

F.R.E.S.H. NEWS

When Old News Just Won't Do

June 2020

Volume 1, Issue 2



THE WRITER'S SPOT

F.R.E.S.H. News is delighted to present "The Writer's Spot" to readers. Each month, we'll put a writer in the spot for a look at their works.

This month, we are happy to showcase Author Janis F. Kearney, who had the experience of being a presidential diarist.

GETTING TO KNOW MS. NOLA BROWN

In *I Can't Breathe*, Nola Brown delivers in poetry crafted for these times. She shares some of herself in her bio--amazing you with her tenacity. Her writing, however, will breathe fresh reality to your soul.



THOUGHTS OF A BLACK MAN

In his public debut, George Hall, Jr., author recently signed by Ladero Press, a book publishing firm, shares his thoughts on recent happenings through the eyes of a black man. With some history as the backdrop, this essay comes alive with his own brand of passion.



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The Writer's Spot

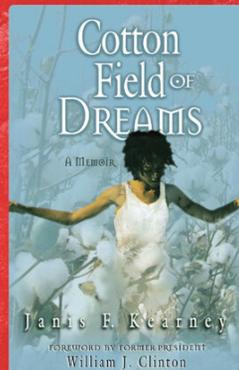
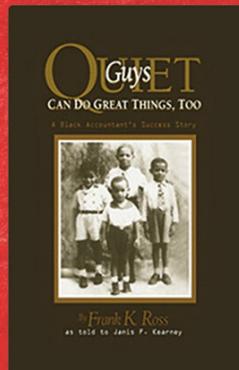
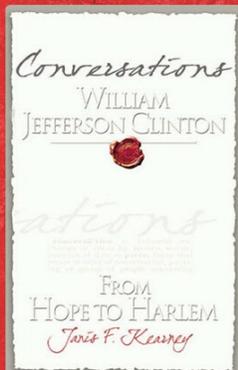
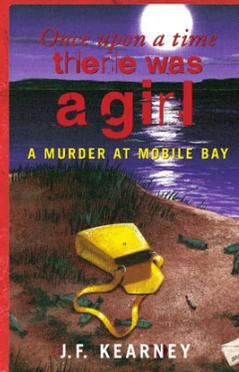
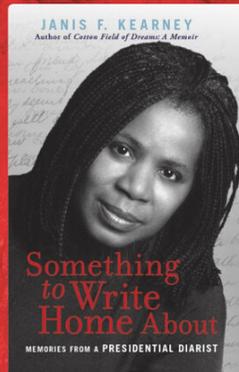
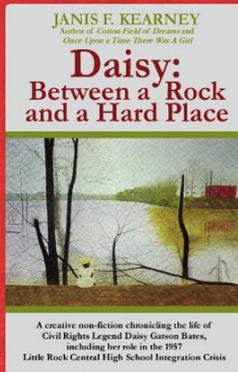
In this introduction of "The Writer's Spot," we are thrilled to highlight **Author Janis F. Kearney**. Kearney has the distinction of being the diarist for Former President William "Bill" Clinton during his tenure as President of the United States of America.

What is a diarist? A diarist keeps track of the president's daily activities. According to The White House Historical Association's website, the diarist "creates the record of his days in office in terms of where he goes, who he sees, sometimes the subject under discussion of a meeting, when and for how long he meets people and/or is in a particular location." Kearney's role as the President's personal diarist was somewhat different from that of previous presidential diarists. The latter served under the employment of the National Archives, whereas, Kearney was appointed as Clinton's personal diarist. Having served in the Clinton campaign, Kearney likely understood the kind of information that Clinton wanted captured--personal details, not just the professional ones.

Ms. Kearney is the owner and publisher at Writing Our World Press. www.wowpublishing.org



Creating One World,
One Book at a Time



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Getting to Know Ms. Nola Brown

ABOUT NOLA BROWN ... IN HER WORDS

Hello, my name is Nola Brown, and I am 25 years old. I was born and raised here in Daytona Beach. I am a mother of two: Malakai who's five, and Noah who's four. Raising them in the world we live in is FAR from easy, and I struggle everyday to make sure they are raised correctly and not statistically. I didn't have the best life growing up; I was forced to go through the struggle and live in the projects as many call it "The Ghetto." I've had to deal with rape, abuse, depression, racism (because I'm biracial) and mental illness all starting at the age of 4.

My mother wasn't perfect but she ALWAYS made a way for us. My mother met a man in the projects where we were living and soon after became sick out of nowhere when I was about 16 years old. Once again I had to deal with rape, abuse, depression, and even multiple suicide attempts. My big sister was gone, and no one was there to listen to me. I had to do what was best for my little brother, so we ran away. My mom was so sick; we were gone for weeks, and she never called or even looked for us. I dropped out of high school as a result of these things and wound up getting pregnant at 19. My mother eventually stopped talking and doing things for herself. When she passed in 2016, she was about 60 pounds, and you could see EVERY bone in her body. Before my mother passed, she made me promise her that I would get my high school diploma and NOTHING less, and that is exactly what I did!

I was a student at Chiles Academy, struggling to ride the Votran everyday with a toddler AND being pregnant at the same time; it wasn't easy at all. When my youngest son was born, that made it even worse. Now, I was riding the bus, carrying a newborn in a car seat, and holding a toddler on my hip. But! I didn't allow that to stop me; I continued to push through. The ENTIRE staff refused to let me give up. They pushed me; they called; they texted and even got on my case a few times. They knew WHY I was doing this. When graduation day came, I was STILL struggling, trying to finish my work just to graduate. My son was sick; I had to be a nurse and do my work all at the same time, but I did it!! I made my mother a promise, and I refused to break it. In 2017, at the age of 22, I graduated with my high school diploma. So, as I said, my life hasn't always been easy, but it has made me into who I am today! Most people who know me always know I have a smile, but most of them have never known any of my story or what I've had to go through in my life. This is only the tip of the iceberg of my testimony. I will continue to share my story, hoping one day it may help someone else.

I CAN'T BREATHE BY NOLA BROWN

I can't breathe.

We've heard it many times before.

All lives matter but what does that really stand for?

You won't stand for us but "all" means EVERYBODY ... right?

We all bleed red but that doesn't mean shoot every black man in sight.

I can't breathe.

If they said it, it was for a reason ...

We're looking at slavery and racism dead in the face ... I thought we got through that season.

It was never black vs. white but it's always been white vs. black.

You say we're playing the victim, but it's not a joke when you're shooting us all in the back.

I can't breathe.

I Can't Breathe continued on next page

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You call us animals, is that because that's how you treat us?

It's been 60 years and we haven't gotten anywhere since Rosa refused to give up her seat on that bus!

You want us to treat you with respect when you refuse to do the same in return.

You're upset about our peaceful protests, but let's talk about when Greenwood District was burned.

Oh ... You don't care to discuss Black Wall Street. Why? Because it'll make you look bad?

Well, let's talk about how you stole sold and destroyed everything my people ever had.

I can't breathe.

You've got your knee in my neck!

May 31, 1921 - 300 people died, 800 were injured ... no we'll NEVER forget.

We are placed in a race where our opponents have a 400-year head start.

This may not mean much to you but this anger and hurt is coming from my heart.

August 28, 1955 - SAY HIS NAME

We speak to a white woman in a grocery store and get accused of verbally and physically offending her.

We were BRUTALLY beaten and murdered just to say YEARS LATER that you lied about what actually occurred ...

April 19, 1989 - SAY THEIR NAMES

A white woman is raped in Central Park and we get blamed for it because we were there after dark ...

We rot in jail for up to 12 years and then DNA and a testimony proves there was another MONSTER in that park

February 26, 2012 - SAY HIS NAME

It's okay for you take lives with no remorse.

But we get killed for buying Arizonas and Skittles from the corner store.

July 13, 2015 - SAY HER NAME

We get pulled over and arrested because of a MINOR traffic violation.

Two days later we're hanging in our cell and your definition of justice is a CORRUPT INVESTIGATION.

August 22, 2017 - SAY HIS NAME

We seek professional help for a mental illness we cannot control, and we're sent home because you FEEL like it's not that serious ...

Later that day we're gunned down in our own grandmother's yard ... now you're telling me it was suicide ... you MUST be delirious.

I can go on and on all day, but I wont.

We seek peaceful justice but do you?

When will you take your knee off of my neck?

I asked you nicely, I pleaded with you, I begged.

This is no different from being hung by my neck from a rope on a tree.

The only difference is you replaced the rope and the tree with your knee ...

You are still lynching me!

I can't breathe.

I Can't Breathe continued on next page

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How many times do we have to say it?
You stole the land you call yours and force us to learn YOUR education ...
But I don't want anything from a system that's RACIST.
I don't even know how to end this because I have so much I want to say.
We're out here fighting for OUR lives every single day.
While you get to go home peacefully with no strings attached.
And we're stuck crying and praying to God every night that our fathers, brothers, husbands, and sons' lives don't get snatched!!!

You're focused on Corona but we're focused on surviving.
We get murdered for counterfeit 20s while the same laws YOU made, you're not abiding ...
All lives don't matter until you include black lives.
You vow to protect your own, and my protest is to receive long awaited justice for mine ...
We're ALL we got and we're ALL we need, I'll scream this until I see a change!
Stop treating us like animals and take us out of this 400-year-old cage!!!!

I CAN'T BREATHE!!!

I Can't Breathe is an original work of Nola Brown. All rights reserved by Nola Brown. Published in F.R.E.S.H. News by permission of Nola Brown.

Thoughts of a Black Man

George Hall, Jr. makes his author debut with the essay, "Don't Look at Your Hands Now ... They've Been Dirty!" Hall is a newly signed author to Ladero Press, which publishes literature across all genres. He is a native of Sanford, Florida, and is excited about embarking upon his writing career. Having maintained books filled with years of his writings, he is thrilled to submit this raw look into current times through a historical lens.

DON'T LOOK AT YOUR HANDS NOW ... THEY'VE BEEN DIRTY!

First and foremost, I would like to pay homage to God Almighty. I thank him for guiding and blessing us as we exist in this sphere of rhetoric, violence, and ridicule known as the United States of America. I send prayers and condolences to all families who have lost loved ones to senseless, cowardice acts of violence: past and present.

I am a human being who happens to be classified as a Black man. However, being Black in America is not a good thing; no matter man, woman, or child.

The United States of America is a fairly young country compared to other countries in the world. Great Britain sent "explorers" to the "new" land to colonize it, but how was it "new" if it already existed and was already occupied? If someone already owns something and a person tries to take it; that's considered stealing ... I'm just saying.

It has been said "the victors write history." Thus, we get the term "his-story." It is clear to see that war has been waged against Black people on this planet. As of this date, the powers that be are winning the war by way of violence, deception, and lies.

"Don't Look At Your Hands Now ... They've Been Dirty!" continued on next page

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I notice how much attention is being paid to the "looters." I don't condone the behavior, but I understand the pain and frustration. The ironic thing is that "his-story" accurately shows us who the most prolific looters in the history of the world are. The track record of the European shows a habit of "looting and stealing" whatever they deemed valuable.

Even though it is a known fact about all the horrific events that people all the over the world have endured at the hands of the European, the same "his-story" that is written by the victors is not taught or spoken about often; but merely swept under the rug.

America is labeled as the greatest country in the world. The question I ask is, "Who gave it that designation?" America is quick to reprimand and intervene in the affairs of other countries regarding how they treat the citizens of their respective countries. Yet, this country can't seem to see all of the atrocities it CONTINUES to commit as part of the systemic AND systematic racism that is practiced in this country.

Slavery in this country came about due to greed and total disdain for Black people. If slavery were to be looked upon in a business sense, it wouldn't make sense to intentionally and frequently damage and destroy your investments. If, however, slavery is looked upon in a societal context, it is easy to see that many other factors are at play; pure evil, hate and cowardice are a few that come to mind.

Let it be known, people kill things that they are afraid of. If the European were not afraid of Black people, then there would be no need for all the calculated measures taken to oppress and kill Blacks on this planet. Slavery eventually got abolished in this country. Yet, it was abolished to stop the Union from splitting up as opposed to doing it strictly because no human should own another human being.

The United States keeps every other country under the microscope. Yet, it can't seem to recognize that the slave trade was the ultimate form of human trafficking. How can the U.S. see the wrongs of others and not see and accept its past and present wrongs? In my opinion, slavery was an institution that allowed many generations of families to become extremely wealthy, and these families didn't want to let it go. So much so, that a war had to be fought and the Emancipation Proclamation formed. Once again, these measures weren't taken to right a wrong, but to keep the Union together.

Black people, who were penniless, were told they were "free" in a capitalistic society; where it takes money to make money. How can one be totally free if one is still a slave financially? The Jews were compensated, the Japanese were compensated, the Chinese were compensated, the Koreans were compensated, so on and so forth. Yet, Blacks in America have NEVER been compensated. It was agreed upon in the Emancipation Proclamation that Blacks would receive compensation. From the lack of any type of compensation, it is safe to assume that the power elite have no intentions of making good on that promise. Yet, police departments around the country receive hundreds of billions of dollars.

If this country is truly sincere about eradicating the injustices against Black and Brown people, then they should prosecute ANYONE who commits heinous crimes instead of giving each other "high-fives" behind closed doors, as they admire each others' "trophy collection."

Mention is often made of the flag in reference to the wars that have been fought in this country and abroad. Statements are made regarding the ancestors of Europeans fighting for this country as if Black people NEVER fought for a country's freedom, which, by past and present actions, shows that it had no intention of extending freedom to everyone in this country as well as around the world.

"Don't Look At Your Hands Now ... They've Been Dirty!" continued on next page

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If one looks almost anywhere in the world, it's not hard to find horrendous acts of torture, violence, and murder being perpetuated against Black and Brown people. For some reason, Europeans can't seem to grasp the plight of Black and Brown people on this planet during the past several centuries. Even though it's hard for me to comprehend, I think I may have found a reason for this disconnect. The following is a list of some psychopathic traits. You do the math.

1. Glib and superficial charm.
2. Grandiose sense of self worth.
3. Need for stimulation/proneness to boredom
4. Pathological lying.
5. Cunning/manipulative.
6. Lack of remorse or guilt.
7. Shallow affect/emotional range.
8. Callous/lack of empathy.
9. Parasitic lifestyle.
10. Poor behavioral controls.
11. Promiscuous sexual behavior.
12. Early behavior problems.
13. Lack of realistic long-term goals.
14. Impulsivity.
15. Irresponsibility.
16. Failure to accept responsibility for own actions.
17. Many short-term marital relationships.
18. Juvenile delinquency. *

Instead of eradicating injustice, racism, and pure evil, we as a people are bombarded with the phrase: Make America Great Again. Yet, America is supposed to already be the greatest country in the world. So, does that mean that in order to "Make America Great Again" that slavery needs to be reestablished in order for weak, cowardice Europeans to feed their psychopathic lusts?

*Source: www.businessinsider.com/20-signs-that-you-are-a-psychopath-2013-9

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F.R.E.S.H. Voices for F.R.E.S.H. News

Donna M. Gray-Banks has a passion for literature and for authors. That passion extends particularly to helping introduce new voices to readers. Whether it is through what we see in this issue through smaller pieces or through larger works, the goal at F.R.E.S.H. News is to continually provide readers with diverse literature options.

Authors are invited to submit work to F.R.E.S.H. News. We are always looking for F.R.E.S.H. Voices for F.R.E.S.H. News.

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