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SPIRITUAL
HEALTH
SOCIAL
ECONOMIC
EMPOWERMENT

COVID-19 SURVIVOR
Glynda Alexander

THE FIGHT AGAINST THE PLIGHT OF
THE HOMELESS

Sep/Oct 2020

PHOTO BY: CLAY BANKS & UNSEEN HISTORIES

“IF NOT US, THEN WHO?
IF NOT NOW, THEN WHEN?”

SEN. JOHN LEWIS

CIVIL RIGHTS ACTIVIST

FEBRUARY 21, 1940 - JULY 17, 2020



Empowering communities.
Changing lives.

I VOLUNTEER TO DRIVE, BUT I'M THE ONE WHO GETS THE PICK-ME-UP.

Volunteer drivers are needed for the Road To Recovery program.

One of the biggest roadblocks to cancer treatment can be lack of transportation. That's why the American Cancer Society Road To Recovery program provides patients in need with free rides to treatment.

Our volunteers have provided hundreds of thousands of rides for patients, but the need for drivers continues to accelerate. While we have some requirements for drivers, the biggest bump in the road is a willingness to help.

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To volunteer in your community or for more information, visit the American Cancer Society website at [cancer.org/drive](https://www.cancer.org/drive) or call us at **1-800-227-2345**.



**Road To
Recovery®**



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SPIRITUAL



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BLACK ON BLACK CRIME “RACE PREJUDICE”

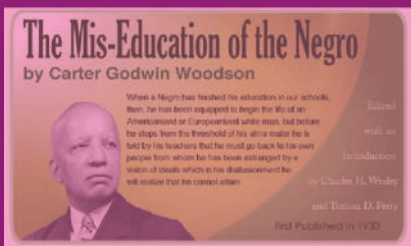


By: John E. Banks-Morgan CEO/Publisher
of Desire Health Magazine, Inc.

Matthew 18:21

“Then came Peter to him, and said, Lord, how oft shall my brother sin against me, and I forgive him? till seven times?”

A Negro with sufficient thought to construct a program of his own is undesirable, and the educational systems of this country generally refuse to work through such Negroes in promoting their cause. The program for the uplift of the Negroes in this country must be handed over to an executive force like orders from the throne, and they must carry it out without question or get out of line and let the procession go on. Although the Negro is being daily forced more and more by segregation into a world peculiarly his own, his unusually perplexing status is given, little or no thought.



As we continue to address the **“Systemic”** change taking place in the world today, and specifically in America. We would be remised if we did not overhaul the whole, and complete system. While it is so often perceived that every time some one uses the terms **systemic**, or **subliminal**, our thought process is automatically picturing White, Caucasian, or Mainstream America, and that’s because as Blacks in America, we have always been Mis-directed, and Mised, and therefore we were being mis-educated in the process.

This is the main reason why the term **“SUBLIMINAL”** is, and will be so important in this editorial, the word subliminal, just means “hidden out of sight” or unseen”, and a few other definitions, but you get the picture.

While we have been so programmed to look at the forest, and not see the trees, i.e. Blacks that have been behind the scenes pulling strings throughout our entire existence, the so-called educated, degreed, and pedigreed Negroes, have been silently doing the white man’s bidding, they think that just because they’ve been **“Allowed”**



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to get an education from some tenured College, or University", and excepted into mainstream companies, and corporations, along with pledging to fraternities, and sorority's, that they're smarter, or more intelligent, than a "Man" that has taken that same time, and effort to educate him or herself to be Independently minded, and not always having to have a "Memo"... i.e. "Free thinker", that they've taken to join special groups, and organizations. While all of the time, they're trying to hold on to their positions (**Jobs and Titles**) by hindering, and back biting people who have carved out their own niche, and submitting to their bosses wishes, rather than being "True" to themselves!

Race Prejudice, has been implemented and utilized since the inception of Slavery, in the form of the **HNIC and the Field Hand**, Degreed, against Non Degreed, and is even more prevalent in today's world in a subliminal fashion of being boxed into Diversity, and Non-Profit status only of Diversity Departments, and because with us supposedly having Black representation, which isn't representing us at all!

"**Black on Black Crime**", is always depicted as "**Gangs and Thugs**" or "**Crips and Bloods**" bunched up on the block, while all the time in a subliminal fashion, the real **Black on Black Crime**, is **Black Businessmen/Women**, having meetings in the back room of the Boardroom, after the Board meeting, i.e. coming out into our communities saying that they've been sent out to represent us, and have been going back to the bosses, giving them the information that they've gathered, as if they've implemented it themselves, while all of this time "**plagiarizing**" our ideas into their own. Which in turn makes them the real culprits, of Black Poverty in America.

In order to continue to address **Black on Black Crime (RACE PREJUDICE)** we will begin adding the Chronicles of **W.E.B. Dubois v. Marcus Garvey**, as to expound, and give full explanation of our thought process about this issue in future editions.

15 Moreover if thy brother shall trespass against thee, go and tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother.

16 But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established.

17 And if he shall neglect to hear them, tell it unto the church: but if he neglect to hear the church, let him be unto thee as an heathen man and a publican.

While we here at Desire Health Magazine, read and research our own Bibles, and Spiritual Inspirations, we want to always encourage our readers to read, and research their Bibles, and Spiritual Inspirations, as to gain their own understanding.



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HERI ZA KWANZAA, 2020



By: Betty Vitatoe Muhammad

LKwanzaa; the commemoration of another attribute of our cultural heritage.

It's time to celebrate the first fruits of the harvest; a tradition handed down to us from our ancestors. Many were farmers who took great pride in planting, cultivating and enjoying the fresh fruit and vegetables of their labor. Their gardens had to overcome hostile environments of unfriendly weather conditions, rain-soaked soil, lack of fertilizer, etc. Yet, the knowledge, skill, and determination of our ancestors produced a rich harvest; a harvest that provided them with their dietary needs, that instilled within them pride in their accomplishments, and reaffirmed their ability to annihilate all adversity. They worked, sweated, toiled, and manifested the Ngubo Saba. Then, together, at harvest time, they celebrated the first fruits of their labor. However, the first fruits have a more symbolic meaning.

We, of the African Diaspora, are the first fruits of all civilization. As a people of a common history, this special celebration reconnects us to our rich foundation and to the moral values that are the basis of a strong, and righteous nation; values like

honesty, dignity, gratitude, respect, labor and love. Although, we may not always exhibit these values as a people, they still live and are embedded deep within our being; encrusted between layers of oppressive laws, attitudes, and behaviors. Like the gardens of our ancestors, we too struggle to overcome hostile environments; and like garden seeds, every obstacle strengthens us and drives us to emerge more indomitable. Each harvest brings us closer to producing a beautiful united nation of people; architects of a new world of love, truth, justice, freedom, and peace.

The seven principles of the (Ngubo Saba) remind us of our commitment to one another; as well as our dedication and commitment to the legacy of the founder of the National Council of Negro Women, Mary Jane McLeod Bethune. In her legacy, Mrs. Bethune reminds us to recognize our common problems (**ujima**) and to unite to solve them (**umoja**); to band together for economic betterment (**ujamaa**); to have faith in God and in ourselves (**imani**) and in our ability to overcome



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all adversity (**kujichagulia**); to present ourselves as the custodians and heirs of a great civilization (**nia**); and to help our children maintain their zeal for building a better world (**kuumba**).

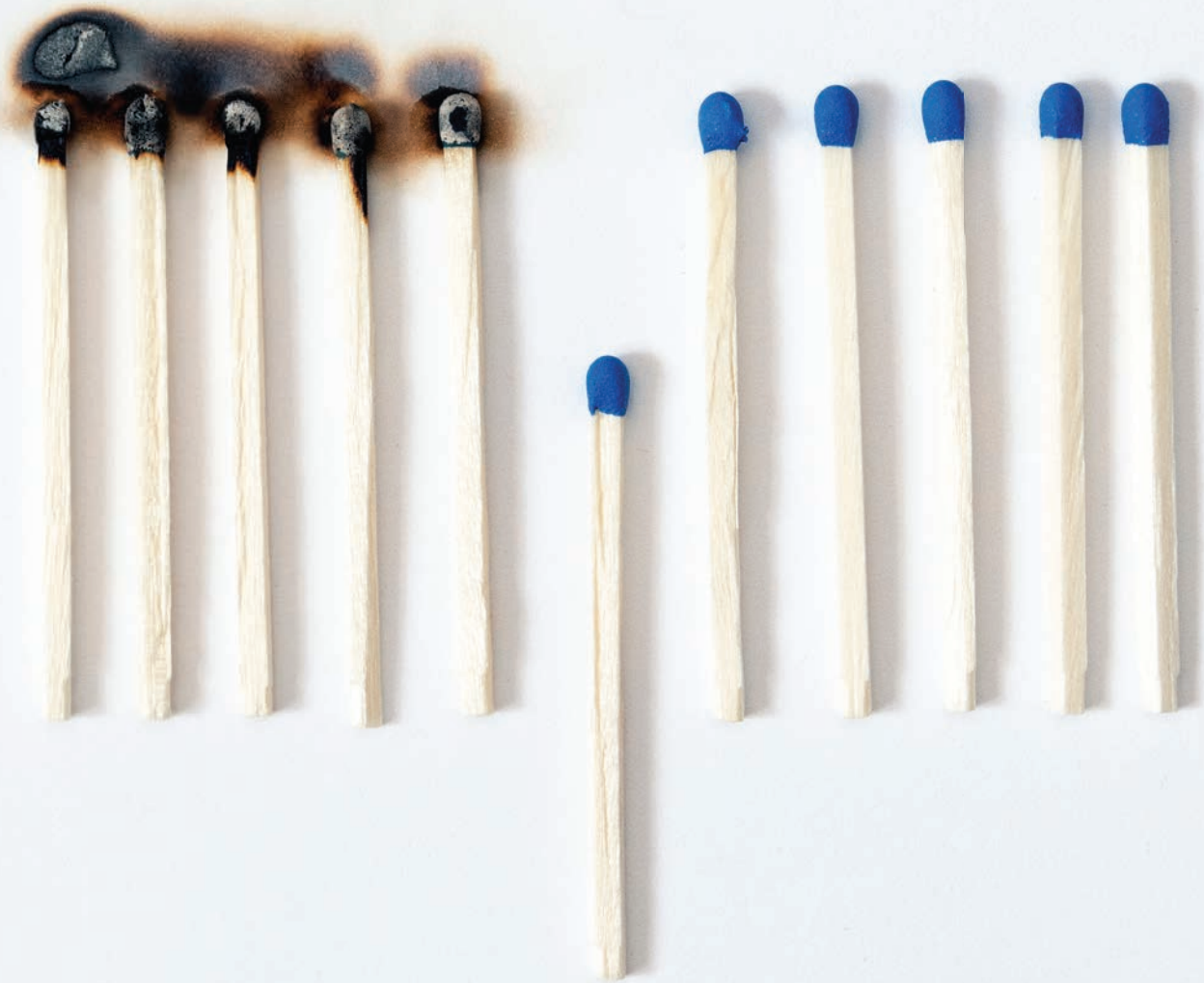
The National Council of Negro Women is a service organization; and as a service organization, we desire to serve you with love, courtesy, respect, dignity, pride, knowledge, and all the qualities that help to fortify us with the spirit of unity (**umoya**). **Welcome to Kwanzaa!**

We invite you to celebrate Kwanzaa with us via ZOOM from December 26, 2020 – January 01, 2021.

You may contact us on **Facebook at Ncnw IE Section; or by phone at 909-874-6000 or NCNW/ P.O. Box 1565, Rialto, CA 92377.**

HEALTH

SOCIAL DISTANCING





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EX-SMOKER FINDS INSPIRATION TO QUIT SEVEN YEARS AGO RIGHT IN HIS HOME

The Tim Bickham story



By: Beckie Moore-Flati
Director of Communications at
American Cancer Society

Tim Bickham, age 51, started sneaking an occasional cigarette with his friends when he was 13 years old. When he was 16, he started bumming cigarettes regularly when he worked at the commissary at March Air Force Base. At age 18, he joined the Air Force and started buying cigarettes and smoking regularly when he went to tech school. By then, he was smoking about a half pack a day. According to Tim, the environment he was in had an influence on how much he smoked. After the Air Force and school, he started working construction and as a security bouncer at bars, and his usage went up to a pack a day.

Tim tried to quit many times to quit over the years. Once, when he needed surgery on both knees, his doctor told him the risks of surgery as a smoker and was able to quit. However, his success was short-lived, as Tim started up again shortly after his surgeries.

Roxanne Bickham, Tim's wife and a non-smoker, nagged him countless times to quit but was never successful. Tim got good at hiding his cigarettes from his wife and daughters. Soon, according to Roxanne, the kids would start looking in Tim's hiding places to see if they could find his pack or cigarette butts to catch him. Once, the girls even left his pack

of cigarettes sitting on the seat in his truck so he would know that they found them!

Finally, after being married for 22 years, Roxanne told Tim that she hated the smell and that the taste made her sick. If Tim didn't quit, Roxanne was not going to kiss him anymore. Tim decided that his wife's affection was more important, and he quit. He has been smoke-free for about 7 years now.

The American Cancer Society's Great American Smokeout is held the 3rd Thursday of each November as a day to encourage smokers to stop for the day, and hopefully for life. Tobacco use is still the main cause of preventable cancer deaths, especially lung, head and neck cancers. This year's Great American Smokeout is on Thursday, November 19, and now the event includes messages to tweens and teens about not vaping, which is not a safe alternative to cigarettes and can lead to addiction and lung problems.

Tim's story is not unusual. It usually takes smokers many times to quit, and often their family encourages them to do so, to improve health. But there is more help for smokers than ever before, including assistance from physicians and pharmacists with the nicotine patch, nicotine gum, or assistance through behavioral changes.



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What is Tim’s advice to young people who are vaping or starting to smoke?



“Just don’t do it! Stop now before it gets ahold of you. You can choose your actions. Don’t let your friends influence you to do something that is bad for you. Look at the money you’re wasting, especially now with how much a pack or carton costs,” Bickham states. “When I started I would buy a carton for \$10. Now the cost is \$80-\$100 a carton. You literally could buy a car with the amount of money people spend on cigarettes. Put that money to something that will benefit you and not kill you!”

For information on how to quit smoking, contact the American Cancer Society at 1.800.227.2345 or visit [cancer.org/smokeout](https://www.cancer.org/smokeout).



Health Equity



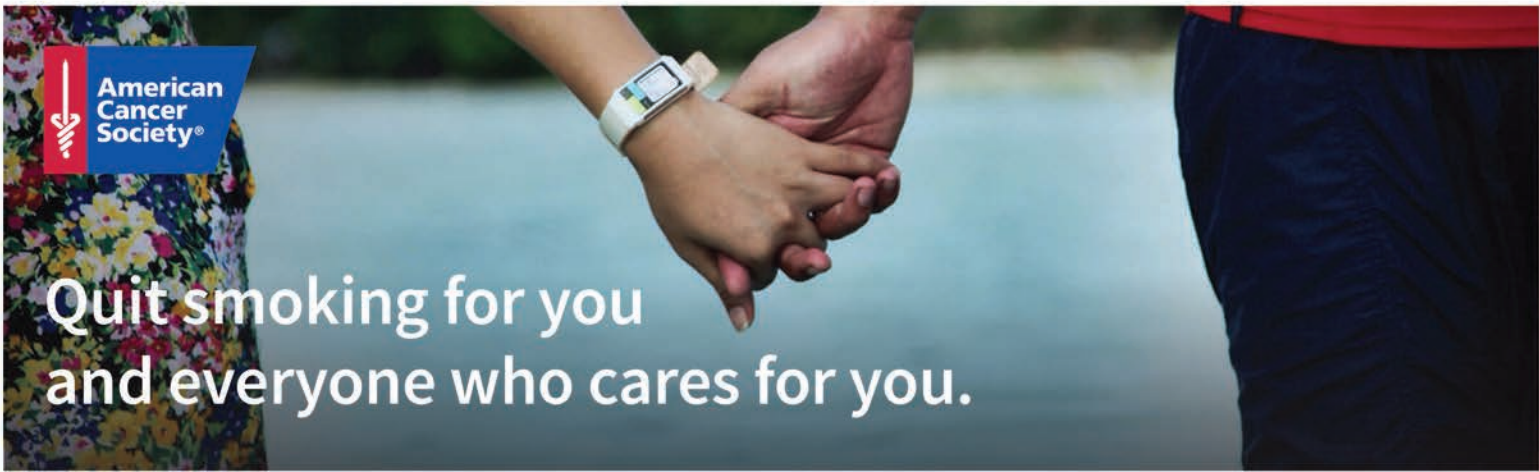
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Quit smoking for you and everyone who cares for you.

How does your body recover after quitting ...

20 minutes



Your heart rate and blood pressure drop.

12 hours



The carbon monoxide level in your blood drops to normal.

2 weeks to
3 months



Your circulation improves, and your lung function increases.

1-9
months



Coughing and shortness of breath decrease; cilia start to regain normal function in the lungs, increasing the ability to handle mucus, clean the lungs, and reduce the risk of infection.

1 year



The excess risk of coronary heart disease is half that of someone who continues to smoke. Your heart attack risk drops dramatically.

5 years



The risk of cancer of the mouth, throat, esophagus, and bladder is cut in half. Cervical cancer risk falls to that of a non-smoker. Stroke risk can fall to that of a non-smoker after 2-5 years.

10 years



The risk of dying from lung cancer is about half that of a person who is still smoking. The risk of cancer of the larynx (voice box) and pancreas decreases.

15 years



The risk of coronary heart disease is that of a non-smoker's.

Source: cancer.org/healthy/stayawayfromtobacco/benefits-of-quitting-smoking-over-time

To get help and learn more, visit cancer.org/healthy/stay-away-from-tobacco
or call 1-800-227-2345 for free tips and tools.



YOU DON'T HAVE TO STOP SMOKING IN ONE DAY. START WITH DAY ONE.

Quitting smoking isn't easy. It takes time. And a plan. Let the Great American Smokeout[®] event on November 19 be your day to start your journey toward a smoke-free life. The American Cancer Society can help you access the resources and support you need to quit. Quitting starts here.

Learn more at cancer.org/smokeout or call 1-800-227-2345.



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SOCIAL



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CALIFORNIA 2020 ELECTIONS HAD BOTH WINNERS AND LOSERS



By: **Michael Lawson,**
President & CEO - Los Angeles Urban League

On November 3, 2020, California’s most expensive ‘ballot measure’ season ended. In all, political action committees (PACs) spent more than \$785 million to support or oppose 12 propositions on the November 2020 ballot according to an analysis by the Los Angeles Times.

When the dust had settled, a multi-racial coalition of community leaders, who have never worked before in Los Angeles and beyond, came together to support Proposition 16 and Affirmative Action. This group, including African Americans, Asians, Pacific Islanders, and Latinos, had been meeting to support Proposition 16’s equal opportunity for all Californians and investment in the communities mentioned above. They also proposed support for Black Lives Matter. Proposition 16 lost, with 56% of California voters rejecting affirmative action as a policy. This loss predicates that there is still a large amount of racial animus to equal justice in California.

Proposition 15, the education and local government funding initiative, which would have closed a loophole that allowed large commercial and industrial businesses to pay property taxes based on 40-year-old property valuations, was defeated. Large, well-healed companies spent millions of

advertising dollars to make the case that, if the proposition were to pass, they would pass the increase on to small businesses that were already closing their doors due to the COVID-19 pandemic.

Proposition 25, another hot-buttoned referendum, as of this writing, is losing. If passed, this referendum would uphold a 2018 law that sought to eliminate cash bail and replace it with an algorithm to assess a person’s risk for not appearing at trial. If this referendum does not pass, the California state legislature can revisit this issue in the future.

Los Angeles County voters approved Measure J. The measure does not call for an increased in taxes, but it requires that 10% of locally generated unrestricted county funds, estimated between \$360 million and 900 million, be spent on a variety of social services, including housing, mental health treatment and investments in communities disproportionately harmed by racism. Measure J also prohibits Los Angeles County from using the money on prisons, jails or law enforcement agencies.

With votes still being counted as of Wednesday, November 18, we can see that this 2020 Election is a historic election on many fronts. We are still tallying the numbers for Los Angeles County, but



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we know that more than half of registered voters in Los Angeles had already voted before election day.

For the first time in our history, each of the five (5) members of the Los Angeles County Board of Supervisors (a jurisdiction with a larger population than 40 states) will be a woman. Formerly incarcerated individuals who serve their time will now be able to vote and participate in our democracy. People of color and LGBTQ candidates will hold seats in Congress and statehouses across the nation. Los Angeles County elected a new District Attorney, George Gascon, and the Associated Press announced that Joseph R. Biden and Kamala Harris are the President-elect and Vice President-elect respectively of the United States of America (USA). California U.S. Senator, Kamala Harris, will become the first woman of any ethnicity to serve as vice president of the USA.

Despite all of the prognostications that this election season would be filled with violence at polling places and COVID-19 might prevent voters from turning out to vote, the November 2020 election day citizens' participation was one of the highest in recent American history. The Biden/Harris ticket received the most historic number of votes for President and Vice President of the United States of America.

The Los Angeles Urban League will continue in the fight to bring social justice, a solution to the homelessness crisis, economic parity, and diversity as a factor in public education for safe and upgraded schools to the underserved communities we serve. In other words, we are seeking a level playing field that will extend opportunities to all Californians. We hope you join in this movement.



Los Angeles
Urban League

*Empowering communities.
Changing lives.*



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RECORD TURNOUT FOR THE 2020 ELECTIONS



By Shirley Hawkins

The recent 2020 elections were some of the most exciting races in the U. S. history as voters held their collective breath to see which candidates would emerge victorious in the political arena.

Nationally, the race for president of the United States was one of the most controversial races in U. S. history. After a nail biting race where roller coaster votes for president **Donald Trump** and Vice President **Joe Biden** kept voters glued to their television screens, Joe Biden eventually pulled ahead in the race by garnering more votes than any president in U. S. history before being officially declared the 46th president of the United States.

Biden’s resounding win did not emerge without controversy. For weeks after the election Trump complained that the outcome was “rigged” and demanded that electoral ballots be recounted in states like Georgia and Arizona citing election fraud and disputed the election in court, despite the fact that political analysts reported that the election was the most secure in U. S. history.

Biden, 77, who will assume the presidency in January 2021, said he would be a leader who “seeks not to divide, but to unify” a country undergoing through economic and social turmoil as well as the historic coronavirus pandemic that has killed over 237,000 Americans. Biden quickly organized

a coronavirus task force to formulate solutions to combat the virus.

“I sought this office to restore the soul of America and to make America respected around the world again and to unite us here at home,” Biden said during his victory speech.

Former California Secretary of State **Kamala Harris**, whose father is Jamaican and mother is of South Asian descent, made history as the first woman as well as the first woman of color to be elected vice president of the United States.

Harris credits her mother, a South Indian woman who emigrated to the United States at 19, for fueling her belief that upward mobility for women was part of the promise of America. “I’m thinking about her and about the generations of women – Black Women. Asian, White, Latina, and Native American women throughout our nation’s history who have paved the way for this moment tonight,” Harris said after her historic win. “Women who fought and sacrificed so much for equality, liberty, and justice for all, including the Black women, who are too often overlooked, but so often prove that they are the backbone of our democracy.”

During her acceptance speech, the Howard



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University alumnus hoped that her win would motivate young girls to be inspired by her achievement. “While I may be the first woman in this office, I won’t be the last,” she vowed after her victorious win. “Because every little girl watching tonight sees that this is a country of possibilities.”

In California, long-time 43rd district California congresswoman **Maxine Waters** battled Republican contender Joe Collins, a U. S. Navy veteran who accused Waters’ for failing to erase poverty in her district.

Waters, one of the most outspoken critics of the Trump administration, turned to Twitter to state that Republicans had raised \$10 million to support Collins’ campaign. She then revealed that Collins was dishonorably discharged from the U.S. Navy and was a deadbeat dad.

Collins was soundly defeated when Waters’ supporters turned out in droves to vote for the veteran Congresswoman, who won 71.74 percent of the vote to Collins’ 28.26 percent. After she won, Waters tweeted “It didn’t work! You cannot buy the 43rd District of California!”

Fellow Democrat Karen Bass ran for re-election to the U.S. House to represent California’s 37th Congressional District. She won with 86.0% of the vote compared to Republican opponent Eric Webber’s 14.0% on November 3, 2020.

Los Angeles District Attorney **Jackie Lacey**, who was seeking a third term for her seat, went down in defeat with 46% of the vote after losing to **George Gascon**, 66, who garnered 54% of the vote.

A former district attorney from San Francisco. Gascon has had a long career in law enforcement, serving as police chief in San Francisco and Mesa, Ariz.,

and as an assistant chief in the Los Angeles Police Department.

Lacey had long been under fire for declining to charge police officers in a number of shootings of unarmed African American men during her eight years in office. She routinely garnered criticism from members of the Black Lives Matter Movement that weekly protested in front of her office. Lacey was L.A. County’s first female and first Black district attorney and had served as a deputy district attorney for more than 30 years.

Gascón promised swift changes in criminal justice policies, vowing to stop trying juveniles as adults and prevent prosecutors from seeking the death penalty.

Outgoing Board of Supervisors **Mark Ridley-Thomas** 65, won the seat with 60.82 of the vote to become councilman of the 10th district soundly defeated contender Grace Yoo, who garnered 39.18 of the vote.

Because he has been on the council previously, Ridley-Thomas, an elected official for nearly three decades, is permitted to serve only a single four-year term.

Ridley-Thomas said that constituents want someone in a “position of responsibility who knows what he’s doing and has demonstrated it over and over again.

“I think it’s time to go to work and deliver on the commitments that I’ve made to work on my priority issue, namely homelessness, and to not allow it to take a back seat to any other policy agenda,” Ridley-Thomas said.

State Sen. **Holly Mitchell** scored a victory by garnering 60.65% of the vote over L.A. City Councilman Herb Wesson’s 39.35% to represent the 2nd District on the Los Angeles County Board of



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Supervisors.

Wesson called Mitchell to concede and was gracious in their conversation about the future of the district and Los Angeles County as a whole, Mitchell’s campaign said.

With Mitchell’s victory, the L.A. County Board of Supervisors, which is seen as the most powerful local governmental body in the country, will be an all-female board for the first time in history.

Other frontrunners who once again won their districts include member of the state assembly, 64th district **Mike Gipson** who defeated Fatima Iqbal-Zubair with 59.71 votes as compared to Iqbal-Zubair’s 40.29%;

Autumn Burke who ran for re-election to the California State Assembly to represent District 62 and won 81.2% of the vote over her opponent Republican Robert Steele, who won 18.8% of the vote.

Democrat **Reggie Jones-Sawyer** won 57.7% of the vote compared with his opponent, fellow Democrat Efren Martinez’s 42.3% of the vote.

Fellow Councilman **Marqueece Harris-Dawson** congratulated Jones-Sawyer on his re-election.

Congratulations to my dear friend Reggie Jones-Sawyer on being elected once again to continue serving as CA State Assemblymember for the 59th Assembly District.

“Reggie Jones-Sawyer has been instrumental in introducing legislation on key issues that impact Black and Brown communities, including AB 1775, aka the “Karen Bill” which increases the penalty for individuals who dial 911 for the purpose of harassing others.

Californians Vote on Propositions

Proposition 14, which authorizes California to issue \$5.5 billion in bonds to continue funding stem cell and other medical research passed with 51% of the vote.

Voters **defeated Proposition 15**, which would have changed the state’s landmark property tax law. No on Proposition 15 won 52% of the vote compared to the Yes vote, which garnered 48% of the vote. The measure would have raised money for schools and local governments by raising property taxes on commercial and industrial real estate.

Voters have **defeated Prop. 16** keeping California’s ban on affirmative action in place. The No on Prop 16 campaign was at 56% with the Yes on 16 campaign at 44%. If passed, the initiative would have ended California’s ban on affirmative action. It would have allowed schools and public agencies to take race, ethnicity and sex into account when making admission, hiring or contracting decisions.

California voters have **approved Prop. 17**, which would allow people on parole for felony convictions to vote after their state or federal prison term ends. The Yes on 17 campaign was at 59% while the No side was at 41%.

California voters have **defeated Prop. 18**. This constitutional amendment would expand voting rights for certain 17-year-olds in California. Citizens who are 17, residents of the state and will be at least 18 years old at the time of the next general election, would be allowed to vote in any primary or special election that occurs before the next general election. The No on 18 was at 55% and Yes on 18 was at 45%.

California voters have **approved Prop. 19** with 51% in favor when the race was called. Prop 19 will allow



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homeowners who are over 55, disabled or victims of natural disasters to transfer part of their property tax base with them when they sell their home and purchase a new one.

Proposition 20 was **defeated**. The No on 20 campaign is at 62% and the Yes on 20 campaign is at 38%. This ballot measure would roll back changes to California’s sentencing laws, changing certain misdemeanor crimes to felony crimes. It would also make changes to the state’s parole system and require people convicted of certain misdemeanors to submit DNA collection to a state database.

California voters have once again **defeated** a rent control measure. Early results show **No on 21** at 60% and Yes on 21 at 40%, and the Associated Press is calling the race. This measure is similar to one on the ballot in 2016 and would allow cities and counties to implement rent control for certain residential properties that are over 15 years old.

In the state’s most costly race, the Associated Press says that **Prop. 22** will **pass**. The Yes on 22 campaign at 58% of the vote and No on 22 at 42%. This proposition would exempt some gig workers from being subject to Assembly Bill 5, a contentious new labor law that requires companies to label independent contractors as employees.

The Associated Press has declared that California voters will **defeat Prop. 23**. Preliminary results show the No on 23 at 64% and Yes on 23 at 36%. The measure would require dialysis clinics to have a licensed physician, nurse or physician assistant on site during kidney dialysis treatment.

Voters have **approved** an expansion to California’s data privacy law. Early results show Yes on 24 at 56% and No on **Proposition 24** at 44%, and the

Associated Press has called the race. The proposition would allow Californians to block companies from sharing personal information and limit businesses’ use of “sensitive personal information.”

Proposition 25 Voters **defeated** a measure that would have ended cash bail in California, according to the Associated Press. The No on 25 campaign is at 56% and Yes on 25 is at 44%. Proposition 25 would have replaced California’s cash bail system with a new pretrial release system based on public safety and flight risk.



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ARE YOU READY FOR CHANGE? THE TIME IS NOW



By Erin S. Martin

It is essential during this time for us to show up and be leaders in our communities. We look for change on a national level, but often forget the impact that we can have in our own community. The Time for Change Foundation recognized this need and established a mission to empower disenfranchised low income women through housing, individualized training and community development.

Founded by in 2002 by Kim Carter, the Time For Change Foundation (TFCF) was created with the mission to help former women inmates re-enter society and transition back into normal lives. Over time, TFCF exceeded Kim’s expectations and grew into a full-service program. It expanded to not only include women re-entering society, but extended to their families and homeless women as well. Ultimately, TFCF supports and guides women and families in their transition into self-sufficiency and being a part of society.

Housing Is The First Step

Many recovery-oriented programs are temporary and do not provide the realistic form of stability that’s needed for true change. We know that recovery and healing does not have a time frame and will take more than a short 30-90 day period. Going above and beyond average programs, TFCF does not place time restraints on their community members. They are provided housing and free services until they are comfortable and ready to live on their own.

Safe and secure housing is often the most important step for someone looking to get back on track to a stable life. TFCF has a total that of 17 housing facilities that offer all of their services on-site. Their largest group of facilities is the Homes of Hope, which offers 10 units of permanent supportive housing in the Southern California area.



(Photo features Time for Change Foundation parents and families. Photo Credit: TFCF)

Self-Sufficiency is Key

This organization’s main goal for these women and families. While in housing, TFCF provides training and education to help advance the careers and lives of their clients. In their methods, they use evidence-based approaches to effectively educate women



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with often difficult upbringings or traumatic pasts. The various training approaches take a deeper look into the lives of their clients as they prepare for their life and career. For example, their Gender Responsive Strategies (GRS), acknowledge special challenges, including social and cultural factors that shape the unique experience of women. In building clients for the reversal of the roles it is often necessary to keep people up for personal and career success, they also offer Strength Based Case Management (SBCM), which assists clients in identifying their skills at helps the clients identify their skills and abilities to establish treatment goals and resolve any barriers in receiving the treatment such as transportation or child care.

When these women make the decision to turn their lives around, TFCF steps right in to provide support with both tact and compassion. Included in their services, TFCF is certified to provide outpatient drug and alcohol therapy for those struggling with addiction. TFCF stresses the importance of teaching healthy and independent living skills by teaching topics on financial literacy and parental education classes. Through this comprehensive and holistic approach, helping others to help themselves is more feasible and transcends into stronger and healthier families and communities.



(Photo features Founder Kim Carter and Director Vanessa Perez. Photo Credit: TFCF)

Leadership Matters

Strong leadership often makes all the difference in positive guidance and public service. Director Vanessa Perez was initially hired as an intern with the organization and spent some time mastering her skillsets. With Vanessa’s ability to grasp the full scope of the organization along with her leadership skills, the organization appointed her as their Director.

“When I started as an intern I did not know that I would be where I am today, but Ms. Carter saw that in me and helped develop me into this role. And that’s what the TFCF is all about. Even within our staff, we are bringing up others from the bottom, bringing up the younger generations and building the communities that we want to see”, says Ms. Perez.

In addition to being TFCF’s Director, Vanessa proudly serves as a role model for the community. In her role, Vanessa and her staff have provided 275 women and families with housing, support services and more recently COVID-19 relief. They have hosted over 1522 hours of independent living skills workshops and have 2146 hours of parenting education workshops.

Help Spread Hope in Your Community

Community involvement is so important in helping non-profit organizations like this that do the hard work. Even in the face of the pandemic, TFCF is offering emergency support to low-income families in need. Donating to this cause is a great investment into our black and brown women in need.



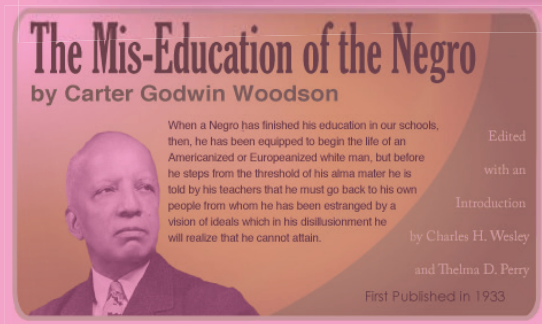
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Outside of monetary donations, your time and presence can make a difference in showing support. For those in the Northern and Southern CA area, there are various opportunities to volunteer including tutoring children, helping plan a fundraiser or even assisting the organization with landscaping on the properties. Please visit and consider helping the cause or spreading awareness about this foundation.

If you are in need of assistance, interested in learning more about these issues or want to raise awareness about this cause, you can visit the TFCF at <https://www.timeforchangefoundation.org> or call 909-86-2994 for more information.

CHAPTER III

HOW WE DRIFTED AWAY FROM THE TRUTH



How, then, did the education of the Negro take such a trend? The people who maintained schools for the education of certain Negroes before the Civil War were certainly sincere; and so were the missionary workers who went South to enlighten the freedmen after the results of that conflict had given the Negroes a new status. These earnest workers, however, had more enthusiasm than knowledge. They did not understand the task before them. This undertaking, too, was more of an effort toward social uplift than actual education. Their aim was to transform the Negroes, not to develop them. The freedmen who were to be enlightened were given little thought, for the best friends of the race, ill-taught themselves, followed the traditional curricula of the times which did not take the Negro into consideration except to condemn or pity him.

In geography the races were described in conformity with the program of the usual propaganda to engender in whites a race hate of the Negro, and in the Negroes contempt for themselves. A poet of

distinction was selected to illustrate the physical features of the white race, a bedecked chief of a tribe those of the red a proud warrior the brown, a prince the yellow, and a savage with a ring in his nose the black The Negro, of course, stood at the foot of the social ladder.

The description of the various parts of the world was worked out according to the same Plan. The parts inhabited by the Caucasian were treated in detail. Less attention was given to the yellow people, still less to the red, very little to the brown, and practically none to the black race. Those people who are far removed from the physical characteristics of the Caucasians or who do not materially assist them in the domination or exploitation of others were not mentioned except to be belittled or decried.

From the teaching of science the Negro was likewise eliminated. The beginnings of science in various parts of the Orient were mentioned, but the Africans' early advancement in this field was omitted.



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Students were not told that ancient Africans of the interior knew sufficient science to concoct poisons for arrowheads, to mix durable colors for paintings, to extract metals from nature and refine them for development in the industrial arts. Very little was said about the chemistry in the method of Egyptian embalming which was the product of the mixed breeds of Northern Africa, now known in the modern world as “colored people.”

In the study of language in school pupils were made to scoff at the Negro dialect as some peculiar possession of the Negro which they should despise rather than directed to study the background of this language as a broken-down African tongue—in short to understand their own linguistic history, which is certainly more important for them than the study of French Phonetics or Historical Spanish Grammar. To the African language as such no attention was given except in case of the preparation of traders, missionaries and public functionaries to exploit the natives. This number of persons thus trained, of course, constituted a small fraction hardly deserving attention.

From literature the African was excluded altogether. He was not supposed to have expressed any thought worth knowing. The philosophy in the African proverbs and in the rich folklore of that continent was ignored to give preference to that developed on the distant shores of the Mediterranean. Most missionary teachers of the freedmen, like most men of our time, had never read the interesting books of travel in Africa, and had never heard of the Tarikh Es-Soudan.

In the teaching of fine arts these instructors usually started with Greece by showing how that art was influenced from without, but they omitted the African influence which scientists now regard as significant and dominant in early Hellas. They failed to teach the student the Mediterranean Melting Pot

with the Negroes from Africa bringing their wares, their ideas and their blood therein to influence the history of Greece, Carthage, and Rome. Making desire father to the thought, our teachers either ignored these influences or endeavored to belittle them by working out theories to the contrary.

The bias did not stop at this point, for it invaded the teaching of the professions. Negro law students were told that they belonged to the most criminal element in the country; and an effort was made to justify the procedure in the seats of injustice where law was interpreted as being one thing for the white man and a different thing for the Negro. In constitutional law the spinelessness of the United States Supreme Court in permitting the judicial nullification of the Fourteenth and Fifteenth Amendments was and still is boldly upheld in our few law schools.

In medical schools Negroes were likewise convinced of their inferiority in being reminded of their rôle as germ carriers. The prevalence of syphilis and tuberculosis among Negroes was especially emphasized without showing that these maladies are more deadly among the Negroes for the reason that they are Caucasian diseases; and since these plagues are new to Negroes, these sufferers have not had time to develop against them the immunity which time has permitted in the Caucasian. Other diseases to which Negroes easily fall prey were mentioned to point out the race as an undesirable element when this condition was due to the Negroes’ economic and social status. Little emphasis was placed upon the immunity of the Negro from diseases like yellow fever and influenza which are so disastrous to whites. Yet, the whites were not considered inferior because of this differential resistance to these plagues.

In history, of course, the Negro had no place in this curriculum. He was pictured as a human being



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of the lower order, unable to subject passion to reason, and therefore useful only when made the hewer of wood and the drawer of water for others. No thought was given to the history of Africa except so far as it had been a field of exploitation for the Caucasian. You might study the history as it was offered in our system from the elementary school throughout the university, and you would never hear Africa mentioned except in the negative. You would never thereby learn that Africans first domesticated the sheep, goat, and cow, developed the idea of trial by jury, produced the first stringed instruments, and gave the world its greatest boon in the discovery of iron. You would never know that prior to the Mohammedan invasion about 1000 A.D. these natives in the heart of Africa had developed powerful kingdoms which were later organized as the Songhay Empire on the order of that of the Romans and boasting of similar grandeur.

Unlike other people, then, the Negro, according to this point of view, was an exception to the natural plan of things, and he had no such mission as that of an outstanding contribution to culture. The status of the Negro, then, was justly fixed as that of an inferior. Teachers of Negroes in their first schools after Emancipation did not proclaim any such doctrine, but the content of their curricula justified these inferences.

An observer from outside of the situation naturally inquires why the Negroes, many of whom serve their race as teachers, have not changed this program. These teachers, however, are powerless. Negroes have no control over their education and have little voice in their other affairs pertaining thereto. In a few cases Negroes have been chosen as members of public boards of education, and some have been appointed members of private boards, but these Negroes are always such a small minority that they do not figure in the final working out of the educational program. The education of

the Negroes, then, the most important thing in the uplift of the Negroes, is almost entirely in the hands of those who have enslaved them and now segregate them.

With “mis-educated Negroes” in control themselves, however, it is doubtful that the system would be very much different from what it is or that it would rapidly undergo change. The Negroes thus placed in charge would be the products of the same system and would show no more conception of the task at hand than do the whites who have educated them and shaped their minds as they would have them function. Negro educators of today may have more sympathy and interest in the race than the whites now exploiting Negro institutions as educators, but the former have no more vision than their competitors. Taught from books of the same bias, trained by Caucasians of the same prejudices or by Negroes of enslaved minds, one generation of Negro teachers after another have served for no higher purpose than to do what they are told to do. In other words, a Negro teacher instructing Negro children is in many respects a white teacher thus engaged, for the program in each case is about the same.

There can be no reasonable objection to the Negro’s doing what the white man tells him to do, if the white man tells him to do what is right; but right is purely relative. The present system under the control of the whites trains the Negro to be white and at the same time convinces him of the impropriety or the impossibility of his becoming white. It compels the Negro to become a good Negro for the performance of which his education is ill-suited. For the white man’s exploitation of the Negro through economic restriction and segregation the present system is sound and will doubtless continue until this gives place to the saner policy of actual interracial cooperation—not the present farce of racial manipulation in which



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the Negro is a figurehead. History does not furnish a case of the elevation of a people by ignoring the thought and aspiration of the people thus served.

This is slightly dangerous ground here, however, for the Negro’s mind has been all but perfectly enslaved in that he has been trained to think what is desired of him. The “highly educated” Negroes do not like to hear anything uttered against this procedure because they make their living in this way, and they feel that they must defend the system. Few mis-educated Negroes ever act otherwise; and, if they so express themselves, they are easily crushed by the large majority to the contrary so that the procession may move on without interruption.

The result, then, is that the Negroes thus mis-educated are of no service to themselves and none to the white man. The white man does not need the Negroes’ professional, commercial or industrial assistance; and as a result of the multiplication of mechanical appliances he no longer needs them in drudgery or menial service. The “highly educated” Negroes, moreover, do not need the Negro professional or commercial classes because Negroes have been taught that whites can serve them more efficiently in these spheres. Reduced, then, to teaching and preaching, the Negroes will have no outlet but to go down a blind alley, if the sort of education which they are now receiving is to enable them to find the way out of their present difficulties.



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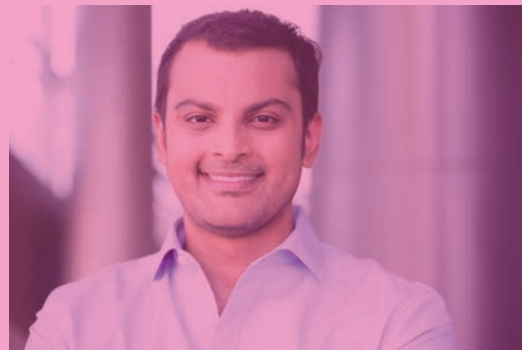
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A portrait of Tori Bailey, a woman with short brown hair, wearing a colorful patterned top. The background is a blurred image of a classroom with students at desks.

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