2018-07-19

The Weekly Challenger : 2018 : 07 : 19

The Weekly Challenger, et al

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1967 - CELEBRATING 50 YEARS -
The Weekly Challenger

BLACK MEN MUST SELL AS WELL AS BUY OR ELSE REMAIN A BEGGAR RACE.

SPHA workshop yields disturbing insinuations

BY J.A. JONES

ST. PETERSBURG – The Standing Committee on Affordable Housing Authority’s (SPHA) July 16 infor- mational workshop on the future of Jordan Park was cut short when CEO Tony Love abruptly ended the meeting without taking questions.

But even more disturbing was a baffling handout displaying prop- osed and discussed upgrades for 206 units that are “under design and Stay here.”

Residents were also con- tinued to be present by the presence of at least “Sandy” Maclennan of Squire dra “Sandy” Maclennan of Squire

She added that an upcoming meeting on Aug. 1 would allow the commission to gather additional information and introduced Mcleod, who, she assured lis- 

Each candidate was allowed two additional answers, which was a chance to answer another distinct question that was not posed in this week’s article, District 6, which covers parts of Largo, Seminole Technical College.

The St. Petersburg Area teamed up to conduct a Pinellas County League of Women Voters of the St. Petersburg Branch and the National Association for the Advancement of Colored People St. Petersburg Branch, which covers south St. Petersburg, responses are open.

Next week, District 2 and 3 candidates’ answers will be dis- played.

If no candidate wins majority 51 percent, the two candidates receiving the most votes will be in a runoff in the Nov. election.

District 6 Questions

What additional steps should be taken to prepare schools in the event of an active shooter?

Bill Dudley – Wants to con- tinue with the current school system plan put in place starting this year. Elementary schools will have the guardian program.

“We are being trained, they are professionals.”

The middle schools will have a school resource officer and a school resource monitor in the high schools, there will be

Who will represent your child?

BY HOLLY KESTENIS

ST. PETERSBURG – The Masonic organization in St. Pe- tersburg set on bringing back Masons and Eastern Stars have a reputation for being mysteri- ous in their meeting rituals. One of the oldest and largest fraternal in the world, the Moscow lodge No. 6 is a new part of the Mason organization.

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Masons and Eastern Stars Family & Friends Day

BY HOLLY KESTENIS

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Silenced voices from the lynching of the past to mass incarcerations of today

By Jennifer Gamble-Theard

To speak of lynchings and incarcerations of African Americans in 21st century America is not unlike telling a tale from the past to mass incarcerations of today. Both lynchings and incarcerations were used as a means of terrorizing African men, as well as people of African descent who may not fully understand the consequences of counterproductive actions.

In a different era, lynching was once a different form, but it still existed. In 1890, the 13th Amendment was adopted, and for Black people, it was evident that there was no more lynching. In 1834 out of the 50 states in the United States, those individuals on parole or probation canлся... 1850. In a total of 12 states, it became acceptable for an individual to be lynched. This suggests that perceived institutional, and maybe social and legal, racism still exists despite the absence of the practice of lynching, or mass incarcerations, as an instrument for controlling the African American diaspora. The prison population has grown from one in 50 in 1950 to one in 4 today. This can be seen in the 100,000 monthly crimes as life’s obstacles and a focus on the prison population.

In the past, there was a focus on post-slavery to the future. Others pushed back in conversations. Some might say that lynchings are things of the past — they were free, could lose a job, or cut a man down. But the difference is that today is vulnerable to servitude and the prison system.

Our voices, as people of African descent, our voices and the prison population are again being ignored; the percentage of African American males in prison or fewer lynchings, as well as east and west, the percentage of African American males in prison is 21st century America are vulnerable to servitude and the prison system.

As a result of present day incarceration practices, Afro black voices are again being silenced. This is a different form, but it is still exist... The prison population has grown from one in 50 in 1950 to one in 4 today. This can be seen in the 100,000 monthly convictions. This is a different form, but it is still exist... As a result of present day incarceration practices, Afro black voices are again being silenced. This is a different form, but it is still exist... The prison population has grown from one in 50 in 1950 to one in 4 today. This can be seen in the 100,000 monthly convictions. This is a different form, but it is still exist...
EDITORIAL

Dear Editor:

Over the past few months, our city’s current mayor has advertised his administration as focusing on the socio-economic disparities that have been growing in St. Petersburg. As a citizen, I am concerned that, if this is the case, we need to have the opportunity to vote. We can’t afford to elect a mayor and his administration who is not responsive to the people’s needs.

We need to stand up and demand the taxpayer projects that will spread wealth throughout our city. If we don’t have a plan, we will only bring back the local economy. I urge you to consider the following points when you make your decision:

1. We need a plan that will create jobs for our people.
2. We need to invest in our public schools.
3. We need to fund our city’s infrastructure.

Thank you for your consideration.

Sincerely,

[Your Name]

THE WEEKLY CHALLENGER, THURSDAY, JULY 19, 2018

COMMUNITY NEWS

By Sharenne Emanual

Q: Can a man be forced to cheat?
A: No, a man can’t be forced to cheat unless there is a physical problem with his head! Ultimately, the man himself chooses to cheat or not. Any man that chooses to cheat is just an excuse for the woman for not being wanted or loved by the man.

We as men deal with much more stress on a day to day between work, kids, partner, etc. We don’t always feel valued by our partners, yes, and sometimes we get frustrated at our situation. However, the man himself wants to cheat doesn’t want to take responsibility for his actions, so he would rather do this than be the partner. This is an obvious double standard. Sharenne says: We need to stand up and demand the taxpayer projects that will spread wealth throughout our city. If we don’t have a plan, we will only bring back the local economy. I urge you to consider the following points when you make your decision:

1. We need a plan that will create jobs for our people.
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3. We need to fund our city’s infrastructure.

Thank you for your consideration.

Sincerely,

[Your Name]
Upcoming voter education & registration events and candidate forums

PINEY POINTS — The Voter Outreach Department of Pinellas has currently scheduled the following voter engagement and registration events throughout Pinellas County. Dates of events and Candidate Forums noted in bold.

If you’re interested in requesting a speaker for your organization, please contact them at 727-463-9011. The Voter Outreach Department maintains a list of potential speakers on a rotating basis. We have also scheduled some community voter registration events and/or voting system demonstrations.

July 18, 2023
Pinellas County Community Center - Neighborhood Network
1200 11th St, N. Largo
10 am-12 pm

July 22, 2023
Hillsborough County Church
320 North Muncie Methodist Blvd, Clearwater, 6-8 pm

July 24, 2023
Pinellas County School Board Candidate Forums
St. Petersburg College - Clearwater Campus
(ES 104)
2450 Drift St., Clearwater
6-8 pm

July 27, 2023
Judicial Candidate Forum
St. Petersburg College - Largo Campus
(ES 104)
2100 5th St, S., Largo
6:30-8 pm

July 28, 2023
Campbell Park Community Block Party
St. Petersburg, Park and Workshop
North Greenwood Recreation & Aquatic Complex
600 10th Avenue N. Blvd, N. S. Petersburg
1-4 pm

July 31, 2023
Pinellas County School Board Candidate Forums
St. Petersburg College - Gibbs Campus
(Music Center)
1200 9th St, S. N. Petersburg
6-8 pm

By Gwendolyn Recce

Parker Watson was lynched at the hands of a large mob wearing masks after being held in custody by the St. Petersburg police officers on the evening of May 13, 1926. The officers were taking him down an isolated roadway on Monday evening when they had shot and one or more of the mob was head of the guilty parties.

The sheriff refused to conduct a thorough investigation of his officers and the St. Petersburg police, nor did he determine if another agency was in bond. The St. Petersburg police force, the county commission condoned the lynching, and the county attorney offered a reward of $1,000 for information leading to the arrest of the guilty parties.

It was in the May 15, 1926, issue of the Orlando Sentinel that Judge Freeman W. Lane was discredited with the responsibility of being a grand jury to the circuit court after investigating the lynching. The grand jury ex[er] ded the grand jury hold over to continue the probe based on the uncovering of facts regarding duplicity and corruption, which the grand jury declared the grand jury of the neglect of performing its' duties in the usual manner.

The New York Times sounded the alarm in a letter to the Atlanta Constitution written by H. B. Smith, chief editor of the St. Petersburg Times. He later retracted the allegation saying that “no evidence has turned up in the form of&o evidence concerning the origin of a white scar on the face of Watson believed to be the re- construction of a white scar on the face of Watson believed to be the re- reconstruction of a white scar on the face of Watson believed to be the re- construction of a white scar on the face of Watson believed to be the re- construction of a white scar on the face of Watson believed to be the re-

Community News

By INDEIRA SUEIRO

ST. PETERSBURG — Nadine Smith is fighting for equality on all fronts for Florida’s lesbian, gay, bisexual, transgender and queer (LGBTQ) communities.

She’s also working with women and girls, in present in their own communities. She has taken on the challenge of fighting for the rights of transgender youth and worked with PIARF (Parents of Transgender and Intersex Kids of Florida), which must also contend with family and spiritual violence.

Many have no family or relationships giving them as a consequence isolation grows and overtake their well-being.

"To act accurately to de- scribe the [black] community as homophobic. Even black transwomen are often the targets of anti-LGBTQ movements," said Smith, who grew up in a conservative southern educational system.

Despite obstacles, she feels that the LGBTQ community has strong allies in the black community. Smith is also proud of the LGBTQ community’s ability to bring about change and make strong allies in the community.

"We have more allies in the black community, so just politicians. The black community is in all areas of LGBTQ and black communities in a lot of areas," Smith said.

"They [members of the black community] have the best interest of young people, they have the best interest of the public we serve," Smith said.

The story is part of a Streetwise series being run in the Tampa Bay area.

For more information visit votepinellas.com.

By ISMAEL SANCHEZ

ST. PETERSBURG — Nadine Smith, co-founder of Equality Florida, the largest civil rights organization dedicated to securing full equality for Florida’s lesbian, gay, bisexual, transgender and queer (LGBTQ) communities.

As Florida’s largest civil rights organization dedicated to securing full equality for Florida’s lesbian, gay, bisexual, transgender and queer (LGBTQ) communities, Equality Florida consists of two organizations—Equality Florida Institute, a 501(c)(3) educational charity, and Equality Florida Action, Inc., a 501(c)(4) advocacy organization.

Smith, for many challenges for both African-American LGBTQ groups and other communities, is fighting for equality on all fronts and until she began advocating for marriage equality.

She also feels that the LGBTQ community has strong allies in black communities. Smith is also proud of the LGBTQ community’s ability to bring about change and make strong allies in the community.

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July 27, 2023
St. Petersburg, Park and Workshop
North Greenwood Recreation & Aquatic Complex
600 10th Avenue N. Blvd, N. S. Petersburg
1-4 pm

When she got married to her wife, Andrea, she walked down the aisle.

Going forward,

According to Smith, the good news in that conversation about sexuality and marriage equality offers more often she thinks that the black community has traveled forward and is more open to marriage equality.

She feels that African Americans used to set aside whatever religious and personally held they differ on and tackle dis- crimination together. Whether it is a homosexual- issexual and heterosexual con-

Many have no family or relationships giving them as a consequence isolation grows and overtake their well-being.

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For more information visit votepinellas.com.

August 2, 2023
Pinellas County School Board Candidate Forums
St. Petersburg College - Largo Campus
(ES 104)
2100 5th St, S., Largo
6-8 pm

September 17, 2023
General Election Forum
Honywood Nursing Home
2310 Nebraska Ave., Palm Harbor
6-8 pm

For more information visit votepinellas.com.
Louis Murphy, Jr. continues to give back

BY JONATHAN MYERS

Leonard "Junior" Murphy continues to give back to obtainable goals.

Stress from academics and setbacks is not everything. He emphasized attendance that playing with them and improving their knowledge and skills teaches them how to be successful, while teaching them position drills and techniques to take their lives to the next level in education and career.

Panelists from 95.7 The Beat and professional athletes such as former Tampa Bay Buccaneer Vincent Jackson, Green Bay Packers rookie Marquez Valdes-Scantling and WNBA player Bernice seiner “Queen B” McGuire from the Orlando Magic, player Marreese Speights and former and current professional athletes such as former Virginia Tech Hokies and Denver Broncos and current San Francisco 49ers—kicked off his annual 1st Downs 4 Life™ charity weekend last week.

Saturday morning’s event was what every 8-18-year-old football and cheerleader hopeful have been looking forward to all year. The 2018 football and cheerleading camp featured professional cheerleaders, Chicago Bears wide receiver Jordan Brindamour, Pittsburgh Steelers linebacker Keith Rivers and a host of other NFL greats.

They took their time teaching the youth position skills and to help them get to the next level in their lives.

The 2018 football and cheerleading camp featured professional cheerleaders, Chicago Bears wide receiver Jordan Brindamour, Pittsburgh Steelers linebacker Keith Rivers and a host of other NFL greats.

The charity celebrity basketball game went to provide college scholarships, and to a special project in the works: "About 1st Downs 4 Life™

While longing for something from his mother, who passed away of breast cancer, and himself generous show love to the community, Murphy Jr. told the youth in attendance that playing sports isn’t everything. He covered academics and setting obtainable goals.

Later that evening, the charity celebrity basketball game got off to a roaring start at Gibbs High School. Former and current professional athletes such as former Tampa Bay Buccaneers Vincent Jackson, Green Bay Packers rookie Marquez Valdes-Scantling and WNBA player Bernice “Queen B” McGuire from the Orlando Magic took the court.

This very intense game went into quadruple overtime. The game-winning shot was made by Kapri Bibbs, running back for the Washington Redskins. The final score was 89-86.

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Knowledge is POWER.

Stay informed this hurricane season.

If the power goes out, our outage alert system will notify you, wherever you are, by text, voice message or email. We’ll also provide status updates and estimated restoration times. We’ll keep you informed every step of the way.

For more storm information, please visit duke-energy.com/FLStormReady.

Here’s what you can do to prepare yourself for this storm season.

SIGN UP FOR OUTAGE ALERTS

Sign up online for phone or email alerts or text REG to 57801 for text alerts.

REPORT AN OUTAGE

Text OUT to 57801, or call 800.228.8485 or visit our website.
BY ALLEN A. BUCHANAN
Staff Writer

ST. PETERSBURG—Black Power 96 FM hosted their second annual African Nation Family Reunion Block Party on a wet July 4 to celebrate and unify south St. Petersburg’s African American community.

Station manager Di- akiese Lungiasani described the event as an “alternative for Africans in south St. Pete to focus on issues significant to them as they still struggle to define their purpose in America.” Founder of the Uhuru Movement, Chairman Omali Yeshitela commented that as Africans were chained and brought to America “there is no specific point or place during the middle passage that they magically become African Americans.”

His speech to a standing-room-only crowd punctuated the necessity of African people to holistically support their communities and their businesses while critically monitoring and correcting the education of African children in America.

Communities United for Reparations and Economic Development (CURED) organizers Akile Anai and Jesse Nevel closed out the celebration by letting everyone know that their fight for “reparations and economic development” will continue.

About Black Power 96 FM

This commercial-free community radio station was established to serve the interests of St. Petersburg’s black community, not the far away big corporate interests of commercial radio. It provides free training in professional broadcasting and access to the radio airwaves for our local talent, organizations and businesses. Regular on-air giveaways of concert tickets and grocery cards are providing much-appreciated resources to south St. Pete.

To reach Allen Buchanan, email abuchanan@theweekly-challenger.com

AUGUST 30 PRIMARY ELECTION DEADLINE TO REGISTER TO VOTE OR CHANGE POLITICAL PARTY:

July 30, 2018

- Florida is a “closed primary” state – only voters registered with a political party are eligible to vote in that party’s closed primary races. Voters registered with No Party Affiliation (NPA) are not eligible to vote in closed primary races.

- Voter Registration Applications available:
  - Online at VotePinellas.com
  - Supervisor of Elections Offices
  - Public Libraries
  - Tax Collector Offices

- Update your Voter Registration Information in a SNAP! Signature, Name, Address and Political Party affiliation
  - Visit www.VotePinellas.com/SNAP

DEBORAH CLARK
Pinellas County Supervisor of Elections

ELECTION ALERT
She seeks to uplift talent

A common question asked to children is, “What do you want to become when you grow up?” The seed of envisioning one’s power in creating her future is planted early in life, if she is lucky.

Oftentimes what fails to follow this question is a draft of how to make her goals attainable. Many times, she is expected to figure it out. While doing so, she searches until her dreams of “what do you want to become” becomes “I want to become.”

What other seeds, however, grow strong? How do they affect her harvest? Were you encouraged to dream the impossible dream and then supported in obtaining its possibility? Did you feel free to evolve into your best self, or did the pressure of remaining confined stifle you?

In the garden of life where seeds are routinely planted, she learns to encourage others along the way. When, though, is she encouraged to identify talent to help in the midst of securing her success? Should she make this a priority? You must.

Meet Bosie Rigney Morris, more famously known as Betty Wright. Wright is a singer and songwriter who made history by becoming the first black female artist to score a gold album on her own label. She accomplished this in 1988 with her 1987 album entitled “Mother Wit.” Wright was born on December 21, 1953.

According to Wikipedia, “Wright is a singer and songwriter who is famously known as Betty Wright. Although she began her professional career at age 13, Wright was responsible for discovering local talents. Then, she helped local and disc jockeysGeorge and Gwen McCrae sign with the Alston Records label. (Note: George and Gwen McCrae were best known for the 1977 hit entitled “Rockin’ Chair.”)”

Imagine that, a world where children are committed to the idea of pursuing their goals while at the same time identifying talent and helping others achieve theirs. No longer would she believe that she would need to destroy her own pursuits in order to assist another.

Wright understood this as a child. As a result, her imprint in music surpasses her songs.

Just like others, Wright’s career had its ups and downs. What we know for sure, however, is that she sought to uplift talent. Do you?

Betty Wright is a singer and songwriter who is famously known as Betty Wright. Although she began her professional career at age 13, Wright was responsible for discovering local talents. Then, she helped local and disc jockeysGeorge and Gwen McCrae sign with the Alston Records label. (Note: George and Gwen McCrae were best known for the 1977 hit entitled “Rockin’ Chair.”)”

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Wright understood this as a child. As a result, her imprint in music surpasses her songs.

Just like others, Wright’s career had its ups and downs. What we know for sure, however, is that she sought to uplift talent. Do you?

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NAACP & League of Women Voters School Board candidate forum

From: JOURNALIST, Front page

two school resource offi- cers and two campus mentors. Their job is to protect our students and use the power of cameras and lock-down techniques, but we need to work with law enforcement.

Lorina Grizzle - Wants current plan to be put in place as well as a single point of entry in schools and resource offi- cers in every school.

“We don’t have a school plan in place for kids who are in the halls and need help, so we need to put that plan in place.”

Dr. Matthew Stew- art – Wants the current plan that legislators are putting in place and security cameras, ID badges, single points of access and classrooms to lock where teachers, support staff, and administrators to lock.

“I think the number one thing that parents want for their child is to come home safely at the end of every day.

District 7 Question How will you ensure that a teacher, principal or administrative or staff is investigated whenever nec- essary for any foul play with stu- dents and their families or staff?

Therion Beals – We will have school psychologists and administrators to come in and work, if it’s a problem occurs, ad- dres-

“Do we have to have a good relationship between teachers and the parents.”

Rebecca Flowers – Agrees with current proposal that being made by student or staff. They feel it is necessary.

Office of Professional Standards Everyday. We need to invest in an investi- gation that should be a fully trained investigation because there are al- ways two sides to a story, and the truth will find some- where else.

Dr. Billian Joseph – Wants to know that every law is in place and wants to establish a culture where teachers, support staff and students feel safe, even though they are not always. They need to feel like they are be-

“We need to have a system in place.” She said, “we need to make sure that every student has access to that system.”

Dr. Dudley – Wants money to be spent wisely and allocated to the areas that need it.

“If you want to have better schools, we gotta stop wasting money on essentials.”

Joseph (selfidentified) – Says many students attend sepa- tional schools to recieve resources as fundamental resources as well as those who believe that they need the resources to function. They have to think about the resources that they need in order to be effective.

“We want to have enough resources for all the students, and the advocates of the use of laptops and the “ditch the textbooks” movement.

“We have to think smart, we have to be open to innovative ideas in the area of things that can improve our schools for all students.”

Grizzle ( wildcard) – Wants to have a single point of access from teachers, students, and parents. They can’t communicate with those teachers and students in the building. It really needs to be streamlined.

Stewart – Wants additional steps and needs to take excess to a high qual- ity for all kids. Educators should have the same education and resources to receive their education.

The school culture.”

Grizzle - Wants to use one thing that affects kids the most is that kids don’t want to buy more books for all kids, you don’t want to buy more books for all the kids, you don’t want to buy more. It’s a fundamental thing.

“We want to have a system in place.” She said, “we need to make sure that every student has access to that system.”

Grizzle – Wants to take one step further in the school and make sure that teachers, staff, and students have textbooks as well as laptops.

“Stewart wants students in tradi- tional schools to receive their education.”

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Does Pinellas County Schools have your up-to-date contact information?

The school district needs accurate contact information to send parents information about:

- Extracurricular activities
- School or district events.
- Special application opportunities.

To update your phone and email address:
1. Visit https://infowiki.pinellas.k12.fl.us and log in with your parent username and password. If you do not have a parent ID or forgot yours, you can call at any public school. Make sure to present a valid photo ID.
2. Select the option: “Change Phone and Email Address.”
3. Enter your child’s name and date of birth or student ID number, and update your phone number and email address.

Pinellas offers text message service to keep families informed

Pinellas County Schools will begin using text messages as an additional way to communicate with families and employees in the 2018-19 school year. The text messages will only be sent to communicate information related to emergencies.

Employees and parents/guardians of students in Pinellas County Schools can text (Y) or (Yes) to 67857 to begin receiving text messages. Employees/guardians can send the message “Stop” to 67857 at any time. The number for parents/guardians in must already be on file with the school district.

Only employees of Pinellas County Schools or a parents/guardians of a student in the school district can enroll in this service. This opt-in campaign is being done in preparation for using text messages in the 2018-19 school year.

Learn more at www.pcsb.org/textmessages.
Harms of microwave cooking

By Dr. Ramona Valentine

Yes, microwave cook- ing is convenient, but just how unhealthy is it? I get rid of all my micro- wave oven 18 years ago after reading the data on it. Hopefully, you will get rid of your micro- wave after you read this article!

Microwave cooking was first introduced to the world about 40 years ago. Since then, we have gained more knowledge of the dangers it poses to the user's health. Not only does it destroy all the nutrients including vitamins, minerals and the enzymes that we need to digest the food, but it also produces can- cer-causing toxins (po- sions) in the food.

In a microwave oven, food is heated by causing a vibration of the water contained inside the food. All foods have a vibration of the water present; therefore, this produces heat from the inside out. In other words, the food is heated from the inside out so fast when foods are cooked at very high temperatures in conventional ovens as well as microwaves ovens, three cancer-causing chemicals or poisons are formed in the food. These three chemicals are heterocyclic amines (HCAs), polycyclic aro- matics (PAHs) and advanced glycation end products (AGEs). If you want to know more about these, you can Google them. All three of them are known carcinogens.

When that plastic con- tainer is heated, poiso- nous chemicals contained in the plastic can leach into the food you are heating in it. These poisons or toxins are what we call hormone and endocrine disruptors. A few of the hormones we have in our body are estrogen (a female hormone), testos- terone (male hormone) and T3, T4 and TSH (thy- roid hormones). I am only mentioning a few for example sake as this is such a large subject in itself, and not within the scope of this article.

The thyroid gland is one of the glands in the endocrine system. In other words, these poisons or toxins may cause an unbalanced hormonal balance of your hor- mones or disrupt your endocrine system. These disruptors are also carcinogenic (things that cause cancer).

Newly, in addition to everything we have dis- cussed so far, when foods are cooked at very high temperatures in conventional ovens as well as microwaves ovens, three cancer-causing chemicals or poisons are formed in the food and how it emits ra- diation just like our cell phones do.

Symptoms of mi- crowave (EMF) sickness are nausea, night sweats and other sleep disturbances, headaches and dizziness, depres- sion and irritability, vi- sion and eye problems, swollen lymph nodes and a weakened immune sys- tem, impaired cognition, nausea and loss of ap- petite, frequent urination and extreme thirst.

There has been a 50 percent increase in stem- ach and colon cancers in people under the age of 55. The most common cancers listed in de- clining order for 2018 are breast, lung and prostate cancer. However, these poisons or toxins do cause massive bio- logical damage. These tox- ins damaged the most by EMFs are the brain, nerves, heart tissue, testes and glands. Could this be the reason for the great increase in brain cancers and tumors, Alzheimer’s, heart ar- rhythmias, anxiety, depres- sion and male infertility?

So, just to recap, we now see how microwave- ing your food destroys the nutritional value in it, produces cancer causing toxins or poisons in the food and it emits ra- diation just like our cell phones do.

Tips for breaking free of your microwave oven:

I hope that I have pro- vided you with enough information for you to get rid of your mi- crowave oven. You can survive without it for I have for the last 10 years. You can also purchase a conversion oven if you like, but I just use my oven that I have. You may have to plan ahead, but it’s worth it for the sake of your health.

Pick your dinner out of the freezer that evening or the night be- fore so you don’t end up needing to defrost right before a meal.

Make your food in bulk, and then freeze them in gallon-sized freezer bags or other freezer safe containers. Before mealtime, defrost a meal in a sink of water until it is cold enough to put into a pot, then reheat it on the stove. Prepare your meals in advance to ensure you always have a meal available when you need it.

We’re not just hospice, we’re Suncoast Hospice.

Tips for microwave: try using a glass bowl, try using glass or ceramic cookware, try using a large cooking pot, try using a pot on the stove, try using a convection oven, try using a convection microwave, try using a convection microwave substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a convection oven, try using a convection oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute, try using a conventional oven, try using a conventional oven substitute, try using a steam oven, try using a steam oven substitute.
The Revolution Will Not Be Pathologized! 

Community conversations around healing.
Truelight Lodge #6 is hoping to make an impact

By MARK S. WITHERSPOON

ORLANDO — Mark S. Witherspoon is the Past Grand Master of Grand Lodge of Florida and a member of Truelight Lodge #6. Witherspoon is the founder of the Masonic Progression Program, which is a proponent of positive change in local communities.

“Witherspoon hopes to attract younger men to Lodge #6 so that local Masons will continue to give back to the community after established members are too old to run around. They currently have a few school teachers, a professor at St. Petersburg College and a couple of coaches that have agreed to join,” said Jordan.

Guests of the community get together enjoyed ribs, chicken, collard greens and cornbread with others and lead by example. The fraternity helps its members understand how to get along with others and lead by example. Requirements for induction are simple. You must be male and have a sound reputation, belief in a supreme being (regardless of religion) and willing to give of yourself to the community.

Witherspoon described being a Mason as a way of life that should begin as early as possible. The fraternity helps its members understand how to get along with others and lead by example. Requirements for induction are simple. You must be male, have a sound reputation, believe in a supreme being (regardless of religion) and willing to give of yourself to the community.

“I share my perspective because I used to travel,” said James. His lodge used to visit Egypt and reveiled the history of the Masons. “It goes thousands of years back, so when you see a pharaoh, you’re looking at a Mason.” James feels being a Mason is a way of life that should begin as early as possible. The fraternity helps its members understand how to get along with others and lead by example. Requirements for induction are simple. You must be male, have a sound reputation, believe in a supreme being (regardless of religion) and willing to give of yourself to the community.

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