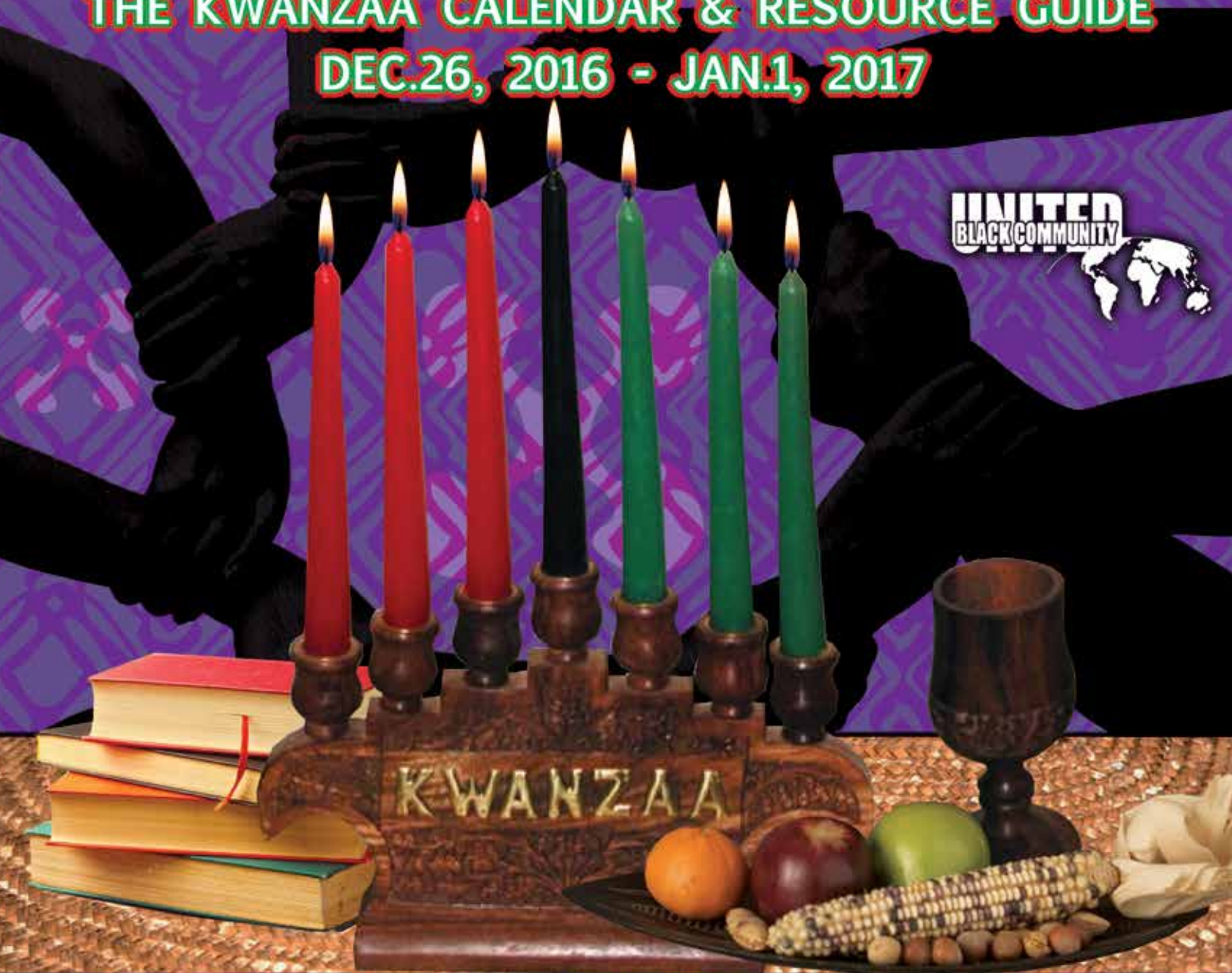


50 Years of Celebration

# KWANZAA

THE KWANZAA CALENDAR & RESOURCE GUIDE  
DEC.26, 2016 - JAN.1, 2017

UNITED  
BLACK COMMUNITY



UJIMA – Collective Work and Responsibility

[www.unitedblackcommunity.com](http://www.unitedblackcommunity.com)

[ubcindc@yahoo.com](mailto:ubcindc@yahoo.com)

# IN HONOR OF *Dr. Frances Cress Welsing*



**D**r. Frances Cress Welsing, renowned Child Psychiatrist and General Psychiatrist, changed the world and the course of history with her analysis and theoretical construct that defines and explains the most important human dynamic on planet Earth – the system of white supremacy (racism).

Born in Chicago, IL, the second of three girls to Mrs. Ida Mae Griffin Cress, a public school teacher, and Dr. Henry Noah Cress, a physician and surgeon, Dr. Welsing's home life – a center of excellence – prepared her for an extraordinary life's journey.

Dr. Welsing established long-term roots in Washington, DC as a graduate of Howard University College of Medicine, where she received her M.D. degree in 1962; as Assistant Professor in the Department of Pediatrics; and in private practice in General Psychiatry and Child Psychiatry. Her 1967 encounter with Mr. Neely Fuller, Jr., (whom she considered a genius), who had first formulated the concept that white supremacy (racism) is a system – a global system – functioning

in all nine areas of major people activity, launched a groundbreaking dialogue and monumental interaction that spanned nearly fifty years.

Dr. Welsing's *Cress Theory of Color Confrontation and Racism (White Supremacy)*, which stands today – over four decades after its publication in 1970 and has not been refuted, irreversibly altered the landscape of Black psychology both in professional settings and within academia. Her imprint on medical practice in the field of psychiatry is immense, though often not acknowledged. After developing the *Cress Theory* her own eyes/ears became attuned to the deeper significance of symbolism and behavioral dynamics and enabled her to decode and translate the language of symbols and symbolic activity. Dr. Welsing functioned like the Rosetta Stone of human behavior. *The Isis Papers: The Keys to the Colors*, Dr. Welsing's 1991 seminal publication, lays it all out.

She founded and for nearly thirty years - without interruption - conducted the Cress Welsing Institute of Psychiatry and Social Research, a lecture series and interactive forum to provide a platform for cultivating Black Self Respect and developing a comprehensive understanding of the what/how/why of the system of white supremacy and the attendant behaviors to eliminate it. The Cress Welsing Institute, an unparalleled mechanism for learning, healing, and problem-solving, is an animated cornerstone of her legacy and it continues at Howard University.

As the contemporary embodiment of Isis (Auset), Dr. Welsing discovered the psycho-dynamic dismemberment of Black people and spent her life's work locating the severed pieces, and helping us to collectively put us back together, in order to produce Justice on planet Earth, so that we may live in peace. The lives she has saved, relationships she has rescued, and the mind and soul healing she accomplished are innumerable.

Dr. Welsing lived the principles she discussed and serves as an impeccable model for revolutionary thinking and constructive behavior. Her warmth, generosity, and kindness are as impactful as her courage, perseverance, and analytical genius. We remain in gratitude and committed to completing this Cosmic Assignment – our work. Thank you, Dr. Welsing. We love and appreciate you!

**REPLACE THE SYSTEM OF “WHITE SUPREMACY” WITH JUSTICE!**

*Read her Functional Definition of Racism/White Supremacy in the ad section*

# WHAT IS KWANZAA?

Kwanzaa, a holiday (or Holy Day) based upon the African tradition of celebrating the harvesting of the first fruits, was created and introduced for Black People in the United States by Dr. Maulana Karenga in 1966.

Kwanzaa is the ingathering of the people, a special reverence for the Creator and creation, a commemoration of the past, a recommitment to our highest ideals, and a celebration of all that is good. It is a time of reflecting, reassessing, recommitting, rewarding, and rejoicing in an atmosphere of peace, love and unity. Kwanzaa is a cultural and political expression to reaffirm our African Heritage and organize our people for the struggle of total Black Liberation.

Kwanzaa is celebrated for seven days: December 26th through January 1st. The seven days are based upon the Nguzo Saba (The Seven Principles), with each day being symbolic of one of the principles.

- December 26th - Umoja (Unity)
- December 27th - Kujichagulia (Self-Determination)
- December 28th - Ujima (Collective Work & Responsibility)
- December 29th - Ujamaa (Cooperative Economics)
- December 30th - Nia (Purpose)
- December 31st - Kuumba (Creativity)
- January 1st - Imani (Faith)



## THERE ARE SEVEN SYMBOLS OF KWANZAA

- Mkeka (Straw Mat) - tradition and history; the foundation on which all else rests
- Kinara (Candle Holder) - original stalk from which we come; our African ancestors
- Mishumaa Saba (7 Candles) - Nguzo Saba; The Seven Principles firmly rooted in the traditions of our ancestors
- Muhindi (Ears of Corn) - represents children and all the hopes and challenges attached to them
- Kikombe cha Umoja (Unity Cup)
- Mazao (Crops) - the collective fruits of our labor; seeds sown by the children
- Zawadi (Gifts) - rewards for our achievements

## WHAT TO DO AND WHEN TO DO IT

### December 19th

Gather and arrange Kwanzaa symbols. Any other decorations (African carvings, straw baskets) should be in a red, black and green color scheme, symbolizing the bendera ya taifa (Flag of the Black Nation):

Red - the blood of our people

Black - the collective color of all Black people

Green - land, Mother Africa, life and our future (we build together)

#### Arrange the symbols on a low table as follows:

1. Spread the Mkeka
2. Place the Kinara in the center of the Mkeka
3. Place the Muhindi on either side of the Kinara, one ear of corn for each child, or one as a symbol of prosperity
4. Creatively place the Zawadi, Kikombe, and a basket of Mazao on the Mkeka
5. Place 1 Black Mishumaa in the center of the Kinara, with 3 Green on the right, and 3 Red on the left.

### December 26th – January 1st

**Greeting** – greet each other in Kiswahili asking “Habari Gani?” (What’s the news or what’s happening?) Answer with the principle for that day. For example, on December 26th, respond with “Umoja.”

**Economic Empowerment** — only shop at Black-owned businesses during the seven days of Kwanzaa. In the spirit of Kwanzaa and Ujamaa (Cooperative Economics) we as African people should support these same Black businesses, such as trade in the African marketplace in the calendar, all year round.

**Fasting** — fast from sunrise to sunset to help cleanse the body, discipline the mind, and uplift the spirit.

**Libation (Ancestral Communion)** — an elder or leader should pour libation, using water or juice, from the Kikombe into a bowl or potted plant, to honor our ancestors.

**Candle Lighting Ceremony** — light one Mishumaa each day for the principle of that day, beginning with the black candle, which represents the first principle Umoja. Each day thereafter, alternately light the red and then the green candles. After each lighting, discuss the principle of the day. The ceremony should be held at a time when all family members, especially children, can participate.

**Karamu (The Feast)** — the Karamu is held on the night of December 31st, and should be a festive occasion. When possible, observe traditional African practices, e.g., African music, dance and storytelling, sitting on the floor or on pillows, and eating with the hands (no utensils). Libation, Candlelighting and Harambee are conducted at the Karamu.

**Zawadi (Gift)** — (They should not be mandatory, expensive or excessive). It is suggested that Zawadi be given to the children in one or two ways:

1. One gift each day, reinforcing the principle of that day.
2. One or more gifts on January 1st, the last day of Kwanzaa.

Personally made gifts are strongly encouraged over commercial purchases. Regardless of what else is given, there are two strongly suggested items: a book and heritage symbol. These two items reinforce our commitment to education and the richness of our cultural heritage.

The essence of Kwanzaa is a true appreciation of ourselves as Black People, collectively coming together to reflect on and enjoy the infinite beauty of being in the same family, organization, and community, sharing the same values, interests and aspirations, engaging in and committing to the same struggle.

## **NGUZO SABA** **(The Seven Principles)**



### **UMOJA (Unity)**

To strive for and maintain unity in the family, community, nation and race.



### **KUJICHAGULIA (Self-Determination)**

To define ourselves, name ourselves, create for ourselves and speak for ourselves instead of being defined and spoken for by others.



### **UJIMA (Collective Work and Responsibility)**

To build and maintain our community together and make our brothers' and sisters' problems our problems and solve them together.



### **UJAMAA (Cooperative Economics)**

To build and maintain our own stores, shops and other businesses and profit from them together.



### **NIA (Purpose)**

To make our collective vocation the building and developing of our community in order to restore our people to their traditional greatness.



### **KUUMBA (Creativity)**

To do always as much as we can, in the way that we can, in order to leave our community more beautiful and beneficial than we inherited it.



### **IMANI (Faith)**

To believe with all our heart in our people, our parents, our teachers, our leaders and the righteousness and victory of our struggle.

# EDITORIAL



## UJIMA: A Call to Action

**T**his year marks the 50<sup>th</sup> anniversary of celebrating our seven glorious days of Kwanzaa. Kwanzaa is a holiday based upon African traditional celebrations of the harvesting of the first fruits. For Africans born in America, it is the manifestation and celebration of our collective efforts towards freedom. More specifically, Kwanzaa is a cultural and political expression to reaffirm our African heritage and continue our collective fight for liberation.

Our theme this year is Ujima, the third of the seven principles of Kwanzaa. It is perhaps the most underappreciated of all the principles, yet it is probably one of the most crucial. Ujima calls on us to work together responsibly and collectively. It challenges those of us that simply want to sit on the sidelines to become active and to get more involved with other Black people to help achieve the freedom we all say we want. Most of us feel that we are overwhelmed enough just trying to survive: paying our bills, raising our children, and trying to have a little fun in life on top of all the daily grind, to get actively involved. Many of us feel that taking an active part in our collective liberation is more than we can handle. We often take the position that simply being an observer, cheering on the work of others is sufficient; this isn't so. The principle of Ujima charges us with the important responsibility of committing ourselves to being actively involved in our liberation.

If you are living a life in sync with the Nguzo Saba (the Seven Principles), you should be an active member of a Pan African/Black Nationalist organization. In addition, Ujima strongly suggests that the organization that you select to work with or create should be connected to or at least supportive of organizations of like-minded people, in order to be more effective and achieve the justice and freedom we desire.

Given the recent dramatic political development in this country, taking the principle of Ujima seriously is a critical part of our liberation. Collective work and responsibility on the part of us all is an essential element to a healthy prosperous future.



# KWANZAA EVENTS CALENDAR 2016/2017

## PRE-KWANZAA EVENTS

**Every Thursday from Dec. 1<sup>st</sup> - 29<sup>th</sup> — Kwanzaa 101:** An Interactive Workshop Series on Understanding Kwanzaa and How to Celebrate It.. Emergence Community Arts Collective 733 Euclid St. NW Washington DC Sponsored by: Appeal, Inc., Association of Black Psychologists, DC Kwanzaa Planning Committee, Let's Buy Black 365, The Luv Lounge, National Black United Front, Rhythm N Justice Radio, We Act Radio for more info. blackunitedfront@gmail.com. nationalblackunitedfront.org (347) 422-7823. 7pm.

**Saturday, Dec. 10<sup>th</sup> — Kwanzaa Celebration at Smithsonian Museum of African Art,** 950 Independence Ave SW, Washington, DC 20560. Featuring the **KanKouran Children's Company**. Join us for a children's dance class and performance!!! 1-5pm.

**Sunday, Dec. 11<sup>th</sup> — The Temple of Nyame and Asuo-Gyebi, Esi, Tegare, Yemoja & Afa Shrines of Washington, D.C.** presents its **Annual Odwira/Ancestral Akom & Pre-Kwanzaa Candle-lighting Ceremony**, 15 Kennedy Street, NW, Washington, DC 20011. Bring a picture of an Ancestor that you would like to place on the Ancestral Altar. Please join us and bring a friend to share your energies & vibrations. For more info, please call (202) 725-8355 or email us at: templeofnyame1@gmail.com. 2:00pm - 6:00pm.

**Sunday, Dec. 11<sup>th</sup> — NBUF Pre-Kwanzaa Celebration.** Lee Hill Community Center 1 H.C.C. Drive Fredericksburg VA 22408. 3pm.

**Saturday, Dec. 17<sup>th</sup> — Pre-Kwanzaa Black Bank Day** at Industrial Bank 125 45th Street, N.E. Washington, D.C. Open an account at a Black Owned Bank, for more info blackunitedfront@gmail.com. nationalblackunitedfront.org (347) 422-7823. Starting 10am.

**Saturday, Dec. 17<sup>th</sup> — APPEAL Special Pre-Kwanzaa "Black Saturdays" CO-OP Event,** featuring all the items you need to prepare for Kwanzaa, along with Kwanzaa/Holiday cards and gifts. @ 2015 Bunker Hill Rd, NE, Washington D.C. 20018. This special event will also carry the usual "Black Saturdays" CO-OP items like True Laundry Products, Freedom Paper Products, Raw, All-Natural Local Honey from East Coast Apiaries/Bee Keepers, Asli Pure Natural Personal Care Products and Gifts, and more. All forms of payment will be accepted. Join us for "Black Saturdays", every 1st and 3rd Saturday of every month at the same location. Come and get what you need! From 2pm to 5pm.

## UMOJA (UNITY) MON. DEC. 26<sup>th</sup>

**The Annual Umoja Candle-lighting Ceremony and Umoja Celebration by LCPAN** at Four Walls Education Center, 1125 Neal St. NE, Wash. DC. Includes "State of the Community" Report. Featuring Farafina Kan Youth Ensemble, Kuumba Kids, Ujamaa Dancers & Drummers, and Kankouran West African Dance Company. Dinner Sales & African Marketplace sponsored by LCPAN. Free admission. Call (202) 526-4039 or (202) 529-3635. Parking available on the parking lot. Starts at 6:00pm. Doors open at 5:30pm.

**African Heritage Dancers & Drummers Annual Kwanzaa Celebration with Ethiopian Community (GENA). Imani Temple,** 2420 Brooks Drive, Suitland, Md. Celebrating "UMOJA" (Unity). Guest Include Dance & Music Performers. Free & Open to the public. Member Agency United Black Fund. Other Sponsors Include, Imani Temple, ADACI, & the Ethiopian Community(GENA). 7:00 TO 10:00pm.

## KUJICHAGULIA (SELF-DETERMINATION) TUES. DEC. 27<sup>th</sup>

**Kujichagulia Live with Culture Queen!** Join Culture Queen (Jessica Smith) as she brings to life the Kwanzaa principle Kujichagulia which means "self-determination" through live music, interactive movement and storytelling the whole family will enjoy! This program takes place at the Fort Stanton Recreation Center, one block from the museum at 1810 Erie Street SE. Wash., DC. You may register on the museum's website at [www.anacostia.si.edu](http://www.anacostia.si.edu) or call (202) 633-4844 to register for this program. 11am – 1pm.

**Kwanzaa Candle-lighting Celebration & Program by the Ausar Auset Society.** Our theme for this year is 'Collective Work and Responsibility Begins Within The Family'. This event will be held at the Davis Center, 6218 3rd St. NW, Wash., DC 20011. Children's activities, vending and food will be available. (202) 723-5566. 5:00pm – 8:00pm. Candle-lighting@ 6:30 pm.

## UJIMA (COLLECTIVE WORK AND RESPONSIBILITY) WED. DEC. 28<sup>th</sup>

**Kwanzaa Celebration Performance** - Enjoy the energetic performance of **Taratibu Youth Association** as it presents Afro-inspired dances that WTTG Fox 5 calls "rhythmically powerful." This program takes place at the Fort Stanton Recreation Center, one block from the museum at 1810 Erie Street SE. Wash., DC. You may register on the museum's website at [www.anacostia.si.edu](http://www.anacostia.si.edu) or call (202) 633-4844 to register for this program. 10:30am – 12pm.

**Kwanzaa Program & Candle-lighting Service by House of Ra, Afi Soul and Friends.** Hip-Hop, Go Go, Neo-Soul, Spoken Word and Dance Movement. Location: TBA. Free Admission. (818) 824-2048 or [afigotsoul@gmail.com](mailto:afigotsoul@gmail.com) for more info. 7:00pm.

**Ujima - A Kwanzaa Celebration** at St. Michael's Truth Church, 700 St. Michaels Drive, Mitchellville, MD 20721 (301) 249-6222. 7:30pm.

**@NBUF Presents #NBUFKwanzaa16 Kwanzaa 2016 Tweet Up.** Learn about the Meaning of Kwanzaa and how to Celebrate it on Twitter at 9pm.

**People Understanding & Undoing Racism** presents A Kujichagulia Event: "speaking for yourself and making choices that benefit the community"... "Racism Thru A Global Cultural Lens" @ MLK Library, 901 G. St., N.W., WDC. 5:30-8:30 pm

# KWANZAA EVENTS CALENDAR 2016/2017

## **UJAMAA (COOPERATIVE ECONOMICS) THURS. DEC. 29<sup>th</sup>**

**Kwanzaa Arts & Crafts Day** - Families participate in multiple arts and crafts activities using a variety of art materials in the Anacostia Community Museum's multi-purpose room. You may register on the museum's website at [www.anacostia.si.edu](http://www.anacostia.si.edu) or call (202) 633-4844 to register for this program. 10:30am – 2:30pm.

**The Annual Ujamaa Kwanzaa Candle-lighting Celebration & Program** – Featuring an original Kwanzaa play performed by Ujamaa Shule students, performances by the Ujamaa Dancers & Drummers, vegetarian food, and more. 8th & Q St. NW., Washington, DC Join Ujamaa Shule (School) as we kickstart the Kwanzaa season with the original play, "Kamau's First Kwanzaa" written by Mama Nia Egwim. Let's watch as young Kamau takes on the important task of helping his family celebrate their 1st Kwanzaa 50 years ago. Call (202) 232-2997 for info. 7:00pm.

## **NIA (PURPOSE) FRI. DEC. 30<sup>th</sup>**

**47th Annual Kwanzaa Children's Party** at St Martin's Church 1908, North Capitol St NW, WDC, for children ages 3-12. Sponsored by the Kwanzaa Children's Party Committee. Adults must accompany children. ENCOURAGE CARPOOL AND METRO. Featuring Kuumba Arts Korner, Mama Ayo Handy-Kendi with Kwanzaa Story, Dancing/Drumming, Refreshments, Zawadi(gifts) for the watoto(children). Arts and Craft from 11am -12 noon, and 12 noon to 3pm for the celebration and food. Call (202)390-3164 or (240) 417-5959 for info. 11am to 3pm.

**The Woodson Banneker Jackson-Bey Division 330 UNIA-ACL Annual Kwanzaa Nia Celebration** in partnership with the Heritage Gallery International and the Thurgood Marshall Center Trust 1816 12th Street, NW, Washington, DC, featuring candle-lighting ceremony with Children's Village, spoken word music and Karamu (feast), and the Marcus Mosiah Garvey Outstanding Community Service Award. A Pan-African Feast will be served. Admission is Free. For more info. call (202) 529-3935 or (301) 802-4022. 6PM to 10pm.

**Baba Saleem and Mama Ivy Hylton's Kwanzaa Celebration:** "A Return To Nia Night", Location: Knights of Columbus Hall, 3611 Stewart Road, Forestville, MD 20747. Free and Open to the public. For further information, (301) 395-0459. 6:00pm-10:00pm.

## **KUUMBA (CREATIVITY) SAT. DEC. 31<sup>th</sup>**

**AWHA Inc. (African Wholistic Health Assoc.), Academy for Ideal Education & ADS Collective (The Acupuncture Detox Specialist Collective) presents: Kuumba/Creativity: Wholistic Health 365Days:** "Creating A Wholistic Self, Family & Community": Living Wholistically Using the Seven Principles to Optimal Health. St Martin's Church 1908, North Capitol St NW, WDC. Wholistic Practitioners Health Vendors, Workshops & Presentations. Free to public. \$5 donations accepted to cover production cost. RSVP: [Wpkokayi1@Yahoo.Com](mailto:Wpkokayi1@Yahoo.Com) or Facebook @The African Wholistic Health Assoc. or Text (202) 412-4880. 11am-6pm.

**You are invited to a Kuumba Celebration for the entire Black family. Rejuvenate your spirit for the new year! Join Positive Kemetic Visions (PKV)** for its 24<sup>th</sup> Annual Kwanzaa Celebration on New Year's Eve. The C.H.I.L.D. Center, 202 Riggs Rd., NE, WDC, 20011. This event will highlight the principles of the Nguzo Saba, feature live music, a DJ, a name-changing ceremony, vendors, dinner sales and more. In addition, there will be a special address on the significance of our high Afrikan Kwanzaa holiday, featuring KUSH-The Black Unifier. Dance past midnight to old school party classics and cap the evening off with a salute to our collective commitment to progress the global Afrikan community. PKV is a pro-active, community-based, Afrikan-centered movement committed to the absolute self-determination and empowerment of Black people worldwide. For more information, contact PKV at (202) 207-7886 or [info@pkvillage.org](mailto:info@pkvillage.org). 6pm.

## **IMANI (FAITH) SUN. JAN. 1<sup>st</sup>**

**Annual Free the Land Kwanzaa 3.1 - 5 Mile Fun Run/Walk/Bike at Lake Artemisia Park**, Berwyn Rd. and 55th Ave., Greenbelt, MD. Make a healthy new start for the New Year! Bring the whole family! For more info. Contact: Baba Prince Kolani (202) 520-4669 or [prince.kolani@yahoo.com](mailto:prince.kolani@yahoo.com). Starts 12 noon.

**Community Kwanzaa Imani Celebration and African Consciousness Award Presentation** at Plymouth Congregational Church, 5301 N. Capitol St. NE, WDC – Sponsored by The DC Council of Elders. The Council will be installing four (4) new members and presenting A Message to the Community. The grand prize drawing for participants in the APPEAL Kwanzaa Black Business Support Initiative will be held. Acklyn Lynch for his many years of service to our community as a scholar, author and educator. Let's close out this year's Kwanzaa celebration together on a positive note. Call (202) 526-4039, (202) 529-3635, (240) 832-7203. Starts 6pm.

*All events listed are FREE, unless otherwise stated.*

**Union Temple Baptist Church is having a Candle-Lighting Service and Programs every Night of Kwanzaa @1225 W St., S.E. WDC 20020**

**For more info: (202)678-8822 or [uniontemplebaptistchurch.com](http://uniontemplebaptistchurch.com)**

# UNITED BLACK COMMUNITY CALL TO ACTION FORUMS 2017

- Feb 17** **Oppression, Liberation and Justice in a Post-Modern World.** Bro. Kamau Sadiki: How Science and Technology Will Dictate Your Future and Determine All of the Above for You! This forum will take a look at emerging scientific and technological trends in the context of oppression, liberation and justice. There will be a deep exploration and community discussion concerning the use of science and technology as a tool of oppression and liberation. Moreover, how science can be utilized in the African community for the restoration of justice. 7:00pm
- March 17** **Back to Africa Projects:** We will feature recent developments at the self-sustaining Songhai Argo-Environmental Centers in West Africa, an example of the projects and businesses that members of our community are establishing in Africa. We will feature recent developments in the Songhai Integrated System in Benin, West Africa. 7:00 pm
- April 14** **African Spirituality and African Liberation:** This forum will present the role of African Spirituality in Black peoples quest to be free and self determining people. We will look at various Traditional African Religions practiced in this hemisphere. We will examine the role that they have played in the freedom struggle and their potential role going forward. The scheduled presenter will be Professor James Smalls, world recognized expert in this field of African Spirituality.
- May 20** **Kuzaliwa** is our annual tribute to our hero Brother El Hajj Malik El Shabazz Omowale (Malcolm X). We honor our hero by holding a day-long conference on a topic that we feel that he would want us to be tackling. This year we will explore our collective efforts at building a supportive community through the creation and development of LCPAN, The Leadership Council for Pan-African Nationalism, a coalition of over twenty Pan-African Nationalist organizations in the DC area, created to provide mutual support. Come, learn and share your ideas, as we build functional unity in our community. 1:00pm until
- June 23** **Where does the Black Liberation Movement stand in the 21st century?:** It is time to take a look at how the Black Liberation Movement stands in the current global political/social environment. How do the theories of past generations of Black activists stand up in the world in which we currently live? What are or should be our goals and objectives given our current circumstances? Come and join the discussion! 7:30 pm.
- July 21** **Saving the Black Family:** The Black Family seems to be in crisis. The number of two-parent families has fallen from approximately 78% in the nineteen fifties and early sixties to about 25% currently. Our divorce rate has almost doubled in recent years signaling a deepening crisis in the relationship between Black males and Black females. How can we begin to reverse this downward trend in our most fundamentally important institution. Come and add your voice to our attempts at finding answers to this problem. 7:30 pm
- Aug 18** This year we will continue to explore the many mental health related issues in the Black Community. We will **provide a Black Liberation Context for addressing many mental health related issues in our community.** We will draw on professionals in the mental health field and our personal and family experiences to explore this topic together. 7:00pm
- Sep 22** **An Analysis of the Development of Black Classical/Cultural Music (Jazz) by way of a Tribute to John Coltrane .** This annual event features a look at Black Music and its impact on the Black Liberation Movement through a musical and poetic journey of one of its most influential practitioners, Brother John "Ohnedaruth" Coltrane. This event will be held at Everlasting Life Vegan Restaurant 9185 Central Ave Capitol Heights, MD 20743 7:00 to 10:00 PM (cost TBA)

All forums are free (except September) and are held at UMOJA house 2015 Bunker Hill Rd NE (unless otherwise stated)

## EDITORIAL BOARD

Baba Lumumba  
Kelechi Egwim  
Rasafik Weusi  
Imamu Kuumba  
Adwoa McMillan

## ADMINISTRATIVE SUPPORT

MonaCheri Pollard  
Oforiwa Sankoa

## COVER DESIGN

4 Squared Graphics

## GRAPHIC DESIGN

Free BenJamin

## PRINTING

W. Paul Coates /BCP

## SPONSORING ORGANIZATION

The United Black Community



## 2017 LCPAN COMMUNITY EVENTS CALENDAR



**January 7, 2017** – Onipa Abusia. Nana Asuo Gyebi Festival. 8:00pm to 12:00 midnight. New York. Contact 202-526-8445. SAVE THE DATE.

**January 17, 2017** – Friends of the Congo Commemorating Patrice Lumumba. Contact: 202-584-6512. [www.friendsofthecongo.org](http://www.friendsofthecongo.org). SAVE THE DATE.

**February 2017** – Farafina Kan Concert. Contact: 240-490-2227. [www.farafinakan.com](http://www.farafinakan.com). Location/Time TBA.

**February 19, 2017** – Roots Activity Learning Center – Black Love Roller Skating Party Fundraiser. Location – Skate Palace, 3132 Branch Avenue, Temple Hills, Md., 11:00am to 2:00pm. \$10.00 per person. Contact: 202-270-3266.

**April 2017** – Onipa Abusia – Nana Botopre Festival. Contact 202-526-8445. Location/Time TBA

**May 7, 2017** – Ujamaa School 49<sup>th</sup> Anniversary Celebration. Contact 202-232-2997. SAVE THE DATE.

**May 20, 2017** – Kuzaliwa Annual Celebration of El-Hajj Malik El-Shabazz, Malcolm X. United Black Community to host a Pan African Intergenerational Dialogue. Umoja House, 2015 Bunker Hill Rd., NE, WDC. 1:00pm until. Free. Contact: 202-526-4039.

**May 27, 2017** – Nation House Positive Action Center. Nation House School Anniversary. Contact 202-291-5600. [www.nationshouse.org](http://www.nationshouse.org). SAVE THE DATE.

**June 2017** – ADACI 25<sup>th</sup> Anniversary Annual Ancestral Commemoration. Contact 301-292-6822. [www.ADACI.net](http://www.ADACI.net). Location/Time TBA.

**August 13, 2017** – Marcus Garvey Day Celebration. The Woodson Banneker Jackson-Bey Division #300 of UNIA-ACL. Free Admission. 301-802-4022 or 202-529-3635. Location/Time TBA.

**August 19, 2017** – “BirthRight” Concert/Performance. Contact: 240-490-2227. [www.theadinkragroup.com](http://www.theadinkragroup.com). SAVE THE DATE.





**BUY!  
BLACK!**

# 2017 AFRICAN MARKETPLACE

**BUY!  
BLACK!**

**Blue Nile Botanicals**

2826 Georgia Ave. NW  
Wash, DC 20001  
ph 202-232-3535

bluenilebotanicals@hotmail.com  
www.bluenilebotanicals.com

**January**

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**February**

S	M	T	W	T	F	S
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28				

**March**

S	M	T	W	T	F	S
	1	2	3	4		
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**April**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						



**Baba Lumumba**  
Executive Director  
**CBI**  
2015 Bunker Hill Rd. NE  
Wash, DC 20018  
**(202)526-4039**

u moja he us e@peop-lepc .cc m

**FORWARD EVER  
BACKWARD NEVER**  
**NATIONAL BLACK UNITED FRONT**  
**National Black United Front**  
**Sankofa Study Circle**  
**Every Tuesday 7pm**  
**Emergence Community Arts Collective**  
**733 Euclid St NW Washington DC**  
**nbufdc.org • nbufdc@gmail.com • 3018361826**

**GUILD INTERNATIONAL**  
 ... SINCE 1949  
*Serving The Fraternal Community*  
**David W. Wigenton**  
 Owner/Operator  
 Sat 12:00-4:00PM  
 M - F 11:00-5:30 PM  
 2700 Georgia Ave NW  
 Washington, D.C. 20001  
 (202) 797-9626  
 (202) 797-9679 FAX

**WASHINGTON APPRAISAL**  
 When You Need To Know What It Is Really Worth  
**Call today**  
**(202) 646-1150**  
 Ask for  
**Frank Narker John**  
 Appraiser & Consultant  
**www.WashingtonAppraisal.com**  
 Maryland • Washington, DC • Virginia

**Rasafik Weusi**  
 Real Estate Appraisals  
 Solar Energy Consultation  
 Architectural Design  
 Community Development  
 pyramid.sun@hotmail.com  
 240-832-7203  
**architectoniks**

**Malika Jackson, Realtor**  
 Fairfax Realty  
 10210 Greenbelt RD #120  
 Greenbelt, MD 20706  
**malikaselshomes@gmail.com**  
**Call 202-717-3611**

**EVERGREEN PRODUCTIONS**  
 3006 Hillside Ave.  
 Cheverly, MD 20785  
 PH: (301) 322-5475  
 www.evergreenpro8.com  
**Patrick Bathersfield (301) 322-5475 ~ Chikyy Johns (202) 403-1150**  
**Desmond Linton (240) 654-6182 ~ Baba Mosi (301) 802-4022**  
**Juanita Peterson (202) 251-3032 ~ Email: appprof@juno.com**

May							June							July							August																		
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S												
1	2	3	4	5	6		1	2	3	4	5	6	7	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12		
7	8	9	10	11	12	13	4	5	6	7	8	9	10	2	3	4	5	6	7	8	9	10	11	12	13	6	7	8	9	10	11	12	13	14	15	16	17	18	19
14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	16	17	18	19	20	13	14	15	16	17	18	19	20	21	22	23	24	25	26
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	23	24	25	26	27	20	21	22	23	24	25	26	27	28	29	30	31		
28	29	30	31				25	26	27	28	29	30	23	24	25	26	27	28	29	30	31				27	28	29	30	31										

**IN THE SPIRIT OF UJAMAA**

**The APPEAL Inc.**

**“Black Saturdays” CO-OP**

**w/ Freedom Paper Products, True Detergent, Asli Pure Products, East Coast Honey, & more!**

**JOIN US ON THE 1ST AND 3RD SATURDAYS OF EVERY MONTH!**

**2-5pm @ 2015 Bunker Hill Road, N.E., Wash. DC**

**Follow us @ APPEALinc on Facebook, Twitter & Instagram**  
**Contact us at info@APPEALinc.org or 800-711-7851**  
**APPEALINC.ORG**

**Baba Mosi**  
 President

**Woodson Banneker Jackson-Bey**  
 Division 330 UNIA-ACL  
 Washington, DC

**PRESERVANCE  
RESILIENCE**

**Phone: 301-802-4022**  
**Email: baba\_mosi@uniadivision330.org**  
**Website: www.uniadivision330.org**

**P.O. Box 92745**  
**Washington, D.C. 20090**

**Baucum Financial Service**  
 We Build Relationships  
 Tax Preparation Services Year Round  
 Business Solutions

**Larry M. Baucum**  
 President, CEO

**imbaucum@yahoo.com**  
**www.baucumtaxservice.com**

**Office: (301) 839-0747**  
**Cell: (301) 467-0087**

**2017 IKG Wisdom Wednesday Lecture Series**

**January 18<sup>th</sup>**  
 Cheyrl Neill  
 "Introduction to Numerology"

**February 15<sup>th</sup>**  
 Jeff Menzies

**March 15<sup>th</sup>**  
 Akoma Bennet  
 "Running, Yoga, and Wholistic Health"

**April 19<sup>th</sup>**  
 Dr. Jawara Hunter

**May 17<sup>th</sup>**  
 Okomfo Ama Nyamekye  
 "Spirituality and Health in Times of War"

**June 21<sup>st</sup>**  
 Obi Egbuna  
 "How the Zimbabwe Question Impacts US Africa Policy"

**July 19<sup>th</sup>**  
 Agbanyim Kalu  
 "Divine Healing with Master Plant Medicines"

**August 16<sup>th</sup>**  
 Kweli Zukeri  
 "African-centered Education in Mainstream Classrooms"

**September 20<sup>th</sup>**  
 Anthony Browder  
 "The ASA Restoration Project"

**October 18<sup>th</sup>**  
 Friends of the Congo  
 "Break the Silence Week - 10 Year Anniversary"

**November 15<sup>th</sup>**  
 TBA

**December 20<sup>th</sup>**  
 Olunbumi Bakare  
 "The Kandakes of the Kushite Empire"

All events are FREE and held from 7pm to 9pm at the Thurgood Marshall Building 1816 12<sup>th</sup> St. NW Washington, DC  
 To learn more about IKG and join our mailing list visit [www.ikgculturalresourcecenter.com](http://www.ikgculturalresourcecenter.com)

**WOODSON BANNEKER JACKSON-BEY**  
 DIVISION 330 UNIA-ACL  
 WASHINGTON, DC

**KWANZAA GREETINGS TO EVERYONE IN THE WASHINGTON, DC METROPOLITAN AREA AND BEYOND.**

**DIVISION 330 UNIA-ACL MEETS EVERY SECOND AND FOURTH SUNDAY OF EACH MONTH**

**YOU CAN REACH US AT 202-529-3635 OR 301-802-4022**

**EMAIL: INFO@UNIADIVISION330.ORG**  
**WEBSITE: UNIADIVISION330.ORG**  
**FACEBOOK: UNIA-ACL DIVISION 330**  
**ONE GOD ONE AIM ONE DESTINY**



"We are not alone. Africa, Asia and free and liberated people from every corner of the world will always be found at the side of the Congolese"  
by Patrice Lumumba

Join the Global Movement  
[www.friendsofthecongo.org](http://www.friendsofthecongo.org)

Media and  
Music Production Services



by Lorenz Uheateley  
aka Rbeeku

Video - Photography - Digital Editing  
Audio - Live Sound Services  
Musical Compositions & Arrangements  
Music Lessons & Performances  
"Musical Treasures for Your Entertainment Pleasures"

282-529-2597 (D) [uheatley@me.com](mailto:uheatley@me.com)  
282-841-5249 (C) [uheatley@rcn.com](mailto:uheatley@rcn.com)



**PositiveEnergyWorks & Wellness**  
• Breathology for Health & Wellness  
• Cultural Storytelling • Diversity Healing • Black Love Day Feb. 13th  
UP YOUR JOY with  
Sakou Ayo Hamby-Kenti, Aka Manna Ayo  
202-667-2577 [www.positiveenergyworks.com](http://www.positiveenergyworks.com)

"Greeting Cards that Build Relationships"

## Kofi Tyus Studios

1706 Gales Street, N.E.  
Washington, DC 20002  
(202) 397-2982 Fax (202) 388-5250  
[www.kofityus.com](http://www.kofityus.com)

"Art that Gives a Boost to the Spirit"

"Freedom Ain't Free"



The African Freedom  
Fund Treasury, Inc.



P.O. Box 10011,  
Washington, DC 20018  
(202) 529-3635 • (202) 529-5461 fax



## EastCoastHoney.com

In The Finest of High Quality, Old-World Italian Beekeeping Traditions

100% Pure, Raw Honey & ALWAYS Local!

Available Every 1" & 3" Saturday at the APPEAL CO-OP  
2015 Bunker Hill Road NE 20004 - 500PM - 202-309-3443

Shopping for a Special Gift? Please Note: At West Coast & East of our stores, it's affordable, no shipping involved and everyone will love you for it!

Order On Our Website or Call 1-888-446-5397



# SHOP BZB

26TH ANNUAL GIFT SHOW Shop Til You Drop!

SATURDAYS DECEMBER 3, 10 & 17 • 10am to 7pm  
**BZB BIG FRIDAY DECEMBER 23** • 10am to 9pm  
60+ Pop-Up Shops, 2 Floors



Designer Clothes, Gold & Silver Jewelry, Holiday Cards, Black Angel Tree Toppers, African Artifacts & Fabrics, Unique Home Decor, Hats, Collectible Dolls, Books & Calendars, Children's Toys, Fine Art & Crafts, Bath & Beauty, Leather Goods, Loc Adornments, Black Memorabilia

General Admission is **A Smile!**

Shiloh Family Life Center • 1510 - 9th St NW Wash DC 20001 • 202.550.7060  
[bzb25years@bzbinternational.com](mailto:bzb25years@bzbinternational.com) • [www.BZBINTERNATIONAL.COM](http://www.BZBINTERNATIONAL.COM)



**Gallery Africa**  
"where fashion is art"  
THE CENTRE AT FORESTVILLE  
3217 Donnell Drive  
Forestville, MD 20747  
301-736-8107  
WOODMORE TOWNE CENTRE  
2830 Campus Way North, #616  
Lanham, MD 20706  
301-773-8661  
[www.galleryafrica.com](http://www.galleryafrica.com) • [aretaprince@yahoo.com](mailto:aretaprince@yahoo.com) • 301-772-3726



**CAPITAL  
REAL ESTATE APPRAISERS**  
7600 Georgia Ave., N.W., Suite 205, Washington, DC 20012  
Tel: (301) 350-5602 / (202) 291-0485  
Fax: (301) 350-5603 / (202) 291-1830

**LARRY RUSHING, R.A.**  
Licensed Real Estate Appraiser

Coming Soon ...  
Stay Tuned!

## DOLLARgifts

for **ALL** your online funding needs.  
from the creators of  
[SCHOLARgifts.com](http://SCHOLARgifts.com)

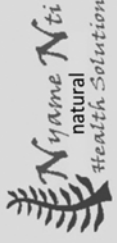
King Baba Kamau & Queen Mother James  
Division 332 UNIA-ACL  
Washington DC

James Richmond, President  
(202) 733-1255

**Kwanzaa Associates, Inc.**  
Celebrating 16 Years of Service

Assisting With Mobility  
(703) 868-7628

[www.KwanzaaAssociatesinc.org](http://www.KwanzaaAssociatesinc.org)



Ama Tyus, MD  
202.491.5687  
[amatyus@yahoo.com](mailto:amatyus@yahoo.com)  
3424 N Street, SE  
Washington, DC 20019

Specializing in the treatment of obesity, diabetes, hypercholesterolemia, hypertension, polycystic ovarian syndrome in individual and group setting through diet and exercise

**Kings & Queens**  
919 Evans St NE  
Washington, DC 20018

Specializing in African Art

Fujay Raufu-Bey  
202-415-1948  
202-243-8308  
Nia Raufu

**Everyone's Place**

1356 W. North Ave.  
Baltimore, MD 21217  
(410) 728-0877  
(410) 728-4080

Mon - Sat: 9am - 7pm  
Sun: 12 Noon - 5pm

EVERY WEDNESDAY 11AM - 12 NOON • WOLB 1010 AM  
www.wolbbaltimore.com

**EVERYONE'S PLACE**  
AFRAKAN CULTURAL CENTER

- Bookstore - Rare & Popular Titles
- Children Books, Puzzles, Games
- Carvings & Art
- Greeting Cards & Music
- Books & Lectures on CD/DVD
- Clothing, Jewelry, Incense, Oils
- Kwanzaa & Holiday Supplies
- Health Food Store/Natty Locks
- Spiritual Classes & Items

www.afrikanworldbooks.com

**RAHMAT SHABAZZ**  
rahmatshabazz@hotmail.com  
Music & Publishing  
Charles 'Rahmat' Woods  
Jazz flute/sax/bandleader

**CHARLES WOODS**  
P.O. BOX 57092  
(301) 924-5210  
Wash, DC 20037  
(240) 498-0679 (cell)

www.rahmatshabazz.com

**African Diaspora Ancestral Commemoration Institute**  
P.O. Box 77278 • Washington, DC 20013  
202.558.2187 • 301.292.6822 • 443.570.5667  
adaaci3@gmail.com www.adaaci.net

creating design solutions for your graphic needs

- brochures
- magazines
- cd covers
- postcards
- advertisements
- posters
- newsletters
- logos

**graphic designer**  
240.696.5557 | freeyvettebenjamin.com

SEE YOURSELF IN ONE OF OUR

**UNIVERSALS**

www.SHOPUNITEES.COM

5776 2ND ST. NE WASHINGTON, DC 20011 (202) 529-5494

@NATIVETONGUE2

The Warren -Briscoe Family Union

*Honoring our ancestors and focusing on the future*

Brenda Warren-Sartor, President

Heritage begins in family with cultural and historical truth.

**NATIONHOUSE**

HAPPY KWANZAA!

**NATIONHOUSE!**  
Pre-k through 7<sup>th</sup> grades!

info@NationHouse.org | (202) 291 - 5600  
Contact us for information on our programs!

**www.NationHouse.org**

Celebrating our 44th year of African-Centered education & excellence!

ASL

**Grand Opening**  
DECEMBER 2016

**Asli Pure Natural Body Care**  
www.aslipure.com 3806 34th ST Mt. Rainier, MD

**The Community Saturday Academy**  
is recruiting  
Middle and High School Students

For an enrichment program emphasizing  
Mathematics, Science, Health and  
Cultural Clarity ( Garveyism)  
Metro DC Health Consortium  
(Black Men's Optimal Health Collective)

For More information or to make a tax deductible contribution  
Please Contact Baba Jawara at  
keith\_hunter06@comcast.net

**BP**

**DIGITAL PRINTING**  
"Specializing in Digital Color, On Demand Printing, & High Volume Copying"

**W. PAUL COATES**  
Owner / Digital Print Consultant

Office: 410-242-6954  
Fax: 410-242-6959  
Cell: 443-956-0970  
Email: bcpdigital@yahoo.com  
3921 F Vero Road  
Baltimore, MD 21227  
www.bcpdigital.com

**WHEAT'S WORTH**  
Antiques & Collectibles

Pottery, Furniture, Rugs, Silver, etc.  
Reginald & Phyllis Wheat  
(202) 726-4427 (301) 332-4697  
PJRWheat@aol.com

We purchase whole & partial estates

**Heritage Decorating and Gallery**  
Interior and Exterior Painting  
Drywall Repair  
Deck Staining  
Caulking

John El-Badr  
202.257.9284  
heritagegallery216@yahoo.com

**SECRETS OF NATURE**  
YOUR ALTERNATIVE ONE STOP SHOP

COY DUNSTON  
CEO

3823 S. CAPITOL ST SW  
WASHINGTON, DC 20032  
202 562 0041  
202 562 0046  
son1104@netzero.net

Diaspora Dance and CriyoYa Global  
Movement Present the...  
**Afro Panamanian Tour**  
March 14-20 2017  
South America



Join a group of culturally conscious travelers interested in exploring the African presence in Panama. Experience the festival of Diablos & Congos, workshops, support youth artists and explore, Isla Grande, Colón, Portobelo and Panama City.

**Tour Price \$2500\***

**This price includes lodging, all activities & fees, two meals daily, in-country transportation and travel insurance.**

*Discounted travel for groups over 6*

*\*This price is for double occupancy.*

*Single occupancy can be requested.*

**RSVP by December 15, 2016**

For more information contact:  
DiasporaDance@gmail.com  
or  
info@crioaya.com  
312-544-9667

*The Keys to Deal*  
SONGWRITER | JOURNALIST | EDUCATOR  
BOOKING@AYANNAAGREGORY.COM  
202.930.1667  
AYANNAAGREGORY.COM  
AYANNAAGREGORY  
AYANNAAGREGORY

**BLACK SEEDS, INC.**

HISTORICAL & EDUCATIONAL CALENDAR

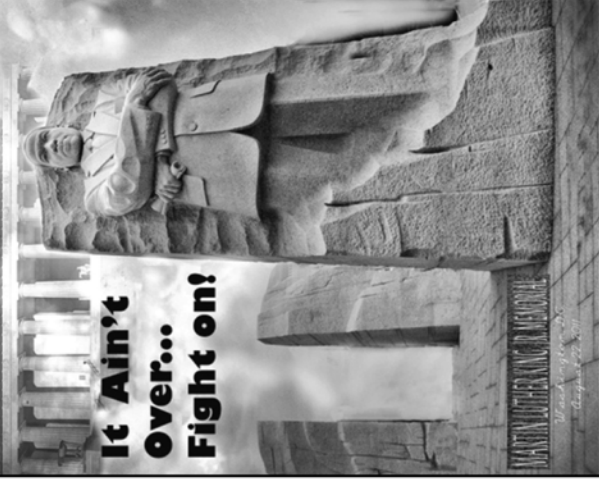
1217 17th St. NE  
Washington, DC 20002  
(202) 398-4104

Read,  
Red, Black, Green &  
Vegan  
by  
Zaititi Ema

**ANKH HET AUSET**  
Property Management  
Congratulates the  
community on 50 years of  
Celebrating  
**KWANZAA!!!**



*Community Resources, Inc.*  
Wishes all ...  
*Sappy Kwanzaa 2016*



**STRAIGHT BLACK PRIDE MOVEMENT**

Washington DC Chapter  
P.O. Box 54603  
Washington, DC 20032

Email: sbpmdc@gmail.com  
Facebook.com/StraightBlackPride



*We define, speak and create for ourselves to celebrate our African and African American cultural heritage and uplift our people using our Kwanza (creativity).*



PO Box 31766 / Baltimore, MD 21207  
Phone: 410-699-3828 / Email: books@kujichaguliapress.com  
www.kujichaguliapress.com

**N.E.D. Bakery Products**  
*World's Best Sweet Potato Pie*  
*Beautiful Custom Cakes*  
*for all occasions*

Baba Fati "The African Bakerman"  
**202-820-3478**

**Banana Pudding  
Pound Cakes  
Cup Cakes**

Nzinga  
**202-308-9738**

**Nisey's Boutique**  
4007 34th St.  
Mt. Rainier, MD 20712  
(right off Rhode Island)  
(301) 277-7977  
(301) 277-7947 fax  
www.niseysboutique.com  
kennise1@aol.com  
facebook.com/niseys-shop



Congratulations **ABC**  
on  
50 years of  
Celebrating Kwanzaa

**The Sadiki Family**



**Kuumba Collectibles**  
Greeting Cards & Custom Printing  
*Since 1988*

312 Florida Ave. NW / Washington, DC 20001

For Holiday Cards...Shop at our online store  
or see us @ the BZB Gift Show / Wash. DC / first floor

202-797-8823 [www.KuumbaCollectibles.com](http://www.KuumbaCollectibles.com)



**KanKouran Children's Dance and Drum Classes!!**

**We welcome Children Ages 3 to 17**

**Join us every Saturday from 12-1 pm for a technical, high energy dance and drumclass.**

**Participants will have an opportunity to perform in our highly anticipated annual concert!**

**7117 Maple Avenue, Takoma Park, Maryland**

**For more information please contact**

**Mama Ateya. (202) 270-3252.**

# Tyus Realty Associates RE/MAX Allegiance



Ansa Tyus, M.Ed., CIPS, CRS,  
CDPE, CIAS, GRI, ILHM  
220 7<sup>th</sup> Street, SE  
Washington, DC 20003  
202-547-5600 Office  
202-387-0817 Home Office  
202-345-0563 Cell

- Over Thirty Two Years servicing Buyers, Sellers and Investors in The DC Metropolitan Area
- Member of RE/MAX International Hall of Fame
- Member of RE/MAX Allegiance Circle of Champions
- Member of the Institute for Luxury Home Marketing
- Certified International Property Specialist
- Certified Residential Specialist
- Monthly Contributor to the Children's Miracle Network
- Full Time--Full Service Realtor Consultant

If you are planning on buying or selling your home in the very near future, please consider putting my 32 years of experience to work for you! Receive a free market analysis or inquire about the many mortgage products available in the DC Metro Area.

I specialize in Residential and Commercial Sales, Listings and Leasing of Luxury, Estate, Investment and Short Sales properties.

[www.ansatyus.sell4.com](http://www.ansatyus.sell4.com) \* [ansa.tyus@rmxtalk.com](mailto:ansa.tyus@rmxtalk.com)



"Improving and Advancing the Quality of Life for You and Yours"



## SENBEB

### WELLNESS COMPLEX

"To Have Good Health"

### SENBEB NATURAL FOODS

f senbebnatural 202-723-5566

### SENBEB Vegan Cafe

f "Naturally Nutritious"  
senbebcave 202-249-0917  
Sunday Brunch 10am-3pm



### THE SISTRUM BOUTIQUE

6224 3rd St. NW  
Washington, DC 20001  
202.723.5566

**AcuGraph 5**  
Digital Meridian Imaging  
A 10 minute scan will give you a detailed assessment of your state of health according to the balance and strength of the energy flowing through your 12 meridians (organ energy channels).



\$30  
full scan

@AusarAusetDC f AusarAusetDC



Delphine I. George, DDS

Phone: (301) 577-6002  
Fax: (301) 577-7267

9320 Annapolis Rd, Ste 101  
Lanham, MD 20706  
www.lanhamfamilydental.com

Delmar Dental, LLC  
We also speak Spanish and French.

### SHUKRI'S GOLDSMITHS

Custom Designed Fine Gold Jewelry Since 1975

Shukri A. Muhayman

[babashu@aol.com](mailto:babashu@aol.com) 202/397-7130  
Shukris.com 202/397-5105 fax  
Washington, DC 800/295-7862



**48 YEARS OF ACADEMIC EXCELLENCE!**

**JOIN THE UJAMAA FAMILY TODAY!**  
Give your child the opportunity to build a better future and develop to the highest potential.

We offer small classes in a family-oriented environment.  
African Culture & History, Advanced Mathematics and Science, African Drumming and Dance, Capoeira, Weekly Manhood and Womanhood Training workshops, Annual Science Fair, Fall Fest, Umoja Karamu, Kwanzaa celebrations & tutorials and more!

Serving African families throughout the DMV  
1554 EIGHTH STREET, NW, WDC 20007 (202) 232-2097  
[UJAMAASCHOOL.COM](http://UJAMAASCHOOL.COM) [UJAMAASCHOOL@GMAIL.COM](mailto:UJAMAASCHOOL@GMAIL.COM)

## UJAMAA SCHOOL

1554 8th Street NW Washington, DC 20001  
EDUCATION WITH AFRICAN CULTURE SINCE 1968, PRE-SCHOOL THROUGH HIGH SCHOOL.  
FOUNDER, DR. EL SENZAKA KULU ZULU - PIONEER OF INDEPENDENT AFRICAN SCHOOLS IN THE U.S.

### HAPPY KWANZAA!

Get into the spirit! We have all of your Kwanzaa essentials:

#### THE ULTIMATE KWANZAA KIT

Kinara (candleholder),  
Mishumaa Saba (7 candles),  
Mkeka (mat),  
Kikombe cha Umoja (unity cup), Kikapu (basket),  
Bendera (flag) & Nzuuz Saba Posters.

Kwanzaa songs available on CD.

## UJAMAA AFRIKAN SHOP & BOOKSTORE

AFRIKAN DRUMS,  
CARVINGS, WALKING STICKS,  
CLOTH, BOOKS, JEWELRY,  
SEASONAL CARDS,  
REVOLUTIONARY POSTERS,  
BLACK SEEDS CALENDARS,  
INCENSE & OILS,  
CULTURAL & REVOLUTIONARY DVDS,  
KWANZAA ITEMS & MUCH MORE!



JOIN US FOR OUR KWANZAA CELEBRATION NIGHT, THURS. 12/29/16



[www.ansatyus.sell4.com](http://www.ansatyus.sell4.com) \* [ansa.tyus@rmxtalk.com](mailto:ansa.tyus@rmxtalk.com)



"Improving and Advancing the Quality of Life for You and Yours"



BABA SALEEM AND MAMA IVY HYLTON PRESENT

# THE RETURN OF *Nia* NIGHT *Rwanzaa Celebration*

FRIDAY, DECEMBER 30, 2016  
6 PM TO 10 PM

Entertainment by

SACRED ARTIST **IVY HYLTON**

**FREE** BENJAMIN

& special guest **COMMITMENT**  
(the vocal group that touches the soul)

Libation and African Drumming

African fashion show, presented by Cathy's Designs

Dancing | Music by DJ Old G

**Knights of Columbus Hall** 3611 Stewart Road Forestville, MD 20747

**FREE AND OPEN TO THE PUBLIC**

To RSVP call 301.395.0459



Sponsored by: Youth & Families in Crisis, LLC in Partnership with the African American Music Association, Inc.

# Everlasting Life

RESTAURANT & LOUNGE



HOURS: MON-SAT 10AM - 9PM // SUN 10AM - 7PM

9185 CENTRAL AVE. CAPITOL HEIGHTS, MD 20743  
T 301.324.6900 F 301.324.6900

## All Black and Other Non-white People:

*Study, Memorize and Share*

**Dr. Welsing's Functional Definition of Racism = White Supremacy = Apartheid**

"Racism (White Supremacy) is the local and global power system and dynamic, structured and maintained by persons who classify themselves as white, whether consciously or subconsciously determined, which consists of patterns of perception, logic, symbol formation, thought, speech, action and emotional response, as conducted simultaneously in all areas of people activity (economics, education, entertainment, labor, law, politics, religion sex and war), for the ultimate purpose of white genetic survival and to prevent white genetic annihilation on planet Earth – a planet upon which the vast and overwhelming majority of people are classified as nonwhite (black, brown, red and yellow) by white skinned people, and all of the nonwhite people are genetically dominant (in terms of skin coloration) compared to the genetic recessive white skin people".

Frances Cress Welsing, M.D.

Participate in the Cress Welsing Institute on the 2<sup>nd</sup> Thursday of the month, September through June, at 7:00 p.m. at Howard University's Blackburn Center, Forum Room.





Wishing All a Happy Kwanzael!  
**Join Us Every Sunday**  
 10am to 12 noon  
 15 Kennedy St. NW,  
 Washington, DC 20011  
[www.templeofnyame.org](http://www.templeofnyame.org)  
 (202)725-8335

Nana Kwabena Brown,  
 Chief Priest

**Baile's**  
 African Drum Works, Inc



7816 Cryden Way  
 Forestville, Md 20747  
 301-736-4708  
[bailesadw@aol.com](mailto:bailesadw@aol.com)  
[WWW.BAILESADW.COM](http://WWW.BAILESADW.COM)



**ONIPA-ABUSIA**

2015 Bunker Hill Rd., NE  
 WDC 20018 - (202) 529-3635  
 Promoting African religious and cultural practices such  
 as Akom Religious Ceremonies, Festivals, Naming  
 Ceremonies, Puberty Rites, Marriages and Funerals.  
 For more info, visit our website at [www.onipaabusia.org](http://www.onipaabusia.org)  
 or email us: [onipaabusia@hotmail.com](mailto:onipaabusia@hotmail.com)

**Bosum Dzemawodzi**

*Promoting the Sacred and Cultural Life of the Akan*

Nana Kofi Asinor Boakye  
*Okonfo Panyin*  
[www.sacredafrica.net](http://www.sacredafrica.net)

8608 Girard Street, Hyattsville, Md 20785  
 Spiritual Consultations, Rites of Passage, Classes  
 301.773.9137 [Yiadom7@hotmail.com](mailto:Yiadom7@hotmail.com)



**Best Cuts, Inc.**  
**FEDE-RICO** *president*

Tues. Thru Sat. 9a.m. - 7 p.m.  
 Wk. (202) 238 - 9598 2612 Georgia Ave. N.W.  
 Washington, D.C. 20001



**Kwik Stop**  
 Grocery, Deli & Snacks

4801 Georgia Avenue NW  
 Washington, DC 20011  
 (202) 882 6322

**Cheryle Baptiste, DDS, PLLC**

4839 WISCONSIN AVENUE, NW, WASHINGTON, DC 20016-4661  
 (202)362-7804 FAX (202)362-7808  
[C.BAPTISTEDDS@GMAIL.COM](mailto:C.BAPTISTEDDS@GMAIL.COM) • [WWW.BAPTISTEDDS.COM](http://WWW.BAPTISTEDDS.COM)  
 LIKE US ON FACEBOOK.COM/DRCHERYLEBAPTISTE

**Habari Gani!**

Did you know that a hole in your tooth or infected gum can lead to chronic systemic disease & even death?  
 Poor oral health can cause poor general health and poor general health can cause poor oral health.

Cavities and bleeding gums can lead to or worsen existing systemic disease.  
 Bacteria, viruses, fungus & other toxins that live in cavities and gum disease do not just live in your mouth; they travel into the bone and blood vessels and circulate in the body. Poor oral health is associated with Heart Disease, Stroke, Diabetes, Osteoporosis, Rheumatoid Arthritis, Respiratory Disease, Cancer, Prostate Problems, Obesity, Low Infant Birth Weight & Human Papilloma Virus (HPV). Look in the mirror now and check to see if your gum is swollen and do they ever bleed? Are there brown spots on your teeth? Does your breath smell bad? Do you have holes in your teeth? Has a filling chipped or come out? There is also a relationship between birth, breathing, braces and biochemistry! More and more patients have severe crowding and malocclusion, arch discrepancy, bruxism, insomnia, asthma, sleep apnea/sleep disordered breathing and the ensuing coronary artery disease, heart failure and stroke.

Good oral health is the key to good overall health!  
 When you visit our website you will find that we accept most Insurance Plans, including DC Medicaid.



Public Charter School

15 Kennedy Street, NW\* Washington, D.C. 20011  
 Phone: 202-882-8073. Fax: 202-882-8075  
 Website: [www.rootspcs.org](http://www.rootspcs.org)

**From 1999 to Present.**

**Promoting Pride in the African-Centered Worldview.**  
**Guiding students towards academic excellence, exemplary character, & social responsibility.**

**Accredited by:**

Middle States Commission on Elementary Schools  
 &  
 National Academy of Early Childhood Education



Apply:

**Preschool through 5<sup>th</sup> Grade**



Books by and About People of African Descent since 1997

Store - 202-234-4755  
 Café - 202-332-1084  
 2714 Georgia Ave NW  
 Washington, DC

TO KNOW AFRICA IS TO LOVE AFRICA



Lydia Curtis, Executive Director  
 sadikisafari@gmail.com  
 202) 361-0501  
 www.sadikisafari.com



Juan Sugars  
 Artist/Owner

703.731.1421  
 nittigritticlothing@gmail.com



TEES & TANKS

weirdartsociety.com

# COOIS 2016 HOLIDAY MARKETPLACE

MARKETPLACE



**UJAMAAINACTION: BUY BLACK 365/24/7  
 SUPPORT BLACK OWNED BUSINESSES**

**SUNDAY, DECEMBER 4<sup>TH</sup> - FRIDAY, DECEMBER 30<sup>TH</sup>**

**MARKETPLACE OPEN DAILY  
 10AM - 10PM**

BROUGHT TO YOU BY:  
 WWW.ADINKRASTUDIOS.COM  
 @ADINKRACAS | THEADINKRAGROUP

3808 34 STREET | MT. RAINIER, MD 20712

### AMANKWA ENTERPRISES



Providing:  
 • Adult Initiation for Women  
 • Teacher Training & Tutorial Services  
 • Makini's Typing Service  
 • Cultural Competence Training in Health Care

We extend a Happy Kwanzaa to the DMV!!  
 in 2017 and beyond,  
 Support US; Celebrate US  
 Abena Makini Nitiwaambienu-Owusu, Executive Officer

*Wishing the community  
 a Fruitful Kwanzaa and  
 Productive New Year  
 The ANKWEA Society*



### "Azizo"

CLAUDIA GIBSON-HUNTER

Artist | Works on Paper | Paintings | Prints | Multi-media  
 Drawings | Collage | Assemblage

GIBSON-HUNTER STUDIO

4221 Argyle Terrace NW | Washington DC 20011  
 Chunterstudio@yahoo.com | WWW.gibsonhunterstudio.com

# TheRealBlackNews.com

*"Bringing truth to light"*

You are invited to  
 Trust the Spirit  
 And Learn the Truth  
 At  
 Saint Michael's Truth Evangelical  
 Lutheran Church - OSJC



We are one of the few African American Lutheran Organizations in the Metropolitan Washington, DC suburban area. Our congregation is diverse: African-American, Caribbean, African, White and Black-Latino. We are Afro-centric in our cultural perspective and Christian worldview.

700 St. Michaels Drive  
 Mitchellville, MD 20721  
 301-249-6222



FREE  
 Dance & Drumming Classes  
 Saturday Mornings at 10am

Learn to speak Twi from a native speaker every 2nd & 4th Saturday at 12noon

4915 St. Barnabas Road  
 Temple Hills, MD 20748  
 301-894-3556

www.saintmichaelslutheran.org  
 facebook.com/stmichaelstruth

Karen Daniels

Dance Educator  
 Photography/Video  
 (202) 288-1891  
 zoomba@aol.com  
 zoombandance@yahoo.com



# KHEPRA'S RAW FOOD JUICE BAR

www.kheprasrawfoodjuicebar.com | 202-803-2063 | 402 H St NE, Washington, DC 20002  
 Mon. - Sat. 11am to 8:30pm, Sun. Noon to 7pm



Clear, Old Issues • Shed Past Pain  
 Love Yourself • Gain Clarity

*Heart Healing*  
 SANKOFA CONCEPTS

Mama Almási Wilcoats  
 One Brain™ Brain Gym™  
 240.401.7766  
 Mamasalmasi46@gmail.com

QUALITY BLACK OWNED BUSINESSES

- ADD/FIND
- RATE
- REVIEW
- GET POINTS
- GET SOCIAL
- GET INVOLVED

ON THE WEB & MOBILE APPS

Text2Join "connect" to 505-652-2365

Let's Buy Black 365.com/mobile  
 WHERE CHANGE MAKES SENSE

APPEAL INC. Presents  
**The Kwanzaa Black Business Support Initiative**

**FLASH MOB!**

Show Black Businesses the **POWER of the Black Dollar** during Kwanzaa.

7 businesses have agreed to measure our commitment to **BUY BLACK** on designated days during Kwanzaa.

Collect stickers from the businesses on their designated day to be eligible to participate in a grand prize drawing on Imani Night!

- Dec. 26th** Umoya is for Nisey's Boutique 4007 34th St, Mt Rainier, MD 20742
- Dec. 27th** Kupichagulia is for Senbebe Natural Foods and Vegan Cafe 6224 3rd, NW Washington, DC 20011
- Dec. 28th** Ujima is for Everlasting Life vegan cafe 9185 Central Ave., Capital Heights, MD 20743
- Dec. 29th** Ujamaa is for Ujamaa Gifts and Bookstore 1554 8th St, NW, Washington, DC 20001
- Dec. 30th** Nia is for Secrets of Nature health food store 3823 South Capitol St., SW Washington, DC 20032
- Dec. 31st** Kuumba is for Gallery Africa clothes & gifts 2830 Campus Way North, #616, Lanham, MD 20706
- Jan. 1st** Imani is for Keprap's Raw Foods 402 H St, NE, Washington, DC 20002

The entire community is encouraged to support these businesses during Kwanzaa, and through out the entire year.

HOLISTIC, BIOLOGICAL AND ECO-FRIENDLY DENTISTRY

HEALTHY APPROACH TO ORAL CARE

FOR A LIMITED TIME ONLY  
**\$99 SPECIAL: EXAM, X-RAYS & CLEANING**  
(in absence of gum disease)

- State of the Art Equipment • Friendly, Professional & Highly Qualified Staff
- Online Appointments • On Capitol Hill near Eastern Market

Schedule your appointment today!  
 202-544-3626 | [www.thedcdentist.com](http://www.thedcdentist.com)  
 509 11th Street SE Washington, DC 20003  
 Monday - Friday, 9am - 5pm | Extended hours on Wednesdays

# In Memory Of...



**DR. FRANCES WELSING**  
Pioneer Psychiatrist, Justice Warrior



**MAURICE WHITE**  
Black Classical Musician, Composer



**KWEKU DAVIS**  
Herbalist, Teacher



**NGINA SADIO MILNER**  
Social Worker, Activist



**DR SEBI ALFREDO BOWMAN**  
Healer, Teacher



**DELBERT BLAIR**  
Historian, Metaphysics Teacher



**FULANI SUNNI ALI**  
Political Activist, Organizer



**GEORGE CURRY**  
Publisher, Columnist



**AFENI SHUKUR**  
Pan African Activist, Mother of 2PAC Shukur



**BOBBY HUTCHERSON**  
Black Classical Musician



**MAMA YAA NKROMAH DENSUA**  
Akan Priest, Pan Africanist



**VONETTE MARIA MEWBORN-LASLEY**  
Gospel Singer, Activist



**SISTER MARIAM 16X**  
Activist



**UNKNOWN WARRIORS**



**IVANHOE DONALDSON**  
Organizer, Activist