? Are

you working from home permanently and your commute is no longer a factor? When you're no longer tied to a specific neighborhood, the possibilities are endless.

### It's just too small

If the quarantine has made your small space feel even more crowded, or you need to make space for a new home office (or two), it might be time to upgrade.

### It's too old

We all love a heritage home. The architecture! The charm! The 100-year-old... everything. You may have been ready for the sweat equity when you moved in, but when paired with everyday life, 'this old house' can feel more like 'this new nightmare.'

If the emotional and financial toll of living in a home that is just too much of a project is getting to you, consider shopping for a new one. A new construction home might not give you the same character, but you will get a house that's brand new in every way and a warranty to boot.

## The Mortgage Business Is Alive, Well, and Online

With some segments of the economy tentatively reopening, many who are buying a home or refinancing an existing mortgage may be wondering how and where to get financing. The good news is, the loan process hasn't changed much, and it can all be done online.

While some loan officers still prefer to meet their clients in person, more and more mortgage professionals are equipped to meet virtually and communicate by phone and video conference. Loan officers know many borrowers can't take off work during the day in order to meet, so they tend to work on-demand, around their client's schedules.

The rest can be done remotely as well. Clients can submit loan applications online, which are then reviewed at the mortgage office. The loan is then submitted to an online automated underwriting system, or AUS. The AUS then provides a list of all the items needed for a final approval.

Loan officers get their rates online. They order third party services like credit reports and appraisals online. For years, the mortgage industry has been moving toward a remote-ready model, so for many professionals in the sector this isn't a 'new' normal. Just normal.

For those currently in the market for a loan, there's no need to wait. The mortgage industry is alive and well. And online. ■



Rosalind Jimason  
(301) 693-6471  
(202) 387-6180

[rosalind.jimason@cbmove.com](mailto:rosalind.jimason@cbmove.com)  
[rosalindjimason.cbintoch.com](http://rosalindjimason.cbintoch.com)

## ‘How George Floyd’s death changed my Chinese students’

**By: Megha MohanGender**  
Special to The Capital News

The killing of George Floyd and the Black Lives Matter protests across the world have prompted many conversations that might never have happened before. Jasmine Cochran, 37, had one of them at the school where she teaches in China.



*Image Copyright*

Jasmine’s hometown, Picayune, got its name from a Spanish coin that is worth less than a penny.

The small city enjoyed a moment of fame when the eye of Hurricane Katrina charged through it in August 2005. For a few days, photos of Picayune’s wall of downed trees featured in a few national newspapers. But Katrina had caused far worse damage to neighboring New Orleans, so the media’s attention quickly moved on.

“Picayune literally means ‘something so unremarkable and of such little worth,’” Jasmine laughs. “You couldn’t make it up!”

As an African American woman in the Deep South, Jasmine knew the value assigned to her.

When she was a child and she played outside by the oak trees, men would speed their vehicles towards her, swerving just in time to miss her, laughter booming out of their truck windows.

When she was at high school, working part-time at the checkout of her local Walmart, a customer yelled at her for no reason.

“Did you see his ring?” Jasmine’s boss asked.

“No?”

“It’s a Klan ring. He is a member of the Ku Klux Klan,” her boss said. “But don’t worry, I have your back.”

The racism Jasmine grew up with on the border of Mississippi and New Orleans was raw, and unhidden.

Soon after college, in her early 20s, Jasmine settled down, married and had two daughters. She and her husband talked of moving abroad, but it remained just a vague idea until one day Jasmine took the bull by the horns. She cornered her husband.

“Look, man,” she said, “are we ever going to do this?”

“I would!” he countered, “it’s you! You’re the one who’s so attached to your mama.”

They looked at each other and smiled. The decision was made. Once they started talking to friends about it, someone suggested China was looking for teachers. It would be a great opportunity for the girls.

So, in 2016, when the children were two and six, Jasmine and her husband moved to China, initially teaching at a high school in the north of the country and then in 2018 moving to Guangzhou in the south.



*Image Copyright*

The racism she has experienced in China, a country where 91% of the population are Han Chinese, stems from naivety and ignorance, she says.

On the street people have rubbed her skin and felt her hair, and some have followed her. It has felt invasive and annoying but not cruel.

In class, though, she’s faced a different set of problems.

Jasmine knew that it was very possible that she would be the first black person that her students had come into contact with. She would certainly be the first in a position of authority. She’d have to give the order of the syllabus a lot of thought.

*continued on pg. 13*

# Welcome to your new home!

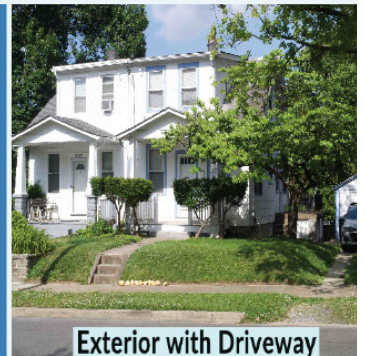
**3 Bedrooms**  
**1 1/2 Bathrooms**  
**Private Driveway Parking**



**IHC**  
Homes for Lease

Contact  
(202) 563-5033

Come home to Comfort and Convenience



Call Phinis Jones at 202.563.5033  
for more information and to schedule an interview



# EXCEL



# PHARMACY

*Helping You Stay Well is Our Priority*

***Free Pick-Up & Delivery***  
***Reliable & Professional***  
***Medical Supplies***  
***Free Blood Pressure Monitoring & Consultations***  
***& More!***

***Follow Us!***

 [facebook.com/excelpharmacy.dc](https://facebook.com/excelpharmacy.dc)

 [twitter.com/excelpharmacydc](https://twitter.com/excelpharmacydc)

***Website: [www.excelpharmacydc.com](http://www.excelpharmacydc.com)***



Ph: #202-652-1776 / Fax: #202-652-1951  
Hrs: Monday - Friday, 9AM - 6PM / Saturdays, 10AM-5PM

Visit us @ the shopping center across Auto Zone  
3923 South Capitol Street, SW D.C. 20032



**EXCEL PHARMACY**

Committed to Serving The People In Our Community



## Angela Davis: ‘Racism is embedded in the fabric of this country’



*Pictured: Angela Davis (Photo credit: Screenshot from YouTube/Black-Palestinian Solidarity)*

### Special to The Capital News

Legendary activist Angela Davis on the new push to end systemic racism in the US after decades of struggle for justice.

Activist and scholar Angela Davis knows a thing or two about standing up to the establishment.

In the 1970s, she was a household name around the world, as she became the third woman in US history to make the “Most Wanted” list and was sent to jail for more than a year for her connections with the Black Power movement of the time.

For the past 50 years, she has not changed her tune, arguing that corporate capitalism was designed to serve the rich and powerful, and that the deck will always be stacked against the poor and people of color.

In a wide-ranging conversation on fairness and justice around the world, she told Al Jazeera’s Steve Clemons that the recent demands for change sweeping across the US are different from protest movements she had witnessed before.

“What’s so exciting about this moment is that we are recognizing that racism is indeed institutional and structural,” Davis said.

“It is embedded in the very fabric of this country, and we’re trying to figure out ways to begin to initiate the process of eliminating that racism.”

She said she was proud to receive the Fred Shuttlesworth Human Rights Award from the Birmingham Civil Rights Institute on June 19, after it was rescinded last year due to her activism on behalf of Palestine.

“Initially, I was very shocked and upset that

this happened,” she said.

“I later recognized that this was a teachable moment, that this was very important because enormous numbers of people began to reflect on the ways in which Palestinians have been marginalized in the struggle.”



**Capitol Services Management, Inc**

**202-563-5033 and  
email [phinisjones@comcast.net](mailto:phinisjones@comcast.net)**

# Journey to Joining An Investment Club

By: Tieva Allen

When I initially decided to write this article, I was just joining an investment club. Just a small tribe of friends, all of us under the impression we were nothing more than a few likeminded individuals pooling their resources together to obtain a common goal. After connecting with a few of the members prior to our first meeting, we quickly realized that we held in our hands a gem of sorts.

Nothing new under the sun but new to us. We were delving into the practice of Sou-Sou without really knowing it. I learned briefly about this intriguing method of saving money while surfing on YouTube one evening not long beforehand so it was fitting that I share with the group my findings. Sou-Sou is a money saving practice where several people put their money together that originated in West Africa centuries ago. It gets its name from the Yoruba term “esusu” which is said to be derived from the French word “Sou” meaning “coin of little value”. While it can be referred to by many different variation of the name, this a system of community banking. Relying solely on the honor system it's important to know, trust and hold accountable those selected.

Our vision uses the foundation of the traditional practice of sou-sou and merges it with the practices of an investment club. Unlike a sou-sou, an investment club doesn't pay out annually and the members make joint investments that are agreed upon by all members. So, what is an investment club? Simply put, Investment clubs are a group of like-minded individuals who pool their resources together in order to make joint investments. While the primary motivation is to make the most money possible, clubs are also a great way for the members (investors) to share ideas and learn about the market. In our case, the end goal is to acquire property/ real estate while also investing responsibly in our own community. Think HGTV meets Shark Tank.



(Image: iStock/RaStudio)

But did we have enough experience & knowledge? No, BUT what we lacked in those areas we made up for in motivation and eagerness to learn and build with and from each other. Within our circle we started to realize that we could shape our futures and those of our future generations by simply coming together, pooling our resources and actually motivating other to do the same.

We recently had our first meeting and it went well. Our group currently consists of 7 individuals from all walks of life, committed to being better for themselves and their families and leaving behind legacies that their children can be proud of.

Below are 5 things that I learned or contributed to the tribe since our journey began. I found these gems to have resonated with each member and sparked conversations that led to education. It is my goal to continue to share our developments, challenges and victories with you.

## 1. Educate yourself and others.

Your tribe should consist of those who want to development and grow with you. The purpose of the club is to ensure all members are receiving educational value while building wealth together. Regular meetings with full attendance is pivotal.

## 2. Now n' Later...think long term.

A 3-5 year goal is ideal but the period of time should be agreed upon at the club's inception. This is not a short term, get rich quick scheme. This is to build generational wealth for your families.

## 3. You down with LLC?

Most clubs start a Limited Liability Company to ensure all members have the benefit of being joint owners. Additionally, an LLC ensures the owners are not responsible for the company's debts and liabilities.

## 4. Invest in single family homes.

The less you have to worry about the better. Besides, the upkeep is easier! As new real estate investors you're still learning and having a multi-dwelling unit as your first property could prove overwhelming. Slow and steady wins the race.

## 5. This a Set up! (Organizational Structure)

Big or small ensure there's a pre-defined structure. You're dealing with people's money and your own. Create club rules, meeting times, places and frequency. Who's the President and who's going to be responsible for refreshments? Everyone has a role, you all will have to decide who does what. Determine the length of the positions, how someone is elected and what the responsibilities are.

## Food and Drug Administration recalls Diabetes Medication Metformin because of Cancer-Causing Chemical



By: Phinis Jones

On June 11, 2020, the Food and Drug Administration (FDA) announced a patient and health care professionals alert for the voluntary recalls of certain extended release (ER) Metformin drugs. Metformin is an oral diabetes medicine that helps control blood sugar levels. It is most often used in combination with exercise to help control blood sugar levels in adults with type 2 diabetes.

According to M. Marshall's article in the Postgraduate Medical Journal, African Americans have a high risk for type 2 diabetes. Genetic traits, the prevalence of obesity and insulin resistance all contribute to the risk of diabetes in the African American community. African Americans have a high rate of diabetic complications because of poor glycemic control and racial disparities in health care in the USA.

The Centers for Disease Control and Prevention National Diabetes Fact Sheet: National Estimates and General Information on Diabetes and Prediabetes in the United States defines diabetes as a devastating disease that is affected by interdependent genetic, social, economic, cultural, and historic factors. In the United States, nearly 26 million Americans are living with diabetes, and another 79 million Americans have prediabetes. Therefore, according to the U.S. Census Bureau: U.S. & World Population Clock, this means almost one-third of the total U.S. population is affected by diabetes.

*continued on pg. 12*

FDA Metformin Recall from pg. 11



Getty Image

The American Diabetes Association cites the following statistics regarding African Americans and Diabetes:

- **4.9 million African-American adults, or 18.7% of all African Americans ≥ 20 years of age, have diagnosed or undiagnosed diabetes, compared to 7.1% of non-Hispanic white Americans.**
- **The risk of diabetes is 77% higher among African Americans than among non-Hispanic white Americans.**
- **In 2006, African-American men were 2.2 times more likely to start treatment for ESRD related to diabetes than non-Hispanic white men.**
- **In 2006, African Americans with diabetes were 1.5 times more likely to be hospitalized and 2.3 times more likely to die from diabetes than non-Hispanic whites.**
- **African Americans are almost 50% more likely to develop diabetic retinopathy than non-Hispanic whites.**

The FDA is recalling Metformin because it contains high levels of a cancer-causing contaminant called N-Nitrosodimethylamine (NDMA). High exposure to NDMA may cause a number of cancers including Stomach, Colorectal, Breast, Kidney, Bladder, Liver, Prostate, Pancreatic and cancer in the small and large intestines. NDMA has also been found in Zantac, ranitidine and certain blood pressure drugs.

If you are taking extended-release formulations of metformin, the FDA recommends that you should not stop taking the medication abruptly as doing so could negatively impact blood sugar levels and lead to hospitalizations for hyperglycemia and ketoacidosis. You should continue to take the medication until you are able to talk with your doctor about other options.

May Lightfoot represents clients with cancer who have taken Zantac and ranitidine. We encourage anyone who is taking the extended release form of metformin to contact your doctor. Our firm is located in Ward 8 where the majority of our community members are African Americans and we believe it is our duty to make sure that you stay informed regarding issues that impact your health and wellbeing. If you have been diagnosed with cancer and have taken drugs containing NDMA, please give our office a call on 202.506.3591. ■

**DDG** District  
Development  
Group

**Call us for your  
Development Needs!**

**202-563-5033 and  
email [phinisjones@comcast.net](mailto:phinisjones@comcast.net)**

*George Floyd Chinese Students from pg. 6**Image Copyright*

The Black Lives Matter protests prompted one of Patrick George's friends to ask him a question that no white person had asked him before.

In Guangzhou, Jasmine has been teaching English literature and language to students aged 14 to 16. Keen to discuss black history with them, she nonetheless made a decision to steer clear of stories about slavery to begin with.

"If your introduction to a group of people is slavery, then what happens is there's this development of a paradigm that these people are weak," she says.

So, she started with the story of Mansa Musa, the Malian Emperor who was said to be the

richest man of the Middle Ages. The literature of the transatlantic slave trade was only one horrific part of the black story, she told them. Not the beginning and certainly not the end.

Most of the students took in what Jasmine was saying and asked pertinent questions. But some resisted.

They queried her stories about African wealth and civilization. They also took issue with the autobiography of African American anti-slavery writer Frederick Douglass, who fought back against a farmer who whipped him, ran away to Massachusetts and became a writer and orator. It felt like fiction, one student said. Another asked if a white teacher could come along to corroborate what Jasmine was teaching them.

There was also a student who wrote Jasmine a letter saying she would prefer a white teacher. She couldn't understand how black people could demand equality, she added, they needed to earn it.

Jasmine was stung but she forced herself to think how best to handle this with sensitivity to her students and the new culture she was in.

She asked some of her white colleagues to help. They did. They spoke to the pupils and challenged them to think about why it was that they couldn't accept the word of a black teacher.

When the students returned to school after China's lockdown ended in April there was a tangible shift. Jasmine had been teaching the same students for nearly two years, and it was clear that something was playing on their minds. They quickly let her know there was something they wanted to talk about.

"Have you heard of Ahmaud Arbery, miss?"

Of course, Jasmine had been following the news of the African American jogger who had been pursued and shot by a white father and son.

"Wait, how have you guys heard about Ahmaud Arbery?"

"It's awful. It's terrible," they replied.

"Yes," Jasmine replied, "it is terrible."

Her students had read all about it online. They couldn't believe that a man could be killed just for going for a run.

Jasmine arranged a conversation so that they could talk about it in class.

Then on 25 May, news of the killing of another black man in America - this time in the form of a graphic eight-minute 46-second video - reached Jasmine's classroom.

The same group approached her again.

*continued on pg. 14*

*George Floyd Chinese Students from pg. 6*



What happened to George Floyd was so disturbing that it had got them thinking about anti-black influences in their own upbringing, they said.

Awkwardly, they began confessing that their families had talked about black people being of lower intellect, and dangerous. It's against Chinese culture to go against what your parents believe, but here they were witnessing a seismic global moment.

“Am I going to believe what I’ve been told by my parents, who have had almost no interactions with black people?” they said, addressing Jasmine. “Or am I going to believe what I am seeing on a phone, and in front of me with you?”

■

# EAST OF THE RIVER COUNTS

# 2020 CENSUS

## MAKE SURE YOU COUNT

The 2020 Census matters to the government of the **District of Columbia**, and it should matter to you as residents, business owners, and long-term visitors east of the **Anacostia River**!

### WHAT IS THE CENSUS?

As mandated by the U.S. Constitution, our nation gets just one chance each decade to count its population. The U.S. census counts every person living in the 50 states, District of Columbia, and five U.S. territories.

### WHEN IS THE 2020 CENSUS?

Census day is April 1st 2020.

### HOW TO COMPLETE THE 2020 CENSUS?

In 2020, every household will have the option of responding to the Census online, by mail or by phone. On or between March 12th-20th, you will receive an invitation to respond online to the 2020 census.

### ARE THERE FEES TO FOR COMPLETING THE 2020 CENSUS?

There is absolutely NO COST/FEE for completing the 2020 Census online, by mail or over the phone. Be aware of possible malicious websites. Visit [www.census.gov](http://www.census.gov) or [www.2020census.gov](http://www.2020census.gov) for correct and up-to-date information.





- General Contracting**
- Construction Management**
- Program Management**
- Property Acquisition & Development**
- Inspection Services**
- Property Maintenance**
- Janitorial Services**



**Call us for your consulting needs**



**202-563-5033**

**CANCER**

(June 21 to July 22)

Happy Birthday, you tender, caring, nurturing crustaceans! Your new year begins with teachings to look inward for honest self-evaluation in order to deal with shortcomings and weaknesses. Partnership/relationship issues may be revealed on the 2nd. Pay attention to what you value in life, materially, intellectually, and spiritually. Negotiations with others concerning money or property may begin. Loved ones may need your care. Charitable activities promote soul growth. Avoid the urge to make unwise and impulsive purchases, and the tendency to force your beliefs on others. Near end may reveal emotional experiences more intense than usual.

**LEO**

(July 23 to August 22)

Do you dynamic lions feel as though you've been in a fog? It begins to clear by mid-month. Then you'll have a lot to communicate. Make use of that extra burst of energy. It will be about 22 months before you get that extra burst again. Be careful not to roar too loudly! Activities with groups and with friends are increased this month. Social life is enhanced – invitations may be numerous. Many of you are still working on your spirituality and learning to accept yourself for who and what you are. Enlightenment is yours in the areas of work and health, and in regard to partnership/relationship issues.

**VIRGO**

(August 23 to September 22)

Practical, detailed and conscientious, that's how you'll operate in your group activities and in pursuing goals and ambitions. You're still being asked to consider whether they deserve you or whether you must move on. Your ultimate life vision is still being restructured. Meditation helps open your mind and calms edginess. Say everything that needs to be said. Unspoken words and keeping secrets might be held against you. Favorable circumstances in business and professional life arise. Enlightenment comes concerning what you love to do or possibly in romance and regarding functions you perform on a daily basis.

**LIBRA**

(September 23 to October 22)

You've been quite expressive these past months. Foreigners may be playing a key role. Consciousness-expanding experiences broaden your vision and provide personal growth through some Venusian endeavor. Your personal stage is highlighted. Personal reputation becomes public. Your creative words will be communicated in group activities and amongst friends. Don't be over bearing with your burning passion for goals and ambitions. A guardian angel remains on your shoulder until the end of September. Enlightenment comes regarding home, family or security issues and in regard to some romantic, creative or pleasurable pursuit.

## July Horoscopes

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

(October 23 to November 21)

Use your inborn need for deep involvement and intense transformations to help expand your personal horizons through metaphysical, religious or spiritual pursuits. A new course of study helps advance your career. You're still searching for the meaning of life. A good month for travel. Communicate what you need in your professional life. Promote your public image. Avoid petty details. Creative energy pours into your career/public image. Intimate encounters continue with more depth and intensity. Enlightenment comes regarding something in your everyday environment and home or family issues.

**SAGITTARIUS**

(November 22 to December 21)

There is a lot of intensity in your normally open and light-hearted world. You're still learning the limitations of your own resources, cooperating with and depending on others. New courses of study not only broaden your scope of life but they might awaken something deep in your soul. Partnership/relationship progress smoothly. Some may finally decide to get married. Legal issues may be resolved out of court. New experiences entice you. Long distance moves and travel favored as long as you don't go too far too fast. Enlightenment comes regarding finances and/or your set of values, and communications in your everyday environment.

**CAPRICORN**

(December 22 to January 19)

Partnership/relationship issues continue needing to be addressed. Saturn still transits your chart's sector requiring analysis of commitments and expectations in your relationships. Look inward. Reflect on deep psychological truths. Get in touch with hidden aspects of yourself. Expect intense and profound conversations. A good month for research and investigation. Work related matters/employee relationships continue smoothly; so, does the tendency to overindulge in food and drink! Your ability to handle sudden urgent situations is being tested. Experiences yield transformation in how you assert yourself. Enlightenment comes about personal emotional issues, then in regard to your values or how you spend money.

**AQUARIUS**

(January 20 to February 18)

Your innovation and originality is being drawn upon at work or in your everyday service. You're still in a period of learning the value of daily work and service, and of keeping your body functioning in a healthy manner. Communication flows in a creative fashion in partnerships/relationships. People may enter your life that uncannily resemble and act like others you

know. Fun, entertainment, and having a good time are still priorities. A new relationship could begin. Watch the tendency to get either overly passionate or angry and violent with others. Make sure conflicts that arise are worth fighting over. Enlightenment comes regarding spiritual or mystical disciplines, and then in regard to personal emotional issues.

**PISCES**

(February 19 to March 20)

You've been in an extended period of exploring personal creativity and self-expression. The purpose of your existence is one of your biggest concerns. Communications abound at work or within areas of personal service. The pace of your daily rhythm accelerates. Health issues surface. Watch out for disputes and arguments with co-workers. Exercise programs benefit you now. The atmosphere at home and with family should still be pleasant. Enlightenment comes regarding groups/friends/goals/ambitions, regarding your higher spiritual connection.

**ARIES**

(March 21 to April 19)

Home, family and personal security get your attention. You've been spending quite a while already restructuring your foundation for success and achievement. Intellectual and mental pursuits keep inborn initiative razor sharp. You may spend a lot of energy playing or fall in love quite passionately. Everyday activities should still be pleasant. Continue expressing feelings of appreciation toward special others. Continue to use that extra self-expressive energy to create something unique. Enlightenment comes regarding career/public image then regarding groups/friends/goals..

**TAURUS**

(April 20 to May 20)

Everyday environment is ablaze with activity. Speaking, writing, and learning are top priority! You've been spending quite some time pursuing deeper knowledge. The home front buzzes with activity. There will be numerous conversations. Some take a nostalgic turn. Watch out for confrontations with family members; remain stable. Financial opportunities, negotiations and investments are still favored. Beautiful things and places still attract you. Enlightenment comes regarding your need to expand your personal horizons in regard to your career/public image.

**GEMINI**

(May 21 to June 20)

Finances/personal values undergo change. You've been concentrating on wealth, possessions, and self-worth for a while. What's really important to you? Communications in your daily environment increase dramatically. That's one of your inborn talents! Tempo of daily life accelerates. Ensure that the power of your words doesn't become a destructive weapon. Continue asking for what you want. You might get it. Enlightenment comes regarding intense emotional/joint financial issues in regard to expanding your horizons.



A Publication of the Capital News Service Inc.  
www.TheCapitalNewsDC.com

Free Monthly










# THE CAPITAL NEWS

Certified Business Enterprise

The Untold Stories

advertise  
with  
**US**

Call: (202) 563-5033

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

**Billing Date:**

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

## DISTRIBUTION



**WARD 5**

BROOKLAND  
ECKINGTON  
EDGEWOOD

RIGGS & MICHIGAN  
TRINADAD  
WOODRIDGE

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

**CIRCULATION - 10,000** PRINTED

**WARD 7 & 8**

ANACOSTIA  
BENNING ROAD  
MINNESOTA AVE  
GOODHOPE ROAD  
DEANWOOD  
HILLCREST

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

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

# 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](mailto: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](http://www.acamec.org)

Brighter Day Ministries  
Rev. Tommy Murray, Pastor  
“Teaching God’s Word and Serving God’s World”  
Multi-Location Church  
Visit our website: @  
[www.brighterdaydc.org](http://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](mailto: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](http://www.covenantbaptistucc.org)

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

Emmanuel Baptist Church  
Christopher L. Nichols, Pastor  
2409 Ainger Pl., SE WDC 20020  
(202) 678-0884-Office • (202) 678-0885– Fax  
“Moving Faith Forward”  
Sunday Worship 8:00am & 10:45am  
Family Bible Study Tuesdays 7:00pm  
Prayer Service Tuesday 6:00pm  
[www.emmanuelbaptistchurchdc.org](http://www.emmanuelbaptistchurchdc.org)

Greater Mt. Calvary Baptist Church  
Archbishop Alfred D. Owens, Pastor  
Evangelist Susie Owens, Co-Pastor  
610 Rhode Island Ave. NE WDC 20002  
(202) 529-4547  
“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/](http://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/](http://www.macedoniadc.org/)

Matthews Memorial Baptist Church  
Dr. C. Matthew Hudson Jr., Pastor  
2616 MLK Ave. SE WDC 20020  
(202) 889-3709 Office  
(202) 678-3304 Fax  
“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](mailto: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](http://www.stmatthewsbaptist.com)  
[stmatthewbaptist@msn.com](mailto: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](http://www.uniontemple.com)

# Our Distribution

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](mailto:thecapitalnewsteam@gmail.com)

## WARD 4

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

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



## District Development Group (DDG)

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



**Development with  
a Moral Imperative**

**Address:**

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

**Office:** 202-563-5033

**Fax:** 202-563-0911

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