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**PRESIDENT PARDONS  
FEDERAL OFFENSES OF SIMPLE  
MARIJUANA POSSESSION**



**Loosening  
the drug's  
federal  
classification.**

**"Sending people to prison for possessing marijuana has upended too many lives and incarcerated people for conduct that many states no longer prohibit," Biden said, p3**

## 6-year-old boy sustains second, third-degree burns all over his body while shielding brother from freak car fire

Philadelphiaobserver.com

A Cleveland 6-year-old demonstrated an extraordinary sense of bravery, saving his brother during a car fire, and sacrificing his own safety to protect his young sibling. The two boys were allegedly left unattended by their mother for less than five minutes before the car burst into flames, leaving questions surrounding what caused the accident in the first place.

A Cleveland 6-year-old demonstrated an extraordinary sense of bravery, saving his brother during a car fire, and sacrificing his own safety to protect his young sibling. The two boys were allegedly left unattended by their mother for less than five minutes before the car burst into flames, leaving questions surrounding what caused the accident in the first place.

On Sunday, Sept. 18, young Dean Martin and his 4-year-old brother Elijah were in the back seat of their mother's car, when she hopped out to pick up her prescription at a local pharmacy in Lakewood around 5 p.m., according to Cleveland 19.

According to Ilesha Newsom, she returned approximately three minutes after leaving her children to the devastating sight of her car being on fire and her kids trapped inside.

She said, "I came out, my car was on fire," she recalled, saying



a few bystanders helped get her smallest child out first. After he was safe, Elijah told them that his older brother Dean was still in the car.

"They went back for Dean," Newsom said. "Right as they pulled Dean out of the car, it exploded."

While details are scarce, what is said to have happened is Dean protected his little brother, by using his body to shield him from the fire.

The mom shared, "I would have never thought he would put his brother in a trunk and stand in front of him, so he won't get burned. That's very selfless for a 6-year-old."

While Dean protected his brother, he actually put himself in harm's way, receiving second and third-degree burns on his face, arms, and legs.

Dean's bravery was not lost and even stood out to him as a valiant and heroic effort.

"I'm Spiderman mom. I saved my brother," Newsom reported her son as saying.

"That was the first thing he said to me when we got here and he woke up from the medicine," she continued

## Woman contracted to work for Apple, loses job after posting TikTok video about her day

Philadelphiaobserver.com

Nylah Boone, a former Apple contractor, is raising concerns after losing her job amid a viral TikTok video that has made its rounds on the internet.

The video, titled "Day in the life of a Black girl working in tech," has reached nearly 400,000 views, with hundreds of comments asking Boone for career advice and highlighting some of her daily routines and activities that consist of her being an Apple contracted worker.

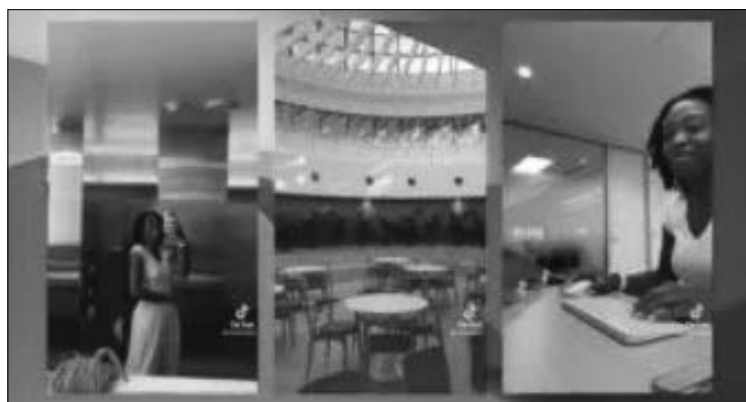
@nylah.akua Black girl working in tech - we are back in office y'all!!! #blackwomenintech #blackgirltiktok #dayinthelife #workingintech #backtooffice

As It Was – Harry Styles

Although the video, which was recorded in April, did not reveal any secrets within the company, it did contain footage of her office space inside one of Apple's buildings.

Boone, who also utilized her time as a TikTok creator highlighting other unrelated vlogs, unexpectedly lost her job in May when Apple did not renew her contract.

"My followers or people that would reach out to me or comment were like 80 percent Black women," said Boone in her interview with The Verge. "That was important to me to be able to connect with other Black women as well to encourage them."



## Voting rights activists look beyond Supreme Court to people power

By Khalil Abdullah

WASHINGTON, DC — Shortly ahead of arguing before the Supreme Court on a voting rights lawsuit that bears his name, Alabama attorney Evan Milligan was already looking forward to what needs to be done to secure permanent voting rights protections for all Americans.

"My hope is not based on the court," Milligan said at a recent news conference. "My hope is based on the agency of my people and our allies."

Invoking the 1964 Montgomery bus boycott driven by ordinary people who'd simply made up their minds to end racial segregation, Milligan said, "If we make up our minds, there's a nonviolent path away from this momentum towards going off the edge that we feel building around us."

For Milligan, the options are either a 28th Amendment to the constitution that will secure voting as a constitutional right, and/or passage of the John L. Lewis Voting Rights Act which would restore portions of the 1965 Voting Rights Act (VRA) recently struck down by the Supreme Court.

Driving home Milligan's point, civil rights activists, supporters and college students — many of whom bused from Alabama and Louisiana to Washington — gathered at a nearby park the day of the hearing. Bracing against an unseasonably cold day with intermittent showers courtesy of Hurricane Ian, speakers encouraged attendees to persist in their quest for fairness and equity.

The rally was held under the banner Power on the Line, a social justice advocacy organization tied to the Merrill v. Milligan hearing.

"It is a sad day when we have to stand across from the Capitol to actually ask for and demand the right to the ballot box," said Jamaal Watkins, the NAACP's Senior VP for Strategy and Advancement.

At issue in Merrill v. Milligan is the right of African Americans in Alabama, who now comprise 27 percent of the state's population, to have a second congressional

district drawn under proportional representation guidelines based on 2020 census data. Alabama currently has seven congressional districts.

Listen to oral arguments in the Merrill v. Milligan SCOTUS case

Rep. Terri Sewell, D-AL, holds that Seventh congressional district seat for Alabama's Black Belt population. "It's simply not fair," she said of her state's legislative map which limits her burgeoning constituent populace to one seat. Sewell said she supports a full restoration of the VRA and called for the U.S. Senate "to do its job" and pass voting rights legislation that has been languishing for years.

Attorney Deuel Ross, NAACP Legal Defense Fund, echoed Sewell. "We fear that Alabama's congressional districts crack the Black Belt, which is an important Black community in Alabama that has been discriminated against for as long as there's been an Alabama," Deuel said.

"Packing" is drawing a congressional map in such a way that it concentrates a population into a single district while scattering other residents into neighboring districts where, as minorities, their vote is numerically reduced or "cracked" from electing a candidate of their choice.

"We stand here holding a spot in history today that sadly has to repeat itself over and over and over again," exclaimed Ronald James, Jr., an Alabama organizer for Black Voters Matter, who denounced what he sees as the continuing indifference by the country and the court to rights of minority communities.

James, who was accompanied on the trip from Alabama to Capitol Hill and the Supreme Court by his father and sister, exhorted the crowd in a boisterous chant: "Ain't no struggle like the struggle of the people because the struggle of the people don't stop."

Melanie Campbell, president and CEO, National Coalition on Black Civic Participation, and the convener of the Black Women's Roundtable, reserved a pointed observation for the youth in at-

tendance about their potential impact in the upcoming midterm elections and the 2024 presidential election.

"Because if you show up like you did — I'm talking to the young folks — if you show up like you did in 2018, all bets are off. So let's get this done y'all!"

Heaven Boudy, a native New Orleanian, said, "I am here to protect my rights and make sure our voices are heard — and we demand fair maps." She said her parents were excited that she was attending the rally.

Elijah Crawford, born in Portland, Oregon and now living in Baton Rouge after just having graduated from Southern University as a political science major said he was inspired by working with Power on the Line coalition members and is considering law school to pursue a career as a lobbyist or crafting legislation.

Boudy and Crawford accompanied a delegation from Louisiana headed by the founder, president and CEO of Power Coalition for Equity and Justice, Ashley Shelton.

Washington, D.C. residents also made an appearance at the rally. Sydney Alexander is a grassroots activist and a member of the D.C.-based organization Harriett's Wilder Dreams. "That's Harriett as in Tubman," exclaimed Alexander and Luci Murphy, the latter a longtime social justice activist.

Speaking of the rally, Alexander said, "This is about voting rights, and that's serious, and a lot of people fought and died for us to be able to vote." She said she is going to be vigilant in opposing attempts to constrict that right. "I'm not going to continue to live in a world where this is happening."

The court's decision will likely be announced in the spring of 2023.

"Between now and then," Milligan said, "we will be continuing what we're doing — going to people throughout Alabama to talk about the importance of voting, the importance of the Voting Rights Act and, really, just democracy as a whole."

# Biden issuing full pardons for federal marijuana possession convictions

By Stacy M. Brown, NNPA Newswire

President Joe Biden has issued a pardon to all prior federal offenses of simple marijuana possession, fulfilling a campaign promise of getting rid of possession convictions and loosening the drug's federal classification.

"Sending people to prison for possessing marijuana has upended too many lives and incarcerated people for conduct that many states no longer prohibit," Biden said in a statement.

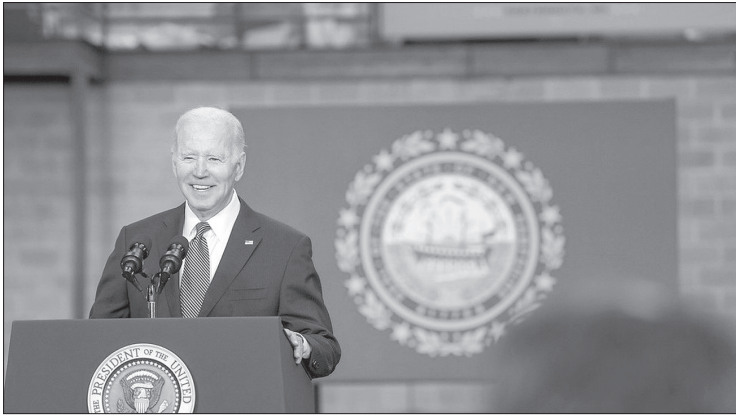
"Criminal records for marijuana possession have also imposed needless barriers to employment, housing, and educational opportunities," the president continued.

"And while white and Black and Brown people use marijuana at similar rates, Black and Brown people have been arrested, prosecuted, and convicted at disproportionate rates."

Biden vowed to encourage governors to take similar steps to pardon state simple marijuana possession charges.

According to a Pew Research survey, wide majorities of Black adults support legalizing marijuana at least for medical use (85%).

The survey found that most favor reforms to the criminal justice system, such as releasing people from prison who are being held only for marijuana-related charges and expunging marijuana-related offenses from the criminal records of individuals convicted of such



crimes (74% each).

According to FBI data, Black adults are disproportionately likely to be arrested for marijuana-related offenses.

Researchers at Pew noted that, although non-Hispanic, single-race Black and White Americans used marijuana at roughly comparable rates in 2020, Black people accounted for 39% of all marijuana possession arrests in the U.S. despite being only 12% of the U.S. population.

Further, in a separate study, Pew noted that police officers made about 663,000 arrests for marijuana-related offenses in the 50 states and the District of Columbia in 2018, amounting to 40% of the 1.65 million total drug arrests in the U.S. that year (the most recent for which data is available).

The second-largest category of drug arrests involved "other" drugs (29%), followed by heroin, cocaine, or their derivatives (25%), and synthetic or manufactured drugs (6%).

The District counts among the growing number of places where marijuana use is legal.

Biden's actions grant full, complete, and unconditional pardons to U.S. citizens and lawful permanent residents who have committed or been convicted of simple possession violating the Controlled Substances Act.

The U.S. Justice Department praised Biden's announcement.

"The Justice Department will expeditiously administer the President's proclamation, which pardons individuals who engaged in simple possession of marijuana, restoring political, civil, and other rights to those convicted of that offense," department officials wrote in a statement.

"In the coming days, the Office of the Pardon Attorney will begin implementing a process to provide impacted individuals with certificates of pardon.

"Also, in accordance with the president's directive, Justice Department officials will work with our colleagues at the Department of Health and Human Services as they launch a scientific review of how marijuana is scheduled under federal law."

# Coalition kicks off voterade with goal of 10 million more Black voters

By Stacy M. Brown, NNPA Newswire

"A right is not something someone gives you. It's something that someone cannot take away from you. That's what this is about. It's about restoring the right and the dignity of the voter. If your vote didn't matter, suppression wouldn't try to suffocate it. We need 10 million more voters."

The bar is set high: 10 million more Black voters.

That's the goal as the Transformative Justice Coalition (TJC), the National Newspaper Publishers Association (NNPA), Rainbow Push, the Hip Hop Caucus, and others set out on a bus tour across the nation to blunt voter suppression and misinformation ahead of the all-important midterm elections.

"The buses are rolling ... Minneapolis is the first stop," declared Barbara Arnwine, the president and founder of the TJC, an organization known for its contributions to critical justice issues.

"We believe voting is a celebration," Arnwine continued during a lively news conference at the Press Club in Washington, D.C.

The conference included remarks by Attorney Daryl Jones, NNPA President, and CEO Dr. Benjamin F. Chavis, Jr., Rainbow Push Coalition Executive Director Bishop Tavis Grant, Black Voters Matter Co-Founder Cliff Albright, African American Policy Forum Executive Director Kimberlé Crenshaw, National Organization of Concerned Black Men CEO Dr. Karen McRae, Virginia K. Solomón of the League of Women Voters, and Hip Hop Caucus Executive Director Attorney Tanya Clay House.

"We want people to celebrate when they vote," Arnwine insisted.

"We call it a celebration for every time we do a voterade. We have a Celebration Village."

Arnwine said in one city, the mayor informed the coalition that voter turnout doubled after the voterade visited.

"We went to another area in the poorest zip code in Milwaukee — one of the poorest in the nation," Arnwine continued.

"They had such a small polling site and didn't expect anyone to turn out. But, when we finished, they had more people vote in that one day after the voterade than typically during the entire early

voting season."

Chavis, who has pushed the hashtag #10millionmoreblackvoters, reminded everyone that the midterms were just a few weeks ago.

With photos of the late Georgia Democratic Rep. John Lewis blanketing the Press Club for the news conference, Chavis called the coalition's mission good trouble.

"We are going to all the major states, places where we know we can make a difference," Chavis declared.

"This tour is designed to make sure we awaken a lot of the sleeping giants in our community."

He continued:

"We believe that we can get 10 million more Black voters. That's a large number, but we believe that number could make a difference. Democracy is on the ballot on November 8. Racial justice is on the ballot on November 8. Climate justice is on the ballot, environmental justice is on the ballot, economic justice, and equity is on the ballot, and preventing far right-wing groups from banning votes is on the ballot."

Arnwine added that the 25-city Arc of Voter Justice Tour is designed to ensure everyone understands that citizens' right to vote is their voice.

During the voterade, participants will register to vote and check their voting eligibility while enjoying good food, music, games, and banned books as the coalition seek to transform voting and the voting experience.

"A great democracy does not make it harder to vote than it is to get an assault weapon," Bishop Grant demanded.

"What is so dangerous about Black and Brown people who vote? What's so dangerous about standing in line with a bottle of water or food or showing up early to vote?"

The Bishop said the danger is that "it shifts the power scale, and the have-nots have an opportunity to have their fair share."

"A right is not something someone gives you. It's something that someone cannot take away from you. That's what this is about. It's about restoring the right and the dignity of the voter. If your vote didn't matter, suppression wouldn't try to suffocate it. We need 10 million more voters."

# This November, unite to defend the Black vote

Editorial

By Ben Jealous

Right before our last national elections in 2020, thousands of Black voters in Detroit got a call from someone posing as a woman named "Tamika Taylor." She warned them that if they voted, the government would collect their personal information and come after them for credit card debt, outstanding warrants, even forced vaccinations. The calls were a voter suppression scam, and the two white guys behind it were prosecuted. But we'll never know how many people were nervous enough to avoid voting that year.

Dirty tricks like this make me sick. And as we get closer to this year's midterms, civil rights leaders are warning that we're likely to see more of them. The Far Right is waging a war on Black voters, and disinformation is among its favorite weapons. Another one is passing laws to make it harder for Black citizens to vote. The Brennan Center at NYU keeps track of these efforts. The legal scholars there report that since 2020, lawmakers in 49 states have introduced more than 400 bills that would make it harder to vote. This midterm election is the first nationwide election since that massive voter

suppression campaign started, and we have one way to fight it: massive voter mobilization.

Getting our friends and neighbors to vote so we can have a say in issues that affect our daily lives is a calling for all of us. I am fortunate to lead an organization that will make Black male voters the focus of our Get Out the Vote efforts this year. Our initiative, Defend the Black Vote, will reach out to Black men in 15 states who are registered but skipped two out of three of the last elections. Our focus will be men because they still don't vote in the high percentages Black women do. Our message will be simple: Vote this November. Vote because your vote is your voice and your power. Vote because of everything that is on the line in these elections: jobs, reproductive rights, mass incarceration, who sits on our courts, education for our kids, health care, pollution in the environment where our families live.

Vote because we need to Ban the Box. Vote because Black Lives Matter. Vote because you have a dream of entrepreneurship. Vote because your mental health, and your family's mental health, matters. Vote because the white supremacists don't want you to, and are doing everything they can



to stop you, and that tells you how important it is.

I know that some folks don't vote because they believe their vote doesn't matter. History shows that it does. The best example I can think of is what happened in Georgia in 2020, the first year we ran our Defend the Black Vote campaign. We motivated over 200,000 additional Black men in Georgia to vote that year — a year when the presidential election in the state was decided by 12,000 votes. The Black men who voted in Georgia made a historic difference, and the numbers prove it.

We know there's one more way today's Far Right and their predecessors — the Klan, the White League, and all the other terrorists like them — have tried to suppress Black votes, and it's

Continued on page 4



"We are going to all the major states, places where we know we can make a difference," declared NNPA President and CEO Dr. Benjamin F. Chavis, Jr. "This tour is designed to make sure we awaken a lot of the sleeping giants in our community



## Car collision kills Georgia mother, father, daughter leaving son's football game

Philadelphiaobserver.com

Last week, a family was killed in a fatal car accident on their way home from a high school football game.

According to WTVM, Byron and Katrina Jakes, along with their daughter, Kamryn, were killed when another vehicle crossed into their lane, causing the cars to collide head-on.

Bryon and Katrina were ages 45 and 43, respectively, and Kamryn, 10.

The family members were leaving from 15-year-old Braylon's football game for Carver High School in Thomasville, Georgia. After the game, Braylon took the bus with his teammates.

Braylon's grandmother, updated WTVM on how the brother and son is coping with the loss of his immediate family.

She said, "Braylon is hanging

in there right now. He's doing fine. He's laughing and happy right now. His football team was out here yesterday and they had such a fun time. He joked around and played. Right now, he's doing ok."

According to a Facebook post by the National Pan-Hellenic Council of Columbus, Georgia, Byron was a Alpha Phi Alpha Fraternity Inc. member, and Katrina Jakes pledged Alpha Kappa Alpha Sorority Inc.

The organization posted a plea for support of the Jakes family.

"To the Divine 9 Family: "We are Jacqueline Jakes calling on you all for your prayers and support!"

"This young football player, Braylon Jakes, from Carver High School has recently lost his parents and sister. As his parents traveled back from Thomasville after the football game Friday night, they were both killed in car accident along with his little sister."

## Incarcerated man says he's Tupac Shakur reincarnated

Philadelphiaobserver.com

A Colorado inmate filed a lawsuit in New York to obtain Tupac Shakur's estate because he believes he's the late rapper reincarnated.

According to court documents obtained by AllHipHop, Tarnell Leon Jones admits he doesn't look like Shakur but believes he was "shot by police officers in New York City, Los Angeles and Atlanta" in the early '90s and came back to life as the rapper. In his lawsuit, he wanted all documents concerning the rapper's identity, along with damages for incidents that took place in the '90s. In addition, Jones says if you Google his full legal name it somehow turns into the deceased rapper's name.

Although Jones does not know any of the rapper's personal information, like Shakur's social security number, he provided music artist's birthday and the date the "Hit Em Up" lyricist was first shot at the Quad Recording Studios in New York, which is all public knowledge. The San Carlos Correctional Facility inmate was so confident that he even offered to take medical testing in hopes that two blood types and hearts would be discovered to prove his claims.



Tupac Shakur / Photo Credit: Barry King / WireImage / Getty Images

AllHipHop also reported that United States District Judge Hector Gonzalez wrote, "He also alleges that a backpack containing more than \$1 million was 'robbed' from him, although he has not specified who took it or where this event occurred. [Jones] seeks reimbursement for the medical expenses that he incurred because of these events."

## Hometown hero: Georgia mayor saves mom, 3 children from being hit by oncoming train

Philadelphiaobserver.com

Just like that, with a train fast approaching, a family was saved from what could've been a tragic ending.

Georgia Mayor, Eddie Daniels, presently serving his second term, was called a hero this past weekend after coming to the rescue of a mother and her three children moments before their car was smashed by a train.

Daniels noticed a black SUV stuck on the tracks as he was en route to work early Saturday morning. According to WALB, the Vienna mayor observed what was reportedly a fast-approaching train heading in the direction of the SUV.

"I couldn't let those babies sit there and get slaughtered by a train," Mayor Daniels said.

The outlet reports that Daniels immediately took action, breaking the mom out of the car first. Daniels saw three children, ages one, three, and six years old, in the backseat of the SUV and proceeded to rescue the younger two before trying to pull the oldest child out of the car. As he worked to get the child out, the train was ready for impact.

"I got the two small ones out.



At that time, I [saw] the train and the six-year-old, I was pulling her out and that's when the train hit," he said.

The Vienna mayor was able to recall the moment he was caught between the truck and the train, grateful he was still able to rescue all of the children. Daniels showed reporters the skid marks from where the truck landed after the train smashed into it.

"I'm out here just doing God's work, that's what we're supposed to do," he said.

"And they told me I was a hero I said I don't feel like a hero, just feel like I'm doing what I'm supposed to do, what the people elected me to do."

Daniels reportedly left the scene with a broken ankle and injuries to the head that required eight stitches.

## Teenager and his brother, 6, drown in flooded canal after Hurricane Ian

Philadelphiaobserver.com

A Florida mother has been left heartbroken and devastated after her two sons were killed in the aftermath of Hurricane Ian.

According to multiple reports, Lachera Burrowes was not aware that her six-year-old Tahjir Burrowes, who suffered from severe autism, had wandered out of their home on Oct. 5 and headed for a hurricane-flooded canal, as reported by Today.

Burrowes said the boy was drawn to water and was able to leave the property undetected after the storm destroyed the fence around the family home. When Tahjir's older brother Tahjon, 17, realized he was missing, he went



searching for him on foot while Lachera jumped in her car and drove to the canal.

When she got there and saw nothing she called the police.

Hours passed before a detective arrived at her home and delivered the tragic news that both her boys had drowned in a nearby flooded canal.

## This November, unite to defend the Black vote

From page 3

the ugliest: intimidation and threats of violence. Our ancestors faced a real risk of being attacked or murdered for registering to vote or voting. Today the intimidation might be more high-tech: is your name in the system, will you be accused of an illegal vote? Florida's arrests of returning citizens who voted

— after being issued new voter registration cards by the state itself — are especially cruel. They were meant to scare people, and they probably did.

So, vote because we refuse to be intimidated. Because those who went before us put their lives on the line to cast a ballot. And if you are a man who doesn't have a plan to vote, or you have a father, brother, uncle or son

who doesn't have a plan, it's not too late to make one now. We need you.

Ben Jealous serves as president of People For the American Way and Professor of the Practice at the University of Pennsylvania. A New York Times best-selling author, his next book "Never Forget Our People Were Always Free" will be published by Harper Collins in January 2023.



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# Editorial - Opinion



By Emil Guillermo

## Herschel Walker, Draymond Green — When star athletes act like losers

Or even Texas' Earl Campbell. Both of them would rather run over line-backers, not Democrats.

Walker is different. We know that Walker denies giving money to pay for a former partner's abortion. But now the same female partner claims Walker wanted her to have a second abortion, though she declined and had the child.

Mind you, I'm choosing to skip all the accusations about Walker's general hypocrisy from his son, Christian. It's important, but I'll give Walker the benefit of the doubt considering his grandstanding son.

But the woman who claims Walker has consulted her on abortion isn't grandstanding. She's provided proof to the news site, the Daily Beast, and appears credible.

All this shouldn't even be political talk, but Walker is running as an anti-abortion, pro-life fundamentalist.

The truth is relevant if it makes Walker out to be a liar.

But maybe that's good for a politician?

Coming to Walker's defense is no less than Donald Trump, who told the NY Times' Maggie Haberman about Walker's abundant qualities.

"He was the best football player

in the nation by far," Trump said of Walker.

When asked about his "complicated personal history," Trump was quick to dismiss any criticism.

"Ten years ago would be a problem, twenty years ago a bigger problem. I don't think it's a problem today," Trump said.

Haberman asked "why?" Because the world is changing.

In other words, outright liars are rewarded in today's corrupt Republican politics led by Godfather Trump. Anything goes, as long as you win.

Trump's blessing has opened the way for millions in political contributions and support from conservatives who shamelessly back the unqualified and truth-compromised Walker.

But this is the kind of Black man Republicans want. Controllable. Who will do what they want. Run over Democrats with political athleticism!

Doesn't seem to stack up against the incumbent Senator, Rev. Raphael Warnock, a Democrat and the current preacher of MLK's Ebenezer Baptist church.

If Walker wins, we will feel the impact in California. Democrats can rely on Kamala Harris to break a

tie on upcoming legislation on key issues like gun control, immigration, voting rights, LGBTQ rights. Oh, and there's abortion.

But there will be no heroics from Harris if Republicans gain the majority and have Herschel Walker in their pocket.

He will do anything they say. He's their star athlete. He can do no wrong.

At Least Draymond Green Doesn't Want to Be Senator

Draymond Green says he's going to take some time away from the Golden State Warriors. He's already taken some of their credibility.

Of course, you've seen the video of Green punching his teammate Jordan Poole at a recent Warriors practice. The Warriors are mostly upset that video of the punch found its way to the public.

But at least we got the truth. The punch was a clear battery, and chargeable. The Warriors preferred to keep it in house.

Keep it in house? That sounds like Jeffrey Dahmer.

The video shows undeniable workplace violence. Green, who is 6-ft-6-inches, 230 pounds, is punching the smaller Poole, who is two inches shorter and almost

40 pounds lighter.

Sports commentators downplay the punch, saying these are men playing an aggressive game, and it's to be expected.

Not when the gym is your workplace. Punch your boss and you'll get fired. Or sued. Is this the NBA's message, that physical bullying is OK?

Two weeks ago, the NBA fined Phoenix Suns owner Robert Sarver \$10 million and banned him from the game for one year for "workplace misconduct," involving anti-Black racism, as well as misogynistic and sexual comments.

Is that worse than punching a teammate in practice?

Green has apologized and said he's going to take time to "work on himself."

But it's going to take a lot more than using that meditation app LeBron James pushes.

For the NBA and the Golden State Warriors, the action that must be taken is clear. They must condemn workplace violence by athletes unequivocally.

Athletes shouldn't be treated as winners when they act like losers.

Emil Guillermo is a journalist and commentator. He has a talk show on <http://www.amok.com>

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# Wednesday's woman

By Audrey J. Bernard

## Dr. Tania Small was appointed to the Board of Governors of ACMA



Dr. Tania Small

On October 4, 2022, The Accreditation Council for Medical Affairs (ACMA) appointed Dr. Tania Small, Global Head of Oncology Medical Affairs and Chair of R&D Diversity, Equity, and Inclusion Council at GSK, to its board of governors. Dr. Small has built and leads an organization of medical professionals focused on patient-driven science. She relentlessly pushes boundaries to transform patient outcomes and is passionate about creating groundbreaking solutions that will successfully deliver transformational medicines and access mechanisms, which are needed to revolu-

tionize both the experience and outcomes of people living with cancer and their treatment teams. The ACMA has both US and international presence in over 80 countries. It is highly recognized for its accredited board certification and the Board-Certified Medical Affairs Specialist (BCMAS) program designed for pharmaceutical industry medical affairs and medical science liaison (MSL) professionals. Additionally, the ACMA is regarded as the pre-eminent thought leader in US and global medical affairs. Through her leadership, Dr. Small will make a significant contribution to the mission of ACMA as

they continue to raise the bar for pharmaceutical executives with a focus on Medical Affairs and Medical Science Liaisons (MSLs). "We are honored to have Dr. Small join the ACMA Board. Tania is a highly respected professional in the life sciences industry. She is known for driving innovation that improves the experience and supports better outcomes of people living with cancer," said Dr. William Soliman, CEO and Founder of ACMA. Dr. Small will play a critical role in helping to expand the mission of the ACMA in the life sciences industry. ACMA will continue to collaborate with the government,

healthcare policy consortiums, pharmaceutical companies, and patient advocacy organizations to ensure that the ACMA continues to operate at the highest standards of ethics and compliance to achieve this broader mission. "I am honored to be joining the ACMA Board of Governors. They have been instrumental in positively shaping healthcare policy and dialogue. The ACMA is bringing forth a new era in the pharmaceutical industry by providing credible board certification for medical affairs / MSL professionals. An ACMA accreditation enhances MSL professionals' ability to deliver upon their critical mis-

sion to healthcare providers and patients in need," said Dr. Small.

A board-certified pediatric hematologist/oncologist, Dr. Small has deep experience in clinical research and drug development. She was trained in hematology/oncology and bone marrow transplantation at Columbia University, where she also completed a genetic research fellowship. She subsequently continued her focus on both hematology and stem cell transplant at New York Presbyterian Hospital and received several grants for her translational research in gene therapy and regenerative medicine.

In previous roles with Novartis Oncology and Ipsen, Dr. Small successfully led the launch of multiple oncology therapies while overseeing clinical development and medical affairs programs. She has also led many patient-centered and diversity programs, working closely with the US FDA, Congress, and the American Society of Clinical Oncology (ASCO) to improve the diversity of enrollment in oncology clinical trials and elderly programs. For more information, please contact [angela@pranamarketing.com](mailto:angela@pranamarketing.com)

### About Accreditation Council for Medical Affairs (ACMA)

The Accreditation Council for Medical Affairs (ACMA) is highly regarded for its Board-Certified Medical Affairs Specialist (BCMAS) program. It is the world's first and only board certification for MSL and medical affairs professionals. The ACMA offers a 360° suite of digital solutions for the life sciences industry, including market research, sentiment analysis, CRM tools, and more. The ACMA has the first-ever Prior Authorization Certification Specialist (PACS) program to help streamline healthcare insurance hurdles. For more information, visit: [www.medicalaffairsspecialist.org](http://www.medicalaffairsspecialist.org) or call toll-free at 1-855-255-7137.

## The Effects of Ovarian Cancer

September is Ovarian Awareness Month. During Ovarian Cancer Awareness Month, our Nation honors those who are struggling with this dreaded disease, remembers the loved ones we have lost, and re-commits to ending ovarian cancer — and all cancer — as we know it. In an article entitled "Unlearning Stoicism: Embracing the patient voice to ensure no one with ovarian cancer is left behind," Dr. Small eloquently addressed the effects of ovarian cancer and the steps she would like to see taken to resolve them. Dr. Small wrote:

"During my years as a practicing oncologist, the second-hardest part of my job was giving families a late-stage cancer diagnosis. The hardest part usually followed sometime thereafter: losing beautiful lives we could have saved, if only they were diagnosed earlier. In the event of a late-stage ovarian cancer diagnosis, we should strive to help physicians explore opportunities for clinical trial enrollment that will benefit their patients. Physicians and investigators must do a better job of eliminating racial disparities by explaining their

benefits and risks to prospective enrollees without resorting to inscrutable medical jargon. For our part, the industry should ensure patients have a seat at the table, and that their voice is heard. Patient voices provide insights into aspects of medicine that need further development and where there is a hole in awareness opportunities and educational needs. And, we are reminded that every patient's experience is different, providing us with visibility into the direction we need to make an effort to ensure the right path to recovery."

Dr. Small continued: "To address this, we must foster a paradigm shift and reach deeper into the communities we aim to serve and support. By doubling down on awareness and culturally competent education across all communities and developing sustainable opportunities and solutions, we hope to lift those who have historically lacked access to equitable healthcare and opportunity. I came to realize that, of course, the job is about giving patients the right medicine at the right time in an effort to minimize side effects and ultimately aim for

a good quality of life for patients. Sometimes, it's about maximizing the time patients have left to experience and truly live life. These lessons still resonate with me as an industry leader committed to one day prevailing in the fight against ovarian cancer. That's what inspires me to come to work every day at GSK: the opportunity before us to deliver better innovation and broader awareness to change the trendline on ovarian cancer outcomes, replace stoicism with self-empowerment and alter the course of ovarian cancer for generations to come."

# On the scene

## LaTanya Richardson Jackson directs a 2022 revival of August Wilson's 'The Piano Lesson'



By Audrey J. Bernard

The latest rendition of August Wilson's Pulitzer Prize-winning drama "The Piano Lesson" directed by LaTanya Richardson Jackson is getting early Tony buzz!

The play is running on Broadway at the Ethel Barrymore Theatre (243 West 47<sup>th</sup> Street, NYC). Previews began September 19, 2022, with an official opening

night of October 13, 2022, for a limited engagement through January 15, 2023. The sensational opening night was the talk of the town as the crème de la crème in the entertainment industry showed up and showed out! The star-studded red carpet arrivals taught a lesson on how to give a stellar red carpet event!

CAST: "The Piano Lesson," directed by Tony Award nominee LaTanya Richardson Jackson stars her husband Samuel L. Jackson, John David Washington, and Danielle Brooks. The cast also features Trai Byers as Avery, Ray Fisher as Lymon, April Matthis as Grace, Michael Potts as Wining Boy, and Nadia Daniel and Jurnee Swan as Maretha at alternating performances.

ASSETS: August Wilson's "The Piano Lesson," which premiered at the Yale Repertory Theatre in 1987 and starred a then-39-year-old Samuel L. Jackson as Boy Willie, is the fourth play in the American Century Cycle. Three

years later, a new production, starring Carl Gordon, Charles S. Dutton and S. Epatha Merkerson, opened at Chicago's Goodman Theatre, and soon transferred to Broadway's Walter Kerr Theatre. In addition to winning the Pulitzer Prize for drama, "The Piano Lesson" won the New York Drama Critics' Circle Award for Best Play, the Drama Desk Award for Outstanding Play, and the Peabody Award and was nominated for the 1990 Tony Award for Best Play.

SYNOPSIS: A battle is brewing in the Charles household. At the center lies the fate of a family's prized heirloom piano carved with the faces of their ancestors. On one side, a brother plans to build the family fortune by selling it. On the other, a sister will go to any length to keep it and preserve the family history. Only their uncle stands in between. But even he can't hold back the ghosts of the past. Set in 1936 Pittsburgh's Hill District, August

Wilson's Pulitzer Prize-winning drama returns to Broadway in a production brilliantly directed by LaTanya Richardson Jackson and starring Samuel L. Jackson, John David Washington, and Danielle Brooks.

CREDITS: The design team for "The Piano Lesson" includes Tony Award winner Beowulf Boritt (Set Design), Tony Award nominee Toni-Leslie James (Costume Design), Tony Award nominee Japhy Weideman (Lighting Design), Tony Award winner Scott Lehrer (Sound Design), Drama Desk Award nominee Cookie Jordan (Wig Design), Tony Award nominee Jeff Sugg (Projection Design), Alvin Hough Jr. (Music & Music Direction), Otis Sallid (Choreographer). Casting is by Calleri, Jensen, Davis. General Management is by Foresight Theatrical. The revival is produced by Brian Anthony Moreland, Sonia Friedman, Tom Kirdahy, Kandi Burruss and Todd Tucker. (Photo Credit: Bruce Glikas/BroadwayWorld)



Opening Night curtain call (L-R) Jurnee Swan, Michael Potts, John David Washington, Danielle Brooks, Samuel L. Jackson



Donna Murphy, Producer Tom Kirdahy, Maria Friedman, Producer Sonia Friedman



Trai Byers, April Matthis, Director LaTanya Richardson Jackson, Michael Potts, Producer Brian Moreland



Trai Byers, Producer Todd Tucker, Producer Kandi Burruss, Samuel L. Jackson



Ruben Santiago-Hudson, Pauletta Washington, Producer Brian Moreland



S. Epatha Merkerson, Director LaTanya Richardson Jackson, Kenny Leon



Director LaTanya Richardson Jackson, Producer Kandi Burruss, Samuel L. Jackson, Danielle Brooks



John David Washington, Producer Brian Moreland



Lenny Kravitz, Pauletta Washington



Bevy Smith, Whoopi Goldberg



Nadia Daniel, Jurnee Swan



Majic Johnson, Director LaTanya Richardson Jackson, Cookie Johnson





## A Philadelphia nonprofit wants to connect underserved communities to local media



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**Derrick Cain, Community Engagement Editor**

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# Beacon on the scene

## The Isley Brothers release a new album featuring a song with Beyoncé

By Audrey J. Bernard

On Friday, September 30, 2022, The Isley Brothers hosted a special VIP party for the release of their brand-new album "Make Me Say It Again, Girl," their first album in five years since the 2017 release of "Power of Peace" with Carlos Santana, at the Inkwel Harbor Club Rooftop in Manhattan on West 46th Street. The invite-only event was a throwback to the days when great music was a given and not an opportunity. The event was attended by old-school radio and music industry influencers as well as fashionistas, OG media and lovers of good music. Ronnie Isley and Ernie Isley are a part of the DNA of many tunes dating back to the Baby Boomers generation and their music has stood the test of time and is still some of the most sort after and sampled sounds by many musicians in all genres. As guests entered the VIP Room on Level 2 of the capacious club with its many swanky levels, songs were played from the smooth as silk new album "Make Me Say It Again, Girl," which is named after their classic hit 1975 featuring a titular song with Beyoncé that came out this year. Nobody can sell or sing lustful music like the Isleys.

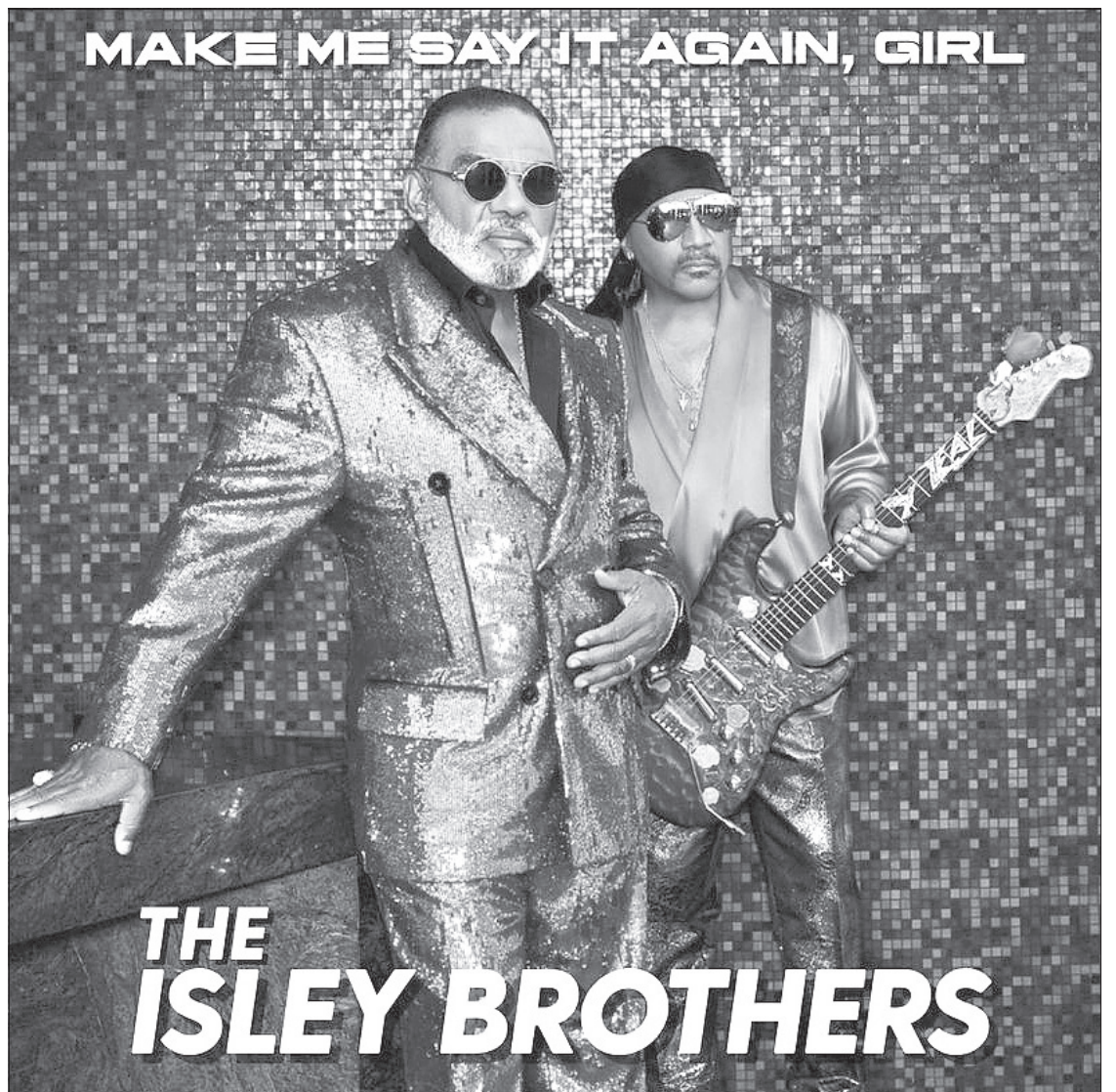
The original version of "Make Me Say It Again, Girl" appeared on the group's 1975 Platinum album, "The Heat Is On," which peaked at No. 1 on both Billboard's Black Albums and Pop Albums charts. The new album also features collabs with Trey Songz, Rick Ross and many more. Look for the visual teaser at the beginning of the album's announcement which opens with a vintage introduction from the late, rock and roll pioneer and

friend of The Isleys, Little Richard. "They are the originators. They are the creators, the emancipator, the architect of what they're doing. Ladies and gentlemen let's hear it for the one and only, The Isley Brothers," he exclaims as only he can! Also included are archival performances and videos which play in a montage, along with a recap of their stacked discography.

The new rendition is already making radio history peaking at No. 10 on Billboard's Adult R&B Airplay chart, making it The Isley Brothers' first top 10 hits in over two decades since "Contagious" peaked at No. 1 in September 2001. Although the evening was tagged "The Isley Brothers Up Close And Personal," that was a myth as the brothers stayed in a roped-off area dressed to perfection by their stylist Bernard Jacobs with several burley security guards keeping everyone at a distance. Dressed in all-white by their designer Bernard Jacobs. However, the VIPs did not let that stop them from having a fabulous time indulging in great company, tasty eats, a premium open bar and dancing to classic Isley Brothers tunes as well as current top hits from other artists. Some lucky guests went home with fabulous designer's pillows with their images in these green suits also designed by Jacobs.

### About The Isley Brothers

The Isley Brothers hold the distinction of having influenced artists from The Beatles to Ice Cube. They have been inducted into the Rock and Roll Hall of Fame, the Songwriters Hall of Fame, the Vocal Group Hall of Fame, and the Grammy Hall of Fame. Their songs have also been included on



Isley Brothers

President Barack Obama's famous summer playlists. In addition to multiple Grammy Awards, they have over 28 platinum albums and received the prestigious Grammy Lifetime Achievement Award in 2014. They've sold over

18 million albums and entered rarified air among "a select few groups to land on the Billboard Hot 100 with new music in five different decades." And with generational smashes including, "This Old Heart Of Mine (Is Weak For

You)," "Shout, Pts. 1 & 2," "It's Your Thing," "Twist And Shout," "Summer Breeze," "Fight the Power," "That Lady" and many more, The Isley Brothers remain one of the most loved and most sampled groups of all time.

↑

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## Renowned pianist Fats Domino has street renamed in his honor

Philadelphiaobserver.com

**D**omino, one of the founders of rock 'n' roll, died Oct. 24, 2017, of natural causes at the age of 89.

NEW ORLEANS (AP) — The New Orleans street where one of the founders of rock 'n' roll spent most of his life is being renamed in his honor.

A community-wide Second line and Musical Celebration begins at 11 a.m. Saturday at the longtime home of Antoine "Fats" Domino on Caffin Avenue, which will now be known as Antoine "Fats" Domino Avenue. Led by the Stooges Brass Band, the second line will proceed down the renamed street to Oliver Bush Park, where musical tributes to Domino will occur.

Fans parade down Poland Avenue toward the former home of music legend Antoine 'Fats' Domino during a second line parade honoring him on Nov. 1, 2017, in New Orleans. The New Orleans street where Domino, one of the founders of rock 'n' roll spent most of his life, is being renamed in his honor.

Domino sold more than 110 million records, with hits including "Blueberry Hill," "Ain't That A Shame" — originally titled "Ain't It A Shame" — and other standards of rock 'n' roll. Saturday's free celebration will feature performances by Kermit Ruffin, Al "Carnival Time" Johnson, Al "Little Fats" Jackson and Domino's grandson, Antoine Domino Jr.

Rev. Willie Calhoun, who has lived in the Lower 9 his whole life and is one of the celebration's organizers, said the recognition for Domino is a long-time coming.

"Fats never left the city and he's never really been celebrated, even though he chose to stay in New Orleans and to raise his family in the Lower 9," Calhoun said. "He had a choice to live anywhere he wanted and he made the choice to live right here."

"I think this event will help



bring some life and recognition to the neighborhood. The Lower 9 has gotten so much negative press, we wanted to bring people back to the area and show them the reason why Fats stayed. He stayed because this is a valuable and viable community."

Domino died Oct. 24, 2017, of natural causes at the age of 89. He survived the massive flooding that followed Hurricane Katrina's landfall on Aug. 29, 2005, but

had to be rescued by boat from his home, where he tried to ride out the storm. Storm surge flood waters poured into the Lower 9th Ward, knocking many homes off their foundations. A large barge was swept by flood waters into the neighborhood, leveling homes beneath it. The area was flooded again by Hurricane Rita a month later.

(Photo by Amy Harris/Invision/AP, File)

## Lauryn Hill teases 2023 tour to celebrate 25th anniversary of 'Miseducation of Lauryn Hill'

Philadelphiaobserver.com

**L**auryn Hill is gearing up for the 25th anniversary of her iconic album, *The Miseducation of Lauryn Hill*, and might be going on tour to celebrate.

The Grammy award-winning singer took to the stage over the weekend to perform at ONE Musicfest in Atlanta and seemingly teased at a 2023 tour. Photographer Julia Beverly shared clips from the show on Instagram as well as Lauryn's confirmation of an upcoming tour.

"Atlanta, we love you so much. 25 years ago, so we gonna be back with those songs the way you can recognize them, ayyy?" Hill told the crowd.

A post shared by Julia Beverly (@juliabeverly)

In Beverly's caption, she shed more light on Hill's tour announcement.

"She announced (last slide) that she will be performing 'those songs the way you can recognize them' next year in honor of the 25th anniversary," Beverly shared before offering a suggestion to whoever will be in charge of the

tour's lighting.

"(As a photographer I just ask that they please put a spotlight on her on stage, lmao [laughing my a\*\* off], backlighting killing me)," she jokingly noted.

Hill released her solo debut back in August 1998 to critical acclaim. Featuring contributions from Mary J. Blige, D'Angelo, and Carlos Santana, the album debuted at No. 1 on the Billboard 200 chart after selling more than 422,000 sales in its first week, Complex reported.

The album helped her sweep the 1999 Grammy awards, where she took home five statues, including Album of the Year, Best R&B Album, and Best Female R&B Vocal Performance for "Doo Wop (That Thing)."

In February 2021, The Recording Industry Association of America (RIAA) confirmed Hill's debut album went diamond and has sold more than 10,000,000 units. The feat put Hill alongside the likes of Michael Jackson's *Thriller*, Adele's *21*, Britney Spears' *...Baby One More Time*, Eminem's *The Marshall Mathers LP*, and 2Pac's *All Eyez On Me* as diamond-certified artists.



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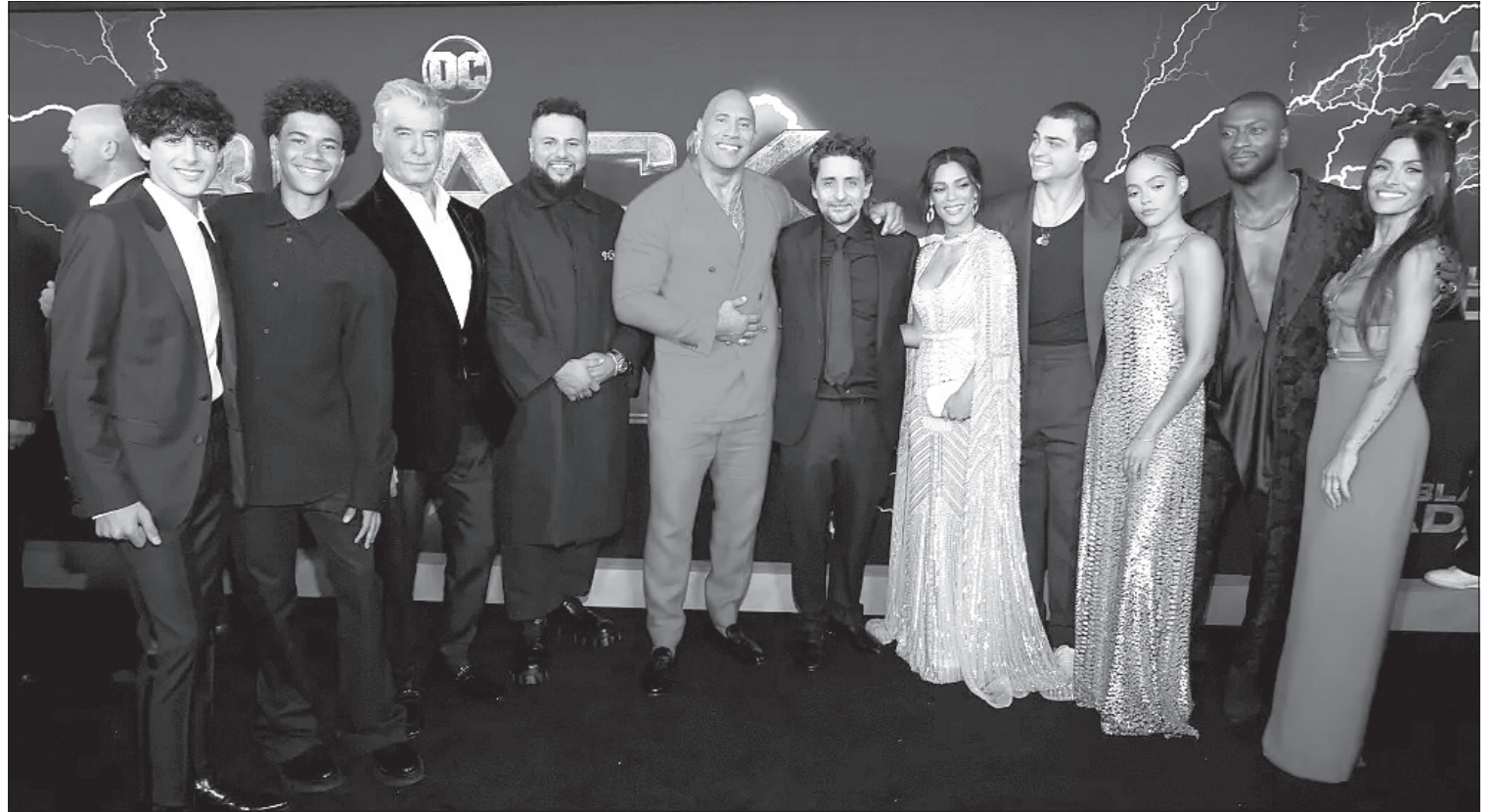
# Dwayne Johnson stars as antihero in new action-adventure 'Black Adam'



By Audrey J. Bernard

**F**rom New Line Cinema, Dwayne “The Rock” Johnson stars in the action-adventure “Black Adam.” The first-ever feature film to explore the story of the DC antihero comes to the big screen under the direction of Jaume Collet-Serra (“Jungle Cruise”). Warner Bros. Pictures hosted the World Premiere at AMC Empire 25 in Times Square, New York City on Wednesday, October 12, 2022, which was attended by Johnson and some of his starry cast members including Aldis Hodge, Pierce Brosnan, Noah Centineo, Sarah Shahi, Quintessa Swindell, Marwan Kenzari, Mohammed Amer, and Bodhi Sabongui.

**SYNOPSIS:** In ancient Kahndaq, the slave Teth Adam was gifted the almighty powers of the gods. But he used those powers for vengeance and was imprisoned. Now, 5,000 years later, he is freed and once again wields his dark sense of justice onto the world. Refusing to surrender, Teth Adam is challenged



Cast of 'Black Adam' attend World Premiere in New York City

by a team of modern-day heroes known as the Justice Society—Hawkman, Doctor Fate, Atom Smasher and Cyclone—who seek to return him to eternal captivity.

**CAST:** Johnson stars alongside Aldis Hodge (“City on a Hill,” “One Night in Miami”) as Hawkman, Noah Centineo (“To All the Boys I’ve Loved Before”) as Atom Smasher, Sarah Shahi (“Sex/Life,” “Rush Hour 3”), Marwan Kenzari (“Murder on the Orient Express,” “Aladdin”), Quintessa Swindell (“Voyagers,” “Trinkets”) as Cyclone, Mohammed Amer (“Mo,” “Ramy”), Bodhi Sabongui (“A Million Little

Things”), and Pierce Brosnan (the James Bond and “Mamma Mia!” franchises) as Doctor Fate.

**CREDITS:** Collet-Serra directed from a screenplay written by Adam Szykiel and Rory Haines & Sohrab Noshirvani, based on characters from DC created by Bill Parker and C.C. Beck. The film’s producers are Beau Flynn, Hiram Garcia, Dwayne Johnson and Dany Garcia, with Toby Emmerich, Richard Brener, Dave Neustadter,



'Black Adam' stars Pierce Brosnan, Noah Centineo, Dwayne Johnson, Aldis Hodge and Quintessa Swindell at the World Premiere



Johnson with Tracy Morgan



Dwayne 'The Rock' Johnson

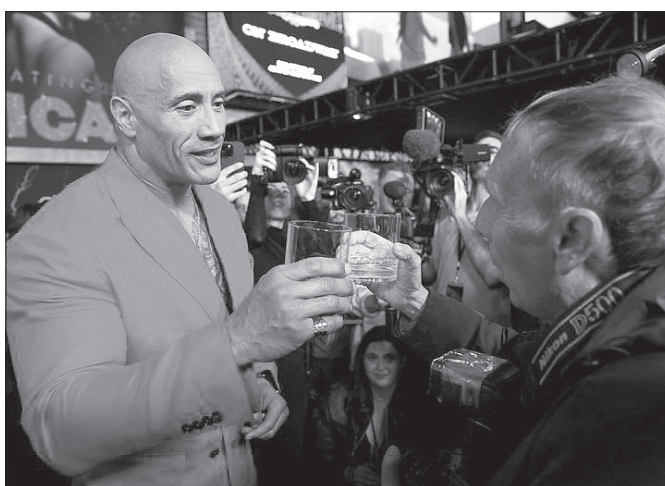
Chris Pan, Walter Hamada, Adam Schlagman, Geoff Johns, Eric McLeod and Scott Sheldon executive producing. The director’s behind-the-scenes creative team includes Oscar-nominated director of photography Lawrence Sher (“Joker”), production designer Tom Meyer (“Real Steel,” “Finch”), editors Mike Sale (“Red Notice,” “Skyscraper”) and John Lee (“Anyone Home?”), costume designers Kurt and Bart (“Deadpool 2,” “The Hunger Games: Mockingjay – Part 1 & 2”), Os-

car-winning visual effects supervisor Bill Westenhofer (“Life of Pi,” “Wonder Woman”), and composer Lorne Balfe (“Black Widow”).

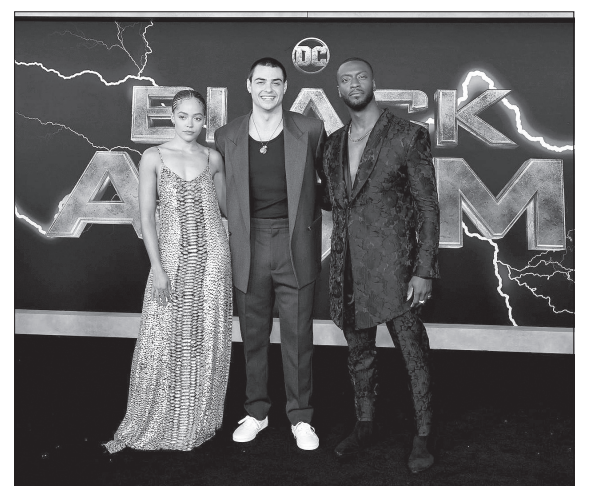
New Line Cinema Presents a Seven Bucks/Flynn Picture Co. Production, A Jaume Collet-Serra Film, “Black Adam,” smashing into theaters and IMAX internationally beginning October 19, 2022, and in North America on October 21, 2022. It will be distributed worldwide by Warner Bros. Pictures. (Photos by Getty Images for Warner Bros. Pictures)



Dwayne Johnson arriving at 'Black Adam' World Premiere waves to fans



Johnson mingles with fans



Quintessa Swindell, Noah Centineo, Aldis Hodge

# The HAPAWards showcases Kings & Queens

Posted By Don Thomas

The 6th Edition of the Hollywood and African Prestigious Awards (HAPAWards) returns with the theme "Connecting Black Excellence Globally" on Sat., Oct., 29, 2022, at the Ambassador Auditorium, Pasadena, California. The event will be hosted by Actor Darius McCray and Rachel Mbuki Litvishkova, former Miss Kenya-Miss Universe.

Some of this year's nominees are Paula Patton, Michael M. Mays, KJ Smith, Lawrence Hilton Jacobs, Bianca Lawson, Elisha Williams, Yolanda Ross, Donnel Turner, Susan Kelechi Watson. History will be made when mother and daughter, Marla and Angela Gibbs are nominated for the first time in the same awards show.

The HAPAWards is the only event that honors and showcases Kings and Queens across the globe. The show, which is also referred to as the "American Royal Experience," continues its tradition of showcasing beautiful 'Flower Girls' to accompany the hosts and special guests.

The 2022 edition will recognize trailblazers and trendsetters; some of the honorees will include the pre-presented Global Peace Award to Liberian President Dr. George Manneh Weah (As Liberia celebrated their Bicentennial year), South African Actress Connie Chiume, who is making Africa proud after acing her role as Mining Tribe Elder in the Black Panther: Wakanda Forever, Singer Freda Payne as well as Entrepreneur Phillip Westbrook who will receive the Philanthropist Award, amongst others.



Over the years, the Hollywood and African Prestigious Awards (HAPAWards) have been hosted by top Hollywood celebrities alongside an African personality. The 5th edition was a sold-out event that proves the HAPAWards is gradually becoming a must-see

event as the awards extravaganza brings together the best of Hollywood and Africa for pure bliss, glamour, and royalty.

Social media engagement across different digital metrics has soared significantly with video streams rising up to an impressive

+88% vs. prior years. The 2020 "HAPAWards" content saw an increase of +77% in page views vs. the previous weekends via [www.hapawards.com](http://www.hapawards.com).

This year's coveted Best Actor Drama Streaming Series will be presented on stage. The Up-and-

Coming Artist of the Year will be one to look out for in the music categories. While the AfroBeats genre will also have some categories to demonstrate its gain as a new global phenomenon.

Tina Weisinger, executive director of I-Dream-4-All Foundation, CEO/Founder of HAPAWards, serves as executive producer for the 2022 "HAPAWards" along with Amberr Washington as vice president and producer. For a list of nominees, performances, and must-see moments, visit the official website [www.hapawards.com](http://www.hapawards.com) and catch all the exciting content from the previous events. Also, join the conversation on social media @HAPAWards on all social platforms.

## About The HAPAWards

The "HAPAWards" is one of the most attended awards shows in the Hollywood calendar. Every year since 2017, the HAPAWards has honored American and African community leaders, international political figures, dignitaries, celebrities, and stars who are pioneers in motion pictures, arts, music, and comedy.

As an organization bound to celebrate the outstanding achievements of artists in various entertainment genres, our vision is to continue blending cultures and promoting the beauty and richness of Africa and America while spreading peace throughout the world. We stand together in harmony with the African and Hollywood music, films, and comedy entertainment industry while supporting positive and respectful messages to the world, especially about Africa.



By Hazel Rosetta Smith

Conversations about mental health disorders are introducing novel words to the dialogue that are not connected with chemical imbalances. There are some activities that we are participating in that are not helpful to good balanced mental health.

When we binge on news or social media content about troubling things — like a tragedy, crisis, or disaster — it is called doomscrolling or doomsurfing.

Doomscrolling can send your mind racing. It can make you feel anxious or distressed over circumstances that may not involve you at all. And those feelings can steal your sleep, appetite, motivation, and desire to do things you usually enjoy.

## Dare to Deal with Doomscrolling

Anyone can spend too much time in negative online news and social media. It is easy to overindulge in sad news that will take a toll on our emotions, and more. If you have mental health conditions like anxiety and depression, it is possible for doomscrolling to lead to panic attacks.

Most of us try to stay up to date on current events, like the pandemic, vacs and boosters, mass shootings, subway attacks and weather-related disasters. It is when we routinely overdo consuming heartbreaking stories that it can create problems. Stay abreast of what is happening, but do not let it become more than you can manage at one given time.

If you feel upset about something in the news, it is not unusual to research more information about it. That may be information gathering for clarity, but when we risk ignoring or dismissing relevant or positive information that does not back up how we feel, we can get annoyed because somehow shocking news is more exciting. And it is fodder for gossip.

There are helpful steps to take to deal with doomscrolling. Limit yourself to using social media and reading news during set times during the day. Do not dismiss feelings that scream at you that enough is enough. Consider unfol-



Doomscrolling or Doomsurfing

lowing those apps and people that stress you out too much.

If you catch yourself doomscrolling, take a few moments to notice how you feel. If you are feeling sad, stressed, or agitated, that is your cue to take a break and go offline. If certain posts make you worry about the worst possible outcome of a current event,

ask yourself if there is another outcome that is more realistic and less disastrous.

If you doomscroll a lot, you may not realize that could be one of the underlying reasons to why you might struggle with anxiety or depression. Do real-world things that take you offline. Spend time with family and friends, tackle

hobbies you like, or simply take a walk. Have you read a book, lately? [Hazel Rosetta Smith is a journalist, playwright, and artistic director for Help Somebody Theatrical Ministries. Retired, former Woman's Editor and Managing Editor of the New York Beacon News. Contact: [misshazel@twc.com](mailto:misshazel@twc.com) and online at [www.hazelrosettasmith.com](http://www.hazelrosettasmith.com)

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